

Request to approve a 12-month contract extension in accordance with Contracts Procedure Rule 21 for Your Space – Community-based preventive mental health

Date: 21st July 2021

Report of: Head of Public Health, Localities and Primary Care.

Report to: The Director of Public Health

Will the decision be open for call in? Yes No

Does the report contain confidential or exempt information? Yes No

What is this report about?

Including how it contributes to the city's and council's ambitions

Your Space is a public mental health and wellbeing service that engages people with low level mental health problems, or those at risk of low-level problems, in the community through a range of activities and groups. Your Space uniquely provides a service on an out of office-hours basis - groups are predominately delivered during an evening and at weekends.

The overarching ethos of Your Space is to support communities to find the ways and means of supporting themselves and each other – using a community development approach. Your Space takes a proactive approach to addressing isolation, loneliness, and disconnection from a person's local community; it is suitable for people feeling a little anxious and/or of low mood.

The resulting model of the initiative comprised four delivery elements:

1. Providing informal spaces to drop in for light refreshments, form friendships and connection with others
2. Providing activity spaces. Activities would provide the appeal to the local community allowing a space to engage in positive conversations with service users
3. Training for the workplace and within the community
4. Outreach activities to advertise the services at pop-up places, health festivals, galas and social media.

This initiative contributes to the Best Council Plan 2020-2025 and other related strategies, in particular:

- Best Council Plan – priorities relating to Health and Wellbeing and Safe Strong Communities
- Leeds Health and Wellbeing Strategy 2016 – 21
- Vision for Leeds 2011 to 2030
- Leeds Inclusive Growth Strategy 2018-2023
- Leeds Mental Health Strategy 2020-2025

- Leeds Left Shift Blueprint 2021
- NHS Long Term Plan 2019
- West Yorkshire and Harrogate Integrated Care System (ICS)

Since the initiative began, Public Health specialists have worked closely with the service provision manager ensuring all elements of the service specification, the underpinning principles of the model and the key performance indicators are met robustly. This initiative over-performs on its targets relating to improving mental health, reducing social isolation, and taking action to improve mental health, amongst others.

The 12-month extension brings this contract to a close at the same time as the Mentally Healthy Leeds contract – this contract complements the population mental health work. At this point the approach to population mental health will be subject to a model review which will determine the direction and provision of future work.

Recommendations

The Director of Public Health is recommended to:-

- Approve the extension of the contract for Wellbeing Space and Support Service contract DN337089 as permitted under the contract for 12-month period commencing 1st April 2022 to the 31st March 2023 with Touchstones Leeds. The total value of this decision is £240,000.00
- Note the contract will be managed by an Advanced Health Improvement Specialist based in Public Health.

Why is the proposal being put forward?

- The purpose of this report is to share the intention to support the extension of the Your Space contract for 12 months, in accordance with the contract terms. The cost of the extension will be £240,000.
- The one-year extension will align the commissioning cycle with Mentally Healthy Leeds, bringing both contracts to a close at the same time. At this point the approach on the future model of preventative public mental health will be subject to a review.

What impact will this proposal have?

Wards Affected:

Have ward members been consulted? Yes No

Your Space services are provided in Inner South, Inner North East Leeds, and Inner East area. Specifically, the postcode areas of LS8, LS9, LS10 and LS11. These areas contain some of the most deprived areas of Leeds and evidence indicates higher prevalence of poor mental health in deprived areas.

This population mental health and wellbeing initiative has successfully met the KPI's and has engaged with a combined total of 11,180 people over the two years in operation: with year 1 recording 2529 meaningful contacts with people and year 2 recording 8651. This combined total includes outreach (digital and where possible physical), group activities and training. In addition, co-production of activities has over-performed in year 2 against the yearly target of 12, with 39 co-

produced activities delivered in year 2. There are also 24 volunteers for Your Space, adding to capacity and sustainability.

A recommendation to continue funding for another year will enable these communities to benefit from the service and aid in the recovery of one of the indirect impacts of Covid 19. Efforts to co-produce activities will contribute to the development of resilience in communities.

