

Community Living Well

Summer 2019

Self-Help Focus

In this edition

Low self-esteem



Managing your money



Let's talk about loneliness



Community
LivingWell

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Editor's Letter

Welcome to the Summer 2019 edition of the Community Living Well magazine. This edition has special features on self-help resources and programmes.

Self-help is about helping yourself to improve your wellbeing using a range of self-guided approaches, often with a strong psychological basis. Many different self-help programmes exist, each with its own focus and set of techniques.

Seeking help for yourself can be an empowering step in your journey to enhanced wellbeing or recovery. When things seem bleak, it can be comforting to remind ourselves that there is a lot we can do to change our circumstances. The information provided in the recommended resources include possible ideas and strategies for taking action. Combined with professional support from Community Living Well, they can pave the way for improved mental health. The articles in this magazine are written by professionals who work for Community Living Well so you can be assured that we offer high quality and reliable advice to all our readers.

From debt and loneliness to self-esteem and eye movement desensitization reprocessing therapy, this edition features a range of wellbeing and clinical related tips that you can embed into your lives.

This is a collaborative magazine and I would like to hear from you. If you have any suggestions, features or stories you would like to share then please contact me at tamsin.cogan@kcmind.org.uk

Tamsin Cogan - Marketing Coordinator

How to Refer

You can refer to the Community Living Well service quickly and securely by completing the form found on this page communitylivingwell.co.uk/self-referral-form-mental-health/. Alternatively, you can ask your GP to refer you.

After we have received your information, we will be in touch within 5 working days. If you have any questions about the referral process or other parts of Community Living Well, please contact us on **020 3317 4200**

Community Living Well

Eligibility

Community Living Well is a primary care service for anyone experiencing mental health difficulties who is 16 years or over and signed up with a GP in Kensington and Chelsea, Queen's Park or Paddington.

Community Living Well offers a different kind of mental health support. It brings people together from your local community groups, NHS and the voluntary sector in one service which will work alongside you and your GP to help you access the support you need.

Our model of care aims to:

- work as one integrated service that wraps around the individual
- work with the GP at the centre as the accountable clinician responsible for each person's treatment

Our Partners

Central and North West London NHS

Foundation – Primary Care Liaison and Psychological Therapies Services

Brent, Wandsworth and Westminster Mind

– Mother Tongue Counselling Service

Kensington and Chelsea Mind

– Peer Support Service

SMART

 – Navigator and Employment Services

Wellbeing Support

Employment – Advice and support to gain or retain paid employment, improve employability skills and know your rights in the workplace.

Navigators – Practical help and support to access specialist advice on a range of issues including benefits and debt.

Peer Support – Social activities, peer support groups and one-to-one support with people who have had similar experiences to you.

Self-Care – Activities which can help to keep yourself well.

Clinical Support

Psychological Therapies – Support for when you experience difficult emotions, such as low mood, worry and stress.

Mother Tongue Counselling – Culturally appropriate one-to-one talking therapies and wellbeing workshops in Arabic & Farsi.

Primary Care Liaison – Structured support from specialist mental health nurses and workers.

Find out more information and whether we can help you on our website

communitylivingwell.co.uk





Dr Lenia

Lifting Your Low Self-Esteem

Dr Lenia Aivazi is a Counselling Psychologist and CBT therapist who runs the

Boosting Self-Esteem course in the Psychological Therapies service. Below she shares some insights on how low self-esteem develops, the impact that it has on our lives and ways to rebuild self-confidence.

What is low Self-Esteem?

Self-esteem refers to the value that we place on ourselves as individuals. If you experience low self-esteem, your overall opinion of yourself will be negative:

- 'I never get anything right'
- 'Other people are better than me'
- 'I'm not good enough'

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We all have times when we think like this about ourselves, but if this is how you feel about yourself most of the time then you may suffer from low self-esteem.

How does low self-esteem develop?

Low self-esteem often develops from negative early life experiences. These may include being criticised from a young age, experiencing bullying or simply a lack of praise. But even if early life has been stable, major life events including being in an abusive relationship, going through a divorce or losing your job can also trigger low self-esteem.

How does low self-esteem affect us?

If you experience low self-esteem, you may start withdrawing from situations, find yourself overanalysing your interactions with others and avoid trying things that you find challenging.

In the short-term, avoiding situations that you are afraid of makes you feel relieved, but in the long-term it erodes your confidence because it reinforces your underlying negative beliefs

about yourself, 'I'm no good'. This can have a harmful effect on our health. It can lead to depression, anxiety and developing unhealthy habits such as drinking excessively as a way of coping.

Here are some simple tips that can help you boost your confidence:

Look After Yourself

As part of developing healthier self-esteem, we need to get better at treating ourselves as valued individuals. Try to eat healthily, rest, exercise, and make time for things that you enjoy.

Conquer Your Fear of Trying New Things

We can all feel nervous when it comes to launching ourselves into a new experience. However, people with healthy self-esteem don't allow these fears to inhibit them from trying new challenges. Set a small goal such as trying a new exercise class, going to a social event, or sharing your opinion in your next work meeting. These situations provide great opportunities for you to test out whether your initial fears were realistic. Once we face our fears we realise that they can lose their power over us. Achieving a goal that is important to you can boost your confidence and make it easier for you to take on new challenges in the future.

Try Not to Jump to Conclusions

People with low self-esteem tend to predict that things will go wrong and make negative judgements about themselves. Try to get into the habit of questioning your predictions rather than assuming they must be true. Ask yourself:

Is there any evidence against what I'm predicting? What's the worst that can happen? What can I do to cope with it?

