

Adult, Children & Education Scrutiny Commission

28th January 2018



Report of: Progress against Thrive Bristol programme

Title: Thrive Bristol - year one update

Ward: City wide

Officer Presenting Report: Leonie Roberts

Contact Telephone Number:

The significant issues in the report are:

- The Thrive Bristol programme was established in 2018 to improve the mental health and wellbeing of everyone in Bristol.
- Thrive Bristol is part of the One City Approach to bring together partners and communities across the city, to tackle important issues for Bristol, including mental health.
- A steering group has been established with key city partners involved, chaired by Cllr Craig.
- An outcomes framework is being developed through the steering group, to enable us to measure the impact of the programme.
- 11 work programmes have been established to deliver against the ambitions for Thrive.
- The programme has gained a great deal of support from partners across the City and is being recognised for its good work across the country.
- BCC has signed the Public Health England Prevention Concordat for Better Mental Health demonstrating its commitment to join the national drive to take action to prevent mental health problems, promote good mental health and build resilient communities.
- BCC has signed the Time to Change Employer Pledge and has an action plan for improving the mental health of its staff.
- The emerging BNSSG Mental Health strategy will build on the Thrive approach.



1. Summary

Thrive Bristol is programme to improve the mental health and wellbeing of everyone in Bristol, with a focus on those with the greatest need, whatever their age. Thrive Bristol is part of the One City Approach to bring together partners and communities across the city, to tackle important issues for Bristol, including mental health. Thrive Bristol is also part of a wider Thrive network including Thrive programmes in New York, London and West Midlands.

Thrive Bristol focuses on prevention and early intervention and the role partners from across the city can play in promoting good mental health. These include schools and universities, employers, housing organisations, businesses and the police. Thrive also seeks to tackle stigma and discrimination, and addresses the importance of our relationships and surroundings and access to good food, money and wider resources in achieving good mental health for all.

Key Achievements to date

- BCC signed the Public Health England Prevention Concordat for Better Mental Health and submitted its action plan in Jan 19, based on the Thrive ambitions. By signing this agreement, Bristol City Council is demonstrating its commitment to join the national drive to take action to prevent mental health problems, promote good mental health and build resilient communities. PHE will make an official announcement on 15th January. Some joint communications will take place. PHE plans to share BCC's action plan with other local authorities as an example of good practice.
- BCC submitted their Time to Change Employer Pledge action plan to demonstrate its commitment to improving the mental health of its staff. This will be signed by the Mayor on 6th Feb. An event for staff will be held in City Hall on Time to Talk day (7th feb).
- The emerging BNSSG CCG/STP Mental Health Strategy will build on the Thrive approach.

Context

Thrive is a set of agreed ambitions for the city with work programmes aligned to it, including:

- Create a city free from mental health stigma and discrimination
- Enable individuals and communities to take the lead
- Maximise the potential of children and young people
- Create a happy, healthy and productive workforce
- Become a city with services that are there when, and where they are needed
- Enable people to have the resources to lead a healthy life, and safe and stable places to live
- Become a suicide safe city

Thrive aims to encourage partnership working across the city and to ensure that any existing work programmes that align with the Thrive ambitions, are linked. As such Thrive is not in itself set up to deliver any specific interventions, but to maximise existing resources.

Governance

- A Thrive Steering Group has been established with 19 senior level partner organisation members, representing most work streams (social care representative TBC)
- Chaired by Cllr Asher Craig – meets quarterly (July, Oct 18, Jan 19), see appendix for governance structure
- People with lived experience of mental health problems are at the core of Thrive – a steering group ‘co-production’ workshop is taking place in Jan 19 to agree shared principles and a framework for involvement in Thrive across the work streams
- A further workshop will be held with the steering group in March 19 (TBC) to develop and agree an impact measurement framework, using Theory of Change as the foundation. This will be facilitated by a ToC expert.
- A Thrive programme team consists of leads for each work stream, who meet monthly and produce progress reports.

