

CITY & HACKNEY CAMHS NEWSLETTER

SEPT/OCT
2023

SUNSHINE FOR OUR OPEN DAY!

We were blessed with good weather, a great atmosphere and the presence of lots of colleagues from community sector organisations and other Hackney services, as well as our amazing young people and parents. Here are some photos and feedback about the day.

WHAT HAVE PEOPLE SAID ABOUT THE DAY?

“I learnt more about the experience of Autism through the VR headset.” Young Person

“Easy, warm, informative conversations.”
Voluntary & Community Sector Organisation



“It would be lovely to have more events that build bridges with our local communities and local organisations and de-stigmatise mental health conditions.” East London NHS Foundation Trust Staff

“It felt like a great way to engage families in the service and show what can be offered.” Staff member at another Hackney service



“I loved attending different workshops within the CAMHS centre I found it very insightful to learn about the experiences of people across the border.” Young Person

“It was so lovely to see the garden and building so full of people and energy. It was also a real privilege to get a chance to meet members of other community organisations and learn about their work.” ELFT staff



WHAT DID PEOPLE GET OUT OF IT?

“Being able to meet people who I have only spoken to on the telephone and also to meet staff from other services.” ELFT Staff

“Best bit, was a parent who dropped in to tell us how well his son has done since leaving our service.” ELFT Staff

“The Open Day was a great opportunity to develop a better understanding of the different services offered by CAMHS. It was also useful to be introduced to community programmes like the African Community School and Father to Father which will help me in future work.” Staff member at another Hackney service

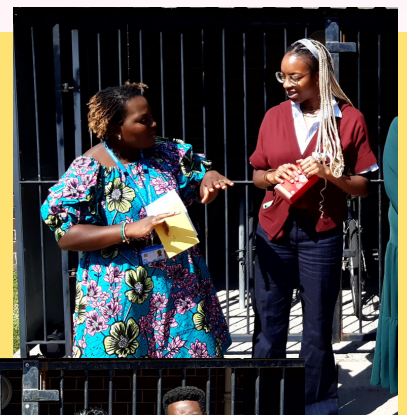
“Meeting new community groups and many support organisations that I had no idea existed.

It had a great mixture of professional organisations, fun, cultural activities, the food was delicious and the music top notch!” Parent

“More peer / organisational connections. Space to learn and feel comfortable with what we all have to give and how.” Voluntary and Community Sector Organisation



General manager at Specialist CAMHS, Ade Dosunmu, thanked the young people and parents who helped make the day happen and the administration staff who got to work at 7am to set the tables and gazebos up!



ALL ABOUT ME!

The statements below were written by young people from North East London working with professionals at the Consultation and Co-production event 'All About Me'

They represent what young people want from their mental health services and provide challenge and direction for staff to work towards.

1. FAIRNESS

"I want the same chances at life as my peers no matter how difficult my journey has been"

2. CO-PRODUCTION

"I want to be actively engaged and supported to get involved and see changes that I have influenced"

3. EQUALITY

"I want the same experience of care and range of support regardless of where I live or go to school"

4. JOINED UP CARE

"I want professionals to work together so that I tell my story once and be involved in deciding what support will suit me and my family's, goals and needs"

5. EASY ACCESS TO SERVICES

"I want to be able to see all support available to me, my family and friends in one place"

6. DIFFERENT TYPES OF HELP

"I want to access support in different ways that suits me and my goals, including helping me to recognise the early signs of an issue"

7. PEOPLE WHO HELP ME

"I want to be able to access different support from different people, including those with lived experience, when and where I need it"

8. BIG CHANGES IN MY LIFE

"I want to feel like professionals care as I move between different stages of my life"

9. LANGUAGE

"I want professionals to use language that has relevance to us, and stop the acronyms!"

