



PROGRAMME UPDATE

Thrive LDN Advisory Group – 24 July 2023

Context

This paper briefly summarises strategy and programme developments since the last Thrive LDN Advisory Group meeting on 22 May 2023. Further information can be provided on individual activities.

Strategy, Coordination and Operations

- The [Thrive LDN Impact Report for 22/23](#) was launched in early July to coincide with Thrive LDN's sixth birthday. The report provides a spotlight on Thrive LDN's work and partnerships during 2022/2023, alongside reflecting upon Thrive LDN's voice and role in London's health and care system.
- [London's Mentally Healthier Councils Network](#) met on 11 July 2023. The meeting focused on (1) a spotlight on Wandsworth (2) accessing Talking Therapies and the #ChampionMentalHealth campaign including the #ZeroSuicideLDN training and how councillors can get involved ahead of World Suicide Prevention Day on 10 September 2023. The next meeting will take place on 17 October 2023.
- The Thrive LDN Economic Wellbeing Forum met on 11 July 2023. The meeting focused on (1) an update from the Traveller Movement: Pan-London Partnership and Collaborations (2) UKRI Population Improvement Network of Clusters (3) and updates from members, including the OHID grant funding for Suicide Prevention VCS organisations. The next meeting will be taking place on 05 September 2023.
- The London Public Mental Health Communications Group met on 04 July 2023. The meeting included an update on the #ChampionMentalHealth campaign and the Mental Health Foundation's [#BehindtheBooks](#) university campaign. Next meeting is scheduled for 5 September to focus on autumn awareness dates.

Communications and Campaigns

- To date, over 350,000 Londoners have now taken the #ZeroSuicideLDN training. We are working with the London Borough of Hounslow to create an example for how the training may be promoted within a council setting (internally) and across the borough (externally) to build momentum and as a framework for other boroughs to advance the campaign. This work also includes translating some of the promotional materials into community languages.
- A toolkit for World Suicide Prevention Day (WSPD) will be published mid-August and will provide a range of messages that can be shared on WSPD itself as well as in the lead up to the day and after.
- In collaboration with Transport for London's DLR service, we introduced [wellbeing grab bags](#) across the network for staff to have on hand when intervening with vulnerable customers. Launched on 24 May, 100 bags will be distributed across the DLR network in 2023/24.
- We are developing a bitesize training offer exploring trauma-informed principles.

Individuals who sign up will receive a weekly email to complete short 20–30-minute snippets of the bronze level training ‘becoming trauma aware’, silver level training ‘developing trauma informed practice’ and gold level training ‘committed to trauma informed practice’.

- We teamed up with Zero Suicide Alliance (ZSA) to support and advise [Minus Cloud Nine’s Choose To Stay campaign](#) across the London Underground network. The installations featured artwork by Charlotte Robinson, artist and founder of Minus Cloud Nine, and were displayed at busy stations to encourage Londoners to pause, remember that they are not alone and even take a picture and share with someone in their own life.

Research and Insights

- The team have been supporting the co-creation of a shared vision for Project Health Resilience, a pilot health literacy project developed by UKHSA, delivered by doctors for 16–18-year-olds in educational and youth settings in London. Three youth engagement workshops took place throughout June to ensure the project is informed and shaped by young Londoners, deliverables are user tested and feedback loops with youth organisations and people were established from the offset of this programme.
- Thrive LDN’s evidence briefing series is currently being reviewed and updated based on latest research and insights. Briefings will be updated on the website in early August.

Collaborative research funding update

- On 26 July, a collaborative bid led by KCL and Thrive LDN was submitted to UKRI on a funding opportunity on [population health improvement network of clusters](#). The bid proposes establishing an interdisciplinary and distributed population mental health improvement cluster, ‘Prevention of Risks and Onset of Mental Health problems through Interdisciplinary Stakeholder Engagement’ (PROMISE), creating new opportunities for population-based improvement of mental health, in the UK. If successful the four-year funding will enable cross sector working across the UK bringing together academia, policy, practice and lived experience to establish an infrastructure for ‘policy to evidence’ and ‘evidence to policy’. PROMISE will focus on three challenge areas: 1. Children and young people; 2. Suicide and self-harm prevention; 3. Multiple long-term conditions (“multi-morbidities”), underpinned by four cross-cutting platforms: (i) Partners in lived experience, policy and implementation; (ii) Data, linkages and natural experiments; (iii) Inequalities; and (iv) Innovative training. The bid will be subject to an expert panel review in October 2023 and we expect to hear the final outcome by November.
- In partnership with KCL, UCL and the GLA Culture and Creative Unit, Thrive LDN has been named as a co-investigator on a proposal on ‘the creatives routes to youth mental health equity in London’ as part of the [UKRI collaborative community research to tackle health inequalities](#). Created Equal uses collaborative community research to understand the social value of creative health.
- The Thrive LDN team has supported KCL Health & Social Care collective on a joint application for a Wellcome Discovery Award for research funding to tackle racial inequalities in health and social care services with an intersectional perspective. Workstreams include aging and multi-morbidities, CYP and health and social care workforce. The bid was submitted on 20 July. Shortlisting will take place in October with interviews in January 2024.

