



Report of:	Meeting	Date
Councillor Julie Robinson, Mental Health Champion	Council	20 April 2023

An Update from the Mental Health Champion

1. Purpose of report

- 1.1** To provide an update on work conducted and supported by the Mental Health Champion.

2. Background

- 2.1** In a report to Council on 13 May 2021 the Council approved the establishment of a Mental Health Champion.
- 2.2** Councillor Julie Robinson was appointed to the role.
- 2.3** This report provides an overview of some of the work that the Mental Health Champion has supported and engaged with over the last two years.

3. Summary of Activity

- 3.1** District Councils can have a very positive impact and influence on mental health. In my role as Mental Health Champion I have identified the following areas where our council is doing all it can to improve and promote good mental health:

- we support and promote good mental health and wellbeing in the workplace.
- we use our indoor and outdoor assets to good effect in supporting our communities to meet, socialise and support each other when it comes to mental health.
- our sports and leisure services, parks and open spaces, countryside services, our theatres, markets and other venues have all supported and hosted a multitude of events, meetings, clubs and societies supporting good mental health.
- officers have supported and facilitated grant funding opportunities and awards for many local organisations supporting positive mental health, social contact and engagement

- I have seen first-hand services such as housing and community safety where clients with mental health vulnerabilities and complex needs are regularly signposted to mental health support services
- in supporting the planning and delivery of supported housing infrastructure we are helping to plan and provide for the housing needs of those most seriously affected by mental health associated with complex needs or age related mental health conditions such as dementia.

3.2 One of my key achievements has been my own personal role in the establishment of The Over Wyre Men's Shed providing the opportunity for men to connect, talk, create and have fun. Following an article in the Focus Magazine (Green Book), a group of us came together with the aim of helping to create a group. The group has gone from strength to strength and it now meets every Monday at The Shovels Inn, in Hambleton, between 10am to noon. Some great friendships have been created and some very positive stories.

3.3 As Mental Health Champion I am committed to supporting the council in being a good employer with regards to the mental health of staff as well as elected members. The Council promotes positive mental health advice through both the internal mental health first aiders and via our Employee Assistance Programme (EAP). Through the EAP we have People Asset Management (PAM) providing occupational health services to staff including PAM Assist, an employee assistance programme. PAM Assist is a confidential life management and personal support service which is available to staff entirely free of charge. The service remains completely confidential and is designed to support staff in balancing the requirements of work and home life and to help improve general wellbeing. Delivered as a series of half hour one to one sessions, the council also provides a listening service that gives staff a mental health and support service that maximises wellbeing. The sessions are completely confidential and give staff an opportunity to talk to someone independent regarding any stresses or worries both personally and professionally.

3.4 I have seen many instances of the council supporting positive mental health in our community. This has included:

- Where we utilised covid recovery funding to fund a number of new health and wellbeing activities. These included two new beginners exercise classes in Cleveleys and Fleetwood, two new arts and health programmes at Market House Studios in Fleetwood as well as support for LPM Dance to provide two dance sessions for people with long term conditions such as Parkinson's Disease and a class for people with Learning Disabilities in Fleetwood. These classes, as well as helping people to socialise, have led to improvements in mental health and physical activity levels. We used other Covid recovery funding to provide support to the Voluntary, Community, Faith and Social Enterprise Sector. This included projects that provided emotional and

mental health support for residents and helped address social isolation caused by the pandemic.

- Wyre Wheels our very popular cycling sessions for people with disabilities at Memorial Park, Fleetwood. These sessions offer participants the opportunity to ride adapted bicycles including trikes, side-by-sides, hand bikes, quad and wheelchair bikes. The positive impact on the mental health of the participants is a joy to see.
- Events such as the successful Older Persons Festive Fayre at Poulton Community Centre and the Jubilee celebrations that brought people together to socialise and lift the spirits.
- Support for Dementia Awareness Week supporting events and activities that have included reminiscence sessions, creative wellbeing sessions and Fun Arts.

3.5 Looking to the future important work streams for Wyre in the year ahead will be in supporting Lancashire County Council Public Health colleagues in preventing suicide and self-harm across the County and in Fleetwood work is underway aimed at improving mental health outcomes for children and young people in the town. It will be important that the Council continues to engage and support these initiatives.

3.6 In summary, I have seen the key role we play as a District Council in supporting good mental health across all ages in our communities. The health and care system faces clear challenges in addressing the mental health needs of Lancashire and South Cumbria and as opportunities arise we must ensure we continue to engage with the developing Integrated Care System and the Lancashire Place Based Partnership in developing appropriate mental health services for Wyre.

Financial and legal implications	
Finance	There are no financial implications arising from this report.
Legal	There are no legal implications arising from this report

Other risks/implications: checklist

If there are significant implications arising from this report on any issues marked with a ✓ below, the report author will have consulted with the appropriate specialist officers on those implications and addressed them in the body of the report. There are no significant implications arising directly from this report, for those issues marked with a x.

risks/implications	✓ / x
community safety	✓
equality and diversity	✓
sustainability	x

risks/implications	✓ / x
asset management	x
climate change	x
ICT	x

health and safety	x
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data protection	x
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Processing Personal Data

In addition to considering data protection along with the other risks/ implications, the report author will need to decide if a 'privacy impact assessment (PIA)' is also required. If the decision(s) recommended in this report will result in the collection and processing of personal data for the first time (i.e. purchase of a new system, a new working arrangement with a third party) a PIA will need to have been completed and signed off by Data Protection Officer before the decision is taken in compliance with the Data Protection Act 2018.

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List of background papers:		
name of document	date	where available for inspection

List of appendices

None