



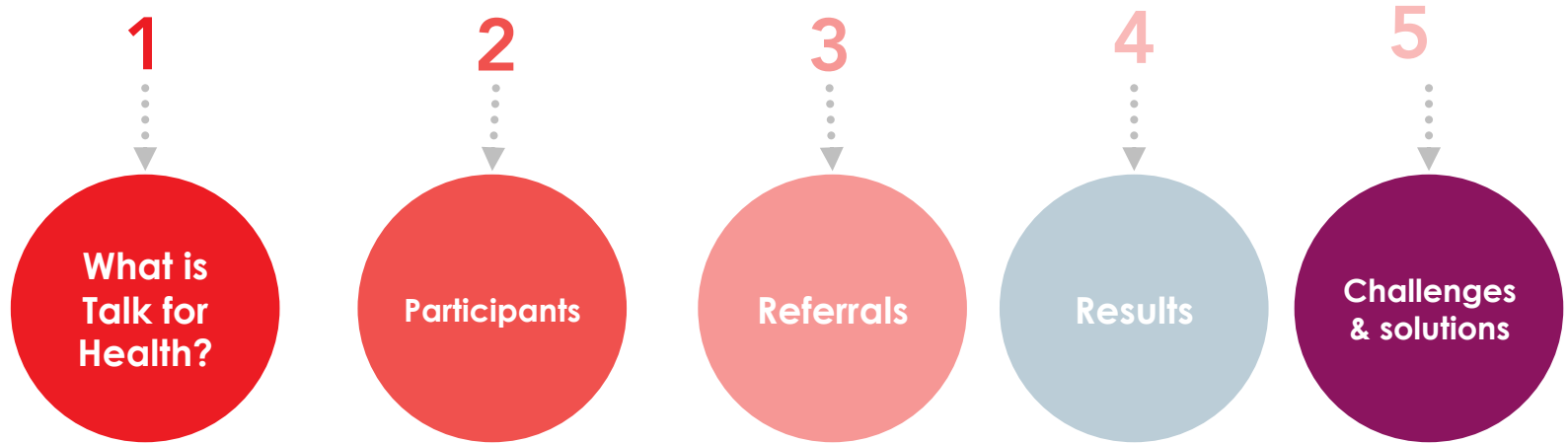
**TALK
FOR
HEALTH**

Wellbeing for all – VAI May 2021

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Contents



Who am I and what is Talk for Health?

TALK
FOR
HEALTH

- Psychotherapist with 'lived experience'. CEO of T4H
- T4H is Psychotherapist-designed, group peer counselling programme
- Commissioned in Islington & Camden since 2014
- Now a therapeutic & wellbeing community of 900+



Everyone gets and gives ongoing therapeutic support

Part of your Psychological 5-a-day

OUTCOMES

Wellbeing

Community

Empowerment

Why did I do it?

- Personal and family experiences of mental distress & therapy
- 1st career in research
- Research into therapeutic talk > Psychotherapy training > my own therapeutic talking group > T4H
- Aim to make therapeutic talk 'as accessible as tap water', demystified, mutual and empowering



Based on a killer fact



And other facts too



Skills and opportunities to share feelings prevents mental illness

(Cooper, 2008, p. 75).



It is good for mental wellbeing to give as well as receive support

(Riessman, 1990).



Therapeutic community bonds can produce longer-term results than 'treatment' alone

(RSA 2015)

An Aha moment..

“

I would see most of
therapy as evolving into
a social skill that
everyone develops.”

“

(Bates, 2005)

The Talk for Health journey



TALK FOR HEALTH

Supported by materials developed over 12 years

TALK FOR HEALTH

"Talk for Health has the potential to make a great contribution to social wellbeing. People don't have to be mental health professionals to be able to bring about positive psychological changes in themselves and others. Talk for Health taps this potential, and offers an accessible and exciting pathway towards greater psychological wellbeing for all."

Mick Cooper, Professor of Counseling, Nottingham University.

TALK FOR HEALTH

Find out more on www.talkforhealth.co.uk
email info@talkforhealth.co.uk
or call +44 (0)7999 816 222

TALK FOR HEALTH

TRAINING IS FREE

DO YOU WANT TO TALK? FREE PROGRAMME IN TALKING FOR WELLBEING

WHAT'S THE IDEA?

After one of our training you get access to a programme of ongoing, free, self-help group and online support materials.

