



Notes from Thrive LDN’s Fourth Climate, Environment and Mental Health Action Forum

11th December 2024 10-11.30am via Microsoft Teams

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Welcome

Ben Rossington & Joe Barker, Project Officers at [Thrive LDN](#)

- Ben & Joe introduced themselves and said other colleagues from Thrive LDN will introduce themselves as they contribute.
- Ben
 - Explained that Thrive LDN is a citywide public mental health partnership to ensure all Londoners have an equal opportunity for good mental health and wellbeing. We are supported by the Mayor of London and London Health Board partners.
 - Said we have been holding this Forum since June, and this is our fourth meeting.
 - Said that at the last Forum session, on 2/10/24, it was great to see lots of engagement from attendees on digital tools for climate and mental health – the meeting’s main topic. We shared Thrive LDN’s plans in this area and found people’s insights extremely helpful. We want to co-develop a new digital tool with partners, so [get in touch if you are interested](#).

- At our last meeting, we also heard a fascinating presentation from Charles Ogunbode, Affiliate Member at Centre for Climate Change and Social Transformations (CAST). Charles covered emerging research into climate perceptions, emotions, and the implications for wellbeing among UK people of colour.
- For the notes and resources from this meeting – and all our other meetings – see information and links on our website [here](#).

Member updates

Emma Gillingham from the UK Health Security Agency (UKHSA)

- The UKHSA's [Centre for Climate and Health Security](#) is producing a thematic report detailing the impacts of climate change on mental health in the UK.
- The report is divided into two parts:
 - Part I: Impacts and pathways
 - Part II: Mental health interventions in response to climate change
- For Part II, UKHSA have put out a call for evidence:
 - They are inviting submissions of case studies that demonstrate provision of mental health interventions in relation to climate change and extreme weather events at the group or population level.
 - The term 'intervention' is used here to describe strategies, tools, resources, programmes, practices, or approaches that aim to support mental health challenges in relation to climate change.
- Find out more [here](#) and submit evidence using the form [here](#)
- The deadline for submissions is 17 January 2025 at 11.59pm
- Daniella Watson ([Research Associate](#) at the [Climate Cares Centre](#)) asked 'Is there a minimum sample size for the interventions that you are looking for?' and Emma said 'No, there isn't.'
- See Emma's presentation slides for more details and email Emma (emma.gillingham@ukhsa.gov.uk) or her colleague Rhiannon (rhiannon.cordiner@ukhsa.gov.uk) if you have any questions.

Chrissy Jay from [Stanley Arts](#)

- Stanley Arts is one of South London's premiere arts and performance venues, providing Croydon's local community with a vital home for cultural expression and discovery. As a radically inclusive space they seek to foreground under-represented voices, providing artists of colour and LGBTQ+ creatives with a platform to reach out to audiences across South London and beyond.
- Chrissy shared Stanley Arts' new [Climate & Nature webpages](#), which detail ways to get involved in local responses to the climate and nature emergency and learn more about the crisis and what it means to you.
- The webpages include a '[Get active section](#)':

- There is so much community action happening in Croydon and South London to help us connect with nature, restore green spaces, and take action on climate change. On these webpages, you can find a range of groups and activities to get active with.
- You can also tell Stanley Arts about Climate and Nature groups and organisations based in, or running activities in, Croydon and South London – see the submission form [here](#).
- Chrissy also said that people are welcome to send over suggested resources to share on the [‘Get Informed’ webpage](#).
- Chrissy: ‘My colleague Kay and I are here to chat more about it [these new webpages] on chrissy@stanleyarts.org and kay@stanleyarts.org and we’d love to hear about other activities we can promote and interesting resources for the local community to learn more about climate change and mental health.’

