

Developing a joint Mental Health and Wellbeing Strategy for Moray

Mental Health conversation café held in The Gallery at Elgin Library on 16.06.14

Facilitated by: John Campbell, specialist services manager; Tracie Willis, senior commissioning officer; Steven McCluskey, health improvement manager; Fiona McPherson, public involvement officer – all from Moray Community Health and Social Care Partnership.

General comments

Financial disparity is terrible

Body and mind – see as one

Why can't we have group therapy?

Why do we do so much more for physical health than mental health? Why are they separate at all?

No drop-in centre as we used to have at West Lodge

What is being done to improve services for young people with mental health issues?

Can we have a one stop shop, single point of access, like a CAB for mental health?

Mental book (Facebook)

Menu of resources for mental health which is accessible to all – no labels or barriers

What support is there for those with mental health (especially low level not in services) to engage in consultation?

Who will make decisions on moving forward? Will we be listened to?



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How can we all take time to listen and be able to hear how others are down/depressed? Build self-esteem by praising and encouraging, expressing positive statements

Are we delivering holistic support?

Community, youth groups? What would young people ask for?

Can talking therapies be more available? CBT? Cost of GP prescriptions long-term – have they been reported?

Why is there no air conditioning in the Gallery?

Why do we not continue with successful projects/initiatives when funding ends? i.e. Nicolson Arts?

Strategies take a lot of energy and time. What can clients/carers do in the short term?

Are you aware and are addressing the barriers to accessing mental health services/support? GPs not aware/referring. No discharge follow-up. SAMH/Horizons etc

How are young people being consulted on the strategy?

What support is available/offered to young people self-harming?

What are the barriers stopping access for all in any activity – arts, sports etc?

West Lodge and Nicholson Arts were excellent facilities. Given there is a lack of funds how can we provide the equivalent services?

Additional comment: one of the issues was there was no drop in and not everyone was comfortable using Horizons. The Resource Centre could not help and lack of premises at Ward 4.



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1. The best thing about living in Moray is...

- Quality of life
- Slower pace of life – more laid back
- Nearby shops, clubs, community
- The people - community support, good sense of community and cross-fertilisation – people, intergenerational connections; community activities e.g. Glenlivet and Inveravon's Tea in the Park; people prepared to help; people know you and ask if you're OK, still know your neighbours if you want, groups such as my local toddler group and pre-school, facilities – community hall linking to community
- Environment – countryside, the sky all around you, freedom, space, coast, nature, outdoors, walks, opportunities for wellbeing in outdoor pursuits, great secret sea-side places, great walking/cycling facilities, wildlife, nature
- Strong business identity
- Older generation suited
- Variety of opportunities – creative culture
- Food, farm produce, markets
- Scale – easy to connect, easy to move around from place to place, never far away from hills or sea, midway between Inverness and Aberdeen, Elgin is small and friendly, proximity to Findhorn Foundation and friends
- Openness to engage across sectors to work together
- Most confident drivers in UK
- Services – friendly doctors' surgeries especially in rural communities
- History
- Faith – the organ and rector at Holy Trinity

2. What affects your mental health and wellbeing?



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Negative

- Debt and financial problems
- Seasonal changes
- Pressure and strains to attain; consumerism
- Not having time out
- Not having control
- Lack of life/work flexibility
- Conflict
- Addictions
- Lack of space, being enclosed
- Lack of sleep and focus – overstretching at work, not resolving issues early enough
- Stress, overload, body balance
- Commuting
- Forced change – lack of community involvement in local decision-making
- Limited choice – in foods and cultural activities
- Social isolation, remoteness from others, lack of connection
- Frustration – frustration, faith in services, staff capability
- Somewhere to stay – affordable, fits needs, planning/regulations
- Not understanding procedures or processes, explanations or lack of
- No time to nurture own wellbeing
- Money/finance – welfare reforms
- Transport – Moray is rural, bus cuts



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- Not feeling safe in community
- Lack of group therapy. 1-1 too expensive. Google IGA
- MRC – couldn't let me join in because PSD only
- Lack of connection and belonging. i.e. if don't have kids how to meet others and connect
- Dullness of Burghead – buildings and gardens (improving a bit)
- Lack of appreciation of history
- Lack of empathy and knowledge
- Access to affordable transport, shops and libraries, facilities
- Employment – proximity to community
- No sense of community for retired men. Where are the men's sheds?
- Lack of initiative – council and MP/MSP
- Outdoor activities
- Anti-social behaviour
- Pressure of being a carer
- Stigma
- Lack of services for people who are bipolar
- Worries about the future
- Social isolation due to living far away from family and being elderly
- One's personal circumstances e.g. feeling socially unacceptable

