

Support Brokerage Project Kingston – Planning your care

The Kingston Centre for Independent Living (KCIL), together with local voluntary organisations and the Royal Borough of Kingston, has launched a new project for people with support needs in the Royal Borough of Kingston. The service will help individuals to find relevant and affordable services to help with everyday tasks such as washing, dressing, preparing a meal, social activities and getting out and about. Our aim is to offer people more input and choice over their day-to-day support, and for people to retain their independence.

What will the project offer?

- Advice and information about care agencies, social activities, education and local voluntary organisations
- Advice and information on employing your own personal assistant or support worker

- Support with putting services in place
- Home visits to suit your needs or condition
- Help with budgeting and keeping records
- Signposting to other services and organisations

Who is eligible?

This project is open to people with physical, sensory and learning disabilities, **mental health issues** and older people who either receive a personal budget (social care money) from Kingston Council, or who pay for these services themselves.

How can you apply?

If you are eligible for a personal budget, you will be referred via your care manager or social worker. If you pay for your own care, you contact us direct on the details below.

For more information, contact KCIL on 020 8546 9603 or e-mail us at enquiries@kcil.org.uk.

Do you have a dog or a cat? Are you interested in taking part in a research project?

I am a trainee clinical psychologist interested in exploring the link between living with a pet dog or cat (or both!) and recovery from mental health difficulties. I am looking to talk to people about what role, if any, they feel their pet has played in their recovery so far, and I'm interested to hear about both the benefits and challenges of living with a dog or cat. Taking part involves answering some open-ended questions about your experiences and can be done face to face at a time to suit you or also over the telephone.

If you are interested in taking part or would just like to find out more about the project, please contact Vicki by email: v.woolcock@surrey.ac.uk or alternatively you can contact Jo at Mind in Kingston on: joanne@mindinkingston.org.uk

Call 020 8255 3939



Mind in Kingston is dedicated to helping individuals who experience psychological dilemmas. A new Counselling Service is therefore currently being developed. Our intention will be to deliver weekly counselling sessions to residents and employees of the Royal Borough of Kingston. The sessions will be held in the evenings in order to cater for those in full time employment and who are unable to attend a day time counselling service. The service is aimed to start in the New Year.

Mind will look to reach out individuals, over the age of 18, and offer a confidential and non-judgemental counselling service, fees will be subsidised on a means tested basis.

The counselling will seek to aid individuals with difficulties regarding; anxiety, depression, personal and work stress, low self-esteem/confidence, anger management, lack of motivation and relationships.

If you feel that you would benefit from our counseling service and would like to receive more information please contact us on **020 8255 3939**. Alternatively you can e-mail us on:

michal@mindinkingston.org.uk

Health needs questionnaire

Thankyou for participating in our enclosed questionnaire. Your local NHS services are keen to find out how you access health services in Kingston and to identify any barriers that you may have come across. Your feedback is important to us as it will help us to shape future health services in Kingston.

We are very keen to receive as many completed questionnaires as possible so please feel free to pass this onto others that you feel would like to provide their feedback.

If you have any health issues that you are concerned about then you should discuss them with your GP.

Your feedback will be anonymous and confidential.

For any information please contact Louise Gallagher louise.gallagher@kpct.nhs.uk or phone

0208 339 8000

Please return your questionnaire by 31st January 2012

Louise.





**DON'T STAY AT HOME ON YOUR OWN
THIS CHRISTMAS**

COME AND JOIN US AT FIRCROFT

**WE ARE OPEN FROM 10AM TO 4PM
GOOD FOOD
GOOD COMPANY
A GREAT TIME**

WE WOULD LOVE TO HAVE YOU WITH US.
Please see your care manager, support worker, or G.P. for referral.
Transport available if required
Please book by 17th December.

**96 Ditton Road. Surbiton. KT6 6RH
Tel: 0208 399 1772**

Editors note

World Mental Health Week..

Mind in Kingston participated in World Mental health week 2011 by increasing their outreach presence in the Borough. On Monday 10th October we were part of the Mind Yourself event for local Black and Minority Ethnic residents of Kingston. Many other stalls were there for networking where we discussed strategies for overcoming barriers that members of the BME population experience in engaging with mental health services. Our next stall was promoting good mental health in the workplace at Kingston Hospital. In a busy and stressful environment such as a hospital we felt it was an important message to get out!! On the Wednesday, the Mind in Kingston football team played a friendly match versus a team made up of NHS and RBK players. We won and this led to an invitation to play more regular matches with them. On Thursday night, people at the Star café enjoyed a presentation by Dr Denise Forte, Principal lecturer at Kingston university and a Director of Age Concern about what Age Concern offers both locally and nationally and to see if any of our service users might be interested in joining the University's Service User Forum which meets 3 times a year. Friday saw us outside the Bentall Centre in central Kingston on a fresh and sunny morning. Our time to change freebies proved very popular with passing people who had seen our colourful stall and popped over for a chat. We had a good turnout of willing volunteers to help on the day handing out our goodies bags and balloons for youngsters. That evening there was a film night at the Bridge Café showing a Beautiful Mind. This was well-attended and very much enjoyed by all. The week closed with another stall at New Malden Library promoting Books on Prescription which is a way of helping local people to find out more about any form of mental distress by borrowing a book about it!

Please note!!The Service User Reference Group or SURG is in Kingston in January and February. If you have concerns about the local mental health services Please contribute your concerns for the agenda via Simon Montague Taylor at Mind in Kingston 020 8255 3939.



