

Westminster Health & Wellbeing Board

RBKC Health & Wellbeing Board

Date:	17 th March 2020
Classification:	General Release
Title:	Adult Mental Health and Wellbeing in Kensington and Chelsea, and Westminster
Report of:	Director of Public Health
Wards Involved:	All
Financial Summary:	Any expenditure that relates to Mental Health and Wellbeing is fully funded by the Public Health grant to each authority.
Report Author and Contact Details:	Jeff Lake- Deputy Director of Public Health Elizabeth Dunsford- Public Health Business Partner jlake@westminster.gov.uk Edunsford@westminster.gov.uk

1. Executive Summary

- 1.1 At the December 2019 meeting of the Board a life course approach to mental health and wellbeing was presented and attention was given to children's mental health. This paper focuses on the adult population and provides an overview of those services and activities that promote emotional health and wellbeing and prevent mental ill health. It also provides an update to the Board on the work of the Mental Health and Wellbeing Partnership that was created in response to the Mental Health JSNA signed off by the board in May 2019.

2. Key Matters for the Board

- 2.1 The Board is asked to note the findings and actions arising from the workshop on Mobilising Community Assets for Mental Health (Social Prescribing) held on 8 January 2020.

- 2.2 The Board is invited to consider the opportunities presented by the development of social prescribing and how these are best coordinated across the two boroughs for maximum effect.
- 2.3 The Board is asked to note the planned activity towards developing a more coordinated approach to tackle social isolation.

3. Background

- 3.1 A Joint Strategic Needs Assessment (JSNA) on mental health and wellbeing was published in May 2019. This JSNA recommended the creation of a partnership group to promote collaboration and coproduction across the mental health and wellbeing economy.
- 3.2 A person's physical and mental health and wellbeing is influenced throughout their life by the wider determinants of health, which are a diverse range of social, economic and environmental factors, alongside behavioural risk factors.
- 3.3 Adopting a life course approach involves identifying key opportunities for minimising risk factors and enhancing protective factors through evidence-based interventions at key life stages; from preconception, through early years, adolescence and working age, and into older age.
- 3.4 The prevention of mental ill health is a key policy driver for the local authority, the NHS and other key partners.
- 3.5 Social isolation and loneliness can lead to serious mental and physical health risks. Effects include insomnia and tiredness as well as an increased chance of developing anxiety, depression and other mental illnesses.

