

Live Well Kent

Porchlight Report Thanet MHAG

September 2019 Q1

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 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 SpeakUp CIC**- 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 1

Total Referrals 214

IAPT referrals 2 + 2 self-referrals where IAPTs recommended LWK

GP referrals 15 + 11 self-referrals where GPs recommended LWK

KMPT referrals 3 + 6 self-referrals where KMPT recommended LWK

Self-referrals 71

Contact within 2 days 208 97%

Average contact 0.02 days

Sign ups 174

SMI 43

CMI 105

Prevention 26

Average start of service 3.35 days
MECC intervention 174 - 100%
Active caseload at end of quarter 329
Goal achieved 85%
Improved wellbeing 83%
Friends and Family Test 98% 70 Yes and 2 No

Quotes from service users of Live Well Kent

Porchlight Community Inclusion Thanet: "This time last year I was not leaving my house. Now I am actively seeking activities helping me engage with my community". "The staff have been very friendly and the service has been very useful".

Porchlight Community Link Thanet: "I don't know what I would have done without meeting you, Thank you for your help and guidance." "Thank you for listening and going through with me what is available, you have really made a difference."

Richmond Fellowship: "I became more positive as well as outward going and much more interactive with others. This in turn enriched my weeks as I attend other meetings/coffee groups engaging with them."

"It helped me to get out of the house as I had become quite reclusive. I found the staff and service users warm and friendly I always referred to attending any sessions as 'my happy club.'"

Porchlight Thanet Health Inclusion Service: "Very grateful for the drop in service and that my GP knew Porchlight. That you were there to listen and signpost to services to support and help me feel better knowing someone was on my side". "Thank you, you're a star I couldn't of done that myself."

Community Housing Thanet: "just wanted to thank you for the letter and dropping it off so quickly! Really appreciate your help with this. "

Rethink Thanet Employment: Thank you for the support helping me get my business off the ground, without the extra push I would not have had the confidence to do it. Will helped me secure a job after many interviews, we worked at my interview skills.

SpeakUp: "Made new friends and started to mix better which has helped to reduce the loneliness". "It's good having a laugh with other people – I had forgotten what that was like."

SpeakUp CIC SpAce: "I'm glad my mum found out about SpAce and made me join the group. I really like drawing so it's good to have people show me how to draw things and everyone is really nice". "It's early days but I feel like I am getting there slowly but surely. I definitely am starting to feel more motivated and it's good talking to people who understand how you feel".

Take Off; "I wish I had come to these groups as I did not realise that it would be like this, everyone is understanding and I do not feel under any pressure" "It is nice to have somewhere I can go and feel safe without feeling I am being judged"

Highlights

Mental Health Awareness week was a great success in Thanet SpeakUp CIC and Richmond Fellowship facilitated the LWK Thanet Mental Health Awareness event at Richmond Fellowship, supported by other LWK delivery partners. The event focused on the topic of 'Body Image' in keeping with this year's theme and incorporated inspirational activities and workshops. Sixty-three people attended and participated in activities such as the self-esteem collage making workshop and belly dancing demonstration.



The LWK delivery partners had stalls at the **Thanet DWP Mental Health Fair** which was held at the Turner Contemporary. This is the second fair organised by DWP specifically for clients living with long term mental health illness. Staff were able to promote LWK services, peer support groups and activities that we provide to attendees and other service provider representatives. It was a very successful event and SpeakUp CIC reported that they engaged with over sixty-five service users and networked with 18 service providers.

Rethink Employment: One You and Rethink are going to work in partnership to deliver information session with Ramsgate DWP to the hard to help claimants. The aim to support claimants that have been lost in the system and have no support, by looking at the barriers surrounding them. They are also supporting the DWP Research team with the Universal Credit "Proof of Concept programme"

SpeakUp CIC: We are delighted that SpeakUp CIC will start **delivering a Personality Disorder Peer Support Group in October**. Suicide Prevention Training course delivered in Thanet for SpeakUpCIC service user members (who attend LWK peer support groups) and reps from LWK partner agencies. SpeakUpCIC organised this session (with Maidstone & Mid Kent Mind) at the request of members who expressed concern that training wasn't being provided in Thanet despite MH statistics and suicide rates being so high. Twenty-eight SpeakUpCIC SU members and staff attended – all of whom have received certificates of completion.

SpAce – SpeakUp CIC: From 1st May SpeakUpCIC took over the SpAce contract. Following negotiations, we were able to secure a room at the Turner Contemporary every weekend for facilitation of the Saturday group session. This is a very positive development for LWK in relation to partnership working with the Turner Contemporary who are very keen to support mental health organisations and groups locally.

Community Inclusion Service -The Thanet CIS team has been accepted as a partner with Thanet Community Support Partnership. Great feedback from the TCSP leaders: Really pleased to have you, Kim and the team involved with the Thanet Community Support Partnership going forward.

Community Link -Meeting with both the Northdown and Summerhill surgery has been a highlight as we now have two further drop ins in Thanet with a total of five GP surgeries currently active with the service.

Community Housing: Supported a service user who was living on the fourth floor of a building. She and her new-born baby were living in a small one bedroom flat and the mother was unable to get out without help to get the pushchair down four flights of stairs. In addition there was drug use and anti-social behaviour by other tenants in the block. As a result of these factors the service user was growing socially isolated and depressed. Using our contacts with a local landlord we were able to find a two bedroom ground floor flat in a block at an affordable rent, help this client to make an application for discretionary housing payment to cover the rent in advance and deposit. The service user moved and began to build a better future for her and her baby.

Thanet Health Inclusion Service -Service user tribunal regarding ESA which was stopped 5 months ago. The client has been living on her PIP award for her various disabilities. I wrote the initial appeal and supported the client at the tribunal which she won. The backdated award amount will be in excess of £8,000 and as she is being evicted it means she will use part of the award to move.

Richmond Fellowship - Being awarded the full £5,000 from the Screwfix Foundation application, which has been used to improve the building.

Social media in summary

In total on **Facebook** we reached **13,948** people through the posts we shared.

On **Twitter** **16,828** people saw our posts about Live Well Kent.

LWK Website

