

How Do iCope over the festive period

KINGSTON ICOPE NEWSLETTER

ISSUE 3 WINTER 23



From IAPT to
NHS Talking Therapies:
new name, same service

NHS

Talking Therapies



for anxiety and depression

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OUTREACH WORK

As part of our Outreach Project, Kingston iCope is keen to continue strengthening our bonds with local organisations and community groups, as we recognise that the best way to promote positive mental well-being amongst different members of the local community is by working together. See page 2 for Kingston iCope recent outreach project with Kingston University and Kooth.

**Kingston
University
London**

kooth

What We Do: YOUNG ADULT OUTREACH

KINGSTON UNIVERSITY

A survey completed by Student Minds (2022) found that 57% of respondents had self-reported a mental health issue, and 27% said that they had been diagnosed with a mental health condition. Factors that contribute to poor mental health among students includes moving away from home, academic and financial pressures, and the absence of familiar social and emotional support networks.

Kingston iCope works closely with the Kingston University Counselling and Wellbeing service to provide a specialist pathway for students looking to access talking therapies for anxiety or depression. We can offer sessions remotely, or in person at the main university campus.

As part of the Fresher's Fair, we had the opportunity to meet all the new students joining the university. We were able to promote our service and to give information on how to refer to Kingston iCope. It was a great opportunity to answer some questions and to help the students learn more about therapy options available to them.

We look forward to continuing to strengthen our partnership with Kingston University.



KOOTH

Kingston iCope have recently developed on our connections with Kooth, a service catering to individuals aged 10-25 years old. This is valuable service that can be offered to clients while they await support from Kingston iCope. Clients have the option to complete a self-referral and can be connected with a therapist within 20 minutes. Kooth also provides additional support through live text-based chat, articles, discussion boards, and live forums. Strengthening our relationship with Kooth has allowed us greater insight into support options available for this client group, thus enhancing our wellbeing plans for clients accessing our service.

WHY CHRISTMAS CAN BE A HARD TIME

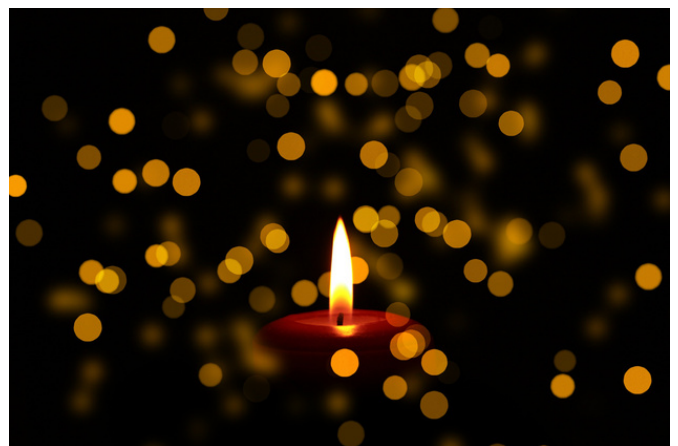
Christmas can pose challenges for individuals at any point of their lives.

This year, some individuals may encounter difficulties during the holiday season for the first time, while others who have previously experienced challenges during Christmas may anticipate a repeat of their struggles.

Additionally, some individuals may find aspects of Christmas enjoyable but may struggle to fully celebrate it, due to overwhelm from the mixture of both enjoyment and stress that the holiday season can bring.

WHY MIGHT CHRISTMAS BE DIFFICULT

- Feeling lonely
- Not having family near by
- Difficult situations
- The environment
- Support available
- Social network
- Difficult relationship
- Health physically and mentally
- Financial difficulties
- Grief



WHAT TO DO TO HELP

- Take time for some self care
 - Reflect on how you are feeling
 - Make time for something you enjoy like a cup of tea or watching a movie
 - Be kind to yourself
 - Avoid alcohol
- Plan ahead
 - Set your boundaries
 - Structure your days
 - Manage your expectations
- Reach out to others
 - Connect with your loved ones
 - Communicate how you are feeling
 - Consider services you can reach



For more information please visit:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

Blue Monday is the third Monday of January, in 2024 it is scheduled to fall on 15th of January. This date has been labelled as Blue Monday as supposedly it is the most depressing day of the year, due to poor weather, financial strain following the festive period and difficulties with keeping to new year's resolutions. There is no evidence though to support this statement, and it is widely believed that this term was created by travel companies to help sell holidays abroad!

