

HEALTH AND WELLBEING BOARD

Date: Thursday 20 January 2022

Time: 6.00 pm

Venue: Committee Room (B6) - Lambeth Town Hall, Brixton, London, SW2 1RW*

*In line with legislation and continuing Covid-19 precautions, Board members will attend the meeting in person at Lambeth Town Hall, with members of the public and press, visiting members and officers invited to attend virtually. If you wish to attend and participate, please click [here](#), or if you wish to watch the meeting online please click [here](#).

Copies of agendas, reports, minutes and other attachments for the Council's meetings are available on the Lambeth website. www.lambeth.gov.uk/moderngov

Members of the Committee

Listed on the next page.

Substitute Members

Listed on the next page.

Further Information

If you require any further information or have any queries please contact:
Julia Skinneri, Telephone: 020 7926 0147; Email: JSkinner@lambeth.gov.uk

Published on: Wednesday 14 January 2022

Queries on reports

Please contact report authors prior to the meeting if you have questions on the reports or wish to inspect the background documents used. The contact details of the report author are shown on the front page of each report.

Members

Lambeth Council:		
Councillor Jim Dickson (Chair)	Cabinet Member for Health and Adult Social Care (job share)	Councillor Maria Kay
Councillor Lucy Caldicott	Cabinet Member for Health and Adult Social Care (job share)	Councillor Jacqui Dyer
Councillor Jess Leigh	Deputy Cabinet Member for Health and Wellbeing of Young People	
Councillor Sonia Winifred	Cabinet Member for Equalities and Culture	
Andrew Eyres	Strategic Director, Integrated Health & Care, Lambeth Council; NHS South East London CCG (Lambeth)	
Fiona Connolly	Executive Director Adult Social Care	
Merlin Joseph	Strategic Director of Children's Services	
Ruth Hutt	Director of Public Health	
South East London Clinical Commissioning Group (CCG):		
Dr Adrian McLachlan (Vice Chair)	GP and Governing Body Member NHS SEL CCG, clinical lead for Lambeth Living Network Alliance	
Andrew Bland	NHS South East London Commissioning Alliance STP Lead	
Dr Dianne Aitken	GP and Assistant Chair NHS SEL CCG, clinical lead for Lambeth Neighbourhood & Wellbeing Delivery Alliance	
National Commissioning Board:		
Dr Jane Fryer	Medical Director and Responsible Officer (South London) NHS England (London Region)	
King's Health Partners:		
Jill Lockett	Managing Director King's Health Partners	
Healthwatch Lambeth:		
Sarah Corlett & Catherine Pearson	Healthwatch Lambeth	
Guy's and St Thomas'		
Sarah Austin	Director of Integrated and Specialist Medicine	

How to access the meeting

In line with legislation, Committee members will attend the meeting in person at Lambeth Town Hall.

Reflecting current [government guidance](#) to help prevent the spread of Covid-19, members of the public, visiting Members and officers are invited to attend virtually. If you wish to attend the meeting in person, public access can be made available for limited numbers, but please contact Democratic Services (details on the front sheet of the agenda or Democracy@lambeth.gov.uk) before the meeting so that arrangements can be made.

For Members of the Public

To watch online: If you are new to Microsoft Teams, clicking [here](#) will take you to the meeting page where you can watch the live event anonymously. You will be prompted to download the app or watch on the web instead. Please follow the instructions to watch on the web.

To participate: Members of the public wishing to make representations at this meeting should inform Democratic Services (see front page for contact details) by 12pm on 19 January 2022. You will then be able to join the meeting, and participate, by clicking [here](#).

For Members of the Committee

In line with legislation, committee members will attend the meeting in person at Lambeth Town Hall.

For elected Members of the Council

Councillors who are not members of the Board but wish to attend the meeting must inform Democratic Services by 12pm on 19 January 2022. Upon doing so they will be invited to attend the meeting virtually.

Digital engagement

We encourage people to use Social Media and we normally tweet from most Council meetings. To get involved you can tweet us [@LBLDemocracy](#).

Audio/Visual Recording of meetings

Everyone is welcome to record meetings of the Council and its Committees using whatever, non-disruptive, methods you think are suitable. If you have any questions about this please contact Democratic Services (members of the press please contact the Press Office).

