

END OF 2022 COMMUNITY NEWSLETTER

Dear community members,

Welcome to our final newsletter of 2022!

2022 has been another challenging year with continued instability and unrest locally, nationally and across the world. The last couple of years have really shone a light on how interdependent we are as humans – on each other, and particularly on health and social care systems. This is a reality that at times can be difficult to bare. But we, as an organisation, have been able to continue to function and even thrive. This has allowed those who most depend on us to continue to do so in the face of the pandemic - something we can be incredibly proud of.

The pandemic has adversely affected many of the most vulnerable and further widened health inequalities. As we work our way through the recovery, we will continue to pause at points to see how we are fairing in the new world.

Below is a summary of our achievements in 2022 – this is not a complete list by any means.

- We are now transitioning through the next post-crises phases. With phase one now complete I look forward to us trialling and learning from phase two, where we will return clinical work to the clinic spaces to ensure our most vulnerable patients have visibility and confidentiality.
- The contract and commissioning landscape has changed. This will bring new challenges in 2023 and we have strengthened our positions and identified places where we could have influence.
- We have expanded our accessibility for those who can find it more challenging - long Covid group, peri-natal period for our parents, SilverCloud and BAME.
- We have extended our mental health programme within the Jewish community.
- We have supported approximately 9,370 people in Salford and Greater Manchester (Jan – Nov 2022).
- New roles have been developed, providing workforce diversity and career opportunities.
- We have developed significant networks and mental health systemic changes – enhancing our offer to those bereaved, Living Well communities and our community connections.
- We've developed new relationships as well as strengthened existing partnerships through the Beyond Initiative.
- We achieved the Investors in People Silver accreditation despite working remotely.
- We've secured and moved into a new office space in Eccles.
- In October we delivered our first in person AGM since 2019.





WORKFORCE EVALUATION

We have been working in partnership with Salford University on a service evaluation, looking at three different therapist modalities that provide the IAPT service over a 5-year period. The groups were, PWP's, mental health professionals and counsellors.

The objective was to see if there is a difference in the outcome data between groups. The outcomes were equally comparative across the groups. We will use this information as a platform for further research and innovation.

GREATER MANCHESTER BEREAVEMENT SERVICE (GMBS)

We have received great news that GMBS will be commissioned within Six Degrees until March 2024. We thank our workforce for their hard work and dedication.

EARLY YEARS PILOT PROJECT

In October we attended an Early Years pilot project event, aiming to tackle childhood obesity in Salford. We were able to promote Six Degrees and the IAPT service and establish links with key services such as health visitors, the health improvement team, Achieve and Dad Matters to ensure those within the perinatal period can access support in a timely manner.

VACANCIES

Our current vacancies can be found on the 'work for us' page of our website: <https://six-degrees.org.uk/work-for-us/>

Whether you celebrate Christmas or not, I wish you all a peaceful break and look forward to seeing you next year.

Happy Hannukah, Shabe Yalda Mobarak,
Merry Christmas.

Best Wishes

Kelly



HSJ AWARDS

In November Living Well were shortlisted by the HSJ Awards (Health Service Journal) in the Mental Health Innovation of the Year category.

The nomination recognised the amazing work undertaken by our partnership with Living Well Salford, Greater Manchester Mental Health NHS Foundation Trust, Start, Mind in Salford, Salford's Primary Care Networks, Salford CCG, Salford City Council and alongside community supporters and social prescribing offers such as Wellbeing Matters.

A risk management database won in our category (I'll rant another day). However, we are incredibly proud to have been shortlisted and would like to recognise the efforts of everyone who has contributed to the delivery of our mental health services. Helping our communities remains our driving motivation and collaborative partnerships such as these are helping us to reach more people in need.

