

## Live Well Kent

### Porchlight Report Swale MHAG Quarter 2 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 1<sup>st</sup> May is Invicta Health.

#### Data for Live Well Kent quarter 2

##### Swale

Total Referrals 102 (+55 PCMHS)

IAPT referrals 3

GP referrals 4 + 12 self-referrals whose GP recommended LWK

KMPT referrals 7 + 6 self-referrals where KMPT recommended LWK

Self-referrals 51 (6 recommended by previous service users)

Signups 98

SMI 22

CMI 67

Prevention 9

Contact within 2 days 99 97%

Average contact 1.1 days

Average start of service 4.76 days

MECC intervention 98 100%

Active caseload at end of quarter 387

Friends and Family Test 100% 27 Yes and 0 No

### **Employment outcomes for quarter 2**

Sign-ups to employment services 13

People supported to gaining employment 7

People supported to achieve 13 weeks sustained employment 10

People supported to achieve 26 weeks sustained employment 6

### **Innovation Fund**

The innovation panel meet and awarded the innovation funding to 3 projects in Swale

**Ideas Test – Digital Natives** – This project will enhance young people’s digital literacy and employment skills. Developing 5 workshops over a 3 month period enhancing the participant’s skills and enabling them to use digital technology more effectively.

**Ideas Test – LGBT+ Creatives** – This project is designed to support LGBT+ individuals in Swale. They create a safe environment for individuals to experience high quality artwork, as well as collaborate and devise an awareness project that will tackle the issues faced by LGBT+ communities. During the first 3 months of the project participants will take trips to art centres exploring 3 different pieces of art through workshops. The following 6 months will involve the group devising and developing an awareness campaign chosen by Stonewall, the leading LGBT+ charity, which would then be shared in the local community. Each participant will also have the chance to complete a Silver Arts Award alongside the project.

**Swale CAP - Debt Centre** – Swale CAP is a debt centre. They work with people in their own home, befriending them, and acting as advocate to them. They work directly with creditors and enforcement agencies to manage an individual’s debts within their own budget constraints. Swale CAP has been funded through the innovation project to work specifically with those people who have mental health illness.

### **Quotes from service users of Live Well Kent**

‘I’ve found the service a great support over the past few weeks. When I first met with my link worker I felt hopeless and a failure in many areas of my life. Since then I have felt encouraged to access other services like counselling and I also have a gym and swim membership to help keep my mind

busy. I always felt listened to and not judged (one of my anxieties) now I am feeling more optimistic about my future and want to thank (link worker) for being a great link worker.”

“Excellent help and support, I really appreciate everything you've done”

“I reckon I'd have been back in hospital loads by now if the group hadn't helped me, and the Facebook group too.”

“Shaw Trust helped me to develop as a whole; rather than just forcing me into employment. You are a very helpful, lovely team. Natasha opened my mind to other opportunities and was very supportive”.

### **Highlights**

Despite a seasonal dip in referrals this quarter, all targets have been met. We have made great connections with carers groups and they have attended the LWK Focus groups in Lot 1.

The Wellbeing Café managed by Swale Your Way continues to offer support, both in Sittingbourne and Isle of Sheppey.

World Mental Health Day event on 10<sup>th</sup> October at Sheppey Gateway

### **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.