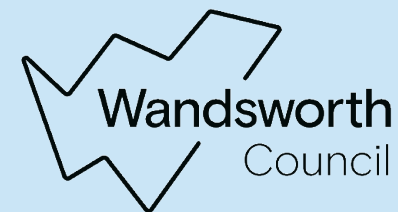


# Healthy Minds



## A Cross-Council Public Mental Health Action Plan for Wandsworth 2026-2030



# Foreword

“ As Cabinet Member for Health and Community Safety, I’m proud to introduce our Public Mental Health Action Plan *Healthy Minds* which sets out how we’ll support residents to live healthier, more fulfilling lives. We know that mental health is just as important as physical health, and that good wellbeing starts with the everyday things: where we live, the work we do, the people around us, and the opportunities we have. When communities have access to green spaces, good housing, education, and feel safe and included, they can truly thrive. This cross-council plan focuses on prevention and tackling health inequalities and highlights the key programmes that will help make our vision a reality. By working together as a council with health services, voluntary groups and community partners, we can prevent mental ill-health, support recovery, and help people with long-term conditions live well. ”

**Cllr. Henderson, Cabinet Member for Health and Community Safety.**

## Our Vision

“ We want everyone in Wandsworth to have the opportunity to flourish, living fulfilling lives in thriving, connected communities. By combining our efforts, we aim to build the foundations of good mental health: stable jobs, fair pay, quality housing, education, safety, and belonging. Together, we’re creating the conditions for *Healthy Minds*. ”





# How We Work

## Access for all tailored to need

Wandsworth Council is committed to helping everyone live well. That means making health and wellbeing part of everything the council does, from planning new homes and transport to running parks and community services. This plan adopts the council's *Prevention Framework* by creating the right conditions for people and communities to thrive, supporting healthy choices, and making sure services work together to meet local needs. The framework uses the *Health in All Policies* approach ensuring that every decision helps build a fairer, healthier borough for all.

### Here's how the Council is making this happen:

- Putting health and wellbeing at the heart of all council services.
- Creating safe, welcoming spaces and opportunities for active living.
- Supporting people to make healthy choices in everyday life.
- Working with local organisations to build strong, connected communities.
- Making sure everyone has a fair chance to live a healthy life.

### Our Approach

- |   |   |
|---|---|
| ■ Joined up work across the council and beyond    | ■ Investing in what is already working      |
| ■ A focus on prevention and tackling disadvantage | ■ Shaping services with those that use them |
| ■ A <i>Health in All Policies</i> approach        | ■ Encouraging fairness for everyone         |
| ■ Help for all, tailored to need                  | ■ Being open and truthful                   |
| ■ From early years to later life                  | ■ Reviewing progress and measuring success  |
| ■ Quick to respond, open to change                |   |





# How We Work

## What is public mental health?

Public mental health is about improving the mental health and wellbeing and preventing mental illness through the organised efforts of society. It's about improving the mental wellbeing of entire communities, not just individuals. It focuses on:

- Preventing mental health problems before they start.
- Reducing the impact and unfairness caused by mental illness.
- Helping people build resilience and stay mentally well.
- Making sure support and treatment are effective and easy to access.
- Creating a joined-up and fair system that helps more people stay mentally healthy for the long term.

Our *Healthy Minds* action plan will help people stay mentally well by preventing problems early and making support easier to access. In Wandsworth, Public Health will lead the way by bringing together different council teams, health services, and community organisations to take joined-up action that makes a real difference to people's lives.

### We worked with the following partners to develop our plan:

- South West London Integrated Care Board
- South West London and St. George's Mental Health Trust
- Wandsworth BME Mental Health Forum
- Black Minds Matter – Youth Group
- Wandsworth Older People's Forum
- Wandsworth Healthwatch
- Southfields Schools Cluster
- Community Drug and Alcohol Services
- Mental Health Service Users
- Voicing Views
- Wandsworth Mental Health Partnership
- Wandsworth Mental Health Stakeholder Forum
- Wandsworth Health Action Group



# What Residents said...

## "Thriving communities..."

...have a sense of purpose."

...feel loved and valued."

...live in safe and healthy homes."

...are socially connected."

...work in stable jobs."

...are listened to and heard."

...breathe clean air."

...have children that get the best start in life."

...can bounce back from difficulties."

...can provide for their families."

...get help and support when they need it."

...can access quality services."

...celebrate their culture."

...access the best education and learning."

...live in a borough free from violence and abuse."

...do not experience racism or discrimination."

...have access to green space and leisure opportunities."

