

Kensington & Chelsea Mind Service User Network

Newsletter

June 2016

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

Carers Week 2015



CARERS
Kensington & Chelsea



cn | carers
network

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 and Kensington & Chelsea NHS.



For better
mental health

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THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Depression Alliance has joined the Mind family as a wholly owned subsidiary



By joining forces, Mind and Depression Alliance hope to support more people living with the experience of depression.

They will work together to raise awareness and challenge stigma and through our combined networks, they hope to connect more people with personal experience to support each other and encourage recovery.

Depression Alliance support over 25,000 people each year through their local projects, self-help groups and online communities. However, they feel that they have the potential to do much more, and by working with Mind, a larger organisation with a more developed infrastructure, it will enable them to further their reach and meet their ambitions.

Over the next few months, they will continue to work towards bringing the organisations even closer together, with the aim of merging later this year. In the interim, we want to reassure anyone using Depression Alliance or Mind services that it is business as usual.

This is Me – in the City

This is *Me*

'This is Me' is a pioneering City wide mental health campaign, initiated and led by the Lord Mayor's Appeal team under the Lord Mayor's 2016 Power of Diversity programme in partnership with Barclays, Business Healthy, City Mental Health Alliance and Mind. City A.M. are kindly also supporting the initiative.

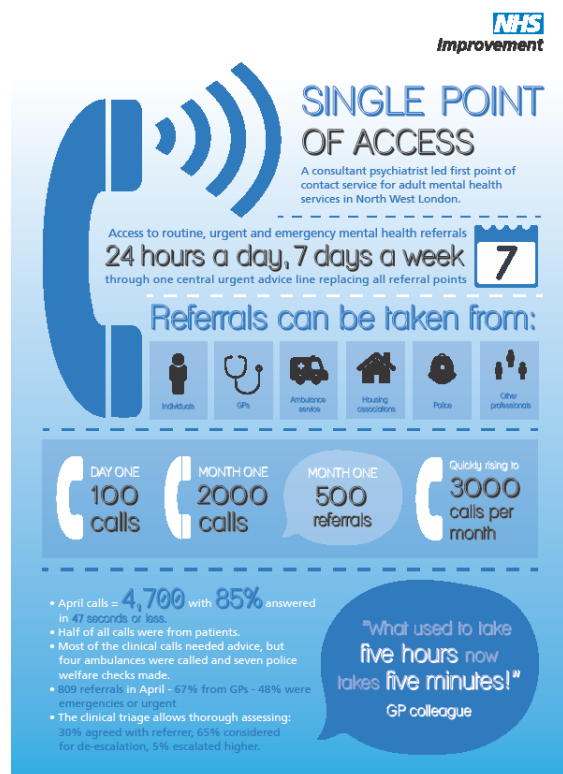
The aim is to reduce the stigma around mental health in the workplace and to raise awareness of wellbeing. They will do this by encouraging employees who have experienced a mental health problem to share their story with colleagues via a video message or other medium.

For more information visit:
www.mind.org.uk/news-campaigns/news

Heads Together

The Duke and Duchess of Cambridge and Prince Harry have launched their ambitious new campaign 'Heads Together' to change the way we talk about our mental health and wellbeing. Charity partners include Mind, The Anna Freud Centre, Best Beginnings, CALM (The Campaign Against Living Miserably), Contact (a military mental health coalition), Place2Be, The Mix, and YoungMinds.

Single Point of Access - SPA



CNWL have produced the above information relating to the SPA which started operating in November 2015.

They state:

- April calls = 4,700 with 85% answered in 47 seconds or less
- Half of all calls were from patients
- Most of the clinical calls needed advice, but 4 ambulances were called and 7 police welfare checks were made
- 809 referrals in April – 67% from GP's, 48% were emergencies or urgent
- The clinical triage allows thorough assessing: 30% agree with referrer, 65% considered for de-escalation, 5% escalated higher

Contact the SPA on: 0800 0234 650 or email: cnw-tr.SPA@nhs.net

Working Well



SMART have teamed up with Jobs in Mind to run a new employment service in West London called Working Well.



