

Kensington & Chelsea Mind Service User Network

Newsletter

January 2017

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

Wishing you all
a Happy and Healthy New Year



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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

What you need to know about the Government's green paper on work, health and disability

Last month, the Government launched a green paper - a major consultation into how they can support disabled people and people with health conditions to find and stay in work. They've come up with a lot of proposals about what they can do differently. There are some positive things, but we, at National Mind, have major concerns.



HM Government

Work, health and disability: consultation

We want to see better voluntary support for people with mental health problems who need help to return to work. We also want to see real recognition that people who are too unwell to think about returning to work not to endure inappropriate pressure.

What we'd like to see

There are some announcements in the green paper that appear positive. There's a proposal to make sick pay more flexible which means if you've taken time off work you can return at a pace that makes sense for you. The Government are also looking at how the NHS could provide more support to help people manage their mental health at work. We want to see this happen but the Government must ensure funding and

resources are there to make it work.

There's also a proposal to give JobCentre staff proper mental health training and to recruit more people who understand mental health. All too often people tell us JobCentre staff don't understand how their mental health affects them - this needs to change.

The green paper announces funding for things like peer support groups. It also recognises that, for lots of people, JobCentres' just aren't the right places to be - and that getting voluntary help in the community would be a lot better. This is encouraging but we want it to become a reality with proper funding and resources. This will give people with mental health problems the power to choose the support that's going to work best for them.

What we're concerned about

You might have already seen in the news that the Government have said they want to change the Work Capability Assessment. We've been calling for this for several years.

People tell us that the current test doesn't understand how people's mental health really affects them - instead it makes them even more anxious. But one of the Government's suggestions for reform is to make the test just about the money you receive, and not about whether you'll be required to go to a JobCentre and take steps towards work. This would give JobCentre staff the power to sanction people who are currently in the ESA Support Group. Everyone should get offered support to help them return to work if they want to, but threatening to

cut the benefits of people who are very unwell is cruel, inappropriate and doesn't work.

We want to see the Work Capability Assessment overhauled so that it understands people's mental health a lot better – and shouldn't mean putting more people through the fear and anxiety caused by threats to their benefits.

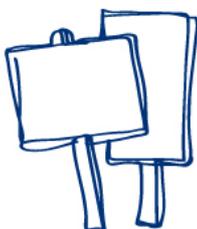
Tell the government what you think

At this stage lots of the ideas in the Green Paper, good and bad, are just proposals.

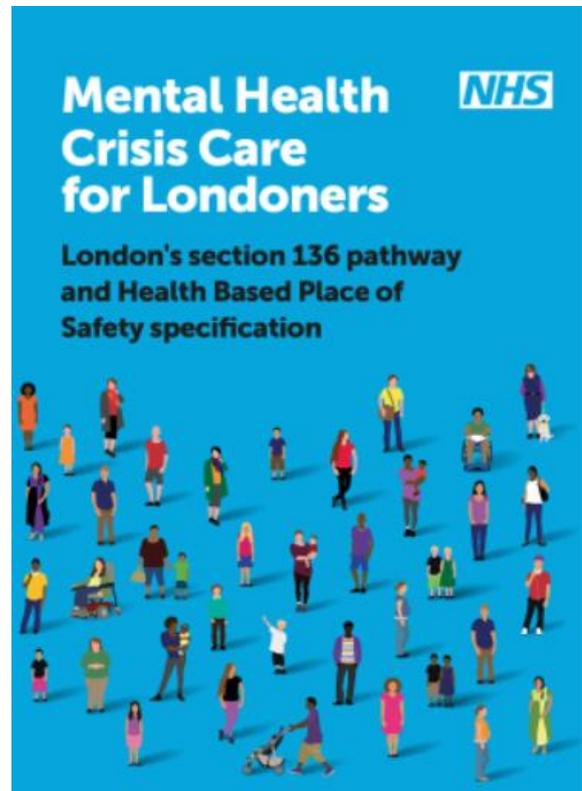
We'll keep on campaigning for the Government to reform the system so that people with mental health problems are helped to get meaningful support without the threat of sanctions.

You can get involved, in two ways:

- Join us. [Become a Mind campaigner](#)
- [Send your opinions direct to the government through the green paper consultation process.](#) The government have said they want to hear from people with mental health problems about what they should be doing differently. The consultation is open until 17 February 2017. [Find out what else is in the Green Paper and make your voice heard.](#)



Mental Health Crisis Care for Londoners



This guidance document is aimed at stakeholders involved in the section 136 (s136) pathway. Specifically, London's police forces, London Ambulance Service, Approved Mental Health Professionals and Acute and Mental Health Trusts. It outlines a consistent pathway of care across London and a minimum standard for Health Based Place of Safety sites.

