

CITY & HACKNEY CAMHS NEWSLETTER

JULY/AUG/SEPT 2025



We dreamed our garden in April and planted seeds. We now have sunflowers, tomatoes and broadbeans, nasturtiums, marjoram, and a passionflower! and our estates gardener is leaving some areas to grow naturally, like a meadow.

The scented herbs - lavender, rosemary, lemon balm, mint, lemon verbena and pineapple sage have been used for sensory grounding in the DBT group.

On the literature display in the waiting room you will find a scavenger hunt/i-spy sheet to help you explore.

Watch out for more garden-based activities and if you have ideas or would like to be involved please tell the person you see at CAMHS, or a receptionist.



WHAT'S IN THIS ISSUE?

- So far in our garden...
- Get to know...Kirsten Mitchell
- HealthSpot
- Community Arts
- New Feature: NVR updates
- New Feature: Quality Improvement
- N-Gage - free summer activities
- Ade's Updates

Get to know...

Dr Kirsten Mitchell

Lead Consultant Child and Adolescent Psychiatrist



What's your favourite food?



Oooh, I'm really bad at these kind of questions because I like lots of different things rather than having one particular passion. I would probably say Italian food, my Dad lives in Italy and we go there quite often, the food is simple, fresh and delicious. There are also some things from Bermudu, like a particular fishcake dish that you have as a Good Friday tradition and it reminds me of home. The fishcake is always homemade, sometimes curried and eaten on a hot cross bun. Then sushi is my go to dish for going out with friends.

What's your favourite film?

This is a little bit easier, as I do have a favourite film, it's called 'Beasts of the Southern Wild'. I find it a beautiful film and I really relate to with lots of aspects of our work. There are aspects of mental health, equality, diversity and inclusion and culture; one person's happy life is different to another's. The soundtrack is really good, the acting is too and it always stood out to me as a very beautiful film.



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

Well I would first say that working as a medical doctor in mental health, as a psychiatrist, is quite an enjoyable job and a privilege because you get to know about people's lives in a way you might not in other doctor roles. People might tend to think doctors only focus on medication and diagnosis (which is an important part of the role), but you are also very much part of a Multi-Disciplinary Team, working in collaboration with colleagues, which isn't always true of other medical doctor roles and is a rich part of working in psychiatry. For a doctor, choosing to work in mental health services means you are probably interested in people as a whole rather than what is going wrong; you are not limited to thinking about one aspect of a young person, you get to know them as a whole and it feels like you support them in many different ways.

Health Spot City and Hackney



Friendly & free health and wellbeing appointments for young people

For young
people aged
11–25

Friendly & free health and wellbeing appointments for young people

What is Health Spot City and Hackney?

Health Spot City and Hackney offers young people (ages 11–25) health and wellbeing support, guidance and information in the spaces and places that young people are!

Where is it?

Upstairs at the Young Hackney Forest Road Youth Hub, 29 Forest Road, E8 3BY

What can you get an appointment for?

- Physical Health
- Mental Health
- Sexual Health
- Drug and Alcohol Use
- Anything else you're worried about

Can I bring a friend?

Yes! You're welcome to bring a friend, or ask one of our friendly youth workers to support you in an appointment.

How do I book an appointment?

You can drop into the hub anytime and speak to a Youth Worker or email us on:

 HealthSpot@hackney.gov.uk
or visit

bit.ly/healthspotcandh
for more information



MONDAY

6–8pm: Health & Chill plus
access to free condoms

6.30–7.30pm: Careers & Life
Goals (fortnightly)

TUESDAY

3–7pm: Sexual Health
(STI testing, contraception
& advice)

6–8pm: Wellbeing &
employability workshops

THURSDAY

4–8pm: GP appointments

6–9pm: Mental health
check-ins

FRIDAY

6–8pm: Drugs & alcohol
advice (monthly)

3–7pm: Stop Smoking
Support

Health Spot City and Hackney is a new integrated health and wellbeing service for young people, designed to support young people's health and wellbeing through free, confidential appointments with a range of health and wellbeing practitioners at Young Hackney Forest Road Youth Hub. This service is a partnership between health and wellbeing professionals and youth workers, and benefits from the Universal Youth Work programme and wraparound support that the team of Young Hackney youth workers can provide to young people accessing the service.

