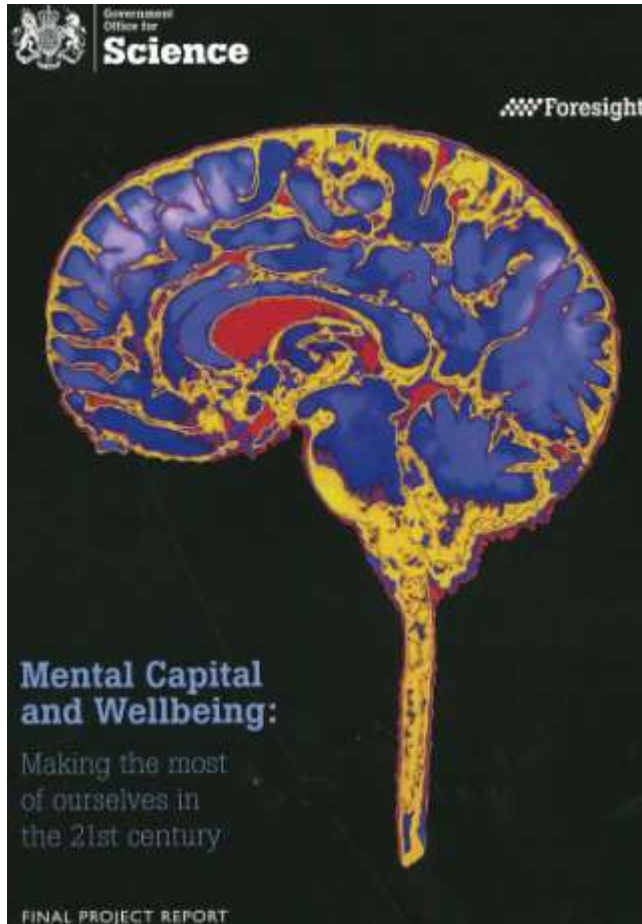


# Promoting Mental health and well- being

Tony Coggins

Head of Mental Health  
Promotion

# Foresight Report (2008)



“Achieving a small change in the average level of well-being across the population would produce a large decrease in the percentage with mental disorder, and also in the percentage who have sub-clinical disorder (Languishing)”

