

It was lovely it was to see so many members at the Winter Warmer, thanks to everyone who came and participated, the signing of we wish you a merry Christmas, dancers, poetry. In response to overwhelming praise and enquiries around the mushroom soup here's an easy recipe as the catering company's is secret!



1. Sauté onions, garlic and mushrooms until deeply golden, season.
 2. Add flour to thicken and add stock, then simmer gently.
 3. Stir in sour cream.
 4. That's it!
- Play until you get your own favourite version, and let us know what you did differently.**

Survey Time!

Lots of people have been talking to us about Mental Health Urgent Care.

1. Have you or a family member needed urgent help with your mental health? (Yes/No)
2. Did you/they know how to get help? (Yes/No)

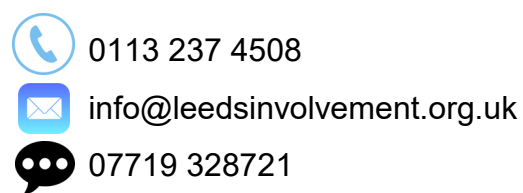
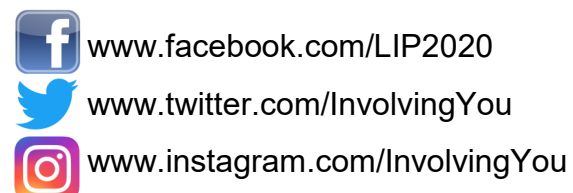
3. Did you/they access support? (Yes/No)
4. Where would you look/who would you ask for information if you needed help? (say as you feel)

5. Have you heard of:
 - Crisis services
 - Dial House
 - The Market Place
 - Mindwell
 - Mindmate
 - Single Point of Access or
 - The Well-Bean Café

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/SMDN787>

Would you like one of the team to contact you to chat more about this? YES/NO

You can send your answers/name and contact details to FREEPOST LIP or use any below



LIP News

Jan/Feb
2022

Welcome from the Team and Board of LIP

A big hello from everyone at LIP.

It's been a challenging time for us all living with the changes that COVID has brought. **Mary** says..

"Alongside Sheila Grant as Operations Director, LIP will stay as committed to YOU as always. We hope to "get out there" as soon as possible, looking at life TOGETHER making changes as we go."



Our **Conversation Cafes** are held at different locations around Leeds. Keep up to date by following us on **EVENTBRITE**

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

Chat, Listen, Do....

Visit our Website for other opportunities
www.leedsinvolvingpeople.org.uk

Have you tried the **Airmid** App? It's pretty useful on your phone, links to your GP, you need your NHS number, try it...

Training Opportunities

2nd February—Confidence Building—1pm-3pm on Zoom

Looking at ways to increase our confidence to do the things we want to do.

24th March—Managing Anxiety—1pm-3pm on Zoom

Increasing our understanding of our anxiety reaction and learning ways to manage it more effectively.

Leeds DEAForum

Now part of a working group for the NHS and working closely with BID to address members needs, so busy times ahead, focus groups and Q&As abound!

Forum for Race Equality in Social Care and Health

Over 60 people contribute to each meeting

<https://www.eventbrite.co.uk/x/forum-for-race-equality-in-social-care-and-health-tickets-239226702507>



What do WE do?.....

Members can;

- Join a steering group
- Join a reference group
- Complete surveys
- Be part of an editorial group
- Listen and learn
- Meet people
- Signpost and share
- Peer support
- Help change the city
- Become a social care ambassador

Join for FREE here

<http://eepurl.com/hMnfm1>

Connecting Leeds

Leeds Involving People is the key engagement partner for the Connecting Leeds project.

BUS - The new network navigation maps are all over the bus stops and if anyone is coming from the bus station there are lots of people on hand to assist in the customer services. All the bus operators have apps and customer services, here is First as an example <https://www.firstbus.co.uk/>. We can only advise on this as it is not LCC that run the bus operations.

Additionally there is Metro website Here: <https://www.wymetro.com/> - and use the "plan my journey" section to assist with where to get a bus from/to.

Hackney / Private Hire / Disabled bays – updated maps are on the "Visit Leeds" website here: <https://382822-1212093-raikfcquaxqncofqm.stackpathdns.com/wp-content/uploads/2021/11/Leeds-City-Car-Parking-and-Disabled-Parking-Map-NOV-21-.pdf>.

See connectingleeds@leeds.gov.uk

The **Better Lives Board** have been working hard on refreshing the "Better Lives strategy for Leeds" so this document will be available soon.

Conversation Cafes will be hosting some of the Better Lives members to talk about "an introduction to how Adult Social Care works"

At Roscoe Church and Hamara

Book early, refreshments on us!

Email, phone or Eventbrite!

The Visible Project

Getting ready to PODCAST, supply training, and give updates.

Together We Can

Meetings are a mix of In Person and Zoom where space and time allows, we are making BSL available for a few meetings to allow Deaf people better access to this invaluable group.

We may start having speakers from March,

<http://eepurl.com/hMnfm1> to join or email sam.altan@leedsinvolvement.org.uk

Thought about being a TRUSTEE, want to know what it involves?

sheila.grant@leedsinvolvement.org.uk

Not sure how you would like to get involved? Reach out for a chat...



All Meetings give VOICE to everyone and an opportunity for SIGNPOSTING

EMPOWER

Collaborate

Involve

Consult

Inform

Mental Health Collaborative

Thank you to everyone who took the time to complete our survey on GP access, a whopping 155 of you responded to it, which gives a good evidence base to the survey findings. The results are being presented to the Mental Health Partnership Board on 7/2/22. A summary of the results is as follows.

GP Access survey in Summary:

- Only 30% of people have contact with the GP they would choose.
- Over 80% of people cannot get an appointment on the day they want.
- 2/3 of people will try other services (pharmacy, 111 etc) before they contact the GP.
- Frustration that face to face appointments are rarely available. "nurses are doing them, why can't GPs?"
- Appointment booking needs to be made easier and more accessible.