Please note that the Chair of the meeting has the discretion to halt any recording for a number of reasons including disruption caused by the filming or the nature of the business being conducted.

Persons making recordings are requested not to put undue restrictions on the material produced so that it can be reused and edited by all local people and organisations on a non-commercial basis.

Representation

Ward Councillors may be contacted directly to represent your views to the Council: (details via the website www.lambeth.gov.uk)

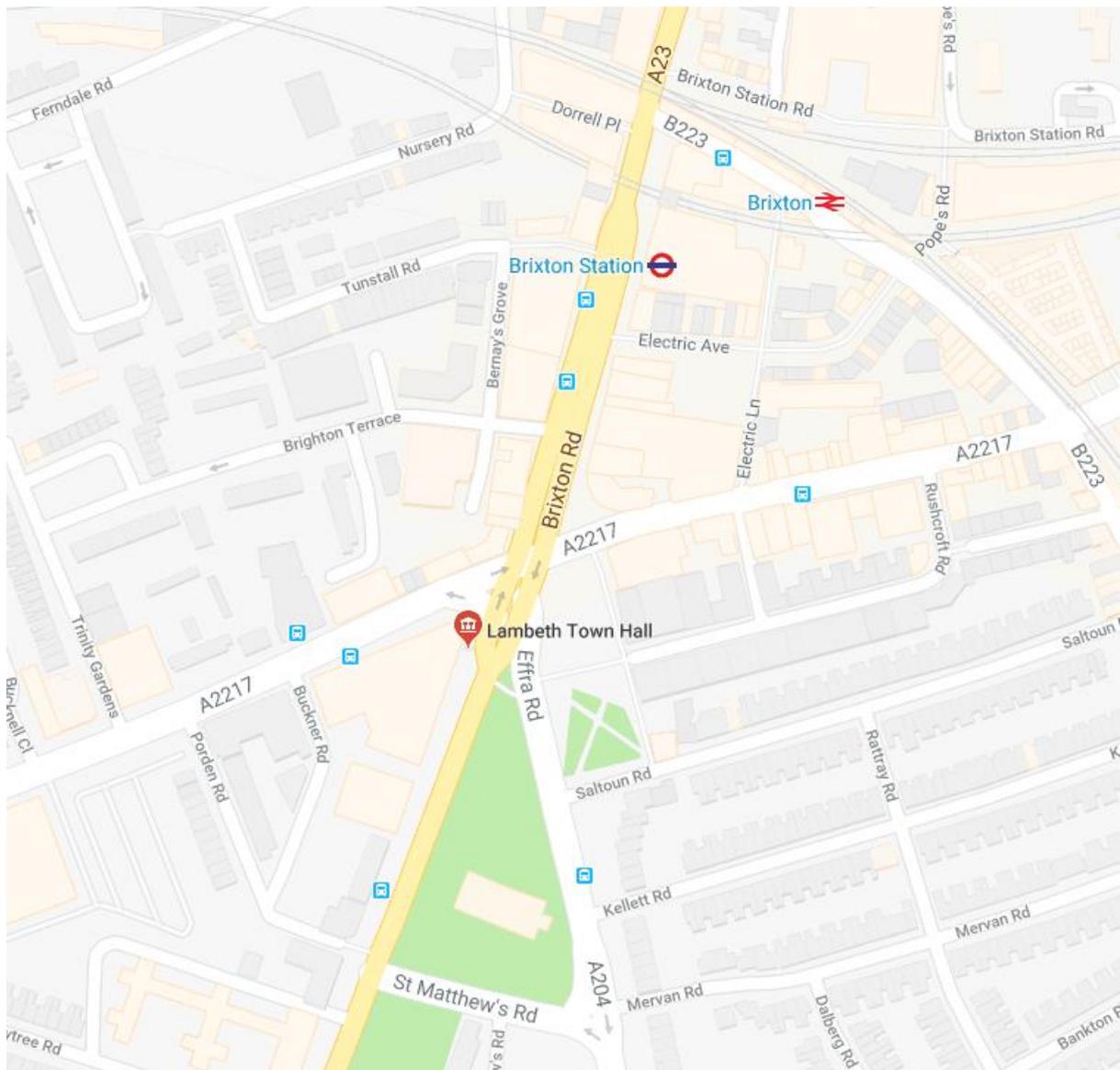
Security

Please be aware that you may be subject to bag searches and asked to sign in at meetings that are held in public. Failure to comply with these requirements could mean you are denied access to the meeting. There is also limited seating which is allocated on a first come first serve basis, and you should aim to arrive at least 15 minutes before the meeting commences. For more details please visit: [our website](#).

