Nottingham and Nottinghamshire adult mental health JSNA Profile 2024: Examples of local authority provision and commissioning that supports good mental wellbeing among adults

Community Friendly Nottinghamshire

Community Friendly Nottinghamshire (CFN) uses a community organising approach to reach out, listen to and connect with people of Nottinghamshire and encourage and support them to take action on the things that matter to them in their communities. Through its community organising approach and empowering people to help themselves in their own communities, CFN supports a reduction in feelings of loneliness, increase in mental wellbeing and feeling worthwhile, increase in feelings of happiness. CFN also support events within Nottinghamshire communities, for example supporting cost of living and mental health engagement events provided by South-Notts PBP and running a Time to Talk Mental Health Workshop for staff.

Community Health and Wellbeing Champions

The Nottinghamshire Community Health and Wellbeing Champions Coordinators, recruit, develop and support a network of Community Health and Wellbeing Champions (Champions) across Nottinghamshire. A total of 112 Champions had been recruited 30th June 2024. The Champions share health and wellbeing messages within their own communities, including in relation to mental wellbeing and supporting mental health promotion campaigns. The Champions also complete a Level 2 qualification in understanding health improvement, and several have completed mental health first aid training.

The Nottingham City Council public health team support a network of volunteer Health and Wellbeing Community Champions across the city. Community Champions volunteer in their local community, sharing key health messages, signposting people to advice and support and promote ways to improve health and wellbeing, including mental health and wellbeing. The programme which was launched in early 2022 has grown a network of nearly 200 diverse active Champions as of 25th October 24.

Moving Forward Service

The Moving Forward Service supports Nottinghamshire people aged over 18 who are referred to the service by their mental health worker or Nottinghamshire County Council. The service comprises of two elements:

<u>Crisis support service:</u>

This service will support people with a diagnosed mental health condition who are in contact with Crisis Resolution and Home Treatment teams (CRHTs) or who are acute mental health patients. This service provides non-clinical, person-centred support that works alongside clinical and other statutory services. The service supports people to address immediate issues around money and housing that are causing stress and compounding mental health crisis, increasing likelihood of admission to hospital or that need resolving to enable hospital discharge.

<u>Core support service:</u>

This service supports people with a diagnosed mental health condition to address immediate issues around housing and money, and works alongside people to develop the knowledge, skills and confidence to pursue broader goals (e.g. around healthy lifestyles, social connection or employment) with the aim of achieving better mental and physical health and well-being, increasing independence and reducing reliance on services.

Mental Health Awareness Training

Harmless provide mental health awareness training to frontline staff and volunteers working across Nottingham and Nottinghamshire. Between April and September 2024, there were a total of 161 attendances in the mental health awareness training course. The majority of participants were from the voluntary sector, followed by local authorities, health and education.

Sector	Proportion of participants
Charity/Third Sector	37.7%
Local Authority	36.5%
NHS/Health	13.2%
Education	9.4%
Private Sector	1.3%
Other	1.9%

94% of participants scored the training sessions highly (a score of 8 or above out of 10). Evaluation shows that training participants report increases in understanding and confidence across all evaluation measures post training, for example:

Participants strongly or slightly agreeing with the following statements		
	Before training session	**After training session**
I feel confident in what I can do to challenge mental health stigma	55.4%	96.3%
I feel confident in how I respond to people with mental health conditions	52.3%	97.2%
I know where to signpost people with mental health conditions	53.8%	97.2%

Notts Help Yourself and AskLion websites

Notts Help Yourself and AskLion provides information on services, support and groups for people living and working in Nottinghamshire and Nottingham.

People can find out how to access a range of support and groups that support mental wellbeing, or support around some of the risk factors to mental health problems, such as loneliness and isolation, financial support and debt management, physical activity, employment and befriending.