

In the community for the community

Better mental health care for Barnet, Camden, Enfield, Haringey and Islington



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North Central London

Community Mental Health Summit

2.30pm to 4pm Wednesday 10 November 2021

Hosted by Barnet, Enfield and Haringey Mental Health NHS Trust & Camden and Islington NHS Foundation Trust

Join our online Summit and help create a new vision for community mental health services in Barnet, Camden, Enfield, Haringey and Islington.



Darren Summers
Programme Lead
North Central London

'Over the next three years, we're investing millions of pounds and recruiting hundreds of new frontline workers to boost our local community mental health services including those offered by the NHS and voluntary sector.'

'We want to make it easy for everyone to get help early so they can recover sooner, stay well and improve their quality of life.'

'As we emerge from the pandemic, we're asking service users, carers and residents to join this online summit to help us shape this new vision for NHS mental health care across north London.'



Book online

Barnet, Enfield and Haringey residents

Register online at
mentalhealth-summit.eventbrite.co.uk

Camden and Islington residents

Register online at
candi-mentalhealthsummit.eventbrite.co.uk

Nine community partners prepare to roll out new support services in Barnet, Enfield and Haringey



Barnet
Wellbeing Together CIC
[Community Barnet](#)
[Inclusion Barnet](#)
[Meridian Wellbeing](#)
[Mind in Barnet](#)

Enfield
[Mind in Enfield](#) (lead)
[Alpha Care Specialists](#)
[Enfield Voluntary Action](#)
[Saheli](#)

Haringey
[Hestia](#)

Logos: AlphaCare Specialists, Community Barnet, Enfield Voluntary Action, Inclusion Barnet, Hestia, Meridian Wellbeing, Mind Enfield and Barnet, Saheli, WellbeingTogetherCIC

Nine not-for-profit organisations will partner with the NHS to transform community mental health care in Barnet, Enfield and Haringey.

The nine voluntary and community sector organisations - selected following a competitive tender process – will employ 35 people including people with lived experience, community outreach specialists and support officers to deliver new mental health support services.

These new frontline workers will offer one-on-one coaching and practical help with social needs that can impact mental health like accessing housing or benefits, getting into work and feeling isolated.

“We’re very excited to be working with nine not-for-profit organisations to transform community mental health care,” said Natalie Fox, Deputy CEO at Barnet, Enfield and Haringey Mental Health NHS Trust.

The new support workers will work alongside Trust staff in new community teams providing holistic and personalised mental health care and support.

The new support services will be available initially in North Barnet, East Haringey and South Enfield once workers are recruited and will be extended to other areas within two years.

“We want to make it easy for people to get help so they can achieve their recovery goals, engage in meaningful activity and contribute as fully as possible to their community,” said Natalie.

5 free apps to help you relax

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Tips for feeling positive



My Cognition
Improve your resilience

Find more resources online at www.good-thinking.uk



Haringey resident Jayna Patel explains how a free employment support service helped her to secure a dream job.

'I've had mental health needs since I was 16. After graduating from university last year, I found my mental health was preventing me from getting a job.

In January, I performed poorly in an interview. My nerves got the better of me. I froze and didn't answer their questions very well. Not having a job was affecting my mental health. I felt worthless and thought I'd never find a job.

The community mental health team referred me to their employment support partner Twining Enterprise, where I met employment specialist Madalina Groza

Between January and May, I had seven unsuccessful job interviews. Madalina reviewed interviewers' feedback and helped me identify areas to improve.

At our weekly sessions, we worked together to provide more in-depth answers to interview questions, improve my body language and build my confidence. We had regular mock interviews and Madalina telephoned me before each interview to calm my nerves and reassure me.

Madalina also told me I could ask employers to make reasonable adjustments on account of my mental health, like providing questions in writing during the interview or up to one hour before the interview. This was a big help.

I got better with each interview and in May I secured a job with the civil service. The job is going very well.

Getting the job has had a huge and positive impact on my mental health. It gave me a big confidence boost. I wouldn't have got the job without Madalina's help.'



My possible self
Reduce stress and anxiety



Tomo
Build healthy habits



Meditainment
Guided meditation

Meet the team



MaryCate MacLennan
Organisation Development Lead

Introducing you to a team member helping to transform community mental health care.

How do you start your day?

I take the dog for a 30-minute walk every morning before work. I believe it's important to get outside and connect with nature every day.

How are you helping to transform care?

I'm helping managers and teams pioneering the new approach to change how they work by sharing ideas, learnings and upcoming plans. I'm also helping project teams to co-produce services with service users, carers, experts by experience and others.

What are you working on now?

I've just finished pairing up 20 colleagues for online coffees as part of a virtual coffee week designed to break down barriers between teams. I'm now helping to organise our upcoming Community Mental Health Summit by co-producing breakout sessions with service users and people with lived experience.

Where did you work previously?

I've transferred temporarily from Barts Health NHS Trust where I was Quality Improvement Advisor. At Barts, I helped provide mental wellbeing support to colleagues working from home during the pandemic.

Why are you passionate about mental health?

I was a carer for my youngest brother from an early age. I remember feeling ignored by the teams looking after him. I want to make sure the voices of service users, carers and their families help shape new community mental health services.

How do you hope community mental health will change?

I hope people find it much easier to get the help they need quickly. I also hope frontline colleagues will feel more comfortable and confident with changing how they work to improve care.

What life change did you make during the pandemic?

I took up open water swimming to care for my mental wellbeing. It's incredibly rejuvenating and helps still the mind. I'm hoping to keep it up for as long as possible during winter.

MaryCate is Organisation Development Lead for community transformation in Barnet, Enfield and Haringey.

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