

Report of	Meeting	Date
Director of Communities (Introduced by the Deputy Leader and Portfolio Holder for Health and Wellbeing)	Cabinet	Wednesday, 18 January 2023

Mental Health Action Plan

Is this report confidential?	No
------------------------------	----

Is this decision key?	No
-----------------------	----

Purpose of the Report

1. The provide Cabinet with an update on the work that has been carried out to date to improve mental health across South Ribble.
2. To present Cabinet with proposed plans to be delivered over the next two years, starting from the 2023/24 financial year.

Recommendations to Cabinet

3. Cabinet approve the proposed projects in the Mental Health Action Plan (Appendix 1).
4. Cabinet approve the requested budget of £45,000 to deliver the action plan.

Reasons for recommendations

5. Projects contained in the action plan have been discussed and decided upon with the Lead Member for Mental Health and Portfolio Holder for Health and Wellbeing.

Other options considered and rejected

6. The Council is committed to providing a range of support mechanisms to promote good mental health. Issues which potentially challenges the mental wellbeing of residents have grown in recent years, from both the Covid-19 pandemic, and more recently the cost of living crisis. Without an allocated budget or clear action plan, the positive impact created by the Council will be limited.

Corporate priorities

7. The report relates to the following corporate priorities:

An exemplary council	Thriving communities
A fair local economy that works for everyone	Good homes, green spaces, healthy places

Background to the report

8. It has been reported that 6 in 10 (59%) UK adults say that the cost of living crisis has had a negative impact on their mental health, such as leaving them feeling anxious, depressed or hopeless. 1 in 5 UK adults (21%) say they have felt “unable to cope” due to the rising cost of living — amounting to 11m people in total.
9. The national mental health charity ‘Together in a Crisis’ has reported that one in three people are accessing their crisis service due to financial reasons – with a 196% increase in suicidal thoughts – with concerns that the ongoing rising costs of living will continue to make the situation worse.
10. The Royal College of Psychiatrists said its research found 43% of adults with mental illness say the long waits for treatment have led to their mental health getting worse. Almost a quarter (23%) must wait more than 12 weeks to start treatment, with many so desperate they turn to A&E or dial 999.
11. Schools have reported a surge in mental health challenges being identified amongst young people. 20% of adolescents may experience a mental health problem in any given year. 50% of mental health problems are established by age 14 and 75% by age 24.
12. Mental health not only impacts individuals, but also employers and the wider economy. Employees living with depression see an average of a 35% reduction in productivity. Furthermore, mental health problems cost the UK economy at least £117.9 billion annually, according to a new report published today by Mental Health Foundation and the London School of Economics and Political Science (LSE). The cost of mental health problems is equivalent to around 5 per cent of the UK's GDP.
13. This report provides a narrative to the Mental Health Action Plan, which aims to improve preventative and interventive support within South Ribble, whilst also improving multi-agency partnership working, raising awareness, and providing training throughout the community.

Work carried out to date

14. Over the past 18 months, South Ribble Borough Council has made a great start to delivering projects to support the mental health of residents.

Mental health support for young people

15. Improving mental health amongst young people was a project within the Corporate Strategy through 2021/22, with a £50,000 budget allocated.

16. The council's work to support young people's mental health was recognised as good practice by the Cooperative Councils Innovation Network (CCIN) national newsletter, praised for demonstrating the following principles:
- Co-production
 - Democratic engagement
 - Innovation
 - Learning
 - New models of meeting priority needs
 - Social partnership
17. Lancashire Youth Challenge Mental Health Workshops:
Using funding from the Cooperative Council Innovation Network (CCIN), the Council commissioned Lancashire Youth Challenge to deliver workshops to young people, aiming to build self-belief and emotional resilience. These were delivered to three schools through February and March 2022: Worden Academy, Lostock Hall, and Penwortham Girls. The Youth Council were involved in the co-production of these workshops, acting as a feedback mechanism following participating in the workshops themselves.
18. Lancashire Youth Challenge – 12-Week Programme:
Cohorts from Worden Academy and Lostock Hall Academy both benefited from taking part in the mental health workshops, with the schools agreeing that they would benefit from further support. As a result of this, Lancashire Youth Challenge were commissioned to deliver 12-week programmes that aim to improve confidence, build self-belief, and raise aspirations, concluding with a social action project. Lostock Hall Academy completed their programme in July 2022, and Worden Academy complete theirs in November 2022.
19. Bounce Forward – Lancashire Mind:
The Council has commissioned Lancashire Mind to deliver programmes to three Primary Schools, focusing on building the foundations for emotional resilience. These programmes are set to commence from January 2023, with a plan to target the schools in areas of deprivation.
20. Peer support for families:
The Council has commissioned Lancashire Mind to deliver peer support sessions for family members supporting young people living with mental health challenges. This is set to commence in the 2023, aligning with the proposed mental health coaching project. We are looking to work closely with Primary Care Networks/GP Surgeries to pilot this project, allowing us to target those most in need.

