

Live Well Kent

Porchlight Report Dover, Deal & Shepway MHAG

Quarter 3- January 2019

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 3

Total Referrals 148

IAPT referrals 5

GP referrals 2 + 14 self referrals where GPs recommended LWK

KMPT referrals 7 + 2 self referrals where KMPT recommended LWK

Self referrals total 67 (4 via website, 11 recommended by previous service users)

(further breakdown of other referral sources in tracker)

Sign ups 132

SMI 43

CMI 82

Prevention 7

Contact within 2 days 141 95%

Average contact 1.07 days

Average start of service 3.66 days

MECC intervention 126 95%

Active caseload at end of quarter 53

Friends and Family Test 98% 49 Yes and 1 No

Innovation Grant

Innovation Fund progress:

LGBT+ Building Resilience Course (Folkestone)– now on second course with four participants.

Folkestone and District Mind – SELF Image –

New Romney All course dates are set, advertising of courses has been actioned and a meeting is being held with NEET tutors in New Romney to discuss if their young adults are appropriate for attending the courses.

Youth funding Meetings have been held with KCC children’s social work services, Citizen Care Leavers, Unaccompanied asylum seeking children and Asylum care leavers and the secondary schools Brockhill and Academy to carry on supporting the Sixth form students.

Music jamming group This group was due to end 31st Dec 2018 from the ending of Lottery funding, everyone already involved in this group was grateful that due to Innovation funding the group will continue.

Take Off Computer Recycling project – this project is due to start January in the new Dover building

Carers Support – support for young adult carers in rural areas.

Shepway Sports Trust – Active for All – The Three Hills project has been extremely successful with 10 Gym passes have being provided by the Three Hills which have all been used. Big Lottery fund has enabled the purchase of another 10 Gym passes to meet the demand. A walking Hockey group has also been established and has good attendance.

Quotes from Service users of Live Well Kent

Folkestone Mind: “The service I have received has been great, so much help and understanding. I have achieved the goals on some of the aims and need to do more but all has gone much better than expected”

Take Off “Take Off gave me support after I was let down by my CMHT which was invaluable”.

SpeakUp CIC Meeting people that are all lovely but are suffering with different problems. Speaking up and talking makes you feel like everyone is sharing and making their problems better as a problem shared is a problem at least halved or quartered

Porchlight Community Inclusion Service “The service I've received from Porchlight, has been really helpful on my road to recovery. Catherine & her colleagues are willing to meet me wherever is convenient, & during our conversations they genuinely listen & take into account my situation.

Porchlight Community Link “Really helpful, I couldn’t have managed without Anna.” “Emma was great, she's really good. She helped tremendously, she listened and understood. I would recommend.”

Community Housing “You are truly a kind and good person. Your help, humour and compassion has really helped support me through this.

Shaw Trust Employment “I didn’t know there was so much support available to me. You have helped me to change my life” “Thank you

JET IPS Porchlight “I just wanted to say thank you. This illness is horrid. It matters being understood.”

Highlights this quarter

World Mental Health Day: In Folkestone the JET service had a stand at the Folkestone Job centre. SpeakUp took part in a live radio feature (Academy FM), outlining MH support and LWK. Take Off spoke with Alistair Campbell on BBC breakfast radio piece for World Mental Health Day. Take Off also had a stall at the Canterbury Christ Church University World MH day Wellbeing event which saw students and staff from Canterbury, Broadstairs and Medway campuses and residents from all over Kent. Although not on Mental Health Day, Take Off in December were on BBC breakfast talking about Crisis and CMHTs support and the role the police now take in picking up the mentally ill.

Partnership working:

Carer Support who attended the South Kent Coast LWK focus group. Delivery partners are now identifying more carers and regularly give out information about how carers can get support.

Delivery partners commenting on how much joint working there is now between organisations in SKC.

LWK Employment Forum Porchlight Live Well Kent held an Employment Forum for all our Employment providers across both Lots. The aim was to share good practice, look at case studies, barriers and solutions, best IPS practice and areas of development. We used a Theory of change approach workshop to improve focus on what the employment services do. IPS services shared their knowledge of areas of expertise including employer engagement, running an employment service in hard to engage areas, the importance of motivating people and running a successful ‘Prepare to Work’ course. Excellent feedback was received from those attending and the forum will meet every 6 months

Social media in summary

Our facebook posts about Live Well Kent were seen a total of 8,034 times. They were interacted with (liked/loved, shared) 277 times. Of these, 42 were shares.

Our twitter posts about Live Well Kent were seen a total of 3,893 times. They were interacted with (liked, retweeted) 36 times. Of these, 8 were retweets.