...can access quality services when they need them."



# Mental Health: 12 Essential Facts

An estimated

**1 in 5**

children (8–16)  
with a mental  
health condition.



An estimated

**1 in 4**

young people (17–19)  
with a mental  
health condition.



**Children**  
with mental health  
conditions

more likely to face  
financial hardship,  
including food  
insecurity.



**Middle-aged adults**

in Wandsworth's most **deprived areas** are over **twice** as likely to die by suicide as those in the least deprived areas.



**22.6%**

of adults (16–64)

had common mental  
health conditions, up  
from **18.9%** in 2014.



**25.8%**

of young adults (16–24)  
with mental health  
conditions, making  
it the most affected  
age group.



**Mental health**

is now the fastest-growing  
cause of UK sickness absence,  
**rising 40%** in a year

to account for  
**1 in 5 cases**



People who don't feel a  
**sense of belonging in  
their neighbourhood are  
4 times more likely**

to experience poor mental health.



**Employees**

working long hours are

**2.5 times**

more likely to have  
a **major depressive  
episode.**



Adults with  
**physical health  
conditions**

are more likely to  
have mental  
health issues.



**Lifetime self-harm**  
reported by

**10.3%**

of adults,  
nearly **three times**  
the rate from 2007.



**Mental health treatment  
use increased, with**

**47.7% of adults**

with symptoms receiving support  
in 2023/4, up from **24.4%** in 2007.



# The Building Blocks for Mental Health

“ We want to help create a society where everybody can thrive, to do this we need the right building blocks in place: stable jobs, good pay, quality housing, good education, social connectedness and safe communities provide the foundations for good health. ”

Further reading: [What Builds good health](#)





# Growth and Success – Building Futures

## Healthy Homes

### Poor Housing Affects Health And Wellbeing.

In London, around 11.1% of households live in “unsuitable accommodation,” which means they have fewer bedrooms than needed. Additionally, nearly two million Londoners are living in homes that are mouldy, damp, or cold.

### Key Insights:

Poor housing causes;

- Stress and anxiety
- Sleep problems
- Depression and low self-esteem
- Social isolation
- Poor physical health outcomes

### What we'll do:

- Make **1,000 more homes** available for council rent.
- Set up a **council home acquisition programme** providing secure, affordable homes close to schools, services, and support networks.
- **Increase to 50%** the amount of affordable housing we expect developers to provide.
- Provide **wraparound support** and care to help sustain tenancies, including adapting properties where feasible to prevent homelessness.
- Establish an **in-house mould removal team** to make homes safer and healthier by removing mould faster and preventing it from coming back.
- Provide suitable **temporary accommodation** and favour schemes that provide the five basics: cooking facilities, information, WiFi, laundry and storage.

### Case study: Aaron's Path to Independence

From Crisis to Stability. 'Aaron was at risk of losing his place in the family home due to the challenges posed by his complex mental health needs, which his mother struggled to manage. Constantly being at home led to rising tensions and frequent arguments, but Aaron also expressed a strong desire for greater independence. In response, wraparound care was introduced, and Aaron was offered a place on the *New Generation Scheme*, an initiative that allowed him to remain at home temporarily with added support, while preparing to transition into his own council tenancy in the future. This approach gave Aaron both stability and a clear pathway toward independent living.

# HOUSING



# Growth and Success – Building Futures

## Education and Skills

### Education And Skills Help People Live Healthier And Better Lives.

They give us knowledge, confidence, and access to good jobs and safe environments. But poor health can make it harder to learn, and people with fewer chances in education often face more health and money problems. These issues can continue across generations.

#### Key Insights:

- Education and skills supports access to good work, social connection, and healthier living.
- People with higher education live around four years longer on average.
- Poor health can affect educational progress, especially among young people.
- Poverty can make it harder for children to succeed in school early on.
- Your health can affect how well you do in school, and your education can affect your health.

### What we'll do:

- Boost early literacy through the *Dolly Parton's Imagination Library*, providing monthly books to children under 5 to help close the gap and support mental wellbeing.
- **Expand access to counselling**, resilience workshops, and wellbeing support through Family Hub partnerships to strengthen parent and child mental health.
- **Empower young people through the Youth Council**, ensuring they have meaningful opportunities for engagement and influence over decisions that affect their wellbeing.
- **Train our school staff** to understand how pupils' backgrounds affect mental health and access to support, so children receive personalised support that helps them thrive.
- **Improve engagement** and attendance for children affected by emotionally based school non-attendance through a preventative, whole-school and multi-agency approach.
- **Promote Lifelong Learning** to residents and council staff to increase uptake of short courses and accredited learning.

