



Communities Mental Health & Wellbeing Fund

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North East Edinburgh: Community Mental Health & Wellbeing Needs Analysis

Edinburgh
Community
Link
Worker
Feedback -
Gaps in
Service
19/20

Durham Road/ Niddrie/ Craigmillar/ Southfield Medical Practices

Social drop-in services to support mental health and substance misuse, services for younger people (20-30), 50+ activity groups in Bingham and Magdalene, English language groups, peer support, befriending, food resources and classes, evenings and weekend support, trauma therapy, raised an issue with organisations taking referrals from Craigmillar

Additional
locality
evidence

NE Locality Improvement Plan 2017-2022

NE has the highest percentage of people with long-term health problems that limit day-to-day activity; highest child poverty rates and lowest life expectancy.

NE Social Connections Workshops Sept/Oct 2021

Carers are particularly stressed, and people with dementia have deteriorated. Focus on tackling inequalities, early intervention and prevention, involving local people and communities in tackling social isolation, having venues available in communities for support.

Thrive Connect Update Dec 2021

Waiting lists within NE for: therapeutic support for women who have experienced childhood sexual abuse, trauma informed self-harm support including suicidal ideation, welfare rights support, trauma counselling, 10-week waiting time for guided self help based on CBT. Spaces full for one to one support from volunteers for people from an ethnic minority community.

Needs identified in the Expression of Interest Form Q8: what is the evidence that this support is needed/will help?

Client Group and Activities	Evidence of Need
Support for people living in SIMD areas with food support, outdoor activities, workshops	High unemployment caused by COVID 19. Increasing demand for foodbanks in Craigmillar and food services are currently oversubscribed with waiting lists. Craigmillar West is amongst the most deprived 5 percent in Scotland. Additionally significant interest in the outdoor groups in these areas.
Peer support and group work for parents, family support work, community hub and workshops for parents	Waiting list for family support since the pandemic began, need for activities in Leith. Perinatal mental health challenges affect many new parents - however over the last two years the situation has changed significantly - new parents have been isolated and lonely, they have seen the removal of vital support.
Physical activity to support wellbeing	High deprivation in greater Craigmillar, inequity in accessing outdoor activities associated with wellbeing. Communities in areas of deprivation have increased incidence of mental and physical health issues, adverse childhood events and issues of addiction.
Group work for people with disabilities	Low numbers accessing online support. Barriers to digital inclusion for people with disabilities and they are looking forward to reengaging with the people in their community again.
Group work and activities for intergenerational community, befriending for older people	Identified by service users, unmet need for older people's wellbeing groups, expressed a need for face to face contact. Intergenerational work as lack of engagement between older and younger people.
Art therapy for people who have experienced trauma	Increase in referrals for art therapy services. Research has shown that the arts help to improve mental well-being.
Digital support and mentoring for BME communities	Language barrier remains a challenge for families. Many enquiries about peer support for BME community during the pandemic.

North West Edinburgh: Community Mental Health & Wellbeing Needs Analysis

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Muirhouse Medical Group

Activities for men e.g fishing, counselling services, services for middle aged people who are not old enough for older people's services

Crewe Medical Centre

Mental health services for BME groups, one to one support, services for men, support with housing, mindfulness/relaxation courses, community cafes, family therapy, interpreters

Stockbridge Health Centre

Free counselling, befriending, care packages

Additional
locality
evidence

NW Locality Improvement Plan 2017-2022

NW expected to see largest population growth in Edinburgh by 2022 (up 10%). NW has more people aged over 65 than any other parts of the city. Forth Ward has the second highest rate of child poverty (35%) and North Edinburgh has the second lowest average household income in Edinburgh. Muirhouse is one of the top ten most deprived areas of Scotland.

Thrive Connect Update Dec 2021

Waiting list within NW for: trauma-informed self-harm support, trauma counselling, 10-week waiting time for guided self-help support based on CBT. Spaces full for welfare rights support and one to one support from volunteers for people from an ethnic minority community.

Needs identified in the Expression of Interest Form Q8: what is the evidence that this support is needed/will help?

