

**Live Well Kent**

**Porchlight Report Dover, Deal & Shepway MHAG**

**Quarter 2- October 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 2**

Total Referrals 169

IAPT referrals 7 + 1 self referrals where IAPTs recommended LWK

GP referrals 1 + 6 self referrals where GPs recommended LWK

KMPT referrals 19 + 1 self referrals where KMPT recommended LWK

Self referrals total 79 (4 via website, 18 recommended by previous service users)

Sign ups 149

SMI 66

CMI 71

Prevention 12

Contact within 2 days 165 97.6%

Average contact 1.09 days

Average start of service 3.76 days

MECC intervention 147 99%

Active caseload at end of quarter 481

Friends and Family Test 100% 24 Yes and 0 No

## **Innovation Grant**

The Innovation Panel meet and agreed to award funding for 4 projects in South Kent Coast

**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**

“Before my first appointment I felt scared and almost unlike myself, constant sorrow and worrying but I knew it would be good for me. I was lost within myself but feel that now I know myself better. Keep doing what you do because you are all incredible people.”

“After years of thinking I wasn’t worth employing, I now think differently. I want to keep the ball rolling – and upwards!”

“Take Off was there to listen and give support when I felt like I couldn’t talk to anyone else. They understood fully that I was in crisis and offered me assistance.

## **Highlights this quarter**

- Opening of Live Well Hub in Dover. The opening day was hugely successful with over 120 people visiting the premises on the afternoon of 19<sup>th</sup> September
- Joint working with Shepway sports trust to engage service users into physical health activities in both Folkestone and Dover.
- LWK services attending 3 team meetings at The Beacon CMHT as guest speakers

- JET IPS employment service have been promoting their new 'Prepare to Work' Course being delivered at Folkestone Jobcentre from Wednesday 7<sup>th</sup> November 1pm – 3pm.
- Shaw Trust employment service based in Dover hub 2 days a week, running employment workshops
- Increased links with Carers Organisations LWK meeting with Carers Support who cover Swale and Shepway, as well as funding a carers innovation project.
- Increased LGBT+ support with funding of LGBT+ projects through the innovation fund. These will link with the Be You young person's project.

#### **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.