



## **RESULTS FROM PUBLIC CONSULTATION OCTOBER – DECEMBER 2014**

## SUMMARY

The purpose of this consultation was to check that our priorities for development – which were identified in a consultation in 2012 – remain current, and to gain views on other areas for development.

We held an open consultation between October and December 2014 by paper and online questionnaires, with a total of 64 responses. The questionnaire is reproduced on pages 4-5.

The top 3 groups to develop were an **arts group**; a **walking group**; and a **movement and wellbeing group**.

There was broad support for developing focussed mental health programmes with different community groups, with **disabled people** and the **Asian community** as the top priorities, although there was a fairly even spread across all groups and it is clear that work is needed with all sections of the community.

Overall, the results reflected that we are developing along the lines that people want. In the more detailed information that follows, you will find that we have already made progress in many of the identified areas of need. Among recent developments are the partnerships Healthy Minds now has with other specialist providers, meaning that we can share knowledge, expertise and other resources to ensure the most effective approaches.

## INTRODUCTION

Healthy Minds is a mental health charity working across Calderdale. Our services include:

- 11 support groups delivered on a peer support model;
- 'Well Aware': 12-week recovery courses;
- Open Minds: mental health awareness and anti-stigma workshops in secondary schools and community venues;
- Specialist welfare rights service for people with mental health problems;
- Volunteer support service;
- Healthy Minds Forum: opportunities for people to have a say and influence local and national matters that affect mental health.

As we are led by people with personal experience of mental distress, an important guiding principle for the organisation is that service development is directed by need rather than funding opportunities. A previous consultation in 2012 gave us the basis on which we have developed our current range of support groups. As the organisation continues to develop, we wanted to check that our priorities remain current, and to see what other needs emerged.

The new consultation took place between October and December 2014 with a combination of paper questionnaires and a parallel online survey. **64 people responded.**

## THE QUESTIONS

This consultation focussed on our groups provision. The proposed groups in the questionnaire were based on priorities that came out of the 2012 consultation; the purpose of the new consultation was to check that those remained priorities, as well as gathering ideas for other groups.

The questionnaire is reproduced on the following pages.



## HEALTHY MINDS

### CONSULTATION CHECK-UP Nov / Dec 2014

At Healthy Minds we are guided by what people across Calderdale tell us about their needs. Please take a moment to tell us what you think.

#### Based on previous consultations, we already offer:

Depression Support Group (Ovenden)	Wellbeing for Women (Brighouse)	Wellbeing Group (Sowerby Bridge)
Hearing Voices Group (Halifax)	Bipolar Group (Todmorden)	Anxiety & Depression Groups (Elland & Hebden Bridge)
Men's Groups (Halifax & Hebden Bridge)	Self-Harm Group (Halifax)	Chronic Pain Support Group (Halifax)
Mum Time Support Group (Halifax)	Volunteer Support Service	Welfare Rights Advice Service
Well Aware 12-week MH Recovery Courses	Healthy Minds Forum	Open Minds MH Awareness & Anti-stigma project

Previous consultations also helped to set out our plans for future development. We want to check that we're still on the right track. On the list below, please indicate which you think we should develop:

#### Groups

Art Group		Walking Group		Movement & Wellbeing Gentle dance / exercise
Eating disorders Support group		Personality Disorders Group		Green Gym / Allotment Digging, walling, etc.

#### Mental Health programmes for people in the Calderdale Community

Asian Women		Asian Men		Refugees & Asylum Seekers
Disabled People		LGB (Lesbian / Gay / Bisexual)		Young People (up to 18)

#### What other groups / activity would you like to see, if any?

People also told us that they would be prepared to pay a small amount (£2-3) for each group session.

#### Do you feel this would be a reasonable charge?

Yes	No	Should be voluntary
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#### Do you have any other comments?

# Please help us by completing this form

These details will help us to show who is interested in what Healthy Minds is doing.  
This form should take less than a minute to complete and is anonymous. **Thank you.**

Please tick  or  circle the most appropriate answers for you.  
Leave out any questions that you do not want to answer.

