

Kensington & Chelsea Mind Service User Network

Newsletter

February 2018

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

新年快乐



Happy New Year

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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 @kandemind



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Call for better treatment for people with personality disorder

A group of organisations including the British Psychological Society, the Centre for Mental Health, the Royal College of GPs and Mind has recently supported the launch of a 'consensus statement' around the treatment of people diagnosed with a personality disorder. The statement identifies the challenges faced by people with personality disorders and sets out the priorities for improving treatment and support.



*"Shining lights in dark corners
of people's lives"*

**The Consensus Statement for People with
Complex Mental Health Difficulties who
are diagnosed with a Personality Disorder**

The work was spearheaded by Norman Lamb MP, former Minister for Care and Support, and Sue Sibbald, who campaigns on behalf of people with personality disorders following her own experience of being diagnosed.

"I have come across countless individuals and families, in my work as a minister and as an MP, who have been let down by mental health services. There has been some encouraging progress over the last few years, with mental health gradually brought out of the shadows and more people accessing treatment. But I

am still horrified at the scandalous neglect and exclusion of those given a diagnosis of 'personality disorder'.

"The disadvantages they face – not just in the NHS, but in wider society – are clear. Lower life expectancy, inadequate access to treatment, barriers to employment, and a lack of awareness in society. This is especially unjust when we know what approaches are effective in supporting people to live more fulfilling lives."



"This consensus statement is a call to action to stop the appalling treatment which people given a diagnosis of Personality Disorder too often experience. It is intolerable that the services we offer do not meet the needs of this group of people, when small changes could make such a difference. This report offers some important suggestions which offer hope to these people. It is vital that government and the NHS grasps the urgency of this."

Rt Hon Norman Lamb MP

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

Government won't appeal against PIP ruling

The Government has recently announced that it will not be appealing a High Court decision that will entitle more than 150,000 people with mental health problems to extra support from Personal Independence Payment (PIP).

In February 2017, the Government introduced regulations that limited the amount of support that people who struggle to make journeys because of psychological distress could get through PIP.

At the time the Government said that people in this group had fewer support needs than other disabled people who struggle to make journeys, even if their mental health problems actually prevented them from leaving the house alone.

Following a challenge brought by Public Law Project and their client, the High Court found that this was 'blatantly discriminatory' against people with mental health problems and 'cannot be objectively justified'. Mind intervened in the challenge alongside the Equality and Human Rights Commission.

I have a PIP assessment or appeal coming up. What will this mean for me?

If you struggle to make journeys because you experience psychological distress then you should talk about this in your assessment or appeal. If you can, you should provide evidence from people who know you e.g. your GP, a support

worker, or friends and family.

Whether you're entitled to extra support will still depend on things like how often your mental health affects your ability to make journeys, what kind of support you need, and whether you can make journeys safely. If you need advice, you can find links to organisations who may be able to help here.

If you are going through a reconsideration or appeal, you or someone supporting you might want to reference these changes to make sure that the person making the decision takes them into account. You can link to this page at 'mind.org.uk/pipchanges'

I have been awarded PIP or turned down for PIP in the past. What will this mean for me?

If psychological distress affects your ability to make journeys, there is a chance you could be entitled to more support. The Government has said that it will write to everyone who has been affected and that it will backdate payments to when you had your decision or to December 2016 (which is when a court first ruled that people should be entitled to more support).

They've confirmed that this won't mean people will have to go through another face-to-face assessment, but we are waiting to hear more details, including whether there will be a way to tell the Government that you think you should be getting more support because of these changes.

SMART activities

SMART music on Saturday



When: Saturday 10th February
From: 2.00 – 3.30pm.
Lunch available from 12.00

Brazilian night



When: Thursday 15th February
From: 6-9pm
Entry: £3.50

On the menu: starter– Requeijao (Brazilian cream cheese) served on bread, Empadao de Frango (Brazilian Chicken Pot Pie), Bean Stew and rice Brazilian style, dessert—Brigadeiro (Brazilian chocolate fudge balls).

Contact Kinga or Jane for more information or to book your place:
Tel: 020 7376 4568
Email: jane.tomlinson@smartlondon.org.uk


St Mary Abbotts Rehabilitation and training



Free Yoga classes



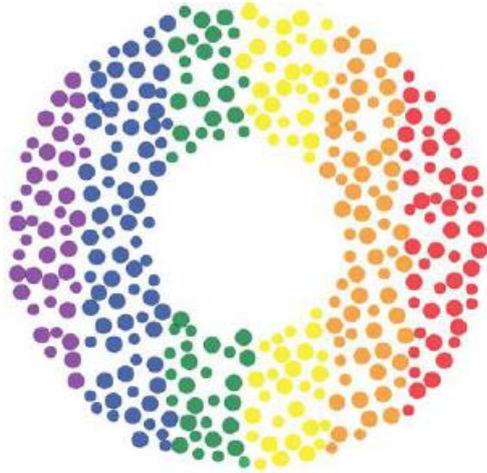
- Do you suffer from stress or anxiety?
- Do you need to lose weight, keep your heart healthy and lower your risk of Type 2 diabetes?
- Do you need help to feel well, healthy and supported?

