



Mental Health Info and Strategy Session

11 December 2.00-4.00pm

**The Vinery Centre, Leeds Mencap, Vinery Terrace,
LS9 9LU**

Mentally Healthy Leeds update

Bereket Loul and Stephanie Francis, Touchstone

[See slides for further information]

Bereket gave an update on Mentally Healthy Leeds (MHL), a new public mental health service (potentially the first of its kind in the UK) which started on 1 April 2018 and is commissioned by LCC Public Health.

The service is a partnership between **Touchstone, The Conservation Volunteers (TCV), Community Links and Oblong**, with the overall aim of reducing health inequalities and improving the mental health and wellbeing of communities most at risk of poor mental health.

It is a targeted service; **working with people most at risk of poor mental health living in the 10% most deprived lower super output areas** in the city, as the prevalence of poor health (including poor mental health) is strongly linked with disadvantage. This year they have focused on Lincoln Green, Burmantofts and Richmond Hill, Gipton and Harehills, Farnley and Wortley, and Horsforth.

The service uses asset based community development and co-production approaches to focus on improving protective factors and reducing risk factors associated with poor mental health through targeted activities with people and communities. Activities are varied, and based on what people want to get involved in such as peer support, volunteering, groups and wellbeing activities. The service also offers training to communities and employers.

Since April, MHL has completed outreach and engagement activities with 683 individuals and trained 89 frontline professionals. The service also has a Data and Intelligence Analyst who gathers data based on intelligence from outreach activities to map where the strengths and gaps are which MHL can build on.

Citywide Leeds Anti-Stigma Partnership (CLASP) activities and Mental Health Champions

Steph explained that another part of MHL is building on the success of the Leeds Time to Change Hub (a citywide partnership of local Time to Change Champions, Public Health, LCC and others, which Space2 led previously), to develop the CLASP.

This new mental health anti-stigma partnership aims to capture, maximise and unify current anti-stigma activities in Leeds, and offer better strategic coordination and maximise the impact and reach of current anti-stigma work. A key part is continued support and development of a group of Mental Health Champions (previously called Time to Change Champions), who have lived experience of mental health difficulties, and receive support to run and deliver anti-stigma events in their local community.

The volunteering offer includes tailored training, as well as the opportunity for champions to train future champions. Safaa, a Mental Health Champion, spoke about her own experiences of mental health difficulties after experiencing childhood abuse, and the impact that mental health stigma in the workplace has had. She is now working for a more understanding employer, and is enjoying working with the other champions to challenge people's perceptions about mental health.

For more information about Mentally Healthy Leeds, contact:

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Tel: 0113 248 4880

Community Based Mental Health Service mobilisation update

Laura Giles, Touchstone

[See slides for further information]

This is a city wide community based mental health service (CBMH) for people with mild to moderate mental health problems. It doesn't have a name yet – there is a competition running to decide this with a £50 gift voucher for the winning name [competition now closed]!

The CBMHS will be a **7 day service**, bringing together a range of activities which were previously delivered separately (as 'mental health day services') into one contract. **Touchstone is the lead provider, with Community Links and Leeds Mind and the other 2 strategic partners**. As well as this, there will be 16 delivery network partners across the city:

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| 1. Leeds Gate | 9. Health for All |
| 2. St George's Crypt | 10. Oblong |
| 3. Bid | 11. New Wortley Community Centre |
| 4. BHA Skyline | 12. Shantona |
| 5. Space2 | 13. Getaway Girls |
| 6. Advonet (Autism AIM) | 14. Basis |
| 7. Carers Leeds | 15 Hyde Park Source |
| 8. Leeds Irish Health and Homes | 16. LS14 Trust |

The service will have a core brand, with a single website, single point of access contact info and form to make it easier for people to refer into the service for support.

Services as being co-produced as part of mobilisation so that the groups and activities on offer (including timings etc.) are what people want, and all staff across all roles and organisations will be trusted assessors, which

will offer an improved service user experience. Support offered will be a **mixture of 121, group and peer/volunteer led interventions and activities, designed to meet diverse needs and be accessible.**

The new service will go live from 1 April 2019. For any queries in the meantime, contact: yourviews@touchstonesupport.org.uk

Member Reflections and Updates

Organisation/ Project	What went well in 2018/challenges	Plans for 2019	How can we help?
Elaine Wilkes Carers Leeds www.carersleeds.org.uk	Increased referrals Advice line open more often Education courses People who know best are the people doing things Elaine did her first blog post!	Education and information sessions. Work on mental health and learning difficulty.	Promotion of groups and events, promoting website and blog.
Hazel Burleigh Community Links www.commlinks.co.uk	Partnering with Carers Leeds on the Young Dementia Service, which launched in summer 2018. Arranging community transport for service users has been a challenge.	Continue to grow and develop the service.	Please signpost any younger adults (under 65) living with dementia, or carers of younger people with dementia, to the service.
Kathryn Ashworth Solace www.solace-uk.org.uk	Solace moved to be based with the Refugee Hub at Oak House and Children and family resettlement information now on their website.	The whole Refugee Hub needs to move due to landlord taking the building, which means more upheaval – they need to move by August 2019.	Need a base for the Refugee Hub, large space for 6-7 organisations. Contact Solace if you have any leads! Plan B – to use rooms in the city centre to

