

Kensington & Chelsea Mind Service User Network

Newsletter

December 2018

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

**Season's Greetings
to all our readers!**



See inside for details of our Christmas get-together and for information on other activities available over the festive period.

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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 RBKC Adult Social Care.



For better
mental health

 Follow @kandemind



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Keeping healthy over the festive period

For most of us the Christmas and New Year period is a time full of joy and happiness however we recognise that for others of us, it can be a distressing and lonely time. We suggest that you talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well. Below are details of various drop-in services which will be available over this period: -

SMART

Address: The Basement, 15 Gertrude St. SW10 0JN

SMART's drop-in sessions are open as below, offering affordable tea, coffee, snacks and a hot lunch. You will need a ticket for their infamous Christmas lunch but can drop-in to say hi to your friends!

Date	Day	Evening
Friday, 21/12	open 10-1pm	
Saturday, 22/12	open 10-4pm	
Sunday, 23/12	open 10-4pm	
Monday, 24/12	open 10-4pm	closed
Tuesday, 25/12	open 10-3.30pm	
(Christmas Day lunch, tickets available £5.00)		
See page 7 for more details		

Wednesday, 26/12	closed 10-4pm	6-9pm
Thursday, 27/12	open 10-4pm	6-9pm
Friday, 28/12	open 10-4pm	
Saturday, 29/12	open 10-4pm	
Sunday, 30/12	open 10-4pm	
Monday, 31/12	open 10-4pm	6-9pm
Tuesday, 01/01	closed all day	
Wednesday, 02/01	open 10-4pm	6-9pm

Hestia's K&C Recovery Café

The cafe offers a safe, welcoming space for people who are struggling to cope with their mental well-being and/or trauma during the evening and weekends when other services may be closed. There is no need for an appointment, just turn up and you'll be met by a listening ear, food, peer activities and therapeutic group and 121 support.

The Oremi Centre, Unit 3 Trellick Tower, Golborne Road, London W10 5PA 0203 879 3505 or 0208 954 0033

Opening Hours: Monday – Friday 6pm to 11pm, Weekends: 12pm to 11pm

Other useful contacts:

Samaritans – Helpline offering emotional support

Tel: 0845 790 9090

Offering support to people experiencing feelings of distress or despair, including those which could lead to suicide. Open every day, all day.

SANELINE – National out-of-hours mental health helpline

Tel: 0845 767 8000

Providing information and emotional support to anyone affected by mental health issues.

Open Monday – Sunday 13:00 – 23:00

Community Living Well

For those who get their mental health support from their GP please see the Peer Support calendar [here](#) and some more useful information about looking after yourself at Christmas [here](#).

Mental Health Units (Use of Force Bill) becomes law

The Mental Health Units (Use of Force) Bill – also known as Seni's law - has received Royal Assent and has become an Act.

The Bill was proposed by Steve Reed - MP for Croydon North - following the devastating death of his constituent Seni Lewis in 2010. Seni died at just 23, after being restrained on a mental health ward by 11 police officers. At the inquest into Seni's death, the restraint used was deemed to be excessive, unreasonable and disproportionate. Seni's family have campaigned tirelessly over many years to change the law around the use of force, and thousands of Mind campaigners urged their MPs to get behind the Bill. Now finally all the hard work has paid off.



We know that using force to control someone's behaviour when they are unwell can be a humiliating and traumatising experience, so this is great news for those of us who may experience a mental health crisis. Mind first exposed the widespread use of face-down restraint in their report 'Mental health crisis care: Physical restraint in crisis' in 2013. You can read this report [here](#).



Mental health crisis care: physical restraint in crisis

A report on physical restraint in hospital settings
in England
June 2013

mind.org.uk/crisiscare



The new law will mean:

- Mental health hospitals must actively take steps to reduce the use of force against patients, including by providing better training on managing difficult situations.
- Better data will now have to be collected, which will enable us to keep an eye on progress and highlight any problem areas.
- Police will need to wear body cameras when called to mental health settings, which can be used in evidence.



