

# New Every Mind Matters campaign to improve people's mental health

- New campaign launched after half of adults in England say pandemic negatively impacted their mental health
- First campaign launched by the Office for Health Improvement and Disparities (OHID) will help adults improve their mental wellbeing
- Campaign backed by celebrities Stephen Fry, Arlo Parks and Jay Blades

The general public is urged to find “what works for me” to support their mental wellbeing as the Office for Health Improvement and Disparities (OHID) launches the latest Better Health – Every Mind Matters (EMM) campaign.

The campaign empowers people to look after their mental health by directing them to free, practical tips and advice. By answering five simple questions through the Every Mind Matters platform, people can get a tailored “Mind Plan”, giving them personalised tips to help deal with stress and anxiety, boost their mood, sleep better and feel more in control.

New research commissioned by OHID reveals nearly half (49%) of adults in England said the COVID-19 pandemic had a negative impact on their mental wellbeing. And more than a third of all adults in England (34% or 15.1 million) said they did not know what to do to help improve their mental wellbeing.

Younger adults reported struggling the most, with 57% of 18-34-year olds saying their mental wellbeing was negatively impacted by the pandemic, and just under half (44%) reporting that they did not know what to do to help.

This is the first campaign delivered by the new Office for Health Improvements and Disparities which was launched on 1 October with the aim of tackling health inequalities across the country.

Minister for Care and Mental Health, Gillian Keegan, said:

The public showed great resilience throughout the pandemic, but it has served as a stark reminder that we all need to look after ourselves not only physically, but mentally.

There are simple steps we can all be taking to improve our mental wellbeing and reduce feelings of stress and anxiety. For anyone who is unsure what they can do, I urge you to visit Every Mind Matters and take advantage of the expert advice and practical tips available to you.

Claire Murdoch, NHS National Director for Mental Health, said:

The last year has taken its toll on people's mental health but NHS staff have responded rapidly to treat more people with mental health issues than ever before – rolling out 24/7 crisis lines across the country and mental health support teams in schools during the pandemic.

The NHS is here for you, so if you're struggling with anxiety and depression our rapidly expanding talking therapy services are available, while anyone who needs urgent help can access our 24/7 NHS crisis lines – available to people of all ages.

I would encourage everyone to look after their mental health, and by answering five simple questions, get a tailored 'mind plan' which will give you tips to help boost your mood, sleep better and deal with stress and anxiety.

Over 3.4 million individual Mind Plans have already been created since the campaign was first launched in October 2019.

Famous faces – including actor and presenter Stephen Fry, Mercury prize winner Arlo Parks and TV presenter Jay Blades - are supporting the new campaign sharing their personal mental wellbeing experiences during the last 18 months, and encouraging others to take steps to look after themselves.

Stephen Fry will also voice a new TV advert highlighting 'what works for me', depicting the little things that people can do to look after their mental health such as being active, talking about their worries or taking up a hobby.

Stephen Fry, actor, writer and mental health advocate, said:

It's fair to say that the last 18 months have presented us all with uniquely different and challenging obstacles from a mental health perspective. However, just like keeping in physical shape, it is important to find activities you enjoy to keep your mind healthy.

I've found food preparation and cooking has helped me relax over the past year. It's all about finding what works best for you to help deal with the everyday stresses and strains of life – it could be exercise, baking a cake or getting stuck in with gardening – the list is endless. If you are struggling and need advice then check out the Every Mind Matters website for tips and guidance to get you started today.

Rohan, 46, from London, is a mental health advocate who has run an impressive 50 marathons and credits running as a huge help for his mental wellbeing. Rohan said:

Looking after our mental wellbeing is the most important thing we

can do, and I want to encourage us all to think about the simple things we can do every day which are life-giving and positively impact our mental health. For me personally, running is just one of my tools to manage my stress levels and stay physically healthy. If you want to get tips and advice on how to boost your mental wellbeing, and really equip your wellbeing toolkit, search Every Mind Matters.

The campaign is supported by a coalition of leading mental health charities, including CALM, The Mental Health Foundation, Mental Health Innovations, and a range of commercial, third-sector, NHS and Local Authority partners, who will share mental health messages with their customers, members and colleagues, including Mental Health First Aid, Carers organisations and more.

