



Welcome to the 2nd edition of the Hull and East Riding Prevention Concordat for Better Mental Health Newsletter.

This newsletter provides oversight, capturing key points from discussions, and share primary prevention news from the latest Hull and East Riding Prevention Concordat.

Checking In

An important element of our concordat is the check in, during the last check in we acknowledged that within the room roughly 50% of members were going through some form of organisational change, this brought up feelings of instability, pressure, and system tiredness.

During our February meeting the theme centered around the effects of screen time and usage following the release of new government recommendations. As a group we explored how screen time can impact mental health and emotional well being, and what we are all seeing from this in our areas.

In order to do this we undertook two main activities:

- Rich Picture Workshop
- Root Definition activity

These activities allowed EI, from ERYC Public Health, to create a Systems Analysis and Causal Loop Diagram.

Rich Picture Examples taken from the previous concordat



At the end of the workshop we used the insight from conversation and the Rich Picture activity to create a “Root Definition”

A Root Definition is a carefully constructed statement that captures the purpose of a system that would address the situation – it describes what the system does, for whom, by whom, and within what constraints. This is our drafted Root Definition:

“A system, owned by Hull and East Riding Public Health, the Prevention Concordat and potentially the Early Help Partnership / First 1000 days, that provides individuals, families and communities across the whole life course with accurate information and manageable alternatives to support informed choice around screen use; operated through 0-19 services, education settings, schools and children’s centres; in order to transform unmanaged and harmful screen exposure into an environment where people are equipped – not punished – to navigate digital spaces in ways that protect and strengthen mental health, trust and community connection; within a world moving rapidly towards digital as the norm, where education must equip people to use technology wisely, not simply increase screen time.”

See below links to [JSNA](#) websites for Hull and East Riding covering the Health and Wellbeing of the local population, and supporting the Health and Wellbeing Board and it’s strategy to understand the strategic health and care needs of the population.

Links:



“Growing up in an online world” - Join the Consultation!!

The UK Government has launched a national consultation relating to the effects of social media and screen time on young people called, the consultation is seeking views on how to better protect children and young people online while helping them develop healthy, balanced relationships with technology.

Who is it for?

The consultation is open to parents, carers, young people, and professionals

When does it start/end?

It's already started!
The consultation closes on the 26th May

How do I access the consultation?

If you would like to take part, further information is available via the GOV.UK website by searching “Growing up in an Online World Consultation”, or following the link below:
<http://www.gov.uk/government/consultations/growing-up-in-the-online-world-a-national-consultation>



Great Partnership Working Taking Place!!!

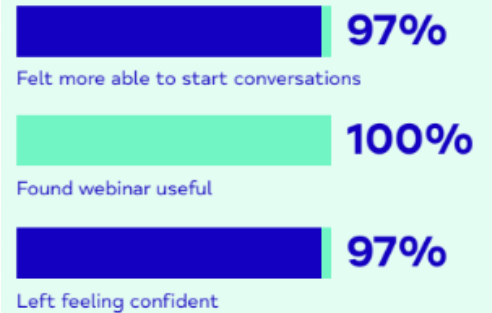
On 5th February a joint campaign to promote Time to Talk Day was developed via the Hull and East Riding Mental Health, and Suicide Prevention Communications and Marketing Network (it's a mouth full I know)!

The campaign was delivered between across both local authorities (Hull and East Riding), between ERYC and Hull CC, Hull East Yorkshire Mind, and Citezens Advice.

The campaign consisted of a successful webinar hosted on eventbrite and led by HEYMind, the webinars aims where to support residents to develop the skills, and confidence to have a conversation with someone about their mental health, and where to go for further support.



Webinar Impact



“The session gave me increased confidence to start conversations and talk to someone in trouble. I've realised it's okay not to have all the answers - we don't need to 'fix' someone to support them.”



Future Meetings:

LOCATION DATE/TIME

Location	Date	Venue(s)
East Riding	February	Venue(s) TBC
Hull	April	
East Riding	June	
Hull	August	
East Riding	October	
Hull	December	

A huge thank you from Adam, Verity and Will for all of your hard work and engagement
Hope to see you again next time, don't forget to use the QR below to get more involved:

THANKS!

