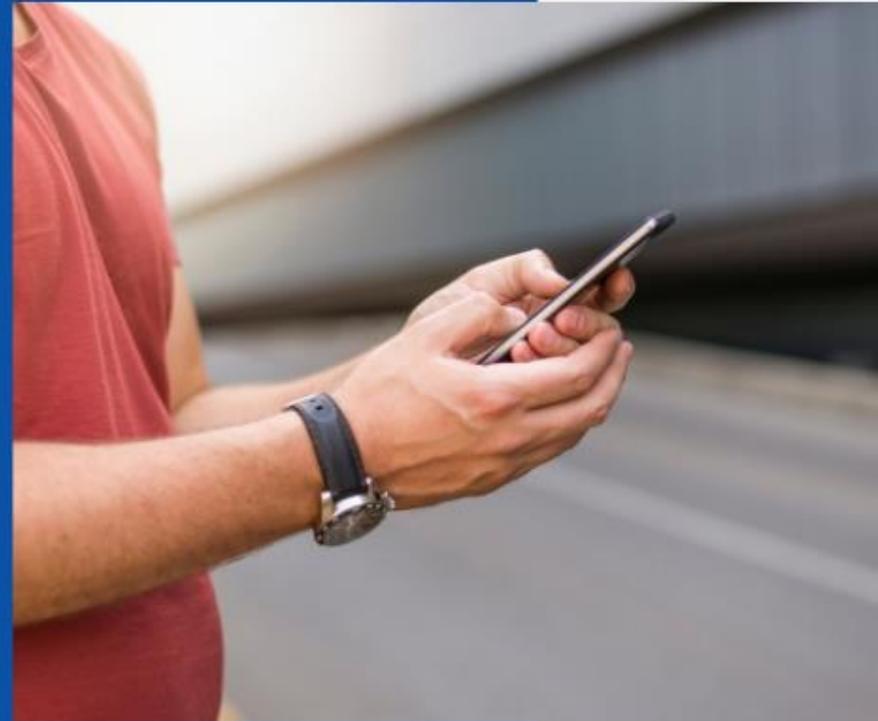


Leaders talk: Supporting mental health in your community

OCTOBER 30TH



Introduction



- ❖ Imogen currently heads up the marketing and fundraising for Communities Prepared
- ❖ The programme supports communities nationwide to prepare for, respond to, and recover from, a range of emergencies
- ❖ Led by the charity Groundwork, we deliver training and support to Community Emergency Volunteer (CEV) groups
- ❖ Imogen previously managed the befriending service and volunteering at a national eating disorders charity and has worked with Mental Health First Aid England on their national training material. She has delivered training to schools, colleges and universities

The role of volunteer groups

- In the context of COVID-19 and Climate Emergency, multi-role volunteer groups are needed now more than ever to support the wider community manage the impacts of emergencies
- Many volunteer groups have formed under the Town or Parish Council and may have more of a presence, but there will be other spontaneous groups and neighbourhood schemes
- Work with volunteer groups to implement an operational structure that supports all residents and protects the wellbeing of volunteers



The Great Barton Volunteer Group



Emergency Operations Team

8 volunteers who create an operations hub to alert, direct & coordinate the community in an emergency

Local Coordinators

42 volunteers divided into 21 sectors + a Main & Reserve Coordinator for each. Provide a vital communication link in their area to identify & react to those seeking help, then relay this to the **Operations Team**

Village Volunteers

A network of 110+ people - individuals & societies who provide essential services to support the community, particularly the most vulnerable



Response

- Be aware of the different needs of the community when communicating during an emergency and ensure the right platforms are used
- Work in partnership with volunteer groups to disseminate information
- Recognise the emotional impact on leaders of the community– what emotional support is in place for you and your colleagues?



Immediate post-crisis



- While intense crisis efforts have ceased, there will be a prolonged impact on the mental health of the community
- Look for signs of individuals that are struggling – not just the vulnerable people identified during an emergency
- Consider holding a debrief with volunteer groups to mark the end of the response phase and thank volunteers
- Managing expectations for support and communicating this is key to protecting personal wellbeing

A graphic featuring a yellow speech bubble with a blue shadow, set against a blue background. The words 'THANK YOU' are written in large, bold, blue capital letters inside the speech bubble.

THANK YOU

Active recovery & planning ahead

- Facilitate the community narrative process with volunteer groups
- Commemorating/celebrating – organise an online community event to mark the end of the crisis
- Build on the foundation of local action and community spirit
- Incorporate lessons learned and “hear” the community when preparing for future emergencies



Useful links



Information on community narratives

- ❖ workingwithstories.org
- ❖ [The Community Narration \(CN\) Approach](#)
- ❖ [Community Narrative Guide and Case Studies](#)

The Great Barton Emergency Response Plan

<https://www.communitiesprepared.org.uk/2020/08/emergency-response-plan-in-action/>

Communities Prepared training webinars and resources

<https://www.communitiesprepared.org.uk/get-involved/resources/>

Thank you

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