

**AIMHS Mental Health Forum Group  
Thursday 1st October 2015  
Koco Community Resource Centre, 10.30am – 12.30pm.**

**Present:** 17 Attendees

**1. Welcome**

Andy Collis welcomed everyone to the Forum and to the short EGM which followed.

**2. Apologies**

One apology was received.

**3. Speaker: Jacqui Lautenbach, Service User Involvement in the Criminal Justice Liaison and Diversion Service.**

Jacqui gave an overview of the Criminal Justice Liaison and Diversion Service saying that they have nurses that work in their service who go and sit in custody and are able to carry out health assessments of people who come into contact of the criminal justice system where they think there maybe mental health problems, learning disabilities and substance misuse difficulties. They then signpost them to the correct services they may need, hopefully diverting them before they may end up further along in the criminal justice system. The service is for people who have alleged to have committed a crime.

Jacqui is looking at how to involve people that access their service, and family members or carers, to find out what worked well or not for them and if there is anything they would like to change to develop the Criminal Justice Liaison and Diversion service. JL would also like to involve people who have heard of their service and may have been offered support but declined it at the time.

If you would like to get involved or to meet Jacqui to speak about your experiences with the Criminal Justice Liaison and Diversion Service there are a number of ways to do this:

- Pop a slip in the 'post box' at The Hub, Mind
- Email: [jacqui.lautenbach@covwarkpt.nhs.uk](mailto:jacqui.lautenbach@covwarkpt.nhs.uk)
- Post it to: The Criminal Justice Liaison and Diversion Service, Swanswell Point, Coventry, CV1 4FH

A number of questions were asked including: 'How quickly do you hope to see somebody?'

Answer: In custody 98% of people are seen within two hours. Within other parts of the service – a referral from an investigation team – within seven days or urgent cases within twenty-four hours. Weekends are also covered between 7.30am – 8.00, seven days a week.

#### **4. Speaker: Jade Medford, Smoking Reduction Service at Coventry and Warwickshire Mind.**

Jade who works for Coventry & Warwickshire Mind at Wellington Gardens, Spon End is the Smoking Reduction Co-ordinator as well as the Community Fundraiser. Jade explained that the Smoking Reduction Service is a pilot study. The main aim is to support people who experience some form of poor mental health to reduce their intake of cigarettes or quit altogether.

At present most smoking services offer the 'quit route' where you have to set a quit date and stop smoking. Mind's free Smoking Reduction service differs because they support people to reduce first at their own pace with a view to potentially setting a quit date with a smoking cessation service. The service offers free nicotine replacement products such as patches, gum, tablet and lozenges. Also available to access at Mind are various group workshops which complement the Reduction course e.g. relaxation. For more information please call: 024 7655 2847 or email: admin@cwmind.org.uk.

Jade also said Mind would be having a fundraising walk at the Memorial Park in aid of World Mental Health Day on Saturday 9th October.

#### **5. AIMHS Update**

To celebrate World Mental Health Day AIMHS is offering a free Mindfulness taster session on Wednesday 7<sup>th</sup> October, 1.00pm at the Koco Community Resource Centre.

AIMHS has secured funding from National Mind for two Peer Support Groups. Wednesday's Peer Support Group will be re-launched as part of a national research project and another Peer Support will be running for the LBGT community.

AIMHS are now selling raffle tickets for Christmas. The first prize is £100, the second prize is £50.00 and third prize is £25.00. If you would like to sell or buy some tickets please contact us.

#### **6. AIMHS EGM**

Kim Timerick and Adrian Robinson were co-opted onto AIMHS Board of Trustees during last year, at this EGM they need formally adopting on to the Board.

Proposer for Kim Timerick: Ros Wilson  
Bob Holmes seconded this proposal. Resolution passed.

Proposer for Adrian Robinson: Ros Wilson  
Bob Holmes seconded this proposal. Resolution passed.

Patricia Wood also expressed an interest to join AIMHS Board of Trustees.

Proposer: Kim Timerick'  
Sharon Thompson seconded this proposal. Resolution passed.

Staff and members welcomed Kim, Adrian and Patricia to AIMHS Board of Trustees.

**Date of next Meeting: Thursday 12<sup>th</sup> November, 10.30am – 12.30pm  
Koco Community Resource Centre, Spon End, CV1 3JQ.**