

Charnwood Mental Health Delivery Group									
LEAD:		ATTENDEES:							
Helen Carter (CEO, Loughborough Wellbeing Centre)		Dr Umar Abdulmajid (Quorn Medical Centre) Rachel Nott (LLR Mind) Rachel Hall (Falcon Support Services) Louisa Ward (Turning Point) Osas Adetutu (Vita Minds) Sarah Lewis (ICB)			Bina Fernandes (LPT) Sarah Jones (LPT: MH Neighbourhood Lead) Jo Talbot (Social Prescriber) Nadja Rein (CBC) Will Blanche (CBC) Chris Covill (CBC)			Laura Halford (Public Health) Mikhail Foster (LCC) Amy Pownall (LCC) Amy Parr (LCC) Andrew Harris (Active Together) Lindsay Widdowson (ICB)	
DATE OF UPDATE:									
Apr-23									
Ambition Statement:									
We aim to work in partnership to improve the mental health and wellbeing of children and adults across Charnwood. Make every contact count by improving our conversations, increasing support, improving access, reducing inequalities and providing services which are better connected by establishing relationships and developing trust.									
ACTIONS									
Ref	Description	Key Activities	Lead	Scope	Due	RAG	Challenges	Successes	Update
Improving the mental health and wellbeing of the Charnwood population, preventing people reaching crisis point.									
1	Making Charnwood a mental health friendly community by reducing the stigma associated with mental health in Charnwood.	1.1 Link in with the Mental Health Friendly Communities work being undertaken (3 year funded programme)	Amy Pownall	Enable, Support & Influence	Mar-24				
2	To increase partner understanding of available services, enable signposting and improve access to services. To ensure that people living and working in Charnwood are aware of the support/services available to them to improve their health and wellbeing.	2.1 Link to Leicestershire and Leicester procurement of social prescribing software with an expression of interest to be early adopters of the new social prescribing/signposting app across Charnwood.	Lindsay Widdowson/Sarah Lewis	Enable, Support & Influence	May-23				
		2.2 Send a formal letter from Dr Borrill on behalf of the Partnership expressing an interest due to maturity of Partnership and this being a key enabler to the delivery of health and wellbeing plan.	Dr Borrill/Lindsay Widdowson/Sarah Lewis	Lead	Apr-23				
3	Supporting and enabling 3 Conversations work in Charnwood: Test whether this approach is something that can be adopted more widely in Charnwood and be a method for introduction of INT working.	3.1 Work with the 3 Conversations project lead to identify and ensure that key partners are involved in supporting delivery – attending huddles and wellbeing centre drops ins where necessary.	Amy Parr	Lead	Jun-23				This is a system wide piece of work. Charnwood are a Pathfinder. Funding has been agreed to fund the introduction of small rooms at Loughborough Wellbeing Centre which can be used as office space or 1:1 meetings. Options for space to enable this also at Queens Road accommodation (Falcon Centre), CBC accommodation and community centres to enable 'huddles'.
		3.2 Where opportunities arise, suggest other priority groups for inclusion as part of project scope and measure impact.	All Partners	Enable, Support & Influence	Ongoing				
4	Increase the level of Active accredited GP practices in Charnwood:	4.1 Recruit a practice to work with a physical activity specialist to become an Active Practice with an ambition to recruit more practices when benefits are realised.	Dr Borrill/Andrew Harris/Jo Talbot	Lead	Sep-23				Proposal to pilot accreditation process at Bridge Street Medical Practice - links with health and wellbeing hub work. JT and LB have met to discuss and will meet with AH to form a focus group to take this forward.
5	Increase the accessibility of support to Charnwood residents Improve access to drop in mental health and wellbeing support in rural Charnwood communities	5.1 Link to Shires grant funded wellbeing centre outreach work. Initial target group – people known to Charnwood social prescribing team.	Helen Carter/Jo Talbot	Enable, Support & Influence	Sep-23				Needs further definition to enable a better understand of what, why and intended outcomes as this will help spread and sustainability.
