



# STROUD DISTRICT COUNCIL

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## COMMUNITY SERVICES AND LICENSING COMMITTEE MEMBER REPORT

<b>NAME OF ORGANISATION/BODY</b>	Mental Health Champions
<b>DATE OF LAST MEETING ATTENDED</b>	11 November 2021
<b>BRIEF REPORT</b>	
<b><u>Mental Health Champions – Our Objectives</u></b>	
<ul style="list-style-type: none"><li>1) Promotion well-being and resilience</li><li>2) Signpost to the appropriate help and support</li><li>3) Advocate consideration of mental health alongside equality, diversity, and physical requirements in council policy</li></ul>	
<b><u>Mental Health Champions - Who are we and what can we actually do?</u></b>	
<p>Tricia, Victoria and Jenny signed up to this role which was not yet clearly defined but with shared ideals for compassion, understanding and a keen desire to improve support facilities for all in our district.</p> <p>Mental health, like physical health, covers the full spectrum, influenced by what we were born with and what life throws at us. We all have good and bad days, with changes in our mood and ability to cope. Some of us are relatively 'healthy', others have underlying conditions that impact daily life, ability to look after ourselves and function in today's world. We all experience life events that throw us off kilter sometimes, the pandemic being a rare example that impacted us all at once.</p> <p>With that in mind, we would like to promote a broad range of things that will not always be relevant to you but hopefully something will help you or those around you as we build the resource library. Ideas include wellbeing and resilience tips &amp; techniques for all, guidance around services and facilities that already exist within and beyond the council and doing all we can to maximise support in the community for those who need it.</p> <p>This has led to the 3 objectives above.</p> <p>We intend to share what we learn with SDC staff, cllr colleagues and residents, Starting with some positive wellbeing suggestions and awareness raising that we hope to have broad appeal. As we gather appropriate information, we aim to help signpost to existing services for more specialist things and seek ways to fill gaps as they are identified, aware that most provision falls outside the council's remit and crosses NHS, community and private service provision. We are keen to embed consideration of mental health in all council decision making, alongside diversity and equality as a whole.</p> <p>We have already been asked about training on how to deal with residents who contact us exhibiting signs of mental health issues, would that be of interest to you? We would also like to build wellbeing and mental health support into all community hubs as they emerge, please get in touch if you have existing examples</p>	

in your local hub that others may be able to learn from or have identified a need in your community that no-one knows quite how to go about resolving.

If you have any particular ideas, queries or community based mental health concerns that you would like to raise, please get in touch with any of us to help shape this role to meet broader expectations.

**REPORT SUBMITTED  
BY**

Cllrs Victoria Gray, Jenny Miles and Tricia Watson

**DATE**

13 November 2021