


Public Document Pack

Southend-on-Sea City Council

Executive Director (Strategy, Change and Governance):

Stephen Meah-Sims

 Civic Centre, Victoria Avenue, Southend-on-Sea, Essex SS2 6ER

 01702 215000

 www.southend.gov.uk



03 March 2023

HEALTH & WELLBEING BOARD - MONDAY, 6TH MARCH, 2023 SUPPLEMENTARY PACK: AGENDA ITEM 5: NETPARK WELLBEING PROJECT

Please find enclosed, for consideration at the next meeting of the Health & Wellbeing Board taking place on Monday, 6th March, 2023 at 5.00pm the following presentation slides that were unavailable when the agenda was printed.

Agenda No	Item
--------------	------

6	<u>NetPark Wellbeing Project</u> (Pages 3 - 20)
---	--

Presentation slides attached

Rob Harris
Principal Democratic Services Officer

This page is intentionally left blank

NetPark Wellbeing Project

Partnership between Southend City Council
and Metal arts organisation



NetPark Wellbeing Project - introduction

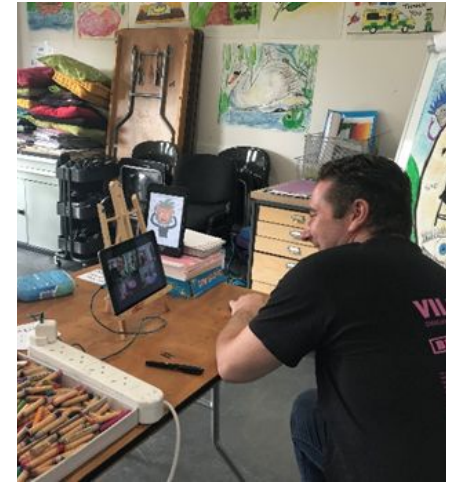
Purpose of this presentation: providing information on the project and seeking sustainable funding for the future

- NetPark Wellbeing (NPWB) project is an exciting partnership between Metal and Southend City Council
- Groups for those living with mental health conditions including depression, dementia, stress, anxiety, early psychosis, learning disabilities and those who are socially isolated
- Referrals from social care, GPs, social prescribers, learning disability groups, dementia services, community mental health teams and social housing projects
- Using NetPark artworks, the park, combining creativity and tech to improve wellbeing outcomes
- Strong links with Metal's artists in residence programmes

Prevention Strong impact

Partnership embedded in the locality

Innovation multiple award winning service



*Group facilitator Ian Wilson delivering hybrid session
Artwork created by participant in NPWB zoom session*

NetPark Wellbeing Project - summary

- NetPark Wellbeing supports over 200 people a year that fall through the ever-widening cracks of mental health provision in Southend.
- NHS referrals have trebled since this time last year, yet we receive no funding from the NHS.
- We can prove that 53% of our participants cut down GP and Crisis team visits.
- 75% of our volunteers have mental health conditions yet over 60% go on to employment, back to academia or other volunteering after working with us.

It is an award-winning service that is highly valued by the community. We have been runners up in the National Dementia Care Awards 3-year in a row, runners up in the Guardian Advancing Healthcare Awards and last year runners up in a National Mental Health Award. We are an excellent example of low funding / high reward.

In terms of the finances:

- Southend City Council provide approximately c.£50k in salaries and clinical supervision to run the project a year. The remaining c.£50k costs (facilities, overheads, volunteer expenses, admin, fundraising) are met by Metal.
- Metal have raised an additional £25,000 this year to run additional programmes.
- NetPark Wellbeing Project is only funded until March 2024



*Participants in a NetPark Wellbeing session
Artwork created by participant in NPWB zoom session*

