

Mental Health Update

Kelly Webb, Health & Communities Manager

Mental Health Strategy - A year on

Our Mental Health Strategy was launched on 1 June 2021 as part of Mental Health Awareness Week. It covers:

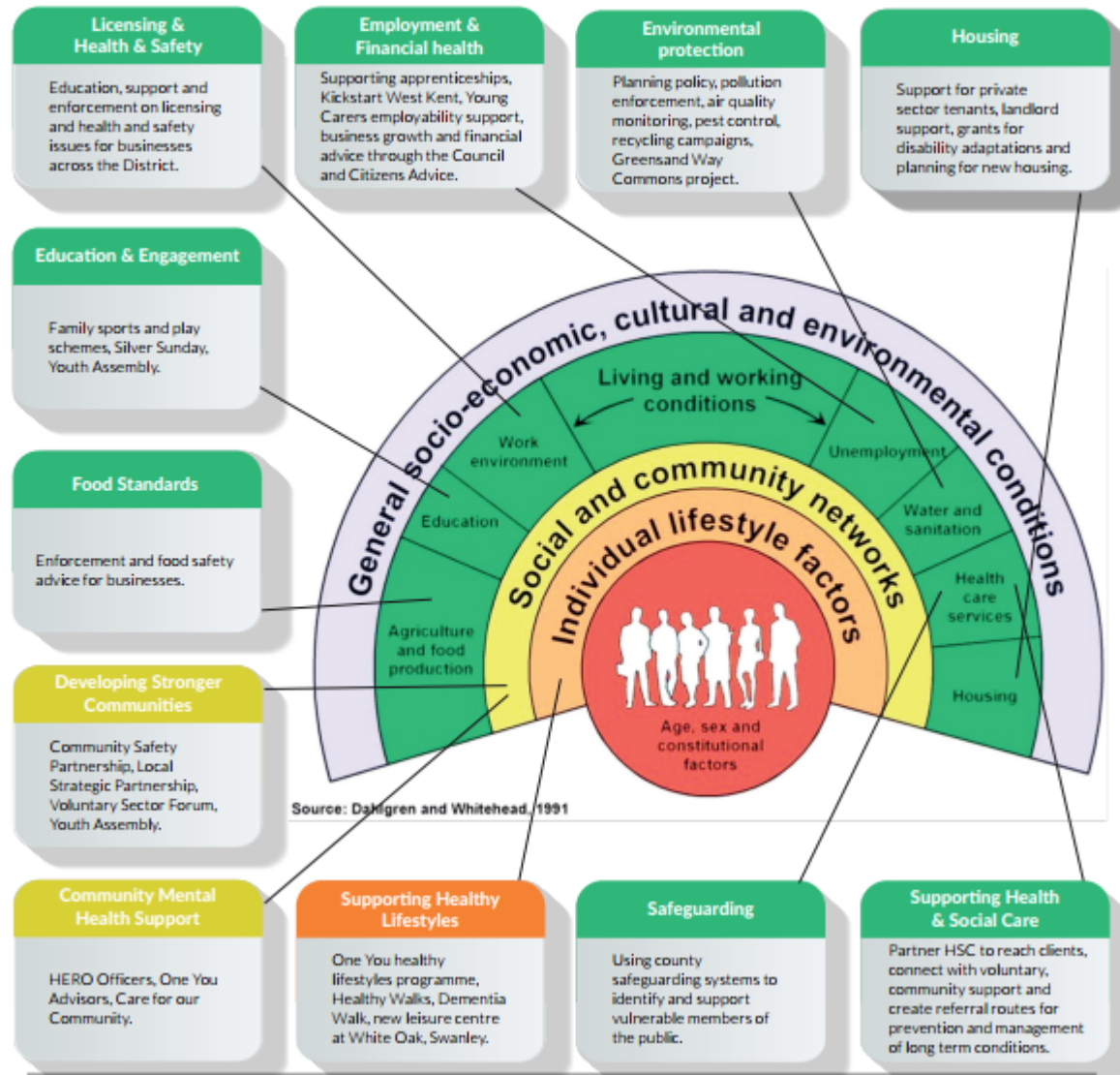
- Good Mental Health
- What can be done to prevent mental ill health
- SDCs commitment to improving mental health
- Our partners

The strategy focuses on mental health and wellbeing associated with the Council's role as an employer; the Council's role with its communities; supporting young people; raising awareness with Members; and activities with partners and the wider community.

This update represents a snapshot of the work undertaken by the Council.

