



## **VOX 12<sup>th</sup> Board Meeting**

**Monday 31<sup>st</sup> January 2011**

**The Renfield Centre, 260 Bath Street Glasgow G2 4JP**

Present:	Joyce Mouriki	Chairperson
	Dougie Pickering	Secretary
	Gordon Johnston	Treasurer
	Colin Murchie	Member Director
	John Sawkins	Member Director
	Ross Mcphail	Member Director
	Tracy Laird	Member Director
In Attendance:	Mahmud Al-Gailani	Acting Development Coordinator
	John Steel	Administration Officer
	Linda J. Watt	Medical Director MHP GGC NHS Vice Chair, Royal College of Psychiatrists
Apologies:	Frank Fallan	Vice-Chairperson
	James McDermott	Member Director
	Chris Evans	Member Director
	Pamela Shanks	Member Director
	Richard Norris	Non Member Director
	Alex Davidson	Non Member Director

### **1) Welcome**

Joyce welcomed everyone present and extended her best wishes to everyone for the coming year.

### **2) Appointment of Non Member Director**

It was formally proposed by Colin and seconded by Dougie that Linda J. Watt be appointed a Non Member Director of VOX, this motion was carried unanimously. Linda then introduced herself as the Medical Director of the Mental Health Partnership, Greater Glasgow & Clyde NHS. Linda is also the Vice-Chair of the Royal College of Psychiatrists.

Joyce formally welcomed Linda and intimated that with her knowledge and experience in the mental health field, Linda would be a tremendous asset to our Board. As is the custom, the Directors present introduced themselves giving a short resume of their background.

### 3) Minutes of Last Meeting

The minutes of the last meeting held on 29<sup>th</sup> November 2010, having been previously circulated, were approved on the motion of Colin and seconded by Dougie.

### 4) Matters Arising

The following matters from the last meeting were discussed:

- a) Further representations to be made to both Augment and Acumen with regard to a nomination as a Board Member.

**Action: Joyce to speak with Donna Banks**

- b) With regard to the VOX representatives on both the Scottish Governments Mental Health Cross Party Group and the Royal College of Psychiatrists, it was agreed that Mahmud would attend the Cross Party Group and Dougie and John would attend the Royal College of Psychiatrist on an alternate basis. Joyce suggested that she would contact Karen to enquire if they could both attend the next meeting so that John could familiarise himself with the proceedings of the group.

**Action: Joyce to contact Karen**

- c) Joyce intimated that she had met with Geoff and Ruth from the Scottish Government and had requested that Ruth got in touch with Mahmud to agree a date to support a further piece of work on spending cuts. Mahmud fed back that a sub group will meet on the 15<sup>th</sup> March 2011 and he will try and get Ruth's agreement to attend that meeting.

**Action: Mahmud to contact Ruth**

- d) Joyce intimated that the Avon Measure Tool had been sent to Dumfries and Galloway for validation. Dougie mentioned that the tool had already been piloted in Ayrshire and Arran and he didn't understand the delay in progressing with its usage.

**Action: Joyce to get feedback from NHS QIS.**

### 5) Acting Development Coordinator Update

The Acting Development Coordinators update, which had been previously circulated, was then discussed in further detail as follows:-

- a. VOX Winter Members Meeting,  
Despite the severe cold and arctic weather conditions, Mahmud reported that a good number of members braved the elements to attend the meeting held at the Hilton Hotel in Glasgow on 4<sup>th</sup> December 2010. Fruitful discussions took place regarding what the members felt was our ongoing priorities for 2011. The main points were Stigma, Welfare Benefits, Social Isolation and Patient Safety
- b. Changing Minds Conference  
This conference has now been rescheduled for Thursday 17<sup>th</sup> February in Edinburgh.  
**Action: Mahmud and John to attend**
- c. Newsletter  
It is hoped to have the Winter Newsletter issued early in February.

d. VOX Facebook page

Discussions took place regarding the possibility of a social media policy/disclaimer for the VOX Facebook page. Tracy intimated that her brother has some knowledge of this type of policy and that she would speak to him for further advice. The board agreed that a version of the policy should be drafted by the communications sub group and ratified by the board.

The position in the interim is that our coordinator should block anyone who he feels is posting inappropriately and that decision will stand until a policy to cover all contingencies can be agreed.

**Action: Tracy to seek advice and communications sub group to produce draft policy**

e. LGBT Survey

f. Faith leaders project

g. Output from spending cuts meeting with the voluntary sector providers. We discussed again how to feed this into the government .Linda suggested that when current changes at the health department take place we should ask Geoff Huggins to arrange a meeting between ourselves and his staff.

**Action Mahmud to contact Ewan**

h. Consultation on Counselling

**Action: Mahmud to attend meeting with people from COSCA**

i. Self-Directed Support

Joyce intimated that we should have someone to attend the SDS event and give a presentation for approx. one hour.

## 6) Sub Group Updates

Due to the severe weather and the holiday period since the last board meeting in November there was no report from VOX sub groups.

## 7) Directors Updates

Ross intimated that he had attended a meeting of the Scottish Recovery Network and he also expressed his concern that they have only received funding for the next twelve months.

John intimated that he has been asked to attend the Scottish Recovery Network conference in February and act as a table host. John also indicated that he was invited to act as a judge on the SRN Creative Writing competition.

Colin indicated that he had attended a meeting of the Highland Tenants Association regarding Medical points for housing.

**8) Correspondence:** There was no correspondence relevant to the board

## 9) Any other competent business

There was no further business.

**The next meeting will be held on 28<sup>th</sup> February 2011 in the Kirk Lounge, The Renfield Centre, 260 Bath Street Glasgow at 1.30pm (lunch available at 12.30pm)**



## **VOX 13<sup>th</sup> Board Meeting**

**Monday 28<sup>th</sup> February 2011**

**The Renfield Centre, 260 Bath Street, Glasgow**

<b>Present</b>	Joyce Mouriki	Chairperson
	Dougie Pickering	Secretary
	Gordon Johnston	Treasurer
	Pamela Shanks	Member Director
	Tracy Laird	Member Director
	John Sawkins	Member Director
	Ross Macphail	Member Director
	Colin Murchie	Member Director
<b>In Attendance</b>	Mahmud Al-Gailani	Acting Development Coordinator
	John Steel	Administration Officer
<b>Apologies</b>	Frank Fallan	Vice Chairperson
	James McDermott	Member Director
	Chris Evans	Member Director
	Alex Davidson	Non Member Director
	Donna Banks	Member Director Nominee
	Linda J. Watt	Member Director

1) **Welcome** Joyce welcomed everyone present.

