



City of Westminster



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

WCC & RBKC Health & Wellbeing Board

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Mental Health Workshop

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Adult Social Care and Health

Wards Involved:

All

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Executive Summary

Mental Health is a clear priority for the council and residents but there are challenges in meeting and supporting needs. The cost of living crisis facing our communities has exacerbated this situation hitting the poorer and more disadvantaged the hardest. 1 in 4 people report that they experience emotional anxiety and **one-fifth** of days lost from work in Britain can be attributed to mental health impacting economic recovery.

We need to fundamentally rethink the way we work with our communities to address the causes of poor mental health, prevent serious mental illness and promote positive mental health and resilience. This will be achieved through the promotion of better emotional and mental health support and early intervention in schools and communities as young people transition into adulthood. By investing and promoting access to activities that promote wellbeing, volunteering, and stronger social contact, we believe we can have a positive impact on the lives of residents.

This paper is a summary of what our residents have said and provides the context for the HWBB session to highlight how people are being supported to look after their mental wellbeing at every stage of life.

What we know of our communities and what are residents saying?

We know there is growing demand for services, increasing complexity of need and inequities in access across both local authorities based on information from our “Borough Stories” and from other data sources such as NHS Digital - Mental Health Services Monthly Statistics, ONS personal wellbeing estimates, Annual Population Survey 2021/22 and through the latest data for GP diagnosed mental health for 2022. For example:

Kensington and Chelsea - Children

- 1 in 10 **children** have mental health needs with 1,987 5-19 year olds having a mental, behavioural or emotional health disorder
- About 1,000 children are in contact with mental health services

Kensington and Chelsea – Adults

- 1 in 4 adults report feeling anxious and 1 in 12 have a GP diagnosis of depression; this is more common among those living in more deprived areas.

Westminster - Children

- 1 in 10 children have mental health needs and 4,268 5-19 year olds have a mental, behavioural or emotional health disorder.
- About 1,000 children are in contact with mental health services.

Westminster – Adults

- Over 1 in 4 adults report feeling anxious and 1 in 13 have a GP diagnosis of depression; this is more common among those living in more deprived areas.

Demand for Talking Therapies services has increased 8% across North West London following the pandemic. Across both local authorities there has been an increase in GP activity for mental health needs with the most common reasons being depression, anxiety, autism and Attention Deficit Hyperactivity Disorder. However, those from a Chinese, Indian, 'Other Asian' and 'Other White' ethnic background are significantly less likely to be diagnosed with a mental health condition.

Through engagement so far on the Health and Wellbeing strategy, work with partners, and engagement with resident groups we are hearing consistent messages. Although these conversations are ongoing and will shape how the public sector works with communities, we have heard some clear themes:

- *As an older man living by myself, I will feel supported if we get more free community events to bring people together as many have been isolated during COVID-19.*
- *We need more community-based health initiatives, family events, mental health support groups, social exercise clubs and pet friendly events.*
- *The community around me is very special to me. As an old lady living alone, when my local support services check in on me and take time to listen, I get the feeling that 'somebody cares for me', and that is very special.*

- *It will be great to have a trusted community professional that will be able to offer a tailored personalised health and wellbeing plan, as well as access to live health information at fingertips.*
- *More accessible community information on what's available, more should be happening at community centres for people's health and wellbeing. More walk-in advice centres with multi-lingual support*

Health and Well Being Strategy and Mental Health Strategic Plan

Across the bi-borough, mental health has been identified as a priority and through work with residents and partners there is a commitment to rethink how we can best meet local population needs. We are facing multiple challenges and services are having to respond to changes in the way people access services. For example, we continue to see a steady increase in the number of people approaching mental health services for support and we need to respond to rising demand.

There is a need to think creatively together around how we ensure quality and timely mental health care for everyone who needs it, and tackle inequalities in access, experience and outcomes. Within a context of wider changes across the Integrated Care Partnership and in line with national policy and frameworks such as the NHS Long Term Plan, we need to work together to respond to identified challenges ensuring that the full mental health and wellbeing pathway delivers the best for service users and carers.

The HWB strategy and the mental health strategic plan will outline actions to support the increasing needs of our communities, but are being delivered in isolation. Through the market stalls we will be exploring some of these areas and welcome HWB views on these areas and others, including:

1. How to strengthen links with GPs that will help prevent deterioration so people have access to the right type of interventions and support when needed
2. How to be more proactive in the identification and support to individuals with multiple co-morbidities who don't meet secondary care thresholds through coordinated community response
3. How to develop and implement a more integrated Older Adult pathway model across the bi-borough, including the needs of those with dementia.
4. How to ensure rehab and placements are closer to home and delivered as part of an improved local pathway of care
5. Working with supported housing to release capacity locally so people remain close to home.

The Bi-borough are currently in the process of developing Mental Health Plan (MHP) that will focus on areas where services could be further strengthened to enhance the wellbeing of our residents.

The MHP sets out a clear direction of travel to support and promote good mental health, provide early intervention to prevent serious mental illness, provide the right response when a person needs specialist help and support, as well as outlining how the system will work to implement these changes. It proposes six pillars and draft

outcomes to bring about improvement to mental health services for local people. Please note that these proposals are yet to be formally signed off with all the key mental health stakeholders and may be further enhanced in due course.

The proposed six pillars are:

1. Clear and accessible information, advice, and guidance
2. Early intervention and prevention of mental health needs
3. Enabling people to live independent and healthy lives
4. Coordination between partners
5. Service users with high needs
6. Improving pathways, reducing waiting time and providing the right support

Market Stalls

The market stalls will cover four areas to highlight the need for multi-disciplinary working across partners to address the wider social determinants of health to support residents with positive mental health and prevent suicide. The stalls include:

- **Employment** – opportunity to discuss with local employment leads the work being undertaken to support people into employment
- **Wellbeing, Leisure and VCS** – reinforce the role of the voluntary and community sector (VCS) to support people in the community. This will include understanding some of the work with VCS organisations and the pathways for people.
- **Housing / Homelessness** – this table will highlight the work of Changing Futures programme and the need for wider public sector reform to support people's positive mental health
- **Suicide Safer Communities** – how people are supported and the work with police and other partners to support people in crisis as well as supporting people to feel safe to reduce social isolation

Following the market stalls key issues will be captured and presented back to the HWB in the March meeting and fed into the HWB strategy.

Recommendations

1. To note the report

END