

<b>Item No.</b> 9.	<b>Classification:</b> Open	<b>Date:</b> 30 November 2017	<b>Meeting Name:</b> Health and Wellbeing Board
<b>Report title:</b>		Thrive LDN - Programme update	
<b>Ward(s) or groups affected:</b>		All wards	
<b>From:</b>		Professor Kevin Fenton, Director of Health and Wellbeing; Richard Pinder, Consultant in Public Health; Javina Sehgal, Programme Director Thrive LDN	

## RECOMMENDATION

1. The Health and Wellbeing Board are invited to:
  - Note the progress report from Thrive LDN.
  - Identify opportunities with organisations to promote Thrive LDN website and resources.

## BACKGROUND INFORMATION

2. Thrive LDN is a citywide movement to improve the mental health and wellbeing of all Londoners. It is supported by the Mayor of London, Sadiq Khan, and led by the London Health Board. Our work is delivered in partnership with Greater London Authority, Healthy London Partnership, NHS England (London Region), Public Health England (London Region) and London Councils.

## KEY PROGRESS

3. On 4 July we launched the [Thrive LDN: towards happier, healthier lives](#) publication, which outlines six aspirations for London:
  - A city where individuals and communities take the lead
  - A city free from mental health stigma and discrimination
  - A city that maximises the potential of children and young people
  - A city with a happy, healthy and productive workforce
  - A city with services that are there when and where needed
  - A zero suicide city
4. In conjunction with the launch of the publication, we also launched the 'Are we OK London?' campaign. So far, the campaign has generated over 60,000 interactions and established a reach of over 13 million. At the end of October, we will publish a report detailing initial findings from the campaign. An independent impact evaluation of the reach of the campaign will follow in February 2018.
5. Thrive LDN is growing organically across London. The vision is for communities and individuals to take a leading role in helping to improve mental health and wellbeing across the capital. The Thrive LDN team has been working with charities, health and social care professionals, representatives from local councils, the education and policing sectors, people with lived experience of

mental health problems and a whole host of other organisations and individuals to develop methods and opportunities to improve mental health. A key ambition is to improve resilience and empower individuals and communities to ensure we tackle poor mental health. Through the campaign's momentum, we have seen an increase in offers from existing partners and new organisations, many of which match the aspirations and actions listed in our publication. In return, our team has mobilised a plan with partners consisting of 40 projects that will be delivered across London by 30 March 2018.

6. Some projects have already commenced. For example, to celebrate World Mental Health Day on the 10th October 2017, Thrive LDN worked in collaboration with GoodGym to deliver 22 local happenings with 500 GoodGym members. The partnership aimed to promote how exercising and volunteering for a local community project can help improve Londoners' mental health and wellbeing. Upcoming projects include:
  - Thrive LDN and Team London, in partnership with v.inspired, will launch a new London-wide, youth-focused social action and volunteering programme for children and young people disproportionately at risk of developing mental health problems.
  - We have commissioned research into the effects of intersectional discrimination. The research will work directly with Londoners affected by multiple forms of discrimination, including mental health stigma and discrimination, to understand more about the effects and develop ideas to improve their mental health and wellbeing.
  - MyCognition, is a part of London Ventures, an innovation programme for London's public services. MyCognition is a digitally-led insight, assessment and training platform designed to improve a person's cognitive fitness. Poor cognitive fitness is a major component of, and a major risk factor in mental illnesses. The product can be applied across a wide range of settings, from businesses to education establishments and to a wide cohort of people. This programme which is being delivered in partnership between London Councils and EY, has engaged in discussions with both ourselves and the Good Thinking digital service to see how our offers can help to tackle mental health issues in London.
7. Problem Solving Booths (PSB) are the hyper-local arm to Thrive LDN. PSBs consist of two chairs, one for the 'helped' who may have a problem or need advice, and one for the 'helper' who assists them. People are then often asked if they wish to swap roles. The aims of PSBs are to reduce stigma and discrimination around mental health and to recognise that it is not necessary to reach crisis point before asking for help.
8. Throughout summer and autumn, we have hosted PSBs in Ealing, Hounslow, Westminster, Camden, Tower Hamlets, Croydon, Lewisham, Lambeth, Southwark, Wandsworth, Richmond, and Kingston. These have enabled interactions with over 50 people at each location and helped to encourage people to start thinking and talking about their own and other people's mental health.
9. Our community workshops are a part of our standard offer to London boroughs and help to enhance local work and initiatives. Our workshops are hosted in partnership with Mental Health Foundation and local partner, including local

