

## **SLOUGH BOROUGH COUNCIL**

**REPORT TO:** Health Scrutiny Panel      **DATE:** 20<sup>th</sup> September 2011

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**WARD(S):** All

### **PART 1** **FOR COMMENT & CONSIDERATION**

#### **RE-COMMISSIONING OF MENTAL HEALTH DAY SERVICES**

##### **1 Purpose of Report**

- 1.1 To provide the Health Scrutiny Panel with the opportunity to review and comment on the proposed approach to commissioning of a re-designed Day Activities and Opportunities Service for people with mental health needs.
- 1.2 To inform, consult and seek the views of Panel members on the proposed new service model.

##### **2 Recommendation/Proposed Action**

- 2.1 Health Scrutiny Panel members note the information contained in this report
- 2.2 Health Scrutiny Panel members consider and comment on the suggested service model and proposal for commissioning the service.

##### **3 Community Strategy Priorities**

- 3.1 The provision of the Mental Health Day Activities and Opportunities service will assist in delivering the Council's priorities set out in Slough's Sustainable Community Strategy:

###### *Community Cohesion*

- Promotes and enables involvement in community activities
- Reduces inequalities and promotes fair access to high quality services

###### *Health and Wellbeing*

- Enables people to make positive informed choices about their care and support
- Intervene early to aid recovery and promote healthier lifestyles and choices

- Maintain a person centred approach to service provision
- Provide effective and tailored services for adults to allow them to live independent, socially inclusive lives

#### *Community Safety*

- Improve public information and help people have an active role
- Focus on ensuring personal safety and high quality service provision

## **4 National and Local strategies**

- 4.1 The provision of the Day Activities and Opportunities service will contribute to Slough Borough Council delivering services in line with the Department of Health's 'Putting People First: *A Shared Vision and Commitment to Adult Social Care*' which outlines the context, vision and direction of how future adult social care is to be shaped.

Services provision will also follow the guiding values and principles of 'No Health without Mental Health: *A cross government mental health outcomes strategy for people of all ages*', and commissioning the services will take account of The DoH 'From Segregation to Inclusion – *Commissioning guidance on Day Services for People with Mental Health*' .

## **5 Other implications**

### **(a) Financial**

The Sunrise Club is a mental health day service currently commissioned by Slough Borough Council at a cost of £161,273 per annum. Over the next two years funding available for the service is £101,273 plus £35,000 contributed by Berkshire Health Care NHS Foundation Trust totalling £136,273.

Currently a considerable proportion of this budget is tied up in staffing and building costs rather than creative developments for the service user.

The proposal for the new service model is for the Provider to utilise other venues already operating in Slough resulting in significantly reduced costs. See section 6.3.1 and Appendix D.

### **(b) Human Rights and Legal Implications**

The Government is committed to delivering equity of access to treatment, prevention and promotion interventions, as well as equality of experience and outcomes across all protected groups. (*No Health without Mental Health: A cross government mental health outcomes strategy for people of all ages* 2010)

The mental health outcomes strategy is a strategy for equality and human rights. Reducing inequality and promoting individuals' human rights reduces the risk of mental illness and promotes wellbeing.

The strategy also takes account of the impact of socio-economic status. It upholds the aims of the Equality Act 2010, protects and promotes human rights in accordance with UN and European Conventions, and supports compliance with the UN Convention on the rights of Persons with Disabilities.

Whilst there are no immediate legal implications arising from this report, the procurement of a provider must accord with the Council's procurement procedures.

**(c) Workforce**

There are no workforce implications for Slough Borough Council staff. TUPE may apply to staff of the current service provider.

**(d) Equalities Impact assessment**

An Equalities Impact Screening Assessment has been completed. This has indicated that there are likely to be positive impacts for users of the proposed new service as it will more effectively meet identified needs and expressed preferences of mental health service users.

**6 Detail:**

**6.1 Background to the review**

6.1.1 Day services for people with mental health problems are currently provided by Ability Housing Association at the Sunrise Club. This service was commissioned in April 2010, initially for a 12 month period, following the withdrawal of the previous service provider.

6.1.2 The arrangement with Ability was recently extended for a further year to enable the completion of a consultation exercise with service users to plan for the future provision of services. This work takes forward the review which was underway before Ability Housing took over the running of the service.

