

# Community Living Well

Spring/Summer  
2021

## In this edition

The 5 Ways to  
Wellbeing



Job hunting  
during Covid-19



Find out about new  
online workshops



Community  
**LivingWell**

Working together for your wellbeing

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# Editor's Letter

Welcome to the spring/summer edition of the Community Living Well magazine. I hope you've continued to stay well during these extremely challenging few months.

I know from my own personal experience that this lockdown has been really tough. It has been hard to stay motivated, so in this edition I wanted to highlight some simple things that you can do to help.

The Five Ways to Wellbeing are five steps you can take which can help to improve your overall wellbeing. We've suggested a range of different ways that you can incorporate these steps into your daily lives, depending on how much time you have.

We've also included practical information on avoiding burnout at work, advice if you are looking for a new job, plus tips on how you can try to improve your sleep.

A few weeks ago, I spoke to Lise, who has recently completed some Talking Therapy (IAPT) sessions. She was keen to share her story as she hoped it would encourage anyone struggling with anxiety or low mood to seek support - you can read about her experience on page 12.

I do hope you will find the articles useful. Please don't hesitate to refer yourself to Community Living Well if you feel you need additional support.

If you have any suggestions or feedback about the magazine, please contact me at [stewart.gillespie@kcmind.org.uk](mailto:stewart.gillespie@kcmind.org.uk).

Take care,

Stewart Gillespie – Marketing Coordinator

## How to Refer

You can refer to the Community Living Well service quickly and securely by completing the form found here: [communitylivingwell.co.uk/self-referral-form-mental-health/](https://communitylivingwell.co.uk/self-referral-form-mental-health/). Alternatively, you can ask your GP to refer you.

After we have received your information, we will be in touch within 5 working days. If you have any questions about the referral process or other parts of Community Living Well, please contact us on **020 3317 4200**

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# Community Living Well

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## Eligibility

Community Living Well is a primary care service for anyone experiencing mental health difficulties who is 16 years old or over and signed up with a GP in Kensington and Chelsea, Queen's Park or Paddington.

Community Living Well offers a different kind of mental health support. It brings people together from your local community groups, NHS and the voluntary sector in one service which will work alongside you and your GP to help you access the support you need.

Our model of care aims to:

- work as one integrated service that wraps around the individual
- work with the GP at the centre as the accountable clinician responsible for each person's treatment and care

## Our Partners

### Central and North West London NHS

**Foundation Trust** – Primary Care Liaison and Talking Therapies (IAPT) Services

### Kensington and Chelsea Mind

– Peer Support Service

### SMART (St Mary Abbots Rehabilitation and

**Training)** – Navigator and Employment Services

### Kensington and Chelsea Social

**Council** – Self-Care Services

## Wellbeing Support

**Employment** – Advice and guidance on looking for work, staying in work, and improving employability skills.

**Navigators** – Advice and guidance on a range of issues including benefits, debt, housing and signposting to specialist support services.

**Peer Support** – Groups, social events and activities bringing people together to support and learn from each other.

**Self-Care** – Support and activities that help you to take care of your own mental, emotional and physical wellbeing.

## Clinical Support

**Talking Therapies (IAPT)** – Talking therapy or counselling that can help you if you are feeling stressed, worried or low in mood.

**Primary Care Liaison** – Specialist nurse-led support and access to Primary Care Psychiatry.

Find out more information and whether we can help you on our website

[communitylivingwell.co.uk](http://communitylivingwell.co.uk)



# The Five Ways to Wellbeing



THE Five Ways to Wellbeing can help you to look after your mental wellbeing and boost your resilience, which can improve your ability to cope with life's challenges, your self-confidence and performance.

Scientific studies have shown that if you follow these five simple steps, your emotional wellbeing can improve.

> **Connect** > **Be active** > **Keep learning** > **Give** > **Take notice**

The steps you take don't have to be complicated, and you can tailor activities to suit you depending on how much time you have.

Here are some suggestions on how you can incorporate these five steps into your life...



## Connect...

Connecting is important because we are social beings. Connect by spending time with your friends, your family, your colleagues, your community, and take time to develop those relationships.



### Got 1 minute?

Message a friend or family member. It doesn't matter what you say, but people always appreciate it when you think of them.



### Got 1 hour?

Spend time with a friend or family member; you can make a phone or video call if you're not in the same household. You could join one of our [Peer Support groups](#), which are currently being held online via Zoom, or try Mind's online community, [Side by Side](#) ([sidebyside.mind.org.uk](http://sidebyside.mind.org.uk))



## Be active...

To be active doesn't have to be hard; it doesn't have to be going to the gym. It can be going for a walk, it can be dancing, it can be cycling. Whatever it is, make it something that you enjoy and something you can incorporate in your day-to-day.



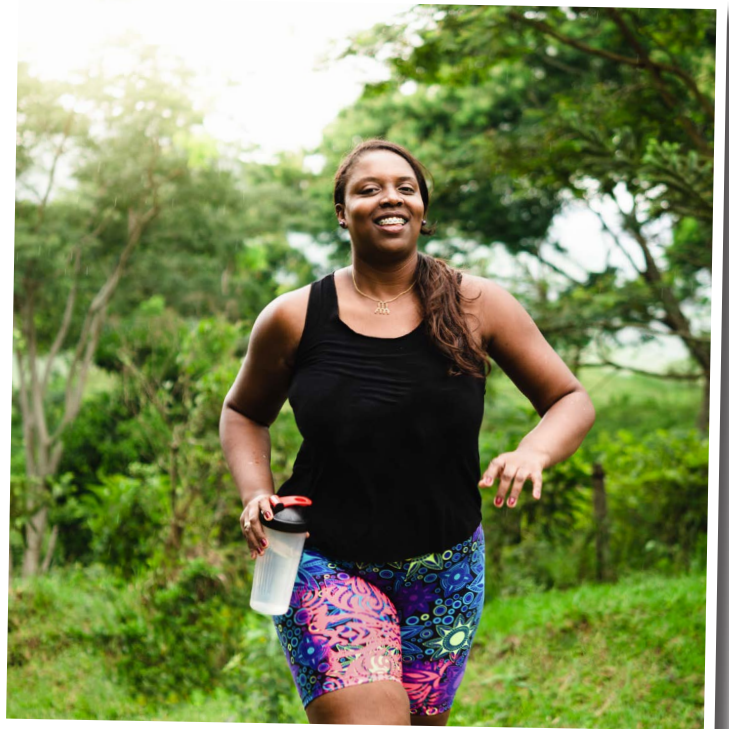
### Got 1 minute?

