

**Live Well Kent**

**Porchlight Report Thanet MHAG**

**Quarter 1, 2, 3 part Q4**

**1<sup>st</sup> April 2017 – 20<sup>th</sup> February 2018**

**This report covers the following services:**

- Take Off
- Richmond Fellowship
- SpAce Global Generation
- Porchlight Community Inclusion Service (CIS)
- Porchlight Community Link Service
- Porchlight Housing Support
- Porchlight Thanet Health Inclusion Service (THIS)
- Rethink Thanet Way – Employment.

**Total referrals 757**

- IAPT referrals -14
- GP referrals -50
- KMPT referrals -35
- Self-referrals -362

596 individuals started a service with 475 being new to Live Well Kent.

For Thanet, people were contacted on average within Q1 1.4, Q2 1.17 days, Q3 1.09, Q4 1.62 days target is 2 days and receive a service within Q1 of 6.7 days, Q2 7.22 days and Q3 5.36, Q4 6.35 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 it was 82% and in quarter 4 87% of people using the services were from the two highest quintiles of deprivation

67% of people using the service in Thanet had a common mental illness

- CM1 – 397
- SMI – 155
- Prevention – 44

Number of times MECC advice has been given in the Thanet

- Physical activity - 510
- Alcohol - 475
- Smoking - 475
- Healthy eating - 490
- Sexual health – 463

The target for MECC is 80% and in Thanet we achieved 95% in quarter 3. 87%

The following age break down is for those using a service, with their age at the time of referral: Q1, Q2, Q 3 & Q4

- 25 & under- 16%
- 26 to 45 – 40%
- 46-64 - 38%
- 65+ - 6%

Gender of people using Live Well Kent Services in Thanet is male 45% and female 55%.

### Key Successes

- **SpAce peer worker lead art groups** continues to run out of the Pharmacy Gallery Margate on a Saturday and Sunday 1-4pm. A new peer worker has been recruited. The participants of the group are increasing the number of art works they are selling.
- **Rethink Employment Thanet** – increased joint working with the Beacon and are running a surgery once a week from the Beacon.
- **Turner Contemporary project Journeys with ‘The Waste Land’** exhibition launched on 2<sup>nd</sup> February. Live Well Kent funded part of this project which was reported on in the Guardian. Tessa the artist who oversaw the Live Well Kent part of the project was interviewed on local radio about the project.
- **Thanet Health Inclusion has three community drop ins a week**
- Drop in - Ageless Thanet. 80 High Street, Margate, Kent, CT9 1DT: 10.00a.m. 12.00 noon Friday.
- Drop in - St Pauls Community Centre, 23 St Pauls Road, Margate, Kent, CT9 2DB: 11.30 a.m. to 1.30p.m. Friday
- Drop in - Royal British Legion Industries. 99 Victoria Road, Margate, Kent, CT9 1RD 2.00 p.m. to 4.00.p.m. Thursday.
- **Prevent Training** was organised by Porchlight Live Well Kent in November and a number of delivery partners attended. Staff that didn't attend are required to do the Prevent training via e-learning by 31<sup>st</sup> March.

### Developments for Quarter 4

- Continue to promote and develop the Peer support work carried out by SpAce, Take Off and Richmond Fellowship.
- Continued development of the Live Well Kent Website
- Planning mental health awareness events for 2018

## **Quotes from people using services**

### **Porchlight Community housing Thanet**

Lots of things I found useful, all very positive - very helpful

### **Richmond Fellowship**

It's really helped me and I still go to Richmond Fellowship and I am now a Peer Mentor.

*"I have come out of myself since attending Brain Training sessions, its very good*

*"..... and I feel less isolated ....."*

### **Rethink Employment Thanet**

"I wish more people I was dealing with in the last 3 months were like you"

"They have got to know me and tailored ways of helping me to give me the best opportunity of getting a job"

### **Take Off**

"It's a very good group and I enjoy coming."

"I am pleased I've come, it's my first step!"

"It was a relaxed chatty atmosphere."

### **Porchlight Community Link Service**

"My worker helped me find a path. Without Porchlight I'd be dead or in prison

It was brilliant."

"XXX was always at the end of the phone."

"Porchlight were a helpline."

"The service opened up doors for me."

### **Porchlight Community Inclusion**

"Service was very comprehensive"

### **Porchlight Thanet Health Inclusion Service**

"Thank you helping my son who was without funds and now has child benefit so he can support his two children financially".

"I could not move into band (A) without your support I didn't know who to ask for help"

"Thank you so much for everything you've done"

"You've helped so much."