



VOX 21st Board Meeting

Monday 30th January 2012
The Renfield Centre, Glasgow

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| <u>Present</u> | Frank Fallan | Vice Chairperson |
| | Dougie Pickering | Secretary |
| | Gordon Johnston | Treasurer |
| | Colin Murchie | Member Director |
| | Pamela Shanks | Member Director |
| | John Sawkins | Member Director |
| | Richard Norris | Non Member Director |

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| <u>Apologies</u> | Dr Alison Thom | Non Member Director |
| | Dr Siddhartha Das Varma | Member Director |
| | Alex Davidson | Non Member Director |
| | Joyce Mouriki | Chairperson |
| | Tracy Laird | Member Director |

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| <u>In Attendance</u> | Wendy McAuslan | Development Coordinator |
| | Mahmud Al-Gailani | Diversity Facilitator |
| | John Steel | Administration Officer |

Welcome

In the absence of Joyce Mouriki, Frank Fallan occupied the chair and welcomed everyone present.

Minutes

The minutes of the previous board meeting, held on 28th November 2011, were formally approved on the motion of Colin Murchie and Dougie Pickering.

Matters Arising

- a) Typographical error on page 4, Line 10, delete "attend" and insert "attended".
- b) **ENUSP**, membership applied for.
- c) **IIMHL**, VOX members Laura Caven and Shirley Doig to submit either oral or written report to the board regarding their involvement in the International Initiative for Mental Health Leadership Conference in San Francisco 2011.

- d) **Termination of Office**, in accordance with our memorandum and Articles of Association Section 75.8, Termination Of Office, "He/she is absent (without permission of the directors) from more than three consecutive meetings of the directors, and the directors resolve to remove him/her from office" It was agreed that a letter be sent to Augment (Scotland Ltd) offering the opportunity that a member of Augment (who is also a member of VOX) should be nominated to replace Donna Banks as a Member Director of VOX.
- e) **Memo of Understanding (ILiS)** Wendy has spoken to GCVS who suggested a short memorandum of understanding.

Additional Agenda Item – Staffing Structure

John and Mahmud left the room in order for a discussion on team structure to take place. It was agreed that the HR and Finance sub-group should discuss with Isabella regarding the team structure now that Wendy is back from Maternity Leave.

Development Coordinator Update

Wendy McAuslan gave a full update including the following:-

- a) **VOX Winter Festival Meeting.** The meeting was attended by 78 people and the open space event was well received and gave us a strong basis to form our report to the Scottish Governments Mental Health Strategy Consultation 2011-2015. The consultation response has been written and will be sent to the Scottish Government on 31st January.
- b) **Strategic Working Groups.** Wendy has met with Mahmud Al-Gailani to divide up the strategic working groups (in terms of support provided) This will ensure that leads have a key contact person they can get in touch with regarding particular topics, recent work has included, information one VOX's response to the Royal College of Psychiatrists, supporting work on the Scottish Mental Health Service User Research Network and developing a questionnaire on involvement with Allied Health professionals.
- c) **Communications.** John Steel is working on refreshing the website with some new images and updated information on a regular basis.
- d) **VOX Newsletter.** The next newsletter is planned for April 2012
- e) **Non Email Members.** In an effort to include VOX members who don't have access to a computer to receive our weekly updates, we are planning to send out a monthly update to all those members who don't have an email address (focussing on VOX info rather than the wider info).
- f) **Comic Relief Split Post.** A job description and person specification has now been prepared and will be sent to the HR manager at the Mental Health Foundation and to the Finance Sub-Group for progress.
- g) **Comic Relief Future Funding.** We are planning on applying for a future funding stream from Comic Relief funding.
- h) **Directors and Staff Development Day.** To provide an opportunity for staff and directors to work through our business plan, independence progression and action planning for the future, a development day has been suggested for a date during May 2012.

- i) **Links to Patient Opinion.** A discussion took place regarding the merits of this new organisation and it was decided that seek clarification on the VOX role in this.

Diversity Facilitator Update

Mahmud Al-Gailani gave a full update including the following:-

- a) **Events.** Attending and hosting a stall at the Self Harm Reduction, National Stakeholder Event and the Scottish Mental Health Research Network in Edinburgh.
- b) **Future Events.** Including Intersectional Identities International Conference when Mahmud will be part of a discussion panel on minority ethnic LGBT issues. Boxed In which is an Independent Living in Scotland disability and identity event.
- c) **Consultations.** Sanctuary partnership response to the Mental Health Strategy Consultation focusing on Asylum Seekers and Refugees.
- d) **Updates.**
 - ENUSP (European Network of (ex-) Users and Survivors of Psychiatry)
 - VOX Women's Voices Group
- e) **Meetings Attended.**
 - Kurdish men on interpreting services.
 - Faith group meeting.
 - Scottish Mental Health and Ethnicity Steering Group
 - LGBT Action Group
 - Scottish Government Cross Party group on mental health
 - Scottish Government Cross Party group on race and ethnicity
 - Ishara project (part of Deaf Connections)
 - Equality and Human Rights Commission on the use and accessibility of the United Nations Convention on the rights of people with disabilities.

