

Thriving and Surviving

Mental Wellbeing in North Tyneside

“How people feel is not an elusive or abstract concept, but a significant public health indicator; as significant as rates of smoking, obesity and physical activity.”

Director of Public Health Annual Report 2016/17

Wendy Burke

Director of Public Health



North Tyneside Council

Good Mental Health and Wellbeing

Mental wellbeing “...is a dynamic state, in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community.”

- Creates the conditions for us all to thrive and reach our full potential
- Brings quality of life and prosperity
- Fundamental to all our lives and to the communities in which we live



A Thriving Population

“The capacity of each of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”



Thriving: The importance of good mental wellbeing at population level?

An individual's mental capital and mental wellbeing crucially affect their path through life. Moreover, they are vitally important for the healthy functioning of families, communities and society. Together, they fundamentally affect behaviour, social cohesion, social inclusion, and our prosperity. (Foresight report)

- Improved educational attainment
- Increased quality of life
- Safer communities with less crime
- Reduced health inequalities
- Reduced sickness absence
- Improved productivity and employment retention.



Thriving and Surviving

GOOD MENTAL HEALTH AND WELLBEING



THRIVING
IN OPTIMAL MENTAL
WELLBEING WITH
HIGH LEVELS OF
MENTAL ILLNESS

THRIVING
REACHING
FULL
POTENTIAL

HIGH LEVELS
OF
MENTAL ILLNESS



SURVIVING
HIGH LEVELS OF
MENTAL ILLNESS
WITH POOR MENTAL
HEALTH AND
WELLBEING

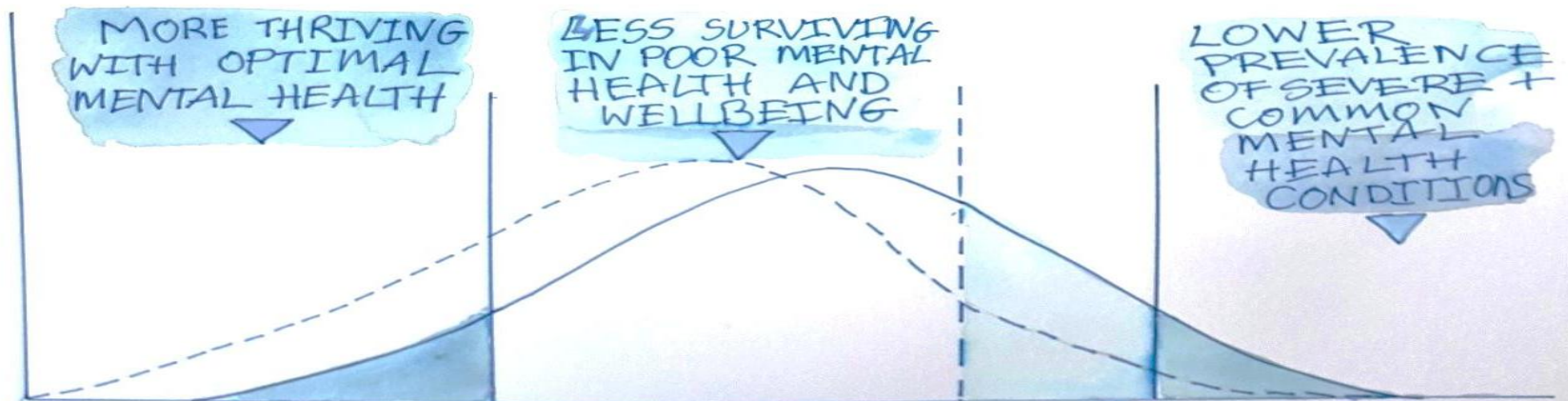
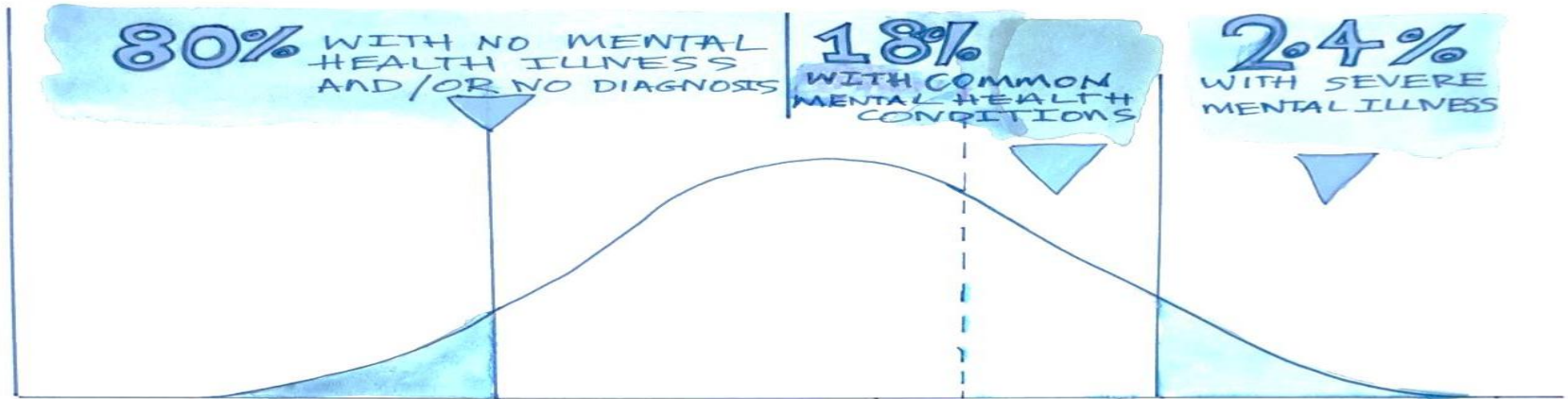
SURVIVING
LOW LEVELS OF
MENTAL ILLNESS
WITH POOR MENTAL
HEALTH + WELLBEING