• GP | Sexual Health Nurses | Youth Workers | Counsellors and Mental Health Practitioners | Employment advisors | Drugs, alcohol and smoking advisors

For more information about Health Spot City and Hackney, including the full range of services and support available, please visit www.younghackney.org/healthspot

Youth Arts in City & Hackney

Creative Health



Hoxton Hall - Creative Health is a programme of work that uses creative practice to support people with physical and mental health. It embraces visual arts, performance arts, film, literature, music, crafts, gardening, heritage and digital arts. Hoxton Hall works with our local community, Hackney Council but also more broadly with [London Arts and Health](#) and the [Greater London Authority](#) to support and champion this movement. Our Community and Wellbeing Activities can be found on: [Hoxton Hall](#)



Hoxton Hub is a network of over 50 Hoxton & Shoreditch based cultural, health and voluntary sector organisations working to reduce health inequalities through culture. Led by Hoxton Hall and Hackney Council's Culture team, the network meets every two months to find ways to incorporate creative activities into local healthcare. [Hoxton Hub](#)



Hoxton Hall Summer Holiday Youth Activities. Included in our Creative Health Program we have created a series of fun creative activities for young people aged 12-19. This includes being part of band, dance for camera, drama, and art, finishing off with a day festival curated by our Young Leaders called PEACE OF NATURE. Check our website for more information and to register. [Youth Summer](#)

[Immediate Theatre - girls project](#)



[Immediate Theatre - youth theatre at estates](#)



[Hackney 16+ network](#)



[Yard Theatre - Young artists](#)



[Barbican Young Creatives](#)



[Mouth That Roars - video, 10-25yrs](#)



[Graeae Theatre -for 6-11yrs, Deaf, disabled, neurodivergent](#)



[Graeae Theatre -for 16+, Deaf, disabled, neurodivergent](#)



Free Galleries close by

[Victoria Miro Gallery.](#)



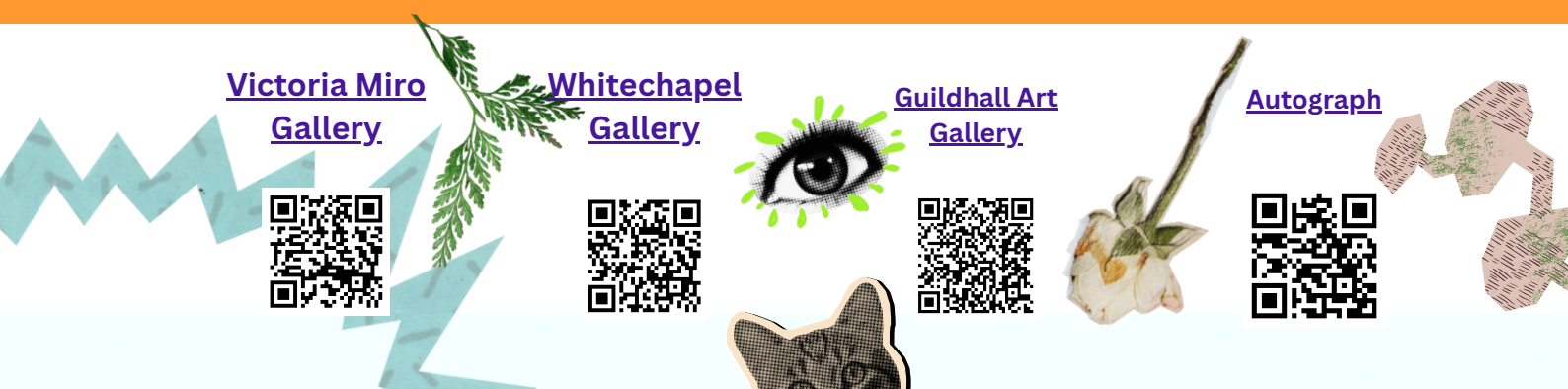
[Whitechapel Gallery.](#)



[Guildhall Art Gallery.](#)



[Autograph](#)



