



Leeds Mental Health Needs Assessment

NHS Leeds in partnership with key stakeholders across the city are undertaking a mental health needs assessment (MHNA). York Health Economics Consortium has been commissioned to undertake this piece of work.

The aim of the needs assessment is to systematically review the mental health and emotional wellbeing needs of the Leeds population, leading to recommendations to inform future prevention initiatives and service development. The MHNA will also specifically investigate any causes of inequalities in mental health. Predominantly aimed at the needs of adults, the needs assessment will also cover the effect of parental mental ill health on children and the needs of older people.

The views of service users and their carers, service managers, providers and those responsible for commissioning these services will be sought through a number of consultation methods:

- Five half-day stakeholder events will be held in Leeds for professionals in October to discuss how services and prevention work should be developed;
- Focus groups will be held for service users and carers to share their experiences and views on improving services;
- Face to face meetings and telephone interviews with representatives from client groups that have been identified by NHS Leeds as experiencing mental health inequalities in Leeds;
- A questionnaire to fill in by people with an interest in mental health services in Leeds so that they can share their views with the researchers.

The final report will be available from March 2010.

For further information please contact Fiona Day on 0113 305 646 or Lizzie Allen on 0113 305 7655.

Inside

2 Around Volition & city

- People and members
- LSLCS national award
- Specialist Dementia Service

7 Reports

8 Working Groups

- MH Expert Advisory Group
- SDS Early Implementer Report

10 National issues

- The Big Care Debate

11 IMH

12 Notice Board

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**Deadline for
next edition of
Volition:
Noon, Thursday
19th November
2009**

Around Volition and City

People

Rachel Cooper is the new Development Officer at Leeds Older People's Forum. An important part of her role will be to help voluntary sector organisations working with older people to have a voice in groups such as the Voluntary Sector Reference Group. She also wants to promote involvement in the National Service Framework for Older People. You can contact Rachel on 0113 2427404 or email: vsrg@opforum.org.uk

Razwanah Alam is the new Leeds Voice Health Forum Coordinator. The Health Forum facilitates the voluntary sector in playing a meaningful role in strategic decision-making and the delivery of health services. Volition is represented on the health forum by Gill Crawshaw. Razwanah can be contacted on: 0113 2772227 or email: razwanah.alam@leedsvoice.org.uk

News from the Touchstone Community Development Service

The Community Development Service (CDS) at Touchstone has two new staff members: Belinda Connolly and Samantha Powell. They join the other six Community Development Workers (CDWs) who work to increase the role of BME communities in mental health across Leeds. The CDWs have recently relocated to 41-47 Cromwell Mount in East Leeds where we share an office with East Leeds Health for All, also a Touchstone project.

The CDS was originally set up to support the mental health and wellbeing of Black and Minority Ethnic Communities in Leeds and to improve access to services. We work with African, African Caribbean, Bangladeshi, Chinese, Gypsy, Roma and Traveller communities, Kashmiri, Indian, Irish, Pakistani, refugees and people seeking asylum. We do this by working with community activists, faith groups, NHS services, charities and community organisations.

Belinda's role involves work with the Irish community in Leeds as well as the Gypsy, Roma and Traveller communities. Samantha's role is to take a lead on the African community, refugees and people seeking asylum. Our work is led by the interests and priorities of the people and organisations we work with and who also evaluate how effective we are.

So if you've got an opinion about how mental health services could be better for BME communities, then we should be speaking to you. Why not drop us a line, and let us know what you think?

Tel: 0113 248 4880
E-Mail: belindac@touchstone-leeds.co.uk or
samanthap@touchstone-leeds.co.uk

www.touchstone-leeds.co.uk

ADS Leeds joins Volition

ADS (Addiction Dependency Solutions) offers a range of service for people with alcohol or drug issues. Our main services are:

Community Alcohol Service

We provide advice, information and support to those whose lives are affected by alcohol. Following assessment we tailor what we deliver around people's needs, from brief interventions, one-to-one work, workshops, alternative therapies, plus social, leisure and educational activities. We can arrange access into in-patient / community detox and residential rehabilitation.

