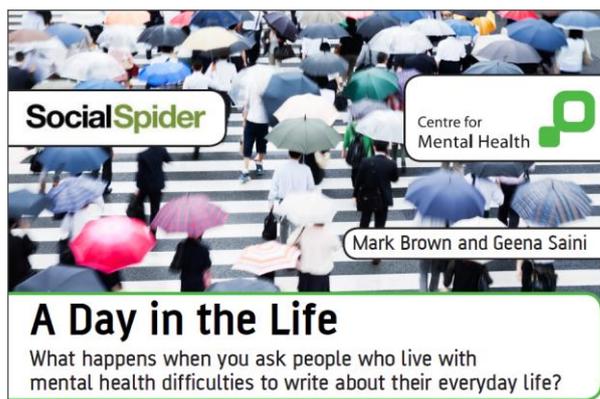


A Day in the Life: A new project to snapshot day-to-day life with mental health difficulties



What happens when you ask people who live with mental health difficulties to write about their everyday life?

To date, the wellbeing of people who experience mental health difficulties has been an under-explored area in terms of policy and practice. Interactions between researchers and people who experience mental health difficulties have often centred around either service improvement, the development of treatments or the understanding of symptoms. What has been missing to date is a sense of what everyday life with mental health difficulty is actually like.

A Day in the Life was a one-year crowdsourcing project conceived and carried out by Social Spider CIC that asked people living with mental health difficulties one very simple question: What was your day like? What made your mental health better and what made it worse?

On four days between November 2014 and August 2015 via an open appeal, the project asked people who identified themselves as living with a mental health difficulty to write up to 700 words about what their day was like. Over the year, 893 different days were written by participants, or nearly half a million words, giving a window into the everyday lives of people with mental health difficulties.

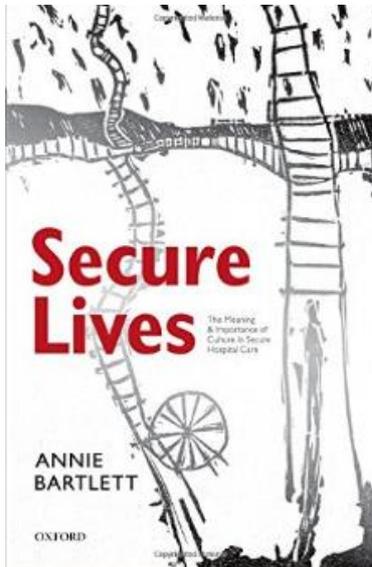
These accounts of ordinary days lived with mental health difficulties were then published on the internet, unedited for anyone to read. They represent the largest single collection of accounts of the everyday lives of people with mental health difficulties.

With funding from Public Health England, Centre for Mental Health and Social Spider CIC carried out a limited content analysis of 782 of the uploaded days seeing what, if anything, all of these days told us overall about what affects the day-to-day wellbeing of people living with mental health difficulties.

The report explains the findings of this analysis, including which issues were most frequently identified as having a negative or positive effect on the wellbeing of the writers. It notes that mental health services were the most commonly discussed theme among writers, followed by work and home life. A Day in the Life brings to the surface numerous issues raised by people living with mental health difficulties, and indicates areas for further research.

<http://www.centreformentalhealth.org.uk/a-day-in-the-life-fmh>

Secure Lives: The Meaning and Importance of Culture in Secure Hospital Care



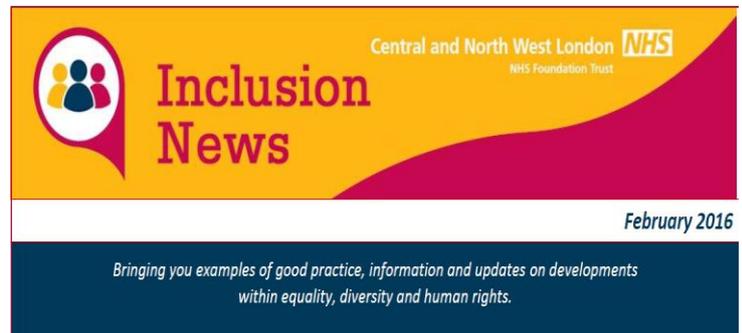
To mark the publication of Professor Annie Bartlett's book, CNWL are discussing the ideas that lie behind care in these environments.

