

# Notes from the meeting

Meeting Date | April 2023



# Meeting Attendees

## Present were representatives from:

Age Concern Liverpool and Sefton  
Select Training  
Living Well Sefton  
Sefton Libraries  
Mersey Care  
Samaritans  
Sean's Place  
Sefton CVS  
Step Forward  
Community Connector  
SACHA  
Rethink  
Sefton Public Health  
Social Prescribing  
Cancer Information Support Centre  
Swan Women's Centre  
Reach Men's Centre  
Talking Matters

## Contents:

- Talking Matters Presentation - The challenges of identity formation in a time of Covid.
- Public Health Awareness Campaign "We're Here"
- Mersey Care Step Forward Service - contact details

# Guest Speaker Josh Kreft



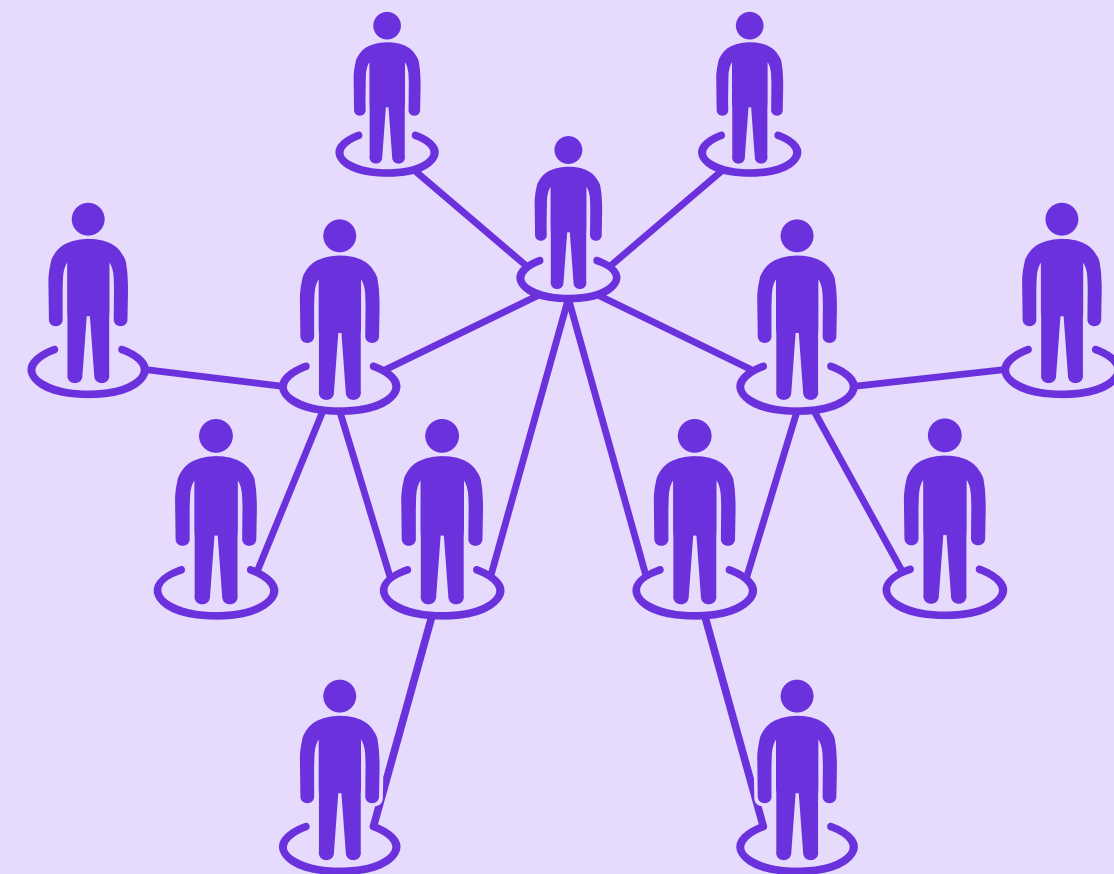
Josh is the Clinical Lead at Talking Matters Sefton which is part of the charity Mental Health Matters. As the providers of IAPT services in Sefton, Talking Matters work with a wide range of adults across the life course.

