

# BARNSLEY MENTAL HEALTH PARTNERSHIP ANNUAL REPORT 2021 - 2022



Barnsley – the place  
of possibilities.



**BARNSLEY**  
Metropolitan Borough Council

# Foreword

**“Partnership is not a posture but a process - a continuous process that grows stronger each year as we devote ourselves to common tasks.”** John F. Kennedy

Barnsley’s Mental Health Partnership (MHP) was established by the Health and Wellbeing Board to drive improvements in mental health across the borough. The partnership brings together leaders from across Barnsley, with the aim of working collaboratively to improve mental health and wellbeing for all, by adopting a system wide focus on the prevention of the onset of mental health problems whilst ensuring that services are able to meet the needs of people with mental ill health with empathy and compassion.

As a partnership, we recognise that everyone has mental health and wellbeing and therefore anyone can suffer from mental ill health. However, one of the guiding principles of the partnership, and indeed of the Health and Wellbeing Board, is that just like physical health, mental wellbeing is closely linked to inequality within society. This is why we’re focussed not only on improving clinical services for people with mental health conditions, but also taking action on the social determinants of mental health and adopting a public mental health approach to attempt to prevent mental health issues occurring in the first place. This report highlights some of what we have done to support peoples’ mental health from early intervention and prevention right through to improving our response to mental health crisis over the last 18 months.

This is the first annual report of the MHP and it highlights some of our key achievements since the partnership’s inception in January 2021. This report isn’t the sum of everything that has been achieved to improve mental health in Barnsley in the last 18 months, it is a snapshot of the key achievements of our partners. We’ve brought together a series of case studies, which highlight the collective impact our partners have had over the last 18 months.

During the time since the MHP has been in existence, we’ve been responding to, and beginning to recover from, the Covid-19 pandemic which has undoubtedly placed an additional strain on the mental health and wellbeing of Barnsley residents. In turn this has created an increased demand for support services, many of whom have simultaneously experienced staffing shortages. Despite services being stretched, they have continued to provide outstanding care and support to the people of Barnsley, and I hope this report goes some way to demonstrating the incredible dedication of our services within the borough. I want to use this opportunity to thank all partners for their commitment and hard work to improving outcomes for residents of Barnsley, in some of the most challenging circumstances.



Adrian England, Independent Chair, Barnsley Mental Health Partnership

# Mental Health in Barnsley

Barnsley's Joint Strategic Needs Assessment (JSNA) provides a picture of the health needs of the population, including mental health and wellbeing. We have also produced a Mental Health Dashboard, which enables the Partnership to monitor a number of key performance indicators across the mental health system. Moving forward, the Partnership will use this dashboard to ensure we're delivering on our mental health strategy for the people of Barnsley. From these sources, along with the Public Health Outcomes Framework, we know that:

