

Kensington & Chelsea Mind Service User Network

Newsletter

May 2017

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

Surviving or Thriving?



Mental Health Awareness Week
8th – 14th May

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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

Mental Health Awareness Week sponsored by the Mental Health Foundation

This year, rather than ask why so many people are living with mental health problems, the focus will be on seeking to uncover why too few of us are thriving with good mental health; because thriving is more than the absence of a mental health problem. With people struggling to cope with the demands of life and stuck on getting through the day, we will explore:

- how many of us are surviving or thriving, and the difference between the two
- why some communities are under strain and what government can do to support them to thrive
- what steps we can take to look after our mental health, building resilience to cope with the demands of life.



There are various events in Kensington and Chelsea and throughout the capital during Mental Health Awareness week which is 8th – 14th May this year.

Check these websites for more information:

- [Mental Health Foundation](#)
- [Kensington and Chelsea Social Council](#)
- [People First](#)

The following are events being promoted by the Kensington and Chelsea Volunteer Centre:

Monday 8th May: Raising Awareness in the Community Campaign

- | | |
|---------------|----------------------------------|
| 10.00 – 12.00 | Chelsea and Westminster Hospital |
| 11.00 – 2.00 | New Horizons – Open Age |
| 12.00 – 2.00 | Kensington Town Hall |
| 3.00 – 5.00 | Tesco Metro – Notting Hill |
| 3.00 – 6.00 | Kensington Leisure Centre |

Tuesday 9th May: Wellbeing Station – free wellbeing creative activities open to anyone in Kensington and Chelsea

11.00 – 12.30 North Kensington Library

Thursday 11th May: Self Confidence Building workshop

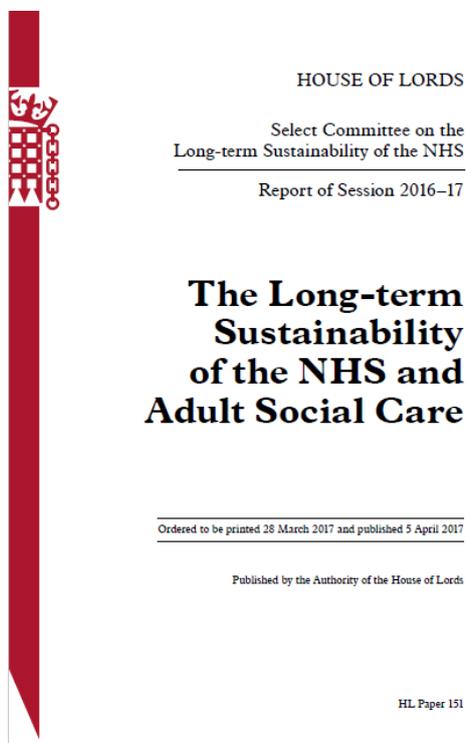
10.00 – 12.00 Kensington and Chelsea Volunteer Centre

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



The Long-term Sustainability of the NHS and Adult Social Care

A culture of short-termism seems to prevail in the NHS and adult social care. The short-sightedness of successive governments is reflected in a Department of Health that is unable or unwilling to think beyond the next few years. The Department of Health, over a number of years, has failed in this regard. Almost everyone involved in the health service and social care system seems to be absorbed by the day-to-day struggles, leaving the future to 'take care of itself'. A new political consensus on the future of the health and care system is desperately needed and this should emerge as a result of Government-initiated cross-party talks and a robust national conversation.



You can read the report from the House of Lords Select Committee [here](#).

Get back to where we do belong

Get back to where we do belong is an employment skills guide for people with newly acquired disabilities or health conditions.



