

## Integrated Impact Assessment – Summary Report

Each of the numbered sections below must be completed  
Please state if the IIA is interim or final

### 1. Title of proposal

NHS SLAs: Building Resilient Communities

### 2. What will change as a result of this proposal?

To meet the EIJB savings target of £2.2 million through reduction in spend on block contracts and Service Level Agreements it is proposed to disinvest in a variety of NHS Lothian Mental Health Service Level Agreements.

It should be noted that the proposal to be considered in this IIA is based on the worst-case scenario of a total removal of funding from affected organisations. However, officers will consider all available evidence, including the impacts noted in the IIA, when making their recommendations to the EIJB, and may therefore recommend an alternative option, such as retaining or recommissioning the contract.

Providers include:

- **Mental Health Foundation:** Support to deliver and coordinate Mental Health arts festival across the city
- **Scran Academy:** An innovative skills and employability programme specifically for young people experiencing exclusion and wider life barriers in Edinburgh.
- **Strangetown:** To provide children and young adults with facilities, training, education, mentoring, development and encouragement; to offer a pathway into careers
- **Pilmey Development Project:** Maximise the skills and time offered by their volunteers in the community
- **Forever Young:** To create opportunities at the centre which will help reduce the risk of social isolation in the Whitson, Stenhouse and Saughton mains area of Edinburgh, and provide meaningful activities
- **Cyrenians:** Work across the city in existing and new locations with schools/youth service, individual young people and Polish mums to develop greater levels of social cohesion by promoting the links between food and physical/mental wellbeing.
- **Edinburgh Bipolar:** High quality peer support for people diagnosed with Bipolar
- **Dancebase:** develop and deliver projects – in partnership with community, health and social care organisations and charities – that use dance and dance activities to support people’s mental and physical health.

As a result of the proposal any activities delivered by these organisations will be scaled back across the city with expected redundancies to staff. The financial impact of the proposal on these organisations is as follows:

SMH14558093	SMHAF - national programme	Mental Health Foundation	£10,000
SMH14120123	Transfer Programme	Pilmeny Development Project	£7,840
	Lunch and Structured Activities Programme	Forever Young	£9,000
SMH14637585	Edinburgh Support Group	Edinburgh Bipolar	£2,500
SMH1420436	Scrantranstions	Scran Academy	£35,100
SMH14120245	The future is unwritten	Strangetown	£45,000
SMH14120315	Something to eat someone to eat with	Cyrenians	£23,500
SMH14120370	Health and Wellbeing Programme	Dance Base	£37,080

**3. Briefly describe public involvement in this proposal to date and planned**

Affected providers were notified that they were in scope in late March 2025. A more detailed communication was sent on 3 April outlining the specific proposed changes to their contracts or SLAs. Providers were then notified that the finalised proposals would be considered by the EIJB on their meeting of 26 August 2025. There has been no direct public involvement in this proposal to date.

**4. Is the proposal considered strategic under the Fairer Scotland Duty?**

Yes

**5. Date of IIA**

Monday 12<sup>th</sup> May, 2pm – 4pm

6. Who was present at the IIA? Identify facilitator, lead officer, report writer and any employee representative present and main stakeholder (e.g. Council, NHS)

<b>Name</b>	<b>Job Title</b>	<b>Date of IIA training</b>
<b>Robert Smith</b>	Strategy Manager, EHSCP	
<b>Rhiannon Virgo</b>	Programme Manager (Innovation and Sustainability), EHSCP	<b>February 2020</b>
<b>Cat Young</b>	Assistant Strategic Programme Manager (Thrive), EHSCP	
<b>Michelle Lloyd</b>	Director of Service, Cyrenians	
<b>Gail Aldam</b>	Arts and Events Manager, Mental Health Foundation	
<b>Francis Galashan</b>	Acting Executive Director, Bipolar Edinburgh	
<b>Jeannie Scott</b>	Chief Executive, Dance Base	
<b>Will Bain</b>	Chief Executive, Scran Academy	
<b>Steve Small</b>	Artistic Director, Strange Town Theatre Company	
<b>Michele Mason</b>	Head of Edinburgh and Lothian Services, Change Mental Health , and chair of Edinburghs Mental Health Forum	

## 7. Evidence available at the time of the IIA

Evidence	Available – detail source	Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal
Data on populations in need	<p><a href="https://edinburghhsc.scot">Population and demographics - Edinburgh Health &amp; Social Care Partnership (edinburghhsc.scot)</a></p> <p><a href="https://www.gov.scot">Supporting documents - Scottish Household Survey 2021 - telephone survey: key findings - gov.scot (www.gov.scot)</a></p> <p><a href="#">Scottish Government Mental Health and Wellbeing Strategy</a></p> <p><a href="#">Scotlands Population Health Framework</a></p> <p><a href="#">Creating Hope Together: Scotland's suicide strategy</a></p> <p>Thrive Welcome Teams Trak data</p>	<p>Provides current and projected data on the wider population in the City of Edinburgh</p> <p>Provides robust evidence on the composition, characteristics, attitudes and behaviour of private households and individuals as well as evidence on the physical condition of Scotland's homes</p> <p>Mental Health and Wellbeing Strategy 2023 – 2025 which describes the approach the Scottish Government will undertake to improve mental health for everyone in Scotland.</p> <p>This Framework is for all with a role to play in creating and maintaining good physical and mental health and wellbeing. It represents a shift in culture, from treating illness to prevention and a more whole system approach to improving health.</p> <p>Scotland's 10-year suicide prevention strategy with a vision for partners to work together to prevent people attempting and completing suicide.</p>

