

Northampton Borough Council

Northampton LGBT and Q People's Forum

Tuesday, 10 March 2015

Present: Matt (Community Co-chair, FAN, VIN), Luisa (Northants Police), Nick (Northants Police), Rob (Independent), Anjona (NREC), Liz (Beaumont), John (NHFT), Alice (NBC)*

*Took minutes

1. WELCOME, INTRODUCTIONS AND APOLOGIES

Apologies received from Cllr Anna King (Councillor Co-Chair), Lee (LGBTQ Deaf group), Jeanette (Lesbian Line), Ian (UFO), Mark (Nationwide Spectrum), Heledd (NHFT), Dr Mel Wiseman-Lee (NHFT), Ben (Unison)

2. MINUTES AND MATTERS ARISING

Minutes of the last meeting were agreed as a true record.

3. LEE JOHNSON - CHANGING MINDS, NHFT

Changing Minds is an IAPT (Improving Access to Psychological Therapies) service within NHFT (Northamptonshire Health Foundation Trust).

Lee gave an overview of the different strands to Northampton's wellbeing service. The tiers of the Wellbeing service are as follows:

Tiers

1. Universal, GP and Wellbeing Navigators (under Mind)
2. Tiers 2 and 3, IAPT, Changing Minds. Deal with common mental health problems. Mild-moderate.
3. Tier 4 – community mental health teams – severe and enduring mental health difficulties
4. Tier 5 – hospital

Changing Minds offers services for more common mental health problems. More details can be found here: http://www.changingmindscentre.co.uk/v/wellbeing_service

Services include the offer of peer supporters who have experience of mental health difficulties themselves, and can sign post to other support available.

A person experiencing mental health difficulties can ask their GP for a referral to see their wellbeing worker. The Changing Minds service sessions are based around guided self-help. If this is successful, the service may not see patient again. If guided self-help is not successful, other services are available which may help such as Cognitive Behavioural Therapy (CBT). There is a short wait for CBT, but the service is working to reduce these.

On this topic, Anjona spoke to the forum about NREC's free mental health discrimination service. Anjona asked whether the service could be recommended or signposted to those who have experienced discrimination due to their mental health, if this information arises in their sessions. Furthermore, Anjona commented that NREC are working on a survey which looks at people's experience of mental health discrimination, and asked if NHFT could support with this. Lee advised that the Changing Minds service has two employment advisors who work with people who have suffered from discrimination in the work place due to their mental health condition.

Luisa asked whether there is any link yet between the Changing Minds service and The Voice – Northampton's victim support service. Lee advised that a link between the two is not currently established. Lee asked for any information, such as NREC's service and The Voice, can be sent to her (lee.johnson@nhft.nhs.uk) and Lee will then circulate it to the whole team for their information.

ACTION PLANS

IDAHO

This ceremony will be held on Monday 18th May at 12 noon.

ACTION: AM to look into possibility of having stalls available for community groups.

ACTION: AM to arrange minute of noise – request for more instruments/choir and also Police attendance

HATE CRIME

Luisa, Hate Crime Coordinator for Northants Police, shared a report of hate crime figures for the county that is shared with partners, in order to give an idea of what is going on across the county. The figures showed an overview of all hate crime, specific types of hate crime, and types of incidents reported. Anjona asked for a breakdown of the data into areas of Northamptonshire, rather than whole county.

ACTION: Luisa to look into whether this is possible.

Luisa gave an explanation of third party reporting centres – NREC is a very good third party reporting centre for instance. Other organisations that attend the forum would also be ideal, such as Lesbian Line, Beaumont Society and Fan. If local organisations would like to set up as third party reporting centres, they can start by feeding back how many reports they are receiving of hate crime incidents.

Anjona asked whether any reports are coming through to the Police now that NBC has outsourced the housing service to NPH. Similarly, it was questioned whether reports are being made through Enterprise, specifically around Graffiti.

ACTION: AM to discuss with NPH, and ask them to attend a future forum.

5. COMMUNITY INFORMATION EXCHANGE

NREC have a number of events coming up, and training sessions – more information can be found here: <http://northantsrec.org/events/nrec-events/>

John - Tesco and Asda have local LGBTQ networks, and community champions which can support with fundraising etc. NHFT held a cinema event at Berrywood for LGBT history month which was a great success, and will be looking to do something similar in May/June in association with Q Film. University of Northampton also have a new LGBTQ representative. **ACTION:** John to send details to Alice.

Matt – Update on the Straight allies project. The ‘Im Still Me’ Conference, which looked at tackling homophobic bullying, was great success. The Northants LGBT Alliance is looking to hold another event in the north of County later this Month. Liz suggested getting information out to Rutland also.

6. ANY OTHER BUSINESS

Funding - office of faith based and community initiatives, £3,000 grants available. The forum discussed ideas to apply for funding, around hate crime awareness.

Forum attendees discussed future meeting times, and agreed evenings are best due to low attendance in the day time. It was agreed that the next meeting will be held at 6:30pm, and we will then discuss the best time for all going forward.

7. ITEMS FOR FUTURE MEETINGS

John – ‘Diversity Fair’ - Diversity job/careers fair, to tie in with a Student pride event. Broaden out apprenticeships schemes to other diversity groups. Idea to be discussed at the next meeting.

8. DATE OF NEXT MEETING

Tuesday 7th July, 6:30-8:30pm, The Holding Room

The meeting concluded at 12:30pm