Be Kind to Yourself

This means being compassionate towards yourself

especially in moments of suffering. Treating yourself like a friend is far more motivating than constantly putting yourself down.

Learn to Say No

Learning to be assertive is a skill, the more you try it the better you will get at it. People will soon learn to respect your needs and you will thank yourself for it.

Keep a Diary Of Positive Personal Qualities

Keep a daily diary of activities which confirm your personal positive qualities or strengths. We tend to dismiss or filter out positive qualities so make a conscious effort to acknowledge them and write them down. If you are struggling ask people around you to describe you positively in three words, you might be surprised!

Reward Yourself

Celebrate your everyday achievements and successes - no matter how small! This sends a powerful message to your brain - you are valued and this needs to be acknowledged.

Further Reading

Overcoming Low Self-Esteem: A self-help guide using cognitive behavioural techniques by Dr Melanie Fennell

If you are experiencing some of the issues mentioned...

To sign up for the Boosting Self-Esteem course, you can refer yourself to the Psychological Therapies service, by filling out the form available here: communitylivingwell.co.uk/self-referral-form-mental-health/

Neeraj's Story



"My self-esteem has drastically improved, and with that, so have other parts of my life"

If you would like to be a part of our creative process through sharing your story, please get in touch with our editor, Tamsin Cogan, at tamsin.cogan@kcmind.org.uk

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A hectic lifestyle coupled with a lack of support left Neeraj's self-esteem at an all-time low. But after attending a Community Living Well self-esteem course, he learnt to overcome his critical thoughts, change his internal dialogue and adopt a more self-compassionate outlook.



Why were you referred to Community Living Well Psychological Therapies?

I was at a stage in my life where it felt like everything had piled up all at once. I jumped straight into a full-time job two weeks after I had finished my exams at university and was trying to find a house to move into in London with friends. I've suffered from anxious and depressive states ever since I can remember, but never got help for these conditions in the past. I was referred by my GP to Psychological Therapies. I found them to be polite, nice and understanding. Within two weeks of meeting the doctor, I was called for a preliminary consultation. They thought

the cause of my depressive state could be due to low self-esteem. They suggested that I attend a ten-week self-esteem group which brought like-minded people together to discuss and learn from each other's experiences. I had always been curious to know if other people's stories were similar, and if so, was keen to exchange theirs with mine, so I decided to take the plunge and join the group.

What attracted you to the self-esteem group?

I know that a therapist is trained in providing help to those that need it, but there's something about having people in the same room as you who are tackling the same issues that I found to be extremely reassuring as it put some of my worries to rest. Once in there, you are reminded of how nice and open people can be.

Tell us about your experience of the group

I remember coming home after the first group and falling asleep on my sofa, completely knocked out for a few hours. I pushed through though and learnt so much about myself and others. It was brilliant to see so many people come together to help understand why our brains can default to an over-thinking cycle. There was laughter too, as by the fourth week we had become friends and were chatting about

Were there any challenges from being part of the group?

The challenging element was not being open with others, but in fact being open and honest with myself. To do that, you must try and confront your judgemental thoughts so that over time you learn to be less harsh on yourself.

What has the effect been like on your self-esteem?

I'm a confident and vibrant character and I love fashion and music, so when I share my story with people for the first time, they often stare at me in disbelief. But I've learnt to trust others and not judge myself as severely as I used to. Now I take a moment before I approach a task or attend an event to assess the impact it will have on my state of mind. My self-esteem has drastically improved, and with that, so have other parts of my life.

"The challenging element was not being open with others, but in fact being open and honest with myself"

What was the most important thing you gained from the group?

We were encouraged to take part in a weekly self-care activity and share our experiences with the group. I still do one thing a week, for instance baking a cake (I actually learnt how to bake through one of these self-care activities.) I also take a few minutes at the end of every day to write down one good thing I have done. It could be as simple as picking up an item that someone dropped on the street as this signifies empathy. I also write down three good things that happen to me each day, that can range from petting a dog on the side of the road to landing a new job.

"I learnt so much about myself and others... it was brilliant to see so many people coming together"

What advice would you give others who are struggling with psychological issues, particularly self-esteem?

You're not alone, you're not weird and it's okay to feel the way you do! The world is a great place with you in it, and it will be even better when you take some time to look after yourself.

Do you have a plan for maintaining the progress that you've made?

When I get caught in a loop, I try not to think about myself as a burden and instead reach out to people who I trust and care about. I also do the activities I mentioned above.

If you are experiencing some of the issues mentioned...

To refer yourself to the Psychological Therapies service, please fill out the form available here: communitylivingwell.co.uk/self-referral-form-mental-health/ or call 020 3317 4200



Eye Movement Desensitization Reprocessing (EMDR) Therapy has been making waves across the world as an effective form of treatment for trauma and Post Traumatic Stress Disorder. We take a look at how the psychotherapy works and what it involves.

What is EMDR?

EMDR is a psychotherapy that is often used to treat trauma and post-traumatic stress disorder (PTSD). It enables people to overcome the emotional distress that emerges from disturbing and traumatic life experiences. For some PTSD sufferers, when something traumatic has happened to them, the memory of their experience can come flooding back into their mind at a moment's notice. This causes them to relive the experience with the same intensity of feeling – as if it is taking place in that present moment.

