

MhIST, Mental Health Independent Support Team

**Half Annual General Meeting held at Bolton Parish Church Hall Wednesday 27th
May 2009 at 6pm**

Present: Ian Taylor (chair), Gary Partington, Peter Worsley, Peter Wright, Dolorez Niazzi, Simon Booth, Marlene Wolstenholme, Karen Brady, Roberta Pattison, Dorothy Cocker, Albert Phipps, John Sumner, Peter Pendlebury, Sylvia Dobinson, Sheila Tracey, Tracy Williams, Shirley Thompson, Noel McNabb, Steve Lenehan, Peter Kearsley, Sue Haworth, JohnPaul Quinlan, Janette Jones, Champa Mistry, Sandra Clarkson, Charlie Willcock.

In Attendance: Melvin Bradley, Judith Sumner.

Apologies: Ann Hornby, Aileen Holt, Gerald Prescott, Barbara Eastham, Val Dickens, Stef Briacz, Peter Turner, Tessa Craighead, Pippa Smith, Wendy Green, June Waterson, Chris Parker, Miranda Washington, Marie Gilbert, Nadine Ashcroft, Jonathon Roberts, Linda Latchford, Sarah McFarlane, Hilary Mercer, Rita Liddell, Mita Sykes, Gary Monks, Winnie Monks, Gayle Rathbone, Anne Hulton, Flo Standish.

Welcome.

Ian opened the meeting by introducing himself, Melvin and Judith and welcomed everyone to the meeting.

Update of activities.

Fundraising.

Melvin gave special thanks to Peter Kearsley, one of MhIST's volunteers, for running this year's London Marathon on behalf of MhIST. He raised £1415.60 in donations which he presented to the organisation and this contribution is highly appreciated. John Sumner suggested that Peter should be presented with a certificate and a thank you letter in recognition of his achievement and this will be arranged.

Advocacy.

Melvin reported that there were five new advocates, Noel McNabb, Sylvia Dobinson, Gerald Prescott, Peter Pendlebury and Aaron Lohan. Melvin has submitted a proposal to the P.C.T to provide I.M.H.A. (Independent Mental Health Advocacy) at MhIST for the Bolton area. Funding has also been secured for three years from Lloyds Tsb and one year from the P.C.T.

Counselling.

Melvin advised that he and Judith had successfully interviewed five new counsellors who will be starting hopefully in July, following induction. They are Albert Phipps, Nina Taylor, Janet Higgins, Wendy Green and Iqbal Mallu. Melvin informed the meeting that

Judith was representing MhIST's counselling service at the monthly Counselling Alliance meetings. The Alliance was formed to develop a common framework of practice between several counselling services and so improve standards in Bolton. It is well attended by MhIST and other agencies. The counselling service at MhIST continues to be successful.

Self Help groups.

There are plans for a new depression group to start in the next few weeks, maybe on a Thursday, at Crompton Health Centre. This is in addition to the group that meets at MhIST on a Friday. There will be an update on this in November at the AGM.

A new group called PEACE has been started by previous users of the Confidence and Self Esteem Building Course run by MhIST. Places will only be allocated by invitation, following an interview and the group's intention is to help people to maintain their confidence and self esteem.

Creative Writing workshops have been run successfully by JP Quinlan, he has facilitated three eight week courses up to now. He is also involved in running a writing circle.

Sandra Clarkson is currently working with Active Choices in providing an Anxiety Management Course at MhIST every Tuesday and this continues to be highly subscribed.

Bobby Pattison asked about the Craft Group and it was explained that there had been problems with illness and therefore the group hadn't been facilitated for a while. Melvin added that a couple of people had expressed interest in running the group and hopefully it will soon be restarted. Dolores Niazzi said she would be interested in the group. Sheila Tracey asked Melvin if the group would include pottery but Melvin said we hadn't got the equipment.

Day Services Consortium.

Melvin advised that MhIST was part of the Day Services Consortium along with St Georges, BAND, Patients Council, Steps, Active Choices, BEST, Early Intervention Team, Bolton Community College and Firwood and Aspen. John Sumner mentioned that the Aspen unit provides very good support for retired people with mental health problems, referral would be through your psychiatrist but you would have to ask for it. Sheila Tracey asked who leads the consortium. Melvin suggested Carol McLean at Active Choices or Rita Liddell at BAND might be able to help advise anyone who wants to be involved.

Training.

MhIST has provided Vulnerable Adults Training on 27th and 28th May 2009, if anyone else was interested but was unable to attend it will be run again. Child Protection Training is also available on the 11th June and 20th July 2009, anyone who is interested should let Melvin or Judith know.

Proposed alterations to governing document.

Melvin explained the proposed changes. Ian said that nothing would change as a result but that it would put MhIST's paperwork in order.

The results were counted by JP Quinlan and were as below. Abstainers did not qualify to vote. Copies of the memorandum and articles will be put on the website as soon as possible and paper copies will be available on request.

Co-opted directors.

- For 19
- Against 0
- Abstain 3

Name of governing body.

- For 21
- Against 0
- Abstain 1

Elections to the governing body.

- For 22
- Against 0
- Abstain 0

Terms of office.

- For 22
- Against 0
- Abstain 0

The rules for the structure of the governing body need to be clarified and confirmed.

- For 22
- Against 0
- Abstain 0

Any other business.

JP Quinlan apologised for the delay in the production of the newsletter and said it should be complete in the next two weeks.

Sylvia Dobinson brought up the Personalisation Agenda which will illuminate how services will be provided in the future. She has managed to get a speaker, Isabelle Southern, to come to MhIST on Tuesday 2nd June 2009 and if anyone is interested they can come to MhIST at 1pm. Care workers, social workers and CPNs should also be able to advise people. Sheila Tracey said Chris Parker should be able to provide information. Karen Brady asked a few questions which were appropriately answered. Sheila Tracey said it was too complicated to discuss without an expert present. Sue Haworth from the User Action Team added comments on the issue of risk. JP Quinlan asked questions which were appropriately answered. Sandra Clarkson expressed her concerns.

Date of next meeting.

The next AGM will be November 25th 2009 lunch provided at 12.30 meeting to start 1.00pm.