

Appendix 5 - Mental Health Promotion and Wellbeing Update

Inequalities

Mental ill health is largely influenced by the same factors that affect physical health. These include social determinants such as:

- adverse childhood events such as being a victim of abuse
- poor housing
- poverty
- traumatic events
- poor working conditions
- unemployment
- social isolation

Impact of the pandemic

The pandemic has increased many of the risk factors for mental ill health in Lambeth.

The number of out of work benefits claimants, for example, rose from 8,890 in February 2020 to 22,510 in March 2021; this has since declined to 14,740 in January 2022.

Many communities have been affected by bereavement.

Many people, particularly the elderly and children and young people, have seen their social networks being disrupted by the lockdown, thus intensifying social isolation.

In Lambeth, just as in the rest of the country, the levels of emotional wellbeing decreased and the levels of anxiety increased during the pandemic. However, this trend seems to have reversed in the last year, as shown in the most recent Annual Personal Wellbeing Estimated (ONS 2021).

These measures are calculated from four wellbeing questions in the Annual Population Survey:

1. Overall, how satisfied are you with your life nowadays?
2. Overall, to what extent do you feel that the things you do in your life are worthwhile?
3. Overall, how happy did you feel yesterday?
4. Overall, how anxious did you feel yesterday?

A recent Lambeth Resident Survey also shows that the levels of anxiety in the borough have decreased.

Work to date

Better Mental Health Fund

Lambeth has received grant funding from OHID to run projects aimed at improving the wellbeing of groups whose mental health and wellbeing has been particularly affected by the pandemic. As part of this grant we are working in partnership with voluntary sector organisations to deliver nine projects.

The Carers' Hub is running two sister projects aimed at supporting and connecting young and adult carers. The young carers project builds on the existing support the Hub offers to this group during school holidays

by offering term-time activities and support. As part of the project the Carers' Hub have been working closely with Lambeth schools helping them identify students with caring responsibilities.

The adult carers project offers a combination of prevention activities such as mindfulness and Tai Chi, and two strands of workshops - one for carers to improve their own wellbeing and one for staff to build confidence and expertise around supporting carers mental health and wellbeing and manage complex cases.

The Black Men's Consortium, facilitated by Tony Cealy and Claire Douglas are running weekly drama classes on Mondays between 6.00pm - 9.00pm at Mosaic Clubhouse. The classes are open to Black Men who want to explore and express issues of mental health, suicide, stigma, and access to services through performing arts.

The Black Men's Consortium have held the performance of the project on the 7th of December 2021 at Brixton Library, with an accompany exhibition of art pieces also produced by the group. The recording of the performance can be accessed here: <https://www.youtube.com/watch?v=al1TLxq5WWc>
The group will hold a second event on the 30th and 31st of March 2022.

The Feeling our Way project is working with 39 care leavers and young asylum seekers who are digitally isolated to connect them with their peers. Participants are offered ipads and data packs to connect digitally, as well as in person wellbeing sessions and digital wellbeing packs aimed at improving their mental health literacy.

The Tulse Hill estate project brought together a number of local organisations to engage 70 young people in the Tulse Hill estate in activities such as football, boxing, fashion and sale training during the summer holidays and October half term in 2021. This partnership approach has been very successful with organisations who are normally at odds with each other coming together to serve one purpose to support and uplift the most vulnerable and marginalised young people on the Tulse Hill estate.

The loneliness pilot project is connecting socially isolated elderly individuals in the Thriving Hills Brook and Dale area with local voluntary sector organisations offering activities ranging from singing to arts and crafts to wellbeing days at a local café. The sessions have been very well attended so far.

We have been working with Cruse Bereavement Charity to deliver bereavement awareness training to Lambeth Council staff who are in contact with other colleagues or members of the public who have been affected by a recent loss.

Suicide prevention strategy

The Lambeth Suicide Prevention Partnership Group, facilitate by Public Health, have developed and launched the new Suicide Prevention Strategy for Lambeth outlining our vision for the next three year as well as focus areas and actions for the next twelve months.

The action plan for the first year of the Strategy focuses on

- Raise awareness of crisis and bereavement support
- Provide additional support for residents bereaved by suicide
- Deliver the Pride in Practice programme to voluntary sector organisations
- Regular suicide prevention training for Lambeth staff and key community groups
- Developing projects supporting men's wellbeing in the borough
- Improve timely reporting of suicide, attempted suicide and self-harm highlighting prevalence among vulnerable groups.
- Promote talking about mental health and destigmatize asking for help
- Work collaboratively to improve data collection and care on self-harm.

Pride in practice and Trans Awareness Training

Since 2019 Lambeth has been running the Pride in Practice programme in partnership with the LGBT Foundation. Pride in Practice is a training, support and quality assurance programme that works with primary care, particularly GP practices, and pharmacies to ensure that all lesbian, gay, bisexual and trans people have access to inclusive healthcare that understands and meets the needs of our communities.

Since starting Pride in Practice in Lambeth we have:

- Engaged with 32 practices
- Delivered LGBT inclusivity training to 23 GP practices
- Delivered training to 294 health care professionals
- Awarded 11 primary care services
- A further 11 practices are currently going through the final assessment process to be awarded.

Since 2019 in partnership with LGBT Hero Lambeth has developed and rolled out a trans awareness training programme for frontline staff in the borough. This programme was initially piloted with council staff and has since been extended and is available to staff from all statutory and community organisations, local partners and businesses that work with the Lambeth public.