Client Group and Activities	Evidence of Need
Coaching and peer support for parents, group work and family support for families.	Identified through community forum meetings and one to one discussions with parents. Increase in referrals for social isolation and parent and infant mental health, need for small group opportunities to enable parents' confidence to be improved.
Activity groups and tea/lunch clubs for older people, people with dementia	NW highest population of older people, increasing prevalence of dementia and detrimental impact of the pandemic. Heard from day care service users about the lack of social opportunities for people with dementia and their carers and respite for carers. In person clubs highlighted as a vital lifeline to many service users and their carers.
Activities, one to one, counselling and mentoring for young people	Increase in demand for counselling sessions and one to one services are at capacity. Identified young people with additional need which cannot be fulfilled within a large group. North Edinburgh has high education disengagement. High SIMD area and living in homes without private space during lockdowns negatively affected the mental health of young people.
Support for people living in SIMD areas with food support, activity groups and outdoor activities, group work, one to one	In areas of multiple deprivation adults are affected by social isolation and poor mental health, and are disproportionately affected by the pandemic. Activities like gardening and cooking can offer an accessible first step to re-engaging, learning new skills, and high demand for food-led activities.
Language exchange for BME women	Research during the pandemic found that women with migration experience and who have English as a second language face additional barriers to accessing mainstream services.
SDS support for people with a disability	COVID negatively impacted on disabled people and families have raised issues about a lack of local activities and meaningful opportunities. The 'opening up' of society has been much slower for disabled people. Many families couldn't work from home or had to reduce their hours to meet their caring responsibilities.

South East Edinburgh: Community Mental Health & Wellbeing Needs Analysis

Edinburgh
Community
Link
Worker
Feedback -
Gaps in
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Ferniehill/ Gracemount/ Inchpark/ Liberton Medical Practices

Counselling services are full or a waiting list, one to one mental health support especially for men, anger management, befriending, transport for disabled and elderly to access groups, welfare advice, healthy eating groups, groups for mild/moderate dementia, sleep management, pain management

Additional
locality
evidence

SE Locality Improvement Plan 2017-2022

SE has the highest rate of private sector housing, second highest rate of child poverty, high numbers of people sleeping rough and begging. In Southhouse, Burdiehouse, Moredun and Gracemount poor standards of health and low levels of professional and educational qualifications are amongst the greatest challenges in these areas.

Thrive Connect Update Dec 2021

Waiting list within SE for: therapeutic support for women who have experienced childhood sexual abuse, trauma informed self-harm support including suicidal ideation, trauma counselling. Spaces full for welfare rights advice, one to one support from volunteers for people from an ethnic minority community. 10-week waiting time for guided self-help based on CBT.

Needs identified in the Expression of Interest Form Q8: what is the evidence that this support is needed/will help?

Client Group and Activities	Evidence of Need
Support for people living in SIMD areas: outdoor activities, physical activity, group work, one to one	Highlighting issues around housing and community, lack of social contact and connection to the local community due to the proliferation of short term lets in the Old Town area. Access to community sports is a powerful tool to target socially vulnerable people and can lead to increased self-esteem, self-efficacy and motivation. Additionally in the locality the Gracemount Primary Head Teacher estimates that around 2/3 of the school's children and families are currently affected by poverty.
Outdoor activities	Consultation with carers, overwhelming number said that they derived a lot of peace and delight from tending to their gardens, request for activities that take place outdoors and involve physical activity. The benefits people experience by spending time or attending activities/events in a community garden and greenspace. Local people have given strong support for increased activities in gardens.
Support for older people: art therapy, physical activity, coffee mornings, drop ins	Number of older people suffering from social isolation and loneliness in the community, with many missing the safe spaces available pre-COVID and without these have suffered a noticeable decline in mental health. Many older service users highlighted a desire for more focussed one-to-one mental health support. Pilot anxiety management project was well received due to the existing demand for such services through the community link workers.

South West Edinburgh: Community Mental Health & Wellbeing Needs Analysis

Edinburgh
Community
Link
Worker
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Wester Hailes Medical Practice

Mental health services for men, one to one trauma support

Pentlands/ Colinton/ Ratho Medical Practices

Waiting lists for befrienders or day centres with times varying from 3-6 months, transport is a major issue to accessing services in these areas

Whinpark Medical Centre

Long waiting lists for counselling and one to one CBT, limited access to one to one trauma support, general local older people's groups in Broomhouse

Needs identified in the Expression of Interest Form Q8: what is the evidence that this support is needed/will help?

