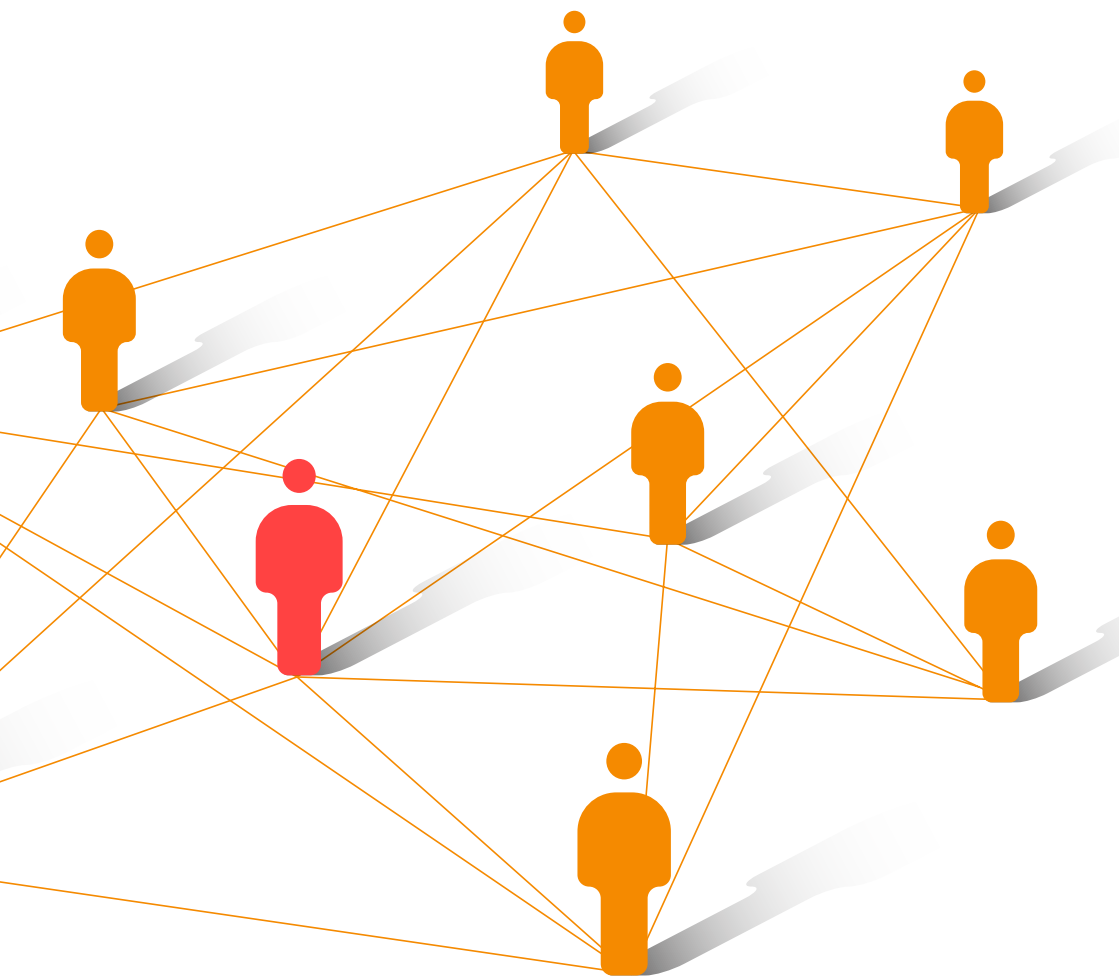


Resilience Network Guide





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Introduction

Community Resilience was identified as a key theme within Camden’s Local Care Strategy during a collaboration between service users, clinicians and care providers. This will be achieved by making better use of voluntary and community sector (VCS) services rather than relying on traditional models of care. The model for the Resilience Network was proposed and championed by people with experience of using mental health services because they believe it will help more people to live and thrive well in Camden.

This guide provides an overview of the resilience network that will commission a single contract model in the future. This guide was developed by commissioners, service providers and service users. It serves to inform people about the range of services that support people’s mental and physical wellbeing.

