

All internal email correspondence between Ministers and officials regarding the Communities Mental Health and Wellbeing Fund from 1 October 2023 to 19 March 2024.

List of Enclosures

No.	Description	Date	Explanation of redactions	Clause
1	Email: Communities Fund - Briefing for the Minister's attendance at National Event 19 March 2024	14/3/24	Personal information	38(1)(b)
1.1	Attachment: Briefing Pack Communities Fund - Briefing for the Minister's attendance at National Event 19 March 2024	14/3/24	Free and frank provision of advice Information not in scope Personal information	30(b)(i) N/A 38(1)(b)
1.2	Attachment: Speaking Note Communities Fund - Briefing for the Minister's attendance at National Event 19 March 2024	14/3/24	Personal information Information not in scope	38(1)(b) N/A
2	Email: Ministerial Engagement Minister for Social Care, Mental Wellbeing and Sport - Visit to Western Isles	18/3/24	Personal information	38(1)(b)
2.1	Attachment. Briefing Pack Ministerial Engagement Minister for Social Care, Mental Wellbeing and Sport - Visit to Western Isles	18/3/24	Personal information Information not in scope Free and frank provision of advice	38(1)(b) N/A 30(b)(i)
3	Email: Ms Todd's attendance at Scottish Mental Health Co-operative	23/10/23	Personal information	38(1)(b)

	Parliamentary Event on 26 October 2023			
3.1	Attachment: Ministerial Briefing for Ms Todd's attendance at Scottish Mental Health Co-operative	23/10/23	Personal information Information not in scope	38(1)(b) N/A
4	Email: Minister's Meeting With Rural Mental Health Forum On 25 October	10/10/23	Personal information	38(1)(b)
4.1	Attachment: Briefing Notes - Minister's Meeting With Rural Mental Health Forum On 25 October	10/10/23	Personal information Information not in scope	38(1)(b) N/A
4.2	Attachment: Speaking Notes - Minister's Meeting with National Rural Mental Health Forum on 25th October	10/10/23	Personal information Information not in scope	38(1)(b) N/A

ENCLOSURE 1: EMAIL

BRIEFING AND SPEAKING NOTES FOR MS TODD'S ATTENDANCE AT SUPPORTING MENTAL HEALTH & WELLBEING IN OUR COMMUNITIES: EMERGING PRACTICES, PERTH CONCERT HALL. TUESDAY 19 MARCH

From:

[Redact 38 (1)(b)]

@gov.scot>

Sent: Thursday, March 14, 2024 5:01 PM

To: Minister for Social Care, Mental Wellbeing & Sport <MinisterSCMWS@gov.scot>

Cc: [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>;

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Subject: RE: Briefing and speaking notes for Ms Todd's attendance at Supporting Mental Health & Wellbeing In Our Communities: Emerging Practices, Perth Concert Hall . Tuesday 19 March

PS/ Minister for Social Care, Mental Wellbeing and Sport,

Further to [Redact 38 (1)(b)] email yesterday, I attach a slightly updated briefing pack for Ms Todd for Tuesday. This has the following changes:

- Update to my contact telephone number, as official support
- An augmented set of Q&A

I have also re-attached the speaking note so this is all together, although no changes have been made to this.

And, for information, I attach a draft of Councillor Buchanan's speaking note.

Best wishes

[Redact 38 (1)(b)]

[Redact 38 (1)(b)] |Improving Mental Health & Wellbeing|Mental Health Directorate|DG

Health|Scottish Government|E-mail [Redact 38 (1)(b)] @gov.scot |Telephone: [Redact 38 (1)(

b)]

ENCLOSURE 1.1 BRIEFING PACK

Communities Fund - Briefing for the Minister's attendance at National Event 19 March 2024

CYP & Adult Community Mental Health and Wellbeing National Event: *Supporting Mental Health & Wellbeing In Our Communities: Emerging Practice*

Date and Time of Engagement	Tuesday 19 March 09.40 to 10:20 (Event will run 09:00 to 16:00)
Where	Perth Concert Hall, Mill Street, Perth, PH1 5HZ
Who	<u>Keynote speakers</u> Vicki Yuill, CEO Arran Community and Voluntary Service, (North Ayrshire TSI) Cllr. Tony Buchanan, COSLA Children and Young People's Spokesperson <u>Panellists</u> [Redact 38 (1)(b)] [Redact 38 (1)(b)] Stephen Gallagher, SG Director of Mental Health A full attendee list is included at Annex E. Approximately 250-300 people are expected to attend the event from across Scotland representing a wide range of stakeholders involved in Community Mental Health and Wellbeing at national and local level.
Key Purpose / Message	<u>Key message</u> <ul style="list-style-type: none">• Early Intervention and Prevention are key priorities in taking forward our approach to mental health and wellbeing.• We have invested almost £100 million in our adult and children and young people community based mental health supports since 2020.• Around 3,300 grants made for adult projects in first two years - estimated 300,000 people benefitted in first year.• More than 300 CYP supports and services are in place – in the first half of 2023, more than 58,000 children, young people and their family members accessed community-based mental health support. <u>Key purpose</u> <p>The event is an opportunity to showcase and celebrate the wide range of support approaches in communities and services in Scotland.</p> <p>The event will share learning emerging from the range of community-based mental health supports for children, young people and adults funded via the Communities Mental Health and Wellbeing Fund for Adults, Children and Young People's Community Mental Health and</p>

	<p>Wellbeing Supports and Services funding, and wider community interventions supported by national partners.</p> <p>The Conference has been organised by SG Mental Health Directorate.</p>
Sensitivities	<p><u>Funding</u> Children and Young People's community funding has been awarded to local authorities, who are responsible for provision and commission of supports and services.</p> <p>However, adult community funding has not yet been awarded [Redact 30(b)(i)]</p> <p>Line to take on adult funding:</p> <ul style="list-style-type: none"> The Scottish Government is committed to providing this Fund going forward and we are currently in the process of finalising mental health budgets for 2024-25. We will be able to confirm the amount of this funding once the budget allocations have been approved.
Media Handling	<p>Media will not be invited to attend.</p> <p>Officials will take photographs to be shared alongside a tweet about the event.</p>
Official Support	[Redact 38 (1)(b)]
Dress code	Relaxed, informal.
Greeting Party / meeting point on arrival	You will be met by [Redact 38 (1)(b)] at the rear door of Perth Concert Hall and be escorted to the Main Auditorium.
Specific entrance for Ministerial car/parking arrangements	A space will be reserved at the rear of Perth Concert Hall, at the loading bay. The bay will be labelled.

Briefing Contents

Annex A	Event purpose and agenda
Annex B	Known Questions
Annex C	Top Lines <ul style="list-style-type: none">• Communities Mental Health and Wellbeing Fund for Adults NOT IN SCOPE
Annex D	Supplementary Briefing NOT IN SCOPE
Annex E	Full Event Programme <ul style="list-style-type: none">- Attendees (Panellists and Participants)- Workshops- Exhibitors
Annex F	NOT IN SCOPE

AGENDA AND EVENT PURPOSE

Agenda

09:30	Minister arrives and is escorted by officials to the Main Auditorium
09.45	Welcome and introductions
10:05	Keynote Speeches
10.20	Minister departs

Note: A discussion with the panel, followed by networking and workshops will continue after the Minister has departed.

Background

In the Mental Health and Wellbeing Strategy Delivery Plan, the Scottish Government committed to holding a joint adult and children and young people community mental health national event to showcase the value of community-based mental health and wellbeing interventions, and share good practice.

