

Time to Change Hub in Cumbria



Time to Change Hub - Host

Cumbria Health & Wellbeing Board

‘Host’ and ‘coordinator’ organisations make up the ‘core members’ of local Hub partnerships, together with the relevant Local Authority.

Host brings together the organisations likely to be engaged in local partnerships and is able to influence, long-term local strategies relevant to mental health and wellbeing.

Time to Change Hub - Coordinator

Carlisle & Eden Mind

Provides day-to-day support for the Hub and ensures actions are taken forward by the wider partnership.

Time to Change Hub – Local Authority

Cumbria County Council

Uses remit, reach and local leverage to embed mental health anti-stigma work within longer-term local strategies.

Time to Change Local Champions

Volunteers across the country who organise and deliver local anti-stigma and discrimination events, activities and campaigning.

Focus on 'social contact' and champions with lived personal experience of mental health problems.

Champion's groups supported by the Hub partnership.

Media Engagement (Key Opportunities)

Time to Talk Day

1st Thursday in February

World Mental Health Day

10th October

Employers Pledge

Anticipated that all Hub partner organisations will sign.

Represents an employer's public commitment to delivering their mental health anti-stigma action plan.



Employers Pledge cont.

Action plan based on seven key principles;

- Demonstrate senior level buy-in
- Demonstrate accountability and recruit Employee Champions
- Raise awareness about mental health
- Update and implement policies to address mental health problems in the workplace
- Encourage your employees to share their personal experiences of mental health problems
- Equip line managers to have conversations about mental health
- Provide information about mental health and signpost to support services