

MUNICIPAL YEAR 2017/18

Meeting Title:
HEALTH & WELLBEING BOARD
Date: 12th July 2017

Agenda Item: Subject: Thrive LDN: A citywide movement to improve the mental health and wellbeing of all Londoners
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1. EXECUTIVE SUMMARY

The Enfield Health & Wellbeing Board has identified mental health resilience as a priority. Thrive London is a new programme launching over the summer with the support of the Mayor of London and the London Health Board which may present opportunities for Enfield.

2. RECOMMENDATIONS

That the Board Considers:

How best to support Enfield engagement in the Thrive LDN conversation over the summer

3. BACKGROUND

3.1. In April 2017 the Enfield Health & Wellbeing Board selected improving mental health resilience as one of their focus areas for action planning for the final 2 years of the Joint Health and Wellbeing Strategy. This coincided with a London Health Board programme of work on mental health, a potential opportunity to add value for Enfield. This paper describes the work to date to develop Thrive LDN, due to be launched 4th July and asks the Enfield Health & Wellbeing Board to consider whether this could be a component of its approach to mental health resilience.

4. REPORT

- 4.1. Building on the work of the London Health Commission, The Mayor of London has made commitments to develop London wide health policy. The London Health Board committed to explore the potential for a 'mental health roadmap' for London in December 2015 which has through a process of stakeholder engagement become Thrive LDN.
- 4.2. Two linked documents are due for consultation over the summer of 2017, the Health Inequalities Strategy and Thrive London.
- 4.3. Thrive LDN¹ builds on work in New York and the Midlands to create citizen led movements for change to improve the determinants of good mental health and wellbeing. The aim is to develop a core programme of activities that are best done 'once for London' supported by local actions under the Thrive LDN banner. The Health Inequalities Strategy will include a chapter on mental health inequalities coherent with Thrive LDN.
- 4.4. The conversation on Thrive LDN is due to be launched 4th July, so the full version of the launch document is not available in time for the production of HWB papers. As the subsequent Board meeting is not until the autumn this paper has been included to take the opportunity to consider the opportunity of Thrive LDN in a timely fashion. A presentation will be given at the Board to share the final Thrive LDN proposal.
- 4.5. It is understood that the aim is for Thrive LDN to become a social movement for change and the document aims to spark a conversation across London about the mental health of Londoners. The conversation will be based on work done by a series of task and finish thematic groups who have involved over 200 people to develop the approach. The thematic groups have considered the following topics: Improving everyone's understanding of mental health; employment; children and young people's mental health; suicide prevention; community resilience; and vulnerable people.
- 4.6. The Groups have suggested a range of possible actions for Thrive LDN from enhancing the successful Time for Change programme to tackle stigma in the workplace; social prescribing and mental health literacy programmes through to tackling arrest rates for looked after children and work on suicide data with coroners. The conversation over the summer aims to find out what Londoners think with a view to developing business cases for pan London work in the autumn.

¹ <https://www.london.gov.uk/what-we-do/health/london-health-board/thrive-london-improving-londoners-mental-health-and-wellbeing>

5. Proposal

That the Board Considers:

How best to support Enfield engagement in the Thrive LDN conversation over the summer

2.2 How to incorporate Thrive LDN in its approach to improving mental health resilience locally.

Tessa Lindfield
Director of Public Health