



9th North Leeds Scout Group Oakwood Church

Improving the wellbeing and resilience of our community
and

“We want mental and physical health to be viewed as equal priorities in our community”



Improving the **wellbeing** and **resilience** of our community



Wellbeing

Feeling healthy and happy

Resilience

Our capacity to cope with or recover quickly from difficulties

This means:

- Learning how we can help ourselves, and those who are close to us, feel healthy and happy
- When things happen that make us feel sad, learning how we can help ourselves, and those who are close to us, feel better and find whatever help is needed



“We want mental and physical health to be viewed as equal priorities in our community”



We all have mental health, which affects our feelings and our thinking about how we perceive our worth, our lives and our present circumstances



“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood”

<https://www.mentalhealth.gov/basics/what-is-mental-health>



Mental Health What makes us feel happy? What makes us feel sad?



*“We want mental and physical health to be viewed as equal priorities in our **community**”*



Community Those we interact with in our everyday lives, including:

- Scouts, Leaders, Volunteers
- Family
- Friends
- Everyone at Oakwood Church
- Neighbours
- Teachers, Doctors, Football Coaches, Shopkeepers, Bus Drivers, etc.
- Colleagues / Co-workers
- Everyone who lives in, works in, or visits our Local Community



*“We want mental and physical health to be viewed as **equal priorities** in our community”*



Equal Priorities #1

Mental Health problems include: anxiety, depression, obsessive compulsive disorder (OCD), self-harm (both physical e.g. cutting, and behavioural e.g. gambling, alcoholism, relationship destruction), post-traumatic stress disorder, eating disorders, bipolar disorder and schizophrenia.

- According to the World Health Organization, by 2020 depression will be the second most common cause of ill health after heart disease
- Whatever form they take, experiencing a mental health problem can be scary and you might think you are the only one feeling like that
- Mental health problems can affect anyone. But too many people still feel unable to say that they're struggling to cope, and this means you don't get the help you need
- Here in the UK this year, like last year, 1 in 4 adults will experience a mental health problem. (This week 250,000 people will visit their doctor about a mental health problem.)
- 75% of adults with mental health problems first experience them before the age of 18.



*“We want mental and physical health to be viewed as **equal priorities** in our community”*



Equal Priorities #2

- Tens of thousands of young people here in the UK are affected. One in ten (10%) young people are experiencing mental health problems right now and research suggests that two in ten (20%) will have a mental health problem during the course of each year
- 1 in every 10 boys aged 8 to 11 are suffering right now – you almost certainly know someone who is affected but you may not be aware of it
- This year in the UK about 6,000 people will feel so bad that they deliberately end their own lives. Three quarters of those who end their own lives are male. That’s 4,500 males and 1,500 females every year. Suicide is now the most common cause of death among people under 35
- Each year 1,700 people a year are killed on our roads. We talk a lot about road safety
- Most of us don’t talk about our mental health and wellbeing or know how to become resilient
- We all need to learn to talk more openly about our mental health and wellbeing, and resilience – and encourage friends and family to do the same



What we did: Session 1 – Its OK to have feelings



We all have feelings

- Walked in a circle acting out in turn feeling: happy, sad, angry, Superhero, exhausted, thinking, anxious, confident , scared
- Recognised that everyone has feelings and we can Take Notice of our own feelings
- It is OK to (we evolved to) feel frightened and want to fight or, if we can, run away - fight or flight
- If we can't fight and can't run away we are stuck in the feeling
- We experience problems with our mental health when these normal feelings stay with us for too long



What we did: Session 1 – What changes how we feel?

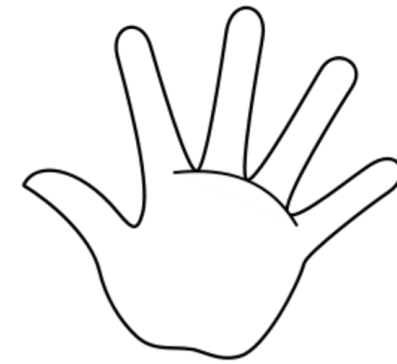


What makes us happy and what makes us sad

- Explored in small groups round a flip chart, supported by a Leader
- Discussed what 'mental' and 'health' mean
- Established that everyone is different – something that makes one person happy may make another sad
- Brainstormed what people can do if they feel sad – including its OK to talk to someone you trust, and ask for help



