

## Health and Wellbeing Board Workshop, 23 October 2019

<b>Meeting Details</b>	Health and Wellbeing Board (workshop) 23 October Lucy Graham, Forum Central (in attendance)
<b>Key Issues / Themes / Messages</b>	<p><b>The workshop was loosely themed around mental health, with 3 items:</b></p> <p style="text-align: center;"><b>1. Supporting Carers in our Health and Care Workforce</b></p> <p>This was facilitated by Val Hewison, Carer's Leeds and Ian Brooke-Mawes, LCC Commissioning Manager for Carers.</p> <p>Diana, a carer in Leeds was due to attend and share her experiences, but due to concerns about her father's mental health and being safe she was unable to be there. Val read a powerful statement from Diana about her experiences, how she had lost her job due to inflexible employers, the impact on her own mental health, financial security and sense of purpose and how Carer's Leeds has supported her.</p> <p>Asks for organisations to:</p> <ul style="list-style-type: none"><li>- Recognise that carers are crucial to our communities and the sustainability of our health and care system</li><li>- Work in partnership with others to support carers</li><li>- Promote good practice in identifying and recognizing carers, including training managers and workforce to be 'carer aware' – flexibility and fairness of employers important</li><li>- Support carers to access info and support they need to keep well, be healthy and make informed decisions about their caring role.</li></ul> <p><b>2. Creating a Women Friendly Leeds</b></p> <p>The Women and Girls Hubs, through Women's Lives Leeds (partnership of 11 third sector women and girls organisations) have secured 4 years of Comic Relief Power Up funding to launch UN Friendly Cities programme for <i>Women Friendly Leeds</i>:</p> <ul style="list-style-type: none"><li>- Important to have voices of women and girls at the centre of this work and to shape priorities</li></ul>

- Discussions around safety - incl. issues around transport, when being active outside, violence against women including increase in sexual assaults in Leeds, mental health, rising self-harm rates in girls and younger women
- Recruitment of Coordinator through WLL to lead this work, Launch event 3 Dec,
- Development of Women Friendly Ambassadors scheme

**3. Update on Draft Mental Health Strategy**

- Ambitious vision 'Leeds will be a mentally healthy city for everyone'
- Welcome that the scope of the strategy is wide, not just mental health services but wider determinants of health (housing, employment, poverty, focus on addressing inequalities)
- 3 Passions:
  1. Reduce Mental Health Inequalities
  2. Improve Children and Young People's Mental Health
  3. Improve Flexibility, Integration and Compassionate Response of Services

Discussion around passions and priorities – agreement that focus is good, and based on what people have said is needed to make Leeds a Mentally Healthy City. Welcome the priority on improving physical health of people with serious mental health difficulties.

The delivery plan under the strategy now must be the focus, recognition that to make Leeds a Mentally Healthy City requires partners working together to make left shift happen in mental health. This should mean an increased role – and resources – for third sector support in the community, not just for people experiencing mental health difficulties but for preventative support, and services promoting good mental health.