

NEWSLETTER



**WE'RE
HERE
FOR
YOU**

ABOUT KWS AND VIA

Kingston Wellbeing Service (KWS) is a drug and alcohol service providing treatment for people in the borough of Kingston. Kingston Wellbeing Service is an NHS and VIA collaborated project working to deliver structured interventions for people who need support with drug and alcohol problems.



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kingstonwellbeingservice.org



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Surbiton Health Centre, KT6 6EZ

A SNAPSHOT OF EVENTS

MOT Project

The Moving on Together Community Support Group is a group that is run voluntarily by former clients of the Kingston Wellbeing Service. MOT is led by peers who have overcome addictions and want to help others in the community still struggling with their recovery journey.

Shine Bright UK

Shine Bright UK provides empowerment workshops, courses, events and other activities in different areas and venues in Kingston upon Thames. The workshops use the NHS guidelines to support self-mental health and wellbeing, signposting users who access the services towards professional services where necessary.

Tolworth Street Party

The event was an opportunity for services in the borough to come together and promote their work. Patients and staff attended the event.

Rotary Club Learner Award

Kingston Wellbeing service users were nominated for learner awards for their work on the Adult learning course. The event was to celebrate achievements from people in the borough for their outstanding achievements.

Moving On Together Community Support Group



Our mission at the Moving on Together Community Support Group is to provide peer-led voluntary support to those in the local area struggling with addiction and on their journey to recovery. Our committee members, all of whom are peer mentors and ex-clients of the Kingston Wellbeing Service, have overcome their addictions and are dedicated to helping others achieve their full potential without the barriers of addiction. We understand the challenges that come with this journey and are committed to providing empathetic and supportive guidance throughout the recovery process.



From left to right – Grace, Cerys, Sarah Island, Paul, and Kat



Amir from Carmella Patisserie

THE MOT EVENT

On the 17th of August 2023, The Moving On Together (MOT) project hosted an afternoon with the CEO of Kingston Council, Sarah Island.

The event allowed Sarah to see the amazing work the Moving On Together team provides to Kingston's Homeless population.



Sarah Island



The Moving On Together event was well attended by service users and staff members from other services.

A big thank you to all the MOT members and everyone who participated in making the event a success. Especially From left to right in the photo above – Grace, Cerys, Sarah Island, Paul, and Kat

Hairdresser

Jules, our talented and selfless volunteer, is a hair stylist who has made it her mission to help the homeless community. She spends her time cutting the hair of those in need, giving them a fresh new look and a boost of confidence. Her kindness and generosity have not gone unnoticed, as her clients often express their gratitude for the care and attention she puts into each haircut. Jules truly embodies what it means to give back to the community and make a positive impact on the lives of others.

Donated Food

Thank you to Asda, Sainsbury and PRET a manger for providing the delicious food.



Carmella Patisserie

A big thank you to Amir at Carmella Patisserie at 132 Ewell Road, who kindly donated weekly bakery sweet treats for our drop-in service.



Shine Bright UK



Shine Bright UK provides empowerment workshops, courses, events and other activities in different areas and venues in Kingston upon Thames. The workshops use the NHS guidelines to support self-mental health and well-being. Kingston Wellbeing Service teamed up with Shinebright charity to deliver support to our service users. Shine Bright has provided taster sessions to Kingston Wellbeing Service clients – activities included have been Sleep Nidra, Writing for Wellbeing and Art Classes throughout the summer



Members of the ART class

SHINE BRIGHTS UK FEEDBACK

An art class attendee said, 'It has been amazing to meet like-minded people and create a strong bond.' It has been the highlight of my week coming to the ART sessions. Shaheen's approach to ART has reignited my passion for creating ART'

KWS would like to say a big thank you to everyone who participated in creating some amazing work, and we look forward to seeing you on the 28th of September for the ART exhibition to showcase the work. We would also like to thank Ellie Harris for providing additional ART classes during the summer months.



Tolworth Street Party

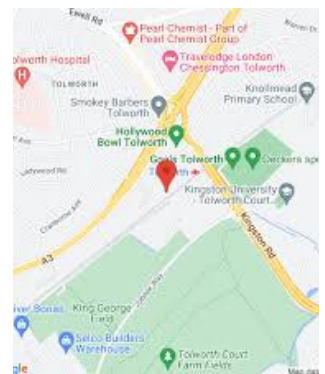
On July 12th, the Kingston Wellbeing service participated in Tolworth's hospital annual street party. The event was an excellent platform for various borough services to showcase their work and network with patients and staff. The turnout was impressive, and even Kingston's mayor, Councillor Diane White, attended to support the cause and took the time to visit the stakeholder stalls.



KWS Peer Mentor – Lucy McDonald



Councillor Diane White



Surbiton Health Centre



On Wednesday 5th July, Kingston Wellbeing Service and the Surbiton Health Centre celebrated the 75th birthday of the NHS. We had various stalls outside the health centre for people to see services in the borough of Kingston. The event was well attended by specialists from the leg care team, diabetes, housing (Spear), The Bridge Project, Kingston adult education, and London Air Ambulance.