Better Health – Every Mind Matters offers information and videos to help young people look after their own mental wellbeing, and will be promoting them through social media channels and in schools. The Every Mind Matters website also provides dedicated support to help parents and guardians look after the mental wellbeing of the children and young people they care for.

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## [A lack of substantial progress in Syria's chemical weapons declaration](#)

Thank you Mr President and may I also start by thanking High Representative Nakamitsu for her briefing.

Mr President, we are disappointed that despite Council members making clear, month after month, the importance of resolving the outstanding issues in Syria's chemical weapons Declaration, the latest monthly report from the OPCW Director-General sets out again a lack of substantive progress by Syria.

The OPCW Technical Secretariat has been attempting to reach agreement on deploying the DAT to Syria since April this year. It received no response to its requests to deploy from May to June and had to postpone its visit until after the summer. Syria eventually agreed to the deployment of the DAT this month, but now we are told that Syria has refused a visa for one of the DAT members, contrary to its obligations under UNSCR 2118, yet again resulting in the DAT being unable to deploy. Whilst we welcome the OPCW's efforts nevertheless to advance discussions on Syria's declaration by inviting Syria to The Hague, we regret that the 25th round of consultations have been unable to go ahead in full, in Syria.

Sadly, this lack of cooperation on the part of Syria is not an exception. For example, the OPCW is still waiting for answers regarding the Schedule 2

chemical found at the Barzah facilities of the Scientific Studies and Research Centre in November 2018. It is still waiting for answers to questions regarding the unauthorised movement and destruction of cylinders relating to the high-profile 2018 Douma chlorine attack. And the OPCW Executive Council and its Conference of States Parties are still waiting for compliance with the measures in the Executive Council's decision of 9 July 2020 imposed following the IIT's finding that chemical weapons were used by the Syria in Ltamenah in 2017.

It is often alleged by Syria that we and other countries are using the chemical weapons file to punish them. But let me assure you, Mr President, the UK would like nothing more than to receive a monthly report from the Director-General confirming that all declaration issues have been resolved and Syria's chemical weapons programme has been verifiably destroyed.

We call on Syria to take this process seriously and take expeditious steps towards meeting its obligations in full under resolution 2118 and the Chemical Weapons Convention.

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## [Opening of the Fifth Committee of the 76th General Assembly](#)

Mr Chair,

Let me first congratulate you and your bureau on your appointment. We are confident that you will guide this Committee towards a successful and timely conclusion of our programme of work. I would like to assure you of my delegation's full support in doing so.

Let me also offer our sincere thanks to the members of the United Nations Secretariat, the Advisory Committee on Administrative and Budgetary Questions, and the Committee on Contributions, for their continued support to this Committee. And to the Fifth Committee Secretariat and support staff for everything they do to make possible our deliberations, especially faced with the continued uncertainty arising from the COVID19 pandemic.

COVID continues to present significant challenges. Unfortunately, at the moment, we must continue to carry out the bulk of our work online. We know that this is not ideal. Yet, we have done it before, and so we are confident we can do it again where necessary.

Once again, we have before us many important issues, perhaps even more important as the United Nations seeks to respond to and build back better from the COVID pandemic.

We will consider for the third time an annual programme budget ahead of the

review next year. There are discussions taking place in other parts of the General Assembly about how to deal with the absence of recommendations from the Committee on Programme and Coordination on some programmes. Decisions about programmes of work sit with the respective committees and their membership to take forward as they see appropriate. What we must not lose sight of as the Fifth Committee, is that we have a responsibility to the United Nations and the people it serves to ensure that we give the Organisation a budget in good time, so that it can carry out the mandates given to it by Member States. That means moving ahead expeditiously with our own work. Last year, significant delays in completing our work and adopting the programme budget threatened mandate delivery. Such an approach borders on irresponsible. We do not want to see that happen again.

Mr Chair,

Alongside the budget, there are other important issues that the Committee will consider. We look forward to working with all Member States to reach an appropriate and timely agreement on the scale of assessments. It is important that we continue to refine the methodology so that it is based firmly on the principle of capacity to pay. We also look forward also to engaging on the International Civil Service Commission's latest proposals for the Common System, important questions about the UN pensions and After Service Health Insurance schemes, as well as on strengthening accountability and transparency in the Organisation and on special political missions. We will make further detailed statements on several items when they are introduced.

We remain confident that through our collective commitment, constructive engagement and genuine efforts towards consensus-based decisions we will reach a good, timely outcome.