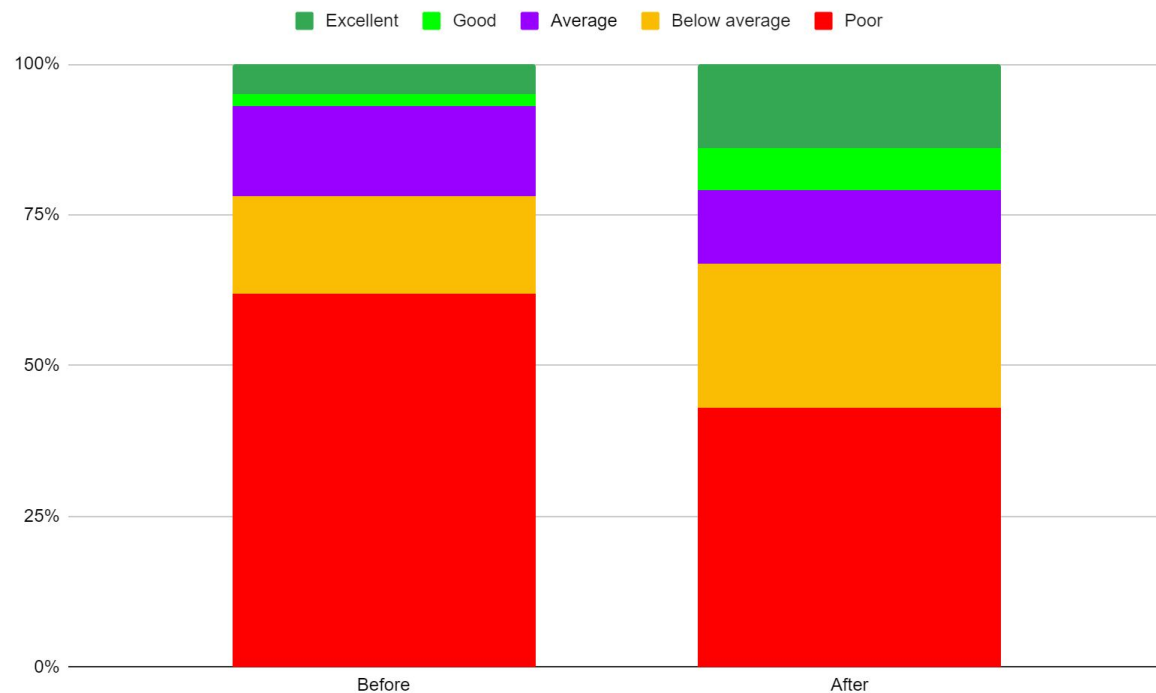
History & current situation

- Established in 2016 Netpark Wellbeing is a partnership project originally initiated by Jo Dickinson from Southend Borough Council Joint Commissioning Health team and Colette Bailey at Metal Southend. In June.
- With changes of personnel in both organisations, the project previously linked with the Service Transformation Team at SBC working with Maxine Nutkins Community Engagement Manager. Discussions about Project becoming part of Communities Team with remit on co-production, anti-poverty, building and strengthening the community, since June 2022
- the project has been funded from Public Health and in January 2023 the project was threatened with closure. Budget was found to keep it going for one more year - a sustained future for the project is urgently sought.
- Core delivery team: Emma Mills P/T employed by SCC, Ian Wilson P/T freelance contract with Metal with support and management of Ian's contract in place (until March 2024)
- Programme meets mental health / wellbeing / dementia objectives though there is currently no formal funding partnership agreements with referring bodies.



*Above: participants at RHS Hyde Hall
Below: Group facilitator Ian Wilson with a participant*

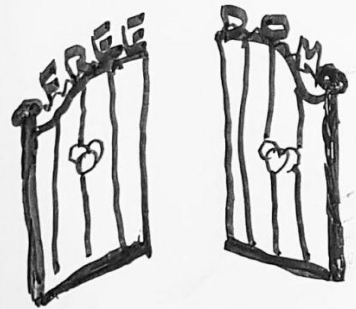
Prevention



Short Warwick Edinburgh Mental Wellbeing Scale
Measured before and after participation in NPWB programmes



Browsing
the shops
with Mandy



Less
stress



Family



Seeing
friends
missing
Hugs



Key points of difference to existing services

1. **Unique wellbeing focus:** creativity, digital art and the natural environment e.g. connections to artist in residence
2. **Creative focus:** Pioneering partnership between local authority & arts organisation Metal
3. **Specialist accessible facilities:** Dedicated art space
4. **NetPark:** supporting connection to nature, outdoor space and gentle exercise
5. **Specialist team:** Art psychotherapist & award-winning dementia art & wellbeing facilitator
6. **Progression and continuation** for participants with an established referral system

