

**PREVENTION CONCORDAT FOR BETTER MENTAL HEALTH – PROJECTS,  
GAP ANALYSIS, AND OPTIONS APPRAISAL**

**SUMMARY**

At its meeting on 25 July, the Policy and Projects Advisory Board explored current activity supporting mental wellbeing and the prevention of mental illness in the Borough.

The Board agreed that it was important to understand where the Concordat fitted into the work already progressing, within the Borough, to tackle mental health and wellbeing matters and what the benefits of signing it would be for the Council.

This Report sets out:

- a gap analysis showing the actions required to successfully apply to sign the Concordat.
- proposed mental health prevention activity in support of the Concordat, funded by the UK Shared Prosperity Fund.
- an options appraisal.

**RECOMMENDATION:**

*The Board is invited to consider the options appraisal and make a recommendation to Cabinet.*

**1. BACKGROUND**

**Prevention Concordat for Better Mental Health**

- 1.1 The [Prevention Concordat for Better Mental Health](#) (the Concordat) is an initiative led by Public Health England (PHE) to facilitate local and national action around preventing mental health problems and promoting good mental health.
- 1.2 The Concordat was designed so that all stakeholders (such as local authorities, NHS organisations, voluntary sector organisations, employers, and educational organisations) could sign up to it. Any organisation committed to promoting good mental health could become a signatory.

## **Mental Health in the Borough**

- 1.3 [Hampshire's Joint Strategic Needs Assessment](#) (JSNA) looks at the current and future health and wellbeing needs and inequalities within our Hampshire population. It is used to inform and guide the planning and commissioning (buying) of health, wellbeing, and social care in the local authority area.
- 1.4 Common mental disorders (CMDs) include several types of depression and anxiety. In children and young people, girls aged 17 to 23 years, those from White and mixed ethnic groups, those with special educational needs, and long-term physical health conditions were also more likely to have a probable mental disorder. Aldershot has higher numbers of children with probable mental disorders compared to the rest of Hampshire.
- 1.5 In people aged sixteen and over, around one in six reported experiencing a CMD, in any given week in England, this included any type of anxiety or depression. Women were more likely than men to have reported CMD symptoms. There are 163,500 patients in Hampshire aged eighteen and over who have depression recorded on their practice disease register. The prevalence of depression in Hampshire, 14.4%, is higher than the England prevalence of 12.3% and has been increasing over the last nine years.
- 1.6 Severe mental illness (SMI) refers to people with psychological problems that are often so debilitating that their ability to engage in functional and occupational activities is severely impaired. Schizophrenia, bipolar affective disorder, and other psychoses are included under SMI. The number of patients with SMI registered with a GP practice is recorded through QOF. Nationally the prevalence of SMI is 0.95% for all ages, and across Hampshire the prevalence is lower at 0.8%. This equates to 11,300 people across Hampshire.

## **Supporting Communities Strategy**

- 1.7 The Council's [Supporting Communities Strategy](#) is a plan to tackle deprivation and inequalities across Rushmoor, including mental and physical health.

## **UK Shared Prosperity Fund**

- 1.8 The [UK Shared Prosperity Fund \(UKSPF\)](#) aims to build pride in place and increase life chances across the UK. One mission within the fund is to improve wellbeing in every area of the UK, with the gap between top performing and other areas closing.
- 1.9 The Council will be given £898,395 for the 2024/25 budget year with around £70,000 allocated in the UKSPF investment plan for health-related projects.
- 1.10 UKSPF project allocations will be agreed alongside the 24/25 budget. Officers are reviewing the original project list. These proposals will be brought forward for consideration by the Board at the November meeting. These proposals will be informed by earlier Board discussions on town centre regeneration, community engagement and this topic.

## 2. CONCORDAT GAP ANALYSIS

### Sign up process

- 2.1 Stakeholders who wish to sign the Concordat must develop a local Prevention Concordat action plan that describes how they are planning to prevent mental ill health and promote wellbeing.
- 2.2 There is no fee attached to signing up to the Prevention Concordat for Better Mental Health. However, there is officer time cost to developing an application and action plan. There will be a cost to the delivery of the commitments and activities within the action plan. This could be restricted to officer time if the activity falls within existing work programme. Otherwise, the Council may need to commit more financial resources to achieve these.