Jo and Christine at New Malden Library promote Books on Prescription



The stall at the Bentall Centre

Mind Cafe Opening Times
Christmas and New Year

The Star

Normal opening hours Thursdays 6-930pm and Sundays 2-530pm

Sunday 25th December Christmas Day Closed
Thursday 29th December open 6-930pm
Sunday 1st January New Years Day Closed
Thursday 5th January open 6-930pm

Event!!

22/12/11: Double CHRIS-tmas party STAR-ring Chris White on the guitar and Chris Spiers on the violin playing a selection of your favourite seasonal numbers. Singalong, dancing plus free buffet. All welcome 2 p.m onwards...

The Bridge

Normal opening hours Mondays Tuesdays Wednesdays and Fridays 6-9pm and Saturdays 2-530pm

Friday 23rd December 6-9pm
Saturday 24th December 2-530pm
Monday 26th December Boxing Day Closed
Tuesday 27th December Bank Holiday Closed
Wednesday 28th December open 6-9pm
Friday 30th December open 6-8pm
Saturday 31st December open 2-530pm
Monday 2nd January open 6-8pm

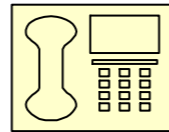
Main Office e Opening Hours.

Open usual hours Monday to Friday 9am-5pm
Apart from Bank Holidays on
Monday 26th December-Closed
Tuesday 27th December-Closed
Monday 2nd January 2012-Closed



A big "Happy Christmas" to all our readers.

Helplines



We warmly wish all our readers a happy and fulfilling Christmas. However, we recognise that Christmas can put a strain on even the most robust people and families.

Please familiarise yourself with the following organisations who can help you during this time.

Here are some numbers you may find useful:

- Childline: **0800 1111**
 - Samaritans: **08457 90 90 90**
 - Refuge/Womens Aid: **0808 2000 247**
 - Age UK: **0800 169 6565**
 - NSPCC: **0808 800 5000**
 - Hopeline UK For practical advice on young suicide prevention **0800 068 4141**
 - SANEline is open from 6pm to 11pm every day of the year including Christmas, New Year and all other public holidays. **0845 767 8000**
 - Mankind National Helpline. **01823 334244**
If you are a man suffering Domestic Abuse or Violence call this number. Our confidential helpline is manned from Monday to Friday 10am - 4pm and 7pm - 9pm. Normal BT rates apply
- If you are in immediate danger, call 999**
- National Mind **0845 766 0163**
Mind Helplines are open Monday to Friday, 9.00am to 6.00pm.

Please note, over the Christmas period the Mind Helplines will be closed on the following days.

**Monday 26th December
Tuesday 27th December
Monday 2nd January**

Mind in Kingston Christmas Cards for Sale.

We have two designs on offer. They are in packs of 6 at £3.25 Available now from the Mind in Kingston office:

020 8255 3939.



What's Up?

The Free Newsletter From Mind in Kingston.
www.mindinkingston.org.uk



For better mental health

in Kingston

No:27

Winter 2011

Manchester Trip by Dan Pearson Mind United Player

Manchester Trip October 2011

Mind in Kingston's football team decided to pay a return visit to Manchester to play the Salford team that had kindly visited us in the summer. A party of 12 left by minibus at 9.30am and it took quite a while to get to Salford although it was a lot less gruelling than the 20 hour journey to Germany! Our team met the Salford lads in what used to be the old Manchester United training complex in Salford. We were split into an A and B team but borrowed some of the extra Salford lads and mixed and matched a bit to get the numbers. The opposition was strong and our B team performed better with great performances from Simon, Jo and Roger.

Our trip to Manchester was a two night 3 day extravaganza and after the football we checked into the Etap Hotel in Salford Quays. The hotel was comfortable and clean and very well located with a Tesco nearby for readymade snacks. We had agreed to

meet some of the Salford lads in town so after a quick change we headed for the Tram to Piccadilly, central Manchester. We agreed to meet at the Weatherspoons pub (a bit of a favourite with most Mind players!), and ate well and enjoyed a few tipples whilst mixing with the locals. Manchester has a very lively nightlife and some of the more energetic of the group set off to a local karaoke bar but alas none of us had the courage or perhaps the voice to sing a tune.

The next day we all assembled to head to Blackpool for fun by the sea. We parked the bus on the "Golden Mile" and immediately soaked up the sights and sounds of the area. Amusements, rides, pubs and fish and chips were all sampled by the group and we had plenty of time to look around. One of the best bits of Blackpool was the clean and sandy beach and also the famous illuminations that were turned on at dusk and were very impressive and seemed to go on for miles.

After an early night for all, we awoke to

our last day and a tour of Old Trafford, the home of the Red Devils, Manchester United. Five of our group are United supporters (shame on them!) and were very excited to take the tour and see Old Trafford. The tour was very well organised and we had plenty of time to view the pitch and the stadium, we also saw the Munich Tunnel and were told the history of the tragic loss of some of the Busby babes. We were also privileged enough to visit the players dressing room and private lounge as well as the pitch side dugout. We ended the tour at the Manchester United superstore and a few choice items were purchased by some. All in all, the Manchester trip was great fun and everyone seemed to enjoy themselves. A special thanks to Jo, Simon and Roger for organising the trip and for driving.

Dan



The teams in Manchester United's changing room



Listening to the facts and figures



Dan puts himself in Sir Alex Ferguson's shoes



The eternal flame in memory of the 1958 Munich plane crash



Des. A dream fulfilled!



A rapt audience

