

Kensington & Chelsea Mind Service User Network

Newsletter

May 2016

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

Mental Health Awareness Week



15 – 22 May

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

Mental health and criminal justice

Key themes: mental health & criminal justice

Commissioning
CCGs need to take the lead role in **commissioning** health services for people leaving custody.

Transfer
from prison to secure psychiatric care needs to happen faster.

Release from prison
should be treated as a 'time of crisis', and proper 'through the gate' support should be offered.

Training
Government departments need to ensure that professionals in the criminal justice system receive **mandatory mental health awareness training**.

Reports
Court psychiatric reports should be provided by psychiatrists who work with offenders, understand the court system and work locally.

Prisons
All prisons should work towards achieving the Royal College of Psychiatrists' **Enabling Environments** standards.

Probation providers
should have access to mental health support (such as consultation surgeries).

Framework
A **national framework** is needed to set standards for prison mental health care.

Centre for Mental Health 

From the report *Mental health and criminal justice* available from: www.centreformentalhealth.org.uk/mh-criminal-justice

With extremely high rates of mental ill-health among the prison population, Mental health and criminal justice draws on experiences from across England and Wales to determine the way forward for improvement.

Commissioned by the Department of Health and the Ministry of Justice, the Centre's Dr Graham Durcan identified key areas for improvement across the criminal justice system. Consultations were held across England and Wales to review the experiences of over 200 people with personal or professional knowledge of the interfaces between the criminal justice system and mental health services.

The report finds that few of the prisons represented at the events were able to offer psychological therapies, and that primary mental health care remains the weakest element of mental health support in prisons. For many people, leaving prison is a time of crisis. Many have nowhere to live and no source of income. The report calls for a new 'concordat' between different government agencies to join together better to help people through this difficult time.

In addition, participants felt there was a need for:

- Robust screening and assessment processes for a range of vulnerabilities in all justice settings;
- Wider availability of support and care for people's vulnerabilities regardless of setting;
- Providing pragmatic and practical support (e.g. with housing and debt) at critical periods (e.g. on release from prison);
- Adopting a psychological and trauma focused approach across all justice services and providing training in these for all who work in them;
- Increasing access in both the community and custodial settings to psychological interventions that are adapted to reflect complex and multiple needs;
- Increasing the use of mentors and peers, and the voice of service users in the planning and provision of services.

Read the report here:

<http://www.centreformentalhealth.org.uk/mh-criminal-justice>

Priorities for mental health: Economic report for the NHS England Mental Health Taskforce

Priorities for mental health was commissioned by the NHS England Mental Health Taskforce to provide economic evidence to inform its deliberations.

Following the Taskforce report's publication, Priorities for mental health sets out nine areas for service improvement where there is good evidence of cost-effective interventions that are not currently available widely. The analysis provided key evidence to the mental health taskforce and the investments recommended in its final report, which NHS England has supported.

The priority areas cover prevention and early intervention; better mental health care for people with physical health problems; and improved support for people with severe mental illness.

The nine priorities for investment identified in the report are:

- Identification and treatment of anxiety and depression for women during pregnancy and after childbirth
- Treatment of conduct disorder in young children
- Early intervention services for first episode psychosis
- Liaison psychiatry services in acute hospitals
- Integrated care for people with long-term physical and mental health conditions



- Improved management of medically unexplained symptoms and related complex needs
- Supported employment services for people with severe mental illness
- Community-based alternatives to acute inpatient care for people in a crisis
- Interventions to improve the physical health of people with severe mental illness, especially smoking cessation.

All of these interventions have strong evidence that they improve outcomes and at the very least generate savings that cover their costs to the NHS. Treating women with perinatal anxiety and depression, for example, reduces health service use by both mothers and children. Liaison psychiatry services in acute hospitals create savings of at least £2.50 for every pound they cost. And doubling the number of people offered effective employment support would cost £54 million but generate savings to health services of £100 million within 18 months

Read the report here:

<http://www.centreformentalhealth.org.uk/priorities-for-mental-health-economic-report>

Mental Health Awareness Week



Since the Mental Health Foundations' first Mental Health Awareness Week in 2000 they have helped generate public debates around how anxiety, sleep deprivation and exercise can impact our mental health. In 2016 they are talking about relationships.

They believe we urgently need a greater focus on the quality of our relationships. We need to understand just how fundamental relationships are to our health and wellbeing. We cannot flourish as individuals and communities without them. In fact, they are as vital as better-established lifestyle factors, such as eating well, exercising more and stopping smoking.

MHF are lobbying national governments, public bodies and employers to promote good relationships and to tackle the barriers to forming them, including mounting pressures on work-life balance and the impact of bullying and unhealthy relationships.

