



NOTES AND ACTIONS FROM 12 JUNE 2024 MEETING

Thrive LDN's Climate, Environment and Mental Health Action Forum

1. Welcome and Introductions

Ben Rossington

- At Thrive LDN, we have talked to lots of people over the last six months.
- It has become apparent that we need to focus more on tackling the impact on mental health from climate change.
- Senior Londoners agree that we want people to have a voice.
- Thrive LDN is in a good position to run a forum. We are about equity, inclusion, grass roots communities and mental health and have influence across over the whole of London. We understand partnerships well, universities, local government and the NHS and want to help you and local communities to act.

Joe Barker

This forum has been set up to:

- Showcase what you are up to.
- Network across London and move towards action.
- Build a space where everyone feels empowered to shape the meetings and the actions that come out of them moving forward.

2. Why are we all here? What do we want from future meetings?

From the perspective of Thrive LDN we would like to:

- Share expertise and learn from others.
- Hold the space well and partner with people here to find out where the energy is and take action together.
- Look at a funding bid to the National Lottery for climate change.
- Hear other people's ideas.

Summary from the breakout rooms.

A newsletter was suggested, getting involved in climate action for young people, about rights and spreading information about how climate change is impacting on people's mental health.

<p>People's interests were in intersectionality and climate and a mental health focus on deprived areas, coordinating work better. Showcasing and demonstrating how nature alleviates mental health symptoms. Understanding evidence and sharing with partners.</p>
<p>There was a strong point made around how the relationship with nature can support people on waiting lists before accessing clinical intervention. Also, a point was raised around impact and anxiety that builds from the climate crisis. How can we support the most vulnerable who will have the least resources to cope and have the biggest impact from climate change?</p>
<p>Climate crisis and the links with mental health and how it is impacting on young people's mental health was discussed. How can privately owned green spaces be made more accessible if disused? Would like to make to take advantage of the diversity in London and make this a diverse forum, not just younger for people.</p>
<p>Desire to learn more, from others and what is happening in London. Utilising the space and partnerships to understand what can be done in the space.</p>
<p>Professional and personal roles around the climate and mental health were shared. What people would like to get from the forum. Potential funding opportunities and research and taking action on public health were of particular interest.</p>
<p>We would like to be able to advocate as one, affecting people at different levels of society. How can act as one voice?</p>
<p>Recognising how people working in climate and mental health are being affected and how this forum can be a supportive space for each other as well.</p>
<p>Everyone being as motivated as possible to tackle the climate crisis.</p>
<p>We would like to do things differently, to take action. The most effective way of doing this is to link it back to outcomes for people for health and wellbeing as ultimately this is all that we are trying to achieve. We need to think about who makes the decisions and how the decisions are made. There has been a lot of improvement in health and wellbeing and the economy, but the big risk is that this is at the cost of the climate.</p>

Future forums - Poll

Attendees were asked to take part in a Mentimeter poll and to use one-word answers around themes they would like to focus on within climate and mental health.

<p>What themes would attendees like to focus on with Climate and Mental Health in one word? Some of the themes are shown below.</p>
<p>Collaboration (7)</p>
<p>Advocacy (3)</p>
<p>Networking (3)</p>

Action (2)
Children and young people (2)
Data (2)
Housing (2)
Intersectionality (2)
Partnerships (2)
Sharing knowledge (2)

ACTION: – Amend the draft Terms of Reference based on what has been said in the forum and based on the poll.

3. Conversation with Zarina Ahmad from the Women’s Environmental Network (WEN)

Sumaty Hernandez – What is your background, role and organisation?
<p>Zarina Ahmed - I have been working on climate change with marginalised communities for around 15 years. I work with underrepresented groups. Looking at travel, energy uses within the home, community buildings, food, food miles, access to local seasonal food, waste, upcycling and recycling.</p> <p>I originally took a top-down approach, being led to believe that the more deprived areas of society needed educating on environmental matters. I have learned through experience that communities have a wealth of cultural, local knowledge around food. We are working on how we put that cultural knowledge around food into best practices. I work with Manchester University with marginalised groups, especially women. How the climate impacts on different people within society and recognising different aspects of our identity. Intersectionality and understanding people’s lived experience and how this forum speaks to diversity.</p>
Sumaty Hernandez - What brought you to the forum?

