

HEALTH AND WELLBEING BOARD	DATE 15 January 2020
TITLE Update on priority one of the Health and Wellbeing Strategy 2019-2024	ITEM NO 7
CHIEF OFFICER Director of Public Health	CABINET MEMBER Adult's Social Care & Health

1. **Purpose of report**

- 1.1 This report provides an update on priority one of the Health and Wellbeing Strategy 2019-2024: 'Improving Mental Health and Wellbeing in Royal Greenwich.'
- 1.2 As an integral part of the priority, this report presents the Social Connection Strategy 2020-2024.
- 1.3 The board is invited to agree the Social Connection Strategy 2020-2024.

2. **Links to the Royal Greenwich high level objectives**

- 2.1 This report relates to the Council's agreed high level objectives as follows:
- A Healthier Greenwich
 - A Great Place to Grow Up
 - Economic Prosperity for All
 - A Great Place to Be

3. **Introduction and Background**

- 3.1 Under the 2012 Health and Social Care Act, The Greenwich Health and Wellbeing Board is responsible for developing and delivering a joint Health and Wellbeing Strategy.
- 3.2 The Greenwich Health and Wellbeing Board identified the four key priorities for the Health and Wellbeing Strategy 2019-2024, which build on the priorities of the previous 2015-2018 strategy. These priorities comprise: i) improving mental health and wellbeing, ii) supporting healthy weight, iii) developing a systemic approach to prevention, and iv) developing the health and social care system.
- 3.3 To ensure effective development, oversight and delivery of the Health and Wellbeing Strategy mental health priority two new senior leadership groups

have been established – the Mental Health and Wellbeing Partnership Board, which focuses on population level mental health and wellbeing; and the Mental Health Strategic Leadership Group, which focuses on improving mental health service delivery.

4. **Outline of priority one: improving mental health and wellbeing in Royal Greenwich**

4.1 Greenwich has created ‘Thrive Greenwich’ in response to the Mayor of London’s Thrive LDN approach to improving mental health and wellbeing. It was agreed that the structure of Thrive would shape the mental health and wellbeing element of our Joint Health and Wellbeing Strategy 2019-2024.

4.2 The six key areas of Thrive are:

- (1) individuals and communities taking the lead
- (2) tackling mental health stigma and discrimination
- (3) maximising the potential of children and young people
- (4) a happy, healthy and productive workforce
- (5) mental health services available when and where needed
- (6) working towards zero suicide

5. **Health and Wellbeing Strategy – priority one update**

5.1 Updates are provided below for each of the areas of Thrive Greenwich.

5.2 **Individuals and communities taking the lead, and tackling mental health stigma and discrimination:**

Time to Change Greenwich is our local approach to tackling stigma around mental health problems. It is led by local people with lived experience of mental health problems, who have received training from the national Time to Change programme that supports them to use their experience to help change how people think and act concerning mental health problems.

Our current focus is on supporting more people to train as Time to Change Champions, and existing Champions to come forward and help deliver anti-stigma work in the borough. The training opportunity has been promoted organically through the community sector and Oxleas groups, and more widely via social media. A number of Champions have come forward, including a group based within a Transport for London station, and Champions based in other boroughs.

On the 18th November 2019, five Time to Change Champions ran an innovative event at the IKEA store in Charlton. The IKEA room sets were integrated into the day's activities; a kitchen room set was used for an origami activity, sofas in a living room were used for having conversations around mental health and self-care, and an open space next to the restaurant was used for performing a microplay about experiencing depression and for engaging shoppers. Overall, Champions reported having 81 meaningful interactions with shoppers. Learning from this event will be used to inform future engagement activities.

A priority for anti-stigma work, and mental health promotion more generally, is to engage communities where stigma is likely to be higher and people experience barriers to better mental health and wellbeing. Effective and sensitive approaches are being developed with local faith leaders to take this ambition forward.

Population approaches to mental health messaging have also been implemented. In Autumn 2019, Public Health England's new Every Mind Matters Campaign and Time to Change's October campaign were promoted to residents and staff through libraries, partner organisations, the Woolwich Big Screen, RBG computer screens, and targeted social media. Time to Change Champions with lived experience of mental health problems have advised on the most impactful materials/approaches to use.

