

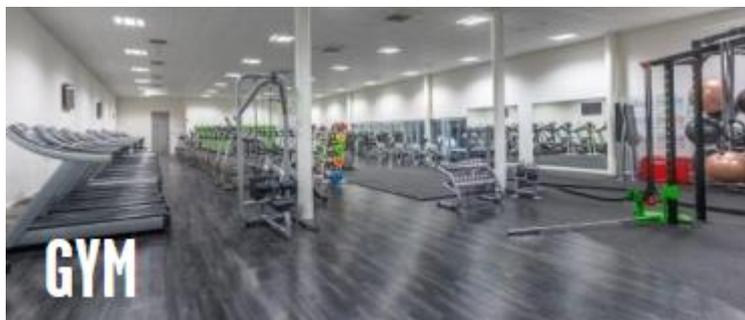
Kensington & Chelsea Mind Service User Network

Newsletter

September 2017

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

Free Leisure Passes



Eligibility criteria apply.
See inside for more details

This month ...

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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

Choosing Wisely - Changes to Prescriptions in North West London – How will this affect you?



North West London Collaboration of Clinical Commissioning Groups (CCGs) have been considering two changes to do with how they prescribe medication.

The first proposal is looking at reducing waste from repeat prescriptions. The second is looking at doctors prescribing fewer medicines that people could buy themselves. For example, paracetamol. A list of the medicines that this covers can be found [here](#).

These proposals are called Choosing Wisely. You can read more [here](#).

These changes may affect you and how you access your medication.

It is important to share how and why these changes will impact you with the North West London Collaboration of CCGs.

To share your views you need to complete the following forms:

[Repeat prescriptions – Easy Read](#)
[Our plans to prescribe fewer medications that can be bought without a prescription – Easy Read](#)

Or:

[Reducing Repeat Prescribing Waste Over The Counter Medicines](#)

You can either send these by email to choosingwisely@nw.london.nhs.uk or by post to Freepost Healthier North West London (you do not need a stamp). If you do not have access to a printer, please get in touch with Healthwatch and they can send you a paper copy of the forms.



The original deadline for this has now been extended until **5pm on Friday 15 September**.

Healthwatch Central West London
Email: info@healthwatchcentralwestlondon.org

Phone: 020 8968 7049

Freephone: 0800 008 7455

CQC Report on CNWL

The CQC are the independent regulator of health and adult social care in England. They make sure health and social care services provide people with safe, effective, compassionate, high-quality care and they encourage care services to improve.

They recently inspected CNWL, at all of their mental health provision, and provided an up-dated report on 18th August which included the grades:

Inspection Summary Click for key ✓ ✗ ⚠ ☆ ● ● ● ●

+ Overall summary & rating	Good ●
Inspection areas	
+ Safe	Requires improvement ●
+ Effective	Good ●
+ Caring	Outstanding ☆
+ Responsive	Good ●
+ Well-led	Good ●

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

Healthwatch

Healthwatch are currently collecting the questions and concerns of those affected by the fire at Grenfell Tower.

Healthwatch have statutory power to hold the NHS and the Local Council to account. By law organisations who plan, run, and regulate health and social care services have to listen to their comments and respond within 20 working days.

You can read more about this, including the questions that have been sent in for RBKC and WL CCG [here](#).

The 2017 Mental Wealth Festival



London 12-14 September 2017
Mental Wealth Festival

The Mental Wealth Festival - organised by [City Lit](#) and [Books Beyond Words](#) - is a three-day festival of talks, debates, seminars and mindfulness, with a broad programme, celebrating many aspects of life that contribute to people's mental wellbeing.

This year the festival is taking place from **12-14th September** in venues at City Lit in Covent Garden and the Houses of Parliament. They will be exploring the "human face of wellbeing", and will help festival goers to move beyond the usual mental health statistics and policies and to encounter real stories, discovering how we can achieve and celebrate mental wealth.

There's an incredible array of activities on offer and you can find out more about what's on offer using this [timetable](#).

Festival passes for the 2 days cost £5 as a concessionary rate and £15 otherwise. You can book your tickets [here](#).



Free Leisure Passes



We've teamed up with Better again to offer you a free Leisure Pass for 12 months.

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 racquet sports during off-peak hours



Eligibility

Please note that this offer is only available to Kensington and Chelsea residents with a registered disability. You will need to provide 1 piece of proof from each of the 2 lists aside in order to get your Leisure Pass

1. Proof of Residency:

- Utility Bill
- Council Tax Bill
- Letter from your Housing Association
- Tenancy Agreement

2. Proof of Disability:

- Severe Disablement Allowance
- Mobility Allowance
- Disability Living Allowance (PIP)
- Industrial Injuries Disablement Benefit
- Disablement Benefit
- Attendance Allowance
- Employment and Support Allowance.



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.

Free Women's Yoga

WOMEN'S YOGA

FREE Four Week Sessions for Women

Increase your physical activity and improve your strength and balance!

