

# Supporting Residents' Mental Health Through a Robust Loneliness Strategy:

## Calderdale Staying Well Project

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# Background: From Pilot to Pandemic

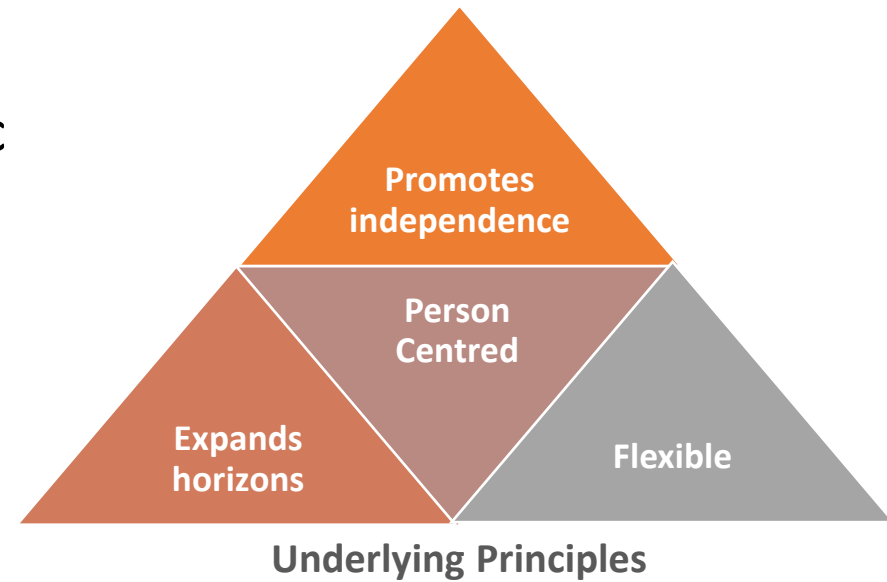
- CCG funded pilot in 2014
- Main aims were:

- 1) Reduce loneliness and social isolation in Calderdale and positively impact on:
  - a) Improving the health and wellbeing of individuals and communities, including reducing health inequalities
  - b) reducing demand on GP practices and unplanned admissions to hospital
- 2) Create more connected communities
- 3) Improved inter-sectoral / systems working



# Background: From Pilot to Pandemic

- 1:1 service and community development
- Lincoln Uni Evaluation:
  - 1) Overall the loneliness score fell
  - 2) Relationships improved
- Borough wide roll out in 2016
- COVID 19 – changing isolation and nature of support
- Further opportunities & future challenges



## Establishing community networks:

- Community led project – valued community voice
- Wealth of assets and provision across the borough
- Power in relationships
- Communities are the most qualified to say where the gaps are and to understand what will work and what won't
- Calderdale pandemic response
- Establishing is easy – maintenance is key



## Impacts of local leadership:

- The role of the community anchor -



**Community anchors are independent community-led organisations operating in a local area. We are firmly rooted in a sense of place, and committed to positive economic, social or environmental change.**

Calderdale Council was the first Council to have adopted a **community anchor policy**, to state their commitment to working in partnership with us.

## Impacts of local leadership:

- Trust and bravery
- Local knowledge and expertise
- Added value & infrastructure
- Project design and delivery that builds on existing community assets & histories
- Flexibility and strength in services – COVID 19



### Underlying Principles



## Micro-commissioning:

- Supporting lonely residents and driving innovation – the power to dare?
- Led by local people with local knowledge and expertise
- Passing power to communities
- Developing skills and community ownership
- A wealth of provision enhanced and developed
- COVID Recovery



## Accessible social prescribers:

- Staying Well Workers
- Identity and links with communities
- Identity and links with services
- Holistic approach to mental health support
- The impact of COVID on complexities and crisis





Thanks for listening!



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