

Coventry and Warwickshire Prevention Concordat for Better Mental Health



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What is the Concordat and why we've signed up

The Prevention Concordat for Better Mental Health is a national approach that brings together different organisations to promote mental health and wellbeing and prevent mental illness. In November 2023 Coventry and Warwickshire Integrated Care System (ICS) signed up to this approach locally.

Locally this means that a wide range of organisations - including the NHS, local councils, and Voluntary, Community, Faith, and Social Enterprise groups (VCFSE) - have come together to:

- Support good mental health and wellbeing for everyone.
- Help prevent mental health problems before they happen.
- Improve the lives of people who are living with or recovering from mental health issues.
- Tackle inequalities in mental health across different communities.

A Concordat Group has been established to co-ordinate and drive the work. The group includes members from the NHS, local authorities and VCFSE organisations across Coventry and Warwickshire. We also work with many other partner organisations and people with lived experience.

To find out more please visit the Coventry and Warwickshire Prevention Concordat webpage:

[Prevention Concordat for Better Mental Health – Happy Healthy Lives](#)

Good mental health makes life easier.

It can help us to cope with daily life, manage stress, keep learning as well as make, and keep, good relationships with others.

Each year in England: **1 in 4 people** will experience a mental health problem of some kind.

Mental ill health costs the NHS around **£150 billion**.

The estimated economic and social cost of mental ill health is **£300 billion**.



What good looks like:

A five domain framework for local action

The Prevention Concordat for Better Mental Health provides basic principles in five key areas to embed good mental health into organisations.

We have included some examples from 2024-2025 of good practice in Coventry and Warwickshire under each of these five key areas:

1. Effective use of data and intelligence - recent Joint Strategic Needs Assessments (JSNAs)

- [Mental Health and Wellbeing of 0–25-year-olds \(Warwickshire, 2023\).](#)
- [Coventry Citywide profile \(2023\).](#)
- [Healthy Ageing JSNA \(Warwickshire, 2024\).](#)
- [Special Educational Needs and Disabilities JSNA \(Coventry, 2024\).](#)
- [Adults with a Learning Disability JSNA \(Warwickshire, 2025\).](#)
- Working to create an Adults JSNA dashboard, which will include mental health and wellbeing data – due for completion 2025.

2. Partnership and alignment

- [Alignment with West Midlands Mental Health Commission recommendations](#)
- Coventry and Warwickshire Prevention Concordat for Better Mental Health Delivery Group takes a collaborative approach, led by Coventry and Warwickshire Public Health teams and Coventry, Warwickshire and Worcestershire Mind.
- Alignment with new systemwide [Prevention Framework.](#)
- System wide communications plan, branding and webpages have been developed. Launch of [Mental Health and wellbeing and Concordat for Better Mental Health webpages](#) on Coventry and Warwickshire ICS webpages during Mental Health Awareness Week 2025.



3. Translate need into deliverable commitments and tackle inequalities

- [Mental health inequalities work programmes](#) established and delivering projects across Coventry and Warwickshire (see Spotlight article).
- Community connectors programme to support people with severe mental illness with healthy lifestyles (especially smoking cessation) launched.
- Mental health and wellbeing are now incorporated into [Health in All Policies \(HiAP\) in Warwickshire](#) and Equity in All Policies in Coventry.
- Systemwide commitment to i-THRIVE approach through recommissioning of Child and Adolescent Mental Health Service (CAMHS).
- Young Black Men's Mental Health Project being delivered by Coventry, Warwickshire, and Worcestershire Mind (see Spotlight article).
- [Coventry and Warwickshire Partnership Trust – Patient and Carer Race Equality Framework \(PCREF\) ethnicity data improvement project.](#)

4. Defining success outcomes

- Mental Health Inequalities Programmes have Key Performance Indicators (KPI).
- Concordat Delivery Group are developing measures of success to demonstrate outcomes of projects, activities and programmes.

5. Leadership and accountability

- The Concordat Delivery Group is led by Coventry and Warwickshire Public Health teams and Coventry, Warwickshire and Worcestershire Mind.
- The Concordat Delivery group is accountable to [Coventry and Warwickshire Mental Health Provider Collaborative](#), and provides monthly reports on progress.