The guidance covers the s136 pathway from when the individual is detained in a public place, conveyance processes, the interface with Accident and Emergency departments and processes at the Health Based Place of Safety (including the Mental Health assessment and arranging follow up care).

You can read the guidance document [here](#).

FREE Swimming vouchers

We still have some free swimming vouchers available that you can use at either Kensington Leisure Centre or Chelsea Sports Centre. So if you decided over the New Year that you want to do more exercise, then here's your opportunity!



Swimming is a great form of exercise:

- It's good cardio and gets your heart going
- It's low impact so doesn't cause physical strain on joints
- It's great for your muscles, heart and lungs
- It's an all-over, full-body, complete workout that you can do at your own pace

If you'd rather go swimming as part of a group then Friends in Need are running swimming sessions too. For more details check out their [newsletter](#).

The vouchers and monitoring forms are available from Jill Watson. Please call her on 020 8964 1333 option 8 or email her at jill.watson@kcmind.org.uk for more details or to arrange to pick them up.

A charity challenge - trekking in Iceland



(John) Anders Robinson used to work for Mind at the Meanwhile Wildlife Gardens and has decided to complete the Iceland Lava Trek in July to raise money for Mind.

Anders explained that 'this is one way I can give back something to Mind who have been there over the years for me and so many others who have experienced mental health issues.'

THE CHALLENGE he will be undertaking includes:

- Trekking 58kms through one of the planet's most volcanic regions
- Weaving through vast steaming lava fields
- Walking against a background of multi-coloured rocks
- Camping in some of Europe's most spectacular and unusual terrain
- Bathing aching limbs in the Blue Lagoon

You can sponsor Anders [here](#) or can get in touch with him at anders@ntlworld.com or 07850351965.



My Care My Way: Art for Wellbeing

ACAVA is delighted to announce two new projects for 2017. Building on the success of [St Charles: Art for Wellbeing](#) NHS West London Clinical Commissioning Group have asked them to work with local people, over 50, living in the south of the Royal Borough of Kensington and Chelsea, Queens Park and Paddington, to make permanent art works for the Integrated Care Centre at the Violet Melchett Clinic.

Two projects will run between January and May 2017, culminating in an event to celebrate the newly installed works of art as part of [London Creativity and Wellbeing Week](#) in June 2017.



Screen Printing with Heather Martin

ACAVA have places available to people over 50, living in the south of The Royal Borough of Kensington and Chelsea, Queens Park and Paddington, to work with artist Heather Martin. You will have the opportunity to make original artworks for permanent display in the My Care My Way Integrated Care Centre at the Violet Melchett Clinic.

Sessions will take place on Monday afternoons, 2pm - 4pm, from 16th January - 20th February 2017 at SMART, The Basement, 15 Gertrude Street, London, SW10 0JN

To register your interest please contact
Isabella Niven, ACAVA Programme Manager, iniven@acava.org or 0208 960 5015

Screen Printing with Heather Martin will run on Monday afternoons, 2pm - 4pm from 16th January until the 20th February. These sessions will be hosted by SMART, The Basement, 15 Gertrude Street, London, SW10 0JN. Participants will learn how to print using hand cut paper stencils and will create a print to take home and a print to be framed for permanent display. Heather will also use

images created during the sessions to make a series of digitally printed wall art pieces to be displayed on-site at various WLCCG services.



Mosaics with Emily Fuller

ACAVA have places available to people over 50, living in the The Royal Borough of Kensington and Chelsea, Queens Park and Paddington, to work with artist Emily Fuller. You will have the opportunity to make mosaics for permanent display in the My Care My Way Integrated Care Centre at the Violet Melchett Clinic.

Sessions will take place on Tuesdays, 10:30am - 12:30pm from 28th February - 23rd May 2017 at ACAVA, Studio 1, 54 Blechynden St, London, W10 6RJ. If required transport can be arranged.

To register your interest please contact
Isabella Niven, ACAVA Programme Manager,
iniven@acava.org
or 0208 960 5015



Mosaics with Emily Fuller will run on Tuesday mornings, 10:30 - 12:30, from 28th February until the 23rd May (with a break for Easter). These sessions will take place at ACAVA's Studio 1, 54 Blechynden St, London, W10 6RJ. As these sessions will run in the north of the catchment area, transport arrangements can be made for participants travelling from the south if required.

To register your interest in either of these projects please contact me, iniven@acava.org or 0208 960 5015.