LOW LEVELS
OF
MENTAL ILLNESS



POOR MENTAL HEALTH AND WELLBEING

MOVING MORE TOWARDS A THRIVING POPULATION



MOVING MORE TOWARDS A THRIVING POPULATION

Thriving: Protective Factors children and young people in North Tyneside



1. **70%**
OF CHILDREN ACHIEVE A GOOD
LEVEL OF DEVELOPMENT BY
THE END OF RECEPTION
THIS IS SIMILAR TO
ENGLAND AVERAGE

2. **65%**
OF BABIES ARE
BREASTFED AT BIRTH
THIS IS LOWER THAN THE
ENGLAND RATE (**75%**)

THRIVING ^{IN NORTH} TYNESIDE PROTECTIVE FACTORS REACHING OUR FULL POTENTIAL

3. **63%**
OF CHILDREN IN NORTH
TYNESIDE ACHIEVE **5A*-C**
GCSEs ☒ THIS IS BETTER
THAN THE ENGLAND
AVERAGE OF
58%

4. **96%** OF 16-17yr
OLDS
ARE IN EDUCATION,
TRAINING+EMPLOYMENT
☒ THIS IS BETTER
THAN THE ENGLAND
RATE OF **94%**

5. **87%** OF 15yr OLDS
REPORT MEDIUM TO VERY
HIGH SATISFACTION WITH
LIFE ☒ THIS IS SIMILAR
TO THE ENGLAND AVERAGE

Thriving: Best start in life

Evidence says we should focus on:

- Promoting good parental mental and physical health to improve early child development and well-being.
- Supporting maternal well-being and reducing adverse outcomes of pregnancy and infancy
- Encouraging good parenting skills –support from at least one caring adult is protective against a wide range of adverse issues



Thriving: Best start in life

Children's Public Health Service (0-19)

"I've found the service invaluable to me as a first time mum and feel that this service plays an important role for both parents and babies"

- **Best start in life and beyond: improving public health outcomes for children, young people and families**
- **Building resilience and improving emotional health and wellbeing is a key focus of the service**

"I felt very reassured after the advice my health visitor gave me"



Thriving: Children and young people

Evidence says we should focus on:

- Investing in preschool and early education programmes as they are particularly important to promoting school readiness, communication and social and emotional skills
- Focusing on raising the educational standards of the most vulnerable children and young people, including interventions that support attendance and school inclusion
- Building the social and emotional resilience of children and young people through whole-school approaches including prevention of bullying



Thriving: Children and young people

Using Cedarwood PlayLab to promote STEM

PlayLab developed a number of activities and programmes to support STEM (Science, Technology, Maths and Engineering) learning opportunities for children on Meadowell Estate



Thriving: Protective Factors Adults in North Tyneside



North Tyneside Council

1. **72%**
OF ADULTS
REPORTED HIGH LEVELS OF
HAPPINESS — THIS IS
SIMILAR TO THE
ENGLAND AVERAGE

2. **81%**
OF ADULTS
REPORTED HIGH WITH
SATISFACTION — THIS
IS SIMILAR TO THE
ENGLAND AVERAGE

3. **67%**
OF ADULTS DO
ENOUGH PHYSICAL
ACTIVITY AND **23%**
ARE MEMBERS OF A SPORTS
CLUB — THESE INDICATORS
ARE BOTH HIGHER THAN
THE AVERAGES FOR
ENGLAND