The event supports the three key areas of focus in the Mental Health and Wellbeing Strategy:

- **Promote** positive mental health and wellbeing for the whole population, improving understanding and tackling stigma, inequality and discrimination;
- **Prevent** mental health issues occurring or escalating and tackle underlying causes, adversities and inequalities wherever possible; and
- **Provide** mental health and wellbeing support and care, ensuring people and communities can access the right information, skills, services and opportunities in the right place at the right time, using a person-centred approach.

Purpose

This event will share learning emerging from the range of community-based mental health supports for children, young people and adults funded via the Communities Mental Health and Wellbeing Fund for Adults, the Children and Young People's Community Mental Health and Wellbeing Supports and Services funding, and wider community interventions supported by national partners.

In sharing this learning, the conference aims to:

- Provide an opportunity to showcase the impact of projects and delivery approaches and share best practice.
- Celebrate and raise the profile of preventative, community interventions and emphasise the importance of these as part of a whole system approach to supporting mental health and wellbeing.
- Demonstrate how these local community projects are directly supporting a range of policy priorities, such as the Mental Health and Wellbeing Strategy, Creating Hope Together, Child Poverty, etc.
- Support collaboration, networking and learning through active involvement of a range of local and national partners.

KNOWN QUESTIONS FOR THE MINISTER

Attendees have been invited to submit questions in advance, which you will be invited to answer after your speech. Answers have been prepared. The panel will answer further questions after your departure.

What are you most pleased about/proud of from this work/policy?

Answer:

- As I outlined in my speech, I think this work is a very important part of the mental health landscape in many ways.
- For me, when I have visited projects, the thing that has struck me is the personalised, tailored nature of the support – how the people providing the support really know and understand their “clients” and care about getting them the help they need. Human connections are central to this work.
- I am most proud that we have supported this to happen in so many places, with lots of small pots of money making a big difference to individual people.

NOT IN SCOPE

[Redact 30(b)(i)]

ADDITIONAL QUESTIONS FOR THE PANEL

These questions are intended for the panel and Stephen Gallagher, Director Mental Health, will be representing Scottish Government. However, we have included them here in case the Minister is asked any by a member of the audience.

The Minister will only have 5 minutes for questions so it is unlikely there will be time to answer any other than a few of the known questions above.

What are the views of the panel on how we can sustain the benefits which have been gained through both of these funds?

Answer:

We need to continue to evaluate and share learning emerging from this work. For the adults Fund we have produced annual reports each year looking at the reach of the Fund, based on returns provided by TSIs. We also commissioned an external evaluation of Year 1.

In addition to this data, we also need to be articulating the stories of the people involved in the projects and the real benefits that it has brought to them. This will be the focus of our work with TSIs over the next year.

NOT IN SCOPE

For both funding streams, as well as sharing learning we must also look at how we embed these approaches locally and this requires buy-in and leadership from a range of partners.

How can we ensure that collaboration is embedded for sustainability in these community wellbeing initiatives going forward?

Answer:

Collaboration is key to the success of this work. We heard of an excellent example of this just now from Vicki Yuill.

This has been a key aim of the Adult Communities Fund since the outset, with Fund Guidance stipulating that it should be delivered via a locally focused and co-ordinated approach,. This has involved a focus on collaboration across all processes, with local partnership groups comprised of TSIs, Integration Authorities (via Health and Social Care Partnership Chief Officer or representative) and a range of other local partners including local authority leads.

We have not yet had the final report for Year 3, as returns are due shortly, however in the local partnership plans for Year 3 we see that there are still high levels of collaboration with

- 93% of TSIs reporting that they had participation from Health and Social Care Partnerships (HSCP), within the Year 3 local partnership group
- 56% of partnerships currently include local authority mental health leads
- Wider local authority representation is 84% across partnerships
- Representation from Community Planning Partnerships is now 68%

Some of these numbers have gone down slightly from previous years, which is something we would seek to understand more about, with this being such an important aspect of the model.

NOT IN SCOPE

Research tells us that loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk of premature death. What are the views of the panellists as to how we can best create the level of social connection that is required in Scotland's communities?

Answer:

Addressing social isolation and loneliness has been a key aim of the Adult Fund since the outset and we have seen through reporting data that this has been the focus of a high number of projects across years 1 and 2.

In year 1 there were 1,026 projects across Scotland focussed on addressing social isolation and loneliness. In year 2 of the Fund this has risen to 1,239.

In the plans submitted at the beginning of year 3 we saw that this continues to be a priority area of focus for TSIs, with 87% of them telling us that social isolation and loneliness would be a priority for them this year.

NOT IN SCOPE

How can lived experience be used to more meaningfully inform policy and practice, in a way that feels less extractive and more genuinely co-produced?

Answer:

The Communities Mental Health and Wellbeing Fund demonstrates how people with lived experience can work co-productively with key partner agencies to manage and deliver the Fund locally.

In year 2 of the Fund all of the Third Sector Interfaces (TSIs) who managed and administered the Fund involved those with lived experience of mental health and wellbeing in the implementation of the Fund and 81% specifically involving this group in the local partnership groups.

NOT IN SCOPE

Community based peer support is integral to mental health recovery and wellbeing. Has this been evident through the work of these funds?

Answer:

There are a variety of peer support models and projects emerging across the country, many of which have been developed by third sector organisations and community groups, and focus on areas such as perinatal support and suicide prevention.

The Year 2 monitoring report of the Adult Fund published in July 2023, shows an increase in projects focused around group activities and peer support. The independent evaluation of the Fund also highlighted strong themes of community connection, social interaction and preventative approaches.

Examples of the local, community based peer support projects we supported include:

- Passion4Fusion project focuses on peer support and aims to provide one-to-one and group setting supports (including mental health and wellbeing workshops) for people across West Lothian who are struggling with daily challenges such as disability, mental ill health and isolation and loneliness. This includes specific support to members of the local African community with underlying health issues and concerns (including mental health) who struggle with access to culturally appropriate services and support.

And

- The Gate Charity's project in Clackmannanshire aims to establish peer support groups to offer further support to those in the community who are often overlooked. New groups will include a memory café, an autism support group, and men's mental health peer support.

NOT IN SCOPE

What impact has the CMHW Fund had on volunteering participation? Do we know nationally how many volunteering opportunities have been supported by funded projects and initiatives?

Answer:

We haven't asked for this type of information from the adult Fund to date, but it is something we are considering doing in future. That said, we are mindful of the need to minimise bureaucracy and reporting for projects.

NOT IN SCOPE

TOP LINES

COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULTS

We have invested £51 million in our Communities Mental Health and Wellbeing Fund for adults since 2021, with approximately 3300 grants made to local projects across Scotland in the first two years alone.

- The Communities Mental Health and Wellbeing Fund for Adults is our flagship prevention and early intervention initiative, addressing a number of mental health and wellbeing concerns, with a focus on at risk groups in local communities across Scotland. It is one of our strongest examples of joint working with the third sector to support vulnerable groups and build community resilience.
- In the first two years approximately 3,300 grants were made to a wide range of grassroots community projects including those based around peer support, physical activity, arts and crafts activities, social interaction and befriending, with a strong emphasis on the key themes of prevention and early intervention, suicide prevention and addressing social isolation.
- The Fund supports grass roots community groups in building resilience and aims to reduce the need for clinical interventions and improve happiness within communities by supporting community led initiatives and local support services.
- The Fund has a strong focus on prevention and early intervention and prioritises a range of 'at risk' groups. Year 3 will see a continued focus on those facing socio-economic disadvantage made worse by the cost of living crisis.