Professor Bartlett is a Psychiatrist and the Clinical Director of CNWL's Offender Care Directorate, which provides healthcare in a number of prisons and secure settings; she is also an anthropologist and very interested in how culture shapes the environment and the behaviours of people – inmates, patients and staff.

When: Friday 8 April
From: 3.00pm
Where: Bevan 1 at Stephenson House
75 Hampstead Road, NW1 2PL

Everyone welcome; please book by email
communications.cnwl@nhs.net

CNWL's Inclusion News



CNWL has published its latest version of 'Inclusion News'. Produced by their Equalities and Diversity Team, the newsletter features:

- The activities of the CNWL Equality and Diversities Team
- News on wider NHS equality requirements
- Information and updates on developments within equality, diversity and human rights
- Equality law updates
- Links to informative articles in the online press
- News/coverage of annual equality and diversity campaigns

Bringing you examples of good practice, information and updates on developments within equality, diversity and human rights.

To read or download a copy, please visit:

<http://www.cnwl.nhs.uk/wp-content/uploads/Inclusion-News-Public-final.pdf>

Depression Awareness Week

**DEPRESSION
AWARENESS
WEEK**

18 - 24 April 2016

Don't keep
depression
under your
hat



Can you help on a stall?

Friends in Need will be having stalls throughout the week and it would be amazing to have members of the network on the stand to speak about the network to members of the public.

It's difficult for many people to admit that they are struggling or that they feel isolated or lonely. It might be that they have never told anyone that they are feeling depressed and this might be the first time they have reached out. Having someone there who understands how they feel is so important and it's the very reason that the Friends in Need network works so well.

Can you help someone by being there to answer questions, share how the network has helped you, and explain the kind of meet ups that are available?

Depression Awareness Week Events

Tues 19	St Charles Canteen 12pm – 2pm
Weds 20	Barclays bank 9am – 5pm
Thurs 21	St Charles Canteen 12pm – 2pm
Fri 22	Barclays bank 9am – 5pm

The West London Friends in Need Network are now producing a new monthly update which you can receive by joining for free online at www.friendsinneed.co.uk and searching for the group West London Network.



**Friends
in need**

Friends in Need is brought to you by Depression Alliance

The Update contains lots of information about regular activities or one-off events on offer such as:

Every Friday 11.00 – 1.00: Side by Side coffee at Wholefoods, 63 Kensington High St. W8 5SE

Every Wednesday 2.00 – 4.00: Knitting, Crochet and Sewing at Chelsea Theatre, 7 Worlds End Place. SW10 0DR

Every Friday 3.00 – 5.00: park Walk – various locations

Wednesday 20/4 2.00 – 4.00: Visit the Natural History Museum

Friday 22/4 1.00 – 3.00: Concert at St Martins in the Field Concert, Trafalgar Square. WC2N 4JJ

There's loads of other activities on offer including Book Breaks, Feel Good Friday, meals out, Poetry Groups, Jewellery Meetup, Creative Writing Group, Cinema trips or art groups – something for everyone