But they have a challenge for the public too. They are asking everyone to go the extra mile in prioritising their relationships.

They are calling on people to make a *relationship resolution*: to assess how much time we actively commit to building and maintaining good relationships, and to ask whether we can invest more in being present with and listening to friends, family and colleagues.

MENTAL HEALTH AWARENESS WEEK
16-22 May 2016: Relationships

Mental Health
Foundation

Relationships matter.

Good relationships help us live longer and happier lives with fewer physical and mental health problems.

Investing in your relationships is as important as healthy eating, exercising and not smoking.

Text 'TIPS' to 70300 to join in our daily relationships challenge

During the week we will be sending out daily tips as well as steps we can all take to improve our relationships. Although the texts are free to receive, you will be charged your standard network rate when you text 70300. By texting this number you consent to us keeping you up to date on how you can donate to us, and how you can get involved in our activities including fundraising, unless you tell us otherwise by emailing supporter@mentalhealth.org.uk. You can stop communication at any time by texting TIPS NO INFO to 70030. Terms: mentalhealth.org.uk/privacy-policy

Share your story

If you have a personal story about how relationships have been a source of strength in your life and would like to share it with us, please send through 400 words to stories@mentalhealth.org.uk.

For more information visit:
<https://www.mentalhealth.org.uk/>

Hestia's Borough Wide Event



When: Wednesday 18th May
From: 10.00 – 4.00
Where: Essex Unitarian Church,
112 Palace Gardens Terrace,
Notting Hill. W8 4RT.

This year's theme: **It's all about you!**

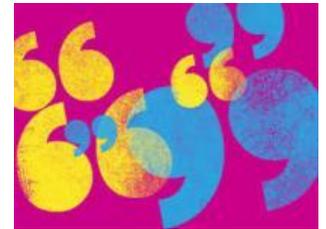
Workshops including 'Healthier Homes' and 'Stress Relief'.

General up-dates on what's happening in the borough.

Entertainment including a Singer, Pianist and Open Mic

Plus free lunch and good company!

Caretaking in the community? The mental health debate



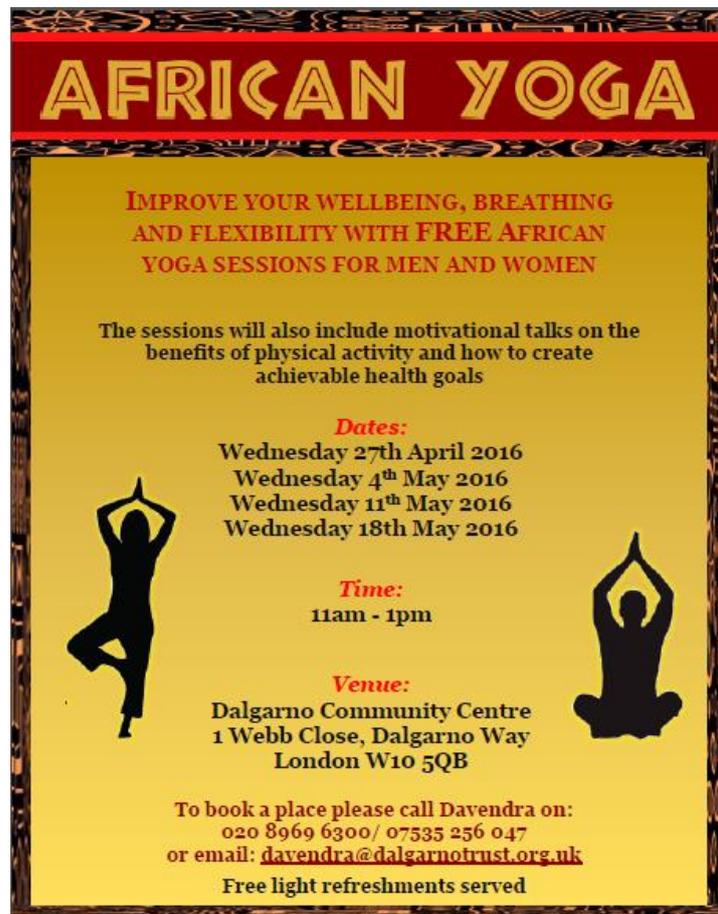
Are we failing those suffering from mental ill health in the UK? It is estimated that around three-quarters of people with mental health problems in the UK receive no care at all. While the government has committed to a £1 billion spend by 2020, is this enough, or does something more fundamental need to change in our attitude, and soon?

On the panel will be **Luciana Berger MP**, the first-ever Shadow Minister for Mental Health, **Paul Farmer** CEO of Mind and Chair of the NHS's Five Year Forward View Taskforce for Mental Health, **Alice Evans**, a contemporary artist and service-user of 18 years and **Peter Beresford**, a long-term user of mental health services and current Professor of Citizen Participation at the University of Essex. The debate will be chaired by **Professor Sir Simon Wessely**, President of the Royal College of Psychiatrists.