These triggering episodes may appear as flashbacks or nightmares and are thought to occur when a brain is unable to process a traumatic event. The unprocessed memories as well as the associated sights, sounds, thoughts and feelings are stored in the brain, ready to resurface after any incident triggers a recollection of the event. Whilst these painful memories sadly cannot be erased, EMDR techniques can alter the way these traumatic images are stored within your brain,

lessening the impact that they can have on you.

How can EMDR benefit me?

- 👁️ reduce incidents of recurring trauma
- 👁️ increase your ability to cope with and manage trauma memories without needing to actively avoid potential triggers
- 👁️ help you to feel more able to engage in pleasurable activities and relationships
- 👁️ reduce feelings of stress, anxiety and hypervigilance – allowing you to go about your daily life without feeling fearful or prone to panic

What does it involve?

EMDR therapy is recommended on the basis that the recollection of a distressing event can be less overwhelming when our attention is diverted.

Over a phased eight session treatment plan, you will focus on a triggering event in brief doses while your therapist simultaneously guides your eye movement.

By keeping a traumatic memory at the forefront of your mind and tracking the fingers of your therapist, your short-term memory will process an abundance of information.

This overload of information will then obscure the upsetting image so that it loses its emotional charge. As a result, you will be able to access memories without triggering an emotional outburst.

Phase 1 – The first phase is a history-taking session. Your therapist will assess your readiness and develop a treatment plan that is tailored to your individual needs.

Phase 2 – Your therapist will teach you a variety of self-calming activities including imagery and stress reduction techniques. You can use these to restore an equilibrium in your mood when trauma reminders hit.

Phases 3-6 – A target memory or incident will be identified and processed using EMDR procedures. You will identify the vivid visual image related to the memory, a negative belief about yourself and any related emotions and body sensations.

You will then be asked to focus on the image, negative thought and body sensations whilst simultaneously engaging in EMDR through eye movements or taps.

Phase 7 – During the penultimate phase, your therapist will request that you keep a daily log of your thoughts relating to the trauma.

Phase 8 –The final phase will provide the chance for you to map out and evaluate the progress that has taken place with your therapist.

What should I know beforehand?

EMDR therapy has received worldwide recognition as an effective treatment for trauma and has fewer known side effects than those associated with prescription medications. However, as with all non-talking treatments, there are still some side effects associated with the therapy.

EMDR can cause a heightened focus and awareness of thinking that can last after the course has finished. This may lead to vivid and realistic dreams that cause fear or pain.

It often takes several sessions to treat PTSD with EMDR therapy. The beginning of therapy may be triggering due to heightened levels of awareness, especially if you have just started to confront the emotion that accompanies the memory. Whilst it is likely that the EMDR will yield good results in the long run, it may be distressing when you initially commence with the treatment.

Where can I receive EMDR?

There are currently no official laws in place that stipulate a requisite level of training, experience or expertise for the practice of EMDR therapy. However, industry benchmarks and professional bodies recommend that practitioners are trained mental health professionals who have undertaken further training in EMDR.

If you are experiencing some of the issues mentioned...

Your GP can refer you to the Primary Care Liaison Nurse service. Book an appointment so that you can talk through your options with them.

Adjusting to a New Way of Life

When you move abroad, you're learning to work, live and make friends in a strange new world, whilst also desperately missing - and trying your best to stay in touch with - your friends and family back home.



You may suffer from 'Culture Shock' as a consequence, which can trigger feelings of loneliness and cause you to withdraw from certain situations.

Minu met with one of our mother tongue counsellors who helped her prioritise her needs. After finding some solutions to her problems together, Minu now feels able to get the most out of life in her new home.

Counselling is a talking therapy that involves a trained therapist listening to you and helping you find imaginative and resourceful ways to deal with any emotional issues you may be experiencing.

From processing life-changing events and challenging circumstances to addressing difficult feelings and complex emotions; there are many reasons why you might benefit from seeing a counsellor.

Our Mother Tongue counsellors can provide you with help and support for a range of issues. Over a course of 12 sessions they can help you to build life skills, find clarity and foster emotional strength.

Through supporting you to make healthy and adaptive changes to your life, our counsellors can instil you with a sense of direction so that you feel able to navigate life's difficult situations.

Minu, a 38-year-old immigrant from Iran, self-referred herself into the mother tongue counselling service after experiencing symptoms related to low mood, irritability and anxiety. Living with her mother had left her feeling frustrated due to the restrictions it placed on her independence. She was desperate to move out and start a life in her new country but felt trapped by the crushing cultural expectations and guilt that were forcing her to stay at home.

“Minu had the ability to describe her innermost thoughts using any words she wished in her native language”

Her initial conversations with her counsellor focussed on the relationship between Minu's symptoms and the recent changes to her living situation. She spoke at great length about the impact her migration had on her relationships and self-esteem, as well as the hardships associated with assimilating to a new culture. After some self-reflection, she began to explore the underlying reason for her reluctance to leave her mother, which stemmed from the acts of domestic violence that she had witnessed in their household growing up. Together, Minu and her counsellor mapped out an action plan that she could use to incorporate some necessary changes into her life.

As the sessions progressed and a deeper sense of familiarity was established with the counsellor, Minu began to examine and challenge some of her negative beliefs. She identified a correlation between her upbringing and the difficulties she was experiencing with processing her emotions and discovered that this was a behavioural trait that she had inherited from her family.

Through learning to place equal emphasis on her thoughts and feelings, she was able to make some positive changes to her behaviour. Her counsellor demonstrated the difference between assertiveness and politeness, which

helped her overcome the feelings of guilt that had been holding her back.

