



Tuesday, 17 November 2020

Dear Sir/Madam

A meeting of the Leisure and Health Committee will be held on Wednesday, 25 November 2020 via Microsoft Teams, commencing at 7.00 pm.

Should you require advice on declaring an interest in any item on the agenda, please contact the Monitoring Officer at your earliest convenience.

Yours faithfully

Chief Executive

To Councillors: S A Bagshaw
D Bagshaw (Vice-Chair)
M J Crow
S Easom
S Kerry
H G Khaled MBE
P Lally

H Land
R D MacRae
G Marshall
J P T Parker
P D Simpson
I L Tyler (Chair)

AGENDA

1. APOLOGIES

To receive any apologies and notification of substitutes.

2. DECLARATIONS OF INTEREST

Members are requested to declare the existence and nature of any disclosable pecuniary interest and/or other interest in any item on the agenda.

3. MINUTES

(Pages 1 - 4)

The Committee is asked to confirm as a correct record the minutes of the meeting held on 16 September 2020.

4. EASTWOOD MENTAL HEALTH HUB

A presentation will be given by Sally Bestwick, Chief Executive of Citizens Advice Broxtowe.

5. MENTAL HEALTH - ACTION PLAN AND CHARITABLE SERVICES (Pages 5 - 30)

To update Committee on the current actions being undertaken by the authority to support the mental health of residents and staff, and to identify various charities working in this field in and around the borough.

6. QUESTIONS AND COMMENTS ON REPORTS FOR NOTING

6.1 Noting Reports

To note the following reports:

- Suicide Prevention
- Performance Management – Review of Business Plan Progress – Health
- Performance Management – Review of Business Plan Progress – Leisure

7. WORK PROGRAMME (Pages 31 - 32)

To consider items for inclusion in the Work Programme for future meetings.

LEISURE AND HEALTH COMMITTEE

WEDNESDAY, 16 SEPTEMBER 2020

Present: Councillor I L Tyler, Chair

Councillors: S A Bagshaw
D Bagshaw
M J Crow
S Easom
E Kerry (Substitute)
S Kerry
P Lally
H Land
R D MacRae
G Marshall
P Roberts-Thomson (Substitute)
M Radulovic MBE (Ex-Officio)
P D Simpson

Apologies for absence were received from Councillors H G Khaled MBE and J P T Parker

8 DECLARATIONS OF INTEREST

Councillor P Lally declared an interest in agenda item 5, as Councillor LA Lally is employed at Middle Street Resource Centre, minute number 12 refers.

9 MINUTES

The minutes of the meeting held on 10 June 2020 were confirmed and approved as a correct record.

10 SUSPENSION OF STANDING ORDERS

Standing Orders were suspended to receive an update from the Chief Executive in relation to Covid-19 issues.

Concerns had been raised within the Borough in particular in Kimberley, Watnall, North Beeston and Chilwell. Broxtowe Environmental Health Team would be working alongside external stakeholders to target these particular areas, to provide guidance and work with the University of Nottingham with regards to students returning to the Borough and to co-ordinate planning of support to pubs and micro-pubs in particular to offer advice and guidance in safe practices. Broxtowe Borough Council would be Working along-side Public Health England to support the deployment of mobile testing centres and closure of establishments failing to follow the rules.

The Leader of the Council supported the Chief Executive in targeting key areas with leaflets particularly in Eastwood St Marys Ward. The Committee was concerned with rising numbers and that Broxtowe may be part of a localised lockdown. Communication is key to stop the spread of the disease and agreed to increase social media messages and to send information through the Broxtowe Email Me service. Councillors agreed to support the authority by repeating the message to constituents in their wards to follow the guidance as communicated by Central Government to target the spread of the virus.