News you may have missed

'We can relate': how peer mentors help teenagers who self-harm - A one-of-a-kind service in London provides a safe space for young people to open up about mental health problems. The article can be read [here](#).



Ground-breaking new AI can diagnose depression by the sound of your voice. Read more [here](#).

Pensioners are THREE TIMES more likely to hide any mental health conditions than younger people due to old school British 'stiff upper lip'. You can read the article [here](#).

The three leading regulatory bodies for the counselling and psychotherapy profession have created a new competence framework as a response to the mental health crisis. Read more [here](#).

NHS to look into deaths of 100,000 mental health patients a year. All fatalities in England to be investigated after Connor Sparrowhawk case highlights poor care. Find out more [here](#).

Disclaimer: The views expressed in these articles are not necessarily the views of Mind or Mind's Service User Network.

Christmas and Beyond event

The aim of the event is to let people know what services are available to them over Christmas and beyond and to give them the opportunity to try activities that promote well-being e.g. massage and mindfulness.

Plus free afternoon tea!



Christmas and Beyond

Monday 17th December 1:30pm to 5pm
Royal Garden Hotel, Kensington High Street

The festive period can be particularly difficult for those of us with mental health needs. Please join us to find out more about the services and activities available to you over Christmas and beyond. There will be :

- A free booklet of tips and services to keep you healthy over the festive period
- Stalls staffed by knowledgeable people where you can find out more about what activities and help are available locally
- A well-being area including massage and mindfulness
- The opportunity to talk to commissioners about your wants and need
- A luxury afternoon tea

This event has been organised by your friends at



Making A Difference Alliance



NHS
West London
Clinical Commissioning Group

healthwatch
Central West London

For more information please email amelia.mustapha@smartlondon.org.uk

When: Monday 17th December
From: 1.30 – 5.00
Where: Royal Garden Hotel,
Kensington High Street.

The ADKC Disability Connect project



The Disability Connect project is for socially isolated disabled people (with a physical, sensory or hidden impairment) who need or would like some encouragement and support to get out and about doing activities of interest to them.

ADKC do this by meeting with the person over a period of time, finding out what kind of things they are interested in and supporting them to start doing the activity, which will hopefully reduce isolation and improve their health and wellbeing.

The service is for people between 18 to 49 years old. For more information, please call 020 8950 8888 or email: disabilityconnect@adkc.org.uk



Your A&E experience

The liaison Psychiatry Team have asked us to forward the following request:

“We are a Liaison Psychiatry Team working with Chelsea and Westminster Hospital to support people with mental health needs. We see patients in A&E and on the hospital wards, working hard to help, support and advocate for them in terms of their health and wellbeing. We are constantly working towards improving the patient experience and we need your help to do so. Therefore, we would be very grateful if you could take some time to complete the following survey and to share your thoughts and experiences. All of the information will be confidential and used only for service improvement.”

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

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SMART's Christmas Lunch



**Christmas Day Lunch
tickets on sale now!!!**

Turkey or Vegetarian option with all the trimmings...

Booking essential
– see Jose, Jane or Kinga,
alternatively call 020 7376 4568.

Transport provided for those beyond walking distance.

Free Women's Yoga



Come along, improve your health, have a good stretch and walk away tall!

Improve your stretching, flexibility and posture

Improve your breathing and feel great
Learn the benefits of physical activity

When: Monday 3rd December

From: 11.00 – 12.00pm

Where: Canalside House, 383 Ladbroke Grove. W10 5AA

For more information, please contact Davendra on 020 8969 6300 / 07535 255 047 or email

davendra@dalgarnotrust.org.uk



Self-Care (social prescribing) Directory



KCSC have launched their Self-Care directory online.