**THRIVING
IN NORTH TYNESIDE —
PROTECTIVE
FACTORS REACHING
OUR FULL POTENTIAL**

4. **75%**
OF ADULTS (16-64)
IN NORTH TYNESIDE
ARE IN EMPLOYMENT
— THIS IS SIMILAR
TO THE ENGLAND
AVERAGE

5. **96%** OF HOUSEHOLDS
WITH DEPENDENT CHILDREN
HAVE AT LEAST ONE ADULT
IN EMPLOYMENT IN
NORTH TYNESIDE —
THIS IS SIMILAR
TO THE ENGLAND
AVERAGE

6. **19%**
OF CHILDREN
AGED UNDER 16 LIVE IN A
LOW INCOME FAMILY;
THIS IS LOWER THAN
THE ENGLAND RATE
OF **20%**

7. **99%**
OF NORTH TYNESIDE RESIDENTS
REPORT FEELING SAFE IN
THEIR LOCAL COMMUNITY

Thriving: Working age adults

Adulthood is a time of greater independence and control over life, and is a particularly important point in the life course because of the influence adults have on others through their various roles as partner, co-worker, parent and carer.

Evidence says we should focus on:

- Enhancing control, increasing resilience, facilitating participation and promoting inclusion
- Enhancing and regenerating neighbourhoods and ensuring people have decent homes.
- Promoting workplace programmes that promote good mental health and initiatives to help adults at risk of stress, anxiety and depression



Good work is good for you!

Quorum Business Park has a tradition of encouraging staff to get active and take part in sports and other activities.



“The Quorum Kites have gone from strength to strength since we first launched in the Spring of 2015. We have a hard core group who meet all year round. It’s great to get together as a group and it really helps to wind down and de-stress after being stuck in an office all day”



North East
Better Health
at Work Award



North Tyneside Council

Thriving: Older people

“People aged 55 and above are the most likely age group to take positive steps to help themselves deal better with everyday life – including spending time with friends and family, going for a walk, spending time on interests, getting enough sleep, eating healthily and learning new things”. Mental Health Foundation (2017)

Evidence says we should focus on:

- Promoting good relationships and connecting with others is important for a mentally healthy later life
- Tailored, community based physical activity programmes and activities that promote social participation should be offered



Thriving: Communities

“Communities have never been built upon their deficiencies. Building community has always depended upon mobilising the capacities and assets of people and place”

Strong evidence base that supports:

- Promoting inclusion and strengthening support networks
- Supporting participation – to increase self esteem, provide a sense of fulfilment, purpose and opportunities for social interaction
- Promoting the benefits of our natural environment
- Promoting participation in arts, creativity, sports and culture

“People expressed attachment to the communities in which they lived and to their networks of families and friends, rather than to physical places... ”



1.
PARKS AND
GREEN SPACES
- 87% (48% FREQUENT
USERS)

2.
LOCAL
LIBRARIES
- 58% (23% FREQUENT
USERS)

3.
BEACHES
- 85% (42% FREQUENT
USERS)

THRIVING
- COMMUNITY
ASSETS
AND REACHING
OUR POTENTIAL

4.
THEATRES,
CONCERT HALLS,
ARTS VENUES
60% (5% FREQUENT
USERS)

5.
SPORTS
+
LEISURE FACILITIES
61% (25% FREQUENT
USERS)

6.
MUSEUMS
+
GALLERIES
43% (4% FREQUENT
USERS)

7.
THOSE AGED
35-44
ARE ALSO MOST LIKELY
TO UTILISE OUTSIDE
FACILITIES

8.
RESIDENTS
ABOVE THE AGE OF
65
ARE MORE LIKELY TO BE
FOUND IN LIBRARIES,
THEATRES + CONCERT HALLS,
OR MUSEUMS + GALLERIES

Thriving Communities: Strengthening support networks



Good Neighbours Scheme

Beneficiary :

“It is really wonderful to know when you are on your own that there are lovely people who are willing to give their time to help you”

Volunteer:

“I’ve made friends, dream come true. My self-confidence has increased by meeting people and the beneficiaries are lovely to meet, they make me feel good about myself”



Creating environments that are sociable and green

Protect and create green spaces within neighbourhoods in order to generate better physical and mental health outcomes for individuals and communities

“Our allotment is a very valuable asset in our lives. As well as getting out into the fresh air and getting a bit of exercise it’s a great way to meet people socially and swap ideas on gardening.

