

Framework Pillar: Wellness&Health

Date Range: 9th – 12th May 2022

Social Value Achieved: £977.29



Mental Health Foundation

The Mental Health Foundation started Mental Health Awareness Week 21 years ago and they continue to set the theme, organise and host the week. It has grown to become one of the biggest awareness weeks across the UK, and globally.

The Campaign

Together we can tackle loneliness

The theme of this year's campaign is 'loneliness' which affects millions of people across the UK. One in four adults feel lonely some or all of the time. There is not always a singular cause and there is no one solution. The longer a person feels lonely, the more at risk they are of mental health problems. For Mental Health Awareness Week this year, the foundation raised awareness of the impact of loneliness on our mental health and the practical steps we can take to address it.

What we did: *#I'veBeenThere*

To support the campaign, Go Green arranged something for each day of the week to encourage everyone to spend some time reflecting on the importance of mental health and what we can do to support ourselves, and others, who may be feeling lonely, or struggling with any other aspect of mental health.

Day 1

Go Green promoted Mental Awareness Week across our departments and shared resources regarding what the campaign is about, and how staff could seek support. We encouraged our staff to read some of the stories of the *#I'veBeenThere* that are posted through the week.

Day 2

As part of day 2 of the week, Go Green announced that we welcomed two newly trained Mental Health First Aiders. This meant that Go Green now have four fully trained MHFA which puts us one step closer to achieving our GROWW Wellness & Health target of having an equal number of mental health first aiders to physical first aiders by 2023.



The training took place at Doncaster Mind, fully paid for by Go Green at £195pp. The training took place over 2 full days which was a total of 32 combined hours.

Day 3 and 4

For days 3 and 4, Go Green provided the opportunity for our staff to visit our HR team/MHFA for tea and biscuits. The aim of this open time was to encourage people to focus on mental health by coming together to talk, share feelings and emotions in a safe environment, and work together to break the stigma.

In total, our team dedicated 7 hours' worth of Mental Health time over days 3 and 4. Both the HR/MHFA and the staff that visited them found this dedicated time incredibly beneficial. Setting time aside, for a positive mental health initiative, is something Go Green will be implementing on a regular basis within the business.



Day 5

For the last day of the campaign week, we asked our staff to wear green to work in show of support. We also provided the resource for staff to donate to the Mental Health Foundation.

Thoughts From Our New MHFAs

"Becoming a Mental Health First Aider has given me an in-depth understanding of mental health and its surrounding factors, and I feel fulfilled to know I now have the practical skills, confidence, and knowledge to help those in need.

The training was straight-forward, easy to follow and relaxed. Both days were split into different topics which consisted of learning through presentation, activities, discussion, and group work which provided variety.

I wanted to become a Mental Health First Aider because of my desire to help people. I have always wanted to work with people and my role within HR enables me to do this, but I did not feel I could provide help and guidance to those in need of Mental Health First Aid, so it was important to me to become trained in this area."

Bethany Welford
HR Officer

"I really enjoyed the 2-day MHFA training at Doncaster Mind, meeting the other participants and listening to their views on positive mental health. The course was a huge eye opener which highlighted the importance of positive mental health generally, and in the workplace. Having myself experienced a brief but difficult period of negative self-belief and anxiety surrounding my ability to do a previous job, I thought it important to add to the Mental Health support available at Go Green.

Having completed the MHFA course I feel I am now more capable of not only being an empathetic ear but also be able to offer support, relevant information and encourage appropriate professional help and support where needed. I have been working from home for over 2 years, as have many staff, which can be quite isolating and might not suit everyone. Just having someone to talk to about the stresses of an isolated working environment might help alleviate these feelings."

Damien Tomlinson
Business Analyst