

September 2021

In the community for the community

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



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Dr Louise Miller

Transforming community mental health in Barnet

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Charlene Nyanhemwa

Kentish Town teams move to Regis Road

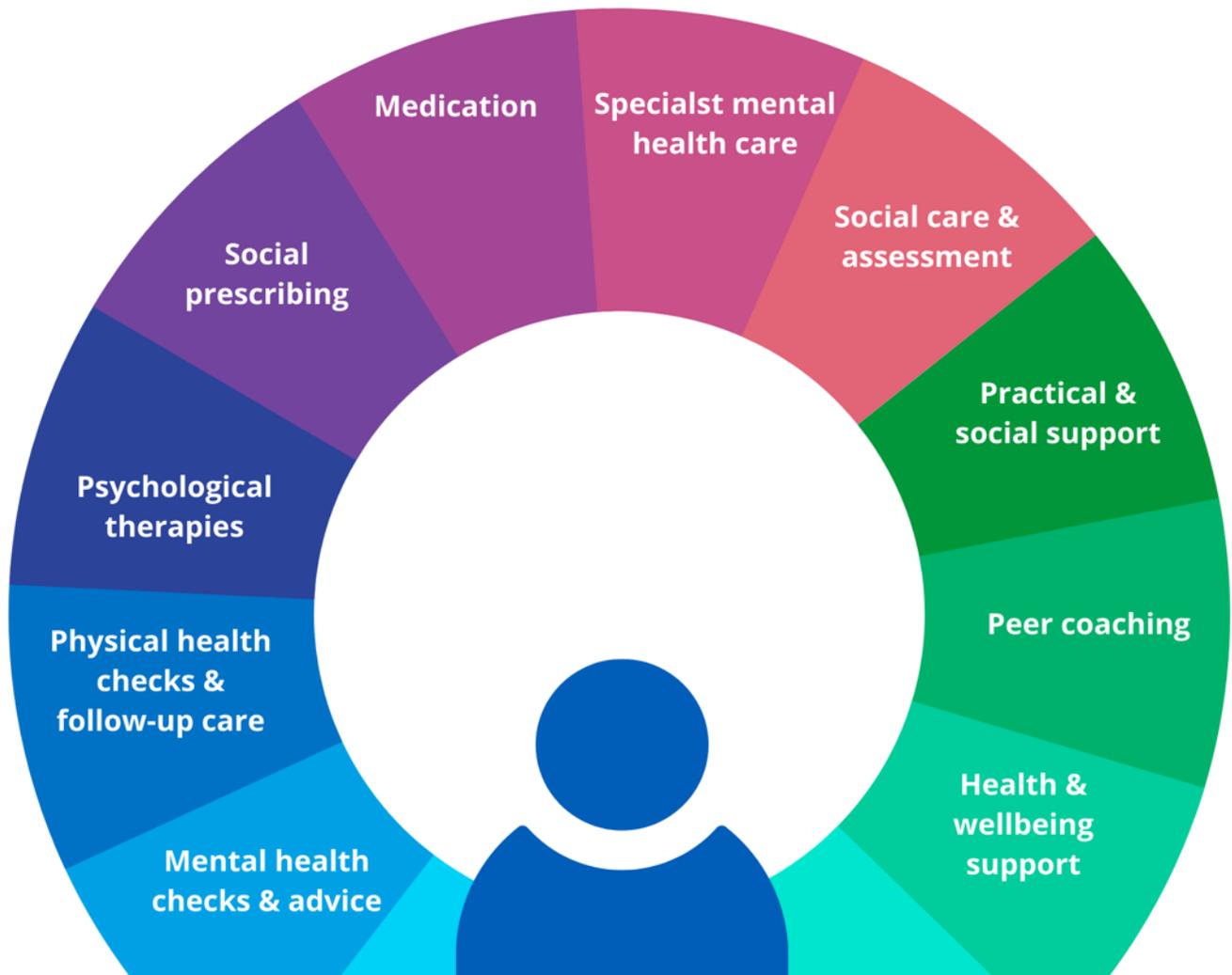
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Meet the team...

Islington Council's Beverley Latania

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By 2024, all adults in Barnet, Camden, Enfield, Haringey and Islington will be able to access free one-stop holistic mental health care and support from their new neighbourhood team of NHS, social care and voluntary experts.