2) **Appointment of Member Director**

It was proposed by Tracy and seconded by Dougie that we formally accept Donna Banks as a Member Director representing Augment (Scotland) Ltd. This proposal was carried unanimously. As Donna was unavoidably absent, Joyce expressed her pleasure that Donna was once again accepting an offer to become a board member. (Donna had previously been a member)

3) **Minutes of Last Meeting**

The minutes of the last board meeting held on Monday 31<sup>st</sup> January 2011 were formally approved on the motion of Dougie and Colin.

#### 4) Matters Arising

- a) It was intimated by Dougie that he had seconded the minutes at the last meeting when in fact he had not been present at that particular meeting, therefore it was agreed that the seconder of the minutes of the meeting held on Monday 29<sup>th</sup> November 2010 would instead be John, who was present.
- b) Joyce took the opportunity to congratulate Mahmud for the splendid presentation at the Changing Minds conference in Edinburgh on Thursday 17<sup>th</sup> February 2011. Joyce also mentioned one of our VOX members, Jamila Brown for her part in the presentation saying that this was another occasion when the name of VOX was to the forefront.
- c) With regard to the media policy discussed at the last meeting, Tracy had spoken with her brother who has some experience in this field; however he does not have a policy in place either.  
**Action: Consult with VOX members and the communications sub group regarding a social media policy for our Facebook page. Mahmud to contact by email the person who has been temporarily banned from commenting on this page.**

#### 5) Acting Development Coordinator Update

The Acting Development Coordinator update, which had been previously circulated, was further discussed as follows:-

- a) Mental Wealth day at St Andrews University (VOX/MHF Workshop.
- b) Changing Minds Conference in Edinburgh.
- c) VOX presentation to the Coalition for Racial Equality and Rights (CRER)
- d) VOX Newsletter.
- e) VOX weekly update which are proving to be very popular.
- f) Communications sub group to develop a social media policy.
- g) Annual funders report for Comic Relief due in March.
- h) First quarterly update also due in March for the Scottish Government.
- i) Companies House accounts due in March.
- j) Accounts for 2009/10 accepted OSCR (Office of Scottish Charity Regulator)
- k) Consultation on supporting people to choose care and support services.
- l) Reviewing current list of outside groups which have a representative from VOX  
**Action: Board members to contact Mahmud if they want to be involved in any of these groups.**
- m) The Scottish Mental Health Arts & Film Festival 2011.
- n) COSCA Counselling and Psychotherapy in Scotland.  
**Action: Relevant information can be sent out by weekly update.**
- o) ARBD (Alcohol Related Brain Damage) regarding possible attendance at one of their group meetings.  
**Action: Joyce to attend on 29<sup>th</sup> March 2011 and do a workshop.**

- p) BME (Black & Minority Ethnic) regarding service user views on race equality presented at the Scottish Government's Cross Party group on mental health and race equality joint meeting.

#### **6) Sub Group Updates**

Due to the recent holiday period and board training, there were no reports or updates.

#### **7) Directors Updates**

Colin intimated that he was once again being interviewed by the Scottish Recovery Network who has received funding to carry out a survey on peoples recovery which had been initially carried out five years ago.

John and Dougie gave a report on their attendance at the last meeting of the Royal College of Psychiatrists Executive Meeting held on 17<sup>th</sup> February 2011, items of interest included:-

- a) Discussion on the End of Life Assistance Bill.
- b) Scottish Intercollegiate Guidance Network.
- c) RCP voted not to accept pharmaceutical sponsorship for meetings.
- d) Issues around Scottish versus UK identity for the College.
- e) Disappointing low level of recruitment into Psychiatry.
- f) Refresher training every 5 years for approved medical Practitioners.
- g) Choose Life, suicide studies.

Ross gave a report on the Scottish Recovery Networks annual conference where he, along with John, was one of the table hosts. He also reported on the meeting of the Scottish Mental Health Service User meeting held on 25<sup>th</sup> February 2011 where VOX are one of the lead partners.

Gordon reported on a meeting of the Psychological Therapies Core Reference Group and made special mention of the heat targets and that everyone will have access to psychological therapies by the year 2014.

#### **8) Correspondence**

An application from Augment (Scotland) Ltd to become a group member of VOX was received and after careful consideration it was proposed by Colin, seconded by John and unanimously agreed that the application be accepted.

**Action: John to confirm acceptance of the application with Augment.**

#### **9) AOCB**

There was no other competent business.

#### **10) Next Meeting**

The next meeting will be held on Monday 28<sup>th</sup> March 2011 in The Renfield centre, 260 Bath Street Glasgow G2 4JP at 1.30pm



## **VOX 14<sup>th</sup> Board Meeting**

**Monday 28<sup>th</sup> March 2011**

**The Renfield Centre, 260 Bath Street, Glasgow**

<b>Present:</b>	Joyce Mouriki	Chairperson
	Frank Fallan	Vice Chairperson
	Dougie Pickering	Secretary
	Gordon Johnson	Treasurer
	Ross Macphail	Member Director
	Colin Murchie	Member Director
	Dr. Linda J. Watt	Non Member Director
	Richard Norris	Non Member Director
<b>In Attendance</b>	Mahmud Al-Gailani	Acting Development Coordinator
	John Steel	Administration Officer
<b>Apologies</b>	John Sawkins	Member Director
	Pamela Shanks	Member Director
	Chris Evans	Member Director
	Tracy Laird	Member Director
	Donna Banks	Member Director
	James McDermott	Member Director

### **1) Welcome**

Joyce took the opportunity to welcome everyone present.

### **2) Minutes of last meeting**

The minutes of the last board meeting held on 28<sup>th</sup> February 2011 were formally approved on the motion of Dougie and seconded by Colin.

### **3) Matters Arising**

- a) Further discussion took place regarding a social media policy. Mahmud intimated that he had been in contact with the person who is banned from using the VOX Facebook page and indicated that the matter has not been resolved with the person concerned (who is not an individual member of VOX). It was felt that a media policy was now required as a matter of urgency. Joyce said that NHS

Tayside had a policy in place which perhaps could be helpful in compiling our own.

**Action: Joyce to get a copy of the NHS Tayside's policy to Mahmud.**

**Action: Mahmud to send copy of the e-mails received by VOX regarding facebook and the individual concerned to Joyce.**

- b) Colin intimated that he would like to be involved with the steering group for this year's Mental Health Arts and Film Festival.

