

Rethink Mental Illness update

After being delighted to once again have some services running face to face again at the beginning of December, it was frustrating to have to revert to largely 'Virtual' work due to the Omicron Covid-19 variant. We would like to thank all our service users for their patience and understanding while we had to do this. Furthermore, we really appreciate service users attending the virtual groups and continuing to make the most of the support on offer.

Moving forward, and following revised government guidelines, we are absolutely delighted that from 7th February we have been offering face to face services again. Rethink staff have been liaising directly with service users on their caseloads and informing clients of times and locations of groups etc.



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As all Mental Health services across the country are, Harrow Community Mental Health service is also changing and adapting service delivery to conform and align to the NHS Long Term Plan strategy for Mental Health Services. To that end, all clients will have a structured Recovery Plan that they will be working towards and be supported with this by a designated Keyworker, over a time frame of between 3-6 months.

NHS Long term planning

The Community Mental Health Framework for adults and older adults (CMHF) is the guide that underpins a plan to transform community mental health services across England. The framework describes how the Long Term Plan's vision for a place-based community mental health model can be realised, and how community services should modernise to offer whole-person, whole-population health approaches, aligned with the new Primary Care Networks.

Earlier this year, Mark Yates, Director of Operations at Rethink Mental Illness wrote: "For decades, people severely affected by mental illness have struggled to get the care they need. The Community Mental Health Framework has the potential to change this status quo for people with moderate to severe mental illness, and those with complex needs.

The involvement of local authorities in this process and the availability of the services they provide will be key to its success – clinical support is only one piece of the puzzle. We know that this moment comes at an extremely challenging time for local authorities, but it also opens up new opportunities for collaboration."

Further Reading: www.rethink.org/get-involved/



Evolving mental health services in Harrow

Rethink is part of Harrow Councils' new emerging model of service provision of Mental Health Services. This is a new way of working from Harrow Council, providing targeted short-term interventions for adults living in the community who have support needs. This aims to prevent and delay the need for longer reliance on formal services across Adult Social Care, Health and Housing.

This is achieved through an integrated treatment system with social care services working in a multi-disciplinary way, and in partnership for the benefit of service users and achieving improved outcomes.

- Support Services for people with Mental Health issues living in the community.
 - Services for people with Physical health needs and increasing access to free physical health checks.
 - Community-based services for people with Mental Health issues and Carers.
- These services will play a vital role in supporting people across Harrow.

What we offer

We aim to be meeting at various Mental Health Service 'Hubs' around Harrow. We offer structured support to service users based around a Recovery Plan, using a range of interventions including individual one to one recovery focused support sessions, and a number of recovery-focused therapeutic groups. All support is targeted at building greater independence for service users and working towards recovery plan goals.

After initial assessment to ascertain Recovery Plan goals, we can support clients for between 3-6 months, with regular Recovery Plan reviews, to support them to achieve their goals. The key to this is working in partnership with other Mental Health Services to ensure a genuine integrated treatment system. We also offer a 'drop in service' once a week for anybody with concerns about mental health and who may need more advice and guidance on what mental health services are available across Harrow and how to access them.

One to One support

Working with a dedicated Mental Health Recovery Worker, you will receive support to work towards your recovery goals, building confidence and greater independence, so you can progress with your life the way you want and achieve your potential.

Group Work

We offer a number of recovery focused therapeutic groups. such as Cognitive Behavioural Therapy Support Groups, Music Therapy, Meditation/ Mindfulness, and physical exercise groups with a qualified gym instructor.

Drop in Service (Thurs 2-4pm)

Once a week for anybody with concerns about mental health and who may need more information, advice and guidance on what mental health services are available across Harrow and how to access them.

After Care Group (Fri 10-11.30am)

For those that may have accessed the service before but want to keep in touch with their peers.

Harrow Community Mental Health Service



How to contact us

The Bridge

Christchurch Avenue

Wealdstone

Harrow

HA3 5BD

Phone: 0208 427-7669

Mobile: 07467712235All

referrals should be sent to:
harrowcommunity@rethink.org

Volunteer and peer led out of hours groups

Harrow Carers

Mental Health Carers' Drop-in via Zoom On-line.
Telephone: 0208 868 5224
admin@harrowcarers.org
<https://harrowcarers.org>

Don't Fret and Uke-can (Sunday music groups) -
Sunday afternoons between 2pm – 4pm at The Bridge

Harrow Rethink BPD Carers Group

We are a group of people who love and care for someone with a diagnosis of Borderline Personality Disorder (BPD)/Emotionally Unstable Personality Disorder (EUPD). Meeting on Zoom on the second and last Monday evenings of the month from 7.30 to 9pm. (We do not meet on bank holidays)

For more information: telephone Jennifer 07766 331 604 or Ann 07760 127 693. Email BPDbooking@yahoo.co.uk or be added to the email circulation list.

Harrow BiPolar Disorder Carers Group – once a month on a Monday evening. This is currently a 'Virtual' online group. Email: harrowsupportgroup@rethink.org

Munch and Mingle (a lunch club) meeting at The Moon and Sixpence, Hatch End. Contact Patricia for more information: 07914 373 934, patriciaggates@gmail.com

Out and about meeting face to face in Harrow. Contact Jennifer for the schedule: 07766 331 1604.

