



Bristol Health and Wellbeing Board

Title of Report	Update on Thrive Bristol
Author (including organisation):	- Victoria Bleazard, Bristol City Council - Leonie Roberts, Bristol City Council
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For:	Strategic oversight

1. Purpose of this Paper

We wish to update the Health and Wellbeing Board on both the priorities for the Thrive Bristol programme for 2019-20, and on efforts to develop an STP-wide Mental Health Strategy.

In relation to Thrive Bristol, alongside providing an update on the programme's priorities for this year, we have two requests for the Health and Wellbeing Board:

- For the Health and Wellbeing Board to draw upon its considerable influence to encourage city partners to do all that they can to improve mental health and wellbeing across Bristol.

Specifically – we ask for the Board to communicate directly with key organisations (including schools, employers, statutory and community partners) outlining why mental health is a city priority, and request their support in making improvements. This may, for example, include encouraging organisations to deliver mental health training, or through becoming a [‘Time to Change’](#) employer to join efforts to tackle mental health stigma and discrimination. Both of these are key ambitions within the One City Plan and Thrive Bristol.

- In parallel to requesting the support of city partners, we ask that the organisations represented on the Health and Wellbeing Board work towards becoming exemplary organisations for supporting the mental health and wellbeing of their staff and beneficiaries. Again, we would wish each organisation to become a ‘Time to Change’ employer and through this develop and implement a comprehensive set of actions to strengthen their efforts to improve mental health and wellbeing.

The Thrive Bristol programme team is able to offer organisations advice and support in developing these plans, and will have some additional capacity to roll out mental health training over 2019 – 20.

2. Executive Summary

2a.) Thrive Bristol: 2019-20 priorities

Thrive Bristol is our city-wide, partnership programme to improve the mental health and wellbeing of everyone in Bristol, with a focus on those with the greatest needs. It covers all ages and considers mental health in its broadest sense, with initiatives to improve the whole population's wellbeing, as well as interventions for people experiencing mental illness.

The programme is focusing on prevention and the role partners from across the city can play in promoting good mental health. At its core is a recognition that as little as 10% of a population's health and wellbeing can be linked to access to healthcare. As such, rather than beginning with treatment, the focus is on the role of schools, colleges and universities, employers, housing organisations, businesses, the police and others can play. 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.

Thrive Bristol is an example of the One City Approach that is being taken in Bristol – where a broad range of city partners will work collaboratively to tackle the shared challenge of poor mental health. Partners from across the city are leading this work, proactively offering their time, resource and commitment to create a more mentally healthy city.

Over 2019 – 20, Thrive Bristol will be focusing on the following areas:

- **Children and Young People**

We will offer support to all schools in Bristol to help them to develop a 'whole school approach' to mental wellbeing – for the benefit of pupils and staff.

- **Student Mental Health**

Bristol's two universities – the University of Bristol and the University of the West of England - have made improving mental health a top priority. This has focused on both supporting efforts to improve mental wellbeing, and on ensuring that systems are in place to quickly respond when students become unwell.

Within Thrive Bristol over 2019-20, we are aiming to:

- a.) build upon the collaboration between the University of Bristol and UWE on mental wellbeing, and share learning from their 'whole university' approaches;
- b.) support the development of a 'community of practice' between universities and FE colleges and Sixth Forms to share expertise and resource across the city;
- c.) strengthen support pathways between education and the health system;
- d.) bring learning from the wider Thrive programme, such as 'Thriving at Work' and on mental health training, into our HE and FE education providers.

Alongside this, we wish to explore the role our universities can play in informing and evaluating the innovation strands of 'Thrive Bristol' (i.e. our plans to develop our own mental health literacy training for Bristol to aid efforts to improve understanding and skills at scale).

▪ **Thriving at Work**

Over 2018-19, we supported 25 Bristol-based public, private and charitable organisations to join forces to create our 'Thriving at Work' group, with the aim of improving the mental wellbeing of workplaces across the city. This has been co-chaired by leaders from Burges Salmon and Bristol Mind, and has considered the needs of the city, gathered examples of best practice and made a series of recommendations on how further improvements can be made (their findings are soon to be published).

Over 2019-20 city partners are working with us to begin to implement the recommendations they have made, and test new approaches to try and improve mental health and wellbeing in our workplaces (and evaluate impact). As part of this, we will be supporting 10 new Bristol organisations to tackle mental health and discrimination through signing the Time to Change Employer Pledge.

▪ **Mental Health and Housing**

Second Step, Bristol Independent Mental Health Network and Bristol City Council have supported a working group of health and housing partners to develop a report which identifies the relationship between poor housing and poor mental health, and outlines the improvements that need to be made.

Over 2019 – 20, this group is focusing upon implementing the recommendations in the Mental Health and Housing working group by creating a series of clear policy asks to influence system change at a local, regional and national level. Within this is work to develop and implement a city-wide 'Housing First' programme to help homeless people with complex needs and mental health issues to access support services and enter safer and more sustainable accommodation; to strengthen early intervention work with children and young people (0 -25) and to improve access to appropriate information, signposting and knowledge exchange across mental health and housing sectors. We will also be focusing our mental health training offer to those working in Bristol's housing sector.

▪ **Thriving communities**

In partnership with CASS (Bristol's Community Access Support Service) – and our leading BAME agencies such as Nilaari and Bristol Somali Forum – we are developing a programme of work to improve mental health and wellbeing outcomes for our BAME population. We also plan to further support 'Thrive Hartcliffe' to develop its programme of work supporting wellbeing.

Across all of these workstreams the following will be embedded:

- Targeted work to tackle **stigma and discrimination** (as part of our 'Time to Change' hub).
- A roll out **mental health training** across key city groups. As part of this we are exploring how key sectors, such as our arts and culture institutions and public transport providers can provide training for their front line staff to ensure that experiencing mental distress in the city are more likely to receive the positive support they need.
- **Debt support.**

To note, Thrive Bristol is being cited as an example of best practice in the Government's forthcoming Green Paper on prevention. In addition, the programme lead was invited to present in Parliament on the programme in May 2019, to share this work with members of the National Advisory Committee on Suicide Prevention. This work aligns closely with our suicide prevention programme.

3. Recommendations

As noted above, we request that the Health and Wellbeing Board:

- Communicate directly (via bespoke letters) with key organisations, such as schools, employers, statutory and community partners, to outline why mental health is a city priority, and request their support in making improvements (e.g. supporting the roll out of mental health training or becoming a 'Time to Change' employer; or undertaking the Mental Health and Wellbeing Badge in schools).
- We ask that the organisations represented on the Health and Wellbeing Board work towards becoming exemplary organisations for supporting the mental health and wellbeing of their staff and beneficiaries.

The Thrive Bristol programme team is available to offer organisations advice and support to aid this improvement work. We believe that this approach will demonstrate the city's commitment to radically improving the mental health and wellbeing of everyone in Bristol, and help us to take practical steps to realising this ambition.

4. City Benefits

Both Thrive Bristol and the STP's Mental Health and Wellbeing Strategy seek to improve the mental health and wellbeing of everyone in Bristol, with a focus on those with the poorest outcomes. Given the high levels of poor mental health, and suicide, then this is an area that has been prioritised by city leaders through the One City Plan.

5. Financial and Legal Implications

Not applicable.

6. Appendices

None included.