



Mental Health Info and Strategy Session

6 March 2019 10.00 – 12.00pm

The Old Fire Station, Gipton Approach, Gipton

Member News and Updates

Samaritans

[Samaritans of Leeds](#) offer non-judgmental emotional support to people in Leeds via phone, text, email and face to face support, especially those who are experiencing emotional distress and/or suicidal thoughts.

7 March is University Mental Health Day – to mark this Samaritans are partnering with the University of Leeds and Leeds Beckett to help promote their service to students.

Carers Leeds

Carers Leeds recently won the contract for carers support in Leeds – which will enable them to continue to deliver their core services for the next 5 years.

They are continuing to partner with the mental health trust in Leeds, Leeds and York Partnership Foundation Trust (LYPFT), to offer tailored support for [Carers of people experiencing mental health difficulties](#).

Mentally Healthy Leeds

[Mentally Healthy Leeds](#) is a public health preventative service aimed at promoting good mental health and wellbeing to people who are at risk of poor mental health, particularly people in some of the most deprived areas in the city. MHL also coordinates the Citywide Leeds Anti-Stigma Partnership (CLASP) – they have recently trained up more new mental

health champion volunteers to be able to deliver talks about their experiences of mental health difficulties and reduce stigma.

Humans Being

[Humans Being](#) have some new funding to deliver community based courses aimed at improving people's wellbeing through challenging gender stereotypes and traditionally gendered ways of being. Courses are free of charge and delivered in community settings.

They are keen to find more groups to deliver the courses to.

For more information, contact Duncan@humansbeing.org.uk

Advonet

A reminder that Advonet deliver the [Health Complaints advocacy service](#) for Leeds, which supports people wanting to make a complaint about NHS services in Leeds. It's free and confidential.

Recovery College

[The Recovery College](#) is led by LYPFT, in partnership with people with lived experience of mental health difficulties, the council and the third sector. Simon Burton, the development manager, is responsible for the development of the new College.

Recovery Colleges offer educational and training courses that focus on living mentally and physically well. They are run like any other college, with a prospectus of courses that people sign up to. The thing that makes a Recovery College different is that people with lived experience of mental health difficulties help design and deliver courses in partnership with health professionals, education providers and trainers. The college is running some taster sessions on Wellness Recovery Action Planning currently, but a full prospectus will start from September 2019 and Simon wants to hear from anyone interested in developing or running courses.

To find out more or get involved, contact Simon Burton:

simon.burton1@nhs.net

Battle Scars

[Battle Scars](#) will be launching their first self-harm peer support group in Wakefield in May. They have also recently done several radio interviews to promote their services, including their crisis card which is a resource for anybody who may experience extreme mental distress to use to help communicate what support may be best for them to professionals when they may find it difficult to talk about their needs or wishes.

Abigail Housing

Abigail Housing are a charity providing support and homes to refugees and asylum seekers, this includes those who have been refused asylum but cannot reasonably return to their country of origin and those given refugee status who have to leave their Home Office accommodation.

The chair of their board of trustees will stand soon, and they are looking for a new chair, they are particularly interested in hearing from people who have knowledge and experience of the issues faced by refugees and asylum seekers and leadership skills to take the organisation forward.

Contact Jo Gibson (trustee) for more info:
Jo.gibson@leedsinvolvement.org.uk

Live Well Leeds

After running a competition at the end of last year a name has now been chosen for the new Community based Mental Health Service which goes live from 1 April. [Live Well Leeds](#) has been funded to deliver support for 5 years with Touchstone as the lead provider, along with Leeds Mind, Community Links and 16 other third sector network partners.

The service will be taking new referrals from 1 May.

Any queries can be sent to yourviews@touchstonesupport.org.uk

Healthwatch Leeds – Feedback on Mental Health Crisis Services

Hannah Davies and Sharanjit Boughan, Healthwatch Leeds

Healthwatch Leeds brings the voices and experiences of local people to influence decisions to influence Health and Care decision makers and service providers in Leeds. Local Healthwatch representatives have the power to go into any publicly funded health and care service, to talk to service users, their families and carers, gather evidence based feedback and report to providers, commissioners, CQC etc. This is called 'enter and view'.

They work with health and social care partners to identify how people can have the most influence – including representing the voice of people in Leeds at key strategic boards such as the Health and Wellbeing Board. They also provide information, advice and signposting for the public about

finding and accessing health and care services, and also act as a 'last port of call' for health and care complaints.

Hannah became Chief Exec of Healthwatch Leeds 8 months ago, and has 3 key priorities:-

- Making sure the work of Healthwatch Leeds has maximum impact
- Ensure that the service is the People's Healthwatch – raising the profile of how people can get involved and the difference it makes
- Addressing health inequalities by ensuring people from marginalised communities' voices are heard by health and care decision makers.

They want to find out about **people's experiences of mental health crisis services**; what people do when experiencing a crisis, and their experiences of support available. They have a survey which people can complete, and they have been carrying out focus groups with groups across Leeds (including e.g. refugees and asylum seekers, children and young people etc.). They have had over 500 responses so far.

