

Live Well Kent
Porchlight Report Thanet MHAG
Quarter 1, 2 & 3
1st April – 22nd October 2017

511 referrals were received in Thanet.

Referral was from:

- Self/Carer/Family/Friends - 247
- Delivery network; Funded - 40
- District and County Council Services - 17
- Employment Services - 34
- GPs - 35
- Housing Services - 16
- IAPTS- 9
- Lifestyle Services - 4
- Other - 12
- Other Statutory Social Care - 21
- SC - Kent Enablement and Recovery Services [KERS] -4
- SCMH - KMPT SCMH - EIP Early Intervention Psychosis - 3
- CMHT Community MH Team - 27
- SC - Primary Care Social Care Workforce - 5
- Voluntary/Community Sector -34
- Criminal Justice – 1
- SCMH – CAMHS - 2

409 individuals started a service with 347 being new to Live Well Kent.

For Thanet, people were contacted on average within Q1 1.4, Q2 1.17 days, Q3 1.05 (01.10.17-22.10.17) target is 2 days and receive a service within Q1 of 6.7 days and Q2 7.22 days and Q3 5.8 of 6.74 days with target of 7 days.

In quarter one 90% of people using services were from the two highest quintiles of deprivation, in quarter two 87% of people using the services were from the two highest quintiles of deprivation and , in quarter three 87% (01.10.17-22.10.17) of people using the services were from the two highest quintiles of deprivation

54% of people using the service in Thanet had a common mental illness

- CM1 – 220
- SMI – 111
- Prevention – 28

Number of times MECC advice has been given in the Thanet

- Physical activity - 402
- Alcohol - 382
- Smoking - 378
- Healthy eating - 387
- Sexual health - 366

The following age break down is for those using a service, with their age at the time of referral: Q1 and Q2

- 25 & under- 15%
- 26 to 45 – 37%
- 46-64 - 42%
- 65+ - 6%

Gender of people using Live Well Kent Services in Thanet is male 44% and female 56%.

Key Successes

- 60 hours pro bono legal work from a strong working partnership with our Community Housing Service from Hodge Jones Allen. Solicitors. This is double last quarter's hours.
- Great feedback from Labour Councillor for Thanet at the Adult Social Care Cabinet Committee Barry Lewis fed back that doesn't know what would happen without Porchlight Live Well Kent services in Thanet. He thinks they are great.
- SpAce Global Generation - 2 participants are selling work through the gallery, 1 small arts business being set up, 1 story book due to be published and 1 participant being interviewed to work as an illustrator for a gaming collective.
- A member of staff from Rethink Thanet employment service has been invited to Buckingham Palace on World Mental Health Day and will talk about mental health in relation to employment.
- The Turner Contemporary (Wastelands Project) reports that one of the key successes has been engaging participants in the sessions and allowing them to contribute ideas or take part in activities that they haven't done before. Participants now feel confident to express their thoughts and ideas for the future of the project.

There have also been benefits for broader public awareness of mental health. The project has been shared on public platforms including the KMPT public facing website. In addition the work by the participants being displayed in the gallery will broaden the public awareness of mental health. Furthermore, Turner Contemporary has planned mental health awareness training to broaden awareness amongst staff.

Developments for Quarter 3

- Prevent Training is being organised by Porchlight Live Well Kent in November and is mandatory for all delivery partner staff who have not yet received this training.
- Continue to promote and develop the Peer support work carried out by SpAce, Take Off and Richmond Fellowship.
- We will be producing an ezine in the next quarter, using it to share all the latest news with the Live Well Kent community and our stakeholders.
- As part of our ongoing quality and monitoring processes safeguarding audits will be carried out with our delivery partners. These are all booked between October & December
- We have been encouraging our delivery partners to pledge to Time to Change.

Quotes from people using services

Porchlight CIS Thanet - "I would recommend this Service to everyone that has trouble getting out and low confidence. My volunteer has offered me so much support and advice and I don't think I would have coped or found out about other services without her. I find the support offered much more friendly and personal than any other service I've used. I'm really grateful, thank you"

Porchlight Community Link -The service user was very happy that I had helped her with her both GP and her employer which meant she did not lose pay. She also thanked me for helping her access some creative services. Local art groups and a referral to counselling services

Porchlight Community Housing Support - Text to the Support Worker saying ' I would like to thank you for all your support, you have gone out of your way to help me and that means so much, you'll never know just how much'

SpAce Project - One service user said that they like the creative atmosphere, others enjoy the opportunity to try new creative outlets and there has been extremely positive feedback around the ability to sell work to the general public through the gallery.

Take Off - This is the first time I've felt comfortable in a group." and "I think Take Off has helped me to find a new direction."

Rethink Thanet Way IPS Employment –

"I feel that Rethink offer a wonderful service and would highly recommend this to anyone in my position or similar. The advisers are very friendly and passionate about helping people which makes you feel positive and enthusiastic about engaging with them. "

Richmond Fellowship Thanet

- "Helped my self confidence and move on to a better job, supported throughout every thing, friendly and caring service"

- “... with the confidence gained from the Road to Recovery Workshops, the support and encouragement from Thanet staff I felt the assurance to apply for a job and even though I was unsuccessful it will not stop me trying again”
- “my mental health has benefited from attending the Road to Recovery workshops...”