

Kensington & Chelsea Mind Service User Network

Newsletter

February 2016

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

Introduction to Upcycling

Kensington & Chelsea Mind offers recovery focused training courses, employment support, work opportunities.

New for 2016 ~ Free

Introduction to Upcycling
Making new objects from old

Learn how to:

- re-use old furniture to create something individual and unique
- adapt items for new purpose
- use paint effect techniques, i.e. wood graining, marbling and stencilling
- use basic hand tools
- turn unwanted objects into beautiful functional items

Spaces available
Suitable for beginners
Eligibility criteria apply
See overleaf for details

For more information:
Contact Jo Page
Mind Skills Development Service
Telephone: 020 8960 6777
Email: jo.page@kcmind.org.uk
www.kcmind.org.uk

 **mind**
for better mental health
**Kensington
and Chelsea**

See inside for more details.

This month ...

News & Views, page 2 – 3

Mental Health Promotion, page 4-5

Service User Involvement page 6-8

Diary dates, page 9

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 @kandemind**



**THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA**

Prime Minister announces investment in mental health

The Prime Minister has recently announced the following during a speech focused on the government's plans to improve people's life chances and tackle poverty.

- £290 million to provide specialist care to mums before and after having their babies
- first ever waiting time targets to be introduced for teenagers with eating disorders and people experiencing psychosis
- nearly £250 million for mental health services in hospital emergency departments
- over £400 million to enable 24/7 treatment in communities as safe and effective alternative to hospital

Paul Farmer, Chief Executive of Mind and Chair of the NHS England's independent mental health taskforce said:

"The Prime Minister rightly recognises some key priorities that have been identified by the mental health taskforce, which will soon be publishing its full report. Children and young people, pregnant women and new mums, and those in crisis urgently need better services and support. But it doesn't stop there. The taskforce will be setting out the road map for the next five years, a transformational plan that will require a commitment at every level, from government right through to every local community."

<http://www.mind.org.uk/news-campaigns/news/prime-minister-outlines-key-priorities-for-mental-health-investment/#.VqeVPxbcvcs>

Three in four DWP threats to cut benefits are incorrect

Data obtained by Mind from the Department for Work and Pensions (DWP) under the Freedom of Information Act reveals the huge and disproportionate number of sanctions imposed on people with mental health problems who aren't currently able to work.

40,000 people with mental health problems were threatened with having their Employment and Support Allowance (ESA) cut in 2014-15. This equates to roughly 16 per cent of all the people who receive this benefit primarily due to their mental health problems. Worryingly, nearly three in four (73 per cent - 28,624 people) were incorrectly issued, despite the negative impact of such threats on someone with a mental health problem.

"Despite claiming to have safeguards in place to protect vulnerable people, the statistics show that the DWP is too eager to assume the worst and threaten to remove somebody's financial support before they have the full picture."

"Instead of threatening to punish people for failing to do certain tasks, we want the Government to take a more positive approach. Programmes that provide more personalised support are much more effective in getting people with mental health problems back into employment. We need a system that takes into account their skills, ambitions, and the real barriers they face in getting and staying in a job."

<http://www.mind.org.uk/news-campaigns/>

The King's Fund report on Diversity and Inclusion in the NHS



The 2014 NHS Staff Survey included responses from 255,150 individuals across 284 organisations (including 157 acute trusts, 57 mental health/learning disability trusts, 40 clinical commissioning groups (CCGs), 19 community trusts and 11 ambulance trusts). The data looked at discrimination within the NHS, between managers and staff, between colleagues, but also from patients and members of the public.

Overall, levels of reported discrimination in the NHS Staff Survey vary significantly by type of trust, location, gender, age, ethnicity, sexual orientation, religion and disability status.

- Reported levels of discrimination are highest in ambulance trusts.
- Overall, women are less likely to report experiencing discrimination than men (except in the case of ambulance trusts).
- Older staff are less likely to report experiencing discrimination than younger staff.
- Reported levels of discrimination are highest for black employees and lowest for white employees. All other non-white groups are far more likely to report experiencing discrimination than white employees.

- People from all religions report experiencing discrimination on the basis of their faith, but reporting is by far the highest among Muslims.
- Staff with disabilities report very high levels of discrimination; levels of reported discrimination are higher against people with disabilities than any other of the protected characteristics groups.
- Organisations can draw on well evidenced approaches to inclusion to build positive cultures of care in order to reduce levels of discrimination.