authorities. So far, we have delivered workshops in the seven London boroughs with the highest prevalence of poor mental health. By the end of March 2018, we will have hosted community workshops in two thirds of London boroughs.

10. The community workshops intend to encourage and support residents and services to establish local Thrive LDN hubs and we have several early adopters including Thrive Harrow, Thrive Greenwich, Thrive Kingston and Black Thrive (Lambeth).
11. Thrive LDN Champions are a growing network of people across London, who form part of the citywide movement to improve the mental health and wellbeing of all Londoners.
12. Currently we are working across three groups: Cllr Mental Health Champions, Lived Experience Champions and Children & Young People's Champions.
13. They have a passion to improve mental health and wellbeing in their local area, and want to make a change in the way Londoners think, talk and act about mental health. Champions are encouraged to get involved in Thrive LDN's activities and supported to develop activities in local areas.
14. We support the Mental Health Challenge which is a jointly-led initiative by Centre for Mental Health, Mental Health Foundation, Mental Health Providers Forum, Mind, Rethink Mental Illness, The Royal College of Psychiatrists, and YoungMinds.
15. The Mental Health Challenge was launched in September 2013, and so far 22 councils across London have appointed Champions for Mental Health. The aim of the Mental Health Challenge is to encourage and support local leadership for mental health and wellbeing through local authority elected members. The Challenge asks councils to appoint a 'Champion' for mental health. In return, we offer champions and their local council advice, information, resources and shared learning, as well as a network of peers in similar roles to exchange ideas and best practice.
16. The Challenge has already shown that Councillor Mental Health Champions have the potential to raise the profile of mental health and wellbeing in local communities, to enable councils to integrate mental health into the full range of their policies and responsibilities, and to link up with other local leaders to foster partnerships and encourage action to promote mental health.
17. Thrive LDN and London Councils are now working together to encourage other councils to take up the challenge and appoint a Cllr Mental Health Champion and help make mental health a priority. This is being done through putting together a motion to discuss mental health at their local full council meeting.

## **NEXT STEPS**

18. Note the work in progress to develop a local Thrive LDN Southwark hub which will have a time to change element to it.
19. Note and support the various opportunities for local, sub-regional and regional benefits and learning to Southwark from the wider work of Thrive LDN.

20. Consider a £10k investment from Southwark, as part of the London local authorities contributions to match fund contributions already committed to the Thrive LDN programme. This will help support two core components – a Citywide awareness and anti-stigma campaign as well as a programme of support to borough efforts to deliver lasting improvements to mental health and wellbeing at the local level, In order to build on the momentum and continue to grow and develop, the Thrive LDN Programme Team needs to be resourced.

**Resource implications**

21. None

**Legal implications**

22. None

**Financial implications**

23. None

**APPENDICES**

No.	Title
Appendix 1	Thrive Southwark – Facilitator Notes

**AUDIT TRAIL**

<b>Cabinet Member</b>	Councillor Richard Livingstone, Adult Care and Financial Inclusion	
<b>Lead Officer</b>	Professor Kevin Fenton, Director of Health and Wellbeing	
<b>Report Author</b>	Richard Pinder, Consultant in Public Health	
<b>Version</b>	Final	
<b>Dated</b>	1 November 2017	
<b>Key Decision?</b>	No	
<b>CONSULTATION WITH OTHER OFFICERS / DIRECTORATES / CABINET MEMBER</b>		
	<b>Officer Title</b>	<b>Comments Sought</b>
	Director of Law and Democracy	No
	Strategic Director of Finance and Governance	No
	<b>Cabinet Member</b>	No
	<b>Date final report sent to Constitutional Team</b>	20 November 2017