Free Lunchtime concerts at St Peters Church



Dominic John, a pianist of international acclaim, has organised a series of free lunchtime concerts which are open to all.

When: Mondays weekly
From: 1 - 2pm
Where: St Peters Church,
Kensington Park Road, W11 2PN

- 9th January South London Saxophone quartet
- 15th January Marina Moore (Violin)
- 23rd January Anete Graudina (Violin)
- 30th January Katherine Bicknell (Flute)
- 6th February Mily Forrest (Soprano), Henry Kennedy (Clarinet), Andrey Iliushkin (Piano)
- 13th February Aino Konkka (Soprano)
- 20th February Alice Mitra Tham (Piano)
- 27th February Hana Mitsu Spencer (Violin)

For details on forthcoming concerts and to watch and listen to previous concerts visit the website dedicated to these free Monday lunchtime concerts www.nottinghillconcerts.co.uk.

Growing Minds with Friends in Need (FiN)

Growing Minds
Social and therapeutic gardening

Growing Minds is a new social and therapeutic gardening group giving people the opportunity to develop a new relationship with nature, by growing ornamental and edible plants, learning about your environment and enjoying the company of fellow gardening enthusiasts.

Open to members of West London Friends in Need. We have space for 15 gardeners per week so let us know today if you'd like to come along.

Every Monday | 1pm-3:30pm | Sensory Gardens, Ellkstone Rd.
Meeting point - Meanwhile Gardens Site Hut, 154 Kensal Road, W10 5BN

Not a member of Friends in Need? Don't worry, it's free, quick and easy to join.

Contact friendsinneed@kaminid.org.uk
or call 0203 011 0433

Kensington and Chelsea Mind
Office 1
77 Theaetia Close
London
W8 5DL kaminid.org.uk
T: 020 8984 9322
E: enquiries@kaminid.org.uk Friends in need
Growth and culture, peer support Mind
Kensington and Chelsea

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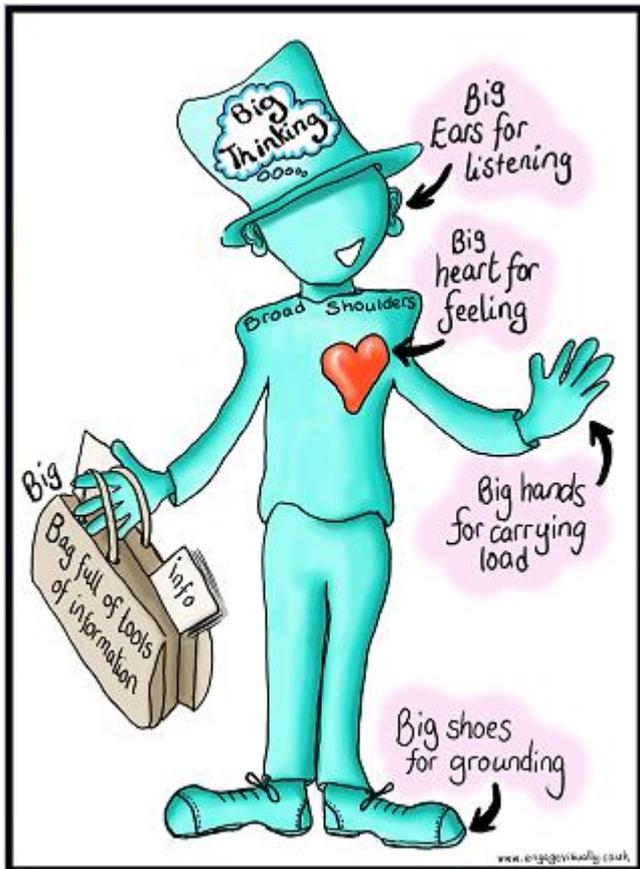
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Where: Sensory Gardens, Ellkstone Rd.
Please meet at Meanwhile Gardens Site Hut, 154 Kensal Road, W10 5BN

Not a member of Friends in Need? Don't worry; it's free, quick and easy to join. Contact friendsinneed@kcmind.org.uk or call 0203 011 0433 to book your place.

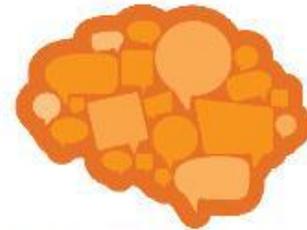
Get involved in change and become a Service Improvement Champion

Minds across eight London boroughs are working together with a NHS transformation team to improve mental health services. We'd like to hear from people, or their carers, with lived experience of a wide range of mental health problems who are able to give a minimum of four hours per week on average to working collaboratively in your community and with NHS professionals.



