

## **DIGITAL SUPPORT**

### **Living Life To The Full**

#### **April 2021**

### **THE CHALLENGE**

Many of us are experiencing common mental health issues at any one time and some communities (by identity or experience) are struggling to address their mental health.

- 1 in 4 people will experience a mental health problem of some kind each year in England [1]
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England [2]
- Black or Black British people. 23% of Black or Black British people will experience a common mental health problem in any given week. This compares to 17% of White British people [2]

### **OUR APPROACH**

Living Life To The Full is one of the most well used suite of resources for improving feelings, beating stress and boosting ability to live well. It provides key information using everyday non-complex language. It isn't about having a diagnosis and avoids medical jargon. We wanted as many people as possible from across Greater Manchester to be able to access and enjoy these benefits so Living Life To The Full is easily available for anyone working or living in the city-region; on the go or at home, 24/7 and free of charge.

Access to the resources is via <http://www.gmlifeskills.com/> Individuals are asked some key questions and based on their answers are directed to a relevant course. Currently, there are three courses; Living Life To The Full, a generic course which covers low mood and stress and helps people to feel happier and more relaxed, Reclaim Your Life which addresses coping and living with long term illness and Enjoy Your Baby for new parents and parents to be which helps them to feel more confident and enjoy being a parent. In addition to the courses which are broken down into bite size sections there are linked but also standalone supplementary e-books and worksheets to help your new practices stick.

As the national lockdown limited face to face engagement and also generated additional need, it was decided to invest in translated copies of the e-books and hard copy books which were distributed via locality hubs and VCSE partners. e-books were made available in 17 community languages spoken in Greater Manchester.

**40,620 hard copy Living Life To The Full books were distributed during lockdown in April/May 2020 - 31,010 books in English plus 9610 translated books**

Simultaneously, via the Greater Manchester Center for Voluntary Organisations, Greater Manchester invested in micro, small and medium mental wellbeing grants which invited VCSE organisations to deliver projects linked to the five ways to wellbeing. One recipient of a small grant was the Multicultural Resource Centre who delivered health and wellbeing sessions including use of the Living Life To The Full online resources.

## OUTCOMES

In the last year there have been 567 individual online registrations but, as in the case study below, some individuals require signposting and supported sessions so may not have registered individually. Popular months for registration were April, May and September 2020. Most people registered for a combination of Living Life To The Full and Reclaim Your Life.

### Case study

The Multicultural Resource Centre delivered 16+ Zoom sessions during lockdown in Rochdale, Oldham, Manchester and Tameside. We worked with 7 organisations to deliver sessions for their members. We used the Living Life To The Full online e-books during the sessions. The booklets were highly appreciated by many participants. It was useful to have health awareness literature in both languages for example Urdu and English side by side so participants can get some extra help from their younger relatives. Here is feedback from two group leaders

**“ Daily information about the virus and health matters was great...it was very useful and virtual sessions helped our members. Content of the sessions in Urdu was helpful** Nughmana Shaikh, Chair Khazeena Sher-o-Adab Oldham

**“ We never thought that we would be delivering virtual sessions. This project gave us an opportunity to provide information about COVID-19 to our listeners via our YouTube channel. Is it possible to have copies of the books which you showed on computer? It was great experience and thank you** Sabir Raza President, Carvan-Eadab UK

Feedback from participants showed that the resources and delivery in their first language was regarded as beneficial and boosted confidence to work as a group.

92% said that the sessions had helped them to look after themselves better and 93% said that they had new information

**“ The session made me think that keeping contacts with relatives is good for my health**

**“ I know loneliness is not good for many people but in my opinion, there are some benefits as well like you get more time to become spiritual but still the session made me relaxed**

**“ Information and explanation to understand suicide was explained in a very simple way and in my language**



**I think sessions on Zoom or online are better than live sessions for many reasons. Lot of people have mobility issues or transport so I would love to have this type of sessions even after lockdown**



**I have gained a lot more confidence coming to the session**

### Mr SR

One of our volunteers encouraged him to join our session and he attended twice. He had previous experience of making videos of poetry but when he lost his job he stopped doing that activity. The sessions made him confident and now he is busy with his old hobby and said that it has changed his views about life.

## WHAT WE LEARNED AS AN ORGANISATION

- It's always better to have separate gendered groups
- The sessions should be bi-lingual
- To improve overall wellbeing, we need to offer resources, service information and available opportunities for social interaction
- Some women and older people are more comfortable using tablets rather than computers

## NEXT STEPS

- The Greater Manchester perinatal and parent mental health services worked with us on the refresh of the Enjoy Your Baby course and book to mirror the Greater Manchester narrative and we are planning a formal relaunch online this month
- Scaling up of delivery of Living Life To The Full in person (likely to be virtual in the first instance) courses by train the trainers, who are trained to deliver a six week community course lasting 1.5 hours per week for those who want to learn in a group rather than independently
- Signposted and supported sessions by train the trainers who will support community participants to sign up and use the online resources independently to supplement learning gained from the in-person courses

1. McManus, S., Meltzer, H., Brugha, T. S., Bebbington, P. E., & Jenkins, R. (2009). [Adult psychiatric morbidity in England, 2007: results of a household survey](https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/) see <https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/> accessed 19 April 2021
2. McManus S, Bebbington P, Jenkins R, Brugha T. (eds.) (2016). [Mental health and wellbeing in England: Adult psychiatric morbidity survey 2014](https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/) see <https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/> accessed 19 April 2021