		5.2 Investigate the use of the community buildings (e.g. Wellbeing centre in Loughborough) as a space to introduce integrated team working (e.g. reablement workers) which is accessible to the public.	Helen Carter	Lead	Sep-23				
6	Improving outcomes for people in Charnwood presenting to services who are experiencing a mental health crisis/are suicidal.	6.1 Meet with partners to discuss issues and gaps, including CAP, CMHT, CAMHS, ASC, CYP reps	Lindsay Widdowson	Lead	Sep-23				Also specific action for the Homeless population
7	Improve sleep quality, (and therefore mental health), by addressing sleep issues experienced by patients holistically, reducing the prescribing of hypnotic drugs.	7.1 Introduction of the Sleepstation service within Carillon PCN (CBT for insomnia).	Dr Borrill	Watch & Learn	Sep-23				Carillon PCN (some 55000 patients) has elected to go ahead with this service - 2 years match funding.
Improving the mental health and wellbeing of the teenage population of Charnwood, preventing teenagers reaching crisis point.									
7	Make links with Charnwood School Sports Partnership to explore if and how partners can work together differently to enable an improvement in health and wellbeing outcomes for 11 to 14 year olds through physical activity.	7.1 Approach the Charnwood Physical Activity Team to discuss: Zoe Griffiths: zoe.griffiths@charnwood.gov.uk	Lindsay Widdowson	Lead	Jun-23				
		7.2 Approach the School Sport Partnership to discuss: Aaron Aswala: ssdm@thecedarsacademy.org.uk & Nicola Morris: nmorris@charnwoodcollege.org	Lindsay Widdowson	Lead	Jun-23				
		8.1 Link in with Healthy Together Service Lead to determine what work is being undertaken in this area - Imran Mohamed; imran.mahomed@leics.gov.uk	Lindsay Widdowson	Lead	Jun-23				MH First Aid Training for schools Promote Youth Health Champions (year 10) these things are being rolled out anyway and so it may be
		8.2 Link with Loughborough Life who go into schools to determine what work is underway - Contact?????	Lindsay Widdowson	Lead	Jun-23		Need a contact name		

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8	Work with Partners to build informed, healthy, resilient young people within Charnwood that have skills to stay safe from harm and are ready to enter the adult world	8.3	Link in with Teen Health Service and Health & Wellbeing Officers going into schools. Team Leader for Charnwood is Emma Parker. Joanne White, Team and Partnership Manager – Teen Health 11-19 Service Email: Joanne.White@leics.gov.uk	Lindsay Widdowson	Lead	Jun-23			that this group can influence/enable and Charnwood schools could become early adopters?
		8.4	Link in with VIP (Violence & Intervention Project) team based with Police who deal with young offenders and have valuable contacts in the Charnwood area.	Lindsay Widdowson	Lead	Jun-23			Louisa to provide contact details
		8.5	Identify any other key partners to link in with (e.g. youth clubs, Go Getta)	All Partners	Lead	Jun-23			
9	Work with Charnwood Community Safety Partnership to address Charnwood specific issues with the teenage population	9.1	Develop links with the Charnwood Community Safety Partnership and determine how the CCHWP can support with teenage specific issues	Lindsay Widdowson/Sarah Lewis	Enable, Support & Influence	May-23			LW and SL now reps on the Charnwood CSP. Feeding the Partnership's findings and priorities into this forum. Gaining greater understanding of wider determinants, especially on Mental Health
10	Extended consultations with young people needing support with their mental health	10.1	Charnwood Surgery: extended consultations with young people needing support with their mental health	Dr Abdulmajid	Watch & Learn	Sep-23			
Improving outcomes for homeless people in Charnwood presenting to services who are experiencing a mental health crisis/are suicidal									
11	Improving outcomes for homeless people in Charnwood presenting to services who are experiencing a mental health crisis/are suicidal.	11.1	Confirm existing pathways in place to support people who are suicidal	Rachel Hall/Helen Carter	Lead	Jul-23		Contact been made with CAP and no response received. To escalate to John Singh at the ICB.	HC and RH already met on 13th April to discuss.
		11.2	Use case examples to identify whether existing pathways are fit for purpose and identify any gaps	Rachel Hall/Helen Carter	Lead	Jul-23			Work with partners to produce case studies, e.g. Carpenter's Arms, Turning Point, The Bridge)
		11.3	Work with Partnership members and other key stakeholders to explore opportunities to improve outcomes for these people.	Rachel Hall/Helen Carter	Enable, Support & Influence	Dec-23			RH to meet Phil Johnson in LPT re: Homeless Outreach in City. To get an update on the business case for rolling out to the County.