Becky Downer from [Thrive LDN](#) on [Great Mental Health Day 2025](#)

- Becky (Strategic Communications Manager at Thrive LDN) gave a short presentation about Great Mental Health Day 2025, which will be held on 31st January 2025. She asked partners to share the event widely so that people can benefit.
- Great Mental Health Day is a London-region awareness day that aims to offer a shared, regional mental health and wellbeing platform for London that:
 - Raises the profile of community and mental health services/ groups and work being done by local organisations.
 - Provides opportunities for Londoners to learn more about how they can support others in their community through accessing local activities or online training.
 - Supports Londoners to talk about mental health and ask for help when needed.
- This year’s theme: we want the day to equip and empower Londoners to share and explore ideas around the ‘small actions’ which contribute to a more supportive, caring, and compassionate community. This of course includes climate and nature action.
- Our updated [Great Mental Health Day Supporter’s Pack](#) provides all the details about the campaign, how you can be involved, and how you can spread the word about the activities taking place on or before Great Mental Health Day 2025.
- Explore our [Great Mental Health Day interactive map](#) to see what support, activities and initiatives are taking place close to where you live.
 - Up until 17th January, email info@thrivedn.co.uk to add any local services, organisations, training opportunities or events to the interactive map. We’ll update these pages on a rolling basis.
- Through a range of [free, online training resources](#), this Great Mental Health Day you and your networks can learn more about how you can support the mental health and wellbeing of others in your community.
- See Becky’s presentation slides for more details, and email rebecca.downer1@nhs.net or james.ludley@nhs.net if you have any questions about getting involved!

Paul Allen, Head of Integrated Care & Frailty at NHS Haringey, North Central London ICB:

- I thought it might be useful to also mention Natural England's networks based on a Happier Outdoors campaign about utilising green and blue community assets and social prescribing/community navigation - they would welcome individual organisations and members to join, post and contribute - just get in touch with them if you want to be part of the network in your local site. There is a website explaining more: [Join the London Happier Outdoors Network](#)

Collaboration clusters

Joe Barker, Thrive LDN

- In our second Forum meeting, on Wednesday 24th July, we all shared ways in which we would like to collaborate and did a mapping exercise together.
- We wrote up a document afterwards, which summarises the information that people shared, including:
 - Projects and ideas for further collaboration
 - Groupings of similar projects where people could collaborate further.
- We shared this our Resources for Collaboration document and are sharing it here again [see the meetings resources for the document] to remind you all of the wealth of projects that people are working on.
- At that meeting, people said they wanted to be connected to others and others' work – we clustered people & their projects (contacts details are in our sections further up the documents) around themes that could lead to further collaboration:
 1. Youth Engagement and Creative Health
 2. Nature-Based Interventions and Mental Health
 3. Climate Justice, Intersectionality, and Advocacy
 4. Environmental Arts and Community Wellbeing
 5. Research and Evidence-Based Approaches
 6. Green Infrastructure and Urban Planning
- Asked people to put their email in the Teams chat with the collaboration cluster(s) in which they are interested.

Tamasin Rhymes, Programme and Impact Manager and Energy Project Lead and [Greener and Cleaner UK](#):

- There was a great get together of South East London [Happier Outdoors](#) members at Lesnes Abbey recently and those attending are hoping to organise some more local

get together. If you are local do have a look on that section of Happier Outdoors or let me know if you would like to join that meet up.

- Very interested in working on intersectionality Joe.
Tamasin@greenerandcleaner.co.uk

Sacha Wright, Research and Curriculum Coordinator, [Force of Nature](#):

- It might be worthwhile getting in touch with the Natural History Museum London if you haven't been already, we have done some amazing work with them around youth engagement on climate and nature -- they also organise a yearly event called "[Generation Hope](#)" along this theme 😊
- + Force of Nature would love to be looped in on / contribute to the following themes:
 - Youth Engagement and Creative Health
 - Climate Justice, Intersectionality, and Advocacy
 - sacha@forceofnature.xyz

Ben Wright, Founder & Director, [Ethical Creatives](#):

- Youth Engagement and Creative Health would be interesting for us, Joe. A few ideas come to mind! ben@ethicalcreatives.co.uk

Tamasin Rhymes:

- NHM [The Natural History Museum] run a series of talks called [Mending our Broken Planet](#)

Paul Allen:

- Joe, could I have a chat about some ideas we have to take forward a systematic way of thinking about some of these issues in North Central London? Our thoughts are a bit more global but would include your thinking to apply a framework to address issues systematically. I'm very happy to help with this issue and have a few ideas that might be of interest to you - and to help engage with a couple of areas you've mentioned. Joe: paul.allen14@nhs.net

Abiola Okubanjo from [Adventures in Compassionate Commerce \(AiCC\)](#):

- We would be interested in working in all the areas since we represent many organisations and individuals; AiCC: abiola@me.com.

