

# Mental Wellbeing Walsall Grant Funding Workshop

Wednesday 22nd February 2023  
1pm - 2.30pm

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**Walsall Council**



**IMPROVE**  
outcomes and  
customer experience



**IMPROVE**  
employee satisfaction  
and engagement



**IMPROVE**  
service efficiency  
and performance

# Agenda

- Welcome and Introductions
- Purpose of this workshop
- Local need
- Plan for delivering the Mental Wellbeing Grant 2023-2024
- Developing your project
- Grant application process, timescales and support available
- Q&A



# Welcome and Introduction

- Name
- Organisation
- Role
- Reason for attending
- Area of interest

# Purpose of the Workshop

Is to provide information on:

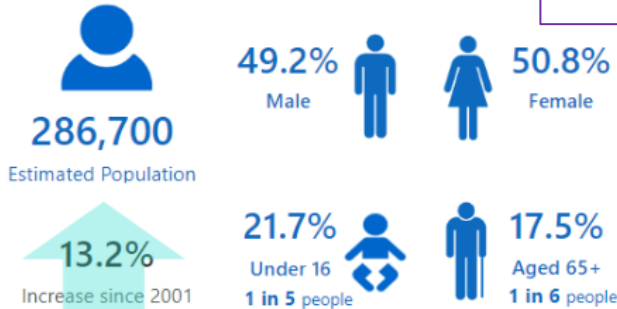
- The purpose of each grant
- Accessing information on community and population needs
- The expectations and practical requirements of receiving grant funding
- Grant funding timescales
- Completing the grant application form
- Tools and measures that can be used to evaluate project outcomes
- An opportunity to ask questions and receive answers specific to the grant process



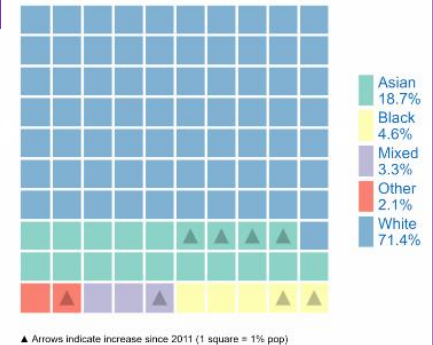
# Overview of Walsall Population...



## Population

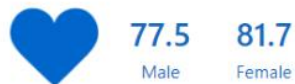


## Walsall Population by Ethnicity Census 2021



# ...Overview of Walsall Population

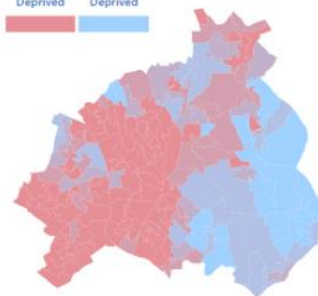
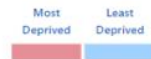
## Life Expectancy



Expected Years Lived in 'Poor' Health:



## Deprivation



**25th**  
most deprived  
out of 317 Local  
Authorities

**14th**  
most deprived  
affecting children  
out of 317 Local  
Authorities

## Education



**27.9%**    43.1%  
Degree or Higher    Great Britain

**70.2%**    78.1%  
GCSE or Higher    Great Britain

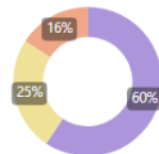
## Housing



● owned ● social ● rented

**115,700**

residential  
properties within  
the borough



## Employment



**74.6%**  
Economically Active

**14.5%**  
Workless Households

**Job Density**  
2 jobs to every 3 working  
aged people (0.66)

Walsall **INSIGHT**



Trends & Intelligence



# Why Focus on Mental Wellbeing?



Carers are more likely to suffer mental health problems than non-carers.