11 BUSINESS PLAN REVIEW PROGRESS - HEALTH

The Committee noted a report which informed of progress against outcome targets identified in the Business Growth Business Plan, linked to Corporate Plan priorities and objectives, and was provided with an update as to the latest key performance indicators therein. Further discussion ensued with regards to Covid-19 pandemic and the impact on food inspections as waiting for further guidance from the Food Standards Agency.

12 MENTAL HEALTH SUPPORT FOR RESIDENTS

Members discussed the services available to residents of the Borough in respect of mental health and highlighted funding issues in relation to the signposted organisations. Samaritans and Mind were also referenced as organisations which could offer help to deal with mental health issues. The Committee thanked Officers for the support during the Covid-19 pandemic and agreed to bring reports on suicide data and trends, young people and mental health, local mental health Voluntary organisations, Update on the Mental Health Action Plan and to invite Eastwood Mental Health Hub and Middle Street Resource Centre to give a presentation to a future Committee particularly in the climate of Covid-19.

13 SUPPORT FOR PEOPLE LIVING WITH DEMENTIA

Members were informed of the experience of people living with dementia during the Covid-19 pandemic. The survey summary gave an insight into the impact lockdown had on carers wellbeing and on dementia care in the Community. Some Members of the Committee visited The Studio at Padge Road to see how the project provided carers with a break as well as working with individuals with dementia to develop a place where they felt welcome and at ease as well as enabling them to participate in artistic related projects. Members discussed the value this service would provide to support the carer and dementia patient and would benefit the reduction in hospital related admissions.

RESOLVED that the proposal in appendix 1 of the report be approved.

14 WORK PROGRAMME

Members agreed that reports on Suicide Data and Trends, Young People and Mental Health, Local Mental Health Voluntary Organisations, Update on the Mental Health Action Plan and to invite Eastwood Mental Health Hub to give a presentation to a future Committee and presentation from the Middle Street Resource Centre.

RESOLVED that the Work Programme, as amended, be approved.

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Report of the Chief Executive

MENTAL HEALTH - ACTION PLAN AND CHARITABLE SERVICES

1. Purpose of report

To update Committee on the current actions being undertaken by the authority to support the mental health of residents and staff, and to identify various charities working in this field in and around the Borough.

2. Detail

Mental health is an extremely wide topic covering many issues and affecting people of all ages. A large and growing body of research shows that good mental health is essential for individual wellbeing, for a happy, healthy society, and for a prosperous economy. Unfortunately, mental health problems are on the increase, with a rising demand on services and increasing complexity of need.

Local government makes a vital contribution to promoting good mental health in individuals and communities, supporting and complementing the work undertaken by the National Health Service. Much of this is provided by the upper tier authorities with their public health responsibilities to promote mental wellbeing and prevent poor mental health throughout the life course, as well as their statutory duties and powers related to mental health for children and young people and for adults. However, mental health cannot be tackled by any organisation working in isolation. Councils, the NHS, and the voluntary and community sector must all do their part for people who use services (children, young people and adults), carers and advocates, as well as staff. As such, Broxtowe Borough Council has a vital role to play in promotion and support of mental health among its residents and staff.

An action plan detailing current actions which are planned / being undertaken in respect of mental health is attached at appendix 1. The action plan contains 9 themes under which action is grouped- Direct action; financial support; effective communications; supporting tenants; partnership working; preventing suicide; promoting good mental health of children and young people; action relating to people living with dementia and promoting the good health of employees. Appendix 2 is a list of charities which provide mental health services in and around Broxtowe and which can be accessed by residents of the borough.

3. Financial Implications

The 2020/21 budget includes £35,000 for Mental Health Initiatives following on from the work of the Mental Health Working Group. A payment of £35,640 was made to the CAB in May 2020 in respect of an Early Intervention Worker and a Nottinghamshire Mind Information Worker to develop and maintain the Eastwood Wellbeing Hub from 1 April 2020 to 31 March 2021.

Recommendation

The Committee is asked to RESOLVE to approve the current Mental Health Action Plan, and NOTE the organisations providing mental health services.

