

Looking back...

North West Mental Health & Wellbeing Forum in 2025



Meetings

57 Partners attended, representing **20 organisations**

4 meetings with **5 Partner Spotlights**

Themes covered:

1. Wellbeing and resilience at work
2. Asylum seekers and refugees
3. Recovery and mental health
4. Neighbourhoods: A place-based approach



Reflections

Coming together in-person creates opportunity for **connection, insight and collaboration**. Hearing about local work helps us to work better together and join-up where appropriate

Information sharing is an important function of the NW MH Forum. It is an effective and useful way of **keeping up to date with local activity** and the newsletter has been a helpful resource.



Distribution List & Newsletter

144 members representing **73 organisations** on the distribution list.

Newsletter launched in March 2025.

4 Newsletters and 1 Member Spotlight throughout the year.



Looking Forward

A **neighbourhoods approach** will help us to get to know our NW neighbourhoods better and to make **new connections with local services and partners**. This approach must have a clear vision and outcomes.

Short 'conversation' style meetings would be helpful to **address key issues or emerging topics** in-between meetings

We would like to see a **wider range of partners** round the table

Meetings should be **purposeful and worthwhile** for partners to attend.