

# Equally Well UK Launch Event

Royal College of Nursing, London, 13 September 2018



We met at the Royal College of Nursing on 13 September to launch Equally Well UK, an initiative seeking to promote and support action to improve the physical health of people with a mental illness. It was an opportunity for organisations to sign the co-produced charter and consider what the initiative will look like over the next 12 months.



This pack provides an overview of our discussions, and should be read in that spirit.



#### We Discussed:

- A) Opening perspectives
- B) The Equally Well UK charter
- C) Panel discussion: Why equal physical health matters
- D) Breakout discussions: What good looks like
- E) Designing Equally Well UK
- F) Equally Well UK snakes and ladders
- G) Next steps



## A: Opening perspectives (1)

We asked attendees to share a bit about them and what they hoped to get out of the day.

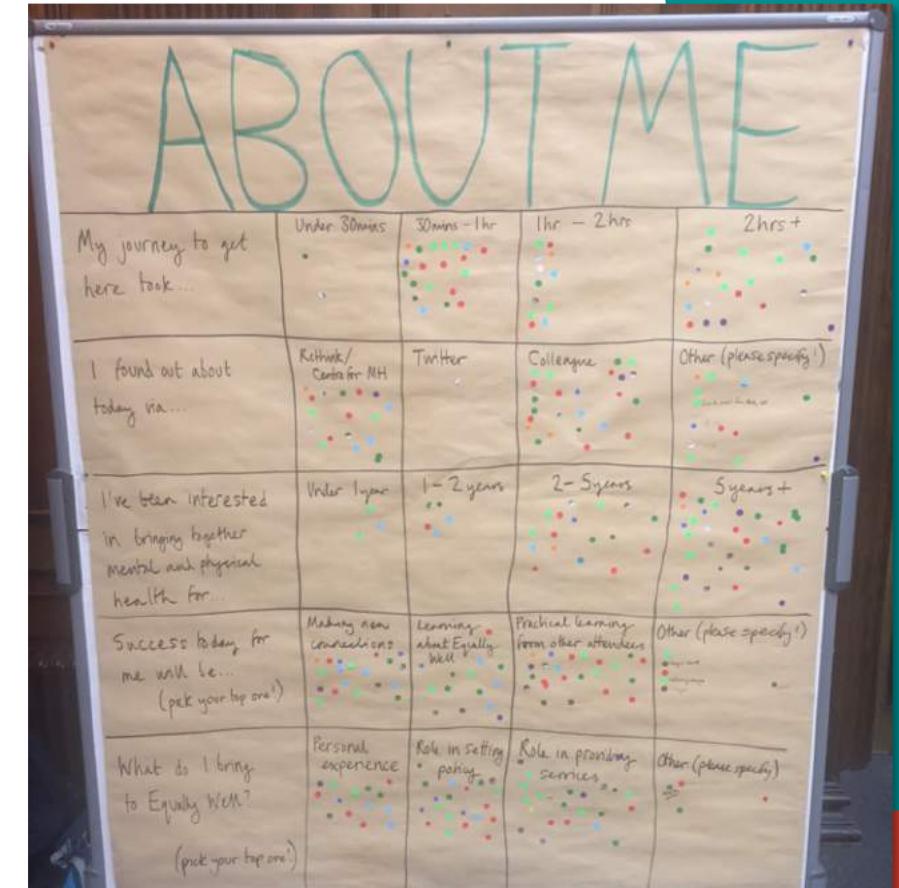


The majority of participants had been interested in bringing together mental and physical health for over two years.

## What is Equally Well and why is it important?



Participants brought a range of experience to the event, including a role in setting policy, personal experience of mental illness, a role in providing services or all of the above.



## A: Opening perspectives (2)

Andy Bell from the Centre for Mental Health opened the day with an introduction to Equally Well UK and its purpose. We then heard from Helen Lockett of Equally Well New Zealand where the initiative started, to hear her perspective on why it is important and what has worked well.

# What is Equally Well and why is it important?



Equally Well New Zealand came from the idea that at a systems level, health care services need to increase integration between mental health and physical health care.