This contract has run simultaneously to the Mentally Healthy Leeds contract for 2 years, working collaboratively and complementarily to deliver population mental health and wellbeing in deprived communities. Approving the 12 month extension of Wellbeing Space and Support contract will bring both contracts to a close at the same time. This enables a holistic review of the community needs and resulting model of population mental health and wellbeing will determine future direction.

What consultation and engagement has taken place?

Research and consultation were carried out to identify current provision of community-based services that support people with low level mental health problems, or those at risk of low level problems. Extensive local engagement, led by local members and stakeholders, demonstrated that there was a gap in out of hours/drop in community based, informal services in these areas. The Your Space service was developed to address these gaps and to contribute to the wider Leeds Public Mental Health priorities:

- Mental health promotion and wellbeing (more people will have good mental health, fewer people will suffer avoidable harm)
- Reducing stigma and discrimination (fewer people will experience stigma and discrimination)
- Reducing suicide and self-harm (more people will have good mental health, fewer people will suffer avoidable harm)
- Effective and equitable mental healthcare services (best value healthcare informed by needs. More people with mental health problems will recover).

What are the resource implications?

Continuing to fund the Wellbeing Space and Support Contract - Your Space for another year would require £240,000 and will come from the Public Health budget. The need for population mental health interventions is increasing, with an expectation of increasing demand due to the impact of the pandemic. The Your Space project will respond to this increase without additional funding; not a saving per se but giving Leeds City Council value for money from the initiative at a time of increasing financial pressure.

What are the legal implications?

This is a significant Operational Decision and is not subject to call-in. The report does not contain any exempt or confidential information under the Access to Information Rules.

Contract Procedure Rule 21.1 allows a contract to be extended if the extension is: (a) put in place before the contract expiry date, (b) in accordance with the contract terms, and (c) proves to deliver "Best Value" which means the optimum combination of whole life costs, quality and benefits to meet the customer's requirement.

The contract has an option to extend for a maximum period of up to 24 months. This report requests a 12-month extension only as the entire 24 month extension is considered not required at this time. The 12 month extension brings this contract to a close at the same time at the Mentally Healthy

Leeds contract – this contract compliments the population mental health work. At this point the approach to population mental health will be subject to a model review.

Throughout the extension period, the contract will continue to be robustly contract managed to ensure that performance, quality and value for money is being achieved for the Council.

Although there is no overriding legal obstacle preventing the extension of this contract the contents of this report should be noted. In making their final decision, the Director of Public Health should be satisfied that the course of action chosen represents best value for the Council.

What are the key risks and how are they being managed?

Key risks of continuing with the project largely comprise of standard project management concerns, engaging anxious people following an extended period of forced isolation, due to COVID restrictions, setting up groups whereby attendees are anxious about being in a group environment again and the resulting low numbers of people attending and engaging with Your Space. These will be managed by the service provider maintaining the person-centred approach with attendees in the first instance and by developing and maintaining links with other community-based services for signposting and referral opportunities. Group activities will be reflective of any Covid 19 safety measures.

If the recommendation is not approved there is a risk that existing service will cease, and service users will no longer be able to access mental health support on an evening and weekends in some of the most deprived areas of Leeds.

In addition, if the extension period is not approved there will be insufficient time to conduct the necessary tasks to enable a holistic decision on the future model of preventative public mental health.

Does this proposal support the council's 3 Key Pillars?

Inclusive Growth Health and Wellbeing Climate Emergency

Your Space contributes to reducing health inequalities and improving the health of the poorest the fastest, supporting people with mental health self-care and increasing the number of people managing their own health conditions in the community. This is achieved by creating activities and groups wanted by the community to engage and interest people. During these activities, a supportive atmosphere is generated allowing for non-judgemental, inclusive conversations to occur with a focus of good mental health, self-care and sharing of experiences. Mental health stigma is proactively challenged and appropriate signposting to alternative service provision provided.

Options, timescales and measuring success

a) What other options were considered?

Allowing the contract to cease without extension or continue with an extension was considered. However, the Wellbeing and Support contract – Your Space is the only current mental health provision provided during the evenings and at weekends.

Added to which, a monitoring report which analysed data from year 1 and year 2 and an independent evaluation conducted by Leeds Beckett University demonstrated the success of the model in achieving positive mental health outcomes for service users.

