

Kensington & Chelsea Mind Service User Network

Newsletter

October 2016

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



**Members Meeting about the
Community Living Well service**

World Mental Health Day



**Free swimming
sessions**

See inside for more details

**Service User Network
Members Meeting**
(You don't have to be a member to attend,
just have an interest in mental health)

- Find out about the *Community Living Well* service which brings together an existing primary care mental health service with a range of new and networked services
- This is your opportunity to have your questions answered

When: Thursday 27th October 2016
Where: SMART, The Basement,
15 Gertrude St. SW10 0JN
From: 2.00 – 3.45pm

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



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

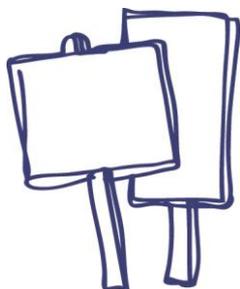
Follow @kandcmind



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Many Clinical Commissioning Groups (CCGs) are reducing their spend on mental health

New data obtained by Freedom of Information requests to Clinical Commissioning Groups (CCGs) in England show that 57% have reduced the amount they will spend on mental health during 2016/17 compared to 2015/16.



Of the 128 CCGs that responded to the requests, 73 said they planned to reduce the proportion of their budget they will spend on mental health this year, according to the figures obtained by Labour's former shadow mental health secretary Luciana Berger.

The figures also show a stark difference between the proportion of funds spent on mental health in each region, ranging from just 5% in West Hampshire to 16% in Haringey.

The Public Accounts Committee published a damning report on mental health which shed even more light on how difficult the journey ahead is going to be. It questioned how the Government could commit to improving services when the cash flow to support its ambitions is simply not being made available.

Claire Murdoch, National Mental Health Director, NHS England said: "The NHS has laid out very clear plans to help more than a million extra people and invest more than an additional £1bn by 2020/21.

"In the implementation plan published recently we set out how we would expand staff and services for a range of mental health issues to improve care for everyone."

"Our plans are fully costed and soon, as part of NHS England's commitment to transparency, we will break new ground publishing data on spending locally and patient outcomes using a new dashboard. This will support local discussion about spending, need and priority and we will work closely to support those CCGs struggling to invest appropriately or deliver on significant targets in mental health care."

Responding to this, Vicki Nash, Head of Policy and Campaigns at Mind, said: "It's not just down to the NHS. Mental health problems don't exist in isolation – they impact on, and are impacted by, many areas of our lives, including work, relationships, housing, education and finances. The care and support offered needs to incorporate physical, social and mental health needs. The Five Year Forward View for Mental Health called for a more joined up way of working and the accompanying implementation strategy outlined how NHS and other bodies will work together between now and 2021 to invest the promised £1 billion extra funding to improve mental health services."

Read the [Luciana Berger article](#) or additional information [here](#)

King's Fund Quarterly Monitoring on the NHS

54,000

additional A&E attendances compared to the same time last year

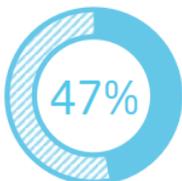
What is The King's Fund's Quarterly Monitoring Report?

Their Quarterly Monitoring Report (QMR) reveals the views of NHS trust finance directors and clinical commissioning group finance leads on the productivity challenges they face, and examines some key performance data for the NHS in England.

14,200

more emergency hospital admissions compared to the same time last year

It provides a regular update on how the NHS is coping as it grapples with the evolving reform agenda and the more significant challenge of making radical improvements in productivity.



of NHS trusts forecasting end-of-year deficits



of CCGs forecasting end-of-year deficits - twice as many as at this time last year

To read the report visit: [King's Fund](#)

New £816 million investment in health research



Department of Health

Health Secretary Jeremy Hunt has announced £58 million of funding for mental health research including funds for a new Biomedical Research Centre on mental health.

Leading NHS clinicians and universities will benefit from new world class facilities and support services built by the 5-year funding package totalling £816 million – the largest ever investment into health research.

Mental health research will see funding increase to nearly £70 million, dementia to over £45 million, deafness and hearing problems will receive over £15 million and antimicrobial resistance research rises to around £45 million.

Paul Farmer, CEO of Mind, says "This extra funding will help increase our knowledge of the causes of mental health problems, and might even lead to the discovery of new, more effective treatments, with fewer side effects. It's important that the partnerships bring together people with mental health problems, their families, professionals and researchers to prioritise those areas which will make the most difference to people's lives."

