

# Kensington & Chelsea Mind Service User Network

## Newsletter

# March 2018

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



### The start of Spring in Meanwhile Wildlife Gardens!

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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

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THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

### A Study of Antidepressants

Major depressive disorder is one of the most common, burdensome, and costly psychiatric disorders worldwide in adults. Pharmacological and non-pharmacological treatments are available; however, because of inadequate resources, antidepressants are used more frequently than psychological interventions. Prescription of these agents should be informed by the best available evidence. Therefore, we aimed to update and expand our previous work to compare and rank antidepressants for the acute treatment of adults with unipolar major depressive disorder.



The Lancet journal has published a study on whether antidepressants are effective and to what extent. You can read more details of the above study [here](#).

Mind's response:

“Antidepressant prescriptions have been rising steadily for many years. It's essential that we understand the reasons behind this continued rise including how many people are taking antidepressants, for how long, and whether they are being offered other treatments and therapies alongside. Giving people a choice of treatments is key, whether that's drugs, talking therapies, alternatives such as arts therapy or exercise, or a combination of some or all of these. Someone managing their mental health problems should be treated as a whole person and they should be able to access whatever treatment, or combination of treatments, works best for them.”

### Keep Warm, Keep Well



### Be prepared

The Met Office provides weather forecasts on radio and TV, so listen in to these bulletins regularly to keep up to date with the weather. Severe weather warnings are also issued on the Met Office website, through the Met Office Twitter feed, or you can call the Weather Desk on 0370 900 0100 or 01392 885 680.

1. Keep warm - heat your home to at least 18°C (65°F). Layer your clothing whether you are indoors or outside.
2. Get financial support - there are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills.
3. Look after yourself – get your free flu jab, visit your pharmacist for help with minor ailments before they get too serious,
4. Check on others – keep an eye out for vulnerable neighbours

You can find more detailed information [here](#).

## What is Liaison Psychiatry?

Dr Pardis Mostajabi from CNWL's Liaison Psychiatry team recently attended the Members meeting to explain how her service operates.

Liaison psychiatry bridges the gap between physical and mental healthcare. It is way of approaching medicine that takes into account the mental fall-out of physical illness as well as the physical cost of mental illness. Liaison Psychiatrists, work to treat the whole person as a single unit, rather than just the body or the mind.



If you missed the meeting, you can find out more about the service in this video here:

<https://www.youtube.com/watch?v=O-OK365ll34&feature=youtu.be>

For more information please visit:

[www.cnwl.nhs.uk/liaison-psychiatry](http://www.cnwl.nhs.uk/liaison-psychiatry)

Many thanks to Pardis for her extremely informative presentation and for leaving no questions unanswered!

## Dalgarno Trust activities

**FREE MEN'S WORKSHOP ON PROSTATE CANCER**

According to Cancer Research UK (2014) prostate cancer is the second most common cancer in the UK. Join our FREE workshop to gain important information on the risk factors, symptoms and treatment.

FRIDAY 2<sup>ND</sup> MARCH 2018  
11AM - 1PM  
DALGARNO TRUST,  
1 WEBB CLOSE, DALGARNO WAY W10 5QB

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

According to Cancer Research UK (2014) prostate cancer is the second most common cancer in the UK.

Join their FREE workshop to gain important information on the risk factors, symptoms and treatment.

**When:** Friday 2nd March 2018

**From:** 11.00am – 1.00pm

**Where:** Dalgarno Trust, 1 Webb Close, Dalgarno Way w10 5qb



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

## Mental health peer mentoring training course



### Mental health peer mentoring training course

Are you unemployed and want to get back into employment?

Are you 19 years or over and have lived experience of mental health difficulties?

Do you want to have the knowledge and skills to empower people with mental illness to make positive and informed life choices?

Do you live in Westminster or Kensington & Chelsea?

Come and join us for a FREE taster session to see if peer mentoring is right for you. Then enrol onto our four week course to really get your peer mentoring career started.