**What is the first part of your postcode (e.g. HX1)?** \_\_\_\_\_

**How did you first hear about Healthy Minds?**

- |                                |                          |                                  |                          |
|--------------------------------|--------------------------|----------------------------------|--------------------------|
| Word of mouth                  | <input type="checkbox"/> | Through GP / Health Professional | <input type="checkbox"/> |
| Poster / sign                  | <input type="checkbox"/> | Referred by another service      | <input type="checkbox"/> |
| Leaflet / flyer / bookmark     | <input type="checkbox"/> | Website / web search             | <input type="checkbox"/> |
| Press article or advertisement | <input type="checkbox"/> | Other: _____                     | <input type="checkbox"/> |

**Gender:**  Male  Female **I describe myself as Transgender:**

**Age Group:**  Up to 18  19-25  26-64  65+

**Sexuality:**  Heterosexual  Lesbian  Gay  Bisexual

**Do you consider yourself to have any ill-health or disability?**

- |                                      |                          |                             |                          |
|--------------------------------------|--------------------------|-----------------------------|--------------------------|
| None                                 | <input type="checkbox"/> | Visual impairment           | <input type="checkbox"/> |
| Mental illness                       | <input type="checkbox"/> | Hearing impairment          | <input type="checkbox"/> |
| Physical (e.g. mobility / dexterity) | <input type="checkbox"/> | Long-term medical condition | <input type="checkbox"/> |
| Learning disability                  | <input type="checkbox"/> | Other: _____                | <input type="checkbox"/> |

**How do you describe your race / ethnic background?**

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <b>White</b>                          | <b>Asian / Asian British</b>         |
| British                               | <input type="checkbox"/> Indian      |
| Irish                                 | <input type="checkbox"/> Pakistani   |
| Other                                 | <input type="checkbox"/> Bangladeshi |
| <b>Mixed race / ethnic background</b> | <input type="checkbox"/> Other       |
| <b>Black / Black British</b>          | <br><b>Chinese</b>                   |
| Caribbean                             | <input type="checkbox"/>             |
| African                               | <input type="checkbox"/>             |
| Other                                 | <input type="checkbox"/><br>_____    |

**Thank You**

If you would like to receive information about Healthy Minds, including our monthly newsletter, please give us your details (name & email address or postal address if you prefer printed copies):

If you would prefer not to give your details on this form, you can request newsletters via our website:  
[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk) 01422 345154

## RESULTS

Overall, the results demonstrated continued support for the proposed groups. Some really interesting ideas for other groups also emerged. Results are summarised below, along with brief comments on how we are responding to these.



There is strong interest in an arts group, movement & wellbeing and a walking group. This reflects our experience with current volunteers and group participants.

### Walking Group

We have held occasional health walks and a number of staff and volunteers have completed walk leader training.  
**We will seek to establish this as a regular programme.**

### Arts Group

We have held occasional art / creativity workshops which have proven popular, so the support for a regular arts group was anticipated. **We are working to develop this.**

### Movement & Wellbeing

This would include such activities as yoga, Tai Chi, dance, etc. A recent programme of one-off workshops included yoga, which was popular. **We will explore possibilities for such a group further.**

### Suggestions for other groups

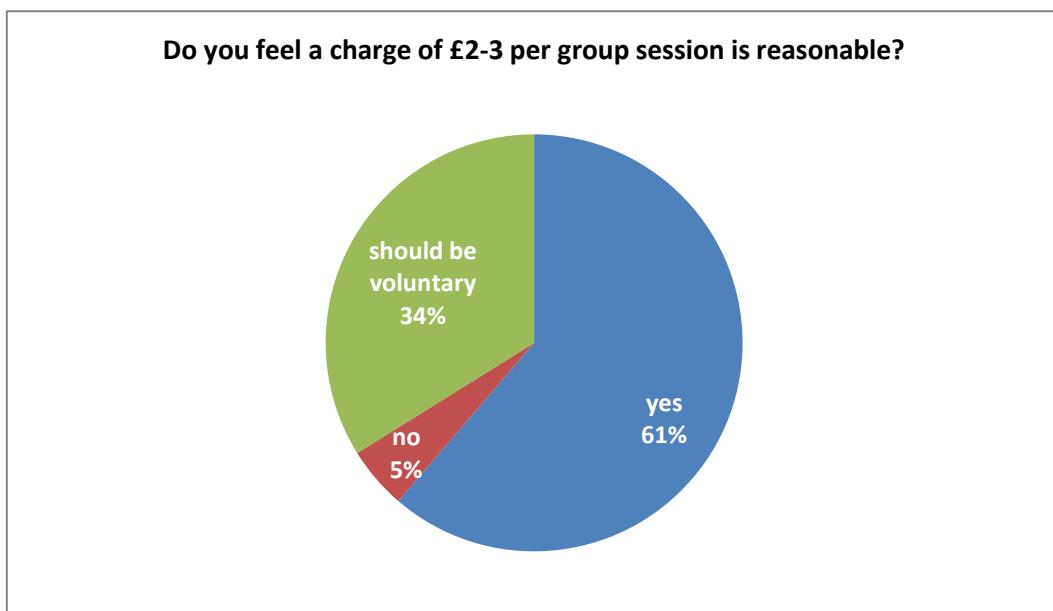
In descending order of popularity, suggestions for other groups are:

- **Social group:** people said they would like a non-specific group that is more about socialising rather than being about mental health. We currently have 'wellbeing groups': a women's group, two men's groups and a mixed group (Wellbeing Works) that are non-specific. Our recently-established support groups network meetings also have more focus on social opportunities.
- **Mindfulness & meditation:** a recent one-off mindfulness workshop was hugely over-subscribed and we are exploring the possibility of holding this more regularly. **We will monitor demand to see whether this could be among the support groups we provide.**
- **Craft:** as an arts group was among the top priorities (above), we will seek to include crafts in the activities of that group as it develops.

## Other suggestions & comments

Music / singing group; cooking / baking; art therapy; bereavement / trauma support; OCD; cycling.

- a few people have mentioned to me the idea of a social anxiety group - a condition that's often dismissed under the 'anxiety and depression' banner
- Self esteem, anxiety management n anger management, befriending,
- "I think that there should be an open-access activity based group - no specific conditions, genders, ethnicities - simply a ""mental health peer support group"".
- I would hope that this might help to alleviate some social isolation, and might be helpful to people who feel that a group specific to their condition might be too daunting for them.

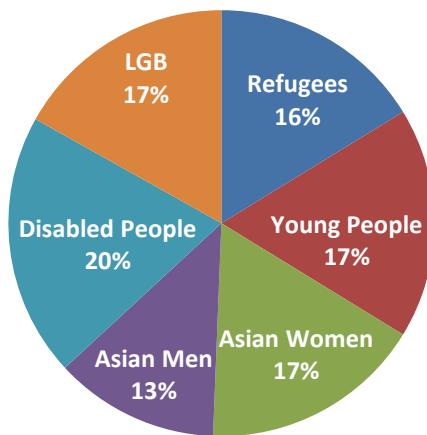


Groups are currently free of charge, although we welcome donations towards refreshments for group meetings. There was strong support for a charge for people attending groups, with only 5% people stating that there should be no charge. Some people felt that a charge for certain activities was more acceptable than a regular charge for groups. [We will consider this carefully and gather further opinions.](#)

## Other comments included:

- charging for groups may prevent people on low incomes from accessing groups
- charge dependant on group: materials (art) / guest teacher. If need donations to keep running.
- if have to pay for 'experts'
- people could be asked to donate for activities without pressure - most people would struggle to pay regularly & be put off
- groups for mental health should be government-funded

## With which community groups should we develop MH programmes?



### Disabled people

Health services have, historically, been separately focussed on either physical or mental health, with the consequence that the two can be treated as mutually exclusive and the mental health needs of people who have physical disabilities can be overlooked. There is much talk at present from the government and NHS about "parity of esteem" for physical and mental health.

In collaboration with Disability Support Calderdale (DSC) and Noah's Ark Centre, Healthy Minds is establishing a new service to offer more mental health support for disabled people: DSC has employed a new outreach worker who will help disabled people identify support needs and assist to access appropriate services, including counselling and money advice via Noah's Ark and a new peer support group provided by Healthy Minds.

### Asian Women & Men

Taken together, mental health provision for the Asian community represents 30% of responses.

We are just about to launch a new project, Roshani ("Light"), which will work with Asian groups to develop resources to raise awareness of mental health and challenge stigma.

As a pilot project, we hope that this will test out approaches in working alongside cultural and traditional beliefs towards mental health, to establish a model that can be adapted for working with other BME groups and may inform work with refugees and asylum seekers.