They are also working with Healthwatch England on a maternity and mental health project– capturing new mum's and their partners' experiences of mental support before, during or after pregnancy.

Next Steps:

Responses to both of the projects close on **31 March**.

The Healthwatch Leeds **mental health crisis survey** can be accessed here: surveymonkey.co.uk/r/GZNVVKW

The Healthwatch England **maternity and mental health survey** can be accessed here: <https://www.healthwatch.co.uk/having-baby-and-effect-your-mental-health>

Contact Healthwatch Leeds for more info or to arrange a focus group on info@healthwatchleeds.co.uk or 0113 8980035

The maternity and mental health project will feed into a piece of Healthwatch England work, and the mental health crisis feedback will be analysed in April and the report shared widely and used to influence decision makers to ensure services are offering the most appropriate support for people's needs.

A Mental Health Strategy for the City

Kashif Ahmed, Leeds CCG

[See slides for further information]

- After closing down the Mental Health Framework in October 2018, the Mental Health Partnership Board (the key strategic mental health board in Leeds) asked that a task and finish group be made up of key partners, including the third sector through Forum Central, to work on a new Mental Health Strategy for the city.
- Work is ongoing to complete an engagement plan to feed into the strategy, bearing in mind that there has been lots of engagement carried out over the past few years (e.g. to feed into the Primary Care Mental Health service, Community Based Mental Health Service, LYPFT Community Redesign work etc.), therefore the aim will be to carry out any engagement around the strategy in a targeted way.
- The strategy is currently in draft, and being worked on, with a view to being signed off by the Health and Wellbeing Board in July, before being launched with a 3 year Development Plan.

Attendees then discussed the following 3 questions in table groups:-

- 1. First thoughts on draft vision, principles and priorities for the strategy?**
- 2. What actions should we take as a mental health system to have the greatest impact?**
- 3. How can the third sector support the wider engagement work on the strategy?**

[See feedback document for summary]

Next Steps:

Kashif agreed that the comments and key messages from this session will be taken to the task and finish group to feed into the Mental Health Strategy development work.

We'll continue to keep you updated through Forum Central about the Mental Health Strategy and other opportunities to influence this work.

Strategic Updates

Karen Pearse, Forum Central

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 so Forum Central and the trust agreed to develop a partnership forum together. We held the first forum meeting on 15 January, which gave people a chance to talk about what they wanted from the forum and priorities. A key priority identified was how we can work together to better support young people (18-25) with mental health needs, which will be the theme for the next forum meeting.

Next Steps: The next Third Sector LYPFT Partnership Forum meeting will be taking place on **Monday 29 April 12.30-3.30pm at The Vinery (including lunch)**. Contact us to book your place.

Influencing WY&H Health and Care Partnership

A new Programme Director for mental health, learning disabilities and autism has been appointed to the West Yorkshire and Harrogate Health and Care Partnership, the regional health and care footprint which Leeds is included in (previously known as the STP). Forum Central will be arranging a meeting with them to discuss how the third sector in Leeds can increase influence with regards to strategic decision making at the regional level.

Reps wanted

Forum Central have now recruited third sector representatives for two key strategic health and care boards, the **Leeds Providers' Integrated Care Collaborative (LPICC) Committees in Common** and **The Health and Wellbeing Board (HWB)**.

Though we still have lots of third sector rep vacancies for other boards and groups relating to the Leeds Plan!

Next Steps: For more information about third sector reps opportunities, please contact Karen via karen.pearse@forumcentral.org.uk or tel: 0113 242 1321.

Leeds Plan and LCPs

We have continued to be involved in strategic work around the Leeds Plan and developing Local Care Partnerships (LCPs).

Next Steps: The next **Health and Care Leaders Network will be on Tuesday 30 January 1.00-4.00pm at St George's Centre** where there will be updates on the Population Health Management approach which is being developed with a focus on frailty. Please contact us to book your place.

Forum Central Contract

We're very pleased that our existing Forum Central partnership (PSI-Volition – lead partner, Leeds Older People's Forum and Tenfold) has been successful in securing the health and care third sector forum contract for a further 3 years, starting from 1 April 2019. We're currently in our mobilisation phase, working on how we can develop the Forum Central service further so it's the best it can be for members.

Next Steps: We're holding an event, 'Looking Back, Looking Forward' on **Tuesday 16 April, 10-12 noon** to celebrate Forum Central's achievements over the last 3 years, and look to the future for the health and care third sector in Leeds. We'd love to see you there – come along to take part and eat cake!

Dates for your diary

- **Forum Central – Looking Back, Looking Forward event**
Tuesday 16 April, 10-12 noon, St George's Centre

- **Third Sector LYPFT Partnership Forum**
Theme: Young People
Monday 29 April 12.30–3.30pm, Vinery Centre

- **Health and Care Leader's Network**
Tuesday 30 April, 1.00-4.00pm, St George's Centre

- **Next Mental Health Info and Strategy Session**
Wednesday 5 June, 2-4pm, St George's Centre

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