

Mental Wellbeing and Inequalities Framework

The aim of the Mental Wellbeing and Inequalities Framework is to address inequalities by providing a guide for policy makers, council and partner workers to ensure equity of services and resources reach an equal 'high standard' outcome for all residents.

How to use this Framework. This framework will ask you to:

- Prioritise mental wellbeing within your policy
- Consider how your policy affects people with the lowest levels of mental wellbeing

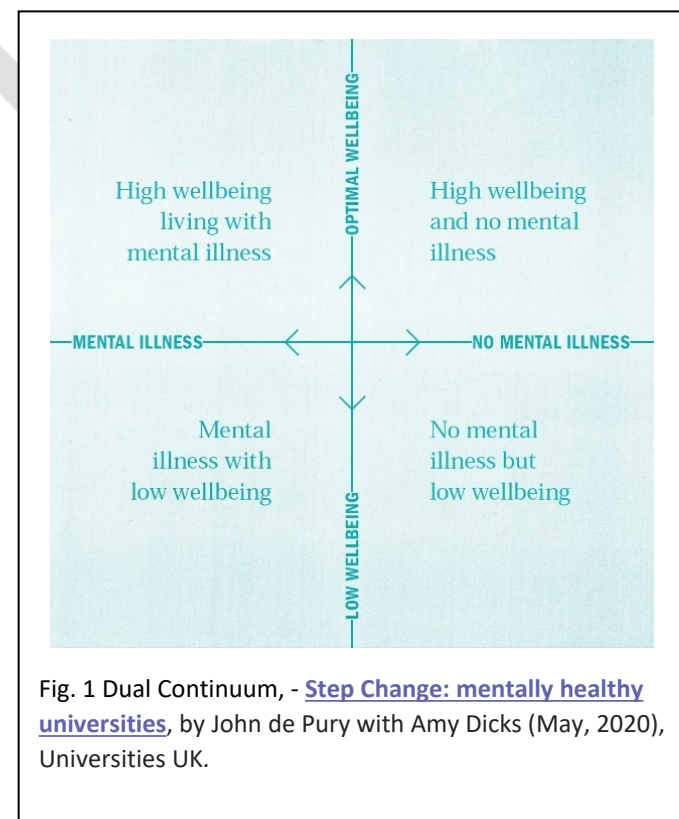
In Blackburn with Darwen we define Mental Wellbeing as:

- **Something that affects everyone.**
- **And we recognise that you can have high or low wellbeing, with or without a mental illness. Illustrated in Fig. 1, Dual Continuum.**

“Wellbeing is about lives going well, the combination of feeling good and functioning well. It includes the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, empathy and affection, the development of one’s potential, having some control over one’s life, having a sense of purpose (e.g. working towards valued goals), and experiencing positive relationships.” Inspired by the Manchester Health and Wellbeing Strategy.

While physical wellbeing is also hugely important to wellbeing, that area of work is being picked up elsewhere and therefore it is not within the remit of this framework.

Defining Wellbeing Inequality:



“Wellbeing Inequality can be understood as the extent to which Peoples’ experience of life vary within a population, or between groups.” Source: (Measuring Wellbeing Inequality in Britain (2017), What Works Centre for Wellbeing)

Mental Wellbeing and Inequalities Framework	
Mission	To embed an inclusive and sustainable wellbeing approach across all policies developed in Blackburn with Darwen which address inequalities to ensure equity of services and resources are of an equal ‘high standard’ for all residents.
Vision	For every person in Blackburn with Darwen to feel good and function well. To have a wellbeing which includes the positive emotions of happiness and contentment, but also such emotions as interest, engagement, confidence, empathy and affection, the development of one’s potential, having some control over one’s life, having a sense of purpose (e.g. working towards valued goals), and experiencing positive relationships

**Prioritise Wellbeing within your policy
Making Wellbeing a goal**

Wellbeing Domain	Sub-Domain	Our aspiration for wellbeing in this area
Personal Wellbeing	Autonomy Happiness Life Satisfaction Worthwhile Anxiety	For every person in Blackburn with Darwen to feel good and function well. Every resident has the time to do the things they want to do, as well as the time to do what they are required to do.
Economy	Unemployment Job Quality Material deprivation	Residents can be economically secure and have the means to help and manage their lives. A strong economy, business sector creates opportunity for all residents to share in the wealth of the town.
Education & Childhood	Child Learning Adult learning Children’s Wellbeing	Residents have an equitable access to education and learning opportunities, through all ages and life stages, to develop and gain the skills needed to live life well.
Equality	Well Being Inequality	We can all participate on equal terms, regardless of age, gender, sexual orientation, cultural background or disability. We are proud to be from Blackburn with Darwen.
Health	Health Behaviour Overall health Mental Health	Blackburn with Darweners have good physical and mental health at every life stage and can access the services they need to lead healthier lives and manage illness. Individuals can take steps to proactively maintain good health with support of health – promoting environments.
Place	Green Space Housing Democracy Local Environment Crime and Security Culture	Our natural environment sustains all life, is accessible, climate resilient and clean. Residents have access to secure, suitable and affordable housing throughout their lives. Residents feel safe and secure around their families, homes, and communities and online.

