

Live Well Kent
Porchlight Report South Kent Coast MHAG
Quarter 1, 2 & 3
1st April – 22nd October 2017

470 referrals were received in South Kent Coast.

Referral was from:

- Self/Carer/Family/Friends - 173
- Delivery network; Funded - 56
- District and County Council Services - 22
- Education, Schools and Further Education - 3
- Employment Services - 24
- GPs - 9
- Housing Services - 14
- IAPTS- 10
- KMPT single point of access – 2
- Lifestyle Services - 3
- Other - 33
- Other Statutory Social Care - 23
- SC - Kent Enablement and Recovery Services [KERS] -3
- SCMH - EIP Early Intervention Psychosis - 2
- SCMH - Inpatient Units- 3
- SCMH - KMPT CMHT Community MH Team - 51
- SC - Primary Care Social Care Workforce - 7
- Substance (Drug and alcohol) Misuse Services - 3
- Voluntary/Community Sector - 28
- Carer's Service (organisations) – 1

382 individuals started a service with 328 being new to Live Well Kent.

For South Kent Coast, people were contacted on average within Q1 1.31 days, Q2 1.89 days Q3 1.21 days (01.10.17 – 22.10.17) target is 2 days and receive a service within Q1 10.28 days, Q2 9.61 days Q3 7.38 days (01.10.17 – 22.10.17) target is 7 days.

In quarter one 79% of people using services were from the two highest quintiles of deprivation and in quarter 2 83% of people using services were from the two highest quintiles of deprivation quarter 3 (01.10.17 – 22.10.17) 69%

55% of people using the service in South Kent Coast had a common mental illness.

- CM1 – 209
- SMI – 136
- Prevention – 37

Number of times MECC advice has been given in the South Kent Coast

- Physical activity - 283
- Alcohol - 278
- Smoking -276
- Healthy eating -284
- Sexual health - 265

The following age break down is for those using a service, with their age at the time of referral: Q1 & 2

- 25 & under- 20%
- 26 to 45 – 36%
- 46-64 - 36%
- 65+ - 8%

Gender of people using Live Well Kent Services in South Kent Coast is male 48% and female 52%

Key Successes

- Folkestone Mind have started to facilitated SELF and Mindfulness groups in Dover – 11 people have signed up. .
- Innovation project FRESHART Dover Arts Development held an exhibition at the ART 31 gallery at the Dover Big local.
- Porchlight Community Housing - continues to develop links with Hodge Jones Allen housing solicitors. A solicitor from HJA attends our monthly advice clinics in the Dover area
- Folkestone Mind SAFETALK sessions start in October part funded by Kent Police & Crime Commissioner,
- Take Off continues to increase the groups they are running with some being over subscribed. As well as running their groups Take Off have also seen 34 people for 1 to 1 work in this area.

Developments for Quarter 3

- Prevent Training is being organised in November by Porchlight Live Well Kent and is mandatory for all delivery partner staff who have not yet received this training
- We will be producing an ezine in the next quarter, using it to share all the latest news with the Live Well Kent community and our stakeholders.
- Continue to promote and develop the Peer support work carried out by Take Off and to develop a new Peer Support group with Mcch in Dover/ Deal

- As part of our ongoing quality and monitoring processes safeguarding audits will be carried out with our delivery partners. These are all booked between October & December
- We have been encouraging our delivery partners to pledge to Time to Change
- Funded a Carers workshop which is on November 22nd 2017 at Whitfield Village Hall

Quotes from people using services

Porchlight Community Inclusion Service - "turned their live around" and "Given me a purpose again

Porchlight Community Housing Support - " Thank you for your encouragement, you're a very caring man and I am glad of your support"

Take Off - "The sessions are delightful."

Take off - "It helps me escape negative thoughts."

Shaw Trust – " is helping me to gain the confidence for work that I knew was there that I thought had been lost forever."

Folkestone Mind – "Before I used this service I would never have been able to have a conversation with anyone, my confidence has grown and I am now able to talk with other people, it is all down to the support you have given me, thank you."

Folkestone Mind - "Without the support I have received from Folkestone Mind I wouldn't still be here."