Appendix B
West Berkshire All Age Mental Health and Wellbeing Delivery Plan 2026-28

This Plan will be overseen by the West Berkshire Mental Health and Wellbeing Board, a non executive body co-ordinating and catalsying multi agency action and support to improve mental health and wellbeing for the residents of West Berkshire.

Priority 1: Build the social and cultural conditions for positive mental health and wellbeing , reducing stigma and addressing underlying causes of marginalisation & discrimination

Intervention	Action	MHB Lead	Target date	Measure
Mental Health Roadshows	Pilot series of multi-agency Let's Talk events with a mental health and wellbeing focus delivered at libraries, leisure centres and other community venues.	Community Co-ordinator, WBC	Feb 27	Event attendance; materials distributed; media coverage; social media impressions
	Focus on community physical activity sessions for multi-agency promotion of mental health conversations and raising awareness of local offers	Advanced PH Practitioner (Adults)	tbc	Event attendance; materials distributed; media coverage; social media impressions
Healthy Workplace Voluntary Accreditation Programme	Provide advice and guidance on workplace mental health promotion to inform the design of the Healthy Workplace voluntary accreditation programme	Public Health Principal (Adults)	Feb 27	Adoption of mental health and wellbeing goals and best practice by the Healthy Workplace project board
	Support the evaluation of the Healthy Workplace programme and the implementation of an exit plan	Public Health Principal (Adults)	Sep 28	Positive evaluation measures (to be determined by Healthy Workplace project board) on mental health and wellbeing support; Actionable plan to sustain positive mental health outcomes and transition to Business As Usual

Mental Health in schools	Support the achievement universal coverage of the Mental Health Support Team across West Berkshire	ICB	Sep 27	Access & population coverage; interventions delivered
	Deliver a Senior Mental Health Leads Network and annual Conference to share best practice and facilitate peer support	Public Health Principal (CYP)	tbc	Engagement and attendance; Delegates reporting they feel empowered to deliver Whole School approaches to mental health and wellbeing
	Deliver the Living Well, 5 Ways to Wellbeing, Peer Mentor and Young Health Champions programmes to school pupils	Public Health Principal (CYP)	tbc	Engagement and attendance; Pupil feedback
	Promote and support young people's online safety by disseminating the resources co-produced with pupils at Kennet School	Public Health Principal (CYP)	tbc	Engagement and attendance; Pupil feedback
	Promote Tellmi, digital CYP MH support offer, to connect young people to mental health support outside school hours	Public Health Principal (CYP)	tbc	Take-up; user feedback
	Promote school nurse drop ins to improve access to health support, including for emotional wellbeing	Public Health Principal (CYP)	tbc	Engagement and attendance; Pupil feedback
Mental Health Board event	Event to bring stakeholder group back together to celebrate, reflect on and review MH Delivery Plan	Advanced PH Practitioner (Adults)	May 27, May 28 (MH Awareness Week)	Attendance; delegate feedback

Priority 2: Reduce the stresses that affect mental health, including those that come from council policy and processes as well as specific life-events such as homelessness

Intervention	Action	MHB Lead	Target date	Measure
Health in & Wellbeing in All Policies	Develop local guidance to support the implementation of mentally healthier policies and initiatives, drawing on best practice (e.g. the Centre for Mental Heath's Framework for a Mentally Healthier Council)	Public Health Principal (Adults)	Dec 26	WBC adopts a toolkit to help embed mentally healthier policies and initiatives, aligning with the key social determinants of mental health; positive feedback from Council officers on the value and accessibility of the toolkit
Supporting access to paid work and volunteering	Set up Task & Finish group to scope proposals for collective action to address the barriers to work experienced by those facing mental health challenges	tbc	tbc	Agreed and resourced plan to increase the numbers of people with experience of mental ill health who are in stable employment or volunteering placements
Voluntary Sector commissioning arrangements	Ensure WBC's review of voluntary sector commissioning arrangements considers services which provide support around mental health stressors and triggers, as well as exploring joint commissioning arrangements	Public Health Consultant / Service Lead	Tbc – discuss with WBC Procurement	WBC commissioning arrangements support sustainable delivery by VCS organisations which provide support around mental health stressors and triggers; Feedback from VCS organisations on process and arrangements: numbers supported by VCS providers

Priority 3: Service collaboration and integration to produce better integrated and person-centred mental health care, re-designing and streamlining pathways, with one-stop entry and continued support throughout the patient journey

Intervention	Action	MHB Lead	Target date	Measure
Neighbourhood Health	Embed the mental health voice into planning arrangements for neighbourhood health. Design and implement new cross-sector models of working which address the whole of a person's needs and the factors contributing to their mental health challenges.	PPG rep	Tbc	Tbc

