

# Kensington & Chelsea Mind Service User Network

## Newsletter

# November 2016

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

## Members Meeting

**Service User Network  
Members Meeting**

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

**Personalisation Presentation  
from RBKC Adult Social Care**

- What is personalisation?
- How can personalisation support you?
- Up-dates on what's happening locally

Join us to find out more

**Where:** The Mind Centre, Office 10  
7 Thorpe Close, W10 6XL

**When:** Thursday 17<sup>th</sup> November 2016

**From:** 2.00 – 4.00pm

Refreshments provided!

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](http://www.kcmind.org.uk) 020 8964 1833  
opt 8. [sun@kcmind.org.uk](mailto:sun@kcmind.org.uk)



Kensington  
and Chelsea

## Personalisation

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.



For better  
mental health

Follow @kandcmind



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

## The NHS if...

# The NHS if...

'The NHS if' is a collection of essays that explores hypothetical scenarios and their impact on the future of health and care.

They have asked a small number of experts – some of them members of staff at The King's Fund and other external experts in their fields – to write short essays that consider 'what if' questions about health and care in England. They'll be publishing these essays on this website throughout 2016.

Their aim is to encourage new thinking and debate about possible future scenarios that could fundamentally change health and care. The essays cover three themes: the NHS and society; medicine, data and technology; and how the NHS works.

### The NHS and society

- [Nicholas Timmins - What if Beveridge were reporting today?](#)
- [Chris Naylor - What if the NHS were to go carbon neutral?](#)
- [Ilora Finlay - What if 'assisted dying' were legalised?](#)
- [David Oliver - What if there were community services for older people 24/7?](#)

### How the NHS works

- [John Appleby - What if people had to pay £10 to see a GP?](#)

### Medicine, data and technology

- [Ara Darzi and Oliver Keown - What if every patient were to have their genome mapped?](#)
- [Richard Smith - What if everyone over 55 was offered a pill to prevent heart attacks and strokes?](#)
- [Matthew Honeyman - What if people controlled their own health data?](#)
- [Sally Davies and Rebecca Sugden - What if antibiotics were to stop working?](#)

In each essay, the author gives their informed but personal view of a possible future. They invite you to let them know what you think and join the debate by adding your comments below the essays or by tweeting using the hashtag [#NHSif](#).

**The King's Fund** Ideas that change health care

The King's Fund is an independent charity working to improve health and care in England. They help to shape policy and practice through research and analysis; develop individuals, teams and organisations; promote understanding of the health and social care system; and bring people together to learn, share knowledge and debate. Their vision is that the best possible care is available to all.

Visit [here](#) to find out more about their work

## Policy changes to implement the NHS five year forward view: a progress report from The King's Fund



Two years on from the publication of the NHS five year forward view, The King's Fund assess how much progress has been made and what still needs to be done to align policies with the plan.

In October 2014, NHS England and other arms-length bodies published the [NHS five year forward view \(Forward View\)](#). The Forward View set out a vision of how NHS services need to change to meet the needs of the population. It argued that the NHS should place far greater emphasis on prevention, integration of services, and putting patients and communities in control of their health.

The Forward View differed from previous policy documents; instead of setting out a blueprint for the future, it outlined a number of care models that can be adapted to put in place services appropriate to the needs of local populations. The emphasis was on 'diverse solutions and local leadership, in place of further structural distraction' supported by 'meaningful local flexibility in the way payment rules, regulatory requirements and other mechanisms are

applied'.

In February 2015, The King's Fund set out [the main policy changes we thought were required](#) to make a reality of the Forward View. These included changes in how NHS services are commissioned and paid for, how NHS organisations are supported to make improvements in care, and how a transformation fund could contribute. They argued that national bodies needed to provide clear and consistent leadership on these and other issues in order to support implementation.

