

WWAG



Walton & Weybridge Advocacy Group
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WWAG Client Forum Minutes – Tuesday 24th January 2012

Carol read *WWAG's* Mission:

To support people that have used or do use the mental health services and their carers by identifying and creating a variety of opportunities and activities which encourage personal development and ultimately improve quality of life.

John S. read *WWAG's* "strap line"

A local Charity Improving Quality of Life & Supporting Recovery for People with Mental Health issues in the Community Providing: Therapeutic Groups, Social Inclusion/Activity, Training & Employment initiatives, Advocacy, Information, 24 hour crisis/befriending help line, Support & understanding, Service User Involvement

1. Introductions: Roger thanked everyone for coming and asked each person to say a positive word beginning with the first letter of their name, Caring Karen, Brilliant Beau, Positive Paul G., Positive Paul C., Jocular Josie, Reasonable Ray, Tactile Tina, Ambitious Abdur, Supportive Shel, Joyful John S., Charismatic Carol, Joyful John P., Amicable Ann, Gorgeously Resilient Roger, Adorable Anne and Cuddly Cathy. Doug arrived later. Roger then asked each person to read one of the following positive messages from the laminated picture cards:

- Life isn't fair but it's still good
- Make peace with your past, so it won't mess up your present.
- No one is in charge of your happiness except you
- Forgive everyone for everything
- However good or bad a situation is, it will change
- Get rid of anything that isn't useful, beautiful or joyful
- No matter how you feel, get up, dress up and show up
- Life isn't tied with a bow, but it is still a gift
- Always choose life
- Take a deep breath, it calms the mind
- Life is too short to waste time hating anymore
- Don't compare your life with others. You have no idea what their journey is all about
- Time heals almost everything. Give time, time
- The best is yet to come. Believe
- Each night before you go to bed complete the following statements:
"I am thankful for ..." "I have accomplished...."
- You only have one ride through life so make the most of it and
- Enjoy the ride

Apologies: Marie, Teresa Moylan, Stephen Mellamphy, Pam and Bruno

2. Minutes agreed & Matters arising:

Minutes from previous meeting agreed by John Stoker and seconded by Paul Clarke

3. Activity Updates:

Updated all key activities undertaken since the last meeting:

Day Trip to London: Abdur went to Westminster Bridge, London Eye and had a Chinese Buffet. He also went shopping and said that Doug was nice company. It was very enjoyable, a bit windy and the Christmas lights were lovely. John S. said it was good fun and had a wonderful time - when he wasn't trying to keep track of his mum! Carol had a brilliant day and a wonderful time.

Ann went on the London Eye with Nilda and said that it was really good. She had a lovely day the Christmas lights were beautiful. Roger encouraged everyone to come along to the Day Trips - They are a great experience.

Christmas Dinner at The Anglers: Ray said that dinner lived up to its normal standards and it was nice to socialise with old and new friends - it was very, very good. Abdur thought the food was delicious and that the company was good. It was very enjoyable and he really liked his chat with *WWAG* Treasurer, Barry H. John S. had a really good night and said the pub staff even commented that *WWAG* knew how to have a good time after the 'Amarillo' performance.

Christmas Lunch at the JPC: John P. said that the lunch, which was cooked by the staff, was excellent. John S. said that it was even better cuisine than at the Anglers.

Monthly Curry Night: Shel thought the Indian staff were really nice and she felt as though she was in a really supportive environment. John P. asked if the Indian is always half price, which it is.

Monthly Walking Group - Windsor: John S. thought it was a more enjoyable walk after getting lost and that it was comedic watching Roger and Jennifer, especially where Roger was treading!

Tuesday Art Group at The Barn: No-one from this art group was present at the Forum - they were at the Barn at the time. Nine people attend this group and their work was recently exhibited. Ann was very impressed – it was a very good exhibition.

Monthly Doughnut mornings: Paul G. said that it was a great morning with a room full of good company and the coffee was excellent. John S. said that more doughnuts are needed next time. "We had cake instead of doughnuts on 'Doughnut Morning!'"

Weekly Badminton: Paul C. - It's good fun - it's held from 4:00pm-5:00pm and then we go to The Weir until 6:00pm.

Roger said that it's a lovely way to end the week. There's an average of 6 people and everyone is welcome to come along.

Monthly Creative Writing: John S. has started a Creative Writing Group and there has been some brilliant feedback from the five people that attended. Tina thought it was very, very good and Abdur enjoyed it very much. Roger added that a lot of work and preparation went into the group and gave a big "thank you" to John S. John S added that everyone participated fully and that it was very rewarding for him.

Monthly Quiz Afternoon: These Quiz Afternoons have been very successful with good attendance. Roger thanked Tina for her effort. Cathy thought that the quizzes were fun and that the Saturday ones seemed to be easier than the Wednesday ones.

CAB Clinic: Information about the CAB has slightly changed, details of which are in the newsletter. It is assumed that there will no longer be a CAB at **WWAG** but it will still be operating at the ACU, Walton and JPC (Tues/Thurs).

New Year Party: There Were approximately 43 people that attended. Abdur said it was a lovely party and really enjoyed it – and he sang! John S. said that some people really threw themselves into the party spirit! Roger said that the party nearly didn't happen after all the toing and froing on the Friday. However, it now looks as though **WWAG** can have a summer party.