<p>Social Relationships</p>	<p>Close Support Generalised Trust Personal Relationships Community Cohesion</p>	<p>Residents are connected and supported within our community and come together in areas such as sport, culture, spirituality, religion and the arts.</p>
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Consider how your policy affects people with the lowest levels of mental wellbeing

Protective Characteristics to consider:

Age	Blackburn with Darwen has a total population of 150,000 residents. 25.8% of the population are aged under 18, and 14.7% of the population are aged 65 and over. In England overall, 21.4% of the population are aged under 18 and 18.5% are aged 65 and over.
Disability	From Census Data in 2011, 29,841 people in BwD have a long term health problem or disability that limits their day to day activity a lot or a little.
Gender Reassignment	
Marriage and Civil Partnership	From 2011 Census, of people aged 16+, (113,122 people) 53,882 people were married, and 201 were in a civil partnership.
Pregnancy and Maternity	Birth Rates in BWD in 2019 was 67.9 per 1,000 females aged 15 – 44 years. With a count of 1,955 in that year.
Religion and Belief	At the 2011 Census, 77,599 Blackburn with Darwen residents (52.6%) identified themselves as Christian, and 39,817 (27.0%) as Muslim. 13.8% had no religion, and 5.6% did not answer the question.
Sexual Orientation	
Sex	Males in BwD – 75,253 Females in BwD – 74,777
Race	The 2011 Census stated that within Blackburn with Darwen 66% of people identified themselves as White British (102,009 people), 28% as Asian / Asian British and 0.6% Black/African/Caribbean/Black British

People with the poorest personal wellbeing are most likely to have at least one of the following characteristics or circumstances:

Self-report very poor or poor health	Blackburn with Darwen has 8,428 (5.7%) residents that report being in bad health and 2,335 (1.6%) residents that report being in very bad health.
Be middle-aged	37,994 people in BwD (25%) are between 40 and 59 years old.
Be single, separated, widowed or divorced	From 2011 Census, of people aged 16+, (113,122 people) 3,423 people were separated, 10,148 are divorced or formerly in a civil partnership and 7510 are widowed. From Census Data in 2011, there were 17,419 one person households. 6,229 were aged 65 and over.
Have no or basic education	10.1% of 16-64 years old have no qualifications in BwD. Nationally that figure is 6.4% and in the North West is 7.6%
Be renting a house	18.1% of households in Blackburn with Darwen are rented from other social providers and 14.1% are privately rented from a landlord or letting agency. Blackburn South East Ward has the highest proportion of households rented from the local authority at 19.8%.
Be economically inactive with long-term illness or disability	27.7% of people aged 16-64 years old in BWD are economically inactive (24,700 people). Of these 23.3% of peoples are economically inactive due to long term sickness. (5,800)

The BwD Wellbeing Policy Test - Does your policy:

Focuses on the outcomes that matter to people?	Look beyond the averages?	Powered by assessment of wellbeing need and evidence of 'what works'?	Has objective & subjective measures?
<ul style="list-style-type: none"> • Feeling Safe • Feeling Loved • Feeling Satisfied 	<p>Only looking at Wellbeing averages can mask individuals with low wellbeing. Need to consider the distribution of scores across the population.</p>	<p>What is the local wellbeing need? Methods of measuring wellbeing, can be found here: Wellbeing Measures Bank - Evaluating wellbeing (whatworkswellbeing.org)</p> <p>Don't create your own methods. Use evidence based around what works: About wellbeing - What Works Wellbeing</p>	<p>Wellbeing is different for different people. Need to ask people how they feeling well as factual observations.</p>

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Protective Characteristics Data References:	
Age	Lower layer Super Output Area population estimates (National Statistics) - Office for National Statistics (ons.gov.uk)
Disability	Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk)
Gender Reassignment	
Marriage and Civil Partnership	Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk)
Pregnancy and Maternity	Child and Maternal Health - Data - OHID (phe.org.uk)
Religion and Belief	Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk)
Sexual Orientation	
Sex	Lower layer Super Output Area population estimates (National Statistics) - Office for National Statistics (ons.gov.uk)
Race	Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk)

Data References for People with the poorest personal wellbeing:	
Understanding well-being inequalities: Who has the poorest personal well-being? - Office for National Statistics (ons.gov.uk)	
Self-report very poor or poor health	Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk) Its ranking for the number of residents in very bad health is 4 (out of 6 Unitaries) within North West.
Be middle-aged	Lower layer Super Output Area population estimates (National Statistics) - Office for National Statistics (ons.gov.uk)
Be single, separated, widowed or divorced	Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk) Data Viewer - Nomis - Official Labour Market Statistics (nomisweb.co.uk) Housing, Health and Wellbeing in Blackburn with Darwen (esd.org.uk)
Have no or basic education	Labour Market Profile - Nomis - Official Labour Market Statistics (nomisweb.co.uk)
Be renting a house	Housing, Health and Wellbeing in Blackburn with Darwen (esd.org.uk)
Be economically inactive with long-term illness or disability	Labour Market Profile - Nomis - Official Labour Market Statistics (nomisweb.co.uk)