Evidence	Available – detail source	Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal
	<p data-bbox="376 712 767 745"><a href="#">Census Data for Edinburgh</a></p> <p data-bbox="376 1227 842 1294"><a href="#">AUDIT Scotland Report on Adult Mental Health</a></p> <p data-bbox="376 1518 890 1630"><a href="#">Joint Edinburgh Carers Strategy 7.1 The Joint Edinburgh Carer Strategy Refresh 2023-26.pdf</a></p> <p data-bbox="376 1854 847 1995"><a href="#">Joint Edinburgh Carers Survey: Unpaid-carer-experiences-in-Edinburgh-Interactive-June-2024 (3).pdf</a></p>	<p data-bbox="946 533 1361 779">Mental Health and Wellbeing Strategy 2023 – 2025 which describes the approach the Scottish Government will undertake to improve mental health for everyone in Scotland.</p> <p data-bbox="946 824 1369 1261">The Census data tells us that there has been a 84% increase in people who are BME since 2011 in Scotland, and that in Edinburgh Central the proportion of people in BME groups is 20.01%. The work delivered by Cyrenians within Thrive is targeted at these groups, reduces their isolation, and builds communities of support.</p> <p data-bbox="946 1339 1385 1597">The report contains a number of recommendations for the Scottish Government, local authorities and partners, many of which reflect the themes set out in The Scottish Government Strategy.</p> <p data-bbox="946 1630 1353 1921">Joint Edinburgh Carers Strategy which reflects national carer strategy and carer legislation (which includes a duty to ensure carers are engaged and informed as part of the hospital discharge process).</p>

Evidence	Available – detail source	<b>Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal</b>
	<a href="#">Human Rights Bill: Consultation Summary</a>	<p>The Edinburgh Carers Survey 2023 gathered the views of 491 carers looking after someone with a mental health condition in Edinburgh.</p> <p>Summary of feedback from consultation for the Human Rights Bill</p>
Data on service uptake/access	<a href="#">Scran Academy Annual Report</a>  <a href="#">Scottish Mental Health Festival 2024 Report</a>  <a href="#">Strange Town Impact Reports</a>  <a href="#">Cyrenians Impact Report 2024</a>	<p>Impact Report: Scran are making a difference by supporting young people facing poverty in Edinburgh to lead change in their own lives</p> <p>Detailing reach, events, participation and positive outcome for people with mental health (Over 17500 people)</p> <p>Reports from Strange Town showing reach and impact across the community and education.</p> <p>We know homelessness (and its impact) is rare when people have sufficient income and are supported to eat and live well, to develop healthy relationships and to remain connected and supported within their communities. This work reduces the impacts of poverty and delivers whole community interventions.</p>

Evidence	Available – detail source	Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal
	<p data-bbox="376 488 783 524"><a href="#">National Benchmarking data</a></p> <p data-bbox="376 636 544 667">Thrive Data</p> <p data-bbox="376 1003 751 1039">Thrive Collective quarterly</p> <p data-bbox="376 1189 826 1225"><a href="#">Thrive Collective Impact Report</a></p> <p data-bbox="376 1447 655 1482">Annual SLA reports</p> <p data-bbox="376 1700 711 1736"><a href="#">Thrive Progress Report</a></p>	<p data-bbox="944 488 1378 560">National Benchmarking report 2022 – 2023</p> <p data-bbox="944 636 1378 927">Quantitative and Qualitative Data from Thrive Welcome Team, including demographic, equalities data. 3,424 people seen by TWT since Nov 22 and demonstrates decline in referrals to psychological therapies.</p> <p data-bbox="944 1003 1378 1111">Demonstrate the uptake of services within 3 partnerships of the Thrive Collective.</p> <p data-bbox="944 1189 1378 1408">Exploring investment of £1.8 million to support 4,367 people, with a minimum social value of £7.13 for every pound spent on the Thrive Collective programme.</p> <p data-bbox="944 1447 1378 1626">Annual and interim reporting across all SLA on what is being delivered across Edinburgh and the impact of such activities</p> <p data-bbox="944 1700 1378 1955">This document sets out the aspirations of Thrive Edinburgh and what has been delivered against Thrive Pillars and Adult Health and Social Care Workstreams and Change Programmes in 2023.</p>

