

NEWSLETTER

LEEDS INVOLVING PEOPLE

We give a voice to residents and support the improvement of health, social care and community services.



TOP NEWS OF THE QUARTER

WELCOME TO OUR NEWSLETTER

LIP is revving up in 2024 to revitalise engagements! You, the members, are really supportive in discussions to make improvements in service for all, whether with the NHS or Adult Social Care. The underlying issue for those trying to access help for the first time is a lack of clear, understandable information on how to actually get help. Those who are service users do feel they receive support but waiting lists are increasing and services are not joined up. Many members feel overwhelmed with the increased use of “apps” to access services or information. This becomes a financial burden on lower income families and leads to digital exclusion for those in greater need of support. LIP continues to raise these issues with service providers.

INTRODUCTION

WHAT DO WE DO?

We are an independent, user-led organisation with 28 years of experience in connecting patients, service users, carers and the public with service redesign. We are rooted in the community with a proven track record of working in an innovative way with communities by ensuring they are at the centre of all the work we do. This enables us to understand what the real issues are, the barriers and the solutions for people to live better lives in Leeds. We work with all communities but have expertise in vulnerable groups.

We train, support and mentor our members to ensure their opinions and concerns are at the centre of decision making processes. We work with a range of partner organisations in both the public and private sector to deliver independent involvement projects, organise forums and events, advise on good practice and policy development and provide bespoke training sessions. We also facilitate a number of user groups which are steered by their members' insights and lived experiences of different conditions and use of health, social care and community services.

MEET THE TEAM

Sharon Burke
Consultant /
Operations Manager



Maka Camm
Involvement Officer
(DEAForum)



Margaret Wilkinson
Chair of the Board of
Trustees



Heather Deal
Finance and Office
Administrator



Annette Morris
Involvement Lead
(Transformation)



Becky Carr
Administrator
(Transformation)

FORUM FOR RACE EQUALITY IN SOCIAL CARE AND HEALTH

INTRODUCTION

This is a vibrant group made up of diverse communities and members working in partnership to influence Leeds City Council Adults and Health Directorate and NHS West Yorkshire Integrated Care Board.

The Forum for Race Equality in Social Care & Health is a welcoming 'safe' space for you to discuss any issues, ideas or concerns about social care services in Leeds.

A 32-YEAR CELEBRATION OF FRESH!

Come along on Saturday 2nd March 2024, between 1pm and 5pm to celebrate 32 years of FRESH raising equality issues of health and wellbeing concerns within the community. The event will be held at The Community Wellbeing Hub, Reginald Terrace, LS7 3HZ.

WHAT HAPPENED?

FRESH have been busy over the last few months! In November, we held two meetings, looking at Homecare and Extra Care Housing to begin with followed by a focus on Trauma. At the request of the members of the Forum, we held a follow-up meeting on Trauma, particularly talking about cultural trauma and how trauma affects the treatment and services received.

The next meeting will take place on Wednesday 27th March, 5.30pm-7.30pm at The Community Wellbeing Hub.





TOGETHER WE CAN SMASHING THE STIGMA

Together We Can (TWC) held an event at All Hallows Church, Headingley on Tuesday 10th October 2023, World Mental Health Day.



The theme of the day was stigma, the impact of stigma and steps we can all take to reduce or stop it. Stigma around Mental health refers to negative attitudes, beliefs, and stereotypes that society holds about individuals who experience mental health conditions. It is a form of discrimination and prejudice that can lead to negative consequences for those affected by mental health issues.

Stigma can manifest in different ways, such as:

1. Public Perception: Stigma often leads to misconceptions about mental health conditions, viewing them as personal weaknesses, attention seeking or character flaws rather than real medical conditions.
2. Labelling: People with mental health conditions may be unfairly labelled or defined solely by their condition, reducing their identity and potential to thrive.
3. Social Isolation: Stigma can result in social isolation, as individuals with mental health conditions may be avoided or excluded due to fear or misunderstanding.
4. Discrimination: Stigma can lead to discriminatory behaviour in various aspects of life, including employment, education, housing, and relationships.
5. Self-Stigma: People who experience mental health conditions may start to believe these negative stereotypes, leading to reduced self-esteem and reluctance to seek help.
6. Barriers to Treatment: Stigma can discourage individuals from seeking professional help or treatment, leading to delayed or inadequate care, which can worsen their condition.



