

Live Well Kent

Porchlight Report Thanet MHAG

September 2018

This report covers the following services:

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

Data from end of Quarter 1 – April 2018 – June 2018

Total Referrals 193

- IAPT referrals 40
- GP referrals 10
- KMPT referrals 17
- Self-referrals 44

Sign-ups 184

Contact within 2 days 189

Average start of service within 5.7 days

Active caseload at end of August 519

Friends and Family Test 100%

Employment over 16 hours per week at quarter 1

Sign-ups to employment service 18

People supported to gaining employment 7

People supported to achieve 13 weeks sustained employment 8

People supported to achieve 26 weeks sustained employment 6

Innovation Grant

The innovation panel met and agreed to fund a fantastic creative project in Thanet with **Walk Tall – DAM** – This project will be running a 3 day event at the Turner Contemporary in Margate. The first day of the event will be on World Mental Health Day in October. The event will consist of Walk Tall's live performance piece which will run twice a day. There will be a poetry corner where poetry from people with lived mental health experience can be heard. There will also be a psychotherapist present to answer any questions or signpost to support. Day 2 will involve working with schools in Thanet and Dover targeting Year 11-13. The performance will be followed by workshops and conclude with a panel discussion led by Walk Tall's psychotherapists, actors and Artistic Director. Day 3 the performance will be open to the general public, there will be an opportunity for the audience to engage in a discussion group led by the Walk Tall team as well as have a guided tour of the art work.

Quotes from service users of Live Well Kent

'Even though I wasn't with the service for long, it gave me the motivation I needed to sort myself out, now I feel really different and have started running with my Mum, and may do a half marathon, I feel so much better'

"Really helpful and put me back on track". I have even given the details to a friend in Broadstairs to access the service. Thank you"

"I am learning how to overcome my problems through the community I have been able to find here."

"I am so excited to start my new job, thanks for believing in me"

"You made my bloody month, I was so stressed and no one I spoke to had any personal experience, yours made such a difference"

"You helped [me] so much to stop worrying and stressing"

'Thanks for running the assertiveness awareness course, memorable to me for many reasons...

I'm loving the agenda for July and have just looked it over.

As well as the Assertiveness I voiced my wish to attend, could you also please pencil me in for; Mindfulness on the 10th as well as Effective Communication on the 24th.

Thank you, it looks an exciting month for workshops. 😊'