Extensive support for staff is also provided by the HR team, including its Wellbeing @ Work, learning and development and recognition and awards programmes.

The Council's role



Wider determinants of health

The wider determinants of health are a diverse range of social, economic and environmental factors which influence people's mental and physical health.

A snapshot of the initiatives and projects to support wellbeing, including housing, economic development, communities and development delivered by the Council includes:

- Securing funding to deliver One You programme of health and wellbeing lifestyle changes.
- Securing funding to deliver a Youth Mentoring Project.
- Delivery of new affordable housing in Swanley (Elizabeth House).
- Delivery of Kickstart programme providing work experience and jobs for local young people.
- Progression of The Meeting Point in Swanley, providing business space and new homes.
- Successful bid to DLUHC's Rough Sleeping Accommodation Programme to work in partnership with WKHA to deliver 11 units of supported accommodation for rough sleepers and single homeless..
- Secured over £1m in funding to support Disabled Facilities Grant programme.

Kent & Medway Healthy Workplace Awards programme

- The Healthy Workplace programme helps businesses of all sizes become healthier places to work.
- Task & Finish Group set up incl Health & Communities Team, Human Resources & Communications in April 2021
- Met with the Kent & Medway Co-ordinator in May to go through our pledges. Can take organisations up to 18mths to complete
- Bronze - submitted June 2021 and passed July 2021
- Silver - submitted - pending due to forums delivered by KCC.
- The programme is helping the Council and staff to find ways to be healthy at work.

Communications campaigns



Sevenoaks District Co... · 10 Sept 21

On [#WorldSuicidePreventionDay](#) we want everyone to know that they are not alone. If you're **mental health** is struggling and you're not sure where to turn, there is help available. Visit bit.ly/2AFv44f for resources & helplines.

#WSPD2021 #bethelight @IASPinfo

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Sevenoaks District Co... · 25 Feb

Did you know, one in four people will experience **mental health** problems at some point in their life? If you have times where your mood is low, there are things you can do to help. Talking to someone is a good place to start. Don't suffer in silence, visit bit.ly/2AFv44f

76 views

2 2

Sevenoaks District C... · 09 Mar

Anthony Shipwright has won our Youth Group of the year award for his Eden Christian Trust Youth Club! The club provides teens in [#Edenbridge](#) with a safe place to socialise, play games & talk about **mental health**. Here's Anthony with our special guest, @NSPCC CEO Sir [@PeterWanless](#)

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Sevenoaks District C... · 03 Feb

Today we're supporting Time To Talk Day & encouraging everyone to talk more openly about [#MentalHealth](#). If you feel like you are struggling & need help, there is lots of support available locally. Find out more bit.ly/2AFv44f [#TimeToTalkDay](#) [#TimeToTalk](#) [#ItsOkNotToBeOk](#)

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Sevenoaks District Co... · 17 Jan

This [#BlueMonday](#) check in on your friends to see if their ok. If they say yes, check again. If you feel like your **mental health** is struggling, there is lots of help available. Visit bit.ly/2AFv44f for support. [#ItsOkNotToBeOk](#) [#MentalHealth](#)

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Sevenoaks District Co... · 10 Feb

The last two years have been difficult for children & teenagers. If you know anyone aged 11 to 18 whose **mental health** is suffering, we're running a mentoring scheme to give them someone to talk to. Find out more bit.ly/3t3m6qH

[#ChildrensMentalHealthWeek](#)

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Sevenoaks District ... · 01 Dec 21

The festive period can affect people's **mental health** so it's important to help yourself & look out for those around you. Talking to someone about how you feel is a good first step. Find out more about **mental health** support here bit.ly/2AFv44f [#EveryMindMatters](#)

120 views

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Events: Big Sing 2022



Events: Family Fun Days



Events: Youth Mentoring Project



Going Forward - to December 2022

- Gold award to be submitted Kent & Medway awards
- Mental Health Training for staff
- Mental Health First Aiders Training being held in Oct 2022
- Staff Menopause Awareness event on 18 Oct 2022
- Volunteers Fair - Sept 2022
- Helping staff with specific counselling from West Kent Mind
- Winter health and wellbeing support programme delivered in partnership with Primary Care Networks
- Support for eligible pensioners and vulnerable households with utility and food costs as part of Kent Household Support Fund
- Launch of Here to Help leaflet to support staff and residents with the rising cost of living
- Continue Healthy Walks and Every Help Counts
- Community mobilisation programme
- Access All Areas event in Oct 2022
- One You Programme health and wellbeing programme delivered

Thank you