To support the development of mentally healthy public and domestic spaces, Public Health are liaising with the Transportation team to improve and streamline the play streets application process. Public Health have made detailed comments on the Site Allocations Plan, putting a strong emphasis on increasing residents' access to green spaces. The team will be undertaking a Health Impact Assessment of the Local Plan. Public Health comments on planning applications focus on the quality of Health Impact Assessments and on better engagement between developers and the local community. The RBG and Town and Country Planning Association (TCPA) 'Planning and Health Workshop' on 12 July 2018 included a focus on strengthening links between Developers and the local community and the learning from this event was included in the 2019 TCPA report "The State of the Union- reuniting health with planning in promoting healthy communities".

Social isolation and loneliness has been a key area of work in recent months. The Greenwich Social Isolation Strategy Group has led a process to develop the Greenwich Social Connectedness Strategy 2020-2024. This report is presented as Appendix A to this report.

The Royal Borough of Greenwich has submitted a joint Expression of Interest (with the London Borough of Bexley) to the Local Government Association and Health Foundation 'Shaping Places for Healthier Lives' Fund. The focus of the bid will be addressing mental wellbeing by improving social connection and reducing social isolation across a diverse population.

5.3 Maximising the potential of children and young people:

RBG was successful in its bid to take part in a Trailblazer pilot, to develop Mental Health Support Teams (MHSTs) in schools. The pilot will run for 2 years from September 2019, with two (MHSTs) working across two identified clusters of schools: one in Thamesmead and one in Kidbrooke. The pilot aims to establish a model for providing greater support and interventions for mild to moderate mental health needs in children and young people. The pilot has received excellent engagement from schools: 23 schools are taking part, across the two clusters, ensuring that the target reach of 8,000 children per cluster will be met.

School engagement and support is also being maintained by regular meetings of the Mental Health in Schools network. This network has been a useful line of communication around promoting services to schools, delivering training and for schools to share expertise amongst themselves. The group has also been key in supporting work such as the CAMHS equity research.

In addition to the Mental Health in Schools network, schools have been able to access training in suicide prevention from Papyrus in November 2019. Thrive LDN are also arranging Youth Mental Health First Aid training for members of staff from schools across London. At least one person will be trained from each school in London.

The Healthy Schools London Programme continues to provide a framework for schools to evaluate and develop their provision for children and young people's mental health and wellbeing. Currently, 30 Greenwich schools have the Bronze award, 21 have the Silver award and 9 have the Gold award. The programme is well-established in Greenwich, with schools using the biennial Schools and Students Health Education Unit (SHEU) survey data to set targets for achieving the Silver and Gold awards. The most recent SHEU local schools survey data is available and will be analysed by RBG at a Borough level to identify cross-borough trends within specific groups.

CAMHS transformation partnership work has also commenced, with a workshop covering four areas, and detailed work is in progress following the recommendations from the workshop.

5.4 A happy, healthy and productive workforce:

The London Healthy Workplace Award has been achieved by 38 Greenwich organisations including 3 at Achievement Level and 2 at Excellence Level. Greenwich has been one of the frontrunners in terms of the number of organisations it has supported to achieve the award. Organisations are currently being asked to transition across or make a full re-application for the new award, which launched in July 2019.

RBG as an organisation is prioritising the mental health of its employees; Mental Health First Aiders are available across the organisation, including satellite offices, and Oxleas are supporting this scheme by offering advice and regular drop-ins for Mental Health First Aiders. To support people who are self-employed, one of our Greenwich Time to Change Champions will be giving mental health stigma focussed talks to two groups of local entrepreneurs.

5.5 Mental health services available when and where needed:

The Greenwich Mental Health Alliance approach is being further explored. A Project Manager for taking forward the Greenwich Mental Health Alliance has been appointed and work has commenced on developing detailed proposals for how the Alliance will work.

The multi-agency community sector-led Mental Health Reference Group has continued leading partnership work to identify approaches to pre-crisis support in Greenwich that can help people avoid needing intensive mental health service support.