Minu was starting to develop a sense of ownership over her past, present and future choices. Her counsellor encouraged her to set boundaries and say "no" when necessary- which she found to be a great way of creating and sustaining a healthy relationship with herself and others.

This renewed sense of independence paved the way for Minu's realisation that staying with her mother was in fact the safest and most comfortable option. It also motivated her to push herself outside of her comfort zone through signing up to an English class. She was pleased to find that improving her English enhanced her integration into her new home. Inspired by her new-found confidence, she persuaded her mother to join the Community Living Well Peer Support service, so that she too could adopt a more self-sufficient outlook and decrease her dependence on Minu.

Minu felt empowered during her counselling sessions because she had the ability to describe her thoughts and experiences using any words she wished in her native language. She was grateful that her counsellor not only understood but was sensitive to her cultural background. Talking in a safe and non-judgemental space meant that she was able to freely and fully express her thoughts and feelings.

Minu now feels she possesses the emotional and practical tools required to lead a fulfilling and productive life and believes that taking up counselling has offered her the key to unlock a happier future.

If you are experiencing some of the issues mentioned...

To refer to the Mother Tongue Counselling service, please fill out this form communitylivingwell.co.uk/self-referral-form-mental-health/ or call 020 3317 4200



Working for Yourself

Being self-employed is a dream come true for many entrepreneurial spirits and work from home parents - a chance to break free of the 9-5 lifestyle and start enjoying the freedom of independence and self-managed schedules. You get to 'be your own boss' and work more flexibly and depending on your industry you may be able to command a much higher rate than the salary you'd be able to achieve as an employee. But there are downsides too and when you're contemplating taking a leap of faith, there are lots of things to consider before embarking on a self-made career. Our employment team share some of the pros and cons associated with this career choice.

When you're going self-employed, there are some initial actions you will need to complete, including informing HMRC of the change to your employment status. You will need to decide on your business structure – whether you will be set up as a sole trader or limited company, as there are different steps required depending on the structure of your business.

You might be able to claim welfare benefits to top up your income i.e. income support or universal credit. The benefits that you're entitled to will depend on several factors - i.e. age, working hours and how much you earn. If you are already receiving benefits, becoming self-employed will usually count as a change of circumstances and you should inform the relevant organisations as soon as possible.

You may be eligible for a grant from the government called a New Enterprise Allowance if you or your partner have been receiving jobseeker's allowance/employment and support allowance, if you've previously been receiving income support, or if you're a lone parent, sick or disabled.

Pros	Cons
<ul style="list-style-type: none">+ You have more flexibility and control, so it may be easier to fit your work around other commitments and responsibilities, including childcare or appointments. If you are experiencing symptoms of anxiety, knowing that you have this flexibility may also avert the sense of panic that going into the office on a bad day can produce.	<ul style="list-style-type: none">- Self-employment may loosen your professional and personal boundaries and make it more difficult to strive for a healthy work/life balance. This could lead to 'burnout'.
<ul style="list-style-type: none">+ Your work can be more varied, as you may be working on several different projects for different clients at any one time. This variation may increase your job satisfaction and workplace wellbeing.	<ul style="list-style-type: none">- If you're working on your own a lot, being self-employed can be isolating. This could exacerbate depression or anxiety symptoms.
<ul style="list-style-type: none">+ You can learn new skills and explore your creative and entrepreneurial side as you build your own business.	<ul style="list-style-type: none">- Your income isn't guaranteed, which can sometimes make it hard to keep up with rent or mortgage payments, loan repayments and living expenses.
<ul style="list-style-type: none">+ Reaping the rewards of your hard work can be very satisfying. You also have the ability to do the things you love most which can generate a sense of empowerment and improve your self-esteem.	<ul style="list-style-type: none">- Lack of employee benefits means that if you take a holiday or can't work because you're unwell, you won't get paid.
	<ul style="list-style-type: none">- You may miss being part of a team or having easy access to a wide range of professionals in your field. Learning from and collaborating with others can enrich our lives and significantly contribute to our personal and professional growth.



Working for Yourself

Where you can get help and advice

Portobello Business Centre

Address: Office 6/7, Canalside House, 383 Ladbroke Road, London W10 5AA

Tel: 020 7460 5050

Email: info@pbc.co.uk

Website: www.pbc.co.uk

What is provided: Advice and information for people wanting to start their own business or go self-employed. Business Advisors can help business start-ups with growth and expansion. The centre also runs an Enterprise Club and seminars on specific topics including business, fashion, e-marketing, crowd funding, import/export and branding.

Eligibility: Subsidised advice is currently only available to residents of the Royal Borough of Kensington and Chelsea.

Self-employment isn't an ideal fit for everyone and has its own set of challenges and setbacks like every form of work. Loneliness and poor sleep patterns can be some of the biggest health disadvantages of self-employment but can be overcome with a little forward planning and strategy. Try any of the tips on the next page if you're having a hard time adjusting to life as a self-employed individual and start making the most of your new lifestyle.

Kensington Business Information Point (BIP)

Address: Kensington Central Library 12, Phillimore Walk, London W8 7RX

Tel: 020 7361 3010

Email: information@rbkc.gov.uk

Website: www.rbkc.gov.uk/libraries

What is provided: Kensington BIP offers a wide range of books and journals on the subjects of business and finance, as well as a selection of subscription online business resources (i.e. MintUK, COBRA, Market Research). They also run a programme of free business and networking events and workshops throughout the year.

