

Welcome to

Supporting Mental Health in our Big Local Communities

23rd October 2020

Local Trust



Tips for smooth Zooming!

- Helpful to set view to Gallery View, Side by Side, Fit to Screen
- Name yourself what you want to be called (and feel free to specify pronouns)
- Is anyone else in your space?
- Mute if you leave the screen to have a break.
- Breakout rooms – just go with the flow.
- Mute yourself if background noise, raise hand to speak.
- Chat box to share info, ask questions, provide feedback, pose questions or ideas – AND instructions, in CAPS to stand out.
- Use reactions to encourage each other – and to let us know how you are doing!
- We will have a break and a few shorter stretches.
- Do what you need to do to be comfortable.

Our Just Ideas team today

- Helen Garforth (facilitator)
- Laura Wallis (facilitator)
- Mary Singleton White (notes and support)
- Richard Usher (group facilitation)

From Local Trust


- Lauren Omokheoa
- Missiell Mercado



@justideasco
@LocalTrust

What we'll be covering...

- **Welcome and introductions**
- **Ice breaker:** What helps us maintain good mental health?
- **Understanding mental health:** A brief introduction
- **Impact of COVID-19 on mental health**
- **COVID and mental health in our Big Local communities**
- **Break!** (aiming for 10.45)
- **What does this mean for us?** How can Big Local areas support better mental health now and in future?
- **Ideas for action**
- **What is out there to help you?** Resources, support and intro to the Learning Cluster
- **Reflections and finish** (by 12.45)

An aerial photograph of a wide river. The left bank is dark and densely wooded, with sunlight reflecting off the water's surface. The water is a mix of light and dark blue-green, showing some ripples and currents. In the upper right quadrant, there is a text overlay in black font.

How we'll work together

- R-E-S-P-E-C-T!
- Be brave
- Be safe

What helps us feel good?



What is mental health?

An introduction from Laura



We all have physical
and mental health.

Physical and mental health
may be good or poor.

Good mental health does not
necessarily mean not having a
diagnosed mental illness.



Good mental health -
coping well with life and
stresses, being able to
live the lives we want.

It is normal to experience
stress, worries, or
sadness. How we cope or
“bounce back” from
these is important.

Wellbeing - general
idea of happiness.



Resilience

Hope

Physical and mental health, having
hobbies, spending time outdoors, social
relationships, feeling a sense of purpose.

Wellbeing Continuum

Coping well

Cairo is not working, receives benefits and lives with their parents. They volunteer twice a week at a local museum and go running nearly every day.

They have diagnosed schizophrenia which has been difficult in the past. This is now well managed with medication and therapy.

They are coping well with life.

Lucy has a job she loves, has time to go swimming and often takes walks in the park. She does not have a diagnosed mental illness.

She is happy and coping well with life.

Diagnosed mental illness

Jo has a low-paid job that she finds very stressful. It doesn't leave her much time to have fun and sometimes makes her chronic illness worse. She has been diagnosed with depression.

She is not coping well with life.

No diagnosed mental illness

Jas is not working at the moment. He has lost his sense of purpose in life and has stopped going out with his friends. He does not have a diagnosed mental illness.

He feels low, stressed and worried and is not able to cope well with life.