Please contact Democratic Services for further information – 020 7926 2170 or the number on the front page.

Directions to Lambeth Town Hall, London, SW2 1RW

Lambeth Town Hall is located at the southern end of Brixton Road and is a highly visible landmark. It can be accessed via a number of bus routes and is a short walk from both Brixton Station and Brixton Underground Station.



AGENDA

PLEASE NOTE THAT THE ORDER OF THE AGENDA MAY BE CHANGED AT THE MEETING

		Page Nos.
3	Mental Health (All wards)	1 - 8
	Report authorised by: Andrew Eyres: Strategic Director for Integrated Health and Care	
	Contact for enquiries: Bimpe Oki, Consultant in Public Health, 020 7926 9678, boki@lambeth.gov.uk	

This page is intentionally left blank



**Lambeth
together**

Promoting Mental Wellbeing - Tackling Health Inequalities in Lambeth

**Lambeth Public Health Team
January 2022**

publichealth@lambeth.gov.uk

INEQUALITIES IN MENTAL HEALTH

Several factors have been linked to mental health, including race and ethnicity, gender, age, income level, education level, sexual orientation, interpersonal, family, and community dynamics, housing quality, social support, employment opportunities, and work and school conditions.

Men and women from **African-Caribbean communities in the UK** have **higher rates of post-traumatic stress disorder and suicide risk** and are more likely to be **diagnosed with schizophrenia** (Khan et al, 2017)



Women are **ten times as likely** as men to have experienced extensive **physical and sexual abuse** during their lives: of those who have, **36%** have **attempted suicide**, **22%** have **self-harmed** and **21%** have **been homeless** (Scott and McManus, 2016)



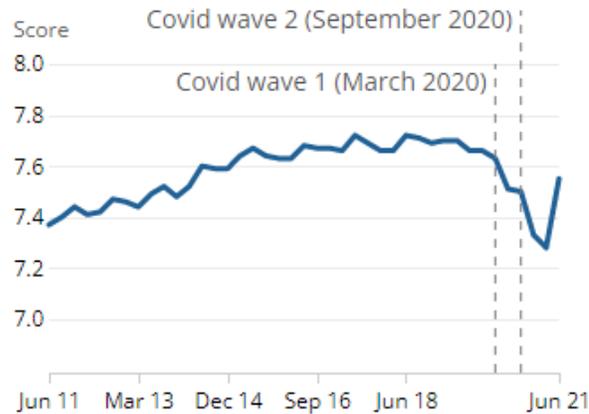
People who identify as **LGBT+** have **higher rates** of common **mental health problems** and **lower wellbeing** than heterosexual people, and the gap is **greater for older adults** (over 55 years) and those **under 35** than during middle age (Semlyen et al, 2016)

Children from the **poorest 20%** of households are **four times** as likely to have **serious mental health difficulties** by the age of 11 as those from the wealthiest 20% (Morrison Gutman et al, 2015)

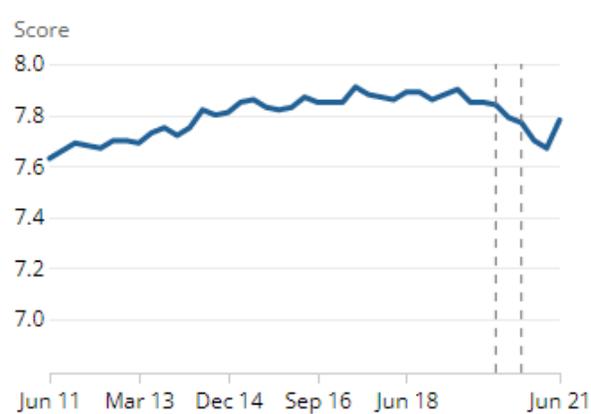


COVID-19, MENTAL HEALTH AND INEQUALITIES

Overall, how **satisfied** are you with your life nowadays?



