

## Live Well Kent

### Porchlight Report Swale MHAG Quarter 1 report

#### 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** - provides one to one support for up to 8 weeks for advice and guidance on a variety of issues to help people move forward

**Primary Care Mental Health Specialist**- assess and support for people who have severe mental health conditions and people who present common mental health conditions in primary care.

#### Data for Live Well Kent quarter 1 Swale CCG

Total Referrals 111 (+51 PCMHS)

IAPT referrals 1

GP referrals 7 + 6 self-referrals whose GP recommended LWK

KMPT referrals 5 + 4 self-referrals where KMPT recommended LWK

Self-referrals 36

Signups 107

SMI 13

CMI 81

Prevention 13

Average start of service 3.88 days

MECC intervention 106 99%

Active caseload at end of quarter 419

Friends and Family Test 100% 67 Yes and 0 No

Improved wellbeing 93%

#### Highlights

**Volunteers**- Volunteers contribute to the value of Live Well Kent. In the first quarter, we had 58 volunteers, providing 2,296 hours of support. In addition to this 37 Peer volunteers offered 1,569 hours of support (this date includes numbers for both Swale and DGS)

**MEGAN CIC** –MEGAN CIC personality disorder peer support service, have been able to offer their expertise in the tender process for a similar service in Thanet. Numbers attending the Sittingbourne group have increased significantly this quarter.

**Swale Your Way** - Through networking with New Leaf we can now offer free legal advice every Thursday from 8-10am at the Quays. This is delivered by Karina Chetwynd from John Copland & Son solicitors. This has been very successful with Karina seeing between 1-4 people every week.

**Community Inclusion Service** The photography group that started at the beginning of April, meets every Wednesday morning at the Healthy Living Centre in Sheerness. The group has been very successful with 5 service users attending since the group started. We have new members who have also started attending this group. All service users, staff and volunteers have reported a friendly, relaxed and enjoyable environment for this group. We have recently met with Sheppey Matters to discuss developing projects together to increase the presence of this group in the local community.

**Community Housing Service** highlight of this quarter is that our volunteer in Swale has started with the team. She is volunteering two days a week

**Community Link Service** the Community Link service has drop in's at the following venues

- Community Link – Advice Drop in Sittingbourne Job Centre Monday 10am-4pm
- Community Link – Advice Drop in London Road Medical Centre, Sittingbourne Wednesday 1.30-3pm
- Community Link- Advice Drop Sittingbourne Job centre Thursday 10am-4pm and Dr Shah's Surgery, Sheerness Healthy Living Centre 9am-12pm and Wellbeing Hub Healthy Living Centre Sheerness 12pm-2pm
- Community Link Advice Drop in- Murston Children's Centre 10am-4pm and Sheerness Job Centre 9.30-1pm. Please contact the service to ensure Link worker is there

**PCMHS** The Understanding Emotions Group for Swale held at the Sheppey Healthy Living Centre is going well and we have linked in with delivery partners to offer this groups to others.

**Shaw Trust.** Now have a dedicated volunteer who is assisting them with reaching the "harder to reach communities." One project is to try to engage the Traveller community and the first session set up in the second quarter.

**Mental Health Awareness week** we were able to promote the activities across Swale on Sheppey FM. Feedback from the events has been very positive and the success of footfall in Community venues has been higher than previous events.

**Links with GP surgeries** we were able to present and promote Live Well Kent at the Swale GP PLT event with many local GP's attending. This has been followed up with further engagement at individual GP surgeries to promote the Link service

### **Service user quotes**

**Link Service** 'Thank you for all of your help. You and the community inclusion worker have been so helpful and kind to me'

**Housing service** "You have seen me through a really tough time and now I can see the light at the end of the tunnel and I am ready to start facing my demons"

**Community Inclusion** "It's a big, big step for me to be doing these things. My mental strength is incredible now. I am able to walk down the high street with my head held high.

**MEGAN CIC** "This place is the only reason I went to see them, if I hadn't been able to talk about it with you, and I never have before, I wouldn't have been brave enough. "

**Primary Care Mental Health Specialists** "Over and above. I would really recommend it. I have been helped in so many ways and more people should be aware of your service."

**Shaw Trust** "From the moment I signed up with Shaw Trust all of the staff have been so welcoming and they really do bend over backwards to help people and I can't thank them enough for all the support I've received so far and am feeling more confident that I will find work again"