

# Agenda Item Introduction

Committee	<b>POLICY AND SCRUTINY COMMITTEE FOR HEALTH AND SOCIAL CARE</b>
Date	<b>4 DECEMBER 2023</b>
Topic	<b>MENTAL WEALTH</b>

---

## 1. Background

- 1.1 Mental health includes emotional, psychological, and social wellbeing, affecting our thoughts, feelings, and behaviours. Using the term Mental Wealth allows the focus to be on positive strategies and the things that we learn about ourselves to help us maintain our mental wellbeing.
- 1.2 The chairman of the Policy and Scrutiny Committee for Health and Social Care has been visiting various Island-based mental wealth projects and services during October and November 2023, alongside Joanna Smith from IW Healthwatch.

## 2. Focus for Scrutiny

- What positive impacts do local groups provide to residents of the Isle of Wight?
- What improvements could be made to support in raising the profile of these local groups?
- How are details of these local groups communicated so that Island residents know what services are available to them?

## 3. Approach

- 3.1 To hear evidence of lived experience that self-help groups such as Men-Only IW not only work, but save lives and are a vital part of prevention on the Island.
- 3.2 To advocate and celebrate such resident initiatives and make sure they have sustainable funding for future generations that need such support.

Contact Point: Melanie White, Statutory Scrutiny Officer,  
(01983) 821000 ext 8876, e-mail [melanie.white@iow.gov.uk](mailto:melanie.white@iow.gov.uk)