### Young People

Healthy Minds receives a lot of enquiries about mental health provision for younger people. Apart from our schools workshops as part of Open Minds, however, we do not currently offer services for young people: our existing services are for people aged 18+.

We will need to explore this in more detail to determine what sorts of services younger people want.

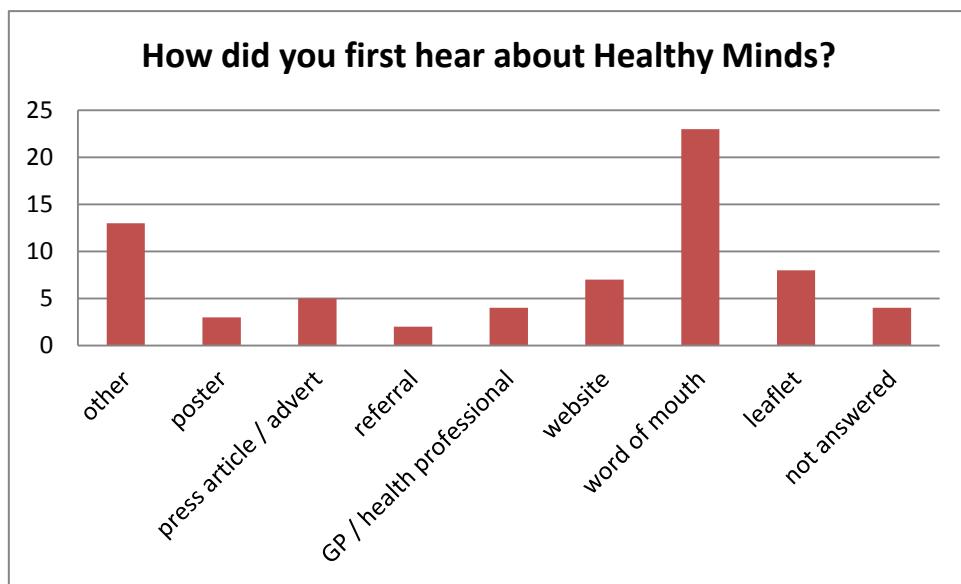
### LGB: Lesbian, Gay & Bisexual people

Unmet mental health needs for LGB people are well-recognised ([http://www.stonewall.org.uk/documents/mental\\_health.pdf](http://www.stonewall.org.uk/documents/mental_health.pdf)). There have been tentative efforts in the past to establish LGB mental health support groups in Calderdale which have floundered due to lack of engagement and dedicated support from services.

Calderdale LGBT Network is currently being revived and this may create better opportunities to explore these issues.

## OTHER COMMENTS

- Healthy Minds is amazing in every respect
- I love Healthy Minds.
- "Please can you consider the following:
  - Providing sessions that are accessible for people who work, e.g. early evening, weekends
  - Providing specific support for people who have mental health problems but continue to work - there can be specific issues, and employers should be aware and supportive
- As with some of the existing groups, I think there should be a regular schedule of activities - some craft based, some active, some educational - to simply allow people who are having a hard time the time to come together and focus on an activity.
- In Kirklees, a service that was providing drop-in centres for people with mental health issues has just been cut and there has been a big outcry from the people using that service. Although those drop-ins were not focused enough, there is certainly something significant about allowing people to come together and get involved without a specific agenda.
- This could be a ""first step group"" that leads in to other groups that are more focused around specific interest areas. "
- What I've thought would be helpful is a place of support around dealing with a diagnosis of mental health problem. Also ways to deal with stigma face in work places and the community. Outdoor activities to share and talk about experiences. Place to build on my own skills and experiences gained over the years to put to a good use into work maybe to help other people faced with similar hurdles in life.
- The Healthy Minds team carry out wonderful work but more is always welcome.
- network session at Orangebox was extremely helpful & informative & I think it would be really good for it to take place on regular basis
- The work that Healthy Minds is doing is really good
- very impressed with variety of groups offered and info in newsletter
- too long waiting lists for CBT (unless suicidal)



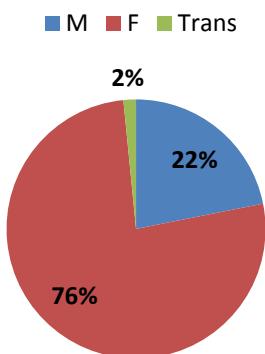
People hear about Healthy minds through a number of sources but by far most people come to us by **word of mouth**, which suggests that those who have been involved with our projects have been sufficiently satisfied to recommend us to others.