### CASE STUDY: Transforming lives

After facing exclusion, exploitation, and trauma, Zaida's life began to change through engagement with *Carney's Community* and support from Wandsworth Council and *Future First*. A safety plan helped her break free from harmful relationships, while daily mentoring, boxing, volunteering, and counselling through *Wandsworth Evolve*, built confidence and belonging. With support, she gained employment at *Feel Good Coffee House* and progressed to a full-time Business Executive role in media, developing the skills and resilience needed to thrive. Now, she gives back by volunteering and supporting Council Youth Service recruitment, showing the power of collaborative, wraparound support in helping young people rebuild and succeed.

EDUCATION  
& SKILLS

HOUSING

# Growth and Success – Building Futures

## Secure Employment

### Secure Work Builds Healthier Lives.

Having a good job is important for health and wellbeing. It gives people money to live well and take part in community life. But poor health can make it hard to work, creating a cycle of health and financial problems. Good jobs offer more than just pay, they support mental and physical health in many ways.

### Key Insights:

- Work affects health, and poor health can make it hard to work.
- Good jobs provide income, stability, and social connection.
- Fair pay helps meet basic needs like food, housing, and heating.
- Safe, supportive workplaces improve wellbeing and self-esteem.
- Unemployment or insecure jobs can lead to stress and poor health.

### What we'll do:

- **Help local people find jobs** and training by matching them with opportunities and giving support along the way through our **Work Match** programme.
- **Support unemployed residents** to build confidence, skills, and resilience by connecting them with local employers and community organisations through initiatives like the **Trailblazers Programme**.
- Deliver **Connect to Work** to help people with disabilities, health issues, or other challenges get into work and stay employed.
- **Promote Better Services Partnership** as a top employer by gaining Good Work Standard accreditation and helping local businesses meet the Healthy Workplace Standard.

### CASE STUDY: Work with Purpose

*Little Village* partnered with Work Match to connect local jobseekers with meaningful roles supporting families in need. Through this collaboration, Assan secured a position as a Warehouse Sorter, gaining stable employment while contributing to a cause that improves lives. His journey, from struggling to find work after moving to the UK to thriving in a supportive environment, highlights the power of personalised guidance and community-driven recruitment. The partnership has since grown, with Little Village recognising Work Match as a key recruitment ally, helping more residents find purpose and opportunity.

WORK

EDUCATION  
& SKILLS

HOUSING

# Growth and Success – Building Futures

## Money and Resources

### Financial Security is Vital for Good Health.

Lack of money limits access to essentials like housing, food, and social connection, while financial stress and debt can harm mental and physical wellbeing. Poor health can also reduce earning potential, creating a cycle of hardship and inequality.

### Key Insights:

- People in lower income brackets are nearly twice as likely to report poor health.
- Over 1 in 5 people in the UK live in poverty, lacking basic resources.
- Financial stress contributes to chronic stress, anxiety, and physical health problems.
- Money provides access to essentials like housing and food, which are key to maintaining good health.
- Poor health can limit earning potential, reinforcing cycles of poverty and ill health.

### What we'll do:

- **Pay the London Living Wage** by ensuring all staff and contracted workers are paid fairly, with a plan to raise pay across all contracts by April 2026.
- **Fund Financial Resilience Navigators** to support residents with their finances, confidence, and community connection.
- **Proactively support residents** to avoid debt with a team of Financial Inclusion officers.
- Auto-enrol eligible residents for **benefits and concessions**, supported by targeted campaigns and awareness to maximise uptake.

### CASE STUDY: Support That Adds Up

Wandsworth Council's *Money Advice Roadshow* at St Mark's Church, Battersea, delivered in partnership with *Wandsworth Food Bank*, brought together council services and community partners to offer tailored financial guidance. The event's strength lay in the depth of one-to-one conversations, enabling personalised support across benefits, housing, and income maximisation. As one resident shared, "Here you get treated as an individual," highlighting the value of face-to-face engagement in addressing complex financial needs.





# Healthy Living – Nourish. Move. Thrive.

## Eat Well

### Access To Good Food Is Access To Good Health

Access to nutritious food is essential for lifelong health, yet many people in the UK face food insecurity. Healthier options are often more expensive and less accessible, especially in deprived areas where fast-food outlets are more common. This imbalance contributes to poor diets and increased obesity risk, which in turn affects overall health outcomes.