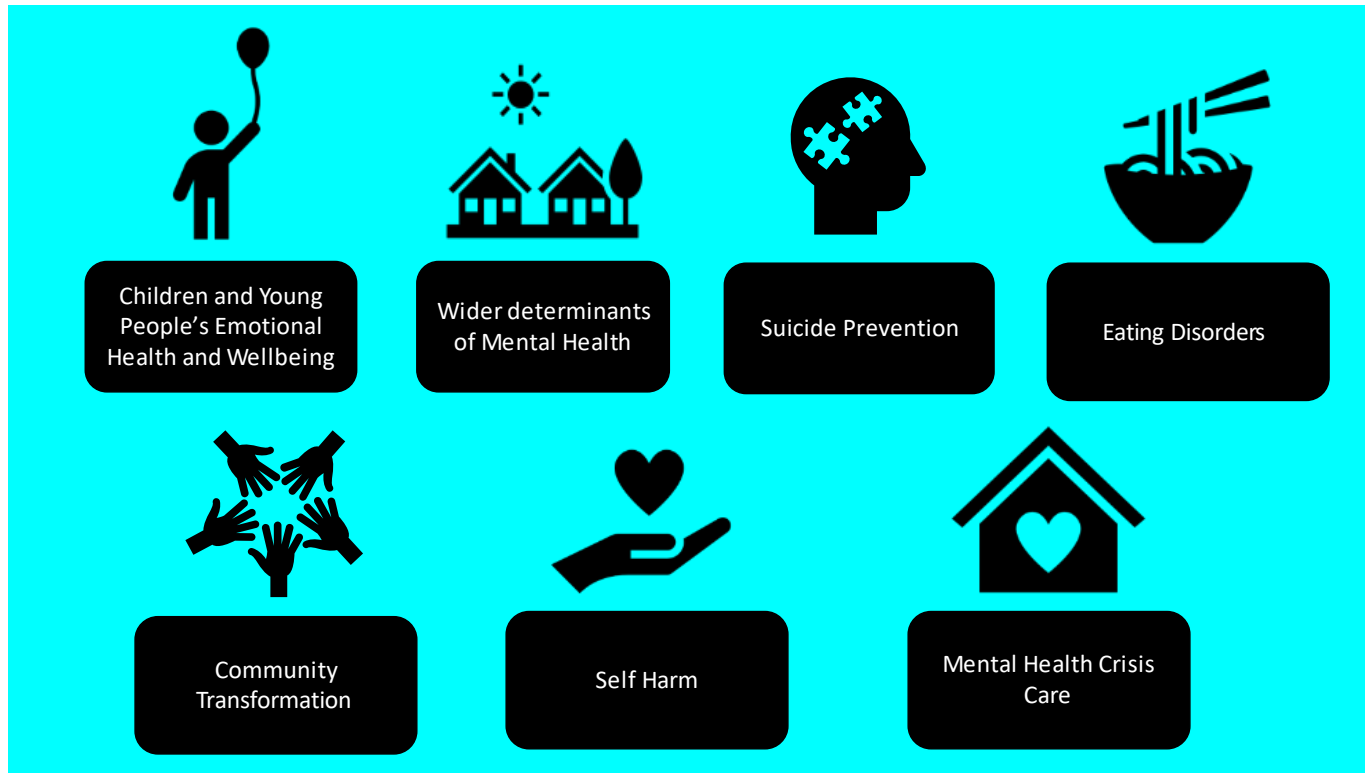
- Just under 14% of adults in Barnsley have been diagnosed with depression, which equates to around 34,000 people, as of 2019/20. This number has increased year on year since 2013 /14 – which, on the face of it, suggests mental health issues in the borough may be getting worse. However, an increasing number is not necessarily a bad thing – as it suggests that more people are willing to seek support for mental health conditions, and doctors are better at identifying and diagnosing such conditions, which could imply that we're beginning to reduce the stigma around mental health in Barnsley.
- The prevalence of Serious Mental Illness (SMI) has increased slightly in 2020 / 21, to 0.8% of the population (all ages) – this figure remains well below the national and regional averages, which may represent that SMIs are being under-diagnosed in Barnsley. We have conducted a Health Needs Assessment, which analyses the physical health needs of those with an SMI.
- 7.9% of people in Barnsley report having a low happiness score, which is better than the national average. However, around 1 in 4 adults report having high levels of anxiety, this is an increasing trend that is likely to have been impacted by the Covid-19 pandemic.
- In 2021, 3.12% of Barnsley school pupils report having social, emotional and mental health needs; which is higher than both regional and national averages.
- Hospital admissions as a result of self-harm for 15 – 19 year olds remains significantly higher than both regional and national averages. Indeed, Barnsley has the highest rate of hospital admissions due to self-harm in the Yorkshire and Humber region. This rate increases in our more deprived communities.
- Eating disorders have been a particular area of concern since the pandemic hit. Nationally, the number of children with an eating disorder waiting to start treatment was 4 times higher in 2021. Locally, we also saw a significant increase, with access to treatment also impacted by staffing pressures.
- A key determinant of mental health is deprivation. Higher levels of overall deprivation and health inequalities exist within Barnsley, with just under 22% of our neighbourhoods being in the 10% most deprived in England.

The data above shows a dispiriting picture for Barnsley. Levels of self-harm and the impact of eating disorders are notably high, whilst the percentage of school pupils with mental health needs remains a concern. However, we must take some comfort in the fact that the percentage of people who report low levels of happiness, is lower than both national and regional averages.

For many of these indicators, it is likely that the true impact of the Covid-19 pandemic is yet to be realised; and this is likely to be compounded by the cost-of-living crisis which is gripping the nation. That means that, unfortunately, we may see these indicators get worse before they get better. Going forward, the Mental Health Partnership will therefore strive to mitigate this impact for

everyone in Barnsley; with a particular focus on protecting the mental wellbeing of our most deprived and vulnerable communities. Our priorities for the next 12 months are set out below.