When: Tuesday 3 May 2016,
From: 5.45 – 6.45
Where: The Old Vic Auditorium
Cost: £6

For more info or to book tickets visit:
<http://www.oldvictheatre.com/old-vic-voices-off/caretaking-in-the-community/>

African Yoga



AFRICAN YOGA

IMPROVE YOUR WELLBEING, BREATHING AND FLEXIBILITY WITH FREE AFRICAN YOGA SESSIONS FOR MEN AND WOMEN

The sessions will also include motivational talks on the benefits of physical activity and how to create achievable health goals

Dates:
Wednesday 27th April 2016
Wednesday 4th May 2016
Wednesday 11th May 2016
Wednesday 18th May 2016

Time:
11am - 1pm

Venue:
Dalgarno Community Centre
1 Webb Close, Dalgarno Way
London W10 5QB

To book a place please call Davendra on:
020 8969 6300 / 07535 256 047
or email: davendra@dalgarnotruster.org.uk

Free light refreshments served

HEALTHWORKS
Love Life, Live Longer



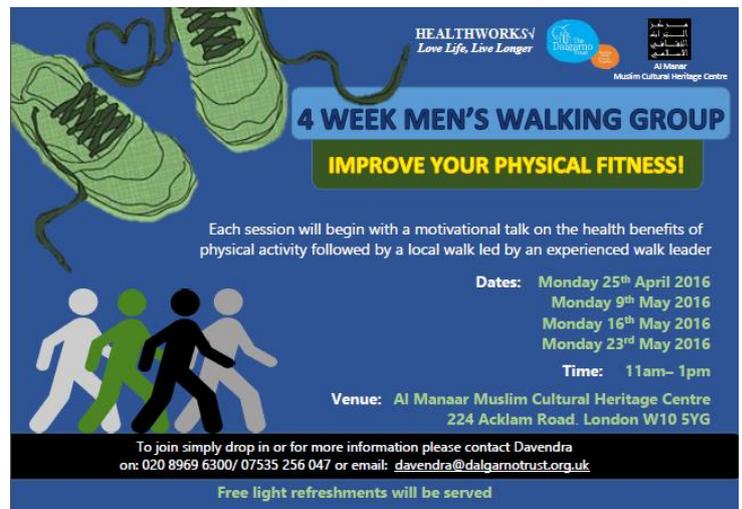
Improve your wellbeing, breathing and flexibility with free African yoga sessions for men and women

The sessions will also include motivational talks on the benefits of physical activity and how to create achievable health goals

When: Wednesday 4th May
From: 11.00 – 1.00
Where: Dalgarno Community Centre
1 Webb Close, Dalgarno Way
W10 5QB

To book a place please call Davendra on:
020 8969 6300/ 07535 256 047 or email:
davendra@dalgarnotruster.org.uk

Men's Walking group



HEALTHWORKS
Love Life, Live Longer

City of Dalgarno
Al Manaar Muslim Cultural Heritage Centre

4 WEEK MEN'S WALKING GROUP

IMPROVE YOUR PHYSICAL FITNESS!

Each session will begin with a motivational talk on the health benefits of physical activity followed by a local walk led by an experienced walk leader

Dates: Monday 25th April 2016
Monday 9th May 2016
Monday 16th May 2016
Monday 23rd May 2016

Time: 11am – 1pm

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

To join simply drop in or for more information please contact Davendra on: 020 8969 6300/ 07535 256 047 or email: davendra@dalgarnotruster.org.uk

Free light refreshments will be served

Improve your physical fitness!

Each session will begin with a motivational talk on the health benefits of physical activity followed by a local walk led by an experienced walk leader.

When: Monday 9th May – 23rd May
From: 11.00 – 1.00
Where: Al Manaar, 224 Acklam Road
W10 5YG

For more information please contact Davendra on: 020 8969 6300 or 07535 256 047 or email:
davendra@dalgarnotruster.org.uk

SMART Music Café in the north



SMART Music café in the north
Tuesday 3rd May
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 3rd May. 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.kwiecinska@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 7692
Registered Charity No. 222757. Company limited by guarantee. Registered in England No. 1948818. VAT Reg No. 82205024

Come and jam (bring your instrument if you want!), sing or just listen and enjoy delicious cake, coffee and snacks.

An informal drop in focused on making music and good company!

Everyone welcome

When: Tuesday 3rd May
From: 4.30 – 6.00pm
Where: Venture Centre,
103A Wornington Rd. W10 5YB

Everyone welcome and it's FREE!