**Action: John to speak with Pamela Clarke regarding a contact at the Highland Festival Group**

- c) Ross suggested that we should have a link with COSLA (Convention of Scottish Local Authorities) with regard to National/Local outcome agreements. Linda also suggested that we should link in with Social Work Directors.
- d) Scottish Government Consultation - Amendment to Rule 58 of the Mental Health Tribunal for Scotland (Practice and Procedure) (No.2) Rules 2005 - Rule 58: Power to Decide Case without a Hearing.

**Action: Mahmud to organise a group response to the consultation.**

- e) Alliance with partners viz welfare benefits

**Action: Joyce to approach ADSW**

- f) Suggestions were made that in view of the upcoming Scottish elections that VOX should have a manifesto prepared to circulate to our members and perhaps draft a standard type letter to send to all MSP's. Richard also suggested that we should contact the Scottish Government Disability Committee.
- g) Ross suggested that a page should be available on our website to address the issues raised by VOX members at both the annual general meeting and the annual members meeting.

**Action: John/Mahmud to look at developing a member's current concerns area on our website.**

#### **4) Acting Development Coordinator Update**

Mahmud Al-Gailani, the Acting Development Coordinator, then discussed further update, which although having been previously circulated, several items were expanded upon as follows:

- a) Evidencing Outcomes Learning Event
- b) Ethnicity in Mind 4<sup>th</sup> Seminar (promoting partnership working with BME people on mental health issues.
- c) Mental Welfare Commission Principals into Practice Awards. It was intimated that the Sanctuary Project won the award in the Respect for Diversity category.
- d) The visit of 5 School teachers from the Valekrossen Skule in Norway to the VOX offices. The Valekrossen Skule provides both secondary and upper secondary teaching facilities, as well as a broad scope of motivational subjects for youngsters and adults with a psychiatric background. The visit proved to be very fruitful for both the teachers and VOX.
- e) Annual funders report for Comic Relief completed and submitted.

- f) Companies House and OSCR. Joyce informed the board that Tenon Accountants from Glasgow have been appointed as independent financial advisors to VOX and were preparing accounts for the current financial term.
- g) Spending cuts meetings
- h) Mental Health collaborative
- i) SRI (Scottish Recovery Indicator) steering group

**Action: Mahmud to send a letter to Simon at SRN highlighting our position and concern in relation to the service user discussion element of the SRI being replaced with a questioner.**

- j) Moving Minds debriefing event. Mahmud intimated that there will once again be a Moving Minds event during the course of this year's Mental Health Arts and Film Festival due to be held during the month of October
- k) Mental Health and Employability Network, SAMH had had a low turnout and response to their proposal to co-host the network and will send a new letter out soon.

**Action: Mahmud to send a letter to SAMH and the Scottish Government link highlighting our issues with the co-chairing proposal.**

## 5) Sub Group Updates

The Communications sub group met this morning and most of the topics they discussed has already been included in matters arising and in the acting Development Coordinators update.

## 6) Directors Updates

The directors present gave an update on their activities during the preceding month.

## 7) Correspondence

- a) An application from the Mental Health Network (Greater Glasgow) to become a group member of VOX was discussed and unanimously approved on the motion of Colin Murchie and Dougie Pickering.

**Action; John Steel to write a letter to the Mental Health Network (Greater Glasgow) confirming their status as group members.**

- b) Invitation from ENUSP (European Network of (Ex) Users and Survivors of Psychiatry for someone from VOX to attend a conference in Brussels on 19<sup>th</sup> May 2011. As the invitation had only been received this morning and the application has to be completed before 4<sup>th</sup> April 2011 it was decided to consult with board members to enquire if anyone wanted to represent VOX.

**Action: John Steel to contact board members with full details with a closing date of Wednesday 30<sup>th</sup> March for applications.**

- c) Invitation from Ireland to event, no members were available to attend the event
- Action: John to send letter of congratulations and support.**

**8) A.O.C.B.**

It was unanimously agreed that the next Annual General Meeting of VOX will be held on Monday 8<sup>th</sup> August 2011 in Glasgow at a venue still to be confirmed.

**9) Date and Venue of Next Meeting**

Due to the Easter Holiday period the next board meeting will be held on Monday 18<sup>th</sup> April 2011 in The Renfield Centre, 260 Bath Street Glasgow.



## **VOX 15<sup>th</sup> Board Meeting**

**Monday 18<sup>th</sup> April 2011**

**The Renfield Centre, 260 Bath Street, Glasgow**

<b>Present:</b>	Joyce Mouriki	Chairperson
	Frank Fallan	Vice Chairperson
	Dougie Pickering	Secretary
	Gordon Johnston	Treasurer
	Tracy Laird	Member Director
	John Sawkins	Member Director
	Colin Murchie	Member Director
	Pamela Shanks	Member Director
	Ross Macphail	Member Director
	Richard Norris	Non Member Director
<b>In Attendance:</b>	Mahmud Al-Gailani	Acting Development Coordinator
	John Steel	Administration Officer
	Dr. Joe Morrow	President Mental Health Tribunal Scotland
<b>Apologies:</b>	Chris Evans	Member Director
	Dr. Linda J. Watt	Non Member Director
	Alex Davidson	Non Member Director
	Donna Banks	Member Director

### **Welcome:**

Joyce took the opportunity to welcome everyone present with a special welcome to Dr. Joe Morrow, President of the Mental Health Tribunal Scotland.

### **Minutes of Last Meeting:**

The minutes of the last meeting, having been previously circulated were approved on the motion of Frank Fallan, seconded by Dougie Pickering.

### **Matters Arising:**

- a) ENUSP: Following the due process, Tracy Laird was selected to represent VOX at the European network of (Ex) Users and Survivors of Psychiatry at their conference in Brussels from 19<sup>th</sup> to 21<sup>st</sup> May 2011.
- b) Media Policy: Further discussion to take place regarding a media policy for VOX. Joyce Mouriki intimated that she was waiting on some information from one of her sources. Mahmud also intimated that he had brought along a draft policy which would be discussed at a later stage today. Dougie proposed a suggested amendment to the final paragraph, the policy was agreed and once the amendment was made, it was to be made available on our web site and Facebook etc.

### **Action: Mahmud to edit and insert on the VOX website and on Facebook**

- c) ADSW: Joyce Mouriki intimated that Alex Davidson had provided us with contact details for the Association of Directors of Social Workers.
- d) Highland Festival Group: John Steel intimated that he now had details of a contact person at the Highland Festival Group for Colin who wanted to become involved with this year's Scottish Mental Health Arts & Film Festival.