Section 2

Purpose of Resilience Network

The purpose of the Resilience Network is to provide a network of services that support people in their community to achieve the key resilience outcomes. These are to ensure that people are better able to address and manage mental health needs themselves, can access the right support at the right time and take part in community life. The Network builds on people’s strengths and enables people to follow their interests on their own terms. The Network offers promote and champion inclusion and make it easier for people with mental health needs to take an active role in their communities.

The Network is formed of a partnership of VCS organisations, Camden and Islington Foundation Trust (C & I), Tavistock and Portman, Commissioners and service users. This partnership works together to improve pathways of support and develop a shared outcomes framework.

The key aims of this joint approach are:

Accessible

Improve access to support

Ensure services are easy to understand. People in need of help are identified earlier to reduce the stigma of seeking help, and therefore can access support as early as possible.

Person-centred

Offer people personalised support

Provide compassionate care that offers choice and control and is tailored to each person. The strengths-based approach encourages people to use the skills they have or develop new skills to live an independent life.

Co-ordinated

Ensure services are well co-ordinated

Where multiple services are involved, they are coordinated around the person to provide a seamless care experience and, where possible, a continuous relationship with a worker involved in their care.

Preventative

People can access the right support at the right time

Introducing services that are flexible and do not have an 'eligibility criteria' so people can address their needs at the right time and prevent them from getting more difficult.

Effective

Reduce the demand on secondary care

We want to reduce the number of people being referred into secondary services by improving access to preventative care that build individual and community resilience.

Physical Activity

Improve access to physical activity offers

We want to show the impact of physical activity on health and wellbeing and improve access to physical activities across Camden.

A summary of the types of support offered in the Network are:

Emotional support

- Support to access additional services, as required
- Mental health education
- Support people to be more involved in their local community
- Offers across education, arts, mindfulness and sports so people can take part in activities that interest them
- Employment support
- Benefits advice including tenancy support
- Assessment for eligibility for care and support

Section 3

Resilience Network guide to services

The community of providers who constitute the Resilience Network are described below. However there are a wider range of providers and organisations who play an equally crucial role in supporting individual and community resilience through a diverse mix of opportunities. Many of these are included in Camden's Mental health Website: mentalhealthcamden.co.uk which

also lists current events and local mental health news.

Camden Floating Support Service

– Camden Floating Support Service supports vulnerable adults and families who need extra help to sustain a tenancy and achieve independence. The service is available to all residents living in any type of accommodation in the London Borough of Camden.

It also provides support if you need help to use computers and gain online access for services, register for housing, use Home Swapper, apply for benefits, receive money advice and much more. Floating support means that the service is not based at one specific location and that the support will "float" to wherever you need that support to be.

Information and Contact:

Website: www.camden.gov.uk/camden-floating-support-service
Email: FSSReferrals@camden.gov.uk
Tel no: 0207 974 5366
Address: Various location

Camden Hub – 6-8 session service (HCCT). Over the course of 6-8 one-to-one sessions, this service works with people to support them through challenges in their lives that are affecting their mental health. The service user defines the challenges and goals and the work seeks to link people to community organisations and offer practical and emotional support. Anyone over the age of 18 can self-refer.

Information and Contact

Website: www.camdenhub.org.uk
Email: contact@camdenhub.org.uk
Tel no: 020-7278-4437
Address: 8 Fairhazel Gardens, London NW3 3SG

Camden Icope (Psychological Therapies Service) (C&I)

– Icope is delivered by a range of partners, including online and services tailored to different levels of need. This support is accessed through self-referrals or GPs. It is free, confidential help for problems such as stress, worry, anxiety, depression and insomnia. IAPT stands for Improving Access to Psychological Therapies and is a short-term talking therapy service.

Information and Contact:

Website: www.icope.nhs.uk/
Email: cpts@candi.nhs.uk
Tel no: 020 3317 7600
Address: Various

Camden Sports and Physical Activity Service is working with Mind in Camden, and mental health professionals including the head of Occupational Therapy from Camden and Islington Foundation Trust's (C & I) Rehabilitation and Recovery Division and representatives from IAPTs services. The aim is to use physical activity to support mental health recovery.