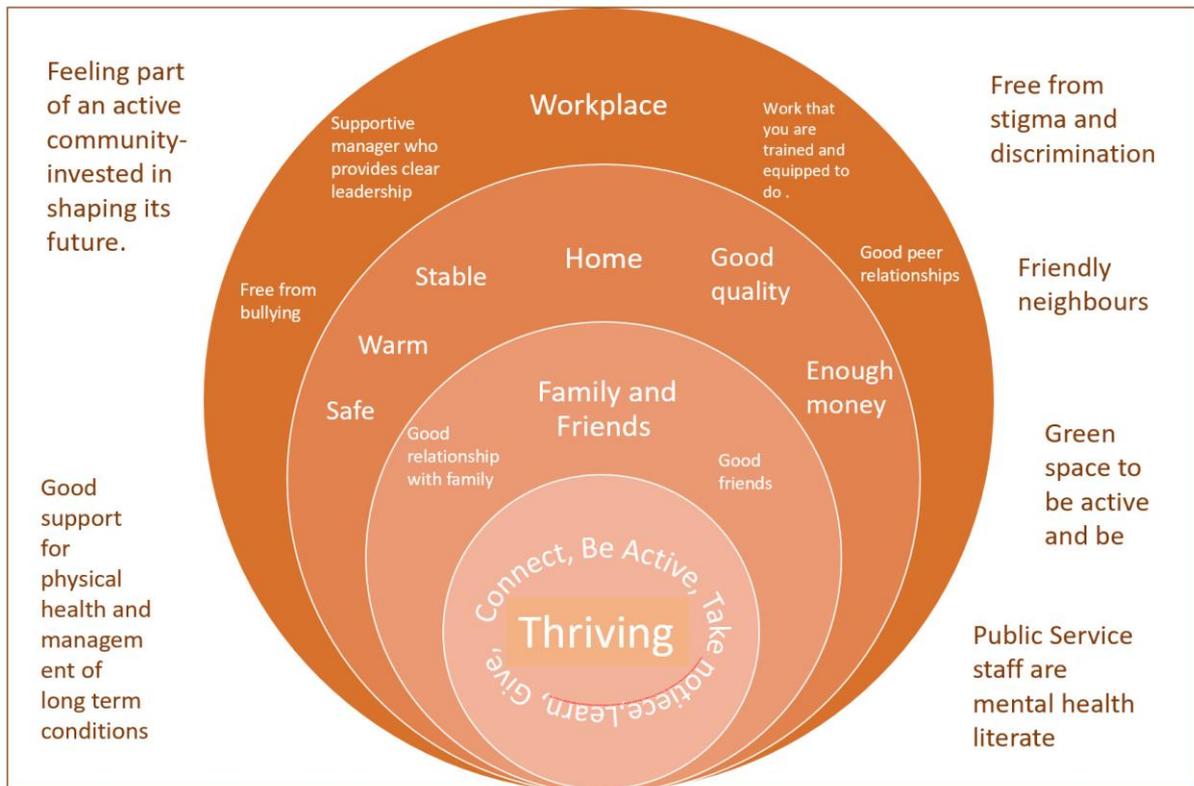
Research indicates that lacking social connections is as damaging to our health as smoking 15 cigarettes a day. Evidence suggests it increases the likelihood of early death and is a significant risk factor for a wide range of physical and mental health issues, including depression, sleep problems and reduced cognition in the elderly. Whilst loneliness and social isolation are commonly perceived as issues affecting older people they can impact at any stage of our lives.

Some characteristics of our Boroughs influence the likely prevalence of loneliness and social isolation. There is a high 'churn' rate relative with other areas with larger numbers of people moving in and out of the Boroughs making it more difficult to establish social connections. Social isolation is also more common amongst those who live alone and 45% of all households in Westminster and 47% of Kensington and Chelsea households are one-person households. Nationally it is estimated that around 10% of the population aged over 65 is lonely, and Kensington and Chelsea in particular has a large population of older adults in its population.

4. Creating the right conditions for Adults to Thrive

4.1 The graphic below illustrates the system of protective factors that together create the right conditions to maximise the chances of an adult having good emotional health and wellbeing. This system is important for all adults and it is the foundation on which the additional help some adults may need is built.

