

HUB CONNECTIONS

June 2021

EMERGING FROM LOCKDOWN



Barnet Wellbeing Service

JULIE PAL

COMMUNITY BARNET- C.E.O

Introduction



Barnet Wellbeing Service

DR. LOUISE MILLER

NCL CCG-BARNET MENTAL HEALTH CLINICAL LEAD

Chair



Barnet Wellbeing Service

KAREN MORRELL

HEAD OF INTEGRATED CARE, MENTAL
HEALTH SERVICE, LBB

Wellbeing Activity



Barnet Wellbeing Service

JULIE PAL

COMMUNITY BARNET- C.E.O

Update on Barnet Wellbeing Service



Barnet Wellbeing Service



Barnet Wellbeing Service



The Story so far...

24 Clients

Were supported
by the
**Hospital
Discharge
Service**

27 Clients

were supported
by
Barnet Friends

35 Middlesex University Students

accessed
**Barnet Young
People Thrive
Webinars**

1006 Clients
accessed the
**Psychoeducational
workshops**
New Citizens Gateway

1325 Clients

Were supported directly
by the
Barnet Wellbeing Hub

Exciting updates from The Barnet Wellbeing Service

Barnet Post

A wellbeing column
in Barnet's latest
newspaper

Wellbeing Matters

A new newsletter from
Barnet Wellbeing
Service

The Recovery College

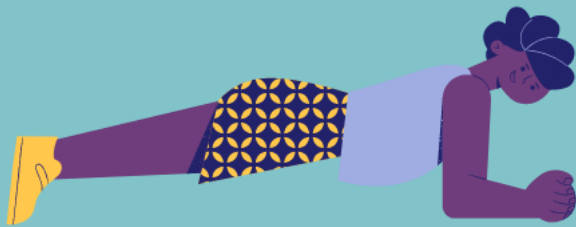
A new service from
Barnet Wellbeing
Service

Vaccine Hesitancy

Webinars to address
vaccine concerns

Website

A new Barnet
Wellbeing Website





**The Barnet Wellbeing Service
will continue to innovate to
deliver the best service to the
residents of Barnet**

The Future...

Continue working with Public Health to support The COVID 19 vaccine programme and to deliver a Mental Health campaign across Barnet.

Continue to develop and grow the Wellbeing Café.

Continue to develop a bespoke young people's programme.

Develop new Psychoeducational Programmes.

Working Together Works



Thank you

LISA ROBBINS

AGE UK

Motivational Befriending



Barnet Wellbeing Service

- **Coming out of lockdown**

- **24th June 2021**



Excited or anxious?



- Everyone is different.
- Go at your own pace – start small
- Stay with what makes you feel comfortable
- Keep safe



Any benefits?

- Have you liked anything about lockdown?
- Have you made any positive



Ways to wellbeing

Staying
physically active

Social
connections

Eating well

Sleep

Active brain



How can Age UK Barnet help?

Finding
Your Feet

Exercise

Activities

Information
and Advice



Finding your Feet – Confidence Walks

- Volunteers trained to support an older person who has not been out and about during Covid, to go for a weekly walk
- Clients meet our exercise assistant in advance to talk through mobility and aims
- Arrange a weekly walk for 4/6 weeks to get people confident going out again
- Hopefully enjoy each others company and explore getting out to some other activities when ready.
- Volunteers do not physically support walkers – just emotional support and encouragement.



New services





Thank you!



SARAH PERRIN

NCL CCG/ LBB- LEAD COMMISSIONER
MENTAL HEALTH AND DEMENTIA

Mental Health Inequalities



Barnet Wellbeing Service



NORTH LONDON PARTNERS
in health and care

North Central London's sustainability
and transformation partnership



Barnet – Addressing Mental Health Inequalities

Hub Connections

June 2021



Context

- [NHS Long Term Plan](#) makes commitments to tackle inequalities in several areas of health care across different populations, including for people who are homeless, those with severe mental health problems and people with learning disabilities.
- The COVID-19 pandemic, and the wider governmental and societal response, have brought MH inequalities into sharp focus. People facing the greatest deprivation are experiencing a higher risk of exposure to COVID-19 and existing poor health puts them at risk of more severe outcomes if they contract the virus. This is exposing the structural disadvantage and discrimination faced by parts of the black, Asian and minority ethnic communities.
- In line with the NHS Advancing Mental Health Equality strategy, we would like to address inequalities in mental health services through support for local systems, improved data collection and use, and steps to build a more diverse workforce with the skills to bring about change.
- Fully implemented, the Advancing Mental Health Equality strategy will facilitate urgently needed improvements in mental health support. Improving access, experience and outcomes for groups that currently miss out. It will increase transparency about how well NHS organisations are addressing mental health inequalities, which will enable greater accountability.