Experience of discrimination profoundly and pervasively damages the health, well-being and quality of work life of the many staff affected in the NHS. Research also shows that staff who are demoralised or demotivated for whatever reason will influence patients' experience of care. Furthermore, if staff experience discrimination as a result of their identity as gay, or Muslim, or disabled, or black, it is highly likely that patients who are members of these groups will experience similar discrimination.

The NHS is based on the principle of providing quality care for all and it is a source of great pride to the people of the United Kingdom. To safeguard its values, the whole system must take responsibility for solving the problem of discrimination. It will take concentration, vigour, courage and persistence to ensure that this change is effected and sustained over time. Now is the moment to begin.

Read the report here:
<http://www.kingsfund.org.uk/>

Mind Skills Development Service



Introduction to Upcycling Making new objects from old

Course overview:

The Upcycling course aims to provide an opportunity to adapt items of furniture or household miscellany (bits and bobs) to create something new and unique with an alternative purpose or design

Learn how to:

- re-use old furniture to create something individual and unique
- adapt items for new purpose
- use paint effect techniques, i.e. wood graining, marbling and stenciling
- use basic hand tools
- turn unwanted objects into beautiful functional items



Who can attend:

- Individuals aged 18 – 65 living in Kensington and Chelsea, who have experience of mental health problems

How can I apply?

- Individuals can be referred by RBKC Community Mental Health Teams, Primary Care Liaison Nurses or your GP



The course is free and requires no previous experience. It will run on Tuesdays from 1.00 – 3.30 for 6 months starting from February

For more information, please contact Jo Page on 020 890 6777 or email jo.page@kcmind.org.uk

Time to Talk Day 2016



Thursday 4th February 2016

Time to Talk aims to get as many people as possible across England talking about mental health. They will be running a twitter campaign on the day and would welcome your ideas on the conversations we should be having.

By joining together on one day, we can break the silence that often surrounds mental health, and show that talking about this once-taboo issue doesn't need to be difficult. We ultimately want to reach people who might not normally think or talk about mental health and this could be as simple as asking someone how they are feeling that day, telling them about the Time to Change campaign or passing on a surprising fact – many people don't realise that mental health problems are as common as they are. By starting these simple conversations in everyday life we can show that there's no need to be afraid of talking about mental health and it doesn't need to be as hard as a lot of people think.

Find more on the Time to Change website:

<http://www.time-to-change.org.uk/timetotalkday-about>

SMART Music Café in the north of the borough



SMART

Music café in the north

Tuesday 9th February

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, starting on Tuesday 9th February. 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. 1946616. VAT Reg No. 82089824

When: Tuesday 9th February
From: 4.30 – 6.00
Where: Venture Centre, 103A
Wornington Rd. W10 5YB

Join the team from SMART whether you want to play an instrument, sing or just listen. Good company and delicious cakes and coffee available!

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

Supporting Families Mental Health Day



Join the Dalgarno Trust for their free Mental Health Day event where you can find out more on Mental Health issues from the experts and the services available to you.

When: Wednesday 17th February

From: 10.0 – 3.00pm

Where: St Charles Centre for Health and Wellbeing, Court Field House
Exmoor Street, W10 6DZ

- Free Lunch
- Talks from the Health experts on young people's mental health / Counselling and more
- Taster fitness sessions
- Beauty Treats and Surprise Goodie bag

For more information contact Farhia or Teresa on:

0208-959-6300 or

farhia@dalgarnotrust.org.uk or

teresa@dalgarnotrust.org.uk

Carers Engagement and Coproduction Meetings (RBKC)

The Royal Borough of Kensington and Chelsea (RBKC), Westminster City Council (WCC) and the London Borough of Hammersmith and Fulham (LBHF) are currently designing the tender for future carer services (for implementation from May 2017 onwards) by a process of engagement and co-production.

They would like to invite carers, providers and other key stakeholders to attend a series of meetings/workshops to shape the future provision of carers services.

Please find detailed below dates for a series of engagement and coproduction activities.

