

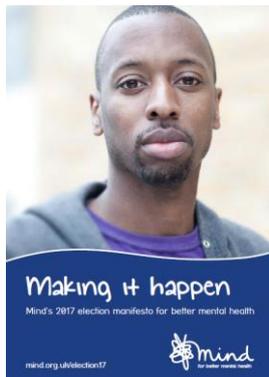
Kensington & Chelsea Mind Service User Network

Newsletter

June 2017

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

Mind's Manifesto for the General Election 2017



2017 election manifesto for better mental health

We're calling on all parties to honour six commitments that would improve the lives of everyone affected by mental health problems.

This month ...

News & Views, page 2 – 3

Mental Health Promotion, page 4 – 5

Service User Involvement page 6 – 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

Mind's Manifesto for the General Election 2017

On 8th June, the UK goes to the polls to vote for the next government. Two years ago, mental health was on the agenda of every main political party; this time each party needs to maintain this momentum and, most critically, it must be at the heart of the next government. Mental health is one of the biggest domestic issues facing the next government. More people than ever are speaking out about mental health and demanding change. As a nation our expectations for better mental health for all are higher than ever and the next government must rise to this challenge.



2017 election manifesto for better mental health

We're calling on all parties to honour six commitments that would improve the lives of everyone affected by mental health problems.

People with mental health problems have told us they want timely access to good quality mental health services, and for their mental and physical health needs to be treated equally. They also told us that a decent place to live, a job and good quality relationships with people in their local communities were crucial to their ability to stay well.

Recent years have seen real progress in terms of attitudes towards mental health and some investment and improvements in our services. But in many parts of the country services are still poor and people lack the essential support that is necessary for their full participation in society. There is still so much more to do.

As with all charities, Mind must stay completely independent and politically neutral.

So, we won't be able to advise you on which party you should vote for, and we'll never support or endorse any particular party or candidate. Instead, we will be sharing our manifesto with all political parties and encouraging them all to adopt the points within it, so that whoever forms the next government knows what we expect. We hope you can join us and make it happen.

In the election two years ago we managed to put mental health on the agenda of every main political party – all of our manifesto commitments were picked up in their own manifestos. And since then, thanks to your campaigning, we've made a real impact on Government policy, securing important wins such as an extra £1bn for mental health care the new five-year national plan to improve mental health, the Five Year Forward View for Mental Health.

Those wins haven't yet translated into tangible change on the ground. The pressure on services is immense and in many parts of the country things seem to be getting worse, not better.

And of course it's not just about mental health services, it's also about having a decent place to live, suitable employment if you're well enough, and financial support from the welfare system if not. Locally, you've told us you want community services that help support you with issues like loneliness, debt, or legal challenges, but these are not often available.



So we've launch our new manifesto, 'Making it happen', which calls on all parties to do exactly that – make it happen. We've outlined the 6 key areas that the next government needs to prioritise to improve the lives of everyone with a mental health problem.

①

Deliver the investment and commitments agreed in the Five Year Forward View for Mental Health - the national plan to improve mental health care – and go beyond this to take us closer to putting mental health on an equal footing with physical health.

②

Improve public understanding of mental health and reduce negative attitudes and discrimination, including supporting the Time to Change campaign.

③

Tackle the culture of fear and silence of mental health in the workplace by providing increased and better support and incentives for employers to create mentally healthy workplaces for all staff, including employees with mental health problems. For people with mental health problems who are out of work, ensure they are offered voluntary, individually

tailored back-to-work support delivered by trained staff who understand how mental health can impact on a person's ability to get and stay in work.

④

Make sure anyone with a mental health problem who requires it can access financial support from the welfare system to help manage the extra costs of having a mental health problem, so they can stay well and live independently, free from the fear of sanctions and having their benefits removed if they are too unwell to work.

⑤

Ensure local authorities have sufficient funding to deliver tailored social support and advice to alleviate debt, social isolation and housing insecurity – the issues that make life harder for people with mental health problems.

⑥

Change outdated and discriminatory legislation like the Mental Health Act and the definition of disability to ensure everyone with mental health problems gets support and respect.

If the next government takes these actions, it will be rewarded with a positive transformation in the lives of the many millions of us affected by mental health.

