



NHS

*West London
Clinical Commissioning Group*

North Kensington Health & Wellbeing Network

14 October 2020, 10.00am – 11.30am

MEETING GROUND RULES

We have put together some ground rules in order to run this online meeting:

- Please mute your microphone throughout the meeting unless you have been asked to speak.
- Please write your name and organisation in the chat window.
- If you would like to ask a question during a presentation, please write this in the 'chat' window.
- If you would like to speak, use the 'raise your hand' button or write HAND in the 'chat' window and someone will let you know when you can speak.
- A brief feedback form will be posted at the end of the meeting which we would ask you to complete. Thank you.

Please let us know if you have questions about any of the above.

AGENDA

- **10:00AM – 10:05AM** – Welcome - Hayley Turner, Health & Wellbeing Manager, KCSC
- **10:05AM – 10:15AM** – Introduction from Self-Care/Social Prescribing GP lead - Dr Meena Nathan
- **10:15AM – 10:25AM** – Outline the Aims and draft Terms of Reference of the Network
- **10:25AM – 10:55AM** – Self-Care and Social Prescribing – Kalwant Sahota, Self-Care & Social Prescribing Manager, WLCCG (including Social Prescribing Link Workers and an Example of Social Prescribing in practice)
- **10:55AM – 11:10AM** – The new North Kensington Self Care Programme (including Current Focus and Partnerships/Funding)
- **11:10AM – 11:30AM** – Networking

Introduction from Self-Care/Social Prescribing GP lead

Dr Meena Nathan

MEETING AIMS

- Share experiences, resources and reduce overlaps in services and enable us to work more effectively together to meet the health & wellbeing needs of residents in North Kensington.
- To provide up-to-date information on the wider health and wellbeing agenda and how it relates to North Kensington.
- To explore initiatives that might lead to joint bidding for funding and contracts.
- This network has been set up as part of the NHS North Kensington Health and Wellbeing Strategy and is a joint partnership with WL CCG.

