

# Building Mental Wellbeing and Emotional Resilience

Health and Wellbeing Board

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## **Building Mental Wellbeing and Emotional Resilience**

- Scoping identified a wide range of ambitions (some below).
- Work programme not developed –leadership/workforce capacity.
- Promote understanding of 5 ways to wellbeing (not just focus on illness).
- Build on community based assets.
- Making every contact count for wellbeing.
- Understanding mental wellbeing can lead us to do things differently.

# **Our Ambitions**

## **Building Mental Wellbeing and Emotional Resilience**

Some relevant work has been undertaken:

- 3 social cafes commissioned, provided from community bases.
- Mental health information and advice service reviewed.
- Wellbeing assessment of care homes.
- Events - Wellbeing Festival; Older People's Day.
- Mental Health First Aid training programme.
- SCC Members task and finish group.

## **What we have achieved**

Some plans in place:

- **Building Mental Wellbeing and Emotional Resilience**
- Promoting 5 ways to wellbeing (what we can do for ourselves) - begins with Council workforce April 2014.
- Integration agenda is explicitly physical *and* mental health.

## What we intend to do next

- Working to bring £6m of lottery funding for loneliness and isolation amongst older people.
- Implement MWB NICE guidance for older people in Residential care.
- Better links across programmes to build social capital and connect people.

## **Building Mental Wellbeing and Emotional Resilience**

- Looking to refresh governance of mental health and wellbeing more generally.
- Aim is to engage meaningfully with academic / clinical expertise, public / service users, and providers to guide future strategy and commissioning.

# **The governance**

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