Most of us have good and bad days regardless of what the calendar may say. This might be the time to check in with ourselves and to take care of ourselves,

What is Brew Monday?

Brew Monday is a campaign created by The Samaritans to challenge the myth of Blue Monday. It is about creating opportunities to start a conversation over a 'brew'. It involves us reaching out to friends, family and colleagues, to feel connected.

For more information please visit:
<https://www.samaritans.org/scotland/support-us/campaign/brew-monday/>



Ways to stay connected

- Calling others
- Video call
- Game night
- Posting letters
- Watching a show together
- Cooking and sharing recipes
- Workout classes
- Learning together
- Listening to music

RELAXATION AND GROUNDING TECHNIQUES

Relaxation has been described as 'a state of consciousness characterised by feelings of peace and release from tension, anxiety and fear'. Relaxation can help to manage symptoms of anxiety, depression and stress. Relaxation covers various techniques that support people to let go and release physical muscle tension or inner mental tension. There are two types of relaxation: active relaxation, which involves physical tasks to relax our muscles, and passive relaxation, which involves activities that encourage us to empty the mind of thoughts and to attain a stillness of mind and body by focusing upon the present moment.

Here are some relaxation strategies that you may wish to try out.

Diaphragm Breathing

1. Start with your hand over your heart and other over your stomach
2. Breathe in through your nose and let the air fill your belly and notice how the hand on your belly moves while the one on your heart should stay still
3. Draw your belly button in towards your spine as you exhale through your mouth. Feel as the hand on your stomach retreats back
4. Repeat this three to five times to start



www.getselfhelp.co.uk/stopp

1. STOP! – Just pause for a moment.
2. TAKE A BREATH – Notice your breathing as you breathe in and out.
3. OBSERVE – □ What are you thinking? □ What are you reacting to? □ What is the feeling in your body.
4. PULL BACK – put thoughts into perspective. Thoughts are thoughts, NOT statements of fact. □ What's the bigger picture? □ What advice would I give a friend?
5. THIS WILL PASS, PRACTISE WHAT WORKS - □ What is the best thing to do right now? □ What can I do that fits with my values? □ Where can I focus my attention right now?

SUPPORT DURING THE FESTIVE PERIOD

What it looks like to experience a mental health crisis can vary greatly, but may involve:
Contemplating suicide or deliberate self harm, taking actions related to suicidal or self harm related thoughts

Undergoing a period of psychosis, characterized by experiencing or believing things that differ from others

Engaging in behaviour that poses a threat or risk to oneself or others.

Crisis Helpline over the festive period

If you would prefer to talk to someone in a situation of crisis or need specific support, the following numbers can provide you with support:

Mental Health Crisis helpline:

call: 0800 915 4644, text: 07717 989 024. Open 24/7, 365 days of the year

People with speech or hearing difficulties can dial through to the Next Generation

Text Service App or Textphone: 18001 0800 915 4644

Samaritans – call: 116 123 or Email: jo@samaritans.org

Open 24/7, 365 days a year, to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

Campaign Against Living Miserably (CALM) – call: 0800 58 58 58 (male only service)

5pm to midnight, 365 days a year

Or visit the webchat page: <https://www.thecalmzone.net/help/webchat/>

SANEline – call: 0300 304 700

4.30pm to 10.30pm, 365 days a year

Mental Health Support line

SHOUT – Text: 85258

24/7, 365 days a year

Text service if you're struggling to cope and you need immediate help

Richmond mind

Richmond Mind runs the Journey Recovery Cafe, supporting people from Kingston and Richmond who are experiencing a mental health crisis, or who may be at risk of a mental health crisis. You can drop in for this service or self-refer using their referral form, or call on 020 3137 9755 or email: recoveryhub@rbmind.org.

The Kingston Hub is open – Mon, Tues, Weds, Fri (6-10pm) and Sat (2-10pm)

Alfriston Centre, 3 Berrylands Road, KT5 8RB

Bus routes: 665, K2 outside centre or 281, 406, 418, 662 close by.