NOT IN SCOPE

Rural Mental Health

We are aware that people in rural areas can experience a number of challenges in relation to their mental health and wellbeing, due to isolation, lack of infrastructure and transport issues.

- Across the first two years of the Communities Mental Health and Wellbeing Fund for adults, over 700 awards have been made to community projects supporting people disadvantaged by geographical location (including rural areas).

NOT IN SCOPE

SUPPLEMENTARY BRIEFING

COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULTS

Background

The Fund has a strong focus on prevention and early intervention and prioritises a range of 'at risk' groups. These are:

- Women (including women experiencing gender- based sexual violence)
- people with a long term health condition or disability;
- people from a Minority Ethnic background;
- refugees and those with no recourse to public funds;
- people facing socio-economic disadvantage;
- people experiencing severe and multiple disadvantage;
- people with diagnosed mental illness;
- people affected by psychological trauma (including adverse childhood experiences);
- people who have experienced bereavement or loss;
- people disadvantaged by geographical location (particularly remote and rural areas);
- older people;
- Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities

Spend to date:

We have invested £51 million in our Communities Mental Health and Wellbeing Fund for adults since 2021. Alongside this we have also provided £3,007,039 to support administration and capacity building.

Year	Communities Fund	Administration and Capacity Building Grant
2021-22	£21 million	£1,136,344.00
2022-23	£15 million	£1,136,695.00
2023-24	£15 million	£734,000.00

Reach/Impact:

Year 1

In house monitoring and reporting for Year 1 of the Communities Mental Health and Wellbeing Fund showed that:

- 1842 grants were awarded to grassroots projects in year 1. The most common target groups or priorities were:
 - social isolation and loneliness (1026 grants);
 - people facing socio economic disadvantage (819);
 - people with a long term health condition or disability (618);
 - prevention (589);
 - people facing severe and multiple disadvantage (535);
 - and older people (482).

- The lowest number of awards were for projects focused on the following groups: refugees and those with no recourse to public funds (112); LGBTI communities (161); and people from a minority ethnic background (202)

The independent evaluation of Year 1 of the Fund published in July 2023 showed that the projects delivered a range of community supports focused on improving mental health and wellbeing to an **estimated 300,000 people across Scotland**.

It highlighted that funded projects have lowered isolation and alleviated some of the negative mental and physical health impacts from the pandemic as well as providing support and self-help for individuals with ill mental health issues, enhancing the quality of life for beneficiaries.

Year 2

In-house monitoring and reporting for Year 2 of the Communities Mental Health and Wellbeing Fund showed that:

- A further 1400 community projects were supported to address mental health inequalities including those made worse by the cost crisis.
- This means that in the first two years approximately 3300 grants were made to a wide range of grassroots community projects including those based around peer support, physical activity, arts and crafts activities, social interaction, and befriending, with a strong emphasis on the key themes of prevention and early intervention, suicide prevention and addressing social isolation.
- The most common target groups supported in year 2 were:
 - people facing socio-economic disadvantage (684)
 - people with a long-term health condition or disability (548)
 - older people (479), people with diagnosed mental illness (406)
 - people disadvantaged by geographical location (particularly remote and rural areas) (277).
- Prevention and early intervention are a focus of all projects, with 923 projects citing both themes.
- Social isolation and loneliness was a strong theme, with 1239 projects including a focus on this
- Tackling poverty and inequality (an increased focus in year 2 to in response to the cost-of-living crisis) was the focus of 723 projects, and a shared theme of many others.
- Almost 300 suicide prevention projects were funded (totalling over £3 million of funding).

Year 3

We have not yet had end year reporting for Year 3 of the Fund, however, initial Local Partnership Summary Plans for Year 3 give an indication of how well plans have been advanced locally and a snapshot of progress nationally.

The plans show that:

- The Fund is highly valued within the community to support those with Mental Health and Wellbeing and a key tool to aid prevention and early intervention. There is a continuing appetite and need for the Fund which is evidenced by TSI's reporting oversubscription in Year 3.

- The most common themes are suicide prevention, social isolation and loneliness and addressing poverty and inequality (all 87%) whilst supporting those facing socio-economic deprivation continues to be the highest priority group (90%)

Alignment with wider Scottish Government Priorities:

The Fund supports delivery of a number of key Scottish Government strategies:

Best Start, Bright Futures child poverty delivery plan 2022-26

The Fund has been included as a commitment within the Best Start, Bright Futures child poverty delivery plan 2022-26, given the strong links between poor mental health and poverty.

Analysis of returns shows that in the second year of the Fund (2022/23), around half of projects had a focus on poverty and inequality. Whilst they weren't necessarily focused specifically on priority families, 24% of projects were supporting people from at least one of six priority at risk families.

Amongst these: 268 projects (19%) were supporting lone parents, 253 projects (18%) were supporting families with a disabled family member, 210 projects (15%) were supporting families with 3+ children, 204 projects (14%) were supporting minority ethnic families, 200 projects (14%) were supporting mothers aged less than 25, and 190 projects (13%) were supporting families where the youngest children are under 1 year old

Mental Health & Wellbeing Strategy

The Fund is also key to the delivery of the Mental Health and Wellbeing Strategy. It contributes directly to a number of the outcomes for the Strategy. It directly supports key aims on mental health inequalities, improving access and signposting to a range of community supports and promoting a focus on prevention.

NOT IN SCOPE

FULL EVENT PROGRAMME**Programme**

09.00 - 09.40	Registration and coffee
09:30	Minister arrives
09.45 - 10.05	Welcome and introductions
10:05 - 10.40	Keynote Speeches
10.20	Minister leaves
10.40 - 11.00	Panel Discussion
11.20 - 12.20	Workshops – choice of five
12.20 - 13.20	Lunch, networking/marketplace, performance
13.40 - 14.40	Workshops – as above
14.50 - 15.15	Coffee and networking/marketplace
15.25 - 15.55	Closing speech

AttendeesHosts

- [Redact 38 (1)(b)] Voice of Experience (VoX)
- [Redact 38 (1)(b)] Member of Scottish Youth Parliament

Keynote Speakers

- Vicki Yuill, CEO Arran Community and Voluntary Service, a partner in TSI North Ayrshire.
- Councillor Tony Buchanan, COSLA Children and Young People's Spokesperson

Panellists & Speakers

- [Redact 38 (1)(b)]
- [Redact 38 (1)(b)]
- Stephen Gallagher, Director of Mental Health, SG
- Brendan Rooney, Executive Director of Happy n Healthy Community Development Trust
- Angela Davidson, Deputy Director, Improving Mental Health and Wellbeing, SG

Workshop Leaders

- Kairos Women+, Renfrewshire
- LGBT Youth Scotland, Dundee
- Lucky Ewe, Fife
- Single Point of Access, East Lothian Council
- Spark Connections, South Lanarkshire
- Hot Chocolate Trust, Dundee
- Voluntary Action North Lanarkshire
- Clackmannanshire Council
- Man On, Inverclyde
- The Lighthouse, Perth & Kinross
- Perth Autism Support, Perth & Kinross and Dundee
- TLC Project, Aberdeen
- Family-Centred Wellbeing Service, North Ayrshire Council
- Go Youth Trust, Falkirk

Exhibitors

- Change Mental Health
- Community Link Workers
- Compassionate Distress Response Service
- Creatovaters (autism support)
- MHF Project: Together to Thrive
- NHS 24
- Lifelink
- Penumbra/Self-harm Network Scotland
- SAMH (CYP projects)
- Scottish Recovery Network
- See Me

Workshops

There will be five morning and afternoon workshops each focusing on a theme. The themes are:

- **Understanding outcomes** – to share and explore the range of measures being used to evaluate outcomes and impacts across community supports.
- **Whole-system approach** – to focus on projects taking joined up approaches, linking to primary care, GPs and other delivery partners or relationships between and within services in terms of planning, joint delivery, sharing resources.
- **Suicide prevention** – to emphasise the preventative nature of work that can be done at a community level through approaches like Time Space Compassion.
- **16-25s** – to acknowledge and try to address the gaps in provision and engagement we know exist for this age group, across both CYP and adult supports.
- **Supporting those most at risk** – to share effective approaches to supporting priority groups, in particular those living in socio-economic deprivation, black and minority ethnic communities, LGBTI communities and those facing social isolation.