Evidence	Available – detail source	<b>Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal</b>
	<p>TRAK data (Psychological Therapies)</p> <p><a href="#">Mental Health Inpatient Census 2023</a></p> <p>Experiences of unpaid Edinburgh carers engaging in mental health services: <a href="#">Mental-Health-Carers-Consultation-Full-Report.pdf</a></p> <p><a href="#">iThrive</a></p> <p><a href="https://capsadvocacy.org/wp-content/uploads/2025/04/The-Impact-of-Arts-as-Advocacy.pdf">https://capsadvocacy.org/wp-content/uploads/2025/04/The-Impact-of-Arts-as-Advocacy.pdf</a></p> <p><a href="#">What does it mean to you? (2024) — Out of Sight Out of Mind</a></p>	<p>Data shows significant decrease of people being referred to psychological therapies since Thrive Mental Health System was designed and delivered with partners.</p> <p>Results of the seventh Mental Health and Learning Disability Inpatient Census and Outwith NHS Scotland Placements Census, 2023.</p> <p>Respondents felt professionals did not take carers' situations into account, which may partially account for reported lack of referrals to carer support services. Recommendations include improved carer engagement in hospital discharge (a legal requirement).</p> <p>Analytics report detailing usage of iThrive website 157,147 users, up 69%</p> <p>519 Mental Health Advocacy Recipients at a cost of £152.64. Achieved through the arts and building connections. (Lot 5)</p> <p>Report capturing In 2024 Out of Sight Out of Mind exhibition showed artworks made by 310 people who have experience</p>

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	<p>Experiences of unpaid Edinburgh carers engaging in mental health services: <a href="#">Mental-Health-Carers-Consultation-Full-Report.pdf</a></p> <p>Unpaid care has huge impact on mental health and affects low income households - <a href="https://shorturl.at/0l9qp">https://shorturl.at/0l9qp</a></p>	<p>of mental health issues and report which collates what the exhibitions meant to people. Exhibition website.</p> <p>Research on experiences of unpaid carers caring for a person using mental health services in Edinburgh, in shaping the care of those they cared for, and how well supported they felt as carers.</p> <p>Eurocare research, carried out by University College London and Carers Trust, evidencing impact of unpaid care on mental health.</p>
<p>Data on socio-economic disadvantage e.g. low income, low wealth, material deprivation, area deprivation.</p>	<p><a href="#">Joint Strategic needs Assessment City of Edinburgh HSCP (2020)</a></p> <p><a href="#">Coronavirus: Mental Health in the Pandemic Study   Mental Health Foundation</a></p> <p><a href="#">Poverty commission reports</a></p>	<p>Provides current and projected data on the demographics within Edinburgh</p> <p>MH Foundation Covid 19 report: Pandemic effect on mental health</p> <p>End Poverty Edinburgh is a group of independent citizens aiming to raise awareness of poverty in Edinburgh, influence decision-making, and hold the city to account.</p> <p>491 Edinburgh carers looking after someone with a mental health condition contributed to this survey. Some raised concerns that the assessment</p>

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	<p>Edinburgh Carers Survey: <a href="#">Unpaid-carer-experiences-in-Edinburgh-Interactive-June-2024 (3).pdf</a></p> <p>Scottish evidence:  <a href="https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/pages/11/#:~:text=5%20Adults%20who%20experienced%20food,ou t%20of%20food%20(50.1).">https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/pages/11/#:~:text=5%20Adults%20who%20experienced%20food,ou t%20of%20food%20(50.1).</a></p>	<p>process (for statutory services) carried risks for people in their situation, due to the emphasis placed on gathering information from people who may not be well enough to respond accurately. In</p> <p>The Scottish health survey revealed adults who experienced food insecurity in 2023 had much lower mental wellbeing and for those who worried about running out of food, a lower WEMWBS score of 41.1, significantly lower than the mean among those who had not worried about running out of food (50.1)</p>
Data on equality outcomes	<p><a href="#">JSNA-Health-Needs-of-Minority-Ethnic-Communities-Edinburgh-April-2018.pdf (edinburghhsc.scot)</a></p> <p>Gender inequalities in unpaid care work - <a href="#">Engender-response-to-the-Scottish-Governments-Scottish-Carers-Assistance-consultation.pdf</a></p> <p><a href="#">Cyrenians' SLA reports on Something to Eat programme</a></p>	<p>Provides data on demographics of minority ethnic communities</p> <p>Women are more likely to be unpaid carers, and this unequal distribution of unpaid care work has long-term impacts on women and girls.</p> <p>Over 50% of people who use our service have one or more protected characteristics.</p>
Research /literature evidence	<p>Creative Health: The Arts for Health and Wellbeing  <a href="https://ncch.org.uk/uploads/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf">https://ncch.org.uk/uploads/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf</a></p>	<p>Cross party report that details how the arts can help meet major challenges facing health and social care: ageing, longterm conditions, loneliness and mental health.</p>

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	<p><a href="#">Mental Health Foundation report on youth consultation.</a></p> <p><a href="#">Links between food and mental health:</a></p> <p><a href="https://www.mentalhealth.org.uk/expl-ore-mental-health/publications/food-thought-mental-health-and-nutrition-briefing">https://www.mentalhealth.org.uk/expl-ore-mental-health/publications/food-thought-mental-health-and-nutrition-briefing</a></p> <p><a href="https://www.bbc.co.uk/food/articles/diet_wellbeing">https://www.bbc.co.uk/food/articles/diet_wellbeing</a></p> <p><a href="#">Public Health Scotland: Estimating the burden of disease attributable to physical inactivity in Scotland</a></p>	<p>Mental Health Foundation report on the impact of Adverse Childhood Experiences, and how preventing ACEs and reducing their impact is being central to preventing mental ill health episodes.</p> <p>Poor nutrition may be a causal factor in the experience of low mood, and improving diet may help to protect not only the physical health but also the mental health of the population, argue that ‘relationships between nutrition and longstanding mental illness are compounded by barriers to maintaining a healthy diet’.</p> <p>Highlights the growing need for nutrition to be included in public health strategies to protect and improve mental health and wellbeing</p> <p>Collates evidence that a good diet is linked to reduced levels of depression and low mood.</p> <p>Scottish Government report that explores the barriers and consequence to inactivity and solutions to these. An estimated 3,185 deaths and over eleven thousand (11,474) disability-adjusted life years (DALYs) are attributable to</p>