- 3rd February, 2016 (Wednesday) 12:00 p.m.-3:00 p.m. at the Committee Rooms 3 & 4, the Civic Entrance, Kensington Town Hall, Hornton Street, W8 7NX
- 26th February, 2016 (Friday) 6:00 p.m.-8:00 p.m. at the Committee Rooms 3 & 4,
- 29th February, 2016 (Monday) 12:00 p.m.-3:00 p.m. at the Committee Room 3 & 4
- 30th March, 2016 (Wednesday) 12:00 p.m.-3:00 p.m. at the Walford-Crofton Room, the Freeman Suite, Kensington Town Hall, Hornton Street, W8 7NX

Please email commissioning@rbkc.gov.uk to book a place and arrange for access to the Town Hall

Healthy London Partnership



The Healthy London Partnership, in conjunction with Mind, is engaging with people who have undergone a mental health crisis in London.

Mind have developed an online survey, about the experiences of those whose crisis led to:

- attending A&E or
- being detained by the police under sections 135 or 136 Mental Health Act

The information gathered will help develop a set of statements about what people want services to be like.

Please help them reach as many people as possible with lived-experience of mental health crisis by completing the survey below.



<https://www.surveymonkey.co.uk/r/crisiscareLondon>

More info from Ruth Davies, Healthy London Partnership: Mobile: 07939231310 or email: ruth.davies18@nhs.net

Three Borough Equalities Objective's Workshop

NHS Central London, West London and Hammersmith and Fulham Clinical Commissioning Groups (CCGs) are in the process of setting, measuring and refreshing their equality objectives.

Your attendance is requested from 12 pm on Thursday 11 February to help drive Equality and Inclusion through everything they do, specifically in the commissioning of services on behalf of our residents.

During this event the attendees will score CCG progress on meeting the current objectives, while also helping to agree new priorities for 2016 onwards.

A light lunch will be provided and there will be a networking session to start the event.

Date: Thursday 11th February

Time: 12.00 – 4.00pm

Where: St Paul's Centre, Queen Caroline St.W5 9PJ

Please confirm your attendance here:

<https://www.eventbrite.co.uk/e/three-borough-equalities-objectives-workshop-tickets-20695748541>

Further details will be sent once you have registered but do get in touch if you have any questions before then.



West London

Clinical Commissioning Group



Hammersmith and Fulham

Clinical Commissioning Group



Central London

Clinical Commissioning Group

Kensington & Chelsea Mind Side by Side Project - Peer Support Fair



Improving mental health through peer support

Join us at the Peer Support Fair

When: Wednesday 2nd March
From: 1.00 – 4.45pm
Where: Essex Unitarian Church, 112
Palace Gardens Terrace. W8 4RT

- Find out what Peer Support is on offer from the stalls of local organisation
- Hear from local organisations on their progress in Peer Support...
- Understand the impact Peer Working can have on those involved...
- Gain insight into how Peer Support works in different settings...
- Meet organisations recruiting peer workers and prospective peer workers...

Book your place here: <http://ow.ly/X3pxe>
or contact Zoe on 0208 964 1333 extension 7
or zoe.copeland@kcmind.org.uk

**Kensington & Chelsea
Mind
Side by Side Project**

London Mayoral Hustings



The six leading candidates for the London Mayoral Election in May 2016 will be participating in a husting event organised by the London Evening Standard newspaper in Kensington.

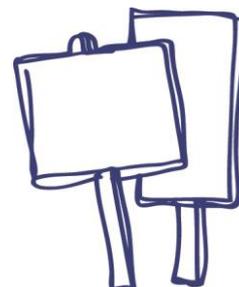
Tickets are free and need to be reserved online. (max 2 per person). This is a ticket only event.

When: Wednesday 3rd February

From: 6.30pm (doors open 5.45)

Where: Royal Geographical Society 1
Kensington Gore, Kensington, London
SW7 2AR

For more information and to book a ticket:
<http://www.standard.co.uk/hustingsevent/london-mayoral-hustings-a3149181...>



Diary dates ... page 9

Event	Date and time	Venue
K&C Mental Health Carers Assoc.	Wednesday 3 rd February 1.00 – 3.00pm	Pall Mall Mental Health Centre 150 Barlby Road, W10 6BS.
Members Meeting	Thursday 25 th February 2.00 – 4.00pm	Office 1 7 Thorpe Close

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 455 5453

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