

Kensington & Chelsea Mind Service User Network

Newsletter

June 2018

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

Green for Grenfell



Our thoughts are with the survivors, the bereaved, the local community and all those who have been there to support anyone affected by this tragedy.

Details of the support on offer at this time are available on our website.

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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

Mental Health Act 1983

The independent review of the Mental Health Act 1983 has published its interim report. Commissioned by the Prime Minister and chaired by Professor Sir Simon Wessely, the review is looking at how the legislation is used and how practice can improve.

The independent review of the Mental Health Act

Interim report



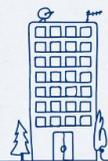
The interim report has identified key priority areas likely to be the focus of the full report which will make recommendations to Government in Autumn this year, such as a lack of dignity and respect, high numbers of people being held against their will, disproportionate detentions among people from BAME backgrounds and the need for greater advocacy and support.

You can read the Interim report [here](#) or the easy read version [here](#).

If you have evidence or experiences relevant to issues and topics set out in the interim report, please email MHActReview@dh.gsi.gov.uk.

Mind's Housing Campaign

Housing & mental health



Where you live can have a huge impact on your mental health – everyone needs safe, stable and suitable housing to stay well. There are issues across the private and social housing sectors which mean not enough people are living in the kind of housing they need. In fact, Mind found that four in five people with mental health problems have lived in housing that has made their mental health worse.

It also showed that 40% of people with mental health problems have experienced stigma or discrimination in the place they live at the moment, and that two thirds of people with mental health problems have had at least one issue with the quality of their home.

Have you experienced a housing problem which has caused or worsened your mental health? Would you be happy to tell Mind about it? You can share your story [here](#).

If you are having issues with your housing right now, you can get more help [here](#).

Support our
housing campaign
mind.org.uk/housing

Volunteers' Week Activities



Are you looking for rewarding ways to use your time? Do you want to meet people, or develop new skills? Join the Kensington and Chelsea Volunteer Centre at any of the locations below to find out more about exciting opportunities in your local community.

The Launch of Volunteers' Week

Friday 1st June 10am - 4pm

1 Thorpe Close, W10 5XL

They will be providing information on support available to access volunteering and will be offering guidance on current roles and up and coming projects.

Volunteers' Week Information Hubs

Monday 4th June 10am - 4pm

Tesco Superstore

Cromwell Road, Kensington, W14 8PB

Monday 4th June 10am - 3pm

St Charles Hospital Reception

Exmoor Street, W10 6DZ

Tuesday 5th June 11am - 4pm

South Kensington Farmers Market

Imperial College Road, Kensington, SW7 5NH

Wednesday 6th June 10am - 4pm

North Kensington JobCentre

Unit 308 - 312, Quayside House,
Kensal Rd, W10 5BE

Volunteer Fair

Thursday 7th June 11am - 4pm

Under the Canopy, opposite Westway Trust, W10 5TE

Their annual fair will offer the opportunity to speak to organisations and find out more about the benefits of volunteering and roles available. There will be a diverse range of organisations present with the best the local community has to offer – from sports projects to museums, creative groups and more!

Portobello Road Market

Friday 8th June 11am - 4pm

If you're looking for great volunteer roles, look no further. Their fabulous team will be around to give you the best advice and information you need to help you on your volunteer journey.



volunteer centre
kensington & chelsea

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding.

It's also very good for your wellbeing!



Free Leisure Passes



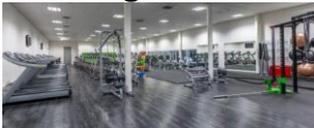
We still have a few free Leisure passes available if you want to get a bit more exercise this year.

As a Leisure Pass member, you are entitled to the following at Kensington Leisure Centre and Chelsea Sports Centre:

- free swimming during all public swimming sessions
- free access to the inclusive swimming session at Kensington Leisure Centre every Friday from 2pm – 3pm
- half price gym sessions and racquet sports during off-peak hours

Eligibility

Please note that this offer is only available to Kensington and Chelsea residents with a registered disability.



All the forms that you need to complete in order to collect your leisure pass are available from our office. Please call Jill on 0208 960 1333 opt 8 or email her on jill.watson@kcmind.org.uk to arrange a time to collect the forms.

Help is available to make sure that the forms are filled in correctly and that you have the right proof documents. You will then need to take all of this to Kensington Leisure Centre between the hours of 10.00am – 12.00pm or 2.30 – 4.00pm to receive your Leisure Pass.

Carers Health and Information Day



During Carers Week the Carers Network will be hosting a Health and Information Day for local Kensington and Chelsea carers.

This will be an opportunity to connect to local organisations that can provide you with help and support such as:

- Adult Social Care
- The NHS
- People First
- My Care My Way
- The Dalgarno Trust
- Healthier Homes

Carers will also be able to enjoy free massage therapy sessions and a light lunch.

When: Friday 15th June

From: 2.15 – 5.15pm.

Where: Westbourne Grove Church,
Westbourne Grove, W11 2RW.

