

CHESHIRE EAST HEALTH AND WELLBEING BOARD
Reports Cover Sheet

Title of Report:	Cheshire East Self Harm and Suicide Prevention Action Plan 2023 – 2025
Report Reference Number:	HWB 31
Date of meeting:	26.09.23
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Health & Wellbeing Board Lead:	Dr. Matt Tyrer (Director of Public Health)

Executive Summary

Is this report for:	Information <input type="checkbox"/>	Discussion <input type="checkbox"/>	Decision <input checked="" type="checkbox"/>
Why is the report being brought to the board?	To present and update the Board about the Cheshire East Suicide Prevention Action Plan		
Please detail which, if any, of the Health & Wellbeing Strategic Outcomes this report relates to?	1. Cheshire East is a place that supports good health and wellbeing for everyone <input type="checkbox"/> 2. Our children and young people experience good physical and emotional health and wellbeing <input type="checkbox"/> 3. The mental health and wellbeing of people living and working in Cheshire East is improved <input type="checkbox"/> 4. That more people live and age well, remaining independent; and that their lives end with peace and dignity in their chosen place <input type="checkbox"/> All of the above <input checked="" type="checkbox"/>		
Please detail which, if any, of the Health & Wellbeing Principles this report relates to?	Equality and Fairness <input type="checkbox"/> Accessibility <input type="checkbox"/> Integration <input type="checkbox"/> Quality <input type="checkbox"/> Sustainability <input type="checkbox"/> Safeguarding <input type="checkbox"/> All of the above <input checked="" type="checkbox"/>		
Key Actions for the Health & Wellbeing Board to address. Please state recommendations for action.	1. To approve the Cheshire East Self Harm and Suicide Prevention Action Plan		

Has the report been considered at any other committee meeting of the Council/meeting of the CCG board/stakeholders?	The Plan was drafted following three multi-agency workshops and the draft shared with participants and amended in response to feedback.
Has public, service user, patient feedback/consultation informed the recommendations of this report?	Yes
If recommendations are adopted, how will residents benefit? Detail benefits and reasons why they will benefit.	<ul style="list-style-type: none"> • Prevention and reduction of the number of suicides in Cheshire East • Prevention and reduction of the number of incidents of self-harm in Cheshire East

1 Report Summary

- 1.1 This Cheshire East Self Harm and Suicide Prevention Action Plan (2023 - 25) has been developed following the publication of the Cheshire and Merseyside Suicide Prevention Strategy in November 2022. It aligns closely with other local plans, including the Cheshire East Joint Local Health and Wellbeing Strategy, and the Cheshire East Place Mental Health Plan (All Age Strategy).
- 1.2 The action plan is a live document that will be monitored and updated throughout the 2-year period. As part of this ongoing review process, the action plan will be developed and reflect contributions that support people with other protected characteristics.

2 Recommendations

- 2.1 The Health and Wellbeing Board approve the Cheshire East Self Harm and Suicide Prevention Action Plan.

3 Reasons for Recommendations

- 3.1 To prevent and reduce the number of suicides in Cheshire East
- 3.2 To prevent and reduce the number of incidents of self-harm in Cheshire East

4 Impact on Health and Wellbeing Strategic Outcomes

- 4.1 The Self Harm and Suicide Prevention Action Plan supports all four of the Strategic Outcomes in the Joint Health and Wellbeing Strategy – please see the plan (Appendix 1a) for further details.

5 Background and Options

- 5.1 It is estimated that for every one suicide there can be up to 135 people affected.
This means that in Cheshire East between 2019 to 2021 there were approximately 13,500 people that experienced loss by suicide (Office for Health Improvement and Disparities, 2022).
- 5.2 Suicide prevention is everyone's business and therefore, it is important that we work together across Cheshire East to reflect this message.
- 5.3 This local action plan has been developed following the publication of the Cheshire and Merseyside Suicide Prevention Strategy in November 2022
[Suicide Prevention | Champs Public Health Collaborative](#)
It aligns closely with other local plans, including the Cheshire East Joint Local Health and Wellbeing Strategy, and the Cheshire East Place Mental Health Plan (All Age Strategy).
- 5.4 Three online workshops were undertaken to engage with partner and community representatives and to inform the development of this plan. Each workshop covered a separate component of the priorities in the Cheshire and Merseyside Suicide Prevention Strategy. The first workshop looked at prevention, the second explored the priority of intervention and the third session focussed on postvention (support after a suicide).
- 5.5 There were over 50 attendees at each workshop, these included representatives from the voluntary sector, health colleagues, town councillors, and representatives of those with lived experience (*see Appendix 1 for full list*). The input from these workshops and further engagement was used to influence the local priorities in this 2-year plan.

6 Access to Information

- 6.1 The background papers relating to this report can be inspected by contacting the report writer:
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