Talk for Health is the process you need to take steps towards a better life. It's a challenge to think and feel better about your situation, to understand how you can help yourself and others. This is the idea.

The programme is a 10-session, 12-week programme of self-help and group work. It's designed to help you understand how you can help yourself and others. This is the idea.

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WHAT DO PEOPLE SAY ABOUT IT?

"A space where you can be completely yourself and be heard."

"Teaches you the skills society forgets to."

"Enjoyable, inspiring, safe, supportive, liberating."

"It gave me a much deeper understanding of myself and other people."

HOW DO I SIGN UP?

Book a place on a future course via the www.talkforhealth.co.uk or the left hand column above. Or you can contact us on 0115 9244444, 0115 9244444, 0115 9244444, 0115 9244444 and we'll get you on the list.

FIND OUT MORE AT: www.talkforhealth.co.uk | www.facebook.com/talkforhealth

TALK FOR HEALTH

THERAPY WITHOUT THERAPISTS

WHAT IS IT?
A 10-session, 12-week programme of self-help and group work. It's designed to help you understand how you can help yourself and others. This is the idea.

TALK FOR HEALTH

TRAINER MANUAL

WHAT IS IT?
A 10-session, 12-week programme of self-help and group work. It's designed to help you understand how you can help yourself and others. This is the idea.

TALK FOR HEALTH

HOW ARE YOU REALLY? ... NOW ONLINE

Need more people who can listen to the real answer?

FREE PROGRAMME IN TALKING FOR WELLBEING

FEEDBACK GUIDELINES

TALK FOR HEALTH

- O** OPEN QUESTIONS
- M** PARAPHRASE
- N** PHYSICAL BODY LANGUAGE
- V** YOUR OWN FEELINGS
- S** SPEAKER'S FEELINGS
- P** POSITIVE
- A** AFFIRM STATEMENTS (GENTLY)

GENERAL GUIDELINES

TALK FOR HEALTH

- BE ON TIME TO GET YOUR TIME**
- CONFIDENTIALITY**
- IF YOU ARE LATE, COME IN QUIETLY**
- EQUAL TIME FOR ALL**
- NO ADVICE UNLESS ASKED**
- DON'T INTERRUPT SPEAKERS**
- USE 'I' STATEMENTS**
- DON'T TELL THE STORY**
- NO DEFENSIVE DEFENDING**

Core programme structure

Core peer counselling training – 26 hours over 6 weeks



After training - ongoing groups

Follow clear protocol and are chaired by volunteers.

Each person shares, and the others feed back using T4H peer counselling guidelines.

Currently 33 ongoing groups a month

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1. Café Arsenal Community Hub 18:00 – 20:00	3. Café Light Project Pro Int'l 13:00 – 15:00		4. Chair & Share Manor Gardens 16:00 – 18:00	5. Chair & Share NAFSIYAT 18:00 – 20:00	6. Café Breathe & Share 14:00 – 16:00	
	2. Café Newington Green 18:30 – 20:00						
2	7. (C&S) Young Adults (18-25) Personal Growth & Share 18:00-20:00	9. Café Art Journal & Share 14:00-16:00	12. Café Caversham 17:30 – 19:30	14. Self-generated Group Location/Time TBC	15. Chair & Share (Men Only) MIND in Camden 18:00 – 20:00		16. Café Showcase & Share 17:00 – 19:00
	8. Café Killick Street 17:30 – 19:30	10. Café Castlehaven 18:20 – 20:30					
			11. (C&S) Black Lives Matter 19:00 – 21:00				
3	17. Café Therapeutic Writing Group 16:00 – 18:00	19. Art Journal & Share 14:00-16:00	21. Café TED Talk & Share 18:00 – 20:00	23. Café The Peel Centre 16:00 – 18:00	26. Chair & Share Calcott Community Centre 6.30 – 8.30 pm		
	18. Café Newington Green 18:30 – 20:00	20. Chair & Share St Luke's 18:00 – 20:00	22. Self-generated Group Old Fire House 19:00– 21:00	24. Café The Stress Project 18:30 – 20:30			
				25. Self-generated Group Sacred Heart 18:30 – 20:30			
4	28. Café Movement & Share 18:30 – 20:30	29. Café Parliament Hill 18:00 – 20:00	30. (C&S) Show & Share 19:00-21:00		32. Chair & Share Islington Town Hall 18:30 – 20:30		
			31. Café North Islington 14:00 – 16:00				