Contact Kinga on 020 7376 4668 or kinga.kwiecinska@smartlondon.org.uk for more information.

Piecing it Together



'Piecing it Together' is an exhibition of collages and photo-text books made by service users at North and South Camden NHS Foundation Trust Acute Day Units, which promote recovery for people who have experienced a recent deterioration in their mental health.

The exhibition is facilitated and curated by Artist, Alexa Wright.

When: 2nd May - 4th July, 2016,
From: 9am to 6pm, Monday to Friday
Where: The Conference Centre,
St Pancras Hospital,
4 St Pancras Way. NW1 0PE

Symposium and artist's talk:
Thursday 16th June, 5.30pm-7.30pm

**This event is selected as part of
Creativity and Wellbeing Week, 2016**

Further info: Arts Project Curator and Manager, Peter Herbert: 020 7915 8416, pbherbert@gmail.com

Event web address:
<http://piecingittogether.org>

Finding help for a mental health problem when you're LGBTQ+



Your experience of accessing talking therapies in England and Wales

Independent studies have consistently shown more than 40 per cent of LGBTQ+ people will experience a significant mental health problem in their lifetime, compared to around 25 per cent of the whole population. On top of this, LGBTQ+ people are 4 times more likely to have suicidal thoughts and to self-harm compared to straight people.

These findings are unsurprising. LGBTQ+ people are at greater risk of encountering bullying, fear of rejection, isolation, loneliness and money problems as well as additional stigma and discrimination.

Accessing the right type of support for a mental health problem can be complicated for LGBTQ+ people, whose needs are too often not understood. Mind wants to find out from people who identify as LGBTQ+ what they've experienced when trying to access **talking therapies** – what barriers they've faced and the quality of help they received.

We're conducting this survey so that we can:

- form a picture of how talking therapy services in England and Wales accommodate the needs of LGBTQ+ people
- raise greater awareness of mental health issues affecting LGBTQ+ people and help build better understanding within LGBTQ+ communities
- develop materials for the LGBTQ+ community to use to campaign for better mental health services.

There are twenty questions in the survey and it takes about 10 to 15 minutes to complete. We'll be keeping the survey open until 12.00pm, 1 June 2015.

Please use the following link to complete the survey:

https://www.surveymonkey.co.uk/r/mindsurvey_lgbtorgs

Members Meeting



Join us for a coffee and a catch up

When: Thursday 19th May

From: 2.00 – 4.00

Where: Caffè Nero

120-122 Ladbrooke Grove

Tea, coffee and cakes provided!

Contact Jill on 020 8954 1333 opt 8 or jill.watson@kcmind.org.uk

Joint call for examples of social innovation



Social Care Strategic Network (SCSN) and the National Survivor User network (NSUN) are looking for practical examples of where people using services have been involved in the co-production of innovative social approaches to mental health from across the country, and gather information on what has been achieved.

An event will follow **SAVE THE DATE** 15th June in London.

Please contact NSUN info@nsun.org.uk for more information.

London Care and Support Spring Conference

LCAS invite you to a **FREE** event in co-operation with the shared services of the Tri-borough Adult Social Care Team - supporting service users, commissioners and providers to co-produce quality (or sustainable) care.

When: Wednesday, 11 May

From: 10.00 – 4.30

Where: Hammersmith Town Hall,
King Street. W6 9JU

To book a place contact:
peter@lcasform.org or telephone
01932355598 or 07956878901

Share your experiences



Do you get help from health professionals for feeling anxious, feeling stressed or feeling low? The Care Quality Commission (CQC) wants to hear about your experiences of health and social care for a public awareness campaign they'll be running this summer.

Specifically, the CQC are looking for men and women who are happy to be case studies for their campaign.

They will ask the case studies to take part in some or all of the following activity:

- Speak to a member of CQC staff about your experiences of care;
- Take part in a video where they talk about their experiences of care - whether positive or negative;
- Speak to media about their experiences of care.

If you are happy to talk to CQC about your experiences of care, please send an email to yourstories@cqc.org.uk leaving a short description of your experience. Someone from CQC will then be in touch with you to discuss next steps.

Diary dates ... page 10

Event	Date and time	Venue
K&C Mental Health Carers Assoc. Support group	Thursday 5 th May 1 - 3pm	Pall Mall Mental Health Centre 150 Barlby Road, W10 6BS.
BME Health Forum The theme: Domestic Abuse.	Wednesday 25 th May 10am - 1.00pm	Greenside Community Centre, 24 Lilestone Street NW8 8SR
Members Meeting	Thursday 19 th May 2.00 – 4.00pm	Caffe Nero 120 Ladbroke Grove

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 767 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.



For better
mental health

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