12	Improve access to support for the homeless with complex mental health needs who also need support with their drug and alcohol use.	12.1	Describe the problem and the population affected. (Use case examples where appropriate).	Rachel Hall/Helen Carter	Lead	Jul-23			Work with partners to produce case studies, e.g. Carpenter's Arms, Turning Point, The Bridge)
		12.2	Description of the gap in services, what is needed and why, including why existing services are not appropriate to meet the needs of these individuals.	Rachel Hall/Helen Carter	Lead	Jul-23			
		12.3	Add to the agenda of the Leicestershire Mental Health Collaborative via Fiona Grant in Public Health cc Justin Hammond	Rachel Hall/Helen Carter	Enable, Support & Influence	Dec-23			
Improving mental health and wellbeing outcomes for students registered at Campus View Medical Centre									
13	Improve access and support for Loughborough University Students experiencing Mental Health issues	13.1	Introduce a mental health triage practitioner role & evaluate impact.	Dr Saund	Watch & Learn	Dec-23			MH Triage Practitioner (MHTP) is now embedded in the surgery. Dr Saund has been using a mentoring approach to develop her assessments to a Primary Care focussed approach with shorter appointment times and greater focus on identifying the 'correct therapist' to signpost the patient to.
		13.2	Introduce a Neurodiversity Occupational Therapist (with the leadership of Carillon PCN) & evaluate impact.	Dr Saund	Watch & Learn	Dec-23			Started on 27.2.2023. She is developing working models and networking with external agencies (Loughborough University, LPT, ADHD Unit, Autism department). She has started the process of clinically reviewing all patients with current diagnoses of ADHD/ASD.
		13.3	Plan an MDT of all the practitioners in the model within our practice to define joint working and referral pathways within the practice. In the longer-term plan to develop similar links with LPT CMHT.	Dr Saund	Watch & Learn	Dec-23			Is there value in any other partners being part of this MDT? Can we use learning from this approach to inform the development and spread of an MDT approach to supporting mental illness? Could they try out the 3 Conversations approach?
		13.4	Explore use of questionnaires that will be used at the point of contact by the patients to help rationalise risk, clinical issues and correct pathways prior to contact by the MHTP and/or ND-OT.	Dr Saund	Watch & Learn	Dec-23			Is there value in any other partners being part of this MDT? Can we use learning from this approach to inform the development and spread of an MDT approach to supporting mental illness? Could they try out the 3 Conversations approach?
Improve Mental Health by helping Charnwood residents cope with the Cost of Living Crisis									

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Improving the mental health and wellbeing of the Charnwood population, preventing people reaching crisis point.										
14	Provide support to Charnwood residents in relation to the Cost of living crisis. Improve the resilience of Charnwood residents in relation to the increase in the cost of living specifically those at risk of becoming homeless.	14.1	Supporting people to understand their rights with regard to tenancy arrangements/dealing with landlords etc – link in and expand work Rachel Nott at MIND has already started.	Rachel Nott	Lead	Sep-23				
		14.2	Skills on how to deal with escalating debt/managing money – signposting people into the new 'CHARMAC' offer at the wellbeing centre.	Helen Carter	Lead	Sep-23			New person appointed for 12 hours a week who will work from Loughborough Wellbeing Centre. HC meeting with new appointee in April. Looking for funding to hold budgeting courses	
		14.3	Replicate cost of living event recently held at JSH for residents which acted as a one stop shop for advice and support.	Nadja Rein/Helen Carter	Lead	Sep-23		Choosing a venue which is accessible to as many people as possible.	JSH worked well as a venue	Going out to people is often more effective
		14.4	Explore if the LLR Mind Wellbeing Bus could be used to reach more rural areas which is resourced for the 3 conversations approach, social prescribing, cost of living advice etc)	Rachel Nott	Lead	Sep-23				
Improve Mental Health of residents in the Bell Foundry										
15	Provide MH support to residents in the Bell Foundry - identified as an area of high deprivation and a People Zone.	15.1	Link with lead to discuss work being undertaken. During the last 6 months an external research company have engaged with the community and partners agencies to develop a research report and an asset map.	James O'Connell	Enable, Support & Influence	Sep-23				
Successes: Insert narrative here on any successes										
Challenges: Insert narrative here on any challenges										
Comments: Option to include any other comments										

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