

## LEICESTER CITY HEALTH AND WELLBEING BOARD

DATE: 28<sup>th</sup> February 2019

<b>Subject:</b>	Mental Health Services
<b>Presented to the Health and Wellbeing Board by:</b>	Khudeja Amer-Sharif, Shama Women's Centre
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### EXECUTIVE SUMMARY:

The is a need for continued delivery of Mental Health Support Services for bereaved Black Minority Ethnic Women and their families in Leicester, through the pioneering 'Bereavement to Achievement' programme that overcomes cultural, social and economic barriers through early interventions, delivered by Shama Women's Centre since 2014.

Through its holistic approach to mental health support, the programme has benefited 1,225 women and their families, with 98% showing improved emotional and physical wellbeing, 73% seeing a reduction in the need to utilise statutory mental health services, with a cost saving of £2.1 million to the local Health and Social Care budget in the first years 4 of the programme. Currently the programme is funded until March 2019, by the BIG Lottery; awaiting outcomes of extended funding for an additional 3 years.

There has been a marked increase of referrals of clients from GP's by 28% since the start of the programme; highlighting the benefits of social prescribing. Our future delivery includes increased mental health support for bereaved children and young people through family counselling; which reflect the priorities of the NHS Long Term plan.

## **RECOMMENDATIONS:**

The Health and Wellbeing Board is requested to note that there is a risk that this service cannot continue after March 2019 due to financial uncertainty.