We grow organically and make all our own jams and chutneys. Our neighbours would be really disappointed if we didn’t give them a weekly basket of fresh veggies. Our allotment really is a vital part of our daily lives” North Tyneside couple in their 80s.



North Tyneside Council

Measuring levels of good mental health and wellbeing

Distribution of the Thriving Features		
Combination of Features	UK	North Tyneside
Core measures only	23.7%	21.2%
Core +1 additional feature	23.5%	21.2%
Core +2 additional features	22.3%	21.0%
Core + >3 additional features	18.9%	20.3%



Features of Thriving	
Core Measures	Additional Features
Positive emotions	Self-esteem
Engagement, interest	Optimism
Meaning, purpose	Resilience
	Vitality
	Self-determination
	Positive relationships



North Tyneside Thriving Score Card

Core Measures - Questions		
Positive Emotions	Indicators	%
Happiness	People with a high happiness score	72
Engagement	Strength of belonging to local area	75
	Pulling together to improve local area	36
	Community cohesion - local area is a place where people from different backgrounds get on well together	64
Meaning and purpose	I've been useful	52
Additional Features - Questions		
Optimism	I've been feeling optimistic about the future	41
Resilience	I've been dealing with problems well	56
Positive relationships	I've been feeling close to other people	64
	Participating in informal and formal volunteering	43
	I can count on someone to help me	92
	Never or not very often feeling lonely or isolated	76
Self-determination	I am able to make my own mind up about things	82
Vitality	No available measures	
Self esteem		

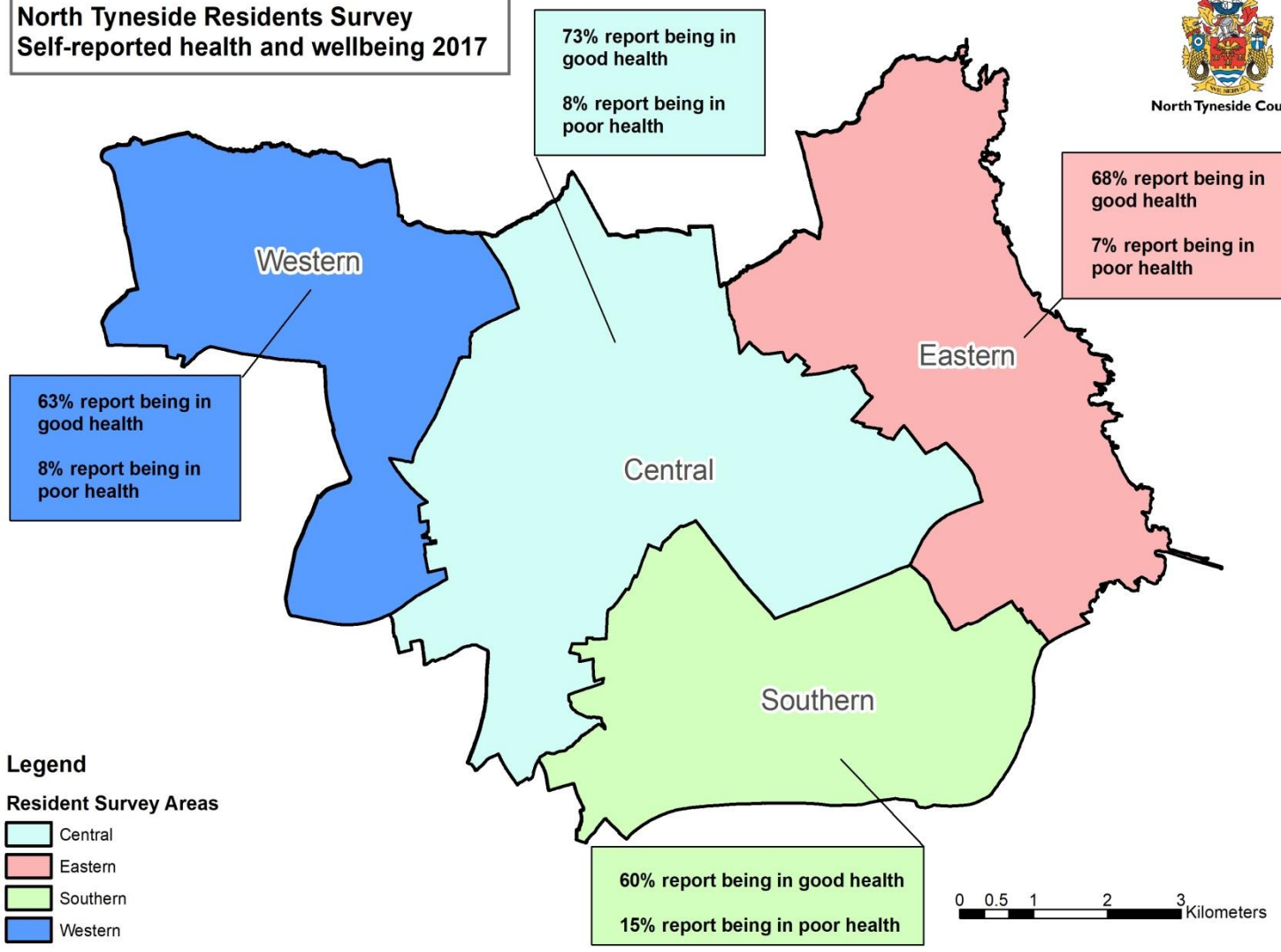
Key		Public Health Outcomes Framework (2.23iii)
		North Tyneside Residents' Survey (2017)
		WEMWBS Questions North Tyneside Residents' Survey (2017)