Background papers

Nil

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Broxtowe Borough Council Mental Health Action Plan 2021-2024

ACTION	DUE DATE	OFFICER	NOTES
1. DIRECT ACTION TO IDENTIFY RESIDENTS IN NEED OF MENTAL HEALTH SUPPORT AND ACT TO REDUCE THEIR RISK OF HARM AND CONNECT THEM TO MENTAL HEALTH SUPPORT			
1.1. Multi agency meetings of the Complex Case Panel.	Ongoing (monthly)	Chief Communities Officer	Often cases will involve mental health issues and meetings are attended by mental health workers.
1.2. Ensure procedures in place for staff to refer adult safeguarding cases into Multi Agency Safeguarding Hub (MASH) or referral to other agencies and case recording procedure in place.	Ongoing	Chief Communities Officer	Relevant procedures are monitored and updated as appropriate to ensure all adult safeguarding referrals, some of which involve mental health issues, are referred to the appropriate agency in a timely manner.
1.3. Provide central point of contact within the Authority for advice on safeguarding, and mental health signposting in respect of the general public.	Ongoing	Chief Communities Officer	A single point of contact is provided for all staff for advice on referrals / signposting in respect of mental health issues.
1.4. Provide safeguarding adults training for frontline staff and members via Broxtowe Learning Zone and face to face sessions.	Ongoing	Chief Communities Officer / Learning and Development Coordinator	Safeguarding adults cases often involve mental health issues. Training ensures knowledge provision to ensure any relevant cases are properly reported.

ACTION	DUE DATE	OFFICER	NOTES
2. FINANCIAL SUPPORT FOR ORGANISATIONS DELIVERING MENTAL HEALTH SERVICES			
2.1. Grant to Middle St resource Centre to support the work they do in supporting people with mental health difficulties and learning disabilities (£10,000)	As applications for support received	Finance and Resources	
2.2. Continued financial support of the Eastwood Mental Health Hub. (£40,000)	Annually	Council	<p>This service, created by Citizens Advice and Mind and part funded by Broxtowe Borough Council, promotes mental health well-being along with providing advice on issues such as debt, benefits, letters from official organisations, forms, housing, penalty charges and more.</p> <p>The Eastwood Mental Health Hub is being run by an Early Intervention Advocacy Caseworker and a Mind Mental Health Caseworker.</p>

ACTION	DUE DATE	OFFICER	NOTES
3. EFFECTIVE COMMUNICATION AND AWARENESS RAISING TO IMPROVE MENTAL HEALTH.			
3.1. Devise and promote the Live Well Together campaign which will include mental health promotional initiatives.	April 2021	Corporate Communications Manager	Objectives of this scheme are: <ol style="list-style-type: none"> 1. Increase the profile of key services to show that the Council takes a proactive approach to helping residents live better lives. 2. Help residents to live well across the full range of factors which impact on wellbeing. 3. Enable residents to make positive choices to improve their own wellbeing. 4. Signpost to partner services and celebrate the success of partners and local people in these areas. 5. Support the Borough's recovery from COVID-19. 6. Increase the profile of key services to show that the Council takes a proactive approach to helping residents live better lives. 7. Help residents to live well across the full range of factors which impact on wellbeing.

ACTION	DUE DATE	OFFICER	NOTES
			<p>8. Enable residents to make positive choices to improve their own wellbeing.</p> <p>9. Signpost to partner services and celebrate the success of partners and local people in these areas.</p> <p>10. Support the Borough's recovery from COVID-19.</p>
<p>3.2. Raise awareness of national campaigns</p>	Ongoing	Corporate Communications Manager	We have a webpage to signpost people to share national campaigns such as Every Mind Matters, and Mental Health Awareness week, both internally and externally.
<p>3.3. Promote and raise awareness of appropriate helplines and websites to help people to find the nearest mental health support / service in their area and also to find support for whatever may be the cause of the mental health issue e.g., debt / finance issues. Such helplines and websites include:</p> <ul style="list-style-type: none"> • Nottinghamshire Mental Health Helpline • Nottinghamshire Crisis Line 		Corp Comms Manager / Local Strategic Partnership / Elected members	These helplines and websites provide help and guidance on a wide range of mental health issues, both for those who may be experiencing them but also for carers and others who may be affected.