Eligibility: Anyone

Business Finance and Support

Website: <https://www.gov.uk/business/finance-support>

STRUCTURE YOUR DAY

Formulate a routine and make sure you schedule in breaks. Using to-do lists and planning your day the night before can help you manage your workload. Set realistic, SMART goals with attainable benchmarks that will allow you to step back and celebrate your accomplishments.

DELEGATE

When you're self-employed, you will need to manage the marketing, accounts, admin and IT. That's a lot of balls to juggle and you may not be comfortable with every task. Connect with people that can help you with jobs that you don't particularly enjoy or aren't as good at.

SLEEP

Sleep is essential to our mental health. Listen to your body. Without good sleep, our mental health suffers and our concentration goes downhill.



PRIORITISE SELF-CARE

It's important to schedule time away from work, especially since you're never really clocking in or out from your job. Exercising, or going for a walk can help prevent mental and physical exhaustion, whilst meditating and relaxing can help you to recharge and improve your concentration levels.

SPEAK TO OTHERS

Being self-employed may require you to spend lots of solitary time at home. Make socialising a priority by scheduling regular catch-ups with your family and friends. You could try to call someone new each day, a friend, relative, past colleague or even just a neighbour. Talking to someone even for just a few minutes can help you switch off from your job. Pick a topic that is completely unrelated to work for maximum effectiveness.

SEEK HELP

Don't be afraid to get some help with dealing with the psychological adjustment and looking after your mental health. Support groups and talking therapies can be a great place to offload when managing the anxieties that come with being a new business owner.



Managing your Money

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anaging your money is an essential skill to learn in order to minimise debt,

not claimed all that you are entitled to. Having a low income puts you at greater risk of getting into debt to begin with as it may mean you lack a safety net or emergency fund. If your income is low over a long period of time and you struggle to manage it, this can mean that debts accumulate.

Life Changes

Losing your job, relationship breakdowns and bereavement are all major life changes that can have a significant impact on your ability to cope and manage money. At times like these, we can feel vulnerable to further hits and may resort to short-term and quick fixes such as applying for credit cards or taking out loans with high interest rates. This only tackles the symptoms rather than the root cause of our debt - which will only continue to rise and correlate with an increase in our stress levels and a deterioration in our mental wellbeing.

Mental and Physical Wellbeing

Mental or physical illness may require you to take time off work in order to prioritise your health and recovery.

particularly whilst living in London. There are, however, many different reasons why managing your finances can prove difficult – especially if you have an underlying mental health condition. Community Living Well Navigator, Maeve, explores some of the reasons why debt can stack up and shares some measures that can be put in place to prevent this from happening.

Income

You may have a low income which does not cover the costs of necessities associated with daily living. This may be because your benefits have altered or stopped, you have missed a payment or

During these periods away from employment, you won't have as much disposable income but may end up spending more on prescriptions and travel to appointments.

Ignorance is Not Bliss

You may find it too overwhelming to budget, speak to your bank, calculate your monthly payments or pay your bills. This avoidance will lead to your debt continuing to grow.

One in three people regularly worry about money to the extent that it has a negative impact on their mental health. Debt can contribute to this as it can make you feel:

- 💰 Out of control.
- 💰 Hopeless, especially if debts are continuing to spiral.
- 💰 Embarrassed and isolated as you feel unable to talk about your financial problems. This feeling is often compounded by the double stigma around mental health and money, which may make it feel difficult for you to confide in others or seek help.
- 💰 Guilty due to the shame that can be attached to debt. This is especially the case if your sense of self-worth is connected to your ability to provide for yourself and your family.

“ Managing money is an essential skill to learn in order to minimise debt, particularly whilst living in London. ”

- 💰 Inferior and inadequate when you compare yourself to others.
- 💰 Stressed and anxious. Debt is often a major factor for those suffering from anxiety, and the two issues can feed into each other, creating a vicious cycle.

There is help out there!

Don't feel like you have to tackle the issue alone. There are many services in London that can help you manage your money and debt. The Navigator Service at Community Living Well can support you through:

- 💰 Signposting you to specialist services both online and in your area.
- 💰 Making referrals to different money management organisations.
- 💰 Supporting you to contact these services or speaking to them on your behalf.

Whilst seeking help is a great way to avoid a downward spiral in your health and wellbeing, there are also changes you can make yourself. The first step to managing your money better is creating a budget. It will take a little effort, but it's a great way to get a quick snapshot of the money you have coming in and going out. Take control of your finances over the next month by trying out our budget planner on the next page →

If you are experiencing some of the issues mentioned...

To refer to the Navigator service please fill out the form found here: communitylivingwell.co.uk/self-referral-form-mental-health/

Budget Planner

Starting Balance
£

Starting Debt
£

Monthly Income
£

Housing

	Budget	Spent
Rent/Mortgage	£ <input type="text"/>	£ <input type="text"/>
Taxes	£ <input type="text"/>	£ <input type="text"/>
Insurance	£ <input type="text"/>	£ <input type="text"/>
Repairs	£ <input type="text"/>	£ <input type="text"/>
Total	£ <input type="text"/>	£ <input type="text"/>

Transport

	Budget	Spent
Public Transport	£ <input type="text"/>	£ <input type="text"/>
Car Payment	£ <input type="text"/>	£ <input type="text"/>
Car Insurance	£ <input type="text"/>	£ <input type="text"/>
Gas	£ <input type="text"/>	£ <input type="text"/>
Total	£ <input type="text"/>	£ <input type="text"/>