Sub Groups Updates

Wendy gave a report on the meeting of the Training, Research and Development subgroup which took place earlier today, some of the points discussed were:-

- a) Terms of Reference
- b) Action Plan/Evaluation Model
- c) Further support and engagement with our group members

Directors Updates

John Sawkins reported on attending a meeting of the Royal College of Psychiatrists in London and being involved in the training of 1st and 2nd year students at the Robert Gordon University in Aberdeen on Mental Health.

Dougie Pickering also commented on the RCP meeting which he too had attended and the fact that the new president of the College suggested that there should be more service user and carer involvement. Dougie also announced that he is now a member of the RCP Central Policy Committee.

Pamela Shanks commented on advance statements and the lack of professional knowledge of the Mental Health Act.

Gordon Johnston reported that he had recently attended a meeting of the Psychological Therapies Group and among the many issues discussed were: - I.T. data input, Pilot issues around Sharing Practice, waiting time for Psychological Therapies.

Richard Norris spoke on the Patients' Rights Act and offered either himself or one of his colleagues to give a presentation to VOX board on the Act.

AOCB

- a) It was intimated that we had received a group membership application from "Time and Space" an organisation based in the East End of Glasgow whose objectives are to raise awareness of voice hearing, visions, tactile sensations and other sensory experiences. Following a full discussion, it was unanimously agreed that the group would receive status as an Associate Member of VOX.
- b) It was agreed that financial updates to be provided on a regular basis.

The next regular meeting of the board will be held on Monday 26th March at 1.00pm in the Kirk Lounge, the Renfield Centre, 260 Bath Street, Glasgow G2 4JP



VOX 22nd Board Meeting

Monday 26th March 2012

The Renfield Centre, 260 Bath Street Glasgow

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| Present | Joyce Mouriki Dougie Pickering Gordon Johnston John Sawkins Pamela Shanks Colin Murchie Dr Siddhartha Das Varma Richard Norris | Chairperson Secretary Treasurer Member Director Member Director Member Director Member Director Non Member Director |
| In Attendance | Wendy McAuslan John Steel Sandra McDougall | Development Coordinator Administration Officer Scottish Health Council |
| Apologies | Frank Fallan | Vice Chairperson |

Welcome

Due to the delay of the chairperson, Dougie Pickering assumed the chair and welcomed everyone present.

Minutes

The minutes of the previous meeting held on Monday 30th January 2012, having been previously circulated were formally adopted on the motion of Colin Murchie, seconded by Richard Norris.

Matters Arising

- a. Typing error on Page 3 Line 4, delete "toe" and insert "to"
- b. Application for membership of the European Network of Users, Survivors Psychiatry has now been officially accepted and we have received a letter of welcome.
- c. VOX Development Day for board members and staff has now been arranged for Monday 14th May 2012 at the Gleddoch Hotel near Glasgow.

Presentation

Sandra McDougall, from The Scottish Health Council, gave a very interesting and informative PowerPoint presentation on "The Patients' Rights Scotland Act 2011, after which the board members were involved in a question and answer session.

Development Coordinator Update

The following items were discussed:-

- a) Comic Relief – Future Funding. A meeting regarding future funding will take place on Wednesday 28th March 2012.
- b) Tribunal training, VOX has been working closely with Nikki, a VOX volunteer, who will provide training to the mental health tribunal staff on 28th March 2012. The aim is to raise awareness of the needs of young people in terms of communication, understanding and support.
- c) Future ways of working together with Groups. It was suggested that two topics a year chosen by groups to develop topic based reports alongside groups and individuals. This fits neatly with the suggestions from the Training, Research and Development Sub Group in their three year action plan. VOX will also provide some feedback on key developments relating to strategic working groups to the local working groups as well so that they can input as appropriate. It was also suggested that a possible quarterly Skype/Conference call could be made with groups to discuss a range of issues.
- d) Scottish Mental Health Service User Research Network. A meeting took place on 14th February 2012 with the aim of refocusing on the future of mental health service user research. VOX coordinated the afternoon sessions which were service user led. A report will be written up in soon.
- e) Independent Living in Scotland. On 22nd February 2012, VOX, alongside a range of other national organisations, were involved in a debate around disability and identity at Glasgow Caledonian University, this event helped to shape thinking for future work with the ILiS.
- f) VOX Board. We have been further liaising with additional advisors for the VOX Board. These would not be involved in the governance of the organisation but would be very helpful on particular areas of development. Individuals who have been identified and whom we are developing contacts with include:
Elaine Hunter from Allied Health professionals, who is also an adviser in Mental Health at the Scottish Government.
Derek Barron, Chair of the Mental Health Nursing Forum Scotland and Associate Nursing Director at NHS Ayrshire.
Ronnie Franks from the Legal Services Agency, who will be able to assist with the legal aspects of mental health.
- g) A brief Memorandum of Understanding has been developed which will clarify the relationship between Independent Living in Scotland and VOX as they change from the Equality and Human Rights Commission as their host, to Inclusion Scotland.