Equally Well UK will bring together organisations with a part to play in reducing the 15-20 year mortality gap among people with a severe mental illness.



## B: Equally Well UK Charter (1)

We were delighted that over 50 organisations chose to sign the Equally Well UK charter, demonstrating their commitment to the Equally Well movement.



## Signing the Charter



The RCN @theRCN - Sep 13  
We're proud to be part of @EquallyWellUK's growing membership. Tom Sandford, Director of RCN England, signs the Charter to show our commitment to ensure people with a severe mental illness get the help and support they need for their physical health. #EquallyWellUK

West London NHS Trust @westlondonnhs - Sep 13  
@wlmht Chief Executive Carolyn Regan and Medical Director Jose Romero-Urcelay join leaders of more than 50 organisations to sign an historic Charter for Equal Health and launch a new nationwide collaborative, [equallywell.co.uk](http://equallywell.co.uk) #EquallyWellUK @EquallyWellUK



RPS @rpharms - Sep 13  
We are proud to have signed the #EquallyWellUK Charter and pledge. Find out more about our #mentalhealth campaign: [rphar.ms/2MizuiU](http://rphar.ms/2MizuiU)

peter pratt @jppharm  
@davebranford signing #EquallyWellUK on behalf of @rpharms

## B: Equally Well UK Charter (2)

### Signing the Charter



## C: Panel discussion (1)

Dr Zoe Williams was joined by Hannah Moore and Nikita Egan, members of the Equally Well Lived Experience Advisory Group, to discuss their experiences of physical health care when diagnosed with mental illnesses.

Hannah and Nikita highlighted challenges from lack of coordination between mental and physical health services, as well as examples of where coordination worked well. Issues included a lack of gym access, poor food choices in mental health wards, and communication with medical staff.

# Why equal physical health matters



"We value mental health and physical health but not the crossover in between"



**Helen Gilburt** @helengilburt · Sep 13

The power of stories - bought to tears and inspired by the lived experiences of Hannah Moore and Nikita Egan. We can and should do better #EquallyWellUK

"My GP told me I could be fat and stable or skinny and crazy"



**Sarah O'Gara** @s\_ogara · Sep 13

Excellent contribution from Hannah and Nikita in conversation with @DrZoeWilliams on the problems they've experienced in services at #EquallyWellUK launch - some is careless thinking and just plain stupid. Most is stigma. So it needs to stop. Now! #mental health



**Kate Lillywhite** @KateMindandBody · Sep 13

Inspiring insight from Hannah and Nikita about the importance of inclusive treatment, joined up patient record systems and compassionate care  
@EquallyWellUK #EquallyWellUK #mindbody



**Rachel Joynes** @research\_ramble · Sep 13

Hannah, Nikita & @DrZoeWilliams in discussion about the physical challenges they have faced alongside mental health issues & treatment. Diet, exercise, smoking - highlighting the need to consider what patients need beyond just their immediate care. @EquallyWellUK #EquallyWellUK



**Dr Kate Lovett** @DrKateLovett · Sep 13

@DrZoeWilliams interviewing Hannah Moore and Nikita Egan on barriers to maintain physical fitness whilst an inpatient. Heartbreaking #EquallywellUK

## C: Panel discussion (2)

Wendy Burn (Royal College of Psychiatrists), Tim Kendall (NHS England) and Lily Makurah (Public Health England) reflected on Nikita and Hannah's experiences in a discussion chaired by Sarah Hughes (Centre for Mental Health).

Discussions centred around how the highlighted challenges could be addressed – including better IT systems and giving patients more choice – and what has been tried previously.

