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| Committees: Health and Wellbeing Board | Dates: 22.11.2019 |
| Subject: Mental Health Activities Report | Public |
| Report of: Andrew Carter, Director of Community and Children's Services | For Information |
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Summary

This report informs Members on some Mental Health activities initiated by the City of London Corporation's Public Health Team.

Everyone has mental health and it is not fixed – it can change from day to day. Government statistics demonstrate, that in the past week in the UK, roughly one in six persons will experience a common mental health disorder (depression, stress, anxiety). For most people, poor mental health can be avoidable and there are steps people, the community and organizations can take to prevent it. The City of London Corporation attempts to prevent Mental health issues and address these issues should they arise through various projects and initiatives.

Recommendation(s)

Members are asked to:

- Note the report.

Main Report

Background

1. The work of the City of London Corporation's Public Health Team in terms of Mental Health and Suicide Prevention has been recognised as exemplary by Public Health England when the City of London Corporation and the London Borough of Hackney became the first London local authorities to join the Prevention Concordat for Better Mental Health.
2. The below projects are part of the implementation of various strategies including the Joint Health and Wellbeing Strategy, the Mental Health Strategy and the Suicide Prevention Action Plan

Cooperation with the Lions Barber Collective

3. Set up by inspirational British barber Tom Chapman after losing a friend to suicide in 2015, the Lions Barber Collective is turning barbershops into safe spaces for men, using the opportunity of a regular haircut to start conversations about mental health.

4. This international group of barbers, or lions as they call themselves, helps raise awareness of mental illness and aims to prevent suicide by creating and delivering a specific training for barbers enabling them to recognise, talk and listen out for symptoms of depression in clients and signpost them to relevant support services.
5. Tom Chapman developed Barber Talk with the help of psychiatrists and mental health professionals, it is an adaptation of Safe Talk for barbers. The barber talk training takes various forms (live, lite, etc) that aim to arm barbers with the knowledge of how to spot those struggling with their mental health and how to be the support that person needs.
6. The idea is not to make barbers into counsellors or psychiatrists but with the aid of the training's four pillars (RECOGNISE, ASK, LISTEN and HELP) barbers can spot the signs of mental ill health in their customers, signpost them to the appropriate resources bridging the gap between the communities they serve and the services that are available while providing a safe non-judgemental safe space to share, open up and or offload.
7. The Lions Barber Collective has attracted the support of the Duke of Cambridge via the 'Heads Together Legacy' and received the Prime Minister's Point of Light Award in 2017 and is having an enormous impact with men whom traditional mental health services can struggle to reach.
8. Commissioned by the Public Health team, Tom Chapman delivered a barber talk live session to 20% of the barbers in the City on 14 September 2019, feedback from the participants was very positive and the Corporation is hoping to deliver another training session before March 2020.
9. To support the Lions Barber Collective and promote the great work they achieve in making barbershops safe places for men to talk about potential mental health issues, the City of London Corporation supported a promotional event on the 7 October 2019 at the Worshipful Company of Barber-Surgeons' Livery Hall.
10. The aim of the event was to connect national and local leaders from the City of London, business, health, care, politics, charities and the military with the work of the Lions Barber Collective.
11. Ambassadors and volunteers shared their story and the mission of the Lions Barber Collective). leading to a celebratory 'first cut' in the hall in centuries, under Holbein's painting of Henry VIII with his Barber-Surgeons and Apothecaries.
12. The City of London of Barbers trained in BarberTalk by the Lions Barbers received their certificates whilst Lions Barber Ambassadors demonstrated how the barber talk training should be applied with hair models. Six international hair designers offered celebrity haircuts in exchange for voluntary donations to attendees interested in promoting and supporting the work of the Lions Barber Collective. The day finished with drinks and time to interact with the Lions to find out more about their mission and ask questions.

Mental Health Street Triage

13. The City of London Corporation Mental Health Street Triage initiative started in May 2017 after the Corporation noticed numerous people in crisis were attracted to the square mile to attempt suicide due to its thriving lifetime economy, numerous travel hubs, bridges and high-rise buildings with rooftop gardens and terraces.
14. The Street Triage scheme is an innovative project whereby from Thursday to Saturdays, City of London Police officers are accompanied on their 5pm to 3am rounds by NHS mental health nurses who provide on the spot advice and guidance to officers as well as assessing and triaging vulnerable individuals to a place of safety.
15. This initiative has led to better outcome for individuals in distress, indeed now people are not inappropriately being taken to the police station under section 136 of the Mental Health Act but rather to a parents' or friend's home, a public health facility or a nearby sanctuary, it also saves precious police resources.
16. Encouraged by the impact of the pilot, the service was extended from 3 to 7 nights a week, over the 2.5 years existence of this service, we have supported 681 people in crisis, many of whom would have been transported to a police station should the Mental Health Street Triage have not been in place. To our great pride and pleasure, the project was awarded NHS team of the year at the end of 2018.

