RUTLAND MENTAL HEALTH NEIGHBOURHOOD GROUP

The Rutland Neighbourhood Mental Health Group led by Mark Young, Senior Mental Health Neighbourhood Lead continues to meet monthly and was requested to provide feedback regarding a draft version of the Rutland Joint Strategic Needs Assessment for Mental Health and Dementia. We have organised meetings to work in a collaborative manner by working with a number of partners to look at support through group work, which includes the Leicestershire Recovery College, P3, Vita and RISE.

We are also working closely with Public Health, as they have formed a voluntary group in 5 local villages – 'High 5' to target identified areas of deprivation within 5 neighbouring villages. Public Health will bring together the group to explore how they can support these villages to improve health and wellbeing.   We met with the group in March to discuss our current support offer, the Joy platform and carer's service. We will be making further introductions with the wider VCSE network and attend their monthly meetings as well.

Pepper's - A Safe Place have now submitted their proposal with changes to their Mental Health Neighbourhood Cafe, as they are looking at opening a hub at the Town Hall in Uppingham, which will complement their existing offer in Oakham. They are actively recruiting for new listeners and have received a good response to the advert. They are hoping to launch the Uppingham hub in mid-May. There has been a large increase in the numbers of people accessing the café; we have seen a 133% increase since November 2023 to February 2024.

Public Health shared the draft of the Armed Forces Health and Wellbeing Action Plan 2024/25 after the recent workshop in February. One of the actions specific for the RISE team was regarding how we can seek to reduce social isolation and loneliness in Regular Armed Forces families and address how they can access support. I have spoken with Colour Sergeant Ireland, who is based at Kendrew Barracks regarding the RISE team attending a coffee morning for family members of current serving personnel. Colour Sergent Ireland is happy to accommodate this and agreed to share this on their social media. The team also continues to support the veterans breakfast clubs and is currently finalising a revision to their leaflet they hand out to people,

The Group has supported with the launch of Joy across LLR and we now have two roller banners displayed at Uppingham Surgery and Oakham Medical Practice. Leaflets and posters have been distributed in the local community, including Citizens Advice, Pepper's, Oakham Library and Rutland County Council offices to help raise awareness.

Initial talks have been held about Mental Health Awareness Week, which takes place between the 13th and 19th of May. Discussions have been held with Active Together, as we are looking at organising a walk during Mental Health Awareness Week in May. We are looking to start this from the Mental Health Neighbourhood Café, as we know that walking can have profound positive effects on improving mental health. Several of their current Walk Together walks are focused on 'walk and talk,' providing a safe space to talk to other likeminded individuals and receive support, all whilst getting physically active. Another initiative with Public Health and Active Rutland is to organise a 'Wear It Green' day on Wednesday 15th May. We are finalising the details of promotion for that as well.

We have been informed that our GP Mental Health Lead for the PCN, Dr Alison Corah is due to leave in June 2024 and work is ongoing to try and secure extended funding for this position.

Following the meeting with LPT to discuss the funding that was granted to Rutland to support co-production and engagement costs, we are meeting with our HR team to finalise the job contract and will then be able to go live with recruiting Lived Experience Partners with a view to inviting those with lived experience to be part of relevant groups, including the Mental Health Neighbourhood Group. There have been several people already identified who would likely be interested in supporting us in becoming Lived Experience Partners and we are also working with LPT to look at a Lived Experience Peer Worker to support our group mental health sessions.

3 Conversations Community Reablement worker still working at capacity - started a weekly drop-in session based at the 5 Elements Cafe in Uppingham and we continue to see the increased need for support for low-level mental health.

Age UK provide a befriending service through the Getting Help in Neighbourhood funding. This was extended by 12 months last year and there are arrangements ongoing to finalise extending this funding by another 12 months.

We are awaiting information regarding proposed changes to how the annual physical health checks for people with an SMI take place, as they are proposing to request that the GP's perform these, allowing the Mental Health Facilitators to focus more on the support. We have also requested specific data relating to people within Rutland on the SMI register so we can measure our progress.

Lisa Goodman from Age UK has confirmed that she will covering Dementia Support Services in Rutland from April 2024.

A new project was designed by a member of the RISE team that launched in February called Menopause Matters. The group meet monthly at the Oakham Refill Shoppe on the first Tuesday of each month between 6pm and 8pm. This is designed to bring people together to discuss anything related to the menopause. The first Menopause Matters social awareness group saw one person attend, but they left some very positive feedback on social media, which others replied to. At the second meeting, three people attended who were all at very different stages in their menopause journey. The third meeting was attended by five people, including one person who has attended each session. They were very proactive with researching information to share with the group, which is very encouraging as our aim for this is to become sustainable without the need for anybody within our team facilitating these groups.