Information and Contact:

Website: www.camden.gov.uk/active
Email: active@camden.gov.uk
Tel no: 0207 974 4444
Address: Various Locations

Getting active can be a great way to improve your mood. It can make you feel energised, relaxed, stronger and happier. It can also improve your health. You can feel a sense of achievement from trying new things. Camden has plenty of options that are free. Some examples are:

Exercise Referral – This free 12 week exercise referral programme provides support for people who are inactive and have a health condition. It is delivered across Better Leisure Centres in Camden and Islington. People have to be referred onto the programme by a GP or a health professional.

Rebalance – This programme is aimed at people who are overweight and want support to get active and lose weight. It has the same content as the sister programme - "Exercise Referral", but also includes workshops to help develop healthier eating habits. You can apply direct and do not need to be referred into this programme. **Email:** exercisereferral@camden.gov.uk
Tel no: 020 7974 1741

Walking – A range of free walks across Camden – see the website above for more details.

Green Gym – this provides opportunities to do practical conservation work at various venues across Camden, combining the benefits of being active and enjoying the outdoor environment. **Website:** www.tcv.org.uk/london/green-gym-london/camden-green-gym

Camden Work and Wellbeing (Hillside Clubhouse)

– This service offers employment support for anyone with a mental health problem that would like to work. It works using the Individual Placement and Support (IPS) model (www.centreformentalhealth.org.uk/the-ips-fidelity-scale) and is integrated across secondary and primary care settings.

Information and Contact

Website: www.hillsideclubhouse.org.uk
Email: cwaw@hillsideclubhouse.org.uk
Tel no: 07939 039484
Address: Hillside Clubhouse, 29/30 North Road, London N7 9GJ

Cultural Advocacy Project (Mind in Camden)

– This service works alongside different BAME communities to raise awareness of mental health and wellbeing and to develop peer support groups.

Information and Contact

Website: www.mindincamden.org.uk/services/cultural-advocacy-project
Email: BANwar@mindincamden.org.uk
Tel no: 0207 241 8988
Address: Cultural Advocacy Project, Mind in Camden, Barnes House, 9-15 Camden Road, London NW1 9LQ

Healthy Minds Academy (HCCT)

– The Healthy Minds Academy brings a range of volunteering opportunities together into one community, with the aim of increasing wellbeing. As part of the Healthy Minds community, volunteers have access to a range of unique opportunities and training, all of which they can engage with on their own terms. Volunteers are given access to their own coordinator and invaluable experiential learning opportunities, which see them being part of real and meaningful change for the community.

Information and Contact:

Website: www.camdenhub.org.uk/the-healthy-minds-academy/
Email: contact@camdenhub.org.uk
Tel no: 020 7278 4437
Address: 8 Fairhazel Gardens, London NW3 3SG

Healthy Minds Community Programme (Mind in Camden)

– This programme offers a wide range of free opportunities to attend workshops, and group sessions across Camden. The purpose is for service users to have new experiences in areas of their interest and the opportunity to develop these interests further, within participating organisations or elsewhere.

Also connected to the programme are bursary opportunities for adult education and a dedicated sports initiative which includes access to personal Sports Buddies, fitness courses, and green gyms. All service users have the opportunity to receive support from a Navigator to assist with personal planning and linking to opportunities.

Information and Contact

Website: www.mindincamden.org.uk/services/healthy-minds-2
Email: healthyminds@mindincamden.org.uk
Tel no: 0207 241 8999
Address: Mind in Camden, Barnes House. 9-15 Camden Road, London NW1 9LQ and Various Locations.

Healthy Minds Social Prescribing (Mind in Camden)

– The Social Prescribing team is embedded within C & I and works in partnership with TAP Social Prescribing, accepting referrals from within C & I and GP's. The aim of the service is to support people to identify their interests and help them discover where they can pursue these. Access to help with social needs such as housing, money or family matters is also provided. Each service user has a dedicated Link Worker who they can meet with at

a convenient community location and at appointments with groups, organisations and services relating to their personal goals.

