

## Kingston Mental Health and Wellbeing Group

Wednesday, 20<sup>th</sup> August 2025  
10.30am-12.30pm

### Action Notes

Attendees		
Alexa Edgley	Clinical Lead, Kingston Talking Therapies (IAPT Service), SWL & St George's MHT	AE
Candy Dunne	Deputy Chief Officer, Healthwatch Kingston	CD
Cassim Kaweesa	Engagement Lead, Children's and Young People's Mental Health Service (CYP Wellbeing Service) across SWL boroughs	CK
Charles Bamford	Coordinator, Kingston Street Pastors; Deputy Chief Executive, Oxygen Youth Work Charity	CB
Christina Paschalinou	Mental Health Commissioner, Adult Social Care, RBK	CP
Cllr Anita Schaper	Councillor for Berrylands Ward; Mental Health Champion; Interim Disability Champion.	AS
Danielle Solomon	Consultant in Public Health, RBK (Mental Health Portfolio)	DS
Elinor Young	Champion for Change, Kingston; Lived Experience Representative	EY
Gajane Malinowska	Manager, Wellbeing Hub, Faircroft Trust	GM
Harry Wilkinson	Chief Executive, Mind in Kingston	HW
Hickey Kingsbury	CEO Kingston Giving	HK
Jodie Ohiwerei	Relationship Manager, Tell Me	JO
Liz Trayhorn ( <b>Vice Chair</b> )	Public Health, Principal: Mental Wellbeing & Older People's Health Improvement, Royal Borough of Kingston (RBK)	LT
Lynne Miller	Stakeholder Manager, South London Listens	LM
Sam Pile ( <b>Meeting Support</b> )	Business Support Officer, NHS SWL ICB (Meeting support)	SP
Stephen Bird	Commissioning Manager, Adult Social Care, RBK	SBir
Stephen Bitti ( <b>Chair</b> )	Chief Executive, Healthwatch Kingston	SB
Tom Baden	Outreach Team, Kingston Samaritans	TB
Tony Williams	Healthwatch Kingston Affiliate; Champions for Change; Private Counsellor in Kingston	TW

INTRODUCTION			
1	1.1	<p><b>Welcomes, introductions, apologies for absence</b></p> <p>Stephen Bitti welcomed the attendees to the meeting and noted apologies.</p>	SB
	1.2	<p><b>Meeting notes and action log from the previous meeting</b></p> <p>The notes from the previous meeting in May were agreed and the action log reviewed and updated.</p>	SP
<b>Presentations and Updates</b>			

2	2.1	<p><b>SWL &amp; St George’s Mental Health Trust – Health Inequalities Strategy Update</b></p> <p>Candy Dunne (Deputy Chief Officer, Healthwatch Kingston) gave an overview of the early work of the Health Inequalities Advisory Panel within SWL &amp; St George’s Mental Health Trust.</p> <ul style="list-style-type: none"> <li>• The panel is still at early stages and has met three times to date, chaired by Dr Imran Satta, a local GP and community leader.</li> <li>• Its purpose is to provide strategic, non-governance advice on tackling inequalities, with a strong emphasis on lived experience.</li> <li>• The strategy is being shaped around three pillars: <ul style="list-style-type: none"> <li>- Equity of access and reducing disparities.</li> <li>- Inclusive community engagement and integrated care.</li> <li>- Sustainability, transparency, and accountability.</li> </ul> </li> <li>• A large amount of national and regional data has been collated, although local insight is still limited due to low levels of community response. Four consultation questions have been circulated to gather views.</li> </ul> <p>These slides will be shared with the group with the meeting notes.</p>	CD
	2.2	<p><b>Workshop and Guest Speaker re Talking Therapies</b></p> <p>Alexa Edgley delivered a detailed presentation comparing Kingston’s Talking Therapies service with Richmond’s, highlighting differences in referral patterns, treatment models, and outcomes.</p> <p><b>Referrals and capacity:</b> Kingston has experienced a sustained increase in referrals (over 1,000 per quarter), in contrast to falling numbers in Richmond and other SWL boroughs. This has placed significant pressure on capacity, with Kingston’s maximum waiting time reaching 78 weeks, compared to Richmond’s 30 weeks.</p> <p><b>Service model:</b></p> <ul style="list-style-type: none"> <li>• Kingston offers both 1:1 and group interventions, with an emphasis on patient choice.</li> <li>• Richmond operates predominantly through group programmes, which has helped reduce waiting times but results in slightly lower recovery rates.</li> </ul>	AE and Group