Priority 4: Better information on pathways and improved early intervention which support the maintenance of good mental health and wellbeing, promote resilience and self-management, and avert crises

Intervention	Action	MHB Lead	Target date	Measure
West Berkshire Directory	In collaboration with Mental Health Forum reps, review mental health information across WBC and WBD pages to reduce duplication, make the information more concise, and ensure content is aligned across services.	Advanced PH Practitioner (Adults)	tbc	Levels of user engagement; user feedback on process and outcomes; post-implementation user testing
	Co-ordinate MH Lived Experience engagement to inform the re-commissioning of the WB Directory platform and development of supporting / aligned information resources.		Tbc (discuss with Directory leads)	Levels of user engagement; user feedback on process and outcomes; post-implementation user testing
Families First / Family Hub	Support delivery of the Best Start in Life 2026-28 plan to expand and enhance Family Hubs across the district, prioritising hub activity in the most disadvantaged areas, expanding mobile, pop up and village based delivery, and developing a digital front door.	Public Health Principal (CYP)	Mar 28	Increased family engagement with Best Start Family Hubs; family feedback on support and resources

Priority 5: Develop targeted approaches to ensure mental health support can be accessed by 'at risk' groups and reduce health inequalities

Intervention	Action	MHB Lead	Target date	Measure
Togetherness parenting support programme	Promote self-guided online learning to help parents and carers understand children's behaviour, emotions and development, from pregnancy to adolescence.	Public Health Principal (CYP)	tbc	Uptake; user feedback
Mama project	Promote post natal support offer, including clinical and peer support offer to improve resilience and develop self management skills	Public Health Principal (CYP)	tbc	Uptake; user feedback
Healthchecks for people with a Serious Mental Illness (SMI) diagnosis	Support a reduction in the life expectancy gap for people with an SMI diagnosis through early detection of issues increasing health risks and appropriate medication monitoring	ICB	tbc	Improvements in SMI health check take-up and support to address issues raised
West Berkshire Suicide Prevention Action Plan	Improve data and evidence to inform suicide prevention planning	Public Health Consultant / Service Lead	Report delivered Apr 27, Oct 27, Apr 28, Oct 28	Effective, evidence-informed and timely suicide prevention interventions continue to be adapted
	Complete a review of availability of tailored, targeted support to priority groups identified as being at higher risk of death by suicide	Public Health Consultant / Service Lead	Mar 28	Mapping and gapping analysis including actionable recommendations to inform local developments
	Provide West Berkshire support and perspective for the Berkshire-wide risk based Task & Finish Groups and stand up West Berkshire only groups as may be indicated from time to time.	Public Health Consultant / Service Lead	Report delivered Apr 27, Oct 27, Apr 28, Oct 28	Effective responses developed / implemented at a West Berkshire level to address areas of elevated suicide risk
	Provide West Berkshire support for work led by the Berkshire Suicide Prevention Group to promote online safety and responsible media content	Public Health Consultant / Service Lead	Report delivered Apr 27, Oct 27,	Responsible information sharing in relation to local suicides

			Apr 28, Oct 28	
	Lead on or support local implementation of interventions to reduce access to means and methods of suicide.	Public Health Consultant / Service Lead	Report delivered Apr 27, Oct 27, Apr 28, Oct 28	Targeted interventions delivered as indicated by data for West Berks
	Review postvention support available within West Berkshire and develop proposals for future arrangements, covering both the Bereavement Support and Liaison offer from Thames Valley Police and longer term suicide bereavement support.	Public Health Consultant / Service Lead	Mar 27	Completed assessment with clear recommendations to develop support and address any gaps identified
	Make suicide everyone's business	Public Health Consultant / Service Lead	Report delivered Apr 27, Oct 27, Apr 28, Oct 28	Enhanced collective impact and support to prevent suicides

Priority 6: Improve West Berkshire residents' access to support when approaching mental health crisis with better integrated working between statutory and voluntary sectors

Intervention	Action	MHB Lead	Target date	Measure
Crisis alternatives	Set up Task & Finish group to scope proposals for collective action to develop accessible support for West Berkshire residents approaching mental health crisis, aligning with the West Berkshire Suicide Prevention Action Plan	Public Health Consultant / Service Lead	March 27	Agreed and resourced plan to offer mental health support which is better co-ordinated and available at an earlier stage to avert crises, e.g. out of hours support, places of safety and support on discharge / for people in recovery.
	Launch pilot service	tbc	March 28	Reduction in numbers accessing statutory crisis services