Client Group and Activities	Evidence of Need
Outdoor activities and one to one support for young people	Receiving many requests from Social Work and CAMHS with their more vulnerable young people. It has become evident we need to give more support and counselling to keep them engaged through 1:1 walk and talk support sessions.
Support for people living in SIMD areas with food support, activity groups, drop ins	Practical, local support provided by local people can make a positive and sustainable difference to resident's mental health. Wester Hailes is an area of high multiple deprivation and level of need, many health indicators are significantly worse than the national average including adult life expectancy, mental health wellbeing, receipt of incapacity benefits and children living in poverty.
Family support and art therapy for parents	Identified the strain the pandemic has taken on the mental health of parents and carers of babies and young children, including those who have been pregnant and become parents since 2020. Families have reported increased isolation, anxiety and stress.
Activity groups for people who have experienced trauma, recovery communities and those with substance use issues	Activity groups offer a particularly conducive environment to aid recovery. Asked service users about activities – significant interest in outdoor activities such as fishing.
Activity groups for BME communities	High requests for adult day time sessions for activity groups around wellbeing, arts, creative activities.

Additional
locality
evidence

SW Locality Improvement Plan 2017-2022

Number of older people expected to grow higher here than in other parts of the city (18%+ by 2037). SW has some of the densest and also most sparsely populated areas in the city. SW has a higher rate of income deprivation than other parts of the city.

Thrive Connect Update Dec 2021

Waiting lists for: trauma informed self-harm support including suicidal ideation, trauma counselling. Spaces full for welfare rights advice, one to one support from volunteers for people from an ethnic minority community, women's wellbeing service, one to one support for women looking to improve mental health and wellbeing

Edinburgh (City-Wide): Community Mental Health & Wellbeing Needs Analysis

Additional
city-wide
evidence

Local Outcome Improvement Plan 2018-2028

Priority workstreams: Enough Money to Live On, Access to Work, Learning and Training Opportunities, A Good Place to Live. Overarching focus on Poverty and Inequality

Community Link Worker Network Review 2020-21

Mental health (50%) and Social Isolation and Loneliness (23%) were the top two reasons for referral requests. 10% of all referrals (384 links) were made for mental health support

Edinburgh Poverty Commission Report 2020

Link between poverty and poor mental health - Scottish Government data indicates that you are three times more likely to have below average wellbeing in the most deprived areas compared to the least. The report states that Edinburgh will need to make a significant and sustained effort to improve mental health, responding both to the impact of recent trauma and the underlying causes of mental health inequalities. Investing in early intervention and holistic approaches.

Thrive Collective Report

Connect Partnership Project indicated that the most common interventions being delivered were self-harm therapeutic support (21% of people), followed by volunteer peer support and connecting support (19%), counselling and therapeutic support for childhood trauma (14%), welfare rights & advice (12%) and guided self-help (11%). Found there was an under representation in NW/SW and higher in SE/NE compared to population size.

Thriving Spaces Partnership - the most common intervention was social support (51% of people), followed by self-esteem and wellbeing (33%). NE/SW has the highest proportion of referral comparative to their population size.

Mental Health Foundation: Mental Health in the COVID 19 Pandemic - Recommendations for Prevention

UK wide (not Edinburgh specific), Recommends advocating for trauma-informed public service, safe spaces for connection and peer support, specific support for asylum seekers, refugees and BAME communities.

SBAR 30th March 2021 from PHPs and GPs

Feedback from Practices indicates the additional workload is significantly composed of more people with: distress due to money/employability/housing worries, depression due to social isolation, clinical depression episodes, young males presenting with suicidal ideation, anxiety and destabilising of substance misuse patients.

Relevant recommendations are: be imaginative around outside space, increase green prescribing access, digital solutions for coping with anxiety, mindfulness and increase capacity of listening services.

The experiences of UK LGBT+ communities during the COVID 19 pandemic

UK wide. The COVID-19 pandemic has had a negative impact on the mental health of LGBT+ people living in the UK. This includes evidence of increased anxiety and depression, attributed to feelings of isolation and loneliness through the loss of safe, supportive, and identity-affirming peer-groups, communities and spaces.

JSNA Input Locality Population Needs May 2021

GP mental health workload generally described as around 30% of primary care workload, or in Edinburgh around 600,000 patient consultations per year/ 12,000 per week/ 35 consultations per day in an average practice. Community mental health waiting lists are long, which means people are not getting early support before they require more complex interventions.

