

Executive Summary

Healthy Mind: Community Mental Health and Wellbeing Event

A partnership health event between HKP and UOK to improve communication and access between patients and local mental health and wellbeing services.

“I have an improved knowledge of the different health services that are available to me. I feel more confident and in control of my health and wellbeing”

Event Outcomes

102 Attendees
311 Clinical Conversations
5 Clinical referrals
37 Non clinical referrals
189 interventions (advice/leaflets)
52 Workshop attendees
35 Complementary therapies provided
58 Networking opportunities

Outcome for Attendees

96% of people attending said they had improved knowledge of health issues.
76% of people said they felt less isolated
84% said they had an improved knowledge of health services.
96% said they felt more confident in managing their health and wellbeing

HEALTHY MIND
Free Mental Health & Wellbeing Event
in partnership with
The Hangleton & Knoll Project and UOK

An opportunity to meet and chat to local mental health and wellbeing services, take part in workshops, and enjoy taster complementary therapies & healthy food and drinks

Workshops on offer:

- Managing Sleep
- Breathe better
- Qi Gong
- Tapping for self compassion

Treatments available (limited):

- Alexander Technique
- Hand Massage
- Indian Head Massage
- Shoulder Massage (All bookable on the day)

16th November, 2024
10.30 AM - 1 PM

St Richards Community Centre, Egmont Road, Hove, BN3 7FP

For more information, please contact Claire Hines: claire.hines@hkproject.org.uk, tel: 0742 2692831



Case Study: Black British Male, Age 55 yrs, lives on Knoll Estate

“I attended the healthy mind event as a work colleague had recently attempted suicide, I was chatting to his wife and she is really struggling to cope with what's happened and doesn't know where to turn for support. I sent her details of the event but she wasn't up to coming.

I spoke to a number of different services at the event, including Rethink and UOK and took away a lot of information that I have passed on to my work colleagues.

Whilst I was there, I also booked on to the breathing workshop which I found very relaxing and I learnt some techniques to practice at home.

I also spoke to the Healthy Lifestyles team who gave me some information on stopping smoking, I have since contacted them to sign up. The event was brilliant, so much useful information and everyone was really friendly”