

**Live Well Kent**

**Porchlight Report Thanet MHAG**

**Quarter 3 February 2019**

This report covers the following services:

- **Take Off** - Groups run by people with experience of mental ill health. Get advice about managing your own health, talk about your experiences with others and take part in activities.
- **Richmond Fellowship**- Personal support sessions, workshops designed to aid your recovery, and wellbeing courses. Includes a peer leader course that teaches you how to help others using your own experiences
- **SpeakUp CIC** - Support and social groups run by people with similar experiences to you. Includes a music appreciation group, LGBT+ social group and an online support group. You can connect with others, share experiences and support one another.
- **Porchlight Community Inclusion Service (CIS)** - Helping people who are socially isolated to gain confidence and feel part of their community
- **Porchlight 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
- Porchlight Housing Support - supporting people with housing needs resulting from mental health issues.
- **Porchlight Community Housing Support** - supporting people with housing needs resulting from mental health issues
- **Porchlight Thanet Health Inclusion Service (THIS)** - Help people with issues related to mental health, finance, housing, employment and more.
- **SpAce Project run by Richmond Fellowship**- Creative pursuits can have a positive effect on your mental health. This is a weekend art group in Margate for people who are looking to improve their mental wellbeing.
- **Rethink Thanet Way Employment** - Looking for work but feel as though your mental health has become a barrier? Get personal support, help with job hunting, interview skills training, and help when you do find a job.

**Data from end of Quarter 3**

Total Referrals 198

IAPT referrals 3

GP referrals 10 + 14 self referrals where GPs recommended LWK

KMPT referrals 9 + 2 self referrals where KMPT recommended LWK

Self-referrals 74 (14 via website, 18 recommended by previous service users)

Other referrals 86

Sign ups 173

SMI 47  
CMI 102  
Prevention 22  
Contact within 2 days 194 98%  
Average contact 1.03 days  
Average start of service 3.32 days  
MECC intervention 168 97%  
Active caseload at end of quarter 313  
Friends and Family Test 100% 64 Yes and 0 No

### **Employment over 16 hours per week at quarter 3**

Sign-ups to employment service 39  
People supported to gaining employment 12  
People supported to achieve 13 weeks sustained employment 3  
People supported to achieve 26 weeks sustained employment 4

### **Quotes from service users of Live Well Kent**

**Take Off:** "Take Off groups are where you can spend good time in a relaxed and friendly environment. I like the Take Off outdoor activities and art and crafts. I love going to the cinema also. All these helped me to increase my self-confidence and made me more social".

**SpeakUp CIC:** "I became less isolated and gradually joined more groups. I have grown in confidence and I have learnt to 'accept' my mental illness and work with it". "I feel like a different person after joining SpeakUp CIC."

**Porchlight Community Inclusion Thanet:** "Porchlight have helped me more than I expected. The coordinator has helped me move forward in such a way I didn't think possible. I am a different person than I was at the beginning of the year and it is all thanks to Porchlight. I hope in the future to be able to give back to Porchlight and become a volunteer to help others as I have been helped. Thank you all."

**Porchlight Community Link Thanet:** Thanks for being helpful and listening". "Thank you. Great service".

**Richmond Fellowship:** 'I feel more involved with society, and working towards building something for my future. I think training as a peer leader is the first step.' "Gives purpose to my day and an opportunity to meet others in the same boat." "It's been a lifeline to me."

**Porchlight Thanet Health Inclusion Service:** "He has helped me a lot. Everything is better. I have somewhere to live. I am better with my money and my family are happy."

**Rethink Thanet Employment:** “I am already starting to feel better since I have been meeting with you” “I’ve been offered the job at CM, thank you so much for your help. I feel so happy.” “I really appreciate your help and input and I’m glad I have you as a positive influence”

**Community Housing Thanet:** ‘Was a pleasure to meet you both too and a huge relief to know there is help out there and I don’t have to deal with abusive landlord anymore? Thank you.’

### Highlights

**World Mental Health Day:** Several delivery partners and Porchlight services took part in an event at the Tuner Contemporary Margate which had been organised by the DWP. In Folkestone the JET service had a stand at the Folkestone Job centre. SpeakUp took part in a live radio feature (Academy FM), outlining MH support and LWK. Take Off spoke with Alistair Campbell on BBC breakfast radio piece for World Mental Health Day. Take Off also had a stall at the Canterbury Christ Church University World MH day Wellbeing event which saw students and staff from Canterbury, Broadstairs and Medway campuses and residents from all over Kent. Although not on Mental Health Day, Take Off in December were on BBC breakfast talking about Crisis and CMHTs support and the role the police now take in picking up the mentally ill.

**Partnership working** with Carer Support attended the Thanet LWK focus groups. Delivery partners are now identifying more carers and regularly give out information about how carers can get support.

**LWK Employment Forum** Porchlight Live Well Kent held an Employment Forum for all our Employment providers across both Lots. The aim was to share good practice, look at case studies, barriers and solutions, best IPS practice and areas of development. We used a Theory of change approach workshop to improve focus on what the employment services do. IPS services shared their knowledge of areas of expertise including employer engagement, running an employment service in hard to engage areas, the importance of motivating people and running a successful ‘Prepare to Work’ course. Excellent feedback was received from those attending and the forum will meet every 6 months

**New Case Study** on the Live Well Kent Website

### Social media in summary

Our facebook posts about Live Well Kent were seen a total of 8,034 times. They were interacted with (liked/loved, shared) 277 times. Of these, 42 were shares.

Our twitter posts about Live Well Kent were seen a total of 3,893 times. They were interacted with (liked, retweeted) 36 times. Of these, 8 were retweets.