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| Session title       | SE Reset - Future mental health & wellbeing needs   |
| Host                | Mary  |
| Session outline     | A session for social enterprise to consider the anticipated impact of COVID19 on future mental health & wellbeing needs, with the opportunity to discuss their plans to respond and highlight what support & resources are required.  |
| Key themes          | <ul style="list-style-type: none"> <li>• Many individuals who were struggling with social isolation before, are going to be regressing and will struggle even more to become re-engaged in services after this. Some will be scared. Some will have lost confidence.</li> <li>• Real focus on the health and wellbeing of staff members right now. Organisations are trying hard to keep the spirits of their staff up and trying to be flexible and accommodating with staff as they recognise there are many factors which are impacting on the ability to continue to work and be productive.</li> <li>• Difficult to assess the extremity of the impact on mental health right now as organisations don't have access to the usual environment they work in to get a sense of the landscape and scale and type of issues.</li> <li>• Partnership working and collaboration needs to be a focus.</li> <li>• Concern therefore that these might not be prioritised to be delivered again once things return to normal.</li> </ul> |
| Challenges / issues | <ul style="list-style-type: none"> <li>• You can really feel the level of stress and anxiety from SE directors etc now who are struggling and frustrated with trying to survive and funding, or lack of it.</li> <li>• Morale is low now and it's difficult to keep both staff and service users engaged and motivated as lockdown continues.</li> <li>• There's a lot of guilt. Some staff feel guilty that they maybe aren't doing as much as they should be and end up working late into the evening, especially if they are juggling other priorities. Some people feel guilty because they actually aren't being too badly affected by lockdown but they feel guilty as others are being badly impacted. Some social enterprises feel guilty about charging for certain services but they need to start generating income.</li> <li>• Where working with partners such as NHS – practitioners have been redeployed and are focusing on other areas right</li> </ul>  |

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|   | <p>now so can't talk about what they are seeing or how they might be planning to respond to mental health in future.</p> <ul style="list-style-type: none"> <li>• Concerns that the value of services will be lost while they are not being delivered as it's difficult to see the value when you aren't exposed to the impact that services and activities have for beneficiaries. Concern therefore that these might not be prioritised to be delivered again once things return to normal.</li> <li>• Need to be mindful of creating a dependency culture – if you just keep giving to people, they expect it and just want more. Especially people with addictions.</li> <li>• There are going to be a significant number of people who didn't suffer from social isolation before who will be now. Will be a huge need to support people who are socially isolated coming out of this.</li> <li>• Would be good if easing the restrictions at least allows befriending services, for example, where it doesn't need to be a telephone call, but you could go and have a socially distanced face to face visit.</li> </ul> |
| Support   | <ul style="list-style-type: none"> <li>• Support – facilitated sessions for organisations who are working in the same industry to come together and discuss how they can collaborate effectively. Suggestion that these groups should be diverse and include orgs from other relevant areas too in order to help reduce competitiveness. In not only mental health orgs, include public health and social care, education etc where relevant. Look at who are operating within geographical areas at a national, regional and local level.</li> <li>• Mental Health now has a really high profile and we need to keep this high on the agenda. Must be better funded and receive more investment from SG.</li> <li>• Social enterprises need to be recognised as delivering essential services and as being key workers and allowed to continue to deliver their services.</li> </ul>  |
| Funding   | <ul style="list-style-type: none"> <li>• Concerns about funding and whether there will be enough funding committed by Government to address all the ongoing problems. A significant amount has already been spent on addressing the immediate issues.</li> <li>• Funding needs to be available for Social Enterprises</li> </ul>   |
| Sharing information                               | <ul style="list-style-type: none"> <li>• <a href="https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support">https://learn.nes.nhs.scot/28063/coronavirus-covid-19/psychosocial-mental-health-and-wellbeing-support</a></li> <li>• <a href="https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/">https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/</a></li> </ul>   |
| Ideas / suggestions / opportunities / next steps. | <ul style="list-style-type: none"> <li>• There are many issues which will need to be tackled resulting from lockdown and these need to be considered holistically.</li> </ul>  |

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|  | <p>All sectors will be affected and global solutions need to be considered.</p> <ul style="list-style-type: none"><li>• Need to expand on the extraordinary level of social capital we have witnessed and build on the positives we have seen as a result of this crisis.</li><li>• Partnership working and collaboration needs to be a focus. Competitiveness within sectors needs to be addressed and organisations working in the same area need to come together and share resources and work better together.</li><li>• Increasing volunteers who can offer psychological first aid and mental health first aid. Although point made that sometimes it's just basic everyday support that helps – not necessarily psychological. So, for example, just helping people to see the value in and being enthusiastic about the small things.</li></ul> |
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