

What makes people smile?

A foundation trust membership scheme to promote recovery, wellbeing and social inclusion

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SLaM Social Inclusion, Rehabilitation and Recovery (SIRR) Strategy:

Vision Statements

- **To reduce illness and promote social inclusion – “to keep people in their lives” including supporting them when they choose to change their lives**
- To offer the people we serve the best mental health services possible
- To implement, rapidly and systematically, improvements in care based on evidence of the best that is possible
- To attain the highest standards in the management and professional leadership of mental health services
- **To go beyond the limits of health services to promote mental well-being in our local communities**

SLaM Social Inclusion, Rehabilitation and Recovery (SIRR) Strategy:

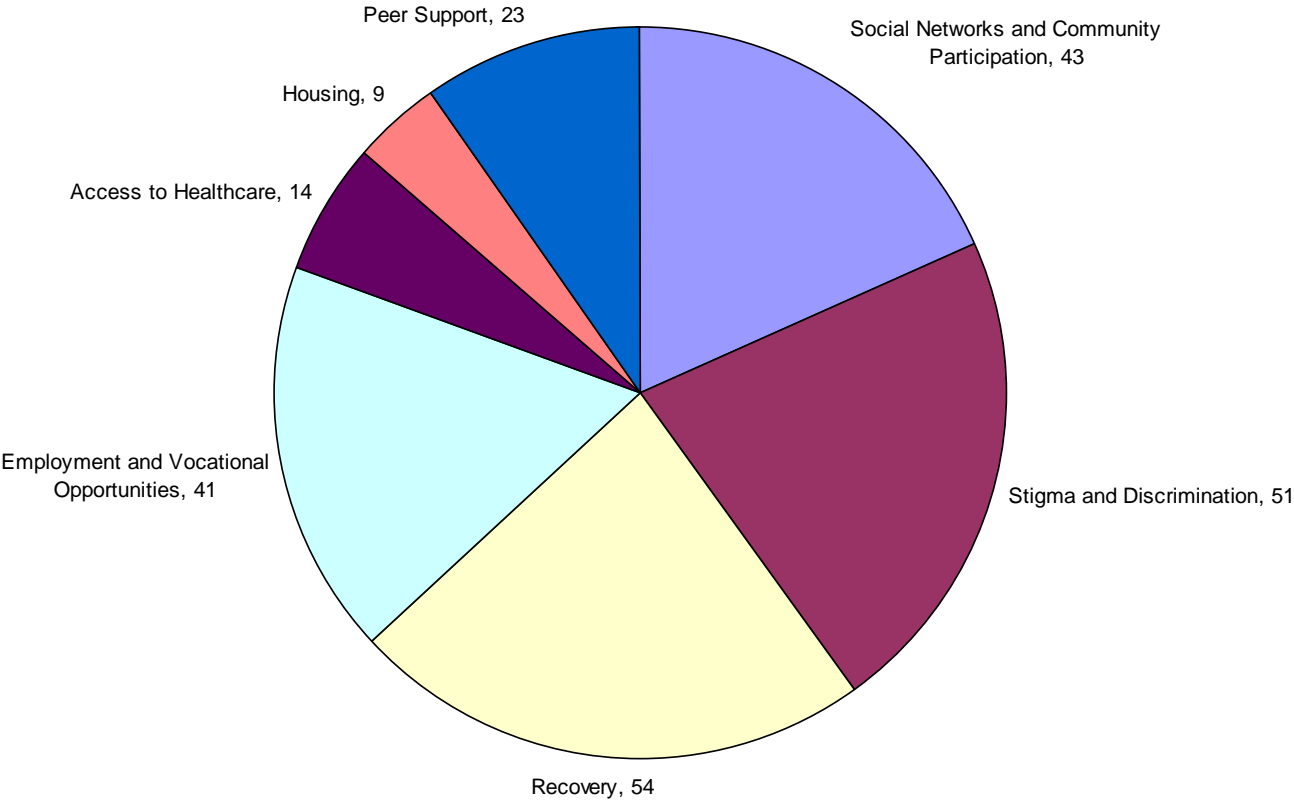
Priorities

- Recovery
- Employment and Vocational Opportunities
- Housing
- Access to Health Care
- Social Networks and Community Participation
- Stigma and Discrimination
- Welfare and Direct Payments

