**Suffolk Health and Wellbeing Board update**VASP Countywide Strategic Group – 11 June 2018

**Meeting date:** 17 May 2018 **Meeting theme:** Mental health   
(In 2017, the format for meetings changed to enable the Board to oversee three key strategic areas for Suffolk, which provide the theme for each meeting: Housing, Labour Market and Mental Health)

**Substantive items:**

* Updates on Norfolk & Waveney Sustainability Transformation Partnership (STP) and Suffolk and North East Essex STP
* Public Health Annual Report Action Plan
* Endorsing the Time to Change Employer Pledge
* Most Active County Partnership and 2017 Events Report, including Physical Activity Needs Assessment recommendations
* Health and Culture Partnerships

For full agenda and papers, [click here](https://committeeminutes.suffolk.gov.uk/DocSetPage.aspx?MeetingTitle=(17-05-2018),%20Suffolk%20Health%20and%20Wellbeing%20Board)

**Workshop session:**

Part 1 – context overview

* Suffolk is generally a healthy place to live
* As population increases, and as many mental health conditions are common, the numbers of people with these conditions will increase proportionately
* Physical and mental health intertwined
* Mental ill health is strongly linked to deprivation
* In serious mental illness, life expectancy appears to be reduced by around 8 to 14 years for men, and 9 to 17 years for women (not all of this is due to suicide)
* 1 in 100 people in Suffolk affected by severe mental health
* Some factors, notably the health of our children and young people and ageing population may lead to lower levels of wellbeing in future (depression and dementia on the rise in older people – 1 in 5 to 1 in 3 by 2037)
* 50% of lifelong mental health problems develop before age of 14 and 75% by age of 25
* Above England average for admissions with self harm
* 9% of children in Suffolk are estimated to experience mental ill health (around 9,000 individuals)
* Reduction in total deaths by suicide but significant rise in young men (mention Newmarket)
* Estimated direct cost associated with mental ill health of £450m in Suffolk per year
* Foundation of data and statistics to inform work within updated mental health needs assessment (last updated 2016)

For further reference, read *Suffolk in 20 Years – Healthy, Wealthy and Wise? The Mental Health and Emotional Wellbeing Challenge (attached)*

Also, see the [Annual Public Health Report 2017: Working for Wellbeing](https://www.healthysuffolk.org.uk/jsna/reports/annual-public-health-report)

Part 2 - Emotional Wellbeing Transformation work

* Linked and informed by priorities in National Five Year Forward View (FYFV) for Mental Health
* Local development of Alliances across all three CCGs in Suffolk
* Reviewing and refreshing strategies and commissioning options with stakeholders
* Suffolk User Forum (SUF), Suffolk Parent and Carers Network (SPCN), Suffolk Family Carers (SFC) and Healthwatch Suffolk are leading engagement and co-production work with service users and staff
* Future provision will be rebalanced so that there is more focus on prevention, self-care and effective community support, that is closer to home, integrated with primary care, which will reduce need for crisis and acute secondary mental health care
* ‘The right support, at the right time, in the right place’
* Timeline agreed to have completed the above work by the end of November 2018 within Ipswich and East Suffolk and West Suffolk and December 2018 for Waveney to enable the CCG Governing Bodies to review and make decisions on the way forward
* Reporting three meeting feedback to Mentally Healthy Communities Programme Board in October 2018

*See collected presentation slides from meeting: Agenda item 10: Mental health in Suffolk (attached)*

**Emotional wellbeing hub case study**

* The Hub provides a unique, one-stop point of information and support for people concerned about the mental health or emotional wellbeing of anyone aged up to 25
* Hub has been developed by young people, families and organisations including NHS Ipswich and East Suffolk and NHS West Suffolk CCGs, Suffolk Parent Carer Network, Norfolk and Suffolk NHS Foundation Trust and Suffolk County Council
* A single phone number for children, young people, parents, carers and professionals to get help and advice on Emotional Health and Wellbeing Open for self-referral and parent/carer referral
* Direct access to a new multidisciplinary team of highly skilled, sensitive and empathic Emotional Wellbeing Practitioners who will provide therapeutic support, guidance and triage in relation to concerns about a young person’s wellbeing and mental health.

For more information about the Hub, [click here](https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/)

**Community-based approaches to good mental health with an emphasis on prevention**

1. [Five ways to wellbeing](https://www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing)
2. Workplace wellbeing:  
   <https://www.suffolkchamber.co.uk/initiatives/improving-workplace-health/> <https://www.healthysuffolk.org.uk/advice-services/workplace-wellbeing>
3. Newmarket/Lowestoft community approaches: Discussion around local work to support good mental health in Newmarket and [Lowestoft](http://www.lowestoftrising.co.uk/communities-embracing-mental-health)

**Questions to the Board: Making a commitment for further discussion at November 2018 meeting**

* Do you support and will you engage with, the approaches outlined by the Clinical Commissioning Groups?
* What are our ambitions for the mental health of the Suffolk population?
* How can your service /organisation contribute to this agenda?
* What will you commit to do as a member of the Health and Wellbeing Board?

**About the Health and Wellbeing Board / dates of future meetings**

Visit <https://www.healthysuffolk.org.uk/board/papers>