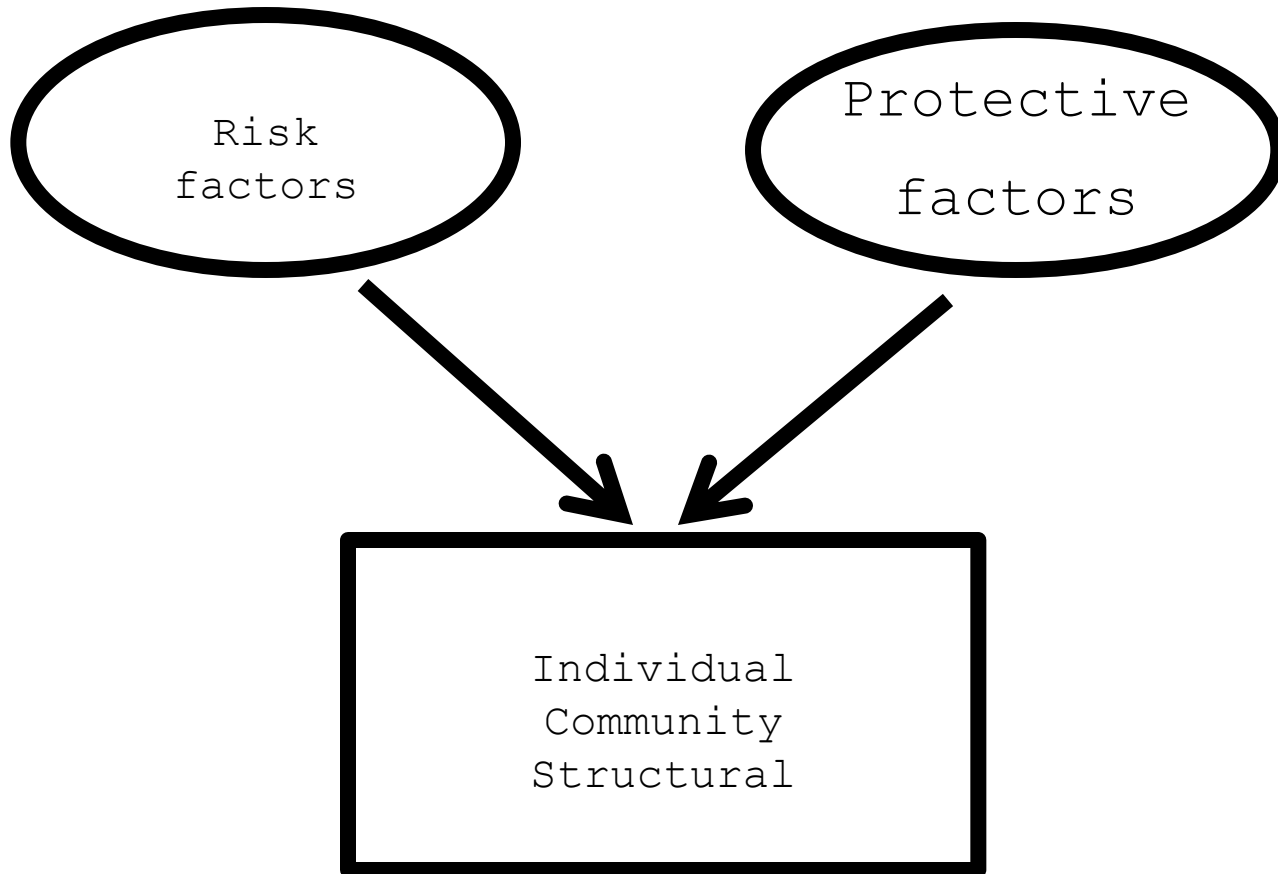
## SLaM' s Core Value

“Everything we do is to improve the experience of people using our services and to *promote mental health and well-being for all*”

