

East Suffolk Community Partnership Board

Report from the Mental Health and Wellbeing Task and Finish Group

June 13, 2022

Introduction and Background

1. Mental Health and Wellbeing is one of the three priorities for the Community Partnership Board, identified through the eight workshops held to launch the Community Partnerships in November/December 2019.
2. The Board received a presentation from Jon Neil, Chief Officer of Suffolk Mind at its December 2021 meeting. Jon introduced the Suffolk Mind 'Your Needs Met' model and talked about the impact of the Covid-19 pandemic on Emotional Wellbeing in Suffolk as well as outlining how Suffolk Mind could potentially support improved emotional wellbeing in a number of community contexts.
3. Following the presentation, a Task and Finish Group was formed to explore the concepts introduced by Jon and to develop an outcome proposal for the March Board meeting.
4. The Task and Finish Group met twice, chaired by Christine Abraham from Community Action Suffolk. Other organisations represented on the Task and Finish Group include Suffolk Community Foundation, Suffolk Mind, Norfolk and Suffolk Foundation Trust, Britten Arts, Suffolk County Council and East Suffolk Council.
5. The Group initially undertook an audit of existing activity around mental health and wellbeing in East Suffolk/Suffolk, including the £2.5 million COMF funded programme being led by Suffolk County Council Public Health Team, and focussed in on gaps in terms of emotional wellbeing in East Suffolk communities.
6. The Board received and approved an outcome proposal from the Task and Finish Group at its meeting in early March focussing on seven key areas of activity. The Stage 2 Outcome Proposal was agreed by the Board Chair in late March 2022 and a brief update on progress is provided below.

Well Minds East Suffolk

7. **Campaign** - £5,000 was allocated for a campaign to help residents, groups and businesses to understand where and how to access information and support for a range of wellbeing issues.
Update – a new public facing portal is currently being developed by Norfolk and Suffolk Foundation Trust and therefore it was agreed that we should develop the campaign once these are in place.

8. **Neighbourhood level funding** - £12,500 was allocated for the three Integrated Neighbourhood Teams in the south of the District and the two Primary Care Networks in the north to tackle specific issues in their localities e.g. helping people to 'wait well' whilst waiting for treatment, support or a procedure.
Update – Discussions are underway with the three INTs in the south of East Suffolk and project ideas being developed through the Connect meetings. In the north of the District it has been agreed to wait until the new Waveney Health and Wellbeing Partnership is launched in July (part of the new Integrated Care System structure) as this will provide an ideal group to oversee the allocation of this funding.
9. **Your Needs Met (Young People)** - £15,200 was allocated for East Suffolk pilot versions of the Your Needs Met training - 'Emotional Wellbeing in the Classroom' (for schools) and 'Emotional Wellbeing for Children's Activities' (for those working with/supporting young people e.g. uniformed groups, sports coaches etc) – 16 courses in total.
Update – Suffolk Mind have been commissioned and the training will be delivered in the Autumn 2022 term.
10. **Theatre in Education** - £10,800 was allocated to sponsor 40 performances of the Theatre in Education sessions written by Yolanda Mercy around Emotional Wellbeing for Years 6 and 7 to enable these to be provided free in East Suffolk schools. The show is designed to unlock conversations about wellbeing and Suffolk Mind are providing free Emotional Needs and Resources materials and the opportunity to send up to four teachers per school to a twilight CPD session.
Update – the funding has been paid and the session promoted to East Suffolk schools, with a priority focus on those schools with children from more deprived backgrounds.
11. **Pilot projects to support wellbeing in young people** – No funding was allocated but it was agreed that the Communities Team and partners would encourage applications for projects benefitting young people to various grants scheme including the ESC Boost Mental Wellbeing grants.
12. **Training (Adults)** - A total of £24,400 was allocated for training around mental wellbeing and suicide awareness for those working in and supporting East Suffolk communities
Update – Suffolk Mind has been commissioned to provide their 'Your Needs Meet in the Community' courses aimed at VCSE organisations and community groups following the summer holidays. Work is underway to identify a provider/providers of training for barbers and tattoo parlours, taxi drivers etc who often spot signs of distress to ensure that they are equipped to have difficult conversations, and a trainer has been commissioned to provide additional 'Working with those in distress' training sessions, again Autumn 2022.
13. **Cuppa and Chat** – £55,000 was allocated to commission a VCSE organisation to deliver a three tier 'Cuppa and Chat' service – a virtual cuppa and chat network, one to one cuppa and chat in someone's home or garden (ideally delivered through existing Good Neighbour Schemes or community groups) and supporting people on a one to one basis to get back to face to face groups in community venues.

Update – the Request for Quotation for this service has been developed and this will be published mid-June. Evaluation process to include partners.

14. Total funding from the Board for this programme is £122,900 - £75,923 from 21/22 and £46,977 from 22/23 Community Partnership Board budgets.

Recommendations

It is recommended that the Board:

- 1) **Note the report on progress in delivering the Well Minds East Suffolk project since the Stage 2 outcome proposal was approved in late March 2022**

Nicole Rickard, Head of Communities

East Suffolk Council, on behalf of the Task and Finish Group