

Campaign: Mental Health Awareness

Dates: July 2018 to March 2019 (except for August break)

For operational reasons, we had a later start and finish date to this campaign at Old Oak.

Funder: H&F Clinical Commissioning Group

Mental Health Awareness Quiz (attached)

Champions used with residents a 15 question quiz (*Time to Change* / www.rethink.org) to stimulate discussion of mental health awareness and promote our MHFA course which will provide 32 local residents with 12 hours of accredited training (see below). To reach the widest possible group, we used this awareness quiz at our Winter Health Event, in the run up to Back on Track talks, as well as before and after other sessions at the Centre.

"Was really surprised at what I learnt and what I didn't know"

"I've now signed up to do the MHFA course in January!"

Workshops/talks

During July and the autumn, Back on Track ran workshops/talks on:

- Aging well (for older people and Champions)
- Awareness of common mental health difficulties
- Mindfulness (for older people) *
- Enjoy your Baby (five sessions)**

We attach sample completed feedback/evaluation forms from the above workshops/talks. All participants either agreed (33%) or strongly agreed (66%) that as a result of the talk they were less likely to judge people with mental health issues negatively and were more likely to consider mental health and mental ill health a normal part of everyday life.

During January/February/March 2019 each of these workshop/talks will be repeated and additional workshops will be run on:

- Stress and relaxation (for older people)
- Sleep
- Assertiveness

Total workshop/talks delivered: eleven to an average number of eight participants = 88

*Mindful meditation is now an integral (30 minutes) part of our over 60s exercise classes and has had excellent feedback.

***"The sessions got me out of the house and meeting new people."*

"My mood has improved."

"I now feel that I am not alone and am happy meeting new people."

Mental Health First Aid (MHFA) two day course x 2

Our in-house run MHFA course will provide 32 local residents with 12 hours of accredited training. Past experience has shown that each participant passes on some awareness and/or support to at least five other local people. Even if this number is reduced to a very conservative estimate of two other residents reached per participant, this general mental health awareness raising will reach at least 96 people, or 190+ at an estimate based on previous experience.

"I feel better equipped to handle any crisis that I may experience in the future"

"Very capable and knowledgeable tutors" "Both instructors had excellent pace and delivery"

"I am very happy that I attended this course. I have learnt a great deal about MHFA, things I never know before. I'd like to learn more about MHFA if there are more courses"

"Really enjoyed the course. I now feel more confident in this subject"

"Very detailed and interactive"

"Great course, helped me as a person"

Caroline Lister – Old Oak Community Champions Manager

January 2019