



## Change idea

A free **coffee morning** to serve the rural community in Henley, Somerset. To bring people together to help reduce isolation.



## Objectives

- ❖ Provide a friendly and safe space for the local community to come together to **reduce isolation, support wellbeing.**
- ❖ Introduce and promote the Open Mental Health support offer.

## What we are doing

- ❖ Weekly informal sessions (1.5hrs), facilitated by Jo, where the community are provided the space to share personal experiences of mental health.
- ❖ Sessions are promoted by word of mouth, as a space to socialise and support the wellbeing of the local community.
- ❖ Held at Jo's family home, who provide the refreshments.
- ❖ In order to promote Open Mental Health, leaflets are provided.

## Achievements & learning so far

- ❖ **15 coffee mornings have taken place**, with an average of 8-9 people attending.
- ❖ People have shared their own experiences of mental health. One person accessed Open Mental Health and shared the benefits of the support received.
- ❖ Two people are planning to complete peer support training.
- ❖ Feedback indicate the coffee mornings are helping reduce isolation.
- ❖ What's worked? ***Informality of the sessions, friendly environment, being free of charge.***

## Next steps

- ❖ Encourage those who attend to invite friends and family to come to sessions.
- ❖ Share learning and collaborate with Open Mental Health community engagement project.
- ❖ Promote peer support training, so similar initiatives can be tested in other areas.



## Change idea

Research and data shows that many women veterans do not access mental health services or do not remain engaged with mental health services to the detriment of the severity and longevity of their mental health.



## Objectives

- ❖ We will increase referrals of women into NW veterans' services from 5% to 11% and increase the number of women veterans who remain engaged with mental health services by March 2024.
- ❖ Reduce DNA rates and maintain our supportive relationships for sustained mental wellbeing for veterans reducing the longevity and severity of their conditions.
- ❖ Provide new women specific pathways within veterans' specialist services.

## What we are doing

- ❖ Thematic analysis of current data within veteran specific services versus local population data and local population mental health data.
- ❖ Systematic review of current literature and research relating to women veterans, access to service, barrier to access and service attributable MH themes in the women veteran's cohort.
- ❖ Establishment of women veteran focus groups following work to understand how women veterans would like to engage with this work utilising themes from the Office for Veterans Affairs (Cabinet) Veterans Strategy Action Plan 2022-2024.

## Achievements & learning so far

- ❖ Dedicated Project team established including Lead Psychologist; Specialist Psychotherapist, Data Lead, Operations Manager and the recruitment of a volunteer Research Assistant.
- ❖ Linked with key stakeholders nationally both of research teams and providers of services to support recruitment into focus groups and learning from similar projects across the geography.
- ❖ Systematic review complete and thematic analysis of 12 years of psychological dataset underway.

## Next steps

- ❖ NHS Ethics committee approval so we can take forward as a research proposal.
- ❖ Undertaking of women veteran focus groups.



## Change idea

- ❖ Community engagement during Black History Month



## Objectives

- ❖ Data collection and theory development: gather data from discussion and survey peoples' experience of access and treatment in MH services.
- ❖ Mental wellbeing promotion and signposting.
- ❖ Increasing participation in project.

## What we are doing

- ❖ Attend 4 events: ZIMCAN, Norwich BHM launch event (Forum), NSFT BHM & Hertfordshire Partnership Trust.
- ❖ Co-produce and co-deliver project presentation, promotional assets and survey.
- ❖ Collate and analyse quantitative and qualitative feedback.
- ❖ Sign people up to participate in the project.

## Achievements & learning so far

- ❖ 45 surveys completed.
- ❖ Presentations were well received! 😊
- ❖ 15 people signed up to participate with the project in different ways.
- ❖ Provided mental health signposting on the day and dealt with concerns raised following events.
- ❖ We have learned about some of the barriers to mental health access for Black men and their support networks, and where Black men may currently seek help in their community.

## Next steps

- ❖ Co-produced cultural awareness through cross-organisational training.
- ❖ Black men's wellbeing therapy groups/recovery college.
- ❖ Black men's lived experience advisory group.



## Change idea

- ❖ Provide mental health information and direct support to asylum seekers and refugees where they are currently residing.



## Objectives

- ❖ To provide clinics to asylum seekers and refugees who have been referred to us for mental health support.
- ❖ To give asylum seekers more info on mental health and how to access support.

## What we are doing

- ❖ Promoting and supporting the voluntary monthly MH clinics that NSFT are providing to refugees and asylum seekers who have been referred to us.
- ❖ Offering one-off translated MH awareness sessions at the hotels where refugees and asylum seekers are currently residing and signposting them to the relevant support.
- ❖ We are working closely with charities and other organisations and accepting their referrals for asylum seekers and refugees to attend a voluntary clinic.

## Achievements & learning so far

- ❖ The monthly clinics have been very well received.
- ❖ Only two MH Awareness sessions have been held at the hotels so far. Though agreed to be a good idea, we need to better organise our future sessions, taking into consideration asylum seekers language needs and their priorities.
- ❖ Both the clinics and MH awareness sessions have helped us to build excellent relationships with external organisations and charities.

## Next steps

- ❖ To obtain funding in order to be able to continue our clinics.
- ❖ To offer more MH sessions across more of the hotels where asylum seekers and refugees are staying, empathising the purpose of the sessions.