# MHP Priorities for 2022 / 23



The Mental Health Partnership has agreed our priorities for 2022 / 23 in the new Mental Health Strategy, which will be reviewed annually.

Our key priorities for improving mental health in Barnsley throughout 2022 / 23 will be:

- Improving children and young people's emotional health and wellbeing.
- Acting on the wider and social determinants of mental health.
- Suicide prevention
- Eating disorders
- Community transformation
- Self-harm
- Mental Health Crisis Care

These themes, along with the chapters from our mental health strategy will form the basis of our next annual report.

# Our Partnership

Establishing a Mental Health Partnership was a priority for Barnsley's Health and Wellbeing Board, to help us achieve one of the key ambitions of the Health and Wellbeing Strategy: improving mental health and wellbeing in Barnsley. We have brought together leaders from across Barnsley including from organisations such as: Barnsley Council, Barnsley Hospital, Berneslai Homes, Chilypop, Healthwatch Barnsley, Mind, NHS South Yorkshire ICB (formerly Barnsley CCG), Samaritans, South West Yorkshire Partnership NHS Foundation Trust and South Yorkshire Police.

In addition, our partnership is supported by the Mental Health Partnership Delivery Group, which includes the Barnsley Mental Health Forum – to ensure the voice of patients and service users is a key part of our decision-making process.

The Mental Health Partnership and the Health and Wellbeing Board work collaboratively with other key partnership boards (Safeguarding Adults' Board; Safeguarding Children Partnership; Safer Barnsley Partnership; Children's Trust Executive Group; Barnsley 2030 Board; and the Integrated Care Delivery Group), to improve health and wellbeing outcomes for Barnsley residents.

Governance arrangements for the Partnership will continue to be reviewed, to ensure we are having the best possible impact for the people of Barnsley.

## Case studies

The following section of the annual report provides a series of case studies that highlight some of our achievements under each chapter of the new mental health strategy. This isn't a comprehensive list of all our achievements, it is a summary of some of the key work that has been undertaken which highlights some of the things that have been achieved to improve mental health in Barnsley since January 2021.

Whilst we haven't been able to include all case studies that have been provided to us, we'd like to take this opportunity to thank all Partners who sit on the Partnership and its Delivery Group for the continued dedication and resolve they have shown to improve mental health and wellbeing outcomes for all people in Barnsley.

### Early Intervention and Prevention

Early intervention and prevention of mental illness is at the heart of the work of the Mental Health Partnership. The Umbrella service provide an early intervention service to support people who struggle with their mental health, but don't necessarily meet the entry criteria for more clinical mental health services. Umbrella provide a range of assistance, and aim to prevent mental health issues from escalating, enabling people to thrive without requiring NHS services; this is demonstrated by the case study below:

'Tom is 22 years old, who self-referred into the service in July 2021 after visiting his GP, as he was struggling to express his emotions and was experiencing issues with anxiety. This was due to having to move back into the family home due to circumstances outside of his control, which was fuelling

his recent decrease in wellbeing. Tom also has Asperger syndrome which he was struggling with at the start of his engagement with Umbrella; he was also experiencing an increase in anxiety, felt unable to process his thoughts effectively, and was experiencing thoughts and emotions that had been suppressed since childhood.

Throughout his time with Umbrella, Tom has worked closely with his case manager to complete sessions on stress management and managing emotions. This has provided Tom with the relevant tools to handle situations that he would have otherwise struggled with and to come to terms with his diagnosis of Asperger syndrome.

One to one sessions with his case manager continued and it was identified that Tom may benefit from counselling sessions. The service prepped Tom for counselling, which enabled Tom to enter counselling with a clear idea of the issues he would like to discuss. In November 2021 he begun counselling sessions, which were delivered by the service.

Counselling has given Tom the much-needed space he craved to process his thoughts and express his emotions in a way that felt safe. He has been able to discuss unresolved issues from the past and work through his present day feeling of anxiety. This combined with continued one to one support from his case manager has given Tom a better understanding of his Asperger syndrome and how that impacts on thought processes. He has explored techniques that he can use when feelings of panic rise and mindfulness has become an outlet for Tom, which he is using outside of sessions.

Tom has now come to the end of his counselling sessions and during a recent review, he has expressed that he feels ready to be discharged from service. Through his time working with Umbrella, we have seen a reduction in Tom's anxiety and low mood and an increase in his confidence. We feel that delivering this support at an early stage has reduced the need for higher level interventions.