Equally thriving? - not quite

North Tyneside Residents Survey Self-reported health and wellbeing 2017



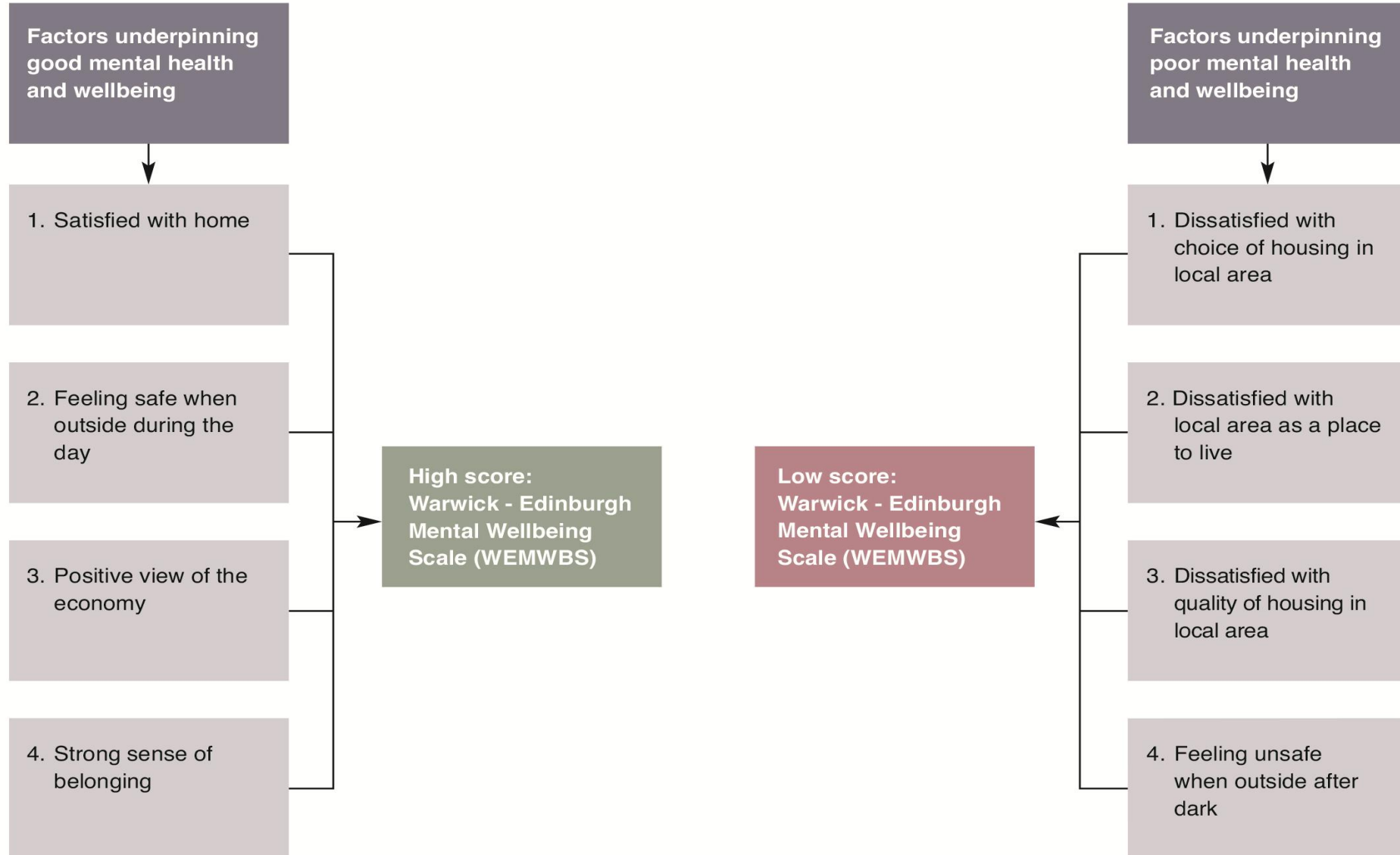
North Tyneside Council



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Thriving:

Drivers for Mental Health and Wellbeing in North Tyneside



Surviving: risk factors children and young people



1.
HALF OF 15 YR. OLDS
REPORTED BEING BULLIED
IN THE LAST COUPLE OF
MONTHS — THIS IS
LOWER THAN THE ENGLAND
AVERAGE OF **55%**

