

Southdown



Neighbourhood mental health

Brighton & Hove

Drivers for change

NHS Long Term Plan

ICT development

NMHT integration

Equity of service provision
within neighbourhoods

Changes to funding

UOK and Wellbeing Centre
recommissioning

Our vision for mental health support

Mental health services that are **easy to access** and help people get support sooner.

Mental health services that are **welcoming and inclusive** for everyone.

Support that is organised around neighbourhoods to keep care **local and connected**.

Teams that work closely with **Neighbourhood Mental Health Teams**.

Services and support that are **easy to understand** and navigate.

A **sustainable model** that makes the best use of available resources.

Neighbourhood based support

**East
Brighton & Hove**

**West
Brighton & Hove**

**Central
Brighton & Hove**

Access

Clients can access support in whichever neighbourhood is most convenient to them.

This means they can also access our services in East Sussex if they would prefer.

Our East Sussex Wellbeing Hubs are based in Lewes, Hailsham, Eastbourne, Bexhill and St Leonards.

Neighbourhood leads

Each neighbourhood has a designated lead role responsible for supporting coordination, partnership working and alignment with local mental health teams.

What support is available

Facilitated peer groups

Social space

Walk-in welcome sessions

One to one support and coordination

Education and learning

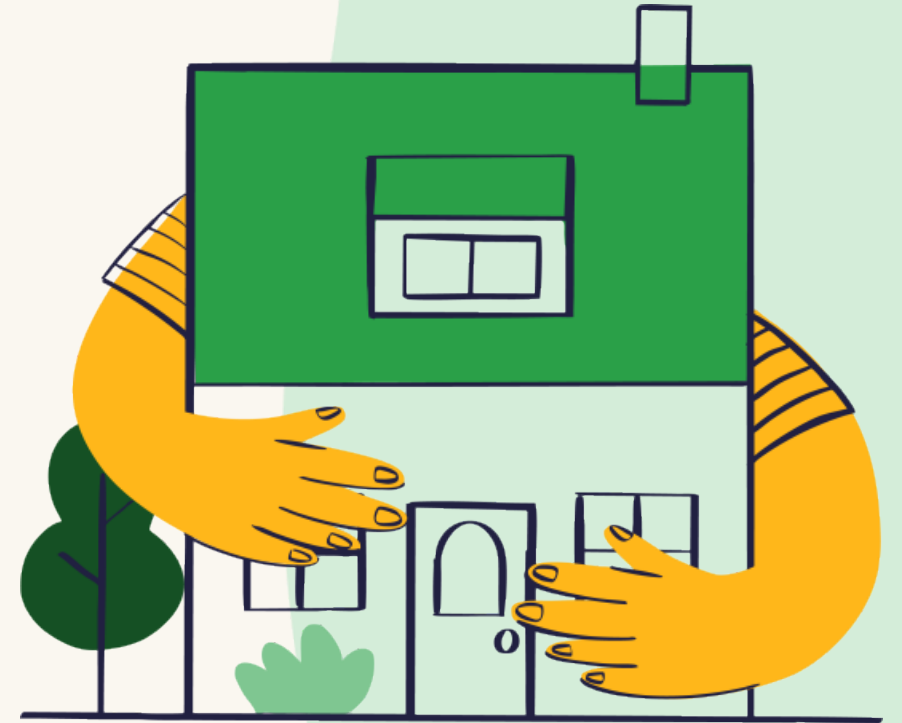
Employment support

Crisis support

Where support happens

**Neighbourhood
wellbeing hubs**

**Pop up sessions in
community venues**



Referral routes



Walk-in welcome sessions

Clients can attend a walk in session in their neighbourhood without a referral to talk about what support they need.

Telephone welcome sessions

A Saturday telephone appointment can be booked through our website if clients are unable to attend in person.

Referral from GPs

GPs can refer clients for mental health support if clients would prefer them to arrange this.

Engagement



Primary research conducted with clients, colleagues, and volunteers.

52 clients, 58 colleagues, 9 volunteers.

Results of primary research, previous co-designed work, and sector research informed proposed new model.

