



Protecting and improving the nation's health

## Prevention Concordat for Better Mental Health: information required from signatories to the Consensus Statement

We are delighted that you are interested in becoming a signatory to the [Prevention Concordat for Better Mental Health Consensus Statement](#). You will be joining a number of organisations who have committed to working together to prevent mental health problems and promote good mental health through local and national action.

### The Prevention Concordat registration process

**Step 1.** Complete the local Prevention Concordat action plan template below (Attach any supporting documents that you may want to share)

**Step 2.** Senior leader/CEO of organisation to commit and sign up to approved action plan

**Step 3** e-mail your submission to [publicmentalhealth@phe.gov.uk](mailto:publicmentalhealth@phe.gov.uk)

**Step 4.** Confirmation of receipt

**Step 5.** A panel will review and approve action plans submitted within one month of submission date;

*NB: the team are currently reviewing the process for approving action plans and intend to have a digital process set up moving forward. Please see below.*

### Registration form

Please answer the questions below:

<b>Lead contact name</b>	Fiona Hextall
<b>Lead contact details</b>	Email: <a href="mailto:Fiona.Hextall@gedling.gov.uk">Fiona.Hextall@gedling.gov.uk</a> Telephone number: 0115 9013635
<b>Job title of lead officer</b>	Sports and Health Development Officer
<b>Name of organisation / partnership</b>	Gedling Borough Council
<b>Local authority area (base/head office)</b>	Gedling Borough Council Civic Centre Arnot Hill Park Arnold Nottingham

<b>Post code</b>	NG5 6LU
<b>Weblink</b>	<a href="http://www.gedling.gov.uk/">http://www.gedling.gov.uk/</a>
<b>Who are you representing?</b> <i>(e.g. Individual organisation, collaboration, partnership, Local Authority, Clinical Commissioning Group, community group and other, please name)</i>	Gedling Borough Council and the residents of Gedling Borough.
<b>Please tell us more about your organisation's work</b> (no more than 150 words)	<p>Gedling Borough Council has a corporate priority outlined in the Gedling Plan 2019-2020, focused around Healthy Lifestyles. To promote the health and wellbeing of our residents: Improve health and well-being and reduce health inequalities. Gedling Borough Council adopted a Health and Wellbeing Delivery plan in 2018, which supports the themes set out within the Nottinghamshire Health and Wellbeing Strategy under Healthy and Sustainable Places. Improving the mental wellbeing of the Gedling population is therefore a key priority for both Gedling Borough Council and Nottinghamshire County Council.</p> <p>Gedling Borough Council is a member organisation of the Nottinghamshire Health and Wellbeing Board. This provides a platform explore Nottinghamshire's needs to improve health and wellbeing.</p> <p>As an organisation Gedling Borough Council supports a range of health commissioned and non-commissioned community based initiatives and activities that aim to improve mental wellbeing at a local level.</p> <p>The Gedling Health and Wellbeing Delivery group is a mechanism that brings together key health and community partners, to ensure the successful implementation of the key priorities identified within the County Health and Wellbeing strategy at a local level.</p>
<b>What are you currently doing that promotes better mental health?</b>	<ul style="list-style-type: none"> <li>- Actively promoting commissioned mental health support services, such as 'Let's Talk Wellbeing' to the members of the public. Providing venues for drop in services where required.</li> <li>- Promotion of the national PHE campaign Every Mind Matters during Mental Health Awareness week 2019, through communication channels such as; social media, Health and Wellbeing e-newsletter and on TV screens in key council venues.</li> <li>- Delivery of Dementia Friend training across the Borough, increasing residents' awareness around Dementia. Support is also provided to Dementia Memory Café support groups.</li> <li>- Providing support for older people (60+) who identify as being lonely and social isolated through the Social Prescribing scheme SPRIING (Social Prescribing Reducing Isolation IN Gedling).</li> </ul>

