

**From:** Graham Gibbens, Cabinet Member for Adult Social Care and Public Health

Andrew Scott-Clark, Director of Public Health

**To:** Health Reform and Public Health Cabinet Committee  
10 May 2019

**Subject:** **Six Ways to Wellbeing update**

**Classification:** Unrestricted

**Previous Pathway:** This is the first committee to consider this report

**Future Pathway:** None

**Electoral Division:** All

**Summary:**

In 2014 Kent County Council's Public Health team designed and launched the Six Ways to Wellbeing tool and resources

It was designed to be used by groups, individuals, employers to start discussions about what it means to be in good mental health and remind people how to maintain and recover good mental health in times of stress.

This paper provides an update on how Six Ways to Wellbeing is currently being used.

**Recommendation:** The Health Reform and Public Health Cabinet Committee is asked to **Comment on and Endorse** the Six Ways to Wellbeing progress **and comment on** and **suggest** ways to strengthen future delivery.

**1. Background**

- 1.1 The *Six Ways to Wellbeing* tool and resources were developed by Kent County Council's Public Health team (in association with the South London and Maudsley NHS Trust) in 2014.
- 1.2 The tool is based on evidence which shows that positive mental wellbeing requires more than just an absence of mental illness. Evidence also shows that having positive wellbeing has many benefits, including increased resilience meaning that individuals can cope with the everyday ups and downs of life. The evidence is well documented and now available from Public Health England, New Economics Foundation and the University of Warwick.
- 1.3 Public Health in Kent reasoned that having a tool and a programme to increase and strengthen the population's mental wellbeing was important, not only at the individual, but also at a societal level. Mental illnesses (including depression and

anxiety) are one of the leading causes of absence from work and therefore increasing wellbeing should also have economic benefits. It is also important to increase wellbeing awareness in the general population to also raise understanding that mental health – like physical health – can be optimised.

- 1.4 The *Six Ways to Wellbeing* are reminders about simple actions individuals can take to maintain and strengthen their wellbeing and resilience.
- 1.5 A colourful logo was designed to illustrate the *Six Ways*.

Figure 1 The Six Ways to Wellbeing



## 2.0 Promotion of Six Ways to Wellbeing

- 2.1 Between 2014 and 2016 Public Health ran a series of monthly seminars to introduce the *Six Ways* to hundreds of individuals, groups, employers, businesses and other interested stakeholders. Many of those who attended these seminars went back and hosted events of their own or used the principles in team meetings or in other informal group sessions.
- 2.2 Promotional literature (including lanyards, pens, z-cards and posters) were distributed and displayed by partners across Kent. Many Kent libraries also had *Six Ways to Wellbeing* areas, where individuals could relax, find books about self-care and take promotional literature.
- 2.3 Since the introduction of the Live Well service, Public Health have stopped running the community facing training, however, both of the delivery partners of Live Well (Shaw Trust and Porchlight) continue to promote the *Six Ways* through both the website and through their delivery networks. It is also shared on a number of third sector and partner agency websites across Kent.

Figure 2 – The *Six Ways to Wellbeing* promoted on <https://livewellkent.org.uk/>



2.4 The Public Health team continue to give presentations to internal KCC teams, events and conferences wherever managers feel that their teams would benefit from discussions about positive mental wellbeing.

2.5 Some internal KCC teams have used *Six Ways* materials to furnish staff quiet rooms.

### 3.0 Future plans for the *Six Ways to Wellbeing*

3.1 There are no plans to re-start the community facing monthly seminars, however the *Six Ways to Wellbeing* tools continue to be available to be used to facilitate discussions around mental wellbeing and Public Health staff regularly give presentations and facilitate events when requested.

3.2 Public Health England (PHE) are currently testing their own mental wellbeing campaign in other parts of the country<sup>1</sup>. Called “Every Mind Matters” this will be similar to the familiar “One You” campaign and Kent will be able to give the campaign a local flavour when PHE decide to roll the campaign out nationally. At this point KCC Public Health will consider promoting the *Six Ways* again to supplement and compliment the “Every Mind Matters” campaign.

3.3 KCC Public Health are also looking to develop a Kent-wide multi-agency mental health network during 2019/20. During the planning for this new network Public Health will consider whether there is a role for the *Six Ways to Wellbeing*.

### 4.0 Recommendation(s)

4.1 Cabinet Committee Members are asked to **COMMENT ON** and Endorse the *Six Ways to Wellbeing* progress and **COMMENT ON** and suggest ways to strengthen future delivery.

<sup>1</sup> <https://www.gov.uk/government/news/new-mental-health-campaign-launched-across-the-midlands>

## 5.0 Contact Details

### 5.1 Report Authors:

Name: Tim Woodhouse  
Title: Suicide Prevention Programme Manager  
Contact Number: +44 3000 416857  
[Tim.woodhouse@kent.gov.uk](mailto:Tim.woodhouse@kent.gov.uk)

Name: Jess Mookherjee  
Title: Public Health Consultant  
Contact Number: 03000 416493  
[Jessica.mookherjee@kent.gov.uk](mailto:Jessica.mookherjee@kent.gov.uk)

#### Relevant Director:

Name: Andrew Scott-Clark  
Title: Director of Public Health  
Contact Number: 03000 416659  
[Andrew.scott-clark@kent.gov.uk](mailto:Andrew.scott-clark@kent.gov.uk)

**Background documents:** none