For more detailed information visit [here](#).



Adult Psychiatric Morbidity Survey

[New figures published by NHS Digital](#) (formerly the Health and Social Care Information Centre) estimate the prevalence of mental health problems across the country.



Mental health and wellbeing
in England

Sally McManus | Paul Bebbington | Rachel Jenkins | Terry Brugha

ADULT PSYCHIATRIC MORBIDITY SURVEY 2014 EXECUTIVE SUMMARY

The Adult Psychiatric Morbidity Survey is published every seven years and is based on the results of a household survey in England.

Some of the key findings from this survey are:

- One in five women (19 per cent) had reported symptoms of common mental health problems, such as depression and anxiety disorders
- One in five adults (21 per cent) reported that they had thought of taking their own life at some point
- One in four 16 to 24 year old women (26 per cent) surveyed has self-harmed, more than twice the rate in young men (10 per cent).
- One in three adults (37 per cent) with common mental health problems were accessing mental health treatment, in 2014

You can find a summary [here](#).



Use of physical restraint still widespread

[Data obtained by Norman Lamb MP and shared with the BBC](#) highlights that the use of physical restraint has increased in many mental health trusts in England.

Responding to these figures, Paul Farmer, Chief Executive of the mental health charity Mind, said:

“Physical restraint can be humiliating, terrifying, dangerous and even life-threatening. Mind has been campaigning for a reduction in how much it is used. Prone restraint, when a person is pinned face-down on the floor, can be particularly dangerous. Our 2013 research showed that some trusts used face-down physical restraint too readily in their response to managing a crisis situation. Often there are problems and practices on wards that lead to restraint, including provocation, poor communication, a lack of understanding by staff, as well as avoidable escalation of difficult situations.

“The [data Norman Lamb has obtained under the Freedom of Information \(FoI\) Act](#) shows that in many trusts, the use of restraint has increased, which is worrying but not surprising. When we collected our own data in 2013, we found lots of Trusts hadn't recorded it properly. It's vital that Trusts transparently record and publish this data, without someone having to obtain it under FoI. It takes time for changes to be delivered on the ground, but what's really important is that we keep up momentum for change and make sure every Trust is working towards ending the use of deliberate face-down restraint.



FREE Swimming sessions



RBKC works in partnership with leisure operator GLL, a charitable social enterprise, to provide a wide range of sport and leisure facilities. This partnership is committed to delivering first class facilities that reach out to all sectors of the local community. They aim to assist and encourage local people to adopt a healthier lifestyle by providing a range of sport and leisure facilities, accessible and affordable to all.

GLL have offered members of the SUN the opportunity to use the swimming facilities at either Kensington Leisure Centre (KLC) or Chelsea Sports Centre (CSC) for free.



Admission to the sessions is via a voucher and must be accompanied by a monitoring form which has to be completed and handed into to the reception at either KLC or CSC in order to access the pool.

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

In terms of your mental health:

- It can be a relaxing and meditative exercise
- It reduces stress
- The weightlessness of water can have a calming effect on the mind
- It helps provide a distraction from life to improve mindfulness
- It helps with getting a better night's sleep
- it can be quite a social sport so you could meet new friends

SWIM

This voucher admits one adult to a complimentary swim session at Kensington Leisure Centre and Chelsea Sports Centre. For centre details, please visit www.better.org.uk/kensingtonandchelsea

In partnership with



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 for more details or to arrange to pick them up.

We are limiting the vouchers to 4 per person to start with but will increase that if the demand is low.





Exploring eating disorders

Central and North West London **NHS**
NHS Foundation Trust

Join experienced clinicians Dr Matthew Pugh, Dr Amy Chisholm and Dr Caroline Salter to find out more about the symptoms and causes of eating disorders as well as the impact they have on people's health and mental wellbeing.

When: Tuesday 18 October
From: 5.15pm
Where: Bevan Room 1 and 2,
Stephenson House,
75 Hampstead Road. NW1 2PL

To book a place please contact Vimbai Lyons, Deputy Trust Secretary, on 020 7504 5561 or at: vimbai.lyons1@nhs.net. See here for more information: [CNWL](#)

Free Training about the NHS

Workshop 1 - What is the NHS and how does it work?

Workshop 2 - Getting involved with the NHS – being a patient representative

In workshop 1 you will look at the impact of politics, reducing budgets and the rising demand for health and social care.

