

Kensington & Chelsea Mind Service User Network

Newsletter

September 2018

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

Still round the corner there may wait,
A new road or a secret gate.

J. R. R. Tolkien



Designed and created from debris lying
around the wildlife garden by our
peer volunteer, Margot Matas

This month ...

News & Views, page 2 - 3

Mental Health Promotion, page 4

Service User Involvement page 5

Diary dates, page 6

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

Social housing green paper: a 'new deal' for social housing

The Government has published the long-awaited [Green Paper on social housing](#), setting out what the Ministry of Housing, Communities and Local Government intends to do to improve social housing for tenants.

Social housing is accommodation provided to those who need it by local authorities and charities if they're affected by issues such as low income or disability.

The report – entitled 'a new deal for social housing' – centres around five broad themes:

- Tackling stigma and celebrating thriving communities
- Expanding supply and supporting home ownership
- Effective resolution of complaints
- Empowering residents and strengthening the regulator
- Ensuring homes are safe and decent

Secretary of State for Communities, Rt Hon James Brokenshire MP, said:

“Providing quality and fair social housing is a priority for this government.”

“The green paper offers a landmark opportunity for major reform to improve fairness, quality and safety to residents living in social housing across the country.”

“Regardless of whether you own your home or rent in the social sector, residents deserve security, dignity and

the opportunities to build a better life.” Mind have responded to the Green paper and you can read their response [here](#).

Mind says: “We’re pleased that this report has finally been published but disappointed not to see greater emphasis placed on mental health, given the high proportion of social housing tenants affected by poor mental health. Over one in three people who live in social housing have a mental health problem and there is a strong link between housing and mental health. You’re more likely to experience problems with your home if you have a mental health problem and, equally, where you live can have a huge impact on your mental health.

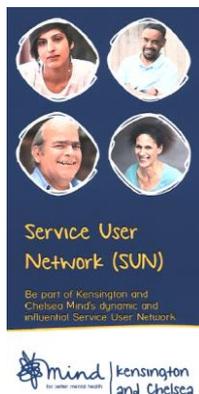
“We hope this is just the start of the conversation about the role social housing plays in our society – a conversation we hope will include people with mental health problems every step of the way. Over the coming months we’ll be supporting people affected by poor mental health to ensure their views are heard as part of the consultation.”

Housing & mental health



You can find details of Mind’s housing campaign [here](#) or read their report ‘Brick by Brick: A review of mental health and housing’ [here](#).

Service User Network



Please contact us if you, a friend or a colleague are interested in joining the SUN.

You can be involved as little as you want by just receiving the newsletter or taking part in one of our surveys. Alternatively, you may want to attend the monthly members meetings where you can meet like-minded people, share your experiences of the local services and join a mini-workshop on various topics such as trouble sleeping, dealing with panic attacks or how to increase your wellbeing.

What is the Service User Network (SUN)?

The SUN exists to create a network of users and survivors who care about mental health issues and want to be part of a dynamic and influential movement.

We also provide opportunities and support to engage with the local authority or local foundation trust (CNWL) to have a direct say in influencing, shaping and developing local mental health services, now and for the future.

Contact jill.watson@kcmind.org.uk or call 0108 954 1333 opt 8 for more information.

Peerfest 2018



Peerfest18 is coming to Essex on Saturday 20th October

Congratulations to [Thurrock Mind](#) who came through as the chosen user-led peer support project to host Peerfest18.

Mind's vision is an open, inclusive, event where people, young to old, from all walks of life can get involved and be inspired. We can get a big mixing pot of difference together and get people excited about being part of peer support across the UK

So put the date in your diary and get ready for an explosion of energy, passion, creativity and diversity to celebrate everything peer support at this annual celebration.

Last years Peerfest was a resounding success and you can find out more about what went on [here](#).

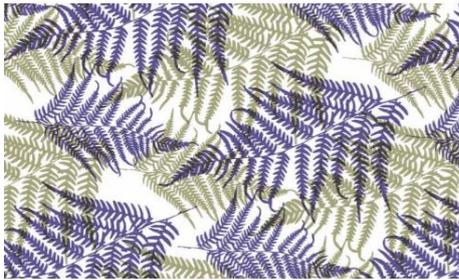
This [booklet](#) explains how peer support can help with mental health problems, how sessions might be structured and how to find the right support for you.



CNWL Recovery & Wellbeing College prospectus available



Courses and Workshops 2018/19



The CNWL Recovery & Wellbeing College is a place where people can learn about recovery and wellbeing in a supportive environment. It is also a place where people can think about their hopes and aspirations and explore how to overcome the barriers that can prevent them leading the life they want to live.

They are not a conventional college (they do not test people with exams or ask people to write reports or essays); instead they provide a range of courses to support people to regain hope, to learn, grow, share and discuss. Their aim is to provide a warm and safe space in which to think about and practise recovery. Their courses and workshops are designed for people who use services, supporters/carers and people who work in services. There will always be two trainers in their workshops: a peer trainer who has direct life experience of mental health or physical health challenges and is on their own recovery journey, together with a

practitioner trainer whose main experience will be from working in services as a clinician or health and social care worker. All of their courses are also co-written by people with life experience of recovery alongside people who have clinical or health professional experience. This is called co-production – this means that they value these two types of experience equally. They offer a range of workshops on mental health, physical health, wellbeing and inclusion in society and employment.



I have affirmed that I deserve to thrive and not just survive in my life. 💬

An overview of the courses that they cover includes:

- Understanding health difficulties and ways of managing them
- Looking after our health and wellbeing
- Employment and work-related activities
- Taking control in recovery and life
- Understanding and developing ourselves
- Developing recovery-focused practice and getting involved

With over 50 different courses on offer, there's something for everyone. You can read the prospectus [here](#).