You can read the manifesto in full [here](#).

Visit [here](#) for details of our successful campaigns

SMART Peer Led Activity



SMART Peer Led Clay and Paint Group
 Various dates—See below
 1.30pm — 3.30pm

A welcoming and safe place to come and explore your creative side with art materials including paint, pastels, clay & glazes
 A joint initiative between Central North West London NHS Trust and SMART Charitable organization. Free to join and no referral or membership required.

The Place: SMART, The Basement, 15 Gertrude Street, London SW10 0JN
The Time: Alternate Sundays 1.30pm to 3.30pm
Date: Dates: June 11th & 25th, July 9th, & 23rd, Aug 6th & 20th 2017

Promoting mental health through purposeful activities
 SMART, The Basement, 15 Gertrude Street, London, SW10 0JN, Tel: 020 7376 4668 Fax: 020 7376 7892
 Registered Charity No. 252787. Company limited by guarantee. Registered in England No. 1946616. VAT Reg No. 82089824

When: Monday 11th and 25th June
From: 1.30 – 3.30pm
Where: SMART, The Basement,
 15 Gertrude St. SW10 0JN
Contact Kinga or Jose on 0207 376 4568
 for more information.

HealthWorks' Activity

Join Our FREE, Fun, Four-Session Women's Zumba!

ZUMBA for Health!

This is a great opportunity to:

- Discuss health benefits of physical activity with an expert
- Understand the government's recommendations of physical activity
- Meet other local people

MONDAY 5TH, 12TH, 19TH, 26TH JUNE 2017

11AM – 1PM (Women Only) **CANALSIDE HOUSE**
 383 Ladbroke Grove W10 5AA

To join: Please contact Jane Laneyo on 020 8969 8389 or Davendra on 0208 969 6300 / davendra@dalgarnotrust.org.uk

African Women's Care HEALTHWORKS/ Love Life, Live Longer

When: Every Monday in June
From: 11.00 – 1.00pm
Where: Canalside House,
 383 Ladbroke Grove. W10 5AA
Contact Davendra on 0208 969 6300 /
davendra@dalgarnotrust.org.uk to join.

Trinidad night at SMART



SMART Trinidad Night
Thursday 15 June
 6pm — 9pm

Trinidad is the home of carnival, limbo dancing and the steel pan. We would call the event a 'lime' e.g. come lime at our Trini night. £3.50 entry

On the menu, prepared by our very own Amelia:
 Island punch with chana as an amuse-bouche, Callaloo (soup) to start, Stewed chicken or stewed beans with cassava, pumpkin, chow, plantain and 'buss up shul' for main, Coconut ice cream with paw-paw and pineapple for dessert.

Please let Kinga, José or Jane know if you are coming along.

Promoting mental health through purposeful activities
 SMART, The Basement, 15 Gertrude Street, London, SW10 0JN, Tel: 020 7376 4668 Fax: 020 7376 7892
 Registered Charity No. 252787. Company limited by guarantee. Registered in England No. 1946616. VAT Reg No. 82089824

Trinidad is the home of carnival, limbo dancing and the steel pan. They would call the event a 'lime' e.g. come lime at our Trini night. £3.50 entry

When: Thursday 15th June
From: 6.00 – 9.00pm
Where: SMART, The Basement,
 15 Gertrude St. SW10 0JN

Contact Kinga, Jane or Jose on 0207 376 4568 for more information.

Research study at Kings College



RECRUITMENT FLYER – RESEARCH STUDY at Kings College London

Researchers at King's College London are looking for female volunteers between 18-50 years of age to participate in a research project.

We are looking for mothers who have either suffered from post-natal depression/depression in the past (but are currently well), OR have never suffered from depression.

Unfortunately, we cannot recruit any women who are:

- Currently diagnosed with depression
- Taking antidepressant or anti-psychotic medication
- Using hormonal contraception

This is not a treatment trial, however, we hope that this project will help us better understand why some women suffer from depression after having babies.

Participation in this project will involve taking pictures of your brain with a MRI scanner, completing some questionnaires, and a blood test. An MRI brain scan is a painless procedure with no known side effects, and we will send you a fun picture of your brain from your scan. The whole visit should take no more than 3-4 hours. We'll ask your permission to let your GP know that you're part of the study, if you do decide to participate. You will receive £50 for your participation and reimbursed for your travel expenses.



