

Kensington & Chelsea Mind
Service User Network

Newsletter

December
2016

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

Christmas Edition



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.



For better
mental health

Follow @kandcmind

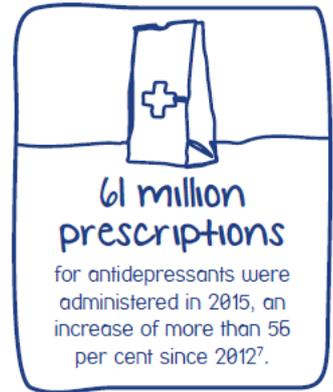


THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Better equipped, better care - Improving mental health training for GPs and practice nurses



Staff across primary care services – General Practitioners (GPs), practice managers, practice nurses and health visitors – all provide a vital contribution to supporting people with mental health problems. This report largely focusses on the training needs of GPs and practice nurses in a GP practice setting and the support they receive for their own mental health.



New statistics from Mind highlight how little training GPs and practice nurses are being offered in mental health.

Data obtained by the mental health charity shows that in England, on average, less than half (46 per cent) of trainee GPs undertook a training placement in a mental health setting.

Furthermore, the only mental health-related option offered to trainee GPs was in psychiatry, which is based in hospitals and secondary care-focussed.



Once qualified, GPs are required to undertake ongoing training in order to continue to practice, but, at the moment, none of the hours they spend on Continued Professional Development (CPD) need to have a mental-health component. This is despite an estimated one in three GP appointments being related to mental health.

Practice nurses are being let down too. More than four in five (82 per cent) practice nurses said they feel ill-equipped to deal with aspects of mental health for which they're responsible. More than two in five (42 per cent) said they'd had no mental health training at all.

Local Team	2013	2014	2015
Kent, Surrey and Sussex	75%	71%	72%
East Midlands	54%	63%	68%
North, Central and East London	59%	56%	57%
North West London			
South London			
North East	48%	42%	47%
East of England	46%	44%	45%
Wales	46%	45%	45%
West Midlands	45%	46%	39%
South West	34%	34%	35%
Yorkshire and Humber	36%	33%	32%
North West	34%	31%	31%
Thames Valley	36%	36%	31%
Wessex			

proportion of GP Speciality Trainees (GPSTs) who undertook a rotation in psychiatry

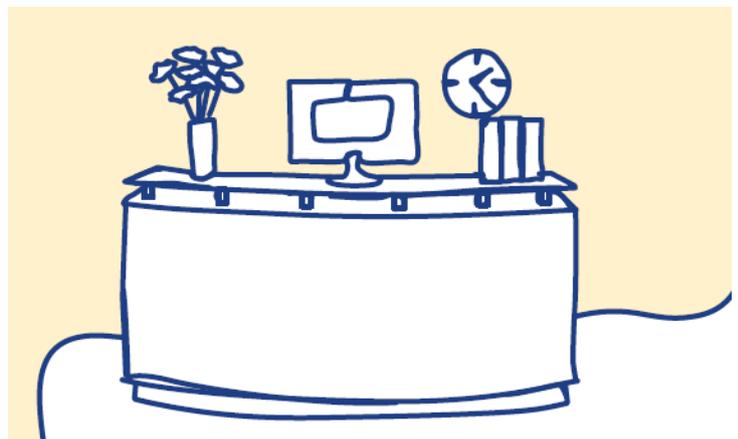
The vast majority of people with mental health problems who do get treatment are seen within primary care – 81 per cent of people first come into contact with mental health services via their GP, with

90 per cent of people receiving treatment and care for their mental health problem solely in primary care settings.

Given how big a role primary care staff play for people with mental health problems, Mind's report [Better equipped, better care: Improving mental health training for GPs and practice nurses](#) calls on the Government to ensure all GPs and practice nurses receive structured mental health training that is comprehensive, relevant and supports their ongoing development.

We know that getting primary mental health care right can be transformative for our communities. By better equipping GPs and practice nurses to provide this care – through improved training and by supporting their own mental health – there will be a positive impact not only on primary care but across the entire health system in England.

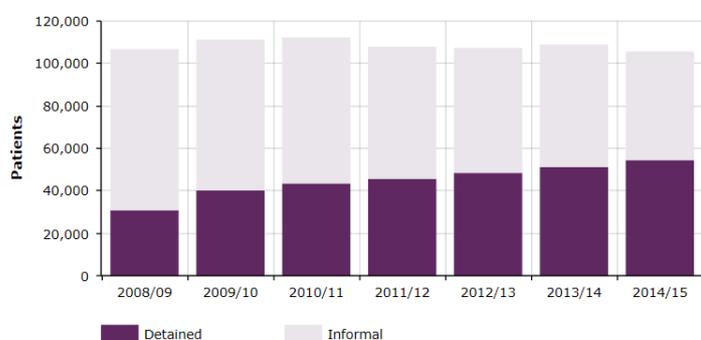
Please sign [Mind's petition](#) calling on the Government to improve mental health training for GPs and practice nurses.