What we did: Session 1 – High Five



Five ways to improve my wellbeing and resilience

Connect Talk to my friends, family and other people. Spend time with them

Be Active Do a sport or something else I enjoy that requires physical effort

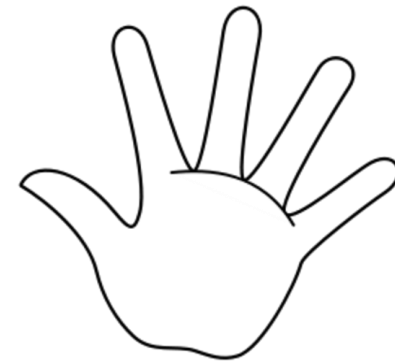
Take Notice Learn to notice when I feel stressed about something and take time out to remember what helps me relax and enjoy what I am trying to do now (i.e. live in the present)

Learn Acquire new knowledge (something I would like to know about) or a new skill (something I would like to be able to do)

Give Share my knowledge and skills, and time (just being there) with other people



What we did: Session 2 – Action



1. We sent a briefing home to parent(s) which comprehensively explained what we were doing and why
2. We gave the Scouts / Cubs / Beavers a High Five diagram and for each of the fingers, **Connect** **Be Active** **Take Notice** **Learn** **Give** asked them to come up with one thing they could do for themselves (or someone else) that would improve their Wellbeing or Resilience
3. We asked our young people to discuss their Action choices with their parent(s) or someone they trust
4. We published an article in the Oakwood Church Magazine THE BROADCAST explained what we were doing and why



What we did: Session 2 – Being Kind



1. Recapped Session 1
2. Explained that the Key to looking after your own mental health is being **kind to yourself** and **kind to others**
3. This means taking notice that what people **think, feel, and do** are not always the same (e.g. biscuits, sleep)
4. What we **think** and what we **feel** aren't Black or White, or Yes and No, or Right or Wrong. We often find ourselves somewhere in between, and our perceptions change rapidly



What we did: Session 2 – Self Awareness (Continuum)



We experimented with **Be Active** (Doing a sport or being physical generally, preferably out of doors) by drawing a line on the floor – one end labelled **more** and the other **less**:

Do you **think** it is important to be more or less active than you already are?

(Position yourself somewhere along the line.)

Do you **feel** you would like to be more or less active?

(Position yourself somewhere along the line.)

Now you know how you think and how you feel, what will you actually **do** this week – will you be more or less active?

(Position yourself somewhere along the line.)



What we did: Session 2 – Self Awareness (Continuum)



We experimented with **Take Notice** of what we **think, feel** and **do**

Do you **think** it is important to **take notice** of your feelings more or less than you already do?

(Position yourself on the line.)

Do you **feel** you would like to be more or less able to talk about your feelings to someone you trust and who will understand?

(Position yourself on the line.)

Now you know how you think and how you feel, what will you actually **do** from now on – will you talk more or less about your feelings to someone you trust and who will understand?

(Position yourself on the line.)



What we did: Session 2 – Self Awareness (Game)



We posted five stations around the room labelled

Connect **Be Active** **Take Notice** **Learn** **Give**

We asked a Scouts to volunteer an activity they had done in the last week and then everybody stood by the label they thought that activity fitted e.g. visited my grandmother; played football; had tea with my family; helped clear the table; did my homework; felt angry; read a bedtime story to someone; played on my Xbox; etc.

At the end we discussed which of the five ways we would each find easy to do and which we would find difficult, and why



What we did: Session 2 – Self Awareness (Discussion)



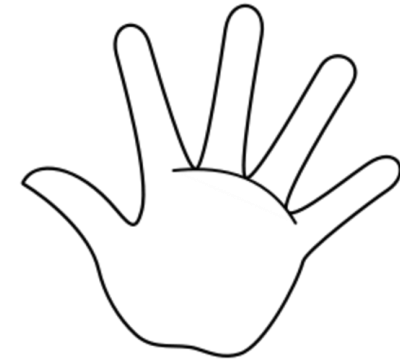
Discussed: When we just follow the crowd, do we always **think** for ourselves, **take notice** of what we **feel** is right, and **do** things that are **kind to ourselves** and **kind to others**?

Discussed: How might what we **do** affect the mental health (Happiness / Sadness) of other people both positively and negatively?

