

Executive Summary

Healthy Mind: Community Mental Health and Wellbeing Event

A partnership health event between HKP and UOK to improve communication and access between patients and local mental health and wellbeing services.

"I attended the Healthy Mind Event to represent UOK and Southdown's mental health services in the city. It was inspiring to meet so many people seeking support, hear their stories, and hopefully guide them to the right services. Thank you to the Hangleton and Knoll Project for inviting me and hosting such a brilliant day!" UOK

Event Outcomes

102 Attendees
311 Clinical Conversations
5 Clinical referrals
37 Non clinical referrals
189 interventions (advice/leaflets)
52 Workshop attendees
35 Complementary therapies provided
58 Networking opportunities

Outcome for Attendees

96% of people attending said they had improved knowledge of health issues.
76% of people said they felt less isolated
84% said they had an improved knowledge of health services.
96% said they felt more confident in managing their health and wellbeing

HEALTHY MIND
Free Mental Health & Wellbeing Event
in partnership with
The Hangleton & Knoll Project and UOK

An opportunity to meet and chat to local mental health and wellbeing services, take part in workshops, and enjoy taster complementary therapies & healthy food and drinks

Workshops on offer:

- Managing Sleep
- Breathe better
- Qigong
- Tapping for self compassion

Treatments available (limited):

- Alexander Technique
- Hand Massage
- Indian Head Massage
- Shoulder Massage (all bookable on the day)

16th November, 2024
10.30 AM - 1 PM

St Richards Community Centre, Egmont Road, Hove, BN3 7FP

For more information, please contact Claire Hines: claire.hines@hkproject.org.uk, tel: 0742 2692831



Case Study: Black British Male, Age 55 yrs, lives on Knoll Estate

"I attended the Healthy Mind event as a work colleague had recently attempted suicide, I was chatting to his wife and she is really struggling to cope with what's happened and doesn't know where to turn for support. I sent her details of the event but she wasn't up to coming.

I spoke to a number of different services at the event, including Rethink and UOK and took away a lot of information that I have passed on to my work colleagues. Whilst I was there, I also booked on to the breathing workshop which I found very relaxing and I learnt some techniques to practice at home. I also spoke to the Healthy Lifestyles team who gave me some information on stopping smoking, I have since contacted them to sign up.

The event was brilliant, so much useful information and everyone was really friendly"

Healthy Mind: Community Mental Health and Wellbeing Event

Aims:

- To create opportunities for communication between patients and mental health services.
- Build trust between patients and mental health services.
- Provide information about local services – understanding roles and functions of local groups.
- To promote self-care and well-being.
- Reduce health inequalities.

The event took place on the 16th November 2024 and 102 people attended.

Services attending the event were -

- UOK – Information on partner services
- Emotional Wellbeing service
- Rethink – supporting those affected by suicide.
- Cruse – bereavement support services
- Recovery College – courses on recovery and self-management
- Brighton and Hove Wellbeing Service – free, talking therapies
- Hera Project – artist led wellbeing project
- Healthy Lifestyles team – Sharing info on their offer including smoking cessation, active for life.
- TogetherCo – Social prescribers – sharing information on service.
- Macmillan – ACT Cancer project.
- MIND – Information on managing stress and anxiety.



Therapies provided -

- Alexander Technique
- Hand Massage
- Shoulder Massage
- Indian Head Massage

Workshops provided –

- Breathe better
- QiGong
- Sleep Better
- Tapping for Self-Compassion



Community Groups/services

- HK Multi Cultural Women's Group – promoting their activities including Yoga, walking and Bollywood dancing.
- HKP Community Development offer
- HKP IT Tutor – Providing 1-1 health focused IT Support
- Plot 22 – therapeutic nature and connection project
- Action for Happiness – promoting how to be happy, kindness, connection and wellbeing.
- Brighton Natural Health Foundation – accessible, mindful movement to improve wellbeing.



Event Outcomes –

311 clinical conversations took place across all the stalls at the event.

5 people were referred to their GP or other clinician.

37 people were referred into non-clinical services.

