

## **Bolton's Big Wellbeing Conversation - Press Release v1 29/06/2021**

### **FOR IMMEDIATE RELEASE**

The people of Bolton are being asked to take part in Bolton's Big Wellbeing Conversation and be in with a chance to win a £25 gift card!

The results of the survey will help ensure that the mental wellbeing support services provided for people in Bolton are targeted where they are most needed.

Mental wellbeing can fluctuate from time to time, and this is normal. But it is especially true in times of adversity. After all, almost everyone has been affected by the Covid pandemic either financially or socially, with impacts on both our physical and mental health.

However, if we have low mental wellbeing over a long period of time, we may need help.

The wellbeing survey is being run by the Independent Mental Health Network on behalf of Bolton Council. People do not need to give their personal details to complete the survey and all the responses will be anonymous.

Tom Renhard, CEO of the Independent Mental Health Network said:

"We want to hear from people and communities across Bolton about what's going on for their wellbeing. What matters, what needs to change and how things like a person's housing or employment situation are impacting things at the moment, especially given the current climate. The information we gather will then be analysed and developed into a set of recommendations for what is needed going forwards."

Bolton Council's Executive Cabinet Member for Wellbeing, Cllr Susan Baines, said:

"We want everyone in Bolton to get the best possible start, to live active and fulfilling lives and to age well.

"To achieve this, we know that mental wellbeing is every bit as important as physical health.

"In order to provide the right services, we need as many people to take part in the wellbeing survey as possible and I urge everyone to get involved."

### **Why are we asking about mental wellbeing?**

We are undertaking this survey to help us to understand more about mental health in Bolton so that we can plan services both now and in the future.

### **How can I contribute?**

[Please fill in our short survey.](#)

Request a paper survey to complete by emailing: [engagement@imhn.org](mailto:engagement@imhn.org) or calling **0117 405 5863**

We will be running focus groups with key partner organisations. A £25 voucher will be provided to each person who takes part.

To book, please visit our [website](#).

The survey will be open until Tuesday 31st August 2021.

### **What is mental wellbeing?**

Mental wellbeing describes how we are feeling and how well we cope with everyday life. All of us have mental wellbeing. If we have good mental wellbeing we:

- Feel relatively confident in ourselves
- Can build and maintain positive relationships with other people and enjoy making a contribution to our communities
- Cope with everyday stresses and manage life's ups and downs

### **How is mental wellbeing and mental health problems connected?**

It is quite normal for our wellbeing to fluctuate, but if you experience low mental wellbeing over a long period of time, you are more likely to develop a mental health problem. If you already have a mental health problem, you're more likely to experience periods of low mental wellbeing than someone who hasn't.

---ENDS---

### **Notes to Editor:**

#### Contact

Tom Renhard, CEO, Independent Mental Health Network – [engagement@imhn.org](mailto:engagement@imhn.org)

#### What is the Independent Mental Health Network (IMHN)?

IMHN is a member-led organisation that works both for, and in the interests of, people with lived experience of mental health. Via our branches, we support work improving local mental health services; contribute and campaign on mental health matters happening both locally and nationally; and actively challenge mental health stigma by working with partner organisations.

#### What has IMHN already achieved?

Via its membership and branches across Bristol, North Somerset, South Gloucestershire and Greater Manchester, IMHN's work has led the organisation to build a reputation as an

effective change agent that places the voices of people with lived experience of mental health front and centre in shaping mental health support.

This has included:

- Creation of a lived experience leadership forum for Greater Manchester.
- Co-designing a new IAPT service across Bristol, North Somerset and South Gloucestershire.
- Ensuring effective lived experience co-design in the introduction of a new mental health crisis and recovery centre.
- Hosting national Peerfest 2017 with over 300 people in attendance, celebrating and developing peer support across the country.
- Leading on the local [Time to Change Bristol Hub](#), working with local partners to challenge mental health stigma and discrimination.
- Shaping the development of mental health strategies across the country.

*Where can I get more information?*

IMHN's website can provide more information about our ongoing projects, past achievements, and current operations.

Visit [www.imhn.org](http://www.imhn.org) for more information. The top menu can direct you to dedicated webpages covering latest news, our branches and membership, and the work we are doing dealing with the consequences of Coronavirus (COVID-19).