Each workshop will be co-presented by colleagues involved in delivering supports funded by the Communities Mental Health and Wellbeing Fund for adults and the Children and Young People's Community Mental Health and Wellbeing Supports and Services Funding.

It will focus on sharing learning and practice across a number of common themes and will provide audiences with time to reflect and make connections with the work they are doing.

ENCLOSURE 1.2 SPEAKING NOTE

Communities Fund - Speaking Notes for the Minister's attendance at the National Event - 19 March 2024

SPEAKING NOTE FOR MINISTER'S ATTENDANCE AT NATIONAL EVENT ON 19 MARCH 2024

Introduction

Thank you, [Redact 38 (1)(b)] for that introduction. I am very grateful to have this opportunity to be here today in the beautiful Perth Concert Hall and to speak to you all.

AS [Redact 38 (1)(b)] has said, the theme of today is *Supporting Mental Health & Wellbeing In Our Communities: Emerging Practice* and this event is intended to provide a platform for local third sector organisations, local authorities and national partners to exchange knowledge and to connect by sharing their respective approaches to community supports.

For me this is very much about celebrating the wealth of important work that is going on within our local communities to support mental health and wellbeing and to build resilience, for people of all ages.

This work embodies the ambition of a whole system, person centred, approach that is central to our Mental Health and

Wellbeing Strategy and Delivery Plan, which we jointly published with COSLA last year.

It is providing a much needed focus on early intervention and prevention, connecting people and bringing together a range of services to deliver the different types of tailored supports needed to keep people mentally healthy.

In short, it is a key component of our mental health system in Scotland – and one that we want to continue to grow.

Support in Communities

We saw the importance of this work during the pandemic, when communities rallied and kept themselves going throughout the crisis. We saw the power of grassroots work – sometimes driven by individuals, sometimes by small groups – but always with a care, passion and dedication to making people's lives better.

At a national level, we recognised the importance of this hands-on, flexible, person-centred support and were keen to build on it and develop more of it across Scotland.

Origins

In 2021 we launched the Communities Mental Health and Wellbeing Fund for adults to support local community groups in building resilience, particularly amongst those most at risk such as minority ethnic communities and people facing socio-economic disadvantage.

Its aim is to enable people to improve their own wellbeing by having access to support in their communities and to reduce the need for clinical interventions.

The projects supported cover a range of approaches, including physical activity, nature and social spaces and are based around peer support and social interaction.

Throughout these there is a strong emphasis on prevention and early intervention, suicide prevention and addressing social isolation through social connection.

NOT IN SCOPE

Impact

In terms of reach and impact, through the adult Fund, local TSI-led partnerships have successfully distributed £51 million over

the last three years, awarding approximately 3300 grants in the first two years.

This is reinforced by findings from an independent evaluation which shows that those funded projects provided help to an estimated 300,000 people in the first year alone.

We know that the groups most commonly supported by projects are those facing socio-economic disadvantage; people with a long-term health condition or disability; older people; people with diagnosed mental illness; and people disadvantaged by geographical location (particularly remote and rural areas).

The Fund is making a difference and I have seen this for myself. Since taking on the mental health portfolio, I have been lucky enough to visit a range of projects and see how small amounts of funding are making a big difference.

One of my first visits was to the North East Fife Community Hub in St Andrew's who provide social and health-related activities and services for the most vulnerable in the community.

It was clear to see that staff and volunteers were familiar with the people attending the hub making them feel at ease and enabling them to access vital support in a really informal and

welcoming way. This is so important if we want people to seek support without fear of judgement or stigma.

NOT IN SCOPE

Three years later, here we are celebrating the impact of both these funding streams. We are seeing common themes emerging and the workshops today have been specifically designed to highlight these themes in more detail.

Work supported by other national partners.

This event is also about making connections between national and local practice and many of our national partners are also supporting valuable work in local communities. Key partners including the Mental Health Foundation, Scottish Recovery Network, See Me and SAMH are here today and you can speak to them at the exhibition space, where they, amongst others, will be showcasing their work.

Alignment with wider national priorities

As I mentioned at the beginning, this preventative community based approach is central to our Mental Health Strategy and Delivery Plan, with local community approaches key in

promoting good mental health, preventing mental ill health and providing highly valuable support.

Achieving our Strategy's vision relies on the people who work within and across sectors and locations to improve the mental health and wellbeing of our communities.

NOT IN SCOPE

Funding

Of course, there are challenges. We are all of us facing budget challenges and having to make difficult decisions. However, I am fully committed to supporting this important work and to providing both funds going forward.

Conclusion

We have much to celebrate - this is evident in the numbers here today and the range of projects covered - and this is only a snapshot of the work across the country.

Local expertise, relationships and passion have been key to this and I want to thank everyone in the room for their contribution.

We also need to back this up with national leadership and commitment and I will absolutely continue to champion this work at a national level.

Thank you for the opportunity to speak today and I hope you enjoy the rest of what looks like a very full and interesting day. Unfortunately, I must return to Edinburgh for parliamentary business – but I do have a few moments left for one or two questions.

1590 words – 11.3 minutes

ENCLOSURE 2 EMAIL

Ministerial Engagement Minister for Social Care, Mental Wellbeing and Sport - Visit to Western Isles

From: [Redact 38 (1)(b)] @gov.scot>

Sent: Monday, March 18, 2024 4:17 PM

To: Minister for Social Care, Mental Wellbeing & Sport <MinisterSCMWS@gov.scot>

Cc: Rachael McGruer <rachael.mcgruer@gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; Sean Neill <Sean.Neill@gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>

Subject: Minister visit to Western Isles 25 & 26 March 2024, Briefing pack

Good Afternoon

Please find attached the briefing packs for Ms Todds engagements in Western Isles on 25 and 26 March 2024. For ease we have provided a separate briefing pack for each day.

Please let me know if you require any further info.

Many thanks [Redact 38 (1)(b)]

[Redact 38 (1)(b)]

[Redact 38 (1)(b)]

Adult Social Care Local Improvement and Transformation Division
Directorate for Social Care and National Care Service Development
The Scottish Government

ENCLOSURE 2.1 BRIEFING PACK

Ministerial Engagement Minister for Social Care, Mental Wellbeing and Sport - Visit to Western Isles

Ministerial Engagement: Minister for Social Care, Mental Wellbeing and Sport - Visit to NHS Western Isles CAMHS and Neurodevelopmental Services

**Stornoway Health Centre
Springfield Road,
Stornoway,
Isle Of Lewis
HS1 2PS**

Tuesday 26 March 2024, 09:00 – 10:00.

