

Kensington & Chelsea Mind Service User Network

Newsletter

August 2017

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

**Products and produce from the
Upcycling and Horticulture courses**



Celebrating some of the hard work of our trainees

This month ...

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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.



For better
mental health

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THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

The State of the NHS Providers Sector July 2017



This report, produced by the NHS Providers, examines the state of the NHS provider sector – the 233 hospital, mental health, community and ambulance trusts in England. It examines how they are performing, the challenges they face, how they are responding and the support they need to consistently deliver outstanding patient care. It combines their own analysis and commentary, published data and the views of 158 chairs and chief executives from 125 NHS trusts that responded to our survey in April 2017.

over 70%
of mental health trust chairs/CEOs expect demand for mental health services to increase this year

61%
worried they won't have the right staff numbers, quality and mix in six months to deliver high-quality care

52%
of trust chairs/CEOs say they are confident their trusts are able to provide high quality care

80%
of mental health trust chairs/CEOs worried funding is not getting through to the frontline

The responses cover more than half (54%) of all trusts with all regions and trust types well represented.

The report goes on to call for:

- Realism about rising demand and what is needed to meet it, recognising that increased focus on mental health and current societal pressures will generate more demand
- Ways to guarantee that mental health funding reaches frontline services provided by NHS trusts
- A robust workforce strategy combined with support at local level to make it happen

1 in 3
trust chairs/CEOs expect their local trust's finances to deteriorate over the next six months

62%
worried their area isn't transforming quickly enough

- A smaller number of priorities with a realistic delivery trajectory for each, bearing in mind the widening gap between what the NHS is being asked to deliver and the money available
- More capacity in health and social care to manage next winter safely. There is a clear risk that as pressures continue to grow, the difficulties encountered last winter will be more severe and extensive next time round. NHS Providers has called for a funding injection of £350 million, committed by the end of July at the latest
- Clarity on the status of EU nationals working in the NHS and an immigration system that allows the NHS to recruit the staff it needs.

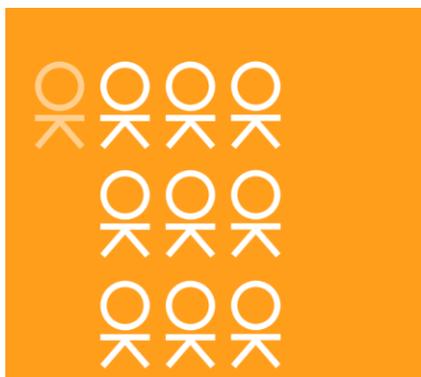
You can read the full report [here](#).

Thrive LDN



Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners. Thrive LDN is supported by the Mayor of London and led by the London Health Board.

The Mayor, Sadiq Khan, has launched Thrive LDN, a new movement to improve mental health and wellbeing across the capital. Two million Londoners experience some kind of mental health problem every year.



Are we OK with two million Londoners experiencing poor mental health this year?

The aspirations for London

- A city where individuals and communities take the lead
- A city free from mental health stigma and discrimination
- A city that maximises the potential of children and young people
- A city with a happy, healthy and productive workforce
- A city with services that are there when, and where needed
- A zero suicide city

Treatment received 5

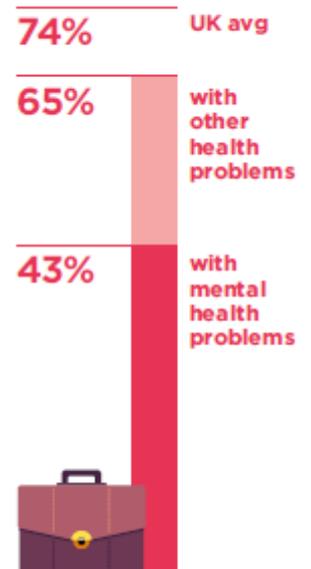


Stigma & discrimination 1



The Mayor has joined forces with over 200 experts, residents, voluntary, public and private organisations, clinicians and academics to spearhead a city-wide campaign that will support Londoners to lead healthier, happier lives.

Employment rate 2



Prevalence of poor mental health in London 3



To read the report and to find out more about the initiative visit [Thrive LDN's website](#)

Healing words... the journey to wellness

"Writing poems helps me express myself when it's not easy to talk about how I'm feeling." Kieran

The Advocacy Project
in partnership with Central and North West London NHS Foundation Trust

"Writing poems relieves the stress off my chest." Adam.

