

Welcome

Support for Men

25 Feb 2025

Meppershall Village Hall

About the event

- Housekeeping
- Conversation starter
- Programme
- Networking – tables, open space
- Lunch

Beds MHA update

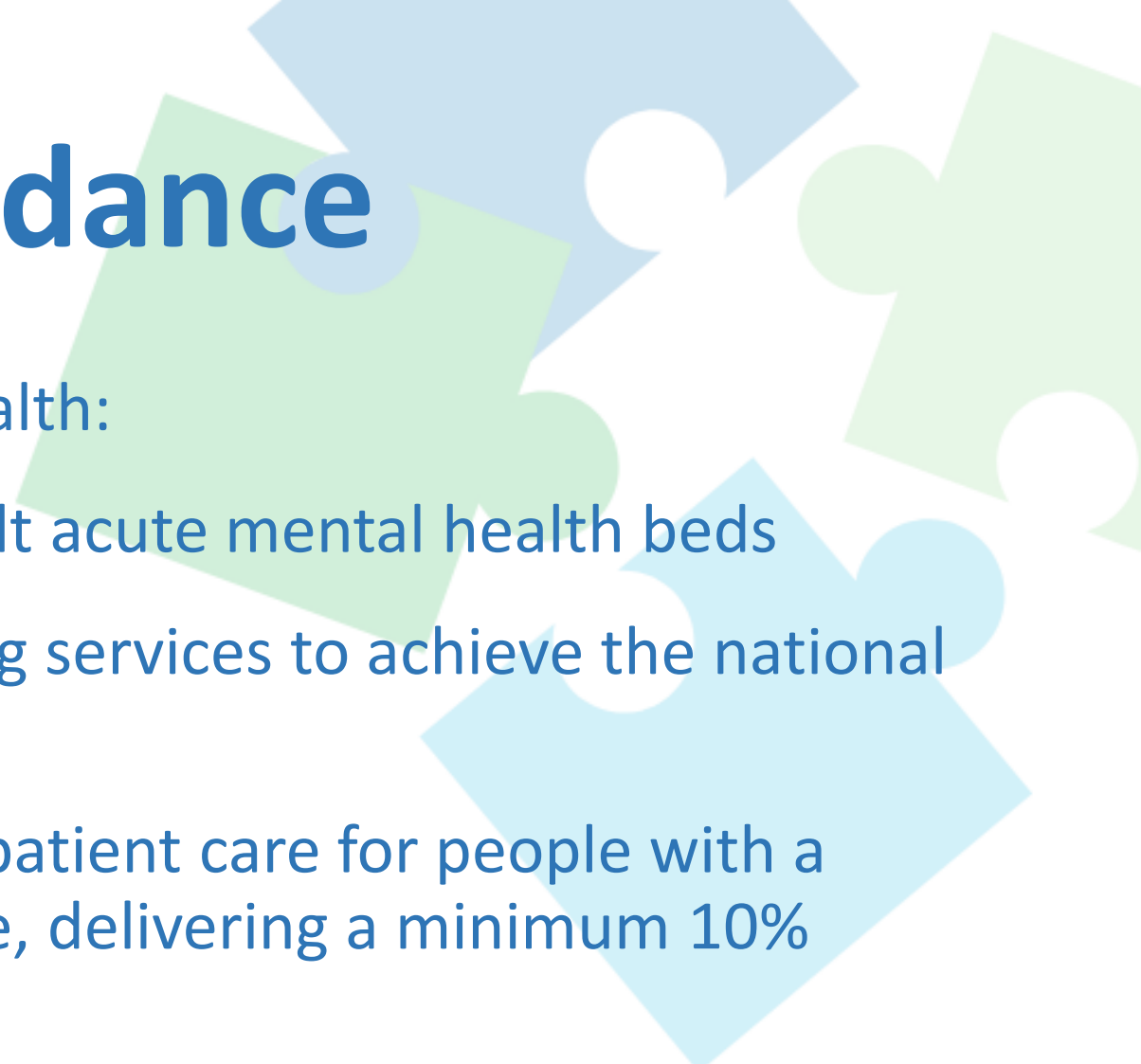
Caroline Lewis

- Beds MHA Steering group
- CEO, MIND BLMK

Steering group update

- Lunch and Learn
- Collaboration with other Alliances
- Continual attendance at system meetings

NHS Planning Guidance



3 specific targets related to mental health:

- Reduce average length of stay in adult acute mental health beds
- Increase the number of CYP accessing services to achieve the national ambition
- Reduce reliance on mental health inpatient care for people with a learning disability and autistic people, delivering a minimum 10% reduction