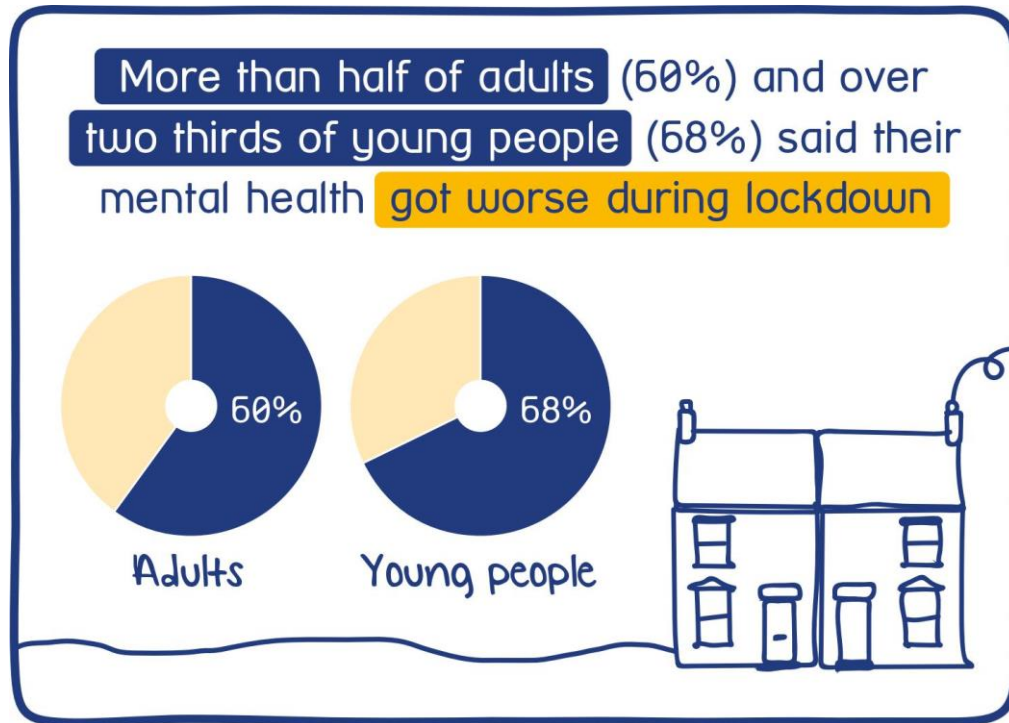
Not coping well

A stylized sun graphic on the left side of the slide. It consists of a solid yellow circle at the bottom left, with several short, curved yellow dashes above it, suggesting rays of light. The background is a gradient from orange to white, with a large white semi-circle on the right side.

The impact of COVID-19 on mental health

“Mental health services continue to be under-resourced and under-funded, but their ability to respond to the needs of the population will be crucial for preventing any post-COVID mental health crisis.”

British Medical Association (BMA)



www.mind.org.uk



Mental health

'She was left with no one': how UK mental health deteriorated during Covid

Professionals fear the pandemic has sidelined mental health services, despite a huge surge in demand

- Coronavirus - latest updates
- See all our coronavirus coverage



Sarah Johnson

Mon 21 Sep 2020 09:28 BST

523



News Letter News you can trust since 1737

Sport What's On Retro Lifestyle Coronavirus Farming

Covid hits military veterans' mental health across the UK, says leading charity

A UK-wide charity which supports military veterans with mental health issues says it has seen a marked deterioration in their wellbeing during the pandemic.

By Philip Bradfield

Monday, 21st September 2020, 6:30 am
Updated: Monday, 21st September 2020, 9:39 am

THE Sun

LOCALS SPORT NEWS MONEY DEAR DEIDRE TECH TRAVEL

'SO STRESSED' How Covid's hidden childcare crisis has left mums struggling with mental health

...ht, single mum Staresha McDonald...
...wanting to wake her three-year-old...
...in the next room.
...our day just...
...she...
...hospital...
...complaints

NEWS WEBSITE OF THE YEAR

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Coronavirus will cause global 'tsunami' of mental health problems worse than 2008 financial crash, Harvard warns

questions

M News Politics Coronavirus

Depression doubles during coronavirus pandemic as one in five people suffer

Grim ONS figures today show almost one in five adults were likely to be experiencing some form of depression in June - with under-40s, women, the poor and disabled worst hit

By Mikey Smith Political Correspondent
11:38, 18 AUG 2020

SHARE f t p 2 COMMENTS

NEWS

INDEPENDENT

University students need the option of returning home. Forcing them to stay will damage their mental health

Who is most at risk?

“People most at risk of poor mental health now are those with the most precarious livelihoods, poorest health and insecure lives in the first place.”