Try holding the plank position for 1 minute – find out how to plank [on YouTube](#). Or try any exercise for 60 seconds, like jogging on the spot, star jumps, push ups or sit ups.



### Got 1 hour?

Take a leisurely walk around your local park to enjoy the fresh air, go for a run, or try an online stretching class. You can search for workouts on YouTube, or try our weekly [online yoga class \(kcmind.org.uk/5-ways-to-wellbeing-weekly-programme\)](https://kcmind.org.uk/5-ways-to-wellbeing-weekly-programme).





## Keep learning...

To keep learning can be beneficial in a number of ways. It can offer us a sense of achievement, it can build confidence, and it can be enjoyable to do with others.



### Got 1 minute?

Go online and check out [TED](https://www.ted.com) ([ted.com](https://www.ted.com)) for short, powerful talks delivered by the world's leading thinkers and doers. Find a topic that interests you.



### Got 1 hour?

Register for one of our online groups or workshops. Our weekly [Arts and Culture Peer Support group](#) takes you on a virtual tour of some of the world's biggest museums and art galleries. We also run weekly [Living Well Workshops](#) where you can learn tools to manage stress and anxiety. Find out more at: [kcmind.org.uk/5-ways-to-wellbeing-weekly-programme](https://kcmind.org.uk/5-ways-to-wellbeing-weekly-programme)





## Give...

Even the smallest act can count. Whether it's a smile, a 'thank you' or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.



### Got 1 minute?

Even the smallest action can make a big difference to you and someone else. Do a chore for your family, hold the door open for someone, ask the shopkeeper how they are, or take a moment to be grateful for something.



### Got 1 hour?

Reach out to a friend who may need support and offer them a helping hand. Or do something for charity; there are various ways that you get involved with [Kensington & Chelsea Mind](#) or refer yourself to our [Self-Care programme](#), where you can find out about volunteering opportunities.



## Take notice...

To take notice allows us to slow down and to balance the pressures that we face in our hectic lives. Being aware of your surroundings, your thoughts and feelings, can positively change the way you feel about life; it's about being present in the moment.



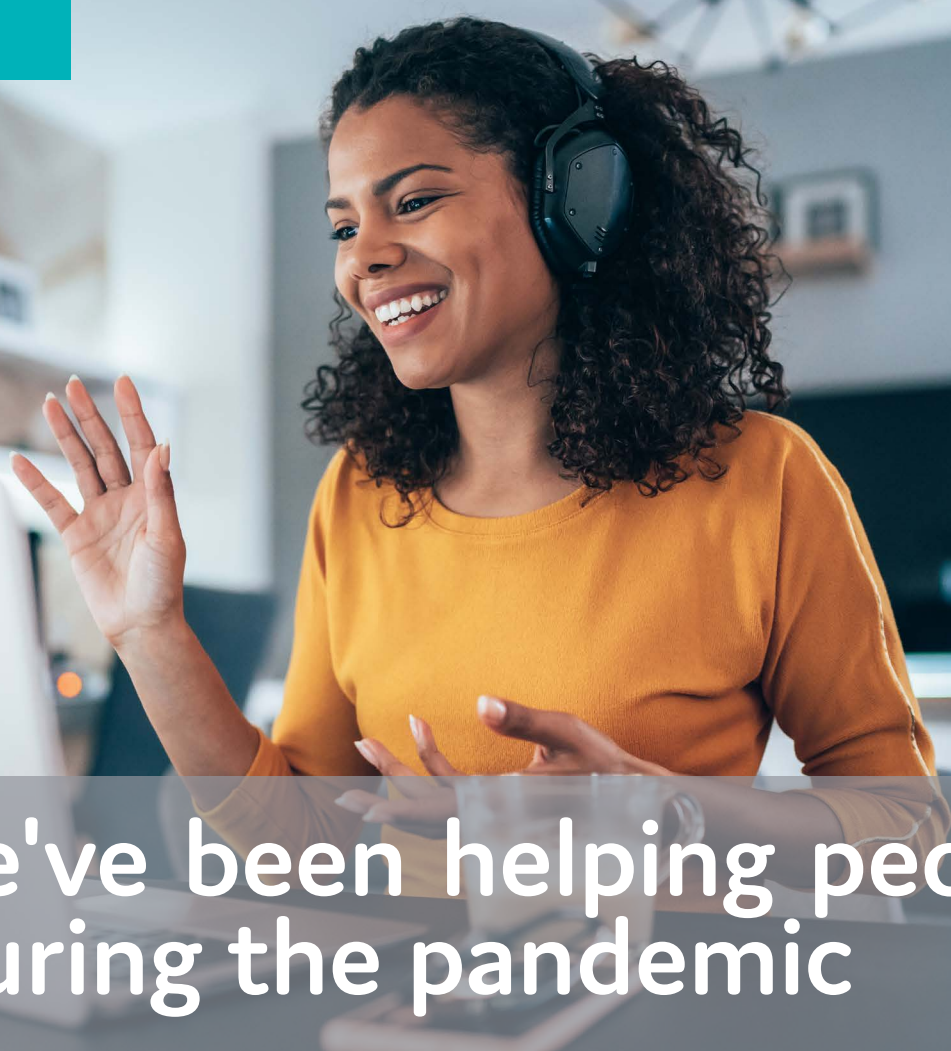
### Got 1 minute?