6.1.3 It is proposed that the service be re-tendered in Autumn 2011 with the new service being in place from March 2012.

6.1.4 Cabinet approved the retendering of this service at its meeting on 11<sup>th</sup> April 2011.

**6.2 Current Service Provision**

6.2.1 The Sunrise Club mental health day service provided by Ability Housing Association is open four days per week and is based at Stoke Park Trust, Northern Road. The club provides opportunities for social interaction and a timetable of activities for members of the Sunrise Club.

6.2.2 In addition Ability operates a 'community day' once a week, offering group outings, or support to individual members of the Sunrise club to access facilities in Slough community.

6.2.3 The purpose of the Sunrise Club day service is to provide a range of activities for clients who, in the majority, are being treated by the Slough Community Mental Health Team under the care coordination programme.

6.2.4 The current service is primarily a 'building based' model though the expectation is that it should comprise of a combination of centre based and community activities, offering a service to users with mental health issues.

### **6.3 Uptake of current services and demand**

6.3.1 The service is commissioned to provide services for up to sixty people a day.

6.3.2 The service has not fully met delivery expectations and although it has capacity for up to 60 users, the current uptake is around 12-18 attendees per day, with fewer attending the weekly 'community day'.

6.3.3 It should also be noted that a significant number of Sunrise Club members do not meet the Fair Access to Care Services eligibility criteria for Adult Social Care services.

6.3.4 There are currently approximately 200 Service users of the Community Mental Health Team who could benefit from accessing day activities. In order to meet that demand, the Community Mental Health Service has provided community group activities (including 'drop in', activity for black and minority ethnic groups, and sports teams) which operate separately from the Sunrise Club, and which are currently accessed by 114 service users.

6.3.5 Appendix A provides more detail on the current programme of activities at the Sunrise Club and the attendance levels.

### **6.4 The need for change**

6.4.1 The current building based environment is poor and not conducive to the wider needs of the client group. Although there have been some positive outcomes, issues identified include:

- Care co-ordinators not referring into the service due to reservations about quality of the service and the environment
- Concerns expressed that the environmental context could be detrimental to vulnerable service users
- Service users becoming long term members of the club, not being supported to 'move on' in a planned and recovery focussed way
- Limited availability i.e. Monday to Friday 9:30am to 3:30pm
- The service is accessed by low numbers of eligible service users and as such does not represent value for money.
- The consultation elicited further evidence from service users and other stakeholders to indicate that the current service provision is not meeting needs. Further details are set out in section 6.5 below and in Appendix B.

6.4.2 The ending of the current contract on 31<sup>st</sup> March 2012 provides an opportunity to implement improvements in the service delivery following detailed consultation of service users.

## **6.5 Consultation**

6.5.1 Slough Community Mental Health service developed a consultation process to gather information from service users who use the Sunrise Club as well as other service user groups in the Slough locality. The consultations have been extensive and have included the views of service users, carers, operational managers and other stakeholders.

6.5.2 The purpose of the consultation was to gain an understanding of the needs of the service user group in terms of day service provision. Consultation was undertaken through the 'Circle Works' user group and a postal user questionnaire.

6.5.3 The outcome of the consultations has confirmed that a transformation of the current service delivery is much needed. Alternative activities, arranged by Community Mental Health Team, have demonstrated that in many instances service users prefer to go elsewhere other than the Sunrise Club. Currently 114 community mental health team service users attend alternative activities provided by the community mental health team staff. Service users have indicated they want a 'welcoming space' where they can feel safe.

6.5.4 However, it should be acknowledged that there is a small number of service users who wish to continue with the service as it currently stands, but it is possible that this may be due to lack of awareness of alternatives

6.5.5 Feedback from the mental health service user focus groups and service user survey indicated that:

- Some service users commented that the current day service environment does not feel safe and can feel intimidating
- There were concerns expressed regarding the quality of the service
- The service is in the main provided to a small group of users resulting in the needs of the most vulnerable not being consistently provided for
- The service does not meet needs of the wider user group
- The service has not fully achieved the outcome of developing the skills of the user group and so it has significantly contributed to improvements in the mental health of users

Appendix B provides more details on the consultation process and findings.

