

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

8th March 2018

Report of the Director of Public Health

5 WAYS TO WELLBEING GRANTS

1. Purpose of the report:

To seek approval for the award of grant funding to support the delivery of the 5 Ways to Wellbeing through each of the 8 Community Wellness Hubs. Local voluntary sector infrastructure organisations will administer a value of £10,000 per Hub per annum for 2 years.

2. Information and analysis:

As a result of greater recognition that mental health status impacts on a broad range of important wider health and social outcomes, recent years have seen an increasing emphasis given to mental wellbeing. This is to encourage the promotion and protection of better mental health, not just among the unwell, but across whole populations. Good mental health is more than the absence of mental illness, it also requires the presence of something positive i.e. mental wellbeing. Therefore, improving mental wellbeing through mental health promotion is a necessary part of preventing mental health problems. Individuals with a diagnosed mental illness can have good mental wellbeing which enables them to flourish, to be resilient and to manage their illness. Equally, those without mental illness can experience poor mental wellbeing, which can have a detrimental impact on their functioning and day-to-day life. The importance of mental wellbeing is reflected in the first objective of the Government's 2011 mental health strategy '*No health without mental health*', which focuses on improving wellbeing and good mental health, which links directly to the Government introducing a process to measure national and local wellbeing. Promoting good mental health is included in the vision of '*The Five Year Forward View for Mental Health*' for local communities.

Wellbeing is about the personal and the social, so improving the wellbeing of the local population needs to involve strengthening local social connections, support networks and the sense of community. The '5 Ways to Wellbeing' are a highly regarded and recommended set of evidence-based public mental health messages, which are aimed at improving the mental health and wellbeing of the population. The '5 Ways to Wellbeing' are

Connect, Be Active, Take Notice, Keep Learning and Give. They are applicable across the whole life-course and can be incorporated into everyday life by all of us whether we have mental ill health or not. The '5 Ways to Wellbeing' can be used to both improve individual wellbeing and to provide a framework for strategic planning and service design to improve mental wellbeing at a population-level.

In 2016 as part of the Public Health mental health agenda, an approach was piloted through Public Health Locality Programme to enable locality Health and Wellbeing Partnerships to promote the 5 Ways to Wellbeing and to receive a small grants fund to support delivery of the 5 Ways to Wellbeing. The localities have approached this in different ways, for example Chesterfield, Bolsover and North East Derbyshire have developed a joint communications campaign with support provided for voluntary sector organisations to deliver support and messages; Amber Valley have worked with P3 to hold a series of roadshows across the Borough; Erewash have linked with the CVS to develop materials and employ some resource to deliver messages. In all localities the small grants fund has been administered by a local voluntary organisation. This approach has really empowered the local delivery, allowing the consistent core messages and branding to be delivered with local autonomy and ownership.

As part of Joined-Up Care Derbyshire's Prevention workstream, Community Wellness Hubs reflecting District and Borough Council boundaries will provide a structure to enable localised delivery of the Public Health mental health offer. A pathway of support is in development to assure that a full approach to positive mental wellbeing, anti-stigma, assessment of need, early identification of mental ill health, training for the wider workforce and an appropriate local offer of support is in place through each of the Community Wellness Hubs. This ties in directly with Derbyshire's Mental Health Prevention Framework, which is due to be launched in spring 2018. This in turn completes alignment with the Joined-Up Care Derbyshire Mental Health workstream.

To reinforce the principle of positive mental wellbeing and to enable wider access it is proposed that each of the 8 Community Wellness Hubs is allocated funding to deliver a small grants fund that local voluntary organisations can bid into to deliver against one or more of the 5 Ways to Wellbeing. Each scheme will be administered in accordance with the existing model used by Locality Health and Wellbeing Partnerships. In most cases, the CVS or another local voluntary infrastructure organisation receive the funding and administer each scheme.

3. Social Value considerations:

Social value is intrinsic to this work including improving service design, improving connections and relationships with hard-to-reach groups, building a skilled and confident workforce, supporting self-help and the creating of healthier communities with reduced health inequalities.

4. Other considerations:

In preparing this report the relevance of the following factors has been considered: legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, and property and transport considerations.

5. Financial

The value of each grant is £10,000 per locality per annum for 2 years, for a total cost of £160,000 from the Public Health grant.

6. Background papers:

7. Key Decision:

No

8. Call-in:

Is it required that call-in be waived for any decision on this report?

No

9. Officer's Recommendation:

Approve the award of grant funding, to the value of £160,000 to support the delivery of the 5 Ways to Wellbeing through each of the 8 Community Wellness Hubs as detailed in this report. Local voluntary sector infrastructure organisations will administer a value of £10,000 per Hub area per annum for 2 years.

Dean Wallace
Director of Public Health