

# **No health without mental health**

Director of Public Health  
Annual Report for  
Doncaster 2018



Doncaster  
Council



# No health without mental health

Director of Public Health Annual Report for Doncaster 2018

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## Foreword and Introduction

### Welcome to my fourth Annual Report as Director of Public Health for Doncaster Council.

In an increasingly digital world, this year I've chosen to deliver my main report as a short video which is available online at [www.doncaster.gov.uk/phannualreport](http://www.doncaster.gov.uk/phannualreport). This PDF version is intended to accompany the video and I hope you'll enjoy both.

This is the first of my reports to focus on a specific topic and the topic is 'No health without mental health'. Yet mental health is still seen by many as a taboo subject despite the fact that we all have mental health! As a society it is important that everyone understands what is meant by mental health and is able to talk about it. By mental health or mental wellbeing I'm referring to the combination of feeling good and functioning effectively. Feeling good includes not only the positive emotions of happiness and contentment, but also other emotions as interest, engagement, confidence and affection. Functioning effectively (in a psychological sense) involves the development of one's life, having a sense of purpose such as working towards valued goals, and experiencing positive relationships.

Three key factors impact on our mental health, our circumstances, our personal resources and the activities we focus our energy on. Our circumstances and where we live makes a difference to our mental health whether it's the quality of our schools, jobs, housing, urban design or availability of green space. Our personal resources including our physical health are also important in helping us be resilient to life's ups and downs. Although we may have less control of our circumstances or our personal resources what is clear is that through what we focus our energy on we can create better mental health for ourselves, our families and our friends. The best way to do this is to adopt the 'Five Ways to Wellbeing'.

As you will see much of what we can do to create mental health requires schools, businesses and statutory services to behave differently. In fact statutory services will need to change from doing 'to' or 'for' people and become services that work 'with' people and encourage people to solve problems 'by' themselves.



I have deliberately focused on the five ways to wellbeing and not addressed our circumstances, our personal resources or mental health services for either children and young people or adults with mental illness as these issues, services and strategies have all been the subject of local Overview and Scrutiny reviews in the last year.

Locally most mental health services are commissioned by Doncaster Clinical Commissioning Group and provided by Rotherham Doncaster and South Humber NHS Foundation Trust. Further information about these services is available through the individual organisations.

In creating this report I am grateful for the help of a number of colleagues. In particular I would like to thank Andy Maddox, Vanessa Powell-Hoyland and Tom Smith from Doncaster Council, Sue Redfern from St Leger Homes, and Joan Kee and Marie McClay from Age UK, who took part in the video interviews. I'd also like to thank Steve Betts, Daniel Debenham, Steph Cunningham and Duncan Rynehart from the communications team for their valued input to the production of this report.

If you have any questions or comments about any aspect of the report please send them to me at: [PublicHealthEnquiries@doncaster.gov.uk](mailto:PublicHealthEnquiries@doncaster.gov.uk)



Dr Rupert Suckling  
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Director of Public Health  
Doncaster Council



## The five ways to wellbeing

In the same way that it is widely acknowledged that eating five portions of fruit and vegetables should be part of a balanced and healthy diet, the five ways to wellbeing are recommended steps that everyone can build into their daily life to improve their mental health and wellbeing.

Mental health isn't just about the absence of mental illness, it's much more about life satisfaction, happiness, feeling worthwhile and having low anxiety. There are things we can do as individuals, families and communities that will help us create better mental health, so by keeping learning, connecting with others, being active, giving our time and taking notice we can all help ourselves and our families.



# 01 Learn

Learning and developing new skills can give a sense of achievement and a new found confidence.

Whilst many people will think of learning as something that results in a qualification, in reality we can all learn from every-day interactions with family, friends and others in our community.

Learning begins early in life with the first 1001 days of a child's life being the most important, this is when Doncaster children are increasing their readiness for school. However, with the nature of work changing it is important that we all take learning seriously throughout our lives. Learning is also a social activity and Doncaster is lucky to have a range of assets that we can draw on for learning.