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	<p data-bbox="376 712 762 779"><a href="#">Independent-advocacy-for-independent-lives.pdf</a></p> <p data-bbox="376 1043 863 1111">Cost-Benefits Analysis of Social &amp; Therapeutic Horticulture 2024</p> <p data-bbox="376 1592 903 1771"><a href="#">Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials   The BMJ</a></p>	<p data-bbox="946 421 1385 600">physical inactivity in Scotland. Efforts to reduce the disease burden of physical inactivity should focus on those who are least active.</p> <p data-bbox="946 678 1385 925">Independent advocacy for independent lives: A groundbreaking evidence base to grow inclusive support services for people with learning disabilities and autistic people</p> <p data-bbox="946 969 1374 1485">Trellis: The low cost and high impact of therapeutic gardening makes a strong case for sustainable investment in this sector. Add in the compelling additional return on investment that comes from sustainable, enduring health benefits, preventative effects, population health and environmental improvements, and the case for therapeutic gardening is robust indeed.</p> <p data-bbox="946 1529 1369 1776">Concluded that exercise is a proven effective treatment for depression, with walking or jogging, yoga, and strength training more effective than other exercises, particularly when intense.</p> <p data-bbox="946 1854 1369 2022">Key findings: Findings from the research show that under the suggested health intervention there was a 58% reduction in the number of</p>

Evidence	Available – detail source	<b>Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal</b>
	<p data-bbox="376 421 911 600"><a href="#">A cost-effectiveness evaluation of Dance to Health: a dance-based falls prevention exercise programme in England, Sheffield Hallam University, 2021, Goldsmith, Kokolakis.</a></p> <p data-bbox="376 1189 890 1406"><a href="#">Dementia and Imagination: A Social Return on Investment Analysis Framework for Art Activities for People Living With Dementia, The Gerontologist, Volume 60, Issue 1, February 2020, Pages 112–123.</a></p> <p data-bbox="376 1630 879 1697"><a href="#">Equality-Progress-Report-5-March-2020.pdf</a></p>	<p data-bbox="944 421 1382 1115">falls; Dance to Health offers a potential cost saving of over £196m over a 2-year period, of which £158m is a potential cost saving for the NHS; estimate that a roll-out of the programme would have the potential to save the taxpayer almost £200m over a 2-year period. Of this, nearly £160m would be a cost saving for the NHS; evidence outlines that Dance to Health offers the health system a cost-effective means to address the issue of older people’s falls, and most importantly a method that produces strong results in terms of falls prevention.</p> <p data-bbox="944 1151 1382 1554">Key findings: Key findings showed art-based activities provide a positive SROI under a range of assumptions. An input of £189,498 to deliver the groups created a social value of £980,717. This equates to a base case scenario of £5.18 of social value generated for every £1 invested.</p> <p data-bbox="944 1702 1362 1986">This report covers various aspects, including employee demographics, training programs, policies, and outcomes related to diversity and inclusion efforts. The document would outline targets, achievements, and</p>

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		challenges in promoting equality.
Public/patient/client experience information	<p>HM Inspectorate of Constabulary in Scotland Thematic Review of Policing Mental Health in Scotland</p> <p><a href="#">A Social Return on Investment (SROI) analysis of the Imagine Arts programme (Bosco, Alessandro et al.), Maturitas, Volume 124, 15 – 24</a></p> <p><a href="#">The use of arts interventions for mental health and wellbeing in health settings. Perspect Public Health. Jensen A, Bonde, 2018</a></p>	<p>Assess the state, efficiency and effectiveness of Police Scotland’s provision of mental health-related policing services. Published its thematic review of policing Mental Health in Scotland.</p> <p>Key findings: Direct involvement in creative activities has benefits in terms of improved attention and positive engagement for older people. Applying SROI to 3 main stakeholders (care home residents, care home personnel, and activity co-ordinators): For residents, key outcomes of interest were improved community inclusion, mental and physical health and cognition, decreased social isolation; For care home personnel and activity co-ordinators key outcomes were improved skills in caring for older people and confidence in using arts interventions; The analysis yielded an SROI of £1.20 for every £1 of expenditure, concluding that the findings inform policy decisions about investment in the arts and health or social care.</p> <p>Key findings: evidence that participation in arts activities and clinical arts interventions can be beneficial for people with mental and physical</p>

