



The new front door to Community Mental Health Services in North Lambeth

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**The
Living Well
Network**

The Hub contact number:

0203 691 5080

You can find us at:

**Elmfield House
5 Stockwell Mews
SW9 9GX**



What is The Living Well Network?

The Living Well Network is Lambeth's new community-based network of support. We work in close partnership with GPs to ensure that people can gain access to personalised support that enables them to:

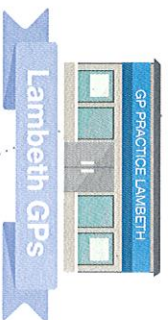
- Stay well and experience sustainable recovery
- Have choice and control in all their decisions and
- Participate in their communities on an equal footing alongside their neighbours.

Below are some of the key services central to The Network's offer:



Connect & Do

www.connectanddo.org
Providing assistance in helping people to engage in their activities through community groups.



Lambeth GPs



Missing Link

Peer supporters providing support for people leaving hospital and in their own homes

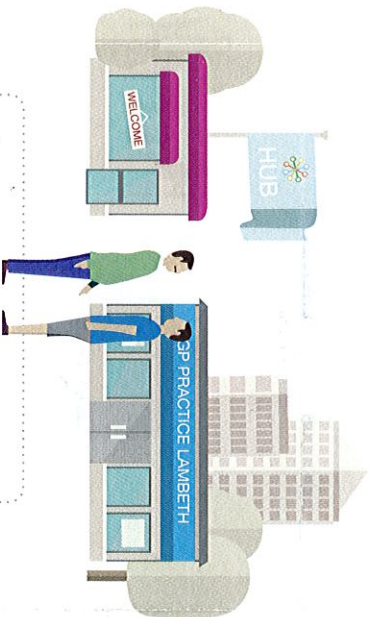


The Living Well Partnership & Information Hub

020 7924 9657

LWP@mosaic-clubhouse.org

One to one support focused on employment, community connections, social inclusion and a range of training opportunities as well as support accessing local services and opportunities.



The Hub is the new front door to mental health wellbeing and support.



Southwark & Lambeth MIND

www.lambethandsouthwarkmind.org.uk
Provide a web based information directory.



Pharmacies



Solidarity in a Crisis

0300 123 1922

outofhours-solidarity@carifude.org.uk
A crisis out-of-hours Service delivered by people with lived experience of mental health.

Opening hours:

Friday, Saturday & Sunday 8pm to 2am
Saturday & Sunday 8am to 2pm:

Mental health professionals & support staff



The Hub

What we provide:

We provide a holistic health and social care assessment to identify people's strengths, goals and needs. We help you to write a Recovery and Support Plan filled with personalised suggestions and resources to help you recover and stay well. We work across the Living Well Network, described overleaf, to provide quick access to the right support, from the right person, at the right time, in the right place:

Primary Care and Support Service (PASS):

Brief intervention to promote mental health and wellbeing in your GP surgery.

Providing access to specialist, secondary health care services.

Reablement support:

Working with The Community Options Team or other health professionals for up to 12 weeks to build skills; meet people and gain self-confidence to enhance health and wellbeing.

- ### Access support services that help you:
- Find work
 - Get into education
 - Get welfare benefits advice
 - Access social and leisure activities
 - Find people with similar interests
 - Learn about health promotion tips
 - Get advice on housing and tenancy issues

Peer Support (Missing Link):

Access to support and advice from people with personal experience of mental health issues.

Supporting people to access Personal Budgets if appropriate

When being introduced to the hub by your GP, the information received will be shared across the agencies working in the Hub (which are all funded by Lambeth Clinical Commissioning Group and the Council) so that we can identify the best option to offer you when you are contacted.

Who we are

The Hub, part of the Living Well Network, is the new front door to mental health support (replacing the previous function provided by community mental health teams).

The Hub works within primary care. If you require specialist, secondary care and support, your referral will be passed on to the relevant team if appropriate.

Working out of The Hub are social workers, psychiatric nurses, occupational therapists, peer supporters and community support guides working together under one roof and in the community to improve mental wellbeing in Lambeth.

What to expect

Our work is based on the principles of co-production and personalisation.

This means that we work closely with each person to tailor make their support reflecting their strengths, hopes & aspirations and their needs, to promote long term mental wellbeing and strong social support networks.

Introduction line:

0203 691 5080

Open Mon to Fri, 9am-5pm
(excl. bank holidays)

Introduction email:

sim-tr.NorthLambethHub@nhs.net

Fax: 0207 737 2619

You can find us at:

Elmfield House
5 Stockwell Mews
SW9 9GX