

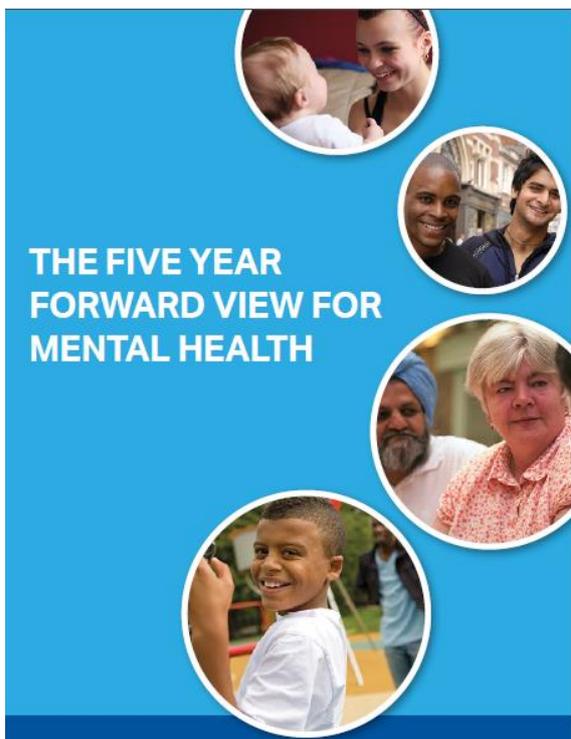
Kensington & Chelsea Mind Service User Network

Newsletter

March 2016

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

**New Report from the Mental Health
Task Force**



A report from the independent Mental Health Taskforce to the NHS in England
February 2016

See inside for more details

This month ...

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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

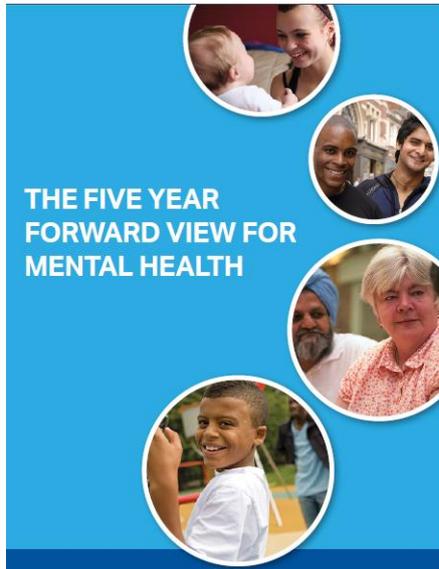
 Follow @kandcmind



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

The Five Year Forward View for Mental Health

A report from the independent Mental Health Taskforce to the NHS in England



THE FIVE YEAR
FORWARD VIEW FOR
MENTAL HEALTH

A report from the independent Mental Health Taskforce to the NHS in England
February 2016

NHS England's taskforce on mental health – independently chaired by Mind's Chief Executive Paul Farmer – has launched [its report](#), setting out a detailed five-year plan for NHS mental health services, as well as other bodies and services involved in the support of people with mental health problems.

Over 20,000 people told the Taskforce of the changes they wanted to see so that they could fulfil their life ambitions and take their places as equal citizens in our society. They told them that their priorities were **prevention, access, integration, quality and a positive experience of care**. Their voices are quoted in the report and their views are reflected in the recommendations.

1 IN 10 CHILDREN AGED 5-16 YEARS HAVE A DIAGNOSABLE MENTAL HEALTH PROBLEM



The report makes a set of recommendations for the six NHS 'arm's length bodies' to achieve the ambition of parity of esteem between mental and physical health for children, young people, adults and older people.

40 PER CENT OF OLDER PEOPLE LIVING IN CARE HOMES ARE AFFECTED BY DEPRESSION



The report also sets out recommendations where wider action is needed. Many people told them that, as well as access to good quality mental health care wherever they are seen in the NHS, their main ambition was to have a decent place to live, a job or good quality relationships in their local communities. Making this happen will require a cross-government approach.

The key recommendations from the report are:

•By 2020/21, one million extra people will be provided with support for their mental health problem.