You will specifically explore:

- Information about the health needs of your local area
- Commissioning: what this is and who does this for us
- Provider organisations, what these are and who pays for them

- Those who regulate and oversee things on our behalf such as The Care Quality Commission
- The role of Healthwatch and other ways for patients to have a voice

They will look at how each of these work together, who pays for what and how one influences another.

In Workshop 2 you will learn about the roles that are available for patients and the public to get involved and find out about specific opportunities. You will find out how you can make a difference and help services to be improved. You will look at how to be effective in the role including participating in meetings, being objective and how to influence people. You will receive a checklist and certificate of attendance at the end and the opportunity to put yourself forward to take part in NHS decision-making.

Where: Community Room 2,
Parkview Health Centre,
56 Bloemfontein Road. W12 7FG

When: Workshop 1

- Day 1: Tuesday 4th October
10.00 – 13.00
- Day 2: Tuesday 11th October
10.00 – 13.00

Workshop 2

- Day 1: Wednesday 5th October
17.00 – 20.00
- Day 2: Wednesday 12th October
17.00 – 20.00

To book a place or for more info contact Bethany.golding@nw.london.nhs.uk



Healing Voices – documentary and audience discussion



When: 18th October
From: 6:30 pm – 9:00 pm
Where: UCL Institute of Child Health
30 Guilford St. WC1N 1DP
Cost: £12 waged, £9,50 unwaged

More than just a film, **HEALING VOICES** is a movement to re-vision “mental illness” and chart a course for effective alternatives – to create compassionate communities that enable individuals to grow through their madness. **HEALING VOICES** follows three people – Oryx, Jen and Dan – as they seek to integrate extreme experiences into their lives in a meaningful way.

Answering questions from the audience is **Oryx Cohen** who features in the film and also produced it. **Dolly Sen**, who is well known in the Hearing Voices Movement and beyond as an activist voice-hearer, artist, blogger and film-maker, will be hosting the event.

For more information visit: [Mind in Camden](#) or book your ticket here: [eventbrite](#) or contact jwetherell@mindincamden.org.uk on 020 7241 8978



Bedlam: the asylum and beyond. Exhibition at the Wellcome Collection



Where: 183 Euston Road. NW1 2BE
When: 15th September – 15th January

Follow the rise and fall of the mental asylum and explore how it has shaped the complex landscape of mental health today. Reimagine the institution, informed by the experiences of the patients, doctors, artists and reformers who inhabited the asylum or created alternatives to it.

Today asylums have largely been consigned to history but mental illness is more prevalent than ever, as our culture teems with therapeutic possibilities: from prescription medications and clinical treatment to complementary medicines, online support, and spiritual and creative practices. Against this background, the exhibition interrogates the original ideal that the asylum represented – a place of refuge, sanctuary and care – and asks whether and how it could be reclaimed.

Taking Bethlem Royal Hospital as a starting point, 'Bedlam: the asylum and beyond' juxtaposes historical material and medical records with individual testimonies and works by various artists whose works reflect or reimagine the institution, as both a physical and a virtual space. For more information visit: [Wellcome Collection](#)

CNWL Carer's Conference



Come to the first Caring Together conference organised by CNWL NHS Foundation Trust's Carers Council.

When: Friday 21st October
From: 10am-4pm
Where: Friends House, Euston Rd, London NW1 (opposite Euston Station)

Professor Dorothy Griffiths, Chair of CNWL NHS Foundation Trust, will open the conference and they have a range of speakers and workshops looking at the challenges our carers face and successful ways to support and work together with carers.

Their marketplace will showcase good practice from across the Trust and beyond.

Come along to:

- Learn about good practice and exciting and successful initiatives taking place
- Identify and commit to practical actions which will help address the issues raised through the conference.
- Enjoy lunch, relaxation and an opportunity to network

To register or for more information please contact Asema on **020 7504 5571** or asema.anwar@nhs.net

UFM celebrates its 20th Anniversary




users at the heart of service evaluation

20TH ANNIVERSARY CELEBRATION

User focused evaluations of mental health services in Westminster and Kensington and Chelsea

5th October

★ Presentations ★ Live band ★ Food ★

When: 4:30pm-7:30pm

Where: Pyramid Room
Paddington Arts
32 Woodfield Road
London W9 2BE

Speakers:

- ❖ Professor Diana Rose - founder
- ❖ Janice Woodruff
- ❖ Peter Campbell - poet and writer
- ❖ UFM team