- **Mental Health is important to all of us** and we all have times when our mental health is affected negatively.
- **Mental Health is as important as our physical health** and both our physical and mental health are connected.
- **At least 1 in 4 of us will experience a mental health problem** of some kind each year and 1 in 6 people report experiencing a common mental health problem like anxiety and depression in any given week in the UK
- **Suicidal thoughts and self harm aren't mental health diagnoses but are related to our mental health** and Mind reports that over the course of someone's lifetime 1 in 5 people have suicidal thoughts, 1 in 14 people self-harm and 1 in 15 people attempt suicide
- **Mental Health is all of our responsibilities** and we all play a role in proactively looking after our own and others' mental health and wellbeing and understand the tools and resources available to support people
- **Covid 19 has and continues to impact on people's mental health** across our communities (estimated that at least half a million more people nationwide are likely to have a mental health problem as a result of Covid 19)
- **Mental ill health is estimated to cost the UK Economy £94 billion per annum:** unemployment, lost of productivity and direct treatment costs (OECD 2018)

School violence

Bullying/Cyberbullying Accident

Natural Disaster **Community violence**

Fires **Homelessness**

Serious illness Combat injury of a loved one

Abuse Crime **Neglect**
Loss of a loved one

Violence within the family

Living in or escaping from a war zone Economic stress/poverty

Act of terrorism **Injury**

‘Mental ill health’ often starts with an underlying **trauma**

- Not “*what’s wrong with?*”
- it’s “what has happened to you?”

- **Barnet has a diverse population**, with particular needs for its mental health services. It has the largest Chinese community in London, one fifth of England's Jewish population and the fastest growing Middle Eastern community.
- **Mental illness represents a major challenge**, Barnet has the highest number of people on the SMI register comparatively to the other NCL boroughs- 4617 people on the SMI registers held by GP Practices which equates to 1.1% prevalence.
- **Within Barnet almost 24,400 adults (aged 18+) are recorded in the depression registers** within GP surgeries.
- **The estimated prevalence** for people living with common mental health disorders within the borough **is 42,184**.
- Whilst the suicide rate for males in the borough is significantly lower than the England average, for females the suicide rate is similar to the national rate.
- **Physical and mental health are inextricably linked**. People with psychosis have a life expectancy of around 20 years fewer than the rest of the population, largely due to unmet physical health needs and the high prevalence of smoking. It is evident that some Black and Minority Ethnic (BME) groups experience poorer mental health outcomes than White British people, which is a key area of focus locally.
- **If you are a young black man in Barnet you are 3 x more likely to be detained under the Mental Health Act** than a white person. A high proportion of these have their first contact with the 'care system' through this route



Mental Health



- **People with SMI face reduced life expectancy of around 15-20 years** less than the general population
- **They also have a higher prevalence of preventable physical health conditions** than the general population
- **NHS England have made it a priority to reduce the disparity in health outcomes between people with a SMI and those without.**
- **A core part of this approach is to ensure that people with SMI receive annual physical health checks** (NHSE/I trajectory target is that 60% of patients with SMI receive annual physical health checks; this is a key part of the LTP)
- **There are 6 domains relating to SMI physical health checks** – all 6 domains need to be completed
- **LTP Target that 60% of people with SMI** receive an annual health check
- **For Barnet LTP target - 2,315 people** to receive an annual health check
- **NCL CCG has never achieved the 60% target for our SMI population** and in view of the Covid 19 pandemic this underperformance has been exacerbated, e.g. social distancing requirements, staffing re-deployment, hesitancy to attend health care appointments.

Goals

- Improve access to mental wellbeing support
- Address physical health needs of those most at risk as a result of COVID i.e. People on SMI registers from BAME communities and/or LTC- [Target Groups All BAME groups on the SMI register]
- Improve psychological support (PTSD, ED, bereavement counselling, autism etc.) for our BAME communities. Expand the availability of same language and culturally appropriate therapies, targeted wellbeing workshop sessions- [Target Groups – Asian Bangladeshi, Asian Indian, Black & Black British, Mixed ethnic and Chinese groups]
- Inpatient & Crisis Care and Crisis Prevention- ensuring that our crisis prevention offer is accessible for all residents and appropriately meeting cultural needs and preferences. Strengthening our inpatient therapeutic offer to include cultural preferences and needs
- Across NCL work to reduce OAPs and within Barnet redesign of the community rehabilitation pathway
- Improve crisis response and communication with GP implement a QI approach including setting up virtual clinical interface arrangements where GPs can discuss patient related issues and secure rapid response and advice
- Provide early help to prevent needs escalating: Engage with VCS and community groups in the development of the MH Community model, coproduction workshops with targeted community groups and young people
- Developing an increasing capacity of VCS and community groups to support residents: Roll out ongoing programme of MHFA, suicide prevention, safeguarding training etc.; develop role of social prescribers/care navigators in VCS and community groups; supporting VCS & community groups with bids- [Target Groups – Asian Bangladeshi, Asian Indian, Black & Black British, Mixed ethnic and Chinese groups]
- Unemployment & social deprivation: Link VSC and BAME community groups the DWP work programme; focus on local delivery of MH services in specific wards[Target Groups – Asian Bangladeshi, Asian Indian, Black & Black British, Mixed ethnic and Chinese groups]
- Improving our physical health check offer
- Reducing stigma around Mental Health