### Key Insights:

In Wandsworth

- 25% of adults eat fewer than five fruit/veg portions daily.
- 50% of adults are overweight or obese.
- 1 in 3 Year 6 children are overweight or obese.
- Healthy eating is lower in deprived areas.
- Fewer secondary pupils opt for school meals.

### What we'll do:

- Automatically enrol eligible children for **free school meals and breakfast offers**, supported by awareness campaigns to maximise uptake and impact.
- Embed the breakfast programme into **Healthy School Zones** to support vulnerable families with nutritious food throughout the school day.
- Develop an **outreach programme** to support people most at risk of poor nutrition, including older adults and low-income households.
- Support more schools to achieve the **Healthy Schools Standard** through whole-school approaches to wellbeing and health education.

### CASE STUDY: Feeding Hearts and Minds

*Chantelle's Community Kitchen* on the Alton Estate in Roehampton is a grassroots initiative tackling food insecurity while promoting mental wellbeing and social connection. Offering free meals, groceries, and cooking demos without referral, it helps residents build confidence and healthy habits. Beyond nutrition, the Kitchen creates safe, welcoming spaces through weekly cafés and advice sessions, fostering community cohesion, reducing isolation, and supporting emotional resilience. It's a powerful example of holistic, community-led public health in action.



EAT WELL

# Healthy Living – Nourish. Move. Thrive.

## Physical Activity

### Movement Is Good For Your Mind And Body.

Being physically active is one of the most effective ways to support mental health and overall wellbeing. Regular movement helps reduce stress, anxiety, and symptoms of depression, while also boosting mood, energy levels, and self-esteem.

### Key Insights:

In Wandsworth

- 15.8% of adults are physically inactive.
- 63% of young people meet activity guidelines—above the London average.
- 12.1% of 15-year-olds report physical inactivity.
- 50,000+ bookings made through the Access for All scheme.
- 22 minutes/day of activity promoted via the 2025 Movement Challenge.

### What we'll do:

- **Provide free off-peak access to leisure centres** for eligible residents, removing financial barriers and promoting inclusive, regular physical activity across the borough.
- Provide **free swimming to children** on Free School Meals.
- Invest in and **upgrade play areas** across the borough to create inclusive, high-quality spaces that support active play for all children.
- **Deliver targeted activity programmes** supporting people with long-term conditions and mental health needs, focusing on prevention and rehabilitation.
- **Recruit a network of local volunteers** to deliver sport and physical activity mentoring to older people and young people with special educational needs and disabilities.

### CASE STUDY: Play with Purpose

*Our Camps* deliver inclusive *Holiday Activities and Food* programmes in Wandsworth that combined physical activity, creative play, and nutritious meals to support children's wellbeing and give families peace of mind. Held on familiar school grounds, the camps fostered safety and inclusion, especially for children with disabilities, while activities like breakdancing and *Parkrun* built confidence and connection. Beyond childcare, the camps offer vital emotional support and social interaction for families facing isolation, showing how holistic, community-based initiatives can strengthen mental health and local cohesion.

PHYSICAL  
ACTIVITY

EAT WELL

# Community and Environment

## Families, Friends and Neighbourhoods

### Strong Relationships Build Better Health.

Strong social connections, with family, friends, and communities, are vital for our health and wellbeing. Positive relationships can boost happiness, improve physical and mental health, and even extend life expectancy. In contrast, poor or absent social ties can lead to loneliness and depression, which are linked to worse health outcomes. A sense of belonging within communities also helps buffer the effects of deprivation and stress.

### Key Insights:

- 1 in 20 UK adults often feel lonely.
- Loneliness increases risk of poor mental and physical health.
- Supportive relationships reduce stress and its health impacts.
- Community cohesion improves mental wellbeing, especially in deprived areas.
- Volunteering and feeling safe strengthen local bonds and belonging.

### What we'll do:

- **Harness the legacy of London Borough of Culture 2025** to embed creativity in communities, tackle isolation, and champion inclusion.
- Placing 10 Global Majority artists through the **Culturally Mindful Programme** in local healthcare and community settings to co-design and deliver arts-based wellbeing activities with underserved groups.
- Providing **11 libraries as Community Anchors**, where residents can read, learn, connect, and access support.
- Developing a **Voluntary and Community Sector Infrastructure** and Capacity building programme.