Healing words

The journey to wellness and recovery

Poetry competition

Closing date
5pm 11 Sep
2017

We're inviting you to enter a poetry competition – open to everyone who has experienced a mental health problem, their family and friends

Entry categories

- Darkest days: poems from before the dawn of hope
- Good days and bad days: poems from the road to recovery
- Being well: poems about more peaceful times
- Best illustrated: poems with illustrations

How to enter

- www.advocacyproject.org.uk/poetry
- poetry@advocacyproject.org.uk
- ask staff for an entry form
- recording or film via WhatsApp to 07946 505064

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You are invited to enter a poetry competition, run by The Advocacy Project and Central and North West London NHS Foundation Trust (CNWL). If you've experienced a mental health problem, or you're a family member or friend of someone who has, we welcome you to send us your poem.

Creativity can help people express themselves during the darkest days of mental illness and throughout recovery. The Advocacy Project want to share this with a wider audience to improve understanding of mental health.

Closing date: 5pm on 11th September 2017

Entry categories

- Darkest days: poems from before the dawn of hope
- Good days and bad days: poems from the road to recovery
- Being well: poems about more peaceful times
- Best illustrated poem: poems with illustrations

Presenting your poem

You can write your poem, record it being read, or film it on your phone. Poems should be no longer than 25 lines.

Judging

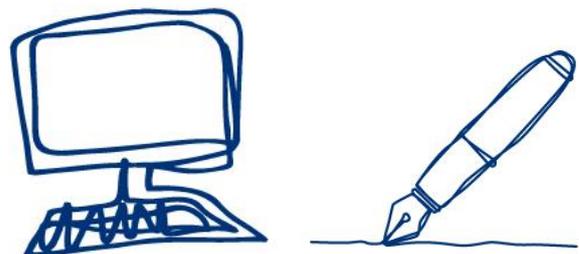
The poems will be judged by five people including [Joanna Scanlan](#) – actress and writer. All entrants will remain anonymous from the judges until the award ceremony.

Awards ceremony

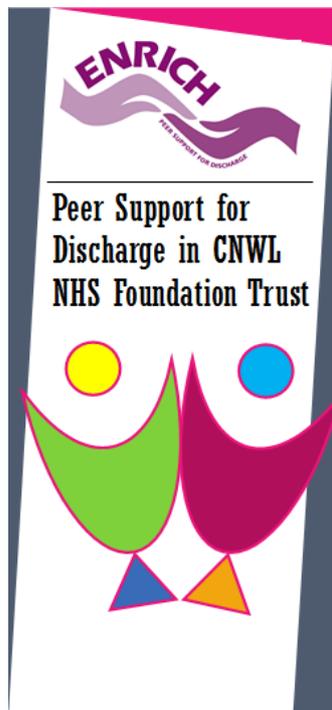
Poems will be displayed and winners announced at an awards ceremony on 28th September. Hopefully many of those who enter the competition will be able to join us for the celebratory evening.

More information and how to enter

Visit www.advocacyproject.org.uk/poetry or call Jo Kay on 020 8969 3000.



ENRICH – Peer Support for Discharge Information day



CNWL NHS Foundation Trust is a research site for the “ENRICH Project: Peer Support for Discharge”. The ENRICH Project is a piece of research trying to find out whether employing Peer Workers can improve the experience and outcomes of discharge, including reducing unnecessary readmissions.

They will be employing a number of ENRICH Peer Workers. Peer Workers will work with people who are currently inpatients in the Gordon Hospital and Park Royal Mental Health Centre. They will meet individuals before discharge and then meet regularly for four months in the community. Peer Workers will support individuals to make use of their own strengths and build connections to others in the community.

Peer Support is basically when people with mental health problems help and

support other people with mental health problems. This can be informal for example showing a new person around the ward or formal for example when people are employed as Peer Workers.

The ENRICH Peer Worker Coordinator, Sue Williams, is hosting an Information day

When: Thursday 10th August

From: 10.00 – 1.00pm

Where: Training room 1,
Recovery & Wellbeing College,
40 – 48 Hanson St. W1W 6UL

They will cover:

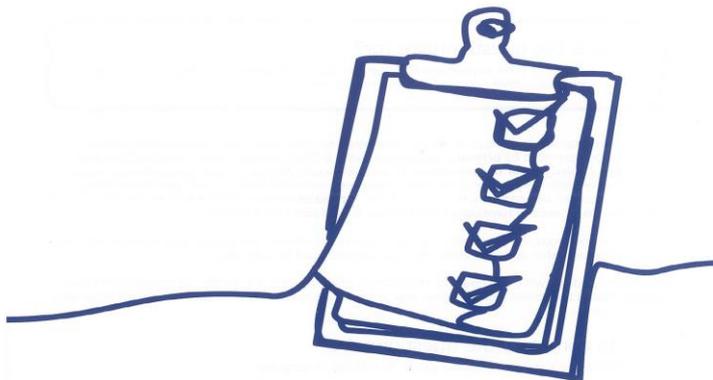
- The ENRICH research project
- The role of the ENRICH Peer Worker and the training required for this role
- The recruitment process for the ENRICH Peer Workers
- It will also be opportunity to ask any questions that you may have.

