

NEWSLETTER

LEEDS INVOLVING PEOPLE

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



WELCOME TO
OUR
NEWSLETTER

Welcome to the latest edition of our newsletter, where we give a voice to the residents of Leeds and support the enhancement of health, social care, and community services.

For 29 years, our independent, user-led organisation has been at the forefront of connecting patients, service users, carers, and the public with service redesign. We pride ourselves on being deeply rooted in the communities we serve, ensuring that the voices and experiences of those communities is at the heart of everything we do.

Thank you to our members, partners and funders for your continued support and engagement. Together, we can continue to make a difference.



INTRODUCTION

Leeds Involving People is an independent, user-led charitable organisation with almost 30 years' experience in working directly with communities, connecting patients, service users, carers and the public with organisations who are responsible for service redesign.

We are rooted in the community with a proven track record of working in an innovative, person-centered way with communities by ensuring that they are at the heart of all the work we do. This enables us to understand and communicate what the real issues that impact on people are, and the barriers and the solutions for people to live better, healthier, happier and more inclusive lives in Leeds.

Further information can be found at: www.leedsinvolvingpeople.org.uk

OUR ANNUAL GENERAL MEETING

We held our Annual General Meeting (AGM) in July, and it was a fantastic opportunity to reflect on the year's achievements and plan for the future. Thank you to everyone who attended and contributed to the discussions!

Here are some highlights from the event:

- We looked back at the past year, sharing updates on our projects, partnerships, and the positive impact we've made in the community.
- Attendees were introduced to upcoming initiatives, with a focus on addressing key community needs.
- We welcomed new members to the team.
- Thought-provoking discussions highlighted the priorities for the coming year, with attendees sharing ideas and feedback to shape our direction.

Thank you for your continued support and for making this AGM a success. Together, we're making a real difference! Stay tuned for updates on how you can get involved in the exciting initiatives ahead.

MENTAL HEALTH

TWC STEERING GROUP

Together We Can, LIP's lived experience mental health network, influences mental health service design and delivery in Leeds through member feedback and active participation in decision-making processes, including co-authoring the Leeds Mental Health Framework 2014-2017 and developing key expectations for services.

The Together We Can Steering Group meets the 4th Monday of every month, 1pm-3pm (please note the change of time) at Room 2, Unity Business Centre, 26 Roundhay Road, LS7 1AB. Recently, meetings have focused on what are the barriers to accessing services, what do compassionate services look like, and what are the priorities for mental health services.



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 27th January 2025, 1pm-3pm at Unity Business Centre.

THE SYNERGI PROJECT

Our partnership with Synergi continues, an initiative focused on reducing ethnic inequalities in severe mental distress and improving experiences and outcomes. This partnership helps us connect with community and system leaders from various services to tackle all forms of racism / discrimination and enhance access to mental health support. Together, we're committed to making mental health services more equitable and inclusive for everyone.

You can read more about Synergi Leeds here:

<https://legacy.synergicollaborativecentre.co.uk/synergi-leeds-partnership-3/>

THE IMPORTANCE OF HEALTH EQUITY

INTRODUCTION

There are many reasons why there are health inequalities in Leeds, and throughout the country.

These include:

- Where you live - is it an area with high levels of deprivation? Women living in the most deprived areas of Leeds live, on average, 9 years less than women living in the least deprived areas. This difference increases to 10 years difference for men.
- Earning a living wage, and good educational attainment. Leeds compares unfavorably against several measures with other key cities.
- The most deprived neighbourhoods in Leeds have a more diverse population than the rest of the city meaning that often diverse communities experience higher levels of health inequality.

What can we do?

There is work taking place by some large organisations to improve health equity (fairness) in the city, including NHS, Leeds & York Partnership Foundation Trust, University of Leeds and Leeds City Council. This a welcome step in the right direction but we need to go further and quicker.

Leeds Involving People want to support individuals and communities to tell their stories, make recommendations for improvement based on their lived experience and help to shape what future services look like. This process is called co-production and people can be as involved as suits them.

Next Steps

We will be arranging some focus groups to discuss different aspects of health care, including mental health services, and we would like to hear your stories. The meetings will be a mixture of face to face and hybrid to make sure as many people as possible can have their say.

Together we can move towards a fairer more equitable society.

Email: info@leedsinvolvement.org.uk or telephone: 0113 237 4508 to register your interest.

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. Established over 30 years ago, the forum (FRESH) is held up as an exemplar model of community engagement, particularly within marginalised communities who feel empowered to discuss their lived experiences to try and effect change to services. 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.

MEETING DATES 2025

Thursday 23rd January

Tuesday 18th March

Wednesday 21st May

Thursday 17th July

Tuesday 23rd September

Wednesday 26th November



WHAT HAPPENED?