### CASE STUDY: Lonely No More, Ray's Story

"Before I was contacted by the *Be-a-Friend* service, I had 8 years stuck at home on my own, day-in-day out, not knowing if it was Monday, Friday, Christmas Day or Easter, I was very, very depressed, but once I started going with the Age UK volunteers and with Wandsworth Community Transport, it was life changing... All in all, without you all, I had nothing whatsoever, I wouldn't have cared less if I'd just disappeared, so you've given me such a boost, I'm happy, making the most of life ... I often hear people complaining about everything, they expect me to join in, but I say 'no, I'm perfect, nothing wrong with me!'"

**FAMILY  
FRIENDS &  
COMMUNITIES**



# Community and Environment

## Our Surroundings

### Where We Live, Shapes How We Live.

Our neighbourhoods play a crucial role in shaping our health and wellbeing. Factors like air quality, access to green spaces, local crime levels, and the density of unhealthy outlets (e.g. fast food, tobacco, alcohol, gambling) can all influence how long and how well we live. Clean air and safe, accessible green spaces support physical and mental health, while high crime or pollution levels can deter healthy behaviours and increase stress. In more deprived areas, these negative environmental factors are often more concentrated, contributing to health inequalities.

### Key Insights:

In Wandsworth :

- Air pollution is still a problem in some areas.
- Green spaces are available, but not everyone uses them equally.
- Off-Licenses are more common in poorer areas.
- Betting shops are found more in low-income neighbourhoods.
- Crime and safety concerns affect how people use outdoor spaces in some areas.

### What we'll do:

- Develop a **sustainable planting and urban greening programme** to make the borough greener and healthier.
- **Develop Air Quality Ambassadors** to help raise awareness and improve local air quality through community engagement and support.
- **Implementing the *Violence Against Women and Girls Strategy*** to make Wandsworth a safe place to live and work.
- **Implementing a *Night-Time Strategy*** to make our communities safer and more enjoyable, improving public spaces, and creating inclusive evening activities.



ENVIRONMENT &  
SURROUNDINGS

FAMILY  
FRIENDS &  
COMMUNITIES

# Community and Environment

## Transport

### Transport And Health, a Vital Connection.

Transport systems play a vital role in shaping health, both directly and indirectly. Active travel like walking and cycling boosts physical and mental health, while poor transport can contribute to air pollution and road accidents. Access to reliable, safe, and affordable transport also connects people to jobs, services, and social networks, all of which are essential for wellbeing. However, not everyone has equal access, and deprived areas often face greater risks and fewer opportunities.

### Key Insights:

- Early deaths could be prevented with more walking and cycling.
- Deprived areas face more road casualties and pollution.
- Active travel supports recommended physical activity levels.
- Limited transport restricts access to work, services, and healthy food.

### What we'll do:

- **Expand and promote the *School Streets* programme** to reduce traffic around schools, supporting children's mental wellbeing through cleaner air, safer spaces, and more active travel.
- **Improve inclusive transport access** by delivering a second fully accessible entrance at Battersea Power Station on the Northern Line.
- **Promote outdoor activity** through play streets and safer neighbourhood designs that encourage active travel and spontaneous play.
- **Our *Alton Renewal Plan*** will improve access to community transport, helping residents stay connected to services, shops, and social activities.



ENVIRONMENT &  
SURROUNDINGS

FAMILY  
FRIENDS &  
COMMUNITIES

TRANSPORT

# Foundations for Wellbeing: Prevent, Support, Recover

## Supporting people to Live Well

Social care services can:

- Listen and work with people to create personalised care plans.
- Offer support like therapy, peer groups, housing, and community activities.
- Help people build confidence, stay connected, and feel safe.

The goal is to help people whether they have a diagnosed mental health disorder or not, to feel supported and able to live well. To help people not just manage their symptoms, but feel better, live well, and stay well, with care that is personal, supportive, and inclusive.

