

Equally Well UK

So – what’s happening?

Welcome! How to join in



- There are three ways to contribute this afternoon:



Use the 'ask question' feature to join by text. Just click on the 'question' button, type in your question, and we'll come to your point in the discussion.



Email us, via hello@kaleidoscope.healthcare, we welcome all suggestions, comments, advice and questions!



Tweet, using hashtag #equallywelluk

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Equally Well UK:

A recap of where we've been

Andy Bell,

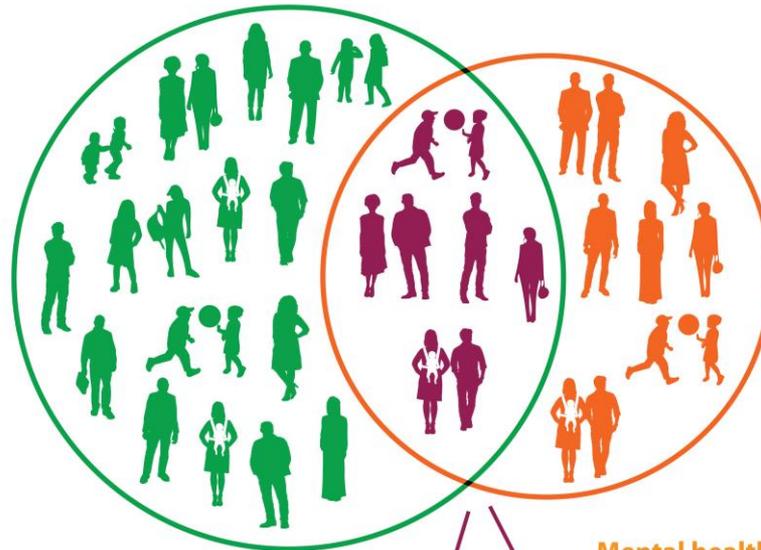
@Andy__Bell__ @CentreforMH @EquallyWellUK

Mental and physical health overlap

Equally Well UK



The overlap between long-term conditions and mental health problems



Long term conditions:

30% of population of England
(approx. 15.4m people)

Mental health problems:

20% of the population of England
(approx. 10.2m people)

30% of people with a
long-term condition have a
mental health problem
(approx. 4.6m people)

46% of people with a
mental health problem have a
long-term condition
(approx. 4.6m people)

From Long-term conditions and mental health: the costs of co-morbidities
<http://www.centreformentalhealth.org.uk/long-term-conditions>

© Centre for Mental Health, 2015

Centre for
Mental Health



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Rethink
Mental
Illness.

The current situation in the NHS



What causes the gap?

- Physical health 'overshadowed'
- Unhealthy 'lifestyles' ignored or taken for granted
- Symptoms not believed: missing signs of emerging illness
- Side effects of medication
- Unhelpful responses to self-harm injuries
- Unhealthy environment in inpatient care

Addressing physical health



- Tailored support with smoking cessation or reduction
- Health promotion from the start
- Medication management
- Improved access to cancer screening
- Routine health checks (at least annually)
- Dental health care
- Improved understanding among all NHS staff



Everyone's business



- Mental health services
- Primary, acute and community care
- Service commissioners and providers
- Education and training
- Public health and social care
- Charities and voluntary groups
- Research organisations
- Service users and carers



- New Zealand collaborative to spur collective action on physical health
- Centre for Mental Health, Kaleidoscope & Rethink Mental Illness set up Equally Well UK
- Rights-based and co-produced from the start
- 50+ organisations have now joined
- 'We can all do our part but none of us can do it all'

Some of the growing list of Equally Well Members:



Ambitions



- To create a nationwide learning network
- To bring people together across sectors
- To link lived and professional knowledge
- To raise our sights and expectations
- To bring about whole system action to enable people to enjoy better health for longer



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Equally Well UK: What next?



Taking stock



- Since the launch event on 13 September, we've been taking stock, talking to members, and learning from other collaborations. We're now able to set out what Equally Well UK will look like from 2019 onwards.



Purpose



- Equally Well UK is a learning network that supports organisations to deliver the aims set out in the Equally Well UK [charter](#), acknowledging that this may look different for each organisation involved
- The network will achieve this aim by providing organisations with:
 - The opportunity to come together at regular intervals in a range of formats (face-to-face and digital) to share learning and best practice
 - Access to both clinical and lived experience expertise



Taking part – 3 options



Supporter	Member	Partner
<p>Cost: Free</p>	<p>Cost: Payment scale</p>	<p>Cost: £25,000 or over</p>
<ul style="list-style-type: none"> • Can sign Equally Well UK charter • Can sign up to Equally Well UK newsletter which contains updates on member activities and news of upcoming events (which will be members-only) 	<ul style="list-style-type: none"> • Everything listed in supporter offer plus.. • Free to attend quarterly face-to-face events and a range of digital events, including international examples of best practice • Use of Equally Well UK logo/branding • Opportunity to publicise resources on Equally Well UK website • Access to expertise of, and co-production opportunities with, clinical advisory group and lived experience advisory group • Help to frame your organization's Equally Well UK pledge • Be part of a robust evaluation methodology to monitor progress as a network and against your pledge 	<ul style="list-style-type: none"> • Everything listed in supporter and member offer plus... • Part of Equally Well UK oversight group • Help decide activities and areas of focus for the network



