

MUNICIPAL YEAR 2017/18

Meeting Title:
HEALTH & WELLBEING BOARD
Date: 5th December 2017

Agenda Item: 4
Subject: Health & wellbeing Board
Actions for the Priority Mental
Health Resilience

Contact officer: Mark Tickner
Email address:
mark.tickner@enfield.gov.uk

Report approved by:
Tessa Lindfield
Director of Public Health

1. EXECUTIVE SUMMARY

As previously reported the Enfield Health & Wellbeing Board has identified mental health resilience as a priority. Thrive London is a programme which launched in the summer with the support of the Mayor of London and the London Health Board which presents opportunities for Enfield.

The Board requested the LBE Public Health team engage with Thrive LDN in July 2017.

The LBE Public Health team has undertaken this activity and this was reported on and discussed at the HWB Development session on 21st November 2017.

This report summarises that event and proposes further actions in partnership with Thrive LDN.

2. RECOMMENDATIONS

That the HWB Development Board Considers:

Progress with Thrive LDN engagement thus far and proposals for additional involvement moving forward. Specifically, this will involve an additional engagement event focussed on younger people and working towards the establishment of a Thrive LDN "Hub" within Enfield.

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 current Joint Health and Wellbeing Strategy. The Board particularly wanted to focus action on keeping residents well and preventing common mental illnesses such as depression and anxiety.
- 3.2. This coincided with a London Health Board programme of work on mental health, which developed into the Mayor's "Thrive LDN" initiative.
- 3.3. Thrive LDN is a programme sponsored by the Mayor of London under the auspices of the London Health Board. It aims to make London a place to thrive in terms of mental wellbeing. The work is driven by a partnership of public, private and voluntary sector partners. The programme is summarised in Appendix 1.
- 3.4. In July the HWB asked that Public Health engaged Thrive LDN to investigate the potential for joint activity in Enfield to enhance mental health resilience as the method for delivering its work on mental health resilience.
- 3.5. Following a visit to a Thrive LDN engagement event in Barking in August, Thrive LDN conducted an engagement and dialogue event in Enfield and this took place on the 8th November 2017.

4. REPORT

- 4.1 Thrive LDN ran a workshop in Enfield on 8th November in conjunction with the Mental Health Foundation. Around 45 people attended the workshop, including residents, councillors, council officers, NHS providers and commissioners and representatives from community and voluntary sector organisations.
- 4.2 The event included reflections on the evidence from the Mental Health Foundation, Public Health and the Healthy London Partnership. Workshop discussions on the 6 Thrive LDN aspirations then took place to discuss how they may be achieved.
- 4.3 This workshop was reported on and discussed at the HWB Development session on 21st November 2017.
- 4.4 The potential to undertake a second engagement event with Thrive LDN with focus upon younger people was suggested.

- 4.5 LB Enfield has a statutory responsibility to develop local suicide action plansⁱ through the Health and Wellbeing Board. Activity in this area is in conjunction with partner organisations at a local, NCL, and National level. This includes ongoing suicide audit work with the North London Coroner's Court.
- 4.6 Suicide prevention is a principle component of Thrive LDN. LBE Public Health staff, including the DPH, has met with Thrive LDN representatives including their Suicide Prevention Lead to discuss the potential additional value of a "Pan London" approach to this issue. An additional workshop took place on 14th November in Central London at which Thrive LDN representatives initiated activities to develop pan-London intelligence gathering around this subject.
- 4.7 A Thrive LDN aspiration is for London is to become a city "free from mental health stigma and discrimination". They intend to facilitate and develop programmes across London to work towards this end as stigma prevents people from seeking help when they need it. This has the potential add value to our planned initiatives within Enfield. PH is working with Thrive LDN to scope a mental wellbeing "hub" in Enfield.
- 4.8 It is noted that the recent CQC Enfield CAMHS Thematic Review emphasised the importance of making de-stigmatisation a high-priority.
- 4.9 Thrive LDN's activities for children and young people are at an earlier stage of planning, but again there is potential for these to provide additional value to our work around ensuring the best start to life for our younger residents.

5. PROPOSAL

That the HWB Board Development Board endorses:-

- 5.1 Ongoing contact with the Thrive LDN organisation so developing partnerships focusing particularly on the HWB priorities of Mental Health Wellbeing and Resilience and The Best Start in Life.
- 5.2 The Thrive LDN "Hub Offer" is scoped in order for the Board to consider signing up to.
- 5.3 Continued work with Thrive LDN and our local partners to undertake an additional engagement event in Enfield with focus upon the aspirations, needs and ideas of our younger people in the area of emotional health, wellbeing and resilience.

5.4 That PH continues to engage with Thrive LDN in the area of suicide prevention and resilience.

Tessa Lindfield
Director of Public Health

Thrive LDN's Six Aspirations



A city where
individuals and
communities
take the lead



A city free from
mental health
stigma and
discrimination



A city that
maximises the
potential of
children and
young people



A city with a
happy, healthy
and productive
workforce



A city with services
that are there when,
and where needed



A zero suicide city



ⁱ <https://www.local.gov.uk/suicide-prevention-guide-local-authorities>