

Kingston Mental Health and Wellbeing Group

Tuesday, 4th November 2025
10.30am-12.30pm

Action Notes

Attendees		
Alexa Edgley	Clinical Lead, Kingston Talking Therapies (IAPT Service), SWL & St George's MHT	AE
Christina Paschalinou	Mental Health Commissioner, Adult Social Care, RBK	CP
Cllr Anita Schaper	Councillor for Berrylands Ward; Mental Health Champion; Interim Disability Champion.	AS
Elinor Young	Champion for Change, Kingston; Lived Experience Representative	EY
Emma Hill	Deputy CEO/Health Programmes Manager, Kingston Voluntary Action	EH
Gajane Malinowska	Manager, Wellbeing Hub, Faircroft Trust	GM
Hickey Kingsbury	CEO Kingston Giving	HK
Jo Faulkner	Outreach Director, Kingston Samaritans	HK
Jodie Ohiwerei	Relationship Manager, Tell Me	JO
John Trend	Director, Oxygen	JT
Josephine Lampert	HWK Affiliate, Kingston Mental Health Carers Forum Trustee	JL
Liz Trayhorn (Vice Chair)	Public Health, Principal: Mental Wellbeing & Older People's Health Improvement, Royal Borough of Kingston (RBK)	LT
Sam Pile (Meeting Support)	Business Support Officer, NHS SWL ICB (Meeting support)	SP
Sarah Reid	Head of Children, Youth & Partnerships, Kingston and Richmond	SR
Stephen Bird	Commissioning Manager, Adult Social Care, RBK	SBir
Stephen Bitti (Chair)	Chief Executive, Healthwatch Kingston	SB
Tony Williams	Healthwatch Kingston Affiliate; Champions for Change; Private Counsellor in Kingston	TW

INTRODUCTION			
1	1.1	Welcomes, introductions, apologies for absence Stephen Bitti welcomed the attendees to the meeting and noted apologies.	SB
	1.2	Meeting notes and action log from the previous meeting The notes from the previous meeting on 20 th August were agreed and the action log reviewed and updated.	SP
Presentations and Updates			
2	2.1	Update from K&R Mental Health Committee (priorities discussion)	LT

In the absence of Fiona Lewis (SWL ICB), Liz Trayhorn gave a short presentation, previously circulated on the recently reviewed borough-level priorities linked to the joint health and wellbeing strategy (JHWS).

Priorities identified for Kingston:

- **Start Well** – services such as Kooth, suicide prevention in schools, CAMHS Tier 2–3 transition to SWL St George’s, and the iThrive framework.
- **Live Well:** Talking therapies, Mind in Kingston, Dose of Nature, SMI physical health checks, and Carers Network.
- **Age Well:** Dementia and memory clinics, Alzheimer’s Society support, and carer connectivity.

Liz noted that the slides had an NHS commissioning focus and invited members to consider what was missing from a wider Kingston perspective.

Discussion/feedback

Cllr Anita Schaper raised questions about the link between *Live Well* and *Age Well*, suggesting the strategy should more clearly connect preventive health (e.g. physical activity and GP checks) with later-life outcomes such as dementia prevention. She asked how health checks address both mental and physical wellbeing for older adults.

Elinor Young asked whether ethnic minority communities were represented in the strategy. Stephen confirmed that Kingston’s BAME Mental Health Group exists but is not currently reflected in the ICB slides; he suggested incorporating their work.

Sarah Reid highlighted young carers as a key group to include under Start Well, and outlined several upcoming reforms: SEND reforms, social care changes, youth guarantee programmes, and early years initiatives. She offered to present on these reforms at a future meeting.

Stephen Bird said the plan lacked analysis of inequalities and service access. He suggested developing a locality dashboard to identify which groups are not engaging with services. He also stressed that social care input should be more visible and that the patient voice should shape service design.

John Trend (Oxygen) expressed concern that the voluntary sector’s contribution to mental health outcomes was not captured in the slides, despite significant community-led projects (e.g. Oxygen, Man and Boy, walking/cycling initiatives). He urged better mechanisms to feed VCSE data into system reporting.

Emma Hill (KVA) supported this, explaining that voluntary organisations often sustain clients while they wait for commissioned services, but their impact is rarely recorded. She suggested aligning voluntary sector outcomes with statutory strategies and offered to work with John to explore this.

		<p>It was noted that more detail on the mental health priorities paper was available in the full JHWS - so, if members want more context.</p> <p>Action: Sam Pile to send out the JHWS with the 9th November meeting notes.</p> <p>Action: All to review the JHWS mental health priorities presentation and suggest the three priorities they would like the Kingston mental health and wellbeing group/ Kingston and Richmond mental health committee to discuss as part of forward planning.</p>	
	2.2	<p>Help us review and build our forward plan</p> <p>Liz/Stephen/Sam shared a draft forward plan, mapping possible topics against the three life-course stages (start, live and age well).</p> <p>Stephen Bitti suggested postponing thematic deep dives until after the February meeting, once members have reviewed the JHWS and identified Kingston's top priorities. The group agreed.</p> <p>Stephen Bird recommended aligning the subgroup's forward plan with the main Committee's agenda to ensure information flows both ways. Stephen Bitti agreed, noting this will be built into the updated Terms of Reference (ToR).</p> <p>Action: Sam to update the ToR regarding aligning the subgroup's forward plan with the main Committee's agenda</p>	SB/LT /SP
3	3.1	<p>AOB</p> <p>Tony outlined the development of Square One Cafés — community cafés providing free meals and social connection to tackle loneliness and isolation. There are now four locations:</p> <ul style="list-style-type: none"> • New Malden (Saturdays) • Chessington (Fridays) • Ham Parade/Hawker Centre (Thursdays) • Weir Archer Centre (Mondays) <p>A Square One Café Toolkit hosted by KVA will guide community groups to replicate the model. Tony offered personal support to help new groups set up. Action: Tony to send Sam details (link) for circulation (this has been completed)</p> <p>Tell Me App Update (Jodie) Jodie reported strong progress in Kingston's digital mental health app for young people (ages 11–18).</p> <ul style="list-style-type: none"> • Pilot started March 2024; target of 450 users exceeded by 20%. • Partnered with 13 schools and colleges. • 39% of young people report <i>Tell Me</i> as their only mental health support. <p>The app provides self-guided support, chat services, and signposting for young residents. Jodie to share full evaluation mid-2026.</p>	
		<p>Date of the next meeting</p> <p>Tuesday 9th December 2025 Wednesday 25th February 2026</p>	



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