

## Proposed Agenda for the Hot Focus Session 1

We will promote mental health and wellbeing in adults through prevention, early identification and provision of appropriate services.

April 23<sup>rd</sup>, 9.00am – 12.00pm

Setting the scene for West Berkshire	TBC	15m
Prevention and promoting positive mental health	Rachel Johnson	10m
Mental Health Forum	MHF Chair	10m
Showcasing services within West Berkshire		35m
<ul style="list-style-type: none"><li>• Pulling Together</li><li>• Friends in Need</li><li>• Eight Bells</li><li>• Sport in Mind</li><li>• CAB</li><li>• Talking Therapies</li><li>• Berkshire Healthcare Foundation Trust – role of the CPN</li><li>• Berkshire Healthcare Foundation Trust – MH triage</li><li>• Adult Social Care Representative</li></ul>		
Comfort break / Networking		20m
<ul style="list-style-type: none"><li>• Dual Diagnosis Nurse</li><li>• Sovereign Housing</li><li>• Homestart – Post Natal Depression</li><li>• Samaritans</li><li>• Mental Health Advocacy Service</li><li>• Fountain Gardens</li><li>• Counseling in GP practices</li></ul>		

Each service will be given 4 minutes to share what the service offers, who it is aimed at, what it is proud of and what are its challenges.

Berkshire Mental Health User Group Chair		15m
Mental Health Strategy Group Chair		15m
Questions/discussion of key points raised		30m