10. CULTURE

"I want professionals to know about my culture and to respect my culture"

11. CHOICE, CONTROL AND SUPPORT

"I want to be able to decide how my family are involved in my support, and they might also need support"

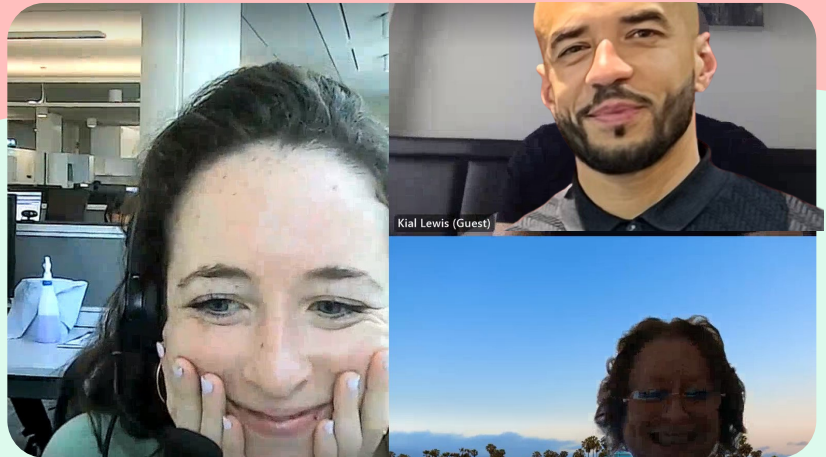
If you would like to get involved with 'All About Me' please contact rose.kachere@nhs.net

Get to know...

Claudia Livesey and Kial John-Lewis

Colleagues at the Re-Engagement Unit, Hackney Education

Claudia is a social worker and systemic psychotherapist with CAMHS, Kial is a Senior Engagement Worker at REU. They work together through integrated working across Hackney services



What's your favourite food?

Kial: I'm a big foodie but I would say the one dish that kind of takes me back to the childhood days would be oxtail and rice and peas. That's from my paternal side of the family, my great uncle, my nan, granddad, my dad, it's a dish they all cook really well and it brings me back to those good old days of family meals. There's lots of different variations of cooking it. I'm from a very small island in the Caribbean called Dominica, which everyone keeps thinking is the Dominican Republic, which it isn't. If we're shopping it's the first takeaway I buy as I love it, but I'm also disappointed cause it's not the same taste. The home cooked version of that meal is the best.

Claudia: Mine's really boring, it's pizza.

Kial: There's nothing boring about pizza

Claudia: I also would never be able to cook that, but it's what I always, always, always wanna get. And if I was thinking about when I was little, my favourite dish was pasta bake, my mum used to find it really strange as it's kind of boring and very easy to make but I was obsessed with it. Even on my birthday I would ask for it. And and we had a bit of a thing in our family about the Sainsbury's basic Margarita pizzas, we were all really obsessed with them, we'd have those for birthdays as well, which again was great for my parents because it was so cheap and easy! And so I've got a bland palette, haven't I? 😊

Rose: Have you eaten pizza in Italy?

Kial: With everything, pasta and pizza, Italy is amazing. I've probably been to Italy about 12 times, to a place called Rimini, and speaking to my great uncle I realised that actually my family are part Italian as well, which I never knew. So now I need to learn to cook proper Italian pizza or pasta as well, I better treat myself to a trip to Italy for that as well!

What's your favourite film?

Kial: I'm a real film bod, me and my wife probably get through a lot of box sets. I get through more than her secretly and then rewatch them! I'll go for an old classic that me and my mom watched, it's Last of the Mohicans with Daniel Day Lewis. I think it just opened up a whole new part of history that I didn't know about. It's about the Native American struggle. The Americans at the time were actually just British colonialists that were there fighting against the British and the French for independence and the Native Americans are kind of stuck in the middle, having to pick sides, but themselves being very grounded, very spiritual. There was a camaraderie between the main characters that was really positive, a positive relationship between men and I didn't really see that in other films. In the film there were brothers as well, but they weren't actually related, so it kind of ...

...made me think a lot. Daniel Day Lewis was an American child that was brought into a Native American family and they accepted him. For me, growing up, it was all about acceptance. My family, like I said, has Italian, Caribbean and English background so being mixed race I had so many different family members that didn't look like me, but we all loved each other and I think that film tapped into that. The film can be brutal but beautiful, and the music is amazing and shows just how powerful music is to films.

Claudia: There's two that come to mind, they're both actually French films, which makes me sound pretentious, but I grew up in France, so that's why. My favorite silly film is called 'The World is Yours' or 'Le Monde est a Toi'. It's a really silly gangster film, fun and playful and takes the **** out of the British.

Kial: Sounds like a great movie.

Claudia: You'd love it, I've seen it three times and I've shown it to all my friends and everybody likes it. And then, this isn't my favorite but it was a film where I remember going to the cinema with someone and looking across and they were crying and I was crying too. It's called Gagarine and it's about a real-life high rise estate in France. It's about the lives of the people living there at the time that it's about to be demolished.

