

Live Well Kent

Porchlight Report Dartford, Gravesend and Swanley MHAG –September 2018

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. From 1st May this service is provided by Invicta Health.

Primary Care Community Link Worker service provides one to one support for up to 8 weeks for advice and guidance on a variety of issues to help people move forward

Data recorded from quarter 1 – April 18 – June 18

Total Referrals 193

- IAPT referrals 40
- GP referrals 10
- KMPT referrals 17
- Self-referrals 44

Sign-ups 184

Contact within 2 days 189

Average start of service within 5.7 days

Active caseload at end of August 519

Friends and Family Test 100%

Employment over 16 hours per week at quarter 1

Sign-ups to employment service 36

People supported to gaining employment 17

People supported to achieve 13 weeks sustained employment 12

People supported to achieve 26 weeks sustained employment 4

Innovation Grant

The Innovation Panel meet and agreed to award funding for 3 projects in DGS

- **North Kent Mind – Highlight** – This project has been funded to raise awareness of the services Live Well Kent delivers in North Kent. The lead on this project, Eduardo will produce audio and visual podcasts to promote services that can help with an individual's mental health and wellbeing.
- **North Kent Mind – The 'Let's be mindful' project** will be running 4, 7 week courses over the period of 1 year. One of these courses will be in a school and the other 3 will be in community venues such as Dartford FC. The course mindfulness cognitive behavioural therapy will aid participants to develop resilience and self-management skills.
- **Carers First** – They will be running 3 free, friendly informal and confidential training course targeting young adult male carers across DGS. The courses will run between November 2018 and June 2019 and aim to help carers gain appropriate skills, knowledge, self-esteem and self-confidence to help them to continue to care in a more confident and balanced way, improving physical, emotional and mental wellbeing.

Quotes from Service users of Live Well Kent

"Thanks very much for helping me"

"You are a good support worker too, don't forget"

"Thanks for your time today you made me feel welcome from the start"

“You’ve been great, I couldn't have done it without you!”

“I think you have done a really good job, thank you! I think my family would thank you too”

“Just want to say thank you for assisting me on how best to put myself out there in the working world.”

“They have helped me a lot and help me continue my Journey of living a happy life. Always very helpful and willing to listen”.