The celebration was a team effort, and we would like to thank Kingston Wellbeing Service Peer Mentor Ceris Rayner for making amazing and delicious cakes. And thank Kerry Dela Cruz for organising the event and bringing all the services together to make it a memorable day.

A big thank you goes out to everyone who provided a stall, and we are hoping to make this a yearly event at Surbiton Health Centre.



London's Air Ambulance



Kerry Dela Cruz – The Building Manager



Without the support of specialists from the leg care team, diabetes, Spear, The Bridge Project, Kingston adult education, and London Air Ambulance, none of this is possible.

Rotary Club Learner Award



On Tuesday, June 20th, the Guildhall hosted an awards ceremony to celebrate the achievements of people in the borough. Specifically, service users of the Kingston Wellbeing program were nominated for learner awards for their work on the Adult learning course. Kingston's mayor, Councillor Diane White, presented awards to eight Kingston Wellbeing Service members. Over the past year, Adult Education has been providing lessons at Kingston Wellbeing service.

The courses covered self-care, emotional resilience, healthy well-being habits, and practical ideas for happier living and towards a stronger you. The classes were well attended, and service users were pleased with the course delivery.



Rotary Award Ceremony Photos



KWS FEEDBACK

Why we received the award: The Rotary Club nominated us for this award because the courses enable service users to gain knowledge through tools such as role play within a practice social situation. The courses take you from your everyday environment and offer excellent structured group sessions.

The courses build confidence because clients feel safe and push themselves to attend. The courses are a kickstart to commitment and put into practice learning. The groups promote accountability consistency in a safe space, allowing participants to recognise their strengths and weaknesses to embrace empathy and mindfulness. Emotional resilience is a positive outcome that helps people achieve their goals.

NEW COURSES



New Adult Learning Courses starting in October at Kingston Wellbeing Service

ABOUT OUR COURSES

I am thrilled to share with you that KWS has been granted an additional year of courses with Adult Learning. The courses will take place every Monday afternoon from 1.30 pm to 3.30 pm. This year, we have created courses based on feedback to ensure they are customised to meet individual needs and preferences.

Term 1a October 2023 - Topic Self-Acceptance & Self-Compassion

- What is the Meaning of Self-Acceptance
- Self-Acceptance Theory in Psychology.
- Examples of Self-Acceptance in Practice.
- Worksheets to Help Build Self-Acceptance (PDF).
- Exercises to Increase Self-Acceptance.
- Self-Acceptance Activities for Adults and Groups.
- Measuring Self-Acceptance with Scales, Tests, and Questionnaires.
- Recommended Books on Self-Acceptance.
- Quotes and Affirmations on Self-Acceptance.

Term 1b November - December - Self-Esteem & Self-Worth

- What is the Meaning of Self-Esteem & Self-Worth?
- Are they different?
- Examples of High Self-Esteem and Self-Worth.
- Surprising Statistics and Facts about Self-Esteem & Self-Worth
- Relevant Research
- The Benefits of Developing Self-Esteem & Self-Worth with Meditation
- Factors that Influence Self-Esteem & Self-Worth
- The Effects of Social Media.
- 30 Tips & Affirmations for Enhancing Self-Esteem & Self-Worth.
- TED Talks and Videos on Self-Esteem & Self-Worth.
- Quotes on Self-Esteem.

All classes will include an element of gratitude and mindfulness practice.

If you are interested in attending any of these courses – you need to be an active service user of Kingston Wellbeing Service. In the first instance, please speak with your keyworker or alternatively email jose.martin@candi.nhs.uk.

MORE COURSES



New Adult Learning Courses starting in October at Kingston Wellbeing Service

Term 2a Jan - Feb 2024 - Emotional Resilience & Stress Management

- What is Emotional Resilience?
- Elements Of Emotional Resilience.
- Emotional Resilience Training Options.
- Stress Management And Emotional Resilience.
- Stress And Emotional Resilience Cycle.
- Emotional Resilience: How to Safeguard Your Mental Health (Book).
- Dr. Harry Barry's Main Findings.
- How to Build Emotional Resilience: Five Exercises.
- Emotional Resilience Theory.

Term 2b March - April 2024 - Assertiveness

- Learn assertiveness for better relationships.
- Reduced anxiety.
- Develop skills in a safe environment and find solutions in difficult situations.
- Feel empowered and confident.
- Classes include gratitude and mindfulness practice.

Term 3a - April - May 2024 - Healthy Wellbeing Habits

In this course, you will learn how to enhance your well-being habits by making minor adjustments that establish new routines. Drawing on the expertise of habit specialists such as James Clear, BJ Fogg, and @the_brain_doctor, you will determine which changes you should make to integrate them into your daily life.

Additionally, you will explore the advantages of journaling in promoting overall health.

Term 3b May - July 2024 - Happiness Habits

Based on Action for Happiness's ten keys to happier living, this course will help you to feel more positive. And help you to identify positive action steps that you can take to have a more optimistic outlook.

