

Kensington & Chelsea Mind Service User Network

Newsletter

December 2017

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

**Season's Greetings
to all our readers!**



**Festive designs from
the Meanwhile Wildlife Garden**

This month ...

News & Views, page 2 - 3

Mental Health Promotion, page 4 - 6

Service User Involvement page 7

Diary dates, page 8

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 @kandemind



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Patient Survey of Community Mental Health by the CQC

The Care Quality Commission (CQC) have recently revealed the findings of their annual Community Mental Health Survey.

Despite some small improvements, the report shows that many people with mental health problems aren't getting the support that they need.

Almost a third of people (29%) of people with experience of crisis care services said that they did not know who to contact in the event of a mental health emergency. The survey also shows significant inconsistency between people's experiences of crisis care.

In spite of recent commitments to improve mental health care, a quarter of respondents to the survey said that they had not seen someone from NHS mental health services often enough for their needs. This figure has risen steadily from 21% in 2014.

Vicki Nash, Head of Policy and Campaigns at Mind, said: "These findings again highlight the importance of investment in mental health services. It's essential that the £1bn promised by 2020-2021 as part of the NHS and Government's five-year plan for mental health services reaches the front line, to bring them up to a basic standard. After sustained underfunding, this £1bn is only the beginning – it will take decades of continued investment to ensure that

everyone with a mental health problem gets the care they need, when they need it."

The CQC received responses from 12,139 people of whom 201 received community mental health services from CNWL.

| Patient survey | Patient response (1) | Compared with other trusts (2) |
|--------------------------------------|-------------------------|-----------------------------------|
| + Health and social care workers | 7.5/10 | About the same |
| + Organising care | 8.4/10 | About the same |
| + Planning care | 7.1/10 | About the same |
| + Reviewing Care | 7.3/10 | About the same |
| + Changes in who people see | 6.3/10 | About the same |
| + Crisis care | 6.1/10 | About the same |
| + Treatments | 7.4/10 | About the same |
| + Support and wellbeing | 4.9/10 | About the same |
| + Overall views of care and services | 6.9/10 | About the same |
| + Overall experience | 6.6/10 | About the same |

You can read the report [here](#).

Improving Lives: The Future of Work, Health and Disability



This document sets out actions focused on:

- a **sustainable welfare** and employment support system that operates in tandem with the health system and as part of strong wider local partnerships to move people into work when they are ready;
- every **employer**, and the crucial role played by managers and supervisors within the workplace
- from recruitment and retention through to managing employee ill-health;
- in creating healthy and inclusive workplaces where all can thrive and progress; and
- in creating opportunities for people who need a more flexible approach;
- health services
- with healthcare professionals ready to talk about health barriers to work;
- timely access to appropriate treatments;
- effective occupational health services, within but also beyond the NHS, giving access for everyone including small businesses and the self-employed; and
- with a focus on prevention and early intervention.

The Government is laying the foundations for a ten-year programme of change. You can read the document [here](#).

Improving Understanding of Service User Involvement and Identity



This report aims to improve understanding of good and bad experiences of service user involvement in the commissioning, design, delivery and evaluation of public sector services and the challenges faced by service users in negotiating their dual role of both being a service user representative and recipients of services. This report will be of interest to Disabled people who are service users and for people who design, manage and evaluate services in the public sector.

This was a user-led piece of research designed and carried out by Disabled researchers. It arose directly out of a Disabled person's own concern and was undertaken by a Disabled People's Organisation.

Shaping Our Lives have produced the following 3 reports:

- Service User Identity Research Findings
- Service User Identity Service Providers and Practitioners Guide
- Service User Identity Service Users Guide

You can read the reports [here](#).

Portobello Winter Festival

Christmas with a Portobello twist. The second annual Portobello Winter Festival combines Christmas festivities with the unique atmosphere of Portobello Road.

Acklam Village will be rocking from 5pm on Friday 8 December with FREE, live, local music and FREE activities for kids.