Take notice of how you're feeling right now. Concentrate on your breathing, watch your feelings, and notice the sensations in your body.



### Got 1 hour?

Slow down and savour the moment. Take some time to practice meditation or [mindfulness techniques](#). There's a 10-minute [mindfulness meditation video](#) on the Kensington & Chelsea Mind website, or there are lots of relaxing playlists on YouTube.



# How we've been helping people during the pandemic

**I**n March 2020, Kensington & Chelsea Mind set up its 'Supporting Minds' programme in response to the COVID-19 lockdown.

**All face-to-face support was suspended and the services were brought together as one team, whilst also changing to new ways of working to provide remote mental health support for people during this challenging time.**

## Positive Impact

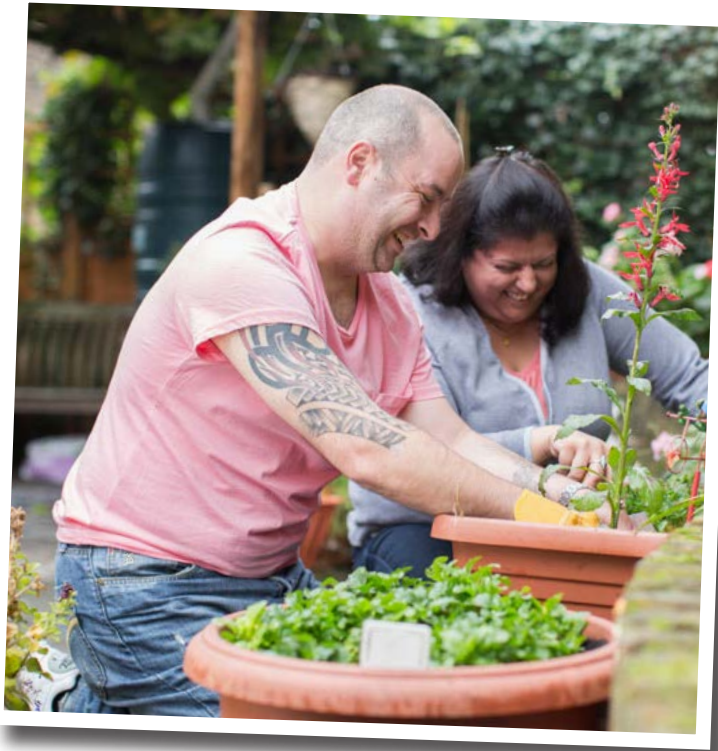
The response to the online offering has been extremely positive, and both Mind staff and people using the service have had to adapt to this new way of working.

Here we highlight some of the new ways in which the Mind services have been delivered, and how the activities have had a positive effect on those who attend.

## Nature in Mind

Nature in Mind is an opportunity to access the great outdoors whilst staying inside. Participants join horticulture tutors, Deena and Emma, to explore green spaces and share in the wonder of nature. The group looks at the remarkable complexity of the natural world and how each element performs a critical role in the overall sophistication of our landscapes.





As lockdown prevents us from being outdoors, Deena and Emma share a combination of video clips and discussion forums encompassing various nature-based systems and engagements. These interactive sessions allow participants to walk and talk in various urban landscapes, whether along a tow path, in nature reserves and parks, woodlands and heaths. They are introduced to plants of all sizes and shapes, insects, birds, and animals.

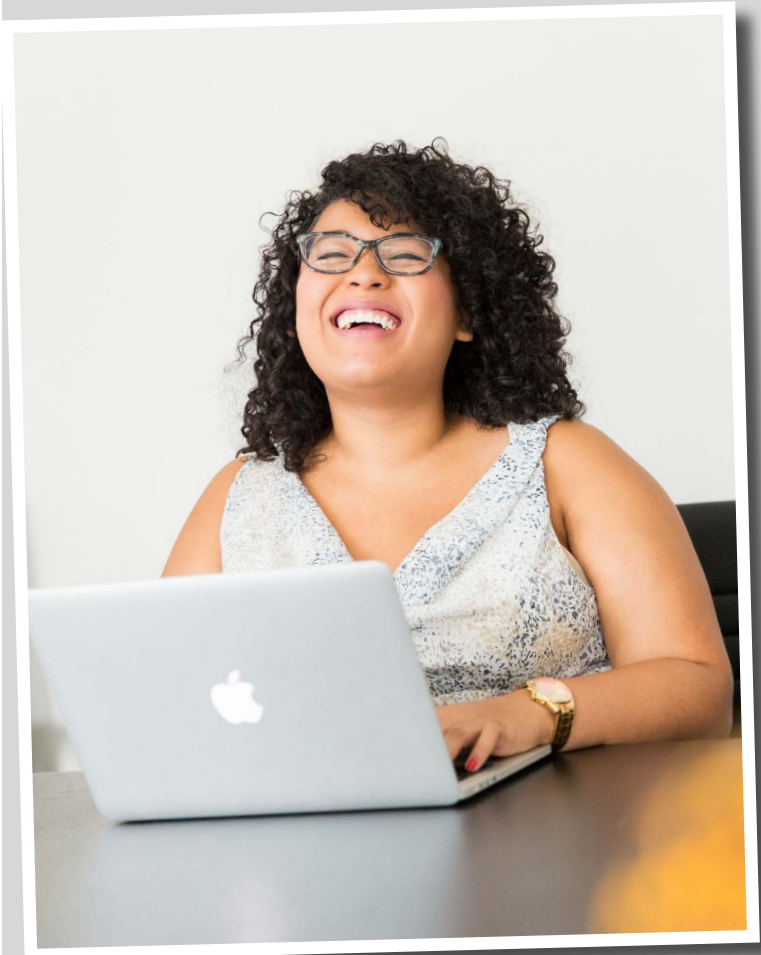
Deena explained, *"Whilst coronavirus has prevented us from the physical activity of gardening, it has opened up an opportunity to explore a wide range of nature-based subject matter. From the appreciation of the oldest plant form on Earth, cyanobacteria whose fossil remains date back to 4,500 million years ago, to the understanding of how flight works and the symbiotic relationship between fungi and the rest of life – we are no longer constrained by a rigid teaching schedule. So, we can celebrate the natural rhythms of life from our own homes, and while our physical being may experience restrictions, our minds can expand in awe and wonder."*