Programme:

- 4:30 Presentations and celebration cake
- 5:30 Music and food*
- 6:00 Poetry reading with Peter Campbell
- 6:30 Music
- 7:15 Closing comments

* Band and food provided by SMART

The Advocacy Project

RSVP by registering on Eventbrite [here](#):
Or email Katja Huijbers for more information on:
katja@advocacyproject.org.uk

When: Wednesday 5th October
From: 4.30 – 7.30pm
Where: Pyramid Room, Paddington Arts
32 Woodfield Rd. W9 2BE

The User Focused Monitoring team has evaluated many different services and sought thousands of people's views and opinions over the past 20 years. It is time to celebrate the hard work of their members and reflect on their journey so far. They would not have been able to do the work without so many people's commitment to their aims and they want to thank you for your ongoing support.

Join them to hear more about their work

RSVP by registering on [Eventbrite](#) or email Katja Huijbers on katja@advocacyproject.org.uk for more information.

Emotional Wellbeing for 50+ Arabic speaking women



Are you a 50+ Arabic speaking woman?
Want to age more positively?

Emotional Wellbeing for 50 +

Join us for an afternoon to talk about how our experiences later in life influence the way we think, feel or behave and discuss the various ways which can make us feel satisfied, purposeful & more in control!

Thursday, 27th October
1:30 pm - 3:00 pm
WECH Community Centre, Chantry Close,
Elgin Estate, Elgin Avenue, W9 3RS
Light refreshments will be provided!

Places are limited!
Register at [07715636626](tel:07715636626) or with CHoggan@openage.org.uk

Interpretation in Arabic available.



When: Thursday 27th October
From: 1.30 – 3.00pm
Where: WECH Community Centre,
Chantry Cose, Elgin Estate,
Elgin Ave. W9 3RS

Register on 07715636626 or with
CHoggan@openage.org.uk



Peerfest 2016 – A celebration of Peer Support

peerfest 2016

When: Thursday 13th October
From: 11.45am – 10.00pm
Where: Rich Mix, 35-47 Bethnal Green Road. Shoreditch E1 6LA

Peerfest is an annual celebration of Peer Support practice across England and Wales. The event is an opportunity to network, share ideas, take part in workshops and debate current issues in peer support. A partnership team of local and national organisations working in mental health peer support help to bring about Peerfest, supported by Mind.

Peerfests have been celebrating the diversity of peer support in all its approaches, shapes and sizes since 2013.

The programme includes presentations and workshops, early evening meal with entertainment and an after party showcasing poetry, Hip Hop Lounge, Open Mic, Drama Performances and more.

For more information visit: [Peerfest2016](#)

Please note that although this event is free, you need to book tickets here: [PeerfestTickets](#)

Experience of being detained under section 136 and / or experience of attending A&E?



NSUN would like to hear your views, for an independent study commissioned by NHS England, if you have ever been detained under section 136 or if you have experience of attending A&E in a crisis.

This research forms part of an on-going review of services for people who access mental health services in London.

Interviews, which can be held in person or over the telephone, will last approximately 30-45 minutes and all your comments will be treated in the strictest confidence.

Refreshments and travel expenses will be provided. There is a payment of £30 to all participants.

If you are interested in sharing your experiences for this research study, please do not hesitate to get in touch Telephone: 020 7820 8982 or Email: sarah.yiannoullou@nsun.org.uk



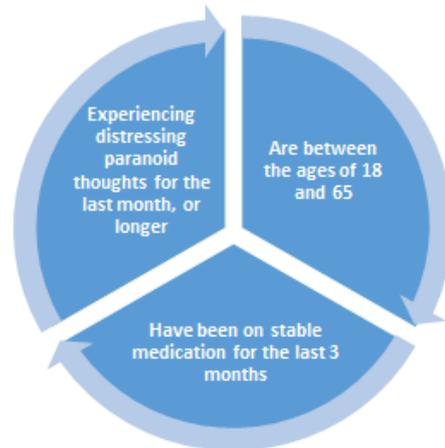
Research opportunity



LOOKING FOR VOLUNTEERS WHO EXPERIENCE PARANOID THOUGHTS...

NHS ethics approval reference: 16/LO/0071

Do the following criteria apply to you?



If you meet the criteria and would like to know more, please contact us! If you then decide to participate we will ask you a few questions to confirm your eligibility.

