

Community conversations toolkit



Thrive LDN

The conversations



How did Thrive LDN's community conversations come about?

Thrive LDN, working with the Mental Health Foundation, sought to map mental health inequalities in London. The MHF report identified seven priority boroughs determined to be most at risk for poor mental health, with demographic, social, cultural, economic and health-related factors elevating their risk compared to other boroughs. With this information, Thrive LDN began community-based work to address mental health and wellbeing at a more localised level.

The goal of the conversations was to understand the factors which elevate risk of poor mental health and to develop solutions to alleviate the challenges to good mental health. The conversations are an example of a 'Whole Community Approach' which utilises local resources, policies, data and resilience to drive change.

What happens at a Thrive LDN community conversation?

The Thrive LDN conversations involve discussion on Thrive LDN's six aspirations for mental health in London (see appendix for a Thrive LDN leaflet with more information about these six aspirations). The opportunity for discussion and idea-sharing is useful in developing strategies to address mental health and wellbeing.

These aspirations and conversations can be adapted to more specific questions that apply to your local priorities.



Who attends the Thrive LDN community conversations?

Conversation attendees include a wide range of people, including residents, service users, carers, councillors, council officers, NHS providers, commissioners and representatives from community organisations. Facilitators discuss each of the six aspirations with those attending the workshop and record notes throughout the discussion. After the workshop, these notes are summarised and key points are extracted, serving as the basis for future action in those communities.

Why should I use a community conversation in my area?

Conversations offer an opportunity to identify champions in your area who can promote localised work for mental health and wellbeing. With better awareness of what is happening in their specific community, participants can leave the workshop and work collaboratively towards solutions. The final report produced from the workshop can be used to strategise ways forward.

What happens after a community conversation?

With the notes produced from the community conversation, local leaders can read and extract key themes, needs, and desires as discussed by community members themselves. These can form the basis of action plans moving forward.



How can I run a community conversation in my area?



Planning

- **Decide on a venue for the conversation.** The room should be in an accessible and easily reached building with a suitable capacity
- **Create an Eventbrite page** and encourage people to sign up
- **Advertise the event** through social media
- **Try to ensure that you reach as representative a group as possible.** This may involve advertising in particular places or inviting particular groups

Logistics

Community conversations can run for approximately 2.5 hours

- You may need:
 - Audio visual equipment
 - Flipchart paper
 - Markers
 - Agenda, feedback forms and one page leaflets
 - Facilitator notebooks and pens
 - Refreshments
- See the appendix of this toolkit for:
 - Example agenda
 - Example feedback form for participants
 - Two-sided leaflet with prompts for the six aspirations and further information on Thrive LDN

Appendix

Thrive LDN Community conversation



Time	Activity	Lead
1400	Registration, refreshments and networking	
1430	Welcome	Event chair
1440	Evidence and best practice for supporting thriving communities	Mental Health Foundation
1450	Introducing Thrive LDN	Thrive LDN
1500	Local challenges and current work	Local representative
1510	<p>Six table workshops of 10 minutes each on delivering the six Thrive LDN aspirations in your local area:</p> <ol style="list-style-type: none"> 1 A city free from mental health stigma and discrimination 2 A city where individuals and communities are in the lead 3 A city that maximises the potential of children and young people 4 A city with a happy, healthy and productive workforce 5 A city with services that are there when and where needed 6 A zero suicide city 	Chair and facilitators
1610	Next steps and local commitment to listen	Chair and Local Councillor
1630	Closing remarks, thanks and networking	Chair

Thrive LDN Community conversation



Name Surname

Address

E-mail Phone

Are you from a local service provider?

yes no

If 'yes', which service?

How did you rate the organisation of the workshop?

<input type="radio"/>				
Poor	Fair	Good	Very good	Excellent

After attending the conversation, I feel I understand the Thrive LDN initiative:

<input type="radio"/>				
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

During this conversation I felt able to take part and share my thoughts:

<input type="radio"/>				
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

I was able to make useful contacts at this event

<input type="radio"/>				
Strongly disagree	Disagree	Neutral	Agree	Strongly agree

Would you like to be contacted about follow-up activities?

yes no

Would you like to be involved in Thrive LDN activity?

yes no

Any further comments?

.....
.....



A city where individuals and communities take the lead

We will enable a citywide movement for all Londoners that empowers individuals and communities to lead change, address inequalities that lead to poor mental health and create their own ways to improve mental health and wellbeing. We will support more Londoners to access a range of activities that help them to maintain good mental health and wellbeing.



A city with a happy, healthy and productive workforce

Many employers are making mental health and wellbeing central to the workplace; we want to support all workplaces to do the same. We will bring partners together to develop and implement a programme to help people who experience poor mental health access support to gain and maintain work. We will work closely with employers to encourage work opportunities in both the public and private sector.



A zero suicide city

We will work with partners across the city to reduce suicides in London. We will build on existing suicide reduction and prevention initiatives by establishing a zero suicide ambition for London.



A city free from mental health stigma and discrimination

We will work with partners to develop a programme that ends mental health stigma and discrimination in London. We will ensure support is available to help improve people's understanding of mental health and push for more mental health first aid and other training to be provided so London becomes a city that is more mental health aware and equipped to act.



A city that maximises the potential of children and young people

We will build on the exciting developments happening across London to engage children and young people in mental health, encourage them to lead initiatives, and develop training and resources for youth organisations, schools, and student societies.



A city with services that are there when, and where needed

We will work with partners to create new ways to access services and support. We will build on existing work investigating how best to harness the powers of digital technologies to promote positive mental health and improve information about accessing effective support so that Londoners can better help themselves and support each other.



What is Thrive LDN?

Thrive LDN is a citywide movement to improve the mental health and wellbeing of **all Londoners**. It is supported by the Mayor of London and London Health Board partners.

Why have a movement for mental health?

Poor mental health is one of the biggest challenges facing London and prevalence is often much higher in the communities facing most inequalities. Thrive LDN was established in response to this – everyone has equal right to good mental health – with the aim of reducing the number of Londoners affected by poor mental health. Currently, two million Londoners experience some form of poor mental health each year; this is equal to 13 people on every bus and more than 100 people on every tube.

What is the movement and how is it growing?

The Thrive LDN movement is an open, inclusive, and participation-driven way of bringing Londoners together to improve mental health and wellbeing and to advance equality. Movements are a proven way to effectively advance social change, particularly when they concern people's rights; Thrive LDN is about Londoners' rights to good mental health as a matter of social justice.

Thrive LDN has strong relationships across London's public and charitable sectors, and is currently delivering projects and partnerships around London, but the key is the continued involvement and participation of Londoners from all communities.



Join the movement:

@ThriveLDN

@thrivedn

www.thrivedn.co.uk