GP Cluster Quality Leads feedback on their practice population's mental health needs:

- 1) There is significant unmet need amongst young people for mental health support, including self-harm, eating disorders, and substance misuse. They could benefit from short interventions but not widely available.
 - 2) There are high levels of stress and distress (due to financial, employment and housing worries), as well as anxiety and depression amongst the population. There is a lack of available counselling, CBT and anxiety management options in the community, particularly in languages other than English.
 - 3) Social isolation is a major issue, especially for older people. There is limited capacity in befriending services across the city, and other services that help improve social connections.
 - 4) Perinatal support/ support for new parents was flagged as a need.
 - 5) Carers were identified as requiring additional support.
 - 6) The community link worker network highlighted that there are no longer many longer term support worker roles in the city, but that this is often what their clients are looking for.
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Needs identified in the Expression of Interest Form Q8: what is the evidence that this support is needed/will help?

Client Group and Activities	Evidence of Need	Client Group and Activities	Evidence of Need
Support for older people and people with dementia: digital, music, therapy, befriending	The pandemic has increased referral numbers for older people seeking digital support, inability to access online services damages mental health and wellbeing. Older people are also requesting a return to face to face services and physical activities. Therapeutic support services for older people in care homes and people with dementia were highlighted.	LGBTQ+ activity groups, peer support, physical activity	COVID19 has exacerbated existing social isolation of LGBTQ+ people. Additionally public attitudes towards trans people have worsened due to issues over the Gender Recognition Act reform. Gap in safe physical activity opportunities and increased isolation among older community members.
Support for people living in SIMD areas: advice and information, food support, activity groups, coaching	Advice services offer benefits through a reduction in stress and anxiety. Food support has also been identified throughout the pandemic as a need which can have an impact on mental and physical health. Activity/outdoor groups in SIMD areas is highlighted as a need to improve wellbeing and reduce isolation.	Physical activity for multiple groups	Physical activity groups are oversubscribed citywide. These groups can improve wellbeing, confidence and self-esteem.
Support for people with physical disabilities	Service users face issues such as isolation, loneliness, discrimination and distress, with some of these issues being exacerbated due to the pandemic. One to one support for people with a disability is needed.	Support for carers	The pandemic has increased pressures on unpaid carers and many feel their mental and physical wellbeing has declined. Peer support groups and respite for carers are needed to focus on their own wellbeing.
Young adults education opportunities, outdoor workshops, art therapy, counselling	There tends to be a lack of interdisciplinary, hands-on, peer to peer learning and outside activities available to students. Young adults are reporting low levels of mental wellbeing due to COVID19.	Activity groups, peer support, befriending for the autistic community	Uncertainty, routine disruption, changing restrictions caused trauma and anxiety. Many autistic service users reluctant to venture outside due to unclear messaging, fear being challenged due to hidden disabilities. Organisations have witnessed social regression. One to one support and befriending services are needed.
Family support, parent carer support	Many families spend a long time on waiting lists for statutory services and require support quickly, it is important to access this at point of need. Organisations highlight the need for parental wellbeing support, workshops and peer support groups to reduce isolation.	Support for BME communities: physical activities, art therapy, peer support, group work, outdoor activities	There is a gap in physical activity groups for refugees, gypsy and traveller communities. Group work and peer support for BME communities to improve wellbeing and reduce social isolation. In particular services for BME women and families with children. The language barrier to accessing services is identified as a need.
Art therapy for multiple groups	Art therapy can allow time and space to explore how you are feeling and during the pandemic services have received increased referrals for support. Creative strategies can help overcome isolation in communities through peer support and sharing interests.	Support for women who have experienced trauma: group work, peer support, employability	Research findings suggest women specific organisations need to focus on mental health as needs are often not considered when support is established Physical activities, group work and therapeutic approach to women's wellbeing is highlighted.

Relationship Counselling, CHAI (Community Help and Advice Initiative), Children's Health Scotland, Community Enterprise Ltd, Community Foundation for Planetary Healing, Coyote Initiatives CIC, Dance Base, Edinburgh City Mission, Edinburgh & Lothians Greenspace Trust, Edinburgh Carers Council, Edinburgh Community Food, Edinburgh Headway Group, Edinburgh Women's Aid, Equal Futures, FAIR Ltd, Families Outside, Family Journeys, Feniks (Counselling, Personal Development and Support Services), Firsthand Lothian, Go Deep Scotland, Grassmarket Community Project, Held in Our Hearts, Into Work, Jeremy Weller Theatre CIC, Big Hearts Community Trust, LEAP Sports Scotland, LGBT Healthy Living Centre, LINKnet Mentoring Ltd, Lothian Bipolar Self-help Group, Lothian Centre for Inclusive Living (LCIL), Media Education, Milan Senior Welfare Organisation, Miricyl, Multiple Sclerosis Therapy Centre Lothian, Mwamba, Networking Key Services (NKS) Ltd, One Parent Families Scotland, Out of the Blue Arts and Education Trust, Pet and Companion (PEACE), PF Counselling Service (Pastoral Foundation), Positive Help, Projekt 24, Re-Act: Refugee Action Scotland, Rowan Alba, Saheliya, Salvesen Mindroom Centre, Scottish Council of African Churches (SCOAC), Shakti Women's Aid, Shared Parenting Scotland, Sikh Sanjog, Skate of Mind CIC, Sparkle Sisters Edinburgh, Street Fit Scotland, Street Soccer Scotland, Streetwork at Simon Community Scotland, Tailor Ed Foundation, The Conservation Volunteers Scotland, The Edinburgh Remakery Ltd, The Living Memory Association, The Mindful Enterprise, The Speech and Language Communication Company (SLCo), The Sporting Memories Foundation Scotland, The WEL Charity, Venture Scotland, Vintage Vibes, Visibility Scotland, What? Why? Children in Hospital