We will reimburse you £10 per visit (£60 in total) and travel expenses. A further £30 when you complete the last follow up.

For more information please contact Dr Antonella Trotta:

Phone: 020 7848 0659/ 07895 080021 Email: antonella-cbmpa@kcl.ac.uk

Website: <http://bryonycrane.wix.com/cbm-pa>



This study will examine whether a new approach called 'Cognitive Bias Modification for paranoia' (CBM-pa) helps people who feel they experience paranoid thoughts. CBM-pa encourages people to develop alternative ways of interpreting difficult thoughts and situations. There are no right and wrong answers in the CBM approach.

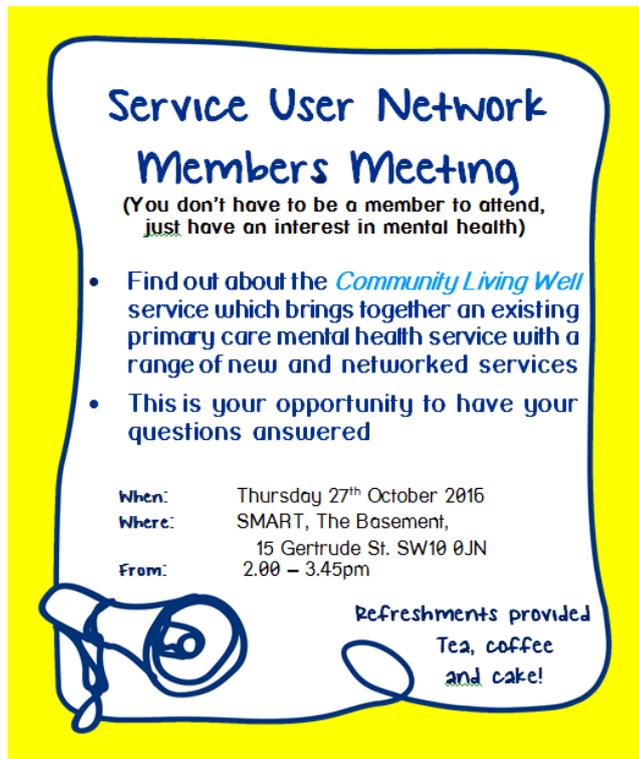
For more information see [here](#) or contact Dr Antonella Trotta

Phone: 020 7848 0659 or 07895 080021

Email: antonella-cbmpa@kcl.ac.uk

Members Meeting – Community Living Well service

Fiona Sutcliffe from West London CCG will be joining us to explain the new mental health service for people who receive their care from Primary Care (via their GP)



**Service User Network
Members Meeting**
(You don't have to be a member to attend,
just have an interest in mental health)

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When: Thursday 27th October
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Where: SMART, The Basement,
15 Gertrude St. SW10 0JN

Come and experience SMART's amazing cakes!.

Call Jill on 0208 964 1333 opt 8 for more information.

Changes to the way we send out this newsletter



Many thanks to those who contacted me to sign up for the newsletter email list. This edition will be the last one posted out unless I hear from you.

The newsletter will continue to be published on our website www.kcmind.org.uk and printed copies will be available for collection from Office 1, 7 Thorpe Close, W10 5XL together with Pall Mall and Nightingale Place.

From now until November, we are asking that you forward details of your name and email address to jill.watson@kcmind.org.uk so that you can continue to receive the newsletter.



If you are unable to receive the newsletter by email then please let me know on 020 8964 1333 opt 8 and I will arrange an alternative with you.

Diary dates ... page 12

Event	Date and time	Venue
K&C Mental Health Carers Assoc. Support group	Third Thursday of each month 5 - 8pm	Committee Room 2, Kensington Town Hall
Mental Health Carers Support Group	First Monday of each month 1 - 3pm	Pall Mall MH Centre 150 Barlby Rd. W10 6BS
Members Meeting	Thurs 27 th October 2.00 - 3.45pm	SMART, The Basement, 15 Gertrude St. SW10 0JN
Health Fair 2016 - an event for older people	Friday, 7 October 12:00pm to 4:00pm	Small Hall Kensington Town Hall
Health & Wellbeing VOF	Tuesday 18 th October 10.00 - 12.30pm	Committee Room 2 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 465 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. <http://www.kcmind.org.uk/social-support-friends-in-need.asp#.V-0m-14VD5o>

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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Website www.kcmind.org.uk