NOT IN SCOPE

Ministerial Engagement: Minister for Social Care, Mental Wellbeing and Sport - Visit to Long Term Condition Hebrides (LTCH) in Stornoway

Date and Time of Engagement	Tuesday 26 March 2024, 10:20-11:20.
Where	Third Sector Hebrides, 30 Francis St, Stornoway, HS1 2ND
Who	Long Term Condition Hebrides [Redact 38 (1)(b)] [Redact 38 (1)(b)] [Redact 38 (1)(b)] TSI Hebrides - 01851 702632
Key Purpose / Message	As part of our focus on prevention and early intervention, we have invested £51 million in our Communities Mental Health and Wellbeing Fund for adults since 2021. We recognise the important role that projects such as the Long Term Condition Hebrides can play in improving mental health and wellbeing.

	<p>The visit will provide an opportunity to see the ongoing work that Long Term Conditions Hebrides are doing to support the mental health and wellbeing of communities and to reinforce the Scottish Government's focus on early intervention and prevention.</p> <p>There will be a group discussion which will allow Ms Todd to hear from members, this includes the benefits they have gained from LTCH, and the challenges the organisation faces.</p>
Top Facts / Figures	<p>Long Term Conditions Hebrides (LTCH) is a small, grassroots, voluntary organisation based on Lewis, on the Western Isles. It was founded in 2018 by people with long term conditions, for people with long term conditions.</p> <p>Their aim is to enhance self-management techniques, encourage skills development, reduce isolation and provide volunteering opportunities, especially for members who have been out of work due to a long term condition.</p> <p>The Long Term Condition Hebrides has received £9,684.00 of funding in Year 2 of the Communities Mental Health and Wellbeing Fund for Adults (2022-23).</p>
Sensitivities	<p>The Budget Bill received approval by the Scottish Parliament on 27 February.</p> <p>[Redact 30 (b)(i)]</p> <p>Lines to take:</p> <p>The Scottish Government are committed to providing this Fund going forward and are currently in the process of finalising mental health budgets for 2024-25. We will be able to confirm the amount of this funding once the budget allocations have been approved.</p>
Media Handling	<p>There will not be press involved however, the project may wish to take photographs with Ms Todd.</p>
Suggested tweet	<p>No tweet required for this visit.</p>
Official Support	<p>[Redact 38 (1)(b)] Email: [Redact 38 (1)(b)] @gov.scot Tel: [Redact 38 (1)(b)]</p>
Dress code	<p>Relaxed, informal.</p>

<p>Greeting Party and specific meeting point on arrival</p>	<p>On arrival at the venue, the Minister should report to the reception desk where she will be greeted by [Redact 38 (1)(b)] Third Sector Hebrides.</p> <p>Contact details:</p> <p>Name: [Redact 38 (1)(b)]</p> <p>Tel: [Redact 38 (1)(b)]</p> <p>Email: [Redact 38 (1)(b)] @ohsep.org.uk</p>
<p>Specific entrance for Ministerial car/parking arrangements</p>	<p>No specific entrance for Ministerial Car.</p> <p>There is street parking next to the Third Sector Hebrides building, however, there are limited spaces. These can be accessed from the Lewis Street entrance, accessed from Francis Street, and then the first turning in to your left, you will continue through a small car park to the rear where you will see a small wood Summer House (property of Third Sector Hebrides).</p>

Briefing Contents

Annex A	Background, purpose of visit and programme.	Page 4
Annex B	Top lines – Community Mental Health and Wellbeing Support	Page 5
Annex C	Policy Briefing and Lines to Take: 1. Communities Mental Health and Wellbeing Fund for Adults; NOT IN SCOPE	Page 6-16
Annex D	Latest Mental Health FMQ headlines	Page 17
	NOT IN SCOPE	
	NOT IN SCOPE	

BACKGROUND, VISIT PURPOSE AND PROGRAMME

Background:

Long Term Conditions Hebrides (LTCH) is a small, grassroots, voluntary organisation based on Lewis, on the Western Isles. It was founded in 2018 by people with long term conditions, for people with long term conditions.

Their aim is to enhance self-management techniques, encourage skills development, reduce isolation and provide volunteering opportunities, especially for members who have been out of work due to a long term condition.

Funding

The Long Term Condition Hebrides has received **£9,684.00** of funding in Year 2 of the Communities Mental Health and Wellbeing Fund for Adults (2022-23).

NOT IN SCOPE

Visit purpose:

The purpose of the visit is to meet the Long Term Condition Hebrides project leads and the beneficiaries of the project. Ms Todd will hear directly from members around the benefits they have received from LTCH, along with the challenges that the project faces.

Programme:

- 10:20 **Minister Arrives**
The Minister will be greeted by [Redact 38 (1)(b)]
, at the Third Sector Hebrides Reception desk.
- The Minister will be introduced to the attendees including
members of the Long Term Condition Hebrides.
- The Minister will be shown a film presentation, including time for
The Minister to ask questions about the film.
- 10:30
10:45 The Minister will be offered an opportunity to participate in a
mindfulness meditation session
- 10:55 Tea/coffee
- 11:00 A discussion will be held with the members of the Long Term
Condition Hebrides where you will hear from members, this will
include the benefits they have gained from LTCH (self-
management) and also the challenges (isolation, transport, mental
health provision and limited funding). This will also be a time
where questions and answers could be undertaken
- 11:20 **Minister Departs**

COMMUNITY MENTAL HEALTH AND WELLBEING SUPPORT - TOP LINES

- I am pleased to be here to hear about the support your organisation offers to those who require support their mental health and wellbeing.
- We recognise the benefit projects such as yourselves can bring in improving health and wellbeing.
- This is why we have invested £51 million into the Communities Mental Health and Wellbeing Fund for Adults since 2021.
- We are aware that people in rural areas can experience a number of challenges in relation to their mental health and wellbeing, due to isolation, lack of infrastructure and transport issues. The Scottish Government is helping people in rural areas maintain good mental health and wellbeing and encouraging connections within communities **(PAGE 9-10)**
- Social isolation and loneliness is real and it's a public health issue. We have invested funding in to organisations working to tackle social isolation and loneliness over the next three years.
- We have also published a delivery plan to tackle Social Isolation and Loneliness.
- Despite financial challenges, we remain committed to investing to tackle social isolation and loneliness.
- We know that poverty is a key driver of poor mental health, and that those already struggling with poor mental health and money worries are likely to be amongst the hardest hit by the current cost of living crisis.
- Tacking mental health stigma and discrimination remains a key priority for the Scottish Government and we are addressing this in a number of ways **(PAGE 8)**

POLICY BRIEFING AND LINES TO TAKE**COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULT - TOP LINES:**

- In the first two years approximately 3300 grants were made to a wide range of grassroots community projects including those based around peer support, physical activity, arts and crafts activities, social interaction and befriending, with a strong emphasis on the key themes of prevention and early intervention, suicide prevention and addressing social isolation.
- The Fund supports grass roots community groups in building resilience and aims to reduce the need for clinical interventions and improve happiness within communities by supporting community led initiatives and local support services.
- The Fund has also been included as a commitment within the Best Start, Bright Futures child poverty delivery plan 2022-26, given the strong links between poor mental health and poverty.
- The Fund has a strong focus on prevention and early intervention and prioritises a range of 'at risk' groups. Year 3 will see a continued focus on those facing socio-economic disadvantage made worse by the cost of living crisis.
- The 'at risk' groups are:-
 - Women (including women experiencing gender- based sexual violence)
 - people with a long term health condition or disability;
 - people from a Minority Ethnic background;
 - refugees and those with no recourse to public funds;
 - people facing socio-economic disadvantage;
 - people experiencing severe and multiple disadvantage;
 - people with diagnosed mental illness;
 - people affected by psychological trauma (including adverse childhood experiences);
 - people who have experienced bereavement or loss;
 - people disadvantaged by geographical location (particularly remote and rural areas);
 - older people;
 - Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities

RURAL MENTAL HEALTH

We are aware that people in rural areas can experience a number of challenges in relation to their mental health and wellbeing, due to isolation, lack of infrastructure and transport issues. The Scottish Government is helping people in rural areas maintain good mental health and wellbeing and encouraging connections within communities by:

- Having a specific focus on rural communities within the Communities Mental Health and Wellbeing Fund for adults. Across the first two years of the Fund, over 700 awards have been made to community projects supporting people disadvantaged by geographical location (including rural areas). For example, the Assist Project, based in Bernera in the Western Isles which focuses on reducing social isolation and loneliness.