			<p>see clients. Let them know about rooms for 3-4 people available to hire. Also, let them know about any Syrian refugees needing support.</p>
<p>Kathleen Renwick Converge www.leedsmind.org.uk/our-services/converge/</p>	<p>Seven courses running. Kathleen is fairly new to Leeds – great to see so much on offer in the third sector!</p>	<p>Three new courses on the programme in January – now promoting courses. Looking to expand to include other universities/colleges in Leeds.</p>	<p>Share information about Converge with anyone over 18 who has experience of mental health problems in Leeds.</p>
<p>John Preston TCV Hollybush www.tcv.org.uk/hollybush</p>	<p>New projects, including Time to Shine pop-ups and older people's groups. Running groups with Forward Leeds.</p>	<p>Successful bid for the LCF/Public Health Men's Suicide Prevention grant, so setting up 'I'm Free on a Sunday' walking group for inner city men in early 2019. Getting people to run their own walks.</p>	<p>They're keen to do more groups like the ones at Forward Leeds, so get in touch with them. Keen to have Hollybush centre used on evenings. They're currently looking at how this might work. If you have ideas that might help, get in touch.</p>
<p>Jenny Groves Battle Scars www.battle-scars-self-harm.org.uk</p>	<p>Lots of mixed support groups doing really well The speciality groups</p>	<p>Group at the prison. Crisis Card will be rolled out nationally in January.</p>	<p>Keen to network – place connect with them!</p>

	<p>were doing less well, so they closed them. Trained 350 professionals on self-harm and eating disorders. Developed the 'I need to tell you' leaflet. Battle Scars' report on crisis services was well received and led to their Crisis Card being developed. Under 18s service for parents and young people starting up.</p>	<p>More resources on website. Getting into schools more. Expanding to cover Wakefield and Harrogate.</p>	<p>They are also looking for volunteers: people who self-harm, are struggling to work, have BPD, who could be peer support facilitators.</p>
<p>Joe Kent Barca-Leeds www.barca-leeds.org</p>	<p>Reaching out with community services, such as the male anger management group and leaflets/counselling service.</p>	<p>They've been successful in applying for a Men's Suicide Prevention grant, so are looking forward to working more with people.</p>	<p>Disseminating reports Promoting the anger management film.</p>
<p>Jubar Miah Straw Lodge</p>	<p>Newly formed organisation with a vision to offer 5 day residential stays for people experiencing suicidal thoughts. Finally got registered as a charity! Developing their property strategy.</p>	<p>Developing more information about the service. Planning to start a befriending service while developing premises and offer.</p>	<p>Talking to other organisations about work around suicide prevention to develop partnerships and make sure they aren't duplicating. When their venue is ready, they want to offer space for groups to use on weekends (they will use it Monday-Friday).</p>
<p>Simon Burton Leeds Recovery College</p>	<p>The Recovery College will offer courses for</p>	<p>2019 is a big year. They aim to have a</p>	<p>Please introduce</p>

(part of LYPFT)	anyone such as people who've used services, carers, professionals- anyone who will benefit. It will use what's already available in Leeds and develop new courses too.	prospectus by September. Lots of work going on, making connections with organisations and people interested in delivering or hosting courses.	yourself to them!
Jo Gibson Leeds Involving People/Together We Can www.leedsinvolvement.org.uk	There've had lots of requests to get involved in research and strategy development. Housing services – peer quality. Starting up the dual diagnosis strategy group meetings again.	Working with the recovery college. Influencing the Mental Health Strategy. Working alongside Healthwatch and Forum Central. Continuing engagement work on transport plans at LIP – how it affects health and wellbeing.	Make sure your calendars are updated for 2019 events!
Amber Reid Leeds Mind www.leedsmind.org.uk	Started a new role as data and quality manager at Leeds Mind	Improving data reporting – making sure they're asking the right questions. Safeguarding – extra training for staff and all services.	Is anyone good at collecting data? Want to develop how they assess their impact. Any ideas welcome!
Bereket Loul Touchstone www.touchstonesupport.org.uk	Worked with lots of partners, very positive. The Well Bean Crisis Café is going really well, working with Leeds Survivor Led Crisis Service.	Touchstone and LSLCS plan to extend the Well Bean Café to 7 days a week – have been granted additional funding for this. Working on a better system for sharing contacts.	
Karen Mallon Leeds Irish Health & Homes	It's been a busy year. They have Time to Shine funding for their	They're expanding the Cara service, using an ABCD	Share their news and updates.

www.lihh.org	Cara Befriending Service. Challenges have been relationships with care homes – lots of learning. There have been some great events – the tea dances are hugely popular.	approach. Their Dementia Services will develop more in 2019, looking at how it can be remodelled. They're also a delivery partner in the CBMHS. More tea dances!	
Jo Gibson Abigail Housing www.abigailhousing.org.uk			Will be looking for a new chairperson soon – please promote.

