

**Live Well Kent**

**Porchlight Report Thanet MHAG**

**1<sup>st</sup> April 2017 – 31<sup>st</sup> March 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 861**

- IAPT referrals -16
- GP referrals -53
- KMPT referrals -41
- Self-referrals -397 (this includes people who self-referred who were sign posted to the service by; IAPT - 3 people, GP – 42 people, 23 KMPT people)

687 individuals started a service with 535 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 1.45 days target is 2 days and receive a service within Q1 of 6.7 days, Q2 7.22 days and Q3 5.36, Q4 5.91 days with target of 7 days.

Percentage of people using services from the two highest quintiles of deprivation

Quarter 1 - 90%

Quarter 2 - 88%

Quarter 3 - 86%

Quarter 4 - 87%

66% of people using the service in Thanet had a common mental illness

- CM1 – 454
- SMI – 177
- Prevention – 56

Number of times MECC advice has been given in the Thanet

- Physical activity - 603
- Alcohol - 560
- Smoking - 559
- Healthy eating - 582
- Sexual health – 547

The target for MECC is 80% and in Thanet we achieved 89%

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

- Up to 19 – 6%
- 20 to 25 - 9%
- 26 to 35 – 24%
- 36 to 45 - 16%
- 46 to 55 – 24%
- 56 to 65 – 15%
- 66 to 74 – 4%
- 75 to 85 + - 2%

Gender of people using Live Well Kent Services in Thanet is male 43% and female 57%.

### Key Successes

- **Porchlight** -We were proud to be asked to present at Homeless Link's youth homelessness conference on 20 March. We were asked to talk about the Live Well Kent model and how it helps us to respond to the mental health needs of the young people we support.
- **Rethink Employment Thanet** - Developing strong community links with Stakeholders and external partners in locality. Working with over 35 employers. Developing a new link with the National Citizens Service and working on how to cross work and aid referrals for those with Mental Health issues. Positive rapport with Margate job centre.
- **Porchlight Community Link Thanet** – The ongoing level of Porchlight support through local drop-ins is impacting positively on GP surgeries and we have been advised this takes away some of the strain away from NHS staff.
- **Porchlight Thanet Health Inclusion Service** – Have also forged closer links with Jobcentre Plus (Margate) and attend their new client Connect wellbeing cafe
- **Take Off**- Had an article on them published in the Guardian newspaper in January and were featured on BBC South East News on 4<sup>th</sup> April
- **Richmond Fellowship** – Increase use of social media offering free training to people to become peer mentors to train through the Richmond Fellowship service. Being part of the Margate Job Centre pilot 'Connect Café' to be on hand to talk to their unemployed

customers with mental health issues.

- **Porchlight Community Housing** worked on a case that was handed to an independent legal review body who felt that the Council had acted unjustly.
- **SpAce Pipeline** – One client has gone on to publish her first book through her help at the SpAce project. This book is now being sold not only at several retailers but also through the Guardian website. Half of the members who attend the SpAce sessions have recently sold their artwork £340 worth of Artwork from SpAce was sold to members of the public within a single day.

#### **Developments for Quarter 4**

- Continue to promote and develop the Peer support work
- Continued development of the Live Well Kent Website
- Planning mental health awareness events for 2018

#### **Quotes from people using services**

**SpAce** - “The SpAce project was not just a place where I could come and be creative, but also acted as a second family, pushing me to do more than I previously thought that I could.”

**Porchlight Thanet Health Inclusion Service** – “Without Porchlight I would not have had anyone to go with. Without Porchlight I would not have managed. Thank you Porchlight.”

**Take Off** - The group is very friendly and the staff are always awesome, remembering to keep you included” “This is currently the highlight of my week. I’m unemployed and spend far too much time on my own indoors and this brings me out and I’m being social!”

**Rethink Thanet Way Employment** – “Really helped me to realise my strengths and put together a very good CV to help better myself” “Very professional helped me to have a positive outlook on job search” Built up my confidence and gave me information.

**Richmond Fellowship** - “ I like the idea of how the Road to Recovery [R2R] workshops are set out this month [March Programme], being mini taster sessions.” “..... it’s nice belonging and being part of something.....”

**Porchlight Community Housing Thanet** – “xxx was very good. I'm still in temporary accommodation but she managed to get me up to Band B which is amazing. I'm really happy, pleased about that. Now it's out of her hands; just waiting on the council. Everything was brilliant. She supported me in every way she could.”

**Porchlight Community Inclusion Service Thanet** - “I am most grateful2 both you and xxxxxx, you have kind, kind hearts, and both do the best job4 those in your community, in real time, and I am very grateful2 have you in my corner, I am finding hope once lost, and a strange feeling, that I may just have a second bight at the cherry, with the real hope you're instilling me with.”

**Porchlight Community Link Thanet** - “You have shown me how to complete my own forms so I feel more confident.”

“Helped me change my life around”

“For me, Universal Credit was such a mess up. I would have lost my house had it not been for the help of GP Link worker. She got copies of everything. I was screaming inside and she helped me. She went over and above. She was made for the job. It was brilliant. They definitely included me. I received the Porchlight number from friends and now I tell everyone how to go to Porchlight for help.”