Zarina Ahmed – The whole conversation around eco anxiety and climate anxiety. Recognising that for different communities the conversations are totally different. White people’s anxiety is for the future, whereas for more diverse communities the anxiety is past and present. Homelands and villages have been destroyed, some people are climate refugees, although not classed as this it is very present and historically it’s been present. We recognise that this has been happening to lots of people within our society for many years.

Food and growing and growing spaces, improvement in people’s health and wellbeing has been noted from our work. Classed as added benefits in terms of funding, but these are fundamental benefits and how do we capture that?

The food we eat and how we grow that food improves our health and wellbeing. Looking at alternative ways of getting food. Food in the current system is not fit for purpose, how do we improve this?

Sumaty Hernandez - What stood out for me was cultural knowledge. The point around research and an interest in strengthening research and improvement in quality of life. These were very interesting and important points.

How can we use the forum to move to action?

Zarina Ahmed - I sit in the place of action. We get funding form Climate Action Fund to do work in the community. We work right across London and in Tower Hamlets. We have also done national work in Manchester and Glasgow. How do we to expand work we’ve been doing to other areas across the UK? How do we translate that into research?

We have the actions, people with lived experience, knowledge of what is going on. How do we empower these people for systemic change? There is a gap. We’ve done work with the University of Sussex, looking at how people work with food, food bank surveys, community researchers and advisers are trained up from the community. We would like to explore more as we recognise there is a huge gap between people and research.

I would like the forum to look at where the gaps are and do a bit of mapping and see who can step into the gaps. There is also an overlap, how do we ensure we don’t duplicate work? What would a systemic change look like and how do we make that change?

Sumaty Hernandez - Are there any other projects you want to mention or anything you’ve learned?

Zarina Ahmed - some of the projects I'd like to highlight as relevant to this forum are:

Toxic chemicals present in sanitary towels, tampons, nappies and baby products and how that has an impact and stress on mothers. From a mental health perspective, what do we classify as climate change and environmental issues? How far do we go?

Soil Sisters have projects that look at health and wellbeing. We do work with Climate Sisters, with communities using arts, the connection to land, gardening food and land. People in UK don't have the same connection to land, not just going to parks but a much deeper root to belonging. What impact does this have on your mental health?

Food project is a transformational project with over 26 partners. We fund and facilitate Growers Network across the borough of Tower Hamlets.

Please do contact us and if we can support you in any way we will.

Sumaty Hernandez - Let the forum know how they can get in contact or how they can find out more. Please share links in the chat.

Zarina Ahmed - will share links and contact in the chat.

4. Updates from you

Name	Notes	Resource
Emma Lawrance	This is what I was talking about with my group.	Hub.connectingclimateminds.org
Sam Longman	When I introduced myself - I should have said I'm also Deputy Chair of the London Climate Change Partnership (although this weeks we changed our name to "London Climate Ready Partnership")... Zarina has reminded me we keen to work more closely with communities in London to inform and strength the work we do improve understanding and influence decision makers:	https://climateLondon.org/
Emma Lawrance	Any decision makers here with interest in learning more about what is already known about climate and mental health might also be keen on our course on climate and mental health with Apolitical (4 hours at your own pace). We have some free places for people who can't afford it - you can email me at e.lawrance@imperial.ac.uk.	https://apolitical.co/microcourses/en/imperial-college-london-climate-change-and-mental-health/
Sam Longman	I am presenting at London Climate Resilience Communities Webinar on 25th of June for London Climate Action Week run by GLA resilience team. Zoom sign up link for the meeting on the right. If you work with or representing communities and might be interested in being more involved with the London Climate Ready Partnership, please email	https://us02web.zoom.us/meeting/register/tZ0kc-uqqj8sE9NnLOvgFaTkAFZ_QDtnPHG#/registration