Come and join our FREE yoga sessions for women which will begin with an interesting motivational talk on the benefits of physical activity

Dates: Monday 11th September 2017
Monday 18th September 2017
Monday 25th September 2017
Monday 2nd October 2017

Time: 11am – 1pm

Venue: Canalside House
383 Ladbroke Grove
W10 5AA

Complimentary light refreshments provided



To take part please contact Davendra on 020 8969 6300 / 07535 256 047 or email davendra@dalgarnotrust.org.uk

The facilitator, Pablo Imani, specialises in African Yoga which will benefit people with their breathing posture and better well-being.

Starts: Monday 11th September
From: 11.00 – 1.00pm
Where: Canalside House,
383 Ladbroke Grove. W10 5AA

For more information or to book your place contact : Davendra on 020 8969 6300/07535 256047 or email davendra@dalgarnotrust.org.uk



Healing words... the journey to wellness

You are invited to enter a poetry competition, run by The Advocacy Project (TAP) and Central and North West London NHS Foundation Trust (CNWL). If you've experienced a mental health problem, or you're a family member or friend of someone who has, we welcome you to send them your poem.

Entry categories

- Darkest days: poems from before the dawn of hope
- Good days and bad days: poems from the road to recovery
- Being well: poems about more peaceful times
- Best illustrated poem: poems with illustrations

Presenting your poem

You can write your poem, record it being read, or film it on your phone. Poems should be no longer than 25 lines.

Closing date: 5pm on 11th September 2017

More information and how to enter

Visit www.advocacyproject.org.uk/poetry or call Jo Kay on 020 8969 3000.

The Advocacy Project in partnership with Central and North West London NHS Foundation Trust

"Writing poems relieves the stress off my chest" - Adams

Healing words
The journey to wellness and recovery

Poetry competition

We're inviting you to enter a poetry competition – open to everyone who has experienced a mental health problem, their family and friends

Closing date
5pm 11 Sep 2017

Entry categories

How to enter

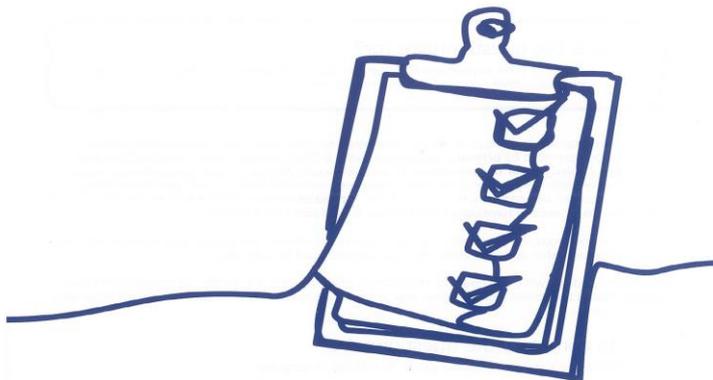
Check out apps poems from before the dawn of hope
Good days and bad days poems from the road to recovery
Being well poems about more peaceful times
Best illustrated poems poems with illustrations

www.advocacyproject.org.uk/poetry
poetry@dalgarnotrust.org.uk
ask us for an entry form
monitoring film & WhatsApp to 07535 256047

Supported by the University of Westminster

The Big Mental Health Survey

Mind would like to understand more about your experiences of mental health support provided by primary care (for example a GP or practice nurse) and charities and voluntary / third sector organisations (this could include support groups, information services, counselling or similar psychological services).



The Big Mental Health Survey

Share your experiences of mental health support
bigmentalhealthsurvey.com

However, you do not have to have used these services to take part. You can also complete the survey if you've tried to access these services, but did not end up using them.

You don't need to have used Mind services to take part in this survey.

Mind has asked Picker, an independent research charity, to conduct this survey. Your answers will help us to understand what currently works and how support could be improved.

The survey is open to anyone aged 16 years or older, with personal experience of mental health problems. Responses will be collected until the end of September and the findings will be shared by the end year.

Your views are really important. This is a great way to have your say.

The survey findings will be shared with researchers, policy makers, the media and organisations that provide mental health services. However, your answers will remain anonymous- no one will know who has said what.

You can take part in the survey online at www.bigmentalhealthsurvey.com

Paper copies of the survey are available to be collected from the Kensington and Chelsea Mind office or by contacting Jill on 0208 964 1333 opt 8 or jill.watson@kcmind.org.uk

If you have any questions about the survey, or need help to complete it, call Freephone 0800 197 5273.



Mental Health Day Services

Review – coming shortly



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

A strategic review of the Council's mental health day services is due to take place shortly. You will have your chance to take part in a focus group or to complete a questionnaire. More details will be published when they are available.

NSUN Members' event and AGM

This year they're in Sheffield at the Showroom Workstation, 15 Paternoster Row, Sheffield. S1 2BX.

When: Wednesday 27th September
From: 10.30am – 4.30pm

An event where you can:

Connect with others from around the country – and stay connected
Share what's happening with local user led-groups

Agree what issues and messages need amplifying at a national level

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



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 21st September 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



When: Thursday 21st September
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 964 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 020 8960 3873	Third Thursday of each month 6.00 – 8.00pm	Canalside House, 383 Ladbroke Grove, W10 5AA
BME Health Forum Quarterly meeting	Wednesday 27th September 11.00 – 2.00pm	White City Community Centre, 7 India Way W12 7QT
Members Meeting	Thurs 21 st September 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

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