

INNOVATION OR NECESSITY

“Does the *chicken* make an egg
or
does the egg make a *chicken*?”

Dr Peter Ilves

Roehampton GP

Wandsworth CCG – locality lead

Big White Wall Primary Care Consultant

London Innovates - Nov 2012

3 More Stories

Delivering mental wellbeing online

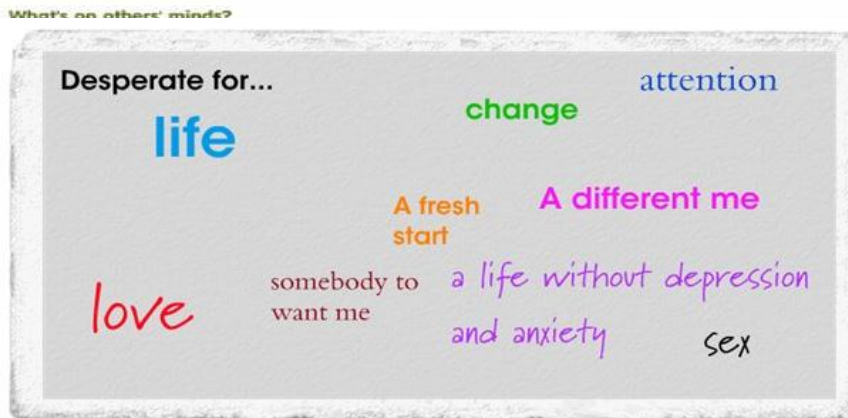
Self management – asset acquisition

Make a “PACT” with your community

Big White Wall

- Unique platform
- Step 0(1) to step 3 mental health resource (NICE)
- Safe and anonymous
- Open All Hours: 24/7 & 365/1
- NO WAITING TIME
- Therapeutic community
- Peer support
- Clinical support “on call” 24/7 & 365/1
 - Wall guides
 - Resources
 - The Community
- Talkabouts
 - Personal and groups
- Live therapies
- BWW PRO – the “prescription”
- Stats
 - 9000 users
 - 50000 bricks
 - 73% - first disclosure
 - >90% improvement rates
 -
- NHS contracts – PCTs, IAPT, Government
- £2 a week – google it!
- Free
 - Armed forces
 - Veterans
 - Their families
- Art Therapy – the “bricks”

BigWhiteWall.com

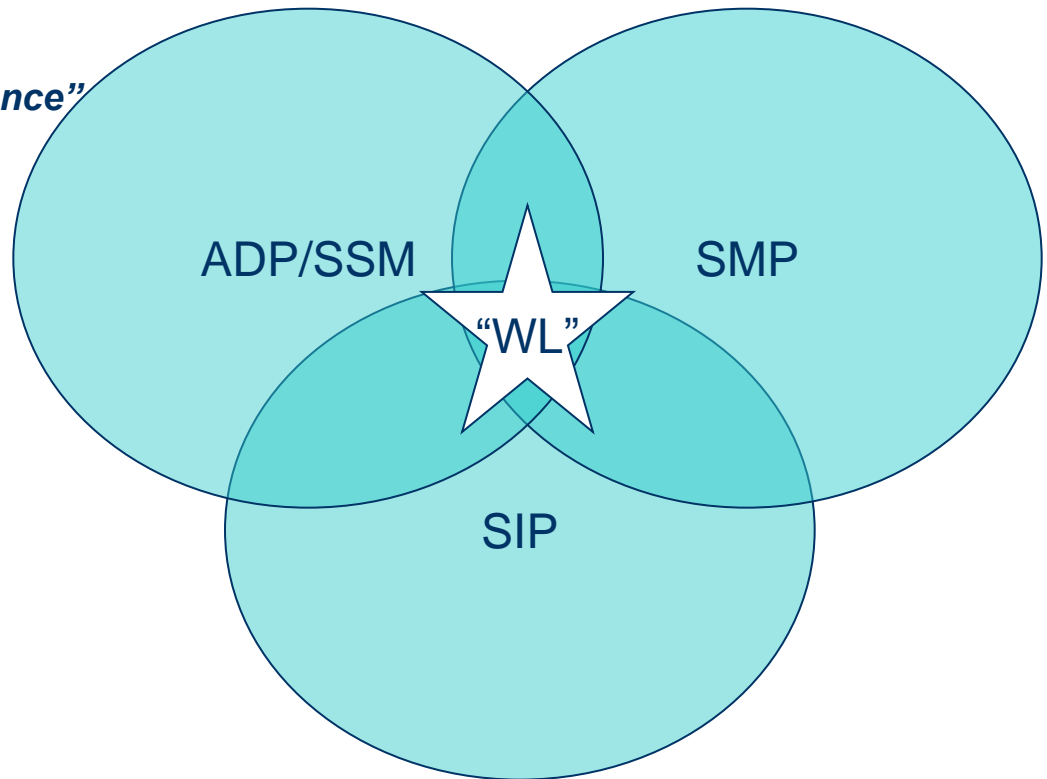


“Siobhan’s Story” – Co Creating Health

The Co Creating Health Way

Co Tutored – the “lived Experience”

