

# CHANGE MINDS

[www.changeminds.org.uk](http://www.changeminds.org.uk)



# Together

- Together have a long history of providing support to people with mental health difficulties.
- Together is the UK's oldest community mental health charity. It was formed in 1879 by Rev Henry Hawkins, the hospital chaplain at an asylum in Middlesex, and was originally known as The After-care Association for Poor and Friendless Female Convalescents on Leaving Asylums for the Insane.



# Together

- Initially, the association helped find temporary homes and placements in service for women coming out of asylums, working alongside them as they tried to regain a normal life.
- Soon after, it began preventative work by placing 'people at risk of becoming insane' in cottage homes and set up the first residential care home in England for people with mental health problems.
- The Charity changed its name to MACA (Mental Health After Care Association) in the 1960's and finally to Together in 1998.

# Together

- Today Together have services across England and provide a range of support for people with mental health difficulties including housing related support, mental health advocacy, supported housing, residential care, personalised services, peer support and criminal justice liaison work.
- Together in Norfolk started in 2014 when they successfully procured the floating support and complex needs contract tendered by Norfolk County Council and the Norfolk CCGs. Sadly in July 2017 the housing related support contract ended due to cuts to the social care budget.
- However, Together as lead provider with a partnership with Mind and St Martins successfully tendered for a new service across Norfolk that commenced 1 March 2018 and will provide greater scope for promoting arts, education and heritage for those with severe mental health difficulties.

# Together and Change Minds

- Together saw the value of creating the partnership with the Restoration Trust and the Norfolk Records Office to deliver this project to often excluded members of society. Not just due to their mental health difficulties and financial circumstances but also due to rural geography of North Norfolk.
- All participants were current services of Together and came under North Norfolk CCG which covers the two district councils of North Norfolk District Council and Broadland District Council (excluding the Greater Norwich Area).
- We knew the task was not going to be easy and would require considerable investment in support time for the participants.

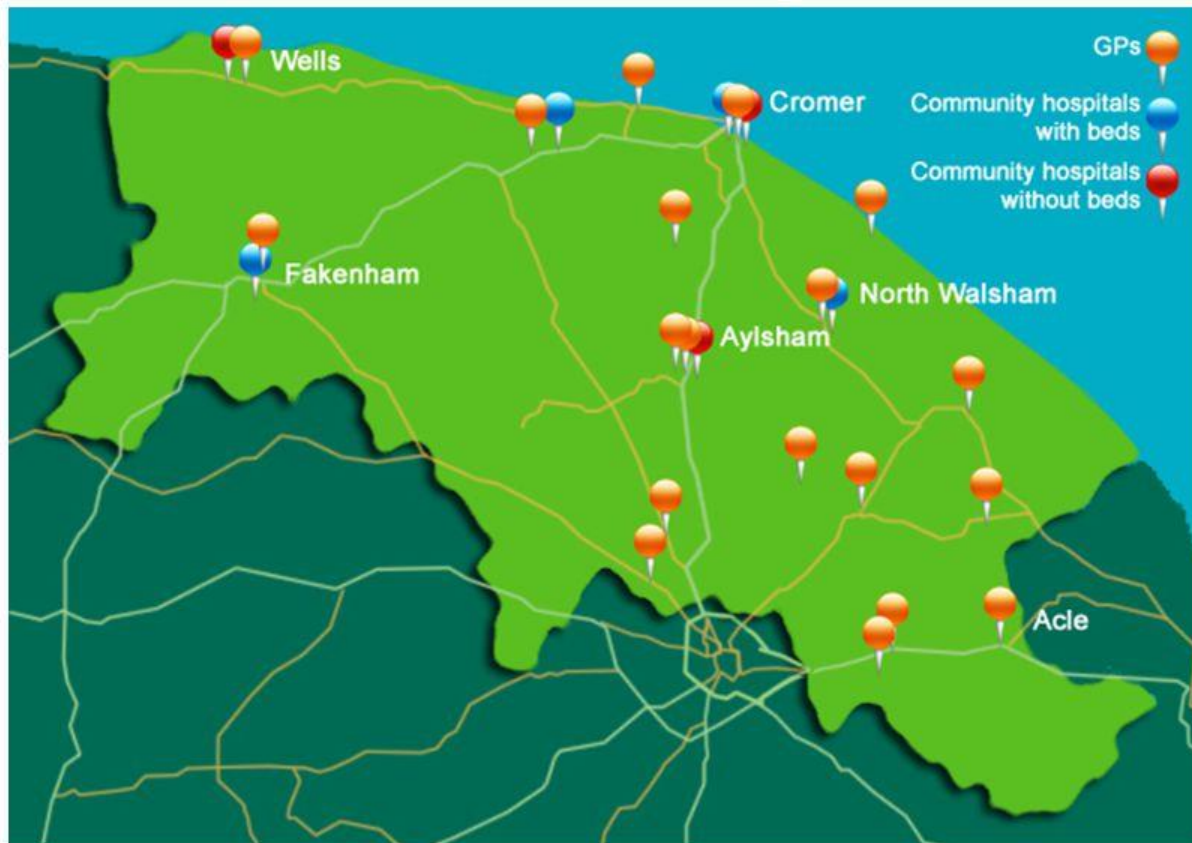
# Together and Change Minds

- Support was provided through the participants' support workers and the two peer support workers employed to work in North Norfolk.
- Support included emotional support, help with transport, building confidence and developing skills learnt through the course to further promote their recovery and assist on their journey to independence.
- There was no formal selection process. All our clients except for those who posed too high a risk were given information about the project and if interested invited to have a meeting with the Change Minds Project Worker.
- Support needs were significantly higher at the start of the course and reduced according to need as the group gelled, friendships made and confidence increased.
- Graded exposure methods were used to assist with helping some participants manage public transport so they could access the programme without their support worker.

