

Good Mental Wellbeing
throughout lifetime (GMW)
December update
Kristan Pritchard PH Lead



Health and Wellbeing Board Update on Good Mental Wellbeing throughout lifetime

Recommendations:

- a) That the board considers the report, updated implementation plan and notes progress to date; and
- b) That the board considers how to ensure that all partnership organisations are clearly sighted on the implementation plan and expected outcomes and references these across their own strategies and plans: both for adults and children and young people.

Update to the board on the Good Mental Wellbeing throughout lifetime Implementation Plan

- Implementation (action) plan created
- Outcomes dashboard developed - review planned for January 2025
- The Adult Better Mental Health Partnership Board meets regularly and reports to 1HP and the Health and Wellbeing Board
- First annual report of the implementation plan to be presented to Health and Wellbeing Board, June 2025



Our Ambitions and activity so far:

1. People feel satisfied with life and have a positive sense of personal wellbeing

Mental wellbeing PSHE resource toolkits provided to schools

Implemented a local Real Time Suicide Surveillance System

Solihull Parenting Courses - 1344 'Understanding Your Child' from toddler to teenager course; 299 'Understanding Your Child with Additional Needs'. 280 early years workers have been trained in the Solihull Approach 2-day foundation training, with 95% of professionals trained reporting this training as highly relevant to their work.



2. Individuals and families are able to access appropriate mental health information and services

Undertaken a Children & Young People 'quality of life' survey – building on the 2021 survey to identify needs

Piloted and expanded physical activity interventions for people living with dementia to enable them to get physically active and socialise

Our Ambitions and activity so far:

3. People feel safe from harm in their community

Community Wellbeing Survey in development – to build on previous survey

Creating a tool which allows policymakers to examine the impact of their proposals and decision making on mental health



4. People feel connected in their communities

£75,000 invested into a community solutions initiative to create meaningful connections for people to improve their emotional wellbeing – Herefordshire Together