### Where we are

- 2.3 The Council does not have a mental health strategy. However, the Council fully recognises its role as part of the Frimley Health and Care Integrated Care System (ICS) with a shared role to support delivery of the Healthier Communities Strategy. [Our Strategy | Frimley Health and Care](#). Mental health is recognised as one of the Council's key health priorities that needs to be addressed. The importance of mental health is highlighted in a number of the Council's plans and strategies, including Our [2030 Vision](#), the [Council Plan](#), our UKSPF investment plan, the [Housing and Homelessness Strategy](#), the [Green Infrastructure Strategy for Rushmoor 2022](#), and the [Supporting Communities Strategy](#).
- 2.4 In our 2030 Vision, for example, one of our aspirations is for Rushmoor residents to enjoy good physical and mental health and wellbeing from childhood right through to their senior years. Our Council Plan 2023-2026 acknowledges the importance of continuing to support the physical and mental health of our residents to reduce health inequalities in Aldershot and Farnborough.
- 2.5 We committed ourselves to continue to work with our partners to deliver against the priorities in the Supporting Communities Strategy, where mental and physical health is one of five key themes. The strategy identifies elevated levels of mental health issues and depression compared to other Hampshire boroughs and includes an objective to facilitate the physical, mental, and financial recovery of communities via the provision of appropriate, sustainable, and community-based food initiatives. The strategy mentions a respectable number of projects that aim to improve physical and mental health, and most of them are funded.
- 2.6 In October 2022, Hampshire County Council (HCC) signed up to the Concordat and published a Hampshire Mental Wellbeing Strategy. RBC may be successful at securing funding for some of any unfunded mental health projects by working with HCC and aligning priorities and resources.

### The application and action plan

- 2.7 The Prevention Concordat for Better Mental Health requires five evidence-based steps to embed good mental health into organisations' plans.
- 2.8 Understanding local need and assets. This will require a mental health needs assessment specifically for Rushmoor. This can be done using quantitative and/or qualitative data that is available in the public domain, within services and/or with local partners. A more comprehensive approach would include engagement with local organisations and communities to gain insight into their needs and assets. This could involve conducting targeted online surveys or focus groups to evaluate the needs of the wider community or specific groups such as prison population, parents, Black and Minority Ethnic or Black, Asian, and Minority Ethnic (BAME), and LGBTQ. PHE recommends the use of the Warwick-Edinburgh Mental Wellbeing scale (WEMWEBS). The aim is to reach a clear understanding of the key mental health issues affecting local communities and the interventions that should be prioritised to meet local needs.
- 2.9 Partnership and alignment. This can be achieved by working closely with Frimley Health, HCC, GP surgeries, and local voluntary organisations to identify needs and agree priorities. It may also involve sharing and analysing local information as well as involving those with lived experience in planning and delivery. RBC has worked with partners on the development of our Supporting Communities strategy, which was updated earlier this year.
- 2.10 Translating needs in deliverable commitments. The needs assessment will result in a set of recommendations for services, commissioning, and promotion of the wider social and economic determinants of mental health. Several proposals may be put forward to improve mental health and wellbeing. This may include upskilling staff and volunteers to talk about mental health and to signpost to services, increasing people's knowledge of promotion and prevention, or more targeted interventions. Funding may be needed for some of these projects. The proposals will eventually need to be drafted into a framework or a strategy with clear identified priorities and funding to support delivery. Our Supporting Communities strategy includes several projects aimed at improving mental health. This could be a good starting point for defining commitments and plans.
- 2.11 Defining success outcomes. Agreed outputs and outcomes across the organisation that prove delivery of plans, level of partnership engagement and the measurement of impact/ improvements in local communities in relation to preventing mental illness and promoting mental health. An outcomes framework may need to be created based on existing local mental health strategy commitments, along with the new emerging priorities. This could cover risk and protective factors, diagnosis data, and proxy indicators.
- 2.12 Leadership and accountability. This could be achieved by creating a vision and commitment to promoting good mental health; appointing a mental health prevention member champion; and/or having a designated mental health prevention champion at a senior officer level.
- 2.13 Officers estimate that up to £30,000 will be needed to fund a mental health needs assessment and the development of an outcomes-based framework.