## **6.6 The proposed service model**

6.6.1 It is intended that the new service provision will be in line with the principles of day service modernisation and personalisation. The vision is that services will be more user-led and outcome focussed and will consist of the following:

- Activity centre(s) provided in an accessible venue(s), with good access to inclusive activities such as life long learning, arts and crafts, social enterprises and group activities
- Delivery to a wider population meeting the needs of more diverse groups
- Utilising existing service provision and adding more value
- Integrating with other services and not operating as a 'stand alone' service
- Utilising service user led services which promote a progressive recovery
- More flexible opening hours

6.6.2 The proposal for the new service model is for the provider to utilise mainstream inclusive venues already operating in Slough which promote social inclusion. The examples in section 6.7 below are for illustrative purposes only.

6.6.3 The proposal to use community venues rather than a static base or centre has many attractions and benefits, from both a service user and financial perspective. It is more cost effective to engage the service user group in all of the activities available in the community, which would contribute far more to people gaining independence through community engagement.

6.6.4 There will be a commitment to ensuring that the needs of those most vulnerable, who meet the eligibility criteria, are prioritised and met through the re-designed service. Service provision will also include:

1. Volunteering, employment and peer support opportunities
2. Other services based on promoting independence and recovery
3. Individualised support consisting of a range of activities
4. Individualised support service for those using personal budgets and direct payments
5. Empowering service users to get involved in delivering services
6. Support to promote good mental health, manage symptoms and avoid relapse

6.6.5 There are several other examples of opportunities which have been developed such as partnerships with Lifelong Learning for computer classes and links with the Volunteer Bureau.

## **6.7 Achieving value for money**

### **6.7.1 *Example 1: Chalvey Community Hub***

There are opportunities to hire rooms at the Chalvey Community Hub on a weekly basis, which includes use of a kitchen and a large room with garden access. This would cost £5,500.00 per annum. This could be replicated by seeking and utilising a further 3 similar venues across Slough resulting in costs of approximately £22,000 per annum.

The community hubs bring added value. There is already a combination of different usage, resources and services operating from the community hubs including training suites, educational packages, Lifelong Learning, employment agencies and volunteer services.

Feedback from consultations has indicated all of these services are desired by, and are beneficial to service users.

#### **6.7.2 Example 2: Langley Free Church**

The Community Mental Health Team currently operates the 'Langley Drop-in' based in the Langley Free Church on a weekly basis from 8.00am – 2.00pm. The cost of hiring this venue is under £3,000.00 per year and it is staffed by two support workers (cost of workers not included).

6.7.3 The service specification is not proscriptive in terms of the numbers of staff to be employed, or in relation to venues to be used. Agencies submitting tenders will be required to demonstrate how they would deliver the required outcomes within the resources available. It is expected that the provider will seek alternative additional sources of funding to further enhance the service

6.7.4 The provider will be expected to link closely with existing providers to develop cost effective activities, for example partnerships with Lifelong Learning, Leisure Services, health walks, allotments, community sports activity. The provider will also be expected to work in partnership with the Community Mental Health Team to support the provision of existing activities.

6.7.5 It is anticipated that the number of service users supported by the new provider will incrementally increase during the initial period, and that up to 200 service users will be supported in recovery-focussed activity within the first year of operation. This will be achieved in part by the provider working in partnership with the community mental health services, jointly delivering existing community activities which the community mental health service currently offers to 114 service users (more detail on these activities is provided in Appendix C).

6.7.6 A copy of the draft service specification is attached at Appendix F

#### **6.8 Users attending Sunrise Club (Impact Assessment).**

6.8.1 Impact assessments have completed for the current service users of the Sunrise Club which took account of any loss of services currently being received. From the information provided positive solutions were sought, and where appropriate alternative ways to meet needs suggested. Further details are set out in Appendix D.

6.8.2 The assessments assisted in confirming that some of the identified outcomes for service users can be more appropriately met using a wider range of services which are already in place across the area, rather than through a dedicated mental health base.

6.8.3 Accessing services in the wider community offers the potential for a more positive impact for people and creates a greater degree of independence. Attendance at different venues opens up a number of opportunities for

personal development. There is also the opportunity to link support plans to a wide range of services which are available in the Slough locality.