Sub Group Update

The following items were discussed at the meeting of the Communications Sub Group:

- a) Better use of Facebook/Twitter.
- b) Blog on Website.
- c) Building relationships with the press and media.

- d) Media training for board members.
- e) More involvement with local and national groups.
- f) List of people who can make a press statement.
- g) Answer message with two mobile phone numbers.
- h) Joyce/Wendy/Gordon to produce a policy.

Directors Updates

It was decided that in future all reports from board members should be sent to the administration officer.

AOCB

a) Membership Application

The application from ACUMEN for group membership was fully discussed and agreed unanimously.

ACTION: John Steel to send a letter of confirmation

b) Date for Annual General Meeting.

It was agreed that the annual general meeting should be held on 17th September 2012 and the venue would be Edinburgh. It was also agreed that to cancel the board meeting due to be held on 13th August 2012 and replace it with a regular board meeting on 27th August 2012.

ACTION: John Steel to make the necessary enquiries and inform board members.

c) Date of Next Meeting

The next board meeting will be held on Monday 30th April 2012 in the Renfield Centre at 1pm (a light lunch will be available at 12.30pm)



**VOX 23RD Board Meeting,
Monday the 30th April 2012
The Renfield Centre
260 Bath Street Glasgow**

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|------------------|------------------|---------------------|
| Present | Joyce Mouriki | Chairperson |
| | Frank Fallan | Vice chairperson |
| | Dougie Pickering | Secretary |
| | Gordon Johnson | Treasurer |
| | Pamela Shanks | Member Director |
| | Tracy Laird | Member Director |
| | Richard Norris | Non Member Director |
| | Derek Barron | Board Advisor |
| Apologies | Colin Murchie | Member Director |
| | Dr. Alison Thom | Non Member Director |

1. Welcome and Apologies

Joyce welcomed everyone to the meeting, apologies were given as above.

2. Minutes of Last Meeting

The minutes of the last meeting were approved by Dougie and seconded by Pamela.

3. Matters Arising

The Comic Relief funding meeting has taken place, more detail to follow as part of the development coordinators update.

The date for the AGM has been confirmed as the **10th September**, and shall take place in COSLA's offices, Edinburgh.

4. Tribunals Consultation

Shabeen from the Scottish Independent Advocacy Alliance (SIAA) gave an overview on the changes suggested in the tribunal reform consultation paper. It was suggested that VOX and SIAA support each other in pulling together consultation responses.

5. Isabella Goldie, regarding staffing and funding

Wendy McAuslan stepped out of the meeting at this point so future funding and related staffing issues could be discussed.

6. Sub Group Updates

Wendy gave an update on the training, research and development sub-group which had taken place in the morning. The following areas of work were mentioned;

- Terms of reference to be approved, minor amendments to be made and then to be sent around the board.
- Review of members' priorities took place in order to choose areas where we should focus our efforts, sub-group members shall think through the suggestions prior to the next sub-group meeting.
- Plans for mental health groups training sessions are being developed, and shall include co-production, research skills and evaluation.

Action: Amended terms of reference to be sent around the board, sub-group members to think through priorities for research (two areas).

7. Development Coordinator Update

Comic Relief

The meeting with Laura Roling from Comic Relief went very well, the grant we will be applying to is an investment grant.

The suggested way forward is that we progress the diversity work to the next level, where we train community leaders who can be paid on a sessional basis to facilitate and develop communities of interest. This will enable us to cascade learning and develop a more sustainable model of diversity work.

We also discussed looking at areas where we have not previously worked on such as domestic abuse and prisons.

Wendy asked if a couple of people could volunteer to help pull together the application, Dougie and Gordon offered to help.

The deadline is the 18th May so it will be a quick turn around.

Action: Wendy, Gordon, Dougie and Isabella. Application to be completed alongside budgets and any additional required information.

Kathleen Bessos, Scottish Government

Integration of Adult Health and Social Care, Wendy and Joyce met with the Scottish Governments lead for adult health and social care.

Action: Wendy to send Kathleen the date of the next board meeting so we can discuss with the board suggestions for the consultation.

Self-Harm

Wendy has been talking to a member who is interested in ensuring that individuals who self-harm are well represented in relation to any policy work which is taking place.

Dougie, Tracy and Chris (general member) are keen to support this area of work and get involved.

Action: Wendy to start a dialogue around this subject with interested individuals.

8. A.O.C.B.

Date of 2012 Annual General Meeting is confirmed as **Monday 10th September** 2012 in the COSLA Conference Centre, 19 Haymarket Yards Edinburgh EH12 5BH at 10.00am.

The development day is taking place on the **14th May in Gleddoch House**. A brief overview of the day was provided.

9. Date and venue of next meeting

The next meeting shall take place on **Monday the 25th June** 2012 in the Renfield Centre.



