

# Cape Timetable

Monday 11-5pm Daniel	Wednesday 11-5pm Pauline	Friday 11-4.30pm Jess
11.45-1pm English Classes w/ Viki	11-12pm Wellbeing Group w/ Anca	11.30-12pm Gentle Yoga w/ Jess
11:30-1pm Your News & Views w/ Daniel	11.30-12.30pm Tech Skills w/ Rajiv	12-1pm Healthy Living w/ Pauline
1pm Lunch	12 noon-1pm Recovery Group w/ Daniel	1pm Lunch
2:15-3pm Get a (Social) Life! w/ Jess	1pm Lunch	2-3pm Mastering Mental Health w/ Jess
2.00-3.00pm Understanding Anger w/ Daniel	2-4:30pm Round London w/ Wolfgang	2-4pm Gardening w/ Laura
3.15-4.15pm Mindfulness w/ Jess	2-3pm Hearing Voices Group w/ Daniel	2-3.30pm Benefits Advice w/ Ade (fortnightly)
2-5pm ICT w/ Mark	3-4pm Book Club w/ Pauline	2.30-4pm Art Group w/ Catherine
	2-5pm ICT w/ Mark	2-4.30pm ICT w/ Mark



Clinical Commissioning Group



# The Cape Herald

CAPE Update for Mental Health Professionals in the London Borough of Ealing. Issue 4: Summer 2017.



"The one stop shop is a much needed new service initiative within the borough," Penny Kiernan, Cape Head of Recovery.

## Green Light for Women's One Stop Shop

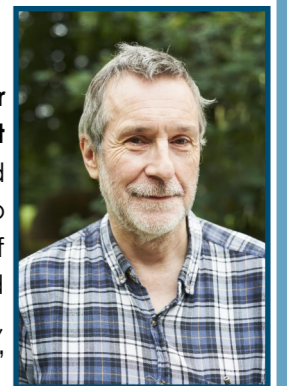
Cape is joining forces with CGL (Change, Grow, Love) and Hestia Housing to launch a new multi-agency initiative to support Ealing women with complex needs to access a range of specialist services, empowering them to make healthy choices and achieve positive outcomes across a number of domains. The new Women's One Stop Shop (WOSS) will help women with mental health, offending behaviours, domestic abuse, sexual violence, and substance misuse needs and will include women working in the street and off street sex industry.

The Mayor's Office for Policing and Crime (MOPAC) will fund the two-year initiative. The new service is currently looking for premises in the borough and is already recruiting staff (see Cape advert on the charity's website and in Guardian Online).

Cape Head of Recovery, Penny Kiernan, who is leading the project for Cape says: "This is a much-needed new service initiative within Ealing. These women present with a complex web of needs and often live extremely chaotic lifestyles which can make it very difficult to ensure they have access to the myriad of different support services they require. The hope is that by bringing everything together under one roof, we can offer these women a range of holistic specialist support to improve their outcomes."

## Digital Inclusion Project funding for Cape

Cape has been awarded funding from Ajahma Charitable Trust to run a two-year digital inclusion project (DIP) to improve service user internet literacy. Current estimates are that all public services will be digital by 2020. Cape's Head of ICT and Digital Inclusion, Mark Nethersole says: "Post-digitisation, anyone who is unable to use the internet will be severely disadvantaged and more vulnerable in general. If we don't help our service users to learn basic internet skills, then they will be forced to rely on others to assist them in accessing basic things such as legal advice, welfare payments and health service rather than be self-supporting in this regard." Official research suggests that 21% of adults in the UK do not know how to use the internet. In contrast, Cape's research suggests that 55% of its client group lack these skills. The new DIP will teach clients how to use email, search websites, buy items or services online, and fill in an online application form.



Head of ICT, Mark Nethersole, leads the new Cape DIP.

## Yoga for PTSD coming to Cape



Cape yoga teacher Jess (third from left) with the yoga group.

Following on from the recent successful introduction of yoga onto the weekly Cape activity group roster, Cape is to begin offering clients specialist Yoga for PTSD. The use of yoga therapy in the treatment of PTSD is gaining international popularity. Research trials have found it preferable to conventional therapy. Insights from neuroscientific research indicate that people who have PTSD require physical practices to help process traumatic experience and enhance the resiliency of the nervous system. As yoga offers gentle and safe movement, with practices that integrate controlled breathing and self-awareness, it helps individuals reconnect with their bodies and cultivate peace by balancing the autonomic nervous system.



## IAPT Stress Management at Cape

As part of a wide range of ongoing initiatives by Cape to forge more links with other mental health and wellbeing service providers in the London Borough of Ealing, IAPT has begun to run Stress Management workshops for Cape clients out of our premises in Acton.

12 clients attended the recent IAPT-run workshop on 'Thoughts and our Mood', one of five units within its Stress Management programme.

Tom Brown from IAPT, who ran the workshop, says: "The focus of the afternoon was on cognitive restructuring using a three-stage approach to thought management. This is based on catching your thoughts, then challenging your thoughts, and finally changing your thoughts. Cape clients seemed to engage well with the work and we look forward to running other workshops at the charity very soon."