Comedy for Depression



Thursday 5th May 2016

COMEDY FOR DEPRESSION

A BENEFIT FOR DEPRESSION ALLIANCE

Doors & Bar Open: 6.30pm for 7.30pm
Standard : £16 Student/Unwaged: £12

UNION CHAPEL
(Off Upper Street)
ISLINGTON
LONDON
N1 2UN

Click to BUY TICKETS

STEWART LEE
"ONE OF THE TOP THREE OR FOUR LIVING STAND-UPS"
- Time Out

MATT RICHARDSON
WITH COMPERE
"THE NEXT BRIGHT YOUNG SENSATION ON THE COMEDY CIRCUIT"
- The Guardian

Click here to find out more about Matt Richardson

ELLIE TAYLOR "Radiates natural charisma" - The Guardian	GREG BURNS "Confident, funny and clever" - The Sunday Times	ZOE LYONS "Achingly funny...a cracking show" - Melbourne Age	JOHN ROBERTSON "manic and quick-witted" - The Scotsman	JIMMY BIRD "a near bullet-proof set" - Chortle
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Depression Awareness Week: 18th- 24th April 2016

Comedy for Depression is a night of live comedy to raise money and awareness for the charity Depression Alliance - See more at:

<http://www.comedyfordepression.com/event/#sthash.EQXXaU84.dpuf>

When: Thursday 5th May

From: 6.30pm

Where: Union Chapel (off Upper St), Islington N1 2UN

Cost: £16 (concession £12)

Tickets are available here:

<http://www.comedyfordepression.com/tickets/>

This year's acts are:

- Stewart Lee
- Matt Richardson
- Ellie Taylor
- Greg Burns
- Zoe Lyons
- Jimmy Bird
- John Robertson

SMART Music Café in the north



SMART

Music café in the north

Tuesday 5th April

4.30pm – 6.00pm

The Venture Centre, 103A Wornington Road, North Kensington, W10 5YB

SMART are piloting a music café drop in session in the north of the borough, on Tuesday 5th April. Come and jam (bring your instrument!), sing or just listen and enjoy delicious cake, coffee and snacks. An informal drop in focused on making music and good company - Everyone welcome.

For more information contact Kinga or Sarah – 020 7376 4668

kinga.kwiecinska@smartlondon.org.uk

sarah.wilson@smartlondon.org.uk

Promoting mental health through purposeful activities

SMART, The Basement, 15 Gertrude Street, London, SW10 0JN, Tel: 020 7376 4668 Fax: 020 7376 7892
Registered Charity No. 252787. Company limited by guarantee. Registered in England No. 1946515. VAT Reg No. 82099824

When: Tuesday 5th April

From: 4.30 – 6.00pm

Where: Venture Centre,
103A Wornington Rd. W10 5YB

Everyone welcome and it's FREE!

Contact Kinga on 020 7376 4668 or kinga.kwiecinska@smartlondon.org.uk for more information.

Peer Support Network Newsletter

#PeerTalk: K&C Mind's Peer Support Network Newsletter April 2016

#PeerTalk

This issue

- > Peer Support Fair
- > Peer Worker Meetings
- > Peer Facilitator vacancies
- > Tell us your story
- > Depression Alliance
- > Intersectionality
- > Spotlight on BME
- > Peerfest 2016
- > Peer Bank & Directory
- > Peer Support news
- > Dates for the diary



Rosaline at the Talking Talkshops stall

Fantastic insights into what it's like to be a peer worker, to make the transition from service user, and inspiring examples of how they use their lived experience in their roles.

Peer Support Fair

Wednesday 2nd March saw our second networking event - this time a Peer Support Fair.

Eight organisations held stalls with information about their peer support services, promotion packs and exciting things to sign up to.

"A good chance to celebrate and learn from one another"
Peer Support Fair feedback

The event opened with an overview of the national Side by Side programme and an update on our Peer Support Network, as part of our role in Side by Side.

We heard from two peer workers: Marianne Farmer from CNWL and Edgar Rogers from Wandsworth and Westminster Mind, who both gave



Two examples of peer support which have been successfully implemented were showcased: Wandsworth and Westminster Mind's peer coaching by Sam Tallant, and Central and North West London NHS Foundation Trust's extensive peer support throughout the organisation from hospital and community services to eating disorder and substance use services, by Karen Nelson.



Improving mental health through peer support

Are you signed up for our #PeerTalk newsletter? If no then please contact zoe.copeland@kcmind.org.uk to receive your e-copy.