VOX 24th Board Meeting

Monday 25th June 2012

The Renfield Centre, 260 Bath Street Glasgow

Present

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| Joyce Mouriki | Chairperson |
| Dougie Pickering | Secretary |
| Gordon Johnston | Treasurer |
| John Sawkins | Member Director |
| Tracy Laird | Member Director |
| Colin Murchie | Member Director |
| Alex Davidson | Non Member Director |

Apologies

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|------------------|---------------------|
| Pamela Shanks | Member Director |
| Richard Norris | Non Member Director |
| Frank Fallan MBE | Vice-Chairperson |

In Attendance

| | |
|----------------|-------------------------|
| Wendy McAuslan | Development Coordinator |
| John Steel | Administration Officer |

Welcome

Joyce opened the meeting and welcomed everyone present. It was duly recorded that Frank Fallan VOX Vice- Chair, had been award an MBE in the Queens Honours List. In his unavoidable absence, the members of the board expressed their great delight at Frank be awarded this great honour, and one which was richly deserved.

Circulation of Papers

The following paper documents were circulated among the board members:

- a) VOX UNCRPD (United Nations Commission on the Rights for People with Disabilities) event summary report.
- b) VOX Board and Staff Development Day.
- c) ENUSP (European Network of Users and Survivors of Psychiatry) special supplement introducing VOX to their membership.

Minutes

The minutes of the last board meeting held on 30th April 2012, having been previously circulated, were formally approved on the motion of Dougie and seconded by Colin.

Matters Arising

- A) Discussion took place regarding a better representation from people who self-harm. Wendy intimated that we are represented on the national group on self-harm. It was decided that VOX would carry out a consultation when the type of questions had been shaped out. Several comments were made regarding the police authorities and their attitude toward people who self-harm. Colin intimated that from his personal experience, highland police were very sympathetic however; Tracy commented that there is no doubt some service users have had a bad experience. Alex also commented that the police handling of people who self-harm needs to improve.
- B) Wendy informed the meeting that our application for further funding from Comic Relief has been initially recommended to the Trustees for approval, the meeting of the Trustees is due to take place on 11th July 2012 after which the formal outcome will be known.

Action: Wendy to update the board when final decisions have been made

Development Coordinator Update

- a) Spring 2013 Road show in Aberdeenshire, to inform others about VOX, and to look at opportunity for Aberdeenshire to have a voice.
- b) Good Practice Document for assisting members at VOX meetings suggested possible subject for annual general meeting.
- c) Tribunal Consultation, underway.
- d) Personalisation consultation with, HUG, Mental Health Network and Plus Perth? (TBC).

Action: Wendy to progress

- e) Further work on the Work Capability Assessment – survey monkey to be developed.
- f) AGM – open space again, as evaluated well, 10th September.

Action: Staff team to progress

- g) Potential Redeployment, VOX board are keen for the process to include developing a clear job description and person specification, and to ensure that any match focuses on the requirements of VOX, but also maintains legal obligations of the employer.
- h) Further work to be developed in Fife to ensure people have a voice at a local level.

Action: Wendy to progress

Diversity Facilitator Update

- a) VOX EHRC/SHRC UN Convention seminar report now available to our members online.
- b) New VOX twitter account opened and we are now tweeting, following and being followed.
- c) Facebook and Twitter links setup on our VOX main home page.
- d) VOX article in Latest European Network service user and survivor network newsletter.
- e) Moving Minds IV event being planned, will take place once more in Kelvingrove museum on the 18th of October.

- f) Draft Faith and mental health booklet at printers for proofing then a short practical trial at the Central mosque before printing and launching at the parliament. Launch Date to be Confirmed
- g) Meeting with Deaf Connections to support improving the access and interaction of the Mosaics of Meaning resource for the minority ethnic deaf community.

Adult Health and Social Care Integration

Joanne Keating and Francis Conlan from the Scottish Government were introduced to the meeting. Joanne and Francis talked through the reason for the consultation, the areas it covered and had a discussion about what this may mean in relation to mental health.

It was noted that the actual consultation which has a deadline of the **11th September** will not be the only mechanism for influencing this agenda.

Annual General Meeting

It was confirmed that the Conference and Annual General Meeting will be held on Monday 10th September 2012 in the CoSLA Conference Centre, 19 Haymarket Yards, Edinburgh EH18 2BH from 10.00am to 3.30pm

Directors Updates

John Sawkins informed the board that he had been involved in the following:

- a) On 20th June attended a talk by Peter Beresford on Service User involvement in Research, at Edinburgh University. Key statement: "Distance can be argued from both points of view." Academics might argue that service users are too close to their condition and therefore cannot be objective; service users, on the other hand, could argue with some justification, that their lived experience is more valid, being first-hand, rather than second- or even third-hand, as in many studies.
- b) Delivered a presentation on Recovery at the "Plus Perth Gathering" on 11th May,
- c) Invited to talk to Advocacy Highland volunteers about "working with the psychiatrists" again, some interesting interactions.
- d) Completed "Bipolar Training" in Aberdeen.
- e) Hoping to have a conversation with Anthony Joseph from the Aberdeen Evening Express today (26th June, Bipolar Awareness Day)

