



## SHEFFIELD HEALTH AND WELLBEING BOARD PAPER

---

**Report of:** Councillor Mary Lea and Dr Ted Turner

---

**Date:** 25<sup>th</sup> June 2015

---

**Subject:** Public mental health and wellbeing: strategic approach  
*A discussion with Public Health England*

---

**Author of Report:** Chris Nield, 0114 293 0440

---

### Summary:

The Joint Health and Wellbeing Strategy for Sheffield includes work programme 2, Building Mental Wellbeing and Emotional Resilience. The attached report builds on the update to the March 2015 meeting, providing the Board with the background and a copy of our developing work plan.

This item, which offers the Board the opportunity to hear from the National Lead from Public Health England, aims to promote discussion and support the Board towards its strategic objectives as reflected in this programme. This discussion will be supported by a presentation at the meeting.

---

### Key points for the Health and Wellbeing Board:

#### We have adopted the following principles in developing our plans:

- Action is required across the life course.
- Mental and physical wellbeing are interconnected.
- Mental wellbeing is enhanced the more people, families and communities have a sense of control over the things that matter to them.
- A wide range of factors e.g. creative, cultural, lifelong learning, leisure and physical activities, housing and jobs, play a key role in protecting and promoting mental

wellbeing. A number of plans are already in action across the city to influence these factors. This programme intends to support these and identify gaps where this programme can make a difference.

- We start from an asset-based approach which focuses on the skills, talents, strengths and aspirations of individuals and communities, not only their needs; recognises and builds on work already underway in the City.
- The plan will continue to develop as we learn from good practice and the developing evidence base, and in response to opportunities as local and national policy develop.

#### **Our key messages are:**

- Emotional wellbeing is a valuable resource for individuals, communities and the city; this is an opportunity to promote this narrative.
- Good emotional wellbeing improves quality of life, life expectancy, educational achievement, economic outcomes and reduces violence, antisocial behaviour and crime.
- Further engagement of stakeholders, partners and communities is needed in strengthening this approach within mainstream activity.
- 5 Ways to wellbeing is a key message in understanding how individuals can develop and protect their own wellbeing, (connect; give; take notice; be active; keep learning).
- Emotional wellbeing and resilience are key assets for us all and in particular for individuals and communities adversely affected by the social determinants of health and at increased risk of poor health and wellbeing.
- To achieve emotional wellbeing, Sheffield recognises the need for early help, intervention and support, including diagnosis.

#### **Some areas of progress and work underway**

- Delivery of pilot work in 3 families of schools to deliver emotional wellbeing services through a locality hub model.
- Building '5 ways to wellbeing' into commissioning.
- Delivery and growth of Mental Health First Aid training – collaboration between SCC, SHSC, Hallam University and the voluntary sector.
- SCC includes 5 ways in the Corporate Plan.
- Developing work with the Community learning Sector to normalise learning about emotional wellbeing.
- Increasing number of 'dementia friends' in the city.

#### **Recommendations for the Health and Wellbeing Board:**

- This approach presents an opportunity to realise significant change and improvement. The leadership of this Board and the organisations represented is key. The Board is

asked to support this preventative upstream approach, both at a strategic and operational level.

- The Board is asked to note the progress and action plan (attached).
  - Improved mental wellbeing is associated with better physical and mental health, reduced inequalities, improved social relationships and healthier lifestyles. It can help people achieve their potential, realise ambitions, cope with adversity, work productively and contribute to their community and society. Its strategic significance can be better understood. The Board is asked to promote this narrative.
- 

#### **Appendix:**

- An update on the Building Mental Wellbeing and Emotional Resilience work programme: included in the report pack.

#### **Background papers:**

- March 2015's update on the Joint Health and Wellbeing Strategy's work programmes: <http://sheffielddemocracy.moderngov.co.uk/documents/s17487/Update%20on%20the%20Joint%20Health%20and%20Wellbeing%20Strategy%20Work%20Programmes.pdf>.
  - Sheffield Joint Health and Wellbeing Strategy 2013-18: <https://www.sheffield.gov.uk/caresupport/health/health-wellbeing-board/what-the-board-does/joint-health-and-wellbeing-strategy.html>.
-

This page is intentionally left blank