Mental health support for adults:

21. South Ribble Borough Council has a well-established social isolation workstream, all of which provides preventative mental health support to adults.
22. Resocialisation cafes:
10 resocialisation cafes were established at the end of 2021, two in each Community Hub area. More specifically:

Fox Lane Sports and Social Club	Tuesday - 10:00 -12:00
St Marys Community Centre	Wednesday - 12:00 - 14:00
Penwortham	
Royal British Legion - Leyland Road	Wednesday - 13:00 - 15:00
Layzee Daisies Lunch Club - Kingsfold Drive	Monday - 11:30 - 14:00
Lostock Hall/ Bamber Bridge/ Walton Le Dale	
Lostock Hall Library	Wednesday - 14:00 - 16:00
St Aidens Church	Monday - 09:00 - 12:00
Western Parishes	
Hoole Village Memorial Hall	Wednesday 10:00 - 12:00
Longton VM Club - Chatty Latte	Monday 14:00 - 15:00
Eastern Parishes	
Gregson Lane Community Centre	13:00 - 15:00 - Fortnightly
Samlesbury Hall - Gardening Club	Ad Hoc

These were funded by the CCG through the Central Lancashire Covid Vulnerable project, as social anxiety was identified as a key theme within calls to vulnerable residents. Each partner received £1,000 to host to community cafes for a minimum period of 6 months. Following positive feedback and impact, funding from the Practical Support Payment all the above (other than Samlesbury Hall) received £5,500 funding to run the cafes for a further 2.5 years.

Key agencies are now regularly invited along to these cafes, such as Social Prescribers, Citizen's Advice, Christian's Against Poverty, and the Credit Union. This allows people to access further social, health, and financial support.

23. Talking Tables:

Talking Tables are a group that meet in local cafes with allocated tables for individuals to come along and have a friendly conversation. Through providing grants, the Council have supported Talking Tables to expand across South Ribble, with cafes now being used in all Community Hub areas.

24. South Ribble Together website directory/social isolation guide:

To provide support throughout the cost of living, the South Ribble Together section on the Council's website has recently been updated, providing a directory of services and provision available. Information within this relating to social isolation and mental health support will be pulled together into a booklet that will be distributed by post to those identified as potentially vulnerable through council data (age, single adult occupant, assisted bin collection etc.). These booklets will be distributed in January 2023.

25. Preston Community Transport:

The Council provided Preston Community Transport with a grant to provide transport to and from different social isolation provisions. This aims to support individuals who do not live in walking distance and have no means to get there, whether this is due to financial, social, or health constraints. This service will be promoted within the Social Isolation Guide.

26. Men's Groups:

When mapping social isolation provision in South Ribble, it was identified that current provision rarely attracts men. Because of this, we are developing a coordinated

approach to Men's Social Isolation, creating linked between the limited existing provision and adding new provision, with new places to meet. This includes partnership working with Lancashire & South Cumbria NHS Foundation Trust, Lancashire Football Association, the English Cricket Board and other sporting partners.

Training:

27. Mental Health First Aid:

Mental Health First Aid (MHFA) courses were delivered to all officers that are community facing and have frequent direct interaction with residents. This consisted of 41 officers and 1 Elected Member (Portfolio Holder for Health and Wellbeing).

Following the successful delivery of mental health first aid courses to Council officers who work closely with residents, the Council commissioned Lancashire Mind to deliver these courses to key community partners and stakeholders. To date, three sessions have been delivered which has created 45 additional Mental Health First Aiders within South Ribble. These include individuals from Police, Fire, NHS, Progress, Foodbanks, Community Groups, Sports Clubs, and Schools. These first three courses targeted formal community partners. Five more courses are scheduled for January and February 2023 (one in each Community Hub area), these will be opened to informal community stakeholders, such as hairdressers, pub landlords, café owners, taxi drivers, bus drivers etc. (those who have regular and meaningful conversations with residents, who would recognise change in behaviour).

Employers:

28. Business Health Matters:

The Business Health Matters initiative is available to all employees of SMEs (249 gross employees or less) in Lancashire and is delivered within South Ribble by the Active Health team. This provides employees with access to basic skills at no cost (i.e. Maths and English), and offers workplace health champions training (Level 2 and Level 3). This training aims to equip employers with the skills and competences internally to manage workplace health, creating both a happier and more productive workforce.

Partnerships and resource:

29. Social Isolation Network:

A network was established in September 2022, consisting of individuals who lead all known social isolation provision within South Ribble. This provides an opportunity for networking, information sharing, learning from best practice, and collaboration. This network will meet quarterly.