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		<p>health problems, concluding <i>“Based on the growing evidence of the arts as a tool for enhancing mental health wellbeing, and in line with the global challenges in health, we suggest that participatory arts activities and clinical arts interventions are made more widely available in health and social settings. It is well-documented that such activities can be used as non-medical interventions to promote public health and wellbeing.”</i></p>
<p>Evidence of inclusive engagement of people who use the service and involvement findings</p>	<p>Complaints/ compliments: 2024 Thrive Contracts review</p> <p><a href="#">Evaluating Dance for Parkinson's (DfPS)</a> Dance Base, Scottish Ballet (Paul Hamlyn Foundation), 2022</p>	<p>Participants experienced improved functional mobility (coordination; fluidity and flexibility; posture; gait and balance); positive feelings fostered through participation continue after the class; DfPS plays a role in aiding daily living - specific exercises from the class being brought into home life; <i>“Practitioners from across the hubs (more noticeably within the satellite hubs) observed an increased number of dancers choosing to stand rather than sit during the class, suggesting improvements to balance and</i></p>

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		<i>dancer confidence in physicality.” P.37.</i>
Evidence of unmet need	<p><a href="#">Edinburgh Integration Joint Board Strategic Plan (2019-2022)</a></p> <p><a href="#">Welfare reform - impact on households with children: report - gov.scot</a></p> <p><a href="#">Scottish mental health law review: our response</a></p> <p><a href="#">Marks-Final-PE-report-2021.pdf (rehpatientscouncil.org.uk)</a></p> <p><a href="https://www.mwcscot.org.uk/policy-and-research">https://www.mwcscot.org.uk/policy-and-research</a></p> <p><a href="#">Community green: using local spaces to tackle inequality and improve health</a></p>	<p>Details the health needs and priorities for the people of Edinburgh</p> <p>A report that presents analysis of the impacts of UK Government reform on households with children in Scotland.</p> <p>A response to the independent review of mental health, capacity and adult support and protection legislation,</p> <p>The Experience of Patients in the Royal Edinburgh Hospital –</p> <p>Mental Health Welfare Commission detailing feedback from people that use services</p> <p>This study examines the impact of the quality of local green spaces on the health and wellbeing of people living in six deprived areas. It makes the connections between green space, ethnicity and inequality.</p>

Evidence	Available – detail source	Comments: what does the evidence tell you with regard to different groups who may be affected and to the environmental impacts of your proposal
Good practice guidelines	<p><a href="#">Summary of the United Nations Convention on the Rights of the Child</a></p> <p><a href="#">SIGN guideline for specific mental health conditions</a></p> <p><a href="https://www.nice.org.uk/guidance/ng58/resources/coexisting-severe-mental-illness-and-substance-misuse-community-health-and-social-care-services-pdf-1837520014021">https://www.nice.org.uk/guidance/ng58/resources/coexisting-severe-mental-illness-and-substance-misuse-community-health-and-social-care-services-pdf-1837520014021</a></p> <p><a href="https://www.nice.org.uk/guidance/ng181/resources/rehabilitation-for-adults-with-complex-psychosis-pdf-66142016643013">https://www.nice.org.uk/guidance/ng181/resources/rehabilitation-for-adults-with-complex-psychosis-pdf-66142016643013</a></p> <p><a href="https://www.alliance-scotland.org.uk/policy-and-research/policy/mental-health/">https://www.alliance-scotland.org.uk/policy-and-research/policy/mental-health/</a></p> <p><a href="#">Mental Health Foundation</a></p> <p><a href="#">Scottish Independent Advocacy Alliance</a></p>	<p>The United Nations Convention has 54 articles that cover all aspects of a child's life and set out the civil, political, economic, social and cultural rights that all children everywhere are entitled to.</p> <p>Link to guidelines for specific mental health conditions.</p> <p>This guideline covers how to improve services for people aged 14 and above who have been diagnosed as having coexisting severe mental illness and substance misuse.</p> <p>This guideline covers mental health rehabilitation for adults with complex psychosis.</p> <p>The ALLIANCE works to ensure mental health law, policy and practice is aligned with human rights standards and principles.</p> <p>Information for public and professionals alongside specific reports on how to support people with mental issues</p> <p>Overview of the benefits of independent and collective advocacy</p>

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	<p><a href="#">Scotlands Mental Health and Wellbeing Strategy (2023)</a></p> <p>-</p> <p><a href="https://www.gov.scot/publications/mental-health-care-treatment-scotland-act-2003-code-practice-volume-1/">https://www.gov.scot/publications/mental-health-care-treatment-scotland-act-2003-code-practice-volume-1/</a></p> <p><a href="#">Mental Health (Care and Treatment) (Scotland) Act 2003</a></p> <p><a href="#">The New Mental Health Act: A guide to independent advocacy: Information for Service Users and their Carers - gov.scot</a></p>	<p>Mental Health (care and treatment) (Scotland) Act 2003: Code of Practice</p> <p>Mental Health (Care and Treatment) (Scotland) Act 2003: Detailing everyone’s right to independent advocacy</p> <p>The New Mental Health Act: A guide to independent advocacy: Information for Service Users and their Carers</p>
Carbon emissions generated/reduced data	N/A	
Environmental data	N/A	
Risk from cumulative impacts	<p><a href="#">“It’s broken”: Doctors’ experiences on the frontline of a failing mental healthcare system</a></p>	<p>Research article arguing that the collective services that contribute to good mental health need to be protected as without them, Drs are unable to impact people’s lives as much as they should be able to. “The consequences of a mental healthcare system under pressure, and a failure to improve the social determinants of health, mean many patients are receiving inadequate care, and some groups are falling through the gaps and not receiving any care at all.” Briefing that</p>