TERMS OF REFERENCE

Self-Care and Social Prescribing

**Kalwant Sahota
(Self-Care & Social Prescribing
Manager, WLCCG)**



North Kensington Health & Well Being Forum

Self-Care and Social Prescribing

Kalwant Sahota
Self Care and Social Prescribing Manager

Health and Wellbeing Strategy for North Kensington

A Health and Wellbeing Strategy

for North Kensington to March 2024

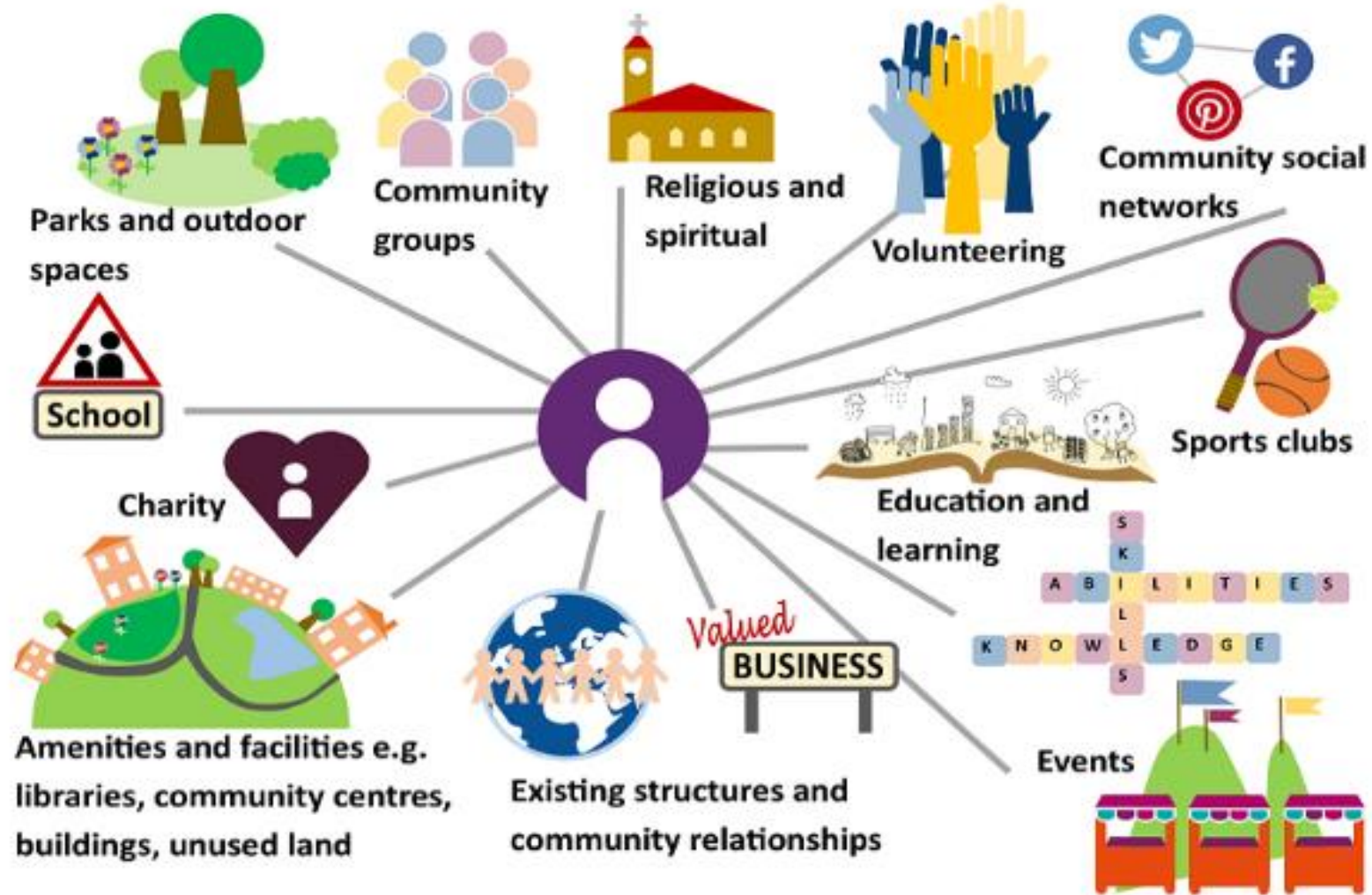


www.grenfell.nhs.uk



What is Social prescribing

https://www.healthylondon.org/our-work/personalised_care/social-prescribing/



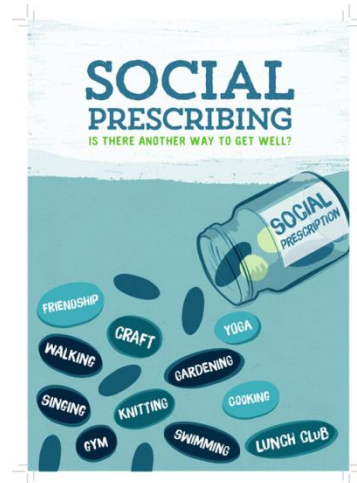
they are there to listen



and put you in touch



Social Prescribing in West London CCG



What is Self Care?

Self-care is just what it sounds like: taking care of yourself:

“Self-care is the practice of consciously doing things that preserve or improve your mental or physical health”

Examples of self care?



Why is it important?



Health services available in North Kensington

- **Your GP** - call to make an appointment, all patients will receive a telephone call back in the first instance but will be called into the practice if needed.

You can also book an extended appointment and an Enhanced Health Check through your GP. There is an interpretation service too – called Silent Sounds.

- **NHS 111** – call 111 or visit www.111.nhs.uk for health advice and to speak to a health professional and find local services.
- **In an emergency** - call 999
- **Mental health**
 - Grenfell Health and Wellbeing Service – call on 020 8637 6279 or e-mail Grenfell.wellbeingservice@nhs.net.
 - CNWL single point of access 0800 0234 650
 - Samaritans 116 123





The North Kensington Self-Care Programme



AIMS

Self-care is a key component of the North Kensington model to improve residents health and wellbeing. Self-Care extends the range of options available to people who present to primary care with health & wellbeing needs and, in doing so, supports them to access services in their local community.

- To improve the health and wellbeing of the residents in North Kensington
- To promote the benefits of a healthy lifestyle.
- Increase access to third sector provision to promote overall wellness.
- Provide opportunities for people with underlying medical conditions to become more active
- Equip patients with the knowledge and skills to become better managed with their long term conditions.
- To promote long-term behaviour change.

PRIORTIES

1. North Kensington Network
2. Complementary therapies
3. **Digital exclusion and access to health services**
4. **Nutrition & cultural cooking**
5. **Improving health literacy**
6. **Mental Health First Aid training**

**What other needs are not
being met in the
North Kensington community?**