



Community
LivingWell

Working together for your wellbeing



Westminster

Michelle Poponne
**Kensington and Chelsea IAPT Community
Development Manager**

Nanda Poleon
**Community Development Manager,
Westminster Talking Therapies**



What is IAPT?

What does IAPT Stand for?

- Improved Access to Psychological Therapies 'Talking Therapies'

Talking Therapies team offers a range of different therapy options, all of which are effective treatments recommended by the National Institute for Health and Care Excellence (NICE).

- **COGNITIVE BEHAVIOURAL THERAPY (CBT)**
- **COUNSELLING**
- **COUPLES AND FAMILY THERAPY**
- **SILVERCLOUD**
- **GUIDED SELF HELP**
- **WORKSHOPS AND COURSES**

Interpreters are offered including British Sign Language



Wellbeing Workshops

We offer a range of wellbeing workshops where you can learn practical tools and techniques to cope with common problems

- An Introduction to Cognitive Behavioural Therapy
- Unhelpful Thinking
- Assertiveness
- Procrastination
- Managing Mood
- Managing Stress and Worry in a Pandemic
- Confidence
- Tackling Procrastination
- Problem Solving
- Improving Sleep
- An Introduction to Mindfulness
- Maintaining Wellbeing During Isolation



Courses and Groups

We offer a range of groups and courses, with one or more clinicians delivering therapy with several people at a time. The groups allow people to see that they are not the only one experiencing difficulties, as well as being able to learn with others

- Mood boost
- Stress and worry
- How to Feel Good About Yourself
- Mindfulness-based Cognitive Therapy for Depression (MBCT)



What is Community Living Well?

- An integrated mental health and wellbeing service for people with mental health needs. It provides a wraparound service which has individuals at the centre of their care and offers support with social wellbeing, mental and physical health needs.



Is Community Living Well delivered by the NHS?

- Yes! Central and North West London NHS Foundation Trust (CNWL) IAPT service, in partnership with local organisations delivers Community Living Well
- St Mary Abbots Rehabilitation and Training (SMART)
- Kensington and Chelsea Mind
- Kensington and Chelsea Social Council



Mind Peer Support

Mind Peer Support services provide a range of opportunities for people to come together to reduce isolation, make friends and give and receive support based on the personal experience and a shared understanding of mental distress.



SMART St Mary Abbots Rehabilitation and Training

Navigators- practical support with a range of issues for example:

- Benefits
- Debt
- Housing options,
- Access to health and social care services and other rights and entitlements

Employment Support

- Find the right kind of work for you
- Return to work after a period of sick leave
- Stay in work and/or deal with workplace adjustments
- Know your employment rights.



Self Care Managed by KCSC

What is Self Care? Self-Care is an approach to health and wellbeing which helps you to keep yourself well

The Clement James Wellbeing Programme

Emotional and Practical Help in Your Own Language

Massage and Reflexology

My Recipe, My Story

Well Read

Volunteering on Prescription



Who, Where & How?

Who- Community Living Well is a service for people aged 16 and over who need support with their mental health and wellbeing. It's for people registered with a GP in the Royal Borough of Kensington and Chelsea, or the Queen's Park and Paddington areas of Westminster.

Who do we see?

- Mild to moderate mental health difficulties
- Low mood
- Anxiety
- Stress
- Sleeping difficulties
- LTC where mood is impacting this
- Perinatal mental health

Who don't we see?

- Excessive drug and alcohol abuse
- Severe mental health difficulty e.g. psychosis, bipolar disorder, personality disorders
- Under 16
- People with high risk

How - communitylivingwell.co.uk Self referral or GP

Where- St Charles Centre for Health and GERTRUDE STREET

Who, Where & How?

Who - Westminster Talking Therapies is a free, confidential NHS service which provides support for people aged 18+ who are experiencing low mood, anxiety, stress or problems coping with daily life and relationships. We provide one to one and group talking therapies and counselling to people who live or have a GP in Westminster.

Who do we see?

- Mild to moderate mental health difficulties
- Low mood
- Anxiety
- Stress
- Sleeping difficulties
- LTC where mood is impacting this
- Perinatal mental health

Who don't we see?

- Excessive drug and alcohol abuse
- Severe mental health difficulty e.g. psychosis, bipolar disorder, personality disorders
- Under 18
- People with high risk

How - westminster.iapt@nhs.net 030 3333 0000 Self referral or GP

Where - North Hub 11 Praed Street and South Hub - 190 Vauxhall Bridge Road



Community
LivingWell

Working together for your wellbeing



Westminster

Questions?