
Progress Report - Priorities 4 & 5

Report being considered by:	Health and Wellbeing Board
On:	2 May 2024
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Item for:	Discussion



1. Purpose of the Report

1.1 The Berkshire West Joint Local Health and Wellbeing Strategy (JLHWS) sets out five priorities:

- (1) Reduce the differences in health between different groups of people.
- (2) Support individuals at high risk of bad health outcomes to live healthy lives.
- (3) Help children and families in early years.
- (4) Promote good mental health and wellbeing for all children and young people.
- (5) Promote good mental health and wellbeing for all adults.

1.2 Each of the three Health and Wellbeing Boards within the Berkshire West 'Place' has developed its own Delivery Plan to address these shared priorities, tailoring the approach to their particular needs and circumstances.

1.3 A rolling programme of reports will update the Health and Wellbeing Board on progress in implementing the actions set out in West Berkshire's Delivery Plan for each of the above priorities. This report focuses on the fourth and fifth priorities:

- Priority 4 - Promote good mental health and wellbeing for all children and young people
- Priority 5 – Promote good mental health and wellbeing for all adults

2. Recommendation(s)

The Health and Wellbeing Board is asked to:

- (1) note the report and the progress made to date;
- (2) consider if the actions are still appropriate, if existing actions need to be updated, or if additional actions are required;
- (3) agree any actions to be referred upwards to the 'Place' or 'System' levels;
- (4) commit their respective organisations to delivering the agreed actions.

3. Executive Summary

This report concerns the actions in the JLHWS Delivery Plan that relate to the priorities *'Promote good mental health and wellbeing for all children and young people'*, and *'Promote good mental health and wellbeing for all adults'*. It presents the progress that has been made since the Strategy was adopted in December 2021 and highlights key deliverables that will be targeted in the coming year. It also identifies where actions would be more appropriate to be progressed by other partnerships operating at the 'Place' or 'System' level.

4. Supporting Information

Priority 4 - Promote good mental health and wellbeing for all children and young people

- 4.1 The mental and emotional health of children and young people (CYP) is as important as their physical health and wellbeing. Mental health problems are a leading cause of disability in children and young people, and can have long-lasting effects: 50% of those with lifetime mental illness experience symptoms by age 14.
- 4.2 The Joint Local Health and Wellbeing Strategy identified the following issues as affecting the mental and emotional welfare for local CYP:
- (1) Limited access to mental health education and services to support children and young people and prevention services;
 - (2) Limited resources, service cuts and the impact of Covid-19 and the lockdowns on the ability to access service;
 - (3) The waiting time to access Child and Adolescent Mental Health Services (CAMHS).
- 4.3 The Strategy set out the following objectives under this priority:
- Aim to enable all our young people to thrive by helping them to build their resilience and have the skills to overcome normal life challenges and stresses without long term harm.
 - Aim for early identification of those young people in greatest need, or at risk of developing a mental health condition, in order to intervene early to support them with their emotional wellbeing, build self-confidence and so prevent worsening mental health.
 - Use evidence to support interventions at the individual, family and community levels to prevent and reduce the risk of poor mental health. We will also improve the equality of access across all services by recognising the diversity of our youth population.
 - Engage with staff, students, parents, the community and mental health support teams to inform interventions for emotional health and wellbeing, supporting a Whole School Approach to Mental Health and embedding wellbeing as a priority across the school environment.

- Each local authority will proactively support the mental health and wellbeing of their looked after children and care leavers, adopting behaviours and attitudes, acting as any good parent would do by supporting, encouraging and guiding their children to lead healthy, holistic and fulfilled lives (Corporate Parenting Principles).
- Expand our trauma-informed approach among formal and informal service providers, including charities and voluntary organisations, supporting recovery and resilience in our children and young people. Improve the process for transition to adult mental health services for our young people, starting the planning early and including the young person themselves in order to ensure that the process is as smooth as possible.

4.4 The Delivery Plan set out actions designed to support the above objectives:

- 4.1.1 Three Schools have obtained the [Health and Wellbeing in Schools Award](#) and a further three schools are progressing towards achieving the award, and 27 schools have received related workshops.
- 4.1.3 A total of 29 Young Health Champions have been created in 2023/24 (against a target of 30). The programme is for young people between the ages of 14 - 24 who want to help their peers develop a healthier lifestyle and make their voice heard around health and wellbeing issues.

