



What hobby or activity do you use to “meditate”?

Jigsaw, gardening, walking, stroking a pet, knitting, DIY, tidying?

Can you write a poem about it? (here's how to start)

Let your thoughts run free

Settle on a theme

Write down some key words

Sprinkle the five senses or emotions in

Have fun!

Submit your poem to us for a chance at being featured in the next newsletter!



Deaf Awareness Training

Maka (Involvement Worker), Duncan and Zara (Volunteers) delivered our first session of Deaf Awareness Training. Facts included “Remember that Deaf people need at least 25% more time on their appointments”. Want to know more? Register interest with LIP.

Head straight to Survey Monkey to let us know what you think about Transport/Anti-Social Behaviour... or contact us for a Paper version or other format.

<https://www.surveymonkey.co.uk/r/XZZYH5M>

What do you need from Leeds Hearing and Sight Loss Service?



All assistance dogs welcome



BSL Interpreter Provided



Refreshments provided

LEEDS involving people

BID SERVICES

SENSORY SERVICES - WHAT DO YOU NEED?

A chance to co-produce the future

Thursday 2nd February 2023
5.30pm-7.30pm

Swarthmore Education Centre
2-7 Woodhouse Square, LS3 1AD

Thursday 9th February
12.30pm-2.30pm

Left Bank Leeds
Cardigan Road, LS6 1LJ

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LIP News

Winter
2022

A big **hello** from everyone at **LIP**.

Mary, our Chair, gave thanks to the Board, staff and members for their continuing good wishes.

We had our first in-person AGM for a while and it was a wonderful day and a fantastic opportunity to catch up.

We are pleased to share that Hilary Adolfson, Dr Margaret Wilkinson and Kulbir Mudahar were newly elected to the LIP Board, and Shinde Dahri, Paul Landey and Mary Naylor MBE were re-elected for another 3-year term.

Anticipating a busy 2023!



Lilla Tan has taken over as Operations Manager, and she is still leading on the Visible Project which aims to improve health and wellbeing outcomes for adult survivors of child sexual abuse.

Members of the Leadership Reference Group have been doing lots of work to progress the aims, including creating podcasts and a new edition of their newsletter.



Visible – Who, What and Why?

WHO

Key professionals from organisations in Leeds joining forces with those adults who have experienced child sexual abuse

WHAT

A group that advocates best practice, successes, and learning. Through sharing the experiences of those who have experienced child sexual abuse

WHY

Visible want to improve the health and wellbeing outcomes of adults who have experienced child sexual abuse

Spotlight on

Why bother!!! Is there really a need for such a group in Leeds?

Yes because.....

50,000
LEEDS ADULTS
are estimated to be living with the impact of
child sexual abuse.

Over
15,850
Children in LEEDS are predicted to experience
sexual abuse before their 18th birthday.

Source: Visible Website

INDEPENDENT INQUIRY
CHILD SEXUAL ABUSE

The Truth Project is just one element of the Independent Inquiry into Child Sexual Abuse, commissioned by the government. The final report has now been published. The Truth Project involved listening to those who have experienced child sexual abuse. Some of the 6,000 people that shared their personal experience are members of the Visible Reference Group. The Truth Project acknowledged that those who have experience child sexual abuse “could provide a uniquely informed contribution to understanding and learning from past mistakes and improving child protection in the future”. Click [here](#) to access the final report.

Here is a taster of what's on offer, please get in touch with LIP to subscribe to the mailing list. Podcasts will be launched shortly, exciting!

COLLABORATE

The Better Lives Board

The Better Lives Board was established by Leeds City Council in 2013 to provide a focus for community engagement in the development and delivery of support to people with care and support needs in Leeds.

The next workshop is taking place on **Wednesday 4th January 2023** - 1.30pm-3.30pm - Infinity Centre, opposite Bilal Mosque, Conway Road, LS8 5JH. The theme is Connected, Thriving Communities - including anti-social behaviour and transport. BSL Interpreters provided.



Getting Ready to Get Involved Training

We have delivered a number of successful virtual and in-person training sessions to explain what we do and how to get involved. Remember your words are valuable, thank you for your involvement!

Contact Joy.McMillan@leedsinvolvement.org.uk to register interest for the next round of training.



Sheila Grant handed over the role of Operations Manager to Lilla at the AGM in September. Here is a short message she left for our members, "It has been an amazing pleasure working with you and I want to thank you for all your work and effort on behalf of people of Leeds".

EMPOWER

"Top 3 things" report delivered to MHPB, highlighting the things members have told us are worrying them most at the moment: Paying for food & fuel, Covid over the winter months, and the long wait young people have for diagnoses for mental health. The report was well received and will be fed into the Delivery Board.

There has been a change in staff at the Mental Health Partnership Board. Congratulations to the newly appointed 3rd sector co-chair, Hannah Davies from Healthwatch. Feels that the voice of the 3rd sector & lived experience will be kept central to the work going forward.

INFORM

Leeds DEAForum

Leeds DEAForum provides an opportunity for the Deaf community and people with hearing loss to meet and discuss key issues which affect them in the community.

Thurs 17th December - 12.30pm-2.30pm - Leeds Society for Deaf and Blind People - End of Year Celebration

Thurs 19th January 2023 - 12.30pm-2.30pm - Leeds Society for Deaf and Blind People - talking about Mental Health



Together We Can

Together We Can is a user/carer group with lived experience and is community based, seeking to influence change in systems used by people.

Monday 19th December - 1.30pm-3pm - Zoom Social - Meeting ID: 848 7501 7450 / Passcode: 624701 - End of Year Celebration

Monday 23rd January 2023 - 1.30pm-3.30pm - Room 2, Unity Business Centre, 26 Roundhay Road, LS7 1AB

Visit <https://www.surveymonkey.co.uk/r/3FV2BHQ> to join.

The Forum for Race Equality in Social Care and Health (FRESH)

The Forum works in partnership with Leeds City Council, Health Partners and the Third Sector to improve services across the city.

Wednesday 25th January 2023 - 5.30pm-7.30pm - BAME Health and Wellbeing Hub - talking about food and fuel poverty

The Equipment and Telecare Service User Group (TETSUG)

This group has met sat the William Merritt Centre and has been feeding back important information about Equipment Services to Commissioners and decision-makers.

Next meeting: **Monday 16th January 2023**—11am-1pm—William Merritt Disabled Living Centre, Aire House, 100 Town Street, LS13 1HP

INVOLVE

