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Time to Change Kingston Celebration



**Wed 10th March
4pm-5pm**



2017 - The start of TTC Kingston Hub

- 1st bid to be a TTC hub in Nov 2017
- Became an organic hub
- Steering group was set up
- Supported by
 - James Martin
 - Tony Williams
 - Chrystalla Karvella
 - 21 pledges of support from local partners

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2019 - Becoming a funded Hub



- Application approved in 2019
- 1 of 8 funded hubs in 2019
- 2nd in London after Waltham Forest
- Healthwatch Kingston as Hub Coordinator
- Royal Borough of Kingston as Hub Host
- Growing group of Champions involved
- HWK/RBK/NHS extension to TTCK coordinator post



Oct 2019 - World Mental Health Day

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- In Kingston Ancient Marketplace
- Very quick turnaround
- 10 Champions and Partners involved
- Spoke to 44 people about mental health



Setting up Champions Network Group

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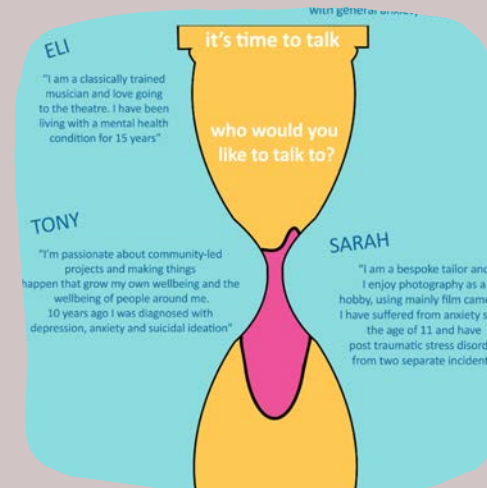
- Every 2 months
- Workshop ideas for activities
- Plan events
- Champions put forward thoughts for Champions Fund
- Champion's Check-In launched during pandemic

Feb 2020 - Time to Talk Day

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- Organised Living Library
- 6 Champions wrote their story and recorded it with Justin from Create4MentalHealth
- Set up at New Malden Library
- 6 Champions shared their story with 54 people



Feb 2020 - Hook Centre event

- Last face to face event before pandemic
- Had a 'Living Library' stall
- Well attended by lots of wellbeing organisations
- Held a workshop around mental health stigma



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May 2020 - Mental Health Awareness Week

- Transferred Living Library online
- Hosted 2 'In conversation events'
- Fabian's book launch event
- Created social media campaign
- Champions created Lockdown tips for the community

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Online Living Library



The Kingston Living Library is a safe community space where members of the public can speak to any person with lived experiences of mental health issues to improve their understanding. For Mental Health Awareness Week, our champions have created this online space to share their stories.



'In Conversation' with Time to Change Kingston Champions Tony & Sarah
Friday 22nd May 11.30am on Zoom

Living
Library

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#MentalHealthAwarenessWeek



on @TCKingston · May 21
Will your act of #Kindness be today? ❤️
More important than ever to check in on friends, family and colleagues (in a socially distant way!). Remember to #AskTwice if you are worried they aren't sharing the full picture.
#MentalHealthAwarenessWeek #KindnessMatters



on @TCKingston · May 22
To properly tackle #MentalHealth stigma in society, we also need to tackle the stigmatising thoughts we apply to ourselves. In honour of this year's #Kindness theme for #MentalHealthAwarenessWeek, remember to be kind to yourself & challenge that inner critic! #KindnessMatters



May 2020 - Champions Lockdown Tips

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- Conscious of impact of lockdown on everyone's mental health
- Champions found they had developed healthy coping strategies to help their mental health issues that also help some people in lockdown
- Shared their tips for Mental Health Awareness Week

Eli's lockdown tip



Goal setting helps me to develop an action plan which encourages me to carry out my tasks. It helps me to motivate myself during challenging and uncertain times we are going through.

Get tip

Martin's lockdown tip



Being with nature is something I have been passionate about since the age of five and which has been personally very beneficial to my mental wellbeing.

Get tip

Eve's lockdown tip



Sticking to some sort of routine has really helped me stay focused and has been a healthy way to cope with any anxiety that time can cause.

Sarah's lockdown tip



Through therapy, I have learnt to implement various tips and tools to help me control my anxiety, panic attacks, and feelings of discomfort, and through trial and error I have found the ones that fit best for me and would like to share them with you.

May 2020- Big Boys Don't Cry? book launch

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- Collated mental health experiences from over 50 men
- Held book launch event when some of the contributors shared their stories
- Powerful yet uplifting event attended by over 180 people

BIG BOYS DON'T CRY?

On Wednesday 20th May,
7.30pm

- Hear inspirational stories read by some of the book's contributors
- Plus live music

Entry: FREE (places are limited)

Venue: Online via Zoom – link and details to be provided after registering

Register at: bit.ly/BBDClaunch

Oct 2020 - World Mental Health Day

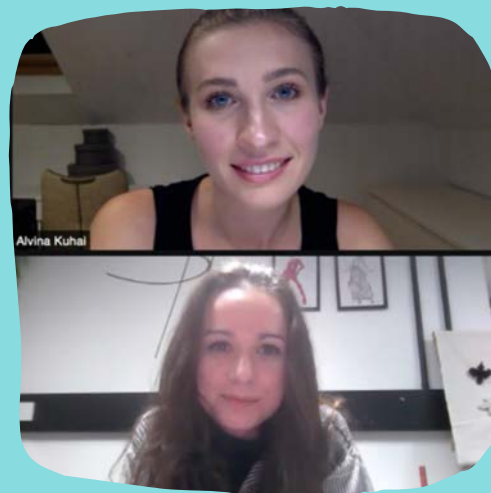
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- Elinor's Community Music event
- Sarah's talk with model Alvina
- 2 'In conversation' events hosted by Giselle from Kingston Libraries
- Link to videos

Come along and meet likeminded people and share the music that has kept your spirits up through the pandemic.