NOT IN SCOPE

COST OF LIVING

We know that poverty is a key driver of poor mental health, and that those already struggling with poor mental health and money worries are likely to be amongst the hardest hit by the current cost of living crisis.

- We have already taken a number of actions to provide support on the cost crisis and mental health:
 - We have highlighted people facing socio-economic disadvantage as a priority group within the Adult Communities Mental Health and Wellbeing Fund, which has seen £51 million invested in local communities since 2021.

 - NOT IN SCOPE

LATEST MENTAL HEALTH FMQ HEADLINES

NOT IN SCOPE

- **We have invested £51m in our Communities Mental Health and Wellbeing Fund for adults** since 2021, with approximately 3,300 grants made to local organisations across Scotland in its first two years.
- That brings our investment in community-based supports – for children, young people and adults - to **over £100m since 2020.**
 - NOT IN SCOPE

ATTENDEES

- [Redact 38 (1)(b)]

ENCLOSURE 3 E-MAIL

Ministerial Briefing - Ms Todd's attendance at Scottish Mental Health Co-operative Parliamentary Event on 26 October 2023

From [Redact 38 (1)(b)]

Sent: Monday, October 23, 2023 1:55 PM

To: Minister for Social Care, Mental Wellbeing & Sport <MinisterSCMWS@gov.scot>

Cc: [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>;[Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; Angela Davidson <Angela.Davidson@gov.scot>; Director of Mental Health <DirectorofMentalHealth@gov.scot>; Communications NHS Recovery, Health and Social Care <CommunicationsNHSRecoveryHealthandSocialCare@gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>

Subject: Ministerial Briefing - Ms Todd's attendance at Scottish Mental Health Co-operative Parliamentary Event on 26 October 2023

PS/Ms Todd

With apologies for lateness, I attach a briefing pack for Ms Todd's attendance at the Scottish Mental Health Co-operative Parliamentary Event on 26 October. Also attached is the facts briefing paper received from SMH Co-Op.

I will provide official support and will meet the Ms Todd at the Burns Room at 17.30.

Please let me know if you need anything else?

Best wishes

[Redact 38 (1)(b)]

23/10

ENCLOSURE 3.1 BRIEFING PACK

Ministerial Briefing - Ms Todd's attendance at Scottish Mental Health Co-operative Parliamentary Event on 26 October 2023

NOT IN SCOPE

Ministerial Engagement: Minister for Social Care, Mental Wellbeing and Sport - Evening Reception, Working Towards Mental Health Recovery and Wellbeing, hosted by Paul O'Kane MSP

<i>Date and Time of Engagement</i>	Thursday 26 October 17.30 - 19.00 Ms Todd is attending from 17.30 to 18.00
<i>Where</i>	Burns Room, Scottish Parliament
<i>Key Messages</i>	<p>We support and greatly appreciate the work of The Scottish Mental Health Co-operative and Recovery Across Mental Health and their important work in supporting recovery in mental health and empowering people to build independent and fulfilling lives.</p> <p>The Scottish Government continue continues to be committed to mental wellbeing and peer support and recovery.</p> <p>Community interventions are important in supporting people's mental wellbeing cannot be underestimated and prevention and early intervention is a priority for the Scottish Government.</p> <p>The Communities Mental Health and Wellbeing Fund aims to develop and build on existing capacity within community organisations and grass roots groups and supporting the mental health and wellbeing of individuals.</p>
<i>Who</i>	<ul style="list-style-type: none">• Paul O'Kane MSP - Host• The Scottish Mental Health Co-operative• Stephen McLellan, CEO, Recovery Across Mental Health• MSP's
<i>Why</i>	<p>The Scottish Mental Health Co-operative, with Recovery Across Mental Health, have invited all members of the Scottish Parliament to an evening reception to hear from people with lived experience of mental ill-health and local community based mental health service providers across Scotland.</p> <p>This is an opportunity for you to meet and network with service users and representatives of their member organisations, in person, and learn about the wide range of services and activities that they provide.</p>
<i>Official Support Required</i>	<p>[Redact 38 (1)(b)]</p> <p>[Redact 38 (1)(b)] will meet you at the Burns room at 17.30</p>

Briefing Contents

Annex A	NOT IN SCOPE
Annex B	NOT IN SCOPE
Annex C	NOT IN SCOPE
Annex D	Peer Support and Recovery Top Lines Page 7
Annex E	Communities Mental Health and Wellbeing Fund for Adults Page 11
Annex F	NOT IN SCOPE
Annex G	NOT IN SCOPE
Annex H	NOT IN SCOPE

EVENT PROGRAMME

17.30	Arrival and networking
18.00	Welcome from Paul O’Kane MSP and Stephen McLellan, Chair of Scottish Mental Health Cooperative and CEO of Recovery Across Mental Health
18.05	Presentations from <ul style="list-style-type: none">• MindSpace, Perth and Kinross• Skye & Lochalsh Mental Health Association (pre-recorded)• Recovery Across Mental Health
18.30	Networking and vote of thanks
19.00	Departure

NOT IN SCOPE

ANNEX B

NOT IN SCOPE

PEER SUPPORT AND RECOVERY TOP LINES

NOT IN SCOPE

Examples of peer support across Scotland

- There are a variety of peer support models and projects emerging across the country, many of which have been developed by third sector organisations and community groups, and focus on areas such as perinatal support and suicide prevention.
- The Year 2 monitoring report of the Communities Mental Health and Wellbeing Fund for Adults (published in July) shows an increase in projects focused around group activities and peer support. The independent evaluation of the Fund highlighted strong themes of community connection, social interaction and preventative approaches.
- The Communities Mental Health and Wellbeing Fund for Adults has supported a wide range of projects providing peer support. For example,
 - The Man On! project in Inverclyde (which the Minister visited on Monday 21 August) is using this funding to provide a range of peer support services with a focus on suicide prevention and mental wellbeing, such as men's coffee and chat mornings, football therapy and women's drop in sessions.
 - Jubilee House, funded to support the employment of a manager to ensure the group can open full time to meet demand. Jubilee House is a domestic abuse charity in Paisley's West End. The charity runs various course and workshops that examine: behaviours of abusers, financial empowerment from abusers, mother and daughter workshops, holistic recovery. They also hope to introduce an advocacy service.
 - Funding to RAMH totalling £45,000 since 2021 to support the development of a Recovery College in East Renfrewshire as well as supporting a women's group and the development of a social hub in Paisley.

Early intervention and prevention are key priorities for the Scottish Government in taking forward our approach to mental health and wellbeing.