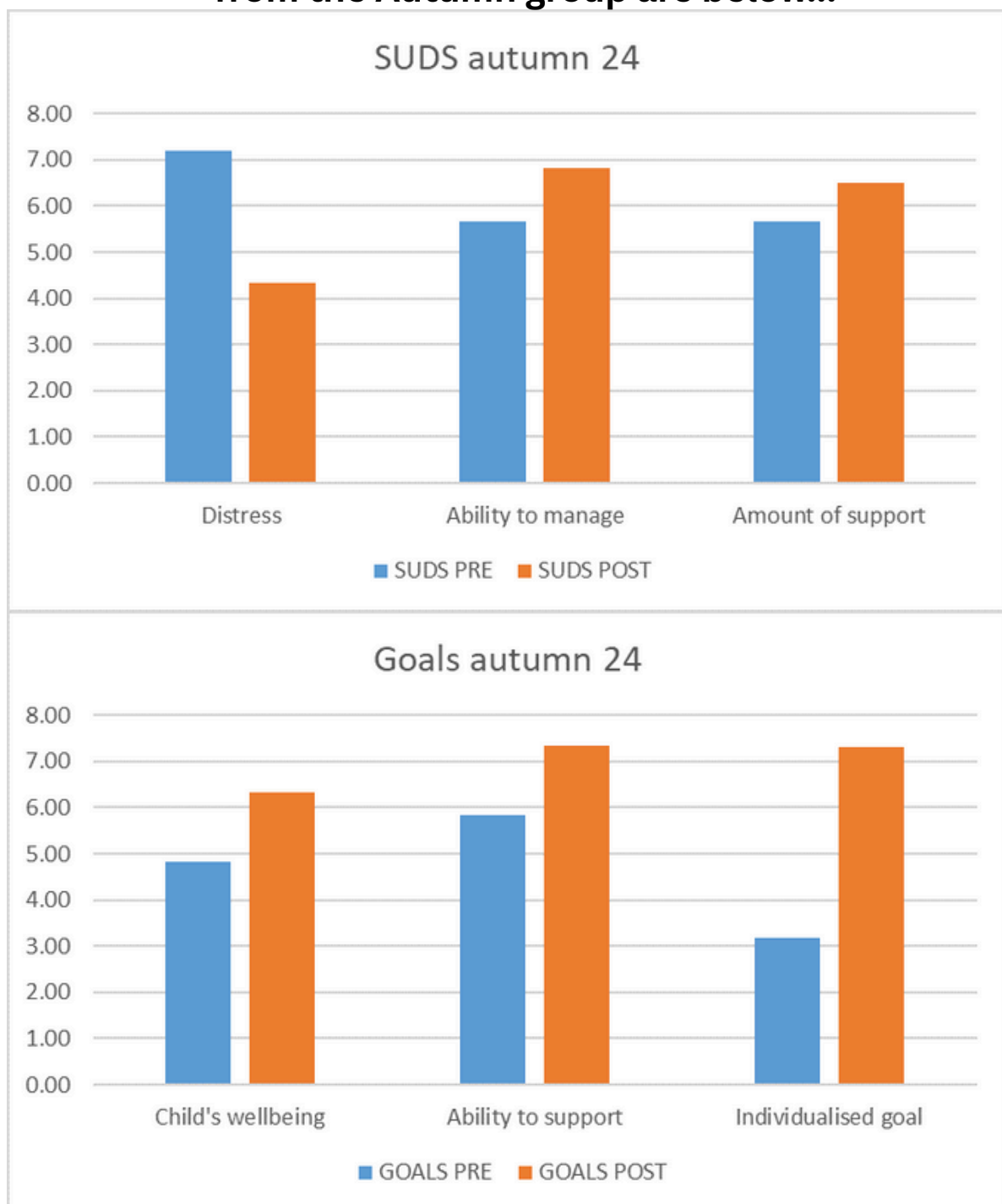
***Update on our
NVR groups
this year and
the outcomes
achieved***



Non Violent Resistance



This academic year (Sept. 24 to July 25) we have delivered 3 groups. We received 40 referrals for groups in total. Outcomes from the Autumn group are below...



Messages from the most recent group

“Be open-minded to change. It’s ok to make mistakes and learn from them. This course will help you to do it.”

“NVR helped me to learn how to connect with my son. After using NVR tools it gradually helped improve my son’s behaviour. It helped me as well, as I learned how to approach others when I needed it for my son.”

“NVR gave me the strength to not give in, give up and stay strong. Be kind to yourself, have faith in the process.”

“You’re not alone. We are all in this together.”

“The NVR group gave me space to think about the issues and changes I wanted to make. It also gave me some really useful tips to help.”

“Keep going, don’t give up, the sun will start shining again.”



“NVR gave me good ideas, tools and practices that really worked, and helped me see the positives and potential in my child when all seemed lost. Keep looking in the rainbow basket!!”