## Living Well Workshops

Our Living Well Workshops provide a safe and supportive space to develop skills and knowledge for people to manage the stresses and difficulties in their lives.

Each session is different, covering a variety of subjects related to wellbeing. People learn alongside their peers, who may also be experiencing similar difficulties.

The workshops have been developed from the award-winning 'Mind booklets for mental health' series covering topics such as: Getting a better night's sleep, Self-care for anxiety, Relaxation and wellbeing, Food and mood, and Stress and wellbeing. The workshops have a maximum number of 15 people to allow time for group and individual discussion.



## Arts and Culture

This social Peer Support group helps participants to expand their minds and explore museums and art galleries from the comfort of their own home. Each week, the group virtually visits museums and art galleries and then has an open discussion on what they've seen.

Art themes have included famous self-portraits, portraits of London, indigenous Aboriginal Australian art, as well as the works of a broad range of artists, including Van Gogh, Da Vinci, Kahlo, Rembrandt, and lots more.

Museums and galleries visited include the Guggenheim (Bilbao), Louvre (Paris), Dali (Spain & USA), National Gallery (London), National Gallery of Victoria (Australia), Metropolitan Museum of Art (New York), and Getty Museum (Los Angeles).



Group organiser, Stuart, said, "Our members have really enjoyed being able to 'virtually' visit museums and galleries anywhere in the world, and to be able to discuss their observations and opinions of the works of art as we view them together online.

The online sessions have had a very positive response. Some people really like the online option due to the ease of attending (as opposed to having to go somewhere) and easier to cope with in terms of social anxiety. The groups have provided an opportunity to connect and engage with others during these times, especially if staying indoors mostly due to lockdown. Some have also said that they very much look forward to Thursdays and Fridays for the arts and quiz groups as they enjoy the activities, the group vibe, and attend each week as they don't want to miss them."



## Upcycling Shed

Upcycling is the practice of reinventing unwanted materials and transforming them into useful products. When you upcycle, you have the personal benefit of knowing that you are taking steps to promote a healthier environment. Upcycling is also a very creative process.

Through a series of interactive online activity sessions, participants can create their own upcycling project. We also provide them with a list of required materials that can be found around the home and a step-by-step guide to support activity sessions.

## Peer Support

The team also runs several weekly Peer Support groups. These meetings are a great way of giving and gaining support from people who understand what it can be like to struggle with a mental health problem. The groups are being run virtually during this time, with everyone meeting via a group video call.

One member recently told us how much they appreciate the group:

“ I wanted to let you know how much I enjoy the Zoom meetings. They really are a lifesaver as they give me a reason to get up. The Mental Health Support Group helps me learn new ways of trying to cope with these very scary times. ”

## Community Living Well Peer Support

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 by:

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

It can support you if you want to:

- feel less isolated
- increase your confidence
- get or give support and talk to others who understand your mental health problems through a shared experience
- be more knowledgeable about your mental health

To refer yourself to the Peer Support service, please fill out the form available here: [communitylivingwell.co.uk/self-referral-form-mental-health/](https://communitylivingwell.co.uk/self-referral-form-mental-health/) or call 020 3317 4200.





## In the spotlight: Lise's story

**T**ALKING Therapies (IAPT) provides a range of support for when you experience difficult emotions, such as low mood, anxiety and stress. Lise has struggled with anxiety for most of her life. We spoke to her to find out more about how her recent experience with Talking Therapies has helped her to cope.

### How did you hear about Talking Therapies?

I heard about it through my GP. I'd had a bad year and was struggling. She offered not only medication but also the opportunity to refer myself to talking therapy. I was nervous, as I haven't had great experience with therapy in the past, but I felt needed something to change.

I completed the referral form and then within a week someone was in contact and we started the process. I didn't expect it to happen so quickly – it was so easy!

### Which kind of therapy did you receive?

I had Cognitive Behavioural Therapy (CBT), so my first sessions were an introduction to CBT. I learnt about what it is and how it works. I realised that you can talk forever and ever about trauma in the past, but it's how you deal with it in the present. I can't change what happened, but I can do something about it now.

My initial sessions were over the phone. As you can't see the person, it made it easier to talk, especially at the beginning. As I started

to feel more comfortable, it became helpful to see the therapist on a video call. She could share images and diagrams on screen.

It was also super convenient – you're already at home! I could finish work and then start my therapy sessions straight away, as I didn't need to travel anywhere. It opens up the opportunity for therapy in a different way.