4.5 The Delivery Plan was reviewed in Quarter 1 of 2023/24. As part of this process, a number of actions were identified for deletion due to: being complete; now being considered 'business as usual' activity; a lack of budget / resources; or not being an agreed action. Further details are provided in Appendix A.

4.6 As part of the review process, a number of Delivery Plan actions have been identified as being more appropriate for delivery at Place or System levels, and have been escalated accordingly. Many of these actions related to Priority 4, due to services such as CAMHS being delivered by Berkshire Healthcare Foundation Trust. Unfortunately, this has resulted in a greatly depleted list of actions still being delivered at a local level. However, it is anticipated that the Delivery Plan will be reviewed and updated once the new Director of Public Health is in post.

Priority 5 - Promote good mental health and wellbeing for all adults

4.7 Adults could be affected by mental health issues at any time. In any one year, one in four adults experience at least one diagnosable mental health problem¹. Mental Health impacts all aspects of our lives, and both influences and is influenced by physical health. Adult mental illnesses also have a ripple effect on their family, unpaid carers and wider society. In 2022/23, an estimated 19.6 million working days were lost due to work-related stress, depression or anxiety in Great Britain, accounting for the majority of days lost due to work related ill health². The cost of mental ill health was estimated to be £300bn in England in 2022 (made up of £110bn economic costs, £130bn human costs and £60bn health and care costs). This was double the NHS's budget for England in that year (£153bn)³.

¹ <https://www.england.nhs.uk/mental-health/adults/>

² <https://www.hse.gov.uk/statistics/dayslost.htm>

³ <https://www.centreformentalhealth.org.uk/publications/the-economic-and-social-costs-of-mental-ill-health/>

4.8 The key issues identified in the Joint Local Health and Wellbeing Strategy were:

- (1) Lack of early identification of, and intervention in, mental health problems;
- (2) Limited social networks having a significant impact on the health and wellbeing of people;
- (3) Improving the access, quality and efficiency of current services.

4.9 The Strategy set out the following objectives under this priority:

- Tackle the social factors that create risks to mental health and wellbeing, such as social stressors related to debt, unemployment, insecure housing, trauma, discrimination, as well as social isolation and loneliness.
- Work with local communities, voluntary sectors and diverse groups to re-build mental resilience and tackle stigma of mental health; all in order to promote an informed, tolerant and supportive culture.
- Continue to recognise the importance of social connection, green spaces and understanding of different cultural contexts for mental wellbeing. We will increase social prescribing by promoting access and signpost to activities that promote wellbeing, such as physical activity and stronger social networking to improve health.
- Improve access to, quality and efficiency of services available to all who need them, including improved digital offerings for those who can and prefer to use them.
- Work with professionals in workplaces and other settings; using a preventative approach to break down the barriers between physical and mental health, and ensure both are treated equally.
- Improve access to support for mental health crises and develop alternative models which offer sustainable solutions, such as peer mentoring or trauma-based approaches.

4.10 The Delivery Plan set out a range of actions designed to achieve the above objectives. Good progress has been made and many of the original actions have now been completed as set out in Appendix A. Some of the key actions are highlighted below:

- 5.1.2: To help support new residents to West Berkshire with a sense of belonging and awareness of local services, a [webpage](#) for new residents, with input from key council departments has been produced.
- 5.1.4 To raise awareness of resources and interventions that help to address mental health and wellbeing to residents, community groups and key stakeholders information has been provided in a number of ways, including the West Berkshire Council website, the West Berkshire Directory and the production of mental health 'z-cards' (including an additional print run providing 3,000 for schools, 1,000 for the West Berkshire Foodbank, 50 to Newbury Soup Kitchen and 100 to the West Berkshire Suicide Prevention Group).