### **Mental Health Tribunal Scotland:**

Joyce introduced Dr Joe Morrow, President of the Mental Health Tribunal who had come along today to provide some information regarding the Mental Health Tribunal process and in particular the proposed amendment to Rule 58. The following items were discussed:-

- Consultations were taking place around the country and it was stated that VOX could be represented at these meetings.
- Local contacts required
- Reform of the Tribunal Service
- Debate on restructuring tribunals
- Positive outcome for patients
- Justice systems
- Service users view
- Mental health division supportive of MHT
- Court and Tribunal reform
- Retain Scottish Tribunal Service
- Lord Philip's report on Administrative Justice

Dr Morrow intimated that he would be willing to attend our Annual general Meeting and speak to the members about the Tribunal System; this was welcomed by the board members.

**Action: John Steel to send out a formal invitation.**

### **Acting Development Coordinator Update:**

Mahmud Al-Gailani, Acting Development Coordinator, gave a report on his monthly update which had previously been circulated however discussions took place regarding the following items:

- Everyone in LGBT
- Draft media Policy
- Trustees Report
- Employability Network
- Letter to Political parties
- Local – Regional – National Cuts
- Spending Cuts meeting, questions to be drafted before going out to groups.
- Annual funders report for comic relief completed and submitted
- Companies House and OSCR reports completed
- Meeting with faith leaders steering group
- Moving Minds Steering Group
- Appraisal Training for Mahmud Al-Gailani and John Steel in London offices of the Mental Health Foundation
- Mental Health and Employability Network

### **Sub Groups:**

#### **Training, Research & Development**

Discussions took place regarding the Scottish Mental Health Service User Network Steering Group about its aims and objectives. It was intimated that in order to support service user involvement, the group should be co-chaired by both VOX and the Mental Health Foundation.

Prioritising staff time

Volunteer staff

Produce regular financial updates

Financial responsibilities of the board of directors

Possibility of arranging a meeting with Tenon who are the accountants for VOX

### **Directors Updates**

Joyce Mouriki intimated that she would be meeting with the Mental Welfare Commission regarding the Principles into Practice Awards.

John Sawkins informed the board that he had been interviewed for part time employment with the Scottish Association for Mental Health.

Tracy Laird informed the board that she had been successful in securing a full time job at Monklands Hospital; the board members expressed their delight at this appointment.

Dougie Pickering intimated that he and John Sawkins had been invited to join the service user recovery forum of the Royal College of Psychiatrists.

### **AOCB**

The date for this year's Conference and Annual General Meeting was confirmed as Monday 29<sup>th</sup> August 2011 in Glasgow, venue to be confirmed.

John Steel informed the board that he, Gordon Johnston and David Atiyah were going to give a presentation to Employment Tribunal Judges at their training day in Markinch Fife on Thursday 21<sup>st</sup> April 2011.

### **Date of Next Meeting**

It was confirmed that the next board meeting will be held on Monday 27<sup>th</sup> June 2011 in the Renfield Centre, 260 Bath Street, Glasgow at 1.30pm.



## **VOX 16<sup>th</sup> Board Meeting**

**Monday 27<sup>th</sup> June 2011**

**The Renfield Centre, 260 Bath Street, Glasgow**

**Present:**

Frank Fallan	Vice Chairperson
Dougie Pickering	Secretary
Gordon Johnston	Treasurer
Colin Murchie	Member Director
Ross Mcphail	Member Director
John Sawkins	Member Director
Pamela Shanks	Member Director

**In Attendance:**

Mahmud Al-Gailani	Acting Development Coordinator
John Steel	Administration Officer
Dr Siddhartha Das Varma	Co-opted Member Director

### **Welcome:**

Due to the unavoidable absence of Joyce Mouriki attending a hospital appointment, Frank Fallan assumed the chair and welcomed everyone present, with a special welcome to Dr. Siddhartha Das Varma who was attending today to be officially co-opted as a Member Director. Dr. Das Varma was invited to introduce himself to the members present and gave a short resume of his career, having been involved with Health in Mind and Edinburgh City Council for a good number of years; he intimated that he was looking forward to working with the board members of VOX.

**Apologies:**

Joyce Mouriki	Chairperson
Tracy Laird	Member Director
James McDermott	Member Director
Richard Norris	Non Member Director
Dr. Linda J. Watt	Non Member Director
Alex Davidson	Non Member Director

### **Minutes:**

The minutes of the last board meeting held on Monday 18<sup>th</sup> April 2011, having been previously circulated, were formally approved on the motion of Colin Murchie and seconded by Dougie Pickering.

### **Matters Arising:**

- a) It was confirmed that a formal invitation had been extended to Dr. Joe Morrow, President of the Mental Health Tribunal Scotland to attend our Annual Conference and AGM on Monday 29<sup>th</sup> August 2011 at The Grand Central Hotel Glasgow.
- b) Mahmud intimated that the VOX Media Policy was now on our website and on Facebook. It was agreed that the policy should also be included in our weekly update and in the next Newsletter.

### **Acting Development Coordinator Update:**

The Acting Development Co-ordinator, Mahmud Al-Gailani, gave a rundown of events etc. which had taken place since the last board meeting including the following:

- a) Faith leaders' mental health and anti-stigma training.
- b) Employment Tribunal Judges training day.
- c) "Beyond Prejudice" DVD launch.
- d) Spending cuts consultations and survey launch.
- e) LGBT survey launched.
- f) July newsletter now published and distributed.
- g) Completion of annual accounts for March 2010 completed and submitted to both Companies House and OSCR. John Sawkins suggested that there should be accounts training for VOX staff. Dougie intimated that interim accounts should be presented to the board on a regular basis, with this in mind it was suggested that an invitation should be extended to Isabella Goldie, Head of Programmes Scotland, to attend the next board meeting.

#### **Action: Mahmud to speak with Isabella.**

- h) Annual Conference and AGM confirmed as Monday 29<sup>th</sup> August in The Grand Central Hotel, Gordon Street, Glasgow. Mahmud indicated that he would welcome any of the board members to act as facilitators.
- i) LGBT VOX meeting.
- j) Over 50's coffee morning group. John Steel gave a report on the over 50's group and the planned input for this year's Scottish Mental Health Arts & Film Festival.
- k) Muslim faith leaders meeting.
- l) Moving Minds 111 steering group.
- m) Scottish Government's Cross Party group on mental health meeting.
- n) Scottish Mental Health Service User Research Network.