## WHO RESPONDED?

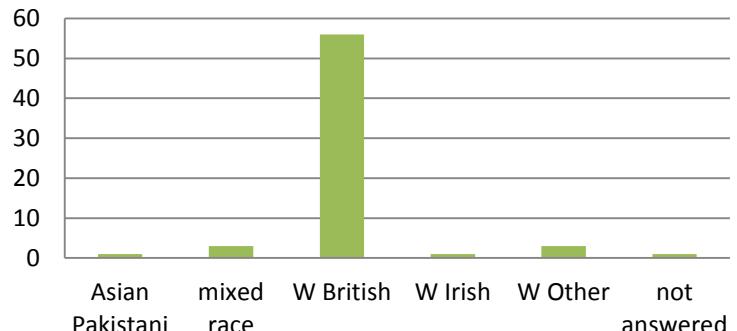
By far the majority of respondents were White British heterosexual women, indicating that we need to do more to engage with a broader cross-section of the population.

The work outlined above, concentrating on broader community groups, may go some way to ensuring that we can more readily get views from a wider range of people.

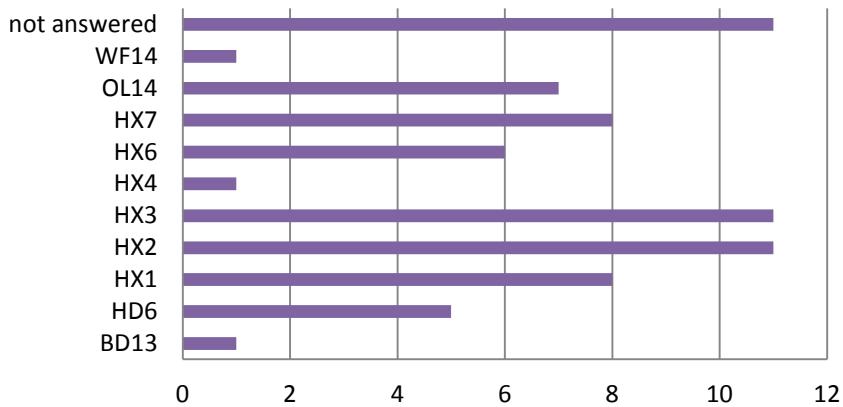
### Respondents by gender



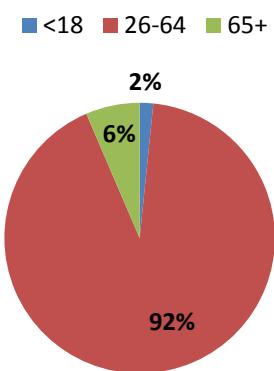
### Respondents by race / ethnicity



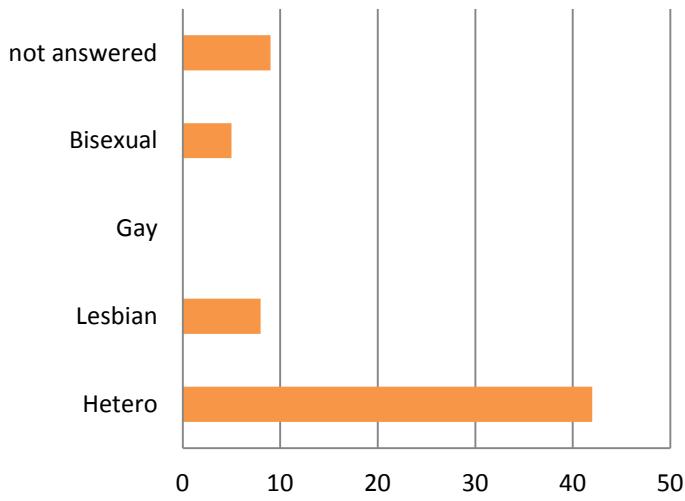
### Respondents by postcode



### Age



### Sexuality



### Do you consider yourself to have a disability?