	<ul style="list-style-type: none"> <li>- Providing community capacity support to community based support groups/organisations such as the Arnold Mental Health Befriending Services and the 4 Seasons Mental Health support group.</li> <li>- Supporting the Nottinghamshire Mental Health Trailblazer project, which aims to support children and young people’s emotional health and wellbeing within selected schools across the Borough. With a key focus on the development of mental health support teams within those schools.</li> <li>- Promotion of national campaigns, local support services and advice to Gedling Borough Council employees through the Nottinghamshire Well@Work workplace health initiative.</li> <li>- Ensuring that the Gedling Health and Wellbeing Delivery Group is used as a platform to bring together key local partners to collaborate and share updates, ideas and resources around the mental health prevention agenda.</li> </ul>
<p><b>Do you have or are you intending on producing a mental health plan or a mental health needs assessment.</b></p>	<p><b>Yes</b> <input type="checkbox"/>      <b>No</b> <input checked="" type="checkbox"/></p> <p>If yes, please specify :</p>
<p><b>The Prevention Concordat for better mental health highlights the five domain framework for local action</b></p> <p><b>Please describe what are you planning to commit to in the next 12 months for your area</b> (see * page 3 for examples to support completion of this section);</p>	
<p><b>1. Leadership and Direction</b></p>	<ul style="list-style-type: none"> <li>- Sign up Gedling Borough Council to the Prevention Concordat for Better Mental Health.</li> <li>- Explore the feasibility of signing up Gedling Borough Council to the Time to Change Pledge.</li> <li>- Make a commitment to promote good mental health and prevent mental illness both within the organisation and across the local community.</li> <li>- Continue to utilise the Gedling Health and Wellbeing Delivery group as a mechanism to bring together local partners who share priorities around improving mental wellbeing.</li> <li>- Seek to further bolster linkages with Nottinghamshire Public Health.</li> <li>- Continue to promote Employer responsibility within Gedling Borough Council to promote good mental wellbeing amongst staff. Examples of activities include Staff Mindfulness and Pilates sessions.</li> </ul>

<p>2. Understanding local need and assets</p>	<ul style="list-style-type: none"> <li>- The Nottingham and Nottinghamshire Integrated Care System (ICS) developed a Mental Health Strategy in 2018 based on evidence of need. The Health and Wellbeing Board have aligned Mental Health prevention to the ICS Mental Health Prevention work stream which sets out the Mental Health prevention delivery plan</li> <li>- The following JSNAs provide insight on local need: <ul style="list-style-type: none"> <li>- <a href="#">Nottinghamshire Mental Health JSNA 2017</a></li> <li>- <a href="#">Nottinghamshire Suicide Prevention JSNA 2016</a></li> </ul> </li> <li>- The Children and Young People Mental Health JSNA is being refreshed in 2019.</li> <li>- The Emerging Nottinghamshire Homelessness JSNA as has strong links to Mental Health.</li> <li>- Gedling Borough Council will continue to engage and work with members of the local community to develop insight based on local need and lived experience. Examples of engagement mechanisms may include; Gedling Seniors Council and Gedling Youth Council consultation and Locality Co-ordinator engagement within priority localities.</li> <li>- The SPRIING (social prescribing reducing isolation IN Gelding) pilot project has been measuring client's (adults over 60 years) mental wellbeing in a formal evaluation conducted by Nottingham Trent University. A full report will be available post March 2020.</li> <li>- Gedling Borough Council are involved in an insight led community physical activity project in partnership with Active Notts and Nottinghamshire Public Health. Whilst this has a physical activity focus, findings from this insight will include references to mental wellbeing and other wider determinants of health.</li> </ul>
<p>3. Working together</p>	<ul style="list-style-type: none"> <li>- Ensure cross-departmental internal collaboration to promote mental wellbeing and the prevention of mental ill health. Especially where the wider determinants of health are apparent.</li> <li>- Continue to bring partners together to promote multi-agency mental health prevention through the Gedling Health and Wellbeing Delivery Group.</li> <li>- Promotion of campaigns and support services to local businesses through the events/communication via the Economic Growth Service Area.</li> <li>- Continue to work on the links between Mental Health and homelessness/ risk of homelessness through Housing and support related partnerships.</li> <li>- Support the new NHS Link Workers to provide appropriate signposting opportunities into community based support groups, to improve the mental wellbeing of patients.</li> <li>- Work with the newly formed Primary Care Networks (PCN) to promote campaigns and local support groups that support mental wellbeing.</li> </ul>