Programmes and Projects

Mental Health Recovery Mission

- As part of the Mental Health Recovery Mission, Thrive LDN commissioned three

providers to deliver free training offers to support London's key workers and community volunteers. This included [Trauma Informed Practice Training](#), [Mental Health Awareness Training](#) and training on Core Conversations). An independent evaluation is being completed and a report will be available in September 2023.

- A tailored version of the Mental Health and Wellbeing training for local authority councillors was delivered to London Assembly Members, by Ed Davie, at City Hall on 12 July. Another training session is scheduled to take place for London Assembly Members and GLA staff.

Right to Thrive

- On 23 May, we hosted [an event at Toynbee Hall to showcase our Right to Thrive \(RTT\) programme and partnerships](#). The event was opened by Dr Jacqui Dyer MBE and compered by Michael Hamilton from the Ubele Initiative. The event highlighted the impact of targeted community mental health and wellbeing across the city.
- Our Community of Practice (CoP) for grassroots organisations pilot facilitated by the Ubele Initiative has come to an end and we are working on the recommendations and next steps. It is envisaged that this will now be facilitated and managed by Thrive LDN.
- Year 2 of the 'Supporting Hongkongers' Mental Health Initiative' is underway. The programme is made up of four workstreams (1) The WAVE Trust and Hong Kong Well UK have been commissioned to work collaboratively to deliver culturally competent trauma-informed training for [healthcare professionals](#) and those working in [children and family services](#) (2) Papyrus and Hearth Talk are delivering culturally appropriate suicide prevention training (3) We have awarded funding to 7x community grassroots organisations to support Hong Kong community groups in London. These include Good Neighbourhood Church, Hongkongers in Britain, Hong Kong Umbrella Community & Ednovate, Kingston Beats, Welcoming Hongkongers H.O.M.E, Hong Kong Well UK and Hong Kong Aid (4) Ethical Creatives and Hackney Chinese Community Services have been commissioned to co-deliver films exploring LGBTQ+ mental health and settling in London. The films will be showcased in September 2023.

Suicide Prevention

- In 2022, Thrive LDN commissioned a programme of research on behalf of the London Integrated Care Systems (ICSs), consisting of an academic audit and analysis of all entries recorded in the Real-Time Surveillance System (RTSS) for suspected suicides in London between 2021-22. A Regional Task & Finish Group took place on 06 June to further explore the findings of the resulting report and derive regional and local actions.
- Through funding from OHID, we are working with training provider 4 Mental Health to offer free suicide awareness and response training for GPs. The training confers qualification to use SAFETool which supports clinical suicide risk management. To support this training, we are working with ICBs to offer backfill costs to the practice.
- The Suicide Prevention Group met on 21 July. Key discussions included insights from the Real Time Surveillance System (RTSS), the UKRI Population Mental Health cluster bid and updates from the Suicide Prevention Programme. The next meeting is taking place on 15 September.
- We are working with Quality Education Services (QES) to finalise the platform for the RTSS expansion (attempted suicide and self-harm). NHS England has signed and approved the Data Protection Impact Assessment (DPIA) as the Information Asset Owner.

Children and Young People

- [Suicide prevention training delivered by Papyrus has been described as 'invaluable'](#) in supporting London's education sector to respond to students in crisis. More than 350 higher and further education staff from more than 80 colleges and universities have taken the training which was funded by the Mayor of London and commissioned by Thrive LDN.
- In partnership with the Association of Colleges (AoC), the Mental Health Foundation and Thrive LDN hosted a session with Further Education Wellbeing leads as part of the newly established AoC Communities of Practice forums. This session helped draw attention to current research and share examples of current best practice. Following this event, we plan to hold a roundtable with key partners supporting further education institutions, drawing on the 5 recommendations in the Further Education Needs Assessment report from GLA.
- As part of the Healthy Early Years and Healthy Schools London schemes, The National Children's Bureau hosted an event with borough leads to present the refreshed awards scheme to partners. As part of this event Thrive LDN led a 40-minute session providing an overview of the current picture of Mental Health and Wellbeing for Early Years, Children and Young People, with a particular focus on trauma informed practice.
- Thrive LDN are supporting the Mental Health Foundation's [#BehindTheBooks](#) campaign, which aims to support students through a co-created social media campaign which explores mental health at university. The theme for this year will be 'getting through this together', linking with Thrive LDN's campaign messaging and encouraging students to support their peers. The campaign will be launched in Fresher's week in September.
- We are working with GLA Culture and Creative Industries Unit to plan a children and young people's event in February 2023 as part of the Croydon Borough of Culture programme. The event will involve partners and young people from the [2.8 Million Minds project](#), [The Big Conversation](#) (developed as part of the Lewisham Borough of Culture), National Youth Theatre, Stanley Arts and Boundless.