

Community Living Well

Do you need support to improve your mental health and wellbeing?

If you are 16 and over or caring for someone who is, then Community Living Well is a new mental health service that offers you a different kind of mental health support.

Community Living Well brings people together from your local NHS, voluntary sector and local community groups into one service which will work alongside you and your GP to help you access the support you need.

Community Living Well offers easy access to a range of wellbeing and clinical services including:

- **Primary Care Liaison**
support from specialist mental health workers
- **Talking Therapies**
to help if you are stressed, worried or low in mood. We can also help individuals who are adjusting to having a new baby or those who need help to live with long term conditions
- **Navigators**
practical support with a range of issues including benefits, debt, housing options, access to health and social care services and support to access specialist advice and information
- **Employment Support**
supporting you to find work, take steps to improve your job prospects or keep your job
- **Peer Support**
wellbeing workshops, one-to-one support, peer support groups, social activities and peer support training with other people who have had similar experiences to you
- **Self-Care**
Support and activities that help you to take care of your own mental, emotional and physical wellbeing



Get in touch...

Use the details below to get in touch or ask your GP or another health professional involved in your care to refer you into the service.

communitylivingwell.co.uk

email: cnw-tr.clw@nhs.net

tel: 020 3317 4200

In addition to community locations, our service bases are:

St Charles Centre for Health and Wellbeing
Exmoor Street
London
W10 6DZ

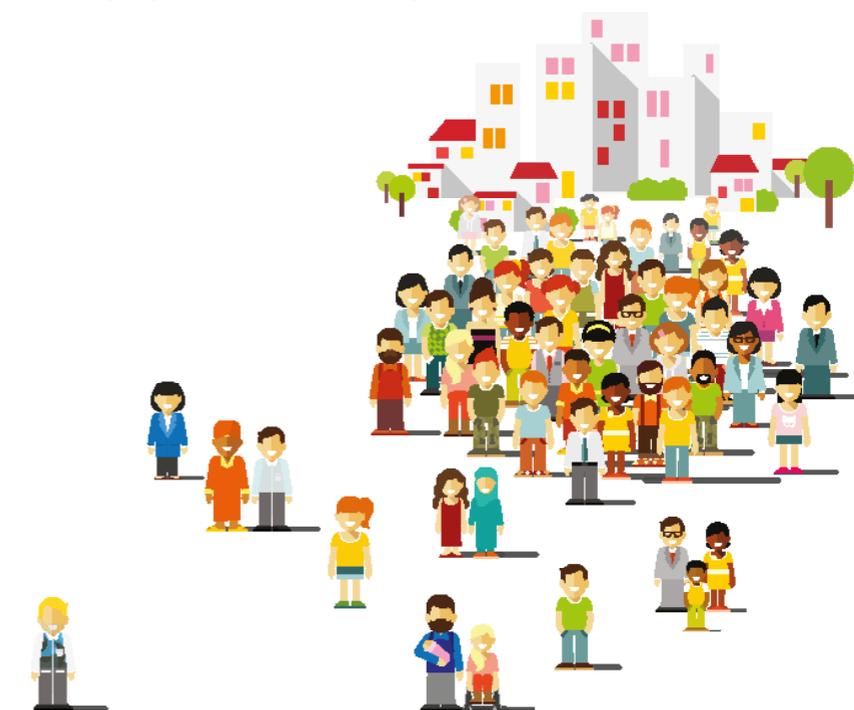
Violet Melchett Centre
30 Flood Street
London
SW3 5RR

Gertrude Street
15 Gertrude Street
London
SW10 0JN



Community LivingWell

Working together for your wellbeing



Peer Support

Peer Support is delivered by Kensington and Chelsea Mind. Community Living Well is a collaboration of NHS and voluntary sector partners.

Kensington and Chelsea Mind is a registered charity - No. 1002986

Community Living Well is not a crisis service. If you are worried about your mental health or the mental health of a friend or family member then please contact the Single Point of Access on **0800 0234 650** for help, advice or support over the phone, 24 hours a day.

Peer Support

What is peer support?

Peer support is when people use their own experiences to help each other.

Can the peer support service help me?

Peer Support is available to people aged 16 years and over, who are registered with a GP Practice in Kensington and Chelsea or the Queen's Park and Paddington areas of Westminster. The service is for people:

- with common or stable, long term mental health needs
- who are, or could be supported in a primary care setting
- who are carers of people who meet the criteria for the service.

Peer Support can help you to feel less isolated and increase your confidence. It gives you a chance to:

- gain knowledge about your mental health
- get or give support
- talk to others who understand your mental health problems through a shared experience.

What support can I get?

Peer Support offers both peer-led and peer-facilitated activities, which focus on your strengths, hopes and ambitions and can help you develop skills and strategies to manage and maintain your emotional and physical wellbeing.

Peer support can help you though:

- Feeling accepted by others who share your experience
- Developing and sharing skills
- Reducing feelings of isolation
- Building confidence and emotional resilience
- Building new relationships



Types of Peer Support offered

Peer support isn't a one-size-fits-all model, it comes in all shapes and sizes. Community Living Well Peer Support provides a wide range of options.

Living Well Workshops

Living Well Workshops provide a safe and supportive space to develop skills to manage the stresses and difficulties in your life. Each session is different, covering a variety of subjects. Learn alongside peers who may also be experiencing similar difficulties.

Living Well Workshops are co-facilitated by a peer support trainer.

Peer Support Groups

Give and receive mutual support in a peer support group to manage daily stresses. Structured self-help peer support

groups aim to bring people together who can share their experience of mental health.

It's your chance to talk about your mental health, an opportunity to learn about how others in similar situations manage their symptoms and connect with people who know what it's like to feel the way you do.

One-to-one

Meet with a peer worker, talk through emotional challenges and share coping suggestions. Talking helps, but not everyone is comfortable talking in a group and even if you are, sometimes it's nice to be able to sit and talk to someone on a one-to-one basis. Talking

to a peer means you are with someone who is equal to you, not a professional therapist or counsellor. It's someone who can put themselves in your shoes.

Sometimes just having a safe space and time to talk is enough. Your peer will be there to listen, relate to how you feel and even offer practical tips they themselves have used to overcome similar difficulties.

Social Peer Support

Social peer support provides friendly meet ups where you can connect with others in a safe, supportive environment to join in an activity, or just spend time with people who have a similar interest and shared experience.

Social peer support activities include walking, culture, arts, cooking, singing, coffee meet-ups, museum trips, social gatherings and much more.

“Coming out to the meet ups does reduce my isolation.”

“The writing group gave me a real confidence boost.”

“A community filled with gifted and interesting people.”