

## **Rutland Mental Health Neighbourhood Group: Update – 21 March 2023**

- We have worked with the Mental Health Neighbourhood group recently to create our strategy, which defines our vision and how we will identify the priority groups to work with. There are many key areas we have discussed that will be set as actions, which will require new and continued engagement with our local VCS partners, local authority and health organisations. We continue to grow as a group and have included members recently from the armed forces and farming community as these are some of the key areas we will look at supporting.
- There have been recent community engagement events where several VCS organisations, as well as the Police, have attended local villages to engage with residents to promote our services and support available. This is part of helping us to deliver an integrated neighbourhood approach to ensure mental health needs in Rutland are met, as it imperative to understand from a local perspective the issues our population face.
- We have also supported local organisations who have shown an interest in becoming the first Crisis Café based in Rutland, as the second round of applications is currently live and closes on the 10<sup>th</sup> of March. These are part of Leicestershire Partnership NHS Trust's local support for people who need immediate help with their mental health. The cafes are drop-in centres for anyone to come and talk to us about their mental health with no appointment needed. This is another key objective and deliverable we are looking to achieve, as we want to ensure there is increased access available for people who require support with their mental health.
- We have worked on a mental health pathway, to give a clearer map of who to go to and when for mental health support. This will be distributed with our partners once complete.

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