

Figure 4

Preconditions: Enablers



PARTICIPATION

PARTNERSHIP

PROPORTIONATE UNIVERSALISM

LEADERSHIP

DEFINITION

Participation is the driving force of Thrive LDN. Londoners need to be motivated, able and prompted to take action, and at the centre of all action. In order to effectively advance social change it is necessary to constantly engage and work with individuals and communities.

Partnerships are the firm foundations from which we can build sustained, collective action. A multidisciplinary and cross-sector approach must be adopted as no one discipline has all the knowledge or power to affect the required level of change.

Although mental health affects everyone, it doesn't do so equally. Therefore, all activity must take a proportionate universalism approach, by addressing the whole population and providing bespoke support for individuals, communities and groups who need it.

Distributed, multi-level leadership, with a degree of autonomy, is important. Thrive LDN requires ongoing leadership from the Mayor of London and London Health Board partners to succeed, including their support for Thrive LDN to operate in a non-linear, emergent and adaptive way. More broadly, Thrive LDN needs to value and develop diverse leadership that operates in different ways, including from Londoners themselves.

EXAMPLE IN PRACTICE

In 2017, Thrive LDN and Mental Health Foundation delivered 17 community conversations, attended by more than 1,000 Londoners. This resulted in local authorities, charities and communities coming together to find solutions to common goals. The Londoners Said report, a meta-analysis of the findings from all community conversations, was published in December 2018. A follow up report, detailing the outcomes from the community conversations, will be published in 2020.

The Thrive LDN Suicide Prevention Network has been meeting since Spring 2017. It is composed of a range of figures involved in suicide prevention across London, including the Metropolitan Police and individuals with lived experience.

In response to insights and intelligence from Londoners, 2019 Right to Thrive activities have focused on community engagement with Black LGBTQ+, Asian LGBTQ+, Latino LGBTQ+ and transgender communities.

The young Londoner-led festival to mark World Mental Health Day on 10 October was delivered in partnership with the Mayor's Peer Outreach Team. This group of 16 to 25 year olds were critical to the success of event, from curating the programme to performing live on stage.