This is an exciting and innovative project, will be part of the new Community Living Well service in the area which aims to build stronger links between services.

The idea is that anyone coming to the project will have 'no wrong door'; a single plan that will remain with the individual whatever their needs.

The one year pilot project began in March and will be based in Kensington and Chelsea. It will help people with a range of mental health issues to find work or retain their job when they become unwell. Employment Advisors will be working with Improved Access to Psychological Services (IAPT) therapists and GPs across the borough.

They have a lovely team of people working on the project. David Williams, the team's manager, can be contacted on david.williams@smartlondon.org.uk or 020 7376 4668.

Carers Week 2016



Carers Network and Carers Kensington and Chelsea are excited to be able to invite carers to their joint event.

Building on the theme of Building Carer Friendly Communities they'll be kicking off Carers Week with a free event for Westminster and Kensington & Chelsea carers.

When: Monday 6th June

From: 11am – 3pm

Where: Kensington Town Hall, Small Hall, Hornton St, W8 7NX

Talks include:

- Barclays Bank - on fraud prevention, third party mandates and power of attorney
- The Commissioning Team, Kensington and Chelsea and Westminster - on future carer services in the two boroughs.
- The Department of Work and Pensions Carers Allowance Unit - on carers allowance.
- The Recovery and Wellbeing College - on how carers can benefit from attending courses at the college.

Stalls with lots of useful information for carers. Free hand massages and health checks

If you would like to attend, please RSVP by emailing info@carers-network.co.uk or calling 020 8950 3033



Health and Well-being Event

CARERS

Kensington & Chelsea

Educational session and workshop to support carers in learning more about the importance of physical activity as a way to ensure long-lasting health and well-being (for both carers and the people they are caring for) and then to demonstrate some simple exercises that can be done from within the home environment. This session will be provided by a social enterprise organisation called N.ableD (pronounced 'enabled') that supports people who struggle to leave the home to become more physically active as a way to help them improve their overall health and well-being.

When: Tuesday 7th June

From: 11.00 – 1.00pm

Where: Earls Court Health & Wellbeing Centre, Hogarth Rd. SW5 0PT

Social Event

Come and enjoy the afternoon tea at the Magazine Restaurant. Join us for beautiful canapés and great company of other carers and maybe a nice walk in the park afterwards.

This is a free event for carers but please note that places are limited and advance booking is essential.

When: Wed 8th and Friday 10th June

From: 3.00 – 5.00pm

Where: Serpentine Sackler Gallery, Hyde Park. W2 2AR

Please ring 0800 032 1089 or email kandc@carersuk.org to book and for further information.

Women's Wellbeing Workshops

**FREE Four-Week
~ Women's Wellbeing Workshop ~**

Dates:
Mon 23rd May 2016
Mon 06th June 2016
Mon 13th June 2016
Mon 20th June 2016

Venue:
Canalside House
383 Ladbroke Grove
W10 5AA

Time:
11am - 1pm

Each session is different and covers topics on:

- ✓ Confidence building
- ✓ Setting and achieving goals
- ✓ Managing stress and anxiety
- ✓ Five steps to mental wellbeing

For more information and to register please contact Davendra on:
020 8969 6300 /
07535 256 047 or
davendra@dalgarnotrust.org.uk

HEALTHWORKS⁺
Love Life, Live Longer

African Women's Care

ROYAL BOROUGHS OF KENSINGTON AND CHELSEA

FREE Women's Wellbeing Workshops

When:

6th June - Setting and achieving goals
13th June - Managing stress and anxiety
20th June - Five steps to mental wellbeing

From: 11.00 - 1.00

Where: Canalside House 383 Ladbroke Grove W10 5AA

For more information and to register please contact Davendra on: 020 8969 6300 / 07535 256 047 or davendra@dalgarnotrust.org.uk

Clay & Paint Drop-In



Come and play.....

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.