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Nov 2020 - Resource Box

- A tool box for champions to use
- Brainstormed ideas for content
- Design options
- Market research and price quotes
- Ordered both physical and virtual resource box



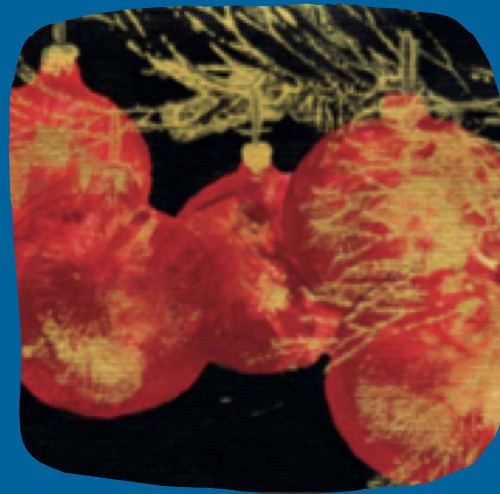
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Dec 2020 - Korean engagement project

- Created mental health tips cards in Korean
- Designed by Dorota
- Distributed to 150 members of Korean Senior Citizens UK
- With Christmas card and sweet treat



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Dec 2020 - Kingston Zine

- 57 colourful pages exploring mental health services in Kingston
- Free online download
- 100 hard copies distributed by the Save the World Club
- 40 copies to be distributed to organisation and libraries
- Each hard copy accompanied by a postcard
- Would you like a sneak peek?



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Downloadable from:
[https://www.healthwatchkingston.org.uk/
time-change-kingston-zine](https://www.healthwatchkingston.org.uk/time-change-kingston-zine)



Jan 2021 - Tamil workshops

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- Ran 3 workshops in Tamil raising awareness of mental health within community
- Very open and interactive discussions about stigma related to mental health
- 1st workshop - What is mental health?
- 2nd workshop - Suicide Awareness
- 3rd workshop - Children's mental health



Feb 2021 - Time to Talk Day

- 5 Champions hosted an 'In Conversation' event called 'Small things that go a long way'
- National TTC poetry book launched featuring Fabian, Zoe and Martin's poems
- 'Check in with a friend' Champion's poster put on 7 e-boards around Kingston.



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Feb 2021 - Sarah's virtual exhibition and talks

- Online immersive exhibition:
 - Showcasing fashion, art & interviews
 - Raising awareness of mental health conditions
 - 180+ users visits with global reach
- Sarah Speaks: Fashion and Mental Health.
 - 6 talks across February 2021 with 6 fashion industry professionals
 - 136 tickets sold even reaching as far as Mexico, USA & Sri Lanka



Feb 2021 - From Seen to Scene

- Screenwriting competition on the theme of 'Encounters' - stories based on an event from the writer's lives
- 6 scenes selected and performed by actors, as well as 3 monologues about mental health experiences.
- 3 winners were chosen by a vote from the attendees

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FROM SEEN TO SCENE

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time to talk day
04/02/21

An exciting online event funded by Time To Change Kingston which will see actors performing scenes submitted by writers who wanted to share their memorable encounters for Time to Talk Day 2021.

The event will be hosted by Writer and Director, Patrick Nicholls and Actor Molly Dee Chase on 04/02/21 @ 19:00

As well as performances, there will be a Q&A, the opportunity to connect with others and a competition to vote for your favourite scene!

performances by

A row of five headshots of actors. From left to right: a woman with dark hair, a man with a beard, a woman with dark hair, a man with a beard, and a woman with curly hair.

Planning for Mental Health Awareness Week in May

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- Theme is Nature
- Looking to make plans more concrete at next Champions Network Meeting on 17th March 1-3pm
- Ideas in Feb were:
 - online art workshop with recyclable materials
 - cards in nature with Dorota's postcard 'Check- In with a friend'
 - Hold 'In conversation' online event



2021 onwards - London Legacy group

- Creating a alliance of existing London Hubs and London Champions
- Website
- Social media presence
- Events when possible
- Launch at event on Thursday 18th March 6.30-8.30pm

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Time To Change London Virtual Networking Event

18/03/21 at 18:30 to 20:30

Register Now www.bit.ly/ttcnetwork

A networking event
for champions and
non-champions
based in London
working together to
end mental health
discrimination.



April 2021 - Mind in Kingston picking up coordination

- National TTC campaign ends on 31st March
- TTC Kingston funding from TTC ending too
- Over 2 years, been building a self-sustaining hub
- Thanks to enthusiasm of Partners and Champions, TTC Kingston Hub will continue beyond March 2021
- Minimal coordination as requested by Champions provided by Mind in Kingston from April 2021 with support from RBK

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How to get involved in the future of TTC Kingston Hub?

- Sign up to Mind in Kingston's TTCK mailing list to continue getting Kingston Hub updates:
<http://bit.ly/TTCKsignup>
- Come along to our next meetings to get involved in upcoming plans for Mental Health Awareness Week in May:
 - Champions Network Meeting Wed 17th Mar 1-3pm
 - Champions Network Meeting - Wed 21st April 3-5pm
 - Steering group Meeting - Wed 5th May 2-4pm
- Questions? Contact ttck@mindinkingston.org.uk



**Huge thank you for all your
help making this possible!**

Kingston Council

Healthwatch Kingston

Champions

Time to Change

Mind in Kingston

Partners

We could not have done all this without YOU!