

Appendix 3

Time to Change (TTC) Update

1. Time to Change Worcestershire was established in March 2018 following a successful funding application endorsed by the Health and Wellbeing Board as the Hub Host.
2. Time to Change Hubs are local partnerships which demonstrate their commitment to:
 - Putting people with personal experience of mental health problems (Champions) at the heart of their work
 - Embedding anti-stigma and discrimination work locally, whether that be local schools, workplaces or other community settings
 - Proactively campaigning to improve people's attitudes and behaviours towards mental health.
3. Time to Change Hub partners work together as steering group to co-ordinate activity and include Community First, Worcestershire County Council Public Health, Worcestershire Health and Care NHS Trust, Herefordshire and Worcestershire Chamber of Commerce, Redditch and Bromsgrove District Councils and others.
4. Progress to date:
 - i. An Employer's sub-group has formed and delivered a TTC Employer's Pledge event in which 50 individuals attended from local businesses in November 2018. The event encouraged businesses to sign the Employer Pledge to demonstrate their commitment to tackle mental health stigma and discrimination in the workplace and ensure that employees who are facing mental health problems feel supported.
 - ii. A Children and Young Peoples sub-group has formed and has delivered TTC Youth Practitioner Training sessions to 30 members of staff from 20 Worcestershire schools and colleges. The session aimed to support educational staff to work with young people to create an open, supportive culture around mental health. In addition to this, campaign resources are regularly shared with all schools and colleges within Worcestershire and TTC was presented at the Sports Partnership Teachers Physical Activity and Mental Health Conference in October 2018.
 - iii. Three Champion Campaign groups have been set up across the County including one in Redditch, one in Worcester and one at the University which bring champions together to collectively campaign against mental health stigma.
 - iv. A wealth of information sessions and training sessions have been delivered across the county to encourage local residents to support the campaign and sign up as Time to Change Champions. Numerous Social Contact Training sessions have been organised to increase champions skills, knowledge and confidence in starting conversations about mental health.
 - v. Over 100 registered Time to Change Champions with personal experience of mental health problems are actively campaigning within their local communities to change the way people think and act about mental health. In addition to this, individuals have also signed up as ambassadors of the Worcestershire Hub.

- vi. Various activities and events attended and organised by Time to Change Champions and ambassadors to spark conversations around mental health have taken place across the county in addition to a wealth of activity on social media and through media channels to create a social movement including:
 - In April 2018 the University of Worcester and Student Union launch of “It Takes Balls to Talk campaign” at the Varsity basketball match, Worcester Arena which reached 500 students. The University have also delivered a Kiss and Tell event, Off the Scale bus, the Green Ribbon Campaign and numerous other activities.
 - Time to Change Champions in Redditch have delivered social contact events at the Tour Cycling Series in Redditch as well as within the district council buildings, and leisure, community and shopping centres.
 - In May 2018, the Panel debate on the Impact of Shame on Mental Health took place in which panel members spoke about personal experience of mental health, the debate was attended by 80 individuals.
 - Time to Change and mental health promotion has taken place with various interactive activities at the Malvern Spring Show, Protect your Farm Event and the Worcester Victorian Fayre
 - The following activities were delivered on Time to Talk Day 2019:
 - Coffee morning at Abbey café - Malvern
 - Indoor Picnic at Simply Limitless - Kidderminster
 - Tea and Talk, - Bewdley
 - Footcare for manual workers - Redditch
 - Talk on Mental Health and TTC at Haresfield Surgery – Worcester
 - Walk and Talk and coffee times – University of Worcester
 - Quality Time café event - Worcester
 - Vent in a Tent – Tesco Evesham
 - Pop up cafes – Redditch
 - There has been an increase in media activity across the past 12 months with TTC featuring on BBC H&W and Free Radio, local newspaper features, podcasts, blogs and social media.
5. Funding for Time to Change Worcestershire expires in August 2019 and ongoing work has taken place to ensure sustainability where possible. Further funding and commitment is currently being sought to support the hub after this period to continue to drive the campaign moving forward.