People living in the most deprived areas, tend to have the worst mental health outcomes, these have been exacerbated by Covid 19. For these reasons continuing with population mental health and wellbeing provision was required and the current service provider was deemed to

offer best value in continuing delivering the service given the established connections within the communities.

b) How will success be measured?

The service has KPIs which have been reviewed to reflect the service provision. Intelligence is also captured using quarterly narrative reports. Outcomes are measured quarterly using both qualitative and quantitative methods.

c) What is the timetable for implementation?

The service will continue provision beyond March 31st 2022 and continue to March 31st 2023

Appendices

- Appendix 1 Public Health Programme Board Report

Background papers

None.

Date: 5th of May, 2021

Report to: Public Health Programme Board

Lead Consultant/Chief Officer: Lucy Jackson

Author/s: Nicola Kelly-Johnson, Tim Taylor

Subject: The Wellbeing Space and Support Contract - Your Space report

1. Purpose

1.1 Your Space is a community-based, Public Mental Health and wellbeing service. It is delivered by Touchstone, as the lead partner, in partnership with Holbeck Together and Women's Health Matters.

1.2 Your Space is meeting the target outputs and over performing against the target outcomes.

1.3 The purpose of this report is to update the Public Health Programme Board on the progress of the Your Space contract and a recommendation for the future delivery of this service.

1.4 The contract started on the 1st April 2019. The contract duration is 3 years, plus a possible extension of up to 24 months. The contract commenced on the 1st April 2019 until 31st March 2022 with the option to extend the contract for a maximum period of up to 24 months.

2. Background

Research and consultation was carried out to identify current provision of community based services that support people with low level mental health problems, or those at risk of low level problems. The consultation (involving a wide range of partners, including local people, Health Champion Cllrs, GPs, Mental Health and Third sector partners) demonstrated that there is a gap in out of hours/drop in community based informal services in these areas. The Your Space service was developed to address these gaps and to contribute to the wider Leeds Public Mental Health priorities which are:

- Mental health promotion and wellbeing (more people will have good mental health, fewer people will suffer avoidable harm)
- Reducing stigma and discrimination (fewer people will experience stigma and discrimination)
- Reducing suicide and self-harm (more people will have good mental health, fewer people will suffer avoidable harm)
- Effective and equitable mental healthcare services (best value healthcare informed by needs. More people with mental health problems will recover).

Services are provided in Inner South and Inner East Leeds - LS8, (Roundhay, Gledhow, Lidgett Park, Gipton Wood, and Oakwood), LS9 (Harehills, Gipton, Osmondthorpe, Cross Green, and Burmantofts), LS10 (Middleton Park ward) and LS11 (Hunslet and Riverside and Holbeck and Beeson) areas.

Funding for the service is £240k per annum for three years. This funding was part of the Local Inequality Project funding transferred to Leeds City Council from NHS South East Leeds Clinical Commissioning Group.

3. Main points

Service model

There are four parts to the service:

1. Providing informal spaces to drop in for light refreshments, form friendships and connection with others
2. Providing activity spaces. Activities would provide the appeal to the local community allowing a space to engage in positive conversations with service users
3. Training for the workplace and within the community
4. Outreach activities to advertise the services at pop-up places, health festivals, galas and social media.

Your Space uniquely provides a service on an out of office-hours basis - groups are predominately delivered during an evening and at weekends.

The Service uses data from the following sources that identify those at higher risk to target groups and populations for the service:

Demographics	Risk Factors
Suicide (Leeds Suicide Audit)	
White British Aged 30 – 49 Male	Single/separated/divorced Experiencing worklessness or financial difficulty Living alone History of drug/alcohol misuse Living in deprived communities
Self-harm (Leeds in Mind – Mental Health Needs Assessment 2017)	
Young women 16 – 24 years	Adverse life events (alcohol and substance abuse/trauma/child abuse/victimisation/domestic violence/bereavement/pressure from family, peers and education) Lack of social support (loneliness/isolation/living alone/being single or divorced)

	Socio-economic circumstance (living or growing up in deprived area/debt/financial problems/being in receipt of RSA)
Common Mental Health Problems (Leeds in Mind – Mental Health Needs Assessment 2017)	
Women	Living in deprived communities
BME Women	Being out of work
Young women	Having a long term condition
LGBTQ+ communities	

2 The Your Space service complements and works alongside current services in Leeds. This includes, but is not limited to, Mentally Healthy Leeds service, Better Together community health development services, Community Mental Health services. The service supports citywide strategies around mental health, suicide prevention, self-harm and anti-stigma. The service recognises the impact of wider determinants of health (such as money worries and secure, good employment) and will make links and improve access to these services.