Next Meeting

The next meeting of the board will be held on **Monday 27th August** 2012 in The Renfield Centre, 260 Bath Street Glasgow at 1.00pm



VOX 25th Board Meeting

Monday 27th August 2012

The Renfield Centre, 260 Bath Street, Glasgow

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| Present | Joyce Mouriki | Chairperson |
| | Dougie Pickering | Secretary |
| | Gordon Johnston | Treasurer |
| | Colin Murchie | Member Director |
| | John Sawkins | Member Director |
| In Attendance | Wendy McAuslan | Development Coordinator |
| | John Steel | Administration Officer |
| Apologies | Frank Fallan MBE | Vice Chairperson |
| | Richard Norris | Non Member Director |
| | Derek Barron | Advisor |
| | Ronnie Franks | Advisor |
| | Kate McCormack | Advisor |

Minutes

The minutes of the last board meeting held on 25th June 2012, having been previously circulated, were formally adopted on the motion of Dougie Pickering and seconded by Colin Murchie.

Matters Arising

The following items were discussed:-

- a) Finalisation and confirmation of our grant from Comic Relief
- b) Focus group with Mental Health Network (Greater Glasgow) on 13th September.
- c) Report on the meeting with Peer Support Fife

Development Coordinator Update:

Wendy McAuslan, VOX Development Coordinator highlighted the following items for discussion:

Organisational/independence

- a) Completed Annual Return Form for Companies House.

- b) Met with the Mental Health Foundations new funding officer regarding potential funding opportunities.

Staffing

- c) Permanent Contracts were issued from the Mental Health Foundation to VOX staff.
- d) Prepared (alongside Joyce and Gordon) the new job description and person specification for the senior development worker post (other half of the development coordinator post)
- e) Chaired the Interview for individual going through redeployment from the mental health foundation, candidate successful.

Consultations

- f) Held a focus group with HUG members regarding personalisation
- g) Held a planning meeting with the mental health network Greater Glasgow regarding personalisation event
- h) Open space on personalisation planned for the 13th September with the Mental Health Network, Greater Glasgow.
- i) Work Capability Assessment, survey monkey has been distributed; Chris White is collating the information.

Capacity Building

- j) Met with potential new volunteer who has a drama/music background and is interested in having a placement with VOX, he is utilising comedy and dance in order to explore mental health.
- k) Community Development Student seeking placement opportunity, meeting on the 29th August.
- l) I met with one of VOX's members - Chrys Muirhead in Fife regarding developing a local service user voice.
- m) Arranged three training days for group members on the 8th, 15th and 16th October, on research skills, co-production, community development, action planning and evaluation.

Meetings

- n) Attended Independent Living for Scotland Steering Group Meeting
- o) Met with Rosie McIntosh, the Mental Welfare Commissions new communications officer

Communications

- p) Scottish Government Quote for the New Mental Health Strategy
- q) Press Release regarding Comic Relief Funding, sent to all nationals, local papers?

Sub Group Updates

Wendy intimated that the Human Resources & Finance Sub Group met this morning with the following items being discussed:

- a) Premises – it was agreed that we should seek five quotes for new premises, possibly 3 city centre and 2 outwith. It was also intimated that further

discussions should take place with the Mental Health Foundation about remaining in the present premises with regard to budget costs.

- b) Discussions took place regarding "Restricted Funds"

Annual General Meeting

Final preparations are being made for the VOX Conference and Annual General Meeting to be held on Monday 10th September at the CoSLA Conference Centre, 19 Haymarket Yards, Edinburgh EH12 5BH.

Any Other Competent Business

The following items were discussed:-

- a) Clozapine
- b) Peer Support
- c) Commitment One
- d) Acute crisis service
- e) Self-harm group

Directors Updates

John Sawkins advised that he was involved in the following:

- a) International Book Festival in Edinburgh
- b) Anthony Jewels article in the Aberdeen press
- c) The SMHA&FF Facebook in Aberdeen
- d) Bipolar Aberdeen

Dougie Pickering intimated that, along with John Sawkins, he would be attending the meeting of the Royal College of Psychiatrists next month.

Gordon intimated that he was involved with the Psychological Therapies meetings.

Next Board Meeting

The next meeting of VOX Board will be held on Monday 17th September 2012 in the Renfield Centre, 260 Bath Street Glasgow at 1.00pm (Lunch available at 12.30pm)



VOX 26th Board Meeting

Monday 17th September 2012
The Renfield Centre, Bath Street Glasgow

1. Present

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|------------------|---------------------|
| Joyce Mouriki | Chairperson |
| Frank Fallan MBE | Vice Chairperson |
| Dougie Pickering | Secretary |
| Gordon Johnston | Treasurer |
| John Sawkins | Member Director |
| Dianna Manson | Member Director |
| Tracy Laird | Member Director |
| David Harrison | Member Director |
| Pamela Shanks | Member Director |
| Richard Norris | Non Member Director |

2. Apologies

| | |
|----------------|-------------------------|
| Colin Murchie | Member Director |
| Carol Mapley | Member Director |
| Alison Thom | Non Member Director |
| Alex Davidson | Non Member Director |
| Wendy McAuslan | Development Coordinator |

In Attendance

| | |
|----------------|---------------------------|
| Paula Docherty | Senior Development Worker |
| John Steel | Administration Officer |

Due to the short delay of Joyce Mouriki, the chair was taken by Frank Fallan MBE who welcomed everyone present with a particularly warm welcome to Dianna Manson and David Harrison our two new board members.