- We know that people may be experiencing stress and anxiety during these exceptional and uncertain times. It's never been more important to look after our mental health and we want to ensure that people are able to think about their mental health alongside their physical health and that they have the information and support to be able to do that.
- Our aim is to support people to positively engage with their mental health at an early stage, promoting and supporting the conditions for good mental health and wellbeing at a population level.
- We also want to enable people to talk about and seek support for their mental health without discrimination or stigma.

We are supporting and promoting the mental wellbeing of the population of Scotland in a number of ways, in local communities and on-line: In recent years we have:

- Invested £51 million in our Communities Mental Health and Wellbeing Fund for adults since 2021 , with approximately 3300 grants made to local projects across Scotland in the first two years alone.

NOT IN SCOPE

COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULTS

We have invested £51 million in our Communities Mental Health and Wellbeing Fund for adults since 2021 , with approximately 3300 grants made to local projects across Scotland in the first two years alone.

- In the first two years approximately 3300 grants were made to a wide range of grassroots community projects including those based around peer support, physical activity, arts and crafts activities, social interaction and befriending, with a strong emphasis on the key themes of prevention and early intervention, suicide prevention and addressing social isolation.
- The Fund supports grass roots community groups in building resilience and aims to reduce the need for clinical interventions and improve happiness within communities by supporting community led initiatives and local support services.
- The Fund has also been included as a commitment within the Best Start, Bright Futures child poverty delivery plan 2022-26, given the strong links between poor mental health and poverty.
- The Fund has a strong focus on prevention and early intervention and prioritises a range of 'at risk' groups. Year 3 will see a continued focus on those facing socio-economic disadvantage made worse by the cost of living crisis.
- The independent evaluation of Year 1 of the Fund shows that an estimated 300,000 people have benefitted from the Fund in the first year alone.
- The Monitoring and Reporting Summary for Year 2 of the Communities Mental Health and Wellbeing Fund was published on 19 July 2023 shows that 1400 community projects were supported to address mental health inequalities including those made worse by the cost crisis. It also shows that
 - Social isolation and loneliness was a strong theme, with 1239 projects including a focus on this
 - Almost 300 suicide prevention projects were funded (totalling over £3 million of funding).

Scottish Mental Health Co-Operative and The Communities Mental Health And Wellbeing Fund For Adults

Five of the nine SMH COOP member organisations have received support from the Communities Mental Health and Wellbeing Fund.

In Year 1 and 2 **Health in Mind** (Edinburgh, West, East and Midlothian, Scottish Borders) received 4 separate Communities Fund grants totalling **£145,385.00** to support peer connecting services, a social prescribing project and a recovery and justice football peer group.

In Year 1 **Lanarkshire Association for Mental Health (LAMH)** (North and South Lanarkshire, West Lothian) received 3 separate Communities Fund grants totalling **£92,020.00** to support peer mentoring and wellbeing projects.

MindSpace (Perthshire) **received £10,000** in Year 2 to provide peer support services.

Mind Your Head (Shetland and the Islands) was awarded a total of **£9,550** in year 1 and 2 for wellness programmes.

Recovery Across Mental Health (Renfrewshire and East Renfrewshire, Argyll & Bute, North Ayrshire) received 3 Communities Fund grants in Year 1 and 2 totalling **£45,000** to support the development of a Recovery College in East Renfrewshire as well as supporting a women's group and the development of a social hub in Paisley.

SOCIAL ISOLATION AND LONELINESS

NOT IN SCOPE

ADDITIONAL LINES

We are helping to tackle social isolation and loneliness through the Communities Mental Health and Wellbeing Fund for adults

- The Communities Mental Health and Wellbeing Fund for adults focuses on the adult population and on helping whole communities and particular at risk groups, including people disadvantaged by geographical location (particularly rural areas) and older people.
- In year 2, there was a very strong coverage across the Fund priorities, with social isolation and loneliness, prevention and early intervention and tackling poverty and inequality the most prominent.
- In 2022 to 2023 1239 projects included a focus on social isolation and loneliness .

NOT IN SCOPE

SUICIDE PREVENTION

NOT IN SCOPE

NOT IN SCOPE

ENCLOSURE 4 EMAIL

WPU Communities Team - Briefing Notes - Minister's Meeting With Rural Mental Health Forum On 25 October

From: [Redact 38 (1)(b)]

Sent: Thursday, October 19, 2023 3:20 PM

To: [Redact 38 (1)(b)] @gov.scot>; Minister for Social Care, Mental Wellbeing & Sport <MinisterSCMWS@gov.scot>; [Redact 38 (1)(b)] @gov.scot>

Cc: [Redact 38 (1)(b)] @gov.scot>; Angela Davidson <Angela.Davidson@gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot [Redact 38 (1)(b)] @gov.scot>; [Redact 38 (1)(b)] @gov.scot>

Subject: Speaking notes and briefing for the Minister's meeting with the National Rural Mental Health Forum on 25th October

Importance: High

Dear [Redact 38 (1)(b)] and [Redact 38 (1)(b)]

Please find attached the Speaking Notes and Briefing Pack to support the Minister's meeting with the National Rural Mental Health Forum on Wednesday 25th October.

Please get back to me if you have any questions.

Kind regards

[Redact 38 (1)(b)]

[Redact 38 (1)(b)] (preferred pronouns he/him/his)

ENCLOSURE 4.1 BRIEFING PACK

WPU Communities Team - Briefing Notes - Minister's Meeting With Rural Mental Health Forum On 25 October

NOT IN SCOPE

ENGAGEMENT TITLE: Minister for Social Care, Mental Wellbeing and Sport speech at the National Rural Mental Health Forum seminar on 25 October 2023

When	<p>Seminar - Wednesday 25th October 2023, the Minister will be joining the seminar, online from 12:10-13:00.</p> <p>Note: The seminar starts at 11:00. There will be another presentation prior to the Minister joining the event.</p> <p>Officials have a pre-meeting with the Minister on Tuesday 24th October 10:50-11:10 to answer any questions on this seminar.</p>
Where	<p>Virtual meeting via MS Teams.</p> <p>On joining the Seminar the Minister will be welcomed and introduced to participants by the chairperson, Jim Hume.</p> <p>To join the seminar please use the following hyperlink: [Redact 38 (1)(b)] Meeting ID: [Redact 38 (1)(b)]</p> <p>Passcode: [Redact 38 (1)(b)]</p>
Who	<p>The National Rural Mental Health Forum (NRMHF) is chaired by Jim Hume, Director of Public Affairs and Communications, Change Mental Health.</p> <p>NOT IN SCOPE</p>
Key message	<p>The seminar provides an opportunity to:</p> <ul style="list-style-type: none">• Highlight the importance of good mental health and wellbeing across Scotland for everyone.• Acknowledge the particular challenges faced by people in rural areas and to draw attention to the work being undertaken with a rural focus.
NOT IN SCOPE	NOT IN SCOPE

Media handling	There will be no media present as this is a seminar event with stakeholders. There are no plans for a comms official to attend the meeting.
Supporting official/s	<p>[Redact 38 (1)(b)]] Communities Team [Redact 38 (1)(b)] [Redact 38 (1)(b)] Communities Team [Redact 38 (1)(b)]</p> <p>NRMHF Contact: Jim Hume, Director of Public Affairs and Communications, Change Mental Health [Redact 38 (1)(b)]</p> <p>[Redact 38 (1)(b)]</p>
Attached documents	<p>Note – Speaking Notes Sent Separately Page 3 - ANNEX A: Event Programme Page 4 - ANNEX B: Q&As (including questions asked in advance by participants) Page 14 - ANNEX C: Briefing and lines to take on key mental health and wellbeing topics Page 33 – ANNEX D: NOT IN SCOPE Page 41 - ANNEX E: NOT IN SCOPE</p> <p>Page 44 - ANNEX F: NOT IN SCOPE</p>

ANNEX A: EVENT PROGRAMME

PROGRAMME

11:00	Welcome and Introduction, Jim Hume
11.05	[Redact 38 (1)(b)] NOT IN SCOPE
11:10	[Redact 38 (1)(b)] NOT IN SCOPE
12:10	Minister for Mental Wellbeing, Social Care, & Sport, Maree Todd MSP, Scottish Government
12:55	AOCB and date of next meeting
13:00	Close

NOT IN SCOPE

ANNEX B: Q&As

NOT IN SCOPE

Q: What steps is the Scottish Government taking to improve access to mental health services in rural communities?