### Why equal physical health matters



"We need to involve patients in developing services but must ensure their views are valued"

Vicky McNally @VickyMcNally1 · Sep 13  
#EquallyWellUK @LilyMakurah Talking about imp. of dignity & really making every contact count. People should feel valued. Good EGs of how services are reducing social **#stigma** by having more peer navigators Need to change perceptions as well as what happens in interactions

"We need to ensure people with a mental illness have choices when it comes to their physical health"

"IT is crucial to increasing access – and joined up access – between physical and mental health"

Kaleidoscope H&C @kscopehealth · Sep 13  
Final thoughts: @wendyburn prioritise A&E, @timkendall1 promote the co-existence of mental health solutions, @LilyMakurah improve mental and physical health simultaneously #EquallyWellUK

"Progress has been made in reducing stigma, but we ned to move away from having two doors to access physical and mental health"

## D: Breakout sessions (1)

Participants had the opportunity to join two out of four discussion groups, focusing on a range of topics around equal support for people living with mental health illness.

Peter Byrne from the Royal College of Psychiatrists and Francoise Holland from the Equally Well Lived Experience Advisory Group led a discussion focused around smoking and vaping.

## Smoking and Vaping

→ WHEN IS THE RIGHT TIME TO QUIT?  
HELP.  
(Service User perspective).

THE NEED FOR SECTOR-WIDE POLICY ON SMOKING & FOR THAT POLICY TO BE CO-PRODUCED.

NEED TO REVIEW VAPING POLICY.

FRESH AIR BREAKS <sup>shouldn't</sup> SMOKING

The messages are still not being heard - I need to we need to keep saying 'this is not ok'

Look @ the whole person & not just @ the 'smoker.'  
:-)

ASK THE PATIENTS WHAT MATTERS TO THEM TO START THE MECC CONVERSATION AND KEEP DOING IT



## D: Breakout sessions (2)

Simran Sandhu and Cam Lugton from Public Health England's Mental Health Intelligence Network ran a discussion on data and its importance for tackling the discrepancy between mental and physical health care.

What Data? For equally well

- linkage with primary, secondary & tertiary care data
- wider than psychosis i.e. eating disorders where physical health symptoms as central for MHI.
- MHI on death records - no one has glued on AND in use technically so data fails to show impact.

"Linkage with primary, secondary & tertiary care data"



### Know your data

"Create a dashboard for each CCG, STP & LA showing prevalence in SMI vs general population"

→ NCAP service user survey  
experience of PH care & link up  
→ what are impacts of health check on outcomes  
→ create dashboard for each CCG + STP + LA showing prevalence in SMI vs general population + outcomes in SMI vs general population + risk factors emergency admissions, + risk factors i.e. smoking rates, levels of deprivation substance misuse  
→ use prescribing data to identify cohorts

Data - Equally well Plan.

- ① uptake of diabetic eye screening & A&E screening
- ② RightCare report can do pathways to mental health care because of "data issues" please investigate

King's Health Partners.

- \* Look at the KHP Vital 5 work - having a score for everyone (children, adults, vulnerable groups) on obesity, BP, mental health, smoking + alcohol.
- \* Look at the local care record in KHP local area.

"Look at the KHP Vital5 work - having a score for everyone on obesity, mental health, smoking and alcohol"

## D: Breakout sessions (3)

# What can Equally Well UK do about obesity?

Alan Cohen from the Royal College of General Practitioners posed the question of what Equally Well UK could do in terms of work around obesity for people with severe mental illness.

“Emphasise the importance of minimising use of medication and having regular reviews”

“Campaign to improve dietary choices in inpatient services”

“We need to tackle fatalism among professionalism and give them the messaging to emphasise the importance of preventing weight gain”



“Collate existing resources”



“Offer double GP appointments for people on SMI register to allow time for discussions about physical health”

“Personalised support is needed so that the difficulties they face losing weight are acknowledged”

“Build on engagement skills of mental health professionals to discuss weight and diet as part of community support”

“Promote weight management services for anyone on antipsychotic medication”

## D: Breakout sessions (4)

### The role of the voluntary sector

Kathy Roberts from the Association of Mental Health Providers initiated discussions on the role of the voluntary sector to promote and support action to improve the physical health of people with a mental illness.



