

Group One:

Question 1: What are the key issues and challenges relating to mental and emotional health & wellbeing?

- Feelings of stigma also stress/anxiety
- Lack of resources
- Feeling overwhelmed
- pressure on women to be 'super women'
- Facing societal pressures
- Cultural expectations and living up to these
- Uncertainty for the future
- Concerns around the current political climate
- Social media – pressure to be “perfect”
- Workers mental health – do employers care about burnout/stress
- Having the time for self- care

Question 2: What work is already taking place around the Five Steps?

- Community groups
- Active communities
- Pushing for awareness
Religious groups
- Community development
- Forums/networks
- Through volunteering Opportunities

Question 3: What role can WHN play in supporting or delivering activities relating to the Five Steps?

- Book relaxation tai chi for WHN meetings
- Focus on our own self-care
- Cultivate a supporting/supportive atmosphere
- Continue links with the NHS + CCG
- Be aware of current health strategies
- Raise awareness for women's health in communities and with our member

Group Two:

Question 1: What are the key issues and challenges relating to mental and emotional health & wellbeing?

- Prioritising time, too much to fit in!
- Sometimes perceived stigma when accessing services
- Women believing, that they have to cope and carry on
- Culture/Belief systems/Perceptions – can impact on women's health
- Knowing where to access appropriate help that fits individual need
- Affordability – is there a cost? Is it affordable
- Childcare, difficult to access
- Location- where is it based. Can difficult if on low income, no car and young children
- General Environment

Question 2: What work is already taking place around the Five Steps?

- Mental health directory
- My Wellbeing College – self refer
- Volunteering/ self-help/community champions/online + telephone support
- Community Education; community centres, faith organisations
- Community exercises + classes such as Tai Chi/ Yoga

Question 3: What role can WHN play in supporting or delivering activities relating to the Five Steps?

- Promoting services widely that relate to the 5 Steps e.g. Directory

Group Three

Question 1: What are the key issues and challenges relating to mental and emotional health & wellbeing?

- Recognising Mental Health (individual needs)
- Stigma
- Time
- External pressures
- Putting others first – especially at work
- Forgetting about ourselves
- Not feeling safe to seek help for mental or physical support
- Feeling a sense of failure, constantly juggling

- Lack of leadership and inefficient support at work
- Isolation – Number 1 Killer
- Pressure – oppressed at work – working conditions – not creating space
- Brexit Pressure
- Poverty

Question 2: What work is already taking place around the Five Steps?

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|------------------------------|------------------------|
| • Little Minds Consultations | 6 - Ways |
| • Mind Wellbeing College | 1. be active |
| • Green Spaces –research BIB | 2. keep learning |
| • Nurture your team | 3. give |
| • Speakers Corner | 4. connect |
| • Ward Walks | 5. take notice |
| • 50 things | 6. care for the planet |

Question 3: What role can WHN play in supporting or delivering activities relating to the Five Steps?

- At every WHN meeting – (2mins) – “How are you feeling today?”
- Take turns in speaking
- “Listening only”
- “Skill”
- “Summarise”
- “Offer compassion”
- More men on WHN membership
- MP to attend WHN
- Mental Health Directory
- Platforms for young women

Group Four

Question 1: What are the key issues and challenges relating to mental and emotional health & wellbeing?

- May people have a feeling of “uncertainty;” – current political and financial climate
- Pressure on young people; academic, financial, social technology
- Pressure on older people; technology, financial, care, political

- Carers; young carers, dual carers, caring for partner/own issues, financial, who/where do they get support from
- Reliance on voluntary services; quality/consistency and access issues can arise

Question 2: What work is already taking place around the Five Steps?

- £3 annual card for under 16 and over 65 mental health/physical diagnosis
- Champions Show the Way
- Various health and wellbeing apps - ORCHYA
- 50 things to do before your 5
- 10 today
- Craft/ wellbeing café
- Menopause cafes

Question 3: What role can WHN play in supporting or delivering activities relating to the Five Steps?

- Promoting, co-ordinating information directory – aware of problems associated
- Keep linking up and sharing accordingly

Group Five:

Question 1: What are the key issues and challenges relating to mental and emotional health & wellbeing?

- Age – as you get older – losing independence
- Illnesses
- Not being able to talk to anyone for the fear of hearing “just get on with it”
- Taboo subject- some topics not discussed openly (domestic violence, menopause etc.)
- Black magic (jadoo) culturally sensitive and very rarely discussed outside immediate circles
- Suicide rates increasing? – Love Island etc. – more on media regards younger people.

Question 2: What work is already taking place around the Five Steps?

- Community Health Champions
- Groups in centres

- Speakers Corner

Question 3: What role can WHN play in supporting or delivering activities relating to the Five Steps?

- Continue to provide networking and sharing skills opportunities
- Create and share information on what is happening across the areas, of what is going on