

Kensington & Chelsea Mind Service User Network

Newsletter

January 2018

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

Wishing you health, harmony and
happiness for the 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

Leaving hospital

Research released recently by mental health charity Mind reveals serious problems with the planning around discharging people from mental health hospitals. The survey of over 1,000 people who have been in hospital in mental health crisis, found:

- One in three people (38 per cent) felt they were discharged from hospital sooner than they should have been
- One in five (21 per cent) were given no notice at all that they were going home. This even happens when people have been in hospital for a long time - one in three people (33 per cent) in hospital for more than a month were given less than 48 hours' notice that they were being discharged or no notice at all
- Two out of five people (37 per cent) said there was no plan for further care and support, contrary to guidelines
- Less than half of people (44 per cent) said managing their mental health or self-care was considered in plans for leaving hospital
- Only half of people (51 per cent) said their accommodation needs were considered in any plans, and less than a third (29 per cent) said that money and benefits were considered

The days and weeks after leaving hospital after a mental health crisis are critical. People are at high risk of suicide in the first week after leaving hospital and if they are unsupported they risk becoming unwell again and ending up back in hospital.

It is important that care plans for ongoing support are made before people leave. NICE (National Institute for Health and Care Excellence) guidelines state that plans should be made for people's ongoing care from admission or as early as possible from when they go into hospital. There should be a written plan that is put together in collaboration with the person receiving care. Yet nearly two in three people (66 per cent) in the survey said they were not given a written care plan and one in four (23 per cent) said they were unaware of any plan at all.

As well as ongoing mental health care, planning for additional support with housing and finances should be included when people leave hospital. But around half of respondents said that these things were not well considered or, in some cases, considered at all. This risks people being sent home to unsafe or uncertain housing or financial situations that will have a negative impact on their recovery from crisis.



Mind has produced a booklet to help people plan for their care when they leave hospital after a mental health crisis and a briefing to show what can be done to support people. You can read both booklets [here](#) and [here](#).

A Framework for Mental Health Research



This Framework for Mental Health Research has been developed in response to a recommendation in the Five Year Forward View for Mental Health published in February 2016 by the independent Mental Health Taskforce. It offers a collective view of how mental health research should move forward over the next decade. The UK needs to consider how research can take advantage of exciting new developments in medicine, science and technology in the coming years to make a real difference to people's lives. Implementation of research evidence is another important issue – greater implementation would accelerate progress.

Development of the Framework was co-ordinated by the Department of Health between February 2016 and November 2017. This report and its recommendations reflect the discussions of the steering group, working groups, stakeholder workshops and wider engagement and builds on previous mental health research prioritisation work.

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

Time To Talk

On the 1st February, Time to Change will be holding their Time to Talk Day across England, to encourage people to be open about their mental health.



Just having a conversation about mental health - with a friend, family member or anyone else - can help to break down the silence and shame around the subject.



Why is this important?

Every single conversation we have about mental health brings us closer to a world without stigma. Play your part!

For more information visit [here](#).



let's end mental health discrimination

SMART activities



What: SMART NEW YEAR'S PARTY
When: Wednesday 10th January 2018
From: 6.00pm
Entry: £3.50

Live Music! This is in addition to their usual Wednesday afternoon music session from 2pm-4pm. Watch out for notice of menu!



What: Burns Night
When: Thursday 18th January 2018

Brush up on your Burns poetry and get ready for some Haggis, Neeps and Nips and some good old Scottish history (dancing too perhaps). Details to be confirmed shortly.



Contact Jane for more information or to book your place:
Tel: 020 7376 4668
Email: jane.tomlinson@smartlondon.org.uk

Free Leisure Passes



A New Year – a new start? We still have some free Leisure passes available if you want to get a bit more exercise this year.

As a Leisure Pass member, you are entitled to the following at Kensington Leisure Centre and Chelsea Sports Centre:

- free swimming during all public swimming sessions
- free access to the inclusive swimming session at Kensington Leisure Centre every Friday from 2pm – 3pm
- half price gym sessions and racket sports during off-peak hours

Eligibility

Please note that this offer is only available to Kensington and Chelsea residents with a registered disability.



All the forms that you need to complete in order to collect your leisure pass are available from our office. Please call Jill on 0208 960 1333 opt 8 or email her on jill.watson@kcmind.org.uk to arrange a time to collect the forms.

Help is available to make sure that the forms are filled in correctly and that you have the right proof documents. You will then need to take all of this to Kensington Leisure Centre between the hours of 10.00am – 12.00pm or 2.30 – 4.00pm to receive your Leisure Pass.

BAME communities and Dementia

Dementia Diversity Xchange Network (DDXN) and the Dementia Alliance for Culture & Ethnicity (DACE) are hub organisations committed to helping all community groups raise awareness about dementia in Black, Asian and minority ethnic communities. They are working together to make the case for better public recognition of the information and support needed by people from Black, Asian and minority ethnic communities living with dementia and their family carers. You can help them make their case to central government to improve information and support by completing our survey on information needs.

The survey takes about 3 minutes and can be completed here:

<https://www.surveymonkey.co.uk/r/2DVR>
YHY



Members Meeting

Members Meeting
(You don't have to be a member, you just have an interest in mental health)
Join us to watch
FROSTED GLASS
A true story about living with Asperger's Syndrome
When: Thursday 25th January 2018
Where: The Mind Centre, Office 10
7 Thorpe Close, W10 5XL
From: 2.00 - 4.00pm
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


Kensington and Chelsea

'An apparently ignorant journalist interviews Dan about living with mental illness. Through a series of surreal flash backs they discover mutual inner peace through their suffering'

A true story about living with Asperger's Syndrome

When: Thursday 25th January
Where: Office 10, 7 Thorpe Close
From: 2.00 - 4.00pm

All welcome!

Event	Date and time	Venue
Mental Health Carers Support Group	Friday 5 th January 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
Kensington and Chelsea Health & Wellbeing VOF	23 rd January 10.00 – 12.30 pm	Committee Room 1, Town Hall
Members Meeting	Thursday 25 th January 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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