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3 Your Space providers have been able to rapidly and effectively re-purpose delivery to respond to the needs of the most vulnerable citizens during the pandemic. They offered online groups and one-to-one telephone support in place of face to face activities. The success of this work is testament to the community facing nature of the service and the strong links with local communities that they have developed.

4 Performance

A detailed analysis of the information collected during the first two years of service delivery has taken place to determine the ongoing need for this type of provision – see Appendix A. This is complemented by an independent evaluation completed by Leeds Beckett University. The key findings are:

Table 1: Output indicators for year 1 and 2.

Indicator - Outreach	Target	Year 1	Year 2
Number of people who engaged	3000	2,995	10,154
Total number of 121 conversations	-	Not collected	653
Total number of signposting information distributed	-	Not collected	561
Total number of stalls	-	Not collected	5
Indicator - Space			

Number of attendances at a group activity	-	794	912
New people to the service	300	385	32
Number of activities delivered	-	136	206
No of activities coproduced	12	0	39
Total Number of 121 conversations	-	Not collected	73

4.1 **Connection** - A combined total of 11,180 people connected to Your Space over the first two years in operation; with year 1 recording 2529 meaningful contacts with people and year 2 recording 8651. This combined total includes outreach, group activities and training.

4.2 The methods used to engage people changed dramatically in year 2 due to the pandemic, with a high focus on social media and digital means of communication and interaction. Social media presence has grown significantly and currently represents 81% of the outreach efforts.

4.3 Social Media: Your Space has 2,240 followers on social media. Twitter reaches 936 followers; Facebook has 698 followers and Instagram has 606 followers.

4.4 **Group activities:** 385 people accessed the group activities in year one; some people attending more than one session or more than one block of sessions, resulting in 794 attendances to groups. 912 attendances to group activities were recorded in year 2. Your Space engaged 32 new people using group activities in year 2. There are approximately 105 people repeat users (attending more than 3 activities per week, calculated over the 2 years).

4.5 **Training:** Initial proportions of delegates reporting learning something new about their mental health was 48% in year 1, quarter 2. These courses are now refined and 100% of course delegates reported learning something new quarter 3 of year 2.

Outcome measures indicate a positive movement towards improving an individuals' mental health. This was the overarching aim of the initiative and this is achieved in both year 1 and year 2 with 90% and 86% of responses indicating an improvement. Outcome measures are presented in table 2.

Table 2: Performance outcome indicators

Indicators	Year 1	Year 2
Improved mental wellbeing	90%	86%
Having a positive social experience	84%	80%
Feeling more connected	Not collected	80%

Increased knowledge of services, resources and activities	152%	82%
Taking action to improve mental wellbeing	89%	83%
Number of people supported to access other mental health services	1221	78

Sustainability

A key consideration of any initiative is sustainability. This model uses two approaches to contribute to the sustainability of Your Space. Co-production and volunteering. Co-production of activities has over-performed in year 2 against the yearly target of 12, with 39 co-produced activities delivered in year 2. There are 24 volunteers for Your Space. Two people in year 2 have moved towards the establishment of their own groups, with the supportive help of Your Space.

Headline findings from Independent evaluation completed by Leeds Beckett University.

The independent evaluation used a mixed methodology. 20 participants were interviewed and 42 completed at least one of the pre and post measures. These measures were the short version of the Warwick–Edinburgh Mental Wellbeing Scale (SWEMWBS) and the Campaign to End Loneliness tool (assessing people’s friendships and relationships).