If you would like to know more information about the study, or if you have any questions, please contact:

Suzanne O' Brien (Research Worker) at brcred@kcl.ac.uk
0207 848 5268

Thank you for your interest!

Kings College are looking to recruit mums in London aged 18-50, with a history of depression or post-natal depression OR mums who have *never* suffered from depression (controls).

They'd be asked to come to King's College London for assessments and a free MRI brain scan. The College is also offering £50 to each participant as a thank you for their time and will reimburse travel expenses.

If you would like to know more information about the study, or if you have any questions, please contact: Suzanne O' Brien (Research Worker) at brcred@kcl.ac.uk or 0207 848 5268

Guide to ADHD and Addiction

Guide to



& addiction

This guide, on the Rehab 4 Alcoholism website, outlines the link between attention deficit hyperactivity disorder (ADHD) and the increased risk of developing an addiction to drugs and alcohol. Their aim is to educate people on the link between ADHD and addiction, and the potential solutions to this problem. They also provide advice on ADHD treatment following the successful treatment of an addiction experienced in adulthood.

Below are list the learning objectives they aim to cover in this guide:

- An outline of the risks of addiction for people with ADHD
- Why Are People with ADHD more likely to abuse substances?
- How to prevent the problem Treating ADHD when there is a history of substance abuse
- Addiction to ADHD Medication

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

Community Mental Health Survey 2017



The 2017 Community Mental Health Survey is underway, we want to hear from you!

NHS
Central and North West London
NHS Foundation Trust

A random selection of our service users have received a postal survey asking for their views on their care from community mental health services.

Feedback from you, our service users, is vital and tells us your views and priorities for improving the quality of care. All feedback from this survey is completely confidential.

For further information, please contact Karen Doherty, Head of Patient and Carer Involvement on karen.doherty4@nhs.net, or call 020 7504 5553.

Tell us, we're listening – we'll act on what you tell us and the bigger the response, the more powerful the impact will be.



Wellbeing for life

You may have recently received a postal survey from CNWL asking you for your views on their care from community mental health services.

Feedback from you, as service users, is vital and tells them your views and priorities for improving the quality of care.

Please don't miss out on your opportunity to let CNWL know exactly what you think about the service they provide!

All feedback from this survey is completely confidential.

For further information, please contact Karen Doherty, Head of Patient and Carer Involvement on karen.doherty4@nhs.net or call 020 7504 5553.

Share your story with a film maker

“Hi, my name is Anthony. I am currently making some short documentaries. I made three back in September last year about disability. The idea is to give a platform for people to tell their story in their own words. We have a simple, stripped back interview style where we talk about disability, mental health, addiction etc but we also paint a picture of the whole person and their life, not just their disability etc. The hope is to promote understanding and awareness.

I am therefore looking for 6-12 participants to talk about their experience with mental health. This could be their own personal experience or living with someone (parent, partner etc) who has experienced mental health problems. I am looking for 6-12 people to summarise their experience into one-two sentences and three of those people who are willing to talk more about their life and experience, which would form their own 7 min episode. We are not necessarily looking for people who have experience of being on camera. We are simply looking for everyday people who are happy to tell their story and help us to spread understanding and awareness.

