

Great Mental Health Programme

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Adults and Health Scrutiny Panel
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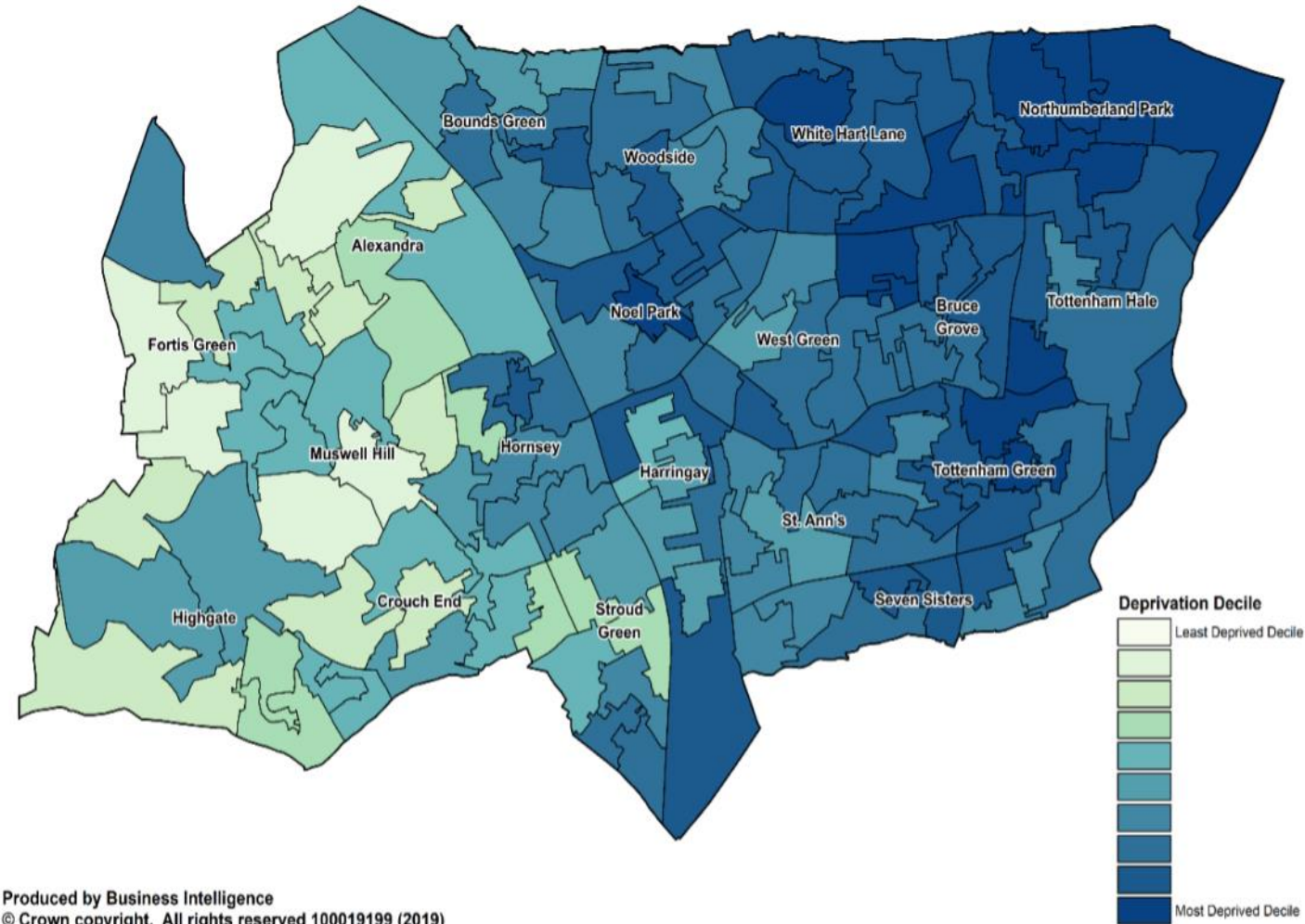


Haringey Council has been awarded money from the Office for Health Improvement and Disparities (formerly Public Health England).

Prevention and Promotion Fund for Better Mental Health 2021-22


- £15 million
- 40 Local Authorities Funded
- 250 Projects Funded

This fund is part of the government's Mental Health Recovery Action Plan 2021/22 which seeks to ensure the mental health **impacts of COVID-19** are rapidly addressed, services can respond quickly and **pressures** on the NHS are **reduced**. It is also part of the government's **levelling up agenda** which seeks to restore the economy, level up the country and build back better.