PORTOBELLO WINTER FESTIVAL
COMMUNITY LAUNCH PARTY
 FRIDAY 8 DECEMBER, 5PM
 BAY 58 ACKLAM VILLAGE
 (5PM - 11PM)

| | |
|----------|------------------------------------|
| 5.00 PM | DJ - Portobello Radio + Speeches |
| 7.00 PM | Nucleo Project Orchestra |
| 7.30 PM | Natalie Garcia Urbano |
| 7.45 PM | DJs Portobello Radio |
| 8.00 PM | Portobello Live ! Choir |
| 8.15 PM | DJ - Portobello Radio |
| 8.30 PM | Loretta Heywood + Five Shades Band |
| 9.00 PM | DJ - Portobello Radio |
| 9.30 PM | Asheber and The Afrikan Revolution |
| 10.00 PM | DJ - Don Letts (The Rebel Dread) |

Unique shopping opportunities and fun activities are on offer to find that ideal Christmas present or to entertain the kids including:

- A 'Made in London' market in Tavistock Square
- A Winter Moorish Bazaar, hosted by Moorish Global Enterprises, including a variety of stalls including arts & crafts/ fashion & accessories, crystals, knowledge books, natural skincare products, alternative health & wellbeing goods
- A 'Hamper and Stockings' market on Sunday, where you can stock up on all your favourite and finest Christmas hamper treats

- Acklam Village Market presents TALES OF THE UNEXPECTED! An alternative Christmas Market! Expect less elves and more winter wizards. Father Christmas will be there, and a visit from the yeti!!
- Santa's grotto designed and managed by West London youth organisation EPIC CIC, with festive treats and live performances.
- Festive performances with a Portobello twist on 2 stages all day long (see performance schedule below)

PORTOBELLO WINTER FESTIVAL
 9 & 10 DECEMBER 2017

| SATURDAY 9TH | | SUNDAY 10TH | |
|---|-----------------------------|---|---|
| PORTOBELLO MARKET STAGE (11AM - 5PM) | | PORTOBELLO MARKET STAGE (11AM - 5PM) | |
| 11.00 AM | Vanta Blue (Rhythm Studio) | 11.00 AM | Lola Aviva |
| 12.00 PM | Stepbrother (Rhythm Studio) | 12.00 PM | Tiarnan Morrisson (Rhythm Studio) |
| 1.00 PM | Lenea Herew | 1.00 PM | Severin Prince M'Poutou (Congoese refugee drummers) |
| 2.00 PM | Lily Bud | 2.00 PM | 1 Up 2 Down (Rhythm Studio) |
| 3.00 PM | Luna Child (Leah Weller) | 3.00 PM | Ebony Steel Band |
| 4.00 PM | Mangrove Steel Band | 4.00 PM | Berber Diffusion |
| BAY 58 ACKLAM VILLAGE (12PM - 11PM) | | BAY 58 ACKLAM VILLAGE (11AM - 9PM) | |
| 12.00 PM | Leena Ojala | 12.00 PM | Tiarnan Morrisson |
| 1.00 PM | Dusty Wagons | 1.00 PM | Stepbrother |
| 2.00 PM | Mica Jane | 1.45 PM | Lola Aviva |
| 3.00 PM | Tom Browne Band | 2.30 PM | Melvin Ashong |
| 4.00 PM | Zola Marcelle | 3.30 PM | Severin Prince M'Poutou (Congoese refugee drummers) |
| 5.00 PM | Hudsy | 4.30 PM | 1 Up 2 Down (Rhythm Studio) |
| 7.00 PM | Stepbrother | 5.30 PM | Ted Key and the Kingstons |
| 7.45 PM | Lenea Herew | 6.30 PM | Soca Divettes |
| 8.15 PM | Lily Bud | 7.30 PM | Elisha Blue |
| 9.00 PM | Whalls | 8.00 PM | DJs Portobello Radio |
| 9.30 PM | DJ Arron Jones | | |

Visit [here](#) for more information.