1. When acting alone
2. When acting with others



What we did: Session 2 – Action (game)



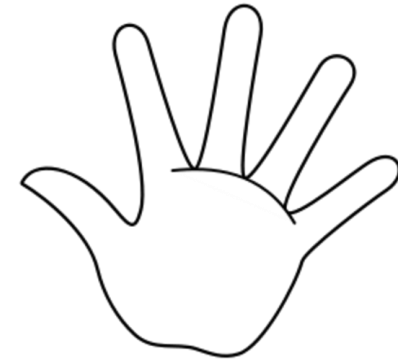
Explained: Run to the appropriate station in response to the question. **Connect** **Be Active** **Take Notice** **Learn** **Give**

Everyone is different. It really is O.K. to be you. There is no right and wrong answer. You can think for yourself and make your own decision about what's right for you – you don't have to 'follow the crowd'.

1. Which do you **think** is the most important thing you could do more of?
2. Which do you **feel** is the most enjoyable?
3. Which will you **do** more of this week?



What we did: Session 2 – Pledge Wall



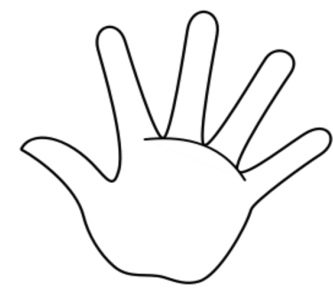
Connect | **Be Active** | **Take Notice** | **Learn** | **Give**

We asked each Scout to write down a promise to **do** something towards one (or more) of the **five ways** and pledge a timescale for doing it. We displayed the pledges on the Scout's Noticeboard (Pledge Wall).

Between Sessions 2 and 3, Leaders followed up the Pledges, noted the date of achievement and congratulated /rewarded every success no matter how small.



What we did: Session 2 – Pledge Wall



Scouts

BEAVERS

Connect
Stop sitting still and get our feet and hands moving together!

Be Active
Doing a sport or being physical generally, preferably out of doors

Take Notice
Notice that there are times when you may feel sad, for example during times of change when moving house or when friends move away, and during exams.

Learn
Learning something new, either in a traditional (education) or non-traditional sense

Give
How have you given your time to others recently? Do a good turn to help someone at home, school or in your community

BEAVERS Pledges

cubs+ Pledges

SCOUTS Pledges

BEAVERS+

SCOUTS+

AS CUB SCOUTS

BEAVER SCOUTS BADGES AND AWARDS

STAGED ACTIVITY BADGES

CHALLENGE AWARDS

MEMBERSHIP AWARDS

JOINING IN

HOODING ON



What we did: Session 3 – Stress Ball

Taking Notice of my feelings. Start **Managing** my **Wellbeing**



Scouts' briefing to their parent(s)

“Tonight we made Stress Balls from party balloons filled with a mixture of cornflour and water – a harmless, fun, non-Newtonian fluid called Ooblek which changes from liquid to solid when squeezed. If I squeeze hard, it resists. (See YouTube video at <https://youtu.be/XLIEDzWU-o8>)

*When difficult feelings, such as embarrassment, anxiety, guilt, frustration, anger, etc. arise, I can reach for my stress ball. This may help me **Take Notice** that I am feeling stressed and channel some of those negative feelings harmlessly into the ball, rather than harmfully towards myself or other people.*

*While taking ‘time out’ to squeeze the stress ball, I can use the space I have created to let time pass, calm down, decide what I **think** happened, what I **feel** about what happened, and then I can choose what I can best **do** to help me achieve the best possible positive outcome.”*

Sometimes doing nothing and letting time pass can be good choice



9th North Leeds Scout Group



**A
MILLION
HANDS**

“We want mental and physical health to be viewed as equal priorities in our community”

What we did: Session 4 Creative Petition #1



We asked our young people to draw what makes them **happy**, and what makes them **sad**

One of our young people had very recently been bereaved when his mother had ended her own life...



What we did: Session 5 – Creative Petition #2



We signed the Petition using sticking plaster (white kinesiology tape)

72 Scouts and Leaders, plus 62 members of our local community, signed

We invited our Leeds North East MP Fabian Hamilton to receive the Petition, mentioning that statistics for the Leeds City Council geographic area show that the combined number of suicides for 2016 was 74 (down from 91 in 2015). That makes a total of 679 avoidable deaths in our community during the 10 years following 2006 – which cannot be tolerated.

Fabian came to Oakwood Church on 21 April and met a small delegation of young people, Leaders and parent. He described his experiences of mental health in childhood and 20 years of constituency work where mental health is part of the problem in a huge proportion of his case work; and proposed to come back on 9 June 2018 to tell us what action he would take.



What we did: Creative Petition #3



9 June 2018 was the (postponed due to bad weather) annual Scouts Car Wash in aid of Leprosy Mission – so Fabian faced an unexpectedly large audience but spoke at length, sharing his personal experiences and his party’s political aims, which seem very supportive of Scouting’s objective.

