



In this edition of my Chair's Report, I talk about World Mental Health Day in October and the introduction of new A&E Delivery Boards. I would welcome Board Members to comment on any item covered should they wish to do so.

*Best wishes,
Cllr Maureen Worby, Chair of the Health and Wellbeing Board*

World Mental Health Day

World Mental Health Day (WMHD) was observed on 10th October 2016 by more than 100 countries. The day aims to raise awareness of mental health and promote positive wellbeing. The theme of this year's World Mental Health Day was 'psychological and mental health first aid for all' with the aim of making Mental Health First Aid a global priority on a par with physical first aid.

Barking and Dagenham is very well positioned to support this theme, having previously trained over 1100 staff across the care partnership in Mental Health First Aid. The Council was recognised nationally for 'demonstrating exemplary leadership in increasing mental health literacy in their community' with an MHFA Champion Award in 2014.

Given the theme for the day, Mental Health First Aid England (MHFA), whom the Council have previously worked closely with, created a range of content called the 'Take 10 Together' toolkit which seeks to help people to have a meaningful 10 minute conversation with a friend, family member, colleague or student about their mental health and wellbeing.

The two main engagement events took place in Asda Barking and at The Mall, Heathway. These events were well attended and enabled professionals from both the Council and NELFT Mental Health Services (Child and Adolescent Services to Services for Older Adults) to engage with residents to help people on the journey of improving their mental wellbeing and that of others around them, further signposting any resident who may require support.

These events also offered professionals the opportunity to promote their services and reduce any associated fear or stigma, which in turn helps to build confidence in residents to access the support they may need before a situation gets worse.

An additional event was held in Barking Learning Centre to enable other local services to take part in the day and promote their respective services; this included Healthwatch, IAPT, Drug and Alcohol Services, Richmond Fellowship, CAMHS, Memory Services and Carers of Barking and Dagenham. The Barking Learning Centre was also the venue for an event which focused on raising awareness about mental health issues in Black and Minority Ethnic Communities. This session formed part of the wider events being held in the borough for Black History Month and included a range of esteemed speakers.

World Mental Health Day continued...

All services involved in the events circulated their own service specific information, including a resource pack containing the 'Take 10 Together' toolkit. Flyers and posters were circulated both digitally and in printed format to facilitate the dissemination of consistent key messages across the borough by all partner organisations.

Schools were also encouraged to be involved in World Mental Health Day, and information was circulated to schools offering a range of graphics and key messages in run up to World Mental Health Day to ensure a strong and effective online presence.

In addition to the outward facing activities for World Mental Health Day, there were some good internal opportunities for the Council and partner organisations which have thematic relevance to the aims of the day. The 'Take 10 Together' toolkit includes a wall chart with a particular focus on the workplaces and highlighted some physical, emotional and behaviour indicators that colleagues can look out for. This also provided an opportunity to promote the Employee Assistance Programme as well as other initiatives aimed at supporting the health and wellbeing of staff such as Big White Wall, which has now been commissioned to support an unlimited number of users in Barking and Dagenham..

London Healthy Workforce Charter

The London Healthy Workforce Charter is a self assessment framework that rewards employers for actively promoting and investing in the health and wellbeing of their workforce. Good quality working environments improves health. Sickness absence costs an average London firm of 250 employees £250,000 per annum and the cost to an organisation as large as the Council is estimated at around £3.7 million a year. The most common cause of sickness absence is musculoskeletal injuries and stress.

The London Healthy Workforce Charter operates at three levels of award: Commitment, Achievement and Excellence – awarded by the Mayor of London. The Council has recently achieved Commitment level in the London Healthy Workforce Charter, with an award ceremony celebrating this achievement held on 15th November. The Council has also pledged to move swiftly to Achievement and Excellence level – the second and highest level of this award. To achieve this level the Council will need to address areas include corporate support, attendance management, health and safety, mental health, physical activity, smoking, alcohol and substance misuse.

I would encourage all partners on the Health and Wellbeing Board to strive to achieve London Healthy Workforce accreditation, which will show that we as a health and care system not only value providing the best services for our residents, but also value providing a healthy environment for our staff delivering those vital services.

News from NHS England

NHS to cut availability of sugary drinks in hospital

NHS England has announced details of proposed new action to cut obesity and reduce the sales and consumption of sugary drinks sold in hospitals. In doing this, England would become the first country in the world to take action across its health service in this way. A formal consultation gives details of a proposed new fee to be paid by vendors, or alternatively seeks views on an outright ban.

A recent survey found obesity to be the most significant self-reported health problem amongst NHS staff, with nearly 700,000 NHS staff estimated to be overweight or obese. Rising rates of obesity amongst NHS staff are not only bad for their personal health, but also the NHS's ability to give patients credible and effective advice about their health.

NHS premises also receive heavy footfall from the communities of which they are a part. The food sold in these locations can send a powerful message to the public about healthy food and drink consumption.

New funding to help people with a long-term condition or disability into work

NHS England, along with the Department for Work and Pensions (DWP) and the Department of Health (DH), is going to invest £70 million over the next four years to test different ways to support people with a disability or long term condition to get in and stay in work.

To kick-start this programme of work, NHS England, DH and DWP have announced that they will be working with Sheffield City Region and the West Midlands Combined Authority to develop trials that will test new ways of supporting people as they enter, re-enter and stay in work.

Sheffield City Region and West Midlands Combined Authority will receive financial investment as well as access to expert support to progress the design of their trials. The trials will focus on mental health and musculoskeletal conditions, the two conditions most commonly reported by those out of work.

Sheffield City Region are developing a trial that will test how the principles of Individual Placement and Support (IPS) could be expanded to support a broader range of patients, improve access to musculoskeletal services and improve local referrals between health and employment services.

West Midlands Combined Authority's trial is looking to expand IPS services for those with severe mental health, as well as trialling IPS in new settings for those with more moderate mental health conditions and those with musculoskeletal conditions.

Health and Wellbeing Board Meeting Dates

Tuesday 31 January 2017, Tuesday 14 March 2017, Tuesday 9 May 2017

All meetings start at 6pm and are held in the conference room of the Barking Learning Centre.