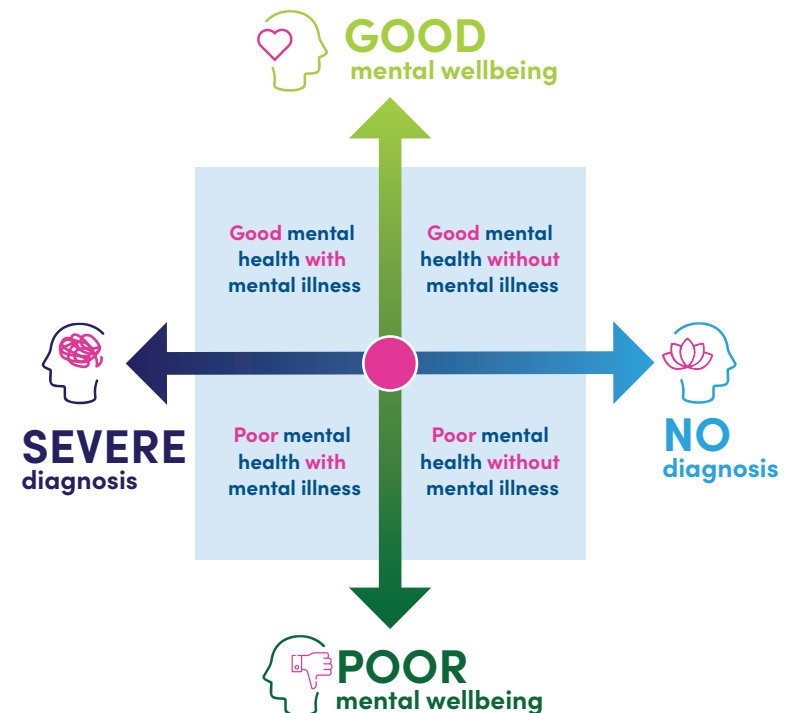
## What we'll do:

- Deliver **person-led community support** to 200 residents with mental health needs through the *Together Your Way* programme.
- Utilise the **Mental Health Hospital Discharge Team** to lead on prevention, admission avoidance, and safe discharge through strengthened social care pathways and step-down support.
- **Work with health and community partners** to improve integrated support for people with co-occurring mental health and substance use needs through personalised, recovery-focused approaches.

## CASE STUDY: Well-being at Work, Joseph's Story

"I had to give up my career in banking due to depression and anxiety, I ended up in hospital. I lost all my confidence and put on lots of weight. I got referred by my GP to *Wandsworth Together Your Way*, I was supported by several agencies in both the council and voluntary sector. The encouragement I received increased my confidence and self-esteem. Being at work with

The mental health continuum shows how mental wellbeing can change both with and without a diagnosis.



people who took an interest in my wellbeing encouraged me to be more active and lose weight. Working and feeling that I have something to give has helped me to keep well. My mental health has been good for the last few years. I have moved from just existing to someone who is looking forward to the future."



# Groups at Higher Risk of Poor Mental Health

## Creating Fairer Support For Mental Health.

Mental health problems can happen for many reasons. Often, it's a mix of things that make someone more likely to struggle. These can include:

- Living in poverty
- Facing discrimination
- Difficult or traumatic experiences in childhood
- Being exposed to violence or abuse

Some people and communities face more of these challenges than others. This means they may be more likely to experience poor mental health.

Wandsworth's *Healthy Minds* Plan aims to make sure everyone can get support for their mental health. We work with health services, charities, and community groups to offer extra help to people who face more challenges. Our goal is to reduce the things that make life harder and build up the things that help people stay mentally well.

## What we'll do:

- Keep track of who's using services and make sure **more people who need support** can access it.
- Using the ***Mental Wellbeing Impact Assessment Tool*** to help make sure our plans and services have a positive impact on people's mental wellbeing.
- **Work with communities** and ensure voices from high risk groups help shape the services they use.

## High Risk Groups

Our Mental Health Needs Assessment identified the following communities that experience an increased likelihood of experiencing poor mental health:

- Carers
- People with drug and alcohol addictions
- Global Majority communities
- Homeless people
- Learning and physical disabled
- LGBTQI+
- Looked After Children
- People with chronic health conditions
- Refugees and asylum seekers
- Young women

This list is not exhaustive and there are many groups that are under-represented across mental health services. Our Suicide Prevention programme recognises men as a high risk group.

## Embedding Mental Wellbeing in All Policies

We will use *Mental Wellbeing Impact Assessments (MWIA)* to systematically assess how policies and services affect mental health, particularly for vulnerable groups. This approach will:

- Identify and reduce the risks to mental health and well-being early in decision-making.
- Ensure the needs of those at greater risk of poor mental health are considered.
- Promote inclusive, supportive environments that promote resilience and reduce inequalities.
- Embed mental health as a core consideration across all council strategies and services.

# Addressing Mental Health Inequalities in Global Majority Communities

## Supporting people to Live Well

Global Majority communities in the UK face significant mental health inequalities driven by systemic racism, socio-economic deprivation, and structural barriers to care. These factors contribute to higher rates of mental illness and poorer outcomes in treatment.

### Key Insights:

- Racism harms mental health through daily exposure to discrimination.
- Trauma is intergenerational, affecting future mental wellbeing.
- Access to care is unequal, with poorer outcomes for Global Majority communities.
- Race is a key factor in over half of mental health disparity studies.
- Poverty worsens mental health, especially in deprived communities.

