

# HeadsUp - how's our BBO journey going....

Rachel Jennings  
Programme Manager  
(relationship manager, peace  
keeper, morale booster, decision  
maker)

# Who are we & what do we do?

- Independent business unit of Essex Partnership University NHS Foundation Trust
- Established in 2010
- Enable East offers a range of services to help organisations 'get things done' such as providing additional skills, building capacity or developing solutions



We've worked with over 130 organisations



Including the NHS, Local Authorities, charities and the private sector



We have a large pool of experienced associates

# Big Lottery Fund

- Managed over **£7 million** of Big Lottery Fund grants
- **Wellbeing1** £3 million with 25 organisations
- **Wellbeing in the East** £2.7 million with 28 organisations
- **HeadsUp** £1.8 million with 3 partners



# How we're involved with BBO

- 1 of 12 BBO projects delivered in the South East LEP, 1 of 6 BBO 's delivered in Essex
- Project outline for mental health
- Identified a gap in services for common mental health problems
- BBO grant of £1.8m
- Delivery commenced summer '17
- Target of engaging 695 participants



# HeadsUp

- Supporting people experiencing common mental health problems such as anxiety and depression
- 3 delivery partners
- Delivered across whole of Essex
- So far we've worked with over 200 people and have supported
  - 10 participants into employment
  - 8 participants into training



# What do we offer?

- One to one tailored support with a peer support worker
- Workshops to explore, understand and boost mental wellbeing
- Support for as long as the participant needs it
- Work with employers to secure placements and job opportunities
- Challenge the stigma surrounding mental health

**“come along for a  
cuppa and a chat to see  
how we can help you”**





# The people we support

Clare hasn't worked for 5 years and suffers with severe anxiety

Diana hadn't worked for 2.5 years and had lost her confidence and belief in herself



# So how's it going so far?

## Our 3 biggest challenges

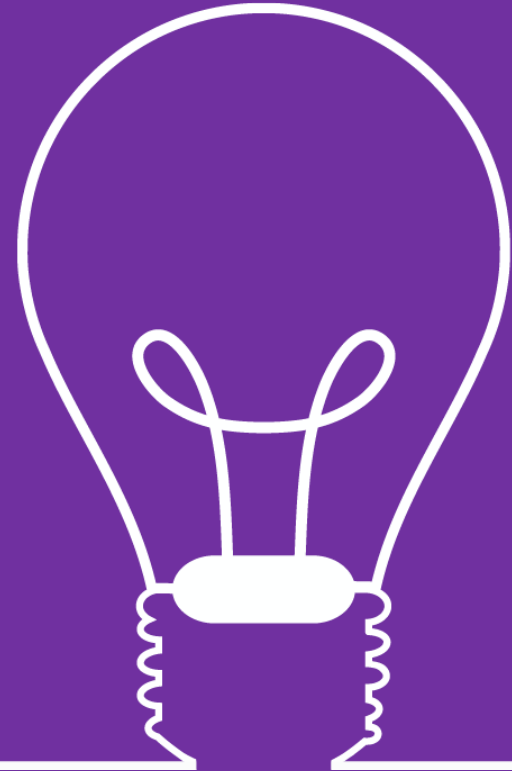
- Meeting audit requirements
- Changes in guidance
- Referrals





# Some of the wider benefits

- Working with peer support workers
- Measuring impact on wellbeing
- Working collaboratively with others in our LEP





MY BIGGEST  
DISCOVERY WAS...

I have more strengths  
I realised.

MY BIGGEST  
DISCOVERY WAS...

I am employable.

MY BIGGEST  
DISCOVERY WAS...

Socialize with my family more.

MY BIGGEST  
DISCOVERY WAS...

TAKE  
FIRST

YOU ARE NOT ALONE

MY BIGGEST  
DISCOVERY WAS...

HAVE GAINED CONFIDENCE

MY BIGGEST  
DISCOVERY WAS...

I HAVEN'T GIVEN UP!

# Rachel Jennings Programme Manager

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