Greenwich CCG have held an engagement session with partners to explore the cross-system support for people experiencing mental health problems.

Oxleas are further developing their engagement and training approach to Primary Care, to improve Primary Care understanding of service availability and navigation.

5.6 **Working towards zero suicide:**

An approach for training Primary Care staff on suicide prevention/mental health system navigation is being developed. A Nurse Specialist for Primary Care has been appointed by Oxleas, who will be looking at training needs for Primary Care Staff. RBG is preparing to promote Zero Suicide Alliance e-learning training to colleagues and residents across the borough. RBG is assessing whether the Nurse Specialist for Primary Care can also assist with face-to-face training for RBG staff including Social Workers and other frontline staff.

The sharing of information and intelligence to tackle suicide has been a barrier for suicide prevention work. Thrive LDN has developed a data sharing system with the Metropolitan Police which will allow information on suspected suicide deaths to be provided directly to local authorities. Greenwich is a partner to this project. This will support local suicide prevention work in the future by real time local intelligence.

RBG is engaging with Public Health England and the South London-based Life After Suicide group of bereaved parents to agree the best national and local approaches to supporting people who have lost someone to suicide. Oxleas are exploring the mental health support that can be offered to parents who lose a child to suicide. Local stakeholders, including funeral directors, have been engaged around this topic and have demonstrated an appetite to help provide the right information and support for people at this difficult time.

6. **Social Connection Strategy**

6.1 Social isolation and loneliness is a key area of work for this priority. Greenwich Social Isolation Strategy Group has been working since 2015 with the aims of: providing a local focus on social isolation and loneliness, promoting a better understanding of the issue, coordinating services and activities to alleviate isolation and loneliness, identifying gaps, and providing a forum to discuss innovative approaches and hear from groups working to reduce isolation and loneliness. Following an all-party motion “Greenwich Against Loneliness” endorsing the recommendations of the Jo Cox Commission on Loneliness, the Social Isolation Strategy Group has developed a high-level strategy to drive forward partnership work around social connection.

6.2 The Greenwich Social Connection Strategy 2020-2024 is presented as Appendix A to this report and the Board is asked to review and agree the strategic aims and approach to developing a more connected Greenwich.

6.3 Detailed action plans for the implementation of the Social Connection Strategy will be developed and brought to the Health and Wellbeing Board.

7. Cross-Cutting Issues and Implications

Issue	Implications	Sign-off
Legal including Human Rights Act	There are no legal implications arising out of this report. The report provides information to the Board on progress against the Health and Wellbeing Strategy in relation to improving mental health and wellbeing in Greenwich. The development of a Social Connections Strategy is congruent with this priority.	Ingrid Brown, Assistant Head of Legal Services. 18/12/19
Finance and other resources including procurement implications	This report provides the Health and Wellbeing Board with an update on work around Improving Mental Health and Wellbeing in Royal Greenwich which is one of the key priorities of the Health and wellbeing Strategy 2019-2024. The report also requests the Health and Wellbeing board to note and agree the Social Connection Strategy 2020-2024, which is a part of the Mental Health priority. There are no financial implications arising from this report.	Samina Yasir, Accountancy Business Change Manager 17/12/19
Equalities	Addressing inequalities is a key priority for health and wellbeing work across the borough, and is fundamental to the approach of the Health and Wellbeing strategy. Mental health and wellbeing interventions will be shaped based on evidenced need, for example poorer mental health among LGBT people, male risk of suicide and varying experience of mental health services for people from different ethnic backgrounds. Healthy weight work will respond to inequalities in outcomes and access, for example around breastfeeding and infant nutrition,	Robin Clarke, Health and Wellbeing Strategist 20/05/2019

	and uptake of weight management services, as well as the profound impact of food poverty on diets in Greenwich.	
Health and wellbeing	The Health and Wellbeing Strategy provides strategic direction and high level priorities for partnership work around health and wellbeing over the next five years. The priorities of the strategy encompass work at the individual, community and population level and are informed by a range of local and national evidence and needs assessments.	Steve Whiteman, Director of Public Health 11/12/2019

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