Engagement Plan ~ update

☐ Actions completed so far:

Phase 1	Scoping and planning	Completed. Through presentations and workshops at regular board meetings.
	Series of stakeholder engagement events	Some engagement workshops delivered, and more feedback collated through online survey. More interviews and workshops are scheduled in for June.

☐ Next actions:

Phase 2	First draft of action plan co-produced through phase 1 engagement – MH Addressing Inequalities Action Plan. Q2-Q3	
Phase 3	Engagement and sign off for Year 1 action plan. Q3/4	
Phase 4	Year 1 action plan implementation and monitoring 22/23	
	Ongoing engagement to inform Year 2 priorities and action plan.	

Engagement Questions

- ✚ What does good mental wellbeing mean to you?
- ✚ Which factors do you feel are the most important in maintaining your mental wellbeing?
- ✚ Have you felt a change in your mental wellbeing since April 2020?
- ✚ If you or your friends or family felt they needed support with mental wellbeing would they access the Mental Health services?

- ✚ How would you or people you know go about accessing these services?
- ✚ Do you think there are barriers to accessing Mental Health services? What are these?
- ✚ *What mental health services are available? What services are we missing?- more engagement*
- ✚ How easy do you find to talk about Mental Health in your communities?

Alternatively an online survey was shared to encourage feedback from residents and services users.

<https://www.surveymonkey.co.uk/r/R7HWZCN>

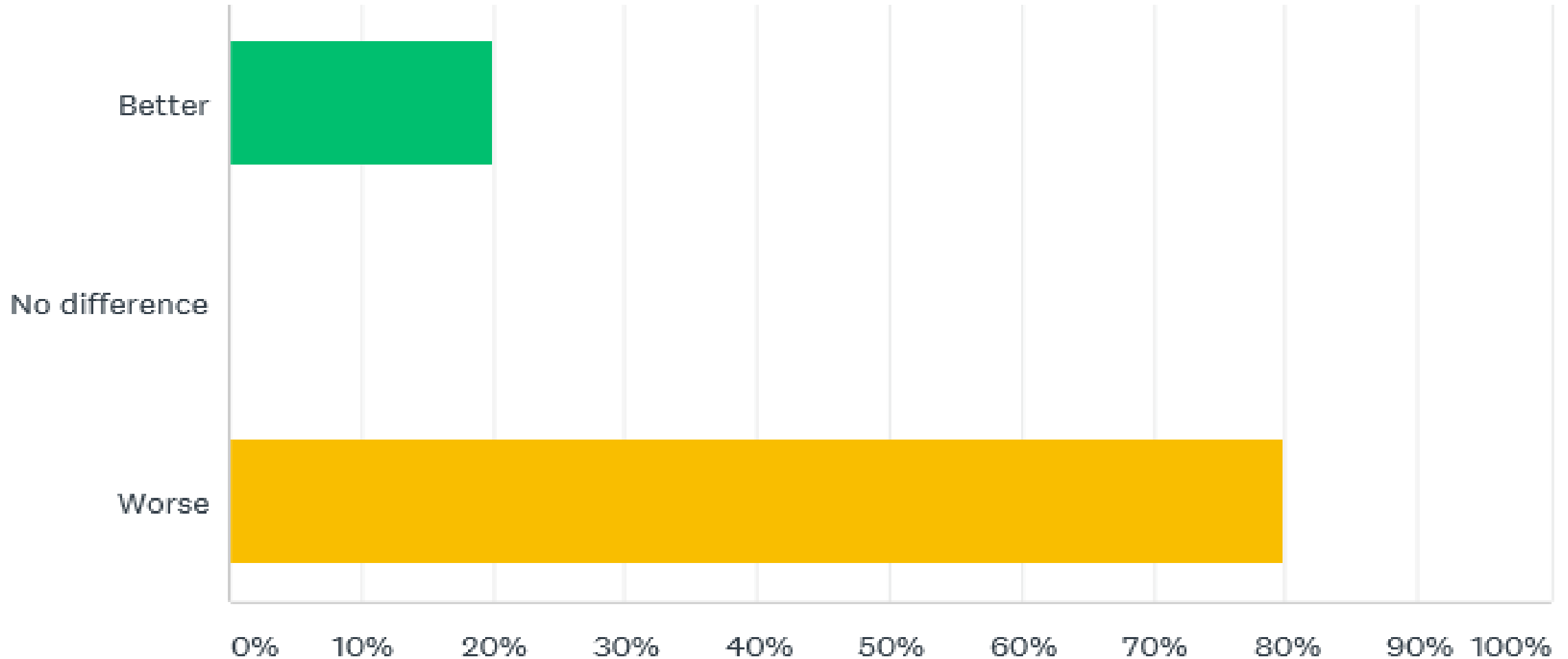
Q1. What does good mental wellbeing mean to you?

