

Leeds Community Foundation

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**Creating a city of opportunity for all,
working together with partners
to create positive change with the communities
that need it the most, by investing funding and
expertise to build a better future now.**

Third Sector Organisations: Health and Wellbeing for people and communities in Leeds



[Leeds Third Sector Health Grants Programme](#)

Leeds Health and Care Plan

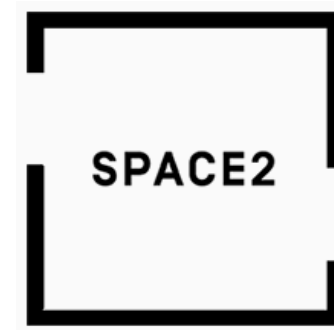
What could we do together to make
Leeds the best city for health and care?



Harnessing the Power of Communities in Leeds



your friend in the community



Tackling Loneliness - Examples

 Linking for Health



Promoting health and wellbeing

Linking for Health is a new service based in Ho Bäck. We're here to help you look after your health and wellbeing.

Whether you are an older person living on your own, generally need a little bit of extra support or someone who cares for a relative or friend, Linking for Health is here to help.



GIPSIL

Befriending and call service


For people who are experiencing isolation or feelings of loneliness. Our telephone befrienders will call you regularly to offer a listening ear and check all is well. To set it up call us on 0113 245 5553



Carers group

Advice, activities, friendship and more – because sometimes carers need support too. We meet on the first Monday of every month from 12.30-2.30pm in St. Matthews Community Centre.




New support service for 16-25 year olds around their mental health

- Out-of-hours helpline
- Increasing social connections, befriending , holistic support

- Flexible Wellbeing outreach
- Preventing crisis point due to MH issues & external circumstances



- Men groups – reducing isolation
- Co-produced health campaigns



- Make an Impact' mindfulness groups
- Yeadon & South Leeds
- Goal setting, peer support
- Single people, carers

Carer Support to remain independent - Examples



- Young Dementia Café
- Cookery Group
- Health champions



- ‘We Care café’
- Community capacity building & sustainable, co-produced solutions



YOUNG DEMENTIA LEEDS

WHAT'S ON 2019
Building upon the strengths of our community to develop spaces where people can get together

LS14 TRUST
 SMALL CHANGE CAFE
 Playbox03

THE SMALL CHANGE CAFE IS OPEN 9am - 2pm MON - THURS

MONDAYS	TUESDAYS
LS14 TRUST BUMPS AND BABES 10am - 11am Socialise and get active with pregnant and new mothers with their babies (FREE BREAKFAST every session)	LS14 TRUST LEAN CUISINE 12pm - 2pm Join us for a healthy lunch and a chat about tasty, healthy food
LOCAL COUNCILLORS' SURGERY 12pm - 1pm A chance to speak to your councillors about local issues	DIGITAL LOUNGE 10am - 3pm Advice and support for all things digital inc. Universal Credit
MEN'S GROUP 2pm - 3.30pm A place for men to get together to play games, be creative...	MONEY BUDDIES 12pm - 3pm Free, confidential financial advice and support
WE CARE CAFE 1pm - 2.30pm A chance to get together with other carers, make new friends, share stories and access support (First Monday of each month)	STITCH AND SHARE 12pm - 2.30pm Sharing crochet, knitting and macrame skills and entertaining stories
	PLAYBOX CHALLENGE TUESDAY 3pm - 5pm Come and join the fun with team challenges and conundrums

Reducing health inequalities - Examples

solace
surviving exile and persecution

- Refugee and Asylum Seekers & MH
- Specialised therapeutic service
- Practical support & self-advocacy

Hamara
Bringing Communities Together

- '5 Ways to a Healthy Heart'
- BME, multiple deprivation
- Self-care, use of local, non-emergency services



- Holistic support for people with disabilities and/or LT Conditions relying on foodbanks



- Improving system performance
- Leeds City Council – ABCD development
- Leeds Community Foundation - Added Value
- The Third Sector and Health & Wellbeing:
 - Track record of trust & community empathy
 - Understanding of the communities they serve
 - Ability to empower people for long lasting change
 - Creative
 - Flexible and adaptable
 - Longer-term investment warranted
- Next steps...

Thank you

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