# North Norfolk CCG

	North Norfolk District Council	Broadland District Council
Geographical area	962.4km <sup>2</sup>	552.4km <sup>2</sup>
Population	103,300	126,600
Age distribution	14% aged 0-15 12% aged 16-29 13% aged 30-44 29% aged 45-64 32% aged 65+	16% aged 0-15 13% aged 16-29 17% aged 30-44 29% aged 45-64 25% aged 65+
Population Density	110/km <sup>2</sup>	230/km <sup>2</sup>
Ethnicity	97% White British	96% White British
Deprivation	Ranked 93rd most deprived district in England	Ranked 273rd most deprived district in England

# North Norfolk CCG Map





# North Norfolk and Rural Deprivation

- Whilst North Norfolk contains some of the most affluent areas of the UK it also contains hidden pockets of high deprivation.
- Limited public transport in North Norfolk. Many transport schemes still expensive albeit subsidised. Increased isolation and social exclusion.
- Poor access to health services. Mental Health Services based in Hellesdon Norwich, at least two and often three bus journeys away. A one hour appointment can take a full day of travel. Failure to attend appointments often lead to withdrawal of service. Home visits by Community Mental Health Team decreased significantly. Similar issues with access to NNUH.
- Lack of GPs in rural areas.

# North Norfolk and Rural Deprivation

- Higher priced goods as local shops are more expensive and depending on area only cater for affluent clientele
- Increased Fuel Poverty in rural areas
- Digital Divide: Poor access to internet and mobile phone signals
- Stigma: Higher level of stigma and discrimination in rural areas
- Lack of affordable housing and long waiting time for social housing: 18-24 months not uncommon compared to 4-12 weeks in Norwich

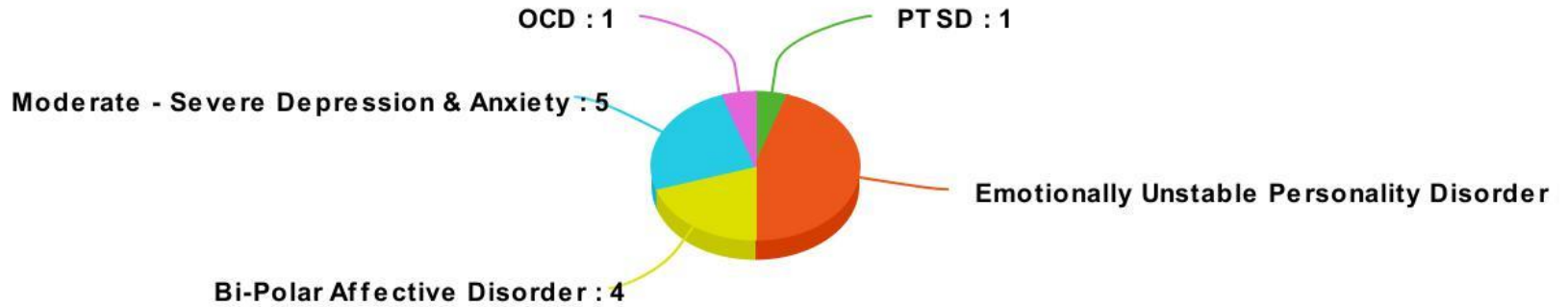
# Participants

We have had 21 service users who over the past two years have been a successful part of the Change Minds programme

All Participants have experienced severe and enduring mental health problems and came from a range of backgrounds and different life experiences.

