

# **South Willesborough and Newtown Community Council**

## **Mental Health and Wellbeing Policy**

### **Introduction**

As a Council

- a) SWANCC aim to support our residents affected by mental health and wellbeing issues and the NHS by **signposting** access to support, emergency crisis intervention, share advice on wellbeing and methods to protect mental and physical health.

#### Signposting

SWANCC will annually update our key communications mechanisms - social media, website, noticeboards, and newsletter to ensure that all members and residents are signposted to free, mental health support and wellbeing advice

### **Sources**

1. #Kent together Mental Health and Wellbeing “We can this together.” Supporting and Sharing the Social Media Campaign
2. Every Mind Matters Campaign Useful Tips and Guides to help us look after ourselves and families
3. Live Well Kent free confidential support for mental health when impacting life, work, money relationship housing and physical health. [www.livewellkent.org.uk](http://www.livewellkent.org.uk)
4. Release the Pressure A Text service from the NHS has been extended **text KENT to 85258**, you will start a conversation with one of the many trained and experienced volunteers who can give support at any time, wherever you are. It’s a place to go if you’re struggling to cope and you need immediate help. Or can be telephoned on 0800 107 0160
5. Resources from Kent and Medway Clinical Commission Group KCC have produced Crisis Support Cards. They feature information for a range of easy to access mental health and wellbeing support services for children, young people and adults in KENT.
6. Infographics for Helplines and Crisis Support.
7. Safe Havens If you need to see someone face to face, there are Safe Havens across Kent and Medway open to anyone over the age of 16 living in KENT and Medway Available 6pm – 11pm, 365 days a year. [www.kentandmedway.icb.nhs.uk/safe-havens](http://www.kentandmedway.icb.nhs.uk/safe-havens)
8. If you are known to KMPT or need urgent mental health support, advice and guidance, call the 24 hour helpline 0800 783 9111
9. Talking Therapies sometimes it takes more than one conversation to make a difference. You can access a range of NHS therapies at [www.helpkentandmedway.co.uk](http://www.helpkentandmedway.co.uk)
10. NHS 11 for 24/7 medical advice and treatment. Have experienced Mental Health Practitioners to help.
11. Support for young people Kooth if youre looking to lighten your mind, join a thriving mental health community and start getting the support you need. Its easy to sign up, it completely free and can be anonymous
12. Support for adults Qwell.io free counselling and wellbeing support at your finger tips

KCC Multi agency wellbeing hub being developed in response to COVID19 at [www.kent.gov.uk/wellbeing](http://www.kent.gov.uk/wellbeing)

Umbrella page of all the support available in KENT

### **Home, finances and work**

- [Support if debt is affecting your mental health](#) and find out about [benefits and financial support](#).
- [Cost of living support](#).
- [Domestic abuse and refuges](#).

- [Support returning to work.](#)
- [Time to change](#) - ending mental health discrimination in the workplace.
- [Home essentials in a crisis](#) - may be able to help you with food, furniture and other essentials if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency.

### **Parents, children and young people**

- [Visit NHS Mental Wellbeing and Information Hub.](#)
- [Kent Baby website](#) or the [Bump, Birth and Beyond website](#) - for information, assessment and treatment for mental health during pregnancy and after birth.
- [Children and young people's mental health services](#)
- [Support for special educational needs and disabled](#) (SEND) children and young people at school with social, emotional and mental health needs.
- [Emotional wellbeing participation](#) - for young people and their families who have experience of using mental health and emotional wellbeing services.

### **Specialist support**

- [Kent sheds](#) - is an open, friendly place where men can meet, chat and undertake activities such as DIY projects or gardening.
- [Where to get LGBTQ support.](#)
- [NHS mental health support for veterans.](#)
- [Advocacy](#) - someone to speak up on your behalf if you have mental health needs in Kent.

### **Financial Hardship**

Refer Kent multi agency referral has a lot of support for financial hardship can provide emergency funds, and support.

KENT money advice [www.kentmoneyadvicehub.com](http://www.kentmoneyadvicehub.com) freephone 080 175 6406 9-5 mon - Friday debt support,, utility bills, claiming benefits, money saving tips, budgeting, Free confidential service independent of the Council and Government

Stop loan sharks intervention support and education 0300 555 222 been offered a cash loan without paperwork, threatened when you couldn't pay had a benefit or bank card taken from you had a loan which keeps growing even though payments are being made. If yes you may have been bitten by a Loan Shark. For confidential help and advice contact the Illegal Money Lending team on 0300 555 222  
Report a loan shark online at [stoploansharks.co.uk](http://stoploansharks.co.uk) text 07860022116

### **Digital hardship**

Local Digital Hubs visit [digitalkent.uk](http://digitalkent.uk) or call 03000 410590

Connectivity Access Scheme

Can refer for device gifting, sim card gifting and support and wi fi voucher for over the age of 18, for 12 months' worth of connectivity.