Outline of proposed model presented to clients.

Formal colleague consultation began.

Feedback from stakeholders invited and collated.

Website launched to track progress and respond to feedback dynamically via FAQs.

Midpoint update provided to clients including changes to proposals based on feedback.

Formal colleague consultation concluded at the end of the month.

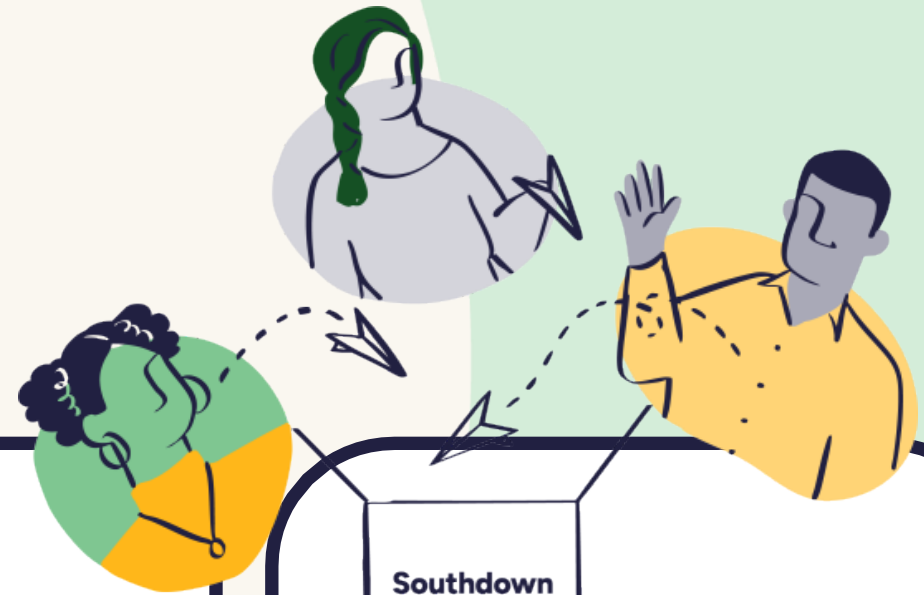
Website continued to be updated.

Final proposals presented to clients including further changes based on over 140 items of feedback.

Website updates continue.

We shared the April timetables and explained what the next few months will look like.

Responding to feedback



Clients said: Social space is important and should continue

We did: Increased social space in every neighbourhood, with four sessions per week in Brighton and Hove.

Clients said: Social space should reflect local communities

We did: Social space will be shaped locally, with steering groups helping plan activities.

Clients said: Access to social space should be clear

We will: Create a clear pathway so people can access social space.

Responding to feedback



Clients said: Peer groups need to feel safe and well supported

We did: Introduced co facilitation and a short conversation before joining groups.

Clients said: Group length should be reviewed if needed

We did: Group length will be monitored and adjusted if needed.

Clients said: Communication needs to be clearer

We did: Shared example timetables and continued to update the website.

Transition period

April

- Most existing groups and activities are continuing
- One new peer group is starting each week
- There are two walk-in welcome sessions each week

May

- Existing groups will continue but there will be slightly fewer of them
- There will be two new peer groups running each week
- Client feedback will decide which groups run

June

- Existing groups will continue but there will be slightly fewer of them
- There will now be four new peer groups running each week

July

- Existing groups will reduce a little more
- There will now be eight new peer groups running each week
- Walk-in welcome sessions will increase to three each week

Impact

Approximately 4000 individuals access our mental health services across East Sussex and Brighton & Hove

A further 2000 people access our employment services across East Sussex and Brighton & Hove

In Brighton & Hove approximately 1800 people access our mental health services, and 300 our employment services

Approximately 400 people are registered to Brighton & Hove Neighbourhood Wellbeing Hub – Preston Park

Of those 400 people about 260 attend per quarter, with 160 visits per week. The average attendance by an individual is 0.6x per week

In Brighton & Hove the new model has the potential to support over 500 additional people per year



To find out more, visit:

www.mhredesign.org

