

MENTAL HEALTH CARERS FORUM AGENDA

Tuesday 7th January, 2020

TIME: 10.00am tea/coffee. Start 10.30am.

Finish at 12.30pm followed by a light sandwich lunch

VENUE: Oxlease House, Travellers Lane, Hatfield, AL10 8TJ



1	Welcome and introductions
2	Guest Speakers: Join us to learn more about the correlation between mental health and physical health, the importance of physical health checks, and the benefits of a nutritional diet. The guest speakers are carers - Yvonne is a qualified mental health nurse and Marie is a qualified Medical Herbalist.
3	Minutes from last Forum
4	Feedback: of latest news and developments from Carers, Carer Representatives and Carer Involvement Workers, identifying any issues to raise at the next round of commissioning/ working group meetings.
5	Aya Hastwell, Carers Co-ordinator, Herts Mind Network will give an update on what support and services Mind offer to carers. She would also like to hear your views and ideas on what support and services Mind could offer carers in the future.
6	Any other Business.
7	12.30 pm Close. Light sandwich lunch. Next Forum –Tuesday 3rd March 10.30am - 12.30pm. Coffee/tea from 10am and light sandwich lunch at the end. All of the meetings take place at Oxlease House, Travellers Lane, Hatfield, AL10 8TJ