



***Mental Health
Commissioning
And
Contracting Team***





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***Mental Health Commissioning
and Contracting Team
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***From All of us in the Mental Health Commissioning and
Contracting Team we would like to wish you a
Merry Christmas and a Happy New Year!***



Discover ways to improve your mental wellbeing

Find out about services in your area with our postcode search feature

Keep up to date with the latest local news for mental wellbeing

www.liveitwell.org.uk

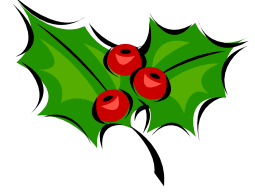
Mental Health Matters Helpline:

0800 107 0160

5pm to 9am Monday - Friday & 24 hours Weekends

For text based service - Time Online www.mentalhealthmatters.com

Live it Well Website Webmaster



Hello, I would like to introduce myself, Brian Pugsley. I'm the new webmaster for the [Live It Well](#) website.

I worked in mental health for a couple of years near the start of my working life, then got distracted with a lengthy spell in music and sound recording, now I am training as a Gestalt counsellor. I am a volunteer counsellor at Sevenoaks Area Mind, and I'm delighted to be able to support SAM, Live It Well and my personal development by working on the Live It Well website.

The Live It Well [website](#) and the associated [local blogs](#), [Facebook page](#) and [Twitter account](#) represent a substantial and costly wellbeing resource, and in the current tense economic climate it is absolutely vital that such resources are fully exploited if they are to survive. It is relatively easy to monitor how often online resources are accessed, and in the case of Live It Well it is not enough. Currently the main website gets around 140 hits a day, which is not bad but leaves much room for improvement. The local blogs are not doing well. The most popular is Thanet, which manages around 12 hits per day. Our Facebook page is very poorly supported, with only 14 supporters. We have 57 followers on Twitter, however many of these followers are organisations outside of Kent and Medway and are not really our target audience.

After a period of technical difficulties and some personnel changes, everything is now in full swing and I would strongly urge you to see for yourself, and most importantly lend your support in any or all of the following ways:

- "Like" our [Facebook page](#) (if you are a Facebook user)
- "Follow" us on [Twitter](#) (if you are a Twitter user)
- "Follow" your [local blog](#), and use the comments facility to add your thoughts and comments to the posts
- Visit, use and promote the [Live It Well](#) website

Remember too that the local blogs host an archive of LPMG minutes, action plans, awayday reports and the agendas of the forthcoming meeting. At the moment minutes are published after approval at the following meeting, however the intent is to publish draft minutes once approved by the chair, meaning the minutes can be posted within days rather than months. Also, if we are asked to circulate something to LPMG members that is of wider public interest then in future we will instead post it on the local blogs.

Finally and most importantly, send me your feedback, comments, news items, ideas and criticisms - or just say hello! My hope is that the Live It Well resources will be better used because of their genuine value and interest, and this will need your help. Much of the wellbeing material on Live It Well is also to be found on [Signpost Kent](#), who have much greater financial resources and do what they do extremely well. What differentiates Live It Well, however, is the instant and interactive news via Twitter, Facebook and the blogs, the chance to follow the LPMGs, and of course we are carrying the Live It Well "brand". It is these differences that it will be especially important to exploit if Live It Well is to survive and flourish. Up until now I have been busy polishing the site and getting the LPMG archives up to date, however I now expect to be able to attend some LPMG meetings and it is my hope that over the coming months I will be able to attend each LPMG at least once. I look forward to the opportunity to meet you and hear your ideas and feedback in person.

Thanks for your attention and support.



*Brian Pugsley
Live it Well Website
Webmaster
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Official Opening of the Live it Well Centre Ashford



How did the Live it Well Centre come about?

The Mental Health Commissioner for East Kent, who at the time, was Dave Woodward, came up with the idea of having a 'Live it Well Hub' in Ashford that would be a building where all the Mental Health Services were situated under one roof so that Service Users had access to all their needs within one place. This idea turned into reality for the services in Ashford throughout 2009-



2010. The organisations that now work out of this building are MCCH Community Service, KCA, Shaw Trust and the local Community Mental Health Team. This is a unique opportunity to have secondary and third sector services all working together for the benefit of the service user and carer.

Opening

On the 4th November 2010, Dave Woodward, former KCC Social Care Commissioner for Mental Health – East Kent, officially opened the Live it Well Centre. This event was also attended by Graham Gibbens, MP and the Mayor. The day was enjoyed by all the services at the centre together with service users and carers who have welcomed the hub and have found it to be a great success.



What is at the Centre and when is it open

The Live it Well Centre is open Monday to Friday from 09.00-15.00. It has recently opened a community café that offers refreshments not only to the service users and carers that attend the centre but this café is also open to the community. The centre also has a large garden where the service users are growing their own vegetables. These vegetables are being used in the produce that is prepared in the café.

Contact Details:

Sam Goswell runs the centre at Ashford and she can be contacted on 01233 625371. The address of the centre is: Live it Well Centre, Gore Hill, Canterbury Road, Ashford, Kent, TN 24 8QF

What Next?

The Centre has been such a success in East Kent that we are looking to set up another hub in West Kent in Dartford and this is our aim for 2011!

Contracts Liaison Assistant Role



*Maggie Bowman
Contracts Liaison Officer
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Since April of this year I have been in post as a Contracts Liaison Assistant, a new and exciting position, which I have found very rewarding. It is unique as there is no other role of this kind, across the contracting teams within Kent Adult Social Services.

So what does my role involve?