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	<p><a href="https://www.mind.org.uk/media/6484/race-equality-briefing-final-oct-2020.pdf">https://www.mind.org.uk/media/6484/race-equality-briefing-final-oct-2020.pdf</a></p>	<p>identifies that BME groups experience poor mental health in part due to poorer access to services and that an ecosystem of culturally competent and community services is required to meet the needs of this population.</p> <p>Report from MIN D about Inequalities for Black Asian and Minority Ethnic communities in NHS mental health services in England</p>
Other (please specify)		
Additional evidence required	<p><a href="https://earthworm-hyperboloid-4z16.squarespace.com/what-does-it-mean-to-you-2024">https://earthworm-hyperboloid-4z16.squarespace.com/what-does-it-mean-to-you-2024</a></p> <p><a href="#">The New Mental Health Act: A guide to independent advocacy: Information for Service Users and their Carers - gov.scot</a></p> <p><a href="#">Equality-Mainstreaming-and-Outcomes-Report.docx</a></p> <p><a href="#">Equality-Progress-Report-5-March-2020.pdf</a></p>	

8. In summary, what impacts were identified and which groups will they affect?

Equality, Health and Wellbeing and Human Rights	Affected populations
<p><b>Positive</b></p> <p>The contract and SLA savings as a whole will help the EHSCP meet its statutory obligations by ensuring that resources can be prioritised to support the most vulnerable, by delivering efficiencies wherever possible. This will strengthen statutory services.</p> <p>The EIJB has delivered over £100m of savings over the last three years through a range of savings projects. There are few options remaining to deliver savings that do not impact on direct statutory service provision, and which would directly affect people who use our services, staff and providers. This proposal does not remove statutory services which form part of an individual's package of care. If this saving does not proceed, alternatives will have to be found with potentially greater impacts on people with protected characteristics.</p> <p>Some SLAs in this group provide services to children, which are not within the EIJB's delegated functions. By focusing spend on adult services, the EIJB will be able to maximise support for the people who fall within its remit.</p> <p>The contracts review has identified that similar services have been provided in a fragmented way, with physical activity, for example, funded both through this group of contracts and through Lot 3 and 4. This review is an opportunity to streamline services to ensure maximum efficiency and clear and consistent pathways.</p>	<p>All</p> <p>All</p> <p>Adults</p> <p>All</p>
<p><b>Negative</b></p> <p>All population groups will be impacted by the strain placed on a voluntary sector ecosystem, with fewer direct and indirect systems of support available.</p> <p>Dance classes provided via Dance Base often serve as vital social hubs. Loss of these opportunities reduces peer interaction, leading to loneliness and depression. Social isolation is linked to faster cognitive decline and poorer health outcomes.</p> <p>Regular participation in dance has been shown to:</p> <ul style="list-style-type: none"> <li>• Stimulate brain activity.</li> <li>• Improve memory and executive function.</li> <li>• Slow the progression of neurodegenerative diseases.</li> </ul>	<p>All protected characteristics</p> <p>Older and middle years, People with dementia, Unpaid carers</p>

Equality, Health and Wellbeing and Human Rights	Affected populations
<p>Gaps in participation can accelerate cognitive and physical decline.</p> <p>Physical Health Consequences: Dance improves balance, coordination, and strength. It reduces frailty and the risk of falls—a major concern for older adults.</p> <p><b>Mitigation:</b> A recommissioning exercise will be undertaken to provide physical activity for mental health benefit, which will be open to Dance Base and other providers through transparent procurement processes. In addition, work is underway to commission specific support for frail adults through the falls prevention pathway.</p>	
<p>Young people and children and care experienced children and young people will be directly and disproportionately impacted as Edinburgh will have fewer bridging supports (such as Scrantransitions and The Future is Unwritten) to provide routes to employment for vulnerable young people and young people from deprived communities. This will result in increase of young people not in education, employment or training, a risk of more young people entering crisis care, the criminal justice system or homelessness, and a risk of further increase in mental health crises. Impact on opportunities for young people to participate in the arts whilst providing peers with education around subjects such as knife crime, cyber bullying. Teacher feedback on such sessions were extremely favourable as it is catching young people early, e.g. Performances showing sexual images on phones, that get boys to think about how it feels and promotes treating women better. If we don't deal with it now could get much worse.</p> <p>Already vulnerable young people disproportionately impacted due to unmet complexities in life. A young person on CAMHS referral is more at risk of escalation without bridging services such as , and opportunity for participation, employment opportunities, leading to increased confidence. The service provides bridge at key transition points for vulnerable young people/ young adults.</p> <p>Disproportionate impact for young people who hold more than one protected characteristic. Need to consider the interconnectedness of the characteristics to understand full impact however in general will find creating social groups, cohesion more difficult as well as fewer stuff to do out of schools which will increase health inequalities and in turn putting more demand on health and social care in the future.</p>	<p>Young People, Looked after Children</p> <p>Staff</p> <p>Young People</p> <p>Young women</p>