Volunteering opportunity



St Mungo's is a homelessness charity and a housing association, and their vision is that everyone has a place to call home and can fulfil their hopes and ambitions.

Volunteers are an integral part of St Mungo's and they recognise and value the huge contribution they make.

In return, they can offer you a rewarding experience by providing opportunities to:

- Make a significant contribution to combating homelessness.
- Develop skills and experience of homelessness sector within a dynamic, positive, friendly and supportive environment, and have access to some of the training courses at St Mungo's.
- Access an extensive volunteer training programme and e-learning programme.
- Socialise with like-minded people and other volunteers.

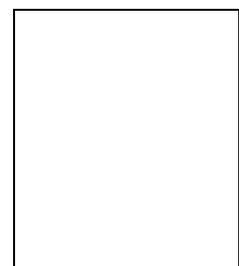
You can apply for their volunteer roles by visiting: <https://www.mungos.org/get-involved/volunteer/>

If you have a question about a role or how to apply then please email volunteerservices@mungos.org or call them on 020 3855 6160 for more information.

Making sense of universal credit, PIP and more

The team behind the *rightsnet* adviser website have put together a series of useful, free and easy-to-use web tools designed to support people who want to find out more about their benefit rights.

The web tools include a postcode checker to help track the roll-out of universal credit; a tool to help address commonly held myths and misconceptions about universal credit; and adviser guides relating to personal independence payment and the work capability assessment. In addition, 'Advicelocal' is a great way of finding locally-tailored information and support and includes a UK-wide directory of independent advice organisations.



For more information on rightsnet's range of web tools, see: <https://www.rightsnet.org.uk/resources/webtools>

CNWL Annual Accounts and AGM



When: Wednesday 5 September
From: 5.00 – 7.00pm
Where: The Wellcome Collection in the Auditorium, 183 Euston Road, NW1 2BE.

CNWL is hosting their AGM shortly and are inviting you to attend. They have now produced their Annual Report and Accounts which you can read [here](#). This is your chance to put questions to the Board of Directors about their performance and plans.

Summary of results



▲ 11 Key Findings improved since 2016 ▲ 36 questions improved since 2016
▼ 21 Key Findings declined since 2016 ▼ 58 questions declined since 2016

31% of staff were satisfied with their level of pay (q5g | 2016: 37%)

58% of staff worked additional unpaid hours (q10c | 2016: 59%)

38% of staff reported feeling unwell due to work related stress in the last 12 months (KF17 | 2016: 37%)

68% say their immediate manager takes an interest in their health & wellbeing (q7f | 2016: 67%)

Staff are reporting lower satisfaction with the quality of work and care they are able to deliver (KF2 | 3.90 vs 3.93 in 2016)

87% of staff reported having an appraisal in the last 12 months (KF11 | 2016: 86%)

Survey Coordination Centre

NHS

Tea and coffee will be served from 4.30pm and you can register your attendance [here](#).

Healthwatch AGM

Join Healthwatch for their 2018 Annual General Meeting

When: Monday 17th September
Where: Central Hall Westminster. SW1H 9NH
From: 5.00 – 8.30pm

There will be:

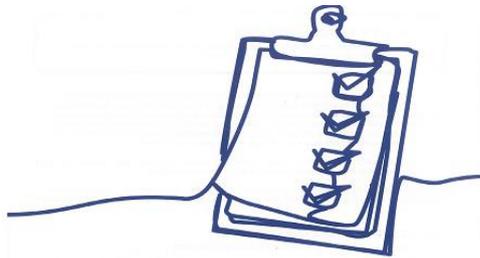
- Talks about their work from the past year
- Information about their current projects
- Voluntary and community organisations
- Entertainment
- Food and drinks
- And more!

Please RSVP so they know how many people to cater for. You can do this through Eventbrite [here](#), or by email or telephone.

Email: info@healthwatchcentralwestlondon.org
Telephone: 020 8968 7049

healthwatch
Central West London
Your Spotlight on Local Services

Mind's 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).

This is such an important piece of research - we want to know what mental health care is like on a national scale. And most importantly, we want to know how it's been for you.

This is a critical time for us to review mental health care, so whether you've had a good or bad experience, we'd love for you to be involved.

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

You can complete the survey online [here](#) or you can request a hard copy by contacting sun@kcmind.org.uk or calling 0208 964 1333 opt 8

Please remember that your answers will remain anonymous - no one will know who has said what.

Members Meeting

A poster for a Members Meeting. The background is yellow. The text is in blue. At the bottom left, there is a drawing of a megaphone. At the bottom right, there is a drawing of a teacup and saucer. The text on the poster reads:

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

- **Getting a better night's sleep** – join us for an informal workshop on sleep. We'll start the topic off and hopefully you can share your experiences and tips too
- **Coffee, cake and a catch up** – find out what's going on locally, share your experiences of recovery and let us know what's working well and what's not

Join us to find out more

When: Thursday 20th September 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



When: Thursday 20th September
Where: Office 10, 7 Thorpe Close
From: 2.00 – 4.00pm

All welcome!



Diary dates... page 8

Event	Date and time	Venue
Mental Health Carers Support Group	First Friday of each month 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
CNWL AGM	5 th September 5.00 – 7.00 pm	The Welcome Collection 183 Euston Rd. NW1c2BE
Members Meeting	Thursday 20 th September 2.00 – 4.00pm	The Mind Centre, Office 10 7 Thorpe Close W10 5XL
Chelsea and Westminster Hospital AGM	Thursday 27 th September 5:00 pm - 6:30 pm	Chelsea and Westminster, 359 Fulham Road, London, SW10 9NH

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:

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 or visit their website www.communitylivingwell.co.uk/.

www.oknottofeelok.org/ - details of the help and support you might need that is available locally.

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