

Live Well Kent

Porchlight Report Dartford, Gravesend and Swanley MHAG

Report for end of Quarter 3

Live Well Kent services in DGS

Rethink Sahayak access to one to one support, telephone support and peer support groups that offer a range of activities that is sensitive and supports BME communities

North Kent Mind Support to improve your mental health and physical wellbeing through a range of activities including drop ins, physical activities, coping with life courses, mindfulness and recovery courses

Springboard– Help to return or stay in employment while recovering from mental health illness with one to one support with your own advisor, personal development programmes, interview skills, help with benefits and job opportunities

MEGAN CIC – A peer support group for people either with a diagnosis of identify themselves with having a personality disorder

Community Inclusion Service – Helping people who are socially isolated to gain confidence and feel part of their community

Community Housing support –supporting people with housing needs resulting from mental health issues

Primary Care Mental Health Specialist- assess and support people who have severe mental health conditions and people who present common mental health conditions in primary care

Referrals

- For quarter 3 we received 140 referrals
- 137 were first contacted within 2 days
- Of the 140 people, 119 signed up to the service and 98 of those were new individuals
- The average days between referral and receiving a service was 3.62 days

Key referral source breakdown:

- 46 Self referrals
- 25 Delivery network

- 2 employment services
- 15 CMHT
- 12 IAPTS
- 3 GP's

Mental Health condition

- 44 people with SMI
- 62 people with CMI
- 13 people with prevention

Employment

- There were 27 people who signed up to the employment service
- 3 people with SMI entered paid employment over 16 hours
- 1 person with CMI entered paid employment over 16 hours

Housing

- There were 14 people who were signed up to the housing service
- 50 people needed housing related support across the network
- 100% of people supported were able to maintain their tenancy

Wellbeing

- 57 people completed 2 or more wellbeing scales showing positive outcomes for wellbeing improvements including
- 46% achieving their goals
- 62% reported feeling close to other people

77% of people using services were from the two highest quintiles of deprivation

Key Successes

- **Safeguarding audits** have been carried out this quarter by Porchlight LWK staff for delivery partner services. Delivery partners have prepared well for these audits and feedback has been how useful they have been. Quality audits such as this demonstrate how we are working with services to improve the quality of delivery across the whole network.
- **Preparation for General Data Protection Regulation 2018** Porchlight are helping delivery partners be ready for the changes in May 2018.
- **MEGAN CIC** delivered personality disorder training to Porchlight LWK services enabling us to work better with this client group, an example of how expertise can be shared within the network.

- **Service User Involvement team** delivered a workshop at the LWK Steering groups – During the LWK Steering groups in December we carried out a workshop on the Live Well Kent 2017. The activity for each steering group was to consider ‘What could be the challenges for service users in attending and participating in these meetings?’
- **Rethink Services** were invited to Buckingham Palace as part of the recognition for World Mental Health Day amongst other mental health charities for an evening reception.
- **North Kent Mind** Peer Led session introduced on Saturdays are going well. Limelight players performed again at the Orchard Theatre’s Community Projects’ event.
- **Interface meetings** with KERS have been useful for all services attending.
- **Huge contribution from volunteers including 59 hours pro bono legal work** from a strong working partnership with our Housing Specialists legal team Hodge Jones Allen valued at over £23,000. **2,554 hours from volunteers** valued at £36,011 (£14.10 an hour)