189 interventions were carried out (advice provision, leaflets)

52 workshop attendees

35 people received free therapeutic treatments to support their well-being.

58 opportunities for professionals to network with other services.

“We reached and had conversations with people about mental health and wellbeing we never would have had access to if we hadn't attended the event” Mind

Outcomes for attendees –

We asked – How has this event benefitted your health and well-being?

96% of people attending said they had improved knowledge of health issues.

76% of people said they felt less isolated.

84% said they had an improved knowledge of health services.

96% said they felt more confident in managing their health and wellbeing.

Appendix

Outcomes table

Service provider	Outcomes
HKP	20 conversations 11 non clinical ref: MCWG 1 Men's group 1 Refer to Gloji 1 Social Prescriber 1 50+ activities 5 UOK 1 Mind 1
Cruse	20 conversations Advice given 13 Leaflet provided 20 Networking 4 providers
Southdown/UOK	15 conversations: 9 Advice given Networking 6 providers
Recovery College	8 conversations 6 leaflets provided 3 signposted Networking 1 provider
Brighton and Hove Wellbeing Service	25 conversations 2 advice given 1 signposted to Macmillian Networking 3 providers
Macmillian	12 conversations: 3 leaflets Registered man for MHC. Info provided to others, Networked with 4 other services – helpful for referral pathways
Together Co	18 conversations 20 Leaflets provided Networking with 9 providers
Digital Support	16 conversations 6 Advice given 7 Leaflets provided 2 services networked
Action for Happiness	26 conversations: 1 referral to GP 7 Advice given 20 Leaflets given 5 signposted Invited to 2 groups to speak 3 people will attend meetings
Brighton Natural Health Foundation	30 conversations: 10 Advice given 20 leaflets provided

	<p>Info provided on a yoga therapy session.</p> <p>Networked with 3 different orgs for partnership working</p>
Plot 22	<p>30 conversations:</p> <p>30 Leaflets</p> <p>5 organisations networked with.</p> <p>Opportunity to collaborate with Action for Happiness, Men in Sheds and NHS.</p>
HKP	<p>21 conversations:</p> <p>2 referrals to GP</p> <p>10 leaflets</p> <p>5 signposted</p> <p>2 refs to MSK</p> <p>7 networking/collaborations for future work/men's group development.</p>
Breathe Better	<p>12conversations:</p> <p>12 Advice given</p> <p>12 leaflets provided</p> <p>12 signposted</p> <p>Several collaborations planned with other providers</p>
Hera	<p>14 conversations:</p>
Rethink	<p>14 conversations:</p> <p>1 Advice</p> <p>13 leaflets provided including Experts by experience form</p> <p>Signposted 3</p> <p>2 referrals to SOS</p> <p>Arranged to attend 2 team meetings.</p> <p>12 networking interactions.</p>
MIND	<p>46 Conversations</p> <p>Provided mental and emotional support, information and tips.</p> <p>5 referrals for further support at Mind mental health and advice service</p> <p>Networked with all other service providers</p>
<p>Workshops:</p> <p>Breathe Better: 12</p> <p>Sleep better: 12</p> <p>Tapping for self compassion: 14</p> <p>QiGong: 14</p>	<p>Complementary therapies:</p> <p>Alex Technique: 7</p> <p>Hand massage: 10</p> <p>Indian head massage: 9</p> <p>Shoulder massage: 9</p>

Feedback from services –

Healthy Lifestyles team: *“It was a great event and a fantastic space for different organisations to come together and offer support for health and well-being from various perspectives.*

I had a few conversations where attendees expressed how much they valued having access to multiple organisations in one place, making it easier for them to understand what support is available.”



Recovery College *“We helped people sign up to Anxiety management course (partnership with HKP)”*

Brighton and Hove Wellbeing service *“Lots of people approaching, talking about how they are struggling – keen to access the service.”*

Macmillan: *“Some people thought Macmillan is just for end of life. For me it was good to network with other services and learn more about what’s out there, we signpost people to a lot of different organisations. I’ve got some new ones to add to the list.*

Also met a lady who teaches Qi Gong and would like to volunteer at MHC so I’ve passed her details on to my colleague Elaine to follow that up.