This issue includes:

This issue

- > Peer Support Fair
- > Peer Worker Meetings
- > Peer Facilitator vacancies
- > Tell us your story
- > Depression Alliance
- > Intersectionality
- > Spotlight on BME
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- > Dates for the diary

Hestia's Borough Wide Event



Put this date in your diary!

When: Wednesday 18th May
From: 10.00 – 4.00
Where: Essex Unitarian Church,
112 Palace Gardens Terrace,
Notting Hill. W8 4RT.

This year's theme: **It's all about you!**

Workshops including 'Healthier Homes' and 'Stress Relief'.

General up-dates on what's happening in the borough.

Entertainment including a Singer, Pianist and Open Mic

Plus free lunch and good company!

Publicity available shortly

NHS independent Community Mental Health Survey underway



Conducted independently by the Care Quality Commission, the survey asks for people's views on their care from community mental health services.

People who use community mental health services in Brent, Harrow, Hillingdon, Kensington and Chelsea, Milton Keynes or Westminster will be polled for views – all anonymously.

Feedback from patients tells CNWL their views and prioritises improvements for the coming year.

Questionnaires were sent out earlier this month to patients and reminders will go out shortly; they want to encourage a big response.

The survey runs until June; results out in September.

Please make sure that you complete the questionnaire if you receive one. Nothing can or will change about your care and support unless you share your thoughts and experiences

Members Meeting

Members Meeting



- Help us plan the Members meetings for the next 6 months
- What issues or concerns do you have that we should be getting involved with?

Please join us to share your ideas

When: Thursday 21st April 2016
Where: Office 1, 7 Thorpe Close. W10 5XL
From: 2.00 – 4.00pm



Refreshments provided
Tea, coffee
and cake!

We're Mind, the mental health Charity and we are here to make sure no one has to face a mental health problem alone. www.kcmind.org.uk



Join us to share your ideas on what you would like to see happening in future Members Meetings.

When: Thursday 21st April
From: 2.00 – 4.00
Where: Office 1, 7 Thorpe Close
W10 5XL

Tea, coffee and cakes provided!

Contact Jill on 020 8954 1333 opt 8 or jill.watson@kcmind.org.uk for more information or to share your ideas if you can't make the meeting.

Event	Date and time	Venue
K&C Mental Health Carers Assoc. Support group	Thursday 7 th April 1 - 3pm	Pall Mall Mental Health Centre 150 Barlby Road, W10 6BS.
Health & Wellbeing VOF	Tuesday 19 April 10am - 12.30pm	Committee Room 2, Kensington Town Hall, W8 7NX
Members Meeting	Thursday 21 st April 2.00 – 4.00pm	Office 1 7 Thorpe Close. W10 5XL

Please let us know if you intend to come along to any of these meetings. For details on how to get involved, call Jill Watson on 020 8964 1333 ext 8 or email sun@kcmind.org.uk

Useful contacts:

Mind Info Line – 0300 123 3393

Mind Legal Advice Line – 0300 466 6463

Samaritans – Helpline offering emotional support. Tel: 0845 790 9090

SANELINE – National out-of-hours mental health helpline. Tel: 0845 767 8000

Shelter – Free housing advice line. Tel: 0808 800 4444

Friends in Need/ Depression Alliance – various activities. <https://www.take-time-to-talk.com/whats-on-in-west-london/>

Disclaimer: The views expressed in this newsletter are not necessarily the views of Mind or Mind's Service User Network. The opinions expressed are the opinions of individual contributors and organisations. Likewise, Mind is not responsible for the quality of any external service highlighted in Newsletter articles.



For better
mental health

Kensington & Chelsea Mind Service
User Network
Office 8, 7 Thorpe Close
London, W10 5XL
Telephone 020 8964 1333 extension 8
Email sun@kcmind.org.uk
Website www.kcmind.org.uk