## **7. Summary and Conclusion**

- 7.1 Extensive consultation has been undertaken with service users to inform the development of a new service specification for mental health day services.
- 7.2 The findings from the consultation have shown that the current 'building based' model no longer meets the needs of the majority of service users who could potentially benefit from the service. This is reflected in the reduction in daily attendance. The service needs to be re-commissioned with a re-designed model which will help develop a more comprehensive and evolving range of activities for people with mental health needs in the borough.
- 7.2 The re-commissioning of this service provides an opportunity to redesign the existing model to provide more flexible service provision, relevant to current needs and linking to the wider community.
- 7.3 The new service model will focus on recovery and wellbeing and will be expected to support up to 200 service users, (significantly more than 60 currently commissioned) which will be regularly reviewed. This level of activity will be partly achieved by partnership working with the community mental health services to jointly provide existing activities currently run by the community mental health service. There will be clear pathways to accessing and exiting the service, ensuring close working with the Berkshire Health Foundation Trust, Next Generation Care model.
- 7.4 Outcomes will also be monitored using the Department of Health 2011/12 Adult Social Care Outcomes Framework.
- 7.5 It is intended that the new service model will:
- Provide opportunities for local people to make positive lifestyle choices to improve their mental and physical health.
  - Focus on improved outcomes which supports vulnerable service users to lead more fulfilling lives
- 7.6 It is also anticipated that the Provider will seek additional sources of funding to support and enhance the service, including encouraging a role for any emerging social enterprises.

## **8. Appendices Attached**

- A – Sunrise Club - Activities and Attendance levels
- B – Consultation details
- C – Community Mapping
- D – Impact Assessment of Sunrise Club users
- E – Draft Service Specification



## APPENDIX A – SUNRISE CLUB – Activities & Attendance levels

### 1) Programme and opening times

<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THURS</i>	<i>FRI</i>
<i>OPEN 9:30AM</i>	<i>OPEN 9:30AM</i>	<i>OPEN 9:30AM</i>	<i>10:30AM</i>	<i>OPEN 9:30AM</i>
Yoga @ 11:15am  Walking Group @ 1pm	Women's Group (alternate weeks) @ 11am  Guitar Lesson @ 12:00pm	Basic Sewing @ 10:30 Members Meeting@ 12pm  Personal Trainer @ 1pm	Community Based Programs All Day.  (Swimming at Montem on the last Thursday of each month. Theatre Royal Windsor once per month)	Men's Group (alternate weeks) @ 11am  Gardening (1 <sup>st</sup> Friday of each month)  Theme day (3 <sup>rd</sup> Friday of each month)
<i>CLOSES 3PM</i>	<i>CLOSES 3:30PM</i>	<i>CLOSES 3:30PM</i>	<i>CLOSES 3:30PM</i>	<i>CLOSES 3PM</i>

### 2) Attendance / Activity Data

The data submitted by Ability Housing suggests the following:

- An average of **12** clients per day attend the Sunrise Club Monday – Friday.
- Thursdays has a particularly low attendance rate. The Sunrise Club is closed and the day is dedicated for community based activity.
- Current membership is 45 individuals of whom 28 are open to Slough Community Mental Health Team and are being care co-ordinated.
- The Day Services contract agreement is that 15% of the total membership can be clients who are not care co-ordinated by the Slough Community Mental Health Team
- The attendance at the Sunrise Club over the last six months has been a total of 66.
- Males 71% Female 29%.
- Ethnicity 60% white British.
- Age between 23-82 average age group 40-50 years.
- Of these 37 are open to Slough Community Mental Health Team. This equates to 29 clients not open to CMHT = 43%.
- This exceeds the agreed percentage for non-CMHT clients of 15%.
- During the past six month period there have been **1674** visits to the Sunrise Club.
- Of these visits 784 have been Community Mental Health Team care coordinated clients and 890 have been non-Community Mental Health Team clients
- 47% of the visits have been for Community Mental Health Team clients with 53% being non-CMHT clients
- This again exceeds the agreed percentage for non-CMHT clients of 15%

