

CABINET

**COUNCILLOR MARINA MUNRO
CHAIRMAN OF POLICY AND PROJECT
ADVISORY BOARD**

21 NOVEMBER 2023

REPORT NO. ACE2310

KEY DECISION? NO

**RECOMMENDATIONS FROM POLICY AND PROJECT ADVISORY BOARD -
PROJECTS TO SUPPORT MENTAL HEALTH IN RUSHMOOR**

SUMMARY AND RECOMMENDATIONS:

The Policy and Projects Advisory Board (PPAB) at meetings in July and September 2023 have considered evidence in relation to mental health provision (both in terms of prevention and treatment) in Rushmoor. The Board have also considered whether the Council signing the Prevention Concordat for Better Mental Health would be beneficial for our residents.

The Council will be given £898,395 for the 2024/25 budget year with around £70,000 allocated in the UK Shared Prosperity Fund (UKSPF) investment plan for health-related projects.

PPAB recommend to Cabinet that:

- the full allocation for health-related projects is used specifically to support mental health projects when the proposals are brought to Cabinet in February 2024.
- the Council publicly expresses its full support for the principles set out in the Concordat.

1. INTRODUCTION

- 1.1 The Policy and Projects Advisory Board (PPAB) at meetings in July and September 2023 have considered evidence in relation to mental health provision (both in terms of prevention and treatment) in Rushmoor. This reflects the increasing evidence that the overall mental health and wellbeing of communities continues to worsen post covid and that people from disadvantaged backgrounds are most affected. Data from Hampshire Public Health indicates that across Hampshire nearly 1 in 7 people have depression and over 1 in 5 have high anxiety. Health is also a key priority within the Council Plan which seeks to promote healthy and green lifestyles.
- 1.2 Following these two meetings of PPAB, this report sets out the advice of the Board in relation to next steps and on the use of the UK Shared Prosperity Fund (UKSPF) to support mental health in Rushmoor.

2. BACKGROUND

- 2.1 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.
- 2.2 The Concordat Consensus Statement sets out several principles for signatories to work together, including:
- Reducing mental health inequalities by strengthening protective factors and reducing risk factors.
 - Taking evidence based preventive and promotional action to support the mental health of the whole population, those at greater risk of poor mental health, and those receiving treatment.
 - Working as a whole system and across organisational boundaries.
 - Encouraging local and national stakeholders to invest in promoting mental wellbeing.
 - Leading by example, sharing our good practice, and promoting learning.
- 2.3 At its meeting on 25 July 2023, PPAB explored current activity supporting mental wellbeing and the prevention of mental illness in the Borough. The Board has reviewed strategies, policies, and evidence from Hampshire County Council (in relation to public health), Frimley Integrated Care System (ICS) and the Council's own Supporting Communities Strategy and received presentations from Karen Edwards (Executive Director), Emma Lamb (Service Manager - Community and Partnerships) and Martha Earley (Partnerships Director – NHS Frimley).
- 2.4 The Board have also considered whether the Council signing the Prevention Concordat for Better Mental Health would be beneficial for our residents. 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. It commits organisations to work together within their places to keep people in good mental health.
- 2.5 Over the summer officers have undertaken further research to understand where the Prevention Concordat for Better Mental Health fits into work that is already progressing within the Borough and to better understand what the benefits of signing it would be for the Council. The results of this work were considered by the Board at our most recent meeting in September (report attached at Annex A). The Board concluded that, for now, their advice to Cabinet would be to prioritise action over the steps required for the Council to sign the Concordat.

3. DETAILS OF THE PROPOSAL

- 3.1 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.

- 3.2 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.
- 3.3 PPAB agreed with the Service Manager – Community & Partnership recommendation that five projects should be prioritised to make an immediate impact to improving mental health outcomes in the Borough. These projects are listed in Annex A.
- 3.4 At the meeting in November, PPAB will be considering the full shortlist of UKSPF projects for delivery in 2024/25 and will be making a set of recommendations to Cabinet which will be included in a report to Cabinet in February 2024 which will seek agreement to the full set of UKSPF projects to be delivered in 2024/25.

Alternative Options

- 3.5 PPAB considered the mental health needs assessment and development of an outcomes framework required to sign the Prevention Concordat for Better Mental Health. This work would mean our mental health projects may be more targeted towards need and have a greater impact.
- 3.6 Officers believe this would require funding of up to £30,000. However, the Council would be able to fund fewer mental health interventions. These projects should be delayed until after the needs assessment is complete.
- 3.7 On balance, PPAB believed it was more important to maximise the funding for mental health interventions designed using existing intelligence.

4. IMPLICATIONS

Risks

- 4.1. Detailed project planning is underway including risk management plans. These will be completed before final approval of UKSPF spending plans is included in the 2024 – 25 Council Budget.

Legal Implications

- 4.2. There are no known legal implications.

Financial and Resource Implications

- 4.3. This report recommends expenditure of £70,000 for mental health prevention activities. This is fully funded from the UKSPF grant.
- 4.4. There are no resource implications.

Equalities Impact Implications

- 4.5. The projects will have a positive or neutral contribution towards eliminating discrimination, advancing equality of opportunity, and fostering good relations.

5. CONCLUSIONS

- 5.1 In light of recent PPAB meetings, the Board would like to make the following recommendations to Cabinet.

- a) That a series of mental health prevention activities are supported through the Council's allocation of UKSPF. This would be in line with the Council's investment plan submitted to Government which proposed using approximately £70,000 of UKSPF in 2024/25 for projects to support health and wellbeing. In light of the evidence that PPAB have reviewed, the Board wishes to recommend to Cabinet that the full allocation is used specifically to support mental health projects when the proposals are brought to Cabinet in February 2024.
- b) That whilst it is not proposed that the Council sign the Prevention Concordat for Better Mental Health at this stage, the Council should (at the point of formally agreeing the UKSPF programme in February 2024) publicly express its full support for the principles set out in the Concordat. Further detail on the principles contained within the Prevention Concordat is contained within Annex A.

BACKGROUND DOCUMENTS:

Annex A: ACE2309 PREVENTION CONCORDAT FOR BETTER MENTAL HEALTH – PROJECTS, GAP ANALYSIS, AND OPTIONS APPRAISAL

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ANNEX A

POLICY AND PROJECTS
ADVISORY BOARD

ASSISTANT CHIEF EXECUTIVE

26TH SEPTEMBER 2023

REPORT NO. ACE2309

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](#)

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RECOMMENDED USE OF UKSPF FUNDING – APRIL 24 TO MARCH 25

Project	Impact	Status & Cost
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.	<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.</p> <p>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>
Cost Of Living Challenges (Existing project to be enhanced)	<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>
Lighthouse Project (New project)- Tices estate, Aldershot. To create a	<p>Providing infrastructure to strengthen the community and create a sense of ownership</p>	<p>The project is in early stages of development but will require £25k of</p>

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.	in one of our deprived areas with significant health needs. It will help address specific issues to improve people's quality of life and support both mental and physical wellbeing.	funding. Recommended to provide £10k from UKSPF with additional external funding being sought.
Farnborough and Aldershot Health Inequalities Groups - (Existing Project to be enhanced) Primary Care Trust led projects	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
Youth Club – Farnborough (Existing provision – expanded)	Weekly Youth club for young people in Farnborough providing diversionary activities	£5k to support mental health provision at the Youth Club