Black & Asian communities are more likely to be prescribed medications than be referred for counselling



In Walsall, **5.2%** of households are overcrowded



**28%** of people rated their mental well-being as low in Walsall



Children from the poorest **20%** of households are **4x** more likely to have serious mental health difficulties by the age of 11 as those from the **wealthiest 20%**



In Walsall **50%** of residents live in the **20%** most deprived neighbourhoods in England



**21%** bereaved people nationally said that they had not spoken to a support service about their bereavement but would have liked to



In Walsall **1 in 1000** households were in temporary accommodation in 2017/18



**85%** of older people with depression receive no NHS support



Fuel poverty, is associated with poor wellbeing. **13.7%** of households in Walsall experienced fuel poverty in 2022 this is likely to increase due to increasing national energy costs.

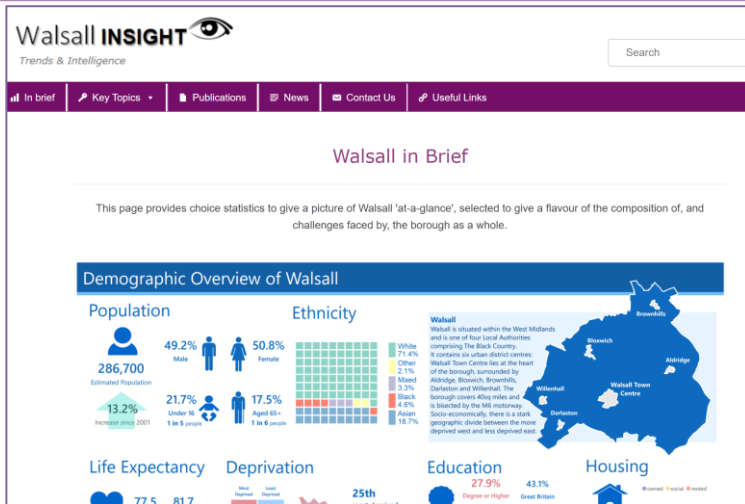


**40%** of adults with social care needs in Walsall said they had as much social contact as they would like.



**19.4%** of Walsall residents experience anxiety or depression

# Accessing Data on Community Need



**Office for Health Improvement & Disparities** | **Fingertips | Public health data**

Guidance | API | Contact us | Your data

Search for indicators

Home > Profile home > Data

## Local Authority Health Profiles

Data view: Area profiles | Geography: Walsall (Districts & UAs in East of England region) | Topic: All indicators

Legend | Benchmark | More options

Geography version: Districts & UAs (pre Apr 2019)

CIPFA nearest neighbours to Walsall

Indicator	Period	Walsall			Region England			England	
		Recent Trend	Count	Value	Value	Value	Worst	Range	Best
<b>Life expectancy and causes of death</b>									
Life expectancy at birth (Male, 3 year range)	2018 - 20	-	-	-	80.2	79.4	74.1		84.7
Life expectancy at birth (Male, 1 year range)	2020	-	-	-	79.6	78.7	73.6		83.7
Life expectancy at birth (Female, 3 year range)	2018 - 20	-	-	-	83.8	83.1	79.0		87.9
Life expectancy at birth (Female, 1 year range)	2020	-	-	-	83.5	82.6	78.0		87.8
Under 75 mortality rate from all causes (3 year range)	2018 - 20	-	-	-	303.5	336.5	570.7		220.1
Under 75 mortality rate from all causes (1 year range)	2020	-	-	-	316.7	358.5	622.8		202.4

[Publications - Walsall Insight \(walsallintelligence.org.uk\)](https://walsallintelligence.org.uk)

[Walsall Multi-Agency Mental Wellbeing Strategy](#)

[Local Authority Health Profiles - Data - OHID \(phe.org.uk\)](https://phe.org.uk)



# Suicide Data - Walsall

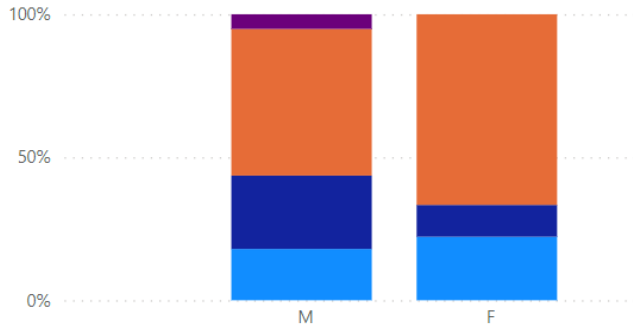
## Walsall Suicides

Suicides since September 2019  
(ending March 2022)