#### Want to know more?

Contact Shifaa or Jo at The Advocacy Project  
email: [info@advocacyproject.org.uk](mailto:info@advocacyproject.org.uk)  
Register for your place -  
<http://www.advocacyproject.org.uk/news/>

- Are you unemployed and want to get back into employment?
- Are you 19 years or over and have lived experience of mental health difficulties?
- Do you want to have the knowledge and skills to empower people with mental illness to make positive and informed life choices?
- Do you live in Westminster or Kensington & Chelsea?

Peer mentoring can often be a very rewarding and satisfying experience. While working with and helping others to develop their skills, you are developing your own talents and abilities at the same time. Mentors often experience increased levels of empowerment, improved self-esteem, an increase in confidence and a renewed ability to cope with their own mental health.

Want to know more? Contact Shifaa or Jo at The Advocacy Project email: [info@advocacyproject.org.uk](mailto:info@advocacyproject.org.uk)

## Time to hear what patients say – the mental health survey

The Independent Community Mental Health Survey started on 19<sup>th</sup> February and a large sample of patients and families who use CNWL's service will receive a questionnaire in the post asking for their views.



Central and North West London  
NHS Foundation Trust



The survey is conducted annually by the Care Quality Commission (CQC) and asks views on aspects of your care from community mental health services, like whether you felt you were treated with dignity and respect and whether you felt involved in decisions about your care.

Feedback from CNWL's service users is vital and tells them their views and priorities for bringing about improvements in the quality of care. The results help them see where they perform well and to identify any areas where there is room for improvement.

If you are one of those who has been randomly selected to receive a questionnaire, then please take this opportunity to let CNWL know about all aspects of the quality of your care.

The survey will run from 19 February until 22 June 2018. The results should be available by August 2018.

Please get in touch with Sam Gutteridge, Patient and Carer Involvement Manager at CNWL on 01908 725418 with any questions.

## How to improve Outpatient Care

Would you like to be part of a focus group working to improve outpatient services? NW London CCG are looking for patients and carers who have used outpatient services at any hospital in North West London in the last couple of years.



Give us a fresh perspective

Tell us how we should improve Outpatients care

If you have used Outpatient Departments in North West London

Would you like to be part of a focus group working to improve outpatient services? We are looking for patients and carers who have used outpatient services at any hospital in North West London in the last couple of years



I want to see a future where my outpatients appointments are closer to home

I want to see a future where I am making decisions about my care with my doctors

The venue  
15 Marylebone Road, NW1 5JD  
Date 26 March 2018  
Time 4 to 6pm

If you are interested please contact  
Dr Ray Johannsen-Chapman by email at [r.johannsen-chapman@nhs.net](mailto:r.johannsen-chapman@nhs.net)  
or call us on: 0800 1777 990

**When:** Monday 26<sup>th</sup> March  
**Where:** 15 Marylebone Road. NW1 5JD  
**From:** 4.00 – 6.00pm

For more information contact Dr Ray Johannsen-Chapman on [r.johannsen-chapman@nhs.net](mailto:r.johannsen-chapman@nhs.net) or 0800 1777 990

## Members Meeting

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

- Hear about what's happening in your area
- Tell us about the issues that interest or are affecting you
- Help us plan for the next few months

Join us to find out more

**When:** Thursday 19<sup>th</sup> March 2017  
**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](http://www.kcmind.org.uk)



Join us to find out more about what's happening in the area and to let us know what issues are affecting you at the moment.

**When:** Thursday 19<sup>th</sup> April  
**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 <sup>nd</sup> March 2.00 – 4.00pm	Pall Mall MH Centre 150 Barlby Rd. W10 6BS
Health & Wellbeing VOF	Tuesday, 17 April 2018 10:00am - 12:30pm	Committee room 1 Kensington Town Hall
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 19 <sup>th</sup> March 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](mailto: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 550 – 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 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.



For better  
mental health

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