

**Recovery College Annual General Meeting
Thursday 9 February 2017, 10am-12pm**

Attendees: Ruth Appleton, Nick Barber, David Barry, Angela Boon, Iris Dearne, Leisha Fullick, Jonas Havnes, Tumu Johnson, Alice Jones, Ksenija Kadic, C. Martin, Kirstine McDowall, Valerie Graham-Dunkley, Rob Murray, Anne Prouse, Rachel Finkel, Wendy Savage, Shallom Sithole, Adam Szczubkowski, Ana Tunaru, Paul Ware

Item	
	<p>Recovery College Board Chair Update</p> <p>Rob Murray introduced himself as chair of the Recovery College Board, which had just completed its inaugural year. The board had met five times in the current financial year and held two board development seminars. The board would be now thinking about the year ahead and their collective purpose. It had been decided that board members would be allocated to lead specific workstreams going forward.</p> <p>In the first year of the Recovery College Board there had been a lot of learning, and the decision had been taken to increase board membership in order to strengthen the work done by the board and increase its capacity.</p> <p>Rob recognised the commitment of the two board members who had moved on - Aasia Akram and Ana Tunaru – and acknowledged this loss but saw it as an opportunity to widen the skill set of the board.</p>
<p>3</p>	<p>Election of board members</p> <p>Anne Prouse explained the voting process.</p> <p>Nick Barber, Ruth Appleton and Wendy Savage each spoke briefly about why they were standing as board members.</p> <p>Attendees voted by ballot paper and Rob Murray, Jonas Havnes and Anne Prouse counted the votes.</p> <p>New elected members:</p> <p>Lived Experience Naseem Butt Wendy Savage Nick Barber was re-elected</p> <p>Professional Experience Ruth Appleton Sandra Chakara</p>

	<p>Other board members continuing in their roles were:</p> <p>Rob Murray (Chair) Iris Dearne (Recovery College Manager – professional experience) Tumu Johnson (professional experience) Jonas Havnes (lived experience)</p>
	<p>Workstreams</p> <p>Rob Murray explained that the board’s vision for the College required reflecting on the role of workstreams and how the board could best support this development. The board had formulated new priority areas for workstreams in 2018/19, and these were:</p> <ul style="list-style-type: none"> • Engagement with the C&I Trust workforce and teams • Engagement with Camden and Islington wider communities • Curriculum Development & Evaluation – including Student Support • Workforce - Tutor recruitment and support • Marketing – Business Development • Finance – Costing and Procurement <p>The board had decided not to elect workstream members at the AGM, but instead to look at these priority areas as a board and think about how to support board members to become workstream leads.</p> <ul style="list-style-type: none"> • Engagement with the C&I Trust workforce and teams <p>Rob Murray explained that this workstream was crucial as there is a need to ensure teams and staff in the C&I NHS Foundation Trust understand what the Recovery College does, and for these staff to participate in discussions about the College. There had previously been consideration around requiring each C&I staff member to attend at least one course per year as part of their Continuing Professional Development (CPD), which would make it more likely that the College would become part of conversations staff have with service users.</p> <ul style="list-style-type: none"> • Accessibility <p>Tumu Johnson, tutor and board member, explained that this workstream would focus on making sure the Recovery College was inclusive, and think about barriers people may face when accessing the College. It was important to ensure the College was open to marginalised groups who could not easily access services. These groups included people with learning disabilities, physical disabilities and those experiencing mental health distress. The workstream would concentrate on removing barriers and thinking about how the College can be supportive. Rob Murray stressed the importance of not having a blanket approach for all.</p>

- **Curriculum Development & Evaluation – including Student Support**

Jonas Havnes, tutor and board member, said that feedback from students was very important when evaluating and redesigning courses. Iris Dearne, College manager, agreed that student feedback was part of the co-production which underpinned all Recovery College activities. She gave the example of how repeated student feedback at the Understanding Anxiety course about having a longer course had been taken on board and led to the four week Coping with Anxiety course on the current curriculum

- **Marketing – Business Development**

Iris Dearne told attendees that the College had in the past received additional funding via health education, and explained that there were many organisations in the Camden and Islington area where the management and workforce were not yet educated around mental health. The Recovery College had an important role to play here and had investigated selling courses to organisations. The first course – Building Resilience via the Tree of Life – had been sold to St John of God refugee hostel. The College was now able to facilitate bespoke offerings, and so needed to make local organisations aware of this.

The Recovery College has the opportunity to open up a dialogue around mental health within organisations. Rob Murray agreed and pointed out that the impact of mental health on business was significant, and the College could help develop organisations to provide supportive working environments. Money received through selling courses would be reinvested into further courses.

Iris explained that the Knowledge Quarter (KQ) is a network of organisations based in a two mile radius around Kings Cross who share resources and knowledge among KQ member organisations. The College also had partnerships with Kings Place and Birkbeck University, and had run courses in their venues. Iris told the attendees that mainstream educational organisations know they need support with the emotional and mental health resource and support needs of their students.

- **Finance – Costing and Procurement**

Rob Murray outlined the need to ensure the College is ready for any opportunities that arise, ensuring the College management had a good sense of its finances and that the College accountable for the funding received from its commissioners.

He told attendees that the board will have a development seminar to decide which members lead each workstream based on their skills and knowledge. Leads would provide an update on their workstream at every board meeting.

Iris Dearne read out the names of the nominees for each workstream which had been received prior to the meeting.

