

# Oxfordshire partners

Organisations involved in sub-groups:

- Achieve Oxfordshire
- Thames Valley Police
- Oxfordshire Community Foundation
- Arts at the Old Fire Station



# Mental Health Prevention Concordat - Framework for Action



## **Campaigns delivered by Comms Group/Men's Health Partnership**

- Sleep – Sleepio App – included blog posts, webinar, good sleep guide
- Lions Barber – Men's Health Week June 2020 – opportunity for barbers to learn skills during COVID downtime
- Suicide Awareness Day
- World Mental Health Day – in 2022 sharing findings/learning from Storytelling Project
- Festive Campaign 2020
- Oxfordshire Mind and Home Start – joint Instagram live around power of connection for Maternal Mental Health Awareness Week
- Mental Health Awareness Week – nature
- 50 things to do before you're 5
- 30 Chats in 30 Days – Men's Health November 2022 – LinkedIn page has 219 followers and well supported on Twitter

# Long-term aim: Better Wellbeing and Mental Health in Oxfordshire

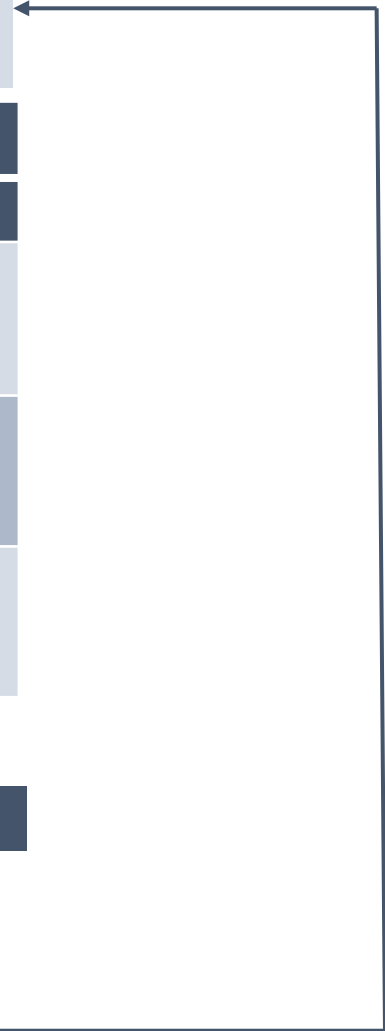
**Identification of need:** Mental Wellbeing Needs Assessment, Joint Strategic Needs Assessment, OxWell survey, RTSS, PHOF, GP data, community insight, local performance dashboard

		LIFE COURSE		
		Start Well	Live Well	Age Well
STRATEGY	CYP Wellbeing and Mental Ill Health Prevention Strategy (2022-25)	✓		
	Suicide and Self-Harm Prevention Strategy (2020-24)		✓	✓
	Mental Health Prevention Framework (2020-23)	✓	✓	✓

Transitions

## STRATEGY ACTION PLANS AND DELIVERABLES

**Outcomes** Locally defined, intervention-led  
Regional and national (e.g. PHOF)



# Mental Wellbeing Small Grant Scheme Mar 2021

Recipient Organisation	Target Group	Key Outcomes
Ikkaido – BOOST – 4 week programme of health-enhancing activities including wellbeing literacy	Disabled and non-disabled CYP (8-11) & adults with LD	257 beneficiaries Improvements in mental, physical & emotional wellbeing Improved concentration levels Teachers & facilitators – witnessing programme gave better understanding of issues faced by people with disabilities – led to changes in the way they support/teach them
Elmore Community Services/Discovery College – Self Harm > Self Care – lived experience informed self-harm learning & support programme targeting deprived areas	Young people aged 13-18 with mental health issues	71 beneficiaries Increased wellbeing scores for all participants Reported greater understanding of subject and increased skills in communicating with others around self-harm and coping strategies Peer support network – transformative for participants Importance of lived and learned experience facilitators
Oxford City Farm – Community Farming Volunteer sessions drawing on 5 ways to wellbeing	All ages	800 beneficiaries Volunteering creates community feel – connecting people Taking home fresh vegetables – may otherwise struggle to access Safe natural space for families & children Training of staff in mental health first aid

# Mental health and suicide prevention training to frontline staff and volunteers

- Community Food Services
- District Councils
- NHS
- Faith Settings

Since 2020:

- 22 virtual half day Mental Health Aware - 331 trained
- 11 frontline professionals & volunteers – Suicide First Aid Lite

## Feedback

*'I found the course so engaging; the time went very quickly. The breakout sessions were good to talk in depth about the topic. A lot was covered in the half day, and I found it invaluable to refresh skills and learn more about how to look after myself and support others. Thank you.'*

*'I felt the course material provided prior to the course and the quality of delivery were to an exceptionally high standard.'*

*'It was a well thought out course and very well delivered.'*

## Next Steps

- Revisit the current Framework and update considering:
  - Changing landscape since COVID-19
  - Mental Wellbeing Needs Assessment recommendations & findings
- Focus in 2023 on Mental Health & Suicide Prevention Training Offer:
  - Training for all ages – bringing together work of Suicide MAG & CYP Emotional and Mental Health Strategy
  - Mapping and gap analysis of existing training, possible co-ordination role to ensure training is accessible to those most at need
- Evaluation of the Framework
- Influence of Partnership & Developing Joint Activities
- Agreement & Prioritisation of Action Plan



## Oxfordshire Mental Health Prevention Concordat Action Plan on a Page