- 5.2.2: Over £260k was allocated to local voluntary and community organisations through the “Surviving to Thriving” fund which was set up in order to help mitigate the impact of Covid-19 on mental health.
- During Mental Health Awareness Week 2023, a new Poetry in Mind campaign was launched which encouraged West Berkshire residents to submit poems about mental health related themes. As part of this, a Celebration Event was held at Shaw House on World Mental Health Day in October. Over 100 poems were received, and a selection were displayed in West Berkshire libraries, the museum and Shaw House. At the event, participants were presented with a certificate of participation from Councillor Janine Lewis, and some brave residents read out their poems to the group, which was at times very emotional. All the chosen poems are available to read online:
<https://www.westberks.gov.uk/poetry-in-mind>
- The MHAG has been able to secure a place on the Berkshire West Mental Health Place Board. It is hoped that this will enable improved integration with wider governance structures.
- 5.4.5: Monitor and support the implementation and development of the new Mental Health Integrated Community Service (MHICs) in West Berkshire. This service went live in January 2024. MHAG has been actively represented on the Steering Group for setting up the new service. The initial period of central funding to set up the initiative ends in March 2024, with the service now continuing as business as usual.
- 5.1.1. A final report on Financial Problems and Mental Health was presented to the Health and Wellbeing Board at its meeting on 3rd October 2023. The Board noted the actions already undertaken and ongoing progress with delivery of the recommendations. Amongst other things, it also agreed:
 - that the Scrutiny Commission be asked to review issues around debt recovery and the Council Tax Reduction Scheme
 - that the Public Protection Service be asked to review how it could be involved in delivery of the targets identified in the report, including training of staff on mental health
 - that consideration be given to improved co-ordination of work between the voluntary sector and BHFT
 - that BHFT be asked to respond to the original request on the ability of its staff to provide support on financial problems, such as through signposting to other sources of help
 - We have continued to work with the Health and Wellbeing in Schools Co-ordinator to produce a guide for teachers of resources to help them support students on financial management. This was produced to coincide ‘Talk Money Week’, 6th-10th November.

4.11 Further progress is expected with some of the above actions, with work also starting on a number of new / amended actions. Current priorities include:

- One of the Group's Delivery Plan aims is to "develop and promote a range of information and tools to support transition across the life course". One of the examples in the delivery plan is bereavement, and the group felt this would be a worthwhile area to focus on initially. We are currently doing further work to decide what MHAG might be able to do in this area.
- Some initial work has been done on digital inclusion champions, considering the nature of the problem and possible routes to effective action. While work is being done on this by a number of different bodies, it is currently quite fragmented, so there may be opportunities from helping join it up.
- The MHAG is looking to re-establish a Mental Health Forum bringing together a wider range of voluntary sector organisations, service users and mental health service providers to regularly share information and raise issues to feed into the Mental Health Action Group and with other relevant organisations.

4.12 The Delivery Plan was reviewed in Quarter 1 of 2023/24. As part of this process, a number of actions were identified for deletion due to: being complete; now being considered 'business as usual' activity; a lack of budget / resources; or not being an agreed action. Further details are provided in Appendix A.

4.13 As part of the review process, a number of Delivery Plan actions have been identified as being more appropriate for delivery at the Place or System levels, and have been escalated accordingly.

5. Options Considered

5.1 All actions have been reviewed by the Mental Health Action Group to understand:

- if they are still relevant;
- if they have the necessary support, resources and budget;
- if they are completed and should be removed;
- if they represent business as usual activity that will be delivered through existing business / service plans;
- if actions would be best delivered at the 'Place' or 'System' level;
- if additional actions are needed to respond to circumstances that have changed since the Delivery Plan was first adopted.

5.2 The Health and Wellbeing Board may choose to accept the changes or make recommendations for further changes.

6. Proposal(s)

The Health and Wellbeing Board is asked to:

- consider if the actions designed to deliver Priorities 4 and 5 of the JLHWS are still appropriate, if existing actions need to be updated, or if additional actions are required;

- consider if any actions would be better delivered at 'Place' or 'System' levels;
- commit their respective organisations to delivering the action plan.

7. Conclusion(s)

This report provides the Board with assurance that Delivery Plan actions around the JLHWS priorities to '*Promote good mental health and wellbeing for all children and young people*', and '*Promote good mental health and wellbeing for all adults*' are being delivered and updated.

8. Consultation and Engagement

The Health and Wellbeing Board Steering Group has been consulted on this report.

9. Appendices

Appendix A – Priority 4 & 5 Delivery Plan

Appendix B – Case Studies

Background Papers:

[Berkshire West Health and Wellbeing Strategy 2021-2030](#)

Health and Wellbeing Priorities Supported:

The proposals will support the following Health and Wellbeing Strategy priorities:

- Reduce the differences in health between different groups of people
- Support individuals at high risk of bad health outcomes to live healthy lives
- Help families and young children in early years
- Promote good mental health and wellbeing for all children and young people
- Promote good mental health and wellbeing for all adults

The proposals contained in this report will support the above Health and Wellbeing Strategy priorities by ensuring that the JLHWS Delivery Plan actions are delivered and regularly reviewed.