### **Sub Group Updates:**

#### **Training, Research & Development**

Dougie gave a report on the meeting of the Training, Research & Development sub group held this morning. A number of topics were fully discussed including:

- a) A showing of the Beyond Prejudice mental health anti stigma film.
- b) Research
- c) Spending Cuts Survey

- d) LGBT Survey
- e) Hate Crime. It was agreed that it would be beneficial to have someone from the Glasgow Community & Safety organisation to attend one of the sub group meetings to give a presentation.  
**Action: Mahmud to make the necessary arrangements.**
- f) The Arts
- g) Volunteer Outreach Workers

### **Human Resources & Finance**

Gordon suggested that a future meeting of the Human Resources & Finance sub group should look at issues concerning staff and accounts.

There was also a question raised regarding funding for staff posts. Mahmud intimated that his post was funded until October 2012 and half the administration post was funded until 2014 by the Scottish Government and the other half funded by Comic Relief until September 2012.

### **Directors Reports:**

John Sawkins gave a rundown of the groups and events he had attended since the last board meeting including a meeting of the Royal College of Psychiatrists in London on 8<sup>th</sup> June 2011 which was also attended by Dougie. Some of the discussions which took place were around respite for Carers, Free greeting card designs, Positive risk taking, Beards and Bow ties DVD, A new system called trialogue and the 6 years of training for Psychiatrists.

Gordon Johnston spoke of giving a presentation with Tracy Laird for the people at the Mental Health Tribunals and also attended a meeting of Psychiatrists in place of Joyce. He intimated that both occasions had helped raise the profile of VOX.

Ross Macphail gave reports on meetings of NHS Lothian, who are in the process of setting up a Peer Support organisation, Telephone counselling which is run by Survivors Scotland. Ross also attended a meeting organised by SRN and facilitated by Kinharvie personnel on the subject entitled The Underlying Values of Peer Support.

Colin Murchie intimated that he had attended a very successful weekend of creative writing.

### **Correspondence:**

1. Letter from Shona Simon, President of the Tribunals Judiciary (Employment Tribunals Scotland) with grateful thanks to Gordon Johnston, David Atiyah and John Steel, for their presentation at the Employment Judges Equality Awareness Training day. It was agreed that there is the distinct possibility that we could jointly produce information to go on our website which would explain more about the Employment tribunal system and how it operates.

2. Email correspondence from VOX member Chrys Muirhead regarding the use of the term "Service User" and that the term "Survivor" should be incorporated in our terminology. A very full discussion took place regarding the merits of including the term "Survivor" and after much deliberation it was unanimously agreed that the fact that we use the term "the voice of people who have or have had mental health problems" was as inclusive as possibly. It was agreed that a copy of the Memorandum & Articles of Association for VOX should be sent Chrys.
3. Invitation to attend a conference entitled "Service User Experience in Mental Health" to be held on Friday 16<sup>th</sup> September 2011 in the Manchester Conference Centre, Manchester. Colin Murchie indicated that he would like to be considered as a representative of VOX at this event. It was suggested that we contact the organisers to find out if there are any free places available and if so the we should contact our membership with details and the appropriate pro forma.

**AOCB:**

- a) A discussion about the self-harm survey and consultation carried out by VOX included concerns that of the total respondents, 80% were female.
- b) John Sawkins asked if there was any funding from the Scottish Government for people to attend the International Initiative for Mental Health Leadership Conference in San Francisco from 12 to 16<sup>th</sup> September 2011.  
**Action: Mahmud to contact Scottish Government regarding funding.**
- c) It was intimated that when members attend particular events on behalf of VOX, any monies they receive will be for out of pocket and travel expenses, not as a financial payment for their attendance.

**Next Meeting:**

The next meeting of the Board of Directors will be held on Monday 15<sup>th</sup> August in the Renfield Centre, 260 Bath Street, Glasgow G2 4JP at 1.30pm



## **VOX 17<sup>th</sup> Board Meeting**

**Monday 15<sup>th</sup> August 2011**  
**The Renfield Centre, Bath Street, Glasgow**

<b>Present:</b>	Joyce Mouriki Frank Fallan Dougie Pickering Gordon Johnston Colin Murchie John Sawkins Ross Macphail Pamela Shanks	Chairperson Vice Chairperson Secretary Treasurer Member Director Member Director Member Director Member Director
<b>In Attendance:</b>	Isabella Goldie  Mahmud Al-Gailani John Steel	Head of Scotland Mental Health Foundation Acting Development Coordinator Administration Officer
<b>Apologies:</b>	Dr Siddhartha Das Varma Richard Norris Linda J. Watt Alex Davidson	Member Director Non Member Director Non Member Director Non Member Director

**Welcome:** Joyce welcomed everyone present.

### **Minutes of Last meeting:**

The minutes of the last meeting held on Monday 27<sup>th</sup> June 2011, having been previously circulated, were approved on the motion of Colin Murchie, seconded by Dougie Pickering.

### **Matters Arising:**

- a) There was a suggestion that future meetings of VOX board should start at 1.00pm, the members present fully agreed with this suggestions.
- b) Colin requested a copy of the Beyond Prejudice DVD for Highland Users Group. Mahmud commented that the DVD can be downloaded from the VOX website.

- c) Mahmud confirmed that there would be an open event in September in conjunction with someone from the Hate Crime Unit of Strathclyde Police. This event will be open to all VOX members.
- d) Joyce intimated that two VOX members, Shirley Doig and Laura Caven have been selected to represent VOX at the International Initiative for Mental Health leadership Conference in San Francisco USA next month, Shirley has also been selected to speak at the plenary session of the conference. It was suggested that both members could feedback on their experience at this year's members meeting.
- e) Dougie suggested that following last year's members meeting which was held in December and the terrible inclement weather, would it not be better to hold the meeting some other month. Some further discussion is required.
- f) Joyce intimated that further to some recent correspondence, we should have more interaction with national groups.
- g) John commented that there were no mental health advocacy groups in Aberdeenshire.

#### **Acting Development Coordinator Update:**

- a) Scottish Mental Health Arts & Film Festival 2011.
- b) Comic relief report.
- c) NHS focus group with Kurdish men.
- d) Mahmud intimated that the diversity bulletin is now online.
- e) Gaps in collective advocacy.
- f) Mahmud commented on the possibility of having a VOX choir saying that we had had a good response to our request for members. Joyce intimated that it would probably be better to delay this opportunity until next year due to the staffing situation.

#### **Directors Updates:**

Gordon Johnston gave a report on the Scottish Governments Implementation Group which is a new group to support health boards meet their targets.

Dougie Pickering gave a report on the Royal College of Psychiatrists and requested that their comments be circulated again.