In the two years that have elapsed since publication of the Forward View, the NHS has been testing new models of care across the country at 50 'vanguard' sites. Local leaders have been asked to come together into 44 areas, identified as geographical 'footprints', and draw up sustainability and transformation plans (STPs) that map out how they intend to transform services in their local areas within the funding available to them. And national NHS bodies such as NHS England, NHS Improvement and the Care Quality Commission have made some changes to the regulation of the NHS to support implementation.

The report covers:

- [How services are commissioned and paid for](#)
- [How the NHS is regulated](#)
- [How improvements in care are delivered by local leaders](#)
- [How might a transformation fund contribute?](#)
- [Where next?](#)

To read the report visit [here](#).

## FREE Swimming sessions

Kensington and Chelsea Mind has teamed up with Better, who run Kensington Leisure Centre (KLC) and Chelsea Sports Centre (CSC), to provide **FREE** swimming vouchers.



Kensington Leisure Centre

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



Chelsea Sports Centre

The vouchers and monitoring forms are available from Jill Watson. Please call her on 020 8954 1333 option 8 or email her at [jill.watson@kcmind.org.uk](mailto:jill.watson@kcmind.org.uk) for more details or to arrange to pick them up.

## Men's Breathing and Stretch Class



HEALTHWORKS✓  
Love Life, Live Longer



### MEN'S BREATHING & STRETCH CLASS

**FREE Four Week Sessions for Men Only**

Improve your breathing, flexibility and stamina

Come and join our free breathing and stretch classes, specifically for men, which will begin with an interesting motivational talk on the benefits of physical activity

Dates: Monday 7<sup>th</sup> November 2016  
Monday 14<sup>th</sup> November 2016  
Monday 21<sup>st</sup> November 2016  
Monday 28<sup>th</sup> November 2016

Time: 10am – 2pm

Venue: Al-Manaar Muslim Cultural Heritage Centre  
224 Acklam Road  
W10 5YG



To take part please contact Davendra on 020 8969 6300 / 07535 256 047 or email [davendra@dalgarnotrust.org.uk](mailto:davendra@dalgarnotrust.org.uk)

**When:** Monday 7<sup>th</sup> November for 4 weeks

**From:** 10.00 – 2.00pm

**Where:** Al-Manaar Muslim Cultural Centre, 224 Acklam Rd. W10 5YG

Please contact Davendra on 020 8969 6300 / 07535 256 047 or email [davendra@dalgarnotrust.org.uk](mailto:davendra@dalgarnotrust.org.uk) for more information or to book a place.

## The Blessings of Schizophrenia and other writings



THE BLESSINGS OF  
SCHIZOPHRENIA AND  
OTHER WRITINGS  
ROSAMOND LOMAX



'The Blessings of Schizophrenia and Other Writings' is a collection which includes a memoir of the author's family, childhood and mental health history, including an account of schizophrenic breakdown and recovery.

Rosamond Lomax read English at Oxford and went on to study and teach at the University of Essex. After a break caused by illness, she worked for many years in charity administration, for projects for children with special needs, the homeless, people with mental health issues, including Kensington and Chelsea Mind, and women and children affected by domestic violence. She is now retired.

Rosamond's book is available to buy [here](#).

## Can co-production really transform UK mental health services?



Dr Sarah Carr, co-chair of NSUN Board of Trustees, invites students, alumni, academics, experts by experience and staff to this seminar, which provides an opportunity to critically examine the concept of co-production in mental health at a time when NHS England is saying that "co-production is for the whole NHS".

**When:** 21<sup>st</sup> November

**From:** 12.45 pm

(seminar to start at 1pm),

**Where:** MG26 Myddelton Street Building,  
1 Myddelton Street. EC1R 1UW

The seminar will look at the fate of several revolutionary mental health reform ideas originating with the service user and survivor movement and ask if 'transformative co-production' can be achieved in mainstream mental health services. The session will also examine evidence on what happened to user-defined empowerment, personal recovery, user participation and choice and control through direct payments once they were implemented into the mainstream. Using this evidence base, critical questions will be asked about the effects of the legacy of old institutional cultures and control mechanisms for achieving co-production in mainstream mental health services.