49

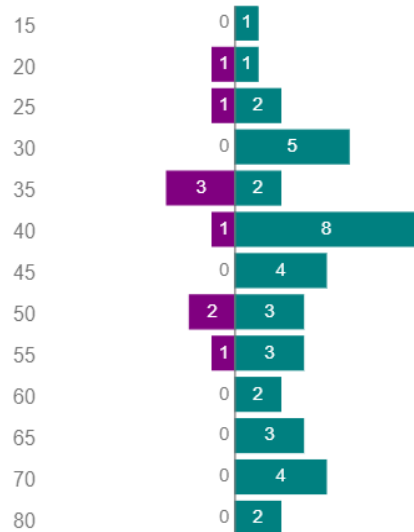
### Relationship status

● Divorced/Separated ● Married ● Single ● Widowed

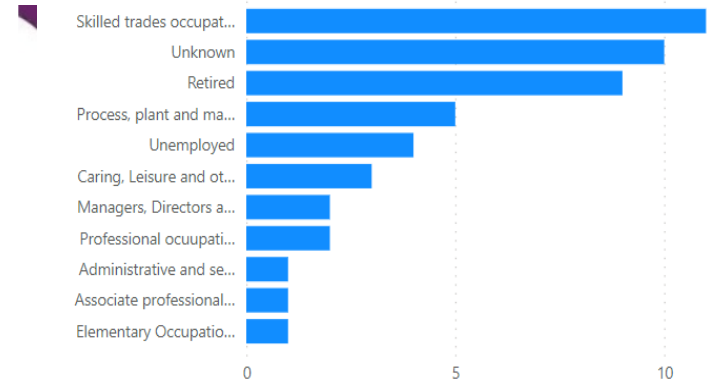


### Age Group and Sex

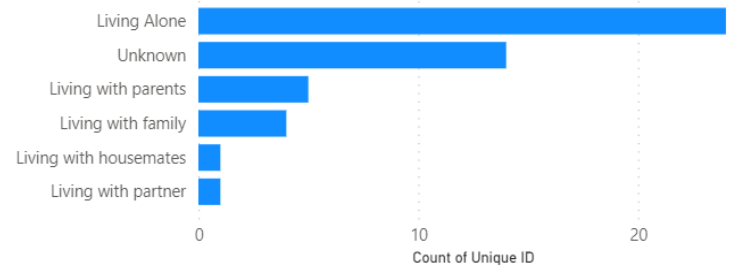
● F ● M



### Occupation



### Living Arrangement



# Suicide Risk

These themes were synthesised using an inductive thematic analysis approach with excluded themes i.e., substance misuse, acute mental health.

**Bereavement** – Spousal, child, parent, friend

**Physical Ill-Health** – Including hidden illness (not wanting to become a burden) and immobility

**Social Exclusion** - Social “awkwardness” – (neurodiversity)

**Acute Financial Stresses** – i.e. risk of sudden financial change or pressure or risk of change

**Familial Estrangement** – Recent relationship breakdown/divorce, family breakdown, children lost to separation or divorce, children taken into care