The Central and East of Haringey exhibit high concentrations of risk factors for poor mental health such as deprivation, shown above.

What is the Great Mental Health Programme?

A chalk drawing of a human brain on a dark asphalt surface. The brain is outlined in pink and filled with various colored lines (yellow, green, blue, orange) representing different regions. Several pieces of colored chalk (pink, yellow, green, blue) are scattered around the drawing.

The Great Mental Health Programme is a suite of projects designed to ensure residents of Haringey are supported in achieving whatever great mental health means to them, recognising this is different for different people.

It consists of 7 prevention and promotion interventions designed to mitigate mental health impacts arising from the COVID-19 pandemic, reduce widening mental health inequalities by targeting at-risk and vulnerable groups and ensure adequate distribution of funding to support minority ethnic communities.

All projects will take place within the London borough of Haringey. Although not limited to, initiatives will have a large focus on resident engagement in the east of borough where local data indicates deprivation, mental ill health and Black, Asian and Minority Ethnic populations are highest.

The programme of projects runs a duration of 12 months, ceasing October 2022.

Ambitious, innovative and collaborative wellbeing initiative

7 prevention and promotion programmes delivered by different organisations.

Face to face and digital support available

Builds on and complements existing services and programmes

1 year programme launched on World Mental Health Day 2021
(10th October)



Priority groups for engagement

- BAME
- Residents whose first language is not English
- Homeless people and rough sleepers
- Low-income households
- People with autism and learning disabilities
- Older people
- Young people who are NEET

A case worker will deliver interventions to **identify** and **support** victims of Domestic Violence, write **safety plans** and offer information and **advocacy** on issues such as housing, welfare, benefits, legal rights and child protection.

nia

ABC Parents will work with a range of groups:

- single parents
- father groups
- breastfeeding mothers
- parents who speak limited English

ABC Parents



Bereavement Support Champions

Grief Workshops

Bereavement Support Group

Telephone support line

Qualified Counsellor

Community Navigators will work with residents in [Northumberland Park](#) to improve their mental health and wellbeing, directing residents to support.

A [befriending network](#) will support residents who feel socially isolated, building connections around common interests such as gardening and reading.

A targeted [communications campaign](#) designed to increase reach and equity of local mental health services and resources.



Great Mental Health programme comprises of a diverse range of activities, initiatives and resources to support Haringey residents of all ages to maintain good mental health and wellbeing. It empowers residents to achieve their personal vision of Great Mental Health and support others within the community.

The provision of MH support across the life course and through a mix of digital and face-to-face interventions can aid many of the 260,000 Haringey residents. Using the THRIVE Model, interventions can be organised according to the level of support offered.



Getting Advice:

- Great Mental Health [webpage](#) and [Resource Hub](#)
- ABC, Mind in Haringey and Community Protect Champions
- Digital signposting
- Parent and Bereavement Networks

Getting Help:

- Father groups
- Community Navigators
- Culturally Competent resource production and translation
- Bereavement Telephone support line
- Bereavement support Groups

Thriving:

- Dance Workshops for carers
- Coffee Mornings
- Befriending Groups

Getting More Help:

- Mental health support for victims of domestic abuse
- 1:1 Bereavement counselling

This is in addition to the statutory and digital support previously offered to Haringey residents.

Great Mental Health Day was conceived by the London borough of Haringey but now has support spanning the whole of London.

Organised by London's councils, health and community organisations, and supported by the Mayor of London and the NHS in London

The event aimed to:

- Raise [awareness](#) of the mental health services, community organisations and activities available both locally and regionally across London
- Challenge [stigma](#) often associated with mental health and asking for help
- Encourage frank and [open conversations](#) about mental health and wellbeing
- [Sign-post](#) Londoners to the most appropriate form of advice and help to meet their needs.
- Encourage people to set up activities on the day to support wellbeing or attend planned activities

Friday 28th
January
2022

Organisations and individuals across London came together to host a range of [activities](#) that were designed to boost mood and improve [resilience](#), as well as provide an opportunity to [connect](#) with neighbours and friends.