What do you want people to know about what you do?

Kial: So I want people to know that the ReEngagement Unit supports children without any stigma attached to the child or the parent. I feel like parents automatically see REU as just for getting them stay in school, but no, really we're a very supportive service and it's about guiding parents, schools and children to make that child have a great experience in school, that's literally where all of our work stems from.

Claudia: Yeah.

Kial: It's about relationship building; it's about working with empathy; it's about empowering young people and it's about challenging schools in a supportive way - so I never come with a problem and not a solution. I bring suggestions to school and have multiple solutions to support them. We are a fun service and all work from a child centred approach. I had never heard of the service before I joined but I've really enjoyed seeing it grow from 4 people to 15/16 of us. It's not that scary but the schools will tell the parents "We can we refer you to this service that will help your child stay in school" and I wonder how the parents feel, as when I first speak to them they are on the back foot but after 10 minutes they realise that I'm just trying to help out their child and I'll go into school for a meeting every week if need be.

Rose: That's really good to hear, because from a parent perspective, you feel so much pressure to get your child into school. If they're not in school for whatever reason the stigma and the shame is real. You feel like every single message is "you're not doing what you should be doing" "you're doing something wrong" "that child should be in school" etc.

Kial: We focus on positives, so for me, if a child is sometimes going to school then we have something to work with. We listen to the pupils' voices, for example "if I had a magic wand and I could change anything about school, what would you want me to change?" They start saying little things, then we talk to staff about it and just try and change it a little bit and people are normally quite open to suggestions. Well, I'm quite persuasive, as Claudia knows!

Claudia: No, I agree with everything Kial said about the Re-Engagement Unit and I don't think I have anything to add. Family therapy is what I'm most recently qualified in and I'm thinking about what it means in a core way to me. It's not necessarily for everyone, it's not necessarily what's going to make a difference to everyone, but what I want people to know is that you don't have to get through anything on your own and usually what you're finding difficult is not just because of you. I do also fundamentally believe that people can survive a lot (and maybe anything), if they have relationships to others in which they can experience and reciprocate love and care, in a way that makes sense and is easy to do.

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So like, if you have people around you that love you, if they can show you that and you can receive it, in whatever way, then you can get through a lot. And so Family Therapy is about trying to make sure that people do have that, and can communicate what they need to with each other, in a way that is coherent for everyone involved. And that doesn't actually have to be with your family, it can be with anyone who matters to you. **It's just that our connection to others is a resource that can help you through all the hurdles that life will throw at you.** That's what I believe Family Therapy can offer, but with the caveat that not all children and young people might want it at a particular time in their life'.

Rose: That was actually really beautiful. Thank you both so much.

SOME POSITIVE FEEDBACK ABOUT OUR STAFF

"Rebecca Mason has helped me not just as a psychologist but as a person and as a woman. I love her so much and I always pray for her. If I could give her the world, I could give her the universe"

R's Mum: Cahms is a good service at being accommodating and understanding of my autistic son due to them talking nicely, making people feel comfortable at appointments and having a great understanding. They do special events such as giving out prizes during Christmas time which shows they care about service user experience and definitely create a belonging community for my child which is important as autistic individuals can feel like outliers and different so this has helped my son feel better. They treat us equally and kindly even if they are more knowledgeable than us as patients, creating an environment where it's easy to talk about anything.

R: Cahms is a nice service and they take into consideration my needs, they are honest and fair. It is enjoyable to chat with those that support me as they acknowledge my feelings and opinions.



HACKNEY CARNIVAL ROADSHOW
@ Hackney Wick

Sunday 17 September 12.00PM - 7PM

Celebrating the spirit of Hackney Carnival

- Six canalside venues and on the streets of Hackney Wick
- Costume workshops, face painting, films, exhibition
- Live DJs, soca, samba, African drumming
- Pop up processions
- Family area
- Food market and bars

ALL FREE

Featuring Hackney Carnival's finest groups, Triniboi Jooie, Solution Sound System + many more!

lovehackney.uk/hackney-carnival
facebook.com/hackneycarnival
instagram.com/hackney_carnival

