

Kensington & Chelsea Mind Service User Network

Newsletter

May 2018

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

Mental Health Awareness Week



See page 2 for more details.

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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

Stress: are we coping?



Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.



Good mental health for all.
mentalhealth.org.uk

Registered Charity No. England 819515, Scotland SC039716, Company Registration No. 5382868. FR 01503, 0100

While stress isn't a mental health problem in itself, it can lead to a range of mental health problems such as depression and anxiety, and even self-harm and suicide. **By tackling stress, we can go a long way to tackling mental health problems.**




Taking a break is good for us. A change of scene or a change of pace can be good for your mental health.




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Use relaxation techniques. You may already know what helps you relax, like having a bath, listening to music or taking your dog for a walk. If you know that a certain activity helps you feel more relaxed, make sure you set aside time to do it.



None of us are superhuman. If things are getting too much for you and you feel you can't cope, ask for help.



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What we eat may affect how we feel. A diet that's good for your physical health is also good for your mental health.



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Practise being straightforward and assertive in communicating with others. If people are making unreasonable or unrealistic demands on you, be prepared to tell them how you feel and say no.



We often drink alcohol to change our mood, but drinking is not a good way to manage difficult feelings.



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mentalhealth.org.uk

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Develop your interests and hobbies. Finding an activity that's completely different from the things causing you stress is a great way to get away from everyday pressures. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people.



Strong family ties and friendships can help you deal with the stresses of life and maintain good mental health.



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Enjoying yourself can help beat stress. Do an activity you're good at to improve your mood.



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mentalhealth.org.uk

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Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.



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mentalhealth.org.uk

Registered Charity No. England 819503, Scotland 20089756, Company Registration No. 33804646




Doing good for others does you good. Take time to care for others to improve both your and their mental health.




Good mental health for all.
mentalhealth.org.uk

Registered Charity No. England 819503, Scotland 20089756, Company Registration No. 33804646

Find balance in your life. You may find that one part of your life, such as your job or taking care of young children, is taking up almost all of your time and energy. Try making a decision to focus some of your energy on other parts of your life, like family, friends or hobbies. It's not easy, but this can help spread the weight of pressures in your life, and make everything feel lighter.



We're all different. Accept and be proud of who you are rather than wishing you were more like someone else.



Good mental health for all.
mentalhealth.org.uk

Registered Charity No. England 819503, Scotland 20089756, Company Registration No. 33804646

How to manage stress



how to



Make time for your friends. When you've got a lot on this might seem hard, but it can help you feel more positive and less isolated. Chatting to friends about the things you find difficult can help you keep things in perspective – and you can do the same for them. Laughing and smiling with them will also produce hormones that help you to relax.

You can find more information and support here:

Mind
Infoline: 0300 123 339
mind.org.uk

Stress Management Society
020 3142 8650
stress.org.uk

Stressbusting
stressbusting.co.uk

Anxiety Care UK
07552 877219
anxietycare.org.uk

SMART Unwind Sessions



Community Massage London, in partnership with SMART, will be offering a massage and reflexology service to people affected by mental ill health who are supported in Primary Care/by their GP. Sessions are available at either ADKC (Whitstable House, Silchester Road, W10 6SB) or at SMART.

Reflexology: a safe non-invasive foot or hand massage, based on specific techniques to stimulate “reflex points” on the feet and/or hands. Through this, reflexology induces deep mental and physical relaxation.

On-site massage is based on a traditional Chinese Acupressure sequence, which incorporates gentle movements and pressure, applied to areas of the head, neck, shoulders, back, arms and hands. The client sits in a special portable massage chair and remains fully clothed - no oils are used.

Call or email SMART to book your place on 020 376 4668 or info@smartlondon.org.uk

Don't forget to vote in the local elections



Thursday 3rd May
7.00am – 10.00pm



You can find your Polling station by entering you postcode here:

<https://www.rbkc.gov.uk/council-and-democracy/local-democracy-and-elections/find-my-polling-station>

Details of the candidates in your ward can be found here:

<https://www.rbkc.gov.uk/council-and-democracy/local-democracy-and-elections/statement-persons-nominated>



Dalgarno Trust – 5 Days to Wellbeing!



STRESS
ARE WE COPING?
MENTAL HEALTH AWARENESS WEEK
14-20 MAY 2018
mentalhealth.org.uk

5 DAYS TO WELLBEING!
Come and celebrate Mental Health Awareness Week with us! Join us for activities and workshops to help you unwind!

