



50 Steps Mental Health Focus

Issue 2 / May 2021

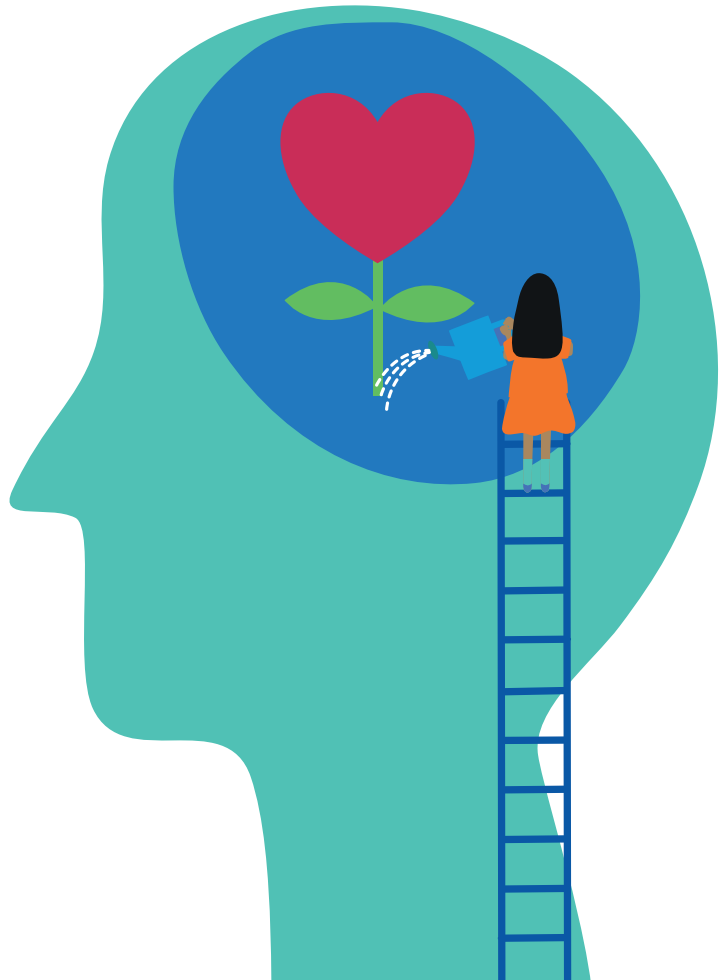
The COVID-19 pandemic has affected every aspect of our lives and whilst there have been positive benefits in community response, there have clearly been negative impacts on the mental health and wellbeing of our residents which may have short, medium and long term implications.

Our residents have been particularly affected, as a diverse community with high levels of deprivation and higher impact due to loss of jobs and employment during the lockdown. The number of deaths from COVID-19 have also been high and therefore there have been wide implications for the families affected and communities with local tragedies.

The long-term impacts of trauma, grief, and distress caused by COVID-19 has exacerbated the burden of mental ill health and widen inequalities in our communities in both young people and adults.

The burden of mental ill health in Newham prior to the pandemic tended to be poorer when compared to that of London or England, and although the picture is complex, depression and anxiety are the main common disorders.

Improving Mental Health and Wellbeing is covered by a significant number of the steps in the Health and Wellbeing Strategy – 50 steps to a healthier Newham. In particular, improving the mental wellbeing of children and young people, reducing loneliness and social isolation, supporting the mental wellbeing of those who are most vulnerable and becoming a mental health friendly borough.



It's National Mental Health Week 10th - 17th May

Help us spread awareness

Ensure your network are aware of the mental health services on offer, whether it's among friends, family, colleagues, partner organisations or employees. Or, if you think you could become a partner and help us deliver on our mental health action plan, we'd love to hear from you.

Download the directory of support services from within the email so you can share accordingly or contact sally.burns@newham.gov.uk to get involved.

Changemakers of the month

We have chosen individuals and organisations who are going above and beyond to support the health and wellbeing of the community to represent one of our 50 steps. We call them Changemakers. Newham Changemakers sit at the heart of our campaign. They demonstrate how a change in mind set and a focus on health and wellbeing can be adopted by all. We have over 60 Changemakers and in each e-newsletter we will share who our Changemakers of the month are.

