

Live Well Kent

Porchlight Report Swale MHAG - April 2018

Live Well Kent services in Swale

Swale Your Way Support to improve your mental health and physical wellbeing through individual support and peer support

Shaw Trust – Help to return or stay in employment while recovering from mental health illness with one to one support with your own advisor, personal development programmes, interview skills, help with benefits and job opportunities

MEGAN CIC – A peer support group for people either with a diagnosis of identify themselves with having a personality disorder

Community Inclusion Service – Helping people who are socially isolated to gain confidence and feel part of their community

Community Housing support –supporting people with housing needs resulting from mental health issues

Community Link Service - The Primary Care Community Link Service can help by offering advice and support to access specialist services in your local area on a range of issues affecting your mental health and wellbeing.

Primary Care Mental Health Specialist- assess and support people who have severe mental health conditions and people who present common mental health conditions in primary care. Provider from 1st May is Invicta Health.

Stats from 1st January to 31st March 2018

Total Referrals 140 (+49 PCMHs)

- IAPT referrals 7 (includes 2 self referrals where IAPT recommended LWK)
- GP referrals 18 (includes 14 self referrals whose GP recommended LWK)
- KMPT referrals 21 (includes 9 self referrals where CMHT recommended LWK)
- Self referrals 45

Sign ups 118

Contact within 2 days 137

Average contact within 1.07 days

Average start of service within 7.78 days

Active caseload at end of Q4 372 people

Friends and Family Test 100% 38 Yes and 0 No

77% of people using services were from the two highest quintiles of deprivation

Quotes from service users

GP Link (Swale)

"Still been going swimming and my mood has greatly improved since working with xxx and I've been talking to friends more and organising visits with them soon."

"She was very helpful. I felt I really connected with her. She did it with humour which was good."

Community housing Service Swale

"The service I received from all of Porchlight helped me big time. It's a well good service. staff and others were there for me, always there for me'

'I couldn't have done it. Nor could my carer. They disbelieved us until Porchlight got involved. They helped me when I went to court. It even helped when they were there with me'.

MEGAN CIC

When I first attended MEGAN that was all I did during the week. MEGAN kept me going, I couldn't communicate properly when I first came I honestly believe MEGAN prompted me to stay alive.

'Much easier to understand myself and my emotions better'

'If I'm struggling they give me advice when I can't think for myself'

'Inclusion – being properly heard – fantastic support'

Swale Your Way

"Before I came to football I have had issues with managing/budgeting my money, anger issues, dinking excessive amounts of alcohol and very high levels of stress. The Football Therapy has helped me so much in many different ways. I would say that it has helped me the most with boosting my confidence a lot which has helped me manage my money better, cut down on my drinking, reduced my anger and stress a lot."

Shaw Trust

"My partner and sister are proud of what I have done with Shaw Trust."

"Thanks for all your support in finding me employment."

"I appreciate you coming into the work place to support me."

"I thank you so much finding this placement for me, I am really enjoying work."