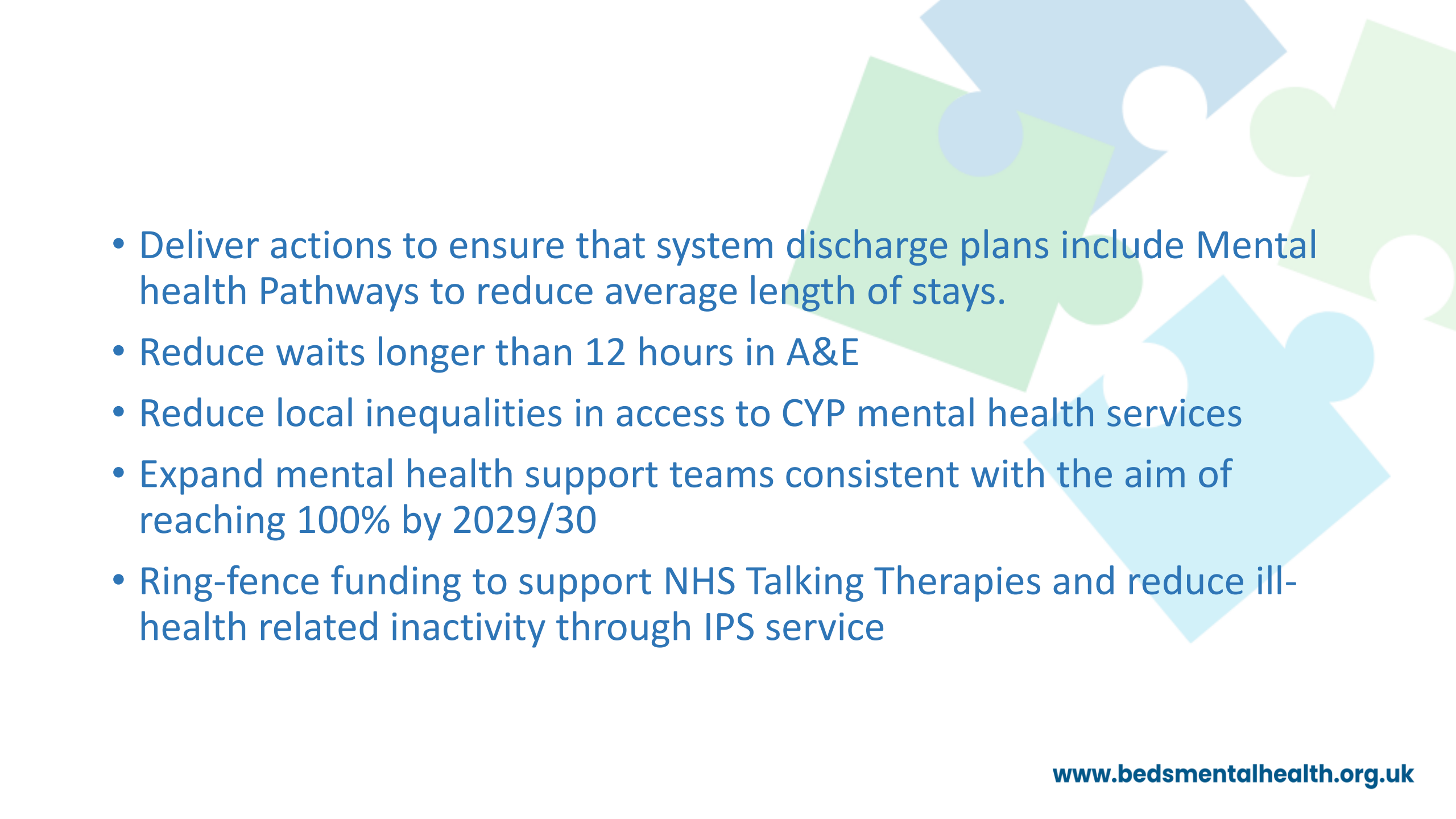
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- Deliver actions to ensure that system discharge plans include Mental health Pathways to reduce average length of stays.
 - Reduce waits longer than 12 hours in A&E
 - Reduce local inequalities in access to CYP mental health services
 - Expand mental health support teams consistent with the aim of reaching 100% by 2029/30
 - Ring-fence funding to support NHS Talking Therapies and reduce ill-health related inactivity through IPS service

Table discussion

What are the **pressures** that men face that impact their mental health?

Age, intersectionality

What **barriers** do they face in engaging with services that can help their mental health?

NHS, LA, VCSE

Table discussion

What pressures?



What barriers?

Local and National Picture

Kate Ellis

- Beds MHA Steering group
- Head of Community and Wellbeing, Beds RCC

Mental Health – what's happening?

Central Bedfordshire

11.8% of patients had an unresolved record of depression in 2022/23.