- Being able to function and cope with day to day activities and routines. To be able to go outside experience the world and socialise.
- Is very important because we need a balance to have good physical and mental health.
- Ability to function in life, enjoy and cope with life challenges.
- Being able to function within the community without feeling stressed.
- Having options.
- Getting good support in the community
- Being heard, having local groups focussed on MH service
- There is a lot of isolation pre-covid and that has an impact on people suffering from MH issues
- Not feeling isolated
- Being in control of the service people receive
- Being involved and linked up in the community
- Managing daily activities but also have tools to manage crisis
- Consistency of professionals/consultants is very important. Good handover b/w locums is frustrating people
- More talking therapies, person centred

Q2. Which factors do you feel are the most important in maintaining your mental wellbeing?

- Protecting it. Being understood and treated with respect.
- Control the anxiety, stay productive, be positive.
- Purpose driven life in a conducive and supportive environment.
- Access to a well run and readily available mental health NHS support.
- Good sleep. Trusting services. Good understanding and comms.
- Having a consultant who follows up and checks in
- Having good social support
- Having easy to access road maps of where to go to find help
- Transparency around the road map and process as well
- Direct payments
- Stopping sessions after a number of sessions, rather than ensuring people are healed/issues addressed
- A lot of the new cohort may come out of isolation after shielding for a whole year for older people who would benefit from talking therapy. Self referral or via a community group would be helpful
- Support systems have collapsed and it is impacting people in the community
- Crisis Hub has been bad during pandemic – they don't get back to people, feedback system needs to be anonymised

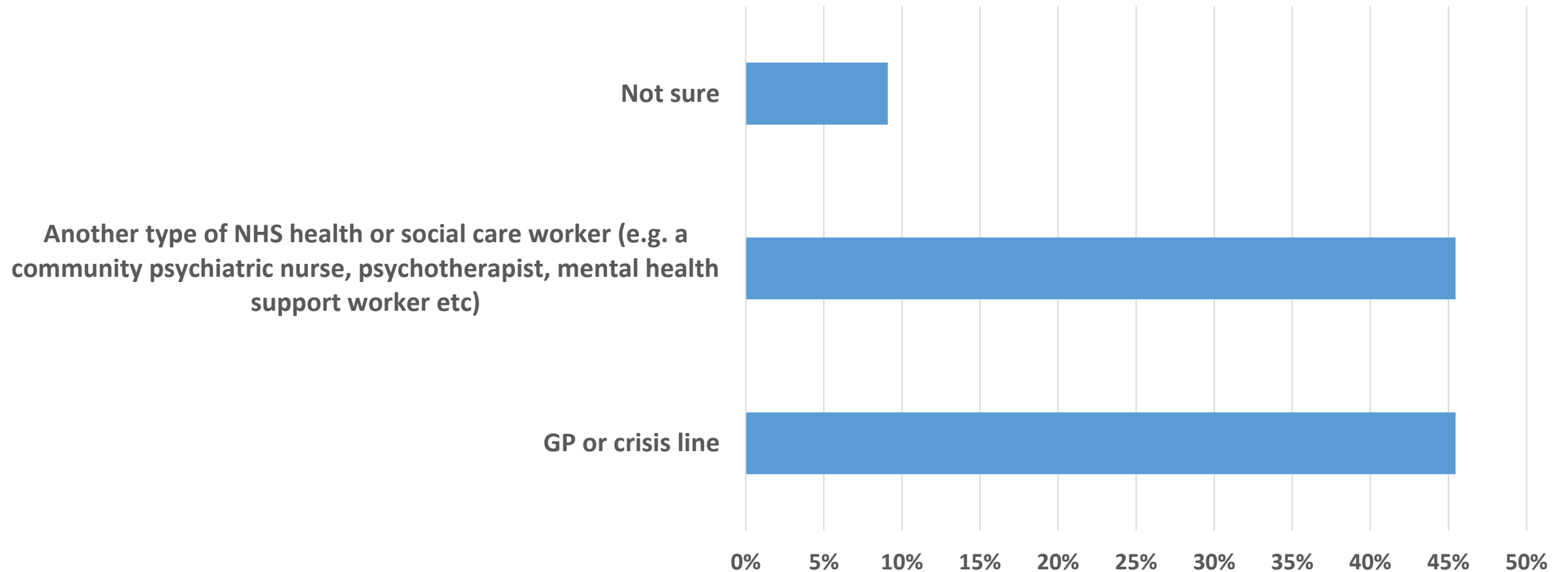
Q3. Have you felt a change in your mental wellbeing since April 2020?