Key

Cafés are open to non-Grads (i.e. anyone who's attended a Taster)

Chair & Shares (C&S) are open to T4H Grads (i.e. those who have done the core training or attended 6 Cafes over 6 months)

Self-generated groups are formed and self-managed by groups of people who have met on Taster/trainings

(All groups currently running online through Zoom)

'...And Share' groups

TALK
FOR
HEALTH



How delivered during Covid

- ❖ Zoom + outdoors – established beginning April & constantly changing
- ❖ 1 to 1 wraparound support for ‘anxious joiners’
- ❖ Many challenges & escalated distress levels

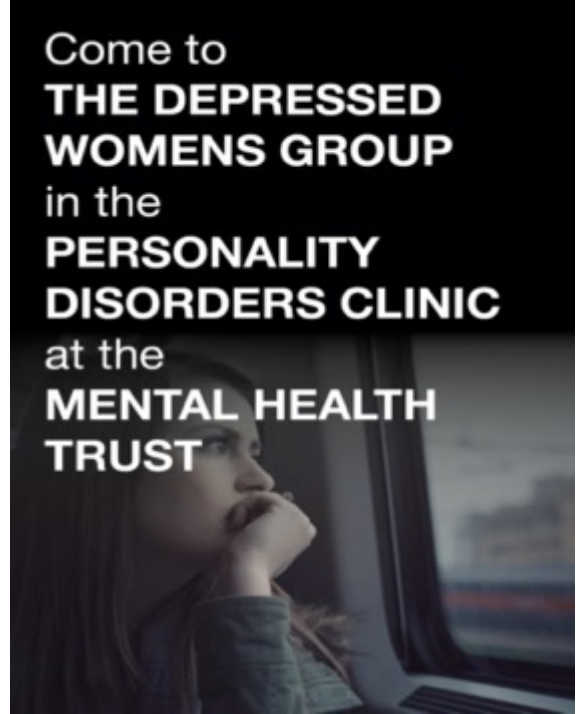
Participants

- **Aged 18 – 90!**
- **70% clinically distressed** on intake
 - **Range of diagnoses:** CMD's, SMI and Personality Disorder
- **30% not clinically distressed but** want better wellbeing, connections, skills.
- **40% with long term health conditions**
- **56% from ethnically diverse communities**

Non-clinical style attracts diversity



NOT



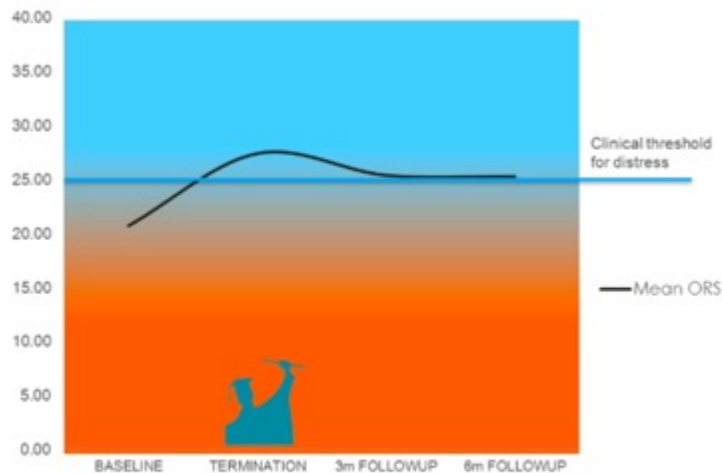
Impact for participants

- **Therapeutic:** lifts wellbeing, reduces depression; well-maintained
- **Empowerment:** training and leadership opportunities
- **Volunteering to lead groups** (Train the Chair)
- **Being paid as sessional trainer** (Train the Trainer)
- **Belonging to a community:** 'T4H Graduates' – monthly events

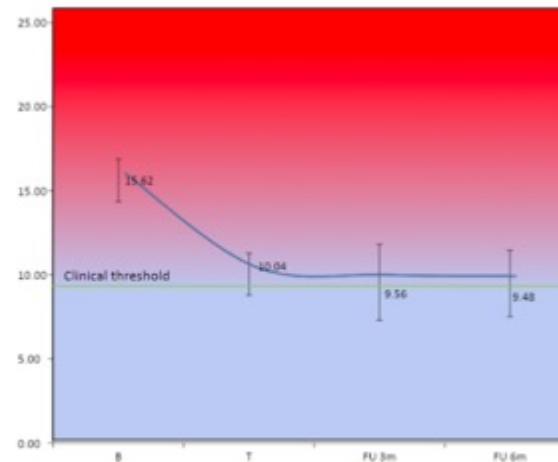
NB: importance of validated measures & research partner – in our case at Roehampton University

