

Deputation petition to Brighton and Hove City Council's Health and Wellbeing Board meeting

We, the undersigned call on the Council's Health and Wellbeing Board to improve mental health by **socially prescribing fitness** by

- a) Calling on the Clinical Commissioning Group to
- b) commission, procure and provide sufficient social interventions (such as NICE approved Mindfulness Based Cognitive Therapy MBCT) and other social interventions and meditations to
- c) treat all sick public sector staff, vulnerable patients, homeless, addicts and children suffering from anxiety, depression, self harming and suicidal thoughts by
- d) social prescribing them vouchers for 10 week social intervention courses that alleviate, heal and cure these long term mental conditions, by
- e) paying complementary therapists, facilitators and teachers to provide these interventions from public funds at Allied Professional rates of pay
- f) on receipt of the used social prescription vouchers, as pharmacists are paid for drugs,
- g) within the maximum statutory waiting time for treatment of 18 weeks,
- h) as described on www.prescribe.fitness, section 9 of www.reginaldkapp.org, and other documents

Notes to this deputation petition.

1 One in six (17%) or 8 million people in England now suffer from mental health problems, such as anxiety, depression, and self harm.

2 In 2021, the NICE guidelines for depression were changed, instructing doctors to offer mindfulness therapy **before** medication, but waiting times from Referral To Treatment (RTT) have doubled, and are now over a year, leaving most patients untreated, even when suicidal.

3 Complementary therapists have been professionally trained to alleviate these mental health conditions by teaching what are called the 'social interventions', which include classes teaching exercise, yoga, pilates, meditation, mindfulness, healthy eating, healthy living, bereavement support, etc.

4 Social prescribing has been introduced since 2019 in Brighton and Hove and every Local Authority through NHS **Primary Care Networks**, and link workers are now in post to signpost patients to not-for-profit organisations which provide these social interventions.

5 However, these interventions are not yet provided free at the point of use, excluding vulnerable and addicted people who need them most, causing health inequalities.

6 Public money should be diverted from the drug prescribing budget (£25bnpa nationally, and over £100 mpa in the city of Brighton and Hove) to **social intervention prescribing** through a voucher scheme.

7 Community Care Centres (CCCs) should be contracted to provide the social interventions over say 2 month periods, and be paid in arrears as pharmacists are paid for drugs, on receipt of the used vouchers.

8 In Sept 2021, prime minister Boris Johnson pledged an additional £500 million for mental health in England, of which the city should get £2.5million, which would treat 500 vulnerable patients with the Mindfulness Plus Intervention for 1 year, reducing their public sector costs accordingly.

9 The Health and Wellbeing Board' terms of reference say it can call the Clinical Commissioning Group (CCG) to account, so it has the power to instruct the CCG to implementing this deputation.

10 This social prescribing scheme is further described on the CAmpaign for Social Prescribing Of Talking Therapies (CASPOTT) see www.caspot.org.uk, and on www.prescribe.fitness, and www.reginaldkapp.org. **John Kapp18.2.22**

	Name	Address	websites	Owner/ manager	Phone
1	Social Enterprise Complementary Therapy Company (SECTCo)	22, Saxon Rd Hove BN3 4LE	www.sectco.org.uk www.prescribe.fitness johnkapp@btinternet.com	John Kapp	01273 417997
2	Essence Hove	86, Church Rd Hove BN3 2EB	www.essencehove.com robertbhessence@gmail.com	Robert Hodgetts	01273 738389
3	Tree of Life (TOL)	143-145 Portland Rd Hove BN3 5QJ	www.tolcentre.co.uk simon@tolcentre.co.uk	Simon Fuller	01273 220159,
4	Sage Holistic (SH)	28, St Aubyns, Portslade BN41	www.sageholistic.co.uk denise@sageholistic.co.uk	Denise Miller	07731 919566,
5	Brighton Health and Wellbeing Centre, (BHWC)	18-19 Western Rd Hove BN3	www.Brightonhealthandwellbeingcentre.org bhccg.bhwc@nhs.net	Dr Laura Marshall-Andrews	01273 772020
6	Revitalise Brighton	123a Western Rd Hove BN3 1DB	www.revitalise-u.com brighton@revitalise-u.com	Hannah Lee	01273 710855
7	Cornerstone Community Centre	Church Rd, Hove BN3 2FL	www.cornerstonecommunitycentre.com , cornerstonecommunitycentre@hotmail.com		01273 327757
8	The Wilbury Clinic	64, Wilbury Rd Hove BN3 3PY	www.thewilburyclinic.co.uk therapies@thewilburyclinic.co.uk ; therapies@thewelburyclinic.co.uk		07733 405822
9	New Rd Psychotherapy extension	8, The Drive, Hove BN3 3IT	www.newroadpsychotherapy.com , rory@newroadpsychotherapy.com	Rory Singer	01273 681333
10	Evolution Arts and Natural Health 1992	2, Silwood Terrace BN1 2LR	www.evolutionarts.org.uk , info@evolutionarts.org.uk		01273 204204
11	Brighton Natural Health Centre	27, Regents St, Brighton BN1 1UL	www.brightonnaturalhealthcentre.co.uk ; hello@brightonnaturalhealthcentre.co.uk;		01273 600010
12	Anahata Health	119-120 Edward St Brighton BN2	www.anahatahealth.com info@anahatahealth.com		01273 698687
13	New Rd Psychotherapy	28, New Rd Brighton BN1	www.newroadpsychotherapy.com	Rory Singer	01273 681333
14	Chiropractic first	82, Goldstone Villas, Hove, BN3 3R	www.chiropracticfirst.co.uk info@chiropracticfirst.co.uk	Lewis Kingsnorth	01273 324466

TABLE 1 THE COMMUNITY CARE CENTRES (CCCs) IN THE CITY OF BRIGHTON AND HOVE, WHO EMPLOY 200 THERAPISTS