TWC STEERING GROUP

Come along to the next meeting of the steering group, open to all service users/carers with lived experience of mental health.

Monday 25th March 2024, 1.30pm-3.30pm at Unity Business Centre.

THE STEERING GROUP

The Steering Group meets the 4th Monday of every month, 1.30pm-3.30pm at Unity Business Centre, 26 Roundhay Road, LS7 1AB. Recently, meetings have focused on reducing mental health inequalities, what do compassionate services look like, and what constitutes Trauma-Informed Care.

THE VISIBLE LEADERSHIP REFERENCE GROUP

INTRODUCTION

Our goal is simple: we want to improve health and wellbeing outcomes for adult survivors of child sexual abuse (CSA).

At Visible, we are a catalyst for health and social care services system change across Leeds and beyond. We encourage, shape and instigate this change, using the experience of survivors to influence every aspect of the way we work. LIP facilitate the Visible Leadership Reference Group, which is a group of survivors of CSA who steering the direction of the Visible Strategic Steering Group and advise on issues.

GET INVOLVED!

The Group are in the process of building their workplan for the next year, so it is the perfect time to get involved! If you have lived experience and want to get involved, get in touch and we will get back to you.

WHAT HAPPENED?

The group have been busy over the last few months! They have conducted GP Surgery walk rounds to look at how trauma informed the surgeries are, inputted into the wording of letters sent out by GPs to those who have experienced trauma to encourage cancer screening take up and break down barriers, and launched series 1 of their Visible Voices podcast - these podcasts are Reference Group members talking about how the experience of being sexually abused as a child has impacted them in adulthood. Topics include. First Disclosure, Co-morbidities and Accessing Health Care. Keep your eyes open for series two!

“ VISIBLE CONTINUES TO GO FROM STRENGTH TO STRENGTH...LOTS OF PROGRESS.... BUT LOTS MORE WORK STILL TO DO... ”
-VISIBLE DIRECTOR



visible

**Improving health and wellbeing
with adult survivors of child sexual abuse**

LEEDS DEAF ACTION FORUM (DEAFORUM)

INTRODUCTION

The forum advises on Deaf equality issues, with the aim of improving service provision for the Deaf community of Leeds.

Our DEAForum works in partnership with Leeds City Council, NHS West Yorkshire Integrated Care Board, West Yorkshire Police and other services, raising general issues of concern and making suggestions for improvement.

GET INVOLVED!

If you have any ideas about where the Forum should be focusing in the future, get in touch with the Involvement and Development Officer, Maka, and let us know what you think!

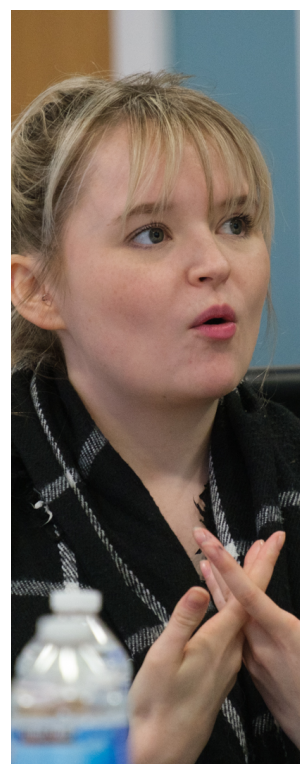
WHAT HAPPENED?

The DEAForum is currently taking a break from group meetings whilst we plan for the coming year (April 2024 onwards).

Topics they have focused on in last few months include:

- Assisted Living Leeds (including a demonstration of equipment available)
- Leeds Sensory Services (an update on the work they are doing)
- Linking Leeds (sharing information about social prescribing)
- Better Lives Board (taking part in the workshop about Tackling Poverty and Inequality)

Make sure you keep in touch to find out when the next meeting is!





BETTER LIVES BOARD

INTRODUCTION

The Better Lives Board oversees the Better Lives Strategy.

The new Better Lives Strategy is set in the context of a pandemic that has had a profound impact on people who draw on care and support, their families and carers. The pandemic has shone a light on deep-rooted inequalities in society, the crisis in our mental health system and the huge challenges faced by our social care workforce.

