Age UK London CBT ‘’The Way Ahead’’ Engagement Project

“Approaches to positive mental health” – November 6th 2017

Resources promoting good mental health – results from participants of 4 groups.

Funded/volunteer formal opportunities:

* Services for Latin American people – telephone help line, massage, reflexology, counselling, day centre, Time Bank, neighbours support meetings. Well being workshops & seminars, support to integrate in to the UK community, in South London
* Music Therapy - for people living with dementia in a comfortable home-like setting, Netherwood Day centre, Hampstead
* ‘Talk for health’ workshops – Peer support focussing on positive psychology, demystifying therapy/all can offer support. Graduates can become Chair & Share coordinators,
* Stable & Steady classes – 25 weekly classes to improve strength & balance, NHS funded for anyone with a Lewisham postcode who’s had a fall or feels at risk of falling, prevention prior to entering frailty pathway, also encourages friendships reduces social isolation, reduces risk of depression as an exercise, reduces sedentary lifestyle; after 25 weeks can access community groups as follow-on
* Time Bank – earn points by volunteering, all skills regarded as equal, use points to buy support, eg one hour knitting for help with babysitting
* Tea parties for older people – host one a year at home
* Dragon Café Mental Fight Club – café, Tai’chi, seminars, massage, football, gardening, dancing singing, open mic
* Sydenham Gardens mental health project
* Lewisham Mental Health Network; Croydon BME Mental health forum; SLAM (South London & Maudesley NHS Fndtn Trust) mental health services
* Isis Family Health – services for African/African Caribbean people who live & work in Lewisham
* Calabash day centre – older BME people
* Just Older Youth (JOY) – tai chi, keep fit, cooking, outings to museums
* Opening Doors – OLGBT meeting up for coffee and film, lots of other activities, cross London
* Gadget Clinic – helping older people (& others) to get to grips with eg new mobile phone, setting up email. Computer classes for beginners (over 50’s) – Waltham Forest
* Pensioners’ Day Centres/Parliament– activities organised by other pensioners, opportunity to share ideas, views, experiences, feeling empowered, having your contributions acknowledged, making a difference
* ‘Singing for the Brain’ – organised by Alzheimer’s Society – provides huge pleasure for people with dementia
* Music workshops for Refugees – Liverpool. Chants, percussion, clapping helps engage people across language and culture.
* Combined kindergarten & old people’s home – Netherlands. Demonstrates benefits to both age groups, breaks down barriers, stimulates both age groups.
* ‘Playlist for Life’ (UK) (‘Music & Memories’ US) – for people with dementia, favourite music on ipods, helps hugely to lower anxiety and pain
* Drama studies with students at 6th Form College - Read Playscripts, learn parts, join rehearsals, performance in college or community centre, speak to audience afterwards, contribute to evaluation; attend AGM
* ‘Men in Sheds’ – Allotments, woodworking, opportunities to relax, meet other men, forget problems
* ‘My life my decision’ – Age UK Hillingdon project, capturing what important to client; when capacity of client’s sister lost it gave client peace of mind, he didn’t have to worry about the future
* ‘H4All’ – well being service, tackling loneliness, isolation for people 65+, refers to resources, groups, education, exercise; using evidence base to illustrate what change can be achieved eg improving motivation & therefore mental health/wellbeing
* ‘Uplift’ – Mental health Navigators signposting to different resources – Sutton
* Wellbeing services – Age UK Sutton – advocacy, services, opportunities, eg Nordic walking, community counselling at reduced rate, price based on income (so not having to wait for NHS cognitive therapists with long waiting list), commitment to min of 6 weeks, weekly
* Men’s Cookery classes – Age UK Barnet, helpful after bereavement, eat what you cook in session, sitting down & eating together helps wellbeing & promotes camaraderie
* Barnet wellbeing Hub – holistic approach to accessing resources, tailored support, Emotional healthchecks, t’ai chi, yoga, gentle exercise to music
* Tapestry Day centre, Havering – reminiscence, meals, transport, activities, friendship groups, Zumba, gym classes
* U3A – University of Third Age – post retirement opportunities, classes, groups, self led
* Walking for Health Clubs

Self-generated activities/informal:

* Campaign for Women-only psychiatric wards – achieved in Southwark
* GP surgeries – could have a room for coffee, chatting
* Peer groups which can validate people both giving & receiving support, eg dementia, dialysis; linking to digital support
* Acknowledging the link between Physical Health and Mental Health
* Manwood Road Facebook page – opportunities to support neighbours, buy/sell/swap, Street Party, Park Run, intergenerational contact
* Walking in the local park each day, seeing dog-walkers & chatting, saying hello to neighbours on street
* Bird watching, fishing, rambling, gardening, interacting with animals
* Dog walking
* Allotment & gardening clubs – Waltham Forest
* Book Groups, making something – cooking, drawing, ceramics
* Spiritual opportunities for meditation and support – only if they work for you
* Whatsapp & social media – group chats
* Yoga
* Quiz nights, golf clubs, darts clubs, cooking classes, sewing/knitting classes
* Knitting for homeless people, raising funds
* ‘Ladies who brunch’ group – ex College/school staff – hosted in turns
* Bridge group – based at local café, to teach newcomers as well as experienced players
* Board games group – meeting others, socialising, afternoon or evening
* Swimming – a way to relax & unwind after stressful days, a way of talking to new people that brings a sense of belonging
* Counselling – help with work-related stress & depression, help ‘not to feel alone’
* Talking to patients at work about themselves, not just their condition, really listening to them
* Dancing – helps with learning new skills, meeting new people, listening to music, boosting endorphins, exercise, social interaction
* Volunteering – learning new skills, participating, meeting people, helping
* Sensory room with lights - calming

Nov 7th 2017

Helen Ramsbottom