	<p>Paul Ware, one of the nominees for the Engagement with the C&I Trust workforce and teams workstream, commented that he was a great believer in linking services for wellbeing. He had a primary care background and had brought a primary care link to the Trust's service user alliance.</p> <p>It was noted that to date the workstreams had been mostly made up of Recovery College staff, so it was good to see more student and outside engagement in the nominees. Rob Murray also confirmed that he was aware of the pressure on current staff, and this had also informed the decision to elect two additional board members.</p>
<p>4</p>	<p>Recovery College Manager – Activities and financial position of the Recovery College over the past academic year</p> <p>Iris Dearne commented that a lot of development had happened over the past year. The College had been at full capacity since mid-2017, running at least 30 courses each term with some courses repeating within the term and some courses having multiple sessions. The College staff and employed tutors were only a small team, and would not have been able to achieve this without partnership working and expertise from C&I Trust employees and other organisations working with the College. It was fortunate that the value the College presented to the communities of Camden and Islington was being seen.</p> <p>Iris noted that historically more Camden residents had attended courses, apart from the very first term in 2014 when only Islington backed the project. There was a higher proportion of female students, which was within the range of expectations for recovery colleges. Around 18% of students over the last year identified their ethnicity as Black or Black British, which was higher than the Camden community at 10% and Islington at 15%. Recovery College tutors had attended the C&I Trust staff BME network meeting and Nubian Users Forum meetings recently.</p> <p>It had been identified that C&I Trust psychosis services had a high proportion of black male service users, and the Recovery College was linking with services in North Camden to better reach this group.</p> <p>The mean age (self-reported) for Recovery College students over the past year was 42.</p> <p>Only 8% of C&I staff were attending Recovery College courses, while nationally in recovery colleges this figure is 15%. The Engagement workstream is an more important opportunity to provide support to Trust staff and help them enhance their work/life balance.</p> <p>Finance report</p> <p>Iris advised that the yearly budget for the College was £300,000 and the current forecast was for a £10,000 overspend at the end of the current financial year (March 2018).</p>

	<p>The College now employed more tutors and sessional tutors, and there had been some equipment upgrades for ergonomic reasons. The current reception desk would be removed and replaced with individual desks for health and safety and staff wellbeing reasons.</p> <p>Iris thanked attendees for their support of the Recovery College.</p>
<p>5</p>	<p>Any Other Business</p> <p>Ruth Appleton asked whether the College looked at medical notes of students, and Iris Dearne replied that students self-declare at enrolment whether they are service users or not, and the College does not ask whether this is for primary or secondary care. The College does not access the CareNotes records of its students. Ruth suggested it would be interested to know which service users came from voluntary organisations and which from statutory organisations. Iris agreed and advised that the College is part of the Resilience Network, working together with other local organisations to share resources and understand each others' organisations.</p> <p>Rob Murray asked attendees for their reflections on areas they would like to have heard more about, or for the College to focus on.</p> <p>Responses received included:</p> <ul style="list-style-type: none"> • Creativity being part of the learning and recovery process, for example the C&I Choir <p>Iris responded saying that the College would be delivering its first Singing for Health course this term, and tutors would signpost students to the C&I Choir. She explained that courses were offered depending on existing tutor expertise, and only offered if the course did not already exist in the community. The charter of the College was to add something to the community, rather than replicate what was already available.</p> <p>Rob Murray mentioned the co-produced play 'Recovery as a Journey' which had been performed at the third anniversary of the Recovery College in September 2017. Ksenija Kadic, deputy manager of the College, said she had valued the experience of co-producing short theatre pieces with students and others, and the final play was a reflection of how people might experience mental health at different stages in their lives. She said it would be great if we could provide more creative spaces and outlets for people to share their stories.</p> <p>A student commented that the act of creating something with others or by oneself was valuable as a tangible positive reinforcement of the time spent creating, and is an achievement. She felt that art can enable people to express, and she had really enjoyed these aspects of Recovery College courses.</p> <p>Wendy Savage asked whether workstream members were volunteers or paid. Rob Murray confirmed these roles were voluntary.</p> <p>Wendy had not heard about the anniversary last year and Ksenija confirmed that</p>

	<p>the film was available on the Recovery College website.</p> <p>Another attendee commented that dancing and singing might be good to do, and asked whether art included creative writing. Iris said that unfortunately the College did not currently have any tutors who had professional experience of working with dance, and would also need a tutor with lived experience of how dance had helped them, in order to run a dance course. Potentially the College could look at recruiting specifically for this.</p> <p>Rob Murray said that the new workstreams had a great opportunity to shape all of these ideas.</p> <p>David Barry commented that the Recovery College idea was interesting, as was the way it was being implemented. He could see possible benefit from improving the College's communications with the Trust's Council of Governors. He asked to be invited to a board meeting to explain the role of the Council, and said both parties would benefit from mutual input. Paul Ware said that he would like to see service users involved in that meeting as well.</p>
6	<p>Rob thanked everyone for attending this year's AGM.</p> <p>Iris suggested that in future the AGM be held in April to link with the financial year, and for the meeting to be held in the evening.</p> <p>David Barry said this timing (date) made sense in terms of the financial year. He said getting the meeting timing right was tricky as some people preferred evenings, others mornings, and that the AGM attendance was fairly good today.</p>

Next meeting: 11 April 2019 10am-12pm