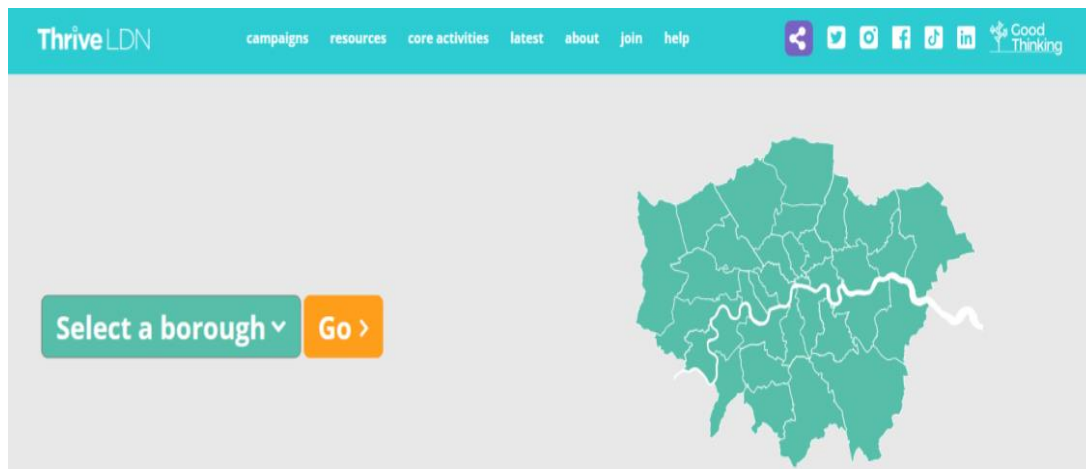
Londoners were asked to get involved using the hashtag [#GreatMentalHealth](#) to share their own tips, advice and experience across all social media platforms.





Campaign launched by Mayor of London. Communications [toolkit](#), contains ideas on how you can support campaign including:

- **Promote** the day through your channels, signposting to the web address: www.thriveldn.co.uk/greatmentalhealth
- **Share** the campaign **launch video** or ask those in your network to **record a message**
- Share information about the day on your **social channels**. There are some [messages](#) you may wish to copy and paste. Download GMHD videos and campaign graphics from [Thrive LDN's Google Drive](#).
- Share **information about the day** on your **website**, in an **e-newsletter** or other **bulletins**,

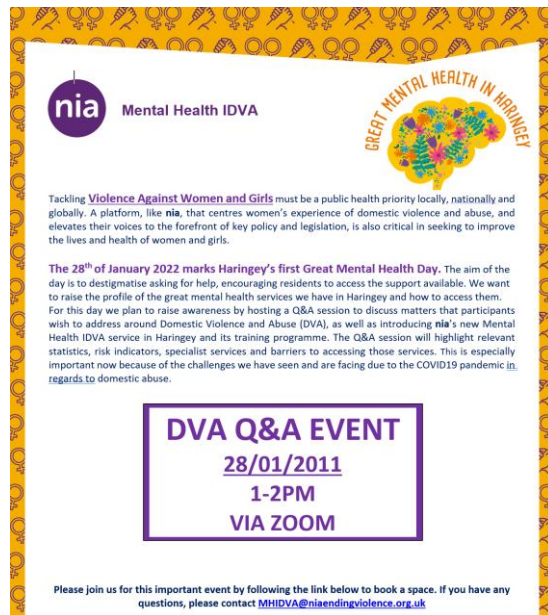


Great Mental Health Day in London

Communications Toolkit - update
January 2022

Our GMH webpage hosts information about activities undertaken

<https://www.haringey.gov.uk/social-care-and-health/health/public-health/mental-health-and-wellbeing/great-mental-health-haringey/great-mental-health-day>



nia Mental Health IDVA

GREAT MENTAL HEALTH IN HARINGEY

Tackling **Violence Against Women and Girls** must be a public health priority locally, nationally and globally. A platform, like **nia**, that centres women's experience of domestic violence and abuse, and elevates their voices to the forefront of key policy and legislation, is also critical in seeking to improve the lives and health of women and girls.

The 28th of January 2022 marks Haringey's first Great Mental Health Day. The aim of the day is to destigmatise asking for help, encouraging residents to access the support available. We want to raise the profile of the great mental health services we have in Haringey and how to access them. For this day we plan to raise awareness by hosting a Q&A session to discuss matters that participants wish to address around Domestic Violence and Abuse (DVA), as well as introducing **nia**'s new Mental Health IDVA service in Haringey and its training programme. The Q&A session will highlight relevant statistics, risk indicators, specialist services and barriers to accessing those services. This is especially important now because of the challenges we have seen and are facing due to the COVID19 pandemic in regards to domestic abuse.