Spotlight on: Mental Health Inequalities Programmes

Background

- Mental health inequalities lead to poorer physical health and reduced life expectancy compared to the general population. Mental health inequalities are increasing.
- People more at risk of mental health inequalities include those living in deprived areas, individuals experiencing poverty and those who are unemployed. Certain demographic groups, like racialised communities, LGBTQ+ individuals, and people with disabilities experience greater inequalities.
- There are a range of protective and risk factors for mental health that are unequally distributed across our local communities and for those with existing mental health conditions.
- **Protective factors include** quality education, decent work, living in safe neighbourhoods and good quality housing, access to nature or green spaces, feeling connected to a community, and our individual social and emotional skills.
- **Risk factors for mental health problems include:** poverty, violence or other trauma, experiencing discrimination or stigma, isolation and loneliness, homelessness or poor housing, unemployment or losing your job, having a long term physical health condition, and individual psychological and biological factors such as emotional skills, substance use and genetics which can make people more vulnerable to mental health problems.
- The Prevention Concordat shines a light on mental health inequalities and supports us as a health and care system to identify areas in which we can take action to reduce the risk factors and strengthen the protective factors.
- We are actively working to tackle mental health inequalities, and this includes projects providing enhanced support for those who face a higher risk of poor mental health, including the following three projects:

Some groups of people have far poorer mental health than others.

Children from the poorest 20% of households are four times as likely to have serious mental health difficulties by the age of 11 as those from the wealthiest 20%.

[Click here to find out more](#)

The life expectancy of people living with severe mental illness (SMI) is **15–20 years shorter** than that for the general population. They face some of the greatest health equality gaps in England and this disparity is largely due to preventable physical illnesses.

[Click here to find out more](#)



Sahil & Cruse

Sahil & Cruse are working to address mental health disparities within South Asian communities in Rugby, Leamington Spa, Warwick and Coventry.

- Working with individuals with Post Traumatic Stress Disorder (PTSD), those experiencing cultural isolation, workplace discrimination, and the unique challenges faced by LGBTQ+ individuals. The programme also provides vital support to those grieving due to suicide.
- Offering a range of interventions and activities including group workshops, bereavement sessions, and multilingual support resources.
- Project aims to empower individuals, strengthen family structures, and create lasting, positive change in the community. The project ultimately aims to foster a resilient and mentally healthy society.

Impact:

- Participants report that activities including meditation and exercise help with sleeping as well as keeping away from distractions.
- Participants valued being in a group to share/talk about experiences or listening to others and the practical support.
- Many of these individuals experience overlapping needs within the **Core20PLUS5** priority areas, including mental health conditions, long-term physical illnesses, and socio-economic disadvantages.
- The project's continued expansion and targeted support services directly contribute to addressing these health inequalities, further aligning its outcomes with NHS England's Core20PLUS5 strategy.



Number of people involved:

Total number of service users is **162**.

Increase in participant numbers across all sites.

Feedback from a group member:

“Meditation and sharing with others helped me sleep and stay away from distractions.”



Rugby Borough Council

Rugby Borough Council is delivering On Track youth club, which provides tailored programmes to young people living in Rugby in areas with high levels of deprivation.

- Weekly programmes delivered to vulnerable young people.
- These positive interventions for young people and families are delivered through schools or in the community centre.
- The programme aims to promote positive mental health, reduce mental illness and divert young people away from crime, gang culture, and nuisance behaviour.

Impact:

- Pre-and post-session surveys show a **25% increase** in participants reporting a greater awareness of mental health issues and available resources.
- Group discussions had an average attendance of **15 participants** per session, with a retention rate of **85%** for repeated sessions, showcasing commitment and interest.
- Peer support initiatives reported that **70%** of participants actively engaged in follow-up discussions outside of scheduled sessions.
- Participants report that activities such as mindfulness and group discussions have significantly impacted their overall mental wellbeing.
- Many expressed that these sessions provided them with tools to manage stress and anxiety more effectively. *"I now feel more comfortable talking about my feelings,"* and *"The mindfulness reflections help me focus and calm down during stressful times"*.



Number of people involved:

Total Attendance:
3,762 (Total Youth Clubs Attendance:
2,880; Total Mentoring and Group Work Attendance: **882**)

Feedback from the Student Support and Welfare Officer at a secondary school in Rugby:

"On Track are supporting our students by giving them an opportunity to share their thoughts, feelings, and challenges with a 'change of face'. This information is then relayed back to us and we are able to put support plans in place to help ensure students are successful. The service also provides students with an opportunity to reflect on their behaviours, which works alongside our school values, and set weekly targets. The feedback from On Track is imperative, especially when working with our vulnerable students and helps to support in creating next steps"



St Oswald's Church

St Oswald's Church are delivering a mental health support group for men (MEN'S SPACE), especially those out of employment due to long-term physical illnesses and severe mental illnesses in Tile Hill, Coventry.

- Men's mental health is supported through meaningful activities including a programme of guest speakers, art, sport, reminiscence, cooking, trips, and celebrations.
- The programme aims to improve mental health and reduce the number of men triaged for mental health conditions because of suicide caused by loneliness, addictions, and unemployment.

