

## MENTAL WELLBEING – EQUALLY WELL RECOMMENDATIONS AND ACTIVITIES TO REDUCE HEALTH INEQUALITIES

Actions	Equally Well Recommendations
Income maximisation activities and tackling fuel poverty	18. The Government should help people to maximise their income and encourage them to take up means-tested benefits, starting with older people and extending activity through intermediary organisations such as Registered Social Landlords and healthcare services. 19. Any future Government action on fuel poverty should consider explicitly whether improvements in health and reductions in health inequalities can be expected as a result.
Financial inclusion activities	17. Universal public services should build on the examples of effective financial inclusion activity, to engage people at risk of poverty with the financial advice and services they need.
Community regeneration activities	16. Fairer Scotland Fund resources deployed by community planning partnerships should contribute to health outcomes and improving healthy life expectancy.
Healthy Working Lives Award scheme	25. The Scottish Centre for Healthy Working Lives should refine the Healthy Working Lives Award scheme to make it more flexible and accessible to smaller businesses.
Business and economic development agencies to participate in community planning	20. The Government should encourage local leadership in activating business participation in the community planning process. New agencies and current statutory partners should be involved in responding to local needs. In particular, NHS Boards should play an active part in employability partnerships across Scotland. 21. To achieve the potential of business and enterprise in contributing to local community action, the outcome of improving health through work should be integrated with the remit of economic development agencies at national, sectoral and local authority levels including urban regeneration initiatives.
Promote employability of vulnerable groups	20. The Government should encourage local leadership in activating business participation in the community planning process. New agencies and current statutory partners should be involved in responding to local needs. In particular, NHS Boards should play an active part in employability partnerships across Scotland. 22. NHS Boards and public sector employers should act as exemplars in increasing and supporting healthy employment for vulnerable groups. 23. Public sector leaders should promote the evidence on the health benefits of employment with staff, patients and clients. 24. Professional bodies in the field of occupational and public health should be consulted on incorporating the evidence on the health benefits of employment into professional development and practice. 26. Public sector organisations should increase the use of community benefits clauses in their contracting processes.
Improve individual and community wellbeing	45. Keep Well health checks in deprived areas should identify people with depression and anxiety and make sure they get treatment and support. 49. NHS Board interventions to address depression, stress and anxiety should be increasingly targeted in deprived communities, ensuring that approaches and materials used are appropriate. 50. The next phase of Government-led work, following the National Programme for Improving Mental Health and Wellbeing should apply evidence of what works, in particular for those in disadvantaged groups and areas whose future health is most at risk. 62. NHS Boards should take opportunities to play a leadership role in promoting good relations within communities, recognising the impact of discrimination and disadvantage on health.
Suicide prevention activities	50. The next phase of Government-led work, following the National Programme for Improving Mental Health and Wellbeing should apply evidence of what works, in particular for those in disadvantaged groups and areas whose future health is most at risk.
Ensuring timely access for offenders to health and family support services	57. Offenders and ex-offenders should have access to the health and other public services they need and benefit from the same quality of service as the rest of the population. 58. Criminal justice agencies and NHS Boards should work together to ensure that offenders who have engaged with the Throughcare Addiction Service are assessed for and able to access addiction and health services within six weeks of release from prison. 59. Criminal justice services should work with other public and Third Sector organisations and user groups to respond to studies led by the Prison Reform Trust that aim to improve the experience and wellbeing of people with learning disabilities who are in trouble with the law. 60. Scottish Prison Service approaches to promoting positive mental health and wellbeing should be extended across all criminal justice settings.

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<p>Promote availability and use of green space and active travel</p>	<p>27. Government action on the physical environment should include: evidence-based environmental improvements to promote healthy weight, and improving the quality of local neighbourhoods through providing more environmental "goods" to foster better physical and mental health, improve community cohesion and prevent risks to community safety.</p> <p>28. The Government and local agencies and partnerships should apply the "precautionary principle" across policy development affecting greenspace in environment, education and health.</p> <p>29. The Government, NHS Boards and other public sector organisations should take specific steps to encourage the use and enjoyment of greenspace by all, with a view to improving health. Public sector organisations should provide materials, resources and training and evaluation of specific initiatives eg the prescription of "greenspace use" by GPs and clinical practitioners.</p> <p>30. Local authorities and others should foster greater public responsibility for maintaining local environments.</p> <p>32. The National Transport Strategy delivery plan, currently being worked up by the Government, should include specific actions likely to improve health and reduce health inequalities.</p> <p>33. Health inequalities should be addressed specifically in the Government's first formal review of the National Transport Strategy, which will report in 2010.</p> <p>35. New Government whole-community demonstration initiatives should be measured on their impact on health and health inequalities outcomes.</p>
<p>Improve client pathways into, through and out of public services, especially for clients with multiple and complex needs</p>	<p>8. There should be a range of services that identify need and provide support to the most vulnerable children and families. As part of that, the Government should develop a community-based integrated school health team approach, targeting children at risk and increasing the nursing staff and other professionals supporting schools.</p> <p>56. NHS Boards and local authorities should work together to maximise the potential of self directed support which allows disabled people and others to buy their own social care.</p> <p>64. NHS Health Scotland should deliver an accessible communication, translation and interpreting strategy and action plan, with clear outcome measures.</p> <p>65. The Government should provide resources to test and promote the Task Force's approach to redesigning and refocusing public services through health inequalities learning networks. These will operate initially through a small number of test sites within community planning partnerships. Resources will be required to apply continuous improvement techniques locally, as well as to bring together all the evidence available to inform good practice, track progress and spread learning in order to influence change in public services more widely.</p> <p>66. The Government should establish a short-life, cross-sector working group to enable different sectors and those working within them to recognise and share common values, knowledge and skills and develop a joint educational/training framework to support practice which is sensitive to inequalities.</p> <p>67. Government should use existing experience in work on Changing Lives, Working for Families and in the early years field to develop a wider concept of a key worker role and the competencies and skills required to carry it out.</p>