

Kensington & Chelsea Mind
Service User Network

Newsletter

August 2018

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

The Big Mental Health Survey 2018



This is your chance to share your
experiences of mental health support from
Primary Care or the Third Sector

This month ...

News & Views, page 2

Mental Health Promotion, page 3 - 5

Service User Involvement page 6 - 8

Diary dates, page 9

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

Mind's Big Mental Health Survey 2018

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).

In Kensington and Chelsea that would include services like Community Living Well with the Navigators, Employment Support, Peer Support, Psychological Therapies (previously Take Time to Talk), Mother Tongue Counselling and Primary Care Liaison. Services offered by voluntary / third sector could include the massage sessions available at SMART, the Volunteering on Prescription programme or sessions at Al-Hasaniya or Dalgarno Trust.



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.

This is your opportunity to share your thoughts and experiences.

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 complete the survey online [here](#) or you can request a hard copy by contacting sun@kcmind.org.uk or calling 0208 954 1333 opt 8

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

Use of Force Bill passes Third Reading

MPs move a step closer to reducing restraint and other types of force in mental health settings

The Mental Health Units (Use of Force) Bill has today passed the Third Reading stage in the House of Commons. The Bill was proposed by Steve Reed MP following the death of Seni Lewis in 2010. Aged just 23 years old, he died following prolonged restraint that was deemed to be excessive, unreasonable, and disproportionate at the inquest into his death. Seni's family have campaigned tirelessly over many years to change the law around the use of force.

The Bill aims to increase transparency and accountability and is an important step towards making safer environments for everyone experiencing a mental health crisis. Force is often used to control people's behaviour when they are in hospital or another health setting. It can include physically restraining someone against their will, injecting them with medication or using seclusion to confine and isolate someone on the ward.

Earlier this week, Agenda released statistics that showed 32 women have died in the last five years as a result of restraint. Last month, figures from mental health hospitals showed that over three and a half thousand people suffered an injury through being restrained between 2016 and 2017. That's the highest figure ever recorded. The evidence shows that restraint is damaging.

The Mental Health Units (Use of Force) Bill calls for:

1. Better data, improving transparency and highlighting problem areas.
2. Better training for staff to manage difficult situations.
3. Police will need to wear body cameras when called to mental health settings, which can be used in evidence.
4. Local commitments to reduce restraint.

The Bill would require all local mental health providers to commit to an overall reduction in the use of force. This would help drive a change in culture, and would support local efforts to reduce the use of force.

Mind has been supporting this Bill and working with YoungMinds, Rethink Mental Illness, INQUEST, Agenda, Article 39, BILD (home of the Restraint Reduction Network), National Autistic Society and Equality and Human Rights Commission to encourage MPs to support it.

Mind has produced a briefing on the Bill which you can read [here](#). There's also more information on the Parliament UK site [here](#).



www.parliament.uk

Mind and EFL launch On Your Side partnership

To mark the launch of On Your Side Mind have released new research showing that football fans show their emotions at matches more than at any other time.



New research released today by the mental health charity Mind shows that over half of people (55 per cent) agree that football fans find it easier to show their emotions at football matches than at any other time. The polling* comes as Mind and the EFL launch their two-year On Your Side partnership and a striking new shirt design for all EFL clubs.

To mark the partnership the 2018-19 EFL season will see, for the first ever time in English football, a new lettering design which incorporates the charity's logo into the player name on the back of every EFL shirt across all 72 clubs in the Sky Bet Championship, Sky Bet League One and Sky Bet League Two. The squiggle part of Mind's logo will be joined into the first letter of the player name – with the player's name replacing the word Mind – in a unique design to celebrate the On Your Side partnership.

Research commissioned for the launch of On Your Side shows that a third of people (30 per cent) would find it easier to explain the 'offside rule' to friends or family than what mental health is, with men twice as likely to agree with this as women (40 per cent to 21 per cent). It also found that only half of people (55 per cent) agree that when things get tough they feel like their friends or family have got their back. Mind and the EFL want to show that if things get tough, they have your back too.

With over 18 million fans attending EFL matches each season (and almost 42 million watching on TV), Mind and the EFL hope that the increased visibility of mental health at matches will promote awareness and understanding among new audiences. Through the partnership Mind will also be working directly with EFL football clubs and their Community Trusts to improve mental health support within the clubs and their wider communities.

Mind was chosen to become the EFL's Official Charity Partner from the start of the 2018/19 season for two years. The partnership will look to focus on the following areas:

- Raising awareness about mental health with fans, clubs and staff
- Raising funds to deliver life-changing support
- Improving the approach to mental health in the EFL, in football and in wider society

* The research was conducted by Censuswide with 2,000 UK respondents between 20.04.2018 - 23.04.2018. Censuswide abide by and employ members of the Market Research Society which is based on the ESOMAR principles.

Department for Transport extends Blue Badge scheme

The Department for Transport has announced that it is extending the Blue Badge scheme so that more people with 'invisible' health problems, such as autism and mental health problems, can now apply.