To register for the event please call 020 8960 3033 or email events@carers-network.org.uk

Women's Empowerment Day at ClementJames



When: Wednesday 6th June
From: 10.00 – 2.45pm
Where: The ClementJames Centre,
95 Sirdar Rd. W11 4EQ

Creativity and Wellbeing Week is an initiative of London Arts in Health Forum and has been running for the past 6 years. As part of this celebration, ClementJames are running a Women's Empowerment Day. The event will be a chance for women in the community to get together, learn new skills and listen to talks from inspiring speakers. The event will involve a series of workshops, including creative activities, self-expression and yoga and all women are advised to dress in comfortable clothes to make the most of the sessions.

Some refreshments and snacks will be provided.

Places are limited so please call or email as soon as possible to reserve a space.

For more information and to book a place please call Bobby on 0207 221 8810 or email bobby@clementjames.org

North West London CCGs equality objectives workshop

Have your say on the North West London CCGs equality objectives at a public workshop

When: Thursday 28 June
From: 17:30 – 20:30pm
Where: Ferguson House
15 Marylebone Road, NW1 5JD

The North West London CCGs are committed to working with local residents and community groups on producing their equality objectives. 'Equality objectives' are the goals they set to ensure that they are working in an inclusive way to meet the diverse needs of our local residents.

Equality objectives should be specific goals that they can measure, which reflect your needs. Under the Public Sector Equality Duty (PSED) of the Equality Act 2010, they are required to prepare and publish specific and measurable equality objectives every four years.

They have already engaged with a wide range of local residents, both face to face and via a survey, to ask what you think their priorities should be. They are now keen to work with you to check if you are happy with these objectives and work with you to decide what our local CCGs equality objectives should be. They also want to start planning how they will make these objectives a reality over the next four years.

Refreshments will be available. You can book a place [here](#).

Feedback on GP extended hours services 2018



Across England the NHS is looking to improve how patients can access their GP surgery including the use of technology, increasing the number of appointments available and making sure that those appointments are at more convenient times.

In North West London all patients now have access to GP appointments at the evening and weekends. Generally these extended hours appointments will be available from 6pm to 9pm Monday to Friday and 8am to 8pm over the weekend.

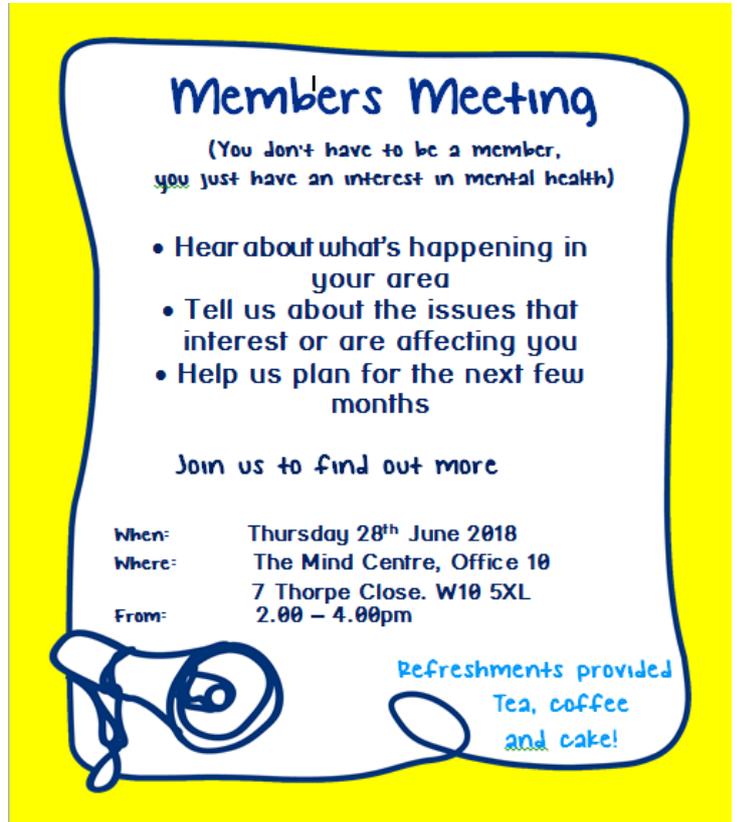
Your local NHS wants to hear your views on these extra appointments and listen to how we can make more improvements.

Please help them by completing this survey [here](#).

All responses will be anonymous unless you choose to provide your details at the end.



Members Meeting



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

- Hear about what's happening in your area
- Tell us about the issues that interest or are affecting you
- Help us plan for the next few months

Join us to find out more

When: Thursday 28th June 2018
Where: The Mind Centre, 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 28th June
Where: Office 10, 7 Thorpe Close
From: 2.00 – 4.00pm

All welcome!



| Event | Date and time | Venue |
|----------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------|
| Mental Health Carers Support Group | 1 st Friday of each month 2.00 – 4.00pm | 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 |
| Members Meeting | Thursday 2.00 – 4.00pm | The Mind Centre, Office 10 7 Thorpe Close W10 5XL |
| Main VOF | Tuesday 25 th June 10.00 – 1.00pm | Committee Rm 1 Kensington Town Hall W8 7NX |
| Adult Social Care and Health Scrutiny Committee | 3rd July 2018 6:30 - 8:30 pm | Committee Rm 1 Kensington Town Hall W8 7NX |

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](#).

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

Community Living Well: Peer Support Service – 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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