“This course has been a very good experience for me. I learn from parents and tutors and this helps my confidence in speaking to my child and making rules. I enjoy the class and wish we had a bit more”



African Community School

African Community School’s next NVR group will be starting this September. We’ll be holding a taster session on Friday, 19th September, with the 12-week course starting the following week on Friday, 26th September. Parents can sign-up here:



<https://www.eventbrite.co.uk/e/non-violence-resistance-parenting-programme-nvr-starts-september-26-tickets-1303265204309?aff=oddtcreator>



What Quality Improvement is happening at CAMHS?

Our project on reducing missed appointments has been taken forward across the Trust where different projects teams have been meeting together to tackle health inequality by reducing missed appointments.

Look for the full size poster in the waiting room at Homerton Row if the one below is too small!



Reducing missed appointments in City and Hackney CAMHS Neurodevelopmental Team

Rebecca Atlas, Lorraine Dick, Rose Kachere, Amira Petker, Toyin Ilo, Lila Woods, Lucy Brewer



Life QI Code: 152113

Aim

To reduce the percentage of DNAs in C+H NDT (deprivation quintiles 1-2) to 8%, by August 2025

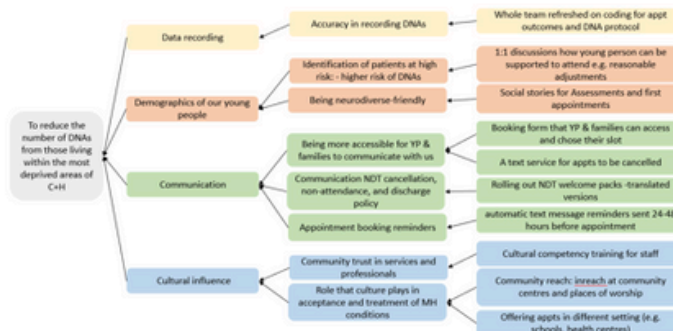
How did you involve service users and carers?

We involved a young person and carer as members of the project team from the start of the project.
We also asked young people in WTG for their ideas which contributed to our change ideas.

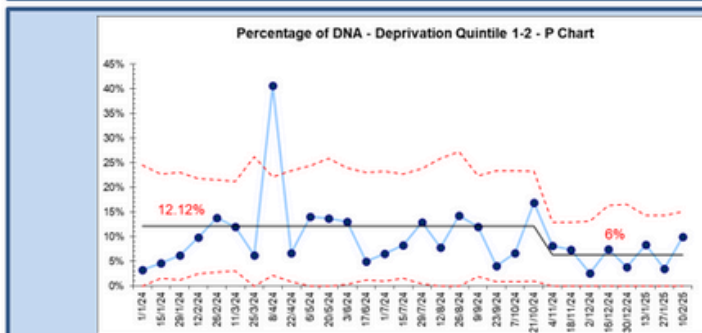
Tests of Change

1. NDA Policy leaflet
2. Removing parent group from rio
3. Text message reminders
4. Arranging next appt date with parent/YP at current appt + add date to outcome letter

Driver diagram



Data



Learning and what next?

What We Learned: We've seen how working more closely with digital can really help improve the quality of our data. We've also deepened our understanding of how to tackle health inequalities by being more mindful of the needs of specific populations. Co-production (Big I) was really powerful - involving young people in shaping services makes a real difference. One of the biggest takeaways was that anxiety is a major reason why some young people miss appointments. That insight really shaped our thinking around change ideas, like using social stories and leaflets.

What's Next: We're now looking at broader changes in the NDT, and involving young people with these changes. Having examples of what's worked well so far is really useful. The findings and ideas from this project will also be shared and scaled across other CAMHS teams in the Trust, so that this work can have an even wider impact.

If you would like to be involved please email your interest to elft.ppgchcamhs@nhs.net

If you would like to do free training for service users and carers on Quality Improvement skills, please scan this QR code



Free activities from the East London CAMHS Participation Team

Summer N-Gage Program July/August

Natwest Finance Workshop

Join us to learn how to make better choices to manage your finances. This workshop will share info to help stay money wise.



ART ACTIVITY

Fold, doodle & paint workshop
You are invited to this creative journey where simple doodles transform into masterpieces! Perfect for all skill levels.
All materials provided.