ACTION	DUE DATE	OFFICER	NOTES
<ul style="list-style-type: none"> • Every Mind Matters • NHS Choices This will include promotion of national promotion days such as World Mental Health Day			
4. SUPPORT THE MENTAL HEALTH OF OUR TENANTS			
4.1. Provision of I-Plan for Council tenants in Independent Living dwellings.	Review of procedure 31/3/2021	Head of Housing	Every Independent Living tenant has an 'I-Plan'. This is completed when they move in and reviewed every six months. This includes references to mental health, isolation and loneliness. Referrals are then made to our own activities co-ordinators, befriending services and care organisations. The I-Plans have been in place just over a year and it is planned to review them by the end of the year.
4.2. Activities Coordinators in Independent Living Schemes	Review of procedure 31/3/2021	Head of Housing	Activities Co-ordinators work in our Independent Living schemes delivering activities and supporting tenants to organise their own. They are not currently working at schemes, but are keeping in contact with those that are usually involved in activities to offer support. Again, the activities have been

ACTION	DUE DATE	OFFICER	NOTES
			running for a year and during this time we are reviewing what is provided and how it could be improved when they are back working in schemes.
4.3. Look to increase the capacity of the Tenancy Sustainment Service in respect of Council dwellings from one officer to two.	31/3/2021	Head of Housing	Part of the Housing Division's Neighbourhood Strategy. Increased capacity to assist those who need assistance to maintain their tenancy. Often such people have mental health issues.
4.4. Provide added support to people with mental health issues to access housing particularly with homeless applications.	Ongoing	Head of Housing	A Mental Health Navigator has been recruited as part of the Rough Sleeper Initiative funding.

ACTION	DUE DATE	OFFICER	NOTES
4.5. Provide summer holiday activity for children of tenants.	Summer 2021	Head of Housing	Unfortunately we were not able to provide this due to coronavirus in 2020 but would hope to resume as soon as possible
5. PARTNERSHIP WORKING TO IMPROVE MENTAL HEALTH			
5.1. Provide a Broxtowe Partnership Board theme meeting on Mental Health	October 2020	Chief Communities Officer	Bring together partners to discuss mental health services, their experience of mental health pre and post Covid and how they are adapting their service offer.
5.2. Set up an officer Task and Finish Group to explore and tackle issues raised at the Broxtowe Partnership Board meeting (see above).	March 2021	Chief Communities Officer	Look to improve links between partners, add value to existing efforts and try and resolve some of the problems and issues created by the pandemic.

ACTION	DUE DATE	OFFICER	NOTES
6. ACTION TO PREVENT SUICIDE			
6.1. Raise awareness of the issue of suicide, it's causes and sources of help to those affected by either feeling suicidal or bereaved as a result of suicide.	December 2020	Head of Public Protection	Report to Leisure and Health Committee. Links to be provided on Council's website.
6.2. Continue to use the "Dealing With Threats of Suicide" protocol.	Ongoing	Head of Public Protection. All staff	This protocol equips staff with the knowledge and a template on how to deal with someone who threatens suicide. This not only assists in looking to assist the person making the threat, but also safeguarding the officer involved.