Strategic Updates

Karen Pearse, Forum Central

Mental Health Partnership Board/ Mental Health Strategy

The Mental Health Partnership Board has been meeting again after a break, and a new mental health strategy for Leeds, to build on the Mental Health Framework 2014-2017, will be developed through the MHPB by end of March 2019. Karen sits on the board as Third Sector representative, along with Tessa Denham from Women's Counselling and Therapy Service.

Next Steps: We'll keep members updated on the mental health strategy development and opportunities to influence.

Primary Care Mental Health Service procurement

The tender for the Primary Care Mental Health Service which Leeds CCG are procuring (which will include IAPT/Primary Care Mental Health Liaison/Primary Care Perinatal Mental Health Support) has now gone live on the EU Supply NHS procurement portal.

Next Steps: The contract will be awarded in April, with the new service due to start on 1 October 2019. We'll share more information as it becomes available.

Third Sector LYPFT Partnership Forum

One of the key issues that came out of the third sector engagement around LYPFT's Community Services redesign was the need for opportunities to work better together. As a result, we're developing a

partnership forum to bring staff from the sector and the mental health trust together.

Next Steps: The first Third Sector LYPFT Partnership Forum will be taking place on **Wednesday 15 January 12.30-4:30pm at The Vinery**. Contact us to book your place (see below).

Reps wanted: Health and Wellbeing Board and LPICC

Forum Central wants to recruit third sector representatives to sit on one of two important boards in the city: The newly formed **Leeds Providers' Integrated Care Collaborative (LPICC) Committees in Common** and **The Health and Wellbeing Board (HWB)**.

LPICC brings the Chief Execs of all the major NHS trusts in Leeds together (LCH, LTHT, LYPFT and the GP Confederation) to co-ordinate formal decision making across organisations. Acknowledging the fact that many services are provided by organisations beyond the NHS, the Council and the Third Sector are also invited to attend CIC meetings, bringing their perspectives to shape discussions and influence decision making.

HWB is the city's key statutory health and care board, made up of senior representatives from organisations across Leeds, including the Council, the NHS, the Third Sector and Healthwatch, which oversees progress on the Health and Wellbeing Strategy for the city.

Next Steps: For more information about the reps positions, and how to apply, please contact us via hello@forumcentral.org.uk or tel: 0113 242 1321. **Applications will close on Friday 4 January, with interviews on Wednesday 16 January.**

Leeds Plan and LCPs

We have continued to be involved in strategic work around the Leeds Plan and developing Local Care Partnerships (LCPs). We have shared reflections around how the move to more local ways of working across health and care might impact the third sector e.g. for organisations that have a city wide footprint etc. We have now had agreement from the Partnership Executive Group (PEG) for a Third Sector LCP Manager post to support the Third Sector's input into LCPs, and hope to recruit early in the New Year.

Next Steps: We'll share info about the above post via Forum Central. The **Next Health and Care Leaders Network will be on Thursday 30 January 2.00-5.00pm at the Old Fire Station** and the Health Partnerships team will be giving an update on the Leeds Plan, and looking

at how the Third Sector can further influence its development and delivery. Please contact us to book your place.

Forum Central Contract

The third sector health and care forum (i.e. Forum Central) contract went out to competitive tender in November and we are awaiting the outcome, hopefully before the Christmas break. All being well, in 2019 we'll be working on mobilisation of the new contract, which will be 3 years (+2), to build on the work we've already done in the last 3 years.

Next Steps: Please keep engaging with us, as we want to be responsive to your needs! We'll keep you updated once a decision has been made about the contract.

Dates for your diary

- **Third Sector LYPFT Partnership Forum event**
Tuesday 15 January, 12.30 – 4.30pm at the Vinery Centre

- **Health and Care Leader's Network**
Wednesday 30 January 2.00-5.00pm at the Old Fire Station, Gipton

- **Next Mental Health Info and Strategy Session**
Wednesday 6 March 10.00 – 12.00pm at the Old Fire Station, Gipton

Book your place for any/all of these via hello@forumcentral.org.uk or call us on 0113 242 1321.