Case studies

Male – Aged 50+

He has been coming to Men's Space for the last year and a half. His confidence has grown, and he led a session in drama.

"I do drama at the Belgrade. It's one of my favourite things to do so it was good to share that with the other fellas. My dad's just died and so Men's Space has been a place where I can come and share updates. Also, I have diabetes and have ongoing problems with mobility. The team who run it meet with me to see how I'm doing. I come to Nourish community kitchen as well."

Male – Aged 80+

He has been coming to Men's Space for 1 month. He was brought by a social prescriber after his wife died.

"Glad to find a group where I can be myself. The BBQ and games were fun. The Easter egg was a kind gesture. It's hard at my age to reconnect so glad I came to this group. I intend to go on all the trips too."

Male – Aged 70

He has been coming for a month and a half. He has been proactive at the group, getting involved with all the activities and suggesting trips

"I enjoy the weekly meetups and have been thinking of ways to support the group. My son is a children's book author and so I'm arranging for him to come along to speak at one of our sessions."



Number of people involved:

Of the target **50 men** expected to be impacted throughout the project, **40 men** in Tile Hill have currently signed up to Men's space, with regular attendance ranging **between 8 and 15 men**.



Spotlight on: Young Black Men's Mental Health Project

Coventry, Warwickshire and Worcestershire Mind are delivering a Young Black Men's Mental Health Project, designed to address the historically low engagement of young Black men with preventative mental health services. The project takes a culturally informed and community-based approach, recognising the need for targeted, accessible, and meaningful support.

Over the past year, a range of interventions have been delivered, including 1:1 therapeutic support for young Black men and/or their parents and carers, targeted workshops, taster sessions for professionals, stakeholder presentations, resource distribution, community engagement events, and multidisciplinary team meetings.

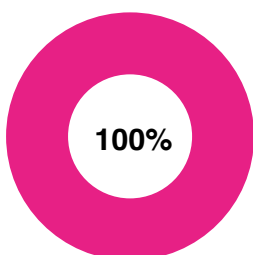
The project has delivered direct therapeutic and targeted support to **65** young Black men, and engaged a further **675** individuals – primarily from Black communities – through indirect activities such as workshops and community events.

Key outcomes from Year 1 of the programme include:

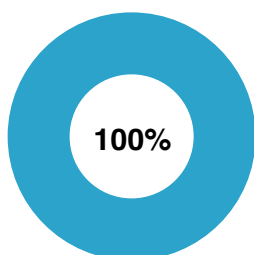
In year 1, **90.77%** people who complete short [WEMWBS](#) improved their mental wellbeing. Of the remaining six participants, four experienced no deterioration.

Service user feedback, self-reported at the end of the intervention, was overwhelmingly positive, with **100%** of respondents stating that their mental health had improved and that they felt listened to and respected. Additionally, **96.9%** reported feeling less alone or isolated as a result of the support they received.

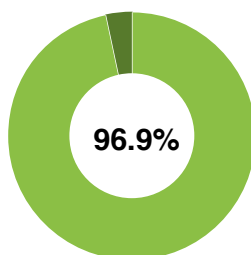
My mental health
has improved
(n=32/32)



I felt listened to and
respected (n=32/32)



I felt less alone or
isolated (n=31/32)



*"I have learned to
be more comfortable
in my own skin
and to realise the
potential I have".*

Young black man, age 15

The full year one report
can be viewed [here](#)



Concordat focus for 2025:

Key priorities for 2025 have been agreed. These include:

- Increasing physical activity levels to boost mental health and wellbeing.
- Supporting people with mental health conditions and severe mental illness to reduce / quit smoking.
- Focussing on housing as this is a [key wider determinant](#) of health and can significantly impact on mental health and wellbeing.
- Reducing inequalities (with a particular focus on young Black men and LGBTQ+).

The Concordat Group are also supporting delivery of several recommendations outlined in the [West Midlands Mental Health Commission Report](#) (published in 2023), including:

- Supporting the [i-THRIVE approach](#) within the recommissioning of Child and Adolescent Mental Health services (CAMHS) across Coventry and Warwickshire.
- Developing inclusion of mental health and wellbeing in [Health in All Policies](#) and Equity in All Policies.
- Greater involvement in activities and programmes of people with lived experience.

If you'd like to know more or keep up with activity you can visit
<https://www.happyhealthylives.uk/staying-happy-and-healthy/keeping-yourself-happy-and-healthy/looking-after-your-mental-health-and-wellbeing/prevention-concordat-for-better-mental-health/>

