

Health & Wellbeing Board

In-depth Review of Mental health and its Impact on Whole Health in Sheffield

Session Aim: to facilitate an interactive and informative development session for Sheffield's Health and Wellbeing Board focusing on mental health and wellbeing.

Session Objectives

1. To provide an overview of the current state of mental health and wellbeing across all age groups for Sheffield.
2. To discuss and identify the key challenges and barriers faced in improving mental health and wellbeing.
3. To explore potential solutions and strategies (including resource shift) for improving mental health and wellbeing for all age groups in Sheffield.
4. To facilitate networking and collaboration among participants to develop joint working approaches in promoting mental health and wellbeing across all age groups.

Session Outcomes

By the end of the session the H&WBB will:

- Have an increased knowledge of the current challenges related to the impact of mental health problems in Sheffield
- Be more equipped with up to date information to drive meaningful change
- Be able to identify and support key priorities for their area of influence & responsibilities
- Have generated innovative ideas to help address problems
- Have identified collaborative partnerships and mandated partners to work in new ways
- Have created a shared commitment to improve the mental health and wellbeing of the citizens of Sheffield

Approach

The session will be delivered to model co-design principles and partnership working, including:

- Co-facilitation between Heather Burns and Steve Thomas (ICB), and Josie Soutar and Robyn Fletcher (Sheffield Flourish).
- Slides with minimal text and use of graphics/images, to present the evidence and statistical information based on relevant evidence,
- Visual content including videos that highlight expert by experience voices and the diversity of the city (individual picture).
- Group activities that enable creative thinking and foster discussion.

Pre-Meeting Resource Pack will be produced and circulated ahead of the meeting

Video Montage being produced by Flourish

Session Plan

Item	Summary	Lead
1	Lead-in: Introduce the session team, housekeeping and plan for the session	Heather Burns
2	Context setting: informed by international and national picture Setting out the links between mental health and: <ul style="list-style-type: none"> • Whole health • Prevention • An all age approach (starting well/living well/ageing well) 	Steve Thomas
3	The Sheffield context Our policy context and how this impacts individuals	Heather Burns and Josie Soutar
4	Exhibition/Break Attendees will have the opportunity to view and discuss a small exhibition of art works produced with support from Mind on the theme of mental health and wellbeing	All
5	Challenges, barriers and aspirations	Mental Health Providers
6	Q&A Involving: <ul style="list-style-type: none"> • Statutory Providers • VCS • Mike Hunter • Mark Cobb • Nicki Doherty • Jeff Pairing • Shatha Shibib • Alexis Chappell 	Heather Burns and Josie Soutar
7	Identifying solutions and strategies Commitments and next steps for the Health and Wellbeing Board	Josie Soutar and Robyn Fletcher
8	Closing Remarks	Heather Burns and Josie Soutar