The **outreach** service was described by the stakeholders and partners as *‘protective and preventative’*, finding people at risk of poor mental health and engaging with them. Using a variety of methods of communication over the 2 years. The diversity of participants was also highlighted. The dance workshops, for example, were described as having *“such a diverse group of women from the local area”* and bringing together residents in the target postcodes from BAME backgrounds. Similarly, the Online Migrant Wellbeing Group on Zoom had a diversity of participants.

Group activities were described as *‘warm’*, *‘welcoming’* and *‘friendly’* by several participants and that the workers were empathic and able to create a safe and calm space that facilitated people engaging with the activities and opening up. The majority of participants described the sessions as having some structure around a planned activity but with opportunity to socialize and build connections with the other people. The sessions were felt to be well organised without feeling restrictive or rigidly planned.

Reducing isolation, increasing self-acceptance: Your Space helped improve the health and wellbeing of all the participants as it enabled people to experience and maintain social contact. In addition, knowing that other people were struggling with the same issues as them helped them to feel accepted and that they could relate to the problems other people were experiencing. This helped to improve their feelings of worth:

Improving mental health: The most frequently described outcome for participants were improvements to their wellbeing. This included their physical, mental and social wellbeing. *“I have exercised more, eaten healthier and walked more. I have been using the pedometer that was given to us in the session. I am now starting to look for more groups to attend.” (Participant feedback 2020).*

Short Warwick-Edinburgh Mental Wellbeing Scale: At initial assessment, none of the 46 participants included in the analysis reported a high level of mental wellbeing, though by the follow up assessment 11% of the participants reported high levels of mental wellbeing. The proportion of participants reporting low levels of mental wellbeing was also reduced by 17% at the follow up assessment.

The mean SWEMWBS score at initial assessment for those included in the sample was 23 rising to 25 at follow up. 63% reported an improvement in their mental wellbeing.

On an individual basis of the 46 Your Space participants returning data at both initial assessment and follow up a meaningful improvement in wellbeing scores (an increase of between 3-8 points) was observed in 22 individuals. A meaningful decline in mental wellbeing (a decrease of between 3-8 points) was observed in six participants of Your Space.

Campaign to End Loneliness Tool: 46 participants returned pre and post measurements. 50% reporting a decrease in their experience of loneliness at follow up. 65% agreed or strongly agreed that they were content with their friendships and relationships at follow up in comparison to 57% at initial assessment. 65% agreed or strongly agreed that they had enough people they felt comfortable asking for help at any time at follow up in comparison to 59% at initial assessment. 61% agreed or strongly agreed that their relationships were as satisfying as they would want them to be at follow up in comparison to 46% at initial assessment.

Demographically, Year 2 reliance on digital means of interaction and communication has impacted on demographic data collection, with the majority of people declining to disclose. Nevertheless:

- 79% of all contacts during year 1 and year 2 as originating from people resident in Leeds most deprived communities.
- There is a fairly even proportional split in gender.
- Of those attending group activities during year 2, 50% were aged 45-64.
- Knowing there is a fairly even proportional gender divide, illuminates the strong possibility that Your Space has successfully targeted and has engaged older aged men, who are more at risk of poor mental health.
- White British ethnicity is more commonly reported, with some use from the Pakistani community.
- 72% of the attendees are reporting a type of disability
- Further targeting of work is required in the future to engage younger women.

5 Conclusions

Your Space largely meets the output targets, with some challenges faced during year 2 of operation due to the pandemic. However the mental health and wellbeing initiative overwhelming meets and surpasses the overarching aim to improve mental health and wellbeing. This is alongside six other indicators relating to positive mental health, feeling connected and taking action to improve mental health. Your Space uses ABCD and emphasises co-production of activities. This approach will contribute to the sustainability of the service as more volunteers are recruited and supported to lead groups independently.

6 Recommendation

Your Space is meeting the target outputs and over performing against the target outcomes.

- Continue funding Your Space for an additional one year. This would align the commissioning cycle of Your Space with Mentally Healthy Leeds, enabling a holistic decision on the future model of preventative Public Mental Health.
- Consider alternative options for training.
 - a. Discontinue the training element of Your Space
 - b. Create a training calendar with the training sessions already established and deliver online and face to face training.
 - c. Collaborate with Mentally Healthy Leeds on a joint training calendar.

7 Appendices

None