

Community Network Meetings Summary Report

Name of Meeting		MHAG – Maidstone	
Live Well Kent – Shaw Trust Representative(s) name:		Liz Bailey Programme Lead Lindsay Topham – Network Development Manager Colette Chaffey – Senior Navigator Richard Burridge – Community Navigator Caitlin Craggs – Community Navigator	
Area	West Kent CCG (Sevenoaks, Tunbridge Wells, Tonbridge, Maidstone)	Date	25 th April 2017
Delivery Network Providers in this area	Tier 2 MCCH (Employment), West Kent Housing (Housing) Tier 3 Maidstone and Mid Kent Mind Tunbridge Wells Mental Health Resource Centre mcch West Kent Mind Bore Place Blackthorn Trust		
Local Data from MPS			
Referrals for this area	Total number: 1st April 2016 – 31st March 2017 967 people have made an initial enquiry to LWK, 547 of those have gone on to sign onto the programme. General Age Profile: 17-25 – 13%; 26-45 – 39%; 46-65 – 44%; 65+ - 4% Gender breakdown: 44% male; 56% female No with Serious Mental Illness: 40% No with Common Mental Illness: 60% Top 3 sources of referral: Self Secondary Care MH Services Primary Care		
Most prevalent types of activity (intervention)	Total number of interventions: 2253 Top 5: Employment Housing Benefits and Finance Advice MH Health Informal Support (Network provision) MECC – Healthy Lifestyles		
New Developments	We are pleased to confirm our new Tier 3 provision which will be going live over the course of May and June. In the West Kent area will be the following provision: mcch – delivering a 7 week Wellbeing Course which covers the six ways to wellbeing across the whole of West Kent		

	<p>West Kent Mind – will be delivering structured courses on Managing Depression and Managing Stress and Anxiety. They will also be offering a series of peer led programmes which will meet once a month and will include a Community Nature and Eco Therapy group, Music for Wellbeing and Make Friends with a book.</p> <p>In Tonbridge and Sevenoaks West Kent Mind will also be providing a number of social support groups including Creative Mind, Natural Ways to Wellbeing, Living Well (a cookery class). These groups will be meeting once a week</p> <p>Bore Place – we are pleased welcome Bore Place into our network as a new provider. They will offering a six month course (meeting once a month) based around the benefits of nature and the outdoors to a persons wellbeing., Their sessions will include growing fruit and vegetables, producing simple health meals, craft activity and physical activity. Their sessions are also centred around the six ways to wellbeing.</p> <p>Tunbridge Wells Mental Health Resource Centre – will be running a great new initiative called 'Park Art'. This peer led group will work on an art exhibition in the Grosvenor & Hilbert Recreational Grounds, designing their own art work which will be publically exhibited in October. Tunbridge Wells Resource Centre will also be providing a number of social support groups from their centre in Tunbridge Wells once a week as well as a monthly bi-polar support group.</p> <p>In Maidstone. Maidstone and Mid Kent Mind will delivering Managing Stress and Anxiety and Managing Depression courses. They will also be providing social support in the area, providing a number of weekly groups based around food, arts, mindfulness and running.</p> <p>Blackthorn Trust are another of our new providers, they will be running workshops based around cookery, baking, stained glass, gardening and customer service. Set in their beautiful garden their workshops will provide a place for our clients to gain support, meet other people in similar situations and learn a new skill.</p> <p>In the Parkwood area mcch will be providing social support classes based around healthy living, IT skills, social skills development, walk and talk/photography and creative writing.</p>
<p>Email contact for post meeting feedback if required</p>	<p>Lindsay.topham@shaw-trust.org.uk</p>