Tom feels that the support he has received from Umbrella has allowed him to explore past issues, resolve them and move forward. He is due to move into his own accommodation in the coming weeks and is now feeling optimistic about his future, having the tools to deal with unexpected events life may bring and with more understanding of himself.'

## Start Well

The emotional health and wellbeing of our children and young people is important to us and we are keen to ensure they have positive experiences during their early years through to adolescence as this helps to build resilience, contributing towards fulfilled lives and thriving communities. We work in partnership with several organisations and agencies to support the emotional health and wellbeing of children and young people. The case study below highlights the positive impact that dedicated Mental Health Support Teams have made in schools and educational establishments across the borough:

In 2021 Compass UK was awarded the contract to provide Mental Health Support Teams across Barnsley as part of a national trailblazer project designed to improve access to early mental health and wellbeing support for children and young people. In addition to working directly with children and young people, Mental Health Support Teams build partnerships in schools to encourage and support mental wellbeing and mental health awareness across the school community.

Throughout 2021/22 the Mental Health Support Teams have worked with schools and education settings across Barnsley, supporting 11 secondary schools and more than 20 primary schools through the provision of mental health and wellbeing activities relating to healthy peer relationships, physical health and mental health, as well as mental health and wellbeing awareness raising activities and workshops for parents. This has helped to promote a positive mental health and wellbeing culture within education settings by encouraging a 'whole community' approach involving pupils, students, parents, carers and staff. In Barnsley, the Mental Health Support Team has supported:

- The development of wellbeing displays, assemblies, consultation on how mental health is covered in the curriculum
- Hosting 'marketplace' events so pupils and staff can find out about local support services available
- Delivering wellbeing activities and workshops in schools with children, young people, parents and school staff

Key activities that have taken place over the last 12 months include:

- Assemblies and activities in primary and secondary schools across Children's Mental Health Awareness week, including a coffee morning for parents and carers.
  - Getting active in primary schools for 'Red January' and talking about the relationship between physical activity and mental health
  - Parents' coffee morning at Milefield Primary School to hear about mental health and the work of the Mental Health Support Team
- Working in primary schools in Barnsley talking about kindness and friendship as part of the Healthy Peer Relationships project

The work of the Mental Health Support Teams will continue to evolve using a 'whole school' approach to develop emotional and mental wellbeing in schools over the coming years, with an ambition to extend the offer to all primary schools, colleges and special education settings over the next 12 months and to work with school mental health leads to plan and deliver bespoke mental health and wellbeing activities in each school that recognise the unique needs of the school and pupil population.

Supporting and maintaining young people's wellbeing is an important part of their engagement, sense of belonging and their social and professional development, and helps them to reach their full potential. Chilypep are one of the local service providers who offer support for children and young people's emotional health and wellbeing in Barnsley. Their Young Commissioners group enables young people to have a 'voice' and influence how the services they use to look after and treat their mental health are run. Members address the stigma often attached to mental health using their lived experiences to tell their stories and help others who may be experiencing similar challenges. This approach reaps benefits for young people, giving them the support, skills and confidence to initiate action that will make a positive difference to their future personal and professional development, as the case study below explains.

'Chloe's journey with Chilypep began at 17 and she is now 23 years old. Through her engagement with Chilypep, Chloe developed greater resilience and coping skills, helping her deal more effectively with the difficulties she as a young person faced during key development transitions. She is now in her final year of training to become a qualified Mental Health Nurse.



Chloe found out about Chilypep and the Young Commissioners group through a flyer at Barnsley College advertising the peer mentoring project and saw some information about the group at CAMHS. Chloe took a particular interest in mental health due to her own lived experience.

Chloe had self-harming behaviours and thoughts of suicide that led to her getting support from CAMHS which helped her find more positive ways to cope. Chloe also experienced transition from children to adult mental health services. These experiences helped her support the voice of young people and influence work locally through the Barnsley 'Future in Mind' Transformation Plan.

Chilypep recognised Chloe's potential through her role as a Young Commissioner with the organisation and supported her professional development to volunteer and become a qualified Youth Mental Health First Aid Instructor. Chloe is now Chilypep's Assistant Project Worker, working alongside and supporting the new cohort of Young Commissioners. Chloe has been supported to co-deliver vital training offered to young people, schools' staff and the children and young people's workforce here in Barnsley, using skills and methods learned from her Young Commissioner's role with Chilypep, which has included adapting quickly to online teaching methods during the Coronavirus pandemic.

