

Kensington & Chelsea Mind Service User Network

Newsletter

November 2017

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



Autumn in Holland Park

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

CQC annual State of Care report shines light on state of mental health services

The independent regulator of health and social care services, the Care Quality Commission (CQC), has published its annual State of Care report, which looks at the quality of all health services.



Overall it found some improvements in mental health services but also highlighted areas of concern and challenges that services must overcome around high demand, workforce shortages, unsuitable facilities and outdated services.

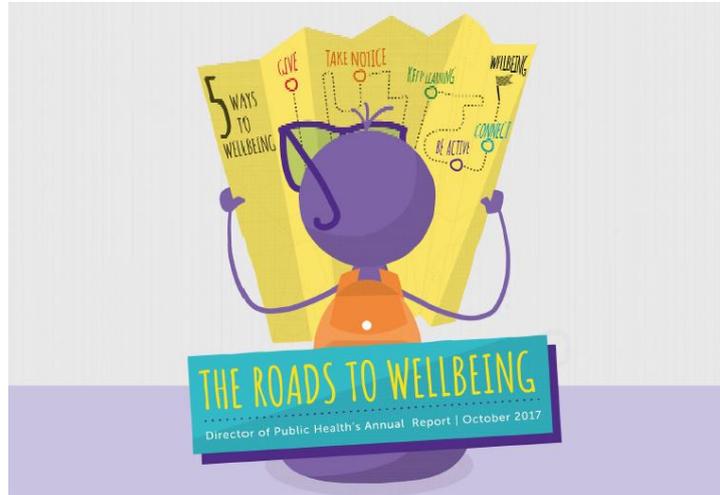
In relation to mental health in particular it found:

- 58 per cent of NHS services were rated as good and six per cent as outstanding. Among independent services, 72 per cent were rated as good and three per cent as outstanding.

- While there have been many improvements, a greater proportion of mental health services have deteriorated in quality compared with other parts of the NHS. Of services originally rated as good, 25 per cent of mental health services dropped at least one rating. This is in comparison to 23 per cent of adult social care services, 18 per cent of acute hospitals and two per cent of GP surgeries.
- The CQC said it was surprised and concerned that 73 per cent of mental health beds are on locked rehabilitation wards, as it suggests an outdated approach to care in which people are institutionalised rather than helped to recover and live independently.
- Many facilities do not meet safety standards, with fixtures and fittings that could be used in suicide attempts and examples of medicines not being stored securely.

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

The Roads to Wellbeing: Annual Public Health Report 2016-17



This year's annual report of the Director of Public Health has just been published. The report focuses on the importance of protecting and improving our own mental wellbeing, and that of the people around us – our families, friends, neighbours, and local communities.

The report describes why good mental wellbeing is important, what affects our mental wellbeing, and explores how to maintain and improve mental wellbeing throughout life.

The key messages are:

- Poor mental wellbeing can affect us and those around us at any point in our lives. Mental wellbeing can impact on all aspects of our lives and is 'everyone's business'
- We can all play a role in improving our own and others' mental wellbeing: Connect, Be Active, Keep Learning, Take Notice, and Give

- To help build the mental resilience of our local communities we need to better understand residents' mental wellbeing and what works to improve this.
- We can achieve this by working in partnership with residents and other organisations and considering mental wellbeing when commissioning and evaluating services

- We need to ensure investment is channelled towards prevention and early intervention not just towards treatment

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

Thriving at Work



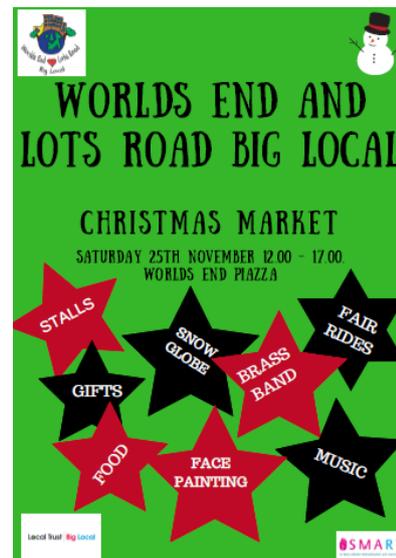
Thriving at Work, an independent review of mental health and employers by Lord Dennis Stevenson and Paul Farmer, sets out what employers can do to better support all employees, including those with mental health problems to remain in and thrive through work.

It includes a detailed analysis that explores the significant cost of poor mental health to UK businesses and the economy as a whole. Poor mental health costs employers between £33 billion and £42 billion a year, with an annual cost to the UK economy of between £74 billion and £99 billion.

The review quantifies how investing in supporting mental health at work is good for business and productivity. The most important recommendation is that all employers, regardless of size or industry, should adopt 6 'mental health core standards' that lay basic foundations for an approach to workplace mental health. It also details how large employers and the public sector can develop these standards further through a set of 'mental health enhanced standards'. The review also makes a series of recommendations to government and other bodies.