	<p>me at samlongman@tfl.gov.uk</p> <p>We are planning to an event on the communities later in the year which would be in person with workshops to come up with specific actions and work programmes the LCRP can take forward.</p>	
Matthew Couper	A link to a recording of a nature, climate and creative health conversation:	https://londonartsandhealth.org.uk/story/nature-climate-and-creative-health/
Kay Michael	My other hat here is as Director of Letters to the Earth - people might be interested to see the community & educational workshops and resources we provide specifically in supporting mental health, community-building and creative advocacy in response to the climate and nature crisis. We're keen to distribute these further and train people in running them, do get in touch if anyone wants to explore partnership.	https://www.letterstotheearth.com/community-education
Leah McNally	Natural England have set this up:	Happier Outdoors
Matthew Couper	The arts can play an important role in sharing the story about the impact and actions taken on climate change. Here's something from the London Borough of Culture programme in Lewisham:	https://www.thealbany.org.uk/shows/climate-home-festival/
Zarina Ahmad	Wen is the Women's Environmental Network. We are a charity working to support women and their communities to take action for a healthier planet. As well as our national campaigns we work at a community level in East London to support women	Wen - Women's Environmental Network

	and grassroots movements to take environmental action.	
Shuo Zhang	We have resources on eco-CAMHS and Nature Matters here:	https://www.rcpsych.ac.uk/improving-care/sustainability-and-mental-health https://www.rcpsych.ac.uk/improving-care/sustainability-and-mental-health/the-eco-crisis-and-camhs
Matthew Couper	A great resource and leading on culture and climate change.	https://juliesbicycle.com/
Olivia Blanning	Citizens UK have issues in mental health and climate included in our manifesto. We're meeting with politicians in the lead up to the GE to try and get commitments on it. You can read it here, and be great to connect if any of these issues speak to you (or not!)	https://www.citizensuk.org/campaigns/citizens-manifesto/
Ed Stannard	We have a resources hub for green space managers on our website - please do share any research or reports that we could help share and amplify to our network of landowners and managers.	https://parksforlondon.org.uk/resources-hub/
Ed Stannard		https://parksforlondon.org.uk/resource/health-and-wellbeing/
Chris Billington	I coordinate the ADPH London Climate and Health Network please email if you want to find out more.	chris.billington@adphlondon.org.uk
Marian Hoffman		Google Sustainable Thornton Heath

Participants shared their reflections on what went well during the forum and what could have gone better.

What Went Well	Would Have Been Even Better If
Great to learn from speaker.	
Good turnout.	Timekeeping in Breakouts.
I learned the purposes of this forum, and found it very useful.	Maybe a tiny bit too short, but everyone is busy!
Breakout rooms went well in my opinion	

Loved having a spotlight on a guest speaker. Thank you Zarina!	
Great to hear from Zarina,	could have been a little longer
Meeting others who are doing relevant work, and having a deeper dive into the work of the Women's Environmental Network	
Breakout rooms went well to hear from others	
Interactive!	Could be a bit longer
It's been great to connect and begin to form the relationships necessary for community action.	It would be great to identify 1-3 goals to focus the time of the meetings and really hone in on what we want to do. I also support the call for an in-person option
Great...mix of people in the room,	...even better if...more time to learn from others
Lots of interest, energy and diversity.	We could do with more time and turning into some structure with location for storing material, resources, notes, etc. e.g. SharePoint.
Breakout rooms were great to hear everyone's thoughts	
	More time needed in breakout groups
Loved the interview! And still so much opportunity for cross-pollination and partnership building	
Amazing to hear about all the work from all the amazing organisations in London.	Would be good to have more time in breakout rooms
One thing I liked was the engagement from so many people who attended & the spotlight with z	
interview with Zaina	breakout room felt rushed
	more time in breakout rooms
diverse voices & orgs	more time to hear from others would be great
	Longer time for breakout rooms

	I would be really interested in having one of the sessions per year F2F? A bit of a conference style?
Liked interview style rather than a powerpoint. A nice change	
Break out rooms were great.	More time to network/talk about collaboration.
	We got cut off mid someone speaking in our breakout.
Spotlight session	More time for smaller group discussion
Really interesting forum. Great speaker	think a physical speed networking event might be helpful
Interview format was great!	
informative,	but more time for discussions and breakout room

5. Summary and Next Steps

We've covered a lot and shared a lot of enthusiasm, focusing on intersectionality, sharing and learning from each other.

The next meeting will be **10:00-11:30 - 24th July**. An invite will be sent out, please signpost colleagues to this. We would like more community representatives involved in this space.

Please email **Ben Rossington** benjamin.rossington@nhs.net or **Joe Barker** joseph.barker4@nhs.net or respond to the email sent out if you would like to get in touch.

ACTION - We will be sharing key notes and resources.