In Kensington & Chelsea, Queens Park and Paddington, Voluntary and community organisations provide a range of services that contribute to greater health and wellbeing. These include services that are condition specific, like dementia support, relate to physical health such as exercise programmes and those that deal with aspects of mental health, such as befriending services or information and advice.

The West London Clinical Commissioning Group (WLCCG) is promoting its emphasis on self-care through a new programme called My Care, My Way.

You can access the directory [here](#).

Genetic links to anxiety and depression study (GLAD)

An exciting opportunity to get involved in the largest ever study of anxiety and depression.

Depression and anxiety are common but complex disorders whose research needs very large sample sizes. The Genetic Links to Anxiety and Depression (GLAD) study will be the largest ever single study of anxiety and depression and aims to recruit >40,000 individuals. Anyone age 16 years or older who lives in England and who has experienced anxiety or depression during their lives can sign up today! This project will enable not only better understanding of mental health genetics, but also will facilitate many future studies on their development and treatment.

Please support this effort by signing up to the GLAD Study at www.gladstudy.org.uk, providing consent, and filling out an online questionnaire.

For more information, please go to www.gladstudy.org.uk or email gladstudy@kcl.ac.uk.



Looking for Willing Participants:

Elliot Moran is looking for people with lived experience:

I am producing a professional-standard audio piece over the next month entitled 'Lost at Sea'. The piece concerns the struggles of dealing with depression/mental health issues. I am a student at Goldsmiths, University of London, and this final piece would be shared initially only within my department, on a confidential basis.

I am looking for interviewees to help with this project. Your interview can be carried out entirely on your own terms, and you are more than welcome to aid with the editing process. Preferably, this interview could be done in person - I am based in Shadwell (East London), and I am flexible in terms of whereabouts I can meet you, as long it is in London and the surrounding area.

I understand that the issue of mental health is one that needs to be approached delicately and with a serious degree of understanding. I have a family history of depression and anxiety and have suffered from the symptoms myself during the last couple of years, hence it is an issue very close to my heart.

If this interests you, then you can reach me by email: elliottmoran@live.com.

Peer Support Workers at St Charles

A number of exciting opportunities have arisen for Peer Support Workers to work within two of CNWL's acute inpatient wards. Based within the mental health unit, you will work as part of a multi-disciplinary team carrying out a variety of duties including supporting patients with personal recovery goals as identified in care plans / health and wellbeing plans, assisting with groups as well as case specific 1:1 work. You will also be required to support the team with undertaking practical tasks on the ward. These are allocated daily during the shift handovers and will include supporting patients who may be on close observations, undertaking and recording physical health checks, and supervising meal times. Working as part of the multidisciplinary team (MDT), you will be required to participate in a variable shift pattern which includes early and late shifts, some weekend working and possibly night shifts.

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You must have your own personal lived experience of mental health problems and have accessed secondary mental health services and have some experience of working in a related health or social care field. We are looking for people who are willing to positively share their personal experiences with others in order to support service users in their journey of recovery.

You can find more information and details of the application process [here](#).

Peer Support training

Are you interested in Peer Support training? Our course is offered FREE to people with lived experience of mental health problems who are living well; and who wish to increase their knowledge about peer support, gain new skills or consolidate their working practice.



The six-week course will run from January 10th every Thursday afternoon from 1.30-4.30pm at the Mind Centre.

It will cover a wide range of topics including: What is peer support? The underlying principles of peer support and the essential skills to deliver peer support, which include: facilitation skills, active listening, boundaries, confidentiality, recovery language, disclosure and how to use your experience to support others effectively.



To apply, please email enquiries@kcmind.org.uk.

Closing date for applications: December 15th, 2018.

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 964 1333 opt 8 for more information.

Christmas Members Meeting



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 13th December
Where: Office 10, 7 Thorpe Close
From: 2.00 – 4.00pm

All welcome!



Diary dates... page 10

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
Christmas Members Meeting	Thursday 13 th December 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:

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 456 6453

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.



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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