If the answer to any of these questions is yes, you may be eligible for a free 10 week yoga course, designed to work with all of the above conditions, at a venue close to where you live.

There are two ways to join the programme:

1. Fill out the form [here](#) and discuss it with your GP, or
2. Refer yourself by calling freephone 0800 245 5863.

LGBTQ+ History Month Celebration - Open Information Day



When: Tuesday 27th February
From: 11:30am-3:30pm
Where: Islington Mind, 35 Ashley Road,
N19 3AG

Programme for the day includes:

- Taster sessions for their activities such as Creative Writing & Film
- Open Door to their counsellor and group facilitators
- Performances
- Entertainments and presentations about LGBTQ+ heroes and heroines.

Subsidised lunch will be served @ 1:00 (2 course meal @ £3:00) with a raffle draw.

RSVP: sigal.avni@islingtonmind.org.uk



Men's Bike Riding Session



A Healthy, Fun and Free Way to Be More Active!

When: Friday 16th February
From: 12.45 – 3.00pm
Where: Wormwood Scrubs Park

Not a problem if you don't have a bike as they will be provided. A great way to get outdoors, increase your physical activity and meet new friends!

For more information please contact Davendra on 020 8969 6300 / davendra@dalgarnotrust.org.uk

HEALTHWORKS
Love Life, Live Longer



Mike's Table – free dining experience



Mike's Table host pop-up supper clubs. Their three-course meals are devised and prepared on the night, using donated food that would otherwise go to waste. They are a non-profit social enterprise.

Their supper clubs come in pairs. All profit from paying guests goes to providing the same restaurant experience for someone else, for free.

You have been invited to attend their next event:

Share the Love! / Feel the Love!

When: Friday 16th February
From: 7.30pm
Where: The Goldfinger Factory,
13-15 Golborne Road W10 5NY
Cost: Free once a ticket is reserved

An alternative Valentine's celebration of loving and sharing. Come on your own, in a couple, or as a group and enjoy a wonderful Supper Club experience.



Last year's event – Shaken not Stirred – was an amazing success and the team at Mike's Table are hoping that this year's Share the Love/Feel the Love will be equally popular – why not join them to see?



Preparing for the last event held at the Goldfinger Kitchen

You can find more information about Mike's Table [here](#) including previous menus and what other local diner's thought of the experience.

You must reserve a ticket as these events fill up very quickly. You can reserve your place [here](#). Please mention Kensington and Chelsea Mind in the @organisation' box on the form.

Bon Appetite!

Art for Wellbeing: Everyday - Members Meeting The 'AWE' Project.

ACAVA is delighted to announce the launch of a new series of Art for Wellbeing projects, funded by NHS West London Clinical Commissioning Group (WLCCG).



Places are free for participants to attend; all they ask for in return is for your feedback. This will help them to create a 'how to guide' for the skill you have learnt, so other local people can try out the same activity at home with family or friends.

Photobooks with Paula Roush

Saturdays 11am - 2pm
February 17th & 24th, March 3rd, 10th, 17th & 24th

- Bring your family photo album, some digital images on a CD or memory stick, or use images from your phone to create your own photobook addressing time, place, memory and a sense of history.

Mosaics with Emily Fuller

Tuesdays 10:30am - 12:30pm
April 17th & 24th, May 1st, 8th, 15th & 22nd

- Using glass tiles you will learn how to cut and shape the glass to make your design, before grouting to set the mosaic.

Please note that participants must be over 18 years old on the project start date, and registered with an NHS WLCCG GP Practice. Please register your interest [here](#).

Members Meeting



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.fcmind.org.uk


Kensington
and Chelsea

Join us to meet
the Liaison Team

Find out more about the Liaison Team at Chelsea and Westminster hospital. This is your opportunity to have your questions answered.

When: Thursday 22nd February
Where: Office 10, 7 Thorpe Close
From: 2.00 - 4.00pm

All welcome!

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Event	Date and time	Venue
Mental Health Carers Support Group	Friday 2 nd February 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 6.00 – 8.00pm	Canalside House, 383 Ladbroke Grove, W10 5AA
Members Meeting	Thursday 22 nd February 2.00 – 4.00pm	The Mind Centre, Office 10 7 Thorpe Close W10 5XL

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:



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: 0808 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.



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