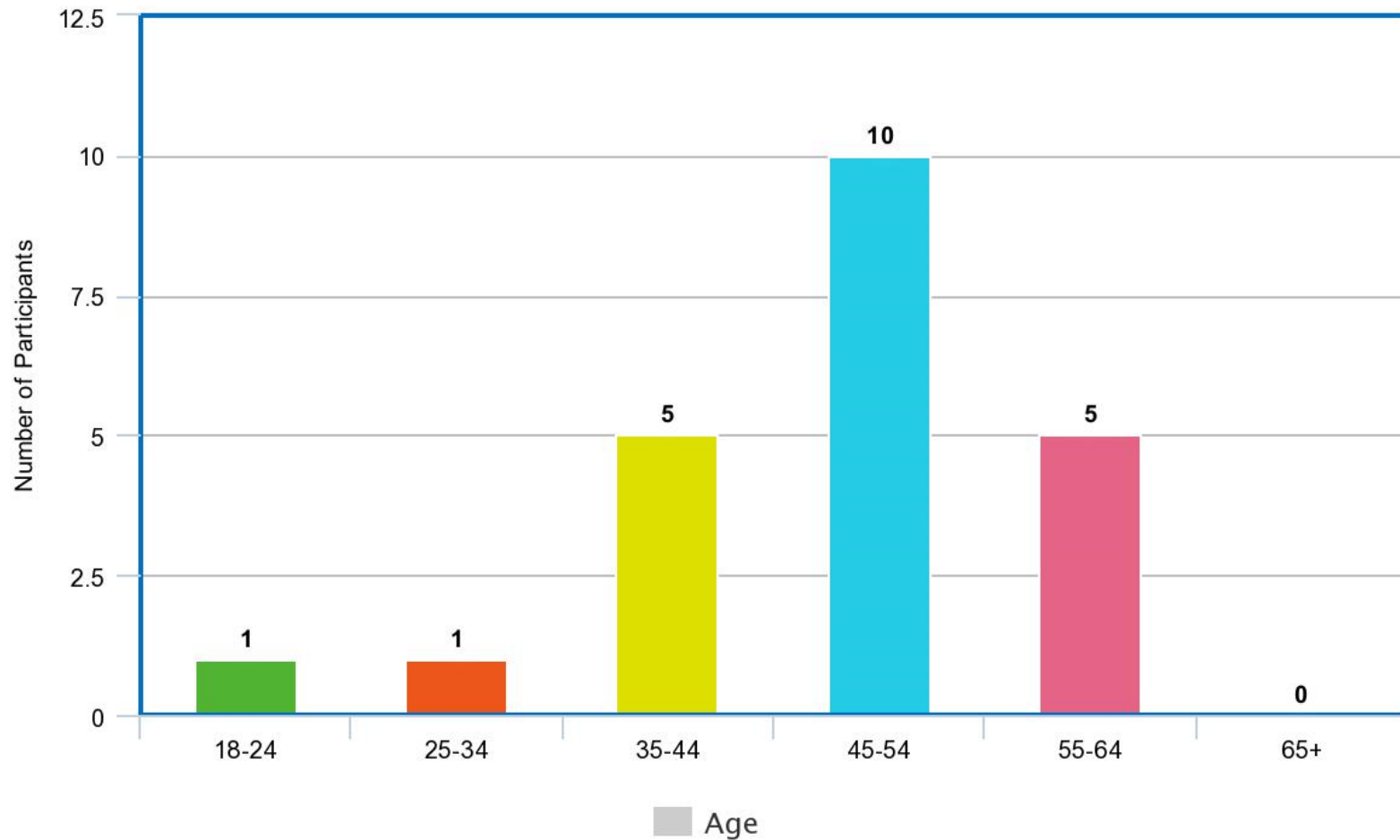
Selection Process: All Together clients in North Norfolk CCG area, with the exception of those posing significantly high risk, were given information about the programme. Those expressing an interest could meet the project co-Ordinator who would explain the programme in more detail. We had largely the right number of people wanting to attend so no further selection criteria needed to apply.

# Participants by Mental Health Diagnosis



- PTSD
- Emotionally Unstable Personality Disorder
- Bi-Polar Affective Disorder
- Moderate - Severe Depression & Anxiety
- OCD

Age Demographics



# Geographical Distribution



# Social Class / Capital

- All participants currently out of work and claiming welfare benefits ESA and PIP
- All participants would be classed as having low economic capital and according to NS-SEC Analytic classes would fall under L14.1 Never worked or L14.2 Long-term unemployed.
- Pierre Bourdieu. *Distinction: A Social Critique of the Judgement of Taste* (1979)
- Bourdieu looked beyond the narrow restrictions of economic capital and introduced the concept of Cultural Capital - non-financial social assets.
- Cultural Capital includes the accumulated cultural knowledge that confers not only *taste* but social status and power.

# Social Class / Capital

- Bourdieu highlighted that in late capitalist societies cultural capital is a major source of social inequality. Certain forms of cultural capital are valued over others, and can help or hinder one's social mobility just as much as income or wealth.
- Within Change Minds levels of cultural capital varied across the participants with the majority having low educational and cultural capital but some participants were degree or above educated and exhibited high levels of cultural capital.
- Change Minds increased cultural capital across all participants and therefore reduced social inequality for all participants.



# Culture and Heritage

Despite the poor life chances and varying degrees of capital all participants of Change Minds engaged meaningfully and passionately with cultural activity including:

- Attending an Archive Centre
- Conducting Historical Research
- Visiting Libraries
- Visiting Museum and Heritage Centres

# Culture and Heritage

- Creative writing,
- Reading and listening to poetry
- Creating and appreciating visual art
- Involvement in planning, curating and setting up exhibitions

# Impact and Recovery

Change Minds resulted in

- Improved Self Esteem
- Improved Social Networks
- Improved Hope
- Better Management of Mental & Physical Health
- Reduced Social Inequality
- New/Improved Understanding and Appreciation of Art and Culture
- Future Plans for Volunteering and Paid Work