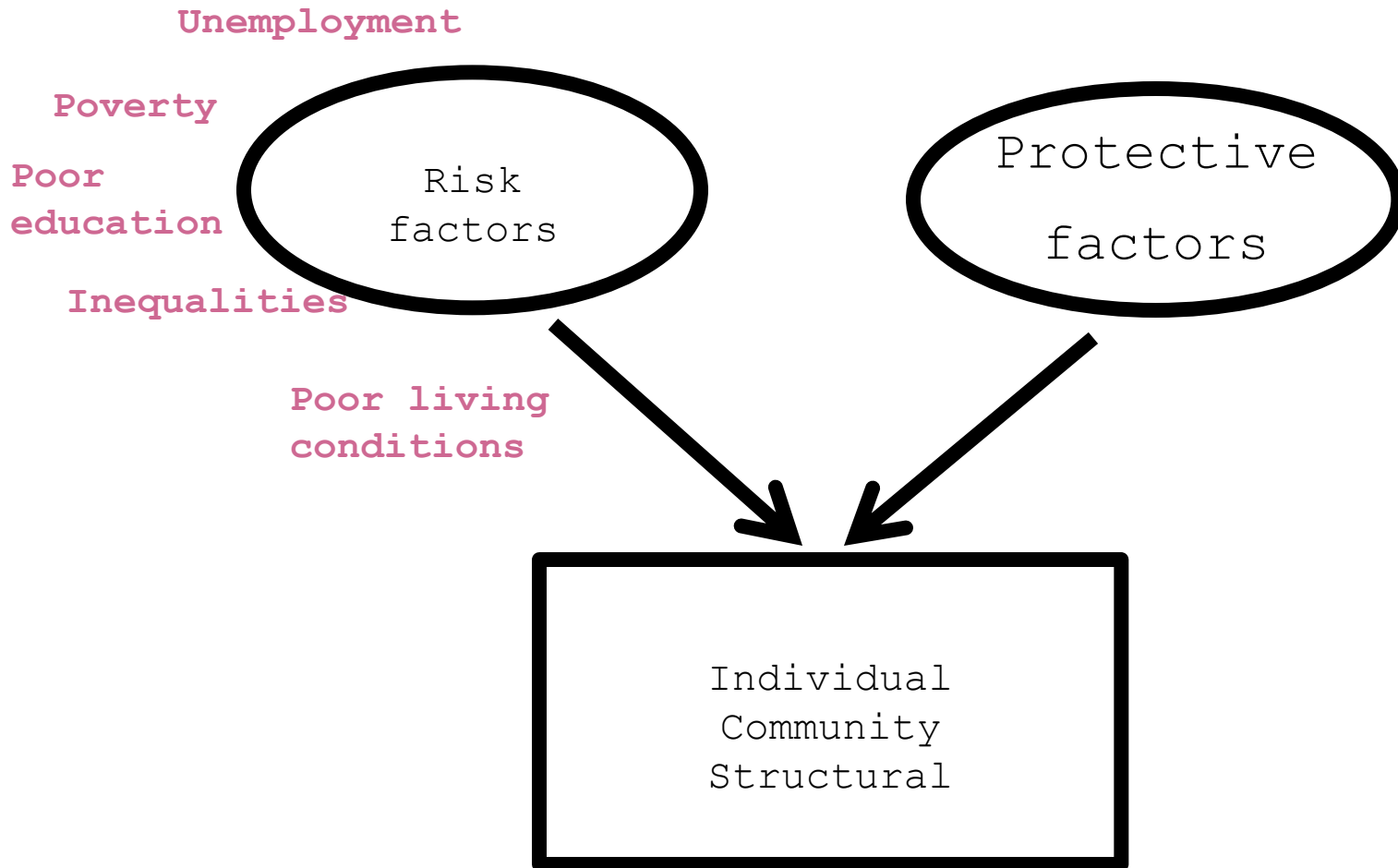
# To work in Partnership to promote mental well-being

- Influencing for mental well-being
- Building Capacity and understanding
- Developing mental well-being services