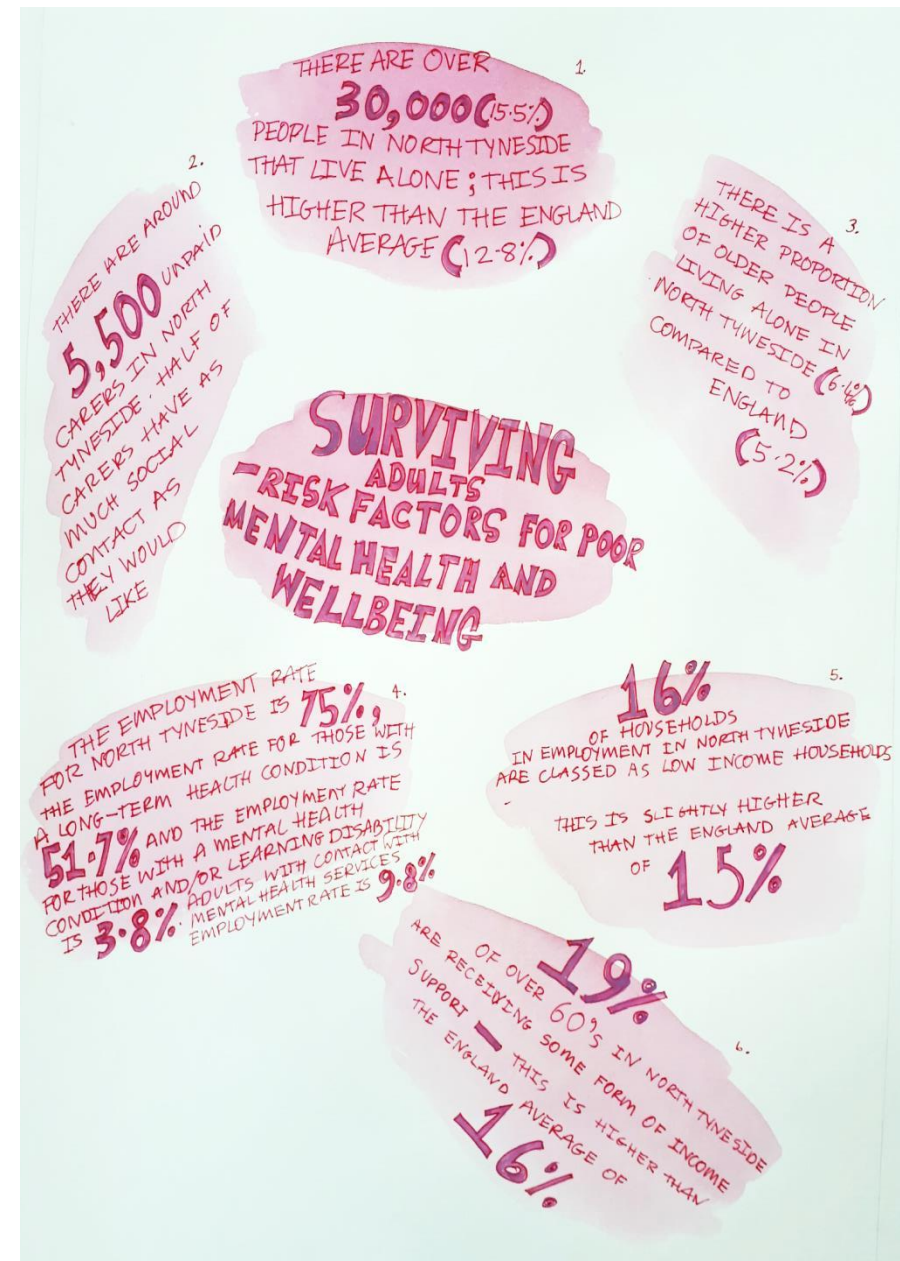
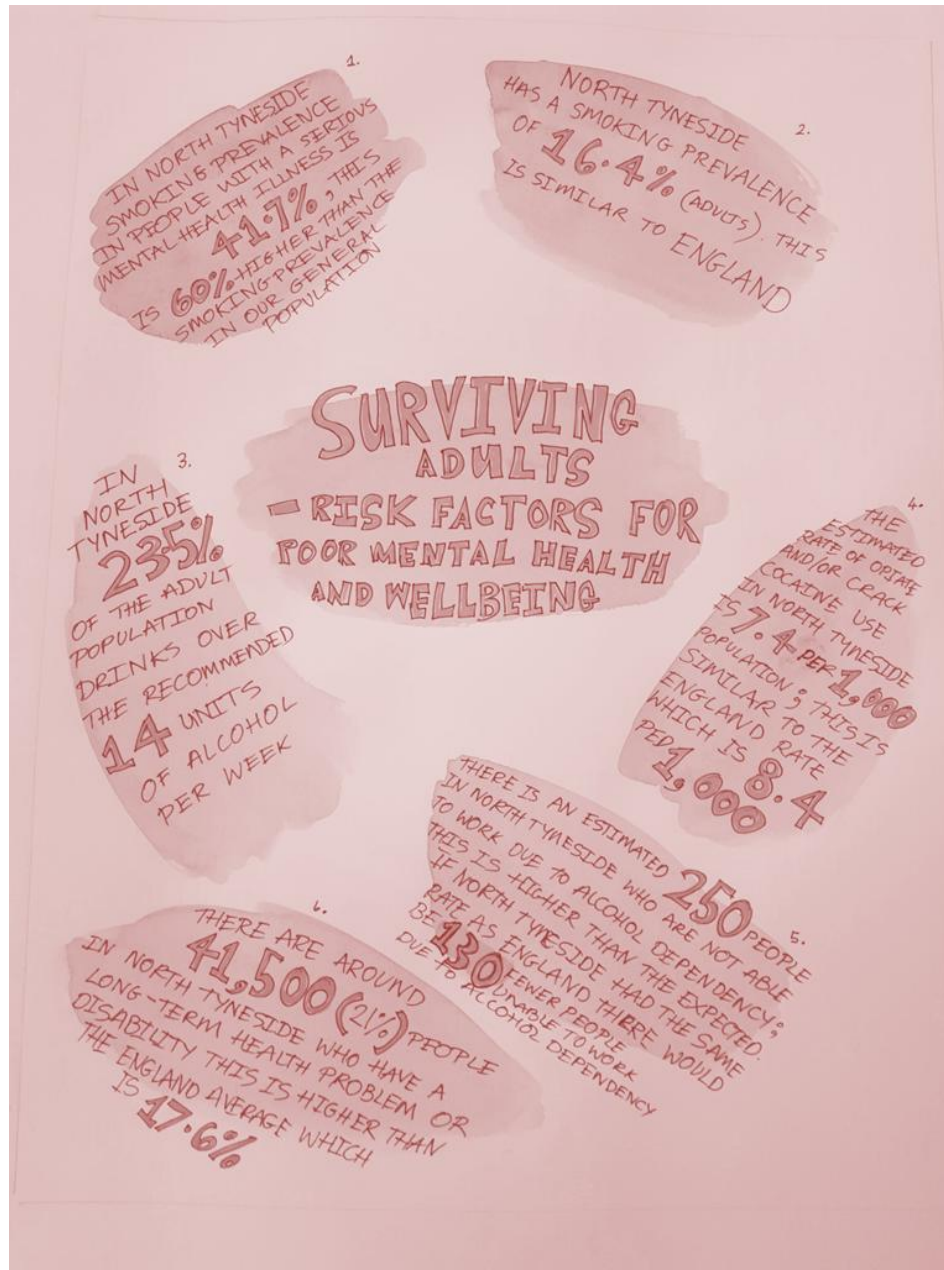
2.
24% OF YOUNG PEOPLE
AGED 15 IN NORTH TYNESIDE
ARE ENGAGED IN 3 OR MORE
RISKY BEHAVIOURS — THIS
IS HIGHER THAN THE ENGLAND
AVERAGE OF **16%**

SURVIVING CHILDREN + YOUNG PEOPLE — RISK FACTORS FOR POOR MENTAL HEALTH + WELLBEING

3.
10% OF 15 YR. OLDS
REPORT AS BEING REGULAR
SMOKERS; THIS IS
HIGHER THAN
THE ENGLAND AVERAGE
OF **8%**

4.
9% OF 15 YR. OLDS
REPORT BEING REGULAR
DRINKERS; THIS IS HIGHER
THAN THE ENGLAND AVERAGE
OF **6%**

Surviving: Risk factors adults



Surviving: Moderate mental health children and young people



1.