## What we'll do:

- Use **Equality Impact Assessments** to embed racial and socio-economic equity in all key policy decisions.
- **Promote anti-racism in schools** through bias training and inclusive curriculum support.
- **Broaden the diversity** of the Youth Council membership to encourage collaboration with other youth groups and forums.
- **Embed trauma-informed care** that recognises racism as a source of psychological harm.
- **Strengthen the Wandsworth Council Race Equality Staff Network** to promote race equity and fair representation across teams.

## CASE STUDY: Tackling Racism Through Community-led Action

The *Wandsworth BME Mental Health Forum* is a community-led partnership tackling racial disparities in mental health. Meeting bi-monthly, it brings together local groups and services to co-create culturally sensitive care. One of its important achievements is the group's advocacy and support of the Ethnicity and Mental Health Improvement Project, an initiative improving access, experience, and outcomes for Global Majority communities through culturally adapted wellbeing hubs and NHS collaboration. Events like *Healing Our Broken Village* further drive dialogue and systemic change.





### Example of Best Practice:

- **Mental Health First Aid** trains individuals to identify, understand, and respond to signs of mental health issues. As an inclusion strategy, it empowers people to support diverse needs, reduce stigma, and create safer, more supportive environments for all. Last year Wandsworth trained 200 individuals as mental health first aiders.
- **Healthy Schools** is a whole-school initiative that promotes physical and emotional wellbeing, reduces health inequalities, and supports inclusive environments where all pupils can thrive – regardless of background or need. There are 31 schools in Wandsworth that have received a Healthy Schools award since 2023.
- **SEND in Mind** in Wandsworth is a family support service that helps parents and carers of children aged 0–19 with special educational needs and disabilities (SEND) navigate challenges related to their child’s health, education, and emotional wellbeing. With a strong focus on mental health, the service offers practical and emotional support through trained family workers and volunteers. This includes guidance on managing anxiety, sleep, and behaviour, as well as workshops on parental mental wellbeing. By facilitating peer support networks and tailored parenting programmes, SEND in Mind plays a vital role in strengthening family resilience and promoting positive mental health outcomes for both children and their caregivers.
- **Wandsworth’s Holiday Activities and Food (HAF) Programme** provides free, enriching activities and nutritious meals to children and young people during school holidays, with a focus on those eligible for benefit-related free school meals. Delivered in familiar, community-based settings, the programme helps reduce social isolation, promote physical activity, and support emotional wellbeing. Activities such as sports, arts, and food education, foster confidence, friendships, and a sense of belonging, while access to healthy meals addresses food insecurity and supports better mental health. By working with local partners and offering inclusive provision, especially for children with SEND, the programme helps reduce health inequalities and supports families under pressure. Over the course of a year, more than 1,500 children and families benefit from this initiative, making it a vital contributor to community wellbeing and resilience.



# First Year Action Plan – 2026/27

Programme	Outputs	Outcomes
<b>Resilience through learning – Whole School Approach to mental health and wellbeing</b>	<ul style="list-style-type: none"> <li>• Six additional schools accredited in the Healthy Schools programme.</li> <li>• Improve school attendance through a whole-school approach to addressing Emotionally Based School Non-attendance.</li> <li>• Increase the number of schools accredited to the Unicef Rights Respecting Schools Award.</li> <li>• Target 2000 children and families to attend Holiday Activities and Food Programme.</li> <li>• Promote the Portus self-harm and suicide prevention toolkit and develop new SEND guidance and young person's interactive resource.</li> </ul>	<ul style="list-style-type: none"> <li>• Improved Attendance.</li> <li>• Improved Academic performance.</li> <li>• Improved student wellbeing.</li> <li>• Fostering inclusive practice.</li> <li>• Enhanced pupil wellbeing.</li> <li>• Improved parental wellbeing.</li> <li>• Greater school readiness.</li> <li>• Improved support and safety planning for children at risk of self-harm.</li> </ul>
<b>Wandsworth Healthy Minds Conference</b>	<ul style="list-style-type: none"> <li>• Hold a launch conference to bring partners together and promote collaboration across Wandsworth Health and Care Partnership.</li> <li>• Launch Healthy Minds partnership group.</li> </ul>	<ul style="list-style-type: none"> <li>• More cost-effective approaches by reducing duplication and making best use of resources.</li> <li>• Improved access to preventative and early help services.</li> <li>• Reduction in social isolation and increased inclusion.</li> </ul>
<b>Mental Health Training for CVS</b>	<ul style="list-style-type: none"> <li>• 12 MHFA courses delivered accrediting 135 participants as practitioners.</li> <li>• 100 frontline staff trained in MECC Suicide Awareness.</li> <li>• 150 CVS trained in suicide awareness and responses.</li> </ul>	<ul style="list-style-type: none"> <li>• Reducing Stigma and discrimination.</li> <li>• Early-help and signposting.</li> <li>• Improved partnership working.</li> </ul>
<b>Mental Well-being Impact Assessment (MWIA).</b>	<ul style="list-style-type: none"> <li>• Pilot the MWIA on an agreed council programme.</li> <li>• Monitor the impact on resident wellbeing from the Neighbourhood Community Infrastructure Levy grants.</li> </ul>	<ul style="list-style-type: none"> <li>• Improved policy design leading to more inclusive and supportive outcomes.</li> <li>• Better coordination to support improved mental health outcomes.</li> </ul>
<b>Mental Health Champions</b>	<ul style="list-style-type: none"> <li>• Increase Mental Health Champions to fifty practitioners by the end of 2026/27.</li> <li>• Promote the use of an improved Employee Assistance Programme with Better Services Partnership staff.</li> </ul>	<ul style="list-style-type: none"> <li>• Positive workplace culture.</li> <li>• Reduced absenteeism.</li> <li>• Increased productivity.</li> <li>• Improved diversity of Mental Health Champions.</li> </ul>