### **3. PROPOSED MENTAL HEALTH PREVENTION ACTIVITY**

- 3.1 Mental and physical health is an existing priority in the Supporting Communities Strategy. In December 2022, the Council approved the Supporting Communities refresh, recognising the need to increase the emphasis on Physical and Mental Health projects in relation to supporting wider health and well-being. This is increasingly important given the impact from cost-of-living challenges, long term effects of the pandemic and high levels of obesity and inactivity in the borough.
- 3.2 The Board at its meeting in July agreed that officers look at accelerating existing, and identifying additional, mental health prevention activity.
- 3.3 The Council is working with a range of partners and groups including Aldershot and Farnborough Health Inequalities, Increasing Physical Activity and NEH&F mental health task and finish group to support mental health and reduce health inequalities. Through these meetings and the wider Supporting Communities partners several local projects have been developed.
- 3.4 The table in **Appendix 1** summarises the health projects for the rest of this year and next year, which are being delivered through the Supporting Communities Strategy.
- 3.5 Subject to the agreement of use of UKSPF funds the following projects have been identified with partners and could accelerate and enhance local mental health provision further.

### **4. OPTIONS APPRAISAL**

- 4.1 The UKSPF allocation of around £70,000 for health projects in the next budget year could be used to fund work arising from this report.
- 4.2 The proposed mental health prevention activities require funding of £70,000. Prioritising these projects will make a more immediate impact to improving mental health in the Borough.
- 4.3 A mental health needs assessment and the development of an outcomes framework requires funding of up to £30,000. This work will mean our mental health projects may be more targeted towards need and have a greater impact. However, the Council will be able to fund fewer mental health interventions. These projects should be delayed until after the needs assessment is complete.
- 4.4 The Council could express its strong support for the goals of the Concordat. It could choose to align priorities and resources with HCC in line with their Mental Wellbeing Strategy.

### **5. RECOMMENDATION**

- 5.1 Officers recommendation is to utilise the UKSPF funding for the projects listed in **Appendix 2** and continue to provide local support across the borough. Should the Council support the recommendation, changes to the Community & Partnerships service plan will be made accordingly.

## 6. **CONCLUSIONS**

- 6.1 Members of the Policy and Projects Advisory Board are invited to consider this report and asked to formulate a recommendation to the Council's Cabinet.

## **BACKGROUND DOCUMENTS:**

[Mental Health and Wellbeing Index – Rushmoor Summary](#)

## **CONTACTS DETAILS:**

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## APPENDIX 1

### SUPPORTING COMMUNITIES HEALTH PROJECTS

The table below summarises current health projects that are being delivered, or are being developed, through the Supporting Communities Strategy. This sets out the proposed health projects for the rest of this year and next year.

Project Outline	Mental Health Impact	Status	Additional Funding or support needs
<b>Healthy Walks Programme – Recruitment of a healthy walks coordinator to develop a healthy walks programme. The coordinator works with GP's and social prescribers to organise targeted walks for those who are physically inactive or need additional well-being support</b>	The programme supports mental and physical wellbeing. GP's and social prescribers will refer to the programme to combat issues including depression, stress, isolation, and weight loss.	Coordinator in post. First walk launched in September	Funded by Public Health for 18 months.  Securing volunteers to become walk leaders will support the long-term sustainability of the project.
<b>Talk Mental – Men's mental health support group – A free, informal mental health support group.</b>	The project arranges informal walks for men to walk and talk together and support mental health	Ongoing	Project is looking for a venue/support towards venue hire to facilitate face to face informal gatherings in addition to the walks. £5k towards running costs
<b>SEEDL <a href="#">Rushmoor Wellness</a> - on line platform providing access to a wide range of live virtual events on subjects like stress reduction, mental health first aid and guided relaxation readings</b>	Provides free courses to all residents including mental health first aid, stress management and wellbeing Yoga. Accessible from libraries and GP surgeries	Ongoing	Funding not required.  Ongoing promotion of platform and courses
<b>Gloji weight management programme: 3-year project for adults aged 18 or over with a BMI of 30 or greater (27.5 for Black, Asian, and other ethnic minorities). Clients can either self-refer or be referred through GP/Health/Social prescribers. Programme includes Slimming World – 12 weeks, support with phone calls from health mentors and physical activity.</b>	While the focus is on physical health parts of the programme focus on mental health re. confidence & self-image. Contact with a health mentor is also included.	Started in September	Funded by Public Health for 3 years.  Not required