"The voluntary sector has lots to offer but the potential can sometimes be ignored"

"There needs to be a more joined-up approach, the voluntary sector can bring together several organisations in the area and can develop relationships"

"The sector has a lot of excellent practices that can be scaled up"

"Thinking around commissioning needs to be broadened"



"There is a disconnect between primary and secondary services, VCSE can empower people to get physical health checks"

"The voluntary sector has a longer-term role in the community, it has more established relationships"

"VCSE is the preferred option for majority of service users who would rather not go into an NHS setting"



# E: Designing Equally Well (1)

## What does good look like?

We asked participants to consider and share the best example of collaboration they could think of. It didn't have to be a current project, or even within the health and care sector, but we wanted to find out why it was such a success and use this learning to develop Equally Well UK.



**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:** Cross-university student experience group involving public, accommodation academics, commercial centre  
**IT WAS A SUCCESS BECAUSE...**

- Located the "doers" to ensure all different partners were communicating
- Clear on the benefit for partners to work together rather than to cold
- Shared knowledge and gave each partner opportunity to highlight their priorities and get support from others on them

"Gave each partner opportunity to highlight their priorities"

**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:**  
**IT WAS A SUCCESS BECAUSE...**

Right people f collective working toward shared goals  
Do quality, not quantity in early days & small groups  
Taming + tuck Promotions, promotion, promotion  
Secured £ in the service contracts

**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:** Health 1101  
**IT WAS A SUCCESS BECAUSE...**

- offered something different
- motivations
- supportive
- fun

"Offered something different.  
Motivational,  
supportive, fun"

**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:** Mental Health Policy Group  
**IT WAS A SUCCESS BECAUSE...**

Finds common aims and works together to have one voice to government, ALBs, policy makers -  
that is what these doest want and so is a common  
need. Required commitment to not think only  
needs of self

"Find common aims and works together to have one voice to government, ALBs, policy makers"

**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:**  
**IT WAS A SUCCESS BECAUSE...**

Shared sustainable ways of working  
(Strong relationships)

**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:** Creating a physical health service for 'In Our Beans' Hosp (Ophm+)  
**IT WAS A SUCCESS BECAUSE...**

- I built rapport + trust over time
- I stuck at it, kept momentum + didn't let go of the overall objective
- I recognised that it would take time to develop + deliver
- I drew on the expertise + input of all of the partners

**WHAT DOES GOOD LOOK LIKE?**  
**COLLABORATION:** South West Patient Mental Health Safety  
**IT WAS A SUCCESS BECAUSE...**

- Common aim + goal
- Motivational passion
- Clear leadership
- DOERS!

"Common aim and goal, motivation and passion, clear leadership, doers!"

# E: Designing Equally Well (2)

## What does good look like?

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** Oxford Mental Health campaign

#### IT WAS A SUCCESS BECAUSE...

We had the same goal / felt positive  
hopeful mood going against MH to all  
stop, knew it was a long term  
battle & were ready for it - worked  
to raise awareness and acceptance of  
diversity

"Worked to raise  
awareness and build  
acceptance of  
diversity"

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** NHS Healthwatch 😊

#### IT WAS A SUCCESS BECAUSE...

- \* good relationships (across sectors  
not realistic expectations)
- clear purpose
- value purpose for each org/person
- someone to lead and push / hold to account  
(draw on existing expertise)

"Clarity from the  
start and respecting  
other opinions"

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:**

#### IT WAS A SUCCESS BECAUSE...

**IMPORTANT ISSUE**  
**SHARED VALUES**  
**TOOK RISK**  
**AGREEMENT**  
**CLEAR PLAN**  
**PROFESSIONALISM**  
**RESPECT EXPERTISE**

"Took risks, clear  
plan, professionalism  
and respect  
expertise"

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** ALCOHOL PATHWAY

#### IT WAS A SUCCESS BECAUSE...

Local liaison (NHT & alcohol liaison)  
produced a care bundle for  
severe alcohol withdrawal symptoms  
and their management in the  
acute hospital setting.