Thank you

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## **Political gridlock in Haiti remains persistent and concerning**

Thank you Mr President and I add my congratulations to Ireland for a very successful presidency in September and to Kenya for assuming the presidency this month. Thank you SRSG for your helpful update and all your work in this challenging time in Haiti.

The United Kingdom welcomes the activities of the United Nations Integrated Office in Haiti (BINUH), especially in its efforts to facilitate a unified approach to Haiti's multifaceted challenges. And thank you Ms Douyon, for sharing your important perspective from the ground, and welcome to the Minister for joining us today.

We remain deeply concerned by the political, social and humanitarian challenges Haiti continues to face, and we are acutely aware of the impact this is having on the Haitian population. The assassination of President Moïse was an abhorrent act, and we continue to call for the perpetrators of this crime to be brought to justice.

Haiti is also recovering from the far-reaching implications of the recent earthquake, which has only added additional strain and stress on a government working to deliver for its people. We welcome the rapid international response and will continue to coordinate with partners to deliver relief efforts, including through our \$1.35 million of initial support to Haiti. This is in addition to the UK's contributions to the UN Central Emergency Response Fund and the Red Cross. The Royal Navy ship – RFA Wave Knight – also supported the US's humanitarian relief work. We urge the international community to support Haiti at this difficult time and encourage all sides to work closely with the international community to provide the urgent assistance to those in need.

Political gridlock in Haiti remains persistent and concerning. We call upon all political actors to find common ground in order to find a way for Haiti to hold safe and successful elections, and to strive for political advancement. The UK encourages all actors to work constructively in support of a peaceful, democratic solution for the Haitian people.

We share the Secretary-General's concern regarding the deteriorating human rights situation, particularly the increase in kidnappings and gang-related violence. Perpetrators of human rights abuses risk undermining the prospect of political progress whilst simultaneously putting Haitian lives at risk. Reports of aid convoys being looted on their way to areas affected by the earthquake are especially concerning. We welcome the UN's Community Violence Reduction and Peacebuilding Support to help address these security challenges, as the SRSG has mentioned.

Finally, we also remain troubled by the particular vulnerabilities women and children face – the COVID-19 pandemic has acutely magnified the threats to their health and economic welfare. We thank the SRSG for her briefing to the Informal Expert Group on Women, Peace and Security, which offered insight into the disproportionate impact Haiti's multiple crises have had on women and girls. The UK encourages all actors to work constructively and cooperatively with the international community and BINUH to find solutions to the root causes of these crises, and to support Haitian development.

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[MythoImroyd's new flood defences](#)

# officially opened

Over £41 million has been invested in the new defences, as part of partnership working to make the village more resilient to the impacts of climate change.

Funding was secured for the scheme following the devastating floods of Boxing Day 2015 when 2,781 homes and 1,008 businesses were affected throughout Calderdale.

Mytholmroyd experienced its highest ever recorded flood with approximately 300 properties and 70 businesses being flooded as well as the church, church hall, two schools and the community centre.

The Environment Agency has worked in partnership with Calderdale Council and alongside members of Calderdale Partnership Board to provide Mytholmroyd with the best possible flood protection. Design and construction was completed by VBA Joint Venture.

The completed scheme includes the construction of new, raised and improved flood walls, the relocation of Caldene Bridge, widening of the river channel at two key locations and flood proofing of many buildings next to the River Calder and Cragg Brook.

The project is being officially opened by the chair of the Environment Agency, Emma Howard Boyd, and West Yorkshire Mayor, Tracy Brabin.

Emma Howard Boyd, Chair of the Environment Agency, said:

I first visited Mytholmroyd in the aftermath of Boxing Day 2015 and I am delighted this scheme has been conceived, designed and built since then. It provides better protection for the village and will also create valuable time for people to prepare when flooding is about to happen.

Climate change is increasing the frequency and the severity of floods everywhere and everyone needs to adapt. The combination of engineered and natural approaches to flood risk here should inspire future projects all over the country.

Thank you to local residents, businesses and commuters for their patience and cooperation while the construction of this complex project has been carried out.

Cllr Scott Patient, Calderdale Council's Cabinet Member for Climate Change and Resilience, said:

The completion of the Flood Alleviation Scheme is a landmark moment

for the entire Mytholmroyd community. Bringing greater protection to residents and businesses is a long-standing priority for the Council and our partner organisations, as we continue to work together to increase flood resilience and tackle the climate emergency.

