

time to change

let's end mental health discrimination

The Time to Change Organisational Pledge . . . the next steps

About the Time to Change Pledge

To drive long term change, Time to Change are working with organisations to deliver campaign activity in our networks and communities. KCC Graham Gibbens signed the Time to Change pledge on the 10th October 2013 with Kent and Medway NHS and Social Care Partnership Trust. (KMPT). Both organisations need to participate in a major national movement for change. Pledging to support Time to Change is a display of our drive to be active in tackling mental health stigma and discrimination in our workplace. Importantly, it shows that this commitment has support from the top - helping to inspire the culture of our organisations.

Kent County Councils Pledge action plan

The Pledge is purely an aspiration. It is a statement of our intent to work towards improvement, what we are aiming to do to, to support these aspirations. The Pledge action plan will also help us to transform our aspirations into tangible activity, helping to make them a reality.

KCC is serious about being active in the campaign to ensure the Time to Change Organisational Pledge maintains its value.





**Diane Marsh Member
Mental Health Champion**

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Pledge Action Plan 2017

Activity description	Internal lead (include contact details)	Timescale
Public Health Cabinet Committee to comment and consider the Action Plan	Diane Marsh Diane.marsh@kent.gov.uk	22 nd September 2017
Adult Social Care Cabinet Committee to comment and consider the Action Plan	Jessica Mookherjee Jessica.Mookherjee@kent.gov.uk Sue Scamell Sue.scamell@kent.gov.uk	29 th September 2017
Identify Mental Health Champions in each Directorate, and KCC workplaces	Diane Marsh	Ongoing

<p><i>Live It Library</i> - The Live It Library is an online resource of, and for, people who have experienced or are experiencing mental health issues so they can tell their stories. This can be the individual themselves, carers, friends and relatives and even mental health professionals. The aim of the library is to share stories, challenge stigma, promote understanding, to offer hope and to enable people to speak honestly about their experiences and their recovery stories. http: https://www.kmpt.nhs.uk/live-it-library/live-it-library.htm Run by a multi-agency group and carers</p>	<p>Pam.Wooding@kmpt.nhs.uk</p>	<p>¼ ly events to be held across Kent and Medway</p> <p>Positive employment stories to be used as part of the anti-stigma campaign.</p>
<p>Release the Pressure Campaign to run again during world MH week</p>	<p>Tim.woodhouse@kent.gov.uk</p>	<p>October 8th – 14th 2017</p>
<p>Live Well Kent – promoting the Six Ways To Wellbeing, linking in with internal health promotion to promote website and Ways to Wellbeing across organisations, Lead Porchlight and Shaw Trust (Strategic Partners)</p> <p>Delivery Partners to sign the Time to Change Pledge</p>	<p>ChrisCoffey@porchlight.org.uk Liz.Bailey@shaw-trust.org.uk</p>	<p>October 10th 2017</p>
<p>Social Media Event to celebrate World Mental Health Day 10th October 2017. Themes: 1 in 4 of us will have a MH issue Tackling stigma in the workplace</p> <p>In conjunction with KMPT, Porchlight, Shaw Trust, Health Watch, CCG's</p>	<p>Internal and External Communication Teams</p>	<p>September 2017- 10th October 2017</p>

<p>Outstanding CCG's to sign the Time to Change pledge, Personal stories to be shared from September, Short films, statements picture campaigns</p> <p>Districts and Boroughs to sign Time to Pledge at Sessions House on World Mental Health Day 2017 Stone Hall Event</p>	<p>Diane Marsh</p>	<p>October 10th 2017 September 2017- 10th October 2017</p>
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Kent and Medway 
NHS and Social Care Partnership Trust



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