Step 09:



Suus-anna Harskamp, Primary Resilience Training Lead and Specialist Teacher
Becky Dawson, Resilience Training Lead and Secondary Specialist



Suus-anna and Becky work at HeadStart Newham, a mental health service improving lives for young people and families in Newham.

Suus-anna and Becky work closely with schools, offering coaching and training for the whole school community. The goal is to ensure the school has a system in place for identifying young people who could benefit from additional support to improve their resilience and to develop understanding of the fundamental importance of supporting pupils' emotional needs alongside academic needs.

Click [here](#) to read more about Suus-anna and Becky and Step 9.

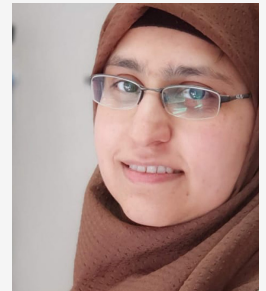
Step 22:



Dr Imrana Siddiqui, GP and Clinical Lead for Mental Health

Imrana is the GP Mental Health Lead for Newham. She works as a GP and is also the Lead for the Workforce Wellbeing Hub, a service recently set up to support NHS and social care staff. She is directly involved in designing and improving all aspects of mental health services, from perinatal and birth through to old age.

Click [here](#) to read more about Imrana and Step 22.



Step 40:



Sandra Amoah, Chair of ASK and Co-chair of the co-production forum for health and adult social care

As someone who has struggled with mental health herself, Sandra is incredibly passionate about making Newham a more mental health friendly borough. She is Chair of ASK, a user led participation group that offers organisations the opportunity to listen, learn and ultimately adapt the services they offer to those that suffer with mental health issues.

Bailey Mitchell, Interim Borough Director at East London NHS Foundation Trust

Bailey is involved in co-producing a new model for mental health services that will be adopted nationwide. Newham is 1 of 12 regions in the country that is helping to do this. This model is revolutionising the way we look at mental health services, moving away from just treating the symptoms of a condition in isolation and towards a more holistic and integrated approach.

Click [here](#) to read more about Sandra or Bailey and Step 40.



What we've been up to

Helping frontline workers better support residents

We have formed the Social Welfare Alliance, a group of partners offering support, information and referral pathways to all frontline workers. The alliance is enabling frontline workers to better support residents around the following areas – income maximisation, immigration support and advice, early years, housing issues and much more.

We have had over 600 frontline workers attend one of the training sessions since its launch in November. We have also secured a £75,000 LOTI grant in partnership with Hackney Council so we can deep dive into service design and build robust referral pathways.

Embedding mental health support into Newham's maternity

Maternity Mental Health Services are a key part of the NHS England and NHS Improvement's programme to transform specialist perinatal mental health services across England. Newham were successful in being chosen as a pilot of a new integrated discharge function for the Newham Centre for Mental Health. The purpose is to help with timely and safe discharges for people who no longer require hospital treatment. This new multi-agency working approach is aimed to help people who otherwise could have got stuck in hospital waiting for provisions, funding or support. It brings together NHS, social care and housing support and specialist mental health input to the Integrated Discharge Hub at Newham University Hospital.

Developing the Multi Agency Collaborative partnership

The Newham Child and Adolescent Mental Health Service (CAMHS) has seen an increase in crisis demand. In order to support the increase, we have coordinated a multi-agency response to triage cases. The organisations that form the Multi Agency Collaborative partnership are Newham Child and Adolescent Mental Health Service, Kooth, HeadStart, Your Time, YES, St Giles, School Health and Fight for Peace.

We are also working with ELFT and NCCG to develop a Single Point Of Access (SPoA), as part of the work to support partnerships and integrated working around children and young people's mental health and wellbeing.

Improving mental health outreach among our ethnically diverse communities

Following on from the impact assessment, a need was identified for targeted mental health outreach among the various ethnically diverse communities within Newham. The proposed mental health toolkit is comprised of three main components.

1. Mental health workshops in partnership with Good Thinking, ELFT and Newham Talking Therapies. The workshops will be an interactive session, aiming to increase knowledge, awareness and reduce stigma surrounding mental health.
2. Key community members and faith leaders will also be offered the chance to have mental health training, which directly addresses the needs/concerns affecting residents from various ethnic backgrounds. There is an option to become a mental health first aider as well as training in supportive communication and listening skills to better help support their communities.
3. A peer support group will be created for residents to share resources, experiences and build a community, aiming to reduce stigma and normalise conversations around mental health within their respective communities.