<b>Equality, Health and Wellbeing and Human Rights</b>	<b>Affected populations</b>
<p>Young women between 16 – 25 higher risks of self-harm. Opportunity for participation, and peer support decreases this risk. Loss of these community-based supports will mean they lose vital coping mechanisms causing worsening mental health, be more likely to disengage from education or employment and therefore face increased risk of crisis intervention or hospitalization.</p>	<p>Young people, Ethnic Minorities, LGBTQIA+, disability, Autism/ADHD</p>
<p>The Scran Café services are designed by young people for young people, young café manager been through the service. Removal strips away autonomy and voice, returning decision-making to impersonal or statutory bodies. Safe space policies for classes and workshop space through Dance Base e.g. queer led workshop on Sundays exploring how their health and wellbeing can be improved through dance, and therefore helping themselves. Safe space share and discuss what is best for their mental health.</p>	<p>Young People, Young Adults, Women</p>
<p>Cyrenians Someone To Eat With runs workshops for young mums from diverse communities who may be at risk from partners or communities and have limited access to info. Service helps them develop information around access to services and supports.</p>	<p>Young People, opportunities for employment and skills development.</p>
<p>Strange Town have also produced a play specifically around the experience of young parents to promote education. Creative projects like this are powerful tools for engagement, especially for young people who may feel disconnected from traditional education or support systems. They offer non-judgmental spaces for exploration of identity, relationships, and life choices. When such programs are lost, so too are the opportunities for dialogue, understanding, and early intervention.</p>	<p>Young People</p>
<p>Referrals to Scransitions are for young people at risk and use a relationship-based approach that enables community-based support work alongside young people, helping them to develop their own pathways. Disinvestment would mean fewer routes into integrated routes. Feedback from young people is they find soft pastoral support more effective than anything clinical. It is also very difficult to access CAMHS and can also carry with its stigma.</p>	
<p>When refugees and non-native English speakers are included in community programs eg Cyrenians Someone to eat with programmes. It fosters social cohesion and mutual understanding, reduces isolation and improves mental health and strengthens the resilience and diversity of the community.</p>	<p>Ethnic minorities, Refugees, Asylum Seekers</p>

Equality, Health and Wellbeing and Human Rights	Affected populations
<p>Edinburgh Census shows increasing diversity with different cultural understanding of what mental health is. This creates barriers to accessing services. All of the services considered in this IIA don't have a mental health badge and therefore can seem more acceptable, however spaces where people can grow knowledge, social cohesion, and learn about their rights.</p> <p>Services provide opportunities where people can communicate even if low literacy levels. Dance, movement, and food, all allow for this.</p> <p>Support for care experienced young people through community based, integrated pathways through the Scran Academy. Young people can explore the pathway that suits them. Decrease of opportunity to participate would increase negative outcome for this population.</p> <p><b>Mitigation:</b> Children's services are not a delegated function of the EIJB, and support could be commissioned more appropriately via Communities and Families.</p>	<p>People with low level of literacy,</p> <p>Care experienced young people</p>
<p>Scottish Mental Health Arts Festival provide a platform for people to participate in the art creating a sense of belonging and connectedness, whilst valuing different identities, and breaking stigma.</p> <p>Scransitions: Through working with partners in the community, family, friends, have stopped both young people and families getting evicted and helped them access unclaimed benefits. Increased stress to family when young people can't access programmes such as Scransitions. <b>Mitigation:</b> Benefits advice and support with housing and homelessness can be accessed through Council services and through statutory social work services.</p> <p>Loss of opportunities for peer support, connectedness, and friendship for people with experience of homelessness, can often lead to other opportunities. Services such as Scran Academy can operate as part of wrap around support to promote independent living. Young people in crisis and non-engagement with school risk not getting help at right time without input from services. 1:1 support often built in.</p> <p>Loss of supported progression into work or training through the Scran Academy will extend periods of economic inactivity and delay income recovery. Increases dependency on Jobcentre</p>	<p>People with lived experience of mental health, ethnic minority, LGBTQIA+ Young People, homelessness, people on benefits, people at risk of falling into poverty.</p> <p>Vulnerable young people, young mothers, large families, lone parents.</p> <p>Young People</p>

Equality, Health and Wellbeing and Human Rights	Affected populations
<p>services that may lack the trauma-informed, person-centred approach Scransitions offers. Risks compounding multi-generational unemployment and long-term reliance on welfare systems.</p> <p>Parents/carers of Scransitions participants will lose a trusted partner in their young person’s development, which may increase family stress and instability.</p> <p>No longer accessing wraparound support (e.g. benefits help, housing advice) removes a protective buffer against crisis. Loss of Trauma-aware support structures and transition pathways into safe adult environments. Young carers benefit from flexible and personalised support, helping them re-engage with education or work. Without Scransitions, carers are less likely to disclose their situation or get support, increasing social isolation.</p> <p>The Scran Academy and the Cyrenians provide a safe, inclusive, and trauma-informed environment for marginalised young people, including those with disabilities, care experience, and ethnic minority backgrounds. Withdrawal may push them back into exclusionary settings or leave them unsupported, increasing risk of discrimination and neglect.</p> <p>The Scran Academy addresses structural barriers to employment and education. Its loss will reduce access to quality, targeted support, particularly for those with digital poverty, ASN, or limited access to mainstream pathways.</p> <p>The Cyrenians deliver mixed-group, inclusive sessions, and encourages understanding and respect. Removing it risks siloing vulnerable youth, leading to reduced peer interaction, increased mistrust, and polarisation.</p> <p>Scransitions places participants in work placements with local social enterprises, charities, and SMEs (e.g. Grassmarket, Move On, Coffee Saints). Withdrawal reduces youth workforce engagement and cuts off a pipeline of supported volunteers/trainees for local employers.</p> <p><b>Mitigation:</b> Many of the services provided relate directly to young people. This care would be more appropriately commissioned by Children’s Services, to ensure alignment with existing programmes and strategies.</p>	<p>Unemployed, People on benefits</p> <p>Carers and young carers</p> <p>Care Experienced Young People &amp; Those Leaving Care</p> <p>Young Carers / Carers with Protected Characteristics</p> <p>Young People, Ethnic Minority, Disability, Care experienced</p> <p>Young People</p>