3. Election of Office Bearers

In accordance with the Memorandum and Articles of Association, the following Office Bearers were nominated and elected for 2012-2013

Chairperson Joyce Mouriki

Proposed by Dougie Pickering, Seconded by Frank Fallan MBE

Vice Chairperson Frank Fallan

Proposed by Tracy Laird, Seconded by Pamela Shanks

Secretary **Dougie Pickering**
Proposed by Tracy Laird, Seconded by Frank Fallan

Treasurer **Gordon Johnston**
Proposed by Dianna Manson, Seconded by John Sawkins

4. Minutes

The minutes of the last regular meeting held on 27th August 2012 were formally adopted on the motion of Dougie Pickering and seconded by Gordon Johnston.

5. Matters Arising

The following matters arising from the last minutes were discussed:

- a) Produce 5 quotes for alternative premises for next board meeting

Action: Wendy to prepare a list of accommodation.

- b) Capacity building event (SDS) on 24th October in Aberdeen
- c) Psychological Therapies
- d) Computer Based Therapies

6. Directors Updates

Richard Norris spoke about the recently held Annual General Meeting and Conference held in Edinburgh and commented that it would have been beneficial to have had more information prior to the AGM.

Dougie Pickering spoke on the changes to welfare benefits, the effect it has on our members and what VOX can do to help, he indicated that we should have a stronger voice in conjunction with the Mental Health Foundation.

Dianna Manson also intimated that the AdvoCard organisation in Edinburgh had reported an increase in suicides as a direct result of the changes to the welfare benefits system. Dianna also gave a report on service cuts to a group in Edinburgh.

David Harrison spoke of the use of travel cards by disability and mental health service users.

Joyce intimated that she would be meeting with Geoff Huggins to discuss Peer Support, Carers Involvement, Script for G.P's and Commitment One

7. Conference & AGM Report

Joyce Mouriki gave a full report on our Conference and Annual General Meeting held in the CoSLA Conference Centre Edinburgh on Monday 10th September 2012. Joyce indicated that the event had been attended by a total of 58. The day went extremely well with full participation by our members.

8. Any Other Competent Business

The following items were discussed

- a) The International Initiative for Mental Health Conference in Auckland New Zealand in March 2013. It was intimated that VOX would be in a position to subsidise two people to attend this conference and that we should be starting the selection process soon.
- b) Winter Members Meeting 2012. It was decided that this year the meeting should be brought forward to Saturday 17th November and that the event should be held in The Grand Central Hotel Glasgow.

- c) Target for Independence:- a full discussion took place regarding the target for independence in relation to the project plan, unrestricted funds, monthly financial updates. It was also suggested that we contact Glasgow Association for Mental Health with a view to getting advice and mentoring on independence.
- d) Sub Groups: - Joyce suggested that in addition to the Human Resources & Finance, the Training, Research & Development sub groups, we should have one other/ with a write up on each one.

ACTION: Wendy and Paula to wrote up a bit about each group.

9. Next Meeting

The next meeting of VOX board of directors will be held on Monday 29th October 2012 at 1.00pm in the Renfield Centre, Bath street Glasgow.



VOX 27th Board Meeting

Monday 29th October 2012

The Renfield Centre, 260 Bath Street, Glasgow

1. Present

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| Frank Fallan | Vice Chairperson |
| Dougie Pickering | Secretary |
| Gordon Johnston | Treasurer |
| Carol Mapley | Member Director |
| Pamela Shanks | Member Director |
| Colin Murchie | Member Director |
| David Harrison | Member Director |

2. Apologies

| | |
|----------------|-------------------------|
| Joyce Mouriki | Chairperson |
| Dianna Manson | Member Director |
| John Sawkins | Member Director |
| Alison Thom | Non Member Director |
| Alex Davidson | Non Member Director |
| Derek Barron | Advisor |
| Wendy McAuslan | Development Coordinator |

3. Welcome

Due to the unavoidable absence of Joyce Mouriki Chairperson, Frank Fallan took the chair and welcomed everyone present with a particular special welcome to the new board members and invited everyone to introduce themselves.

4. Minutes

The minutes of the 26th board meeting held on 17th September 2012, having been previously circulated, were formally adopted on the motion of Dougie Pickering and David Harrison.

