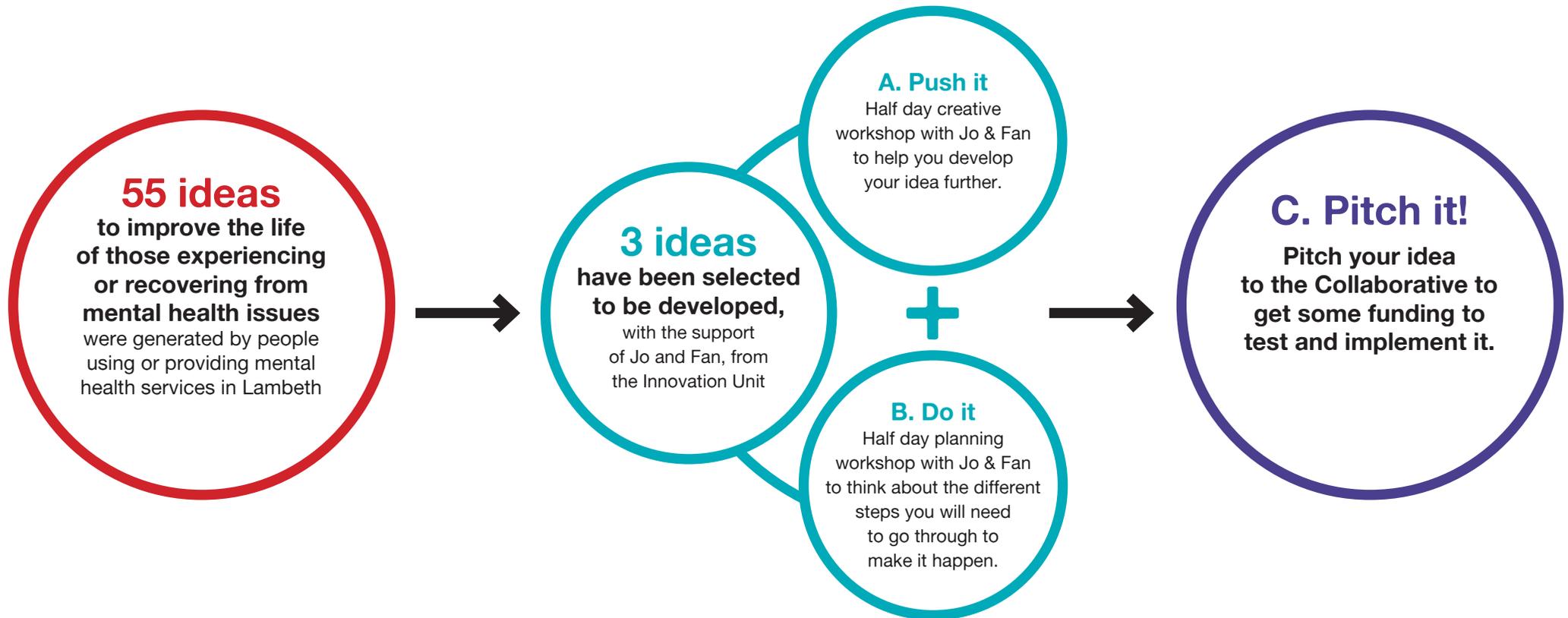


The Living Well Pioneers Lab



IDEAS



Services for people with mental issues



Training and employment opportunities for people with mental issues



Services delivered by and for people with mental health issues

Selected ideas



Hotel with a heart

A hotel run by mental health service users in recovery. Creates employment and training opportunities, generates income, and is open to the public.



Bike Love, bike recovery by people in recovery.

Mobile bike repair service. "We come to you in 20mn"



Healthy Foods, no TV meals, only healthy meals.

Enterprise run by mental health service users providing healthy meals, food education and cooking training to other service users.



The Money Surgery

Financial education and advice for people struggling with money or debt, delivered by people with lived experience (peers) and facilitated by local banks.



Easy Bay

An enterprise run by mental health service users that collects and sells stuff online on behalf of time-deprived or internet-shy people with too much of stuff.



Lovely homes for lovely people

Low-cost renovation, furnishing and design service delivered by service users for anyone who is on a low-income, and is moving places or looking for a fresh start.



Creative Directions

Creative marketing through print, IT, and graphic design delivered by mental health service users to small businesses and community organisations.



We can do

Individualised services for very busy people (ie: pick ups, pet care, financial advice, cooking, shopping, etc) delivered by service users who have lost their job



Smart Coffee, employing the unemployable

Café training and employing ex-offenders and people with mental health conditions, and selling produce from Brixton Prison's Bad Boys Bakery.