A: Scottish Government are already supporting a range of interventions to help the wellbeing of our rural communities.

Since 2021 we have provided £51 million to grassroots community groups through the Communities Mental Health and Wellbeing fund to help tackle the impact of social isolation, loneliness and mental health inequalities.

ANNEX C: BACKGROUND BRIEFING AND LINES TO TAKE ON KEY MENTAL HEALTH AND WELLBEING TOPICS

NOT IN SCOPE

SUPPORTING MENTAL HEALTH IN RURAL COMMUNITIES

TOP LINES

- We are aware that people in rural areas can experience a number of challenges in relation to their mental health and wellbeing, due to isolation and transport issues.
- We are helping people in rural areas maintain good mental health and wellbeing and encouraging connections within communities by:
 - Having a specific focus on rural communities within the Communities Mental Health and Wellbeing Fund for adults.

NOT IN SCOPE

Communities Mental Health and Wellbeing Fund for Adults

- We have invested £51 million in our Communities Mental Health and Wellbeing Fund for adults since 2021, with approximately 3300 grants made to local projects across Scotland since its launch.
- In the first two years approximately 3300 grants were made to a wide range of grassroots community projects including those based around peer support, physical activity, arts and crafts activities, social interaction and befriending, with a strong emphasis on the key themes of prevention and early intervention, suicide prevention and addressing social isolation.
- The Fund supports grass roots community groups in building resilience and aims to reduce the need for clinical interventions and improve happiness within communities by supporting community led initiatives and local support services.
- The Fund has a strong focus on prevention and early intervention and prioritises a range of 'at risk' groups. Year 3 will see a continued focus on those facing socio-economic disadvantage made worse by the cost of living crisis.
- The Fund has also been included as a commitment within the Best Start, Bright Futures child poverty delivery plan 2022-26, given the strong links between poor mental health and poverty.
- We are aware that people in rural areas can experience a number of challenges in relation to their mental health and wellbeing, due to isolation and transport issues. The Scottish Government is helping people in rural areas maintain good mental health and wellbeing and encouraging connections within communities by:

- Having a specific focus on rural communities within the Communities Mental Health and Wellbeing Fund for adults. Across the first two years of the Fund, over 700 awards have been made to community projects supporting people disadvantaged by geographical location (including rural areas). For example, the Assist Project, based in Bernera in the Western Isles which focuses on reducing social isolation and loneliness.

ADDITIONAL LINES

We are helping to tackle social isolation and loneliness in rural areas through the Communities Mental Health and Wellbeing Fund for adults

- The Communities Mental Health and Wellbeing Fund for adults focuses on the adult population and on helping whole communities and particular at risk groups, including people disadvantaged by geographical location (particularly rural areas) and older people.
- In year 2, there was a very strong coverage across the Fund priorities, with social isolation and loneliness, prevention and early intervention and tackling poverty and inequality the most prominent.
- In 2022 to 2023 1239 projects included a focus on social isolation and loneliness

NOT IN SCOPE

COST OF LIVING CRISIS

We know that poverty is a key driver of poor mental health, and that those already struggling with poor mental health and money worries are likely to be amongst the hardest hit by the current cost of living crisis.

- There is no aspect of this crisis without implications for mental health.
- That is why we have already taken a number of actions to provide support on the cost crisis and mental health:
 - we have highlighted people facing socio-economic disadvantage as a priority group within the Adult Communities Mental Health and Wellbeing Fund..
 - A further £15 million has been provided to the fund to meet the demand for local grassroots mental health and wellbeing projects in 2023/24 bringing our total investment to £51 million over 3 years.

NOT IN SCOPE

ANNEX D:

NOT IN SCOPE

ANNEX E NOT IN SCOPE

[Redact 38 (1)(b)]

ANNEX F SEMINAR ATTENDEE LIST

[Redact 38 (1)(b)]

ENCLOSURE 5. 2 SPEAKING NOTE

WPU Communities Team - Speaking Notes - Minister's Meeting With National Rural Mental Health Forum on 25th October

SPEAKING NOTE FOR MINISTER'S MEETING WITH THE NATIONAL RURAL MENTAL HEALTH FORUM – 25TH OCTOBER 2023

Introduction

Thank you, Jim, for that introduction and for inviting me to speak with you today. I would like to begin by thanking everyone for coming along. It's fantastic to see such a range of people and organisations attending these seminars, and in such numbers too.

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Notwithstanding this, we cannot overstate the nurturing and life enhancing effects of people simply being together, and this is also one of the reasons why we set up and have invested £51 million in the Communities Mental Health and Wellbeing Fund for adults. A key aim of the Fund is to tackle social isolation and loneliness and address mental health inequalities, including through a specific focus on those living in rural areas and on older people.

I am delighted to say that it has supported around 3300 awards to small grass roots community organisations in the first two years, including over 700 awards for projects focusing on people disadvantaged by geographical location and 2,265 awards for projects addressing social isolation and loneliness. An independent evaluation of the Fund found that an estimated 300,000 people benefitted from this in the first year alone.

Since taking on responsibility for the mental health portfolio, I have been lucky enough to visit a range of projects and see how small amounts of funding are making a big difference. Funding has supported everything from typewriters to art classes, gardening projects, and projects like the Let's All Talk North East Mums, which is a project in Moray that reimburses transport and childcare costs to people facing financial and geographical barriers in accessing mental health services across Grampian, and Aberdeenshire Braemar Care, that uses volunteers to ensure that people in remote areas can get to NHS appointments.

I am really encouraged by the positive impact that the Fund is making. Year 3 opened for applications on 29 September and I would encourage you to spread the word, with details of local processes available on the Third Sector Interface Scotland Network page.

Whilst the money has, of course, been central to the success of this Fund, actually what I think makes it so special is that it has been run by local Third Sector Interface-led partnerships. It has centred around small groups and individuals, using their own experience and understanding to create solutions in their own areas. It has been the power, integrity and tenacity of people and communities that have really made a success of this work.

Among all the challenges that the pandemic brought, it has also highlighted how remarkable and creative people can be, and how given even a small chance, they can make something positive happen. So, this brings me to my first observation, which is that we need to place people and communities at the heart of everything we do, particularly when it comes to our mental health and wellbeing.

I do strongly believe in the power of communities to nurture us and provide sanctuary when we are struggling. Also in the resilience and determination of individuals to become well. I see it around me all the time where I live, with people noticing the needs of others, organising themselves and taking the time to make their own lives better. Our role as government is to work with this, to create the conditions through which our innate need to care for each other can shine through.

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THANK YOU

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