Save money on broadband with some broad band providers offering discounted broad band deals on a social tariff to support households on low income. [www.kent.gov.uk/socialtariffs](http://www.kent.gov.uk/socialtariffs)

### **Carers Support**

Involve at [www.involvekent.org.uk](http://www.involvekent.org.uk) 03000 810 005 registered charity making a difference to people and communities in KENT

If you need help to

Find resources and support for your caring role

Access services for your family

Navigate your way through health and social care services  
Meet like minded people  
Feel less lonely  
Attend groups and activities  
Feel connected to your local community  
Access benefits housing services and advice  
Find emotional support and understanding

### **Young carers**

Involve [communitynavigation@involvekent.org.uk](mailto:communitynavigation@involvekent.org.uk)  
Age 16-24 and look after or care for a friend or relative due to illness, disability, mental health or addiction who could manage without the young carers support this service is tailored to these individuals

### **Independent Living**

Community Wardens [kent.gov.uk/communitywardens](http://kent.gov.uk/communitywardens) email  
[community.wardens@kent.gov.uk](mailto:community.wardens@kent.gov.uk) phone 03000 41 34 55  
Community Wardens Positive Wellbeing  
Support to live well at home and be part of your community to challenge disconnection, loneliness and isolation that may people experience and support you to re connect, be active and have purpose in their own way [kent.gov.uk/ wellbeing](http://kent.gov.uk/wellbeing)

Kent Connect to Support provides information and advice to help you look after yourself, stay independent and connect with your local community.  
Find information about staying healthy and independent, Discover local groups and activities in your local area.  
Find home care agencies and care homes.  
Young people leaving Care

If you're a young care leaver aged 18-24 or 16-18 and preparing for our independence on leaving care  
Involve 0300 810005 Dream Big

Goals and aspirations for career, developing talents, gaining skills or dealing with worries or problems, getting own home Involve can help with moving forwards it is an immense service.

If you think a care leaver navigator could be helpful contact [wk.connectwell@nhs.net](mailto:wk.connectwell@nhs.net)

### **Healthy Living**

#### **Everyday Active**

[Everydayactivekent.org.uk](http://Everydayactivekent.org.uk) 1) Search for activities that may interest you, 2 read personal stories, blogs and articles plus hints and tips, save items and create your own plan for moving more.

#### **Healthy Start**

Vitamins support and possible £1230 in vouchers to spend on milk, formula fruit and vegetables if register from 10 weeks of pregnancy.

Pregnant at 10 weeks or more or have a child under 4 years old and you or your family get at least one of the following

Income support

Income based Jobseekers allowance

Income related Employment and Support Allowance

Child tax credit with a family income of £16190 or less per year

Universal credit with a family take home pa of £408 OR LESS PER MONTH

UNDER 18 AND PREGNANT EVEN IF YOU DON'T GET ANY OF THE ABOVE BENEFIT healthy weight journey

## Within Wellbeing Domestic Abuse and Protection for Vulnerable People

The Council continues to work with **Neighbourhood Watch**, and the **PCSO** who have a watchful eye for vulnerable residents.

To signpost the National Government led and County led Campaigns against Domestic abuse.

### Within Ashford

Within Ashford we will signpost

- **Rising Son** an Ashford based charity working to improve the lives and wellbeing of victims in domestic abuse situations.
- Renew Wellbeing Based at Willesborough Baptist Church working with the NHS to offer a dedicated space for Mental Health Support and understanding.
- To signpost any other groups offering such practical and professional support.

## **When signposting is not always enough**

To be read in conjunction with SWANCC Safeguarding policy.

Kent and Medway Safeguarding Adults Board [www.kmsab.org.uk](http://www.kmsab.org.uk)

Worried about someone if they are safe or vulnerable every report of abuse or concern is taken seriously and professionals will make enquiries about the concerns raised  
[kmsab.org.uk/report-abuse](http://kmsab.org.uk/report-abuse)

Or KMPT or need urgent mental health support, advice and guidance, call the 24 hour helpline 0800 783 9111

Refer Kent KCC Citizens Advice KCC Helping Hands Scheme

Connect with more agencies in KENT to ensure that people get the help they need

KCC Refer Kent is a free service that helps organisation support Kent residents to go beyond signposting with a quick easy and secure compliant with UKGDPR requirements platform

Referkent allows you to build relationships with agencies across Kent and refer to them more easily [kent.gov.uk/referkent](http://kent.gov.uk/referkent) Onward support from all agencies.

## **Using Council Assets to Support Mental Health and Wellbeing**

### **Happy to Chat Benches #chatbench**

- 1) Council to continue to locate suitable areas to locate benches with waste bins and to promote them as Happy to Chat sites. Or neglected benches which could be adopted for the purpose.
- 2) FGP Committee to consider whether this is affordable and feasible.
- 3) If feasible Clerks and Councillors to work with local groups to attract start up volunteers to promote this and interest.
- 4) The Communications Working Committee to consider how to promote this within newsletter and Social Media communications.

### **Gas House Fields Allotments**

Community Plot

GP referral or a genuine MH Charity referral for an allotment, will enable a fast track on the waiting list and applicants will be prioritised for this. Should an allotment plot not be available for a prioritised

applicant an offer will be made to join the Community Plot project. 2 Smaller plots of 1 perch where possible will be kept available for the fast track purpose near the Community Plot.

**Community Plot.**

The Allotment Committee will continue to develop this project and to progress this with the Clerks to draw in support from local groups and volunteers.

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