	<p><b>Outcomes:</b> Kingston reports one of the best recovery rates in London (53% reliable recovery, 71.6% reliable improvement), even despite long waits.</p> <p><b>Developments:</b></p> <ul style="list-style-type: none"> <li>• Expansion of group work, including new groups (worry management, behavioural activation) and a redesigned hybrid depression group that combines individual and group sessions. This new model has improved recruitment and retention.</li> <li>• Training for staff to increase confidence in promoting and facilitating groups.</li> <li>• Move towards smaller, single-facilitator groups to increase throughput.</li> </ul> <p><b>Challenges identified:</b></p> <ul style="list-style-type: none"> <li>• Severe resource constraints, with no increase in funding to match demand.</li> <li>• Increasing complexity of referrals, with many clients presenting with PTSD and trauma that are unsuitable for groups.</li> <li>• Gaps in local trauma services, particularly for people with histories of childhood trauma. Kingston’s Trauma Support Service only covers adult trauma, leaving a large unmet need.</li> </ul> <p><b>Group Questions/Discussion:</b></p> <p>- Lynne Miller raised concerns about under-representation of minority communities, citing examples from outreach in other boroughs. Alexa confirmed Kingston is strengthening its outreach capacity, but resource limits remain a barrier.</p> <p>-Elinor Young asked whether groups were mixed in terms of gender and ethnicity; Alexa confirmed they are, but acknowledged targeted groups might be valuable in future.</p> <p>-Tony Williams posed detailed questions on drop-out rates, triage processes, and the potential unintended consequences of dampening referrals. Alexa noted drop-out is higher for groups than for individual therapy, but hybrid models are improving retention.</p> <p>-Stephen Bird highlighted the high proportion of clients waiting for PTSD treatment and suggested mapping trauma pathways more closely. Alexa agreed this is a major gap and proposed it as a future area of focus for the group.</p>	
--	---	--

		<p>-Kassim Kaweesa emphasised the importance of school outreach, noting that young people often identify issues within their families. Alexa confirmed school outreach has been undertaken in the past and could be revisited.</p> <p>These slides will be shared with the group with the meeting notes.</p>	
	<b>2.3</b>	<p><b>2024-25 MHWG Priorities and Governance Update and Group ToR</b></p> <p>Stephen Bitti and Liz Trayhorn presented on the group’s governance and ToR.</p> <ul style="list-style-type: none"> <li>• The Kingston Mental Health and Wellbeing Group now sits formally under the Kingston &amp; Richmond Place Mental Health Committee.</li> <li>• Updated Terms of Reference (ToR) were circulated in advance. Stephen invited members to suggest any final changes, with the aim of signing off the ToR so they can be submitted to the Place Mental Health Committee.</li> <li>• After discussion ToR were agreed and confirmed to be sent of to the Place Committee. Before sending off Liz suggested structure changes to the ToR, the group agreed, and Sam Pile will make the changes.</li> </ul> <p><b>Action:</b></p> <ul style="list-style-type: none"> <li>- <b>Sam Pile to make structure changes to the ToR and send to the Place committee for sign off</b></li> </ul>	SB & LT
<b>3</b>	<b>3.1</b>	<p><b>AOB</b></p> <p><b>Crisis Cafes Procurement Survey</b> – Liz Trayhorn encouraged participation to inform local service development. Re-procurement webinar on 4<sup>th</sup> September.</p> <p><b>Forward Plan</b> – A forward plan has been developed, for future agenda items which include:</p> <ul style="list-style-type: none"> <li>- Trauma pathways, with particular focus on the current gap in provision for people experiencing childhood trauma. This was flagged by both Alexa Edgley and Stephen Bird during the Talking Therapies workshop.</li> <li>- Ongoing updates on Talking Therapies</li> <li>- Youth engagement and Early intervention</li> <li>- 10-year plan and New Neighbourhood Model</li> </ul> <p><b>Action:</b></p> <p><b>Liz Trayhorn to email Sam Pile a form of words that explain the escalation to Place request about the SWL Strategy (10-year plan and new neighbourhood model).</b></p> <p><b>Relevant Reports and Insights</b> - Stephen also noted several reports in circulation relevant to local mental health and wellbeing planning.</p>	



	<b>Date of the next meeting</b> Tuesday 4 <sup>th</sup> November, 10:30am-12:30pm	
--	--	--