Josh provided an overview of some of the challenges of identity formation for those in transition during the time of Covid.

Members reflected that the presentation gave a perspective that was helpful in understanding the role of identity formation and its impact on people of all ages whilst Josh's overview focussed on young adults, the detail was applicable to older adults and those in midlife

To read more about this fascinating challenge, please follow the link below.

[Find out more](#)



# Public Health

Heather Redhead of Sefton's Public Health Service explained that through the work of the Suicide Prevention Board, a working group has been established to look at the support available for people who are struggling with their mental health. When feeling vulnerable, it can be difficult to know where to turn or how to access services.

The working group have developed a whole population intervention for Sefton that aims to raise awareness of the support that is available through organisations working in Sefton.

The list of support services will be posted on the Sefton in Mind webpage.

A campaign of posters and radio adverts are being developed to signpost people to the page



# "We're Here" Campaign

The posters will be displayed in areas not traditionally populated with messages around mental health support e.g. supermarkets, pubs and other places people go in their day.

There will be three different types of posters with QR codes on to take people to the webpage.

It is hoped that this campaign will be the start of championing good mental health for all in Sefton



## Mersey Care Step Forward Service

The Step Forward psychological intervention service in Sefton and Kirkby is a key element of Mersey Care's community mental health transformation programme.

Mental Health aspect comes from referrals through primary care and offer assessments within two weeks.

In conjunction with patient, a treatment plan is agreed to.

Important to note this service is not a crisis service but can offer quick and timely intervention to people experiencing mental health issues.

The psychology element to the Step Forward service deals with people facing more intense issues such as suicidal ideation/self harm.

The service is well linked in with VCFSE in Sefton and Step Forwards acts as a early intervention service.

Members of the forum reflected back they have found Step Forward Service a useful resource