John Sawkins reported on the following Mental Welfare Commissions report "Not Properly Authorised" and requested that a link be advertised on one of our weekly updates.

Clinical Psychology – involve Service Users in research.

Two groups, one in Edinburgh and one in Glasgow training Psychologists.

Bipolar Aberdeen on diet.

Pamela – "Support in Mind"

Ross Commented on the following:

- a) Caps Advocacy in Edinburgh and the Wellbeing passport

- b) Community Care Forum
- c) European conference on research
- d) Royal Edinburgh Hospital representative to VOX ???
- e) East Lothian Male Support project.

Joyce spoke on the following:

- a) Scottish Recovery Indicator
- b) Peer Support – re-establish group
- c) Child & Adolescent Group
- d) Reshaping Social Care
- e) National Change Fund Document

Frank spoke on the following:

- a) Lanarkshire Links AGM
- b) Psychological Therapies

At this point Mahmud and John Steel were asked to retire while discussion took place regarding future staffing.

#### **Auditors:**

It was agreed that RSM Tenon Ltd should be appointed as VOX Auditors.

Gordon intimated that in future there will be a quarterly financial report to the board and there will also be regular reports to the board.

Isabella intimated that a finance meeting will take place soon between Marsha, John, Mahmud and Isabella.

#### **AGM Election of Board Members.**

It was intimated that we have a total of six application for board membership and four vacancies. By ballot it was determined that Dougie and Ross would be the present board members seeking re-election and Dr Das Varma and Donna Banks would also be seeking re-election having been co-opted during the course of the year.

There being no further business the meeting was duly closed.



## **VOX 18<sup>th</sup> Board Meeting**

**Monday 19<sup>th</sup> September 2011**  
**PAIH 98 West George Street Glasgow**

<b>Present:</b>	Joyce Mouriki Dougie Pickering Gordon Johnston Colin Murchie Pamela Shanks Tracy Laird	Chairperson Secretary Treasurer Member Director Member Director Member Director
<b>In Attendance:</b>	John Steel Dr Alison Thom	Administration Officer Consultant Psychiatrist
<b>Apologies:</b>	Dr Siddhartha Das Varma Frank Fallan John Sawkins Alex Davidson Richard Norris Mahmud Al-Gailani	Member Director Vice Chairperson Member Director Non Member Director Non Member Director Acting Development Coordinator

### **Welcome:**

Joyce welcomed everyone present with a special welcome to Dr Alison Thom, attending today in place of Dr Linda Watt who unfortunately has had to resign from the board of Directors due to ongoing family commitments.

### **Appointment of Non Member Director:**

It was formally moved and seconded that Dr Alison Thom be co-opted as a Non Member Director of VOX. Following her appointment Dr Thom intimated that she was very pleased indeed to be part of the organisation and would do her utmost to assist any way possible.

### **Election of Office Bearers 2011-2012**

The following Member Directors were elected as Office Bearers for the following twelve months:

<b>Chairperson</b>	<b>Joyce Mouriki</b> Proposed Colin Murchie	Seconded Tracy Laird
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<b>Vice Chairperson</b>	<b>Frank Fallan</b>	
	Proposed Colin Murchie	Seconded Dougie Pickering
<b>Secretary</b>	<b>Dougie Pickering</b>	
	Proposed Colin Murchie	Seconded Gordon Johnston
<b>Treasurer</b>	<b>Gordon Johnston</b>	
	Proposed Colin Murchie	Seconded Joyce Mouriki

### **Minutes of Last Meeting**

The minutes of the 17<sup>th</sup> VOX Board meeting held on Monday 15<sup>th</sup> August 2011 were formally approved on the recommendation of Colin Murchie and seconded by Dougie Pickering.

### **Matters Arising**

- a) The current staffing levels at VOX were fully discussed and some issues identified to be taken forward with Isabella Goldie in the first instance.
- b) It was agreed that a copy of the spending cuts report should be circulated to all our group members.
- c) SDS report is available from inclusion Scotland and will be sourced by Mahmud
- d) SMHSURN, following the resignation of Ross Macphail as co-chair of the Scottish Mental Health Service User Research Network Steering Group, John Steel was invited by the board, as a service user and VOX representative, to take up that position and readily agreed to do so.
- e) AHP, it was suggested that Gordon Johnston be invited to represent VOX at meetings of the Allied Health Professionals and eventually take over the duties previously carried out by Frank Fallan. It was further suggested that Colin should shadow Frank to the next meeting.
- f) RRR Group, unfortunately since Shaun McNeil had moved to New Zealand, VOX has not been represented at meeting of the Rights, Relationships and Recovery Group. It was suggested that Frank Fallan be asked to represent VOX at these meetings.
- g) SRN Strategy Committee, following the resignation of Ross Macphail from this group it was decided that Tracy Laird should be invited to attend the Scottish Recovery Network Strategy Committee as the VOX Representative.
- h) Link with the Royal College of Nursing.

### **Directors Updates**

Colin Murchie informed the board that the Highland Users Group has now moved to complete independence.

Dougie Pickering gave an update on the recent meeting of the Royal College of Psychiatrists which Alison was also involved in. Some of the items on the agenda were:

- a) Smoking ban at the State Hospital in Carstairs and it was suggested that we talk to The State Hospital Advocacy Group.
- b) VOX Focus Groups

Gordon Johnston spoke of the forthcoming Scottish Mental Health Arts & Film Festival due to start on 1<sup>st</sup> October 2011 and the Moving Minds 111 which is organised by VOX and being held on Thursday 6<sup>th</sup> October 2011.

Pamela Shanks intimated that she had attended the annual general meeting of Flourish House Clubhouse.

Alison Thom spoke of items of interest from recent meetings of

- a. Medical managers which Alison can link the board into and feels it is a very useful vehicle to get across some issues
- b. CAHMS Strategy, regarding 16 – 18 year olds and the amount it will cost in the NHS to introduce this across Scotland
- c. “Beating the Blues” Alison will provide the board with a link.

Joyce Mouriki gave a report on what was once again a very successful conference and Annual General Meeting held on 29<sup>th</sup> August 2011 and after the election of member directors, the following members were elected as board members of VOX for the ensuing twelve months:-

Dr. Siddhartha Das Varma  
Donna Banks  
Ross Macphail  
Dougie Pickering

#### **Any Other Competent Business**

- a. After due consideration it was formally agreed on the motion of Colin Murchie and seconded by Pamela Shanks that the application from Inclusion Scotland for Associate membership of VOX be accepted.
- b. A general discussion took place regarding the new venue and it was agreed that we should go back to the Renfield Centre as our permanent venue.

