

Live Well Kent

Porchlight Report South Kent Coast MHAG

1st April 2017– 31st March 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

842 referrals were received in South Kent Coast.

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- IAPT referrals – 23
- GP referrals - 24
- KMPT referrals -76
- Self-referrals -324 (this includes people who self-referred who were sign posted to the service by; IAPT - 5 people, GP – 29 people, KMPT 16 people)

670 individuals started a service with 560 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 1.1 days the target is 2 days and receive a service within Q1 9.59 days, Q2 8.55 days Q3 5.53 Q4 6.77 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 - 78%

53% of people using the service in South Kent Coast had a common mental illness.

- CM1 – 356
- SMI – 230
- Prevention – 84

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

- Physical activity - 579
- Alcohol - 535
- Smoking -544
- Healthy eating -567
- Sexual health – 520

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

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

- Up to 19 – 5%
- 20 to 25 - 11%
- 26 to 35 – 17%
- 36 to 45 - 22%
- 46 to 55 – 23%
- 56 to 65 – 4%
- 66 to 74 – 5%
- 75 to 85 + 3%

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

Key Successes in Quarter 4

- **Porchlight** - We were proud to be asked to present at Homeless Link's youth homelessness conference on 20 March. We were asked to talk about the Live Well Kent model and how it helps us to respond to the mental health needs of the young people we support.
- **Take Off** - A new group in Hythe with an average of 8 people attending. Expanded in the Dover area and are renting a building in Granville St. Had an article on them published in the Guardian newspaper in January and were featured on BBC South East News on 4th April
- **Folkestone Mind** – are running their Selfwise and Mindfulness courses in Dover. Folkestone Mind trained 2 Peer support workers who are now working on SafeTalk project as paid peer workers.
- **Porchlight Community Housing** - Staff have attended McKenzie Friend Training in March, which means that they are equipped to represent clients at court tribunals
- **Porchlight Community Link SKC** - The office space we secured (Live Well Kent Office, Community Hub at Folkestone Mind, Folkestone) in the community, is working well and we are having increasing footfall. The plan to develop this into a community asset is going well

Developments for Quarter 1

- Planning for mental Health Awareness week 14th – 20th May 2018
- Continue to promote and develop the Peer support work in the network
- Maidstone & Mind Kent Mind are now part of the LWK network and will be delivering course in the Deal area on: Coping with Life, Coping with Anxiety and Stress & Coping with Depression
- Folkestone Mind are expanding their service in the Dover area
- MCCH contract in Dover Deal ended on the 31st March 2018
- Continued development of the Live Well Kent Website

Quotes from people using services;

Porchlight Community Link SKC - "I was treated with so much dignity and respect. I couldn't believe it. Now I try to push other people who need help to Porchlight. I feel others need to be made aware of PL. I used to hide away and was so nervous at the beginning but Jessica's help was wonderful."

Take Off - The group is very friendly and the staff are always awesome, remembering to keep you included" "This is currently the highlight of my week. I'm unemployed and spend far too much time on my own indoors and this brings me out and I'm being social!"

Porchlight JET IPS "..... you always look after me and I always look forward to meeting up with you"

Shaw Trust – I have always enjoyed working with my advisor, Shaw Trust made job seeking fun and they have supported me in my new job, I know that they will be there if I need them.

A client feedback to his employment advisor he felt like he had been asleep and woken up to a whole new world that had moved on without him. He now feels part of that world

Folkestone Mind - "Wellbeing activities have helped me on my road to recovery which has enabled me to consider volunteering". "I feel like I belong a bit more in my local community and am not completely alone with my problems. I feel more secure and hopeful."

Porchlight Community Housing SKC –"xxx was my hero. She was really patient with me even on days when I didn't want to help myself. I am so grateful to Porchlight."