## Can you talk me through how the sessions were run? What did they involve?

The original sessions focused on methods I could use to manage my anxiety, such as tools like starting a 'worry diary'. Then the sessions became more personalised. With my therapist, we would check-in to find out how I was doing, then we would have a conversation about different themes each week. The themes related to where the anxiety is within me. We discussed problems versus worries, negative core beliefs, and worry issues.

Every week I was given work to do at home. It was made clear that I had to put in the effort; the therapist couldn't solve the problem for me. It was very inclusive. Together, we would discuss what was next, how I wanted to do it, what I felt I needed. If I didn't know, then the therapist helped to guide me.

## Have the methods helped?

Yes, absolutely. My therapist said, "I will teach you to become your own therapist", which is a really good point. You can't become reliant on people, it's me that has to manage this going forward. We're now working on a programme for me to use when the sessions have finished.

The whole experience has given me confidence to move forward. I talk about my feelings much more now. My friends and family have noticed how open I am. I've learnt that worrying is not abnormal.

## Would you recommend Talking Therapies?

Yes, 100% - it has been truly fantastic for me. I'm so hugely grateful to have access to this therapy.

As mentioned, the therapy I'd had in the past wasn't the best for my situation, but I didn't know it at the time. This time, I felt so supported and understood. If something isn't working, your therapist can change it. They listen to how you feel, then steer towards a therapy to help you - you're included in the decision.

That's why I wanted to share my story, in the hope that it will help others who may be struggling. There is help out there. Give it a go. You can always stop if you don't get on with it. It's important to know that you're not alone in this.

“The whole experience has given me confidence to move forward. I talk about my feelings much more now. My friends and family have noticed how open I am.”

### Find out more...

To find out more about Talking Therapies (IAPT) or to refer yourself, go to: [communitylivingwell.co.uk](https://communitylivingwell.co.uk)



# The ClementJames Centre

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aving started life over 40 years ago as a humble homework club, The ClementJames Centre now offers employment support, adult learning, children and young people's education and wellbeing support for members of the local community, and beyond. Through a range of 1-to-1 sessions, group activities and classes, ClementJames offers wrap-around support for the adults, young people and families they work with.

## Wellbeing Activities

When it comes to wellbeing activities, ClementJames offers an array of groups, courses and one-off events throughout the year. Both the Speaking Group and Reader Group run weekly, ordinarily taking place at the centre itself, but remotely via Zoom for the time being. Through activities and games, members of the Speaking Group get to practice their spoken English in a relaxed and friendly environment. Those that attend the Reader Group come together to share in the magic of reading, by discussing the set novel extract, short story or poem.



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## The Women's Confidence Programme

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The Women's Confidence Programme (WCP) is made up of a course, two conference-style days and a trip. The WCP course brings a group of women together for one morning a week for six weeks, to work on developing skills, such as communication, active listening, confidence, self-compassion and boundaries. Through creative activities, independent reflective practice and discussion, the group not only develop these important skills, but share experiences and form friendships.

The fourth online format of the course will be running April-May, with the hope that the course can return to in-person at the centre in the autumn.

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## Celebrating creativity

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Celebrating and using creativity – in its varied forms – is a central part of many ClementJames wellbeing activities. 'CJ Creates – This is Me' is an annual spring showcase of creative work, produced by adults, young people and children alike, around a particular theme. Last year's online exhibition focused on 'Belonging', and saw a variety of submissions, including paintings, sculptures, recipes and photographs. The annual 'CJ Creates - Express Yourself' is all about celebrating and developing young people's creativity. Over the course of four days last July, the group explored the relationship between creativity and social justice, taking part in workshops with organisations, such as SPID theatre, and creating their own works, such as miniature statues and lino-printed tote bags.

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## Nutrition and Gardening

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Getting outside as an effective way to boost wellbeing is also promoted through monthly gardening sessions and the Nutrition and Gardening course. During the monthly sessions, attendees work together with the professional gardener, developing gardening skills whilst making connections with other local people.

Taking place a morning a week for four weeks in early summer, the Nutrition and Gardening course takes advantage of the produce growing in the garden, by promoting an interest in nourishing our minds and bodies. Gardening sessions have been on hold whilst the Centre has been closed, but hope to be able to re-start with small groups by mid-spring.

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## Employment Support

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Increase in wellbeing is also reported by clients who take part in ClementJames' Employment Support Programme. The 1-to-1 sessions are tailored to the needs of the individual, but focus on employment and training-related skills such as CV building, interview practice, online job searches and goal setting (to name a few). Clients who engage with this programme also report an increase in key wellbeing indicators, such as confidence and independence. At the moment the sessions are happening via telephone and video call, but come summer term, ClementJames hopes to be able to re-start in-person sessions at the Centre too.

### How to refer to Community Living Well Self-Care

The ClementJames Centre is part of the Community Living Well Self-Care programme. Other services include emotional and practical support in your language, Well Read play-reading group, massage therapy, My Recipe, My Story, and volunteering opportunities.

To find out more, or to refer yourself to the service, call us on **020 3317 4200** or visit the Community Living Well website: [communitylivingwell.co.uk/how-we-can-help-mental-health/self-care-kensington-chelsea-westminster/](https://communitylivingwell.co.uk/how-we-can-help-mental-health/self-care-kensington-chelsea-westminster/)

# Staff spotlight: meet Michelle

**M**

**ichelle** Poponne has recently joined the Talking Therapies team as Community

**Development Manager. We spoke to Michelle to find out more about her and her new role...**

## **Tell us a little bit about yourself and how did you get involved with Talking Therapies?**

I have had the pleasure of working with the Kensington and Chelsea community for 9 years, in various Community Development roles. Working for amazing community anchors, such as Meanwhile Garden's and Al-Hasaniya. I am also a Trustee for Dalgarno Trust.