Actions:

- Joe & Ben to share the Resources for Collaboration document with all Forum members.
- Joe & Ben to email people who expressed an interest in collaboration clusters to get the collaboration going.

Discussion with Abiola Okubanjo from [Adventures in Compassionate Commerce \(AiCC\)](#)

Ben – What is AiCC?

Abiola – AiCC supports people to get involved in different programmes to address inequalities in their communities. We empower individuals and communities to get involved in several areas, including, health, social and economic justice.

Our work is to find people through engaging Black-led organisations on the topic of climate change and to understand what their views are. Most of the organisations we have spoken to are disengaged and think that climate change has nothing to do with them. They do not take it seriously, are uninterested, do not feel empowered and worry that they will not be heard.

In our work, we ask ourselves, “How do we get people across the line?” To do this, we lead with pain points and talk about experiences such as asthma and depression as these are burdens that people recognise. Through starting with these pain points we are able to make causal links between these issues and climate change.

We worked on a social enterprise project led by a primary school. The project involved supporting individuals from the Global Majority, cleaning up the town, and making T-shirts.

We also work with the [BAME health collaborative](#), which is more research-led and involves community. We are looking to build a resource of BAME people who want to be involved in research, climate change, and action to improve physical health, and we are broadening the database to include young and old people.

Ben – Where do you work, and how do you start doing this work?

Abiola – We work in the Midlands, Scotland, and London. I recommend starting in your local area, having conversations with people, talk to them, build a relationship with them, show them that you genuinely care, recognise them as the expert in their field and whatever that community group’s priorities are.

I recommend being humble, being inquisitive, exploring and generating ideas together and seeking to establish long-term relationships with community groups.

Don’t just approach an organisation to get help from them to write a funding application; it’s important to play the long game. Continue working with organisations over a longer time period and get a clear understanding of the partnership and the vision they have, particularly, their long-term vision. It’s important to understand how the organisation is funded, particularly small, grassroots organisations, as they often do things for free and are not funded for that time: their staff might be unsalaried. Take time to think carefully and offer something [monetary] for people who are attending meetings or events, so that you are valuing people and their time. You would pay a consultant from an organisation such as Deloitte to do work for you, so why not pay people with valuable experience from smaller organisations? Showing that you value people’s time can help reduce engagement fatigue and minimise the risk of over-consultation.

Katasi Kironde, Project Officer, Thrive LDN – How do you engage with faith or spiritual groups in certain locations? These are often places where BAME people congregate, giving you an opportunity to talk to them about climate change.

Abiola – It's important to understand the complexity of churches, and their different tiers, and you need a way into the community via gate keepers [e.g., pastors for specific churches in particular communities]. This also applies for religions other than Christianity, such finding ways to engage people in Gurdwaras [places of worship in Sikhism].

Tamasin Rhymes, Programme and Impact Manager and Energy Project Lead and [Greener and Cleaner UK](#)– It's important to meet organisations where they are right now, whilst meeting both their needs and yours, and not just rubber-stamping community engagement.

Ben – Do you have any advice on getting funding for this work? This is a challenge for everyone.

Abiola – Sorry, I can't advise on that!

Ben – How do you evidence your work?

Abiola – We did workshops to try to understand how people's attitudes have changed; none of the researchers were there which was important for the participants [so that they felt safe sharing their feelings].

It's important to trust your [community] partners and to provide psychologically safe places. Ask questions, document answers, and then hand the findings back to researchers. Videos and photos are also other ways we collect information.

Working with academics and providing a proper report helps to give your work [political] leverage, but it's also important to be more creative, and academics are not always comfortable with how iterative that process [of evidencing impact] can be.

Tamasin Rhymes:

- Abiola we are working on exactly this in a very local way in Bromley and across the Southeast and it would be great to talk more.
- [Citizens UK](#) are doing a lot of work in local communities so it is worth seeing if they have a group near you.
- [Greener and Cleaner](#) operate in Bromley and surrounding areas and you can find out more here or contact me on tamasin@greenerandcleaner.co.uk
- We have received some funding from [City Bridge Trust](#) who are very supportive. Their applications aren't open at the moment.