<b>Project Outline</b>	<b>Mental Health Impact</b>	<b>Status</b>	<b>Additional Funding or support needs</b>
<b>Whole Systems Approach to Obesity - Hampshire public health/RBC led programme to support the reduction of obesity levels, in Rushmoor and encourage healthy weights.</b>	While the focus is on physical health parts of the programme focus on mental health re confidence & self-image.	Ongoing	£50K available for innovative projects to mitigate against obesity. Additional support may be required to support some of these projects.
<b>Core 20 Connectors – NHS Frimley and Rushmoor Voluntary Services joint project to recruit, mobilise and support influential community connectors working directly with patients. RVS will recruit two part-time managers and 20 volunteer Community Connectors.</b>	Focus on children and young people and their families, specifically promoting the two Core 20 clinical areas of oral health and mental wellbeing. The aim is to reduce the backlog of tooth extractions in children under 10 and increase access to mental health support for young people.	Starts September	£50k from NHS England for a 12-month period starting September.
<b>Community Health Workers – Recruitment of 4 community health workers (3 in Aldershot, 1 in Farnborough) to work in deprived areas targeting residents with health needs.</b>	Targeted programme to support residents with health needs and provide a range of support	Recruiting soon	Funded by Hampshire, based at Salus 12-month pilot project. Workers will link with RBC C&P team, social prescribers, and other local partners.
<b>Potters Physical Activity &amp; Wellbeing Project - Provides organised fun football sessions for children and physical activity/wellbeing activities for Potters residents to address inactivity.</b>	Project has given residents an opportunity to participate in organised physical activity and a space to focus on their wellbeing by attending Yoga sessions with Rushmoor Healthy Living.	Concludes in October	Funded by Sport England until October. On going need for continued physical and mental health support on site.  The project has identified some specific mental health needs for Potters residents. RBC working with health partners to provide expertise support.
<b>General Support to Mental Health groups/providers – The Council is providing ongoing support to local health groups including SUGS and Branches – who currently use RBC offices.</b>	Provided direct mental health support to residents	Ongoing	Funding to provide ongoing support



<b>Project Outline</b>	<b>Mental Health Impact</b>	<b>Status</b>	<b>Additional Funding or support needs</b>
<b>Green social prescribing</b>	Working with social prescribers to engage patients and other local people to engage in nature-based interventions and activities to improve their mental and physical health	Project	Co-ordinator recruited by RVS – project about to start. Additional funding may be required to grow the project.
<b>Youth Café: To provide a weekly, free Youth Café at the West End Centre, Aldershot. The café will provide a safe place for young people to come after school, build friendships and access activities and support.</b>  <b>NB: Farnborough has an existing weekly Youth Club which has been rebranded and opened in September.</b>	The project is a response to persistent and growing mental health issues identified by Alderwood school and local partners. A place to go was identified in a survey with Alderwood students as part of the consultation for the project	In development with an aim of opening at the West end Centre in December (funding dependent)	£20k application to Sport England to be submitted in November.  Additional £10/15k towards project/activity costs including the provision of informal, professional mental health advice at the Café being sought.
<b>Lighthouse Project - Tices estate, Aldershot. To create a safe, warm welcoming environment offering a range of activities, support, and advice for people of all ages - From fitness activities to a soup club, youth group to parenting support – there will be something for everyone, six days a week.</b>	Providing infrastructure to strengthen the community and create a sense of ownership. It will help address specific issues to improve people's quality of life and support wellbeing.	Early stages of development	The project is very early stages of development but will require £25k of funding.
<b>Men's Shed - To provide a men's shed (North Town) for men (and women)</b>	Provide a social space for people to interact and support mental and physical well being	In development	Ward Grant to be encouraged – but additional funding will be required to set up.
<b>Farnborough and Aldershot Health Inequalities Groups - Primary Care Trust led projects</b>	Includes delivery of outreach events and clinics such as Hypertension, Targeted smoking cessation clinic, health checks and Prostate Check Clinic	Ongoing	Support required to implement projects identified by the established health inequalities groups including raising awareness about self-support for mental health and local provision