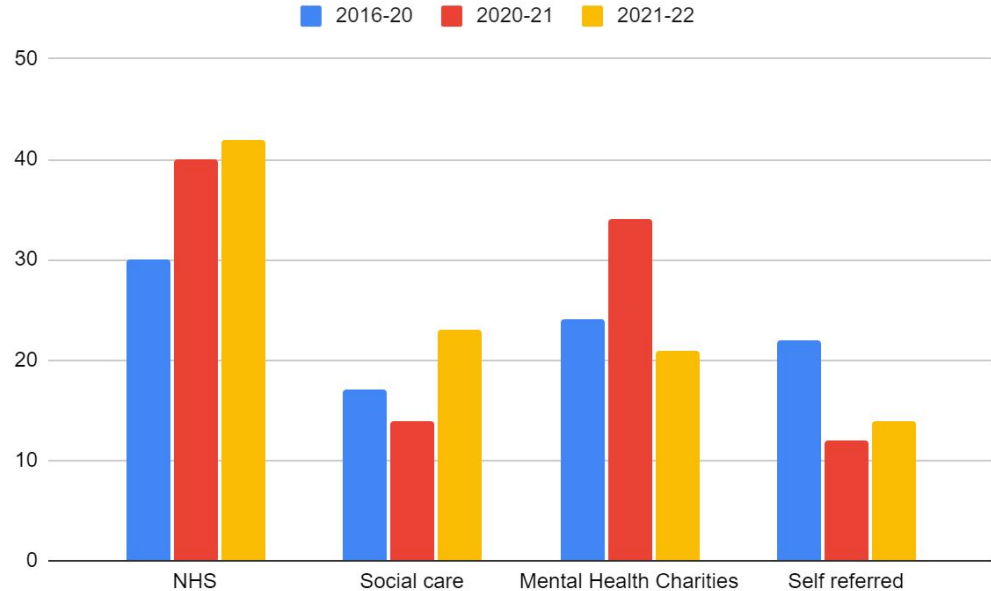


Above: Art School in action

Partnerships

- Increased referrals from social care and NHS
- Partnership with Metal supports ongoing connection with artists in residence (e.g. see below participant with poet Norman Erikson Pasaribo)

10



Referral routes to NetPark Wellbeing Project
NHS referrals increased by 25% from 2019 - 2022

Extensive partnerships / referrals

Southend City Council	Arts and culture	Charities and Voluntary sector	Education	NHS
Dementia Community Support Team	Estuary Festival Artists	Essex Community Foundation	Essex Partnership University Trust	ESTEP (Essex Support Treatment Early Psychosis)
Dementia Navigators	Focal Point Gallery	Project 49- Learning Disability Community Support	Goldsmiths College, University of London	Livewell Southend
Emotional Wellbeing and Mental Health Service	Metal Artists in residence	REACH Recovery College Trust links	Institute for Art in Therapy and Education London	NHS CAMH Professionals
SCC Adult Social work team	Royal Horticultural Society at Hyde Hall	SAVS Southend Volunteer Association	Roehampton University	NHS Employment services
Southend Primary Care Mental Health Team	Southend Museums	SOS Domestic Abuse	Southend Adult Community College	NHS Southend CCG
CAVS- Castle Point Association of Voluntary Services	Southend Music Mentors	Southend Culture & Wellbeing Fund	University of Essex	Social prescribers for 5 local GP surgeries
	The Other MA TOMA	Southend Deaf Pub		

Metal

southend
on sea
arts & culture



Netpark Wellbeing Project

17 April - 15 July

TrustLinks

NHS

Changing Pathways

Dementia Friends
AN ALZHEIMER'S SOCIETY INITIATIVE



peaceful place

admiral court
a hallmark care home

Open Arts
through creativity

 **BEECROFT**
ART GALLERY

Victoria Avenue
Southend-on-Sea
Essex SS2 6EX

Open Tues - Sat 10am - 5pm
Admission Free



Holistic approach

NPWB is represented in:

NHS/Southend City Council Social Prescribing Team

CASS (Counselling and Support Southend)

Dementia Navigators Forum

Dementia Steering Group

South East Essex Personality Disorder and Complex Needs Steering Group

South East Essex Lived Experience Mental Health Group

SAVS Mental Health Networking Group & Community Connectors

Southend Carers Practitioners Meetings

SOS Domestic Abuse Projects

Mental Health Employment Navigators

Trauma Alliance (EPUT NHS TRUST)

