

Kensington & Chelsea Mind Service User Network

Newsletter

August 2016

Mental Health is Everybody's Business:
Promoting mental health and wellbeing

**New Report from the Mental Health
Task Force**



See inside for more details

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The SUN exists to create a network of users and survivors who care about mental health issues and who want to be part of a dynamic and influential movement to work to improve mental health services.

Become a member and receive:

A monthly Newsletter
Updates on SUN activities

Become a volunteer:

Add your voice to the network
Meet like minded people
Help us make a difference.

The Service User Network is funded by
RBK&C Adult Social Care and Kensington &
Chelsea NHS.



For better
mental health

Follow @kandcmind



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Patients as partners



More collaborative relationships among health and care professionals, patients, service users, carers and communities are essential for the future of the NHS, but what helps to build effective relationships? This guide stems from an evolving body of the Fund's work focused on exploring and supporting shared leadership. This work is reinforced by a growing consensus that health services, agencies, patients and communities need to work together more – and differently.

The guide suggests five approaches to developing an effective relationship:

- find your collaborative partner: this, together with identifying funding and a real task to work on, marks the first important stage of beginning a collaborative relationship
- invest in developing leadership and collaborative relationships
- make time for learning: set aside time for reflection, record learning and share that learning with peers and those you hope to influence

- go where the energy is: sometimes this means working under the radar for a while until you are ready to share your results, your approach and your learning
- embed collaborative activity at all levels in your system or organisation.

They want to hear from you

They want to hear your stories of collaboration, reflections on the guide and what you would find useful to help your collaborative relationships to grow.

Post your comments under the guide here:

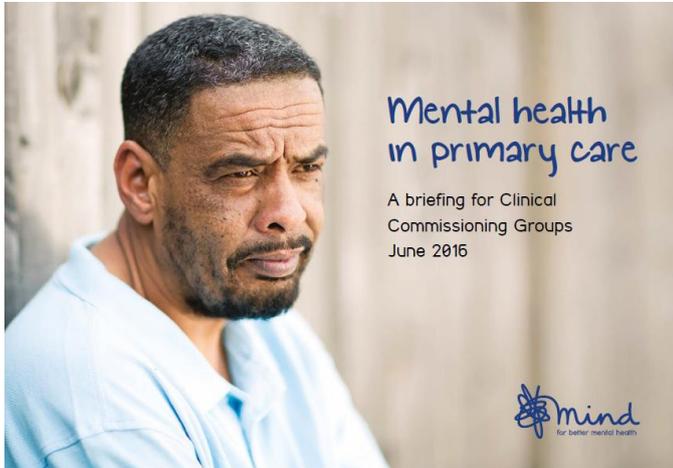
http://www.kingsfund.org.uk/publications/patients-partners?gclid=CN3luMqk_80CFbYK0wodx3wFHg

or contact them directly: 020 7307 2650 or email leadership@kingsfund.org.uk.



The King's Fund is an independent charity working to improve health and care in England. We help to shape policy and practice through research and analysis; develop individuals, teams and organisations; promote understanding of the health and social care system; and bring people together to learn, share knowledge and debate. Our vision is that the best possible care is available to all

Mind's Mental health in Primary Care briefing for CCGs



When we're worried about our physical health, we usually seek help as soon as possible so that we're less likely to become ill. Similarly, if we have a mental health problem, we want to receive help promptly from somewhere close to home so that we can recover and stay well.



In this briefing for CCGs in England we:

- present the current issues around providing mental health support in primary care
- identify what mental health support in primary care should provide

- make recommendations for commissioners on how to achieve better mental health support in primary care.



Over the next few years we will be campaigning for improved mental health support in primary care.



People with physical long-term conditions are two to three times more likely to experience mental health problems than the general population.⁴



You can read the briefing and case studies here:

http://www.mind.org.uk/media/4555511/132_96_primary-care-policy_web_op.pdf

Implementing The Five Year Forward View for Mental Health



The *Five Year Forward View for Mental Health* has made an unarguable case for transforming mental health care in England. The costs of mental ill health – whether to the individual, their family or carer, the NHS or wider society – are stark. The opportunity of action cannot be ignored, and this document describes how they will take the action required.