There being no further business the meeting was duly closed.



**VOX 19<sup>th</sup> Board Meeting**  
**Monday 31 October 2011**  
**The Renfield Centre, 260 Bath Street, Glasgow**

<b>Present:</b>	Joyce Mouriki	Chairperson
	Frank Fallan	Vice Chairperson
	Dougie Pickering	Secretary
	Pamela Shanks	Member Director
	Tracy Laird	Member Director
	John Sawkins	Member Director
	Alex Davidson	Non Member Director
<b>In Attendance:</b>	Mahmud Al-Gailani	Acting Development Coordinator
	Amal Azzudin	Sessional Worker
<b>Apologies:</b>	Dr Siddhartha Das Varma	Member Director
	Richard Norris	Non Member Director
	Gordon Johnston	Treasurer
	Colin Murchie	Member Director

**Welcome:**

Joyce welcomed everyone present and introduced Amal Azzudin who is the new sessional worker at VOX.

**Minutes of Last Meeting**

The minutes of the 18<sup>th</sup> VOX Board meeting held on Monday 19<sup>th</sup> September 2011, having been previously circulated, were formally approved on the motion of Dougie Pickering and seconded by Tracy Laird.

**Matters Arising**

- a) A get well soon card has been sent to Gordon as he has been unwell, however Gordon has been in touch and is hoping to attend the next VOX meeting.
- b) Frank is to have a meeting with someone in the nursing advisory board of rights relationship and recovery, having discussed and agreed other arrangements for our continuing links with AHP's.
- c) Hilary Patrick asked if we had someone to offer legal advice. She suggested someone who teaches at Napier University who might be interested in offering legal advice.
- d) VOX should seek representation from the Mental Health Network (Greater Glasgow)

- e) VOX's feedback mechanism should be improved and we should have a communications central point.
- f) It was agreed that the wording on the Communications Strategy should be changed slightly. It should be simplified to make it easier to read.  
**Action: Mahmud to update and circulate again.**
- g) Membership of the European Network of Users and Survivors of Psychiatry.  
**Action: Mahmud to check if VOX are members and if not to find out the costs involved.**
- h) Alex suggested people to contact in the media.
- i) There was a general discussion around extra funding that is available and it was suggested that the money can be used to have an event or conference. Alex further suggested that we should hold two events, one on communication and one on strategy. It was also suggested that an away day event should be organised for board members
- j) Tracy suggested that a substitute should be available in case people cannot make certain meetings.

### **Acting Development Coordinator Update**

#### **Events and consultations**

- 3<sup>rd</sup> Successful year of Moving Minds at Kelvingrove museum

Mahmud reported that the Moving Minds III event at the Kelvingrove Art Gallery was a great success. Over 200 people turned up. There was a mixture of professionals, students and members of the community. More partners showed interest in the event. There were more requests on the creative writing workshop. GASP's showcase of different events went really well.

- Glasgow Anti Stigma Partnership development session and showcase
- Scottish Recovery Indicator 2 launched today
- Ethnicity in Mind Research Seminar
- Patient Safety in Mental Health focus group
- ILIS event on the 13<sup>th</sup> of December 2011

#### **Communications**

- Diversity Bulletin issue 6 is expected mid-late November
- VOX Autumn newsletter expected 1-2 week of November
- Communications strategy updated (Move from draft to full strategy)
- Mosaics of meaning website is now live <http://www.mosaicsofmeaning.info/>

#### **Updates**

Grand Central Hotel Glasgow has been booked for the 12<sup>th</sup> December for both the members meeting and the consultation on the new mental health strategy. 50 people have booked for the Winter Members Meeting so far.

- Spending Cuts at Draft report stage
- Atousa Khodadadyan has joined VOX on a Community Development placement. Atousa has started a group called Women's Voices, which is a BME women's group exploring lived experience and mental health.
- Employment Tribunal
- Governance Training from GCVS, booked for November Board Training

### **Meetings**

- VOX presentation to Restart Project peer support group
- ILIS Steering group
- Sanctuary steering group meeting
- Over 50's coffee morning MHF focus group
- Presentation to 10 visiting Psychiatrists and mental health nurses from a primary mental health service in Bergen, Norway. The visitors indicated that service user involvement in Norway is very tokenistic.

### **Directors Updates**

Joyce attended the Moving Minds event and said that it was excellent. She reported that more partners are interested in getting involved next year.

Dougie reported that the Hate Crime event was interesting if not well attended.

Joyce also added that we should be doing some work with forensic carers and that we could then start to more fully engage with forensic issues.

John Sawkins had previously circulated reports on the following meetings that he had attended since the last board meeting including:

- Zero Tolerance event, 15 September, Edinburgh
- Royal College of Psychiatrists SURF meeting, 20 September, London
- Scottish Recovery Network "Experts by Experience" meeting, 21 September, Perth

Frank intimated that there is now an online link to Allied Health Professionals

### **Correspondence:**

- a. Invitation received from Advocacy Matters to attend their annual general meeting. Pamela intimated that she would attend on behalf of VOX
- b. An invitation was received from the European Agency for Fundamental Rights, due to the lateness of this invitation it was formally agreed that Mahmud would attend this two day meeting in Vienna.
- c. CAPS application to become Associate Member of VOX was formally agreed by the members present.

- d. The Scottish Mental Health Research Network has invited VOX to attend their annual scientific event on Thursday 8<sup>th</sup> December 2011 and to have a service user's stall. Their theme this year is 'Working with the Industry'

### **Any Other Competent Business**

- a) Ross has officially resigned as board member, Mahmud and Joyce have both been in touch with Ross and he is keen to remain involved as a VOX member however he is cutting back on all the various groups that he has been involved in. It was agreed that a thank you card will be sent to him from the board and staff team. It was also noted that Ross was today attending the launch of the Scottish Recovery Indicator 2 on behalf of VOX.

**Action: John to have a card available to sign to thank Ross.**

- b) Joyce suggested that once again we should contact ACUMEN and others with a view to them becoming group members of VOX.
- c) Mahmud intimated that there is nothing mentioned in the Mental Health Strategy in terms of Asylum Seekers and Refugees and Minority Ethnic LGBT people.
- d) Derek Barron Chair of the Scottish Mental Health Nursing Forum has agreed to become an advisor to the board and will attend the Winter Members Meeting on Monday 12<sup>th</sup> December 2011.
- e) Contact ACUMEN with a view to them becoming group members and a place on the board.