DAY TRIPS

Interested in photography, law or science?
Join us for phone photography, Royal courts of justice, the Old Bailey or the Science museum for a fun filled educational day.



Trips Around London



East London
NHS Foundation Trust



All the activities are open to young people using a CAMHS services in East London (Tower Hamlets, Newham, City of London, City & Hackney)

SIGN UP LINK

It's a straight forward online form where you can choose which activities you would like to join!

SCAN ME



MEET AT HQ

Summer N-Gage Program July/August



Week 1

Monday
28th July
9:30AM - 4:00PM

Visit
**Royal Courts of
Justice and Old Bailey**

Min age 14 years
Please bring ID

Wednesday
30th July
1:00PM to 3:00PM

Just Art
**Creative Art Activity
at
City & Hackney**

Thursday
31st July
1:00PM to 3:00PM

Photosmart
**Phone Photography
around
Trust Headquarters**

Week 2

Wednesday
6th August
9:30AM - 4:00PM

Visit
**The Science Museum
Meet at
Trust Headquarters**

Thursday
7th August
1:00PM to 3:00PM

**Finance Management
supported by Natwest
Online
Fun with finance and
money**

A Fond Farewell to Rose Kachere

We want to take a moment to say a heartfelt farewell to our People Participation Worker, Rose Kachere.

Rose has had a truly transformative impact on City & Hackney CAMHS. Through her compassionate and determined work with children, young people, families, staff, and stakeholders, she has helped shaped the service to listen more deeply and respond more meaningfully. By keeping the voices of young people and families at the centre of everything we do, Rose has left a legacy that will be felt long after she moves on.

Her ability to work alongside our staff, encouraging reflection and action around participation, has inspired real change. On behalf of the whole team, and all those who have had the pleasure of working with you, thank you Rose. We wish you all the very best in your new role – we know you'll continue making a difference wherever you go.

Ade Dosunmu, on behalf City & Hackney CAMHS

Ade's Updates



How does the service respond to feedback?

As CAMHS General Manager Ade will always listen to what people have to say about the service and think about how best to respond.

How can I give my feedback?

There are lots of ways to give your feedback...

- If it is about your care and treatment you can talk to the person you see at CAMHS, they want to hear your views - whether you agree with what they think or disagree with them
- If you don't feel comfortable to talk to them you can talk to their Team Lead, look on the Welcome Board to find out who that is, or talk to a receptionist
- If it is a more general suggestion or idea you can use the suggestion box in the waiting room
- You can also use the Patient Advice and Liaison Service to offer compliments or to address concerns or complaints - check out the PALS poster in reception for more information.
- The other thing you can do is to get involved in People Participation. Our People Participation Worker runs lots of activities for both young people and Caregivers. Pick up a Participation leaflet in reception, look at the TV display or go to the website for more information

CAMHS PARTICIPATION



There are lots of opportunities to give your views, work alongside CAMHS teams and have fun

How to get involved



Scan the code or use the address below to register your interest
<https://forms.office.co.uk/e/6ZYg8mY7aa>

NHS
East London
NHS Foundation Trust

● elft.ppgthcamhs@nhs.net

CAMHS CAREGIVERS' COMMUNITY

Peer to peer support and discussion
Monthly online meet-ups for carers, parents, grandparents and more

If you would like to come you can scan this QR code for the zoom link, email rose.kachere@nhs.net or ask at reception

1st Tuesday of the month 5-6.15pm



March 4th	Managing appointments & the CAMHS journey
April 1st	Getting other support & leaving CAMHS
May 6th	Self care for caregivers
June 3rd	Exam & school stress
July 1st	Holidays & changes
August	Break
September 2nd	Parent Groups and Self care for carers
October 7th	Self care for carers
November 4th	Interview skills
December 2nd	Holidays, changes & seasons

How to make a comment, compliment or a complaint

We welcome your opinion about East London NHS Foundation Trust and any ideas you may have to help us improve our services.

If you have a comment, compliment or complaint, please speak to a member of staff who will try to help.

Alternatively you can contact the Complaints Department on elft.complaints@nhs.net



কিভাবে মন্তব্য ও অভিযোগ করতে হয়
Nasıl görüş bildirebilir ve şikayette bulunabilirsiniz
.....
কীভাবে মন্তব্য ও অভিযোগ করতে হয়
如何提出意見及作出投訴
Как высказать свое мнение и подовольство
Sida 100 jeedyo faallo iyo cabasho