

**Live Well Kent**

**Porchlight Report South Kent Coast MHAG**

**Quarter 1, 2, 3 & part Q4**

**1<sup>st</sup> April 2017– 27<sup>th</sup> February 2018**

**This report covers the following service**

- Folkestone & District MIND
- Take Off
- Mcch Dover Deal
- Porchlight Community Inclusion Service (CIS)
- Porchlight Community Link Service
- Porchlight Housing Support
- Porchlight JET – Employment
- Shaw Trust - Employment

752 referrals were received in South Kent Coast.

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- IAPT referrals -19
- GP referrals -23
- KMPT referrals -69
- Self-referrals -279

584 individuals started a service with 493 being new to Live Well Kent.

For South Kent Coast, people were contacted on average within Q1 1.2 days, Q2 1.6 days Q3 1.08, Q4 1.17 days the target is 2 days and receive a service within Q1 9.68 days, Q2 8.55 days Q3 5.51 Q4 7.24 days the target is 7 days.

Percentage of people using services from the two highest quintiles of deprivation

Quarter 1 - 79%

Quarter 2 - 83%

Quarter 3 - 75%

Quarter 4 (to date) – 77%

54% of people using the service in South Kent Coast had a common mental illness.

- CM1 – 311
- SMI – 195
- Prevention – 78

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

- Physical activity - 501
- Alcohol - 462
- Smoking -473
- Healthy eating -494
- Sexual health – 452

The target for MECC is 80% and in South Kent Coast we achieved 89% year to date.

Gender of people using Live Well Kent Services in South Kent Coast is male 49% and female 51%

### **Key Successes**

- **Integrated working** – with an increase in successful integrated work within Live Well Kent and its interaction with the wider community. One example is **The Folkestone Mind Live Well Kent hub** is a great asset to the local community. In addition to Folkestone Mind services other services are running sessions and using this space. In January 2018 Porchlight community Link, CIS and Community Housing Support are moving into an office space at Folkestone Mind with a plan to run three weekly 'drop-ins' as well as having assessment space. JET IPS is also hoping to run a job club from this hub. The Kent Community Health NHS One You Lifestyle Advisor (health trainer) is also signed up to work out of the Live Well Hub once a week.
- **Folkestone Mind** – are running their Selfwise and Mindfulness courses in Dover
- **Porchlight Community Housing** - continues to attend the weekly advice clinic at the big Local with many other organisations also attending other
- **Prevent Training** was organised by Porchlight Live Well Kent in November and a number of delivery partners attended. Staff that didn't attend are required to do the training via e-learning by 31.03.18

### **Summary Update on mcch clients** following discussion during the last MHAG meeting

2 were signed up twice therefore 27 people not 29 as on Inform Database

1 person was contacted who is closed on Inform – letter sent as requested following last MHAG meeting

All clients were contacted by mobile, landline (if available) and text

### **Outcomes from contacting all clients**

- We have worked with 2 people to move to other Live Well Kent services
- 5 people are meeting Fiona in early March to discuss other services

- 1 person may possibly meet Fiona
- Out of the 13 people spoken to 4 should have been closed as they had not used the service in the last 90 days, all felt that they didn't need a service at the moment.
- 15 people - Letter sent

### **Developments for Quarter 1 (2018/2019)**

- Planning for mental Health Awareness week 14<sup>th</sup> – 20<sup>th</sup> May 2018
- Continue to promote and develop the Peer support work carried out by Take Off.
- Planning for Maidstone & Mind Kent Mind to start delivering Coping with Life, Coping with Anxiety and Stress & Coping with Depression courses.
- Planning for Folkestone Mind to further develop their work in Dover

### **Quotes from people using services;**

**Shaw Trust** "It was really quick. It was spot on and I got a job! They gave me confidence".

### **Folkestone Mind**

"My worker was really active in researching what could help me".

"I felt like we were on the same level."

"I was given lots of leaflets and contact details."

"In my experience it couldn't have been better."

**Porchlight Community Inclusion** "Helped me loads. They helped me be more social.