## 60 Readers groups in Doncaster

It's a great social way to talk about what you enjoyed and learn about how people interpret stories differently.

# 720

learning courses  
completed at  
Doncaster libraries  
in 2017-18

Watch Tom's video  
about learning in Doncaster

Click to view the video online or scan the code  
with your phone on the printed document:  
[www.bit.ly/ph-learn](http://www.bit.ly/ph-learn)

# Doncaster Libraries

Tom Wilcock – Doncaster Libraries



*At Doncaster Libraries we've got a lot of fantastic groups set up that help local residents of all ages to learn.*

To support with computer and internet skills we have an iPad and tablet club, and a computer basics class. The computer basics class does exactly what it says, it is designed for people who have never been on a computer and runs over a three-week period, at the end of which they are equipped with the skills and confidence to use a computer on their own, either at home or in the library. The tablet club is used as a drop-in session for all residents to ask any questions they might have about making best use of their tablet, it also encourages members to the group to support each other and meet new people.

We also facilitate around 60 readers groups in Doncaster, with each having between 4 and 15 members. In the groups every member reads the same book and then comes together three or four weeks later to discuss it. It's a great social way to talk about what you enjoyed and learn about how different people interpret stories differently.



## 514,504

visits to Doncaster Libraries



## 626,436

online visits to:  
[library.doncaster.gov.uk](http://library.doncaster.gov.uk)

There are so many health benefits linked to reading; it can reduce stress levels, prevent the onset of Alzheimer's and Dementia, and it can also help you live longer, who doesn't want that?

For younger children we hold rhyme time across the Borough, which as well as being fun helps to develop language and literacy skills. It's also got an important part to play in preparing them for school by teaching them to observe, interact, sit down and listen to stories as well as socialising with other children.

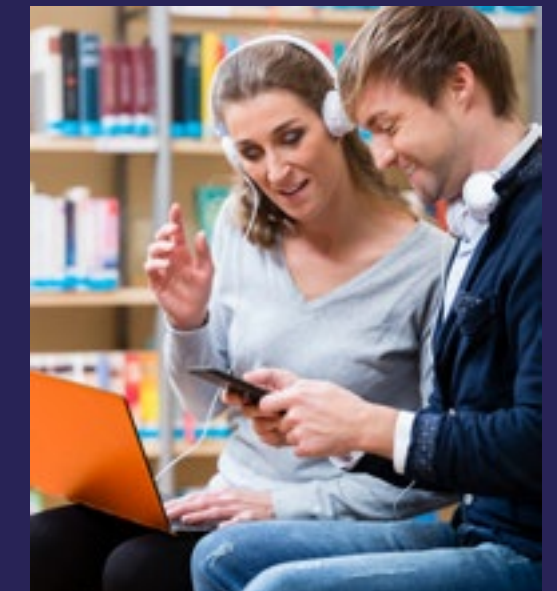
Like it or not, computers and coding are now becoming part of our daily lives and it's also part of the school curriculum. In Doncaster Libraries we're also giving children the opportunity to be one step ahead by learning how to code and learning how to integrate these skills into their daily lives.

# OVER 400,000

items borrowed and over

# 12,000

e-books and audio  
downloaded from Doncaster  
Libraries in 2017-18





# 02 Connect

Social isolation can have the same impact on our health as smoking 15 cigarettes a day.

In Doncaster we have an increasing focus on the importance of connecting people together and talking about how we're feeling. This was noted in the Doncaster Talks report where the two most important things for local people's health and wellbeing were highlighted as connection with others and being open to new experiences.

Tackling loneliness is a key priority for the Doncaster Health and Wellbeing Board working with local charities, groups and communities. The Your Life Doncaster website provides links to over 1,500 community groups and projects such as the Well Doncaster programme that began in Denaby in 2015 that are actively engaging communities to help build their own local links.