Q4. If you or your friends or family felt they needed support with mental wellbeing would they access Mental Health services?

- I would. They would not.
- Yes
- No, because of the current difficult in our society, we have paid even more attention to our mental well-being.
- Tried to access support. Badly run and no follow through VERY Bad no service.
- Yes

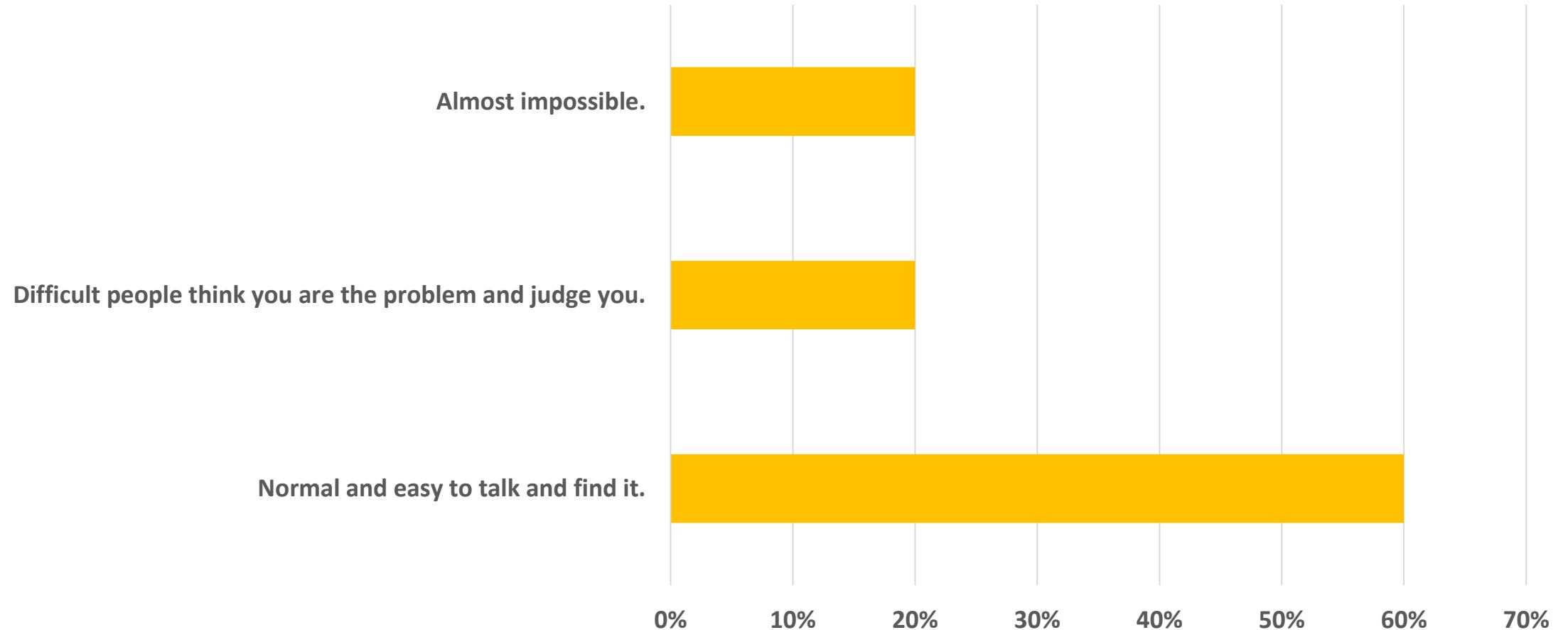
Q5. How would you or your friends and family access Mental Health services?



Q6. Do you think there are barriers to accessing Mental Health services? What are these?

- Yes. The cost. Long wait times. Time slots available to access groups and therapy sessions.
- I don't think so, not in this country.
- Yes. Lack of awareness of what constitutes a problem that requires help/intervention.
- Impossible to get support and all the services are acting independently. No follow through and all most impossible to get any of the services to help.
- Waiting lists, stigma.

Q7. How easy do you find to talk about Mental Health in your communities?