Free to join and no referral or membership required.

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

From: 1.30 - 3.30pm

Dates: Alternate Sundays: June 12th & 26th, July 10th & 24th, Aug 7th & 21st

For information contact Amanda Ferozha Peer Support Worker CMHT on 0203 315 35 77 or SMART on 0207 376 4668

New Counselling Service



Women's Consortium

A brand new, low cost Counselling and Therapy service is available at Al Manaar, 244 Acklam Road, London W10 5YG on Mondays.

Call 0843 8866771 or write to info@womensconsortium.org.uk to learn more or to book a place.

Mother Tongue Counselling Service

The Mother Tongue Counselling Service is personalised to suit the linguistic and cultural needs of Farsi and Arabic communities in and around RBKC and Queens Park & Paddington, with a view to provide equitable talking therapy experience and outcome to enhance wellbeing. As a part of this service, you will also be able to participate and engage in interactive workshops around mental health awareness, guided self-help, myth-busting and wellbeing.

You can also self-refer or ask your GP to refer you to this service.

The leading priority of this service is to ensure that people's access to talking therapies is not stalled by their ethnicity, culture or faith, and to normalise the concept of mental health problems so that the communities can openly talk about it and not ignore it.

For more info, contact Muskaan: Mkhurana@wvmind.org.uk or on 02072598120/ 0771563 6625.

Mental Health Project at Al-Hasaniya Moroccan Women's Centre



The Mental Health project is funded by the Royal Borough of Kensington and Chelsea Corporate Services. The service offers individual support for Arabic-speaking women who suffer from enduring mental health problems and live in the borough.

Women experiencing mental health problems often find their difficulties impact on all aspects of their daily life. Those from Arabic-speaking communities can also find themselves very isolated, due to the stigma which still exists in these communities in regards to mental ill-health. This can make it particularly difficult for women to ask for help and access the services which can support them.

The service provides practical and emotional support for both the women and their families. A programme of advice, advocacy and referral helps the women to deal with their practical problems and access mainstream NHS services.

For more information contact: Zohra Davis on 020 8969 2292 or visit their website: www.al-hasaniya.org.uk

Healthy Lives project (London)



How do you think improvements can be made to the physical health and physical wellbeing of people diagnosed with serious (enduring) mental illnesses?

NSUN has been commissioned by the Healthy London Partnership mental health programme to create an engagement opportunity with Londoners.

This is a paid opportunity to influence guidance and best practice documentation designed to improve people's physical health.

Are you someone who has been diagnosed with a serious (enduring) mental illness, or are you a family member or unpaid carer living in London?

If you are available to attend two workshop days with health professionals on the following dates:

- Wednesday 15th June
- Wednesday 6th July

then please complete the Participant Questionnaire and the Consent Form and return them by Wednesday 1st June 2015.

Relevant information available here:

<http://www.nsun.org.uk/news/healthy-lives-project/>

If you would like more information please call Sarah 020 7820 8982 or 07778 659 390

Members Meeting



Join us for a coffee and a catch up

Find out what's going on in the Borough

Meet like-minded people

When: Thursday 23rd June

From: 2.00 – 4.00

Where: Wholefoods, 63 Kensington High Street. W8 5SE
(1st Floor Restaurant / Café)

Tea and coffee provided!

Contact Jill on 020 8964 1333 opt 8 or

jill.watson@kcmind.org.uk



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Event	Date and time	Venue
Mental Health Carers Monthly Support group	Wednesday 1 st June 1 - 3pm	Pall Mall Mental Health Centre 150 Barlby Road, W10 6BS.
Members Meeting	Thursday 23 rd June 2.00 – 4.00pm	
K&C Carers Forum (RSVP – 0800 0321089 or kandc@carersuk.org)	Thursday 14 th July 10.45 – 1.30	Committee Room 1 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:

Mind Info Line – 0300 123 3393

Mind Legal Advice Line – 0300 455 6453

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

SANELINE – National out-of-hours mental health helpline. Tel: 0845 757 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.



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