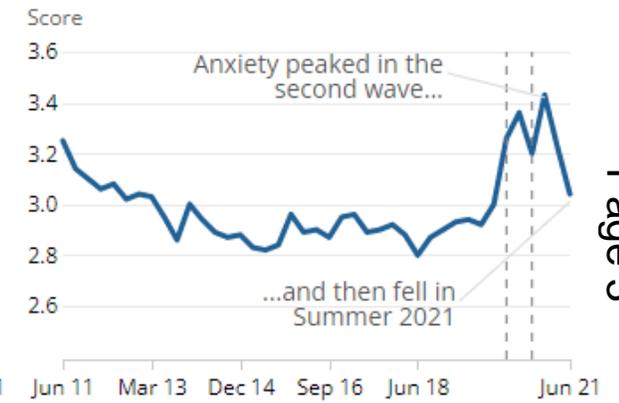
Overall, to what extent do you feel that the things you do in your life are **worthwhile**?



Overall, how **happy** did you feel yesterday?



Overall, how **anxious** did you feel yesterday?

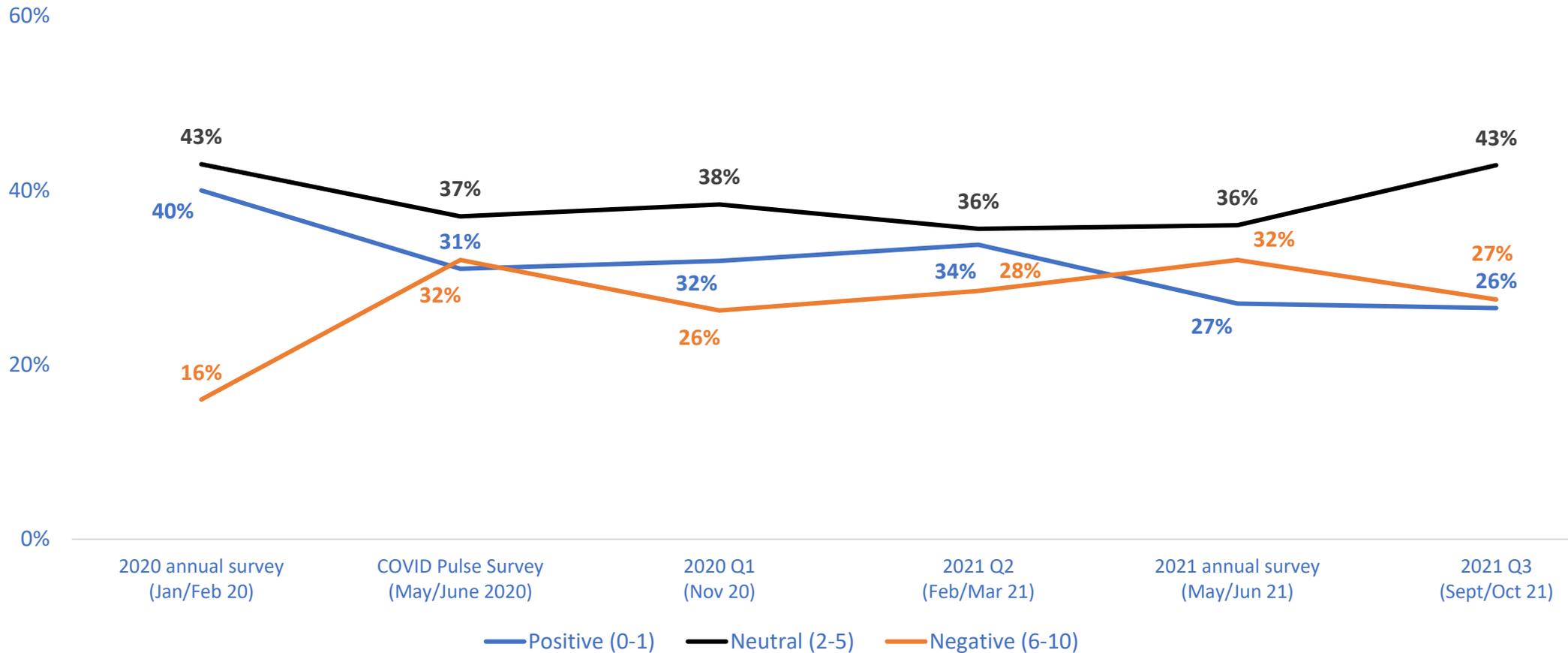


Overall personal well-being in the UK during the 1st and 2nd wave of the COVID-19 pandemic is among the lowest levels since 2011. By the end June 2021, ratings for feeling that things done in life are worthwhile, happiness and anxiety recovered to levels seen before the COVID-19 pandemic.