SIRR Projects

Project development, funding and management	Providing support for people to develop and realise their project ideas
Staff training initiatives	Two separate but linked programmes: one trust-wide and one for older adults
Peer support	Local initiatives in which service users who are further on in their recovery journeys help those at an early stage with navigation, encouragement and reassurance (“Storytelling”)
Improving understanding and access to information	Service users developing resources for service users / Mapping opportunities, making connections and tackling stigma / Films / Housing conference
Promoting opportunities for social, economic and health inclusion	Volunteering / Timebanks / Supported employment (including for those leaving forensic provision) / Tackling multiple problems on an estate / Using football / “Skilled for Health”
Creative participation	Adolescent soap opera / Young people’s writing and performance / Poetry on the ward / Mind and Soul choir / Music with older adults

SIRR Priorities Addressed in 54 Project Proposals



SIRR Projects

- Spread of activity to cover all priorities with a balance across boroughs and directorates
- Strong themes of
 - Recovery
 - tackling stigma and discrimination
 - employment and vocational opportunities
 - social networks and community participation
 - peer support
- “Bottom-up“ process – ideas for innovation come from delivery teams convinced of the value of their proposals, rather than as possibly token attempts at the implementation of “top-down” policy
- Internal survey – 66 services or projects identified as having a recovery focus
- Possible danger of some projects developing a distinct identity and status, marking them as islands of good practice and not necessarily influential on established ways of working in the mainstream

Make Me Smile

Membership bids scheme

Purpose:

- Help to raise the profile of the Foundation Trust
- Encourage “seed corn” bids, which if successful could be rolled out further
- Provide a link to the Trust’s Annual Planning process
- Encourage bids submitted on a partnership basis
- Provide “illumination” to the general workings of the Trust

Three project categories were invited that would

- improve the patient experience
- promote mental wellbeing
- lead to social inclusion.

48 awards were made in 2009 – mostly to service users

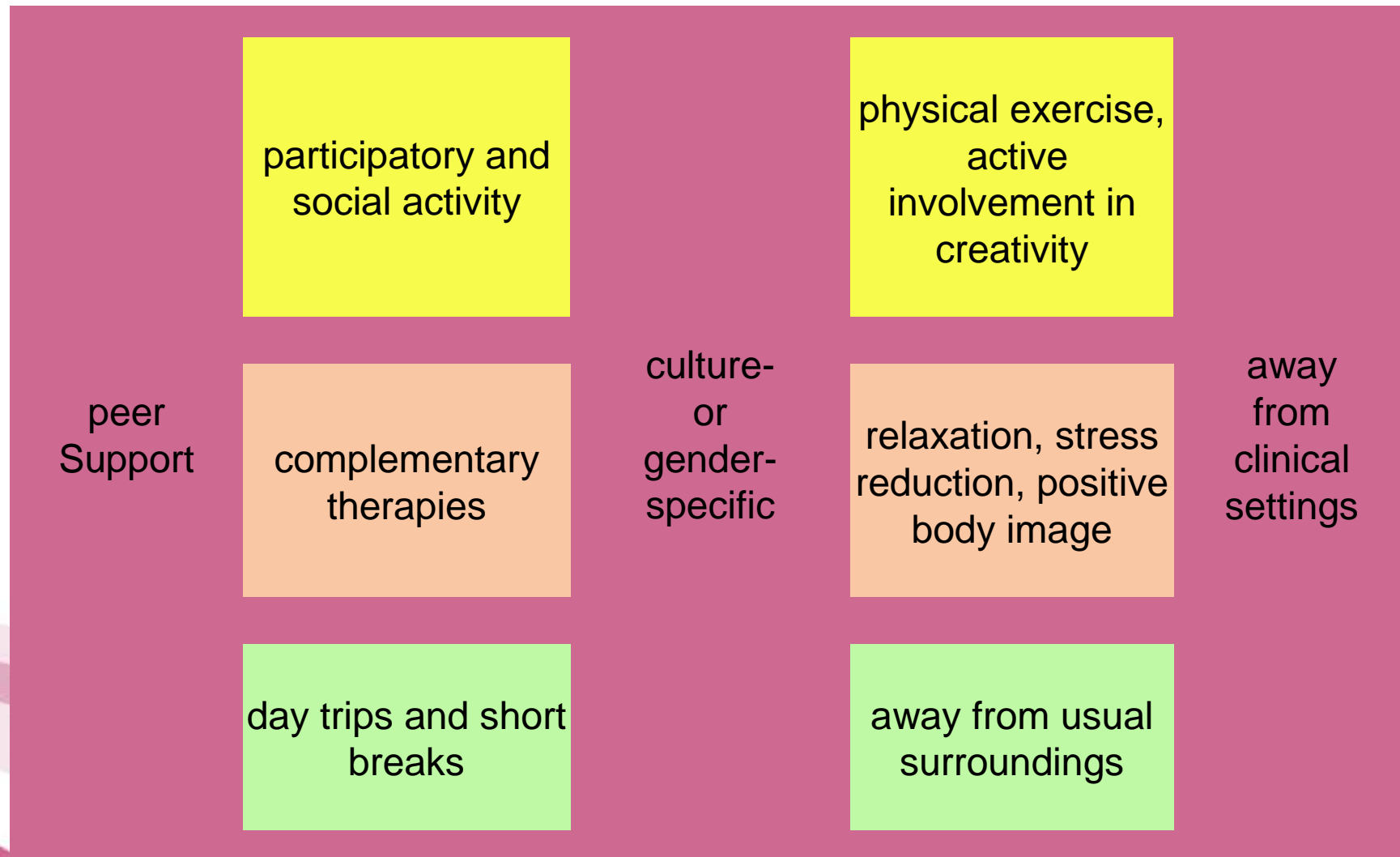
Make Me Smile Projects (2009)