Edinburgh (Minority ethnic communities): Community Mental Health & Wellbeing Needs Analysis

Edinburgh
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Link Worker
Feedback -
Gaps in
Service
19/20

Crewe Medical Centre

Mental health services for minority ethnic communities, interpreters

Durham Road/ Niddrie/ Craigmillar/ Southfield Medical Practices

English language groups

Additional
evidence

Thrive Connect Update Dec 2021

Citywide spaces are full for one to one support from volunteers for people from a minority ethnic community.

Mental Health Foundation: Mental Health in the COVID 19 Pandemic - Recommendations for Prevention

UK wide (not Edinburgh specific), Recommends advocating for trauma-informed public service, safe spaces for connection and peer support, specific support for asylum seekers, refugees and minority ethnic communities

JSNA Input Locality Population Needs May 2021

GP Cluster Quality Leads feedback on their practice population's mental health needs included high levels of stress and distress (due to financial, employment and housing worries), as well as anxiety and depression amongst the population. There is a lack of available counselling, CBT and anxiety management options in the community, particularly in languages other than English.

Needs identified in the Expression of Interest Form Q8: what is the evidence that this support is needed/will help?

Client Group and Activities	Evidence of Need
Activity groups, creative, outdoors	Requests for day time classes for adults, evening classes don't work with childcare. Group work and peer support for minority ethnic communities to improve wellbeing and reduce social isolation.
Physical activities	There is a gap in physical activity groups for communities e.g. refugees, gypsy and traveller communities. Physical activities can foster strong feelings of community and improving emotional wellbeing.
One to one and mentoring, befriending and peer support	Many enquiries about peer support for minority ethnic communities during the pandemic. High demand and growing waiting lists for counselling.
Language services	Language barrier remains a challenge for families, interpreters can be used but at a cost. This creates a barrier to accessing services. Learning English will help with understanding statutory correspondence, health information, finding work, overcoming digital exclusion, and finding childcare.
Support for refugees: art, workshops, outdoor activities, physical activities	Covid-19 has exacerbated and intensified isolation and mental health difficulties for many New Scots as highlighted in Scottish Refugee Council research (2021). Asylum seekers have limited funds to access services. Refugees and asylum seekers are more likely to experience mental health problems than the general population, including higher rates of depression, anxiety and PTSD. Additionally cultural differences may affect how refugees and separated children frame mental health, which may be a stigmatising subject.
Support for older people	Access to services for older people who are digitally excluded and socially isolated. Older people report to be suffering from anxiety and loneliness.
Support for women: activity groups, counselling, family support	Research during the pandemic found that women with migration experience and who have English as a second language face additional barriers to accessing mainstream services. For women a lack of childcare can often be a barrier to participating in groups, and they are away from their family for support. Domestic violence and homelessness issues are escalating for women and children during the pandemic.

Expressions of Interest Evidence of Need Information: besea.n (Britain's East and South East Asian Network), Bikes for Refugees (Scotland), Dance Base, Edinburgh City Mission, Feniks (Counselling, Personal Development and Support Services), Greatway Foundation, LINKnet Mentoring Ltd, Media Education, Milan Senior Welfare Organisation, Mwamba, Networking Key Services (NKS) Ltd, Pilton Community Health Project, Polish Family Support Centre, Re-Act: Refugee Action Scotland; Saheliya; Scottish Council of African Churches (SCOAC), Shakti Women's Aid, Sikh Sanjog, The Conservation Volunteers Scotland, Venture Scotland