# 1500

**community groups  
and projects linked  
from Your Life  
Doncaster**



**Watch Sue and Vanessa**  
talk about connecting in Doncaster

Click to view the video online or scan the code  
with your phone on the printed document:  
[www.bit.ly/ph-connecting](http://www.bit.ly/ph-connecting)

# Well Doncaster programme in Denaby

Vanessa Powell-Hoyland - Well North Programme, Doncaster Council  
Sue Redfern - St Leger Homes



*Well Doncaster aims to reduce health inequalities and looks at how we can connect with communities by taking a different approach.*

One piece of work that we've helped to develop is working with St Leger Homes on a project called Denaby Recycling which reuses furniture left in empty St Leger properties.

The programme started 12 months ago when it was noted that a number of new tenants were experiencing social isolation and didn't have enough money to buy furniture for their property. By Well Doncaster and St Leger working in partnership a new successful approach was developed. Previously any furniture or electrical equipment left in empty St Leger properties was thrown away, under the new approach all left items are now safety tested and made available for other tenants in the Denaby area to use.

This new approach has meant that residents have been able to pay their rent because they're not had to spend money on as many electrical items or furniture and as a result the quality of life they're now experiencing is far better. When a tenant of 17 or 18 years old moves into a house for the first



**"The service is helping residents sustain their tenancies and improve their quality of life by recycling furniture and giving back out into the community."**



*"People of all ages in Denaby have been identifying 'what's strong' and building on that by creating places for people to meet."*

time they may have their own pots or pans, but it's the bigger and more expensive items that St Leger can help them with, things like washing machines, fridge freezers, toasters and sofas.

One of the important things we know about supporting local communities is that it helps people to grow and develop. Over the last three years people of all ages in Denaby have been identifying 'what's strong' and building on that by creating places for people to meet, supporting community events and setting up small business with practical support from the Well Doncaster Team.

As the work in Denaby continues, the learning from the Well North programme is being expanded into other communities across the Borough, with four new wards selected to expand the reach of the programme; Edlington, Balby, Bentley and Stainforth. Each community has their own strengths and challenges and we are working with local people and organisations to understand how best to address these.

 Mental health disorders affect more than **1 in 4** of the population at any one given time.

Per year, mental health disorders cost the English economy an estimated

**£105 billion**



# 03 Be active

There are many reasons why physical activity is good for our bodies.

Everyone knows it is good for maintaining a healthy heart and strengthening our bones and muscles, but physical activity is also beneficial to our mental health and wellbeing.

We need to change the way we view physical activity so it is not seen as something we 'have to do', 'should do' or 'ought to do' for our health, but as something that we do because we personally understand its positive benefits to our wellbeing.

In addition to benefitting the health of the Borough, physical activity and sport also contributes significantly to Doncaster's economy:

**£133m**

of value created through a healthier population and savings to care costs.

**£95m**

per year directly through salaries and company profits.

**£54m**

worth of volunteering.

**356**

people take part in Sandall Park's weekly 5km run.



**Watch Andy's video**  
about being active in Doncaster

Click to view the video online or scan the code with your phone on the printed document:  
[www.bit.ly/ph-active](http://www.bit.ly/ph-active)



# Get Doncaster Moving

Andy Maddox - Doncaster Council Leisure Services



*In the past 12 months Doncaster has become one of 12 national Sport England Local Delivery Pilot sites and Get Doncaster Moving is one of our transformational projects for the Borough.*

We all know that physical activity can help us: it helps in a number of ways by reducing heart disease and stroke, reducing cancer and type two diabetes, but being active also reduces depression and can improve our mental well-being.

In Doncaster one third of our population are classed as inactive, doing less than 30 minutes of physical activity each week. Through Get Doncaster Moving we intend to change that. The programme is designed across five themes of walking, cycling, dance, sports and parks/open spaces, and we are working with partners to improve the health of the Borough, both physically and mentally.

