



# Webinar: Money Mental Health and Prevention

Monday 31<sup>st</sup> January 2022

*Chair: Julia Weldon, Director of Public Health and Deputy Chief Executive at Hull City Council and Y&H Association of Directors of Public Health Network*

# Housekeeping

- Recording throughout to widen access to shared learning
- Please stay on mute and keep cameras off unless asking a question
- Questions into Teams chat, we will pick them up as we go
- Evaluation and link to presentations to follow event
- [www.menti.com](https://www.menti.com) Joining code: 6072 5435
- If you need any additional support please find a list of organisations [here](#).



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# Menti Survey

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## ***Nature of the problem***

What are the key challenges/ barriers in your work in relation to financial wellbeing?

## ***Opportunity for shared learning and good practice***

What are you doing in this area that you are most proud of?

## ***Pro-active next steps***

What further opportunities or practical actions could be implemented locally?

What support do you need and who from?



# Money, Mental Health and Prevention



31 <sup>st</sup> January	Session	Speaker
10.00 – 10.10	Welcome and introduction	<b>Julia Weldon</b> , Director of Public Health and Deputy Chief Executive at Hull City Council and Y&H Association of Directors of Public Health Network Chair.
10.10 – 10.30	Money and mental health in a time of crisis	<b>Nikki Bond</b> , Senior Research Officer, Money and Mental Health Policy Institute
	<b>Regional Presentations of local projects:</b>	
10.30 – 10.45	Financial Inclusion	<b>Pauline Stuchfield</b> , Director of Customer and Communities, City of York Council <b>Claire Stinson</b> , Money Management Community Support Worker, Rotherham Federation of Communities <b>Jenny Wright</b> , Regional Partnership Manager - Yorkshire & Humber, Money & Pensions Service
10.45 – 10.55	Making Our Money Go Further Project	
10.55 – 11.05	Money and Pension Service	
11.10 – 11.20	<b>Q&amp;A</b> An opportunity for participants to share experiences and raise questions	
11.20 – 11.25	<b>BREAK</b>	
	<b>Regional Presentations of local projects:</b>	
11.25 – 11.35	Bradford Credit Union	<b>Ian Brewer</b> , Financial Inclusion Officer, Bradford District Credit Union
11.35 – 11.45	Hull Financial Insecurity Project	<b>Sally Barlow</b> , Public Health Lead (Communities & Partnerships) and <b>Alison Patey</b> , Public Health Consultant, Hull City Council and <b>Nelly Araujo</b> , Development Manager - Royal Society for Public Health. <b>Rosalind Bradshaw</b> – Bradford, Public Health Specialist, Bradford Council
11.45 – 11.55	Poverty Proofing Schools in Bradford	
12.00 – 12.05	<b>Q&amp;A</b> An opportunity for participants to share experiences and raise questions	
12.05 – 12.20	Breakout discussion	
12.20 – 12.30	Closing Remarks	Julia Weldon, Director of Public Health and Deputy Chief Executive at Hull City Council and Y&H Association of Directors of Public Health Network Chair.



# Money, Mental Health and Prevention

## Why are we here today?



Financial Wellbeing is a key protective factor for mental health

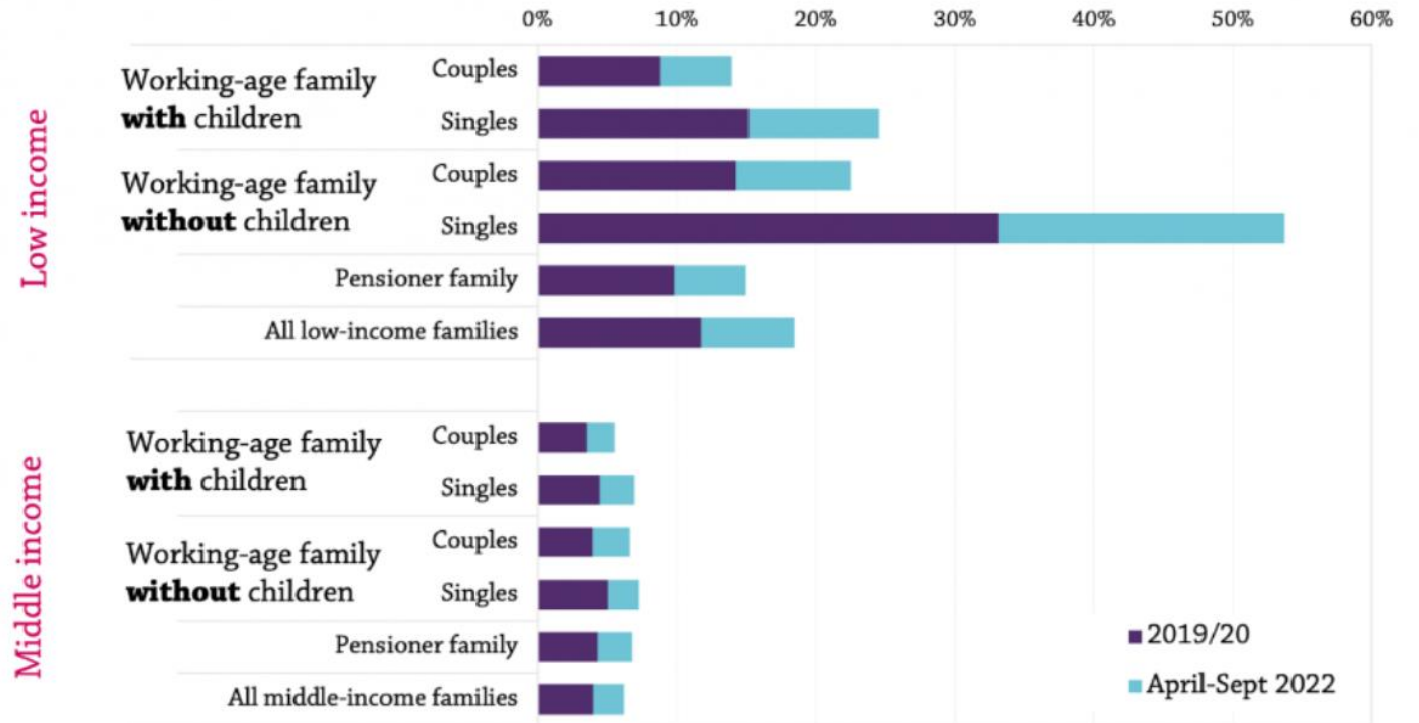


Poor mental health means managing money is harder.

Worrying about money makes my mental health worse.



Energy bills as a proportion of income after housing costs



Source: JRF analysis of ONS' Living Costs and Food Survey, Ofgem's Energy Price Cap data and Cornwall Insight estimates of April 2022 price cap increases



**BREAK**



# Breakout Discussion

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# Closing Remarks