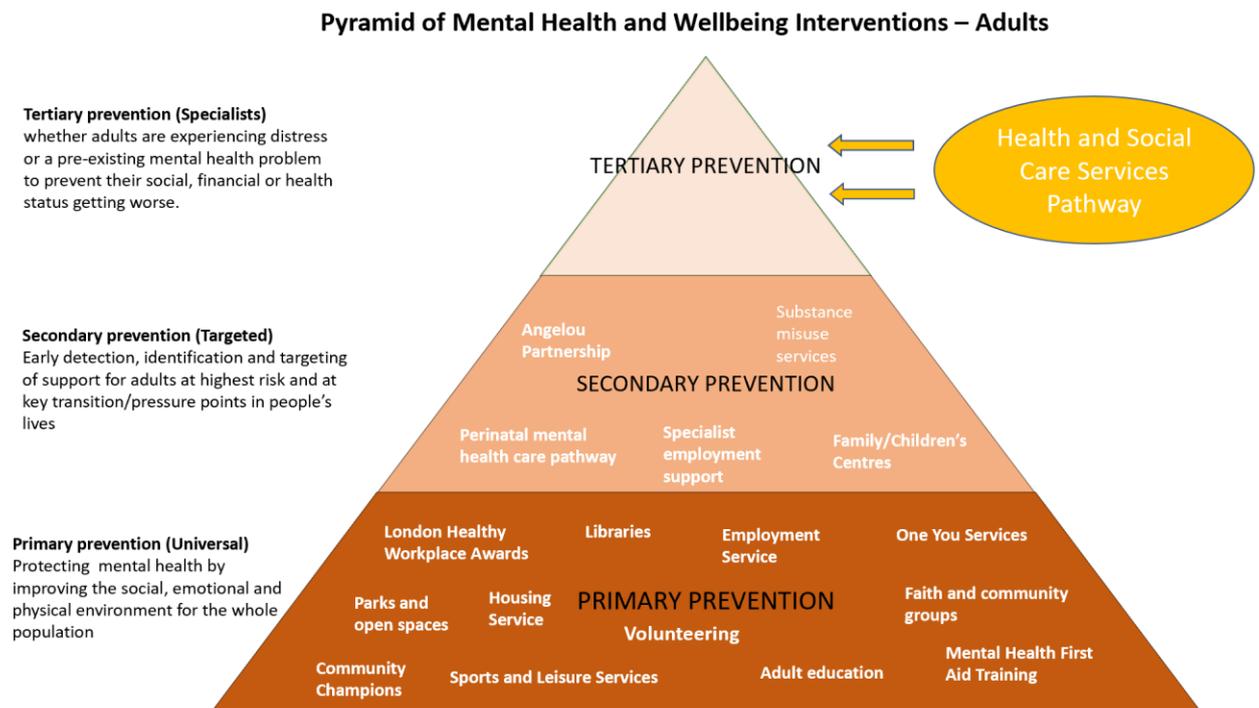
Figure A. An Emotional Health and Wellbeing Promoting System for the Adult Population



5. Local Prevention and Promotion Services

- 5.1 There are a variety of local prevention and promotion services that contribute towards improving mental health and wellbeing. The graphic below illustrates whether these are primary, secondary or tertiary prevention services. These are funded through a variety of routes.

Figure B. Pyramid of Mental Health and Wellbeing Interventions-Adults



6. Mental Health and Wellbeing Partnership

- 6.1 Following on from the publication of the JSNA in May 2019, the Mental Health and Wellbeing Partnership has now been established to drive continuous improvement in the mental health and wellbeing of the local population in Kensington and Chelsea, and Westminster, and provide a formal mechanism to address the themes identified in the Mental Health and Wellbeing JSNA.
- 6.2 The Partnership group has representatives from Housing; Employment; Central and North West London NHS Trust; HealthWatch; Kensington and Chelsea Mind; Brent Wandsworth and Westminster Mind; Central London CCG; West London CCG; GP Leads for Mental Health; Kensington and Chelsea Social Council; One Westminster; Metropolitan Police; Bi-borough Integrated Commissioning.

It has identified opportunities to promote collaboration between organisations in support of mental health and identified areas of focus avoiding duplication and building on opportunities to add value.

The following areas have been identified:

- Social prescribing and the mobilisation of community assets (see 6.3)
- Social isolation and loneliness (see 6.6)
- Early support for those diagnosed with dementia
- Policing/Crises Care
- Housing

Given NHS investment into link worker roles for social prescribing, it was decided that the group would focus its first workshop on the mobilisation of community assets. A bi-borough workshop was held in January and was very well attended. Actions are summarised below in paragraph 6.5.

The national strategy for tackling loneliness identified social prescribing as a key strand of its recommendations and the next focus of the Partnership will be on social isolation and loneliness. A workshop in RBKC will be held in March and a Westminster workshop will follow.

6.3 Mobilising Community Assets for Mental Health Workshop

A Mobilising Community Assets for Mental Health workshop to consider social prescribing was held on 8th January 2020 and attracted a broad audience of over 40 people from primary care, mental health, local authorities, third sector and other organisations reflecting the high level of interest in this subject.

Attendees heard about national evidence of good practice from Public Health and local learning from WLCCG's Community Living Well and My Care My Way programmes. There were also brief updates on the progress in the establishment of the new Primary Care Network link workers in both CCGs areas. Attendees then took part in small group discussions.

