

## Canterbury MHAG Report September 2017

<b>Live Well Kent – Shaw Trust</b>		Liz Bailey – Programme Lead	
<b>Representative(s) name:</b>		Scott Joiner – Network Development Manager	
<b>Area</b>	Canterbury and Coastal CCG (Canterbury, Whitstable, Herne Bay, Faversham)	<b>Date</b>	7 <sup>th</sup> September 2017
<b>Delivery Network Providers in this area</b>	<p><b>Tier 2</b> Shaw Trust (Employment) Centra Care (Housing Support)</p> <p><b>Tier 3</b> Herne Bay Umbrella Centre Canterbury Umbrella Centre Take Off Canterbury Art Studio Maidstone and Mid Kent Mind MCCH Wellbeing Service</p>		
<b>Local Data</b>			
<b>Referrals for this area</b>	<p><b>1<sup>st</sup> April 2017 – August 2017</b> Total LWK; 873 Total Canterbury: 250 (29% of referrals) Sign ups Canterbury: 218 36% referrals are self 10% from Secondary MH</p>		
<b>Most prevalent types of activity (intervention)</b>	<p><b>Types of Activity</b></p> <ol style="list-style-type: none"> <li>1. Employment support</li> <li>2. MH Health Informal Support (Tier 3 provision)</li> <li>3. Housing support</li> <li>4. Benefits and Finance support</li> <li>5. Healthy Lifestyle services</li> <li>6. PC MH services</li> </ol>		
<b>New Developments</b>	<p><b>New Network Development Manager</b> Scott Joiner who will be managing the Delivery Network in Lot 2 and Lot 3 <a href="mailto:Scott.Joiner@shaw-trust.org.uk">Scott.Joiner@shaw-trust.org.uk</a></p> <p><b>New Volunteer Coordinator</b> Appointed into this new position to recruit and manage a team of 50 Volunteers to support the LWK programme. One to one work with clients under the supervision of Community Navigators and running community groups. Will also be setting up LWK informal Service User forums and Service User Interface groups to develop services in a co-production approach.</p> <p><b>LWK Website</b> Website went live in June <a href="http://www.livewellkent.org.uk">www.livewellkent.org.uk</a></p> <p>Information from the Live it Well Website are now integrated onto the resources</p>		

	<p>page. Information about Porchlight and Shaw Trust services can be found by CCG area. News page for anyone to add local events and news. Contact Tom Daley at <a href="mailto:Thomas.daley@shaw-trust.org.uk">Thomas.daley@shaw-trust.org.uk</a></p> <p><b>Canterbury and Coastal Locality Directory (attached)</b>          Locality Directories have been developed for each of the areas. Brief summary of what is being offered. Community Navigators can refer clients into these services.</p> <p><b>Increase of Community Navigators</b>          In June Shaw Trust TUPEd the Porchlight Community Link Workers into the Live Well Kent service as Community Navigators. Now there are much bigger teams with reduced caseloads and the Navigator working with the client end to end for their journey rather than handing from one worker to another.</p> <p>Clients report an improved service with having the same person to liaise with, reduced duplication of assessments and clients having to repeat their story.</p> <p>Emma Andrews – Rural Canterbury/Faversham          Luwi Mahenga – Central Canterbury          Giovanna Maccrellio- Whitstable          Hayley Locke – Herne Bay</p> <p>All Community Navigators are now aligned to GP Practices and will be the link between GPs and LWK.</p>
<p><b>Any other information</b></p>	<p><b>Art Exhibition at The Beaney</b>          One of our Tier 3 Providers – Canterbury Art Studio ran 2 very successful Art Therapy Groups in Ashford and Canterbury culminating in an exhibition at The Beaney where LWK Clients exhibited and sold their work. Demonstrated the journey and transformation for clients attending this group and the impact it had on their confidence, self-esteem.</p>
<p><b>Email contact for post meeting feedback if required</b></p>	<p><a href="mailto:Liz.bailey@shaw-trust.org.uk">Liz.bailey@shaw-trust.org.uk</a></p>


**CANTERBURY AND COASTAL**

**● CORE PROGRAMMES**

**Well Being Course**

Provides an understanding of how each element can build a more positive lifestyle to allow them to manage their mental health more effectively.



Learn about available support, Recognise signs, symptoms & develop coping mechanisms, Learn about the theory of CBT, Discover the importance of diet, healthy sleep, smoking/alcohol, Learn how to cope with anxiety.

6-week course to help clients learn about the Six Ways to Wellbeing to improve their management of daily life.

**Coping with Depression**

6-week course to help clients develop an understanding and coping strategies for Depression. Learn what causes depression and risks of self-harm and suicide, Explore the basics of CBT, analyse thoughts, feelings & behaviours looking at common unhelpful thinking patterns, Be able to challenge unhelpful thinking, Identify methods to help plan a balanced day (routine, pleasurable activities).



**Managing Stress and Anxiety**

6-week course to help clients develop coping strategies for anxiety & stress.



Understand stress and anxiety, physical symptoms and triggers, Learn CBT basics, Awareness of unhelpful thinking patterns, feelings and behaviours associated with anxiety, Examine anxious behaviours in particular 'safety' & 'avoidance', Plans for sustained recovery and dealing with relapse.

## ● PEER-LED PROGRAMMES – Project Based

### Canterbury Art Studio

Monthly Art Group facilitated by an Art Therapist with an exhibition at the end of the project. This is a six-session group offering structure to your week, where there is no pressure to talk but where you can express yourself and be alongside others experiencing a difficult time and may be feeling isolated or lonely.

With an emphasis on well-being and increasing self-esteem, you will have two hours per session to use the materials provided in a creative environment without judgement or expectation. Two artists, one of whom has had similar experiences to you, are on hand to offer support and guidance if needed and help you work towards a joint exhibition with others at a gallery in Canterbury. You will contribute to some of the preparation of the exhibition and take part in a 'meet the artists' viewing which will be an opportunity to invite family and friends to share in your achievement should you wish.

## ● SOCIAL SUPPORT

### Canterbury Umbrella

The Canterbury Umbrella Centre is a charity community centre that is open to everybody, providing support to people with mental health problems.



Canterbury Umbrella Centre – 4 days a week. Package TBC – based on Media, Food/Nutrition, Arts/Culture, Physical Activity

### Herne Bay Umbrella

Friendly staff are on site every Monday, Tuesday, and Wednesday from 10am to 4pm (Except on the first Wednesday of each month when they close at 2pm).



Provides friendly community-based support for Herne Bay residents who may be experiencing difficulties with their mental health and well-being. Activities and support include: Arts and Crafts, IT Computer Skills Learning, Singing and Musicality, Gardening Groups, Healthy Group Walks, Social Support and Interaction Sessions, The Parasol Peer Support Group

#### **Programme for September 2017 – October 2017**

Mindfulness with Sue Inkpen – Mindfulness definition, thoughts, emotions, Mindful body, Mindful eating, Mindfulness in the external world.

## ● HOW TO REFER

To access any of the courses above please follow the instructions below:

We have a ‘no wrong door’ approach. You can get help from us through any community service, by contacting us yourself, or someone like your doctor or a friend can refer you to us. We will talk you through how we can help you and give the support and advice you need. Please call on **0800 567 7699** or email **info@livewellkent.org.uk**

## ● CONTACT DETAILS

Liz Bailey	Programme Lead
Karen Hegarty	Project Manager
Colette Chaffey	Senior Navigator
Luwi Mahenga	Community Navigator
Emma Andrews	Community Navigator
Giovanna Macceriello	Community Navigator
Hayley Locke	Community Navigator
Thomas Daley	Administrator