As a result of Chilypep's ongoing support and commitment to developing young people, Chloe now:

- Feels empowered to persevere with the ongoing support she is receiving from Chilypep staff whilst she continues to volunteer and deliver Youth Mental Health First Aid Training to the young people's workforce in Barnsley.
- Has structure and feels a valued member of the community offering continued support to Chilypep's Young Commissioner's groups
- Feels confident highlighting personal mental health issues and addressing stigma - at 17 years of age, Chloe was afraid of judgment around her lived experiences of mental illness and asked for her experiences to be anonymised to '17-year-old, female' because she felt ashamed of her struggles and was worried that it would impact on her future career prospects. Chloe is now happy to include her name and can speak openly and honestly in person to influence change, based on her lived experiences in a time where stigma is being broken down and more supportive conversations are taking place.'

## Living Well and Wider Determinants of Mental Health

The Mental Health Partnership supports the view that everyone should have the opportunity to live a life with good mental health and wellbeing, regardless of their personal circumstances and where they live in the borough. However, we know that the environment in which a person is born, lives, works and ages all impact upon their mental health and wellbeing. The determinants of mental ill health often reflect inequalities within society, which puts certain groups of people at greater risk of poor mental health than others. Evidence shows the value of community-based skills and learning courses to support people with mild symptoms of mental ill health and to improve their own self esteem. The case study below, demonstrates the impact of the community learning on improving mental wellbeing, and supporting people towards employment.

'Cameron had been attending courses with Adult Skills and Community Learning for a while, studying maths and English, but was struggling with attendance and commitment. He was also trying to care for his mum and suffering from low confidence and depression due to being unable to see his young daughter.

It was suggested he enrol on a creative wellbeing course to restore his confidence and build his self-worth, so he started a course that involved painting with acrylics. He was very pleased with the first picture that he painted and remarked that he was surprising himself as he never thought he was any good at art.

The course was attended solely by men and he found that this helped him to open up about his anxieties and share his concerns and views with the other members of the group. He says “These classes are really benefitting me. I’ve met people who also have wellbeing issues and it makes me realise that I’m not the only one out there.”

As a result of the success in his creative wellbeing course, Cameron also enrolled on a Positive Thinking course at Wellington House, which he says benefitted him greatly. He has begun to recognise his positive qualities and is using the confidence he has gained in class to try new things. He has been volunteering at the local hospital and has enrolled on a training course for construction workers. For the first time in a long while he is feeling optimistic about the future.’

### **Support to employers through Be Well @ Work**

Being in good quality work is important for mental wellbeing: it helps give people a purpose, promotes independence and self-esteem, helps to develop social connections and reduce loneliness and is recognised as a factor in preventing both physical and mental health problems. Employers therefore have an important role to play in terms of supporting employees’ mental health and wellbeing. In Barnsley, our Be Well @ Work programme provides a tailor-made health and wellbeing offer to support businesses across Barnsley. The case study below shows one business we have worked with, to enable them with supporting employees’ mental health and wellbeing:

‘In 2020, Barnsley Premier Leisure (BPL) achieved the silver Be Well @ Work award. Since then, BPL have committed to make improvements in a number of areas in order to work towards achieving the gold award. This has included developing a mental health strategy and policy; holding team events and activities with staff; creating an internal wellbeing website for staff; recruiting and training mental health first aiders; working towards ‘Moving Mental Health Forward’ accreditation and undertaking twice yearly staff wellbeing surveys.

Within the staff wellbeing survey, BPL have seen a gradual and encouraging rise in mental health disclosure and removing the stigma at work. In the last three surveys, staff were asked “do you, or would you, feel comfortable discussing a mental health issue at work?” 50% agreed in March 2021, 54% in July 2021 and 60% in January 2022. This compares to a recent BHSF report, where 48% of UK workers do not inform employers when suffering from mental health. This has been achieved through embedding the role of the Wellbeing Champion, including welfare calls to employees that may be experiencing difficulties and delivering a varied wellbeing programme.

BPL have encouraged access to the facilities and support available in their leisure venues to help staff maintain healthy lifestyles and achieve wellbeing goals. In March 2021, 64% of our staff described their health and wellbeing as “very good or good” this increased to 70% in the latest survey in January 2022, with 43% of staff agreeing that BPL had helped them to achieve their wellbeing goals.’