<p>4. Taking action</p>	<ul style="list-style-type: none"> <li>- Sign up Gedling Borough Council to the Prevention Concordat for Better Mental Health.</li> <li>- Explore the feasibility of signing up Gedling Borough Council to the Time to Change Pledge.</li> <li>- Support Mental Health Awareness week 2020 by promoting <a href="#">Every Mind Matters</a> across the local community.</li> <li>- Utilise the links with schools, youth centre and community group to support the mental health resilience programmes for children &amp; young people</li> <li>- Increase the number of mental health first aiders and/or individuals attending mental health awareness training within the organisation.</li> <li>- Continue to promote commissioned support services such as Let's Talk Wellbeing both internally and externally.</li> <li>- Promote and provide support to local community based groups/organisations that support individuals' mental wellbeing.</li> <li>- Continue to support socially isolated people in the community, by linking them into appropriate support services.</li> <li>- Promote the use of Leisure Centres, Parks, Allotments and open green spaces and the positive impact they can have on mental wellbeing.</li> <li>- Create better links to GPs and the new social prescribing Link Workers through the PCNs.</li> <li>- Seeking to bolster support for people who are homeless to access wider support services.</li> </ul>
<p>5. Defining success</p>	<p>At a county level, progress of each District/Borough will be monitored at the start of each HWB meeting by asking each Board member:</p> <ol style="list-style-type: none"> <li>1. Has your organisation signed up to the prevention concordat?</li> <li>2. Has your organisation signed up to the Time to Change campaign?</li> <li>3. How many mental health first aiders are trained within your organisation?</li> </ol> <p>At a local Borough level the development of the progress will be monitored through the Gedling Health and Wellbeing Delivery Group.</p>
<p><b>What is the impact you are looking to measure and how do you think you will measure it?</b></p>	<p>The above outputs and outcomes defined by the HWB will be recorded at the start of each HWB meeting.</p> <p>The Gedling Health and Wellbeing Delivery Group will be used as a platform to measure the impact/improvements across the local community in relation to preventing mental illness and promoting mental health. This will be measured through case studies and examples of reflective learning, which can be cross referenced and supported by local level mental health data.</p>
<p><b>Is your organisation/ partnership happy to provide key impact headlines when contacted related to the commitment specified?    Yes <input checked="" type="checkbox"/>    No <input type="checkbox"/></b></p>	

For further information please contact [publicmentalhealth@phe.gov.uk](mailto:publicmentalhealth@phe.gov.uk)

*The purpose of this information is to support us to measure progress of the programme and inspire others. Information requests will not occur more than once a year.*

**Upload signature and organisation logo**

In your submission please attach any additional documents that you may want to share to support your commitments e.g. strategies, plans project outlines.

***\*What do we mean by prevention planning?***

***You may already be doing excellent work in relation to prevention planning that you are eager to share however here are a few examples for you to think about***

What does good look like; the framework for effective planning for better mental health in all local areas is evidence based and consists of five steps to delivery:

