

Health Improvement in Newcastle
Half yearly report to the Health Improvement Board meeting
April 30 2009

The Mental and Emotional Wellbeing (M&EWB) Delivery group is chaired by Prof Chris Drinkwater. Meetings are held every month. Members of the delivery group have put together a Mental and Emotional Wellbeing Action Plan for 2008 - 11. A 'draft in progress' was presented to the Health Improvement Board in November 2008.

and subsequently to the following groups:

- Wellbeing & Health Partnership Executive group
 - Housing and Environment
 - Child and Adolescent Mental Health Services
 - LAC Be Healthy Group
 - Newcastle Mental Health Partnership & Overview and Scrutiny Committee.
- The draft has also been circulated to the Responsible Authorities group.

The action plan is a live document and there has been ongoing review of the content. An updated copy of the Action plan will be circulated to the Health Improvement Board on April 30th. This plan will be reviewed and revised as appropriate in November 2009.

Delivering the Action plan – progress to date.

There has been no formal assessment of performance to date. However, considerable progress has been made in a number of areas listed in the action plan. (Please refer to the Action Plan) Some examples are shown below

Setting / Action	Progress
A. Workplace B. Schools and Educational Institutions C. Community	
A1-1 Becoming a Mindful Employer	At least six organisations have signed up, to date. (Target 20, by 2011)
A1-2 Promote Healthy Workplace Awards	10 workplaces signed up (Target 10 by Dec 2009)
A2-3 Ensure a team of trained Mental Health First Aid (MHFA) trainers in Newcastle to cascade MHFA basic	At least 6 trained Instructors in Newcastle; Trainers from other parts of the region also deliver training in the city. (Target - 12 trained by Dec

training in statutory, voluntary and community sectors.	2009) At least 15 courses of basic training have been provided to date and over 170 people living or working in Newcastle have been trained. (Target 100 by Dec 2009)
A3-1 Promote training programme for line managers on Mental Health Awareness	Conference held on in March 09 as planned. 60 delegates - from statutory, voluntary and private organisations attended. 10 Managers trained to date. Plan in place to train an additional 60 managers by December 09.
A4-1 Develop early intervention Fit for work service for those in early stages of sickness absence. Link this to GPs and Practice Based Commissioning	An initial application has been made to the Department of Health to become a Fit For Work Service (FFWS) Pilot.
B1-2 Identify and support anti-stigma activities	To raise awareness of mental health and to challenge stigma associated with MH problems an exhibition - called 'Mind the Gap' - was set up in the Discovery Museum in October 08 (this will run until May 3) A series of workshops were conducted alongside the exhibition for a week in January for 13-14 year old school children.
B3-1 Develop a good practice model for the identification of 'at risk' young people at primary schools and for supporting parents and children during the transition to secondary schools	2 years' funding has been secured for a pilot scheme
B4-1 Ensure children and young people showing signs of distress have appropriate access to a Common Assessment Framework (CAF)	CAF being delivered to various degrees across the city. Funding for roll-out of CAF secured
C1-3 Put into place actions to implement 'Everyone's Tomorrow'	Funding for 1 year obtained for a project manager's post. A bid for

(Older People's strategy for Newcastle) objective to reduce social isolation and loneliness in older people	funding submitted to the PCT's Annual Operating Plan – formal confirmation of allocation awaited.
C1-4 Improve awareness and understanding of Dementia in the community	Newcastle has been chosen as one of the early adopter sites to deliver 3 objectives in the national dementia strategy. £10 K has been granted towards this. Four 'Dementia Awareness steering groups are being set up in the north, inner west, outer west and east . Booklets to raise awareness - 'worried about your memory' are being promoted to the public

Performance Assessment

Mechanisms for performance assessment and management have not yet been established. The aim is to make this a system that is practical and relatively easy to implement on a regular basis.

Options include

- having a named lead for each of the three settings-based work-streams, who will report back on a quarterly or six monthly intervals, to the Public Health lead for Mental health, who will coordinate the PM process.
- six monthly or annual meeting of topic (activity) leads who will assess and report on progress
- incorporating PM as part of the delivery group meetings, where leads feedback on a pre-arranged schedule, the work they have undertaken and assess with the group the progress to date (using the Red Amber Green or other rating process).

The delivery group are agreeable to complying with arrangements recommended by the HIB if feasible, particularly if a uniform process is being set up for all delivery groups.

Constraints to delivering the action plan

The mental and emotional wellbeing action plan is an 'umbrella' action plan that pulls together activities that are undertaken in a variety of organisations – statutory, voluntary and private - and across all age groups. As such, drawing

together key actions that will inform planning and commissioning of mental health improvement has been and is a challenging task. This action plan is only the first step. There is considerable scope to build on this plan and progressively include groups and activities that require more targeted support.

The process has been constrained by the lack of capacity of any one individual or team to focus primarily on this work and by the need for dedicated administrative support. Any support that can be provided by the LSP to enable this process will be highly beneficial.

The chair and members of the delivery group are highly motivated to improve mental and emotional wellbeing in Newcastle. Developing the action plan would not have been possible without the concerted effort of everyone involved and the support given by the administrative staff in the Public Health department.

Update on JSNA

The Anxiety and Depression JSNA was signed off by the M&EWB delivery group in December 2008. No further amendments have been made since then.

Malathi Natarajan
Public Health lead for Mental Health
Newcastle PCT

23-04-09