

## Kingston Mental Health and Wellbeing Group

Wednesday, 25<sup>th</sup> February 2025  
10.30am-12.30pm

### Action Notes

Attendees		
Chennel Lawrence	Director of Services, Mind in Kingston	CL
Elinor Young	Champion for Change, Kingston; Lived Experience Representative	EY
Gajane Malinowska	Manager, Wellbeing Hub, Fircroft Trust	GM
Hickey Clark	CEO Kingston Giving	HK
Jasmine Smith	Senior Mental Health Lead	JS
Jodie Ohiwerei	Relationship Manager, Tell Me	JO
John Trend	Director, Oxygen	JT
Liz Trayhorn ( <b>Chair</b> )	Public Health, Principal: Mental Wellbeing & Older People's Health Improvement, Royal Borough of Kingston (RBK)	LT
Lucy Riddett	Clinical Manager, Kingston Community Services, South West London and St George's Mental Health NHS Trust	LR
Sam Pile ( <b>Meeting Support</b> )	Business Support Officer, NHS SWL ICB (Meeting support)	SP
Tony Williams	Healthwatch Kingston Affiliate; Champions for Change; Private Counsellor in Kingston	TW
Victoria Bernard	IAG & Vocational Lead, Royal Borough of Kingston (RBK)	VB

INTRODUCTION			
1	1.1	<b>Welcomes, introductions, apologies for absence</b> Liz Trayhorn welcomed the attendees to the meeting and noted apologies.	LT
	1.2	<b>Meeting notes and action log from the previous meeting</b> The notes from the previous meeting on 4 <sup>th</sup> November were agreed and the action log reviewed and updated.	SP
Presentations and Updates			
2	2.1	<b>The Accelerated Career &amp; Employment Support (ACES) service: supporting economically inactive people with mental health problems into paid employment</b>  Victoria Bernard provided an overview of the ACES programme, a government-funded Trailblazer pilot delivered through Kingston Adult Education and funded by central government via the GLA and South London Partnership.	VB

The programme supports economically inactive residents, defined as individuals not in employment and not mandated to seek work (distinct from unemployed claimants required to job-seek under Universal Credit).

### **Mental Health Profile of Participants**

It was noted that the majority of participants disclose mental health conditions, most commonly:

- Depression
- Anxiety
- Phobias and panic disorders

Mental health is frequently reported as the primary barrier to employment. Victoria highlighted the therapeutic benefits of employment, including structure, purpose and social connection.

### **Delivery Model**

ACES utilises an Individual Placement and Support (IPS)-informed approach, including:

- Rapid job search (target of approximately three months)
- Tailored one-to-one support
- Group workshops
- In-work support

Provision includes:

- CV and application support
- Interview preparation (including behavioural techniques)
- Digital skills support
- ESOL access
- Self-employment support
- Funded work placements (expanding in Year 2)

The service operates:

- Four days per week at Kingston Library
- One day per week at the Guildhall

Year 1 engagement targets have been exceeded. Recommissioning for Year 2 is expected imminently.

### **Sustainability and Benefits Concerns**

A discussion took place regarding concerns among some residents about:

- Losing benefits if employment is not sustained.
- Being unable to maintain employment due to mental health relapse.

Victoria explained that:

- Participation is voluntary and based on readiness.
- Timing is critical.
- Universal Credit is more flexible than previous systems if employment ends.

	<ul style="list-style-type: none"> <li>• In-work support is provided.</li> <li>• Disclosure decisions are discussed individually.</li> </ul> <p>An example was shared of an employer holding a role open for a participant receiving inpatient mental health support.</p> <p><b>Partnership Opportunities (Year 2)</b> Victoria requested partnership engagement around:</p> <ul style="list-style-type: none"> <li>• Commissioned mental health pathway support (group or one-to-one anxiety-focused interventions linked to employability).</li> <li>• Digital skills provision.</li> <li>• English conversation support.</li> <li>• Disability Confident employers.</li> <li>• Employer engagement networks.</li> </ul> <p><b>Responses from the Group</b></p> <ul style="list-style-type: none"> <li>• Lucy Riddett shared IPS contacts and offered linkage to employment specialists and outcome data.</li> <li>• Chennel Lawrence offered referral pathways and alignment with the Champions for Change employer framework.</li> <li>• It was confirmed that Working Well Trust had been involved in Year 1 delivery and now holds the Connect to Work contract.</li> </ul> <p><b>ACTION</b> - Victoria will follow up individually and report back to the group. <b>ACTION</b> - Circulate updated ACES marketing materials (Victoria to send to Sam when approved)</p>	
2.2	<p><b>Mindful Space Pilot – Kingston Giving</b></p> <p>Hicky Clark introduced the Mindful Space pilot, funded by the National Lottery, running February–July 2026.</p> <p>The project focuses on co-designing accessible social venues for young people aged 18–25 with lived experience of mental health challenges. Seven venues will participate in the pilot. Ten young people (paid London Living Wage) will form a co-design panel.</p> <p><b>Rationale</b> Local intelligence indicates:</p> <ul style="list-style-type: none"> <li>• 39% of residents report wellbeing “not going well”.</li> <li>• Long mental health waiting times.</li> <li>• Frequent searches for social connection support.</li> </ul> <p>Barriers identified include:</p> <ul style="list-style-type: none"> <li>• Noise</li> <li>• Crowding</li> <li>• Lighting</li> <li>• Alcohol pressure</li> <li>• Fear of judgement</li> </ul> <p><b>Pilot Outputs</b></p>	HC