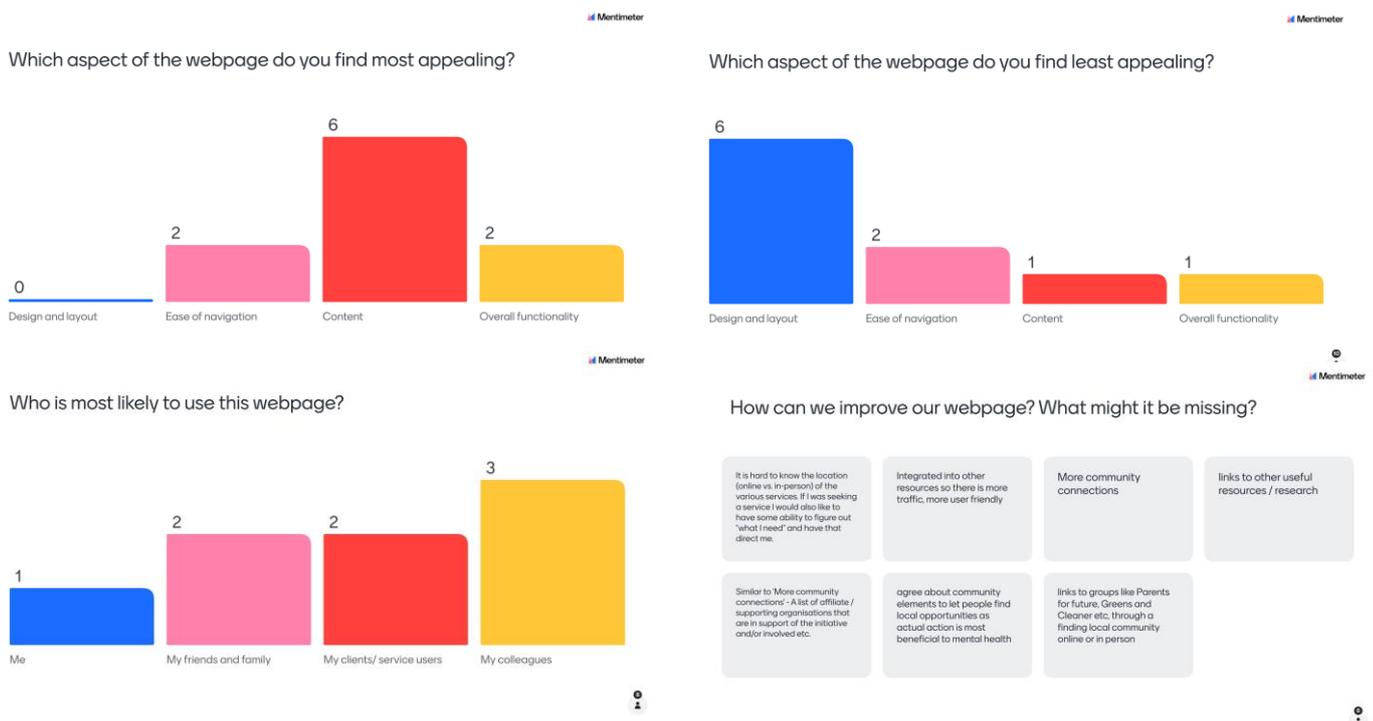
Thrive LDN Digital resources webpage

Joe

- Based on some of your calls for a digital page with climate x MH resources in one place, we have created a new Thrive LDN webpage in our 'Help yourself and others' style called ['Mental Health in the Climate Crisis'](#)
- This webpage is still a work in progress – we have collected lots of resources, grouped them by theme, and listed them.

- Joe talked through the page via screen-share, explained one example from each subcategory: 'Interactive exercise', 'Online events', 'Online resources', and 'Mental health in the climate crisis'.
- Asked for people's thoughts – as meeting attendees might use this page for themselves or in their work to support others – and to give people a chance to shape the page while it's still in development.
- Ben shared a Mentimeter survey to gather feedback from people on the webpage, which is summarised below:
 - People generally liked the webpage's content but disliked its design and layout.
 - People thought that colleagues, as well as friends/ family and service users/ clients, were most likely to use the webpage.
 - People felt that the webpage could be improved by including more links to local community groups to facilitate local take climate action, as well as a clearer distinction between online and in-person activities.

Below are the full survey results, which are also attached in a separate pdf document.