ACTION	DUE DATE	OFFICER	NOTES
7. PROMOTE GOOD MENTAL HEALTH FOR CHILDREN AND YOUNG PEOPLE			
7.1. Master Your Mind resource distributed to schools through Broxtowe Youth Voice	May 2022	Communities Officer	Distribution of booklet with hints and tips for young people to overcome anxieties also signposting to further mental health services. This was undertaken in 2019. Dependent on feedback, consideration will be given to repeating
7.2. Promote and distribute a directory of services that contribute to improve young people's mental health and low level anxieties	April 2021	Communities Officer	This is an identified action within the Children and Young Persons Action Plan
7.3. Dedicate a Children and Young Persons partnership meeting to update partners on young people's mental health services	April 2021	Communities Officer	Share good practice and establish links in respect of young people's mental health

ACTION	DUE DATE	OFFICER	NOTES
8. PURSUE THE COUNCIL'S VISION TO BE A PLACE WHERE PEOPLE LIVE WELL WITH DEMENTIA			
8.1. Continue to provide Dementia Friend Information Sessions for staff and any organisation within Broxtowe	End date of plan	Communities Officer (Health)	Training in place delivered throughout the year. The aim is to improve awareness, understanding and reduce stigma. Training has been delivered to Independent Living Scheme residents, amongst others.
8.2. Review the Council's Dementia Action Plan.	December 2021	Chief Communities Officer	This plan sets out the Council's actions to assist those in the borough affected by dementia, either as living with dementia or caring for someone who is.
8.3. Provide two dementia friendly bungalows	April 2021	Head of Property Services	These bungalows are nearing completion and will provide bespoke dwellings to assist everyday living for two households living with dementia.

ACTION	DUE DATE	OFFICER	NOTES
8.4. Provision of Dementia Grants as part of the Council's Disabled Facilities Grant (DFG) Policy.	Ongoing	Private Sector Housing Manager	This aspect of the Council's policy allows for the provision of assistive technology and other adaptations for those living with dementia to assist in enabling them to stay in their own homes
8.5. Provide financial support for The Studio dementia help scheme (£10,000 Agreed)	Annual	Council	Provision of financial assistance so that a voucher system can be made available for people with dementia to enable them to access sessions at the Studio at a subsidised cost.
8.6. Show civic support for carers of those with mental health issues.	May 2021	Corporate Communications Manager / Mayor	The previous Mayor hosted a "thank you" tea with carers of people with mental health needs. It is hoped to repeat this or provide something similar, Covid-19 restrictions permitting.

ACTION	DUE DATE	OFFICER	NOTES
9. PROMOTE THE GOOD MENTAL HEALTH OF EMPLOYEES			
9.1. Provision of Care First Employee Assistance Programme	Ongoing	HR Manager	As part of the Care First Employee Assistance Programme. A counselling service is available to all staff and members. All calls are answered by British Association for Counselling and Psychotherapy (BACP) accredited counsellors for immediate crisis support. Care First also offer alternative counselling solutions such as online real-time counselling, online Cognitive Behaviour Therapy courses and an online counselling 'chat' function. These diverse streams are designed for ease of access and an alternative method for the diverse workforce the Council has.
9.2. Offer bereavement counselling to staff	Ongoing	HR Manager	Care First offers bereavement counselling and we recommend this service to bereaved staff. We also give advice about the support offered by the charity Cruse Bereavement Care:

ACTION	DUE DATE	OFFICER	NOTES
9.3. Broxtowe Borough Council to be a signatory to the Mindful Employer Charter.	Ongoing	HR Manager	The Council signed the Charter for Employers who are Positive about Mental Health in June 2015 demonstrating a commitment to supporting employees and job applicants who suffer from mental health issues – this can include longer-term mental health conditions.
9.4. Broxtowe Borough Council to join the Nottinghamshire County Council Wellbeing at Work Scheme.	April 2021	Communities Officer (Health)	The Wellbeing at Work Scheme aims to encourage staff to take more responsibility for their own health and wellbeing - making health 'everybody's business'. Focuses on tackling the main causes of illness now and in the future including smoking, poor diet, physical inactivity, mental ill health, alcohol use.
9.5. Provide Mental Health First Aid training for managers	Ongoing	Learning and Development Coordinator	Managers receive Mental Health First Aid training to increase their knowledge and skills in both recognising and supporting staff who may be suffering with mental health issues.