NHS England has published its implementation strategy, which accompanies the Five Year Forward View for Mental Health, and outlines how services will reach a million more people a year by 2020/21.

The implementation plan is a detailed route-map that the NHS and other statutory bodies will follow over the next five years and how the promised £1bn extra funding will be invested to improve mental health services.

As local areas develop and implement their own plans to deliver the Five Year Forward View for Mental Health, it will be important that common principles are followed. These should include:

- co-production with people with lived experience of services, their families and carers;

- working in partnership with local public, private and voluntary sector organisations, recognising the contributions of each to improving mental health and wellbeing;
- identifying needs and intervening at the earliest appropriate opportunity to reduce the likelihood of escalation and distress and support recovery;
- designing and delivering person-centred care, underpinned by evidence, which supports people to lead fuller, happier lives; and,
- underpinning the commitments through outcome-focused, intelligent and data-driven commissioning.

The document covers the following core areas:

- Children and young people's mental health
- Perinatal mental health
- Adult mental health: common mental health problems
- Adult mental health: community, acute and crisis care
- Adult mental health: secure care pathway
- Health and justice
- Suicide prevention
- Sustaining transformation: Testing new models of care
- Sustaining transformation: A healthy NHS workforce
- Sustaining transformation: Infrastructure and hard-wiring
- Thier support offer

Read the details of the implementation report visit here:

<https://www.england.nhs.uk/wp-content/uploads/2016/07/fyfv-mh.pdf>

Take Time to Talk Workshops



Come along to a range of FREE workshops on wellbeing, sleep, stress, mood and problem solving

If you're feeling stressed or anxious and want to find out how you can get more help or pick up some useful tips then look at the workshop options below.



Wellbeing Workshop

BOOK @ www.take-time-to-talk.com/workshops

<http://www.take-time-to-talk.com/workshops>

FREE TO ATTEND

Understand what wellbeing means, information on common difficulties including low mood and anxiety, and self-help techniques to improve and maintain wellbeing.

Come along to one of these FREE workshops. There's no catch! Just select the best time for you and BOOK ONLINE.

AUGUST DATES

MON	15TH	10AM - 12PM
TUES	6TH	3PM - 5PM
WEDS	17TH	3PM - 5PM
MON	29TH	3PM - 5PM

LOCATION

St Charles Hospital
Emmer Street
London
W10 6DZ

www.take-time-to-talk.com/workshops

Click on each of the workshop options where you can find out more information and the dates and times for the August workshops.

Workshops include:

- [Improving your Wellbeing](#)
- [Stress Less](#)
- [Mood Boost](#)
- [Goal Setting and Problem Solving](#)
- [Getting a Good Night's Sleep](#)



Stress Less Workshop

BOOK @ www.take-time-to-talk.com/workshops

FREE TO ATTEND

We all experience stress and worry but sometimes it can feel too overwhelming to cope with. Understand more about stress and worry and learn techniques to help you manage.

Come along to one of these FREE workshops. There's no catch! Just select the best time for you and BOOK ONLINE.

AUGUST DATES

MON	15TH	10AM - 12PM
TUES	6TH	3PM - 5PM
MON	12TH	3PM - 5PM
TUES	23RD	10AM - 12PM
WEDS	31ST	3PM - 5PM

LOCATION

St Charles Hospital
Emmer Street
London
W10 6DZ

www.take-time-to-talk.com/workshops



Mood Boost Workshop

FREE TO ATTEND

BOOK @ www.take-time-to-talk.com/workshops

Learn more about how low mood affects us and what we can do to manage it. This pro-active workshop will look at how we can break out the vicious cycle that feeling down can hold us in.