The guide contains information including what to expect from employers, careers information and advice, access to education and training, coping strategies and resilience, peer support and welfare benefits

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

Comedy for Depression

Thursday 4th May 2017

COMEDY FOR DEPRESSION

IN AID OF FRIENDS IN NEED AT MIND

Doors & Bar Open: 6.30pm for 7.30pm
Standard: £16 Student/Unwaged: £12

SEVEN AMAZING ACTS! **ONE GREAT CAUSE!**

UNION CHAPEL

(Off Upper Street)
ISLINGTON
LONDON
N1 2UN

TOM ALLEN **SUZI RUFFELL** **ALISTAIR WILLIAMS** **FELICITY WARD**
LUISA OMIELAN **JONNY PELHAM** **JOHN ROBERTSON**

"One of the funniest acts on the circuit" - *GG Magazine*
"Always Excellent" - *Time Out*
"Charming and confident" - *Beveline Comedy*
"A laugh a minute" - *The Guardian*
"You'll have the time of your life" - *Charlie*
"A really striking set" - *Draco Dessau*
"Manic and quick-witted" - *The Scotsman*

MIND (for better mental health)

Mind is a registered charity (Charity no. 219880) | www.mind.org.uk

A host of comedians will come together for a night of live comedy to raise money and awareness for mental health.

When: Thursday 4 May
From: 6.30pm
Where: Union Chapel, off Upper St N1 2UN

The proceeds from the evening will go to mental health charity, Mind.

Last few tickets are now on sale at £16 (or £12 for students or those who are unemployed)

Visit www.comedyfordepression.com for more details and to book your tickets.

Men's Self-empowerment group

For men who are looking for opportunities to make social connections and friendships. You will be choosing, planning and leading activities in your own ways.

davendra@dalgarnotrust.org.uk'"/>

MEN'S SELF-EMPOWERMENT GROUP

All men who are looking for opportunities to make social connections and friendships are welcome!

This is a fantastic opportunity to be part of activities that you would like to put your fingerprints on – you will be choosing, planning and leading activities in your own ways.

Based on your choice, activities can be diverse and could include:

- Games (e.g. chess, dominoes)
- Group walks for health (at a park or canal walk)
- Football and table tennis
- Cycling
- Outings such as a local museum and other places of interest
- Health talks – Invite external speakers on a specific topic of your choice

Activities are ongoing and the group meets fortnightly for 2 hours on Fridays.
Please call or email below for dates people can join the group at any stage.

Time: 10am – 12 pm Venue: Dalgarno Trust, 1 Webb Close, Dalgarno Way W10 5QB

HEALTHWORKS Love Life, Live Longer

Dalgarno Trust

THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA

For more information please contact Davendra on 020 8969 6300 / 07535 256 047 or email davendra@dalgarnotrust.org.uk

When: every Friday
From: 10.00 – 12.00
Where: Dalgarno Trust, 1 Webb Close, Dalgarno Way W10 5QB

For more information please contact Davendra on 020 8969 6300 / 07535 256 047 or email davendra@dalgarnotrust.org.uk

Registering to Vote on the 8th of June



Register online now at www.gov.uk/register-to-vote

To vote in the General election on 8th June 2017 please make sure you are registered to vote. You can register using this link <https://www.gov.uk/register-to-vote>.

This is especially important for people who have recently become British Citizens, young people who may have become eligible to vote since the last election and people who have recently moved house.

Register by 22 May to vote in the General Election on 8 June. You don't need to register again if you've already registered.

Mind's campaigning is not intended to influence the way people vote. Whichever party forms the next government, we want them to make mental health a priority.



Women and the Vote



2018 will be 100 years since women won the right to vote. To mark the run-up to the centenary KCSC will be hosting 4 half day workshops.

All are welcome to attend to learn about the history of the vote and women's role in parliament today.

The workshop session will include:

- The history of women and the vote - from suffragettes and beyond
- Discovering the UK parliament and empowering women
- Calling all women - Get heard in the UK parliament

When: Monday 15 May 2017,

From: 10am - 1pm

Where: Kensington Town Hall,
Committee Room 2

Each workshop will be followed by lunch.

Dates for the rest of the year will be released in due course.

You can book your free place [here](#).



NHS Digital Health and Care Survey

How we use and interact with technology is improving every day.

The NHS want to plan health and care services in London, designed around you and your needs so you can get the right care, at the right time, in a way that is right for you.

Please help the NHS to go digital by completing & sharing this survey; it will help shape the future!



You can take the 10 minute survey [here](#).

You will not be asked for any personal details that could identify who you are, and responses will only be used to plan for improvements in NHS and care services.



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 23rd May 2017
Where: The Mind Centre
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: Thursday 23rd May
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.

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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	Thurs 23 rd May 2.00 – 4.00pm	The Mind Centre 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 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.



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