ACTION	DUE DATE	OFFICER	NOTES
9.6. Create and distribute a monthly Employee Mental Health Champions Newsletter	Ongoing	HR Manager	The two HR Apprentices have put together a new monthly newsletter to promote positive mental health for employees. This will include tips, recipes, fun exercises, good news stories and competitions for prizes. First edition will be November 2020.
9.7. Employee Mental Health Champions Group	Ongoing	HR Manager	<p>The Employee Mental Health Champions Group has had a huge influence since it's relatively recent formation. It has been able to meet remotely during the lockdown and has been able to discuss general mental health concerns as well as receive a tutorial and trial the new Employee Assistance Programme prior to the launch. Since its inception, the group has been responsible for a number of initiatives including:</p> <p>Mental Health Awareness Week and World Mental Health Day 2020</p> <p>The Champions Group/HR promoted these in May and October via staff briefings and daily emails. The Group encouraged teams and employees to meet virtually to promote the World Mental Health Day by wearing green and taking a moment to 'check in' with one another.</p>

ACTION	DUE DATE	OFFICER	NOTES
			<p>New Employee Assistance Programme Introduction Immediately prior to the pandemic, Broxtowe introduced a new employee assistance programme – Care First. The new provider was chosen as it offered more support for employees, a wider range of services and better value for money/return on investment. The Champions Group helped pilot the new programme prior to launch.</p> <p>Corporate Communications Additional mental health support, advice and guidance was regularly distributed to employees via the all staff email/briefing.</p> <p>Fundraising Fundraising via cake sales for employees to celebrate Mental Health Awareness Day – between £400-500 has been raised via these. Mental Health support was promoted on the days and employees were encouraged to talk and be aware of what support is available.</p>

ACTION	DUE DATE	OFFICER	NOTES
			<p>Visit to Nottingham Recovery College. A number of the group went for a tour/open day at the College to learn about what support outside the Council was available and to learn about the free services they provide.</p> <p>New Ways of Working The Group has input into the new building plans in relation to a wellbeing room within the Council Offices</p> <p>Publications and other work The Group also agreed for a number of Mental Health magazine subscriptions – Happyful Magazine and the Happy Newspaper which have been distributed to employee breakout areas on a monthly basis. Happy Calendars have also been promoted, distributed and actioned across the Council on a monthly basis. The team created a poem which was focused on Mental Health and which was turned into a video for all staff to see. Disability Confident status has also been discussed at meetings.</p>

ACTION	DUE DATE	OFFICER	NOTES
9.8. Provide a central point of contact within the Authority for advice on safeguarding, and mental health signposting in respect of staff.	Ongoing	Head of Human Resources	A single point of contact is provided for all staff for advice on referrals / signposting in respect of mental health issues.

East Midlands Open Minds

A local charity supporting vulnerable disabled people, including people experiencing mental health problems, in Nottinghamshire and throughout the East Midlands. They offer a range of activities including trips out, visits to restaurants or places of cultural interest, meetings and workshops. A qualified teacher attends group meetings and provides one-to-one support to help members with their personal development. Meetings are held regularly at various venues in Nottingham.

<http://www.emom.org.uk/>

Harmless

Harmless is a user led organisation that provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals.

Harmless was set up by people who understand self-harm.

They provide postal and email self-harm support through a counsellor and other volunteers that have personal, supportive and/or professional experience of self-harm.

<http://www.harmless.org.uk/>

Real Lives

Real Lives provides recovery-focused social care packages of support for adults in Nottingham and Nottinghamshire. They aim to work with the individual and their supporters to deliver person-centred care.

They provide packages of support to clients with mental health and multiple needs which are funded through the local authority or the individual.