Through walking and cycling we aim to help people become more active, both as forms of transport and for recreation. We have invested in the Trans Pennine Trail which has seen a massive increase in the number of people cycling and walking in the area. We're also investing in a cycling circuit in Doncaster, creating a traffic-free environment where residents can enjoy riding a bike and seeing cycling competitions in action as Doncaster becomes a hotbed of cycling, shown by the Borough hosting stages of the Tour de Yorkshire in 2018 and the forthcoming UCI World Championships in 2019.



We're also aiming to deliver dance across all age groups, with a focus on both young and old in local communities, and recreationally parks and opens spaces are a very important to the programme as places where residents can enjoy being active. As the fifth element of the programme, sport, we're looking to invest in our facilities over the longer term and will be supporting local clubs and volunteers to grow the heart of our sporting population.

As well as being beneficial for mental and physical health, being active is also a key way to make the local population more aspirational and affluent, helping people to be more engaged in their local communities, more engaged in work and more engaged in education.

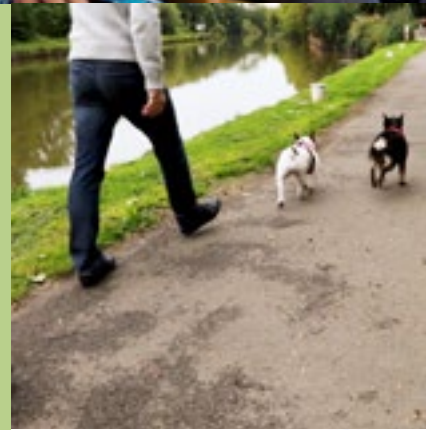
**We want everyone to be active and to Get Doncaster Moving.**

**30** different play and advice sessions at the local family hubs each week



**193,000**

**Doncaster residents have been given the opportunity to watch the Tour de Yorkshire race pass through their local community since its first visit in 2016.**





# 04 Give

Research shows that our health and happiness can be directly linked to giving back to the community through volunteering and connecting with the people around us.

Volunteering and community action holds the power to transform a place and can positively influence the health and wellbeing outcomes of an entire population. It's also proven to help people overcome struggles with their mental and physical health and overall leads to happier and healthier lives.

Volunteering is already at the heart of our health and social care system. Volunteers who visit patients, run cafés, offer support groups and generally help people living with illness to feel better, are worth an estimated £700,000 a year (Kings Fund) to each individual NHS trust.



## 350,000

**volunteering  
hours are given  
across Doncaster  
each year**

**Watch Joan's video**  
about being giving back in Doncaster

Click to view the video online or scan the code  
with your phone on the printed document:  
[www.bit.ly/ph-giving](http://www.bit.ly/ph-giving)



# Volunteering in Doncaster

Joan Kee (volunteer), Age UK  
Marie McClay, Age UK



Joan Kee is a volunteer at Age UK in Doncaster and helps people locally to get out and about which can make a big difference to their mental health, but has made a big difference to Joan too.

Joan started volunteering when her son suggested that she get out and about more. She called into the local library and that one step started her volunteering career! Joan then heard about Age UK and by volunteering with their Doncaster branch was able to take people to the library which in turn helped them to make new friends.

"I feel as if I've won the lottery when I get to hear their stories and I'm sorry that I couldn't have done this years ago. It's been such a pleasure helping others. I would advise anyone to try it."

*"It's been such a pleasure helping others. I would advise anyone to try it."*



Mental health disorders start at an early age and can have lifetime consequences.

Opportunities to promote and protect good mental health begin at conception and continue throughout the life-course, from childhood to old age.