Of the 66 individuals that visited the Sunrise Club in this six month period the data suggests that the attendance during this period falls into these categories:

1 - 2 visits per month	= 26 people (39%)	(During a six month period)
1 - 3 visits per month	= 10 people (15%)	(During a six month period)
Once a week	= 16 people (24%)	(During a six month period)
Twice a week	= 9 people (13%)	(During a six month period)
3/4 times a week	= 3 people (4%)	(During a six month period)
Every day	= 2 people (3%)	(During a six month period)

The data indicates that:

- 30 people use the Sunrise Club once a week or more
- Only 15 of the 30 are open to Slough Community Mental Health Team and meets the Fairer Access to Care Services eligibility criteria
- 14 clients appear to use the Sunrise Club more than twice a week .
- A larger cohort of 16 clients uses the Sunrise Club once a week .
- 5 people attend the club on a regular daily basis.
- The 5 clients who use the Sunrise Club more than 3 times a week are open to Slough Community Mental Health Team.

## APPENDIX B – CONSULTATION

### Consultation Process

B1) Consultation was conducted in two parts:

#### Part 1 - Utilisation of The Circle Works

The Circle Works is a service user group which is used for development and information sharing by service users, other providers and professionals.

The commissioning of the Day Services had been raised and discussed at numerous meetings including the Sunrise Club to promote the importance of the all service users being consulted and involved on the development of day services in Slough.

Over 20 service users, carers and service providers attended the session and this included the Commissioning Officer of Slough Borough Council. The consultation focussed on five parts of day services:

1. Function
2. Building
3. Activities
4. Inclusion
5. Staff

The themes from the consultation are shown below:

#### **Function**

- Feel safe
- Grow in confidence
- Spacious – Garden
- Many Rooms
- Make Noise
- Provide Variety activities
- Food – Cooking
- Yoga / Exercise
- Group Gym membership
- Licensed premises
- Quiet – “chill-out room”.
- Easy access
- Parking

#### **Activities**

- IT Training - Internet
- Cooking
- Yoga / Exercise
- Art
- Basic life skills
- Singing
- Creative writing
- Opportunity for showcasing own personal talents
- Swimming
- Gym

#### **Building**

- Function – purpose
- Staff
- Clients – users – inclusion
- Activities
- In-house
- Wider community

#### **Staff**

- What can service – users / carers contribute?
- Staff are needed - provide support
- Various staff levels
- Drop – in - Different sessions e.g. women only
- Collaborative working between staff and service – users
- Therapeutic
- Being able to “pop in”
- Stepping stones. In and

- Confidence – Fear
- Allotment
- Walks
- Balance of In and Out house activities
- Information sharing
- Discussion group
- Skilled volunteers (compassion)
- Self help
- Photography
- Motivation
- Referral process
- Volunteers

**Inclusion**

- Trips
- Self referral - Aware of limits of members
- Space for groups – BME/ Woman / Men
- Providing safety

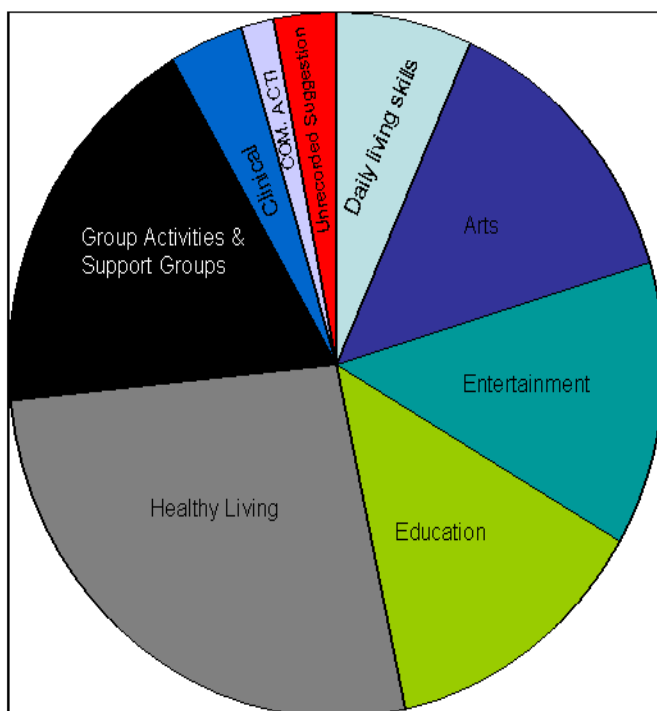
All of the points above are the contributions of the whole group as to what constitutes mental health day services. The scope of the session was wide ranging and conducted in an open and non-directed approach. The question of day services being at the Sunrise Club was not commented on or discussed during the consultation process.