239a/b High Street,  
Acton,  
W3 9BY  
Tel: 020 8896 2552  
www.c-a-p-e.co.uk  
tracey@capeproject.org.uk

## Primary Care Referrals Pilot at Cape

Always keen to explore the feasibility of expanding its referrals base beyond mental health secondary services, Cape is launching a year-long pilot project that will take referrals from a select number of GP practices across the borough. Since its inception 20 years ago, Cape has only accepted referrals from clients accessing secondary services. However, with so many clients being moved out of secondary services back into primary care, it seems an opportune time to gauge the potential flow of referrals from GP practices should Cape decide to open its doors to all surgeries across the borough.

Cape Director Tracey Harrington says: "The new pilot will take referrals from the Primary Care Workers who lead each of the seven networks across the Primary Care Mental Health Service.

"We will be working with ten GP practices in all, spread across the seven networks. Our Head of Recovery, Penny Kiernan, is leading this initiative. She is working closely with Ealing Primary Care Mental Health Service psychologist Jamie Kelly and Lead Practitioner/Manager Syril Derage. The pilot will allow us to assess the implications for our service of expanding our referral base to GP's borough-wide, and meeting the needs," says Tracey.



Cape to trial taking referrals from selected GP surgeries



## Employment Coaching Project to run at CAPE

Cape and Ealing Centre for Independent Living (ECIL) are launching a joint project, funded through Communities and Local Government (CLG), that will target improving access to the labour market in Ealing for people with physical disabilities, long-term conditions, autism and/or severe and enduring mental health needs.

In addition, the project will focus on identifying and supporting women with complex and multiples issues through working alongside Ealing's new Women's One Stop Shop (see article on front page).

Cape and ECIL will each employ their own employment coaches who will provide individual coaching and support on a 1:1 basis and in group sessions.

The project, which runs for a year, will provide training sessions and peer support, and will work closely with employers to enable them to make appropriate adjustments so that people can access job opportunities, secure employment and remain in work.

Please refer to the Cape website for a full job description and application pack: [www.c-a-p-e.co.uk](http://www.c-a-p-e.co.uk).

## Measuring Recovery Outcomes at Cape

Cape is changing the way it measures recovery outcomes for its service users. For the past 15 months, we have been using the Warwick Edinburgh Wellbeing Scale. Under the new scheme, clients will be assessed at six monthly intervals using one of three different measures, dependent on their diagnosis.

Cape Head of Recovery, Penny Kiernan, says: "It is of paramount importance that we remain on the front foot in terms of using the most appropriate, reliable and sensitive recovery measures. From this point forward, clients who experience psychosis will be asked to complete either a STORI (Stage of Recovery Index) or a QPR (Questionnaire about the Process of Recovery), whilst those with anxiety and / or depression will be measured using the RAS (Recovery Assessment Scale)."

## ACT group to focus on Self-criticism and Shame

Cape is to expand its group therapy offering to clients in the autumn when it will rollout a new initiative, an ACT group that will work specifically with self-criticism and shame. ACT, Acceptance and Commitment Therapy, is a type of CBT that uses acceptance and mindfulness strategies combined with commitment and behaviour-change strategies to increase psychological flexibility.

Cape Psychotherapy Lead, Daniel Honisett, who will run the new group, says: "The objective of ACT is not the elimination of difficult feelings but to be present with what life brings to us and to move towards valued behaviour.

"Supporting Cape service users, we know that persistent self-criticism and shame are two of the most difficult issues in working with stuck clients," says Daniel.

The innovative new group will use diffusion, acceptance, mindfulness, self-compassion and perspective taking to effectively target shame and self-criticism. Measures will be used skilfully to track and target processes. A central goal of the therapy is to help clients move from a sense of isolation and separateness to one of connection and belonging.



Daniel Honisett: "ACT cuts through with stuck clients. It gives them a sense of connection."

## Dance Movement Psychotherapy comes to Cape



September will see the launch of Cape's first foray into Dance Movement Psychotherapy. This new addition to the weekly Cape therapy roster will be led by registered specialist psychotherapist Katherine Rothman.

The group will run for eight weeks. The innovative therapy acknowledges the connection between emotional, physical, cognitive and social selves in mental health and wellbeing.

Therapy sessions focus on embodiment and movement in small groups with a client-led approach. Aims include being in the moment, tuning into important and subtle bodily signals, and taking a break from rumination.



## Cape links with the Metanoia Institute to offer clients 1:1 Psychotherapy Service

Cape is responding to the local crisis in provision of individual psychotherapy for secondary services clients by launching a Psychotherapy Service Pilot Project, to run for 12 months. The new service, which will run on Tuesdays (a day when Cape is traditionally closed to service users). It will involve two senior level trainee psychotherapists from local, prestigious psychotherapy training provider, Metanoia Institute, working out of Cape's premises in Acton. Six clients will be offered weekly 50-minute 1:1 sessions for anything up to a year.

Cape's Head of Recovery, Penny Kiernan, said: "This is a really exciting new venture for us. The crisis locally is acute. We know that just 3.5% of those registered with either The Limes or Avenue House, are able to access therapy through their resource centre.

"We know from our psychotherapy group work here at Cape that many of those people traditionally deemed to be beyond the remit of traditional therapy do benefit from this kind of work. Contrary to the prevailing myth, 1:1 therapy is immensely beneficial for many people with long-term psychosis."