By rail: Surbiton Station 10 minutes walk.

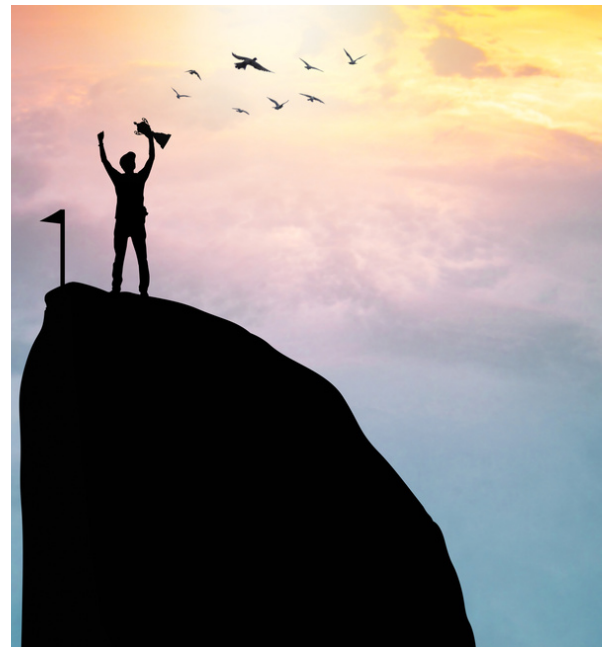
CHAMPION ROLES

DIABETES CHAMPION -LUCY.M

I am one of our diabetes champions. This role has supported me to develop a greater understanding of what it means to live with diabetes, so that I am able to offer focused and tailored Talking Therapies support to help people living with diabetes. As part of this role, I regularly attend the DESMOND type 2 diabetes educational group. DESMOND is a very useful and informative group to help patients living with diabetes to understand their condition and make lifestyle changes. By attending this session, I am able to talk to the group about what iCope does and how we can support with the mental health pressures that can come from living with diabetes. Hopefully, in building on these links, we can encourage more people to seek support to live well alongside their diabetes.

PERINATAL CHAMPION- JESS.S

Within Kingston iCope we assess and provide tailored support for perinatal women. We do this by aiming to offer assessment with a perinatal champion practitioner and endeavouring to offer priority interventions for this client group. We signpost clients to practical supports within the community, such as Homestart, WelCare, Children Centres, Chat and Play to support the wellbeing of both mother and child. We have been developing our links with the Perinatal Mental Health Service and local Maternity teams.



CARDIAC CHAMPION-ACHI.A AND KIERON.N

We have strong links with the Kingston Cardiac Rehabilitation Team and have been working hard to tailor the support we can offer to better meet the needs of cardiac patients. As cardiac champions, we regularly attend the emotional wellbeing education talk that is offered as part of the Cardiac Rehab programme. In attending this talk we are able to explore and normalised the links between physical and mental health, as well as guiding patients in accessing additional Talking Therapies support, if required. Kingston iCope have recently launched a Health & Wellbeing workshop, in partnership with the Cardiac Rehab Team, offering a space for patients to reflect on what it means to live with a long term health condition. The aim of this workshops is to build awareness of the relationship between physical health and emotional wellbeing, whilst considering what individuals can do to improve their relationship with their health condition.

What We Do:

TREATMENT OPTIONS

At iCope, we offer a range of evidence-based psychological treatments that have been recommended for the NHS. By collaboratively exploring client's difficulties during an initial assessment therapists and clients can work together to find a suitable treatment option.