Clinical results: effective with large effect size; long lasting

clinical sample i.e. 70% of intake. N = 687 graph 1, N = 70 graph 2



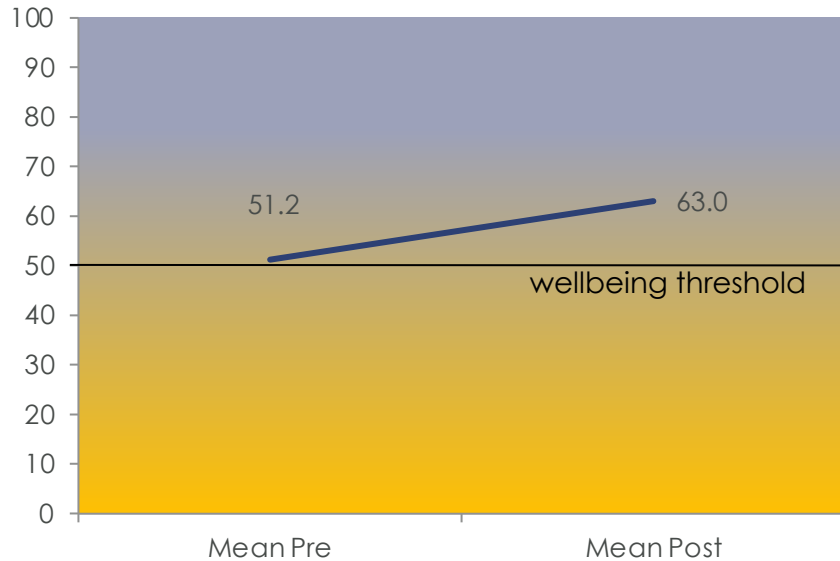
Graph 1: ORS Wellbeing over time from baseline to 6-month follow up.



Graph 2: PHQ-9 Depression over time from baseline to 6-month follow up.

Results from recent corporate programme

WHO-5




The World Health Organisation 5 (WHO5) measures mental wellbeing.

Average intake score 51.2, just above the threshold between poor and good wellbeing.

Average outgoing score 63.2 – an increase of 12 points. This is an increase of 11.8% i.e. **significant** improvement.

T4H: what participants say



I have had deep breakdowns and many admissions to hospital. Talk for Health is helping me to heal on a deep level as no other mental health service has been able to do

Having been in and out of treatment many times, Talk for Health has been a revelation. I now feel confident I've found a way to maintain my mental wellb

