Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: Thriving Nottingham service access

Thriving Nottingham delivers weight management, stop smoking and physical activity programmes, and health coaching in Nottingham City. Thriving Nottingham's initial assessment includes both physical and mental wellbeing, and the service offer includes wellbeing advice (e.g. on community wellbeing groups), and signposting to mental health and other support, as needed.

The analysis below is based on service data for the first six months of service delivery (April to September 2024).

Mental health needs

- 20.9% of Thriving Nottingham service users reported a diagnosis of a common mental health disorder (CMD) (n=276 of 1,316 service users)
- For individuals with CMDs, the most common referral sources were GP surgeries (57.6%); word of mouth (8.7%) and internet searches (7.8%)
- Among service users with CMDs:
    - 79.7% reported their birth sex as female; 20.3% male
    - 77.8% were from White ethnic groups; 8.3% Black; 7.3% Asian; and 6.6% mixed ethnicity
    - 83.3% lived in areas of deprivation (defined as IMD values in quintiles 1 and 2)
    - The largest group of service users was aged 35 to 44 years (26.7% of those with CMDs). See table 1 for more information.

Signposting to wider support

- Thriving Nottingham signposted 22.1% of service users with CMDs to financial wellbeing support, and 40.2% of service users with CMDs to mental health support
- Most service users with CMDs signposted to mental health support had significant mental health needs.
    - 2.7% were assessed as severe risk
    - 39.6% as high risk
    - 48.6% as moderate risk
    - 0.9% as low risk
    - 8.1% had no assessment score recorded

Table 1. Age profile of Thriving Nottingham service users between April and September 2024 with a self-reported common mental health disorder

Age group	Percentage of Thriving Nottingham service users with a CMD
18 to 24 years	6.2%
25 to 34 years	18.9%
35 to 44 years	26.7%
45 to 54 years	19.9%
55 to 64 years	23.1%
65 to 74 years	4.6%
All ages	100%

Quotations from service users with CMDs

"Only when you stop do you realise how holistically it affects your body; I've seen overall benefits to my health and life quality."

"I have found it to be quite insightful. I have been educated on the importance of sleep and healthy eating."

“Lost weight so I'm fitter and mentally better so happier”

Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: Your Health Notts Integrated Wellbeing Service

Your Health Notts (YHN) provides integrated wellbeing support to help people of all ages in Nottinghamshire to stop smoking, be a healthy weight, be more physically active and to reduce their alcohol consumption. The service is underpinned by a recognition of the importance of mental wellbeing in helping people to make and sustain healthy behaviour changes.

The analysis below is for people referred to or engaging with the service between April 2023 and August 2024.

Mental Health Needs

- A total of 2,866 people who were referred or self-referred to YHN for health behaviour change support reported having a common mental health disorder (CMD).
- The most common reported CMD among people referred to the service was anxiety and depression combined (56%) followed by depression (23%) and anxiety (17%).
- The majority of those referred to the service reported their economic/employment status as being 'sick/disabled and unable to return to work' (32%).
- Of those people with a CMD who went on to start an intervention with the service, the majority were aged 45-64 (55%).

The majority of people with a CMD were referred for stop smoking support, with 657 people achieving a smoking quit.

YHN Taster Session with Mind

In 2024, YHN ran a taster session with service users of Mind to help inform how best to offer health behaviour change support to people with CMD and Severe Mental Illness (SMI). Findings are being used to adapt service offers for people with CMD and SMI, and included:

- Relaxed and informal delivery style with interactive tasks.
- Exercise sessions to include mindful movement and breathing exercises and emphasising the mental health benefits of exercise.
- A simple and streamlined sign-up process removing complex and lengthy forms that act as a barrier to engagement.

Quotations from service users with CMDs *"My mental health is so much better, I feel so good about myself". "Prior to my first session, I felt very nervous and anxious, but as soon as I arrived [...] made me feel very welcome".*