When working in Community Development it is important to recognise the vital part health, including Mental Health, plays in everything we do, so I had worked in partnership with Community Living Well and other Mental Health support services in the past. I guess two things happened that were the catalyst to me working with IAPT now.



I had the opportunity to become a Mental Health First Aid Instructor. I became aware of just how many people experience poor mental health at any given time, one in four, and that there is hope for recovery with the right help and support. I really enjoy delivering the training as I love empowering local people with knowledge that will help them and those they care about.

Secondly, my involvement in Grenfell response. Witnessing the community coming together, supporting each other at a time of devastation; local organisation stepping in beyond their normal remit, really showed me that the right support, delivered by the right people, in the right place, can help people face adversity, build resilience and do more than just survive.



When an opportunity presented itself to continue to serve a community that I love and respect, in a much-needed service, I jumped at the chance.

## What does your new role entail?

My work focuses on promoting the service to local communities and ensuring that the service meets the needs of underrepresented groups. Hopefully when restrictions are lifted, lots of getting out, meeting residents, chatting, laughing and listening to all things wellbeing related.

## What do you hope to achieve in your time here?

Ensure that every resident in the borough is aware of the Community Living Well service, what it does, how to access it and just how good it is!

That all community voices are represented and are able to help shape and improve the service.

Facilitate co-creation with the local community and IAPT to reduce the stigma and taboo surrounding mental health.

## What do you enjoy about working for Community Living Well?

So far, learning how much Community Living Well does! There are so many different types of Talking Therapies that are on offer. Plus, how great the Navigator and Employment support service is. I am in awe, not only of Mind's Peer Support 'normal' service, but also how quickly it adapted to continue to connect and support people despite the restrictions.

## What would you say to someone who is considering Talking Therapies, and how can they find out more?

If you think that you would benefit from Talking Therapies, don't wait. Now is a really great time to make some small changes and work towards having the life you deserve. Talking Therapies (IAPT) is a free and confidential NHS service that provides a range of support for when you experience difficult emotions, such as low mood, anxiety and stress. The team offers a range of different therapy options, that are evidence-based so we know they can be effective treatments.

The website is the best way to find out more about Community Living Well. You could ask your GP to refer you but you don't have to, you can refer yourself. It is very simple, the easiest way is to fill out a referral form on the website or call 020 3317 4200.

*“If you think that you would benefit from Talking Therapies, don't wait. Now is a really great time to make some small changes and work towards having the life you deserve.”*

Want to find out more about Talking Therapies (IAPT)?

Find out how Talking Therapies can help you. Go to: [communitylivingwell.co.uk/how-we-can-help-mental-health](https://communitylivingwell.co.uk/how-we-can-help-mental-health)



## Avoiding burnout

**I**T'S difficult to draw a line between our work and private lives when juggling them in the same space. The blurred lines between your personal and work life can mean that you are working longer hours and unable to switch off. Your brain and body can only handle feeling overworked and overwhelmed for so long, and over time, could lead to burnout.

### What is Burnout?

Burnout refers to a collection of symptoms following prolonged stress. This could present itself as feeling exhausted, limited motivation, irritable and anxious feelings. You may also notice physical symptoms like headaches, stomach-aches or your sleep has been impacted. There are some factors that can increase the risk of experiencing burnout. For example, unreasonable deadlines and workload, or lack of support from your manager and team, and you may not notice the symptoms immediately.



## Coping with burnout

### **Review how sleep can be improved** -

Sleep restores wellbeing and helps protect your health. Try to establish a regular sleep routine. This could involve sleeping and waking up at the same time every day. Using screens in the evening, including on tablets and mobile phones, can negatively affect your sleep so try to turn off your screens and do something to relax you before you go to bed.

**Set boundaries** – Try and finish work on time. After leaving work, focus on relaxing and recharging for the next day. If possible, designate a clear space where you can do your work that is separate from where you relax. It also helps to separate your work and living areas by distinguishing in your mind when to work and when to and relax.

**Take breaks** – Schedule in regular breaks during the day and take time for activities or hobbies you enjoy. Time off is important, even if COVID-19 restrictions have changed the way you would normally use your annual leave. You are entitled to use your annual leave and it gives you an opportunity to relax and recharge.

**Ask for help** - Burnout can become so overwhelming that determining how to address it still seems exhausting. Involving a trusted loved one can help you feel supported and less alone. Friends, family members and partners can help you brainstorm possible solutions. Approaching the HR department about problems in the workplace or talking to your line manager about the issues could be helpful. Get in touch with the employment service team who can help you identify workplace stressors and support you in discussing this with your manager.

## Addressing burnout

Addressing burnout can be difficult and can bring up a variety of feelings. If you are concerned about your work life impacting on your mental health and would like some support or advice, you can make a self-referral to the employment service at Community Living Well. The employment team are working remotely and are not taking face-to-face appointments during the COVID-19 outbreak, but they may be able to support you via telephone and online services.

### Community Living Well Employment Support

**The Employment team offers a wide range of practical help, advice and coaching support. They can help to answer any questions you have about jobs or employment. Your dedicated Employment Adviser can help you:**

- 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

**The Employment Team are still accepting referrals and all of their work is being done over the phone.**

**To find out more, or to self-refer, go to:** [communitylivingwell.co.uk/how-we-can-help-mental-health/employment-support-kensington-chelsea-westminster/](https://communitylivingwell.co.uk/how-we-can-help-mental-health/employment-support-kensington-chelsea-westminster/)



## Navigators: online workshops

**T**HE Navigation service is introducing a series of online workshops on the common issues that affect people, namely, housing and benefits. They are designed to be a bite-sized introduction to the basics of each topic, lasting around an hour, with an opportunity for you to ask questions about your particular situation.

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### What will they include?