The role is about being a link between our contracted providers and the mental health commissioning and contracting team. This means developing communications between services, bridging the gap and identifying any duplication of services. Through this we can build communications to get all providers working closer together. One of the ways of doing this is advising providers about events that are going on, training opportunities, joint working opportunities, and suggestions on ways to resolve any communications issues between yourselves. My role also involves carrying out monitoring review visits for our residential care homes and community support service providers and supporting the Contracts Officer in her role.

How have I been of help so far?

Providers that I have visited have found the following information a great help; **Live It Well**, new KCC and Mental health website pages (see links below), **Care Services Directory** (how you can update your details and benefits of using the directory) and I have provided details of local employment services, healthy living, and local community centres.

A few providers have told me of their difficulties in locating useful resources, due to a lack of information on what organisations are out there and where to find them. But through providing the above they are now accessing some useful resources and attending their Local Planning Monitoring Group (LPMG), which will benefit their organisation and users of their service. They have found this forum a great help, as they can link up with other mental health providers, get updates on personalisation, and find it a good opportunity to network.

Outcome of the first eight months

Overall I am pleased to say my visits have been very welcomed and, for myself, I have found this work rewarding. It has been good to meet the people we contract with (I can at last put a face to a person) and non-contracted services, we have connections with. It has also been good to meet users of the service to gain their opinions and experience of the service, which I am pleased to say, has been positive. However, it would seem from visiting a large proportion of our contracted providers there are communication issues in some areas of Kent whereas other areas people are working well together. But on a good note I have suggested how you may resolve some issues, which some of you have taken on board and thus overcome the issues, which mainly came down to difficulties around communication.

What next?

I have visited most of our contracted providers but because we are in such a big county (2nd largest in the country, Yorkshire is the first), I have sadly not quite managed to visit all of you (there are just so many of you), so watch out for me on my travels in 2011. But in the meantime I would like to wish you all a very Merry Christmas, and a Happy New Year.

Useful links:

www.kent.gov.uk/

www.thekentlink.co.uk

www.kent.gov.uk/adult_social_services/your_social_services/services_and_support/mental_health.aspx



Canterbury and Coastal Rethink Carers Support Group



The Canterbury and Coastal Rethink Carers' Support Group has been named Group of the Year 2010 by Rethink, the country's largest national membership mental health charity.

It was chosen from among 150 groups across England and co-ordinators Cheryl and Chris Ives received the award at the charity's National Members Day in Bristol.

It was presented as part of Rethink's annual Pringle Awards, w/ imagination and commitment of Rethink's members in supporting the charity's work.



Chris and Cheryl Ives
Joint Voluntary Coordinators
Canterbury and Coastal Rethink Carers' Support Group
T. 01227 760707

E. rethinkcanterbury@googlemail.com

Cheryl said; "We believe this award is a recognition of the fact that our group is so diverse in what it does and we have some lovely people who give up their time to help. The group really is 'the sum of its parts;'"

The Canterbury and Coastal Rethink Carers' Support Group meets at 7.30pm on the third Tuesday of each month (except August) at the Canterbury Umbrella in St Perter's Place, Canterbury.

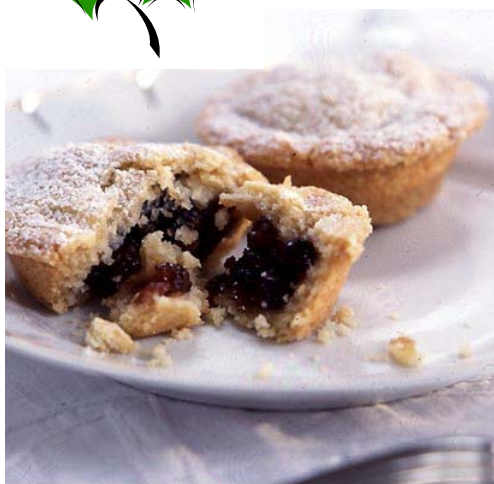
Christmas Word Search

O	B	E	A	Y	H	A	R	E	E	S	P	G	L	R	T
F	R	O	N	G	L	E	T	O	B	A	R	N	R	V	I
C	W	N	I	A	I	I	T	N	Y	M	E	I	U	S	N
M	O	E	A	N	C	E	M	E	A	T	S	F	D	T	S
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S	E	I	R	R	E	B	N	A	R	C	S	E	V	L	E



- candycane
- chimney
- Christmas
- cookies
- cranberries
- elves
- family
- holly
- lights
- mistletoe
- ornament
- presents
- reindeer
- Rudolph
- Santa
- sleigh
- stockings
- stuffing
- tinsel
- turkey

Christmas Recipe – Mince Pies



Makes 18 pies
Prep 30-40 mins
Cook 20 mins

Ingredients

225g cold butter, diced
350g plain flour
100g golden caster sugar
280g mincemeat
1 small egg, beaten
Icing sugar, to dust

Recipe:

1. To make the pastry, rub the butter into the flour, then mix in the sugar and a pinch of salt. Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.
2. Preheat the oven to 220c/gas6/fan180C. Line 18 holes of two 12-hole patty tins, by pressing small walnut sized balls of pastry into each hole. Spoon the mincemeat into the pies.
3. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies. Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own. (The pies may now be frozen for up to 1 month).
4. Brush the tops of the pies with the beaten egg. Bake for 20 minutes until golden. Leave to cool in the tin for 5 minutes, then remove to a wire rack. To serve, lightly dust with icing sugar. They will keep for 3 to 4 days in an airtight container.

Please contact me with any ideas for our
Newsletter or if you have any
correspondence and contributions that you
would like to be featured in our Easter
Newsletter to Tracy Hepburn at
tracy.hepburn@kent.gov.uk
or call 01622 221810