"We both benefited  
from it, shared goals,  
generosity from both  
sides"

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** Learn, train, shadow/  
cross physical therapy  
Medical health trust

#### IT WAS A SUCCESS BECAUSE...

- Sustainable
- achievable
- communication
- resilience
- 

"Sustainable,  
achievable,  
resilience,  
communication"

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** ~~Introducing, understanding the people in - shared responsibility~~  
~~Introducing, understanding the people in - shared responsibility~~  
~~Introducing, understanding the people in - shared responsibility~~

#### IT WAS A SUCCESS BECAUSE...

- communicating
- respecting other opinion/experience
- shared trust - However we get there
- mutual benefit
- appropriate people
- everyone has a voice
- better processes - not conflict - conflicts to  
see how they can work together
- belief in the outcome - agreement on the what  
(not necessarily the how)
- common view -  
(lot of circumstances unacceptable - clarity at the beginning - something we have to do.  
unacceptable things during early - something we have to do.  
The right thing to do)

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** Campaign to Give Children Equal Rights  
- see the above document

#### IT WAS A SUCCESS BECAUSE...

Everyone shared a very strong commitment to changing the current reward  
practices and to focusing on equality + need of children because of it.  
But there is a lot of work to do and it's not easy. There is still a long way to go.  
However, as mention, to build a ~~better~~ ~~equal~~ society around equality, children and to  
have a better future. Everyone will be part of it by sharing the message  
for all "parents is another adult"

Also, a different way to help is allowing long-term -

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** ~~Shared~~  
~~Shared~~

#### IT WAS A SUCCESS BECAUSE...

- clear goals & tasks
- seeing outcomes happen
- shared values
- impact
- feeling empowered individually
- sharing information
- able to take risks
- 

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:** ~~NHS~~  
~~Midwives~~  
~~midwives~~

#### IT WAS A SUCCESS BECAUSE...

- \* We both benefited from it
- \* Shared goals
- \* Generosity on both sides

### WHAT DOES GOOD LOOK LIKE?

**COLLABORATION:**

#### IT WAS A SUCCESS BECAUSE...

managing equality  
trust

## F: Snakes and ladders (1)

# How to create an effective learning network

We then focused on what makes an effective learning network. This gave participants the opportunity to consider the development of Equally Well UK network. We looked into what makes a network succeed and fail using an analogy of snakes and ladders.

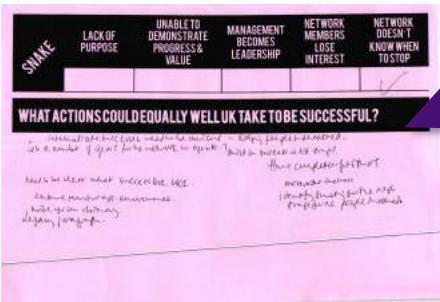


Snake	Ladder
Lack of Purpose	Clear definition and articulation of purpose – with relentless pursuit!
Unable to demonstrate progress & value	Theory of change, family of measures to support and monitor progress
Management becomes leadership	Clarity of roles, leadership from network members
Network members lose interest	Purpose, events and content, communication of progress
Network doesn't know when to stop	Purposeful close down and celebration

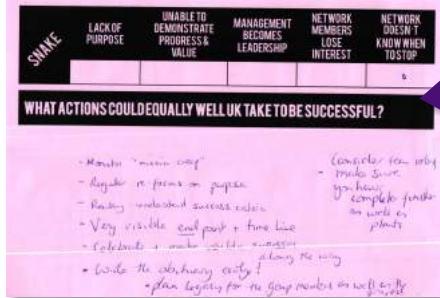
## F: Snakes and ladders (2)

# How to create an effective learning network

Participants were asked to think through what actions Equally Well UK could take to mitigate common network challenges.