£1 BILLION
ADDITIONAL INVESTMENT NEEDED





•People facing a crisis should have access to mental health care 24/7 – right care, right place, and right time.

•People’s mental and physical health should be treated equally – including people with severe mental health problems, women in the perinatal period, children and young people.



NINE OUT OF TEN ADULTS WITH MENTAL HEALTH PROBLEMS ARE SUPPORTED IN PRIMARY CARE

•All areas of society, such as schools, workplaces and community organisations need to contribute to the promotion of good mental health and prevention of mental health problems – in all areas of people’s lives.

"Promoting good mental health and responding to mental health problems does not start or stop at the doors of the NHS."

•Too many people from Black and Minority Ethnic communities have problems accessing good quality mental health care and have lost faith in services. The taskforce demands urgent action to ensure that everyone gets the help they need, irrespective of their background or the communities they belong to.

A 7 DAY CRISIS RESPONSE SERVICE WILL HELP SAVE LIVES 

The report includes 8 chapters covering the following areas:

1. Getting the foundations right: commissioning for prevention and quality care
2. Good quality care for all 7 days a week
3. Innovation and research to drive change now and in the future
4. Strengthening the workforce
5. A transparency and data revolution
6. Incentives, levers and payment
7. Fair regulation and inspection
8. Leadership inside the NHS, across government and in wider society

The 50 different recommendations of the report are clear, mental health care needs to be transformed. Now it’s down to the Government, NHS and other organisations to get the job done. We need you to join our calls for change, and hold those bodies to account.

You can read the report here: <https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

Old Problems, New Solutions: Improving Acute Psychiatric Care for Adults in England



The Commission recommends that:

- 1 A new waiting time pledge is included in the NHS Constitution from October 2017 of a maximum four-hour wait for admission to an acute psychiatric ward for adults or acceptance for home-based treatment following assessment.
- 2 The practice of sending acutely ill patients long distances for non-specialist treatment is phased out nationally by October 2017.
- 3 Commissioners, providers and Strategic Clinical Networks in each area together undertake a service capacity assessment and improvement programme to ensure that they have an appropriate number of beds as well as sufficient resources in their Crisis Resolution and Home Treatment teams to meet the need for rapid access to high quality care by October 2017.
- 4 Service providers, commissioners and Health and Wellbeing Boards work together to improve the way the mental health system works locally – sharing information, simplifying structures where appropriate, and finding innovative ways to share resources and deliver services.
- 5 There is better access to a mix of types of housing – and greater flexibility in its use – to provide for short-term use in crises, reduce delayed discharges from inpatient services and offer long-term

accommodation.

- 6 A single set of easy to understand and measurable quality standards for acute psychiatric wards is developed nationally with the involvement of patients and carers and widely promoted and communicated.
- 7 The growing awareness and use of quality improvement methodologies in mental health is nurtured and accelerated.
- 8 Patients and carers are enabled to play an even greater role in their own care as well as in service design, provision, monitoring and governance.
- 9 A *Patients and Carers Race Equality Standard* is piloted in mental health alongside other efforts to improve the experience of care for people from Black and Minority Ethnic communities.
- 10 The collection, quality and use of data is radically improved so it can be used to improve services and efficiency, ensure evidence-based care is delivered and improve accountability.
- 11 All mental health organisations promote leadership development and an open and compassionate culture with particular reference to better ward management, values-based recruitment, and staff training and development.
- 12 Greater financial transparency, removal of perverse incentives and the reduction of waste is coupled with investment in the priority areas identified here – acute care capacity, housing, information systems and staff – and guarantees are made about financial parity with physical health.