Our meeting in July was postponed due to the sudden passing of our Co-Chair, Annette Morris, who had held the position for 10 years. A memorial gathering was held in July, attended by almost 300 people, that was dedicated to Annette and her vast community work.

The meeting in September focused on carers, with speakers discussing carers assessments, Shared Lives Carers, Carers Leeds and the Association of Blind Asians. As a result, the carers assessment has been changed based on our feedback! Make sure you come along and have your say about what you need from services.





MENTAL HEALTH TRAINING

LIP is committed to working with communities to continue to address some of the inequalities communities face. These inequalities are, unfortunately, very apparent within mental health provision, treatment and outcomes, for people of colour, particularly black men. We are offering to facilitate and deliver, fully accredited Level 1, Level 2 and Level 3 First Aid for Mental Health training within the community. These courses will give you a certificate that is Ofqual approved and will give you the skills and knowledge to start to support those around you. LIP is hoping that, following the training, we can work with you to develop a Cultural Mental Health network within the city.

To find out more about the training please complete the form below and we will contact you. Courses can be bespoke for teams or groups: <https://forms.office.com/e/ZR5PWbZNHd>



**JUST WANTED TO SAY HOW
MUCH I ENJOYED THE COURSE
... I FOUND YOUR PASSION
AND ENTHUSIASM WAS A
BREATH OF FRESH AIR!**



WHAT HAPPENED?

LIP ran the first edition of the training programme in October, beginning with Level 2 First Aid for Mental Health Training. Representatives attended from various organisations, including Leeds Recovery College, Social Prescribing, Probation Services, Simon on the Streets as well as LIP members and other representatives of the community.

The training covered key topics:

- What is first aid for mental health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Stress
- Mental health conditions
- Drugs and alcohol
- First aid for mental health action plan
- First aid for mental health in the workplace

The training is fully accredited by FAA (the awarding body) and is subject to external quality control to ensure standards meet the required level.

Courses can be arranged in community settings at flexible times to ensure that they are open to as many people as possible.

"The training was really insightful and gave me a much better understanding of mental health issues."

"I feel more confident now in recognising the signs of someone struggling and knowing how to offer support."

"The session was interactive and engaging, with practical tools I can use in real-life situations."

"It was great to learn how to listen and communicate effectively with people experiencing mental health challenges."

"This training has helped me feel more prepared to talk about mental health and break down stigma."



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, and other services, raising general issues of concern and making suggestions for improvement.

MEETING DATES

Thursday 12th Dec

Thursday 9th Jan

Thursday 13th Feb

Thursday 13th Mar

WHAT HAPPENED?

The DEAForum are working hard to gain equity in services for Deaf people.

Topics they have focused on in last few months include:

- Citizens Advice Services
- Access to NHS Primary Care
- Woodhouse Lane Gateway Improvement Scheme

Make sure you keep in touch to find out what we will be working on next!

We need your feedback
about GP Surgeries!

Visit:

[https://forms.office.com/
e/XiUJEWgLY2](https://forms.office.com/e/XiUJEWgLY2)



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.”

WHAT HAPPENED?

The meeting in September had a focus on Information & Access, where members had a chance to share feedback with Leeds City Council. Comments included:

- Involve Faith groups, not just the religious services.
- Provide opportunities to help build relationships with people, to help build trust.
- Information must be clear and concise.
- Different communities have different expectations, so these must be managed.
- Ensure a personal presence, not just a telephone number or website to visit.
- Barriers need breaking down with different groups, LIP could facilitate “intercultural lounges” across the city.

A LEGACY OF COMPASSION AND CHANGE

We want to take a moment to pause and remember Annette Morris, a remarkable leader, advocate, and friend of many, who sadly passed away in July.

For over a decade, Annette chaired the FRESH meetings with unwavering dedication, bringing communities together to create a platform for inclusion and dialogue. Her commitment to race equality shone through in every endeavor, as she worked tirelessly to address disparities and amplify the voices of those too often unheard.

Annette's leadership extended to driving user involvement in Community Mental Health Transformation, ensuring that lived experiences shaped meaningful change. Her contributions as a key partner in the Synergi Collaborative project exemplified her passion for creating equity and understanding in mental health care.

Her wisdom, compassion, and vision have left an indelible mark on all who had the privilege to work alongside her. Annette's legacy inspires us to continue striving for a more inclusive and equitable world.

She will be deeply missed but forever remembered.



THANK YOU FOR READING!



www.facebook.com/LIP2022



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www.twitter.com/InvolvingYou



07719 328 721



www.instagram.com/InvolvingYou



www.leedsinvolvingpeople.org.uk



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<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.