<b>Project Outline</b>	<b>Mental Health Impact</b>	<b>Status</b>	<b>Additional Funding or support needs</b>
<b>Cost Of Living Challenges</b>	Support to combat negative mental health impact on residents impacting by cost-of-living challenges	In development	In discussion with partners about targeted support to expand existing cost of living provision to include mental health support

**Projects, with a mental health focus, funded by the Rushmoor Community Lottery, Farnborough Airport Environment Grant & Supporting Communities Councillor Grants 2023**

- Young carers DofE programme
- Mustard Seed's Curiosity Programme
- Merlin wizzy days for Parkside's The Life Project day service
- Oven for The Vine Centres cookery classes – used as part of their mental health provision
- Tools for Tice's Meadow
- Hockey community outreach
- Therapeutic support for young people with learning disabilities
- The Source Bikes for good (provided to refugees, asylum seekers & local people in need)
- Water Lane playground refurbishment
- Hawley Community Garden Harvest Festival (16/9/23)
- Community Grub Hub outdoor food sanctuary
- Learn to ride courses in schools
- Equipment, transport and event for scouts and guides
- Pond restoration
- Equipment for Community Grub Hub
- Community noticeboard

## RECOMMENDED USE OF UKSPF FUNDING – APRIL 24 TO MARCH 25

Project	Impact	Status & Cost
<b>Youth Café: (New project) To provide a weekly, free Youth Café at the West End Centre, Aldershot. The café will provide a safe place for young people to come after school, build friendships and access activities and support including mental health.</b>	<p>The project is a response to persistent and growing mental health issues identified by Alderwood school and local partners. A place to go was identified in a survey with Alderwood students as part of the consultation for the project. Their student Leadership Team, Grainger and Step by Step are all involved in the project. The café will be based at the West End Centre and start in December if funding can be secured</p>	<p>£30k towards the project/activity costs including the provision of youth workers and informal, professional mental health advice at the Café being sought.</p> <p>Funding from UKSPF will enable the Café to open and immediately run sessions.</p> <p>It is anticipated that the Youth Worker from Farnborough Youth Club will work at the Youth Café.</p> <p>National Lottery application being submitted in November 2023 to secure the long-term running of the café.</p>
<b>Cost Of Living Challenges (Existing project to be enhanced)</b>	<p>Support to combat negative mental health impact on residents impacting by cost-of-living challenges</p>	<p>£10k to support mental health provision in relation to cost of living challenges.</p> <p>The Council is in discussion with partners including health about targeted support to expand existing cost of living provision to include mental health support. This includes sessions at libraries and existing warm hubs in community spaces for Winter 2023/4.</p>
<b>Lighthouse Project (New project)- Tices estate, Aldershot. To create a safe, warm welcoming</b>	<p>Providing infrastructure to strengthen the community and create a sense of ownership in one of our deprived areas with significant</p>	<p>The project is in early stages of development but will require £25k of funding. Recommended to provide £10k</p>

Project	Impact	Status & Cost
<b>environment offering a range of activities, support, and advice for people of all ages - From fitness activities to a soup club, youth group to parenting support – there will be something for everyone, six days a week.</b>	health needs. It will help address specific issues to improve people’s quality of life and support both mental and physical wellbeing.	from UKSPF with additional external funding being sought.
<b>Farnborough and Aldershot Health Inequalities Groups - (Existing Project to be enhanced) Primary Care Trust led projects</b>	Includes delivery of outreach events and clinics such as Hypertension, Targeted smoking cessation clinic, health checks and Prostate Check Clinic	£15k to Support required to implement local projects identified by the established health inequalities groups including raising awareness about self-support for mental health and local provision
<b>Youth Club – Farnborough (Existing provision – expanded)</b>	Weekly Youth club for young people in Farnborough providing diversionary activities	£5k to support mental health provision at the Youth Club