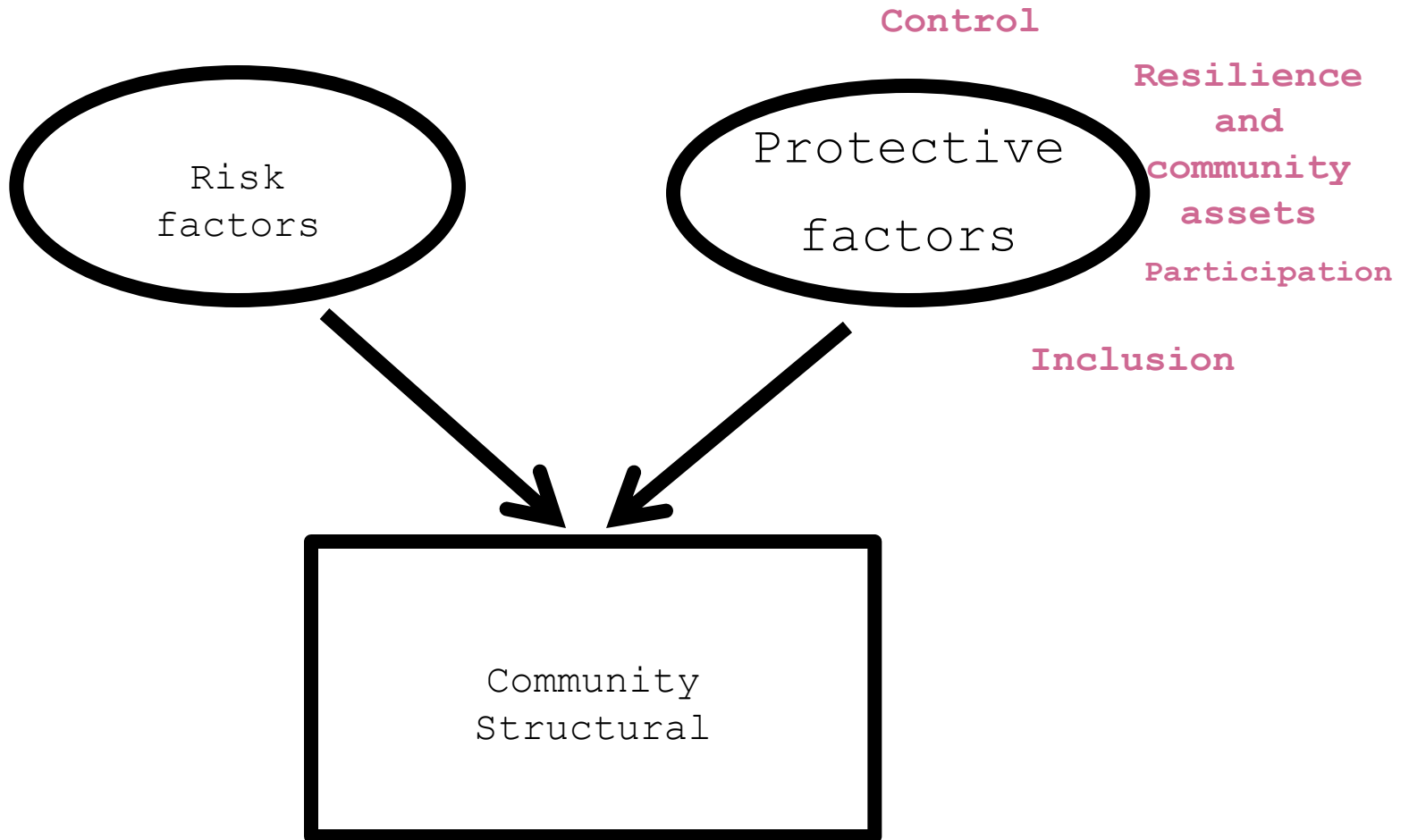
# Mental Health Promotion



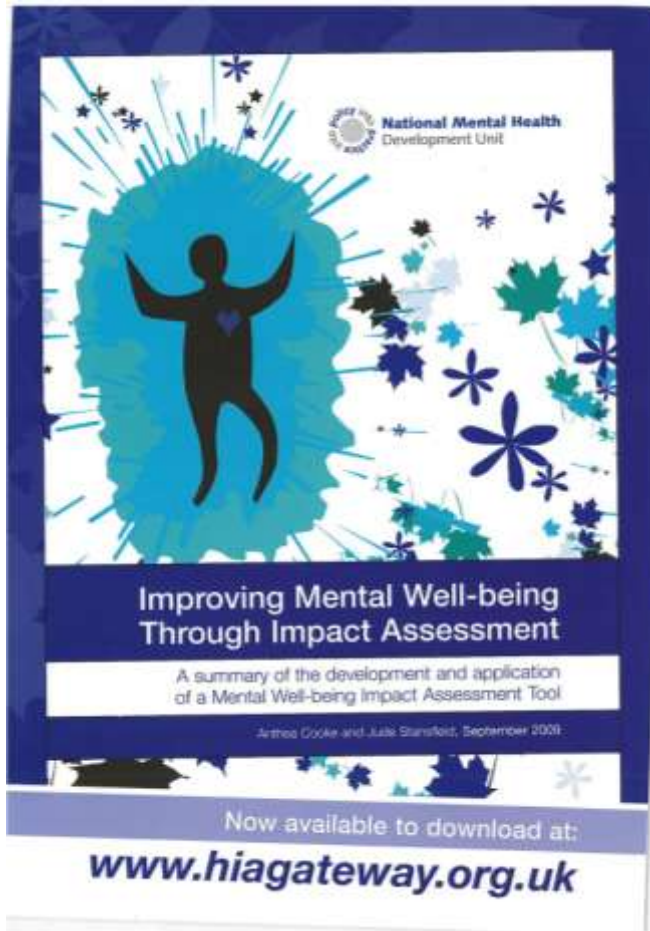
# Mental Health Promotion



# Mental Health Promotion



# Mental Well-being Impact Assessment (MWIA)



*A pioneering methodology that enables a wide range of organisations and programmes to understand and demonstrate their impact on mental well-being*