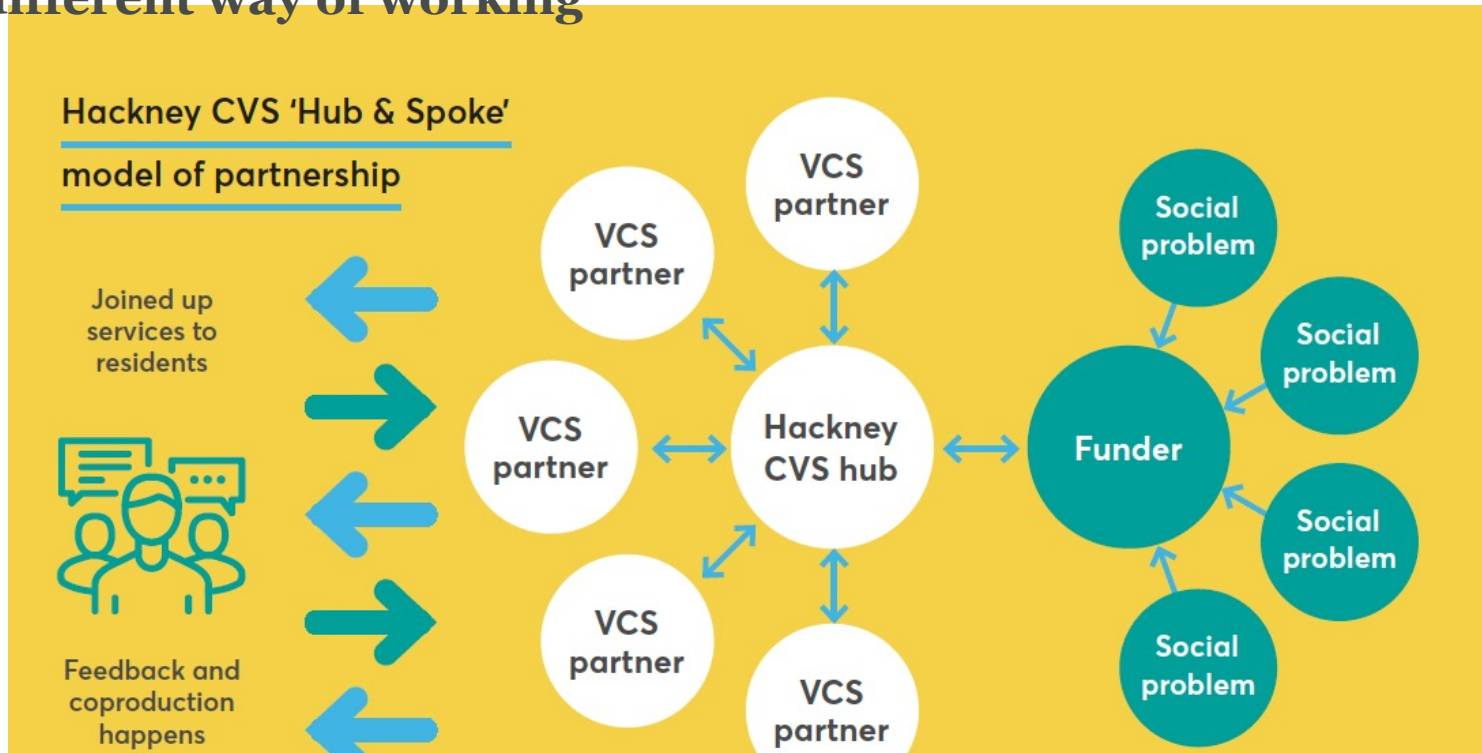
Talk for Health sessions saved my life at times when I was very low and suicidal, and made me realise I could be a useful member of society.

I've suffered long-term depression and isolation. Since joining T4H I am building safe relationships and for the first time feel optimistic about my future.

Challenges and solutions

Challenge	Solution	
<p>Procurement and contracting Levels of uncertainty, complex process, & target-setting placing unrealistic burdens & there is little opportunity to discuss</p>	<p>Longer and lighter touch contracts or grants. Hackney model?? Trust: early, open and ongoing dialogue & relationships</p>	<p>New, more connected relationships</p>
<p>‘Tribal’ divide & power imbalance: stat/vol sector.</p>	<p>Facilitated team-building and way of working</p>	<p>.. in principle enabled by Transformation plan/budgets..</p>
<p>VCS partners: friends or rivals?</p>	<p>Facilitated team-building: we are more powerful together – e.g to lobby for connected public/VCS relationships; funding.</p>	<p>Opportunity for change? or ..</p>
<p>Chronic under-resourcing: esp core costs. Burnout of good staff</p>	<p>Fundraising as whole VCS sector AND VCS + statutory</p>	<p>‘Redisorganization?’</p>
<p>Time to solve all this..</p>	<p>VCS orgs paid to engage</p>	<p>We need candid conversations to ensure it’s change.</p>

Hackney model: not necessarily the 'right' one .. but shows there can be a different way of working



This means the local sector gets resources to deliver but doesn't have the hassle of the overall contract management side of things. It also means commissioners and funders can have one conversation with the partnership as a whole.

How do people join?

- **Majority self-refer & find out about T4H via**
 - **Social & other media, flyers, NHS referrers, Social Prescribing, partner VCS orgs**
- **You can refer others - and come yourself - if you are an Islington or Camden resident looking for better wellbeing. Sign up to our newsletter & get signup links by asking info@talkforhealth.co.uk**
- **Or follow us on Twitter @Talk4health / look on our website www.talkforhealth.co.uk for latest links**

To talk or find out more

See our website www.talkforhealth.co.uk

Follow us on:

Facebook www.facebook.com/talkforhealth/

Twitter @Talk4health

Instagram @talk_for_health

Email us & sign up to our newsletter on info@talkforhealth.co.uk

Call 0203 409 3201 or 07826 148461

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T4H Pathway in more detail

HOW IT WORKS