Thrive Workstreams

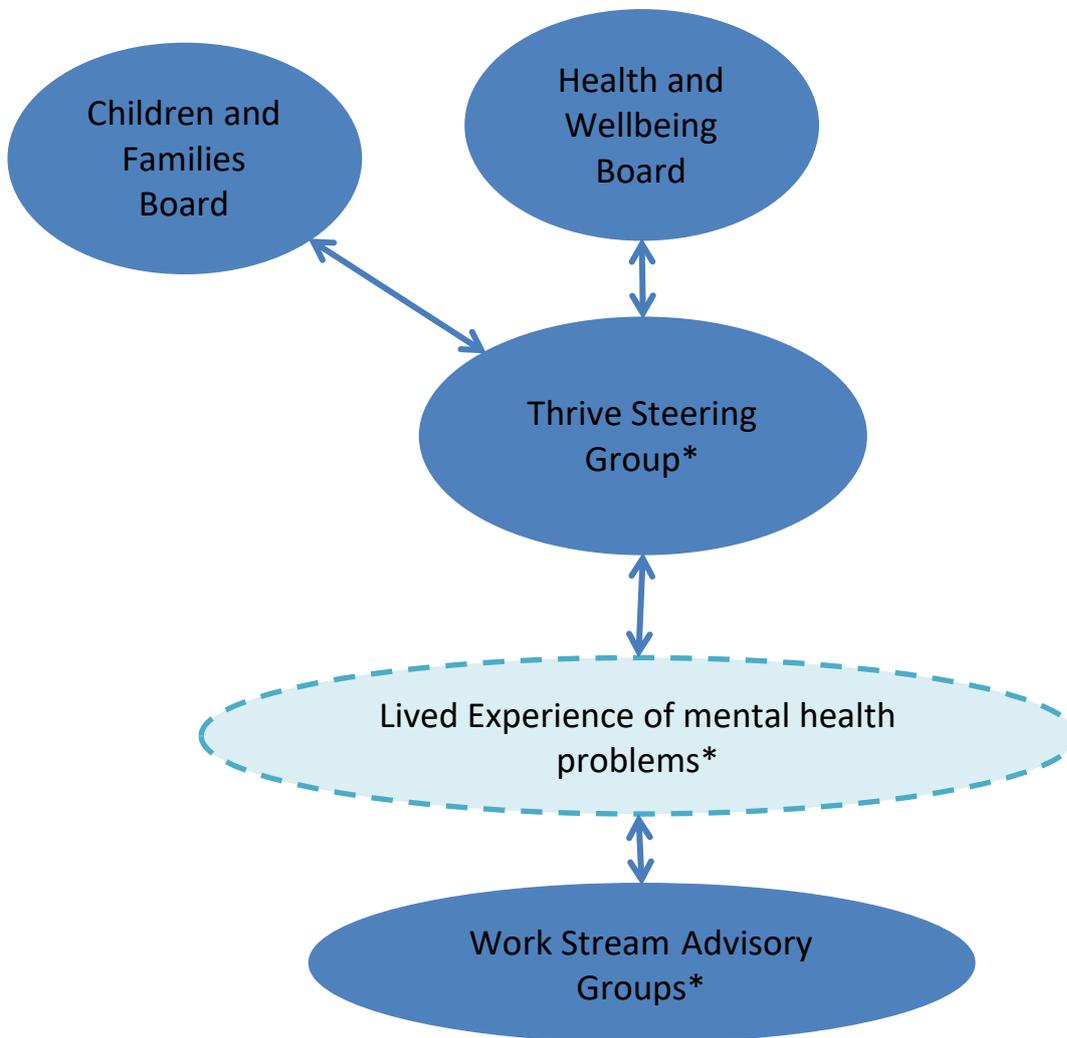
There are 11 work streams. Each one has an advisory group, formed from existing groups and networks meetings and structures, thus embedding the Thrive ambitions into current and developing strategies and action plans.

- **Thriving at Work - Improving the mental health and wellbeing of employees in Bristol.** The Thriving at Work launch event took place April 18. Subsequently a Task and Finish group was established and chaired jointly by Burgess Salmon and MIND Bristol. This met several times throughout the summer and a report is being produced sharing examples of best practice for improving mental health in the workplace. This will be shared with the Thrive steering group in early 2019 and then published for sharing with employers across Bristol.
- **Tackling Stigma and Discrimination (Time to Change) – To support aims for Bristol to become a city free from mental health stigma and discrimination.** Bristol became a Time to Change (TTC) hub in April 2018. The work plan is reviewed quarterly by the TTC advisory group. A Time to Change Employer Pledge event took place in City Hall in Sept 18 inviting employers across the City to sign the pledge and submit an action plan to improve mental health in the workplace. As a result 5 organisations including BCC, have produced their action plan and plan to sign the pledge.
- **Children and Young People - Improving the mental health and wellbeing of children and young people in Bristol.** A report has been produced by the Centre for Mental Health including recommendations, which has been signed off by the Thrive Steering Group and is due to go to the Children and Families Board w/c 7 Jan 2019.
- **The communities workstream - To build community capacity and resilience to improve mental health and wellbeing using an asset based approach.** Thrive Hartcliffe has been established and is led by a community working group. A report of their activity has been produced. This report will be reviewed in order to develop plans for community Thrive programmes across the City. This will be led by the Community Development team in collaboration with community partners.

- **Student MH - Improving the mental health and wellbeing of students in Bristol.** This work stream is led by UWE in partnership with UoB and further education organisations. A city wide Thrive Bristol HE/FE network has been established and met for the first time in December 2019. In early 2019, there will be a Thrive Bristol HE/FE conference, to bring together the initiatives, insight, and ideas of Higher Education and Further Education providers in Bristol, on the topic of student mental health and wellbeing.
- **Housing - To understand the interdependencies between housing and mental health and develop a city-wide approach to acting upon these.** A homes and health working group has been established and is working to an action plan which includes mental health. A report has been published as a result. A JSNA chapter on Fuel Poverty has been published and the home and health group will take action on the recommendations.
- **MH Literacy – To improve mental health literacy and awareness to help individuals and organisations to be better able to seek and receive help.** North Somerset Council’s Public Health team is leading on behalf of BNSSG, to review and map mental health training resources across BNSSG. Workforce MH training is included in the STP MH prevention group work.
- **Debt and MH - To understand the key interdependencies and challenges between debt and mental health and develop a city-wide approach to acting upon these.** A health impact assessment was conducted by PH to consider the health impact of universal credit. The DWP has set up a working group to take forward recommendations.
- **Domestic Abuse - To improve the mental health support received by people affected by domestic abuse.** A Think Tank event took place in summer 2018 which engaged stakeholders from a broad range of organisations including mental health providers and specialist voluntary sector providers. The recommendations from this event had an influence on the new Commissioning of IAPT services and potentially AWP community services, in that training of staff and referral pathways providing support for those who have experienced abuse is written into the tender specification.
- **Smoking - Tackling the physical health inequalities experienced by people affected by severe and enduring mental illness.** The new IAPT service specification has been updated with an increased focus on smoking cessation. This work stream is likely to be incorporated into the BNSSG work to focus on improving outcomes for those with both physical and mental health needs.
- **Arts - To improve wellbeing through the medium of art and culture.** Initial meetings with the Arts and Culture team has generated lots of ideas for quick wins including Mental Health training for arts facilitators. Arts & Culture team have funded an arts section on the Wellaware website.

Appendix:

Thrive Bristol governance



*Representation of lived experience of mental health problems will be part of these groups.