

## **SLOUGH BOROUGH COUNCIL**

**REPORT TO:** Health Scrutiny Panel

**DATE:** 17<sup>th</sup> January 2019

**CONTACT OFFICER:** Geoff Dennis, Head of Adult and Older Adult Mental health Services

**(For all Enquiries):** 01753 690 950

**Wards:** All

### **PART I** **FOR COMMENT & CONSIDERATION**

#### **MENTAL HEALTH: REVIEW OF HOPE COLLEGE AND MENTAL HEALTH SERVICES**

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

To provide the Slough Health Scrutiny Board with a progress report on Hope College and other Mental Health Service developments.

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

2.1 The Board is requested to note and comment on any aspects of the report.

##### **3. The Slough Joint Wellbeing Strategy, the JSNA and the Council's Five Year Plan**

###### **3a. Slough Joint Wellbeing Strategy Priorities**

The work of mental health supports the following priorities of the Wellbeing Strategy:

1. Increasing life expectancy by focusing on inequalities
2. Improving mental health and wellbeing
3. Reduction of loneliness and social isolation in the Borough

###### **3b. Joint Strategic Needs Assessment (JSNA)**

The campaign uses data and intelligence from the JSNA and Public Health Berkshire colleagues to tell the mental health story of Slough, including:

- the demography of Slough
- the differing needs of communities in Slough
- the services currently available to Slough residents

###### **3c. Council's Five Year Plan Outcomes**

The campaign contributes to the delivery of each of the following 2018 - 2023 Five Year Plan outcomes:

1. Slough children will grow up to be happy, healthy and successful
2. Our people will be healthier and manage their own care needs

#### 4. Other Implications

- (a) **Financial** – No financial implications arise from this report.
- (b) **Risk Management** - There are no immediate risks to be considered.
- (c) **Human Rights Act and Other Legal Implications** – No human rights implications arise.
- (d) **Equalities Impact Assessment** – There are no equality issues arising from this report.
- (e) **Workforce** – No work force implications arise from this report.

#### 5. Summary

*This report provides the Board with:*

- a) Opportunity to review Mental Health Services development in particular Hope College*
- b) Review the schedule of forthcoming activity and events planned for Spring 2019;*
- c) Consider next steps.*

#### 6. Supporting Information

##### ***Background***

Over the last five years, Slough Mental Health Services have been developing an innovative and comprehensive pathway for the population of Slough, by creating Hope Recovery College. The college has continued to grow throughout 2018, and is developing an even broader range of interventions/ courses for our students.

The main principal behind the college is co-production and relational practice where we design courses alongside our students. We are developing a 'whole-town' approach and this approach includes many other services such as;

Sport in Mind	ASSiST	In-voice
Art Beyond Belief	EMBRACE	CVS
Hope House	Supported Living Providers	P3
Musicians	Resource Productions	Kehorne Ltd

These services work alongside our Peer Mentors and Social Prescribers who have been developing services across health, social care, the voluntary sector, and supported living providers.

This creates a synergy between all parts of the system and of itself creates opportunity for people in services, which support independence and personal agency, to build preventative approaches which in turn build social cohesion, resilience and well-being. The approach we have developed challenges the health deficit model and utilises a positive community asset-based methodology. This normalises people's troubled experience, and is not specific to any particular population of mental health service users. Recently, it has been so successful that the graduate 'peer mentors' are now gaining employment within the system as social prescribers.

### ***Recent activity – events***

Each year Slough Mental Health Services including Hope College actively promotes World Mental Health Day. In October 2018, Slough Mental Health Services hosted an event at The Curve which included nineteen local providers in with information stalls for the public. One hundred and fifty people came along to support the event and to learn about mental health and wellbeing. People from the community were invited to take the opportunity to come along and take a look at the various stalls with information on the local services that continue to promote good mental health and wellbeing for the community of Slough.

On the 12 October, in conjunction with World Mental Health Day, Slough Mental Health Services held a Stronger Together conference. This conference marked the launch of the #NotAlone campaign which aims to raise awareness about the importance of looking after your mental health. The event also showcased the work of students from Hope College, including artwork put together in partnership with the Slough charity Art Beyond Belief. Students were encouraged to find their artistic voice and explore their own creativity in a number of different mediums, including painting, poetry and spoken word, digital software, photography and more. Other students presented research projects on varying topics including, loneliness and isolation, bullying, cyberbullying, depression, mental wellbeing in the workplace and dealing with mental illness from a minority background.

Attendees heard from a range of speakers who shared moving accounts of their personal journeys in mental health and how to access services in Slough, as well as the opportunity to mentor others, and which had helped them to address their own situations.

On 14 December 2018, the Hope College hosted an open morning at the Arbour Vale Sports Centre. Over one hundred service users, carers, students and members of the public attended this event. This event gave people an opportunity to take a look at the courses and workshops the college will be running during the Jan- March 2019 term, a chance to meet the courses facilitators and Peer Mentors and to enrol on to the new courses.

Hope College continue to focus on promotion of the college events and was widely promoted on BBC Radio Berkshire throughout the day. This included a live interview on BBC radio Berkshire, with the 'Drive time' programme interviewing Geoff Dennis Head of Mental Health Services for Slough, about Hope College and how it benefits people and helps to alleviate loneliness and Isolation and promote wellbeing for all.

### ***Next steps – 2019 expansion***

- 1) A bespoke website particular to Mental Health is currently being developed to support the campaign in the year ahead.
- 2) Enabling Environment strategy across all supported living providers.
- 3) Green Care (Growing Better Lives). The development of a green space at the Windmill Centre including utilising the Yurt.
- 4) An Oxford University Doctoral Clinical Psychologist is undertaking a research project on The Slough Model, (Hope College, ASSiST and EMBRACE).
- 5) We are implementing a co produced action research project focusing on Loneliness and Isolation and Being and Belonging. This is being commissioned over the next few months.
- 6) Expansion of Peer Mentors working at Prospect Park Hospital. 'Ward Embrace' is where senior peers of the Embrace group are engaging with Slough patients on the ward and to help them transition back into the Community.

## **7. Comments of Other Committees**

7. This report has not been shared with any other committees.

## **8. Conclusion**

- 8.1 The report provides the Health Scrutiny Board with an opportunity to review the effectiveness of the service to date and consider how members can best support the next phase of development. It is important for the Board to note, the synergy between the different campaigns that the Council are currently promoting are all designed to work cohesively with the intervention stated in this report.