Information and Contact:

Website: www.mindincamden.org.uk
Email: social.prescribing@candi.nhs.uk
Tel no: 0203 317 6257
Address: Camden and Islington NHS Foundation Trust, 1st Floor, North East Building, St Pancras Hospital, 4 St Pancras Way, London, NW1 0PE

Mental Health Training (Rethink Mental Illness) Rethink are commissioned to provide free Mental Health Training to individuals living, working, volunteering or studying in Camden or Islington as well as professionals and organisations in both boroughs.

The course offered include:

Mental Health First Aid (Adult / Standard version): internationally recognised certificated course which trains participants in giving initial support to others experiencing mental ill health or crisis (2 day course)

Youth Mental Health First Aid: similar to Mental Health First Aid (Adult / Standard) above, but focusing on how to support 8-18 year olds experiencing mental ill health or crisis (2 day course)

Mental Health Awareness: a general introductory and awareness raising course designed to help support good practice and culture in relation to mental health in staff groups (1 day course)

Mental Health in the Workplace for Managers: a course for people managers / supervisors, focusing on building awareness, skills and confidence in relation to managing mental health in the workplace (1 day course)

How to access our courses:

Individual

Open access MHFA and YMHA are held in community venues and can be booked individually or on behalf of up to three other people. Places can be booked through the website: www.rethink.org/camdenislingtontraining

How to access our courses :

Workplace in Camden or Islington

If you want to arrange training for your own workplace or group based in Camden or Islington and have a group of 15-20 people who you would like to be trained, Rethink can come and deliver the 2 day MHFA courses or the 1 day Mental Health courses in your workplace or venue. Please email: training@rethink.org for more information and to book courses.

Information and Contact:

Website: www.rethink.org/camdenislingtontraining
Email: training@rethink.org
Tel no: 020 7840 3069
Address: Various

Peer Mentoring Service (VoiceAbility)

– This project trains people with mental health needs who are further on in their recovery journey to become peer mentors and support other people to develop and achieve practical recovery goals. The service focuses on working with people with complex needs.

Information and Contact

Website: www.voiceability.org/services/london-borough-of-camden/camden-mental-health-peer-mentoring
Email: camden.peermentoring@voiceability.org
Tel no: 020 3355 7113
Address: VoiceAbility, United House, 39-41 North Road, London N7 9DP

Recovery College (C&I) – Offers a range of courses that promote wellbeing and recovery. The Recovery College brings together two sets of expertise, from mental health clinicians and people who have experienced mental health issues, in a non-stigmatising college environment. Available to staff, members of the public, carers as well as people with mental health needs. The college offers individual learning plans to students in which they can build personalised learning goals and review their progress via coaching.

Students can also be directed to other organisations and self-management tools in all of the practise-based and experiential courses.

Information and Contact

Website: www.candi.nhs.uk/recoverycollege
Email: recovery.college@candi.nhs.uk
Tel no: 020-3317-6904
Address: 4 St Pancras Way, London NW1 0PE

Service User Involvement (The Advocacy Project)

– This service offers a range of opportunities for people to be involved in, engage with and shape services for people with mental health and/or substance misuse needs.

Information and Contact

Website: TBC
Email: TBC
Tel no: TBC
Address: TBC

Team around the Practice (Tavistock and Portman Foundation Trust and Mind in Camden)

–This service offers up to 16 sessions of psychotherapy provided by Tavistock and Portman. There are a range of therapy options and an option to work with you individually, in a group, or family. Additionally the service provides up to 6 sessions of Social Prescribing to support individuals to access community resources based on their needs and interests. This element is provided by Mind in Camden

The TAP service is particularly aimed at people who are feeling stuck, alone, very low, anxious, or who are experiencing chronic pain or a sense of being overwhelmed. It is accessed via the GP.

Information and Contact:

Website: www.tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/team-around-the-practice-tap/
Email: TAPAdmin@Tavi-Port.nhs.uk
Tel no: 0208 938 2703
Address: Various locations including GP surgeries

Mental Health
Camden



hillside clubhouse



The Tavistock and Portman
NHS Foundation Trust

**The
Advocacy
Project**



Camden's Mental
Health Wellbeing
Centre



Camden and Islington
NHS Foundation Trust



**The
Recovery
College**



Camden
Clinical Commissioning Group

iCope
Camden and Islington
Psychological Therapies Service



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