Coventry Communities
Feeling Good and Doing Well:
promoting wellbeing and mental health

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The multicultural nature of Foleshill is seen as one of its many strengths. But traffic and parking are a particular priority for improvement.

"There’s enough good about Foleshill to make it worth fighting for" resident

People – It’s all about the people – "The people make Bell Green"

Coventry Communities
feeling good and doing well!

Places - "Nice Place to Live"

IDEAS "Need something to be proud of"

Things That Go On In Bell Green - Events Bring People Together
10 ways – what are they?

**5 ways to wellbeing**
- Connect
- Be active
- Take notice
- Keep learning
- Give

**5 more ways for Coventry**
- Have rewarding work
- Feel safe and good about where I live
- Feel good physically
- Eat and drink healthily
- Sleep well

10 ways – what they mean

Connect – have positive relationships and meet up with friends, family and others at home, at school in your local neighbourhood

Be active - be physically active

Take Notice – take time out to be aware of the world around you and what you are feeling

Keep learning - develop new skills, increase your knowledge, try new things

Give – volunteer or contribute to the wider community

Have rewarding work - Take steps to get into positive employment

Feel safe and good about where I live - Have good feelings about where you live and being safe in your community

Feel good physically - look after your physical health

Eat & Drink Healthily - Understand the importance of and have a healthy balanced diet

Sleep well - Take positive action to enhance the quality of your sleep pattern

Wellbeing Domains

Physical wellbeing e.g.
- Be active
- Eat and drink healthily
- Feel good physically

Psychological wellbeing e.g.
- Sleep well
- Take notice

Social wellbeing e.g.
- Connect
- Give

Environmental wellbeing e.g.
- Feel safe and good about where I live

Economic wellbeing e.g.
- Keep learning
- Have rewarding work

Embedding wellbeing and mental health

Individuals eg:
- Making Every Contact Count
- Health Trainers

Settings eg:
Workplace Wellbeing Charter: **Working Well. Feeling Good.**

10 ways checklist
- Workplaces – what employees and employers can do to improve wellbeing
- Schools – what pupils and schools can do
Measuring mental wellbeing

Population level – including WEMWBS in surveys
- E.g. Coventry Household Survey
- Schools survey, Private Sector Housing Stock Survey

Service project level – to evidence mental wellbeing outcomes
Range of projects and services now using WEMWBS as a pre and post intervention measure including Health Trainers, Cook and Eat well

http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/

Wellbeing Fund Pilot

Foleshill
- Shanti Bhavan Ladies Group
- Websdale Community Get together
- The Big Clean Up
- Turkish Dance Group
- Knitting Group
- PCAG Paradise Community Action Group
- Foleshill BME Women’s Healthy Lifestyles Project
- Foleshill Photography and Walking Club
- Finbarr Close Youth Engagement
- Time for Tea
- Active Foleshill Men

Bell Green
- Silvers Surfers
- Bell Green History Group – never started
- The Next Generation Grandparents
- BATRA – Riley Square Planters
- Caribbean History Project
- Friday Fit Group
- Riley’s Creative Poets

Impact of Social Relationships on Mortality

http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/

Holt-Lundstad et al 2010

“Fund Brings Back Feel Good Factor”

Coventry Evening Telegraph
Thursday March 14th 2013
by Health Reporter – Warren Manger

Councillor Coleen Fletcher who chairs the scrutiny board said “it is great to see what these groups are doing – its fundamental to well-being”
Silver Surfers

"I have been coming here for two years and I was very nervous, couldn’t even touch a computer as I was afraid to break it. I now feel confident in using a computer, it is definitely the social side, everyone is helpful".

Useful getting onto the internet. Good place to be to get help and information to get round. Was on a course but fell behind. A class can be daunting for older people. Easier to settle down working at a slower pace

General impression it is a social thing, we have a laugh and a joke, we learn, but overall it is the social side and can learn as well. Fantastic. Thanks to our leader Mr John there, who has done a damn good job

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EKTA Knitting Group at Foleshill Library

"I could not knit before as I was told because I was left handed I would never be able to knit - but look at what I have achieved to date!"

"I enjoy coming to such a friendly group and to a safe place"

"Kasmir is the driving force behind our group. She has managed to secure Community First funding now for a year so we can all carry on!"

"After I found that I could come to this group I now go to several other women only groups which makes me very happy"

"I could not knit before as I was told because I was left handed I would never be able to knit - but look at what I have achieved to date!"