Save the date

More details in October's update

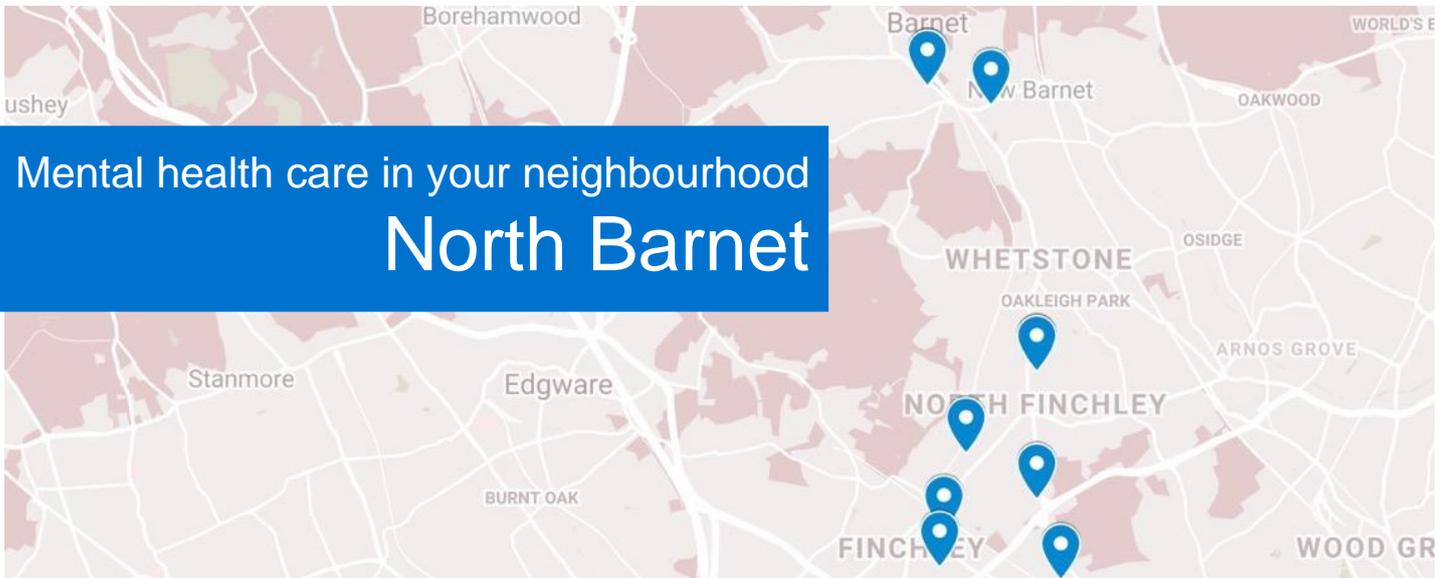
North Central London

Community Mental Health e-Summit

Join this online event to help shape new community mental health services in Barnet, Camden, Enfield, Haringey and Islington.

Free & online

2.30pm to 4pm
Wednesday
10 November 2021



Mental health care in your neighbourhood North Barnet



Dr Louise Miller explains how new neighbourhood services will be rolled out in Barnet.

‘In Barnet, the new approach to mental health care is rolling out initially in the north of the borough, with other areas to follow over the next two years.

We’ll test and refine the approach with 18 GP surgeries between Chipping and East Finchley. These practices are part of Barnet 3 Primary Care Network, with local GPs working together to improve the health and wellbeing of residents.

We’re creating a new neighbourhood mental health team – existing primary, community and secondary care colleagues plus experts from social care and the voluntary sector – to provide one-stop holistic care and support.

This includes mental and physical health checks, psychological therapies and other treatments, social care and support with challenges that can affect mental health like finding accommodation or work.

The new neighbourhood team includes dozens of new frontline workers - people with lived experience, occupational therapists, psychologists, social workers, specialist nurses, voluntary sector experts and mental health practitioners who’ll work alongside GPs.

Pioneering the new approach in this part of Barnet will provide useful insights into how services should be rolled out elsewhere. The region is diverse. It includes affluent and deprived areas, a range of ethnic groups and people of all ages.

This diversity will help us to better understand why rates of mental illness vary between different groups and why some people with mental illness can’t always get the help they need.’

Louise is Barnet’s GP Lead for Mental Health

5 ways to mental wellbeing

Be Active

- Take stairs over lifts
- Walk or cycle to work
- Go for a walk or swim

Connect

- Phone instead of email
- Meet a friend in person
- Join a social group

Find more tips online at:

www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing



Kentish Town teams move to Regis Road



Charlene Nyanhemwa explains why the move is a major milestone for Kentish Town teams.

'The Kentish Town neighbourhood mental health teams of NHS, social care and voluntary sector experts are now working under the same roof at 8 Regis Road.

The Kentish Town Central and Kentish Town South Mental Health Care and Support Service teams moved into the new Regis Road base in early September.

Everyone is very excited to be working in the same location for the first time. Up until now, we've relied heavily on email to coordinate care and support for residents referred to the teams by their GP.

Now, everyone is in the same location - peer coaches, psychiatrists, psychologists, social workers, population health nurses and experts from our voluntary sector partners Hillside Clubhouse, Likewise and Mind in Camden.

The Regis Road base includes consultation and meetings rooms. This means we can now offer one-stop holistic mental health care and support physically at Regis Road as well as online or at other community venues.

Over the coming months, we'll work with people with lived experience and carers to make sure the building is warm and welcoming. We're also hoping to create new inviting spaces so residents can drop in.

Moving to Regis Road is exciting because it's another important step in our plan to provide more timely, personalised and holistic mental health care and support to adults in Kentish Town.'

Charlene is Project Manager for community transformation in Camden.

Learn

- Read a new book
- Research a topic
- Sign up for a class

Give

- Do a kind act every day
- Help a neighbour in need
- Volunteer

Be present

- Walk in nature
- Practise mindfulness
- Gardening

Meet the team

Beverley Latania

Head of Mental Health Social Work
Islington Council



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

How do you start your day?

My day usually starts with a black coffee and getting three children out the door

How are you helping to transform care?

I'm helping new neighbourhood mental health teams to use the skills and expertise of social workers to provide one-stop holistic mental health care and support.

What are you working on now?

Some people need to complete up to six different forms when applying for social care because they're experiencing mental health challenges. We're looking to marry these forms together to make the process much easier, streamlined, and more importantly, beneficial for those who use our services.

Where did you work previously?

I've worked in mental health for over 30 years in the voluntary sector, supported housing and as a social worker. I'm employed jointly by the NHS Trust and Council who work together to deliver seamless social care for those experiencing mental health challenges.

Why are you passionate about mental health?

Social workers can make a real difference to the lives of people experiencing mental health challenges. They have a unique set of skills and can work with people individually to help them recover sooner and stay well.

What does better mental health care look like?

We're moving away from referrals, waiting lists and labelling people with a diagnosis to empowering people to shape their own care and achieve their own goals. That's exciting.

What did the pandemic teach you?

I learnt to work more flexibly and efficiently. Instead of rushing across town to meetings, I can meet people online and be more productive.

Beverley is Head of Mental Health Social Work at Islington Council.

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