<b>Environment and Sustainability including climate change emissions and impacts</b>	<b>Affected populations</b>
<b>Positive</b>	
<b>Negative</b>	

<b>Economic</b>	<b>Affected populations</b>
<p><b>Positive</b></p> <p>Approx £23m of EIJB spend will still be delivered via block contracts, primarily with third sector providers. This will continue to support local businesses and employees.</p>	Local businesses and staff
<p><b>Negative</b></p> <p>NHS Lothian are currently working with Scran Academy to develop a scran café on the site of Children and Young People Hospital at Little France. This will bring increased opportunity and potential finance.</p> <p>Economic inactivity of young people could spiral. We know less children and young people are attending school and therefore we need other opportunities for participation leading to positive destination.</p> <p>Higher risk of young people falling into poverty or exacerbated poverty, homeless.</p> <p>Young people may come from a family with multigeneration unemployment, receipt of benefits, criminal justice. Pathways created by transitions helps break this cycle into employment. Disinvestment will have disproportionate impact on these populations</p> <p>SMAHF have their highest reach in lowest income areas, and have implemented 'pay what you can pay', helping people access the arts.</p> <p>Dance Base provide opportunities for young people up to 26, unemployed, older people to get concession tickets for dance. This has seen an increase over the years showing that people want to use dance for their wellbeing.</p>	<p>Children and Young People</p> <p>Children and Young People</p> <p>Children and Young People</p> <p>Young People, Families</p> <p>People on low income, benefits, people at risk of falling into poverty</p>

Economic	Affected populations
<p>All services provide community education for free, either around dance, the arts, or food.</p> <p>Fulltime staff would be made redundant risking falling into poverty. This applies to all providers considered here.</p> <p>Preventative and community-based programs reduce long-term costs for health and social care systems. Without them, the burden shifts to more expensive, reactive services like hospital admissions and long-term care.</p>	<p>Young People, unemployed, older people</p> <p>Staff</p> <p>All</p>

**9. Is any part of this policy/ service to be carried out wholly or partly by contractors and if so how will equality, human rights including children’s rights, environmental and sustainability issues be addressed?**

All services affected by this proposal are carried out by third sector organisations. Robust contract management processes exist to ensure that equality, human rights, environmental and sustainability issues are handled appropriately.

**10. Consider how you will communicate information about this policy/ service change to children and young people and those affected by sensory impairment, speech impairment, low level literacy or numeracy, learning difficulties or English as a second language? Please provide a summary of the communications plan.**

If this proposal is approved by the EIJB, a robust communications plan will be developed in conjunction with our Communications Team to ensure that all relevant people are notified appropriately.

**11. Is the plan, programme, strategy or policy likely to result in significant environmental effects, either positive or negative? If yes, it is likely that a Strategic Environmental Assessment (SEA) will be required and the impacts identified in the IIA should be included in this. See section 2.10 in the Guidance for further information.**

No

**12. Additional Information and Evidence Required**

No

13. Specific to this IIA only, what recommended actions have been, or will be, undertaken and by when? (these should be drawn from 7 – 11 above) Please complete:

Specific actions (as a result of the IIA which may include financial implications, mitigating actions and risks of cumulative impacts)	Who will take them forward (name and job title)	Deadline for progressing	Review date
Regularly review the IIA to ensure any new impacts are captured	Andy Hall, Director: Strategy		Quarterly
Agree a recommendation for approval by the EIJB for these contracts/SLAs and notify providers in advance.	Andy Hall, Director: Strategy	8 August 25	

14. Are there any negative impacts in section 8 for which there are no identified mitigating actions?

The impact of funding reductions cannot be entirely mitigated, however, where mitigations are possible this has been indicated.

15. How will you monitor how this proposal affects different groups, including people with protected characteristics?

Onward discussion with any organisation impacted on. Review of actions from this IIA frequently alongside providers. Ongoing monitoring of data to recognise any impacts or trends.

6. Sign off by Head of Service

Name: Andy Hall

Date: 15 August 2025

17. Publication

Completed and signed IIAs should be sent to:  
[integratedimpactassessments@edinburgh.gov.uk](mailto:integratedimpactassessments@edinburgh.gov.uk) to be published on the Council website [www.edinburgh.gov.uk/impactassessments](http://www.edinburgh.gov.uk/impactassessments)  
**Edinburgh Integration Joint Board/Health and Social Care**  
[sarah.bryson@edinburgh.gov.uk](mailto:sarah.bryson@edinburgh.gov.uk) to be published at  
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