MON 14TH – FRI 18TH MAY 2018, 11:30am – 1:30pm
DALGARNO TRUST, 1 WEBB CLOSE, DALGARNO WAY W10 5QB

For further details please contact Carmel or Sue on 020 8969 6300 or Muskaan on 07715 636 626



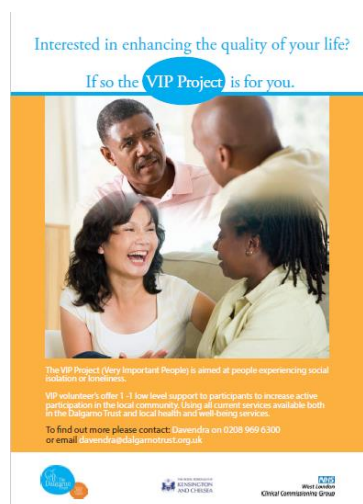
ACTIVITIES CALENDAR

MONDAY 14 TH MAY 2018	
11:30am – 11:50am	Registration and overview of the week
11:50am – 12:30pm	STROLL OUT OF STRESS: Join the Community Champions to explore your neighbourhood
12:30pm – 1:15pm	FOOD FOR MOOD: Learn how types of food can make you feel better
TUESDAY 15 TH MAY 2018	
11:30am – 11:45am	Welcome and registration
11:45am – 12:30pm	STRETCH & BREATHE: Relax and revitalise with a sequence of simple postures
12:30pm – 12:45pm	Break & refreshments
12:45pm – 1:30pm	DANCE FOR WELLNESS: Low impact move and groove for all (chair-based)
WEDNESDAY 16 TH MAY 2018	
11:30am – 11:45am	Welcome and registration
11:45am – 12:30pm	DISCOVER YOUR INNER CALM: Interactive talk techniques for emotional wellbeing
12:30pm – 12:45pm	Break & refreshments
12:45pm – 1:30pm	How to live in the now with Mindfulness
THURSDAY 17 TH MAY 2018	
11:30am – 1:30pm	TALK TO THE EXPERTS: Explore your local wellbeing services followed by a free lunch
FRIDAY 18 TH MAY 2018	
11:30am – 11:45am	Welcome and registration
11:45am – 1:30pm	CHALLENGE & CHILL: End the week with fun and games!

Join staff from the Dalgarno Trust to find out more about Stress and how to cope with it by joining in with some of the activities that are being put on as part of Mental Health Awareness week.

When: Mon 14th – Fri 18th May
From: 11.30 – 1.30pm
Where: Dalgarno Trust, 1 Webb Close, Dalgarno Way. W10 5QB

For more information contact Carmel or Sue on 020 8969 6300 or Muskaan on 07715 636626



Interested in enhancing the quality of your life?
If so the **VIP Project** is for you.

The VIP Project (Very Important People) is aimed at people experiencing social isolation or loneliness.

VIP volunteer's offer 1-1 low level support to participants to increase active participation in the local community. Using all current services available both in the Dalgarno Trust and local health and well-being services.

To find out more please contact: Davendra on 0208 969 6300 or email: davendra@dalgarnotrust.org.uk

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jo@dalgarnotrust.org.uk or shifaa@dalgarnotrust.org.uk" data-bbox="649 639 800 790"/>

The Advocacy Project
Mental health peer mentoring training course
Are you unemployed and looking for training to help you explore new opportunities?

4 courses will be held throughout next Month April May and June

Do you have to experience a transition to a new role?

Are you 18 years or over and have had experience of mental health difficulties?

Do you want to have the knowledge and skills to empower people with mental health issues and improve their lives?

The Dalgarno Trust, 1 Webb Close, Dalgarno Way, London W10 5QB

FREE taster session - 25th April 10:00 - 11:30am. Come and join us to see if peer mentoring is right for you.

Four week course - starting on 10th May 10:00 - 12:00pm and every Thursday until 11 May. Each to improve your employment prospects.

The course is held at St. Charles Hospital.

Want to know more?
Contact Jo or Shifaa on 020 8969 6300 or email: jo@dalgarnotrust.org.uk or shifaa@dalgarnotrust.org.uk

4 week Mental Health Peer Mentoring course starting on 10th May. More details on their website:

www.advocacyproject.org.uk/news/mental-health-peer-mentoring-sharing-hope/ or phone Jo or Shifaa on 020 8969 3000

Time to hear what patients say – the mental health survey



NHS
Central and
North West London
NHS Foundation Trust

The Independent Community Mental Health Survey started on 19th 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.

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.

Members Meeting

Help us plan for the future

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 24th May 2018
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

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 24th May
Where: Office 10, 7 Thorpe Close
From: 2.00 – 4.00pm

All welcome!



Diary dates ... page 7

Event	Date and time	Venue
Mental Health Carers Support Group	Friday 4 th May 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	Thursday 24 th May 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 466 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.



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