Business Healthy

17. During 2019, Business Healthy has been engaging with the business community in the City and further afield, as well as other key stakeholders on the topic of mental health – particularly where it relates to City workers and working-age adults. This engagement serves to support City employers to improve the mental health and wellbeing of their workforce, support existing efforts in this area, as well as share experiences and learnings from the City of London Corporation.
18. Examples of this work include:
 - Delivery of three Suicide Prevention Awareness sessions to the City's business community, in partnership with Samaritans and the City of London Police (February, June and October 2019). 55 individuals representing 20 different organisations were trained across the three sessions, including Heads of HR, Security and Facilities, as well as employees with an interest in mental health. Feedback showed that, on average, 97% of attendees who responded felt that the session had helped them to feel more confident in identifying and approaching someone who is at crisis point and who might be considering suicide. The sessions also helped to generate income for Samaritans.
 - Showcasing the City of London Corporation's work on promoting and improving mental wellbeing among the local worker population and suicide prevention to the National Suicide Prevention Alliance's annual conference, a Revo meeting on suicide awareness and prevention in March 2019 (Revo is a national consortium of shopping centre owners) and in publications such as the St John Ambulance blog (for Mental Health Awareness Week 2019), City Security

magazine and the Royal Society for Public Health blog. Business Healthy was also an event partner for the Mad World Summit 2019 – a high-profile event focusing on mental health and the workplace.

- Business Healthy continues to support wider efforts to tackle mental health-related stigma in the workplace, improve mental health literacy among the UK's workforce and advocate for mental health as a business priority, by its representation on the Steering Group of the Lord Mayor's Appeal's "This is Me in the City" and green ribbon campaigns, and as an Operational Lead for the City Mental Health Alliance.
- Earlier this year Business Healthy conducted qualitative research into the health and wellbeing needs of City workers, which found that mental health and work-life balance are seen as priority areas for City workers and their employers alike, with regard to wider workforce health and wellbeing.
- Business Healthy also hosted a free webinar on problem gambling, mental health and the workplace, in partnership with charity GamCare and City law firm Squire Patton Boggs.

Dragon Café in the City

19. Following a successful pilot in 2018, Dragon Café in the City secured funding from the City Corporation's Priorities Investment Pot (PIP), which will allow it to be delivered from April 2019 until April 2021 at the earliest. In addition, it also secured funding from the Healthier City and Hackney Fund for specific engagement with micro-businesses and SMEs in the City of London.
20. Dragon Café in the City, which operates from Shoe Lane Library fortnightly on Wednesdays (12-7.30pm), offers a range of free and creative activities aimed at providing City workers and residents with an opportunity to release the pressure from day-to-day life. It has led to a higher footfall in the Library (an increase of 24% compared to non-DCC Wednesdays) and the vast majority of visitors providing feedback have said that attending has helped to improve their mental health and their ability and desire to engage with their mental health.
21. Dragon Café in the City has also hosted "special" sessions aimed at engaging specific target audiences within the City's resident and worker populations, including a speaker session with a male, former City lawyer, who spoke about his memoirs, a "Day of the Dead" session focusing on bereavement and a special session to mark National Carers' Week.
22. The City of London Corporation's Public Health team was invited to share insights and best practice from Dragon Café in the City at the City Health International Conference 2019.

Other:

23. The City Corporation's Public Health team made 2-day Adult Mental Health First Aid training available free-of-charge to frontline staff of City Corporation commissioned providers

24. The City Corporation's Public Health team made a 1-day Children Mental Health First Aid training available to staff from its family of schools in May 2019.

25. The City Corporation's Public Health team and Business Healthy have been supporting the recently launched national "Every Mind Matters" mental health campaign, which has included arranging for the TV advert to be shown ahead of film screenings at the Barbican Cinema

Press Coverage

26. Innovative approaches by the City Corporation's Public Health team on mental health and suicide prevention have continued to receive press coverage over the course of 2019, including:

- BBC London "Inside Out" (Street Triage)
- Policy Chair Catherine McGuinness' columns in City Matters (suicide prevention and mental health)
- Collaboration with Lions Barber Collective to train City barbers in mental health awareness and suicide prevention

Options

27. There are no direct options associated with this report.

Proposals

28. There are no direct proposals associated with this report.

Corporate & Strategic Implications

29. Promoting good mental health and preventing mental ill health contribute not only to the Department of Community and Children's Services Business Plan 2017–22 but also to the City of London Corporate Plan.

Implications

30. There are no direct financial or legal implications associated with this report.

Health Implications

31. There are no direct health implications associated with this report.

Conclusion

32. The City of London leads by example with some its innovative mental health services, the Public Health team is regularly asked to present at conferences and workshop to showcase the excellent work being done in the area of public health and share learning and best practice. However there is still work to be done in the domain of mental health which is a rising area of concern according to the NHS and Public Health England.

Appendices

- None

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