BARRY DAY

MANAGING DIRECTOR OF THE BARNET DIVISION
BARNET, ENFIELD, AND HARINGEY MENTAL
HEALTH TRUST

Lockdown Gallery & Break



Barnet Wellbeing Service

LILY BARNETT

PUBLIC HEALTH BARNET

Emerging from Lockdown & Diabetes Awareness



Barnet Wellbeing Service

Emerging from lockdown

Lily Barnett

Public Health Strategist, Barnet Council

We all still need to do our bit

Although the vaccine roll out is well underway and restrictions are slowly lifting, COVID-19 is still with us. You could still spread COVID-19 if vaccinated so it is still important for us to:

- **take up the vaccination when invited**
- **wash our hands**
- **wear face coverings indoors and where social distancing isn't possible**
- **maintain social distancing – give people space**
- **interact with others outdoors where possible**
- **get tested twice weekly with Lateral Flow Device tests**

Why should you get tested twice weekly even if you've had the vaccine?

- **1 in 3 people have no symptoms (asymptomatic)** – you could be spreading the virus without knowing. Regular, rapid testing plays a critical role stopping the spread of the virus, and is key to breaking the chains of transmission.
- **You could still spread the virus even if you've had the vaccine** - although vaccinated people will have more protection from COVID-19, not enough is known about the vaccine's impact on a person's ability to transmit the virus.
- **Immunity is not instant** – it can take up to a few weeks for the vaccine to protect you
- **No vaccine provides 100% protection** - having the vaccine doesn't completely stop everyone from getting coronavirus but if you do still catch the disease then it shouldn't make you as poorly.
- **Not all those offered the vaccine will take it up** and there are some groups such as children for who the vaccine is not yet authorised (<11) and several months before vaccine is offered to 12-16 year olds.

Where to get FREE lateral flow tests

- **Pharmacy ATS** - 13 pharmacies are offering onsite testing, where you can get a supervised test by a trained operator. You can visit the NHS site finder to find their [nearest pharmacy offering onsite testing](#) or the [Barnet website](#).
- **Community collect** - You can collect 2 packs of home test kits at a [local collection point](#). Each pack contains 7 tests. Anyone 18 or over can collect. You do not need to make an appointment.
- **Online ordering** - Get tests [delivered directly to your home](#).

It's important to look after your physical and mental health

- We have had over a year of COVID-19 dominating our health worries
- People may ignore other unusual symptoms or put off investigations due to worry of the pressure on NHS and fear of COVID-19
- Important to take up cancer screening and other appointments when invited. Look out for any unusual signs and symptoms. You should contact your GP if concerned to put your mind at rest or to get things picked up early on.
- Our physical and mental health may have been impacted by the pandemic. Lots of us may have become more anxious, less active, maybe lost our routine and awareness of our eating habits or taken up unhealthy behaviours like smoking or drinking more – putting us more at risk of developing things like diabetes or cardiovascular diseases.
- Inactivity and conditions such as these can put us at increased risks of complications from COVID-19 so it is even more important we all do what we can to keep ourselves fit and healthy as we come out of lockdown.
- For more information and resources on how to get started, visit our [One You Barnet](https://www.oneyoubarnet.org) website:
www.oneyoubarnet.org
- If you have any acute concerns about your physical or mental health you should contact your GP.

Diabetes prevention project

- For people identified by their GPs as being at risk of Type 2 diabetes, there is a national programme available.
- Since the start of the pandemic, referrals to the [Healthier You NHS Diabetes Prevention Programme](#) in Barnet have dropped significantly.
- Community Barnet are supporting public health to re-engage our communities on diabetes prevention, with initial engagement with people from the South Asian community in Barnet.
- If you are South Asian and over 25, you are at greater risk of developing diabetes. But even if you've been told you're prediabetic, or have a family history, you still have the power to prevent diabetes and enjoy a healthier life.
- We are going to be holding some webinars over the next few months to talk about:
 - the risk factors for diabetes
 - what we can all do to reduce those risks and
 - the support available through programme such as Healthier You

First event will be on Thursday 22nd July 2021

RORY COOPER

COMMUNITY BARNET- HEALTH AND SOCIAL CARE
SENIOR MANGER

North Central London Cancer Awareness Campaign



Barnet Wellbeing Service

**IF YOU HAVE UNEXPECTED
BLEEDING, PAIN,
A LUMP, A PERSISTENT
COUGH OR WEIGHT
LOSS IT COULD BE
A SIGN OF CANCER.**

Dr Clare Stephens

Barnet GP

Co-Clinical Director North Central
London Cancer Alliance

It may be nothing serious – in fact
more than 9 out of 10 people are
NOT diagnosed with cancer.

However, finding cancer early
makes it more treatable.

The way you make an appointment
may have changed, but your GP
practice wants to hear from you
if you are worried.

Contact your GP practice today
to get checked out.