<u>CCHi</u> -	An initiative
<u>SMP</u> -	Self Management Programme
<u>ADP/SSM</u> -	Supporting Self Management (for professionals)
<u>SIPs</u> -	Service Improvement Programmes
<u>HF</u> -	The Health Foundation
<u>EPP</u> origins -	Expert patient programme



“Siobhan’s Story”

Psychosis – “bipolar” disorder



SMP



Lay Tutor



Project manager SWLMHT

A “PACT” with your community

NHS Wandsworth CCG

P_{LANNING}

A_{LL}

C_{ARE}

T_{OGETHER}

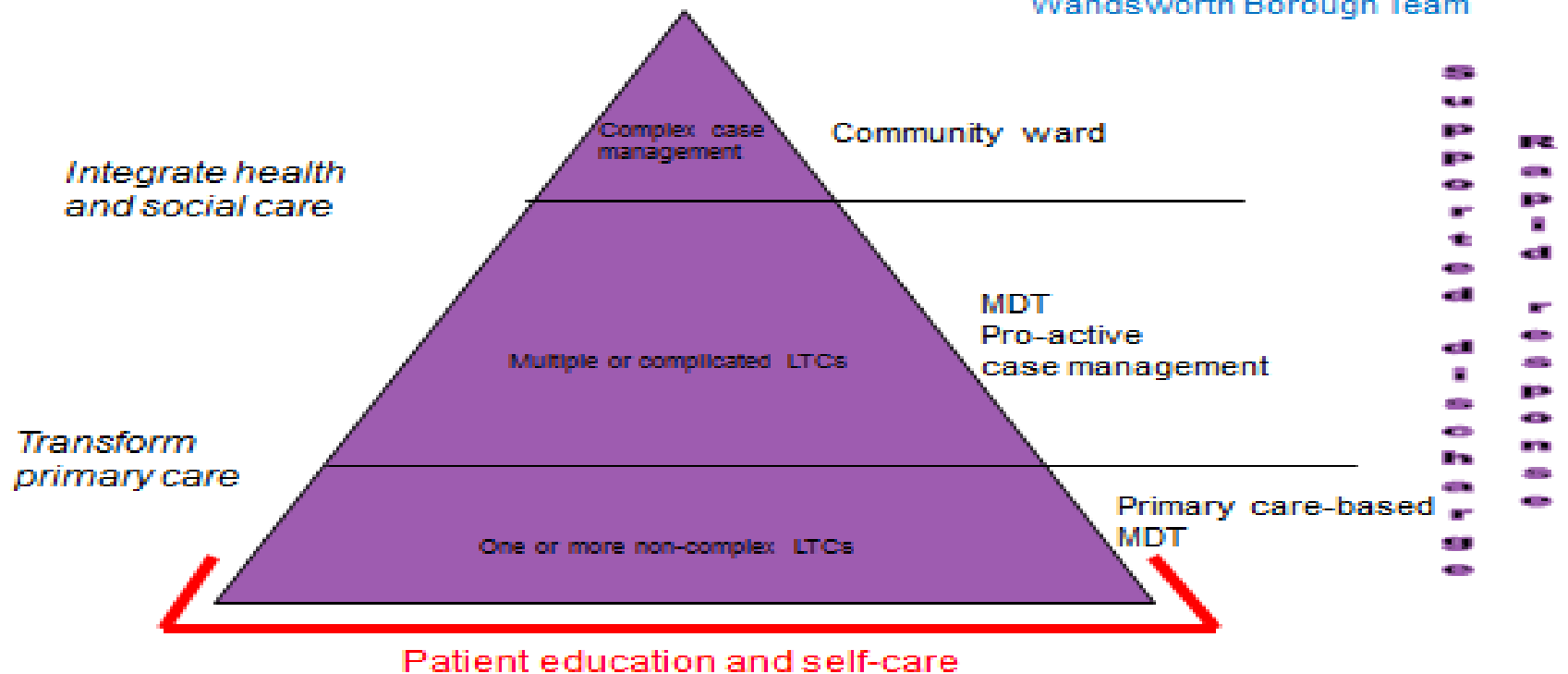


NHS Wandsworth CCG

NHS Wandsworth CCG



Wandsworth Borough Team



Contacts – if anything whets your appetite?

General:

peterilves@doctors.org.uk

Big White Wall:

nicky@bigwhitewall.com

Co Creating Health Wandsworth:

siobhan.o'neill@swlstg-tr.nhs.uk

Planning All Care Together (Wandsworth CCG):

andrew.mcmylor@wpct.nhs.uk

nicola.jones2@nhs.net

seth.rankin@nhs.net

Mobile: 07710 422 739

Thank you

Thank you for listening to MY stories!

We are all wiser today

SO AN EVEN BIGGER THANK YOU TO YOU ALL!

Innovation versus necessity?

Simply:

“Be not afraid of moving slowly, be afraid of standing still”