

Live Well Kent

Porchlight Report Dover, Deal & Shepway MHAG

September 2018

This report covers the following service

- Folkestone & District MIND
- Take Off
- Maidstone & Mind Kent Mind
- SpeakUp CIC
- Porchlight Community Inclusion Service (CIS)
- Porchlight Community Link Service
- Porchlight Housing Support
- Porchlight JET – Employment
- Shaw Trust – Employment

Data recorded from quarter 1 – April 18 – June 18

Total Referrals 209

- IAPT referrals 7
- GP referrals 3
- KMPT referrals 20
- Self-referrals 92

Sign-ups 162

Contact within 2 days 167

Average start of service within 7 days

Active caseload at end of August 426

Friends and Family Test 100%

Employment over 16 hours per week at quarter 1

Sign-ups to employment services 25

People supported to gaining employment 13

People supported to achieve 13 weeks sustained employment 7

People supported to achieve 26 weeks sustained employment 2

Innovation Grant

The Innovation Panel met and agreed to award funding for 4 projects in South Kent Coast. These projects start in October and further information will be sent out.

Sheree Bell – Building Resilience – This project will consist of a 6 week capacity building and self-development course working specifically with LGBT+ individuals who have experienced homophobia which has affected their mental health and wellbeing.

Folkestone and District Mind – SELF Image – This project works with 17-25 year olds specifically looking at self-image. The project will take place over 5 sessions.

Carers Support – This project will run a series of wellbeing focused sessions delivered on a one to one basis for young adult carers in rural locations.

Shepway Sports Trust – Active for All – A 12 month project working with Folkestone Mind. The project will become part of the Shepway Sports Trust Active programme which specifically focuses on people aged 16+ living with a mental health condition. The aim of the project is to enhance individuals opportunities to become more physically and socially active. They offer a weekly sports programme which takes place at Three Hills Sports Park. They also offer a weekly social group for participants where they can meet other people that may be suffering with mental health illness. These sessions are there to socialise, chat and develop new friendships.

Quotes from Service users of Live Well Kent

“How can I ever thank you for the work you have done with me and the support you have given me. I have a viewing coming up next week. Thank you”.

“Marina was so lovely. She helped calm me down. Nothing was too difficult. We met in a place in Dover where it was quite busy. She took me to a quiet, little corner where we could talk privately. That was important to me. She was absolutely super. So, so helpful. I couldn't have asked for better.”

“Without Porchlight I would not have had anyone to go to, without Porchlight I would not have managed. Thank you Porchlight.”

“Thank you for everything you have been amazing”

‘[Staff Member]: is an angel, constant, persistent (because I was all over the country). I wish I could invite him to dinner. Absolutely amazing. I'm housed, can keep my dog, have a little garden Thank you.’

“At my first appointment I was made very welcome and at ease and looked forward to returning the following week, I feel this is definitely a major part in helping in my long term health process for a happy healthy future, my PCP Co-ordinator has been an inspiration to me in every way such a wonderful, kind and understanding lady”.

“Without the support from Porchlight I would never have got this job. Thank you”

“Has anyone ever told you that are the absolute bomb? Because you are!!”

“I know it's not that I am not good enough – it's just that someone else was better qualified. Thank you – its restored my confidence to keep applying.”