Second lowest quintile of local authorities in England

60% of Local Authorities had higher rates of unresolved cases.

The proportion of unresolved cases from 2018-2019 – 2022/23 rose significantly in Central Bedfordshire.

Mental Health – what's happening?

Bedford Borough

People who had a referral to secondary mental health services for mental conditions in the five years preceding their death from 2018 – 2020 were **426.1% (4 times more likely)** to have died than those who did not have SMI.

The significance of the long-term trend has not been calculated but the rate in Bedford has been consistently above that for both England and East England.

Bedford Borough JSNA Dashboard

The National Picture

- 6,069 suicides in 2023
- 5,642 deaths in 2022
- highest rate seen since 1999

Suicide rates men

- 17.4 deaths per 100,000 in 2023
- 16.4 deaths per 100,000 in 2022
- highest rate for males since 1999
- 25.5 deaths per 100,000 for males aged **45 to 49**
- 9.2 deaths per 100,000 for **females** aged 50 to 54

What is happening locally?

Public Health carry out a suicide audit of coroner records every 2-3 years. This provides data on demographics and other risk factors/themes at a local authority level.

The report produces recommendations for suicide prevention work locally.

The last suicide audits were completed in 2023 looking at cases of suicides that occurred from 2019-2021).

Key Themes

Bedford Borough

- 90% cases were male
- Younger men into middle aged were more at risk
- 100% cases who reported financial problems were male
- 25% of males had recent relationship problems
- 50% of suicide were by people working in routine and manual occupations

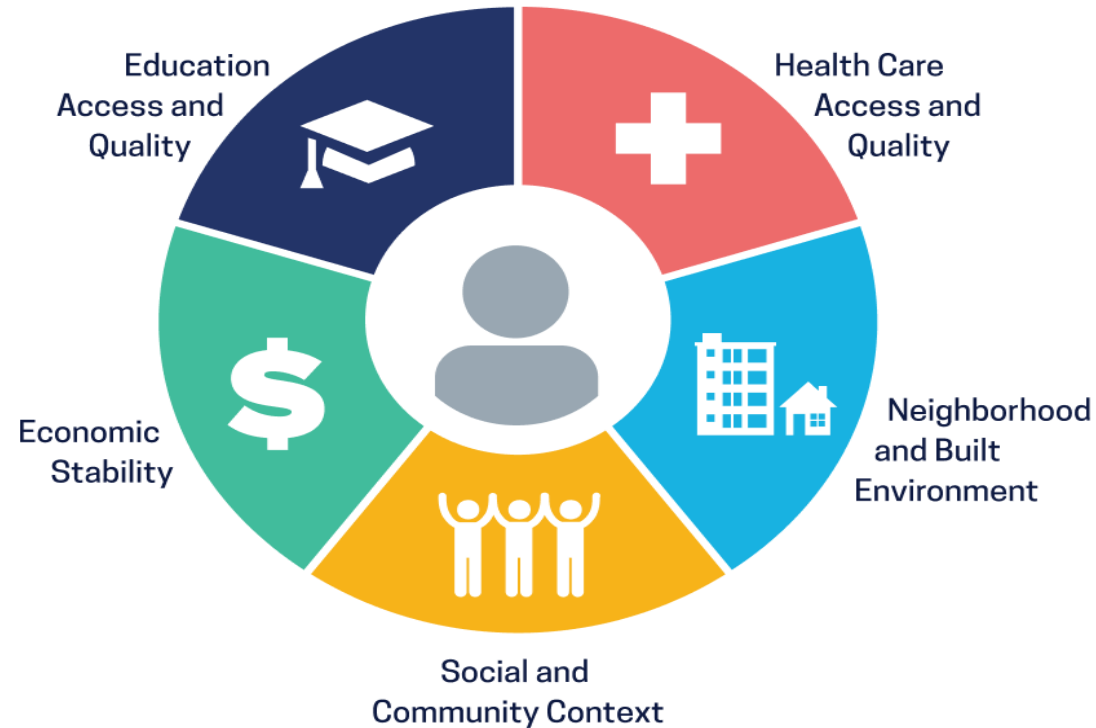
Key Themes

Central Bedfordshire

- 70% suicides were male
- 20% males had relationship problems
- 50% were by people working in routine and manual occupations
- 45% of those who died by suicides (males & females) were aged 30-49

How do we make a difference?

Social Determinants of Health



Projects

M.E.E.T

Men, Exercise, Engage, Talk

Projects

Dunstable Town FC

Table discussion

What **works** to engage and support men's mental health?



Open space

Chris Stelling

- Beds MHA Steering group
- CEO, Carers in Bedfordshire

Open space

- Networking
- Lunch
- Close at 12.30pm