The Blue Badge scheme offers accessible parking for people who find travel difficult, allowing them to park closer to their destination than other drivers.

Until now, it was only physically disabled people who were eligible for Blue Badges because of the barriers they face when it comes to taking public transport or walking longer distances. The Government has now recognised that people with mental health problems often struggle with these issues too.

You can find out more about the Blue Badge Scheme [here](#). There is more information about the changes to Personal Independence Payments (PIP) [here](#).

Free Leisure Passes



We still have a few free Leisure passes available if you want to get a bit more exercise this year.

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.



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.

The hot weather continues

Here are some more tips on how to beat the heat:



Beat the Heat

Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, cut back on alcohol & caffeinated drinks



Dress appropriately for the weather



Slow down when it is hot

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: 2015071

If you're having problems sleeping you could try these tips:

- Rinsing off under a stream of tepid water brings down the core body temperature and rinses off sweat so you can go to sleep feeling cool and clean.
- If you have a fan, try putting a bowl of ice cubes in front of it to lower the temperature of the circulating air. Alternatively you can try hanging a damp sheet in front of an open window.

Carnival 2018

This leaflet provides all the practical information for residents over Carnival weekend. It includes a Carnival map, the details of the route and event schedule, road and parking restrictions, public transport diversions, safety information and contact details for all the organisations involved.

If you have concerns or questions, please contact the relevant agency using the details listed in this booklet.



City of Westminster



Follow the Carnival updates on Twitter at [@nhcarnivaldn](https://twitter.com/nhcarnivaldn)

HELPLINES AND CONTACT DETAILS

METROPOLITAN POLICE

Call **101** for local police and in an emergency call **999**

For information on policing Notting Hill Carnival go to www.met.police.uk

Follow the police on twitter [@MetPoliceEvents](https://twitter.com/MetPoliceEvents)

ROYAL BOROUGH OF KENSINGTON AND CHELSEA

NOISE PROBLEMS

T: 020 7361 3002 (24hr)

E: environmentalhealth@rbkc.gov.uk

BASEMENT CLEANING

T: 020 7361 3001

(Streetline, weekdays, 8.30am to 5.30pm)

E: streetline@rbkc.gov.uk

HOUSING MANAGEMENT

T: 0800 137 111 (weekdays, 9am to 5pm)

OTHER ENQUIRIES BEFORE CARNIVAL

T: 020 7341 5147

(weekdays, 9am to 5pm, until 25 August)

The Royal Borough's website has information on the Notting Hill Carnival.

Visit www.rbkc.gov.uk/carnival

WESTMINSTER CITY COUNCIL

NOISE PROBLEMS

T: 020 7641 2000

(24hr Action Line)

CLEANING ENQUIRIES

(including the front garden and basement cleaning service)

T: 020 7641 2000

(24hr Action Line)

E: environmentalactionline@westminster.gov.uk

W: www.westminster.gov.uk/notting-hill-cleanup

Please note, this service offers the free removal of event litter only. The service does not cater for properties that have used their private land to trade or entertain during Carnival.

CITYWEST HOMES

T: 0800 358 3783

(weekdays, 9am to 5pm)

Other enquiries before Carnival

T: 020 7641 2390

(weekdays, 9am to 5pm, until 24 August)

E: carnival@westminster.gov.uk

Westminster City Council's website has information on the Notting Hill Carnival.

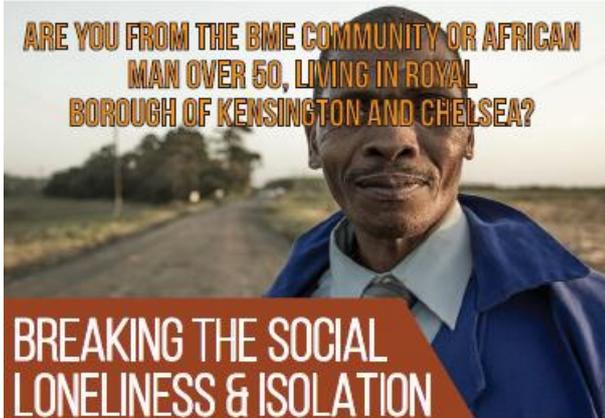
Visit www.westminster.gov.uk/notting-hill-carnival

Follow Westminster City Council on Twitter at [@CityWestminster](https://twitter.com/CityWestminster)

You can read this year's Carnival booklet [here](#).

Health Workshops for local men

ARE YOU FROM THE BME COMMUNITY OR AFRICAN MAN OVER 50, LIVING IN ROYAL BOROUGH OF KENSINGTON AND CHELSEA?



BREAKING THE SOCIAL LONELINESS & ISOLATION

Come and meet others to enjoy each other's company around our African traditional hot meals, dancing to old African music!

FAWA offer 2 workshops to provide health message:
1. Every 1st Wednesdays (4 - 6pm) 2. Every 3rd Fridays (4 - 6 Pm) of each Month

Activities includes:
• Physical activity (Yoga) • Drop_in and Telephone support (Wednesday 10- 5pm)
• Weekly Outreach Service

ALL ARE WELCOMED TO COME ALONG AND NETWORK, SOCIALISE AND HAVE FUN FOR GOOD MENTAL HEALTH AND WELLBEING.