# Acknowledgements and Thanks

We wish to thank everyone who contributed to the production and development of the **Healthy Minds Action Plan** for their expert contributions, invaluable assistance, co-production, time and interest

**Graeme Markwell**

Senior Public Health Lead and Report Author

**Charlotte Perry**

Public Health Lead and Co-Author

**Jeremy DeSouza**

Executive Director Adult Social Care and Public Health

**Shannon Katiyo**

Director of Public Health

**Ramya Ravindrane**

Consultant in Public Health

**The Public Health Divisional Management Team**

**We extend our sincere thanks to the Senior Management Teams** across all council directorates for their continued commitment and collaborative spirit in supporting the success of the *Healthy Minds* plan.

We also gratefully acknowledge the wider Integrated Care Partnership for embracing a systems-based approach and working collectively to help realise the ambitions of the plan.

**We extend our sincere thanks to all those who contributed to the development of this Action Plan.** This includes individuals with lived experience of mental health challenges, community organisations, health and care professionals, and local partners whose insights, expertise, and commitment have shaped our shared vision for public mental health. Your voices have been vital in guiding our priorities and ensuring this action plan reflects the needs and strengths of our communities.

**We express our heartfelt gratitude to the Health Foundation and the Centre for Mental Health for their invaluable contributions.** Their evidence-based insights have been instrumental in shaping our understanding and approach to building mentally healthy communities.

# References

## How we work

- [Prevention framework to promote good health - Wandsworth Borough Council](#)

## The Building Blocks for Mental Health

- [What Builds good health](#)

## Growth and Success

- [London's Poverty Profile | Trust for London](#)
- [Inequalities in life expectancy: how the UK compares - The Health Foundation](#)
- [Guidelines on mental health at work](#)
- [Action for healthier working lives | The Health Foundation](#)
- [UK Poverty 2025 - the Joseph Rowntree Foundation's essential guide to understanding poverty in the UK - LGiU](#)

## Health Living. Nourish, Move, Thrive

- [JSNA Live Well - Healthy lifestyle and behaviours - Wandsworth Borough Council](#)
- [www.wandsworth.gov.uk/media/rthbtp0z/wandsworth\\_moves\\_together\\_strategy.pdf](http://www.wandsworth.gov.uk/media/rthbtp0z/wandsworth_moves_together_strategy.pdf)

## Community and Environment

- [Shaping Places for health and wellbeing - The Health Foundation](#)
- [Managing air quality - Wandsworth Borough Council](#)
- [How transport offers a route to better health | The Health Foundation](#)

## Mental Health in Wandsworth 12 Essential facts

- [Wandsworth Mental Health Needs Assessment](#)
- [Mental Health of Children and Young People Surveys - NHS England Digital](#)
- [Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England - NHS England Digital](#)
- [Mental health at work](#)
- [Community cohesion | The Health Foundation](#)

## The Mental Health Journey

- [The Mental Health Continuum - Mental Health Matters](#)

## Key Inequalities in Ethnic Minority Mental Health

- [Race Quality Foundation](#)