Positive

- Understanding friends, friendship, family, having someone to life you up
- Environment, seasons. Outside space, communal areas



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- Engagement with the environment
- Technology – apps, audio books, online info is just there and don't have to ask for it, connects people and is portable, accessible on-line and face-to-face support
- Being physically active
- Someone you can talk to in confidence and trust (external outside family and friends)
- Engaging with an inclusive cultural sector
- Pets/animals – mental health guide dog (same status as guide dog), pet fostering
- Peer support – people in the community supporting each other
- Food/comfort
- Community events – intergenerational, not mental health focused
- Community time, time to self
- Feeling part of something
- My community (Burghead) is very friendly because it is largely a stable community of families who've lived there a long time

3. Top 3 priorities for action

- Co-ordinated support and communication
- Early intervention/support – being heard
- Support to access community groups/clubs – feeling supported in rural communities. Gp links
- Ambulance in Lhanbryde – speedy response
- Prevention/early intervention – better than cure, listen to carers, family members
- Speed of support/process. All services, housing



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- Services for young people
- Easy and equality of access, support to access and for early intervention
- Housing support and other services. Waiting list. Understanding and awareness of stress impact
- Peer support for carers
- Individuals – look after yourself, find space to offload. Who carers for the carer? Find/get help and support
- Communities – groups (womens), weekends. Diminishing not growing
- Services – early intervention, involve and listen to carers, explain and understand condition. Respond quicker open door policy for early intervention. Give correct information
- Time banking and peer support
- Menu of services, self help, empower people, peer support
- Mechanism for getting the info out to people
- Mapping what's out there that people with mh problems can access
- Group therapy with very clear boundaries as this is a small community
- Increase the See Me campaign – all use the badges
- Friendlier environment at Pluscarden – met by a peer to talk you through the day. Met by locked door
- Rolling programme for training and courses
- You have strengths – you might not fit the usual “look” “sound” – difference is OK too
- Remove the disturbing aerals from Burghead
- Challenging stigma
- More mental health awareness training in local communities and schools to challenge stigma and increase self respect
- Self management – the WRAP programme needs to be more widely available
- Creating the wherewithal to support carers as well as mental health sufferers
- Training/respite for carers



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- Liason among the professionals (NHS, social workers, therapists etc) so important
- Peer support – a confidential friend, social support, professionally organised but not run by professionals
- Widest range of critical choices/options that support wellbeing activities
- Moving on support to self-care in the community where appropriate. Not a replacement for services when needed. CBT and self care is good but people need to be stable and properly supported to work towards this
- Work closer with communities to develop more community-based activities
- Social prescribing
- Change in attitudes, not just clinical interventions
- Better crisis support including linking people to support in the community and to others with lived experience

4. Moray has good mental health when...

- The sun shines
- There is understanding
- There is good communication
- Young people are involved
- People feel understood
- Support includes families
- Communities are nurtured and valued and supported
- Communities are heard
- There are initiatives like allotments etc
- There is good co-ordination



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- Stigma is removed
- Transport is accessible – bus passes means tested/donation?
- MH workers enjoy good mental health themselves and have sufficient support and can see that they are making a difference
- Communities and individuals are supported to develop more innovative (risky) initiatives – let's try it out and give it a go
- People are supported to realise their hopes and aspirations and barriers are not put in their way
- Everybody who needs help is able to get the help they need when they need it
- The people who work in services have a tool set/kit that helps them to properly understand and support mental health
- People have more access community social wellbeing initiatives – music, singing, drumming, social activities etc
- There is good communication with social workers
- People can find and get help when needed
- Employers are more understanding
- Schools are trained about bullying
- Carers are supported
- The public are more aware of the importance of community spirit – helping others
- People are more open about mental health
- People have the tools to manage their own mental health
- Education of health needs, especially mental illness, makes every community more tolerant and compassionate
- We celebrate what we have in Moray
- People listen and hear
- Expectations are higher (doesn't happen often)
- If there was much quicker transport/infrastructure to the cultural/affluent centres to the east and south. Yes campaign please note
- There is openness, transparency, connectivity, true partnership



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- We work together as a community
- We support passionate community members
- It promotes its very limited cultural events
- It retains its pluscarden staff
- Barriers are broken and perceptions challenges
- We connect what exists
- We invest in the process, not just the end product
- We retain professionals in mental health –attractive place to work