Cold Weather Advice



Severe cold snaps can have dramatic effects on everyday life, especially for those people who are already vulnerable as a result of their age, illness or disability. The Met Office provides weather forecasts on radio and TV, and tuning in to these bulletins regularly helps keep up to date with the weather. Severe weather warnings are issued on the Met Office website: www.metoffice.gov.uk or you can ring the Customer Centre on 0870 900 0100. The centre is open 24 hours a day, 7 days a week to provide you with accurate and timely weather information to stay a step ahead of the weather.

Follow these tips to keep you, your family and those around you warm and well in extremely cold weather:

- Draw your curtains at dusk and keep your doors closed to block out draughts.
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.
- Wear several light layers of warm clothes (rather than one chunky layer).
- Keep as active in your home as possible.

Find more information [here](#).

SMART's Christmas lunch

 SMART



**Christmas Day Lunch
tickets on sale now!!!**

Christmas Dinner £6 per person

Turkey or vegetarian options with all the trimmings

Booking **essential** – see Jane, Jose or Kinga or call 0207 376 4668 to take one of the last few places.

Transport available for those beyond walking distance.

Bikeminded Christmas Cycle Ride



Christmas Cycle Ride

Saturday 9 December 2017

11am – 2pm



Join Father Christmas and his helper Myrtle for a very special ride through North Kensington's most famous sights before ending at the Winter Festival.

Meeting point: Westway Sports Centre, 1 Crowthorpe Rd, W10 6RP

Starting time: 11am

Leisurely pace

Age 14+

Tickets are £5 and include a mince pie or brownie and a cup of tea!

Tickets must be purchased in advance.

For more info and to book tickets, search 'Bikeminded Christmas Cycle Ride' at www.eventbrite.co.uk or email cycling@rbkc.gov.uk

Mental Health Promotion ...page 6

Exhale and Exchange workshop

Imperial College
London

Royal Brompton & Harefield 
NHS Foundation Trust

Exhale & Exchange

Come along to the Wellcome Collection in Euston to take part in our third creative workshop alongside members of the public and respiratory researchers from Royal Brompton Hospital and Imperial College.

This workshop will use poetry and creative language as a way of exchanging experience, knowledge and stories about breathing and lung health. The workshop will explore the potential of language to offer new ways of looking at breath and breathing.

You do not need any previous experience of poetry or creative writing to take part in the workshop.

Date: Wednesday 13th December 2017

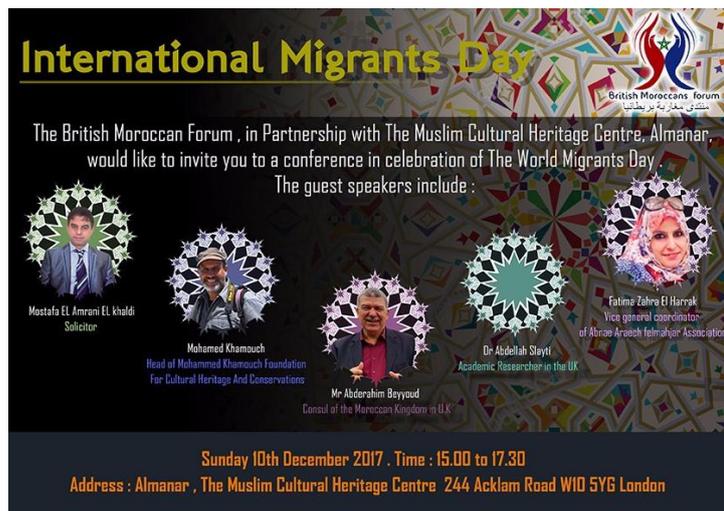
Time: 2.00-4.00pm
(but you are welcome to drop in and out during this time)

Venue: Reading Room,
Wellcome Collection, 183 Euston Rd,
Bloomsbury, London NW1 2BE



If you would like to attend please email us at research-findoutmore@rbht.nhs.uk or call 020 7352 8121 ext 4960

International Migrants Day



International Migrants Day

The British Moroccan Forum, in Partnership with The Muslim Cultural Heritage Centre, Almanar, would like to invite you to a conference in celebration of The World Migrants Day.

