

Kingston Communities Taskforce: Mental Health and Wellbeing Subgroup

End of Year Report

About The Group and Its History

The Kingston Communities Taskforce: Mental Health and Wellbeing Subgroup is a Subgroup of the Kingston Communities Task Force. Healthwatch Kingston provides administrative support and coordination for the Subgroup.

The group was formerly the 'Thrive Kingston' Mental Health Strategy Planning and Implementation Group. In April 2020, it became the Covid-19 Mental Health Recovery Strategy Group, with a core focus on the impact of the pandemic, and working collaboratively across Kingston to response to it. This group formed the basis of the current Kingston Communities Taskforce: Mental Health and Wellbeing Subgroup.

The subgroup is very well attended by different partners from the NHS, Public Health and the voluntary sector.

In the last twelve months we have held six subgroups with three workshops on the following topics:

- Better Mental Health JSNA
- Children, young people and parental mental health engagement workshop.
- Community Mapping for South London Listens

Thrive Kingston Strategy – Moving Forward

Stephen Bitti and Liz Trayhorn were invited to update the Health and Wellbeing Board about the Thrive Kingston Strategy journey to date. The strategy ran to March 2021, and it has seen various transformations in response to the pandemic.

The subgroup has had discussions about a Thrive Strategy refresh.

Rather than create our own new strategy, we will ensure that Kingston's needs are brought into the broader and more strategic cooperate programmes and strategies, by using intelligence from recent extensive research such as the Better Mental Health JSNA, which the group has contributed to.

The Health and Wellbeing Board has approved this approach. The current Communities Task Force: Mental Health and Wellbeing Subgroup is subgroup of the RBK Health and Wellbeing Board, and we are accountable for delivery against the findings in the Better Mental Health JSNA, and provide the Board with updates on the implementation of the recommendations.

Loneliness and Isolation – Getting to the heart of mental health issues, and making a difference



Partners found that loneliness and isolation was a key factor in people facing difficulties with their mental health. There have been pressures from users wanting face to face services, as partners managed the balance and risk as lockdown was eased. In February 2021 the group held a loneliness and isolation workshop.

From this workshop an action was taken to set up a Tackling Loneliness and Social Isolation working group – to support the work of Kingston Council in this area with the aim to:

- Undertake a profile of Kingston based on people with characteristics most associated with loneliness
- Map local provision for people at risk of, or experiencing loneliness and isolation against the ‘Loneliness Framework’
- Make recommendations for action based on these findings

The final report has been published, with the following key recommendations:

- Recognise that loneliness and isolation is a strategic issue that the Council as a whole must address, involving all service areas and resources.

The Communities Task Force Mental Health subgroup recommendation:

- Ensure tackling loneliness and social isolation continues to be a key thread in Council led transformation work; and key strategies and policies in development.

This is an impactful, and useful item of work supported by the subgroup.

As part of the wider response to tackling loneliness and isolation, Square one “community cafes” were launched with the support of Save The World Club, a local community group, and support from Kingston Council. Well done to all involved in this brilliant work, which will help many members of our community with their mental health after a challenging couple of years.

Our Work With Partners Across South West London



The subgroup routinely engages with the work of the South West London Mental Health Transformation Board, which is part of the Community Transformation work set up by South West London NHS Trust. Over the coming years, the Trust's Integrated Programme is bringing forward new investment and innovations to improve adult community mental health services.

With members of the board sitting on the subgroup, we have been able ensure support, and enhance the work of the Trust – putting collaboration and coordination at the forefront of our work.

Nigel Evason, Head of Children and Young People's Mental Health and Learning Disabilities, SWLCCG, said *"Thank you for the support and input we have had from the group over the year and that I am very much looking forward to working with them on the adult and Child and Young Peoples programmes next year. I believe that we can improve the way that we support our local citizens going forward."*

The subgroup was able to provide an opportunity for the voluntary sector to comment on the Transformational funding bids from SWLSTG. Healthwatch Kingston was able to bridge the gap with our SWL NHS partners and the local voluntary sector in Kingston, as the plans to develop an integrated care model, and multi-agency planning, and assessment process in Kingston moves forward.

South London Listens – Community Mapping Project



Healthwatch Kingston carried out a South London Listens (SLL) community activity audit on behalf of SLAM (South London and Maudsley NHS Foundation Trust).

Focus was on community and voluntary sector services that cover the following areas:

- Social Isolation, loneliness, and digital exclusion
- Work and wages:
- Children, young people, and parental mental health
- Access to Mental Health Services - Organisations for migrant, refugee and diaspora communities.

The mental health and wellbeing subgroup supported this work, with assisting with populating the document, and some members were interviewed by Healthwatch Kingston, due to their expertise on the topic areas, for a report to inform the work of South London Listens and SLAM.

Working with VCSEs

The subgroup has also provided many opportunities for voluntary sector groups to promote their work around mental health and support.

This year we have heard from a number of voluntary organisations, including Eco-Op, who support adults who have learning disabilities, mental health problems or other challenges in their lives, specifically about their outreach service pilot, aimed at tackling loneliness and isolation.

Mind in Richmond, attend to talk about the out of hours crisis outreach services which operate in Kingston and Richmond.

The subgroup a useful platform to be updated on what is happening in mental health in Kingston, and ensure that all partners who attend have knowledge of the service offers, to provide clients with the information on where to get support, and access services, identify gaps in provision, work towards prevention, and plan for a more cohesive offer of support across Kingston.