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

SMART's Activities



When: Saturday 25th November

From: 12.00 – 5.00pm

Where: Worlds End Plaza, Kings Road.
SW10

Moroccan Themed night

When: Thursday 16th November

From: 6.00 – 9.00pm

Cost: £3.50

Where: As below

Film Club:

When:

1st November: A Street Cat Named Bob

8th November: Shirley Valentine

15th November: Lion

22nd November: 22 Jump Street

29th November: Cabaret

From: 6.00 – 9.00pm

Cost: £1.00

Where: SMART, The Basement,
15 Gertrude St. Sw10 0JN

Contact Jane on 020 7376 4668 or email her on

jane.tomlinson@smartlondon.org.uk for more details or to book your space.

Healthworks Multi-Cultural Health Event



Free Event!

When: Tuesday 7th November
From: 10.00 – 3.00pm
Where: Dalgarno Trust, 1 Webb Close,
Dalgarno Way, W10 5QB

Health Services available:

- Free NHS Health Checks
- Quit Smoking Advice
- Homeopathy Service
- Oral Health Service
- Mindfulness & Mental Health

Multi-Cultural Services available:

- Music workshop
- Traditional dances
- Cultural heritage stalls
- Free healthy cultural lunch
- Free goodie bags and prizes to be won

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

Urban Nature Photo Ride



This photographer-led cycle ride will give you the knowledge and confidence to capture the beauty of nature in our urban environment.

Please bring your own image capturing device, either a mobile phone or non-fancy digital camera.

When: Saturday 4th November
From: 10:30am – 2:30pm
Starting point: Brompton Cemetery, SW5
Finish point: Maxilla Walk, W10 6NQ
Distance: about 8 miles

Tickets £5

Book tickets via e-mail: cycling@rbkc.gov.uk or phone: 020 7361 4259



Social prescribing model for mental health services



This event is organised to help design a new Mental Health Self Care (MHSC) pilot. The pilot will offer a range of community based mental health and wellbeing activities such as, information & advice, arts, exercise classes, gardening, training, volunteering and befriending.

The proposed model of delivery will be based on the successful self-care model for older people currently co-ordinated by Kensington & Chelsea Social Council (KCSC).

If you want to influence and shape this exciting new development, come along to the event and have your say.

When: Tuesday 7th November
From: 10.00 – 3.00pm
Where: Pyramid Room at Paddington Arts, 32 Woodfield Rd. W9 2BE

Refreshments and lunch provided throughout the duration of the event.

To book your place and for more information please click [here](#) or contact Helen on helen@kcsc.org.uk or 020 7243 9800.



Your Westway: Have Your Say



Westway Trust is a local charity managing the 23-acres of land under the Westway. They want to hear from you about how to bring more of the space into use and what the spaces might be used for.

The land is already home to many great arts, cultural, shopping, sporting, community and business opportunities as well as nearly 20 charities. They're holding an exhibition to explain how the land is currently used and what the outline plan agreed in 2012 suggests. They want your input to help decide how spaces might be used in the future and to make sure that even more of the local community benefits from it.

They are also planning on continuing the planning application for the Portobello scheme that was paused following the Grenfell Tower fire and we would like your thoughts on what we should consider as we progress with this project.

When: Until 6th November
Where: Shop 15, 281 Portobello Road (Portobello Green Arcade)
From: Mon, Tues + Fri 10.00 – 4.00pm
Wed + Thurs 1.00 – 7.00pm

Come along to their open exhibition to meet the Westway Trust team and have your say.

Healthwatch Annual Meeting

There's just one week to go until Healthwatch's annual meeting on the 7th November!

- 4.30 - 5: Registration
- 5 - 6.30: Talks about our work from the past year and competition winners announced
- 6.30 - 8: Food and drinks, and refreshments

There will also be:

- Voluntary organisations, including Carers Network and The Advocacy Project
- Entertainment
- Food and drinks
- And more!

When: Tuesday 7th November
From: 4.30 – 8.00pm
Where: St Paul's Centre, Queen Caroline Street. W6 9PJ

If you are interested in attending please could you RSVP by the 3rd November so they will know how many to cater for.

You can do so online by clicking [here](#) (this will take you to Eventbrite), emailing info@healthwatchcentralwestlondon.org or phoning 020 8958 7049.

healthwatch
Central West London

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 28th November 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


for better mental health
Kensington
and Chelsea

When: Tuesday 28th November
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 020 8954 1333 opt 8 for more info.

Diary dates ... page 8

Event	Date and time	Venue
Mental Health Carers Support Group	Friday 3 rd November 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	Tuesday 28 th November 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 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

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