Essential training for the ENRICH Peer Worker role will take place: every Thursday from 26th August- 26th October 2017 (10am-4pm). At the Recovery & Wellbeing College, Training Room 1. This training requires that you enroll with Sue Williams.

For more information or to reserve you place contact Sue Williams on suewilliams9@nhs.net or 0203 317 5263

The Big Mental Health Survey

Mind would like to understand more about your experiences of mental health support provided by primary care (for example a GP or practice nurse) and charities and voluntary / third sector organisations (this could include support groups, information services, counselling or similar psychological services).



The Big Mental Health Survey

Share your experiences of mental health support
bigmentalhealthsurvey.com

However, you do not have to have used these services to take part. You can also complete the survey if you've tried to access these services, but did not end up using them.

You don't need to have used Mind services to take part in this survey.

Mind has asked Picker, an independent research charity, to conduct this survey. Your answers will help us to understand what currently works and how support could be improved.

The survey is open to anyone aged 16 years or older, with personal experience of mental health problems. Responses will be collected until the end of September and the findings will be shared by the end year.

Your views are really important. This is a great way to have your say.

The survey findings will be shared with researchers, policy makers, the media and organisations that provide mental health services. However, your answers will remain anonymous- no one will know who has said what.

You can take part in the survey online at www.bigmentalhealthsurvey.com

Paper copies of the survey are available to be collected from the Kensington and Chelsea Mind office or by contacting Jill on 0208 964 1333 opt 8 or jill.watson@kcmind.org.uk

If you have any questions about the survey, or need help to complete it, call Freephone 0800 197 5273.



SMART Summer activities



What: Peer Led Clay and Paint group
When: Sunday 6th and 20th August
From: 1.30 – 3.30pm

What: Jewellery workshop
When: Tuesday 8th and 22nd August
From: 2.00 – 4.00pm

What: Day out to Kew Gardens (£1)
When: Friday 18th August
From: 12.00 – 4.00pm

What: French Night (£3.50)
When: Thursday 17th August
From: 6.00 – 8.30pm

Where: SMART, The Basement,
15 Gertrude St. SW10 0JN

For more information or to book a place please contact Jane or Kinga on 0207 376 4885

Members Meeting

Dementia Friends gives people an understanding of dementia and the small things that you can do that make a difference



Become a Dementia Friend

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference – please join us.

DATE	17th August 2017
START TIME	2pm
END TIME	3pm
DURATION	1 hour
VENUE	SMART Basement 15, Gertrude Street SW10 0JN
WHEELCHAIR ACCESSIBLE?	Yes
OTHER INFORMATION	
NAME	Catherine
CONTACT DETAILS	07809602140

[w dementiafriends.org.uk](http://dementiafriends.org.uk) [@DementiaFriends](https://twitter.com/DementiaFriends)
[f /DementiaFriends](https://www.facebook.com/DementiaFriends)



When: Thursday 17th August
From: 2.00 – 4.00pm
Where: SMART, The Basement,
15 Gertrude St. SW10 0JN

Refreshments provided. All welcome!

Contact Jill on jill.watson@kcmind.org.uk
or 0208 954 1333 opt 8 for more info.

Diary dates ... page 8

Event	Date and time	Venue
Mental Health Carers Support Group	First Monday of each month 1.00 – 3.00pm	Pall Mall MH Centre 150 Barlby Rd. W10 6BS
K&C Mental Health Carers Assoc. Support group 020 8960 3873	Third Thursday of each month 6.00 – 8.00pm	Canalside House, 383 Ladbroke Grove, W10 5AA
Peer Led User Engagement Forum	Thursday 24 nd August 2:00-3:30pm	Pall Mall Mental Health Centre
Members Meeting	Thurs 17 th August 2.00 – 4.00pm	The Mind Centre, Office 10 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:



Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. To find out more or to join in, visit [here](http://elefriends.org.uk).

Single Point of Access (SPA) – 0800 0234 650 – for help, advice or support over the telephone, 24 hours a day, 7 days a week, 365 days a year.

Mind Info Line – 0300 123 3393

Mind Legal Advice Line – 0300 466 6463

Samaritans – Helpline offering emotional support. Tel: 0845 790 9090 or 116 123

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. Read their [newsletter](#) for more details

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.



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mental health

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