

Communities In Sync – Sandwell Mental Health Service

September – December 2022

About CIS

Communities in Sync (CIS) is a dynamic not for profit partnership of quality health, social care and well-being providers working together to improve the lives of people in the local community. We successfully manage and deliver a range of projects to support the joined-up delivery of health, social care and related services to communities in the Black Country and Birmingham through partnership approaches. We are a constituted and registered charitable community benefit society. All of the members are third sector, health and social care providers delivering services in Sandwell.

Collectively, CIS and its member organisations reach and work with the most vulnerable, disadvantaged and underrepresented people within the community e.g., people with mental health needs, people with learning disabilities, older people, people with dementia, people with physical disabilities, carers, Minority Ethnic and other diverse communities.

Mental Health Partnership

This service is designed to assist Sandwell residents who require support with their mental health needs, which may include people who are currently on a waiting list for support from the Black Country Healthcare NHS Foundation Trust. Once a referral has been received we will complete the triage process which will determine which service or combination of services a person will be referred to. The community based mental health support service will be delivered by a partnership of 4 CIS member organisations which are listed below:

- Kaleidoscope Plus Group
- Ideal For All
- Sandwell African Caribbean Mental Health Foundation
- Murray Hall Community Trust

Further information about the type of support offered by each organisation can be found on page 3. Every individual referred to the service will be offered a range of bespoke service which maximises the likelihood of continuous engagement throughout the duration of our intervention and improved mental health and wellbeing.

Referral Information

Please ensure that you complete the referral form (word format) and email it to the address below. Upon receiving the referral, we will initiate the triage, followed by a referral to one or more of the services listed in this document.

Email address: SPA@kaleidoscopeplus.org.uk

Hours of Service: Monday – Friday

09:00 – 17:00

Referral Pathway

Pre – Referral

- Client’s permission has been granted for the referral
- Referral form fully completed (state whether you require feedback)

Referral made via **email** to Kaleidoscope Plus Group SPA@kaleidoscopeplus.org.uk

Referrer

Feedback provided to referrer on request

Triage begins and referral routed to combination of provider(s)
48hr maximum turnaround



Single Point of Access

Clients are offered a range of support options depending on their needs, preferences and locality



Description of Services

Kaleidoscope Plus Group

321 High Street, West Bromwich, West Midlands, B70 8LU
Tel: 0121 565 5605

- Single point of access for referrals
- Initial triage
- Specialist counselling (1 to 1 for up to 6 sessions per person plus initial assessment session)



Murray Hall Community Trust

The Bridge, St Mark's Rd, Tipton, DY4 0SL
Tel: 01902 826513

- Specialist counselling (1 to 1 for up to 6 sessions per person plus initial assessment session)
- Building emotional resilience to enable people to manage their mental health and well being
- interventions which are structured upon each beneficiaries' requirements to formulate change
- Available at the Murray Hall Community Trust offices or venues local to the client



Ideal For All

Independent Living Centre, 100 Oldbury Rd, Smethwick, B66 1JE
Tel: 0121 558 5555

- Specialising in supporting people with disabilities (including mental health and learning disabilities), health conditions and life changing illness/conditions.
- Structured and facilitated group and 1-to-1 non-clinical mental wellbeing and psychoeducation sessions and activities
- Range of peer support and condition management sessions (online and in-person)
- Access to wider therapeutic activities provided at 3 gardens and the Independent Living Centre



Sandwell African Caribbean Mental Health Foundation

Boulton Rd, West Bromwich B70 6NW
Tel: 0121 525 1629

- Access to specialist Peer Support for individuals from Black & African Caribbean communities
- Recovery planning and outcomes monitoring
- Wellbeing support and personalised IAG