To register, please click [here](#)

## Call out for interest!



We are looking for people with **personal experience** of mental health difficulties to contribute to the Peer Support Network and Side by Side project in meaningful ways:



- **Peer Support Video** – talk about your experience of either giving or receiving peer support for our video, designed to spread the positive word of peer support and the difference it can make for people. Your involvement in the video doesn't have to involve your face being shown; it could just be your voice



Improving mental health through peer support



- **Stories of Peer Support** – write about your experience of peer support (or tell it to someone who can write it for you). These positive stories help people to see how peer support can change an individual's life – people understand more and are more likely to read about peer support when it's someone's story.



- **Newsletter articles** – write about peer support – this could be what it's like to be a peer worker / making the transition to becoming a peer worker / what it was like to receive peer support / why you think peer support is important / anything else you can think of!

We are keen to make these opportunities accessible for everyone, so please don't let a simple barrier stop you making contact with us.

For more information, or to ask questions about any of the above opportunities, please contact Zoe Copeland on [zoe.copeland@kcmind.org.uk](mailto:zoe.copeland@kcmind.org.uk) or 0208 964 1333 option 7

### Peer Fusion: Save the date!



Improving mental health through peer support

The exciting news we've been looking forward to unveiling... to mark the end of the 2 year project, Peer Fusion will be taking place on Monday 23rd January. We anticipate plenty of room for everyone, so put the date in your diaries now! The focus of the event will be peer support, with plenty of opportunity to network.

Peer Fusion will be open to anyone with an interest in peer support, from service users and carers, peer support workers, mental health staff, managers and organisations, and anyone else! Further details soon...

**When:** Monday 23<sup>rd</sup> January  
**From:** 9.00 – 4.00pm  
**Where:** The Tabernacle,  
34-35 Powis Square. W11 2AY

Tickets will be available at the end of November. Watch this space for further announcements!

### Members Meeting Personalisation

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**Personalisation** is a social care approach described by the Department of Health as meaning that “every person who receives support, whether provided by statutory services or funded by themselves, will have choice and control over the shape of that support in all care settings”.

Join us to meet a representative from RBKC Adult Social Care who will be giving an up-date on Personalisation. There will be an opportunity for you to ask questions at the end of the presentation.

Refreshments provided. All welcome!

Contact Jill on [jill.watson@kcmind.org.uk](mailto:jill.watson@kcmind.org.uk) or 0208 964 1333 opt 8 for more info.

## Diary dates ... page 8

Event	Date and time	Venue
Mental Health Carers Support Group	First Monday of each month 1.00 – 3.00pm	Pall Mall MH Centre 150 Barlby Rd. W10 6BS
Members Meeting	Thurs 17 <sup>th</sup> November 2.00 – 4.00pm	The Mind Centre Office 10, 7 Thorpe Close
K&C Mental Health Carers Assoc. Support group	Third Thursday of each month 6.00 – 8.00pm	Committee Room 2, Kensington Town Hall
<a href="#">‘Community Champions Conference ‘Five Ways to Wellbeing!’</a>	Thursday, 24 November 9:30am - 2:30pm	The Great Hall, Kensington Town Hall,
<a href="#">The 606 Jazz Club Fundraising Gig for SMART</a>	Tuesday, 29 November from 6:30pm ticket price: £15 in advance	The 606 Jazz Club 90 Lots Road. SW10 0QD

**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](mailto:sun@kcmind.org.uk)**

**Community Champions Conference ‘Five Ways to Wellbeing!’**

**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 767 8000**

**Shelter – Free housing advice line. Tel: 0808 800 4444**

**Friends in Need– 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](mailto:sun@kcmind.org.uk)  
Website [www.kcmind.org.uk](http://www.kcmind.org.uk)**