**Offenders** - allegations and convictions for violent and sexual offences

**Abuse and Trauma**- Sexual or physical abuse as a child/ young person, domestic violence, ex-service personnel – PTSD

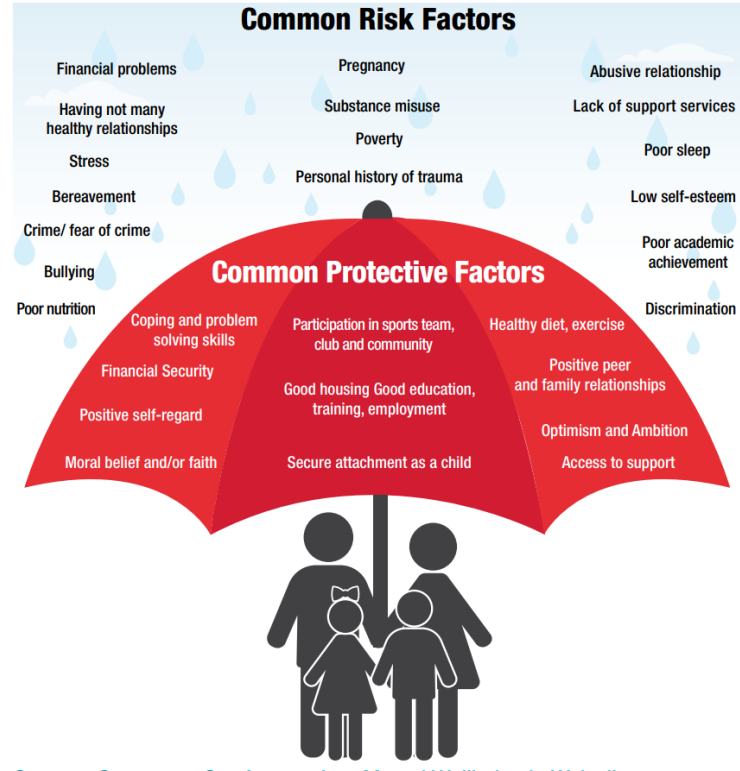


# Mental Wellbeing Strategy

Walsall Multi-Agency Mental Wellbeing  
Placed Based Strategy  
Mental Wellbeing Walsall "Together We Can"  
2022- 2032



 Walsall Council



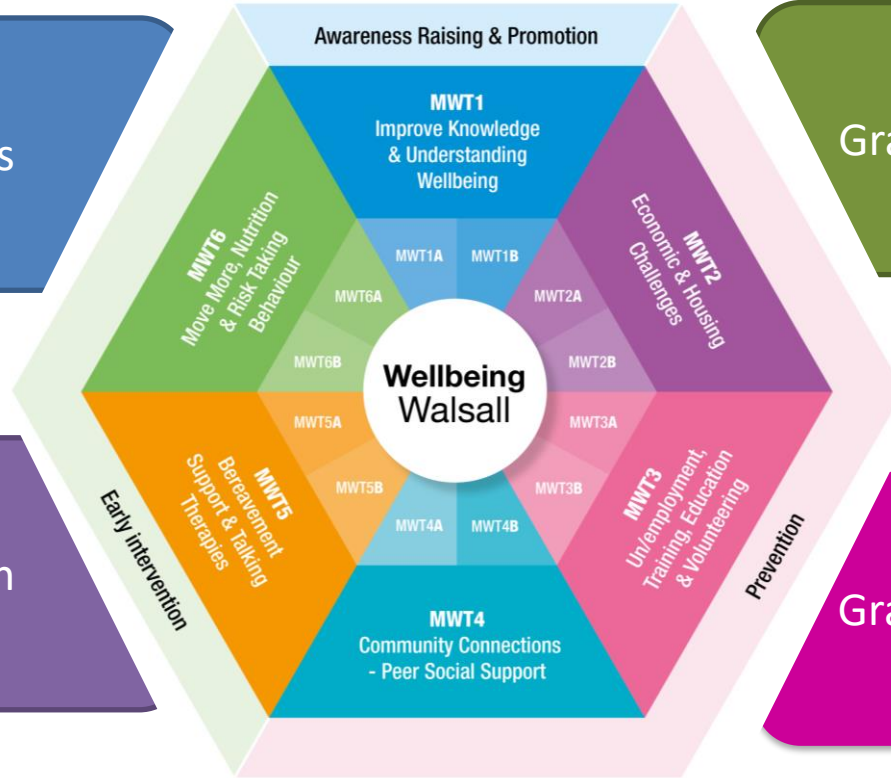
# Mental Wellbeing Walsall Grant Funding

General Grants

Grants for Neurodiverse

Grants for Men

Grants for Young People



# General Grant

This grant is available to encourage small Walsall based organisations to develop innovate projects based on the thematic wheel that:

- Improve population awareness of mental wellbeing
- Tackle mental health stigma
- Improve access to appropriate wellbeing support
- Reduce mental health inequalities
- Increase community social connections
- Reduce risk of death by suicide



# Why Neurodiversity?

People who have a neurodiversity (i.e. Autism, ADHD, Dyslexia etc.) are at an increase risk of:

- Experiencing long term unemployment, poor quality employment, and limited opportunities
- Social isolation
- Social economic deprivation
- Poor mental health and suicide

# Why Men?

## Men:

- Are less likely to talk about mental health
- Are less likely to receive counselling/therapy
- Are more likely to struggle to access support
- Are more likely than women to go missing, sleep rough, become dependent on alcohol and use drugs frequently
- Require help that:
  - meets their preferences
  - is meaningful to them
  - is accessible and is engaging

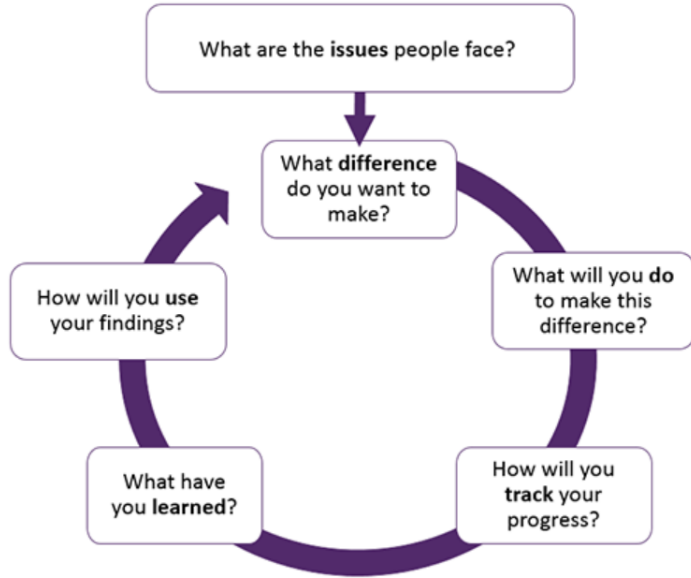
## Aim is to:

- Improve the wellbeing of men
- Provide safe places where men can access support
- Improve bond between men and encourage participation in group activities
- Encourage open conversation about mental health with others
- Reduce the risk of suicide in men

[Men and mental health | Mental Health Foundation - Men's Health Forum \(menshealthforum.org.uk\)](#)



# Developing Your Project – Consider:



## What are the issues people face?

- Understanding the issues experienced by your beneficiaries.
- Consider the assets and resources that beneficiaries have.
- Have you involved potential beneficiaries in developing your solution?

## What difference do you want to make?

- You can articulate short and medium term changes that will result from what you do (outcomes)
- Broad or longer-term effects of your work (impacts)

## What will you do to make this difference?

- Identify the services that you will provide to make a difference



# Where your Project will Take Place

## Walsall Indices of Deprivation 2019 Dashboard

### Domain: Index Multiple Deprivation

#### Key Information:

The Index of Multiple Deprivation is the official measure of relative deprivation in England. It is comprised of 7 main domains: Income (of which there are sub-domains for children & the elderly), Employment, Education, Health, Crime, Barriers to Housing & Living Environment. The overall rank is used to determine the relative deprivation for each area.



