

SUMMARY - Nottinghamshire Health and Wellbeing Board Workshop: Wednesday 7th July 2021.

The workshop focused on how the Health and Wellbeing Board can improve mental health for communities in Nottinghamshire. The objectives included members (re-)committing to actions regarding mental health and developing a vision to support mental wellness in Nottinghamshire.

The main objective of the discussion was to identify key priorities for the Board to support mental wellbeing across the life course for our communities in Nottinghamshire, taking into consideration the impacts of the Coronavirus pandemic.

Attendance:

Nottinghamshire County Council

Ashfield District Council

Bassetlaw District Council

Mansfield District Council

Newark & Sherwood District Council

NHS Bassetlaw Clinical Commissioning Group

NHS Nottingham & Nottinghamshire Clinical Commissioning Group

Public Health England

Item 1. Welcome & Introduction

Nottinghamshire Health and Wellbeing Board hosted a workshop and agreed to a set of actions in 2019 (outlined in this [report](#)) and this included signing up to the Prevention Concordat, reporting progress on action/strategies on mental health in each organisation and supporting consistent communications and training on mental health and suicide prevention. Within the introduction, a number of additional approaches for mental wellbeing were outlined for the Board's information. These included: [5 ways to wellbeing](#), [NHS Every Mind Matters](#), [Get Your Mind Plan](#), It's [Safe to Talk](#), [Mental Health First Aid](#) and signing up to the [Prevention Concordat](#).

- 1 in 4 people will experience a mental health problem every year.
- 29.5% of adults in April 2020 reported clinically significant levels of distress, as a result of initial lockdown and pandemic this has now returned to pre pandemic levels.
- 12 people take their own lives every day in England and Wales (approximately – in Nottinghamshire County this equates to 70 people each year).

Item 2. The Prevention Concordat for Better Mental Health

Pre-Covid, mental health problems were responsible for over a fifth of the burden of disease in England costing over £105 billion. This burden is expected to increase due to the impact of COVID-19. Prevention of mental ill-health, protection and promotion of better mental health and wellbeing is part of an emergency response.

The Concordat is PHE's prevention and promotion framework for better mental health designed for local systems to address the upstream determinants of public mental health, with 256 signatories as of March 2021 (69 local authorities). The Prevention Concordat:

- Focuses on prevention and the wider determinants of mental health to impact positively on the NHS and social care system by enabling early help through the use of upstream interventions.

- Supports joint cross-sectoral action to deliver an increased focus on the prevention of mental health problems and the promotion of good mental health at the local level drawing on the expertise of people with lived experience of mental health problems, and the wider community.
- Encourages collaborative work across organisational boundaries and disciplines to secure place-based improvements that are tailored to local needs and assets.
- Builds the capacity and capability across our workforce to prevent mental health.

Concordat 'Commitment' requires a 12 month prevention and promotion action plan and signing the Prevention Concordat consensus statement.

To note: Brief guidance is embedded in the application form and builds in support and review of action plans by PHE regional leads and the opportunity to link up with peers. There is a specific focus on tackling mental health inequality in the programme application form.

Eligibility includes **local authorities, Health and Wellbeing Boards, Integrated care systems** and other statutory health partnerships. *To sign up please contact, publicmentalhealth@phe.gov.uk.

Item 3. Group Discussions: How has your local community's mental wellbeing been impacted by covid (positives & negatives)?

Positive Impacts

1. The strength of community activities, development of volunteer hubs (e.g. an increase in mutual aid groups and volunteers), including individuals recognising the benefit of volunteering for their own mental wellbeing and the sense of community self-sufficiency.
2. Extension of friendships and community networks (e.g. neighbours).
3. Recognition and appreciation for nature and benefits of spending time outdoors.
4. Remote working and flexibility for employees, as well as the pandemic being a catalyst for a focus on staff wellbeing.
5. Increase in mental health champion roles that is now moving into a wider community champion remit.
6. Change in the stigma that used to be associated with mental health, with more people talking about mental health and expressing their feelings and being encouraged to do so.
7. The pandemic has shone a light on the food poverty agenda has resulted in the opening of a social supermarket in Newark and Sherwood.
8. The hard work and dedication of the social prescribing link workers.
9. The successes of the Local vaccination programme.

Negative Impacts

1. Increase in loneliness and isolation, particularly for people living alone.
2. Bereavement and loss, as well as people experiencing post-traumatic stress (e.g. frontline workers).
3. Financial impact (for example more people needing the support of food banks) and increase in un-employment has a negative impact on mental wellbeing.
4. Loss of routine or direction for individuals and feeling of lack of control or agency.
5. Exacerbation of digital exclusion, and the unequal impact of this on communities.
6. Impact on those living in care homes and their residents.
7. Increase in health inequalities and support service access.
8. Changes to transport arrangements have affected more marginalised communities.
9. Work-related stress, blurring of working hours, 'make do' work environments and health related implications.
10. The national response has been confused and impacted on some local delivery.

Item 4. Key messages from Case Studies

Case Study 1 – Adult Social Care

1. The importance of strong partnership working.
2. The need for regular and consistent support for individuals with complex health needs.
3. Empowerment and help for individuals to understand and manage their own needs.

Case Study 2 – Children & Young People - Schools

1. Resilience and importance of developing flexible coping skills early in life (50% of mental health disorders are established by age 14), and the importance of relationships and relationship based working.
2. A graduated response that includes individual, targeted and universal support for mental health.
3. Range of services and support available for children, including a NottsAlone website being launched for children and young people, parents/carers and professionals in Nottinghamshire and Nottingham City.

Case Study 3 – Community Organising Approach **For further details, please contact: communityfriendly@nottscg.gov.uk or visit the [Notts Help Yourself Website](#).*

1. A valuable and sustainable way of building individual's mental & physical wellbeing, as well as increasing Community Resilience and addresses wider social issues from the base up via a peer support network within local communities.
2. The importance of listening and asking the right questions to understand the need and experiences of others.
3. A person centred approach that gives agency/power to individuals to help themselves and each other.

Item 5. Group Discussion: What are our key priorities for members to commit to, to support mental wellbeing and parity with physical wellbeing in our communities?

- Signing up to the Prevention Concordat.
- Identify a mental health champion in each organisation.
- Training on Community Organising Approach for Board members and partners.
- Uptake on training on mental health first aid and Suicide Prevention.
- Sign posting to support and services available, alongside consistent communications campaigns to promote mental wellness.
- Support for recovery from covid-19.
- Place based approaches and staff exchange (PCNs, District/Borough Community partners).
- Working with Nottingham and Nottinghamshire ICS on addressing inequalities in mental health.
- Establishing a focus on mental health for the new Joint Health and Wellbeing Strategy.

Item 6. Thanks, and Closing Remarks.

Our proposed vision:

[“To make Nottinghamshire a County where everyone is supported to achieve good mental health throughout their lives, with delivery focused on the most vulnerable via a place based approach to mental health promotion.”](#)