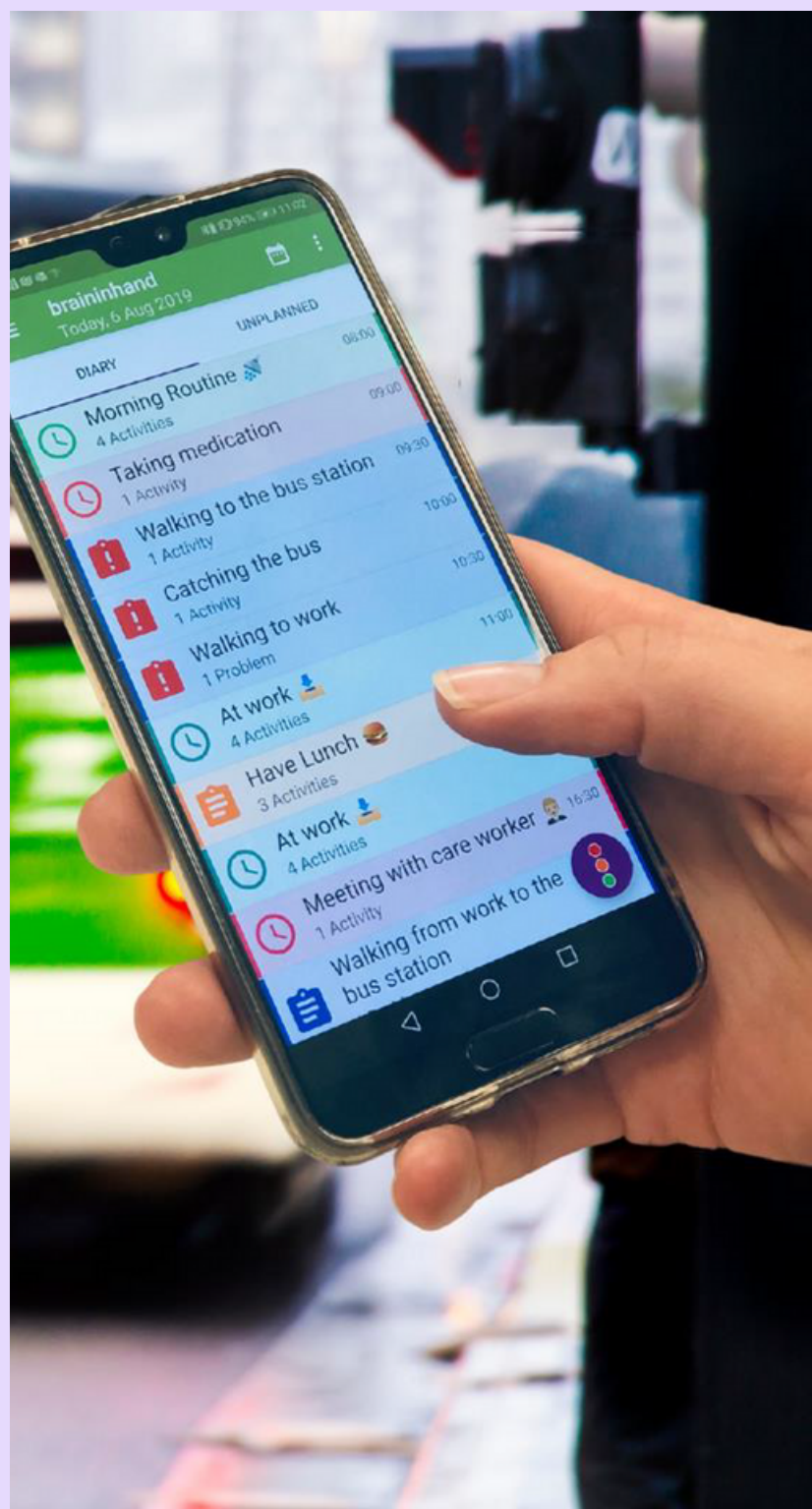


## MERSEY CARE STEP FORWARD SERVICE CONTACT DETAILS

Stephen McGrath  
Clare Robbins  
Laura White

## SEAN'S PLACE

Had feedback from men accessing the centre that relationship issues and breakdowns are a big issue. In a planning stage at the moment in finding out what is available in Sefton to help support men dealing with relationship issues



## YOUR MIND MATTERS - SWAN WOMEN'S CENTRE

Your Mind Matters is aimed at females aged 16 - 25 struggling with their mental health and experiencing symptoms of depression & anxiety.

An open day was held on 3rd May and referrals are being accepted



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# Make Every Contact Count Dates for 2023



## NEXT TRAINING SESSIONS:

May 19th, 2023 from 2:00 PM to 4:00 PM

June 14th, 2023 from 10:00 AM to 12:00 PM

Depending on demand, more dates may be added, but these are the current delivery times/dates and venues at Southport and Waterloo.

\*Please note without booking on using the links above, staff will not be able to attend and once capacity has been reached, the bookings will be closed.

Any questions/problems re: bookings, please contact [Jamielee.groves@seftoncvss.org.uk](mailto:Jamielee.groves@seftoncvss.org.uk)

# Dates for 2023

## Sefton In Mind Forum Meetings 2023

Wednesday 21st June 12.30pm till 2.00pm

Wednesday 16th August 12.30pm till 2.00pm

Wednesday 18th October 12.30pm till 2.00pm

Wednesday 20th December 12.30pm till 2.00pm



# Sefton In Mind Meetings

If you would like to find out more information about Sefton In Mind please contact:

Jan Campbell

[jan.campbell@seftoncvss.org.uk](mailto:jan.campbell@seftoncvss.org.uk)

Our next Sefton in Mind forum is on **21st June 2023.**

[www.seftoncvss.org.uk/seftoninmind](http://www.seftoncvss.org.uk/seftoninmind)



**Sefton CVS**  
Supporting Local Communities