INDIVIDUAL TREATMENT

- CBT-Based Guided Self Help
- Cognitive Behavioural Therapy
- Brief Psychodynamic Therapy
- Dynamic Interpersonal Therapy

ONLINE

- Silvercloud Online Therapy (Self-help)
- Silvercloud Online Therapy (Guided)

GROUPS

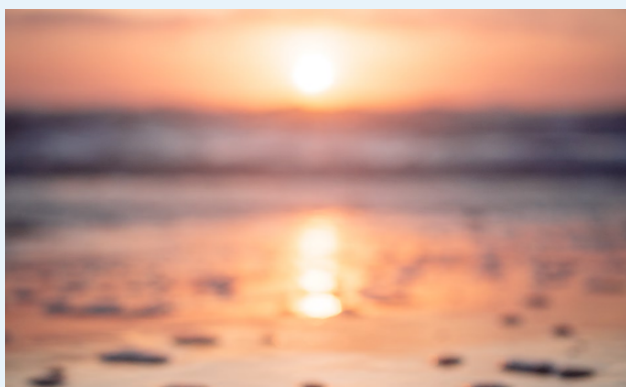
- Feeling Good Group
- Stress and Worry Management Course
- Overcoming Low Self Esteem
- Mums in Mind
- Understanding Depression
- Living with Pain and Fatigue group
- Living with Long Covid

IS THIS THE RIGHT SERVICE FOR YOU?

Kingston iCope delivers short-term structured psychological therapies to adults registered with a GP in the borough of Kingston experiencing mild-moderate symptoms of mental health problems including Depression and Anxiety disorders (e.g. Generalised Anxiety Disorder, Panic Disorder, Health Anxiety, Obsessive-Compulsive Disorder, Phobias and Post-traumatic stress disorder).

There may be instances where our service would not be the most suitable, for instance where an individual is at high risk of harm to themselves or others, currently receiving psychological support elsewhere, or primarily struggling with issues related to substance dependency. In these cases, we may be able to signpost or refer to a more appropriate service.

For further information about our referral guidelines, you can contact us by phone at: 020 3317 7850, by email at: kingston.icope@candi.nhs.uk or refer to our website: <https://www.icope.nhs.uk/kingston/>



CLIENT EXPERIENCES

At iCope, we strive to ensure the continual improvement of our services, and it is vital that our client's views and needs are central to this. We regularly collect feedback as part of our Patient Experience Project and have included some key takeaways from our November 2023 report on individual and group support below.

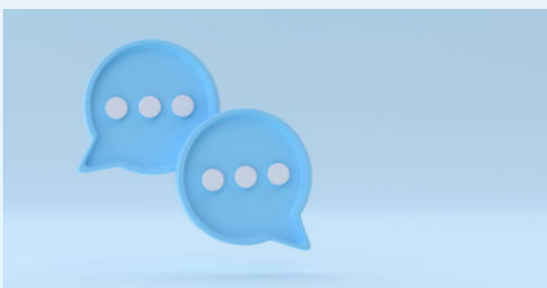
“ I am feeling so much better after having this therapy. I have a more positive outlook on the future. It has been very helpful in getting myself back to 'normal' .”



90% of individual treatment respondents and felt that staff listened to them and treated their concerns seriously at all times.

“ my therapist has been wonderful, and each of our sessions has made a difference to me in both short and long term. I am sad that our sessions are coming to an end. I have always felt heard when talking to her, and she has been very gentle with my feelings

”



“ my therapist was absolutely excellent; patient, kind, easy to talk to and brilliant at her job. Thank you. ”

What We Do:

EMPLOYMENT SUPPORT

Unmanaged work related difficulties can adversely affect your mental health. Our service offers you the opportunity to receive combined therapeutic and employment support from our team of employment support advisors to navigate work related difficulties which can help with wellbeing and recovery.

WHAT DO WE DO?

If you are looking for a job we can:

- offer information, advice and guidance to help you with CV development, interview skills and application forms
- help to identify transferable skills and find meaningful work
- support you to overcome barriers to stay motivated to reach your employment goals and manage wellbeing at work.

If you are finding it difficult to retain your job, we can:

- provide support with talking to an employer about your mental health and reasonable adjustments that might be needed
- discuss ways to support wellbeing strategies at work
- provide support if your current role is having a negative impact on your mental health and you wish to move to a different role

If you are returning to work from sick leave we can:

- support development of a return to work plan
- offer guidance on discussions with employer regarding disclosure and reasonable adjustments

Employment support within iCope is **voluntary and confidential**. Referrals can be discussed with your therapist after assessment or during therapy. If you are interested in finding out more about the employment support we offer please speak to your Kingston iCope therapist. _

“ My Adviser gave me motivation as well as support, I'm so glad I had this help as I don't think I would be employed without it

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