# MWIA is based on four key factors which promote and protect mental well-being

- Enhancing Control
- Increasing resilience and community assets
- Facilitating participation
- Promote inclusion

(adapted from DOH 2001)

# A stakeholder process



# Indicators - an Example

## Clapham Park TimeBank

Factor	Determinant	How do you know?	Data collection	Frequency
<b>Control</b>	Control over influencing things in your local community.	Through things happening	Percentage of time bank hours spent influencing  People's stories	Annual
<b>Resilience</b>	Being involved in your community.	People give time Donate talents	Survey	Annual
<b>Participation &amp; Inclusion</b>	informal support friends, groups.	People support each other outside of timeBank hours	Percentage of "out of hours" timeBank credits  Survey	Annual

# Achievements and Developments

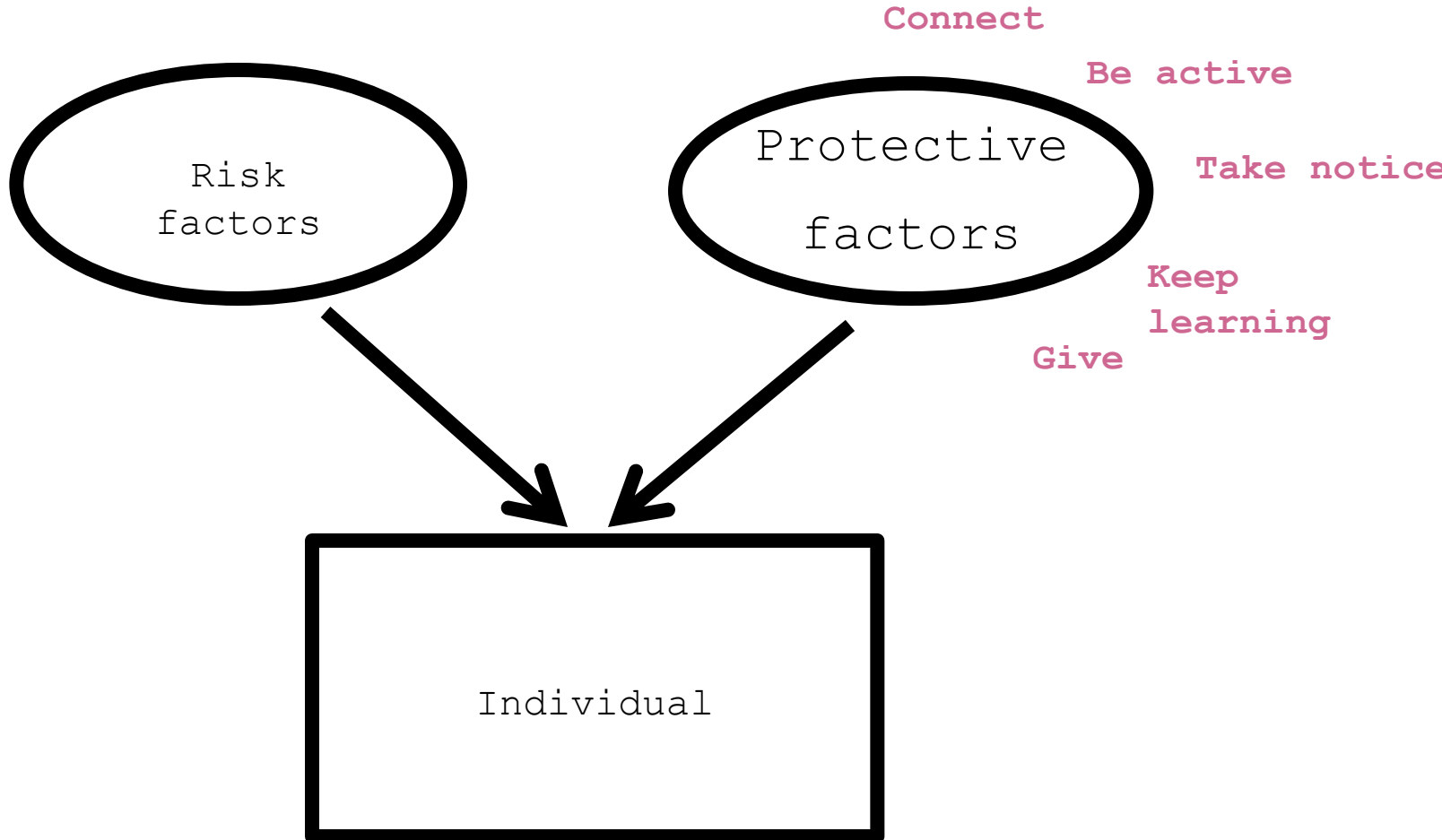
- Over 400 MWIA's have been completed on a wide range of strategies, programmes and projects
- A national MWIA collaborative has been formed to integrate MWIA into public health policy and practice at a national level
- An update of the toolkit will be published in 2010
- 200 people have been trained to undertake MWIA's
- Work is currently taking place on a version for young people

