

PARTNERSHIPS TEAM BULLETIN

This issue: August 2023

- Healthwatch news
- Children & Families - summer activities
- Library Services - community support
- Psycho-educational workshops
- Counselling services
- Digital support for clients

The Partnerships team is working to develop and strengthen the links between Core Team practitioners and community services – helping clients to access local support and resources to help improve their health and wellbeing.

Philippa Russell - North Team

Mary Doherty - Central Team

Nusrath Jaku - South Team



The Healthwatch team were out in the community engaging residents at 'Cally Fest' and Chapel market, giving information and gathering feedback around experiences related to accessing local health services. We were joined by our new team member Nusrath, and local MP Emily Thornberry stopped by for a blood pressure check.



Good news! Confirmation just received from **Sport England** that a grant application submitted by Philippa has been successful. This will directly benefit young people 18-25 in the Core Team to access 1-1 support around physical/gym activity in collaboration with LIFT <https://www.liftislington.org.uk/>

More to follow on this!



Schools out for Summer!

Supporting parents

Islington has a timetable of activities for parents and children/young people of all ages during August.

<https://www.summerversity.co.uk/events> - for 13+

BRIGHT START (ages 0-5) offers 'stay & play' and has **family engagement workers** who provide 1-1 support to parents around issues ranging from housing, training & employment to delivering parenting programmes. Over the summer they have a range of activities at **Childrens Centres** across the borough, with siblings up to aged 8 able to join too.

BRIGHT FUTURES (ages 5-19) 'early help' is offered to parents when additional support is needed, for example with physical or mental ill health parenting or practical challenges like debt, rent arrears and unemployment, Early Help Services can step in. This support is delivered by a lead professional, usually a Family Support Worker, and is tailored to individual families with an emphasis on building skills and resilience to manage and solve problems.

Libraries
ReadLearnConnect

There are 8 adult libraries across the borough offering residents a quiet space to be and access not just free books but also e-audio books, newspapers, magazines. To support social connectedness, they have free internet and on-line reading groups including general fiction, comics and poetry. Evening groups offer knitting & natter it is easy to join and there is an amnesty on fines. They also have a home library service for anyone who is housebound or who has mobility difficulties.

Women and Menopause



“It was a very good session and it is important this kind of session. There are lots of people don't know why it happens to them but when you learn we can accept.”

In our third community outreach sessions with ‘Community Language Support services’ - previously covering trauma for a mens group and general wellbeing for women. This time we explored the impact of the Menopause. 13 women gathered to share their experiences of both physical and emotional related symptoms. We covered NHS resources that provided information in helping to address these including discussing HRT with their GP, 5 ways to wellbeing focusing on the importance of staying active (weight bearing exercises), healthy nutrition (increasing protein) and maintaining social connections.

Counselling services - updates

- Claremont Project (over 55s) - 2 weeks initial assessment, up to 6 months for therapy
- Nafsiyat, Maya and Camden City & Islington bereavement service, CLOSED for referrals
- Stress Project - referrals open mid-August, 2 month wait for therapy
- MIND - free counselling - CLOSED for referrals
- ‘Good thinking - Digital Mental Health and Wellbeing support’ - NHS approved online resources

Digital support from..

Healthwatch Islington has been running a digital inclusion project to support residents to develop their digital skills and to get access to online health services. We deliver face-to-face, remote (via Zoom or over the phone), group and online sessions. This month, we delivered 17 face-to-face sessions and 4 group sessions. In total, our digital champions supported 39 Islington residents in July. Thanks to a grant from Cloudesley and Good Things Foundation (National Device Bank), we have been able to support residents with access to equipment and connectivity, as well as digital skills. For more information on our Digital Inclusion Project, please visit our website: [Our digital support service | Healthwatch Islington](#)

To book your place for a face-to-face session, contact our Digital Inclusion project Coordinator Gulum Sener on **07949182687** or email gulum@healthwatchislington.co.uk

Please let us know if there is anything you would like us to include in next months issue?

Mental Health Partnerships Team