

Date 20/1/2025
Time 10:00 - 16:00
Location The Coach House Harvest Court, Park Rd, Shepton Mallet BA4 5BS

1 – Welcome

An introduction to SWEDA was provided, an organisation supporting individuals with eating disorders for 33 years, sharing its history, growth, and services provided.

2 - Approve previous minutes

The minutes from the previous meeting, 18/11/24, were agreed to be an accurate representation of the meeting and were approved.

3 - Action Log

The action log was reviewed and updated

4 - Co-production and Expert by Experience update

The Board were updated on:
Expert by Experience payments and activities
Co-Chair recruitment

5 - Exec. Group update

The Board were updated on and discussed:
Workstream contract lengths
Displaced peoples tender
Lone Working and Serious Incidents
The change from Equality, Diversity and Inclusion to Equity, Diversity, Inclusion and Belonging

6 - Lead Accountable Body update

The Board were updated on:
Signed and completed contracts
Capacity Modelling
Peer support service

7 - Locality meetings and Best Practice Framework

The Board discussed the Open Mental Health Best Practice Framework which involved Somerset Foundation Trust Colleagues and the new meeting sequence.

8 – Break

9 - Finance sub update

The Quarter 2 finance summary report was presented with a focus on partner returns and vacancy factor.

10 - Autism and Attention-deficit/hyperactivity disorder

The Board received a presentation on neurodiversity, focusing on autism and attention deficit hyperactivity disorder (ADHD). They discussed the overlap between different types of neurodiversity, the heritability of these conditions, and the increase in diagnoses due to greater awareness. The challenges faced by women in

receiving diagnoses due to masking their symptoms were highlighted, along with the historical focus on young boys in diagnostic criteria.

The presentation also covered the impact of neurodiversity on mental health, with high rates of co-occurring conditions such as anxiety, depression, and eating disorders. The North Star group for autistic adults and the TDAH! group for women with ADHD were mentioned as support initiatives. The discussion emphasised the need for reasonable adjustments in the workplace and the benefits of a diverse workforce.

The Peace Pathway was introduced as a tailored approach to treatment for autistic individuals with eating disorders, addressing the challenges of poorer treatment outcomes and higher relapse rates.

10 – Lunch

11 - Open Mental Health Strategy

The draft Open Mental Health Strategy was discussed.

The strategy, had incorporated feedback, including a stakeholder survey and was aligned with local and national context

The strategy included a top-line summary of Open Mental Health, vision and mission statements, external and internal analyses, key considerations, and strategic objectives.

An updated draft will be circulated to encompass Partner feedback.

12 - Exploring Change - supporting the wider community Mental Health Network

The Board discussed the future plans for the Mental Health Network with focus on:

Defining the short-term and long-term goals of the network

Identifying priority areas for future focus

Suggestions for new initiatives

13 - Partnership Board considerations

The Board discussed frequency and practicalities of Partnership Board meetings. This included locations and face to face/virtual meetings

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14- Any other business

Peer support update

New Associate Partners

The meeting closed at 16:22

Date of next meeting: 24.3.25 – Full day in person – Venue to be agreed.