## Ageing Well

We want everyone in Barnsley to enjoy healthy and active ageing. Age Friendly communities make it possible for people to continue to stay living in their homes, participate in the activities they value and contribute to their communities, for as long as possible. Within Barnsley, organisations and local charities such as Age UK Barnsley, Barnsley Council Healthier Communities Team and other partners, including South Yorkshire Passenger Transport Executive, Barnsley CCG, Barnsley DAA, and Barnsley U3A have come together to create an 'Age Friendly' Barnsley. This commitment to supporting older people to live their best lives meets the aims set out in the World Health Organisation's Age Friendly Cities Framework.

During 2021-2022 we have:

- Created welcoming and supportive community spaces for local groups to gather across a range of areas, e.g., health and wellbeing related groups as well as groups for people with shared hobbies and interests such as sewing and playing the ukulele
- Taken part in Innovative Intergenerational Projects; building bug hotels, children writing letters to older people, young people making food hampers for older people
- Made changes to digital systems so that they are accessible to all, making improvements to the way people receive benefits and do their shopping
- Developed and supported age friendly projects and events, such as:
  - 'Take a Seat Barnsley,' a new campaign which supports older people to get out and about through the provision of additional seating in various locations across the borough. These will be sited in a variety of settings, i.e. outdoors, urban, rural, in shops and indoor areas, in response to consultations and conferences held with older people
  - A ground-breaking energy partnership between Age UK Barnsley, Berneslai Homes and Energise Barnsley has been successful in obtaining over £200,000 of funding for a pilot project which will see 75 Berneslai Homes' properties for older people having batteries installed to complement their existing solar panels. The 'Smart Solar' project will potentially see savings of up to 30-40% off people's current electricity bills
  - 'Drink Wise, Age Well' has launched a dedicated helpline for people over the age of 50 struggling with alcohol. The helpline is monitored by experienced practitioners and is completely free and confidential and offer advice. Support and advice is also available for older people who are suffering from loneliness and isolation
  - Provision of a concessionary senior bus pass to support 'Age-Friendly' travelling in Barnsley - if you're of retirement age, you can apply for a concessionary bus pass. The senior pass will give free travel on local bus and tram services within South Yorkshire between 9.30 am and 11 pm on weekdays, any time at weekends and bank holidays. Pass holders can also use Stagecoach buses in South Yorkshire to travel free of charge to their hospital appointments before 9.30 a.m.

- The Age Friendly Barnsley Festival was held between 27 September and 1 October 2021 with events across the borough, including positive images of ageing, love later life, introductions to exercise, bowling, walking, tai chi, football, and live brass bands.

### **Age Friendly Barnsley Awards**

Some of these achievements have been acknowledged and celebrated through the 'Age Friendly Barnsley' awards which are presented every month to say thank you and to recognise and encourage innovation and good practice. 'Age Friendly Barnsley' awards recognise individuals or organisations who have been involved in projects that embody the Age-Friendly spirit. The photographs below show some of the previous recipients of the 'Age Friendly Barnsley' Award

You can find out more information about the 'Age Friendly Barnsley' awards, including details of previous winners by visiting the link below:

<https://www.barnsley.gov.uk/services/community-and-volunteering/age-friendly-barnsley/age-friendly-awards/>

## Mental Health Crisis Care

One of the early priorities of the mental health partnership was to respond to pressures within the mental health system, particularly around crisis care. As a result, the Crisis Prevention and Implementation group was established with the dual aim of: ensuring the s.136 suite<sup>1</sup> at Kendray Hospital could remain open 24/7 in order to meet demand; and secondly to provide a more professional means whereby Police Officers who were considering detaining someone under s.136 of the Mental Health Act could, through their personal IT device and video triage, receive information from a mental health practitioner to assist them in deciding whether or not a detention should be made.

In order to achieve the first aim, and as part of business continuity plans, the Intensive Home-Based Treatment (IHBT) team was to take responsibility for the staffing of the s.136 suite, between the hours of 8pm and 8am daily. Secondly, members of the IHBT team were trained in the use of anti-barricade doors and the general workings of the s.136 suite, so it could be operated safely. Members of the IHBT team were provided with laptops and mobile phones to enable them to communicate via video link with police officers on the ground to assist them with making s.136 detention decisions.

By taking this action, we have enabled the s.136 facility to remain open for people who are detained under the mental health act, whilst also facilitating the effective use of police resources by enabling a timely and informed mental health assessment to be made. This approach has been recognised by South Yorkshire Police as the gold standard response for responding to mental health issues.