Cake prescriptions

A hotel run by mental health service users in recovery. Creates employment and training opportunities, generates income, and is open to the public.



Urban farming & gardening

Turning derelict gardens into food growing spaces and selling produce at farmer's markets/



Meals on wheels

Food growing, cooking and meals delivery service run by mental health service users and peer supporters, for isolated older people.



Move-on house

Find an empty home, get people with mental health problems to refurbish it and open it as a place to provide peer support and recovery services



Swap shop

Run by mental health service users, on the high street



Meds

Mobile medication van and support / medication compliance community service



Talent Bank

Recruitment service run by and for people with mental health issues, with the support of successful Lambeth residents who volunteer to share their business and employment skills



Bushcraft

Start a charity for funding bushcraft courses that will build the confidence of service users



Mental Health Consultancy

Consultancy service offered by mental health service users to companies who need expert advice on mental health issues



Relapse Prevention

Timely peer support for people at risk of relapsing



Music therapy

Music therapy group in hospital and in the community



Job Prep

Service user to service user practical support to engage in volunteering, training and preparing job applications



Engage

Social club for service users in informal settings (pubs, parks, clubs, etc)



Virtual CMHTs

Service users can access the services of CMHTs in community settings (café, pubs)



Connect

Dating and matchmaking service for service users.



Receptionists

Service users and peer supporters are employed as receptionists for CMHTs



“Cared for”

Primary care services for carers, including information and advice at early onset, admission and relapse stages. Including carer’s respite service.



Transport

Transport service for care coordinators run by service users



Crafts

Knitting, sewing, greeting cards making and other crafts classes for service users, with opportunity to sell artwork.



Take care

Mobile hairdressing and beauty service run by service users for service users - available in day centres, resource centres, acute wards.



Car cleaning service

Run by service users for anyone in the community, as well as organisations. Linked to Timebanking.



Lambeth “Key Ring”

Caretaker services based on Key Ring model for people feel vulnerable, that gives them confidence and practical support to help them live independently



Help Yourself

A collection of self-help guides written by people with lived experience of mental health



Sourdough Bread

A bakery with delivery and sales outlets based in GP surgeries, run by mental health service users.



Bike Courier

Courier service by cyclists who have used mental health services, which takes urgent documents between hospitals and Lambeth Council.



Living Well TV

Local independent TV channel, potentially broadcasted online, run by people in recovery.



Out & About Buddy

Transport, befriending and hand-holding service for service users, run by peer supporters. Especially for people coming out of hospital and need help to get back into the community.



Chatterbox

Talking group for service users, available through Timebanking



Practical support

Advice and support for people stuck in the system, which provides practical assistance with housing, benefits, debts, bills, etc.



Language hub

A community hub for interpreting and language services, including training multilingual people to work as translators for service users



House sitting

Trusted people with spare time stay in people's homes while they are at work when the repair man, the postman, etc is expected to come.



Pet Care

Pet minding service provided by people with mental health issues to people who go on holidays or are hospitalised.



DJ Party Service

Provided by service users, for community organisations, street parties, etc.



Pick-up

Community pick-up service (laundry, post, shopping) delivered by mental health service users



Pop by

Home visits and befriending service run by mental health service users, available to anyone at risk of isolation



Furniture rehoming

Collection and renovation of used furniture collection from private homes and offices, and delivery to social housing, charities, and community projects



“Bounce back”

Bouncy castle business for parties and events, run by mental health service users



Charity shop

Second-hand shop employing mental health service users.



Timebank +

A means of scaling timebanking by awarding time credits to those who already volunteer their time to support people with mental health needs, like carers and peer supporters.



Mobile Community Book Swap

Mobile library that travels to local businesses, schools, libraries, etc. Run by service users.



Picnic Meetings

Picnic delivery and set-up service, run by mental health service users, to encourage people working in offices locally to get out of the office for meetings.



Walking / Jogging group

Informal exercise group for mental health service users, that meets weekly and takes different routes around Lambeth



Lambeth Football Recovery Team

Football sessions and borough-wide competitions for people with mental health difficulties, whether in primary or secondary care.



Shopaholic

Shopping (and befriending) service for older or vulnerable people delivered by mental health service users.



Art from the heart

Art co-operative enabling people with mental issues to explore their creativity in a therapeutic and productive way, and providing them with the platform to sell their artworks locally.



Sleep Fast

Free evening exercise groups for people who suffer from sleep disorders affecting their wellbeing facilitated by peers.