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They will include information on the local resources you can access for specialist advice and support, should you need it, such as Shelter, local councils, the Citizens Advice Bureau and others.

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### Who can attend?

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One of the advantages of the workshops is that you do not have to be referred to the Navigation service to take part; they will be offered to people already using Community Living Well, people attending SMART, and other mental health resources.

## Gain knowledge

In the Navigation team, we notice that when people face a problem that they don't know how to resolve, it scares them, and they often choose not to address it straight away, leaving it to become worse and more difficult to resolve. Our intention is to give people the knowledge and information on Housing and Benefits so they feel more confident in seeking help from mainstream organisations when they need to; and don't leave things until they become overwhelming.

Workshops will be running on Zoom until at least the summer of 2021.

If you are interested, please keep an eye on our website for dates and a Zoom link to follow at the appointed time. Go to [communitylivingwell.co.uk](https://communitylivingwell.co.uk) and click 'Events'.

**Workshops will be running on Zoom until the summer of 2021**



## Community Living Well Navigation Service

**Navigators can offer practical support with a range of issues and support you to access specialist advice, information and other services.**

**Community Living Well Navigators offer short term support, usually up to six sessions. They can work with you, your GP and other professionals in a number of ways including:**

- **Practical support with a range of issues e.g. benefits, debt, housing options, access to health and social care services and other rights and entitlements**
- **Support to access specialist advice and information**
- **Support to take steps to improve physical and mental wellbeing**
- **Link you to Talking Therapies, Employment and Peer Support where this is helpful.**

**The Navigator Team are still accepting referrals and all of their work is being done over the phone. They are currently offering up to four telephone sessions for eligible clients OR signposting people who are not eligible for the service but need some support with finding out the most up-to-date and relevant information for them.**

**To find out more, or to refer yourself, visit our website at [communitylivingwell.co.uk](https://communitylivingwell.co.uk)**



## Job hunting during Covid-19

**A**t this time, your job may have been affected by the impact of COVID-19. If you're looking for jobs, you may be considering the best ways to go about finding the right jobs and it can be difficult navigating an uncertain and changing job market. Because job hunting can be such an exhausting process, it's important to take action to protect yourself from fatigue and burnout as you move through the process. Here are some tips to help you during this time:

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### Review and update your CV

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Spend some time reviewing your CV and ensuring that your work experience and qualifications are up to date. Talk about your professional motivations and objectives, explain why you are looking for work at this point in your career. Get in touch with our employment team for some CV tips.

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### Set aside time in your day for job-hunting

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It can be hard to keep the momentum going when you are looking for a new job. Set aside a specific time slot each day to focus on looking through job sites or networking to make the task more manageable. Accomplishing small wins every day can help revive waning motivation.

## Build a Virtual Network

Online networking can be really helpful when finding a new job. Reach out via email to former colleagues, friends and mentors. You could also setup a profile on career platforms like LinkedIn (<https://uk.linkedin.com/>) to connect with people in your desired sector and keep up to date with current trends. You can also sign up with a general or specialist recruitment agency. If you want to work for a particular company, check if they hire directly or through a recruiter. Some industries and employers also set up virtual networking events and job fairs.

## Look at training opportunities

Analyse job descriptions by listing each required skill and experience. Consider what skills need to be refreshed to make you more attractive to the employer. There are a number of websites which offer free short courses to improve skills and personal development.

### Useful information and advice

ACAS:

[www.acas.org.uk/redundancy](http://www.acas.org.uk/redundancy)  
(0300 123 1100)

Citizens Advice Bureau:

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



## Practice Interview skills

Video interviews are very common should you be applying for a role that may involve remote working or if the company is international. Remote working has become the new normal due to the impact of COVID-19. Like telephone interviews, you should ensure you have a quiet space to conduct the interview and ensure you have a stable internet connection. You may be using a platform (i.e. Zoom, Microsoft teams) you have not used before; therefore, it would be a good idea to practice this beforehand.

## Look after yourself

Looking for work during this time can sometimes feel demotivating and can make existing mental health problems worse, so it's really important to look after your mental health and carve out time for things that you enjoy. Activities like walking, yoga and mindfulness exercises can help relieve stress during this time.

### How to refer to Community Living Well

The Community Living Well employment service also supports you to learn a wide range of skills to help you get a job. These include:

- How to search for a job
- How to write a CV and cover letter
- How to fill in a job application form
- How to prepare for an interview

To find out more, or to self-refer, go to: [communitylivingwell.co.uk/how-we-can-help-mental-health/employment-support-kensington-chelsea-westminster/](http://communitylivingwell.co.uk/how-we-can-help-mental-health/employment-support-kensington-chelsea-westminster/)



## A good night's sleep

**A** good night's sleep is important to us all. Sleep is more than something we do while our mobile phone charges. Most of us have encountered sleepless nights without it affecting our health. However, after several sleepless nights, it's likely that you will feel tired during the day, have problems with concentration and making decisions, and it can affect your mood. Longer term problems associated with lack of sleep, like insomnia, can make you more likely to have high blood pressure, issues with weight and more at risk of having more serious physical health problems.

### What happens during sleep?

When we sleep, we pass through different stages: REM (Rapid Eye Movement) sleep and non-REM sleep. REM sleep comes and goes throughout the night. During this stage our brains are very active, our eyes move quickly from side to side and we dream, but despite this, our muscles are very relaxed. During non-REM sleep, our body moves around, more hormones are released into the bloodstream and our bodies repair themselves from activity during the day. It is estimated that we move between these two stages around five times per night.



## Why can't I sleep?

Most adults should aim for eight hours' sleep per night. However, we are all different and some people can function with much less.