More Than Just A Choir

Meeting at The Civic Centre and via zoom meetings on Tuesday and Saturday afternoon and Wednesday evening and socially via WhatsApp. Tai Chi is offered from a choir member before the Wednesday session. Contact David: mtjac@gmail.com, 07399 025 934



MENTAL HEALTH AND MONEY ADVICE

Mental Health and Money Advice is a valuable place to start if you need advice or help in dealing with money related issues or welfare benefits.

This is a national service provided by Mental Health UK, which brings together four national mental health charities working across the country, one of which is Rethink Mental Illness.

Ask your Rethink support worker for details, or visit:
www.mentalhealthandmoneyadvice.org

COMMUNITY SERVICES - WHO IS THE SERVICE FOR?

Our community support service has been working for many years to try and help people in Harrow with mental health issues make a positive difference in their lives, but now with the much needed greater focus on Recovery and greater independence, we aim to support vastly greater numbers of people in Harrow, many of which have never accessed our service before.

We support people within the community, working to the Recovery Model, using a person-centred approach, and taking time to identify what you would like to work towards and working towards a structured Recovery Plan. Through working this way and through greater social inclusion, we have found people that use our service become more independent, confident and resilient, and less reliant on services in the longer term.

How can the service help people?

With the support of allocated Mental Health Recovery Workers the service can help people with:

Improved confidence

A greater sense of belonging and feeling part of the community again.

Better coping mechanisms for managing mental health.

Building social contacts, greater access to other services through onward referrals more supported with goals and objectives.

Achieve personal goals.

Feeling more motivated to maintain positive changes.



Partnership with LCK

Harrow Community Mental Health Service are passionate about building relationships and partnerships with other services and providers to ensure more opportunities for service users, and better engagement with other service providers.

For example through partnership working with London Community Kitchen, we are able to offer service users places on certified cookery courses, using their fantastic bespoke kitchen facilities. Clients can learn how to cook better, how to improve their diets, and how to cook fantastic recipes!

In addition in partnership with LCK we hope to soon be able to offer

Education, Training and Employment skills courses, and Job Clubs in a dedicated IT suite/room with Laptops available for participants to use.

ESOL classes

Digital Inclusion Classes

Community Garden Project Health & Well-being with nature.

WORKING IN PARTNERSHIP

Harrow Community Mental Health Service are passionate about building relationships and partnerships with other services and providers to ensure more opportunities for service users, and better engagement with other service providers.

For example as well as our partnership working with London Community Kitchen, we are also working very closely with other Mental Health providers and services. These includes Mind, Hestia, Need to talk, Wise Works, the Job Centre and Twinings to name a few. Watch this space as we hope to have these providers delivering some sessions on site here at Rethink very soon.

The Cookery Courses with London Community Kitchen are tremendous fun for clients and they get to learn how to cook delicious recipes.

We also working very closely with other Mental Health Providers such as MIND, Need to Talk, Hestia and CNWL, all of whom are looking to offer some services from our Hub at Harrow Community Mental Health Service if at all possible in the near future.

NEW PHYSICAL EXERCISE NAVIGATOR SERVICE

We are also absolutely delighted to be able to announce we have secured 12 months initial funding for a fantastic new Physical Exercise Navigator service which will run at various locations including The Bridge, Harrow Leisure Centre and other venues around London.

About the Service:

We provide opportunities for individuals to engage with a wide range of physical activities which have a positive impact on physical, social and mental wellbeing.

New physical exercise navigator service

Initial physical activities assessment

1 to 1 exercise programmes

A variety of group exercise activities based around your preferences

Activities to cater for individuals needs, including physical disability

Support to access physical health checks with a qualified professional

Information on how to access activities that are in your local community

Fun and friendly atmosphere

The service accepts self-referrals and referrals from key workers/professionals.

Individual and group exercise programmes for Rethink service users and their carers within Harrow, Ealing, Brent, Haringey and Camden.

Who is delivering the service?

The Lead Physical Activities Navigator, Luke. Luke has a key passion for supporting mental illness through physical activity. He has a background of working in the mental health sector and studied sport and psychology at university.

Contact

If you would like to make a referral or have any other questions please get in touch with Luke – he'd be delighted to hear from you!

Phone 07918 186970

Email luke.odam@rethink.org

USEFUL CONTACTS

Rethink- Harrow Community Mental Health Service:

Main number 0208 427 6776

Crises/Single Point Of Access Service:0800 0234650

CNWL: 0203 317 5132

MIND Harrow: 0208 426-0929

Need to Talk: 07745 510 651

Hestia: 0207 378-3100

Wiseworks: 0208 863-8704

Twinnings, Education, Training and Employment support:0208 840 8833



Harrow Community Mental Health Service



VOLUNTEERS WANTED

We are always looking at ways for service users to progress and get involved in Peer Led or Volunteer activities.

We currently have a fantastic opportunity for a small number of volunteers to get involved with producing this newsletter periodically!!

Also volunteering opportunities are available at the Kind Cafe, Food Hub, and Garden Project

Anyone interested should email harrowcommunity@rethink.org