5. Matters Arising

- a) On the matter of independence, it was agreed that the morning of Monday 26th November, previously scheduled for board training, should be rescheduled as a meeting of all directors to further the independence plan.
- b) On the matter of quotes for alternative office accommodation, it was noted that Wendy was in the process of producing 5 quotes as requested by the board.

- c) On the matter of sub groups, it was intimated that Wendy and Paula were in the process of writing up some information about each of the sub groups.

6. Development Coordinator Update

Wendy's update, which had been previously circulated round the board, was then discussed, including the following:-

a) Governance

Preparing the Accounts, Tenon need to have relevant information by mid-November to give them six weeks to carry out the audit, so work has been carried out to ensure paperwork is up to date and organised.

b) Consultation work

- Personalisation, open space event took place in the Gorbals, and a focus group is planned in Perth with PLUS on the 6th November.
- Technology and mental health, Paula will progress with three groups, ACUMEN, PLUS and EUF.
- Commitment 2 progress; a revised programme of consultation work has been written and this will be sent to Geoff Huggins, Scottish Government for comment.

c) Awareness raising and diversity work

- Faith and Mental Health resource completed and being launched on the 3rd of December Nicola Sturgeon is speaking at the launch.
- Moving Minds IV another success reaching over 700 people at Kelvingrove with a possible 4000 people seeing or experiencing the activities on the day.
- Robert Gordon University in Aberdeen, LGBT + student union choose LGBT VOX as this year's charity to promote.
- Diversity teaching input delivered to new Glasgow University Masters in Global Mental Health course
- Possible funding from Glasgow Anti Stigma Partnership being sought to add up to 5 BME community language subtitles to the Beyond Prejudice Film.

d) Capacity Building

Group members training sessions: Three sessions took place in Stirling (on research skills, community development, co-production and evaluation). Six people attended session one, and twelve attended sessions two and three

International Initiative for Mental Health Leadership (IIMHL) – applications have been sent out to members, we will be sending two people to attend the event which is taking place in New Zealand in March.

e) Strategic work

Meeting with Jane Murkin – person centredness, keen for us to assist in developing the key principles of person centredness, and to attend the learning events taking place in November.

Patient Safety - two day event, opportunities to ensure service users are central to developing tool and methods to increase perceptions of patient safety.

National suicide and self-harm group, we have an opportunity to utilise the views of those members who have expressed an interest in this area to feed in directly to strategic planning.

f) Members meetings

AGM – follow up report to be written on members key areas for development and updated guidelines.

Winter festival meeting, Grand Central hotel, Glasgow, 1st December.

g) Management/staffing

- Developing a work-plan for Paula
- Developing student plan for Kara (our volunteer)

7. Directors Updates

Colin informed the board that HUG Spirit Advocacy had now moved into new premises, Colin also intimated that he had seen a film on “Anxiety” which he offered to bring along to one of the board meetings, and the film lasts approximately 10 minutes.

David Informed that board that he will shortly be giving up his role as the Chair of ACUMEN and therefore would have some more time available to assist VOX when required.

Pamela informed the board that she would be attending the annual general meeting of the Mental Health Network (Greater Glasgow) on 12th November 2012.

Dougie informed the board that he had recently attended a very interesting Mental Welfare Commission Conference in Edinburgh on behalf of VOX.

Carol informed the board that she is currently involved in delivering diversity training to Police Officers at the Tulliallan Police College. Carol also intimated that perhaps VOX could be involved in training young Police Officers and with the Association of Chief Police Officers of Scotland.

8. Winter Members Meeting

All arrangements are in place for this year’s winter members meeting on Saturday 1st December 2012 in the Grand Central Hotel Glasgow.

9. Any other competent business

- a) It was suggested that there should be 10 regular board meetings next year.
- b) It was unanimously agreed that in accordance with the Memorandum & Articles of Association, that observers would not be allowed to attend meetings of the board of directors.
- c) It was intimated that board members should receive an up to date financial statements on a regular basis.

ACTION: Wendy to make necessary arrangements.

- d) Dougie informed the board of posters which are on view on buses in Ayrshire, asking people to be vigilant in respect of the misuse of concessionary travel passes, there was a general feeling that this could be stigmatising to people with mental health problems who don't look to be over the age of 60 or have an obvious physical disability.
- e) It was agreed that next year there should be a total of TEN board meetings.
- f) The application form from New Horizons Borders for Associate Membership of VOX was formally approved.

ACTION: John Steel to write with confirmation of status.

- g) The application from AdvoCard for Group Membership of VOX was laid in abeyance for further clarification regarding their membership.

ACTION: John Steel to make necessary enquiries.

- h) It was intimated that we have started to receive applications to attend the IIMHL Conference in Auckland New Zealand 2013.

10. Next Meeting

The next meeting of VOX Board of Directors will be held on Monday 26th November 2012 at 1.00pm in The Renfield Centre, 260 Bath Street, Glasgow.