Utilities

	Budget	Spent
Electric	£ <input type="text"/>	£ <input type="text"/>
Gas	£ <input type="text"/>	£ <input type="text"/>
Water	£ <input type="text"/>	£ <input type="text"/>
Phone	£ <input type="text"/>	£ <input type="text"/>
Internet/TV	£ <input type="text"/>	£ <input type="text"/>
Total	£ <input type="text"/>	£ <input type="text"/>

Personal

	Budget	Spent
Entertainment	£ <input type="text"/>	£ <input type="text"/>
Clothing/Shoes	£ <input type="text"/>	£ <input type="text"/>
Kid's Supplies	£ <input type="text"/>	£ <input type="text"/>
Newspapers	£ <input type="text"/>	£ <input type="text"/>
Holiday Expenses	£ <input type="text"/>	£ <input type="text"/>
Total	£ <input type="text"/>	£ <input type="text"/>

Food

	Budget	Spent
Groceries	£ <input type="text"/>	£ <input type="text"/>
Eating Out	£ <input type="text"/>	£ <input type="text"/>
Total	£ <input type="text"/>	£ <input type="text"/>

Miscellaneous

	Budget	Spent
Prescriptions	£ <input type="text"/>	£ <input type="text"/>
Loans	£ <input type="text"/>	£ <input type="text"/>
Total	£ <input type="text"/>	£ <input type="text"/>

Savings Start Balance
£

Monthly Goal
£

Ending Balance
£





Let's Talk about Loneliness

Loneliness can be crippling. It is a mismatch of the relationships we have and those we desire. It is our internal trigger, letting us know it's time to seek company; just as hunger lets us know it's time to eat.

You may feel that admitting you're lonely is the same as admitting some sort of personal failure or weakness, but in actual fact loneliness can affect any of us at any given moment. Up to a fifth of all UK adults recently reported that they feel lonely most of or all of the time. In response to this, the government has launched its first loneliness strategy and pledged to tackle 'one of the greatest public health challenges of our time'. Yet despite increased media attention and public discussion on this epidemic, loneliness is still described by many as the 'last taboo'.

A revealing study on human happiness, The Harvard Study on Adult Development, followed 725 men over 75 years from a variety of backgrounds. The results of this study continuously showed that above all other factors including monetary gain, professional success and physical beauty, it is good relationships that

keep us happy and foster better physical health and a longer life. Participants who had fulfilling and meaningful relationships with those around them were in fact happier, physically healthier and lived longer.

The Peer Support team are here to help you connect with others through a mutual system of understanding based on giving and receiving support. Our groups provide a sense of belonging to a community of people with similar experiences and give you a safety net to turn to in difficult times.

Through the Five Ways to Wellbeing model, they will help you feel engaged in the world around you and significantly decrease the isolation and loneliness that are so often associated with depression and anxiety.

Active - City Walkers/Park Life

Join a friendly Peer Support group as they explore the many beautiful streets and parks in London. We stroll at a leisurely pace so that you can take in the surrounding scenery, chat with new people and reacquaint with old members.

Connect - Meal Out

Feeling connected to other people is important. It can help you to feel valued and confident about yourself, and can also give you a different perspective on things. Whether it's a natter over a Nando's or a chat over some Chow Mein, food can be a lovely way to bring people together. No matter what culture, everywhere around the world people get together to eat. We dine out once a month, with Peer Support subsidising the cost of our members' meals by £6.

Give - Anxiety & Depression Group

Share the gift of hope and companionship with members that have walked a similar path to you at one of our Anxiety and Depression Support groups. Our groups are based on mutuality and a shared journey of discovery within which people help and support each other as equals, share their personal stories, teach, learn and grow together.

Learn - Crafts/Jewellery

Our art, crafts and jewellery groups are a great way for you to use your imagination, express yourself creatively, meet people and benefit from a new environment. We create a mixture of pieces and enjoy the

company of friends and crafters alike. You don't have to be a Picasso or a Van Gogh to attend these groups as we welcome members with all levels of ability.

Take Notice - Music for Wellbeing

Music is known to improve human cognitive function and increase both concentration and attention. It also has a much more important emotional benefit: music lifts our mood and brings us closer together.

Loneliness can be disempowering as it can make you feel like you are facing the world alone. Connecting with members of our community through Peer Support can help you feel less isolated as we tackle the issue of loneliness together.

If you are experiencing any of the issues mentioned...

To refer yourself to the Peer Support service, please fill out the form available here: communitylivingwell.co.uk/self-referral-form-mental-health/ or call 020 3317 4200.





The Rise of Self-Help Platforms

Technology is changing the way we live. From online courses and habit trackers to sleep advice and breathing exercises, there's never been a better way to explore and embrace how tech can help our mental health.

In 2019, the App Store editors have named self-help the breakout trend of the year. The ever-growing list of options aims to give people fuss-free, accessible ways to focus on the self from the comfort of their own home.

Self-help involves the actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.

Moments of self-help add value, energy, purpose, and creativity to everything we do. No matter how fancy or indulgent the term may sound, acts of self-help are vital in our quest for a healthy, balanced and enjoyable life.

Self-help apps can be a helpful way to bring emotional regulation to the forefront of your mind. They are also a great way to get more skilled at thinking, feeling and engaging with the world in a healthier and more productive way. As self-help can mean different things to different people, the apps can focus on a range

of activities including monitoring breathing and stress levels to meditation and mindfulness techniques – all of which can have an enormous impact on our functioning. Below are some of the most popular apps available online.

