

Mental Wellbeing Innovation Fund 2015

Brighton & Hove City Council and NHS Brighton & Hove made a commitment to promoting mental wellbeing as part of their shared strategy, *Happiness: a mental health & wellbeing strategy for Brighton & Hove*.

As part of the consultation with a range of groups for the strategy, people who live and work in the city told us that they want more opportunities to build their emotional resilience, through low-cost activities, with taster opportunities and in groups of people with similar interests and backgrounds.

The **Five Ways to Wellbeing** provides an evidence-based summary of the best ways to build emotional resilience:

- **Connect**
- **Be active**
- **Take notice**
- **Keep learning**
- **Give**

To support opportunities for local people to build the Five Ways to Wellbeing into their lives, NHS Brighton & Hove and the public health team at the Council set up a Mental Wellbeing Innovation Fund.

Some projects were focussed on gardening, growing or cooking; some on outdoor experiences or physical activity; some on art, dance, music, singing or creative writing. Some were based in workplaces, others in schools, others at local voluntary organisations. The youngest participants were babies and the oldest were in care homes.

Many projects used the Shorter Warwick Edinburgh Wellbeing Scale to evaluate changes in mental wellbeing for their participants, though this wasn't appropriate or possible for all.

On average, adjusted scores for mental wellbeing **improved by 36%**, with the highest improvement **measured at 91%**.

Many projects have attracted ongoing funding or have found ways to continue the work. The projects brought in matched funding worth over £230,000.

In 2015, the first year of the fund supported:

61
projects

Over **130** 
volunteers

helped to deliver the projects

 More than **2000**
adults

and **750** 
children participated directly

Over **30,000**
members of the public were involved, by attending exhibitions or events, or accessing information online.


Brighton and Hove
Clinical Commissioning Group


Brighton & Hove
City Council

Albion in the Community

Mental wellbeing football programme

"I suffered severely from depression and anger problems due to stress in my life .. (now) the football project is my life, it has kept me out of trouble"



Refugee Radio

Arts on the radio

"It is the only thing that made me feel better in my life"



Hangleton & Knoll project

Drop in for young people

"It helps people who get bullied or who self-harm... you can talk about things that are going on"



Allsorts Youth

Booklet by and for LGBT young people

5 Ways to Wellbeing

Connect, Be active, Take notice, Keep learning, Give

"Learning about the Five Ways and taking time to be self-reflective has been very useful: I've identified things I can do that make me feel good"

Varndean school

Garden classroom

"Being involved helped me realise school is more than just sitting in the classroom"



Active for Life

Exercise to music in sheltered housing



"I haven't heard my mother laugh and enjoy herself so much in years (son)"

Mindful art

Art workshops for people with mental health problems

"Art has helped me build a relationship with my mental health"



Brighton Health and Wellbeing Centre

Narrative workshops



"I have written stories that remind me that illness has been only one part of my life"

City Academy Whitehawk

Activities for families

"I am bipolar - I can be a hermit...this is really helping, it's not all weird or formal, it's very relaxed. At cookery it's almost like going to therapy each week, you can talk about anything and there's no judgement"