Monitoring the Mental Health Act in 2015/16 – report from the CQC

Monitoring the Mental Health Act in 2015/16, the CQC's annual report on the use of the Mental Health Act (MHA), looks at how providers are caring for patients, and whether patients rights are being protected.

Mental health patients at year end, March 2008/09 to 2014/15



There are 57 NHS trusts and 161 independent hospitals that provide mental health care for people under the MHA in England.

During 2015/16, the CQC carried out 1,349 monitoring visits, and met with 4,282 patients.

Detention rates have continued to rise in recent years, and 2014/15 saw the highest ever year-on-year rise (10%) to 58,400 detentions.

Throughout their monitoring visits and inspections, they saw many examples of good practice. However, good care is not consistent across the country.

They have found little or no improvement in some areas that directly affect patients, their families and carers:

- For 12% (515 out of 4,344) of patients interviewed on their visits in 2015/16, there was no evidence that they were informed of their right to an Independent Mental Health Advocate (IMHA).
- There was no evidence of patient involvement in care planning in 29% (1,214 out of 4,226) of records that they examined. Similarly, 10% (452 out of 4,407) of care plans showed that patients' needs had not been considered.

Overall, they required more than 6,800 actions from providers to improve practice as a result of their monitoring visits.

Priorities for change

Providers must demonstrate stronger leadership making sure they can train and support their staff on the revised Code of Practice and how patients should be involved in their care from admission and onwards.

Commissioners should consider how to ensure the best approach to commissioning, procuring and delivering services locally that is based on the needs of people who use services.

The Department of Health and national agencies should work together to focus on early intervention to reduce detention rates.

The experiences and views of detained patients should be a routine part of local MHA monitoring.

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

Portobello Winter Festival

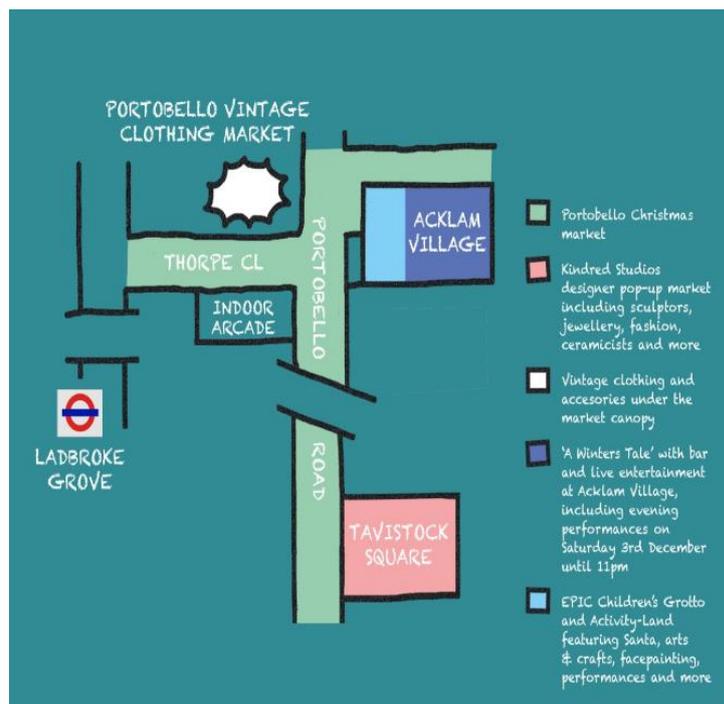


A new winter festival is coming to the iconic Portobello Road area this Christmas. Featuring steel pan renditions of Christmas songs, street food & drink, a festive makeover for the world-famous vintage market, pop-up stalls from locally based designers and plenty of Christmas spirit; all delivered with a Portobello twist!

When: Fri 2nd – Sun 4th December
From: 10.00am – 8.00 pm
Where: See map for details

For more information visit [the Westway Trust](http://theWestwayTrust.org)

Portobello Winter Festival is a collaboration between Acklam Village, EPIC CIC, Kindred Studios, Countrywide Markets, Carnival Village Trust and RBKC.



Among the activities taking place will be:

- EPIC Children's Grotto and Activity-Land including children's activities and performance in Bay 56 Theatre

- A festive makeover to the Vintage Clothes Market including traditional Christmas stalls.