Hackney



House of **AMAPU**

Present
AN AFRIKAN HERITAGE HISTORY EVENT

PERFORMANCE POETRY AND SPOKEN WORD
FROM AFRIKA & THE CARIBBEAN

**SATURDAY
SEPTEMBER 16th 2023
17:00 - 19:30**

at:
HOMERTON LIBRARY,
HOMERTON HIGH ST.
LONDON E9 6AS

HOSTS
LADY ESI & NGOMA TWO-FOUR SILVER

FREE!!!..EVENT

NO FEES WILL BE CHARGED BUT ALL DONATIONS APPRECIATED

featuring

- SINGER SONGWRITER
MUSICIAN & STORYTELLING
EDUTAINER
"TOBAGO CRUSOE"
- "THE SANGOMA"
AFRICAN DRUMMERS
- HISTORIAN, RESEARCHER,
WRITER &
COMMUNITY ACTIVIST
"CECIL GUTZMORE"
- ABE GIBSON
BADEN PRINCE
ELEWISA
LADY ESI
NGOMA "SILVER" BISHOP
SUSIE DREAD
YVONNE ROBERTS

from
THE
AFRIKAN HERITAGE WRITERS

Community events you might like...




Chatsworth Food Hub
Free Food to Support Families
in Hackney Community.

To Get The Food Parcel
Call to reserve your package, or walk-in. No need of a voucher!

Address
Clapton Park Methodist
99 Chatsworth Road
Hackney London E5 0LH

Time: Every Wednesday @ 11am - 2pm

Donate

<https://bankwest.co.uk/chatsworth>

More Info office.shepherdfold@gmx.com
07583 165 389 Joycelyn

Supported by Clapton Park Methodist Church.

What's out there?

FOR LGBTQ+ YOUTH



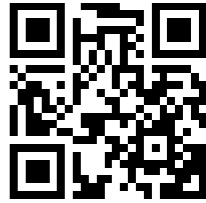
Project Indigo

<http://offcentre.squarespace.com/project-indigo/>



Galop - the LGBTQ+ anti-abuse charity

<https://galop.org.uk/>



MicroRainbow - supporting LGBTQI asylum seekers and refugees

<https://microrainbow.org/>



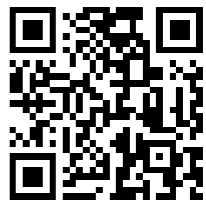
Mosaic Trust - To support, educate and inspire LGBTQ+ youth

<https://www.mosaictrust.org.uk>



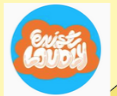
Gendered Intelligence - improve trans people's QOL

<https://genderedintelligence.co.uk/>



Creating spaces of joy, community and care for Black LGBTQ+ youth

<https://www.instagram.com/existloudly/?hl=en>



Imaan - the UK's leading LGBTQ Muslim Charity

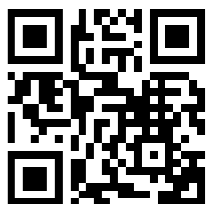
<https://imaanlondon.wordpress.com/>



IMAAN

akt - LGBTQ+ homelessness and housing support

<https://www.akt.org.uk/>



Open Barbers - hairdressing service for all lengths, genders and sexualities

<https://openbarbers.com/>



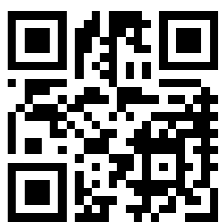
Step Forward -Free & confidential services for all young people aged 11-25

<http://www.step-forward.org/>



Transedu - supporting trans, non-binary & gender diverse in further and higher education

www.trans.ac.uk





Ade's Updates

A big thank you to EVERYONE, who contributed to our successful Open Day last week. Thank you to all the Young people, parents/ carers, voluntary and community partners and our wonderful staff who made the day possible. One of the highlights of the day for me, was a parent who came in because they saw the open day banner outside. The parent shared a wonderful testimony of how his son accessed City and Hackney CAMHS 5 years ago. The parent spoke about the wonderful staff who contributed to his child's life and the impact they had made. The child is now a young adult, he is doing very well and the parent commented that C&H CAMHS staff has been instrumental in his child's journey.

On that note, I want to say thank you to all our staff at every level, your kindness and dedication to children, young people and parents is truly life changing.

In the words of Mahatma Gandhi, in a gentle way, you can shake the world.

Ade Dosunmu
City & Hackney CAMHS General Manager

Online Resources you might like...

<https://www.camhs-resources.co.uk/websites>