Clear on
cancer

help us
help you

Section 1: Awareness of warning signs of cancer



Awareness and recognition of what may be warning signs of cancer amongst survey respondents is similar to national Cancer Awareness Survey findings. A sore that does not heal is one of the least recognised warning signs relative to others, with nearly a quarter of respondents saying they are “unsure”.

Know the symptoms

- Unexpected bleeding, like blood in your poo, pee or spit
- Unexplained lump
- Unexplained pain that lasts three weeks or more
- Persistent cough that lasts three weeks or more
- Unexplained weight-loss

Early action = Better Outcomes!

- It may be nothing serious, but finding cancer early makes it more treatable.
- If you have a medical problem that needs treatment and care this can only start once you have got in contact with your GP practice about your symptoms.
- If you do need to go on and see a specialist, then remember more than 9 out of 10 people are NOT diagnosed with cancer.
- Help us, help you.

The NHS is open safely now

- Your NHS is still open, even during the current COVID-19 restrictions.
- Contact your local GP practice.
- Take part in cancer screening when invited.

<https://www.smallc.org.uk/information/about-cancer/cancer-screening/>

GP Access

- Access to your GP might feel more difficult but GPs are open and want to see you!
- Most appointments are remote at first but you will get a face to face appointment if needed
- Many ways to book an appointment:
Phone/ Online/ E-Consult/ NHS 111

<https://www.nhs.uk/health-at-home/>

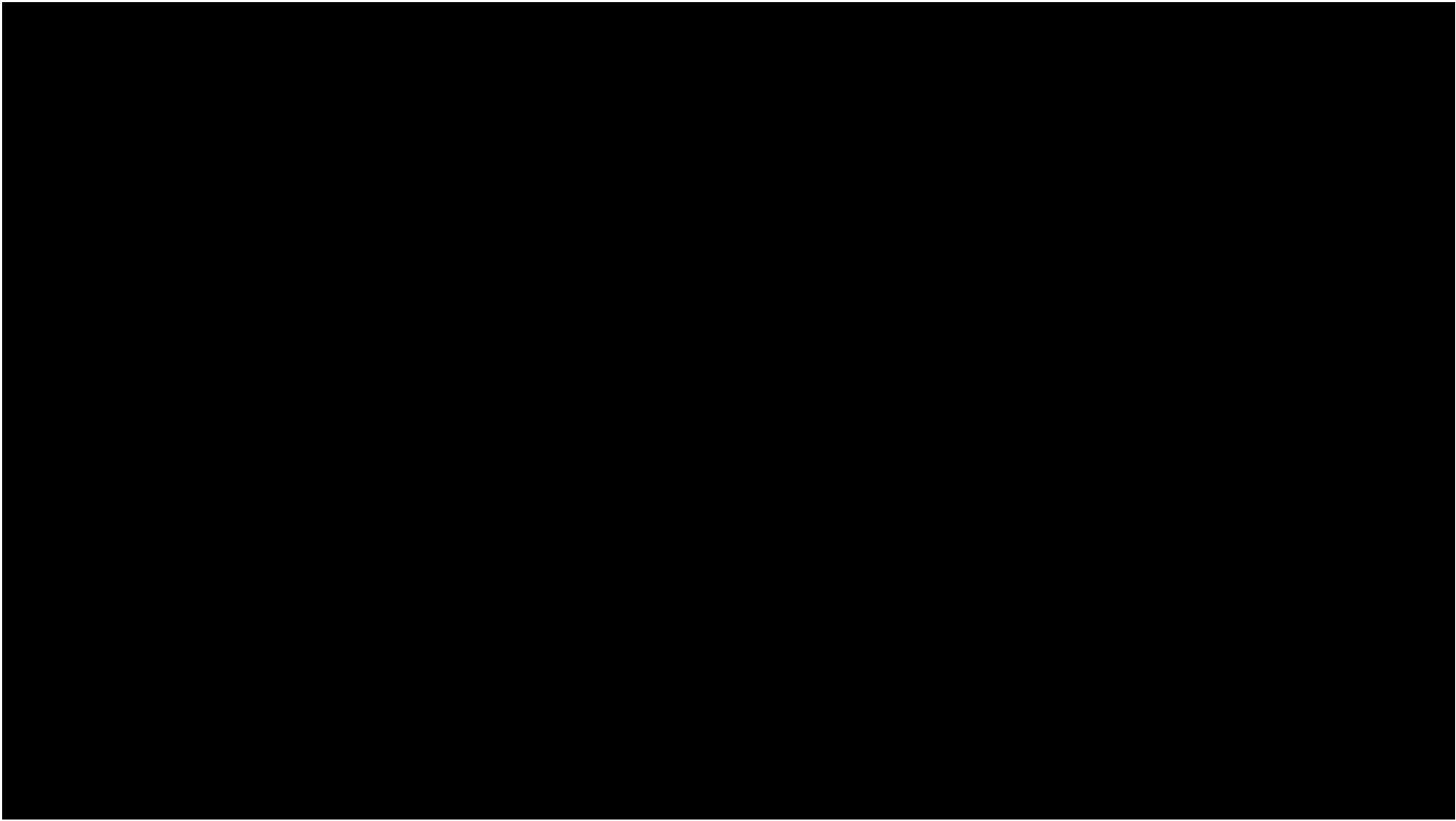
Barnet Wellbeing partners Community Barnet and Barnet Mencap running a cancer awareness event on Wednesday July 21st