Leeds City Council are actively trying to prevent suicide

<https://www.leeds.gov.uk/phrc/current-awareness/suicide-prevention/what-are-we-doing-in-leeds>

The Labour Party’s Manifesto <https://labour.org.uk/manifesto/healthcare-for-all/> abhors the massive cuts to mental health services since 2010 and commits is to giving mental health the same priority as physical health. In particular *“Labour will bring to an end the neglect of children’s mental health”*.

Fabian proposed to put down a formal written question in the House of Commons and consulted with us on the form of the question.

On 18 July 2018 Fabian tabled two questions



What we did: Creative Petition #3



Fabian Hamilton: To ask the Secretary of State for Health and Social Care, what steps he is taking to ensure the equity of access to treatment of (a) physical and (b) mental health services in England.

<https://www.theyworkforyou.com/wrans/?id=2018-07-17.164868.h&s=speaker%3A10256#g164868.q0>

Written Answers - Department of Health and Social Care: Health Services (24 Jul 2018)

The Government enshrined parity of esteem for physical and mental health in law in the [Health and Social Care Act 2012](#). The [NHS Constitution](#) now states that the [National Health Service](#) “is designed to improve, prevent, diagnose and treat both physical and mental health problems with equal regard”.

The Department is investing in mental health to expand and improve services as set out in the [Five Year Forward View](#) for [Mental Health](#). Spending on mental health has increased to a planned £11.86 billion in 2017/18. [NHS England](#)'s Mental Health Investment Standard requires NHS clinical commissioning groups to increase mental health investment by the same proportion or greater as for their overall allocations. The Government's mandate to NHS England for 2018-19, states that clinical commissioning groups, should show “**measurable progress towards the parity of esteem for mental health enshrined in the NHS Constitution, particularly for those in vulnerable situations**”.

The Government has also introduced the first waiting times standards for mental health, following those which have been long established for physical health care



What we did: Creative Petition #3



Fabian Hamilton: To ask the Secretary of State for Health and Social Care, what steps he is taking to reduce the incidence of suicide over the next five years.

<https://www.theyworkforyou.com/wrans/?id=2018-07-17.164869.h&s=speaker%3A10256#g164869.q0>

Written Answers - Department of Health and Social Care: Suicide (24 Jul 2018)

Suicide prevention is a priority for this Government which is why we updated the National Suicide Prevention Strategy last year to strengthen its key areas for action. The Department continues to work with departments across Government, arm's length bodies, the [National Health Service](#), local authorities and other stakeholders, including the voluntary and charitable sector, to implement the Strategy's key areas for action. The Department publishes regular progress reports on the implementation of the Strategy.

The Five Year Forward View for [Mental Health](#) set out clear recommendations on suicide prevention and reduction, and made a **commitment to reduce suicides by 10% nationally by 2020/21**. Most local authorities now have a multi-agency suicide prevention plan in place to support this ambition, and this work is being supported by £25 million investment in suicide prevention.

On 16 May 2018, the Department, Public Health England and [NHS England](#) announced the first local areas that will receive funding from the £25 million, to further develop the suicide prevention plans, which will have reached the whole of the country by 2020/21.

The former [Secretary of State](#) for Health and Social Care (the Rt. hon. [Jeremy Hunt](#)) announced a **zero suicide ambition for the NHS, starting with mental health inpatients, in January. Every NHS mental health provider is required to put in place a zero suicide policy during 2018/19.**



What we did: Scouting Magazine – Spring 2019



We sought Scouting HQ help with publicising for our Creative Petition and Parliamentary Questions, and were contacted by Jacqueline Landey, a reporter for Scouting Magazine.

She visited us on 16 July 2018 and interviewed individuals, and small groups of Beavers, Scouts and Leaders about our Million Hands Mental Health Project

Jacqueline wrote a 6 page article **Raising Boys** in the Spring Term 2019 Issue of Scouting Magazine

https://scouts.org.uk/media/989676/scouting30_lo-res-compressed.pdf



What we did: Scouting Magazine - Spring 2019



In his Chief Scout's Briefing, Bear Grylls wrote:

“We also need to remember our own light inside when we are faced with challenging issues such as mental health, which we look at in our article Raising Boys. As a father of three boys myself I know a little about this. I say, never be afraid to show your emotions – be open, honest and never scared to ask for help.

Remember, it's how we treat each other, how we welcome those that are different, and how we embrace the world that defines us. Let's allow our natural generosity and kindness as Scouts to shine through.”