

A mental health service response to lockdown



264

members
(prior to lockdown)

800

people received
service since setup

2

Wellbeing
centres

The Isorropia Foundation, a Community Mental Health Wellbeing Service (CMHWS) on the Isle of Wight opened in 2019, offering multiple face-to-face activities and workshops.

“ BECAUSE THEY ARE SUCH A REFRESHING MENTAL HEALTH SERVICE... YOU REALLY CAN FEEL LIKE THEY ARE LISTENING TO YOU, THAT’S SO IMPORTANT. ”

- Isorropia Member

“ THE CONTENT HAS REALLY HELPED ME TO MOVE FORWARD WITH MY WELLBEING AND ALSO FEELING SO CONNECTED DURING A VERY DISCONNECTED TIME. ”

- Isorropia Member



7

day service

Online service
up-and-running within
a week

122

members

Average number of
members accessing
on weekdays

111

members

Average number of
members accessing
on weekends

73%

Members who didn’t use urgent
mental healthcare services during
lockdown

70%

Of members said they were getting
enough support

“ I FELT SECURE. ALL THROUGH MY ILLNESS I HAVE FELT SO ALONE, THE BATTLE WAS MINE AND NO ONE ELSE’S. SINCE STARTING AT ISORROPIA IN FEBRUARY I HAVEN’T BEEN ALONE. THE WORKSHOPS WERE REALLY HAVING AN IMPACT ON MY CONFIDENCE AND MOOD. ”

- Isorropia Member

“ MY INITIAL THOUGHT WAS ‘GOD ANOTHER CENTRE OF PEOPLE TALKING’ BUT I WAS MISTAKEN. WHAT AN AMAZING PLACE AND PEOPLE. YOU WERE SHOWN HOW TO HELP YOURSELF IN YOUR RECOVERY IN BECOMING WELL. WE ARE CLASSED AS MEMBERS NOT PATIENTS. ”

- Isorropia Member

Their online timetable includes



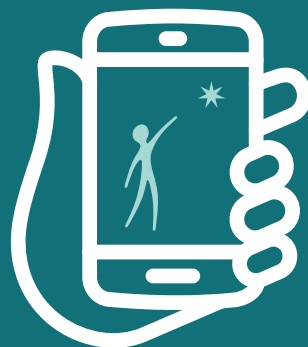
Wellbeing Planning
and Topic Live
Sessions via Facebook



Topical discussions
and classes via video



Regular workshops
including art classes
and confidence
building



This rapid transfer of a mental health service online showed added value. It provided flexible access allowing members to catch up on missed sessions, attend at convenient times throughout the day and drop in or out. Members can also access the online service on different devices, e.g. phones and so from different locations. The Covid-19 virus remains a threat and national concern. In future, Isorropia Foundation will continue to provide a flexible online and centre-based mental health service.



Thanks to NHSX and Facebook for gifting 50 Facebook Portals to Foundation Members as part of their portfolio to combat social isolation during the pandemic



Some members struggled with the lack of face to face contact and Isorropia have gradually reintroduced activities and workshops as restrictions have eased