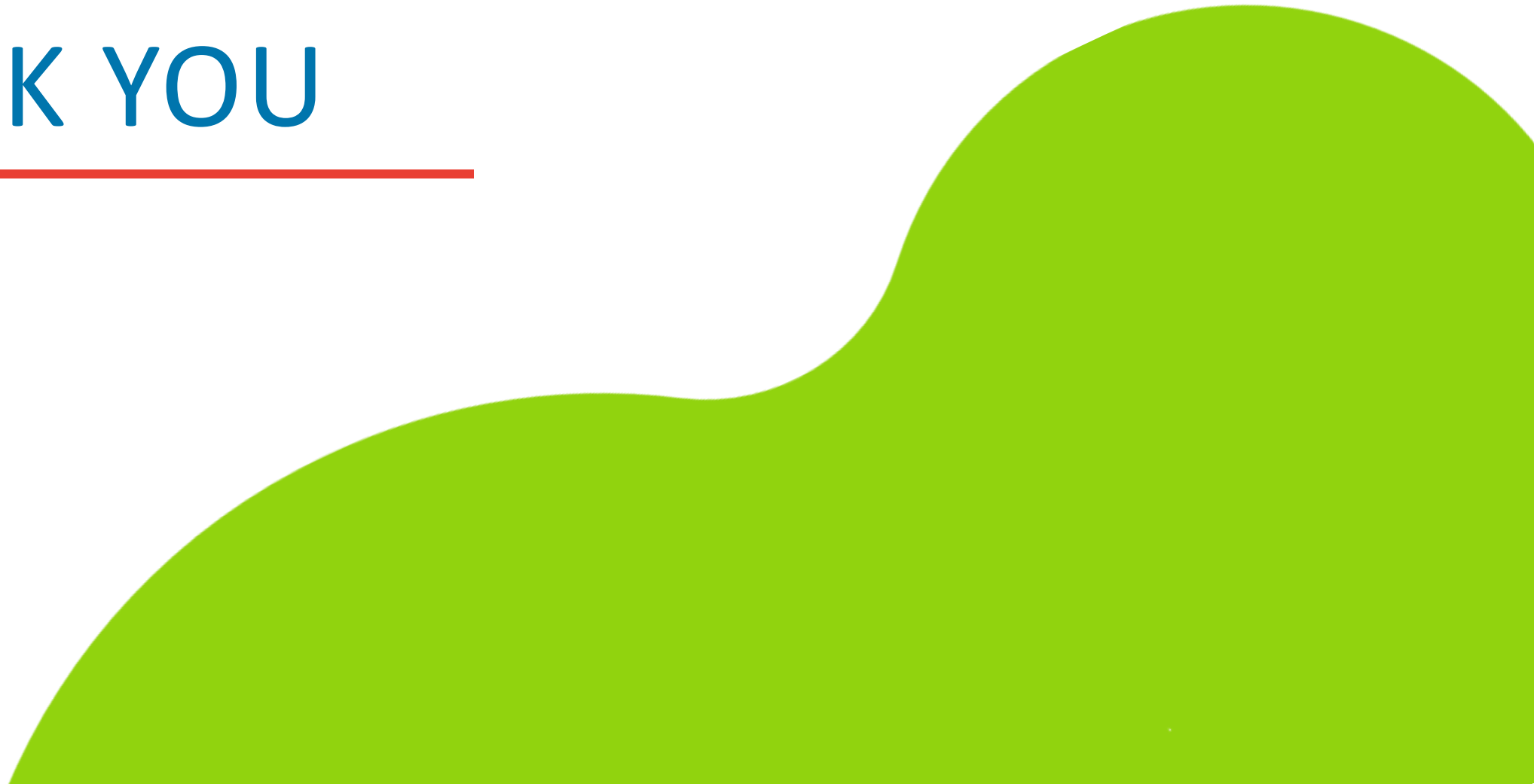
<https://www.smallc.org.uk/>

www.nclcanceralliance.nhs.uk

Cancer Awareness in Barnet and North Central London



THANK YOU



DR. LOUISE MILLER

NCL CCG- BARNET MENTAL HEALTH CLINICAL LEAD

Closing Remarks



THANK YOU