<http://www.caapc.info/#!/publications/cgbd>

Supporting Families Mental Health Day – NEW DATE

Supporting Families Mental Health Day

COMMUNITY CLAMPNET | NHS West London Clinical Commissioning Group

When: Wednesday 9th March 2016
From 10:00am to 3:00pm

Come along to our free Mental Health Day event where you can find out more on Mental Health issues from the experts and the services available to you

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

Join us for:

- 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: 0208-969-6300 or farhia@dalgarnotrusted.org.uk / teresa@dalgarnotrusted.org.uk

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 9th March
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:
0208-969-6300 or
farhia@dalgarnotrusted.org.uk or
teresa@dalgarnotrusted.org.uk

Men on Bikes

MEN ON BIKES

Enjoy riding bikes for all abilities

Notational talks on benefits of physical activity

FREE FOUR - WEEK CYCLING

Venue: Little Wormwood Scrubs, Dalgarno Gardens, W10 5LL

TIME: 1.45 – 3.15PM

Dates: Friday 26th February 2016
Friday 11th March 2016
Friday 18th March 2016
Friday 25th March 2016

To book onto this course you must register now as places are limited, please call Davendra at Dalgarno Trust on 0208 969 6300

When: Friday 11th March
From: 1.45 – 3.15pm
Where: Little Wormwood Scrubs, Dalgarno Gardens. W10 5LL

It's not too late to join!

Contact Davendra for more info:
davendra@dalgarnotrusted.org.uk or 0208 969 6300

Improve your body strength, balance & stretch better!

HEALTHSPOKES
Live Life, Live Longer

Al Manar Muslim Cultural Heritage Centre

IMPROVE YOUR BODY STRENGTH, BALANCE & STRETCH BETTER!

Men's walk, stretch and breathing workshop.

FREE FOR BASED 6 - MEN PHYSICAL ACTIVITY

Dates: Every Monday from 10th February to 21st March 2016

Time: 10.15 – 12.15

Venue: Al Manar, Muslim Cultural Heritage Centre
224 Acklam Road, London W10 5YG.

Light refreshments will be served.

For more information or to book your place contact Davendra on 0208 969 6300 or email davendra@dalgarnotrusted.org.uk

البرق الطيب
فرانك في السجون امر صوري وبعثي
الطريق الذي نأخذ الى الله في الحسبي الى الدنيا والاربابه من ربهنا
ان كان الله في العبادات الحسبي والاربابه
ولذلك نأخذ بناه السليم في العباده الله
البرق الطيب
15.03 - 21 March 2016
10.15 - 12.15
المكان: المنار - مركز التراث الثقافي الإسلامي
224 Acklam Road, London W10 5YG.

لجميع من المعلومات في التيسر الرجاء الاتصال بالرقم التالي

When: Every Monday until 21st March
From: 10.15 – 12.15
Where: Al Manar, Muslim Cultural Heritage Centre 224 Acklam Rd, W10 5YG

Contact Davendra – details as above

Peer Support Training Course



As part of the Peer Support Network we have set up for the Side by Side peer support project, seven trainees successfully finished the Peer Support Training course that ran for four weeks during January and February, and have been awarded their certificates.

Not only did the trainees attend every session and take away information learnt, but they all made valuable contributions to each session, which led to very rich discussions about the intricacies of peer support.

Subjects covered included different methods of peer working, using personal experience, communication and professional boundaries.

The training will run again this spring – please contact:

zoe.copeland@kcmind.org.uk for more details or to be placed on the waiting list.

Congratulations to our hard working first cohort!

Introduction to Upcycling

Spaces still available



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


Kensington
and Chelsea

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

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

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

Wendy Cope comes to CNWL



One of Britain's best loved poets, Wendy Cope, will be reading some of her work as part of World Poetry Day on Monday 21 March 2016, in an event hosted by CNWL.

The event celebrates the power of poetry and the pursuit of truth about the world and yourself. Many patients find the form helps them contain and define their feelings and has a great spiritual power; to literally raise the spirit.

Wendy's book, *Life, Love and The Archers* (Two Roads, 2014) details her inspirations and is famously funny and frank about herself. She talks about her many years of depression. She speaks of other poets and their illnesses but also her own experience of psychoanalysis (especially in the section *A Nice, Polite Patient*.)

Wendy will share some of her inspirations and some patients will read some of their work too.

