

Live Well Kent

Porchlight Report Dartford, Gravesend and Swanley Quarter 2 report

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 2 for DGS

Total Referrals 142 (+74 PCMHS)

IAPT referrals 33

GP referrals 7 + 9 self-referrals whose GP recommended LWK

KMPT referrals 12 + 4 self-referrals where KMPT recommended LWK

Self-referrals 49 (13 recommended by previous service users)

Signups 138

SMI 54

CMI 69
Prevention 15
Contact within 2 days 139 98%
Average contact 1.02 days
Average start of service 2.67 days
MECC intervention 136 99%
Active caseload at end of Q2 524
Friends and Family Test 96% 44 Yes and 2 No

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

'The service was fantastic. My link worker is a lovely, absolutely fantastic. If I had leaflets, I would give them out to others.'

"I always feel I can talk to staff here"; "The meditation after the music is always so relaxing"; "I loved the drama group previously and after this session I'm definitely doing it again";

"I don't feel that well today but I thought I ought to get here because I always feel better when I leave";

"I really feel like I've turned a corner, my mood is so much better that it was a few months ago".

'Discussing my problems has been very helpful to getting better'

"The Service was good, advised, nice, helped me well. Polite and kind in speaking tone. Did everything right for me. Want others to get help here."

Highlights

Despite a seasonal dip in referrals this quarter, all targets have been met. We have made great connections with carers groups and they have attended the LWK Focus groups in Lot 1.

The Community Wellbeing Network project in DGS has gone from strength to strength and the community garden open day was held on 22nd September

World Mental Health Day event on 10th October at Healthy Living Centre

Social media in summary

Our facebook posts about Live Well Kent were seen a total of 17,804 times. They were shared 90 times.

Our twitter posts about Live Well Kent were seen a total of 14,332 times. They were shared 25 times.