They name their support workers PALs – Peers and Allies for Living, to reflect the way they work drawing on experiences to empathise with their clients and create respectful and consistent relationships that work for both parties.

<https://www.real-lives.co.uk/>

Middle Street Resource Centre

Middle Street Resource Centre is a community based provision in Beeston. It provides a wide range of college courses, social and volunteering opportunities.

Middle Street hosts the MindSet Mental Health Charity which supports people with lived experience of mental health difficulties to become involved and engage in wellbeing and recovery opportunities.

<https://beestoncommunityresource.wordpress.com/>

Mindset Wellbeing Group

This peer led self-help group, based at Middle Street Resource Centre, aims to support anyone with a lived mental health problem. It runs fortnightly on a Monday 10:30am - 12:00 noon. It is a chance to socialise, help build self-confidence, self-esteem and to improve health and wellbeing.

<https://beestoncommunityresource.wordpress.com/>

Mindset Voice Hearers Group

This is a mutually supportive group for individuals who experience Voice Hearing. Co-facilitated by a locality mental health team occupational therapist, and a mental health support worker from Middle Street Resource Centre. The group runs on the first and third Wednesday of every month, 2:30pm – 4:00pm.

<https://beestoncommunityresource.wordpress.com/>

Meadows EmPOhWER group

A peer support group for people affected by mental health which provides information, advice and support. All groups are facilitated by the charity POhWER. The groups are free, confidential and non-judgmental. There is no referral or booking required.

<https://www.pohwer.net/>

Eastwood Mental Health Hub

The Eastwood Mental Health Hub is a service created by Citizens Advice and Mind to promote mental health well-being along with providing advice on issues such as debt, benefits, letters from council, forms, housing, penalty charges and more.

The Eastwood Mental Health Hub is being run by an Early Intervention Advocacy Caseworker and a Mind Mental Health Caseworker.

This service is aimed at preventing and reducing crisis whether it be mental health crisis or an issue that needs regular intervention. There are one to one sessions, group activities, mindfulness awareness events, and arts & crafts in order to promote better mental health.

<https://citizensadvicebroxtowe.org.uk/>

MUTED, Men Understanding Treating and Experiencing Depression

This is a group for men experiencing depression. MUTED is a registered charity formed to provide information, support and knowledge of Depression in Men. The charity has been founded and is run by a team of people, both men and women, who have experienced, worked with, and studied the effects that the condition can have on sufferers, carers, family and friends.

<http://www.muted.org.uk/>

The Bipolar Lift Community Interest Company

This service aims to enable people who are excluded – through prejudice, discrimination or isolation – to live more fulfilling lives. They have a qualified Bipolar Disorder worker with experience to compliment their team of volunteer Engagement Specialist, Social Workers and Financial Support worker. They will only provide face-to-face meetings to Bipolar Disorder Sufferers in the Nottingham and Nottinghamshire area.

The impact they aim to achieve is firstly to encourage Bipolar Disorder sufferers to be able to talk openly about any issues that are worrying them. Benefit and welfare support, employment advice and 'Managing Myself' care and career plans will provide some sort of medium term focus. They aim to help the Bipolar Disorder sufferer to reach a place of reduced stress, achieve plans and most importantly in a place where they have someone to speak to if and when they are feeling very low and suicidal.

Mind Nottinghamshire

Mind is a national charity which offers a range of support mechanisms for those affected by mental health issues. These include counselling and psychotherapy, supportive listening, peer support, etc.

<https://www.nottinghamshiremind.org.uk/>

Transform Training

The foundation of this organisation's youth programmes is emotional education. They support young people to make sense of their circumstances and take control of their choices and actions. They train young people to understand where their feelings are coming from and how they act in response to feelings they have. They support young people to plan and make positive responses to challenges that they face and look for the support that they need to get on with life.

They run our intensive programmes in different locations, at different times of the year, in response to need.

