

Report to	Conwy and Denbighshire Public Service Board
Date of meeting	16 November 2020
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Title	Mental Well Being

1. What is the report about?

1.1. A background to mental well-being, what actions can be taken at a local population level to address mental well-being, and present potential projects that can be taken forward in support of the PBS identified priority of improving mental well-being for all.

2. What is the reason for making this report?

2.1. At the PSB meeting in July, considerations were given to the problems proposed and members agreed a focus was needed on

3. What are the Recommendations?

3.1. Following consideration of the literature in Appendix 1, the outcomes of the mental well-being workshop, engagement with key personnel and organisations supporting mental well-being, the following four potential project areas have been identified (Please see Appendix 1, Annex A for the full details):

- Farming Community/Rural mental well-being
- Libraries for mental well-being
- Refresh of the Five Ways to mental well-being
- Local Implementation Teams / ICAN
- Mental Well-Being in Educational Settings

- 3.2. PSB members determine which option(s) they wish to progress as a project in support of the mental well-being priority.
- 3.3. That PSB members nominate the appropriate personnel within their organisations to participate in designing and delivering the agreed project. A multi-agency project team is required to offer strategic input and deliver against the selected project(s). Public Health Wales is happy to assist in facilitating and offering strategic input.
- 3.4. Following consideration of the impacts of the coronavirus pandemic (please see appendix 2 for full details) the four identified potential projects for the PSB Mental Well-being priority remain extant as they provide support to maintaining and improving adult mental well-being across a range of settings. It is recommended that the proposed potential projects remain unchanged.
- 3.5. However, the evidence suggests that the pandemic has had, and continues to have, considerable impact on children and young people's mental health and well-being. The proposed schemes only obliquely align with supporting mental well-being in children and young people. It is therefore recommended that an option specifically relating to children and young people is incorporated into the proposed projects. A way to do this would be to focus on educational settings.

4. Report details

- 4.1. To provide information to PSB around mental well-being in Conwy and Denbighshire and the impact the Coronavirus pandemic has had. Please see Appendix 1 for full details of points 4.2 to 4.4. and Appendix 2 for points 4.5 to 4.9. The pertinent information on which we've based our recommendations is below.
- 4.2. The reported values for low sense of anxiety are statistically significantly higher for Denbighshire and Conwy compared to the national average. Denbighshire, in the period March 2018 to March 2019, showed a 14.9% improvement in average anxiety level, far above the Welsh average improvement of 3%.
- 4.3. As the data is presented at local authority level there is a lack of visibility of what is happening at a community level, therefore there is the potential to have a number of communities which could or are scoring significantly below the national average.
- 4.4. Co-working between the PSB and established organisations and groups, such as Local Implementation Teams, has the potential to deliver at wider scale and

greater than the sum of its component parts. It also generates a common understanding of the issues and opportunities around mental well-being.

- 4.5. The impact of the pandemic on the mental well-being of children and young people, especially the most vulnerable and disadvantaged, means that ensuring and supporting them within educational settings is more important than ever and essential if the longer term impacts on this generation are to be minimised.
- 4.6. One of the main concerns of the pandemic is the impact that lockdown measures and anxiety over contracting the disease is having on the mental health and well-being of people of all ages. The impacts of the pandemic may exacerbate existing mental health and well-being issues or trigger new ones.
- 4.7. Individuals in lower socioeconomic groups have been found to be disproportionately impacted by coronavirus due to factors such as a low skilled employment and pre-existing health condition. A survey by Public Health Wales (2020) found that those in the lower socioeconomic groups are more likely to be very worried about their mental health. Denbighshire has the highest proportion (12 LSOAs) of Lower Layer Super Output Areas in the most deprived 10% LSOAs in Wales; Conwy has 6 LSOAs in the most deprived 10% LSOAs in Wales. Rhyl West 2 and Rhyl West 1 in Denbighshire are the most deprived areas in Wales according to the Welsh Index of Multiple Deprivation.
- 4.8. A Public health Wales survey (2020) during lockdown found that people in the most deprived groups are more likely to report feeling isolated (29%) compared with the most affluent (18%). Prior to the pandemic, in Denbighshire and Conwy, 14.1% and 14.2% respectively, of people reported feeling lonely; amongst the lowest percentage in Wales and below the national (16.7%) and BCUHB regional average (15.5%). The survey also found that younger age groups and female gender significantly reported the negative impact of isolation.
- 4.9. It has been widely reported that some groups are disproportionately affected by the pandemic; these groups are also experience poorer mental health, for example people in low income groups; those living in insecure housing; and people from BAME communities. Conwy and Denbighshire has some of the most deprived areas in Wales, which also have the highest proportion of social rented housing

and estimated HMOs. Within the counties there are also significant pockets of children living in poverty.

5. How does the decision contribute to the Priorities?

5.1. This project is part of the Mental Well-being priority for the PSB.

6. What will it cost and how will it affect other services?

6.1. This report is for information purposes only at this stage and any costs or affects will be identified once the PSB makes a decision upon the recommendations.

7. What risks are there and is there anything we can do to reduce them?

7.1. The risk that there are 5 project areas so there needs to be consideration around how this is managed in terms of resources and capacity.