VENUE: CANALSIDE HOUSE, 383 LADBROKE GROVE, LONDON W18 5AA.

FOR MORE INFORMATION, OR TO BOOK TO ACCESS THE SERVICE PLEASE CONTACT:
020 2625 7474 / 075 2800 2814 OR EMAIL: faawa@kcc.gov.uk

KIDNEY DISEASE AWARENESS WORKSHOP



**Friday 10th August 2018, 11am - 1pm
at Dalgarno Trust, 1 Webb Close, Dalgarno Way W10 5QB**

Come and join our **FREE** men's workshop to gain important and beneficial information on:

- How the kidneys function
- Types of kidney disease and infection
- Risk factors, symptoms and treatment of kidney disease
- Lifestyle advice on how to optimise your kidney health

All men are welcome to come along and bring a friend! Light refreshments provided.

To register please contact Davendra on 020 8959 6300 / davendra@dalgarnotrust.org.uk



Alternatives to Detention/sectioning under the Mental Health Act 1983



As part of her work for the Independent Review of the Mental Health Act, Dorothy Gould is trying to collect as many examples as possible of alternatives to detention/sectioning.

Because the Review is drawing primarily on a medical model, she would particularly like to hear of non-medical alternatives, including ones which are user-led and/or stem from black and minority ethnic groups and other particularly disadvantaged groups.

If you are able to help, please can you send information to her at gould.dorothy@gmail.com, using the questions below:

1(a) What alternative services have helped you to avoid detention/sectioning and (b) How did they help you to avoid it?

or 2(a) What alternatives would have helped you to avoid detention/sectioning (if available) and (b) How would they have helped you to avoid it?

3(a) Are there useful alternatives to detention/sectioning which you have heard about from others and (b) If so, is there information which you can forward about these and their benefits?

What does your GP mean to you?

The Royal College of General Practitioners, which represents family doctors in the UK, want to hear how you think the future of general practice should develop.



Whether you're a GP, patient, or another healthcare professional, they want to hear your thoughts.

By completing this survey, you'll be helping to influence the future of patient care, clinical standards and the GP workforce.

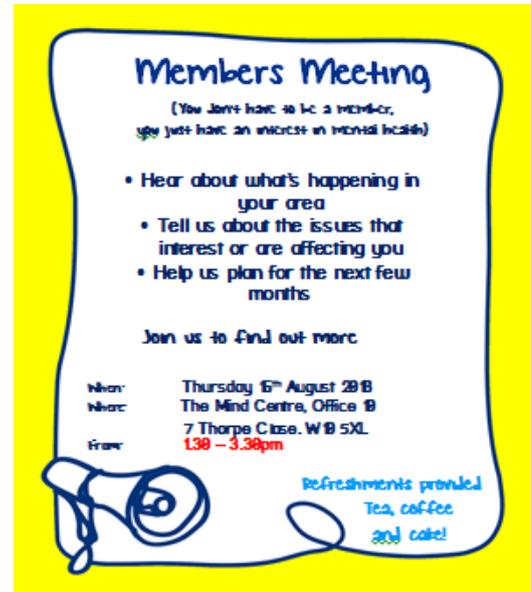
The survey should only take a few minutes.



You can complete the survey [here](#).

Members Meeting

New and prospective members welcome!



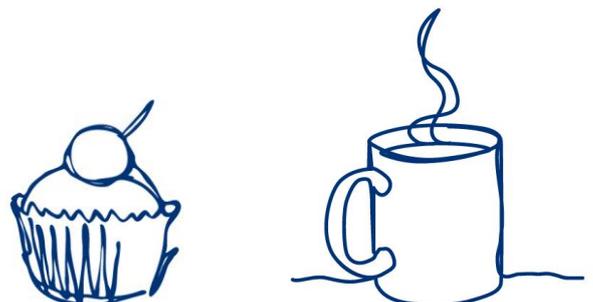
We're Mind, the mental health charity and we are here to make sure no one has to face a mental health problem alone. www.komand.org.uk



When: Thursday 16th August
Where: Office 10, 7 Thorpe Close
Please note the slight change of time.
From: 1.30 – 3.30pm

All welcome!

Join us for a chat, tea and cake and to hear more about joining the Service User Network.



Diary dates ... page 9

Event	Date and time	Venue
Mental Health Carers Support Group	1 st 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
Members Meeting	Thursday 15 th August 2.00 – 4.00pm	The Mind Centre, Office 10 7 Thorpe Close W10 5XL
CNWL AGM	5 th September 5.00 – 7.00pm	The Welcome Collection 183 Euston Road. NW1 2BE
Grenfell Health and Wellbeing Service Open Evening	Wednesday 12 th September 4.00 – 7.00pm	St Charles Centre for Health and Wellbeing
Healthwatch Central West London Annual Event	17 th September 5:00 - 8:30 pm	TBA

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](#).

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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