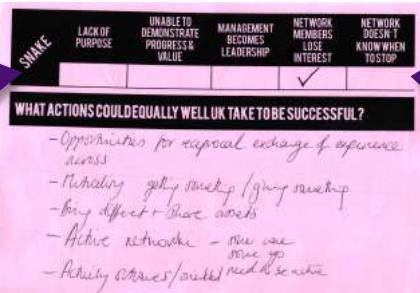
"Set a number of years for the network to operate, we need to be clear what success looks like"



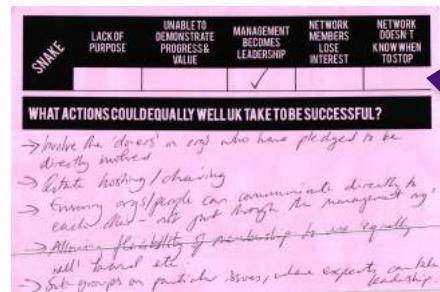
"Regular refocus on purpose, very visible end point and timeline, monitor 'mission creep'"



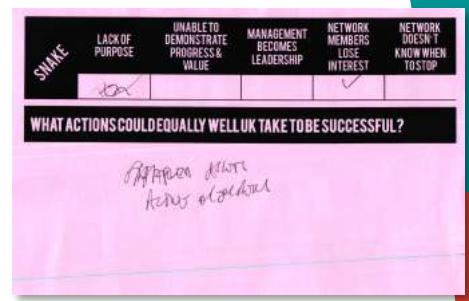
"Opportunities for reciprocal exchange of experience, mutually giving something/getting something"



"Being different and share assets, be an active network"



"Involve the 'doers' in organisations, rotate hosting/chairing, allow flexibility of membership"



## G: Next steps

# What happens next?



We hope you can join us on 18 October, 2-3pm, for an interactive webinar which will set out the plan for the first two years of the collaborative.

The webinar designed for all individuals and organisations who would like to hear more about Equally Well UK, and join.

To register please visit: [bit.ly/2OjN460](https://bit.ly/2OjN460).

# EVALUATION

**90**

% of attendees agreed or strongly agreed that they would recommend an event of this type to a friend

Average score:

**4.2/5**

Most helpful session

Why equal physical health matters

Most useful insight:

"The personal experience of Hannah and Nikita"

"People weren't on the defensive. They actively wanted to change"

"Issues such as smoking and obesity cannot be tackled in isolation"

those who came felt welcomed  
collaboration  
enthusiastic  
well organised  
informative  
fun varied  
*networking*  
**engaging**  
purposeful  
best practice  
powerful  
desire to change  
interesting people

"We are all leaders in this collaborative"

"The sheer scale of the work ahead"



glenn westrop  
@glenn\_westrop

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Take home message for me from #EquallyWellUK launch today. Together we have so much power and drive to improve #physicalhealth. We can overcome #boundaries and do things differently together!



mark winstanley  
@charitablemark

[Follow](#)

For too long we have neglected the physical health needs of people living with mental illness. Resulting tragically in lives cut short. Rethink says It is time to act and end this outdated health inequality #EquallyWellUK

2:32 AM - 13 Sep 2018



Sarah O'Gara  
@s\_ogara

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Wow, hearing from today's experts by experience about physical impact of #severementalillness and poor attitudes of medical staff who do and should know better is shocking...seriously we've got to do better and need to listen more, far far more to people with #smi. #EquallyWellUK

3:27 AM - 13 Sep 2018



Laura Benner-Hughes @77frogslegs · Sep 14

Was delighted to share my thoughts and experiences at the #EquallyWellUK launch event yesterday as a Lived Experience Advisor. Organised to reduce the shockingly early deaths of people with mental health problems by addressing their physical health too.

3 5



Dan Lescure  
@DanLescure

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Working in #mentalhealth for years i've seen the poor #physicalhealth of too many who use MH services. At the launch of #EquallyWellUK & hearing the shocking stories & damning statistics that still exist is upsetting. This stark #healthinequality must be addressed #parityofesteem

6:15 AM - 13 Sep 2018



Tim Kendall  
@timkendall

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Delighted to be part of the #mentalhealth community @theRCN for the launch of #EquallyWellUK . Today we come together to create an impassioned movement to end inequality in healthcare that reduces life expectancy for people living with #severementalillness

2:24 AM - 13 Sep 2018

# Thank you again for joining us.

If you have any further comments or questions please email [hello@kaleidoscope.healthcare](mailto:hello@kaleidoscope.healthcare)