



Report of:	Meeting	Date
Councillor Julie Robinson, Mental Health Champion	Council	25 January 2024

Periodic Report – Lead Member for Mental Health

1. Purpose of report

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

2. Council priorities

- 2.1** Support people to help themselves and live independently in their own Homes.
- 2.2** Provide support to those who need it, including our most vulnerable and financially disadvantaged residents and our ageing population.
- 2.3** Improve the quality of life for individuals by tackling loneliness and isolation.

3. Recommendation

- 3.1** That Council notes the work conducted to improve and support good mental health in Wyre.

4. Background

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

5. Key issues and proposals

5.1 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 local organisations supporting positive mental health, social contact and engagement.
- Services such as housing and community safety regularly signpost clients with mental health vulnerabilities and complex needs 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.

Mayoral Charity work

5.2 For my second term in office my official charities for 2023/24 are local charities supporting positive mental health. I have nominated Sam's Place, Headway (Blackpool, Wyre & Fylde) and Fleetwood Beach Wheelchairs. Already this year we have raised over £1,600 for these charities.

- Sam's Place is a local charity that supports children and young adults who have physical, sensory or learning disabilities. The charity provides opportunities for enterprise/learning to encourage employability skills, recreational and social facilities and activities to promote inclusion, peer networks and to reduce isolation together with information, advice and guidance for the whole family.
- Headway (Blackpool, Wyre and Fylde) provide information, support and social activities for people suffering from acquired brain injuries. They also support carers, family and friends offering them a chance to share experiences knowing that the group members understand some of the problems and difficulties that acquired brain injury brings to brain injury survivors, their families and carers. <https://headwayblackpool.co.uk/>

- Fleetwood Beach Wheelchairs provide disabled people access to the beach and shoreline. Funded by the local community, local organisations and charities and run entirely by volunteers this free service is for all those with disability, who would like an adapted wheelchair and support to access the beach.
<https://www.fleetwoodbeachwheelchairs.co.uk/>

The Over Wyre Men's Shed

- 5.3** Over the last twelve months I have continued to support The Over Wyre Men's Shed. This wonderful group provides the opportunity for men to connect, talk, create and socialise. Currently the group are trying to find a permanent workshop base from which to operate and I am supporting them in trying to find one.

Suicide and Self-Harm Prevention

- 5.4** Unfortunately, suicide remains the biggest killer of people under 35 and is one of the leading causes of death in men under 50. Self-harm rates are rising in children and young people. Following the production of a new cross government, cross sector National Suicide Prevention Strategy for England (2023-2028) officers attended a Lancashire Suicide Prevention Partnership event at County Hall on 9 November 2023. The event reviewed the Lancashire position and data from local suicide audits, attendees were briefed on ICB commissioning of mental health services and heard what is planned to develop a Lancashire Suicide Prevention and Self-harm Reduction Strategy. This work will include exploring how to maximise the work of District Councils in prevention activity. Our officers are fully engaged in this work and continue to feed into the developing draft strategy.

Fylde and Wyre Health and Wellbeing Partnership

- 5.5** The newly re-formed Fylde and Wyre Health and Wellbeing Partnership has set three priorities and each of these includes links to mental health. The three priorities are Lifestyle support and prevention activity; Children and young people's mental health and wellbeing and; Supporting older people to keep well. Workshops have now taken place on each of these priority areas to understand what work is already taking place across Fylde and Wyre and to develop a work plan to oversee collaborative partnership activity between the NHS, district councils, Lancashire County Council and the local voluntary, community and faith sectors.

Befriending Project

- 5.6** Our new Council Plan includes a new project for the development of a volunteer led befriending scheme. This project will help to address loneliness and isolation and so support better mental health for older or otherwise vulnerable people in the borough. I look forward to supporting

this project and its roll out with our Primary Care Networks and their social prescribing teams.

Fleetwood's Little Book of Hope

- 5.7** Together with the NHS we jointly funded Fleetwood's Little Book of Hope. Published by Inspired Minds, a mental health organisation in Fleetwood, the book brings together stories of courage, recovery and hope from residents of the town. The aim of the book is to support people struggling with their mental health by letting them know there are other people who have experienced and recovered from difficult times and to raise awareness of the help that's available.

Promotion and support for mental health related events and activities

- 5.8** Over the last year the council has supported many events and activities supporting the mental health agenda. These have included the promotion of World Suicide Prevention Day, a suicide awareness walk in Fleetwood, and a week of activities supporting Dementia Action Week.

Supporting positive mental health and well-being for staff and elected members

- 5.9** 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, our 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.
- 5.10** 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.
- 5.11** In addition to the Listening Service, and as part of a lunchtime offer, staff also have access to monthly mindfulness practice, walks led by a member of our Countryside service and meditation led by a member of staff.

5.12 In early 2024 we are offering Managing Mental Health in the Workplace courses to Managers, Supervisors and Team Leaders, these are to be delivered by Lancashire MIND.

5.13 There will also be mental health awareness virtual tool box talk sessions initially delivered via PAM Group and recorded on TEAMS to enable use for a wider audience.

Financial, Legal and Climate Change implications	
Finance	There are no financial implications arising from this report.
Legal	There are no legal implications arising from this report.
Climate Change	There are no climate change 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	x
equality and diversity	x
health and safety	x

risks/implications	✓ / x
asset management	x
ICT	x
data protection	x

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
None		

List of appendices

None