The Better Lives Strategy has 6 key priority areas:

- Better Information and Access
- Good Housing
- Keeping Well
- Using Digital Tools and Technology
- Connected, Thriving Communities
- Tackling Poverty and Inequality

“THE VISION: WE WANT EVERY PERSON IN LEEDS THAT NEEDS CARE AND SUPPORT TO LIVE IN THE PLACE THEY CALL HOME WITH THE PEOPLE AND THINGS THEY LOVE, IN COMMUNITIES THAT LOOK OUT FOR ONE ANOTHER, DOING THE THINGS THAT MATTER MOST TO THEM.”

WORKSHOPS

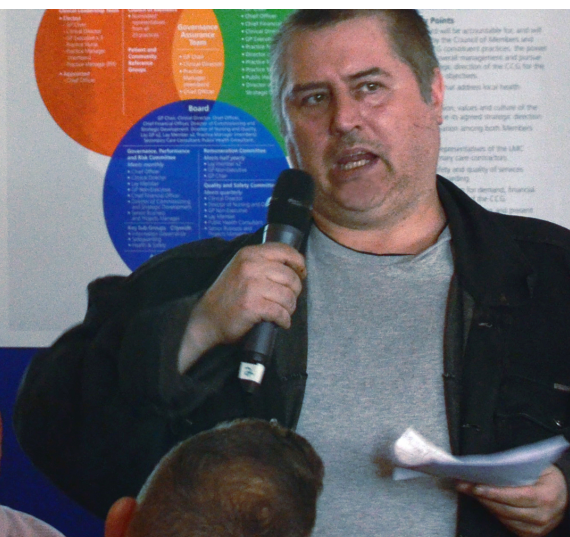
LIP facilitate the Better Lives Board Service Users and Carers Group, and hold workshops for the community around the different themes of the Better Lives Board. The most recent workshop focused on Tackling Poverty and Inequality, with members identifying issues such as:

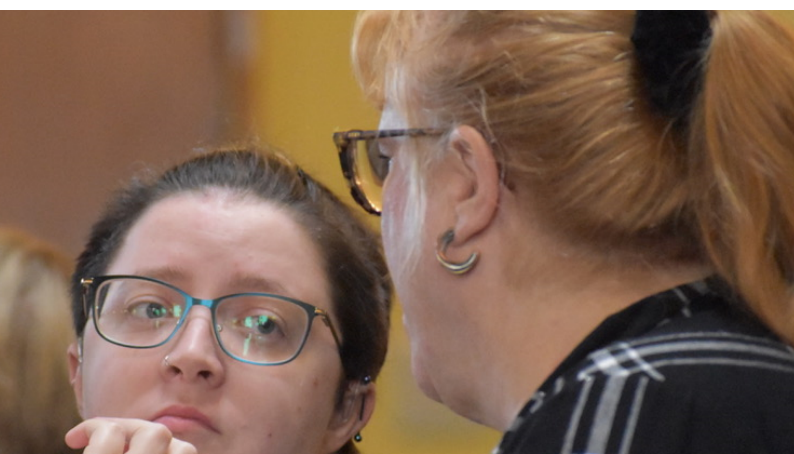
- Lack of support out of regular working hours
- Long phone queues
- People being ineligible for support when they have a low income
- Lack of independence for the Deaf community
- More information is needed about how services work / can be accessed

DIRECT PAYMENTS

Leeds Involving People collaborated with Leeds City Council to deliver a workshop about Adult Social Care Direct Payments, including sharing information about how they are administered and gathering feedback from attendees about their experiences.

A better understanding was gained by individuals and carers into how Direct Payments worked that had not been gained from reading the LCC website about Direct Payments, DP/s nor talking on the LCC Help Line.





THANK YOU FOR READING!



www.facebook.com/LIP2022



www.twitter.com/InvolvingYou



www.instagram.com/InvolvingYou



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www.leedsinvolvingpeople.org.uk



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

Thank you to Paul Abraham (<https://www.theartfulrambler.com/>) and Resh Rall (<https://www.reshrall.co.uk/>) for the images featured in this newsletter.