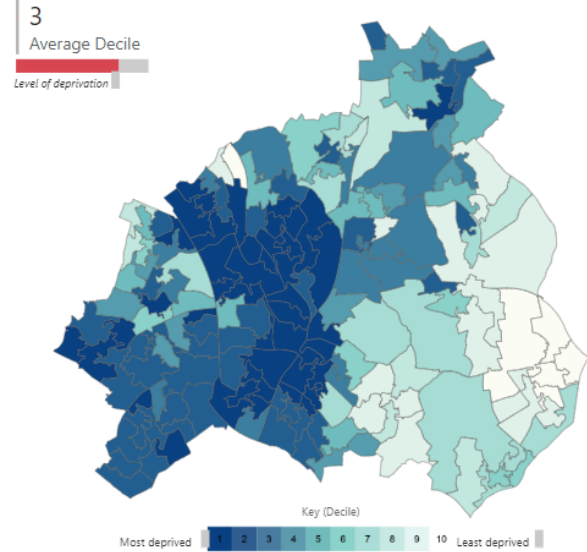
Filters

Year: 2010, 2015, 2019 (selected)

Locality: East, North, South, West

Ward: All (dropdown)

Postcode Search: Search



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Ward	Area Name (LSOA)	Decile
Pleck	Alumwell East	1
Pleck	Alumwell South	1
Birchills Leamore	Beechdale East	1
Birchills Leamore	Beechdale West	1
Bentley & Darlaston North	Bentley North	1
Pleck	Birchills East	1
Bloxwich East	Blakenall Heath East	1
Bloxwich East	Blakenall Heath North	1

Data Source: Ministry of Housing, Communities & Local Govt. - [English Indices of Deprivation 2019](#)

[Deprivation - Walsall Insight \(walsallintelligence.org.uk\)](#)

# Commitment in your Proposal to:

## Use Wellbeing Plans



### My Wellbeing Plan

This Wellbeing Plan will help you and others understand what is important to keep you healthy, well and independent.

Name:

Date:



### 8 Steps to Wellbeing

The sections in this plan have been adapted from the Five Ways To Wellbeing: be active, take notice, connect, give something to others, learn something new, hydration for wellbeing, sleep for wellbeing and hope for the future. These are shown to improve the health and wellbeing of everyone.



Be Active



Learn Something New



Take Notice



Hydration and Nutrition



Connect



Sleep for Wellbeing



Give Something to others



Hope for the Future

## Join the NWD Network

Rethink Mental Illness  
Walsall.



### No Wrong Door

No Wrong Door is a network of organisations working together to help and support people in Walsall with Mental Health & Wellbeing support needs. The Network is managed by Rethink Mental Illness.

[rethink.org](http://rethink.org)



# Measuring Outcomes – Consider:

**How you will monitor and track your progress. What measures will you use?**

Wellbeing measure options chosen would depend on the project. Examples include:

- Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS)
- World Health Organisation Five Well-Being Index (WHO-5)
- Personal Well-being ONS4 measures
- The De Jong Gierveld Loneliness Scale

## Using

- Case studies
- Monitoring reports
- Graphs and diagrams
- images



# Time Frame

Grant Framework	Men's Grants	General Grants	Neurodiverse Grants	Young People Grants
Grant workshop date	Wednesday 22 February 2023 (PM)			Monday 27 Feb (PM)
Grant publish date	Friday 10 March 2023			Friday 17 March 2023
Q&A session	Monday 27 March 2023 (PM)			Monday 3 April 2023 (PM)
Submission times scales	Monday 17 April 2023 noon	Monday 24 April 2023 noon		
<b><u>Please note this is the current proposed plan</u></b>				



# Process Overview

- Complete an expression of interest form – 1 side (if not already done so and send to [mwwalsall@walsall.gov.uk](mailto:mwwalsall@walsall.gov.uk) and [Nazmin.khanom@walsall.gov.uk](mailto:Nazmin.khanom@walsall.gov.uk))
- Application pack will be sent to you
- Complete the application form in detail and return it to the above email addresses
- Show knowledge of understanding of the:
  - Geographical location that your project will take place
  - Population that you are apply for funding to support
- Show how you know there is a need- use data and information provided and include local knowledge
- Remember outcomes are essential – Think how will you capture them
- Keep in mind the impact your project will have on improving mental wellbeing



# Thank you!



For more information  
contact:

[MWWalsall@Walsall.gov.  
uk](mailto:MWWalsall@Walsall.gov.uk)

and

[Nazmin.khanom@walsall.  
gov.uk](mailto:Nazmin.khanom@walsall.gov.uk)