

Healthwatch Summit 2025 Breakout Session Notes

Looking After Your Own Mental Health

Trish Barker-Barrett, System Engagement Lead at How Are You (HAY) Cambridgeshire & Peterborough Team Manager at CPFT NHS FT

Trish shared a presentation on How Are You (HAY) Cambridgeshire & Peterborough.

HAY is a community engagement team working within CPFT NHS FT. They think creatively about solutions to mental health need and connect community assets to clinical care.

The team manage a set of local websites and social media feeds which bring together everything in the local community that is good for wellbeing. They then use the websites to share knowledge with both the public and those working and volunteering, to support people across the county.

HAY began as part of the NHS England Mental Health Transformation project in Peterborough. It started with a room full of local Peterborough people and asked them "what does mental health support look like to you?" The result was a wall covered in post-it notes.

Using this information, the group looked at how to transform services, connect better and breakdown boundaries. Three clear aims were decided:

- Create a website on a super local level
- Make something that is non-clinical
- Provide something more than a directory

It is hoped that with the above, HAY is able to catch people who haven't found support elsewhere. They want to provide upfront information. The team do things like create a video of the walk from the car park or bus stop into the building, so people know what to expect on arrival.

They provide resources to take away such as paper booklets, as well as a digital content programme on their website (www.haycambspboro.co.uk).

Questions/comments:

- *Is there support for those with long-term sickness or physical chronic conditions?*

HAY started with mental health as a focus, providing support that doesn't look like mental health support. However, there are mental health impacts of every challenge and there is advice and information on the HAY website for physical health support.

- *I promote the 5 Ways to Wellbeing with my patients. Should I now be using the Lifestyle as Medicine Programme (LAMP) instead?*

The 5 Ways to Wellbeing is not going anywhere. I would advise using whatever feels most comfortable and appropriate. There is some inter-relatability as LAMP jumps between physical and mental factors.

- *When searching for support for an individual, I found it difficult to find any information on social prescribers and therefore advised the individual to go back to their GP. I obtained a leaflet in a different county with one phone number to call to access social prescribers. Is something like that available in Cambridgeshire?*

Social prescribers play a connector role. They can sometimes sit within GP surgeries, so a good place to start is contacting the surgery directly to signpost appropriately.

- *Where do you see HAY heading in the next 5-10 years?*

HAY is reaching different corners of health services. We are trying to get the message to professionals that there is an evidence base on the impact on people's health. There is great

value in community and care can be more creative outside of rigid boxes. I would love for this understanding to be the norm over the next few years.

Christine Burton, Carer support worker at Making Space Cambridgeshire

Making Space Cambridgeshire is commissioned by Cambridgeshire County Council and Peterborough City Council. Their aim is to offer individualised support to unpaid carers aged 18 and over, who look after a family member or friend.

Their support isn't time limited and they will provide support for as long as required. They offer one-to-one support, peer group meetings, information and signposting to relevant services.

They welcome self-referrals, as well as referrals from professionals. Referrals can be made via:

- A simple referral form accessed on their website (www.makingspace.co.uk/support-for-carers/peterborough-carers-wellbeing-service)
- Email (Peterboroughcws@makingspace.co.uk)
- Phone (01480 211006)