

# LIP NEWS

DEC  
2021



## Seasons Greetings from all of us here at Leeds Involving People

We are so pleased to welcome Sheila Grant to LIP and Annette Morris who is already doing great work on the Community Mental Health Transformation Project.

Exciting times ahead!

We are working with the Connecting Leeds programme to inform and consult with citizens of Leeds around the exciting upcoming changes to the local infrastructure.

Keep in touch:

[alison.brophy@leedsinvolvement.org.uk](mailto:alison.brophy@leedsinvolvement.org.uk)

[connectingleeds@leeds.gov.uk](mailto:connectingleeds@leeds.gov.uk)

Visit: <https://leedstransport.commonplace.is> for more information about current engagements.

If you are interested in working on this project, get in touch with Alison.



**Connecting Leeds**  
TRANSFORMING TRAVEL

*We would like to inform you that after 12 years of service Jagdeep Passan is stepping down as CEO of Leeds Involving People. We would like to take this opportunity to thank Jag for his years of commitment and leadership and wish him all the best in the next phase of his journey.*

*From the Board of Trustees, LIP members and staff, Thank You!*



# Support, if you need it, over the season

[Leeds Survivor-Led Crisis Services](#) - Dial House (available between 6pm and 2am every Monday, Wednesday, Friday, Saturday and Sunday evenings by calling 0113 260 9328 or texting 07922 249 452 for those who use BSL), Connect (available between 6pm and 2am every night, by calling 0808 800 1212) and the Well Bean Café (available between 6pm and 12am every day by contacting 07760 173505) are open as usual.

[Battle Scars](#) (self-harm support) - Virtual support groups are running as usual. There will be a face-to-face 16-25 group meeting on 20th December 2021 which will then reopen on 10th January 2022.

[Leeds Single Point of Access](#) (urgent mental health assessment) will be available by calling 0800 183 1485 24 hours a day, 7 days a week.

[West Yorkshire Mental Health Helpline](#) (24/7 listening and signposting helpline) will be available by calling 0800 183 0558 24 hours a day, 7 days a week.

[National Suicide Prevention Helpline](#) will be available by calling 0800 689 5652 24 hours a day, 7 days a week.

[Samaritans](#) will be available on 116 123 24 hours a day, 7 days a week.

[SHOUT](#) (text helpline) will be available by texting 85258, 24 hours a day, 7 days a week.

[CALM \(Campaign Against Living Miserably\)](#) will be available to support anyone who has hit a wall, between 5pm and midnight every day by calling 0800 585 858 or visiting their webpage at <https://www.thecalmzone.net>

[Papyrus](#) (under-35s suicide prevention) will be available between 9am and midnight every day by calling 0800 068 4141.



We are working hard with all of our groups to reconnect!



[www.facebook.com/LIP2020](https://www.facebook.com/LIP2020)



[www.twitter.com/InvolvingYou](https://www.twitter.com/InvolvingYou)



[www.instagram.com/InvolvingYou](https://www.instagram.com/InvolvingYou)



0113 237 4508



[info@leedsinvolvement.org.uk](mailto:info@leedsinvolvement.org.uk)



07719 328721



Every fortnight we will be meeting in different community venues across Leeds to talk about issues that matter to you. Free tea/coffee & snacks will be provided, as well as BSL Interpreters.

## LIP's Conversation Cafes



So far we've been to BITMO, St Anne's Resource Centre, Hillside Enterprise Centre, The Old Fire Station and New Wortley Community Hub. We are looking forward to next Year at the Hamara Centre, Roscoe Methodist Church, Leeds Society for Deaf & Blind People and many other areas.

If you'd like us to come and visit somewhere near you send Sam your ideas!

We have been delighted to have members of the Leeds DEAForum joining us which has been made possible by our provision of a BSL interpreter at EVERY café, it's great to see the Deaf and hearing communities sharing their experiences together!



Come and  
make a  
friend!

FOLLOW US ON EVENTBRITE TO KEEP UP WITH ALL OF OUR EVENTS:

<https://www.eventbrite.co.uk/o/leeds-involving-people-20153400149>

Leeds DEAForum have been working closely with Leeds Teaching Hospitals NHS Trust to look at how to make their services more accessible. We have been asked to take a look at some draft pledges that will be embedded into LTHT services. Let us know your thoughts!

Deaf and Hard of Hearing people using the hospital can say:

*I find it easy to get  
around the hospital*

*I am confident that  
the staff know that I  
am Deaf or Hard of  
Hearing*

*I welcome the  
training that is  
being given to staff*

*Information is given  
to me in a way that  
I understand*

*My communication  
needs are met by  
staff in a way that  
suits me*

*I feel confident that  
staff work with the  
Deaf and Hard of  
Hearing communities*

# Creative Corner

Poems by Claire and Louise—Thank You!

Winter is here

For some people, it's either good, or bad  
And now it's nearly Christmas too,  
It either makes some people feel very happy  
or very sad.

But let's try to remember this time of year,  
What makes us feel bright.

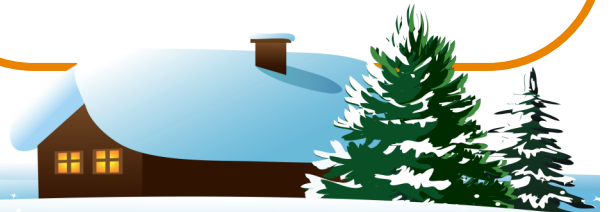
Whether it's treating ourselves or maybe  
someone else,  
to something nice.

Or maybe arranging our Christmas lights...  
So they look just right.

But, whatever is right and whatever you do,  
May I hope Christmas be peaceful and  
healthy,  
And a Happy New Year too.

Whatever You Think of Christmas it's all  
around us now. Decorations and tree all gaily  
lit up. Presents and cards handed out, school  
concerts pooping up, carols loud and clear,  
funny jumpers are worn about, ELF cam is  
on. Santa is watching you. On the big day  
itself, family comes together, pulling crackers  
playing games, some go to church,  
remembering Jesus and Angels. Can you  
just remember some people are lonely or  
even homeless. We know its cold but always  
wish for snow. I just have a few things to  
say...Love each other ...

& MERRY CHRISTMAS ALL!



## Survey Time!

Lots of people have been talking to us about getting G.P. appointments during COVID...

Are you able to get  
an appointment with  
the G.P. you want?

Are you able to get  
an appointment on  
the day you want?

Do you use other  
services first?  
(e.g. Chemist)

What, if  
anything do you  
feel are barriers  
to you getting an  
appointment  
with your GP?

Head straight to Survey Monkey to let us know what you think, or  
contact the LIP Office to let us know:

<https://www.surveymonkey.co.uk/r/9ZFBD63>