Southend Learning Network- 60 Minute mentoring team

NHS Mental Health Partnership Forum



Unique wellbeing focus: creativity, digital art and the natural environment

NetPark Wellbeing (NPWB) mental health provision is unique from existing well-being and mental health provisions led by a specialist team focussed on creativity, digital art and the natural environment. NPWB outcomes reduce pressure on mental health services:

- Increase self confidence and self esteem in participants and volunteers
- Reduce number of visits to the GP/Crisis teams
- Increase physical exercise by walking around a local park
- Reduce social isolation by meeting new people
- Improve symptoms of anxiety, stress and depression
- Improve confidence in using technology



Above: Dementia group using the Art School

Valued service



SAVS



Unity Hewson- Integrated Practice Lead in Dual Diagnosis (EPUT)

“The Netpark Wellbeing Project provides a therapeutic, non-judgemental space for those who have an interest for art without needing to jump through hoops in order to access it.”

Rachel Rooks - Supported Volunteering Manager- SAVS

“We refer people to this project to help maintain and achieve good mental health, It’s a safe place for people to build their confidence, improve their social skills, connect with others and learn a new skill.”

Kathy Washbrook - Social Prescribing Link Worker - Southend West Central

“The range of group support offered by NetPark Wellbeing project is so impressive and provides a unique and holistic approach to support needs, ranging from mental ill health . The project is a one off in the town.”

Michael Meehan - Community Engagement - Dementia Community Support Team - Adults and Communities- Southend-on-Sea City Council

“The feedback I get from the clients is incredibly positive. They all really enjoy the art group and benefit from the stimulation it gives them. Many clients who refuse to go to a day centre will attend the art group.”

CAVS Wellbeing Link Co-ordinator - Benfleet

“I would like to say how grateful I am for the service you provide; I find that there is no other like it in our area. They have found it challenging and thought provoking in a way that talking therapy was not.”

Jo Tunstill - Social Prescriber-Link Worker, West Leigh PCN

“A trusted pathway I advocate for a creative, community based, trusted, fun, diverse, friendly is the Netparks Wellbeing offer.”

Health Intelligence & the Evidence Base



Drawing by a participant with extreme anxiety

Strong impact against aims

On average participants improved their WEMWBS initial score by 3% after attending NetPark wellbeing for 12 weeks considered an improvement by mental health professionals

69% of participants say their symptoms have improved.

58% of participants say their self-confidence has improved.

58% of participants asked stated their visits to GP/Crisis team reduced since coming to the project.

100% of participants say they would recommend the project to others.

Impact through innovation

- **over 200 participants have engaged in a wellbeing activity all have a diagnosis or presentation** of one or more of the following: depression, anxiety, bi- polar, paranoia, post-traumatic stress disorder, social isolation, learning disabilities or dementia.
- **32% Male Participants 68% Female Participants**
- **10% of participants identify as** black, Asian and minority ethnic people.
- **80% of the volunteers have a mental health condition.**
- **80% of the volunteers were ex participants.**
- **1064 hours** given to people living with dementia and free respite given to carers.
- **4 University/College Placements** were held in this year for MA Art Psychotherapy students
- **The MA Art Therapy students saw 9 participants** averaging at **11 sessions** for each participant.



Digital art made by a deaf participants in the deaf/hearing impaired group

An award-winning service

- Runners up and Highly Commended in the 2017 Guardian Mental Health Awards.
- Finalists in the UK Dementia Care Awards 2017, 2018 and 2020.
- Runners up and Highly Commended in the 2021 National Mental Health Awards in 2 categories – Specialist and Community Mental Health Rehabilitation and Older adult mental health services.
- The Art facilitator was awarded the 2019 British Citizen Award for Health Care & Southend Mayor's award in 2018.



Next steps

- Priority to secure funding to sustain provision into the future (cannot continue with uncertainty year on year)
- The service is currently being provided at no cost to referring bodies
- Recommendation: referring bodies to share the cost of the service

19

Top right: trainee psychotherapists, running a trauma group and seeing 1 - 1 clients

Below right: participants, from our hearing impaired and deaf group



This page is intentionally left blank