*"Use it (MWIA) widely, encourage its use by others and be successful in your desire to improve the mental health of the country."*

*Mike Farrar CBE, Chief Executive, NHS Northwest*

# Mental Health Promotion

What do we do?



# Five ways to well-being

Commissioned by the Foresight Project to summarise the evidence from the Mental Capital and Wellbeing Project into 5 key messages





Can Money Buy London  
Happiness?



# Welcome to Well London

## Our vision is to

- work with local communities to enable them to improve their health and well-being
- influence policy makers and practitioners by providing evidence that will change ways of working with people and communities.

Well London is building skills and confidence by engaging communities in designing, participating in and delivering activities that meet their health and well-being needs.



LOTTERY FUNDED





"When I was young I used to think that money was the most important thing in life. Now that I am old I know it is"

Oscar Wilde.

"Money isn't everything but its way ahead of whatever is in second place"

Anon.

Connect... Be active... Take notice... Keep learning... Give...

## CAN MONEY BUY WOMEN HAPPINESS?

How much would you need to make Broad Green happier?



**WHAT is it?** 8 well-being workshops for women exploring

- food & mood
- how to cope with stress
- mind, body & spirit
- 'happy' activities that are good for health

Using what you learn you can come up with an idea for something to make you happier - we call it 'Dare-to-Dream' - and we can provide the money for you to do it (up to £500)

**WHO'S it for?** Any woman living in the Well London Broad Green neighbourhood

**WHERE is it?** West Croydon Methodist Church  
93 London Road CR0 2RF

**WHEN is it?** 21 Jan - 18 Mar 2010 (not half term week)  
9.45 am - 12.30 pm (including a free healthy breakfast)

Creche facilities will be available

For more info or to book a place pick up a leaflet or contact:

Caro Swan  
DIY Happiness Administrator  
carolyn.swan@slam.nhs.uk  
020 3226 1695