Physical Activity (14)	Swimming / Dance / Fitness in the park / Laughter yoga / Belly dancing / Service users motivate and encourage others to participate in sports and leisure activities and make use of community facilities / Service-user sailors help others learn to sail / Walks to green spaces and cultural centres / Football kit
Arts and culture participation (13)	Celebrating culture and diversity on the ward / community singing workshops / Children's art workshops on the ward, related to gallery and theatre visits / "Affirmation collage" - "hold onto the positives when the going gets tough" / Hospital concerts / Young service users' song "about issues that affect us, expressing our views about life and experiences of mental health" / Grass-roots theatre play exploring the way society responds to mental distress
Arts and culture consumption (9)	Cinema and theatre visits / Cinematherapy group / Excursion to Stratford upon Avon / Exhibition in another city.
Outings, day trips and short breaks (7)	Alton Towers / Butlins / CenterParcs. Women visit a health spa and have a meal together
Therapeutic activities including complementary/ alternative therapies (7)	Parents' mutual support group in primary school / beauty and complementary therapy sessions / relaxation and stress reduction workshops / laughter workshops

Make Me Smile Projects (2009)

Food (6)	Black Users Forum evening out at an Afro-Caribbean restaurant / “Fit as a Fiddle” healthy living and eating – nutritious cheap meals for over-50s / “Cook and taste” group providing an opportunity for people to cook and sample healthy food in a social setting
Peer support/service users as trainers (5)	Ex-patients in an eating disorders unit inspire and encourage current service users and carers and give them hope for recovery / Black Users Forum meet to be mutually supportive and to discuss issues relating to their race, culture and experience of the mental health system
Improving clinical environments (4)	Fish tank / Redecoration / Outdoor social space
Equipment and materials to enhance therapeutic activities (3)	Newspapers / Books / Magazines / Games
Activities to reduce stigma (2)	'Hear Us' day / Theatre production

What made people smile?



SIRR and Make Me Smile Projects:

Common ground

- Developing social networks and encouraging community participation
- Tackling stigma and discrimination
- Promoting peer support

Implications for Services

- Analysis of “Make Me Smile” project themes has already informed annual business planning
- Tackling stigma and discrimination is seen as fundamental to promoting recovery
- Peer support has started to become integral to many areas of service delivery
- Large-scale projects are catalysts for change and development of new delivery norms
- Strong and strengthening links between SLaM services and voluntary and community sector promote inclusion in social networks and encourage community participation