30. South Ribble Together Network:

The South Ribble Together Network was established early 2020 in response to the pandemic. This network consists of key local agencies and meets on a monthly basis to discuss key issues directly or indirectly related to pandemic recovery. It was agreed that from 2022, this network would focus on mental health on a quarterly basis. Presentations have been delivered from partners including Lancashire Mind and CAMS, raising awareness of the services that they offer, and how partners can make referrals.

31. Mental Health Forum:

This forum will be facilitated by Lancashire Mind and will consist of Mental Health First Aiders within South Ribble. This will be open to all Mental Health First Aiders, not just those that have undertaken courses through the Council. This will meet quarterly and enable grassroots discussions about the current and emerging issues being faced within our communities, in addition to supporting Mental Health First Aiders who may have experienced some challenging conversations. Insight from this forum will then be fed back to the South Ribble Together Network, with the aim of informing local decision making about mental health services and provision. The first meeting will take place January 2023.

32. South Ribble Integrated Team (SRIT):

The South Ribble Integrated Team is a multi-agency team that meets on a fortnightly basis and carries out casework to support those most vulnerable within our community, where significant safeguarding issues that have identified, however before the point of crisis. The Council's Community Safety and Safeguarding team coordinates this, with Mental health being a key theme.

33. Social Prescribing:

South Ribble Borough Council are soon to have an in-house Social Prescribing team. This team will be key to the Council's mental health agenda, being able to provide live insight into current and emerging issues being experienced by vulnerable individuals within our communities, in addition to a wealth of knowledge of the provision that does and does not exist in the area.

Proposals

34. The Mental Health Action Plan aims to:

- Work with youth partners to deliver preventative programmes that aim to build emotional resilience from a young age, whilst building confidence and self-belief, and raising aspirations. This will involve working with primary schools, secondary schools, and those aged 18-25 that are not in employment or education.
- Develop clear and easy to navigate referral pathways between schools and mental health services.
- Build upon the well-established social isolation workstream to enhance preventative support for adults. This includes resocialisation cafes, Talking Tables, and men's groups.
- To further develop our collaborative approach to service delivery, by building on existing partnerships such as the South Ribble Together Network, Social Isolation Network, and South Ribble Integrated, whilst also introducing a Mental Health Forum to gain grass root insight from mental health first aiders within our community.
- Delivery of a series of mental health first aid courses, targeting key community partners and stakeholders, with the aim of improving the capability within our community for both recognising and effectively dealing with those experiencing

mental health challenges.

- Continue to raise awareness of mental health through a series of courses and events.
- Continue to engage with employers to ensure that enough mental health provision is in place, through our Investment and Skills team and Active Health's Business Health Matters programme.
- Utilise external funding (currently Household Support Fund) wherever possible to assist residents who are vulnerable and may be struggling with poor mental health.
- Offer Neuro-Diversity training to staff and members, improving our understanding and awareness of the impact of Autism, ADHD and associated conditions. By offering this training, the Council reduces its risk of excluding neuro-diverse customers, staff and members from good quality service and support. Feedback from other organisations who have used the training provider includes:
 - Confidence in developing more autism-friendly communication systems
 - Improved working practices for those with additional needs
 - Trust in the council as autistic people know they will be understood and believed
 - Staff being able to deal with situations with more insight of why certain experiences are particularly important to the person who may be autistic.
 - Better skilled staff who are able to deal with enquiries more efficiently

35. The Mental Health Action Plan can be found in Appendix 1.

Budget

36. The funding requested within this report to deliver the action plan will need to be added into the council's budget for 2023/24, as a part of the annual budget planning process.

37. The items within the proposed action plan that would require additional funding are:

- **Mental Health First Aid Courses:** 6 courses, £20,000
- **Expansion of Resocialisation Cafes:** £20,000
- **Mental Health Awareness Events:** £5000

Risk

38. Each project in the action plan has an element of risk; through the scoping process an assessment will be carried out to identify the risks and actions that can be taken to mitigate them.

Climate change and air quality

39. The proposed projects do not directly aim to improve climate change and air quality, however, indirectly make a positive contribution. For example, resocialisation cafes provide those who are socially isolation/lonely with local provision within walking distance, therefore removing the need to drive.

Equality and Diversity

40. Projects contained within the action plan are designed to be inclusive, accessible, and bring communities together.
41. An equality impact assessment will be carried out for each project, therefore ensuring that protected characteristics are not negative impacted, and that any positive outcomes can be identified.

Comments of the Statutory Finance Officer

42. As detailed in points 36 and 37 these are one off costs that will be added to the budget in 2023/24 on a non-recurring basis as part of the budget setting process.

Comments of the Monitoring Officer

43. There are no concerns with this report from a Monitoring Officer perspective. There is general enabling legislation to allow the council to do what is proposed here.

Appendices

Appendix 1: Mental Health Action Plan

Report Author:	Email:	Telephone:	Date:
Reece Drew Community Development Team Leader	rdrew@southribble.gov.uk	01772 625461	Jan 2023