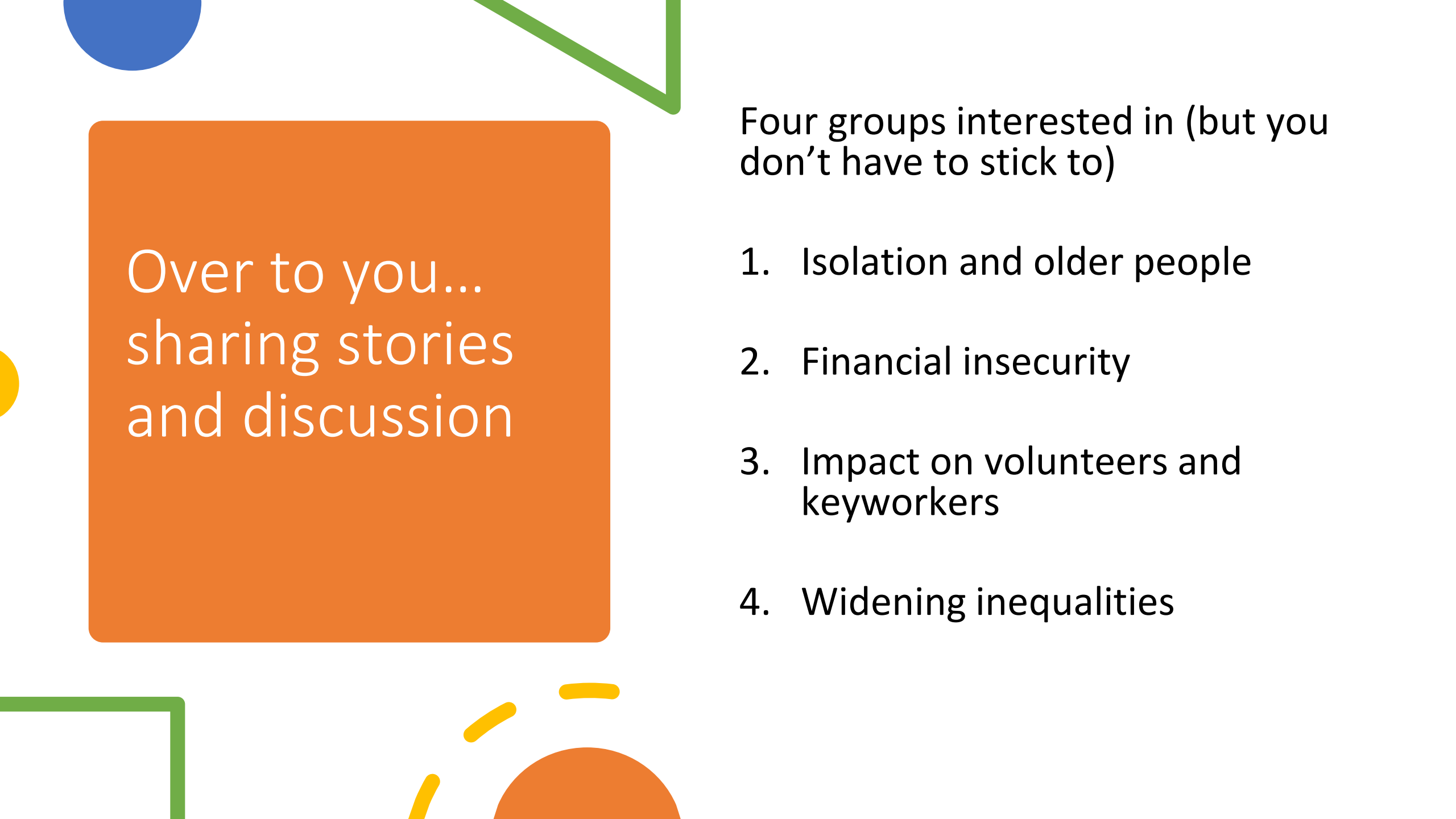
(Centre for Mental Health chief executive Sarah Hughes)

- COVID has shone a light on health and income inequalities, with the most vulnerable being affected most deeply.
- Women, young people, and those with preschool aged children initially experienced the greatest increase in mental distress during lockdown.
- Some groups of people face an especially high risk to their mental health. They include people facing violence and abuse, people with long-term health conditions, and people from Black, Asian and minority ethnic communities.
- People with existing mental health difficulties also face significant risks that their health will worsen at this time.

Mental Health Impact of COVID-19 Across Life Course



	Pre-Term	0-5 Years	School Years	Working Age Adults	Old Age
Key issues to consider	<ul style="list-style-type: none"> • Anxiety about impact of COVID on baby • Financial worries • Anxiety about delivery and access to care • Isolation 	<ul style="list-style-type: none"> • Coping with significant changes to routine • Isolation from friends • Impact of parental stress and coping on child 	<ul style="list-style-type: none"> • School progress and exams • Boredom • Anxiety or depression or other MH problems • Isolation from friends • Impact of parental stress 	<ul style="list-style-type: none"> • Balancing work and home • Being out of work • Carer Stress • Anxiety about measures and family or dependents or children • Financial Worry • Isolation 	<ul style="list-style-type: none"> • Isolation and disruption of routine • Anxiety from dependent on services • Financial worry • Fear about impact of COVID if infected
Staff/Vols	Cumulative load of stress from significant changes. Traumatic incidents. Isolation from work colleagues. Having to manage working from home. Potential bullying from or to others as part of not coping				
Loss	Loss of loved ones dying may be particularly severe and grieving disrupted because of inability to do normal grieving rites eg as be physically close to dying person, have usual funeral rites, attend funeral etc				
Specific Issues	Impact of delayed diagnoses and treatment (eg chronic conditions,surgery, people living in pain). Suicide and self harm risk for most at risk populations. Members of faith communities may feel disconnected during closure of premises. Domestic abuse may be issues across lifecourse. Drug and Alcohol issues .People reliant on foodbanks or on low incomes or self employed may have additional stress.				