Come along to one of these FREE workshops. There's no catch! Just select the best time for you and BOOK ONLINE.

AUGUST DATES

THUR	4TH	3PM - 5PM
FRI	12TH	10AM - 12PM
THUR	18TH	10AM - 12PM
WEDS	24TH	3PM - 5PM

LOCATION

St Charles Hospital
Emmer Street
London
W10 6DZ

www.take-time-to-talk.com/workshops

Booking a place onto the workshops is easy! Just visit www.take-time-to-talk.com/workshops view the details, dates and times and book a free place on any and as many of the talks you are interested in attending.



Getting a Good Nights Sleep

FREE TO ATTEND

BOOK @ www.take-time-to-talk.com/workshops

Trouble falling asleep? Tossing and turning for hours? Learn more about sleep and practical, evidence-based techniques to improve it.

Come along to one of these FREE workshops. There's no catch! Just select the best time for you and BOOK ONLINE.

AUGUST DATES

TUES	2ND	10AM - 12PM
MON	15TH	3PM - 5PM
THUR	25TH	10AM - 12PM

LOCATION

St Charles Hospital
Emmer Street
London
W10 6DZ

www.take-time-to-talk.com/workshops



Goal Setting & Problem Solving

FREE TO ATTEND

BOOK @ www.take-time-to-talk.com/workshops

Knowing the first step to take is not always easy. This workshop will help you learn how to set achievable and realistic goals and find solutions to problems that may get in our way!

Come along to one of these FREE workshops. There's no catch! Just select the best time for you and BOOK ONLINE.

AUGUST DATES

WEDS	3RD	3PM - 5PM
TUES	18TH	10AM - 12PM
MON	22ND	3PM - 5PM
TUES	30TH	10AM - 12PM

LOCATION

St Charles Hospital
Emmer Street
London
W10 6DZ

www.take-time-to-talk.com/workshops

If you have any questions about the talks please contact [Alexander Plakides](#), Outreach Lead and Senior Psychological Wellbeing Practitioner, on 0208 962 4748.

SMART Music Café



SMART Music café in the north

Tuesday 9 August
11am - 12.30pm
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 9 August. 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. 292787. Company limited by guarantee. Registered in England No. 1945616. VAT Reg No. 82089824

When: Tuesday 9th August
From: 11.00 – 12.30
Where: Venture Centre,
103A Wornington Rd. W10 5YB

SMART are piloting a music café drop-in session in the north of the borough, on Tuesday 9 August. 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 on 020 7376 4668 or email them:
kinga.kwiecinska@smartlondon.org.uk
sarah.wilson@smartlondon.org.uk

Developing the Joint Health and Wellbeing Strategy 2016-21



The Royal Borough of Kensington and Chelsea is seeking your views on the draft joint Health and Wellbeing Strategy on which you can comment until 18 October 2016.

Four overarching priorities have been agreed and RBKC's Health and Wellbeing Board believe this will bring the fastest and widest improvement to health and wellbeing. These are:

- Enabling good mental health for all
- Supporting children, young people and families to have the best possible start in life
- Addressing the rising tide of long-term conditions
- Delivering a sustainable health and social care system

Download the [summary document](#)

And complete the consultation questions on the [council's website](#)

Free Training opportunity

migrants
organise

migrants and refugees acting for justice

Do you want to join a powerful movement of migrants and refugees acting for justice?

More than ever, we need an organised movement of migrants and refugees, and allies, who are powerful enough to build a welcoming society for all.

The [Migrants Organise Community Leadership Academy](#), a nine month leadership development and community organising programme for migrant and refugee communities, [is now open for applications](#).

From September 2016 till May 2017 you will learn to organise, and receive one-to-one mentoring and support to take actions that develop teams, nurture leaders, influence decision makers and build the power.

If you are part of a migrant and refugee organisation, group or community then they want to hear from you.

If you have any questions about the Leadership Academy please email ffion@migrantsorganise.org

Do you have experience of being restrained?