The ten keys include emotions, awareness, relating, giving, exercise, direction, resilience, acceptance, learning something new and meaning.

Moving On Together Community Cooking Course



MOT has been granted funding to provide cooking classes for people who want to learn. These classes occur every week for 8 weeks. Our first course just ended with great feedback from participants. The course aims to help those struggling with cooking easy, fresh meals on a budget.



Led by our experienced Chef Shelly Carvall, feedback from the sessions has been positive, with participants saying things like, "I have some great recipes that I have found very easy to use in my daily life" and "I feel more confident in using vegetables in my dishes." The next classes will start on September 14th at Kingsgate from 1-4 p.m.

It's not necessary to attend all classes, but please inform us if you plan on attending by emailing jose.martin@candi.nhs.uk.

Volunteering At MOT

If you are interested in supporting a good cause and want to get involved – MOT need volunteers.

Please get in touch with
ceris@movingontogogether.org.uk

Or visit the website
[@https://www.movingontogogether.org.uk](https://www.movingontogogether.org.uk)
If you wish to learn more.



Why Volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even more significant for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career.

Kingston Wellbeing Service Providing Buprenorphine

What is Buprenorphine?

Buprenorphine is a prolonged release buprenorphine product which is administered as a subcutaneous injection, either weekly or monthly, and is indicated for the treatment of opioid dependence within a framework of medical, social and psychological support. The administration of Buprenorphine is now available at Kingston Wellbeing Service.

A training session was delivered by our clinical Nurse to the staff team on how Buprenorphine works and the benefits of treatment.

If you are interested in knowing more - please feel free to contact the service or speak with your keyworker



Kingston Wellbeing Service are now offering Buprenorphine Monthly injections by trained nurses. eliminating the need for daily medication and frequent trips to the pharmacy.



Training being delivered by our nurse Archie Gwashavanhu



Kingston Wellbeing Service Up And Coming Events



KWS will have a Recovery event on the 28th of September, 2023, at the Lodge. The event is an opportunity for service users to showcase some exceptional work they have created over the past month.



There will be food and a guest speaker from Al-Anon who will share their experience of these valuable resources for friends of families impacted by Alcohol and Drug abuse. The event is open to all professionals and family members who wish to join.

Itinerary for the day:

12.30 pm - Food and refreshments

1 pm - Recovery talk by ex-service user

1.30pm- Al-Anon speaker

2 pm– ART exhibition / Recovery Tree

Kingston Wellbeing Service Peer Mentor Training



Kingston Wellbeing service provides Peer Mentor training for those who have had previous issues with drug and/or alcohol use and have overcome their dependency. They are role models and an inspiration to others.

All candidates must complete Via's Peer Mentoring programme and successfully achieve the OCN London Level 2 Award in Peer Mentoring to be considered for a peer mentoring placement. Once you have completed Via's Peer Mentoring programme, you will be supported to apply for a peer mentoring placement at KWS.



Initially, your placement will be focused on providing you with a thorough induction to the service you are placed with. You will be involved in tasks that support the service's work as a whole but are manageable in undertaking extensive work with existing service users.

If this is something that interests you
– please email
Jose.Martin@candi.nhs.uk



Kingston Wellbeing Service Timetable

If you're a KWS service user interested in attending these groups, talk to your KW. Ex-service users can still receive support through the Per Led groups on Tuesdays and Fridays.

Weekday	Activity	Time
MONDAY	Abstinent Group – in person at The Lodge	11am – 12noon
MONDAY	Preparation Group (Detox & Rehab) – in person, SHC Group Room	2pm – 3pm
MONDAY	Adult Learning Courses - in person at The Lodge	1.30pm-3.30pm
TUESDAY	AA Meeting – in person at The Lodge	12noon – 1pm
TUESDAY	Peer Led Group – in-person meeting at Surbiton Health Centre The Lodge	1:30pm – 2:30pm
TUESDAY	Kingston Advocacy Group – Debt & Finance The Lodge	1:30pm – 3:30pm
TUESDAY	CA Meeting – in person at Surbiton Health Centre The Lodge	7pm – 8pm
WEDNESDAY	Games Morning – at The Lodge.	10am – 12noon
WEDNESDAY	Routes to Recovery – in person in the Group Room at SHC	2:30pm - 3:30pm
THURSDAY	Women's Group - in person at The Lodge, SHC	10:30am – 12noon
THURSDAY	Mindfulness – in person in the Group Room at Surbiton Health Centre	12:05 – 12:35pm
THURSDAY	Moving On Together – Peer Support Group – 161a Clarence Street, Kingston, KT1 1QT	1pm - 4pm
THURSDAY	Men's Group - in person at Surbiton Health Centre Group Room	2pm –3:15pm
FRIDAY	Community Coffee Mornings at The Lodge	10-11.30am
FRIDAY	Peer Led Group – in-person meeting at Surbiton Health Centre The Lodge	11.30am-12.30