The Together Café is open

The NHS long term plan requires the increase of alternative forms of provision for those in crisis such as sanctuaries, safe havens and crisis cafés. Such services provide a more suitable alternative to A&E for many people experiencing mental health crisis.

In partnership, ELFT and Hestia are delivering a Crisis Café in Newham to provide service users, who are in crisis, or heading towards crisis, a safe and therapeutic environment as an alternative to crisis pathway services, such as A&E.

The Together Café is an out-of-hours service operating 7 days a week between 5-9pm Monday to Thursday and 5-11pm Friday to Sunday. The café is currently staffed by an Art Therapist providing Arts Therapy interventions, support workers and peer support workers providing both individual sessions of support and group activities.

What we've been up to

Hosting Mental Health Aware workshops for frontline workers

Newham Council, as part of its commitment to workforce wellbeing, has been collaborating with Newham Clinical Commissioning Group (NCCG) Training Hub and Health Education England (HEE) to develop a 4-hour Mental Health First Aid training session for all frontline workers. It's an opportunity for frontline workers to better understand what mental health is, how to look after their own mental health and give confidence so they are able to support others in distress. A 'Mental Health Aware' certificate is awarded to all attendees.

Hosting stress and anxiety workshops for children and young people

As part of the Young Health Champions programme, we have been running stress and anxiety workshops for children and young people. The workshops have been delivered by Kooth, an online counselling and emotional wellbeing platform for children and young people. The session, which was attended by 80 young people, covered the causes of anxiety and stress, as well as helpful tips which they could use to boost their own mental wellbeing.

Following the success of the session, we are looking to deliver a 14+ mental health and wellbeing open workshop that will be co-designed and co-delivered by Young Health Champions and a mental health professional.

Launching our telephone befriending service

Connect Newham is a new telephone befriending service for any one aged 18 or over who lives alone or who cares for someone else on their own. Many residents are feeling cut off and disconnected from others. Through conversation, company and companionship, Connect Newham brings local people together so they can stay positive and connected. Residents can sign up to receive weekly or fortnightly calls from a trained volunteer befriender. The service has recently launched, and we'd welcome any support in spreading awareness of the service among residents.

Hosting mental wellbeing workshops for parents and carers

We know how stressful it's been for parents and carers over the last couple of months, juggling between work and home schooling. We decided after conversations with the community to hold a mental wellbeing workshop targeted at parents and carers focused on 'Going back to school' and the experience of home schooling. The workshops were delivered by mental health professionals from Newham Talking Therapies.

Hosting open stress management workshops for residents

We delivered an open stress management workshop in collaboration with Newham Talking Therapies service. The workshop was advertised through the COVID-19 Health Champions programme and VCFS channels and aimed at Newham residents aged 18+. We had 32 attendees and the session focused on causes of stress and anxiety, how to recognise you are stressed, how to help yourself when you are stressed and where to seek help and support. Following the fantastic feedback received, we will be delivering monthly sessions focused on mental health and wellbeing in collaboration with Newham Talking Therapies service.

Coming up

Wellbeing & Resilience Workshops (4 hours)

10 lots funded sessions throughout April-Aug for frontline council and primary healthcare staff. Delegates can book directly via:

<https://bit.ly/newhamwellness>

Mental Health Awareness (4 hours)

10 lots of funded sessions throughout April- Aug for frontline council and primary healthcare staff. Delegates can book directly via:

www.eventbrite.co.uk/e/mhfa-awareness-newham-ccg-online-course-tickets-140267663357

Mindfulness

Delegates can book via:

<https://londonbuddhistcentre.com/nhsnewham/>

Get involved

Read more about the 12 priorities and steps on our website www.50steps.co.uk or contact hifsah.malik@newham.gov.uk for more information.

We want to make sure that we fill our newsletter with things you want to hear about. Please let us know if there is anything you'd like us to include more of, or less of, just email hifsah.malik@newham.gov.uk.

Follow our hashtag [#whatsyourstep](https://twitter.com/whatsyourstep)

www.50steps.co.uk