*"It's brilliant and I would advise anyone to give it a try. The people you are paired with become your friends."*

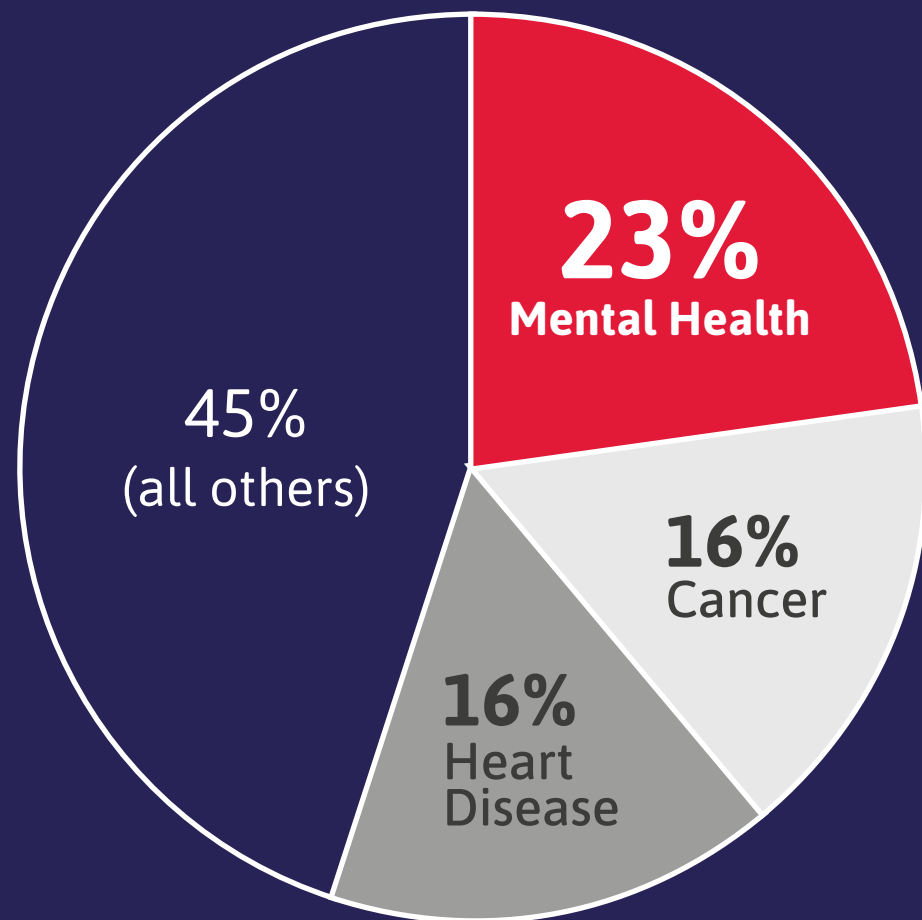


Volunteers who generally help people living with illness to feel better are worth and estimated

**£700,000**

to each individual NHS trust.





Mental health disorders are responsible for the largest burden of disease in England – 23% of the total burden, compared to 16% for cancer and 16% for heart disease.

Mental wellbeing is associated with a wide range of improved outcomes in health, education and employment, as well as reduced crime and antisocial behaviour.



# 05 Take notice

Taking notice means actively paying attention to ourselves and the world around us.

Taking notice means both seeing what is going on outside us and being aware of what is happening inside our bodies too.

As part of the Doncaster Growing Together programme a wide range of improvements to local facilities are underway across the Borough, with the redesign of the train station, the creation of the Herten Triangle and work in progress on the development of the new cultural hub, set to replace the existing central library and art gallery in 2020 as part of the Urban Centre Masterplan. Work is also underway on refurbishing the Wool Market with the programme expected to be completed in Spring 2019.

In our parks there has been a lot of development in the past year too, with a number of improvements to facilities being made, making the areas more inviting and attractive to residents.