DVA Q&A EVENT
28/01/2022
1-2PM
VIA ZOOM

Please join us for this important event by following the link below to book a space. If you have any questions, please contact MHIDVA@niaendingviolence.org.uk



Walking Group
11.30am-12.30pm

Yoga for mindfulness
1pm - 2pm

GREAT MENTAL HEALTH DAY
28TH JANUARY
11.30PM - 3.30PM
AT
MIND IN HARINGEY

Drama Workshop
2pm-3pm

Tea, Coffee & healthy snacks available

Mind in Haringey



North Mid in the community

Great mental health day
 Friday 28 January

Free event

Afro beats
Soca-aerobics
Men's boxing
Creative arts
Massage
Mindfulness
Crafts
Mummy's Market
Bake sale
Dad's group
Food and much more...

Tottenham Community Centre
 701-703 High Road
 London
 N17 8AD
10am-3pm

Book on eventbrite by scanning the code

or call 07487 794 595



SEWN TOGETHER
 Empowering Creative Communities

Great Mental Health Day
Friday 28 January 2022

On 28 January 2022, we are joining Haringey residents in celebrating London's Great Mental Health Day.

Pampering & Enrichment Activities

Drop in and enjoy live health & wellness discussions, creative workshops and beauty treatments.

GREAT MENTAL HEALTH IN HARINGEY

Haringey Councillors undertook training on how to support the wellbeing of their constituents and their own.



Latin American Women's Group Connected Communities

- Spoke about negative stigma's present in Latin community surrounding the phrase 'mental health'.
- Made connections and received support.
- Shared how they achieved good wellbeing.
- Signposted to support services available in Haringey.
- Provisions in Spanish and Portuguese for attendees.
- WhatsApp group and translator for real time, future support.



Great Mental Health Day 2022

Find out more at <https://www.haringey.gov.uk/greatmentalhealthday>



Co-production

The Great Mental Health In Haringey Programme has been **co-produced** with **partners** and **service users** to facilitate effective delivery, shaped to reflect the mental health needs of our residents. Some of the ways this has been done are outlined below:

Good Thinking are co-producing **culturally competent materials**, specific to Haringey. Local community-led, peer **evaluation** will upskill members of the local faith community to undertake qualitative research.

Nia has developed **training** in partnership with Barnet, Enfield and Haringey (BEH) Mental Health Trust for allied health professionals, asking which areas they wish to acquire further skills in. The training hopes to raise awareness of the impact of domestic violence, giving confidence to mental health staff when interacting with suspected or actual disclosures of domestic abuse.

Mind in Haringey hosts a quarterly **steering group** for delivery partners and interested stakeholders. This **platform for listening** is used to gain knowledge of how individual community groups experience bereavement, utilise and access services as well as a sound boarding and peer-to peer support for Champions.

NIHR | National Institute for Health Research

Due to its short delivery timescale, sustainable features have been built in to continue the legacy of this project. This includes building on existing projects who have the infrastructure to develop sustainable support groups and networks that will surpass the funding.

The culturally competent resources produced by the Good Thinking Project can continue to be accessed, for free, by all London residents.

Haringey Council has also committed to signing up to OHID's Prevention Concordat, a national, multiagency collaboration that recognises the merit in taking a prevention-focused approach to mental health. This will ensure sustainability in mental health investment beyond the Prevention and Promotion funding.

The programme of projects runs only until October 2022 meaning there is a short amount of time to demonstrate project **effectiveness** in reaching residents who need support.

We will do this by collecting **qualitative and quantitative** data which will be fed back to Office for Health Improvement and Disparities (OHID), formerly Public Health England.

We have also partnered with the **National Institute of Health Research (NIHR)** who will be **assisting with the evaluation**, an opportunity that has not been afforded to all OHID grant recipients. This is particularly exciting given their prominent academic standing.



Prevention Concordat

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Councillor Training

All Councillors were invited to attend Thrive LDN's 2 hour Councillor Mental Health Training. This was undertaken in January 2022, the training will benefit ward constituents elevating mental health on political agenda's.