VOX 28th Board Meeting

**Monday 26th November 2012
The Renfield Centre, 260 Bath Street Glasgow**

| | | |
|----------------------|------------------|-------------------------|
| Present | Joyce Mouriki | Chairperson |
| | Frank Fallan | Vice Chairperson |
| | Dougie Pickering | Secretary |
| | Gordon Johnston | Treasurer |
| | Dianna Manson | Member Director |
| | Carol Mapley | Member Director |
| | David Harrison | Member Director |
| | Alex Davidson | Non Member Director |
| | Derek Barron | Advisor |
| Apologies | Richard Norris | Non Member Director |
| | Colin Murchie | Member Director |
| | Tracy Laird | Member Director |
| | John Sawkins | Member Director |
| In Attendance | Wendy McAuslan | Development Coordinator |

1. Welcome and Apologies

Joyce welcomed everyone to the meeting, and apologies were given as above

2. Minutes

The minutes of the last regular meeting held on 29th October 2012 were approved on the motion of Dougie Pickering and seconded by Gordon Johnson.

3. Matters Arising

- a) Wendy explained that the recent focus had been around trying to ensure that the audit is carried out, and that a financial update would be provided shortly.
- b) It was mentioned that the codes within the MHF don't always match the codes within our budget headings, but that she would try to make it clear so the directors could see how much was left out of each budget heading.
- c) David mentioned that he did not yet have an induction pack; other new directors also need their pack.

- d) Joyce mentioned that it would be worthwhile having a chat to Anne Marie Newman regarding unrestricted funds, as there is not always a full amount for each organisation.
- e) Discussion took place regarding AdvoCard and group membership, they do both individual and collective advocacy. Therefore we need to know if the collective aspect has a governing body which is constituted separately to become full members as stipulated in our constitution, Dianna mentioned that she would progress.

4. Declarations of Interest

None were noted

5. Development Coordinators Update

The board were given a copy of Wendy's' written update, this included governance issues, capacity building, consultation work, diversity work and strategic representation.

a) Prisons work

In relation to the diversity work Carol mentioned the Association of Chief Police Officers in Scotland (ACPOS), equality and diversity strategy, looking at a mental health reference group. Contact person – Brenda Armstrong. Action – M & CM

Advocacy work was mentioned in relation to prisons.

It was noted that Shotts are often open for involvement, director of health, Andrew Fraser Director of Health and Care at the Scottish Prison Service.

David Thomson –National Coordinator for Integrated Care Pathways for Mental Health and. Associate Inspector of Prisons

b) Personalisation

The Scottish Co-production Network was mentioned, this may be a way to share our findings on personalisation, and to influence the agenda.

Alex Davidson mentioned the Self Directed Support (SDS) bill which would go through and the different delivery options and requirements for the council.

Discussion took place around a validation type event to inform members and others of the finding of the report. Alex mentioned that Jack Blake would be a good contact to link in with.

Jenny Graydon was also mentioned as a person who would be able to talk from a provider impact perspective, as well as her experience of how service users seem to be affected by the changes.

Chris Bruce was mentioned in relation to social care integration/SDS

c) Commitment 2

It was mentioned that Moira Connolly had highlighted the difficulties faced by care staff in relation to duty of care, confidentiality etc., and that the balance of priorities was not working well at the moment.

Derek Baron mentioned the clinicians need to focus on the greater good in order to provide appropriate provision.

Alex Davidson mentioned the need for respite for the carer, and that this impacts on the dynamic between patient and carer.

d) Strategic Work

Joyce discussed person centeredness and the Long term Conditions Alliance Scotland. In particular a concern over the fact that it doesn't represent service users as it's a collaboration of service providers, and what this means in terms of influencing the agenda.

e) Patient Safety

Joyce updated the board on the patient safety climate tool, a tool which captures the views of service users in relation to feeling safe in clinical settings.

6. Directors Updates

Dianna mentioned that she had met with Mussa from Malawi, and that this had been fascinating, and that she would continue to maintain links.

David mentioned that he is no longer a director with ACUMEN, although he is still a member. He noted that this meant that he was clarifying some of his involvement in other groups, as he is now not an ACUMEN representative. He is keen to work more closely with VOX.

Frank mentioned the Lanarkshire Link's development day, employment tribunals, and mental health tribunal service users and carers group.

Gordon mentioned the psychological therapies group he is involved in was focussing on the 18 week HEAT target; he mentioned that the wider group had not been active lately.

Dougie provided a concise written update on the Royal College of Psychiatrists.

Carol mentioned the Strategic Independent Advisory Group (SIAG) which she felt could be a network where we could influence the training Adviser for Mental Health for the British Transport Police.

Alex discussed the new national police force, new staffing levels, and that it would be a good time to influence the agenda.

Carol stated that a levelling up required, currently very limited amount of training on social awareness, and a SAMH booklet.

Dianna – Army are carrying out work whereby they are directly talking to families.

7) AOCB

Mental Welfare Commissions report, board were unsure of the words on the front cover being cut off – hard copies requested for the members meeting.

Carol mentioned she had to withdraw her IHHML application, and put in apologies for the next board meeting.

8) Date of the next meeting

The next meeting will be held on **Monday the 28th January 2013.**