At a later date the outcome findings of the consultation were presented to members of The Circle Works.

**B2) Part 2 – Mail shot to Service Users with Questionnaire**

A broad mail shot was sent to all service user groups, other agencies and Community Mental Health Team clients. 86 completed questionnaires were returned and 370 suggestions were made.

Of these suggestions certain themes appeared:



DAILY LIVING SKILLS	20
ARTS	42
ENTERTAINMENT	40
EDUCATION	40
HEALTHY LIVING	82
GROUP ACTIVITIES and SUPPORT GROUPS	56
CLINICAL	11
COMMUNITY ACTIVITIES	5
UNRECORDED SUGGESTIONS	9

The themes indicate the following activities

<p><b>COMMUNITY ACTIVITIES</b></p> <ul style="list-style-type: none"> <li>▪ Fundraising</li> <li>▪ Transport</li> </ul>	<p><b>Daily Living Skills</b></p> <ul style="list-style-type: none"> <li>▪ Cooking</li> <li>▪ Baking</li> <li>▪ Cleaning</li> <li>▪ Daily Skills</li> </ul>
<p><b>Entertainment</b></p> <ul style="list-style-type: none"> <li>▪ Gardening</li> <li>▪ Dancing</li> <li>▪ Playing / Learning Music</li> <li>▪ Singing</li> <li>▪ Reading</li> <li>▪ Snooker / pool</li> <li>▪ Go out for Meals Tea/Coffee</li> <li>▪ Board games</li> <li>▪ Table Tennis</li> </ul>	<p><b>Group Activities and Support Groups</b></p> <p>Self - esteem Groups          Workshops in several languages Re: MH          Emotional Support Groups          Lunch Club          Social groups          Discussion Groups          Day Trips          Laughing Groups          Groups for Asian woman</p>
<p><b>Healthy Living</b></p> <ul style="list-style-type: none"> <li>▪ Walking</li> <li>▪ Gym</li> <li>▪ Swimming</li> <li>▪ Cycling</li> <li>▪ Yoga / Relaxation</li> <li>▪ Out Door Activities</li> <li>▪ General Activities</li> <li>▪ Intro. To healthy eating for all cultures</li> <li>▪ Aerobics</li> </ul>	<p><b>Education</b></p> <ul style="list-style-type: none"> <li>▪ Getting back to work</li> <li>▪ Computer Training</li> <li>▪ Voluntary Work</li> <li>▪ Learning about benefits</li> <li>▪ Budgeting my finances</li> <li>▪ English classes</li> <li>▪ Educational Outings</li> <li>▪ Courses for carers</li> <li>▪ Daily Coping skills</li> </ul>
<p><b>Clinical</b></p> <ul style="list-style-type: none"> <li>▪ Medication explained</li> <li>▪ Talking Therapies</li> <li>▪ Counsellors for Carers</li> <li>▪ DBT</li> <li>▪ Support in Therapies</li> </ul>	<p><b>Unrecorded Suggestions</b></p> <ul style="list-style-type: none"> <li>▪ Trips Abroad</li> </ul>
	<p><b>Arts</b></p> <ul style="list-style-type: none"> <li>▪ Painting</li> <li>▪ Drawing</li> <li>▪ Making Things</li> <li>▪ Writing</li> <li>▪ Sewing / Needlework</li> <li>▪ Interior Design</li> <li>▪ Poetry</li> <li>▪ Pottery</li> </ul>

### B3) Summary of outcome findings

A common theme materialised from The Circle Works consultation and the mail shot questionnaire. All of the suggestions of what constitutes a day service are already being delivered in the wider community.

Slough has a comprehensive range of services and all of these are delivered in different venues across the area. It is an interesting to note that what people are asking for is already in place albeit in different venues. This would suggest a lack of information and understanding of what is available for service users across the area.

