

PARTNERSHIPS TEAM BULLETIN

This issue: October 2023

- NEW programme begins - 1-1 gym access & support for Young People
- Streets Fest ~ Finsbury Park
- Black History month
- Autism Hub and ALAG

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

Philippa Russell - North Team

Mary Doherty - Central Team

LIFTGYM

Aged 18-25 Sport Activity

The programme with **LIFT** and Core team offering a young person 1-1 tailored gym sessions with a personal trainer and a wellbeing coach, is now OPEN for referrals and the first participant was welcomed last week. Feedback was positive after they were introduced to the centre and the team and completed their first session. Contact **Philippa** or **Mary** to refer clients currently being supported in the Core team who would benefit from accessing this opportunity.

STREETS FEST '23

Pictured are some of the staff and volunteers at this annual health and wellbeing event for people who are homeless or vulnerably housed in Islington and Haringey. The event provided an opportunity for people to access a range of support from services in the same place and on the same day. Core team keyworkers joined Philippa and representatives from both local authorities, along with drug & alcohol services, housing, specialist womens support and NHS - health checks. Practitioners and agencies had the opportunity to link in with each other to provide an integrated offer of support.



BLACK HISTORY MONTH

This years theme 'SALUTING OUR SISTERS ' pays homage to Black women who had contributions ignored, ideas appropriated and voices silenced.

<https://www.blackhistorymonth.org.uk/article/section/bhm-intros/celebrating-our-sisters-saluting-our-sisters-matriarchs-of-movements->

Wellbeing Network

Mary has joined the staff network that works across the Trust to promote staff wellbeing ideas and initiatives. As the core team 'Wellbeing advocate she is keen to get a conversation going with colleagues about how the 'Five ways to wellbeing ' can be applied to ourselves at work. Any ideas welcomed



Walk-leader training ~ Green spaces for wellbeing



This was an opportunity for Mary, Philippa, Michaela (Age UK keyworker) and Susanna (peer coach) and other partnership colleagues to learn how to plan a walking activity with clients. The benefits of physical activity improving mental health are so inter-linked and it was helpful to focus on how all the senses can be used. We learned how to prepare in advance as well as trialling our own walk in Gillespie Park and the neighbouring streets. consider weather conditions and terrain to be tailored according to any adjustments. Unexpected facts – goldfish and terrapins get dumped in the pond eating the tadpoles and frogs.

Presentation to ALAG and Autism Hub

Amy Sharp Core Team Lead peer coach delivered a presentation to **ALAG** and the **Islington Autism Hub** around balanced eating and managing sleep for people with a diagnosis of autism. This was an online evening meeting with 56 attendees. Amy shared fantastic tips, tailored information and an interactive food quiz that had everyone guessing! For further details contact amy.sharp@candi.nhs.uk -



Tuesday 10th October 2023

WORLD MENTAL HEALTH DAY

'Mental health is a human right'

Thrive London has an interactive map of all events free to access ~ <https://thrivedn.co.uk/communications/campaign/great-mental-health-day-2023/>

- **'Help on your doorstep' ~ Partnership network**, Mary delivered a presentation to 60 attendees from key Islington organisations on Healthwatch and core team offer to promote collaborative working. Further links through meeting with Social prescribing teams from North and Central localities (more about this organisation and how it supports residents in next months bulletin)

Upcoming events:

MINORITY MATTERS ~ Parent Champions from Somali community, information session planned around 'Young people and MH support'

Cost of living event ~ 18th October @ Jean Stokes Community Ctr. 1-3.30pm

Big room - Trauma 'Eco System' contact James.Gray@Candi.nhs.uk (exploring trauma pathways with service users, clinicians and VCSE partners)

We really appreciate your feedback so please let us know if there is anything you would like us to include in next months issue?

Mental Health Partnerships Team ~ *Philippa and Mary*