When: Monday, 21 March 2016
From: 2.30 – 4.30pm
Where: Indian YMCA, 41 Fitzroy Square, London, UK W1T 6AQ

Tickets are FREE but must be booked on Eventbrite here:
<https://www.eventbrite.co.uk/e/wendy-cope-comes-to-cnwl-tickets-21203064938>

SMART Music Café in the north of the borough



SMART

Music café in the north

Tuesday 8th March

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, on Tuesday 8th March. 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.kwecinska@smartlondon.org.uk
sarah.wilson@smartlondon.org.uk

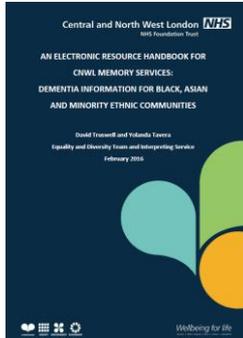
Promoting mental health through purposeful activities
SMART, The Basement, 15 Gertrude Street, London, SW10 0JN. Tel: 020 7376 4668 Fax: 020 7376 7892
Registered Charity No. 222787. Company limited by guarantee. Registered in England No. 1946616. VAT Reg No. 82089824

When: Tuesday 8th March
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.kwecinska@smartlondon.org.uk for more information

Dementia information for Black, Asian and Minority Ethnic Communities



It was recognised in a 2014 report by The All Party Parliamentary Group on Dementia that the number of people living with dementia amongst BME communities will increase seven-fold by 2051 (much higher than the proportional increase in number in the UK white majority population). However often due to lack of knowledge about dementia and stigma in BME communities it is more likely that people living with dementia from these communities do not present to Memory Clinics for diagnosis in the early stages of the illness.

This handbook is an information resource to help clinicians and support staff in CNWL Memory Clinics in signposting people from BME communities who are living with dementia and their families and carers to relevant information about dementia and community group resources in their area. It also contains information on local demographics and working with interpreters in dementia care.

<http://www.cnwl.nhs.uk/wp-content/uploads/Memory-Services-Handbook-final.pdf>

Want to make healthy changes? Free Cardiovascular Disease Prevention Service

Want to make healthy changes?



FREE

Cardiovascular Disease Prevention Service

Do you feel you could benefit from:

Weight Management Courses
Physical Activity Clubs
Cook & Eat Courses
Stop Smoking Support

You could be at risk of Cardiovascular Disease
Call us for more details **020 3434 2500**

www.healthyhearts.org.uk

Or ask your GP about our service

Healthy Hearts is provided by Thrive Tribe and commissioned by your local council



For more details call 020 3434 2500 or ask your GP about the service.

www.healthyhearts.org.uk

Opportunity to get involved with research



How is your physical health?

Miah is a student and a nursing assistant undertaking research and wants YOU to be his participant. He will go through quick and easy questionnaires based on your diet and exercise, while working out your body mass index (BMI), which will include measuring height and weight.

It will take only 15 minutes and participants will get a £10 shopping voucher as well as a healthy lifestyle top tip card to inspire you.

The study will see if there are health differences between lesbian, gay, bisexual, transgender (LGBT) service users and non-LGBT service users and all data will be kept anonymous, therefore all service users are welcome to take part and will make a valuable contribution to the study.

Overall, the study will allow you to see what stage you are health-wise. So go on and do something beneficial for both your body and your bank.

Text or call Miah on 07474 288758
or
write to AM2549@live.mdx.ac.uk

Please note he aims to respond to your text / email within 24 hours, however if for any reason he doesn't please contact him again. Thank you.

Mental health in the black & minority ethnic population



Be part of a research study exploring how mental illnesses (psychotic disorders) develop in the black ethnic groups.

- Are you aged 18 years or over?
- Do you have a diagnosis of schizophrenia or other psychotic disorders?
- Is your ethnicity black African/black Caribbean/black British?

If you answered YES to all these questions, you may be eligible to participate in a psychosis and ethnicity study.

The purpose of this research study is to try and understand why people from the black ethnic population living in these areas (Westminster and Kensington & Chelsea) are at an increased risk of developing a psychotic illness.

Participants will be reimbursed travelling expenses incurred in participating in this study.