Community Wellbeing Project

Engaging people in wellbeing activity

“they get people out and about, therefore socialising and giving better quality of life”

“it made us think about ourselves in a different way, we realised the positives we gave/receive”

“encouraged our confidence to grow”

Networking community wellbeing groups
Seeing beyond needs
An ‘Appreciating Assets’ approach is not about adopting only a ‘rose-coloured glasses’ view of the world, or ignoring people’s struggles and needs. O’Leary et al (2011) Appreciating Assets Carnegie UK Trust

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Types of Assets

Levels

Individual: skills, knowledge, networks, time interests and passions

Associations: informal networks and ways that people come together

Organisations: not just local services, but also other assets they control, parks, community centres faith buildings etc

Physical assets: green open space, unused land, buildings, streets, markets transport in the area

Economic: economic activity is at the heart of rebuilding a community, what skills & talents (not) being used in the local economy. How associations, local people can contribute

Cultural: art and culture, mapping talents for music, drama, opportunities for creative expression

A twin track approach

If we want people to do more for themselves then we will need to support people to have higher levels of wellbeing and resilience so they are able to ‘step up’, become stronger and more organised.

We will also need to support services and professionals to work differently where they may need to ‘step back’ to better serve community members

Where we want to get to...

<table>
<thead>
<tr>
<th>Traditional approach</th>
<th>New ways</th>
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<tbody>
<tr>
<td>Start with deficiencies and needs often defined by external data</td>
<td>Start with the assets in the community</td>
</tr>
<tr>
<td>Respond to problems</td>
<td>Identify opportunities and strengths</td>
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<tr>
<td>Provide services to users</td>
<td>Invest in people as citizens</td>
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<tr>
<td>Emphasise the role of agencies</td>
<td>Emphasise the role of civil society</td>
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<tr>
<td>Focus on individuals</td>
<td>Focus on communities/neighborhoods and the common good</td>
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<tr>
<td>See people as clients and consumers receiving services</td>
<td>See people as citizens and co-producers with something to offer</td>
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<tr>
<td>Treat people as passive and done to</td>
<td>Help people take control of their lives</td>
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<tr>
<td>Fix people</td>
<td>Support people to develop their potential</td>
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<tr>
<td>Implement programme as answer</td>
<td>See people as the answer</td>
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Active citizens
building strong and involved communities

Asset based working:
everyone making things better for everyone

Strategy development

Aims of asset-based working

+ encourage  + enable  + empower

active citizens
strong involved communities
partners in reducing demand
better services for all

It's already happening!
**Project plan**
- New conversations / relationships
- New delivery models and co-produced solutions
- Learning and development with partners and with others
- Measuring success
- Communicating what we mean, what we’re doing and how we’re making a difference

**Transforming Communities with Communities in Coventry**
Delivered by MutualGain (Social Enterprise - limited company with a social purpose)
- 6 month programme in community engagement and using asset based approaches and tools to build social capital
- methods training for 30 delegates
- peer learning for smaller groups and supported delivery coaching, planning, guidance, preparation for engagement activity
- community coaching for groups of 12 active citizens

**Mental health assets and needs assessment for Coventry**
Developing understanding of local adult mental health needs, evidence and services provided
- Community Mental Health Profiles
- local service provision, usage, unmet need and gaps in service provision
- Engaging with voluntary sector and community groups, service users & carers, advocates, commissioners and providers,

**Assets**
- Wider resources, services and protective factors
- Household survey wellbeing data
- Illustrate community assets in one area which has been mapped to demonstrate potential community capacity and capability and drawing from the Community Wellbeing Development Project

Huppert, Well-being Institute, Cambridge University
Beginning to address parity of esteem

Employment
- Job Shop – support to staff to respond to customers mental health issues
  Provision of Mental Health First Aid training and Mental Health worker located in the Job shop

Lifestyle
Smoking cessation:
- 3rd sector MH & LD services providing cut-down and intensive support
- Smoking cessation training to staff in Acute and Community MH services, enhanced payment for MH patients who quit, NRT
- Support the Trust Coventry and Warwickshire Partnership Trust to become smoke-free

Physical activity
Increasing physical activity levels and reducing sedentary behaviour using community mobilising for people in contact with mental health, learning and physical disability services

How are Shropshire people and communities feeling and doing?

- What ‘ways’ can you/are you using to promote wellbeing and protect mental health in Shropshire?
- Where are your opportunities to embed wellbeing and protect mental health?
- Do you feel you understand the wellbeing, assets and mental health needs of your communities?
- Are you building on and maximising your individual and community assets
- Can you address parity of esteem for mental health?

Shropshire communities feeling good and doing well!!!

Thank you
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Have a go!
Talk to your neighbour and take turns to ask each other about where you live or work using asset based qu’s e.g.

So what makes XXXXX a good place to be/work?
What helps connect people together and support each other?
What helps you to keep physically well here?
What helps you to do well and get on?
Dual continuum model

Mental health

Mental wellbeing (flourishing)

No mental illness

Mental illness

Languishing