I registered one gentleman for the Horizon Centre”

Brighton Natural Health Foundation *“I had a lot of interesting conversations around sleep. It seems to be a real issue for people and I think some people were glad of the chance to talk it through. A couple of people came up and asked me for some one to one sessions which I am able to provide for free at the moment through my yoga therapy work.”*

Breathe Better: *“One stand out conversation I had was with a person who attended the workshop and it revolved around the respiratory rate metric of how many times we breathe whilst at rest in one minute.*

The person in question confided in me that her breathing rate was considerably higher than she said during the workshop.



This shows two things: 1, people are genuinely frightened about how they breathe, so much they can be embarrassed about it. And 2, the high counts of the majority of participants indicates an enormous residual stress within their bodies."



Hera: *"One lady said she had lost her mum this year and her dad several years ago and is very lonely."*

Mind: *"We reached and had conversations with people about mental health and wellbeing we never would have had access to if we hadn't attended the event"*

Plot 22: *"The benefit of being at an event with other support organisations was that I could have pointed them to other, possibly more appropriate or simply complementary, support if I'd felt it was necessary. In the case of one woman who suffers a self-identified lack of confidence and lack of time for herself due to caring responsibilities, I wonder if she was likely to have*

found us and taken the step to apply without the encouragement on the day...we made links with the happiness cafe who we are meeting tomorrow with a view to them setting up a presence at Plot 22 next year, Men in Sheds, someone who is keen to do a workshop and the NHS, who also expressed an interest in using us. So all that helps extend our community impact."

"the event highlighted for us the value of opportunities to have face to face interactions with organisations and individuals, particularly in the area of mental health. The venue for the event worked well I felt with the additional elements of food and drinks and activities (eg massage) making it feel accessible and inviting, removing the potential for being service\professional dominated. I believe the atmosphere this all created enabled us to interact with people in a relaxed fashion and, for us, to represent what we are all about well. By ensuring we had internet connection, I was able to assist people with completing our on-line application form there and then, removing a potential barrier to accessing what we offer. I was able to find a quieter spot to have more detailed conversations with individuals which enabled me to gently explore with them what we offer and whether there was a fit for them. The face to face, relaxed atmosphere seemed to enable folk to talk freely with me about the challenges they face, something two in particular seemed to really welcome."

Tapping for self-compassion: *"I am feeling much calmer and relaxed after the tapping. Thank you Nicola!"*

"What a difference Nicola! I am more energised from tapping with you."

"That was great and so different. I have never tried tapping before now. Thank you!"

"Very relaxed from the tapping, thank you!"



Feedback from attendees –

“I have an improved knowledge of the different health services that are available to me. I feel more confident and in control of my health and wellbeing”

“Meeting lovely people and gathering so much useful information. I can’t believe so much is available”

“I learned so much and I will definitely take on board all the different brochures and leaflets they gave me. I will try out some new activities and things”

“The Qigong session was interesting and therapeutic”

“It was lovely meeting new people and learning new techniques to support my wellbeing”

“The warm friendly atmosphere and sense of collaboration – lots of services working together for a happier, healthier community”

“Also helps me feel confident about supporting others wellbeing through signposting”

“Very welcoming. Great insight – hand massage was really lovely and came away with feeling relaxed and relieved a bit of pain due to osteoarthritis”

“being in a nurturing environment”

“I feel I have learnt a lot today about health/mental/physical”

“excellent event, increased knowledge on mental health activities to help with stress and anxiety”

“had some good tips on managing pain which I will practice”

“meeting different organisations that are helping and encouraging”

“The abundance of literature and information available and the workshops”



Recommendations/actions:**Learning for future events:**

- More information at the entrance eg what activities are on?
- More shoulder massage, ear acupuncture, meditation
- Short workshops/talks/activities throughout the day in one of the rooms - people could drop into to get a taster of things,
- Longer to make it more leisurely.
- Look at other ways to promote and advertise: use of social media (#tag)
- Noise levels in church hall - ?have sign in desk in atrium so that workshops aren't disturbed.