

Mental Health Action Plan

November 2022



Preventative Projects – Youth Focused (*overlap with the Youth Engagement Action Plan*)

Project(s)	Latest Position	Actions
<i>Work with partners to improve emotional resilience amongst Primary School aged children</i>	<ul style="list-style-type: none"> Lancashire Mind commissioned to deliver the 'Bounce Forward' project to three primary schools (targeting those from areas of deprivation). 	<ul style="list-style-type: none"> Finalise dates with identified schools. Carry out evaluation to measure effectiveness of the programme. If effective, explore delivering to more schools.
<i>Work with partners to improve emotional resilience, build confidence and self-belief, and raise aspirations amongst Secondary School aged children</i>	<ul style="list-style-type: none"> Lancashire Youth Challenge delivered mental health workshops to three secondary schools: Penwortham Girls, Lostock Hall Academy, and Worden Academy. Lancashire Youth Challenge delivered 12-week programmes within 2 secondary schools: Penwortham Girls, Lostock Hall Academy, and Worden Academy. Youth Engagement Officer carrying out regular meetings with Schools within South Ribble to build relationships and understand needs. 	<ul style="list-style-type: none"> Carry out evaluation to measure effectiveness of 12-week Lancashire Youth Challenge programmes. Liaise with partners to identify funding options to additional interventions (SRBC have a £28,000 Youth Engagement Budget, however other partners may contribute i.e. Progress Housing, LCC, Active Lancashire).
<i>Work with partners to improve emotional resilience, build confidence and self-belief, and raise aspirations amongst those 18-25 not in employment or education</i>	<ul style="list-style-type: none"> Discussions taken place potential deliver partners, including the DWP, Princes Trust, and 10Inspire. 	<ul style="list-style-type: none"> Identify appropriate delivery partner(s). Liaise with partners to identify funding options to additional interventions (SRBC have a £28,000 Youth Engagement Budget, however other partners may contribute i.e. Progress Housing, LCC, Active Lancashire).
<i>Work with schools to develop clear and easy to navigate referral pathways into mental health services</i>	<ul style="list-style-type: none"> Discussions with schools taken place – reconfirming the need for improved referral pathways. 	<ul style="list-style-type: none"> Introduce schools to Refernet and the South Ribble Together Network, with the aim of each school sending a representative to relevant meetings. Work with schools to ensure that a minimum of one member of staff is Mental Health First Aid trained.

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Preventative Projects – Adult Focused

Project(s)	Latest Position	Actions
<i>Build on existing Resocialisation Cafes, to encourage more attendance, and provide those that attend access to more support services.</i>	<ul style="list-style-type: none"> 9 resocialisation cafes currently ongoing throughout South Ribble (across all 5 Community Hub areas). 	<ul style="list-style-type: none"> Work with key partner agencies to increase their presence at these cafes. Enabling those that attend to benefit from wider support services. Provide group leaders with Mental Health First Aid training. Expand the current offer of re-socialisation cafes across the borough
<i>Supporting Talking Tables to expand into more cafes across South Ribble.</i>	<ul style="list-style-type: none"> Talking Tables now established in cafes in all 5 Community Hub areas. 	<ul style="list-style-type: none"> Work with key partner agencies to increase their presence at these cafes. Enabling those that attend to benefit from wider support services. Provide table leaders with Mental Health First Aid training. Provide support to help Talking Tables expand into more cafes within South Ribble.
<i>Work with the Foodbank Network to provide mental health support to their customers</i>	<ul style="list-style-type: none"> Regular updates provided to those who run foodbanks and community shops via the Foodbank Network. 	<ul style="list-style-type: none"> Work with key partner agencies to increase their presence at foodbanks and community shops. Enabling those that attend to benefit from wider support services.
<i>Develop and send out a social isolation booklet to vulnerable residents</i>	<ul style="list-style-type: none"> Provision mapped and added to South Ribble Together section on the Council's website. Vulnerable residents identified via internal data. 	<ul style="list-style-type: none"> Design and print booklet. Post booklet to identified residents and provide stock to partners and public/community spaces.
<i>Work with partners to develop a coordinated approach to men's mental health and social isolation provision/support</i>	<ul style="list-style-type: none"> Mapped existing provision. Gained interest from delivery partners (pubs, sports and social clubs etc.) Partnership working with NHS (LSCFT). 	<ul style="list-style-type: none"> Begin to draft plan for provision. Develop communications plan to target those vulnerable.