	<p>Planned outputs include:</p> <ul style="list-style-type: none"> <li>• Co-designed venue improvements.</li> <li>• Staff awareness and inclusion training (in partnership with Mind in Kingston).</li> <li>• Visible signage and lanyards.</li> <li>• An online directory of “Mindful Space” venues.</li> <li>• A replicable model for wider roll-out.</li> </ul> <p>The potential employability benefit of safe, confidence-building venues was also noted.</p> <p>John Trend expressed interest in linking with the project.</p> <p><b>ACTION</b> - Recruitment details and survey information will be circulated via email by Hicky.</p>	
2.3	<p><b>Our Priorities and Forward Planning</b></p> <p>Liz Trayhorn thanked the group for their feedback on the priorities presented at the last meeting. These are summarised below:</p> <ul style="list-style-type: none"> <li>• <b>Start Well</b></li> <li>• <b>Live Well</b></li> <li>• <b>Age Well</b></li> </ul> <p>Members agreed with this thematic structure.</p> <p>It was suggested that each themed meeting should:</p> <ul style="list-style-type: none"> <li>• Include one strategic overview presentation (e.g. data or commissioning perspective).</li> <li>• Include one or two focused service spotlights.</li> <li>• Allow sufficient time for structured discussion on system implications.</li> </ul> <p><b>Proposed Schedule</b></p> <p><b>29 April – Start Well</b></p> <ul style="list-style-type: none"> <li>• Perinatal mental health services and Family Hubs (Lucy to identify a Trust contact and Liz Trayhorn to ask Fiona about a contact from an ICB perspective)</li> <li>• Sarah Reid - SEND reforms, social care changes, youth guarantee programmes, early years initiatives and Family Hubs</li> <li>• Early Years: The health and care needs of under-5s and their families report (Stephen Bitti)</li> <li>• 0-19 commissioning (To ask <a href="#">Mark Jordan</a>)</li> </ul> <p><b>1 July – Live Well</b></p> <ul style="list-style-type: none"> <li>• Severe Mental Illness (SMI): mental and physical health, and links to Public Health offers (Lucy and Ophelia)</li> <li>• Social prescribing (Liz to identify a presenter)</li> <li>• Recovery College (Lucy to identify a presenter)</li> <li>• Substance misuse commissioning and mental health needs (to ask Sarah Drainey)</li> <li>• Peer support update (Liz to approach Chennel)</li> <li>• Health and care needs of socially isolated, physically Disabled adults (Stephen)</li> </ul> <p><b>9 September – Age Well</b></p>	LT

		<ul style="list-style-type: none"> <li>• Loneliness research findings (Liz)</li> <li>• SWL bereavement gap workshop report (Stephen)</li> <li>• Health and care needs of socially isolated, physically disabled adults report (Stephen Bitti)</li> <li>• Tony Williams on social connections</li> <li>• Intergenerational activity (John Trend)</li> </ul> <p><b>ACTION</b> – Those who have offered to lead to identify presenters for talks/ prepare presentations for each meeting.</p> <p><b>ACTION</b> - Sam to update the forward plan.</p>	
3	3.1	<p><b>AOB</b></p> <p>N/A</p>	
		<p><b>Date/s of the next meeting</b></p> <p>Wednesday 29<sup>th</sup> April 2026 – 10:30-12:30</p> <p>Wednesday 1<sup>st</sup> July 2026 – 10:30-12:30</p> <p>Wednesday 9<sup>th</sup> September 2026 – 10:30-12:30</p>	