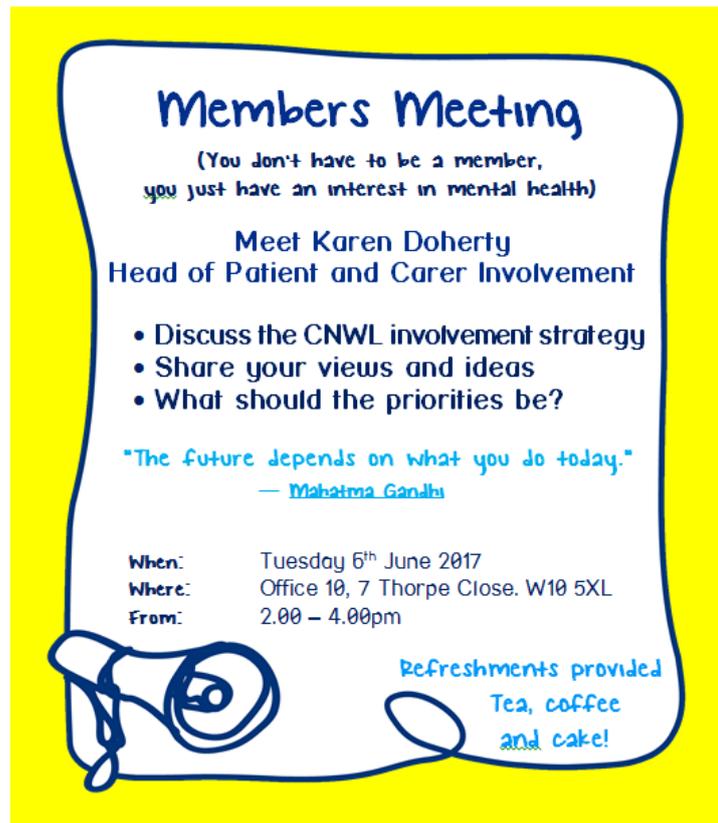
If you know anyone interested or if you are able to put a call out for interested parties, that would be a wonderful help. They can contact me on twitter @outsiderfiles or @anthonyhett and they can email me: theoutsiderfiles@gmail.com

Here is a link to one of the previous episodes: <https://youtu.be/XwvMWyJyD5A>“

www.anthonyhett.com

Service User Engagement

Please join Karen Doherty to share your ideas on how patients and service users should be involved in all aspects of the service you receive.



Members Meeting
(You don't have to be a member, you just have an interest in mental health)

Meet Karen Doherty
Head of Patient and Carer Involvement

- Discuss the CNWL involvement strategy
- Share your views and ideas
- What should the priorities be?

"The future depends on what you do today."
— Mahatma Gandhi

When: Tuesday 6th June 2017
Where: 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



When: Tuesday 6th June
From: 2.00 – 4.00pm
Where: The Mind Centre, Office 10
7 Thorpe Close. W10 5XL

Refreshments provided. All welcome!

Contact Jill on jill.watson@kcmind.org.uk or 0208 954 1333 opt 8 for more info.

Members Meeting

Join Catherine, one of our MHAG members, to hear more about Dementia and the small things you can do that make a difference



Become a Dementia Friend

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference – please join us.

DATE: 22nd June 2017
START TIME: 2pm
END TIME: 3pm
DURATION: 1 hour
VENUE:

The Flyover Cafe
3-5 Thorpe Close
W10 5XL

WHEELCHAIR ACCESSIBLE? No

OTHER INFORMATION

Please contact Jill Watson at K&C Mind on:
07944 527107

NAME: Catherine El-Houdaigui

CONTACT DETAILS
07809602140

dementiafriends.org.uk

[@DementiaFriends](https://twitter.com/DementiaFriends)

[/DementiaFriends](https://www.facebook.com/DementiaFriends)



When: Thursday 25th June
From: 2.00 – 4.00pm
Where: The Flyover Cafe,
3 - 5 Thorpe Close. W10 5XL

Refreshments provided. All welcome!

Contact Jill on jill.watson@kcmind.org.uk or 0208 954 1333 opt 8 for more info.

Diary dates ... page 8

Event	Date and time	Venue
Mental Health Carers Support Group	First Monday of each month 1.00 – 3.00pm	Pall Mall MH Centre 150 Barlby Rd. W10 6BS
K&C Mental Health Carers Assoc. Support group	Third Thursday of each month 6.00 – 8.00pm	Committee Room 2, Kensington Town Hall
Members Meeting	Tuesday 6 th June 2.00 – 4.00	The Mind Centre, Office 10 7 Thorpe Close W10 5XL
Members Meeting	Thurs 25 th June 2.00 – 4.00pm	The Flyover Café 3 – 5 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 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. 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

Kensington & Chelsea Mind Service
User Network
Office 1, 7 Thorpe Close
London, W10 5XL
Telephone 020 8964 1333 extension 8
Email sun@kcmind.org.uk
Website www.kcmind.org.uk