The guest speakers include:

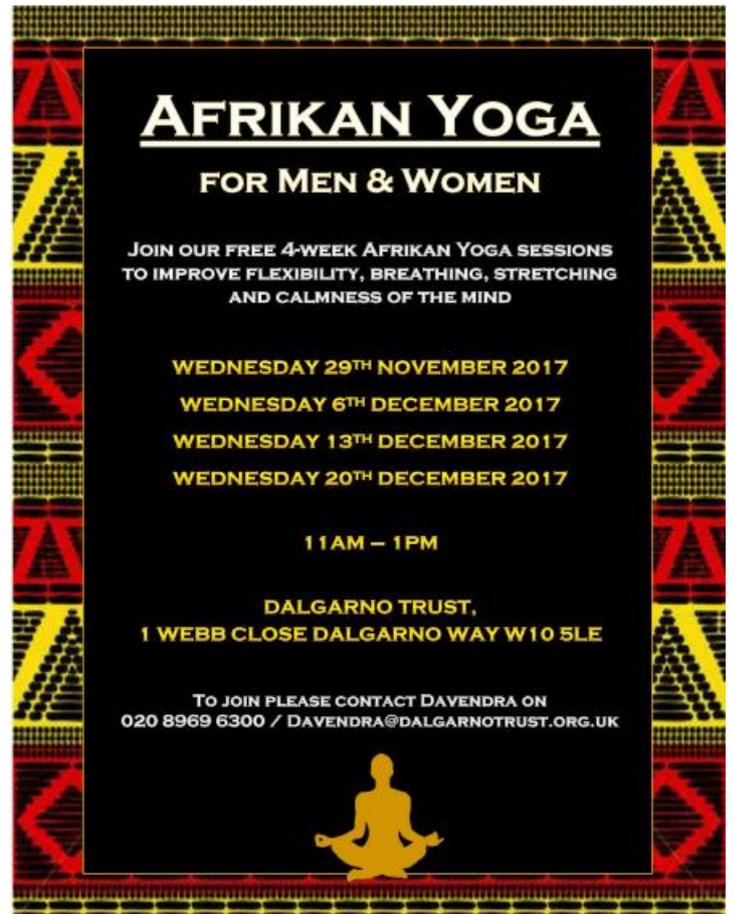
- Mostafa EL Amrani EL khaldi
Solicitor
- Mohamed Khamouch
Head of Mohammed Khamouch Foundation
For Cultural Heritage And Conservations
- Mr Abderahim Beyzaud
Consul of the Moroccan Kingdom in U.K
- Dr Abdellah Slayti
Academic Researcher in the UK
- Fatima Zahra El Harrak
Vice general coordinator
of Akhraj Araach felmahajer Association

Sunday 10th December 2017. Time : 15.00 to 17.30
Address : Almanar , The Muslim Cultural Heritage Centre 244 Acklam Road W10 5YG London

The British Moroccan Forum, in partnership with The Muslim Cultural Heritage Centre invite you to a conference in celebration of the World Migrants Day.