Currently Sunrise offers a small range of activities to a relatively small group of people.

## APPENDIX C – COMMUNITY MAPPING

### C1) Community Mapping

A community mapping exercise was conducted across Slough (see page 14). The exercise highlighted a vast array of services which are currently on offer, all of which have been identified in the consultation process as desired by service users. This confirms the outcome findings that the services that people are asking for are already in existence but perhaps not understood or not being tapped into by the current service provider.

It could also suggest that people would like services brought to them. However this is not being proposed due to the attendance rate at activities currently provided by Sunrise being very low and much higher attendance at activities delivered by Community Mental Health Team in other parts of the community being evidenced. This demonstrates that people are willing to travel if the opportunities are out there. Services currently being delivered by the Community Mental Health Team are as follows:

- A once a week drop-in at Langley Free Church (Langley Drop In). Up to 30 people attend this drop-in on a weekly basis
- A weekly Healthy Living Group which has an attendance of 17 people at each session. The Healthy Living Groups consists of activities such as yoga, cooking and lifestyle choices
- A Football Club (19 people), Cricket club (13 people), The Walking Group (10 people) and Badminton (10 people).
- The Mallaap Group which is a south Asian culture group. 15 people attend the group on a regular basis and engage in various community activities.
- A recently introduced community project with Lifelong Learning called Singing for Health. The activity has clear links to learning opportunities for all participants and up to 40 people attend on a weekly basis.

This data indicates that 114 people attending these activities alone will attend opportunities in the community if presented. The mapping table indicates how many other opportunities could be tapped into if we expand mental health day services into the wider community and encourage a more independent approach to delivering mental health day service. The evidence suggests that we need to encourage a culture change across the area to better use the resources that are available for people.

## APPENDIX D – SUNRISE CLUB – Impact Assessment of current service users

### 1) Service users attending Sunrise Club (Detailed Impact Assessment)

- Detailed Impact assessments were completed based on the Ability Support Plan for 29 individuals.
- Of these 29, 15 use the Sunrise Club once a week and 14 use it twice a week or more.
- Of the high attendees 7 are Community Mental Health Team Care Coordinated and 7 are not.

The lists below identify what people believed they would lose if the current Sunrise service ended.

The 7 Community Mental Health Team Care Coordinated (Fairer Access to Care Services - FACS) eligible people identified:

- Various community activities
- Familiarity with bus routes
- Social Interaction
- Staff support
- Keep fit class
- Guitar class
- Cooking class
- Yoga class

These will need to be re-provided by the new service

The 7 non-Community Mental Health Team (Non FACS eligible) people identified:

- Social interaction
- Swimming
- Maintain mental wellbeing
- Keep fit class
- Guitar class
- Support to contact local Colleges
- Support to contact Lifelong Learning
- Support to attend volunteer centre
- Yoga
- Swimming
- Staff support
- Community activities

Individuals can be signposted on for access to these services

It should be noted that similar outcomes were also identified for the 16 users whose assessments were undertaken in less detail.

### 2) Positive Solutions to issues identified in the Impact Assessments

From the information provided positive solutions were sought, and where appropriate alternative ways to meet needs suggested.

The identified themes that came from the assessments can be readily addressed by using a wider range of services which are already in place across the area.

For the 7 Community Mental Health Team Care Coordinated people:

- Personal Budgets for PA to support to attend community activities
- Lifelong Learning
- STR Worker to assist with travel and bus routes
- Singing for Health
- Langley Drop In
- Service user groups
- Healthy Living Group
- Gym membership

For the 7 non-CMHT people:

- Langley Drop In
- Service user groups
- Lifelong learning
- Volunteer services
- Keep fit classes at leisure centre
- Lifelong learning
- Service user groups
- Local leisure centre

Again, it should be noted that similar outcomes were also identified for the 16 users whose assessments were undertaken in less detail.

All of the Care Coordinated service users are entitled to Self-Direct Support and Personal Budgets which could enable access to a wide and broader range of services by each individual across the area. This would therefore offset any *perceived* gap in service provision.



**Berkshire Healthcare Foundation Trust & Slough Borough Council  
Community map**