**86,800**  
visitors to Doncaster Museum,  
Doncaster Art Gallery and  
Cusworth Hall Museum last year

**OVER 20  
PARKS**  
and hundreds  
of other open  
spaces in the  
Borough.

**Watch Ben's video**  
about taking notice in Doncaster

Click to view the video online or scan the code  
with your phone on the printed document:  
[www.bit.ly/ph-notice](http://www.bit.ly/ph-notice)



# Doncaster parks

Ben Russell – Doncaster Council



*Over recent years there's been a closer working between the public health and parks and open spaces teams for the benefit of residents' health.*

Across Doncaster we have over 20 parks and hundreds of other open spaces that can all be used by everyone as places to get away from the daily grind and escape into greenery. We've got a wide variety of parks across the Borough, from parks close to the town centre, to Cusworth Hall and other country parks. There are lots of things to notice in our parks and seasonally the views and colours change, making every visit different to the last.

In July, four of Doncaster's parks were awarded the Green Flag, an award given annually to the best parks in the UK. As a council we are also delivering a range of ongoing improvements to make our parks even more welcoming for residents: for example, earlier this year Elmfield Park benefitted from trial solar lights which have been installed to all of its main footpaths.

Parks not only provide a place to relax and enjoy time with friends and family, but also a great place to be active. In addition to walking routes we have free outdoor gyms for adults and playground facilities for children across a number of our parks.

*"We've introduced more free gym equipment to our open spaces which are proving to be very popular."*



As we look to improve parks and open spaces further we're intending to introduce more walking maps so people can understand more about the distances they're walking and the number of steps they're taking. In November Sandall Park also unveiled the latest playground in the Borough, a huge wooden play and adventure area that is unique in Doncaster. Sandall Park is also home to Doncaster's weekly 5km Park Run which celebrated its 5th Anniversary on 22 September with an impressive 356 people taking part in just one day!



## 4 Green Flag Parks

in the Borough:

Sandall Park, Quarry Park Local Nature Reserve, Cusworth Park and Bentley Park

Improved mental wellbeing and reduced mental disorder are associated with:



**better physical health**



**longer life expectancy**



**reduced inequalities**



**healthier lifestyles**



**improved social functioning**



**better quality of life**

# Conclusion and future recommendations

In conclusion I hope this report gives a flavour of how mental and physical health are both intrinsically linked: there is **no health without mental health**.

## References

Age UK Doncaster - [www.ageuk.org.uk/doncaster](http://www.ageuk.org.uk/doncaster)  
Get Doncaster Moving – [www.getdoncastermoving.org](http://www.getdoncastermoving.org)  
St Leger Homes - [www.stlegerhomes.co.uk](http://www.stlegerhomes.co.uk)  
Well Doncaster - [www.wellnorth.co.uk/pathfinders/well-doncaster](http://www.wellnorth.co.uk/pathfinders/well-doncaster)

## Recommendations for 2019

- 1

Create, improve and protect mental wellbeing using the five ways to wellbeing to harness the role of arts, culture and physical activity, promote social connections and contribute to inclusive economic growth and the reduction of health inequalities.
- 2

Doncaster Council and partners should sign the Prevention Concordat for Better Mental Health as an indication of support for the mental wellbeing of both Doncaster people and Doncaster employees.
- 3

Suicide is the biggest killer of men under 45 in the UK and today 16 people will take their own lives. That's why I'm keen that in Doncaster we pledge to become a zero suicide Borough and that we always ask twice when we're talking to people and asking about their mental health. This should be backed by rolling out Mental Health First Aid training across the Borough.
- 4

Continue to deliver mental health service improvements across the life course with service users as identified by Overview and Scrutiny reviews including:
  - a. improving the mental health of parents at the time of the birth of a new child
  - b. improving children and young people's mental health by responding quicker to all requests for support
  - c. improving responses to crisis including better use of peer support
  - d. reducing the need for and use of Out of Area placements
  - e. improve employment support for those with mental health issues to help them stay in work or return to work.

I'm keen to hear your views on this report.

Please get in touch at:

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