<http://www.transformtraining.org.uk/>

Counselling Service

Offers one to one, group and couples person-centred counselling both mobile and at their base in Basford. They offer emotionally focused play counselling for children aged 4-11 years old. Their aim is to provide short and long term counselling support to members of the Nottingham/shire community to improve emotional wellbeing and mental health.

<https://www.transformcounselling.co.uk/>

Open House Nottingham

Open House (OH) was founded by a group of mums in early 2012 with the aim of supporting those who are, or have been, affected by any psychological and emotional condition which has developed during pregnancy or during the postnatal period. These include antenatal depression, postnatal depression, anxiety and OCD. One of their main aims is to increase awareness of maternal mental health difficulties through giving talks about their own experiences.

Tel 0115 9196608

The Tomorrow Project

The Tomorrow Project was set up in response to a cluster of suicides in East Leake in 2012. They are a confidential, community based suicide prevention, intervention and postvention service that will help and support in times of struggle. They are a team of individuals who understand despair. They have two pathways of care: supporting those in suicide crisis; and those who have been bereaved by suicide. There is no age restriction in the service.

<http://www.tomorrowproject.org.uk/>

Counselling X tra

For men and women, 16 years and over, in Nottingham and Nottinghamshire. A local charity offering low-cost, person-centred counselling. Also known as Nottingham Women's Counselling Service.

Their counselling service aims to help people understand the causes of their anxiety, depression, relationship issues, and any other concerns. They provide a safe space to explore and essential tools for dealing with these issues.

<http://www.counsellingxtra.co.uk/>

The Carers' Council - Allies in Adult Mental Health

This is a registered charity providing support to those people affected by mental ill health, and in particular their carers and friends. They are not accredited professionals, just very experienced volunteers. A key part of their website is the Helping Hands feature which provides links to many sources of information. Their aim is to help people deal with the challenges of being a carer.

<https://www.carers-council.org.uk/>

Support for Survivors, Nottingham City and County

Supporting male and female victims and survivors, 16 and over who have been subjected to childhood sexual abuse, physical, psychological, incest abuse and rape in Nottingham and throughout the East Midlands.

They offer a safe, sensitive, relaxed and non-judgemental environment with structured programmes at meetings. Openly accessible by individuals or by professional referral.

<http://www.supportforsurvivors.org/welcome.htm>

Depression Self Help

Offering opportunities for sharing feelings, experiences and ideas, working towards recovery. The group is a member of the national depression charity Depression UK.

0115 911 1661 (Self Help UK's information service Monday - Friday 9am-1pm)

Nottingham Bipolar UK Support Group

The group aims to provide a safe and friendly environment where people with bipolar disorder (previously called manic depression), friends and family, can meet to give each other support, confidence and share experiences. Also offers a 'Reading for Mental Health Group' and some walks/social outings. The group is associated with Bipolar UK, the national charity for bipolar disorder.

<http://www.bipolaruk.org/>

Depression UK

For people affected by depression in the UK. A national self-help organisation that offers support to its several hundred members. Most suffer from depression, others may be past sufferers, or care for those who have the illness.

<http://www.depressionuk.org/>

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Report of the Strategic Director

WORK PROGRAMME

1. Purpose of report

To consider items for inclusion in the Work Programme for future meetings.

2. Background

Items which have already been suggested for inclusion in the Work Programme of future meetings are given below. Members are asked to consider any additional items that they may wish to see in the Programme.

20 January 2021	<ul style="list-style-type: none"> • Business Plans and Financial Estimates 2021/22-2023/24 • Presentation Middle Street Resource Centre • Presentation from Child and Adolescent Mental Health Services (CAHMS) • Children and Young Persons Action Plan
June 2021 Date to be confirmed	<ul style="list-style-type: none"> • Performance Management –Review of Business Plan Outturn

<u>Recommendation</u>

The Committee is asked to CONSIDER the Work Programme and RESOLVE accordingly.

Background papers

Nil

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