Please call Clarence Gwashavanhu for more information on **07464456121**
c.gwashavanhu@lancaster.ac.uk

Carers Engagement and Co-production Meetings

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

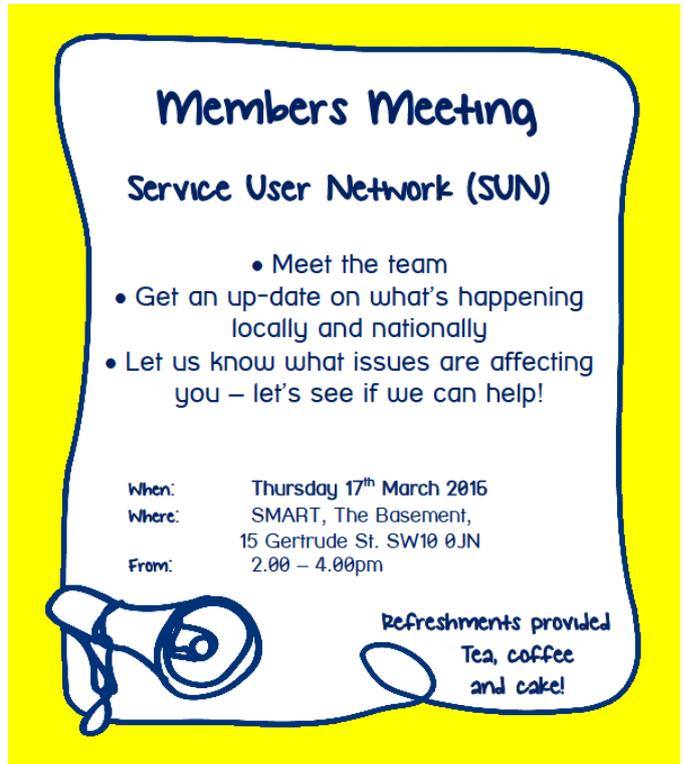
They would like to invite carers, providers and other key stakeholders to attend a series of meetings/workshops to shape the future provision of carers' services.

When: Wednesday 30 March 2016
From: 12-3pm
Where: Walford-Crofton Room,
The Freeman Suite, Kensington
Town Hall, Hornton Street,
W8 7NX

If you are interested in participating in these events or getting more involved in the process please email commissioning@rbkc.gov.uk and commissioners will get back to you or phone Camille Law on 0207 938 8551.

It is essential that anyone wishing to attend engagement and coproduction meetings confirms their attendance in order that commissioners can liaise with council officers and people planning to attend can gain access into council buildings / offices.

Members Meeting – in the South!



Members Meeting

Service User Network (SUN)

- Meet the team
- Get an up-date on what's happening locally and nationally
- Let us know what issues are affecting you – let's see if we can help!

When: Thursday 17th March 2016
Where: SMART, The Basement,
15 Gertrude St. SW10 0JN
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


for better mental health.
Kensington
and Chelsea

When: Thursday 17th March
From: 2.00 – 4.00pm
Where: SMART, The Basement
15 Gertrude St. SW10 0JN

Refreshments provided!

Join us in the South of the borough to catch up on what's going on both locally and nationally. Find out more about the services of the SUN.

For more information, please contact Jill Watson on 020 894 1333 opt 8 or email jill.watson@kcmind.org.uk

Diary dates ... page 11

Event	Date and time	Venue
Mental Health Carers monthly support group	Wednesday 2 nd March 1.00 – 3.00pm	Pall Mall Mental Health Centre 150 Barlby Road. W10 6BS.
BME Forum Quarterly Meeting	Monday 7 th March 2016 10.00 -1.00pm	Paddington Arts (Pyramid Room), 32 Woodfield Road. W9 2BE
Members Meeting	Thursday 17 th March 2.00 – 4.00pm	SMART, The Basement, 15 Gertrude St. SW10 0JN
Kensington and Chelsea Mental Health Carers Association	Thursday 17 th March 5.00 – 8.00pm	Committee Room 2, Kensington Town Hall, Horton St. 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

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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