In recognition of the need to reduce restrictive interventions in mental health care, the UK government in 2014 introduced a 2-year programme with guidance for adult health and social care staff to develop a culture in which restrictive interventions are only ever used as a last resort.

NSUN, together with colleagues from [PROMISE](#) and the [Service User Research Enterprise](#) at Kings College London (SURE) are looking to gain an understanding of the issues that still need to be addressed following the end of the 2-year Positive and Proactive Care government programme.

We are seeking your direct experience and views on the practice of restraint in order to influence mental health services both in the UK and internationally. We will summarise your responses in a report and publication to ensure your views reach decision makers and front line professionals. We are working in collaboration with other agencies to influence a culture change of increased respect, choice and control, communication, and trauma informed care.

If you have experience of being restrained please complete the survey [here](#)

[Email](#)

Phone: 0207 820 8982

Closing date for replies: 31 July

CNWL Annual General Meeting



When: Wednesday 7 September
From: 4.30 – 7.00
Where: 30 Euston Square NW1 2FB

The event will feature all of their services in the community and mental health.

There will be plenty of time to put questions to the Board of Directors and Governors about their performance and plans.

Registration opens at 4.30pm (teas and coffee available), the meeting opens at 5pm and will conclude around 7pm and will be followed by light refreshments.

You can book your place here:
<https://www.eventbrite.co.uk/e/cnwl-annual-general-meeting-tickets-26581589352>

A copy of the Annual Report is available here:
<http://www.cnwl.nhs.uk/wp-content/uploads/CNWL-Annual-Report-17-June-2015-16-WEB.pdf>

Members Meeting – new day

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
Call Jill on 07944 527107 for more info



When: **TUESDAY** 23rd August
From: 2.00 – 4.00pm
Where: Holland Park Cafe

Join us in the Park for a cup of coffee and a piece of cake.

Please note the change of day from Thursday to Tuesday.

We look forward to seeing you there.

Call Jill on 0208 964 1333 opt 8 for more information

Save the Date

peerfest 2016

Date: Thursday 13th October

Peerfest 2016 is for people with lived experience and organised by people with lived experience. The event aims to inspire delegates through workshops, creative activities and debate.

Peerfest16 will be led by London-based Sound Minds, together with Antenna Collective, Sutton Mental Health Foundation and others.

Sound Minds was formed in 1992. They're a user led charity and social enterprise working on a number of projects based around the arts and mental health. They've won national awards through their peer support and creative arts activities.

This partnership brings some very exciting ideas for Peerfest16 which promises to be the most colourful and creative Peerfest to date! We are just getting started on plans for this year's event, likely to be held in October 2016.

More details to come!



Carnival 2016



Panorama – Steel pan competition
When: Saturday 27th August
From: 6.00 – 10.00pm
Where: Emslie Horniman Pleasance Park, Bosworth Road, W10

Sunday Parade – Family day
When: Sunday 28th August
From: 10.00 – 8.30pm
Where: Carnival route

Monday Parade – the Grand Finale
When: Monday 29th August
From: 10.00 – 8.30pm
Where: Carnival route

For more details and useful contact information see:

<http://www.thelondonnottinghillcarnival.com/> or

<https://www.rbkc.gov.uk/leisure-and-culture/events/notting-hill-carnival>

In the event of an emergency, please dial 999 and ask for the appropriate service (police, ambulance or fire brigade).

If you do not have access to a telephone, please seek the assistance of a police officer on duty at Carnival.

Diary dates ... page 10

Event	Date and time	Venue
K&C Mental Health Carers Assoc. Support group	Third Thursday of each month 6 - 8pm	Committee Room 2, Kensington Town Hall
Mental Health Carers Support Group	First Monday of each month 1 - 3pm	Pall Mall MH Centre 150 Barlby Rd. W10 6BS
Members Meeting	Tuesday 23 rd August 2.00 - 4.00pm	Holland Park Café Holland Park W8 6LU

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 465 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 – 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

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