

North Kensington Health & Wellbeing Network

20 May 2021, via Zoom

Actions and Key Points

- Camila Marin-Restrepo (CMR), Project Officer for North Kensington Self-Care Programme (KCSC)
- Kalwant Sahota (KS), Self Care and Social Prescribing Manager, NHS West London Clinical Commissioning Group (WLCCG)
- Julia Hamilton (JH), North Kensington Social Prescribing Link Worker

Agenda

- 10:00 *Welcome, ground rules, agenda*
- 10:05 *Update from North Kensington Recovery team*
- 10:20 *Resilience Fund: Q&A*
- 11:00 *Breakout rooms: Sharing resources*
- 11:20 *Updates and announcements*

- These monthly meetings will be held from 10am to 11.30am from now.
- Future meetings can be found on the website [here](#).

Kalwant Sahota (KS) and Camila Marin-Restrepo (CMR) used the following presentation throughout the meeting.

[Presentation](#)

Health and Wellbeing Strategy for North Kensington

KS spoke on the strategy to improve the health and wellbeing of communities (please see presentation).

The group were asked how they found the reception of different programmes being rolled out. A conversation followed on the problem of decluttering, with some people having cluttered their homes particularly in the last year, and that there is a service gap for those under 55 who didn't come under Age UK's remit. KS said this was something to be looked at further to see if there are solutions available.

It was then asked how we can get people to know about the services available. One suggestion was people given leaflets at foodbanks, which would cross a wide age range. It was agreed that having leaflets is a good for some people who would otherwise forget.

Joe Batty from KCSC suggested carrying out an audit of workers in the area who are keen to get the message out, so that this can be made use of.

The Dalgarno Trust proposed doing something like Operation Cup of Tea again, where people met for a cup of tea and a chat; would be good to do again as this was very successful – perhaps have in the evening this time.

Resilience Fund

CMR spoke on the Resilience Fund and the criteria needed for organisations to apply (please see presentation). This is a great opportunity for organisations to deliver self-care activities, specifically in the North Kensington area. Micro-grants and general grants are available.

Partnerships are highly valued – looking for holistic, not clinical services that can help these problems, e.g. a walking group.

The idea of the fund is to get people using the services available and then to be self-sufficient. Julia Hamilton (JH) said that this is very useful for GPs to have on their radars.

CMR then spoke on partnering and sharing resources, and the benefits of doing this (please see presentation).

Breakout Rooms

During this session the group was separated into two groups to discuss organisation partnerships.

KS fed back that her group discussed existing key examples of partnerships which have encouraged different referral partners. Grassroots organisations don't often have space and so partnership is important. Non-traditional spaces were discussed, e.g. not just community centres but also leisure centres, GP practices. Link workers are key people.

JH fed back that her group also discussed good examples of partnerships, and that we shouldn't be afraid of doing it as it provides good services. They spoke on the loss of communication there is and the need to connect community groups. They also agreed that it would be good to keep the North Kensington Directory up.

Updates and announcements

Citizen Advice have lost their office space and haven't found a substitute yet – looking for a hybrid space. One of the consequences of this is the opportunity to do outreach work. If you are interested in partnering with them, please contact Citizen Advice's CEO: Lorna.reid@citizensadviceKC.org.uk.

CMR will look into doing something similar to Operation Cup of Tea / Talking Bench – will contact the key people who spoke on it to put together a group to push this along.

Community Massage London to start centre-based massage service on 1 June at The Golborne Medical Centre – hoping to expand in the future to other GP surgeries.

Attendance:

<i>Organisation</i>
Age UK Kensington & Chelsea
Children and Young People for North Kensington Recovery Team
Citizens Advice
Community Living Well
Community Massage London CIC
Maternity Champions
NWL CCG
Open Age
RBKC Council Leisure Services
The ClementJames Centre
The Dalgarno Trust

Next meeting: 24 June 2021, 10:00am – 11:30am