When: Sunday 10th December
From: 3.00 – 5.30pm
Where: The Muslim Cultural Heritage Centre, 244 Aklam Road. W10 5YG

HealthWorks Free Yoga at Dalgarno Trust



AFRIKAN YOGA

FOR MEN & WOMEN

JOIN OUR FREE 4-WEEK AFRIKAN YOGA SESSIONS TO IMPROVE FLEXIBILITY, BREATHING, STRETCHING AND CALMNESS OF THE MIND

WEDNESDAY 29TH NOVEMBER 2017
WEDNESDAY 6TH DECEMBER 2017
WEDNESDAY 13TH DECEMBER 2017
WEDNESDAY 20TH DECEMBER 2017

11 AM – 1PM

**DALGARNO TRUST,
1 WEBB CLOSE DALGARNO WAY W10 5LE**

TO JOIN PLEASE CONTACT DAVENDRA ON
020 8969 6300 / DAVENDRA@DALGARNOTRUST.ORG.UK



HEALTHWORKS
Love Life. Live Longer



When: the next 3 Wednesdays
From: 2.00 – 4.00pm
Where: Dalgarno Trust, 1 Webb Close, Dalgarno Way. W10 5LE

Call Davendra on 020 8960 6300 for more information.

Mental Health Equality in London



HEAR is holding a FREE all day conference to help VCS, the NHS, Local Authorities and other stakeholders improve commissioning for people with Mental Health Support Needs in London.

Presentations from HEAR members that are already working with intersectional and excluded Londoners to improve mental health, will enlighten and inspire attendees. Interactive workshops will co-produce strategies to improve Mental Health commissioning in London and help statutory partners meet their obligations to safeguarding and reducing health inequalities.

This FREE all day conference is open to charities and community organisations, CCGs, MHTs, Public Health and frontline clinical and social workers, Experts by Experience and campaigners.

Speakers include British Institute of Human Rights, MIND in Harrow, Race on the Agenda and the National Survivor User Network.

Attendees must be able to come for the entire day. Lunch, refreshments and reasonable adjustments will be provided. For information or to book your place please email:

HEARcampaigns@reap.org.uk

Members Christmas Celebration



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


Kensington
and Chelsea

Please join us for our Christmas Members meeting. If you haven't been able to make many of the meetings, it would be good to see you at this one.

Fun and games for everyone!

All welcome!

When: Thursday 14th December
Where: Office 10, 7 Thorpe Close
From: 2.00 – 4.00pm



Diary dates ... page 8

| Event | Date and time | Venue |
|--|---|--|
| Mental Health Carers Support Group | Friday 1 st December 2.00 – 4.00pm | Pall Mall MH Centre 150 Barlby Rd. W10 6BS |
| K&C Mental Health Carers Assoc. Support group 020 8960 3873 | Third Thursday of each month 5.00 – 8.00pm | Canalside House, 383 Ladbroke Grove, W10 5AA |
| Kensington and Chelsea Adult Social Care and Health Scrutiny Committee | 7th December 2017 6:30 pm - 8:30 pm | Committee Room 1, Town Hall |
| Members Christmas Celebration | Thursday 14 th December 2.00 – 4.00pm | The Mind Centre, Office 10 7 Thorpe Close W10 5XL |

For most of us the Christmas and New Year period is a time full of joy and happiness however we recognise that for others of us, it can be a distressing and lonely time. We suggest that you talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well. Below are details of various drop-in services which will be available over this period:-

SMART, The Basement, 15 Gertrude St. SW10 0JN
Earls Court Community Project, St Barnabas Church, 23 Addison Road. W14 8LH
St Cuthbert's Centre, 50 Philbeach Gardens. SW5 9EB

Useful contacts:



Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. To find out more or to join in, visit [here](http://elefriends.org.uk).

Single Point of Access (SPA) – 0800 0234 650 – for help, advice or support over the telephone, 24 hours a day, 7 days a week, 365 days a year.

Mind Info Line – 0300 123 3393

Mind Legal Advice Line – 0300 466 6463

Samaritans – Helpline offering emotional support. Tel: 0845 790 9090 or 116 123

SANELINE – National out-of-hours mental health helpline. Tel: 0845 767 8000

Shelter – Free housing advice line. Tel: 0800 800 4444

Community Living Well: Peer Support Service – various activities. Read their [newsletter](#) for more details

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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