Weekly Computer Training: Ray recommended the group to everyone and said it was mind stretching at times. Jennifer, the tutor, has a real grasp on computers. Ann echoed that it is interesting and that it's good for keeping the brain ticking over.

Abdur suggested giving something to Jennifer for all her help. Roger thought it would be good if the attendees' contributed towards a gift to show their appreciation. The old **WWAG** computers are going to be wiped clean tomorrow (25/01/12) and will be sold to interested clients to cover **WWAG** costs - £25 for each computer box. Abdur said that he would like to donate 2 printers to **WWAG**. Roger thanked Abdur.

Weekly Drama Group: Ann said it's really good fun and good for confidence when speaking in front of people.

Staying Positive Course: John P. said that the course has been extremely helpful and has brought him out of his shell. Carol thought it was inspirational.

4. Surrey LINK: (Local Involvement Network) Karen Murray explained that her organisation wants to influence the provision of care countywide and Hampshire. They are concerned about how people get into care when they are in a moment of crisis and also what would keep them out of a crisis. **WWAG** clients at the Forum were asked to fill in a questionnaire, which will be entered on to their database, these will be used as a pilot. Paul G. thought the questionnaire related to just one crisis. Ray asked what will happen after their analysis and results. Karen said that the report will be made official to Commissioners at NHS Surrey (PCT). Karen thanked clients for filling in the questionnaire and said that she would send the report to Roger when it is completed in the summer. Details of LINK, which were handed out, can be found on the office Notice Board.

5. FoCUS: (Forum of Carers and people who Use our Services): Roger read Paul G's FoCUS update which explained about Self Directed Support, PAL's and ESA's. John P. said that most people on benefits will be getting letters in the post about the changes. Roger said that **WWAG** have accompanied people to medical assessments and written letters on clients' behalf. If anyone has any worries at all about the process then they should talk to **WWAG** about it – "we are here to help, don't feel as though you are on your own". John P. said that he was pleased that **WWAG** can support him. Roger said that health clinicians should offer to write letters on behalf of patients because some people have had their benefits stopped. John S. said that if you need to make a complaint to the Surrey & Borders Partnership Trust, then you must use the words "complaint" and "official" in the letter, otherwise they will take it as a 'compliment'. A "thank you" was said for John's mum's homemade chocolate-chip cookies.

6. Future Activities:

Walking Group: 1:00pm – 4:00pm on 8th Feb 2012. **Doughnut Morning:** 10:00am – 12:00pm on 14th Feb 2012

Creative Writing Group: 2:00pm – 3:30pm on 15th Feb 2012. **Afternoon Quiz:** 2:00pm– 3:30pm on 22nd Feb 2012

Weekly Badminton: 4:00pm – 5:00pm every Friday. **Positivity Course:** The 5 week course finishes in 2 weeks and then the 10 week course will begin. **First Day Trip:** Tuesday 27th Mar 2012 destination to be agreed. Doug suggested Kew Gardens in the springtime.

Marathon: Sunday 22nd April. Roger said that Philip Whitcombe is running the Marathon for **WWAG** and we are arranging for a group of clients to go up to London to watch and cheer him on. Roger asked if people could please sponsor Phillip. All the proceeds will benefit the clients.

WWAG Client Holiday/Break 2012: Cathy has approximately priced for a week abroad in the sun for 2 people sharing, 7 nights, in September as follows: £276 for the Algarve, £258 for Majorca, £272 for Crete and £299 for Tenerife. Roger said that we need names of people truly interested because **WWAG** cannot incur costs. All to encourage others to notify **WWAG** staff if interested. Abdur, John S., John P., Ann, Roger, Shel, Cathy and Tina are all interested in going.

Sunday Walking Group: Tina has people interested in a walking group on a Sunday. Those include: Paul G., Roger, Abdur, John P, John S, Ann, Carol and Tina.

Curry/Chinese Night: The Curry Nights have been a brilliant success (14-16 people). People have now expressed an interest in having another evening meal out two weeks after the Curry Night. This would mean that the Curry Night would be on the first Thursday of each month and the Chinese or another Curry Night would be held on the third Thursday of the month. Those interested are: Abdur, Carol, John P., Roger, Paul C., Paul G., Shel, Cathy and Tina. Doug suggested that Wagamama might be a good place to go and Paul G. suggested China Chef.

7. Any Other Business:

The Suggestion Box: There were no suggestions but there was a donation of £1.04

Shel thought that the idea for 2 meals per month was a good idea. Ray asked if there were any more theatre trips. Roger said that there will be but that we haven't got the new brochure yet. He also added that the next Community Get-Together will be in May. Paul C. thanked John's mum for the cookies. Paul G. suggested a camping holiday. John S. said that Normandy is excellent for groups and that the bus service is better than here. Beau said "thanks" for the biscuits. Karen was pleased to see that **WWAG** is such a nice busy group to belong to. Roger thanked everyone for attending and making it such a wonderful experience.

Next **WWAG** Client's Forum - Tuesday 13th March 2012 **WWAG** lounge 2.00pm to 3.30pm

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