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Intervention

Project(s)	Latest Position	Actions
<i>Social prescribing</i>	<ul style="list-style-type: none">• Social prescribing team set to be in place early 2023.	<ul style="list-style-type: none">• Work with the social prescribing team to align their work with the council's mental health agenda.
<i>South Ribble Integrated Team (SRIT)</i>	<ul style="list-style-type: none">• Well established team that meets fortnightly.	<ul style="list-style-type: none">• Continue to use the SRIT as a mechanism to inform us about issues and barriers in local service provision (i.e. where and how people are slipping through the cracks).
<i>Household Support Fund</i>	<ul style="list-style-type: none">• Additional £100,000 allocated in round 2 of funding for energy support for low income households not in receipt of Universal Credit.• Round 3 proposals support energy, food and hygiene supplies, reducing social isolation, household adaptations, and funding to local community groups and charities who support vulnerable residents.	<ul style="list-style-type: none">• Promote through CAB• Awaiting receipt of funding from LCC

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Awareness and Training

Project(s)	Latest Position	Actions
<i>Mental Health First Aid Courses – increase to number of residents in SR equipped to support people experiencing mental health challenges</i>	<ul style="list-style-type: none"> 41 council officers and 1 member trained. 3 sessions delivered to community partners, creating 45 new mental health first aiders. 5 sessions scheduled to be delivered to community partners in January and February 2023 (one in each Community Hub area). 	<ul style="list-style-type: none"> Proposal to run another 6 Mental Health First Aid courses through 2023/24
<i>Mental Health Awareness Courses – raise awareness of what mental health is</i>	<ul style="list-style-type: none"> Meetings carried out with Lancashire Adult Learning and courses catalogue received. 	<ul style="list-style-type: none"> Work with Community Hubs to schedule courses in each area. Deliver awareness session to the Youth Council
<i>Mental Health Events – raise awareness of challenges being faced and support available.</i>	<ul style="list-style-type: none"> Event to be delivered in summer 2023 by Penwortham Community Hub. 	<ul style="list-style-type: none"> Proposal to run a Mental Health Event in each community hub area through 2023/24
<i>Social Media Campaigns - raise awareness of challenges being faced and support available.</i>	<ul style="list-style-type: none"> Discussions taken place with the Communications team. 	<ul style="list-style-type: none"> To plan campaigns to start from 2023, with input from key partners.
<i>Neurodiversity training</i>	<ul style="list-style-type: none"> Paper presented to SMT outlining proposed training; agreed to inclusion of neurodiversity and autism awareness training for staff and members 	<ul style="list-style-type: none"> Training scheduled for 24 January for members and 30 January / 16 February for staff

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Employers

Project(s)	Latest Position	Actions
<i>Work with employers to ensure that employees within South Ribble are provided with mental health support in the workplace.</i>	<ul style="list-style-type: none">• Business Health Matters programme delivered to SMEs within South Ribble via the Active Health team.	<ul style="list-style-type: none">• Work with the investment and skills team to identify actions to improve easy access support from employers.

Collaborative and Partnership Working

Project(s)	Latest Position	Actions
<i>South Ribble Together Network</i>	<ul style="list-style-type: none">• Well established partnership network with a quarterly focus on mental health.	<ul style="list-style-type: none">• Continue to work with partners to raise awareness of different mental health services and provision, and their referral pathways.
<i>Mental Health Forum</i>	<ul style="list-style-type: none">• Agreement from Lancashire Mind to facilitate to forum.	<ul style="list-style-type: none">• Schedule first forum meeting.• Develop feedback link between the Mental Health Forum and South Ribble Together Network, enabling grassroots feedback about current and emerging issues to inform local service provision.• Explore options around creating an online forum for Mental Health First Aiders.