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<sup>1</sup> Section 136 is part of the Mental Health Act which gives the police emergency powers to detain someone where they believe they have a mental disorder and need immediate help. Police can then take the person to a place of safety, where their mental health can be assessed. Barnsley's s.136 is a local place of safety, based at Kendray Hospital.

Following this project, a business case has been submitted by SWYFT to Barnsley CCG, seeking to secure funding so the S136 suite can be operated by a stand-alone team; this funding has since been agreed, in order to secure the 24/7 operation of Barnsley's s.136 suite.

The key learning point from this project has been identifying the value in staff being empowered to make changes in operational practice for the benefit of Barnsley people.

## Suicide Prevention

In May 2021 Barnsley's Mental Health Partnership made a commitment to a Zero Suicide ambition, undertaking a bold and ambitious pledge to work together to identify innovative approaches to improve Barnsley residents' mental health and wellbeing, including support for people contemplating suicide. We want to instil hope into individuals and communities that suicide is preventable and address the stigma associated with poor mental health. We also want to ensure people know where to go for help when they need it and have access to early interventions and timely support that can increase personal and community resilience and reduce the risk of suicide in the most vulnerable population groups.

Our case study focuses on the work of the 'Team Talk' project which, since its launch in June 2021, has made a significant difference to improving the mental health of men in Barnsley.

With weekly sessions taking place at Oakwell Stadium, home of Barnsley Football Club, 'Team Talk' is a low-level mental health initiative for men experiencing and at risk of experiencing mental health problems. Men can meet, open up, take some time out and talk about any issues in a safe and relaxed environment with support from male coaches, some of whom have lived experience of mental health problems. It offers a combined approach to suicide prevention through social activities and peer support using football as the vehicle to bring people together and connect. 'Team Talk' enables local men to:

- Build new relationships with others facing similar challenges
- Share experiences, tips and coping mechanisms
- Access and offer peer support
- Realise they are not alone, and support is available

Paul Wheatley has been attending 'Team Talk' for a few months and told us about the positive impact that the sessions have made to his life:

'I have been going to team talk for around 3 months now, this is something I really look forward to going to. I have met new friends and get on well with everyone, it's nice just to get out of the house and relax, we play pool or table tennis and listen to music. The support team are always there for us if we need someone to talk too. I have also joined the Barnsley FC golf group and we are currently in a match play off with Doncaster, again I have made friends by joining in.

I would recommend this group to anyone that needs a friend or just needs that break away and wants to chill and meet some new friends.

Sean, Jack, Clem and the team have been brilliant and supportive, I look forward to spending time with this group.'

Due to the success of the project, Team Talk has expanded to a further site in the North of Barnsley. The project at Oakwell has also been funded for a further year with the adaptation of the programme including exercise. The same programme has been developed aimed at supporting women which will be delivered at Oakwell and is due to launch in the near future.

## Conclusion

Since the inception of the Mental Health Partnership, we've achieved a great deal to improve mental wellbeing in Barnsley. We hope this report provides a snapshot of some of our key achievements over the last 18 months and demonstrates the tangible impact that our work has for the people of Barnsley.

By coming together and working collaboratively, we have achieved a great deal – and we will continue to work in this way to improve outcomes for the people of Barnsley and tackle inequalities. Moving forward, our [mental health strategy](#) has been published and sets our priorities for the next 12 months. Our strategy follows a 'life course' approach, to ensure we are improving mental health and wellbeing for people of all ages; and one of the overarching themes is to reduce mental health inequalities, by a combination of prevention and ensuring that those who require mental health support can access the services they need.

As a partnership, we will create a delivery plan to ensure we are achieving the ambitions set out within the strategy and delivery of this will be held to account through the relevant governance arrangements. To ensure that content remains valid and relevant, we will review and update the Mental Health Strategy annually to reflect any changes to service delivery and organisational reporting arrangements. With effect from Autumn 2022, the Mental Health Partnership will expand to include learning disabilities and autism and these areas will be captured in future reviews of the Mental Health Strategy.

We recognise the challenges faced by Barnsley residents and that it won't necessarily be an easy road ahead, as we grapple with a cost-of-living crisis, but through the collective endeavours and determination of all our partners, we know that we can make a difference to improve mental health and wellbeing for everyone within the borough.