The increased risk of flooding is sadly one of the devastating impacts of climate change that we are living with across the borough due to our unique landscape.

The complex Mytholmroyd scheme has been a challenging part of the range of measures to reduce flood risk throughout Calderdale, but one that we've been proud to be involved in, because of what it means to the local community to have extra protection.

Thank you to all the organisations and funders who have made this happen, and to the people of Mytholmroyd for their patience.

Tracy Brabin, Mayor of West Yorkshire, said:

This scheme is a brilliant example of how the Combined Authority, Calderdale Council and the Environment Agency can work together to protect thousands of homes and businesses from the ever-growing threat of extreme flooding caused by climate change.

When I became Mayor of West Yorkshire, I pledged to tackle the climate emergency and protect our environment, as well as supporting local businesses and championing our regional economy.

We know that extreme weather and major floods are more likely to happen in future and, as Mayor, I will continue to work in partnership to ensure more communities around our region are better protected and to lobby government for the funding we need.

Craig Whittaker MP said:

I am incredibly delighted that the flood alleviation scheme has now been completed. I would like to thank the Environment Agency for co-ordinating this scheme and would also like to thank residents in the area for their patience over the duration of works. The village has been hit with severe flooding in the past, and it is hoped that the completed work will now provide adequate protection from severe weather conditions in the future.

Mark Cronshaw, Framework Director for VBA, said:

We are very pleased to be able to join the Environment Agency and Calderdale Council in marking the completion of this important and



complex project to build and improve Mytholmroyd's flood defences, helping better protect some 400 homes and businesses.

VBA – a joint venture comprising VolkerStevin, Boskalis Westminster and SNC Lavalin's Atkins business – is proud to have had the opportunity to deliver this significant work, and I would like to thank everyone involved for their commitment, dedication and collaborative approach shown throughout.

Caldene Bridge, Mytholmroyd

## **Partnership funding**

The £41m project has been funded partly by government and partnership funding, through Defra, and contributions from the West Yorkshire Combined Authority, European Structural Investment Fund (ESIF), the local levy and the Department for Education.

The scheme received £4.5m funding from the Leeds City Region Growth Deal – a £1 billion-plus package of Government investment to accelerate growth and create jobs across Leeds City Region delivered in partnership with West Yorkshire Combined Authority.

The project has been successfully completed despite facing challenges of working in a constrained location, working through the coronavirus pandemic, and construction during the February 2020 floods.

The project team is working with the Department for Education to look at installing property flood resilience measures to Burnley Road Academy which will be in addition to the completed flood defence works to help better protect the school and reduce the disruption to school children, parents and teachers from future flooding.

With the increasing impact of climate change, it is impossible to completely stop the risk of flooding, particularly in the Calder Valley due to the geography of the area. While the scheme won't prevent the frequency of floods or their severity, it will give residents a better standard of protection and give valuable time to prepare for the risk of flooding.

## **Further work to reduce flood risk**

The Mytholmroyd FAS was part of the Environment Agency's previous six-year programme of capital flood defence schemes, which has successfully protected more than 314,000 homes since 2015.

Last year, a record £5.2 billion government investment to create around 2,000 new flood and coastal defences and better protect 336,000 properties across England by 2027 was announced. Further locations across the Calder Valley are to benefit from this investment with the start of the construction of flood

defences at Hebden Bridge to better protect 400 properties as well as a scheme at Brighouse which is being developed.

Whilst the Environment Agency is progressing with these schemes, Government funding has enabled the agency to explore other potential projects across the Calder Valley at Walsden, Sowerby Bridge, Copley and Elland.

The Environment Agency continues to work with partners including Yorkshire Water, The Source Partnership, Moors for the Future and The National Trust to look at a range of measures to reduce flood risk across the Calder Valley including natural flood management and upstream storage. This work will not eliminate the risk of flooding, but help to increase the resilience of communities to mitigate against climate change and the risk of extreme weather events becoming more common.

Residents are urged to sign up for free flood warnings to get vital time to save themselves and their possessions from the devastating effects of flooding by visiting [www.gov.uk/flood](http://www.gov.uk/flood) or contacting Floodline on 0345 988 1188.