Over to you...
sharing stories
and discussion

Four groups interested in (but you don't have to stick to)

1. Isolation and older people
2. Financial insecurity
3. Impact on volunteers and keyworkers
4. Widening inequalities

Some questions to discuss:

1. What has happened/ is happening in your area?
2. How has your community responded?
3. What does your Big Local partnership think your community might need?

Nominate someone to feed back something interesting!



Break!

45 minutes to recharge your batteries as you wish or try these wellbeing options:

- Go for a 10 min **walk**
- 10 min [chair-based yoga](#)
- 10 min guided [mindfulness meditation](#)
- Free, printable, downloadable animal themed [mindfulness colouring sheets!](#)
- **Explore the morning's topics or just socialise** in the chat rooms.

Welcome back

Make yourself comfortable!



What are our Big Locals doing to respond to mental health needs?

- **Taking action to boost what supports mental health** in the local community, and against what threatens it
- Doing **even more to support people** experiencing food insecurity, loneliness, isolation, family pressures, abuse, money worries, poor transport, illness, abuse, unemployment...
- **Through lock-down adapted** art projects, community podcasts, community walking routes and fitness programmes, sports activities, volunteering opportunities, talking to people, food banks, IT support, newsletters, online bingo..... doing more of the stuff Big Locals do to make their area an even better place to live

What are our Big Locals doing? (Continued)

Working with other organisations to provide specialist support for those at greatest risk of poor mental health or mental illness. For example...

- Offering Mental Health First Aid training to residents or partnership members
- Buying/ bringing in specialist support to help people to access benefits.
- Working with specialist organisations to support people with learning difficulties to talk about mental health
- Working with specialists e.g. psychologists to provide coaching and support to those doing the caring and acting
- Working with people with lived experience of mental illness to support understanding and promote awareness.







**MEGGESON
AVENUE**
City of Southampton



Upcoming Events



We are looking for a volunteer to run these event pages!

Be part of a friendly, hardworking team, creating opportunities and resources in your area

01.08.20 – 31.10.20



High Wycombe Mutual Aid

If you are unable to leave your home due to Covid 19, High Wycombe Mutual Aid can help.

08.10.20 – 31.12.20



Need a 1-2-1 chat and some support?

Wycombe Wanderers 'Doorsteppers' are here for you.

10.10.20 – 31.12.20







Some things to think about...


- Listen to the needs of your community. How much is mental health a priority? How does it fit with your existing and future plans?
- Identify those most at risk. Finding out who might be left out or suffering most.
- Identify how to best reach people- through existing organisations, leaflets, social media, door to door?
- Work out what you can do, what you can work with others to do, and what you need specialist organisations to do.
- Think about how community needs will shift over time, and what this means for your priorities.
- Where will you get the information and support you need?
- How will you support yourselves?

What's out there to help you:

The resource document following today's session includes links to helpful tools, approaches and research including:

1. COVID-19 and mental health – impact on health inequalities; ways to address wellbeing during COVID-19
2. Supporting children and young people
3. Financial concerns
4. Isolation and loneliness
5. Community responses to support positive mental health
6. Working online – its impact on mental health and making it engaging


Anything you want to share that you have found useful?



If you want to do more on mental health in your Big Local, how about...

Community Responses to Mental Health Learning Cluster

A peer-learning group of Big Local areas that will explore issues related to mental health and what we can do to support improved mental health in our communities:

- what is appropriate for Big Local partnerships to do in this area
 - develop ideas for projects that are relevant for your area
 - [visit this page](#) to find out more.
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Reflections on today

- Feedback welcome – as we move towards the Mental Health Learning Cluster.
- One thing you'll take away from today's session.



Thank you, enjoy the rest of your Friday!

Contact programmes@localtrust.org.uk for any further information about Local Trust's support to Big Local areas around mental health.



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