6.4 The Workshops main findings are:

- There was recognition that the two boroughs are at different levels of maturity and experience in the formalising of social prescribing. West London CCG has had the Community Living Well and My Care My Way programmes in place for some years.
- The mobilisation of community assets to improve mental health and wellbeing in our communities goes well beyond the role of new Primary Care Network link workers.
- There was recognition of the range, quantity and quality of community assets available in both boroughs and the strength of the community organisations and the third sector.
- Multi-agency working is crucial for mobilising community assets for mental health and there is local commitment to this.
- The language of social prescribing is potentially problematic and more empowering and positive alternatives are being considered.
- More co-production and community decision making are required to shape what is on offer locally and ensure that needs are best met.
- An army of community connectors and buddies are needed to spread the word about what is available and walk alongside people to get involved/try new things.

- The challenges presented to voluntary sector organisations by commissioning arrangements were noted (including short term funding commitments and the demands of monitoring). These issues should be considered as part of local authority and CCG reviews of voluntary sector commissioning.

6.5 Actions Arising from the Workshop

The workshop outputs and next steps will be discussed at the next Mental Health and Wellbeing Partnership meeting. The preliminary list of issues and actions identified are listed below.

	Issue	Action
1.	There is a consistent challenge for social prescribers to knowing what is available	Public Health to pull together a directory of directories and including self-help resources and digital support
2.	There is a need for localised mapping and awareness raising	Public Health to explore hosting sessions in interested Primary Care Networks to engage with community champions and local VCS organisations to build awareness
3.	There are a number of social prescribers/community navigators already operating which are often unknown	Recognition of existing roles – Public Health to summarise roles and offers
4.	Need to support the third sector to fulfil their safeguarding obligations	Public Health to work with CCG and LA safeguarding leads to expand the offer for the third sector
5.	How can the voluntary and community sector be supported by the Local Authority and CCGs to maintain their infrastructure and offer in an era of financial constraint?	Local authority and CCG commissioners to consider as part of their third sector reviews
6.	There is a risk that the development of social prescribing will lack coordination across different partners	Public Health will offer support to Primary Care Networks, providers of link workers and other partners to create more joined up action
7.	Co-production and community decision making present opportunities to shape what is on offer locally	Commissioners to look at how they utilise community engagement in the commissioning process and look at any opportunities to enhance

6.6 Preventing Social Isolation and Loneliness Together Workshops

The preventing social isolation and loneliness together workshops aims are to:

- Build awareness of social isolation, loneliness and triggers
- Share intelligence about the scale and distribution of social isolation and loneliness in our borough
- Celebrate and build awareness of the activities underway, and services available, to tackle these issues

- Promote coordinated action to address social isolation and loneliness

The first of the workshops is being held in RBKC on 11th March 2020 and is being hosted by The Deputy Mayor of the Royal Borough of Kensington and Chelsea, Councillor Walaa Idris. A workshop for WCC is currently being planned.

- 6.7 Learning from the social prescribing for mental health and social isolation and loneliness workshops will be taken to the Mental Health and Wellbeing Partnership to inform the development and planning of partnership working. The ambition is to mobilise a system wide response to both these issues.

7 Conclusion

- 7.1 Both boroughs have a wide range of community assets to support mental health and campaigns as well as community and workplace activities to promote mental wellbeing. The Mental Health and Wellbeing Partnership has been created in response to the Mental Health and Wellbeing JSNA published in 2019. Its initial work has focused on mobilising assets with attention to the opportunities presented by the development of social prescribing in primary care networks.

Focused attention is also being given to tackling social isolation and loneliness with an initial workshop planned to take place in RBKC and a Westminster event to follow.

8. Financial Implications

- 8.1 Public Health provides investment for a range of services that contribute to the prevention and promotion of mental health. All funding so provided is from the Public Health Grant.
- 8.2 As illustrated by Fig. A and Fig B. funding for primary and secondary prevention services across the system is provided by a wide variety of sources including Local Authority, health, third sector and employers.

If you have any queries about this report please contact:

Jeff Lake – Deputy Director of Public Health (jlake@westminster.gov.uk)

BACKGROUND PAPERS:

[Mental Health and Wellbeing JSNA \(2019\)](#)