**Action: John to contact Acumen**

- f) Discussion took place regarding the priorities listed by VOX members at the 2011 Annual General Meeting.

**Action: John to send list of priorities from the AGM to the members for the forthcoming meeting on Monday 12<sup>th</sup> December.**

There being no further business the meeting was duly closed.



**VOX 20<sup>th</sup> Board Meeting**  
**Monday 28<sup>th</sup> November 2011**  
**The Renfield Centre Glasgow**

<b>Present</b>	Joyce Mouriki Dougie Pickering Gordon Johnston Colin Murchie John Sawkins Pamela Shanks	Chairperson Secretary Treasurer Member Director Member Director Member Director
<b>In Attendance</b>	Wendy McAuslan Mahmud Al-Gailani John Steel	Development Coordinator Diversity Facilitator Administration Officer
<b>Apologies</b>	Dr Siddhartha Das Varma Dr Alison Thom Alex Davidson Frank Fallan Richard Norris Derek Barren	Member Director Non Member Director Non Member Director Vice Chairperson Non Member Director Advisor to the Board

**Welcome**

Joyce Mouriki welcomed everyone present with a very special welcome to Wendy on this her first board meeting since returning from maternity leave.

**Minutes**

The minutes of the last board meeting held on Monday 31<sup>st</sup> October 2011, having been previously circulated, were formally adopted on the motion of Dougie Pickering and John Sawkins.

**Matters Arising**

- a) Discussions took place regarding vacancies for member Directors and it was intimated that a letter had been sent to ACUMEN with an invitation for their group to join VOX and nominate a prospective board member. John Steel informed the board that he had received a response to the aforementioned letter to say that the invitation would be placed before the next board meeting of ACUMEN due to be held in January 2012.
- b) It was also intimated that an invitation to join the board had been extended to Laura Caven, one of our young VOX members, who had recently represented VOX

at the IIMHL Conference in San Francisco. It was also mentioned that Laura would be holding an event in February next year to coincide with the eating disorder week and it was suggested that Wendy and Mahmud might offer some assistance from VOX regarding this event.

**Action: Joyce to speak with Laura regarding board membership.**

- c) Some concern was raised regarding the non-attendance of Donna Banks Member Director, who unfortunately had not been able to attend a board meeting since her appointment in March 2011, it was resolved that a letter be sent to Augment in this regard and also that John Sawkins should pay a visit to Augment with a view to establishing whether Augment still wish to be represented at board level. It was agreed that this should be resolved by the time of the next board meeting due to be held on Monday 30<sup>th</sup> January 2012.
- d) The amendments to the communications strategy were formally approved for circulation.
- e) It was agreed that the VOX website should be updated on a more regular basis.
- f) It was agreed that that VOX should activate membership of the European Network of Users and Survivors of Psychiatry, the annual cost being €0.10 per individual member.  
**Action: Mahmud to seek membership.**
- g) It was intimated that Laura Caven had joined the INTERRELATE group in place of Shaun McNeil. Colin Murchie offered to take up this role should Laura not take up the invitation to join the board.

### **Members Meeting and Conference**

Discussion took place regarding the forthcoming members meeting and conference to be held in the Grand Central Hotel Glasgow on Monday 12<sup>th</sup> December 2011. It was decided that the meeting should be in the form of an open space event with discussions on the following priorities:-

- a) Peer Support, led by Joyce Mouriki
- b) Advocacy, led by Scottish Independent Advocacy Alliance
- c) Self-Management
- d) Self-Directed Support, led by Alex Davidson and Mahmud Al-Gailani
- e) Recovery, led by John Sawkins
- f) Self-Harm, led by CAPS Advocacy
- g) Stigma
- h) Leadership, led by Shirley Doig
- i) Young People, led by Amal Azzudin
- j) Eating Disorders, led by Laura Caven
- k) TAMFS

### **Diversity Facilitator Update**

Mahmud Al-Gailani gave the following rundown on the Diversity update:-

### **Events and Consultations**

- Attended HIS Annual Review in Edinburgh
- FRA Meeting in Vienna. Mahmud gave a full report on his attendance at this two day meeting.

- Delivered an information/ training session on independent living from mental health service user perspectives to GCIL manager and 9 self-directed support staff
- Involved in developing a Sanctuary partnership response to the Mental Health Strategy Consultation focusing on Asylum seekers and Refugees
- Attended a Mental Health Improvement Consultation by NHS GGC on the Mental Health Strategy

### **Communications**

- Diversity Bulletin issue 6 is now online and available
- VOX newsletter is online and in hard copy
- Communications strategy updated and circulated to the Board

### **Updates**

- 12<sup>th</sup> December members meeting, 88 registered as of the 24<sup>nd</sup> November
- Spending Cuts at Draft report going to Printers this week and will be available for launch on members winter meeting
- Supporting ILIS project with hosting interviews and agreements  
**Action: Mahmud to seek clarification**
- Comic Relief happy for us to recruit a diversity support worker

### **Meetings**

- Meeting with Men in Mind project
- Meeting with Scottish Mental Health and Ethnicity steering group
- Sanctuary steering group meeting
- Equality and Human Rights Commission on the use and accessibility of the United Nations convention on the right of people with Disabilities
- LGBT Action group- Letter to UKBA  
**Action: Mahmud to forward letter**

### **Directors Updates**

Joyce Mouriki intimated that we have an underspend on the budget this year and that we make a contribution of £10,000 to the Scottish Mental Health Arts and Film Festival and also consider a contribution of £1,000 to the Scottish Mental Health Service Users Research Network to assist with the costs of their forthcoming conference in February 2012, both these items were agreed by the board.

Dougie Pickering suggested that it would be beneficial to board members to have sight of the budget figures and to be updated on financial matters at least on a three monthly basis.

In response to a question on finance Gordon Johnston indicated that it was normal business practice to have three months running costs in hand.

Colin Murchie informed the board that the Highland Users Group was now completely independent and that he had been appointed as Co-Chair of the Carers, Users Service Project.

Dougie Pickering and John Sawkins gave a joint report of the last meeting of the Royal College of Psychiatrists both in Edinburgh and in London. It was intimated that Dougie had informed the college of the list of VOX Members Priorities and also of the Spending Cuts report carried by VOX and various other service user led organisations.

John Sawkins informed the board that he had attended a very well supported conference of the Mental Welfare Commission in Aberdeen.

Pamela Shanks informed the board that she had attend the Annual General Meeting of Advocacy Matters in Glasgow.

There being no further business the meeting was duly closed.