You will be gathering examples of lived experience of mental health services in your community, and bringing local knowledge and insight into working sessions with NHS professionals. There are different working groups and you will

work in those that most closely match your personal experience eg Anxiety, Depression, Children & Young People, Perinatal or Serious & Long Term Mental Health Needs.



Like Minded
WORKING TOGETHER FOR MENTAL
HEALTH AND WELLBEING IN NW LONDON

You will be supported and coached by Mind facilitators and your participation in the working groups, and expenses, are paid.

This is a great opportunity to use and develop your relationship building, communication, critical appraisal and group working skills while bringing essential lay perspectives to the process of changing mental health services so they better meet the needs of service users/carers.

You will become part of the Make A Difference Alliance (MAD Alliance) team.

If you live in Kensington & Chelsea and would like to get involved, please email jill.watson@kcmind.org.uk or call 0208 969 1333 opt 8.



For better
mental health

Share your experiences of the London Ambulance Service



CQC is inspecting
**London Ambulance Service
NHS Trust**
Starting on the 07th February 2017

Your information helps us decide when, where and what to inspect.

Tell us about your experience of care



Online:

www.cqc.org.uk/tellus



Phone:

03000 616161



Email:

enquiries@cqc.org.uk

You don't have to give your name

The Care Quality Commission (CQC) inspects health and adult social care services in England to make sure they provide safe, effective, compassionate, high-quality care. If a service needs to improve, we will take action to make sure this happens.



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The CQC is inspecting the London Ambulance Service NHS Trust next year and would like to hear examples of your experience of using this service.

You can share your experiences anonymously here:

Online: www.cqc.org.uk/tellus

Phone: 03000616161

Email: enquiries@cqc.org.uk

Survey on the Mental Health Act



This survey is from the Mental Health Alliance, a coalition of more than 75 organisations from across the mental health spectrum and beyond that work together to advocate for fair implementation of the Mental Health Act in England and Wales. Rethink Mental Illness are members of the Alliance and have been commissioned to develop this survey.

This survey is about the Mental Health Act 1983. The Mental Health Act is the law which sets out when you can be admitted, detained, and treated in hospital against your wishes. This should only be done when a person has a mental illness and either their health or safety is at risk, or to protect other people. The Mental Health Act covers what rights you have, when you can be discharged from hospital and what support you are entitled to once you are discharged. The Act applies in England and Wales.

This survey is designed to gather your views on the principles of the Mental Health Act and how people's rights are currently protected, where this is working well and what could be changed and improved. There is more information and details within the survey. You can take the 15 minute survey [here](#).

Peer Fusion



Join us at Peer Fusion for an informational networking event focusing on peer support...

Anyone living or working locally (Kensington and Chelsea, Queen's Park and/or Paddington) is welcome to join us, whether they are service users / carers / peer workers / volunteers / those interested in or looking for peer work / other mental health workers... if you're interested in peer support, come along!

The event will open at 9.30am for a prompt 9.45am start at the Tabernacle, finishing at 3.30pm. Mid-morning refreshments and lunch will be provided.

You can expect:

- Information on peer support (locally and nationally)
- Information about local peer support services
- Presentations on a variety of peer support topics
- To hear directly from local commissioners
- Workshops
- Designated networking opportunities

You can book your ticket [here](#).

Members Meeting

Members Meeting
(You don't have to be a member, you just have an interest in mental health)

Meet the K&C MAD Alliance Leaders

- Find out who MAD Alliance are
- Hear about their work
- Learn how you can get involved?

Join us to find out more

When: Thursday 26th January 2017
Where: Office 10, 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



When: Thursday 26th January
From: 2.00 – 4.00pm
Where: The Mind Centre, Office 10
7 Thorpe Close. W10 5XL

Refreshments provided. All welcome!

Contact Jill on jill.watson@kcmind.org.uk or 0208 954 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 Barbican Rd. W10 6BS
Peer Fusion	Monday 23 rd January 9.30 – 3.30pm	The Tabernacle 34-35 Powis Square. W11 2AY
K&C Mental Health Carers Assoc. Support group	Third Thursday of each month 6.00 – 8.00pm	Committee Room 2, Kensington Town Hall
Health & Wellbeing VOF	Tuesday 24 January 2017	Committee room 1, Kensington Town Hall
Members Meeting	Thurs 26 th January 2.00 – 4.00pm	The Mind Centre Office 10, 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:



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).

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 – 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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Website www.kcmind.org.uk**