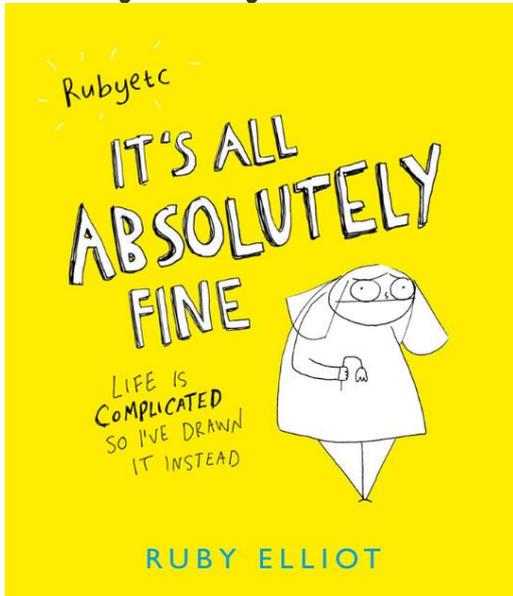
- Kindred Studios Exclusive designer - pop-ups and gift wrapping from sculptors, fashion designers, ceramicists, jewellers and more.

- A Christmas rum shack serving festive drinks with a Portobello-twist.

- Acklam Village Winter's Tale, which sees the distinctive venue in a bay under the Westway flyover host live festive performances with food, drink and more.

- Carnival Village Trust will be providing carnival themed entertainment on Sunday, including Ebony and Mangrove Steelpan, ABC and Yaa Asantewaa

It's All Absolutely Fine: Life is complicated, so I've drawn it instead by Ruby Elliot



It's All Absolutely Fine is a darkly comic, honest and unapologetic illustrated account of the daily struggles with mental health. Ruby Elliot, aka Rubyetc, is the talent behind the hit tumblr account, 'Rubyetc', which has over 220k followers and growing. Taking readers on a journey through the ups and downs of life, the book will encompass everything from anxiety, bipolar disorder and body image to depression and identity, shining a light on very real problems - all framed with Ruby's trademark humour and originality.

Ruby balances mental health with humour, making serious issues accessible - and very funny. With the superb talent to capture the essence of human emotion (and to make you laugh out loud), this book is as important and necessary as it is entertaining.

Find out more or order a copy [here](#).

New CNWL exhibition to 'brighten hospitals'



CNWL's Nightingale Project will host an exhibition featuring all new artwork by the artist Jane Ray to brighten up hospitals.

'Jane Ray: Illustrations for the Nightingale Project' will showcase 23 works of art, and will be opened by The Rt Hon the Lord Fowler, the Lord Speaker, on 1st December, at South Kensington and Chelsea Mental Health Centre

When: 5th December until 21st April 2017

From: Monday to Friday 9am to 6pm

Where: SK&C Mental Health Centre,
1 Nightingale Place. SW10 9NG

The artist Jane Ray is well-known for her vibrant book illustrations, and has produced art for several of CNWL's hospital wards, including Shannon Ward at St Charles, and the 136 Suite at the Gordon Hospital.

Find out more about the [Nightingale Project](#)

Peer Fusion



Improving mental health through peer support

The exciting news we've been looking forward to unveiling... to mark the end of the 2 year project, Peer Fusion will be taking place on Monday 23rd January. We anticipate plenty of room for everyone, so put the date in your diaries now! The focus of the event will be peer support, with plenty of opportunity to network.

Peer Fusion will be open to anyone with an interest in peer support, from service users and carers, peer support workers, mental health staff, managers and organisations, and anyone else! Further details soon...

When: Monday 23rd January
From: 9.00 – 3.30pm
Where: The Tabernacle,
34-35 Powis Square. W11 2AY

Tickets will be available shortly. Please check our [website](#) for more details.

Clay and Paint Group at SMART



SMART

Clay and Paint Group

Various dates—See below
1:30pm — 4pm

A welcoming and safe place to come and explore your creative side with art materials including paint, pastels, clay & glazes

A joint initiative between Central North West London NHS Trust and SMART Charitable organization. Free to join and no referral or membership required.

The Place: SMART The Basement, 15 Gertrude Street, London SW10 0JN

The Time: Alternate Sundays 1.30pm to 3.30pm

Dates: Dec 11th, 18th 2016 & Jan 8th, 22nd, Feb 5th, 19th 2017

Promoting mental health through purposeful activities

SMART, The Basement, 15 Gertrude Street, London, SW10 0JN. Tel: 020 7376 7892
Registered Charity No. 292787. Company limited by guarantee. Registered in England No. 1946616. VAT Reg No. 82089824

A welcoming and safe place to come and explore your creative side with art materials including paint, pastels, clay & glazes

This is a joint initiative between Central North West London NHS Trust and SMART Charitable organisation. Free to join and no referral or membership required.