<b>Steps</b>	<b>Partnerships</b>	<b>Organisations</b>	<b>Communities</b>
<b>Leadership and Direction</b>	<p>Identified lead organisation within the partnership for prevention of mental illness and promotion of good mental health</p> <p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Shared vision statement for prevention and promotion that all have signed up to</p> <p>Employer responsibility to promote good mental wellbeing amongst their staff – what activity has been taken</p>	<p>Designated mental health prevention champion at a senior officer level in each organisation</p> <p>Support and development is given to roles that champion mental health prevention</p> <p>A clear vision for mental health promotion and prevention that fits across the whole organisation , involving all departments and functions and is integrated in all plans and strategies</p> <p>Employer responsibility to promote good mental wellbeing amongst their staff – what activity has been taken</p>	<p>An identified mental health prevention champion e.g. a local board member or community representative</p> <p>A shared vision and commitment to promote good mental health and prevent mental illness within the community</p> <p>Engagement within local partnerships to advocate for and meet community needs</p> <p>Employer responsibility to promote good mental wellbeing amongst their staff – what activity has been taken</p>
<b>Understanding local need and assets</b>	Local Authority led Joint Strategic Needs Assessment	Mental health prevention needs assessment of targeted populations e.g. prison population, parents, Black and	Asking questions of individuals, groups and families within the community about their mental health

	<p>with a mental health prevention focus</p> <p>Mental Health Equity Audits across the partnership</p> <p>Collaborative analysis of local information and intelligence sharing</p> <p>Real time surveillance of suicide data</p> <p>Engagement with communities to gain insight into their needs and assets</p>	<p>Minority Ethnic or Black, Asian and Minority Ethnic (BAME) , LGBTQ</p> <p>Engagement with communities to gain insight into their needs and assets</p>	<p>and wellbeing and what influences it e.g. use of <a href="#">WEMWEBs</a></p> <p>Engagement events and opportunities that enable citizens to share views and participate in decision making</p>
<b>Working together</b>	<p>Working together in collaboration across a number of organisations on agreed prevention priorities, shared plans and strategies</p> <p>Involve local communities, including those with lived experience in planning;</p>	<p>Seeking collaboration with other organisations and working collaboratively within the organisation to address issues related to the promotion of mental wellbeing and the prevention of mental ill health e.g. multi agency suicide prevention plan, mental wellbeing plan</p> <p>Working with local communities and involving those with lived experience in planning</p> <p>Partnership working with local stakeholders including the LA and NHS- examples of how they have worked in partnership</p>	<p>Coming together with other community groups and/or working with local partnerships</p> <p>Involving those with lived experience in planning and delivery</p> <p>Partnership working with local stakeholders including the LA and NHS- examples of how they have worked in partnership</p>



<b>Taking action</b>	<p>Delivery of partnership plans and strategies</p> <p>Shared prioritisation and resources</p> <p>Mental Health Impact Assessments to integrate mental health prevention into partnership plans and strategies</p> <p>Campaigns- examples of how they have supported local or national campaigns e.g. Time to Change</p> <p>Supporting recovery of those already in the MH system</p> <p>Work in communities and examples of how they have engaged people with lived experience in the design and delivery of service</p>	<p>Delivery of an organisational plan and/or strategy that has clear identified priorities and resource to support implementation.</p> <p>Prevention activity across the whole of the organisation</p> <p>Developing the workforce's knowledge and skills in promotion and prevention.</p> <p>Campaigns- examples of how they have supported local or national campaigns e.g. Time to Change</p> <p>Supporting recovery of those already in the MH system</p> <p>Work in communities and examples of how they have engaged people with lived experience in the design and delivery of service</p>	<p>Programmes of local activity that promote better mental health.</p> <p>Enable citizens and communities to take action to promote better mental health.</p> <p>Campaigns- examples of how they have supported local or national campaigns e.g. Time to Change</p> <p>Supporting recovery of those already in the MH system</p> <p>Work in communities and examples of how they have engaged people with lived experience in the design and delivery of service</p>
<b>Defining success</b>	<p>Agreed outputs and outcomes across all partners that demonstrate delivery of the plans , level of partnership engagement and the measurement of impact/</p>	<p>Agreed outputs and outcomes across the organisation that demonstrate delivery of plans , level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing</p>	<p>Measuring the impact of activity on people's mental health and wellbeing in local communities</p>

	improvements in local communities in relation to preventing mental illness and promoting mental health	mental illness and promoting mental health	
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