IT IS ESTIMATED
THAT AROUND **10%** OF
CHILDREN AND YOUNG PEOPLE
AGED **5-16** HAVE A COMMON
MENTAL HEALTH CONDITION. THIS IS
AROUND **3** CHILDREN IN EACH
CLASSROOM

SURVIVING CHILDREN + YOUNG PEOPLE — MENTAL ILLNESS AND POOR MENTAL HEALTH AND WELLBEING

2.

THIS IS SIMILAR TO
THE PROPORTION OF CHILDREN IN
ENGLAND WITH A COMMON MENTAL
HEALTH CONDITION

THIS MEANS THAT THERE
ARE AROUND **2,5000**
CHILDREN AND YOUNG PEOPLE
IN NORTH TYNESIDE WITH
A COMMON MENTAL
HEALTH CONDITION

Surviving: Moderate mental health adults



2.
IT IS ESTIMATED
THAT AT ANY ONE POINT
IN TIME **18%** OF ADULTS
OVER THE AGE OF 16 HAVE A
COMMON MENTAL HEALTH
CONDITION. THIS IS SLIGHTLY
HIGHER THAN THE ENGLAND
RATE **15%**

1.
THIS MEANS THAT THERE
ARE AROUND **26,5000**
ADULTS IN NORTH TYNESIDE
WITH A COMMON MENTAL
HEALTH CONDITION

SURVIVING ADULTS — MENTAL ILLNESS AND POOR MENTAL HEALTH AND WELLBEING

3.
6.3%
OF PEOPLE IN NORTH TYNESIDE
REPORT A LONG-TERM
MENTAL HEALTH PROBLEM

4.
16,2000
ADULTS (AGED OVER 18) IN
NORTH TYNESIDE HAVE
GONE TO THEIR GP
FOR DEPRESSION

5.
12%
OF MOTHERS
WILL EXPERIENCE DEPRESSION
AND ANXIETY WITHIN THE
FIRST YEAR OF GIVING
BIRTH

6.
ALTHOUGH SELF-REPORTED
SATISFACTION WITH LIFE IS
HIGH WITH **81%** OF ADULTS
REPORTED HIGH SATISFACTION
WITH THEIR LIFE TWO THIRDS
OF THESE WILL NOT BE
THRIVING

7.
ADULTS IN NORTH TYNESIDE
SCORED THE LOWEST WELLBEING
SCORE TO AN AVERAGE SCORE OF
18.7 COMPARED
TO **25.3**

- *“I’ve enjoyed learning lots of new skills, especially how to use the lathe. I’ve made a sundial and a plinth. I get all the support I need and everyone has been very kind to me. Coming here has helped my anxiety and my confidence. ” (North Tyneside Resident with severe anxiety)*
- *My allotment has aided my recovery from depression greatly, seeing how my efforts and care of the soil have helped vegetables, fruit and herbs to grow. My allotment is my peaceful haven in my life. (North Tyneside resident with severe depression)*
- *“I was made redundant at 52 and found really difficult to find another job and my confidence really suffered. I applied to become a volunteer at Citizen’s advice. My confidence improved and after one year as a volunteer I was successful in securing a part time job, so I’m now a permanent member of staff” North Tyneside resident with poor wellbeing*



How do we improve mental wellbeing in the population?

- Promote the protective factors
- Recognise early signs of poor mental health in children and young people and offering timely support.
- Support unemployed working age adults into good quality employment
- Provide access to resources and support for those unable to work to lead fulfilling lives
- Providing debt advice and support
- Promoting physical activity to improve mental functioning
- Identifying isolated older people who are less visible within our communities



Conclusions

- People and place are key to good mental wellbeing – it is everyone's business
- We need to take a life course perspective to promoting mental health in the population
- Increasing and strengthening networks and relationships people can promote mental wellbeing
- Promoting understanding of our vast community resources and assets