But those in the lowest income bracket continued to be more likely to report negative impacts to personal well-being in comparison with higher brackets; such as the COVID-19 pandemic making their mental health worse (18%) and feeling stressed or anxious (32%).

ANXIETY LEVELS IN LAMBETH DURING COVID-19

The increasing trend in the percentage feeling anxious seem to halt, although this is a result of more residents giving a neutral score, rather than an increase in those who report a very low level of anxiety.



On a scale of zero to ten, where zero is not at all anxious and ten is completely anxious, overall, how anxious did you feel yesterday?

INEQUALITIES, COVID-19 AND MENTAL HEALTH IN LAMBETH

COVID-19 starkly exposed how existing inequalities and interconnections between them affect mental health in different communities.

Risk factors heightened by the pandemic

- Loneliness and isolation
- Unemployment
- Poverty
- Financial insecurity and debt
- Working conditions (esp frontline health & care)
- Racial discrimination
- Education loss & impaired childhood development
- Complicated grief
- Housing insecurity/homelessness
- Substance misuse
- Domestic violence

Groups most at risk of poor mental health

- CYP with particular characteristics
- Young adults (18-34 years)
- Children and men from certain ethnic backgrounds
- Women (especially lone mothers)
- Women experiencing abuse/domestic violence
- Adults living alone
- Adults with pre-existing mental health conditions
- Adults with caring responsibilities
- Adults with low income
- Adults experiencing loss of income since onset of pandemic
- Adults working in small businesses or self-employed
- Frontline health and social care professionals
- Adults with long term physical health conditions
- Older adults (shielded /or with multi-morbidities)

PROMOTING MENTAL WELLBEING – TACKLING HEALTH INEQUALITIES

WHAT WORKS?

Whole system prevention approach - input from all sectors including voluntary, statutory, employers and faith communities, as well as local neighbourhood action is needed.

People and community centred - co-production - communities can help to identify needs and issues, local assets and solutions that will work for them.

Good communication, collaboration and partnership - collaboration and trust is required between partners across the whole system.

Tackling inequalities - the social determinants of mental health interact with socio-economic status, gender, ethnicity, age and other characteristics in ways that put some people at far higher risk than others. COVID-19 has exacerbated these inequalities.

Life course and whole household approach - minimise risk factors and enhance protective factors at important life stages, from perinatal period through early childhood to adolescence, working age, pre-conception and family-building years, and into older age.

PROMOTING MENTAL WELLBEING – TACKLING INEQUALITIES IN LAMBETH – WHAT ARE WE DOING? (1)

In Lambeth a whole system approach has been taken to promote mental wellbeing in Lambeth. This includes:

- Working with community and faith groups, vcs and other partners to support individuals and communities particularly those affected by the pandemic, through a range of their activities which promote positive mental wellbeing, resilience and social capital in the community
- Using the Better Mental Health Fund to support priority groups: (1) carers, (2) care leavers & young asylum seekers, (3) lonely older adults, (4) recently unemployed young Black adults, (5) working age Black men, and (6) young people in deprived neighbourhoods. In addition, we are providing mental health promotion outreach from the Health and Wellbeing Bus
- Provision of training on bereavement awareness, mental health awareness, mental health first aid and suicide prevention to community organisations and staff across the borough
- Supporting school mental health leads and their mental health support teams

PROMOTING MENTAL WELLBEING – TACKLING INEQUALITIES IN LAMBETH – WHAT ARE WE DOING? (2)

- Working in partnership with Citizen UK and the DWP to provide financial and debt advice from a variety of settings including GP practices and the food hubs as well as through help lines
- Incorporating opportunities to promote wellbeing in the delivery of health and wellbeing hubs
- Contributing to initiatives to improve LGBTQ+ health and mental wellbeing
- Increasing the value of the Lambeth Wellbeing grant funding to support community wellbeing initiatives
- Promoting positive wellbeing through different communication channels and events
- Developing with stakeholders a refreshed Lambeth Suicide Prevention Strategy (2022 - 2025)