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Events

Face-to-face

- Full or half-day events taking place across the country
- Bringing together network members for interactive sessions, offering opportunities to share learning and best practice
- An opportunity for the leadership group to feedback on network news and progress

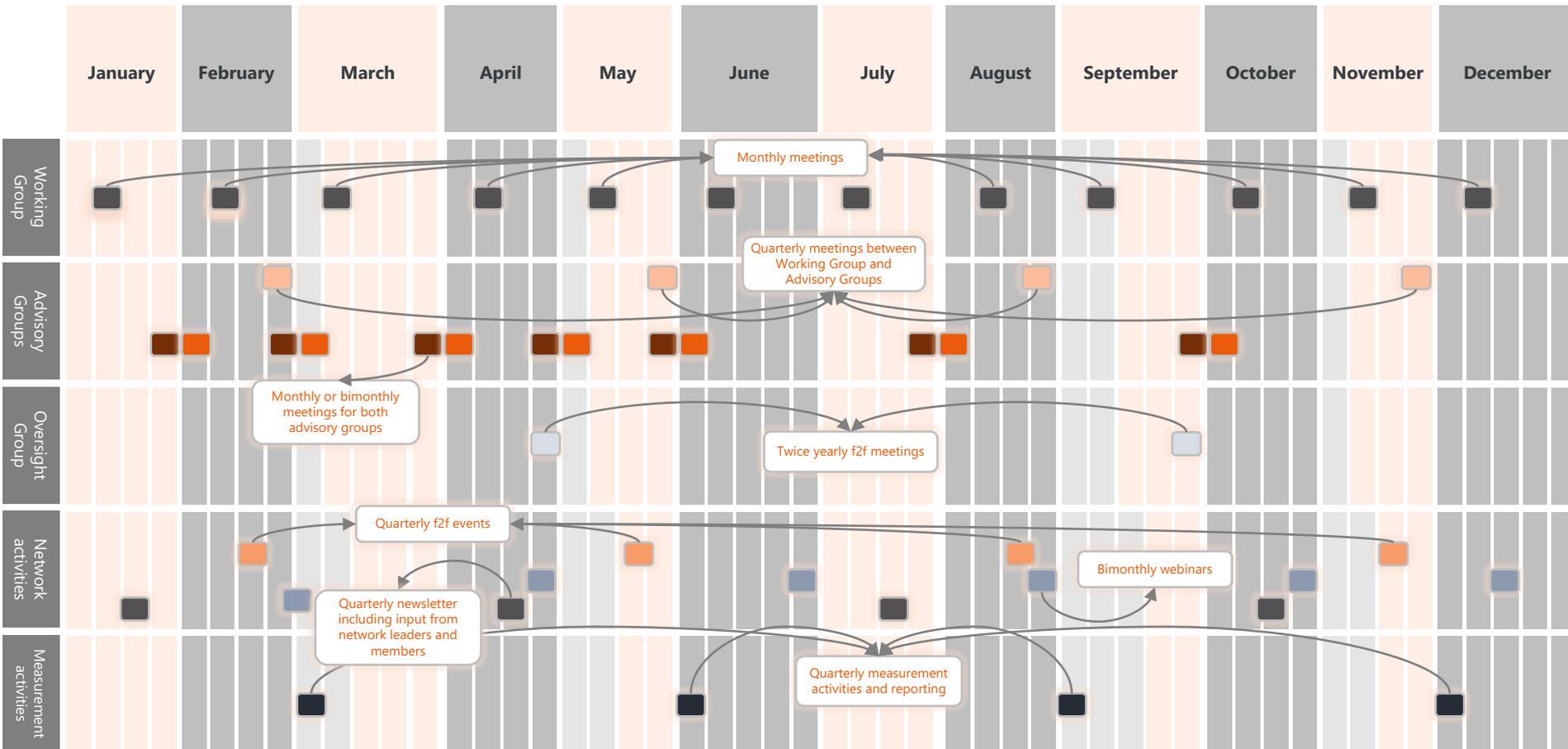
Digital

- Interactive webinars which members can participate in live, or watch back later (full recordings and highlight videos will be available)
- An opportunity to “deep dive” into topics chosen by network members, and where appropriate invite international speakers to share expertise

Supported by...

- Quarterly newsletter providing
- Publications by Clinical Advisory Group
- Blogs published on the Equally Well UK website
- Measurement activities

2019 activities



So what next



collaborationfunder.com/equallywell

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Mental Health



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- Nikita Egan, Lived experience group
- Alan Cohen, Clinical advisory group

Thank you

For more information:

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@CentreforMH @EquallyWellUK @Andy__Bell__

www.centreformentalhealth.org.uk