When: Sundays - 11/12, 18/12, 8/1, 22/1,
5/2 + 19/2
From: 1.30 – 3.30pm
Where: SMART, The Basement,
15 Gertrude St. SW10 0JN

Keeping healthy over the festive period

For most of us the Christmas and New Year period is a time full of joy and happiness however we recognise that for others of us, it can be a distressing and lonely time. We suggest that you talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well. Below are details of various drop-in services or activities which will be available over this period:-

Friends in Need (FiN) – Kensington and Chelsea Mind's Friends in Need service is a peer to peer social support and wellbeing community for people affected by depression and other mental health problems. They are running various activities in different locations within the Kensington and Chelsea, Queens Park and Paddington area over the festive period.

**Friends
in need**

Online and offline peer support

The activities range from coffee meet-ups, a Boxing Day social, Park walks and poetry groups to museum visits and arts & crafts.

Details of everything happening in December can be found in their newsletter which you can sign up for [here](#). Alternatively you can read all of the KC Mind newsletters [here](#).

SMART – The Basement, 15 Gertrude St, SW10 0JN. Tel: 020 7376 4668



St Mary Abbots Rehabilitation and training

SMART's drop-in sessions are open over the festive period, offering affordable tea, coffee, snacks and a hot lunch. You will need a ticket for their infamous Christmas lunch but can drop-in to say hi to your friends!

Details of the days and times that SMART are open can be found on their [website](#).

St Cuthbert's Centre - Philbeach Hall, 51 Philbeach Gardens, Earl's Court. SW5 9EB – call 020 7835 1389 for opening times.

Other useful contacts:

Samaritans – Helpline offering emotional support
Tel: 0845 790 9090

Offering support to people experiencing feelings of distress or despair, including those which could lead to suicide. Open every day, all day.

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

Providing information and emotional support to anyone affected by mental health issues.

Open Monday – Sunday 13:00 – 23:00

Single Point of Access (SPA) – for help in a mental health crisis



During office hours
(9am to 5pm, Monday to Friday)

If you already use CNWL's services, during office hours your first point of contact should be the person that you usually see (your care coordinator, or named lead professional). Their contact details, or the contact details of your care team, are contained in your care plan and on your Crisis Card.

Out of hours
(5pm-9am, Monday to Friday; and
Saturdays, Sundays and bank holidays)

There is a single point of contact if you, or a friend or relative, are experiencing a mental health crisis out-of-hours which provides advice, support and signposting to people living in Kensington & Chelsea and Westminster.

The CNWL Single Point of Access number is 0800 0234 650.

For help, advice or support over the telephone,
24 hours a day, 7 days a week, 365 days a year
0800 0234 650 Text Relay: 18001 0800 0234

Members' Meeting – Festive Fun For All!

Even if you didn't manage to make any of the other meetings this year, please join us for this one!!

A hand-drawn poster on a yellow background. The title reads 'Service User Network Christmas Members Meeting'. Below the title are four small yellow squares, each containing a simple line drawing: a Christmas tree, a round Christmas cake with a star, a Christmas stocking, and a holly leaf. Below these drawings, the text says 'Join us for some festive fun!'. Further down, the details are listed: 'When: Thursday 15th December 2016', 'Where: The Mind Centre, Office 10, 7 Thorpe Close. W10 5XL', and 'From: 2.00 – 4.00pm'. At the bottom right, it says 'Christmas refreshments provided!'. A hand-drawn megaphone is positioned at the bottom left of the poster.

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


Kensington
and Chelsea

When: Thursday 15th December
From: 2.00 – 4.00pm
Where: The Mind Centre, Office 10
7 Thorpe Close. W10 5XL

Christmas refreshments provided. All welcome!

Contact Jill on jill.watson@kcmind.org.uk
or 0208 964 1333 opt 8 for more info.

Diary dates ... page 10

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
Members Christmas Meeting	Thurs 15 th December 2.00 – 4.00pm	The Mind Centre Office 10, 7 Thorpe Close
K&C Mental Health Carers' Assoc. Support group	Third Thursday of each month 6.00 – 8.00pm	Committee Room 2, Kensington Town Hall

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](https://elefriends.org.uk).

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://friendsinneed.co.uk/>

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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User Network
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Email sun@kcmind.org.uk
Website www.kcmind.org.uk**