



Mental Well-Being Network Newsletter

Issue 1: June 2010

Welcome to the first issue of the Mental Well-Being Network's quarterly newsletter. The Network supports people in Oxfordshire to raise the profile of mental well-being and develop mental well-being projects. Members receive:

- This newsletter
- Networking and training opportunities
- Opportunities to get involved in mental well-being projects which will help achieve other organisational objectives
- Support from the NHS Oxfordshire Public Health team

For more information and to tell us your news, contact Becky Hitch, NHS Oxfordshire. becky.hitch@oxfordshirepct.nhs.uk

Local mental well-being news

'Turn a frown upside down'

This partnership campaign helps individuals take simple steps to improve their mental well being e.g.: spend time with friends, keep active, get outside. It is focused on Barton and Rose Hill in Oxford, and Neithrop and Grimsbury & Castle in Banbury. It includes a communications campaign to raise awareness of mental well-being, support groups and individual help for local people.

www.oxfordshirepct.nhs.uk/turnafrownupsideup



Health Promotion Resources

Leaflets and posters are available to help support people with poor mental well-being. Topics include bereavement, stress, anger, self esteem and worry.

healthpromotionresource@oxfordshirepct.nhs.uk

Emotional intelligence on stress training

In spring 2010 more than 30 people learned to recognise symptoms of stress and develop strategies for stress reduction. The project was a partnership between NHS Oxfordshire and Oxford based social enterprise Reconnects CIC. The pilot was a resounding success and a self help booklet has been developed. maitrisara@tiscali.co.uk

Unwind Your Mind

Oxfordshire Libraries Service developed these book collections to help people with poor mental well-being support themselves. Topics include self esteem, depression and family difficulties. They are available in the following libraries: Abingdon, Banbury, Bicester, Cowley, Didcot, Henley, Oxford, Wantage, Witney, Benson, Carterton, Kidlington, Thame and Blackbird Leys. hilary.wheelton@oxfordshire.gov.uk

Potential@Work (P@W)

This campaign promotes the benefits of employing local disadvantaged people (refugees, people with mental health problems, and people with a history of homelessness). It includes bus advertising, a website, information brochures and employment support/referrals. The campaign is delivered in partnership by Aspire Oxfordshire, Oxford Homeless Pathways, Refugee Resource and Restore.

www.potentialatwork.co.uk

Mind Week

Mind week 15-22 May 2010 saw the launch of a UK wide campaign to raise awareness of mental health problems in the workplace. Oxfordshire Mind ran drop-in support sessions for businesses at Milton Park, Abingdon.

amy.wackett@oxfordshire-mind.org.uk



National mental well-being news

The Five Ways to Well-being: Connect, Be active, Take notice, Keep learning, Give

The Five Ways offer concrete activity-based ideas on how people can improve their own well-being. They aim to prompt people into thinking about things in life which are important to their well-being and could be prioritised in their day-to-day routines. They are based on a review of the most up-to-date evidence and may have the potential to reduce the total number of people who develop mental health disorders in the longer term.

<http://www.neweconomics.org/projects/five-ways-well-being>

Time to Change

Time to Change is England's most ambitious programme to end mental health discrimination. This summer will see 'Schizo:The Movie' in cinemas, advertising on websites such as the Sun, Google and Facebook, and real life stories in the national media. More activity will take place in October 2010.

time to change
let's end mental health discrimination

Want to get involved?

- Join Ruby Wax, and Stephen Fry and pledge to take action
- Run your own campaign
- Organise an event for Time to Get Moving week (9 -18 October 2010) where people with and without mental health problems do fun activities together

www.time-to-change.org.uk

Research, policies, strategies and toolkits

Confident Communities, Brighter Futures: evidence to help local authorities and the NHS act to improve mental well-being. http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_114774

Attitudes to Mental Illness: the latest national statistics. http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsStatistics/DH_114795

Mental Well-being Impact Assessment: tools to help local organizations/projects assess their current /potential impact on population mental well-being. <http://www.its-services.org.uk/nmhdu/en/our-work/promoting-wellbeing-and-public-mental-health/mental-wellbeing-making-an-impact-locally/>

Training opportunities

Mental Health First Aid training

Mental Health First Aid is the help given to someone experiencing a mental health problem before professional help is obtained. Mental Health First Aiders learn how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help. bruce.gorrie@restore.org.uk

Useful websites

Web directory of resources

The National Mental Health Development Unit has published the beginnings of a web directory of mental well-being resources for commissioners and providers.

<http://www.its-services.org.uk/nmhdu/en/our-work/promoting-wellbeing-and-public-mental-health/wellbeing-and-public-health-useful-online-resources/>

Dates for your diary

27 July-1 August	Love Parks Week
9-17 October	Time to Get Moving week
10 October	World Mental Health Day
1-31 October	International Walk to School Month
3 November	National Stress Awareness Day