- Joe asked people to share any more thoughts verbally if they wanted, or in the chat – and to email benjamin.rossington@nhs.net with any thoughts after the meeting.
- Joe said we are keen to learn from you all on making this digital resource better so will keep you updated on the development and are keen to receive feedback (or even help/ advice) anytime!

Making this Forum more inclusive and accessible

Ben

- We have been thinking about how to make this Forum more inclusive and accessible for you all.
- In this short slot, we would like to hear your initial thoughts.
- First, we are going to put you in breakout rooms of two-three people for 5 minutes:
 - Choose someone to feedback to the whole group via the Microsoft Teams chat – and anonymise comments if you want.
 - Here are some prompt questions if you need them:
 - How could you feel more safe, included, and able to contribute in this space?
 - Do you have any accessibility needs that aren't being met? How could they be met? Do you know how to raise this issue and feel comfortable doing so?
- People then summarised their break-out room discussions in the chat, as detailed below.

Farhan:

- Timing for the meetings, it's mid workday.

Daniella Watson, [Research Associate](#) at the [Climate Cares Centre](#), Imperial College London

- Things to consider are:
 1. Alternating timings of the meetings to also include non-work hours for some people.
 2. Speak to people not in the room to ask how they could be more included.
 3. For some people, getting paid is really important and allows them to attend.
 4. Meeting people where they are at with the level of engagement that they want from the forum.

Marian Hoffman, [Sustainable Thornton Heath](#)

- We both had some problems accessing Teams and participating in group exercises. We are here to learn rather than contribute.

Tamasin Rhymes, Programme and Impact Manager and Energy Project Lead and [Greener and Cleaner UK](#)

- We also found it difficult to join the meeting and a description of what the purpose of each meeting would be useful.

Katasi Kironde, Project Officer, Thrive LDN:

- You must be digitally literate to navigate the forum and if you have service users, what are accommodations are being made for them?
- Sometimes break out rooms can be intimidating and having to think on the spot can induce anxiety.
- More anonymous feedback would be good.
- The forum is easy to follow.
- It's one of the more enjoyable forums.
- More examples of studies, on what's working well in particular areas would be welcome, with some practical case studies from boroughs.
- It would be good to have various contributors, not just views from the top.

Ben

- Any other thoughts you'd like to share with the group?

People gave further feedback on the Forum:

- Not 100% clear on what we are doing here?
- Some clarity on meeting objectives with purpose, especially for smaller organisations.
- The forum needs to be more functional.
- A suggestion for organisations to share challenges or projects they are working on to receive feedback or support was made.
- What are larger organisations looking to get from the space? Are they here to offer funding or do they particular projects in mind?
- It would be helpful to have biographies of forum participants and to know their priorities.

Ben

- We have created [a short survey](#) on your experience of the Forum that we'd love you to fill in – we really value your feedback, so please take 5 mins to share your thoughts with us!
- Thanks for your thoughts, we are recording them and will reflect on them after this meeting and, where possible, make changes to the Forum.

- This is part of an ongoing conversation, which we will continue in more depth at future Forum meetings.
- You are welcome to respond by email after the meeting (to benjamin.rossington@nhs.net) with any other thoughts or personal accessibility needs.

Additional member updates

Tamsin Rhymes, Programme and Impact Manager and Energy Project Lead and [Greener and Cleaner UK](#)

- Hoping to run a youth focused, 18-25 event to ask young people what they would like from this space. I would like to hear from Forum members on what mechanism they have found worked.
- Working on much larger Southeast London network of climate focussed groups and other groups to see how they are working effectively and to understand what's relevant to each of them. Please reach out via email if you are based in Southeast London. Tamsin@greenerandcleaner.co.uk

Summary and next steps

Ben

- Thanked everyone for coming and for their valued contributions.
- Said an email collating notes and resources from this meeting will be shared soon.
- **The next Forum session is 10am-12.30pm on Thursday 30th January in-person** at the Community Building, The Phoenix Garden, 1 Stacey St, London WC2H 8DG. Find it on Google Maps [here](#).
- The session after that is online via Microsoft Teams on Wednesday 12th March from 10-11.30am
- Please signpost colleagues & friends to the Forum – ask them to email Ben (benjamin.rossington@nhs.net) to be added to our mailing & invite list, and/or to explore collaborating with Thrive LDN.