Beat Panic

A panic attack is the abrupt onset of intense fear or discomfort that reaches a peak within minutes. Beat Panic is designed to guide you through a panic attack or raised anxiety using your phone.

Price - 99p

Be Mindful

An NHS recommended online course to help reduce stress and anxiety and open up life opportunities using mindfulness-based cognitive therapy.

Price - £30 (One off Payment)

CALM

CALM provides daily challenges to deepen your mindfulness practise and learn more about yourself that include sleep advice, exclusive music to help you relax and focus as well as video lessons on mindful movement and gentle stretching.

Price - £7.99 a month or £29.99 a year

Catch It

Learn how to manage feelings like anxiety, depression and stress with this NHS recommended app. Catch It will teach you how to look at problems from a different viewpoint, deconstruct thoughts into associated behaviours and attitudes and overcome negative emotions.

Price - Free

Chill Panda

Chill Panda is an NHS recommended guided breathing app. In 5 minutes you can start to enjoy the deep relaxation and other health benefits of slower therapeutic breathing. These breathing techniques will help you relax more, worry less and feel better.

Price - Free

Cove

Create music to capture your mood and express how you feel with Cove. Instead of communicating through words, make music to reflect emotions like joy, sadness and anger. You can store your tunes in a journal or send them to a loved one and let the music do the talking for you.

Price - Free

Headspace

Relax with the help of Headspace's guided meditations and mindfulness techniques. Meditation has been shown to promote subtle improvements in focus, attention and the ability to ignore distractions.

Price - £9.99 a month or £74.99 a year

My Possible Self

This NHS-featured wellbeing app sets out a personalised self-help toolkit for your mental health. You can track how you feel every day with their Mood Tracker and highlight activities, places and people that influence your mood, so you can focus on the things that make you feel great and keep you well.

Price - Free

Strides Habit Tracker

The Strides Habit Tracker makes it easy to track the goals and habits you have been striving to incorporate into your life. After adding each of your individual goals and healthy habits, you'll be able to see a daily checklist of tasks to keep you on target.

Price - Free

Looking for self-help support within the community?

Stay tuned for an announcement on the new Community Living Well self-care projects that will launch in August.





Recommended
Resources

Additional Self-Help Resources

Sleepio

Sleepio is an online sleep improvement programme that is clinically proven to help you fall asleep faster, reduce night-time awakenings, and give you more energy throughout the day.

The programme is based on Cognitive Behavioural Therapy (CBT) and can be tailored to your individual specific needs. You will learn evidence based cognitive techniques to help combat the racing mind and behavioural strategies to help reset sleeping patterns.

From your own personal sleep guide, the Professor, to a daily sleep diary exercise, the app addresses your sleep problem in a constructive way, with practical exercises shared in a digestible form so that you can be at your best throughout the day.

Website - nhs.uk/apps-library/sleepio/

Reading Well

Reading Well provides information and support for those managing common mental health conditions or dealing with difficult emotions and experiences.

The scheme is endorsed by health professionals and people with mental health needs and the reading materials are available through public libraries.

Website - reading-well.org.uk

Good Thinking

With Good Thinking, you can find tools and resources to help yourself and others to feel better. From managing your anxiety and coping with stress to meeting like-minded people, the website has an array of resources that will help you tackle many of the common issues related to mental health difficulties.

The website also contains a professionally developed self-assessment which covers sleep, stress, anxiety and depression. It takes less than 20 minutes to complete and will provide you with feedback and suggested actions based on your answers. Where appropriate, they will suggest resources that may help you feel better.

Website - good-thinking.uk

Self-Help: The Basics

Whilst self-help may not provide all the answers you are looking for, the techniques and exercises can complement and enhance the teachings that you will learn during your support with Community Living Well. They can also be used once support is over, to help keep yourself well and moving forward in your recovery journey

Self-help resources can also be helpful if...

-  You're short of time
-  You have family or work commitments
-  You can't get out easily due to mobility issues or illness
-  You want a therapy that is completely anonymous

Self-help Books

Check whether a book was written by a counsellor or therapist who has lots of experience and is registered with a professional body, such as the British Psychological Society.

You should find this information in the front or back of the book. Alternatively, look for self-help books that have been recommended by a professional organisation, such as the Royal College of Psychiatrists.

Local Services Directory

There are lots of other services situated within both Kensington and Chelsea and Queen's Park and Paddington. We've included information and contact details for some of them below.

SASH

SASH inspire positive sexual health and wellbeing within diverse local communities, through delivering culturally specific, holistic information, support and advice services including coaching, counselling, one-to-one and group support.

They can team up with other local services to help you with any aspect of your relationship or sex life including contraception, sexually transmitted infections or any issues relating to your sexuality or gender identity.

Who is it for? Kensington and Chelsea and Westminster residents

Website: <http://wellbeing.turning-point.co.uk/sexual-health/about-us/>

Email: info@SASHLondon.org

Phone: 020 7851 2955

Insight

Insight is a free service working with young people aged under 25 who are living with or affected by drug and alcohol issues. Their services include confidential, free advice, sexual health and contraception information, complementary therapies, a blood-borne virus clinic, support groups, outreach and one-to-one key work.

Who is it for? 16-25 year olds in Kensington and Chelsea

Email: a.makvandi@blenheimcdp.org.uk

Phone: 020 8960 5510

Pepper Pot Centre

The Pepper Pot Centre offers a wide range of activities to help their members socialise, remain active, promote their independence and enable them to enjoy their old age.

