

AIMHS Mental Health Forum Group
Thursday 29th May 2014
Koco Building, Spon End, 10.30am – 12.30pm

Present: 23 Attendees

1. Welcome

Sheila Marston welcomed everyone to the Forum.

2. Apologies

One apology was received.

3. Matters Arising

There were no matters arising and the minutes of the last meeting were agreed as true.

4. Speakers: Kate Hughes, Pets As Therapy (PAT)

Kate the PAT Voluntary Area Co-ordinator for Coventry and Warwickshire brought Oliver, a Cavalier King Charles Spaniel to the forum. Kate explained that Oliver is a retired PAT dog and for five years used to work with people who have dementia.

The charity PAT began in 1983. Nationally, PAT has over 5,000 dogs and over 100 cats visiting group settings throughout the UK. The dogs and cats are the registered volunteers own pets. An assessment has to take place before you and your pet can volunteer for PAT. A pet has to have lived with you for at least six months and be over nine months of age, having a good temperament with a calm nature to be a visiting dog.

PAT dogs work in places such as nursing and residential homes, hospitals and hospices, day centres, working with people who have dementia, stroke patients, people who have clinical depression and mainstream schools. PAT is beginning to work more with clinical psychologists for children who have a phobia of dogs.

PAT is always looking for more volunteers. PAT contact information is: Tel: 01844 345445, email: reception@petsastherapy.org or visit www.petsastherapy.org .

AIMHS Update

Sheila explained that AIMHS has won an Awards for All grant to deliver some Body Respect Workshops.

The workshops run from 2pm until 4pm at Central Library Coventry and are on the following dates and are open to everyone:

- June 30th - The food detective - working out what our bodies really want and how to plan meals accordingly
- July 14th - How to make nutrition science relevant to everyday eating, wellbeing and health concerns, maintaining energy levels and eating for good mood
- July 28th - Mindful eating - teaches us how to rely on internal signals to develop a healthy relationship with food

- Sept 1st - Active living, ways for everyone to enjoy physical and realistic fitness
- Sept 15th - Promoting body respect, ways to enhance body appreciation, body confidence

Also, as part of the funding AIMHS will be running some accredited Food Hygiene Courses. Several people said they were interested in taking part.

Sheila also reminded the group that World Mental Health Day is taking place in October. Sheila asked people to think how they would like to celebrate it and to bring back their ideas to the July forum.

Open Forum

People told of various event being held locally.

A member made the group aware that the free phones at the job centre have been withdrawn. However various community job clubs are being set up locally.

The meeting ended at 12.30pm.

Future AIMHS Forum Dates for 2014:

10th July

21st August (AGM),

2nd October

13th November

18th December

**Date of next Meeting: Thursday 10th July, 10.30am – 12.30pm
Koco Building, Spon End, Coventry, CV1 3JQ.**