

Appendix 1 - Creating a Mentally Healthy City (CMHC) Forum Highlight Report

1.1 Context

- 1.1.1 The 'Creating a Mentally Healthy City' forum is committed to making the City a place where everyone can enjoy good mental and physical health, where its citizens can live independent, healthy and active lives, and children have the best start in life with clear pathways to achieving success and realising their full potential. A place where people can make positive choices and take control of their wellbeing. We aim to create a City where investment is encouraged thereby creating jobs to ensure we bridge the inequality gaps. We will work towards reducing social isolation, and homelessness and promote clean air and green spaces so all Citizens across the life span can thrive.
- 1.1.2 CMHC will work with strategic partners, stakeholders, Third and Voluntary sectors, and Faith Groups to improve access to mental health services for the most vulnerable and disadvantaged groups through the programmes mentioned in the JSNA and the Suicide Prevention Strategy, and with other HWBB Forum including Creating a City without Inequality.
- 1.1.3 The 'Prevention Concordat for Better Mental Health' currently in 'Draft' format, is a formal document demonstrating commitment to working towards better mental health and wellbeing locally as well as nationally. The Prevention Concordat will form the basis of an Action Plan and involve all strategic partners, stakeholders and community leaders as well as citizens who are dedicated to making the City a mentally healthy place to live and work.
- 1.1.4 Two Workshops (one every six months for the first year) will enable us to deliver on our commitment that will underpin the various themes from the Mental Health and Wellbeing priorities set by the HWBB.
- 1.1.5 A LinkedIn Group has been created for wider City membership of all interested Citizens where they can develop knowledge and share best practice for creating a Mentally Healthy City. The link is <https://www.linkedin.com/groups/12278284/> and membership currently stands at 66.

1.2 Current Circumstance

- 1.2.1 The opening CMHC Forum was held in October 2019, chaired by Councillor Paulette Hamilton and was very well attended. The Terms of Reference (Appendix 1A) and the purpose and structure of the membership were discussed and agreed by the Forum.
- 1.2.2 The Prevention Concordat for Better Mental Health (Appendix 1B) was presented and its purpose and aims made clear as the document that will underpin the Action Plan of the Forum. Forum members were asked to endorse the Prevention Concordat at the meeting scheduled for February 2020 if they and their organisations agree with the vision for the CMHC Forum in line with the priorities set out by the HWBB. They were encouraged to give feedback and to notify any amendments they consider necessary to this strategic document.
- 1.2.3 An update on the Suicide Prevention Strategy was given to the Forum. The

Action Plan (Appendix 1C) has been updated and all actions have been given named ownerships.

1.2.4 In line with the HWBB priorities, a topic discussion and presentation on Social Isolation and Loneliness was made with a Q&A session that enabled Forum members to explore in depth the issues and possible causes, and what can be done to eliminate these within our City. The presentation was sent to all Forum members and posted on the 'Creating a Mentally Healthy City' LinkedIn group platform.

1.2.5 The CMHC forum scheduled for December 2019 had to be cancelled due to being in a state of Purdah prior to the general election.

1.3 Next Steps and Delivery

1.3.1 Endorsement of the Prevention Concordat for Better Mental Health at the CMHC Forum scheduled for 19 February 2020. Forum members are being asked to sign a Pledge that they and their organisation will support the Prevention Concordat and work with other strategic partners, the wider membership, community leaders and people with lived experiences. An Action Plan will be developed for approval by the Forum with additional input from the Workshops.

Appendices

Appendix 1A – Creating a Mentally Healthy City Terms of Reference

Appendix 1B – The Prevention Concordat for Better Mental Health

Appendix 1C – Suicide Prevention Draft Action Plan