There are many practical reasons why we might not sleep well, including:

- an uncomfortable bed
- room is too hot or too cold
- too much noise
- not having a regular sleep routine
- not eating enough during the day and waking up hungry.

Cigarettes, alcohol and drinks containing caffeine, like tea and coffee, can also impair our sleep.

More serious problems which impact on sleep might include depression, anxiety and worry, physical health problems and chronic pain. Medications can sometimes have an impact on sleep as well, so check with a pharmacist or doctor if you have concerns.

You should see your GP if your lack of sleep is affecting your daily life and is making it hard to cope, or if the problem lasts for more than four weeks.

### Useful information and resources

**Sleepio** ([sleepio.com](https://sleepio.com)) is designed by sleep experts based on cognitive and behavioural techniques.

The **Sleepstation** website offers a sleep improvement programme in four sessions ([sleepstation.org.uk](https://sleepstation.org.uk)).

**Pzizz** is a free app you can download to your phone which can help to calm your mind, fall asleep fast, stay asleep and wake up refreshed.

## What can I do to sleep better?

**Check your mattress** - having the right type of mattress can greatly affect how you sleep. As a general rule, you should try to change your mattress every 10 years.

**Ensure your bedroom is comfortable** - make sure the room is not too hot or too cold, try to block out any noise and light.

**Exercise regularly** - try to incorporate a brisk daily walk into your routine. Yoga and meditation are also helpful in promoting sleep as well as general wellbeing.

**Take time to relax properly** - put your phone aside and try reading or listening to relaxing music. If something on your mind is troubling you, try writing it down before going to bed so you can deal with it the next day.

**Try not to get frustrated** - If you're in bed and can't sleep, get up and do something relaxing until you feel tired enough to go to bed again.

**Be aware of what you drink** - try not to drink caffeinated drinks after midday. Remember, caffeine is also in some fizzy drinks and some herbal teas. Alcohol may help you to fall asleep but will inevitably affect the quality of your sleep.

**Stick to a routine** - going to bed when you're tired and getting up at the same time each day can help you improve your sleep. If you have had a bad night's sleep, try to avoid sleeping the next day and wait until the following night to keep your routine on track.

### If you need additional support...

To refer yourself to Community Living Well, fill out the form on our website ([communitylivingwell.co.uk](https://communitylivingwell.co.uk)) or call 020 3317 4200

# Mental Health Aware

From April 2021

A free introductory course raising awareness of mental health for people in North Kensington



- Understand what mental health is and how to challenge stigma
- Learn basic knowledge of some common mental health issues
- An introduction in looking after your own mental health and maintaining wellbeing
- Build confidence to offer support to someone in distress or who may be experiencing a mental health issue

- Half-day course delivered face-to-face or via video call, accredited by Mental Health First Aid (England)
- Learn through presentations, discussions and workshops
  - Certificate, manual and workbook upon completion

For more information, and to register, call **07944 527 107** or email: [jill.watson@kcmind.org.uk](mailto:jill.watson@kcmind.org.uk)



# Helpful Resources

We have compiled a list of resources and organisations in the Kensington and Chelsea and Queen's Park and Paddington area that you may find useful during this time.

- **Grenfell Health and Wellbeing**

The Grenfell Health & Wellbeing Service is a free and confidential NHS service for children and adults affected by Grenfell. They provide a range of psychological therapies and support to help you feel better if you're feeling traumatised, down, stressed or have been bereaved.

Call [020 8637 6279](tel:02086376279) or visit [www.grenfellwellbeing.com](http://www.grenfellwellbeing.com)

- **Kensington and Chelsea Mind**

A local charity, affiliated to national Mind, that provides advice, information and signposting to local services and recovery focused support services for people who are experiencing mental health difficulties.

Call [020 8964 1333](tel:02089641333) or [www.kcmind.org.uk](http://www.kcmind.org.uk)

- **Mutual Aid**

Mutual Aid is a team of local residents that can provide help to neighbours during this time of crisis. There are a number of ways they can support you and equally ways that you can support others.

Call [020 7097 3731](tel:02070973731) or visit [MutualAidKC.com](http://MutualAidKC.com)

- **The Royal Borough of Kensington and Chelsea Council**

The Council's website includes a COVID-19 information hub, where you can find advice on financial support, food and other essentials, domestic abuse support, and information for businesses.

Visit [www.rbkc.gov.uk/coronavirus-covid-19](http://www.rbkc.gov.uk/coronavirus-covid-19)

- **The Samaritans**

They can be contacted for free, confidential support, 24 hours a day, 7 days a week.

Call [116 123](tel:116123) or visit [www.samaritans.org](http://www.samaritans.org)

- **SMART (St Mary Abbots Rehabilitation and Training)**

SMART is a day service offering a range of support services located in the south of the Borough, with outreach locations in north Kensington.

Call [020 7376 4668](tel:02073764668) or visit [www.smartlondon.org.uk](http://www.smartlondon.org.uk)

- **The Volunteer Centre**

The Volunteer Centre recruits, supports, manages and develops volunteers. Grenfell Home-Start provides support and practical assistance for people affected by the Grenfell tragedy.

Call [020 8960 3722](tel:02089603722) or visit [www.voluntarywork.org.uk](http://www.voluntarywork.org.uk)



Community  
**LivingWell**

Working together for your wellbeing

Working together for your  
wellbeing

## Contact Details

[communitylivingwell.co.uk](http://communitylivingwell.co.uk)

020 3317 4200 | [cnw-tr.clw@nhs.net](mailto:cnw-tr.clw@nhs.net)

## Find us on...



Facebook: [CommunityLivingWell](https://www.facebook.com/CommunityLivingWell)

Twitter: [@CLWMentalHealth](https://twitter.com/CLWMentalHealth)

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.