

MENTAL HEALTH SELF CARE STAKEHOLDER EVENT

Kensington & Chelsea Social Council (KCSC) and the West London Clinical Commissioning Group (WLCCG) want to set up a pilot mental health self-care project. The pilot will build on and expand existing services through the provision of a menu of mental health wellbeing self-care options. It will complement existing provision promoting improved health and wellbeing for people living with poor mental health.

What is 'Social Prescribing'?

Social prescribing is an important approach to self-care. It is also sometimes referred to as the 'self-management' of mental health. It is based on a clear rationale that supporting people to access and use non-medical sources of support can help address poor mental health and contribute to improved mental health.

In the context of the proposed mental health self-care pilot, West London Clinical Commissioning Group (WLCCG) and Kensington & Chelsea Social Council (KCSC) have adopted the following definitions:

- **Social prescribing** is a means of enabling Community Living Well (CLW) and GPs to refer people to a range of local, non-clinical services delivered by the voluntary and community sector.
- Social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.
- Social prescribing schemes can involve a variety of activities which are in the main provided by voluntary and community sector organisations. Examples include volunteering, arts, social groups, learning activities, gardening, befriending, healthy eating, advice and a range of appropriate physical activities.

What we mean by 'self-care' in the context of Mental Health Self-Care Pilot

- **Self-care** is intended to be a key part of an integrated health and well-being response.
- **Self-care** will be accessed via a Self-Care Co-ordinator who will be based at KCSC.
- **Self-care** will aim to help service users develop their knowledge, skills, and self confidence in order to better manage their own health.
- **Self-care** will introduce and encourage a wide range of healthy lifestyles and activities that range from one-to-one activities to participation in a variety of group-based social activities.

The **Mental Health Self-Care (MHSC) Pilot** will:

- Develop and implement a pathway for CLW and GPs to refer into a central self-care single point of access.
- Provide a responsive and relevant menu of self-care services/activities that are aligned to users' needs and provide a gateway to other social prescribing services.

- Increase opportunities for greater collaboration between client, referrer/ referring service and self-care provider in meeting a users' needs.
- Provide people access to new self-care services/activities and expand existing provision.
- Encourage innovation through collaborative approaches.
- Build capacity of the sector through up-scaling and facilitate the development of support to achieve sustainable and long-term strategic management outcomes as result of the proposed mental health self-care pilot.

The Stakeholder Event offers the opportunity for individual service users, and user and carer groups to come together with voluntary and community sector organisations that deliver mental health support services to hear about the self-care proposal from both the WLCCG and KCSC.

The Stakeholder Event will:

- Set out the context and priorities for the proposed MHSC pilot
- Share learning from KCSC on the existing self-care model for older people
- Promote an understanding of what self-care will mean in the context of this pilot.
- Explore options on the design the menu of self-care services for people living with poor mental health conditions.
- Encourage innovation in the delivery of services.
- Discuss and define the successes you and other stakeholders expect from the pilot, and scope the range of outcomes that will assist to measure the impact of the proposed self-care interventions
- Explore whether there are opportunities for greater collaboration in the delivery of the proposed pilot.
- Learn about the range of training and development support that will be made available to voluntary and community sector organisations in respect of the pilot.
- Agree an action plan to take the MHSC pilot forward.

You should get involved because it gives you:

- An opportunity to hear from the WLCCG commissioner and KCSC on the vision for the MHSC pilot, as well as learn of the benefits of self-care.
- Help co-produce the final model for the MHSC pilot - user, carers and voluntary and community sector involvement will be key to shaping the pilot and your input will make a difference.
- Design the final self-care menu of services/activities to reflect the needs of potential users and improve service access.
- Share your ideas and contribute to the development of a creative and innovative delivery model, enabling us to test new ways of working where this is possible.