Gifty Nmaju  
Croydon BME Forum  
gifty@bmeforum.org  
020 8684 3719





Body  
Mind  
Spirit  
People  
Place  
Planet



Mind

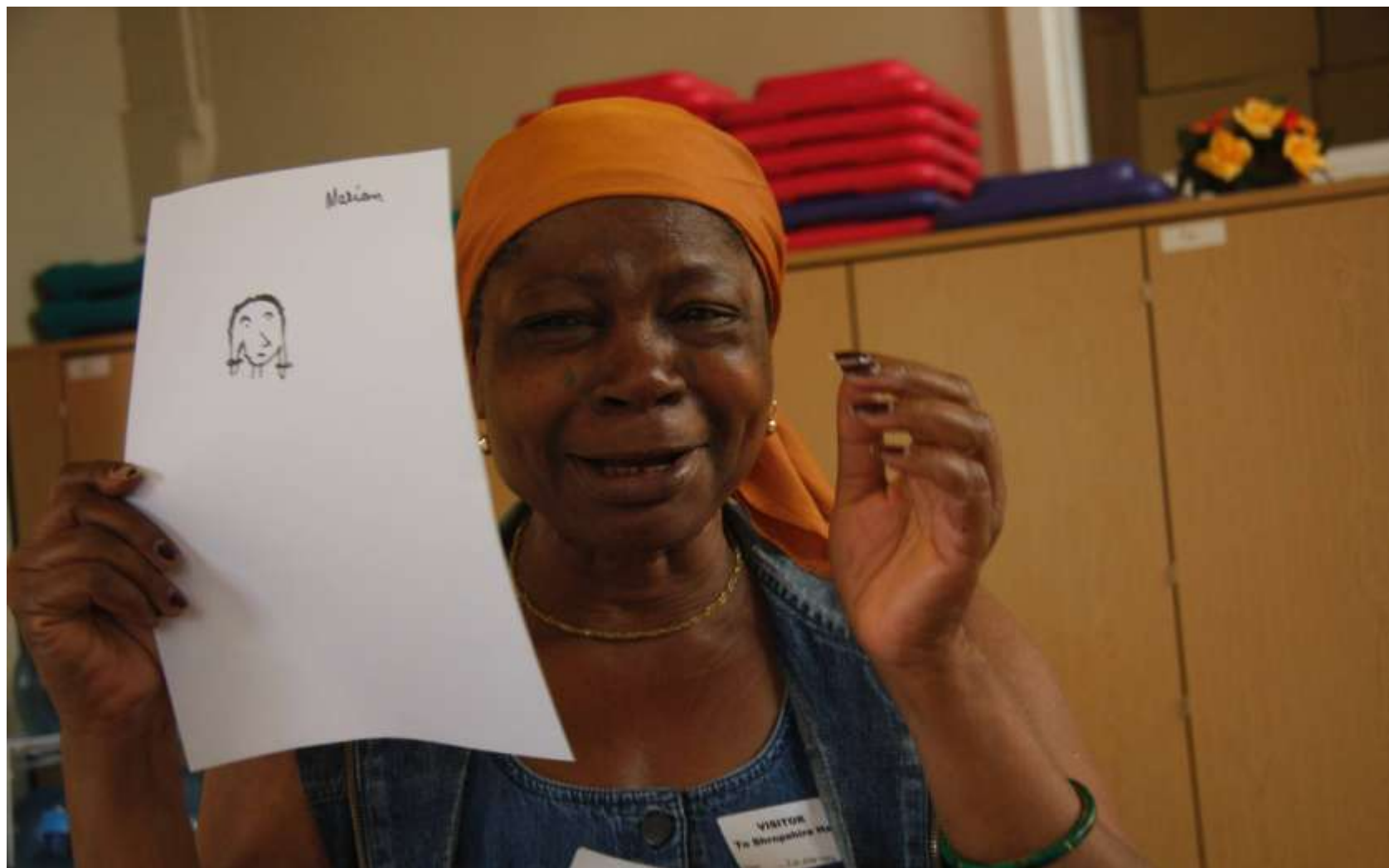


*"The look of it makes my mind happy"*

Laila (Tower Hamlets DIY) South London and Maudsley



NHS Foundation Trust



*"I found I can really draw well when I am focused on it"*



*"For that 15 -20 minutes I was actually feeling quite light and felt as though I have no problems in the world"*



*"I have really enjoyed coming to this workshop. It really is a DIY happiness course"*