These include befriending or outreach services for those that are housebound, isolated and/or depressed as well as transport services to enable those with mobility issues to attend.

Who is it for? For African Caribbean and BME elders in Kensington and Chelsea

Phone: 020 8968 6940

Email: reception@pepper-potcentre.org.uk

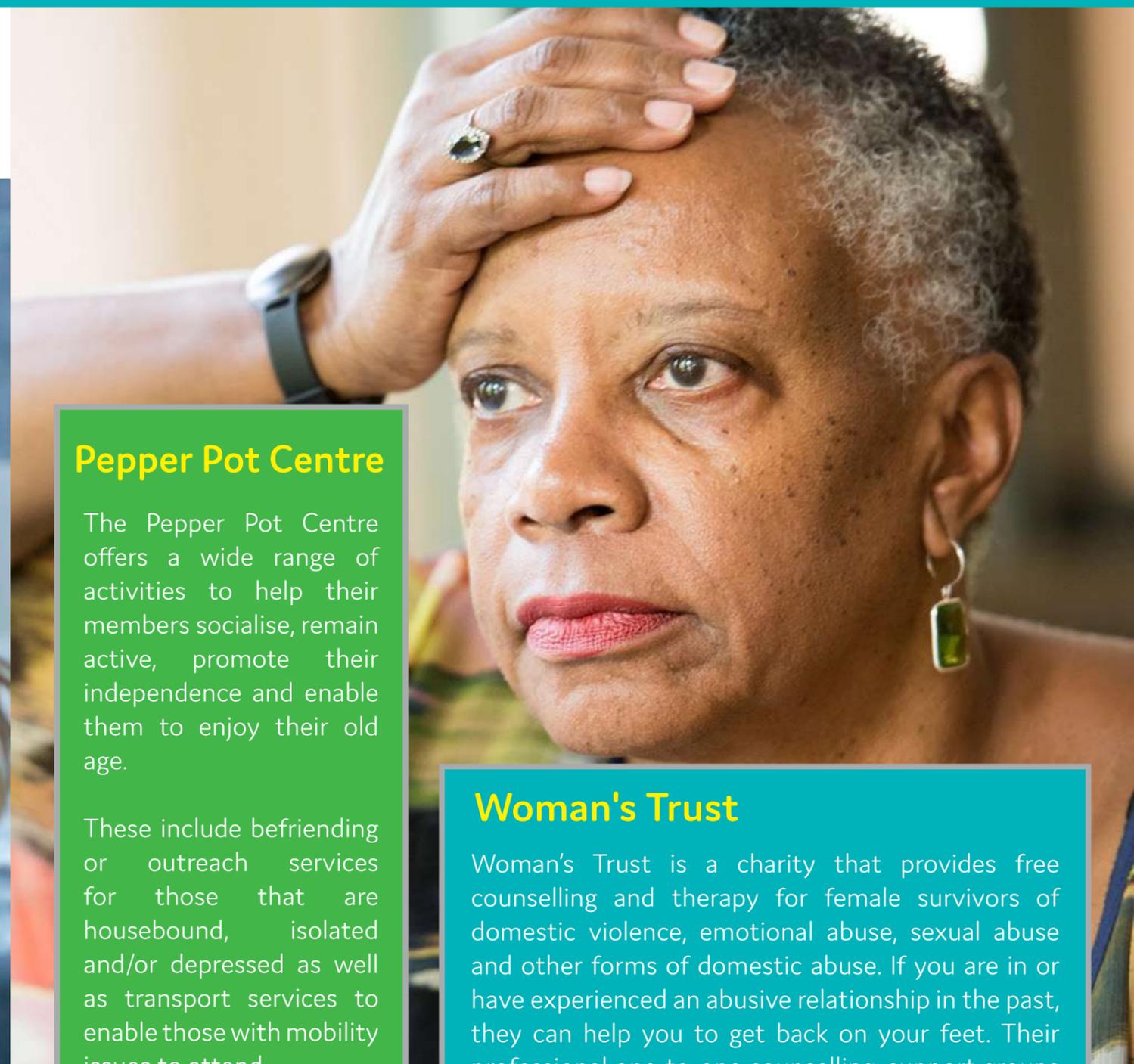
Woman's Trust

Woman's Trust is a charity that provides free counselling and therapy for female survivors of domestic violence, emotional abuse, sexual abuse and other forms of domestic abuse. If you are in or have experienced an abusive relationship in the past, they can help you to get back on your feet. Their professional one-to-one counselling, support groups and workshops have all been designed to give you the support you need to get back to being you.

Who is it for? Any woman who has suffered from domestic abuse

Phone: 020 7034 0303

Email: office@womanstrust.org.uk





Community
LivingWell

Working together for your
wellbeing

Locations

CLW North Hub
St Charles Centre for Health
and Wellbeing, Exmoor
Street, W10 6DZ

CLW South Hubs
Violet Melchett Health
Centre, Community Living
Well, 2nd Floor, 30 Flood
Walk, Chelsea, SW3 5RR

Gertrude Street
15 Gertrude Street
London, SW10 0JN

Contact Details

communitylivingwell.co.uk
020 3317 4200 | cnw-tr.clw@nhs.net

Community Living Well is not a crisis service. If you are worried about your mental health or the mental health of a friend or family member then please contact the Single Point of Access on **0800 0234 650** for help, advice or support over the phone, 24 hours a day.