Community Rehabilitation Programme

This 10-week structured day care programme helps individuals live life to the full, free from alcohol dependency. It supports people to make positive changes

to their lifestyle through a range of individual, group and social activities. It requires clients to be abstinent.

Drugs Aftercare Service

Referral is through other treatment services and is for clients who are overcoming their drug issues. Our aftercare packages include drop-ins, a variety of relapse prevention groups, acupuncture, art group, relaxation group and other therapeutic or social activities aimed at helping people move forward.

Our city centre offices are open Mon – Fri 9am – 5pm with late nights on a Tuesday and Wednesday until 7.30pm. Please ring 0113 247 0111 for further information or to refer people to our service.

Bill Owen, Team Leader, ADS Leeds

Leeds Survivor Led Crisis Service wins fourth prestigious national award

Leeds Survivor Led Crisis Service has been awarded the Charity Times Charity of the Year award for 2009. This is the fourth year in a row that we have won a national award.

Daniel Dumitru, our Acting Deputy Manager, collected the award at a ceremony in London in September. We did not know we had won the award until the night and did not expect to, as nine charities had been short listed. Charity of the Year is their biggest award, so it was not announced until the end of the ceremony, making it a nerve wracking evening!

This award is particularly exciting as we are about to celebrate our 10th birthday. The Charity Times awards were also ten this year and they wished to award Charity of the Year "to the organisation that the judges believe has consistently delivered outstanding service to its beneficiaries, promoted and raised its cause, been clear in its goals and strategy, and demonstrated excellence all round, especially within the last year." In awarding Leeds Survivor Led Crisis Service, they stated, "The winner showed clear evidence of how a smaller charity can make a real difference and have substantial benefits on the ground."

The awards which we have won have been of great

benefit to the organisation, enabling us to both retain and secure funding. In addition to this, they have given us a local, regional and national profile, so that we are asked to do numerous conference presentations, teaching and consultancy. This has become a significant strand of our work and a source of income. The consultancy work helps make us more secure and sustainable as an organisation and enables us to disseminate our practice and promote our approach to working with people in crisis.

Winning an award is a confidence and morale boost for the whole organisation. Our awards are testimony to the hard work and dedication of all our staff, paid and unpaid, who undertake crisis work at unsocial hours.

If you would like to know more about our organisation, we have monthly open days at 2.30 to 4.30 on: 14th October, 4th November and 2nd December. Please phone 0113 260 9328 to book a place.

Our 10th birthday party is on Wednesday 18th November, 1.30-4.30pm at the Carriageworks. Email: alex.holloway@slscs.org.uk if you'd like to come—all welcome.

*Fiona Venner
Manager, Leeds Survivor Led Crisis Service*

Unique campaign to promote Mental Health Hate Crime reporting

A national campaign has been launched by Stop Hate UK and Community Links to encourage reporting of Mental Health Hate Crime, raise awareness of victims' rights and offer support to victims. A poster and leaflet has been developed to raise awareness of how people with mental health problems can be victims of Hate Crime. Service users were involved in this campaign from the very beginning to help create effective resources.

Many people with mental health problems experience Hate Crime in the form of verbal abuse, intimidation and physical attacks as a result of people's ignorance, stigma or prejudice. According to recent research, Hate Crime affects three out of four people with a mental health problem. At present this goes virtually unreported.

Stop Hate UK works to raise awareness of Hate Crime and discrimination based on Disability, Religion or Belief, Race, Sexual Orientation and Gender Identity.

The 24-hour Stop Hate Line 0800 138 1625 can be used in confidence to report incidents people witness, by anyone who sees Hate Crime happening, or thinks they know someone who is a victim. Information will only be passed on to the police and relevant support agencies with the caller's consent.

"People often aren't aware that they have experienced a Hate Crime, or that they can report it"
said Rose Simkins, Chief Executive, Stop Hate UK.

Copies of Mental Health Hate Crime posters and leaflets are available from:

Stop Hate UK www.stophateuk.org and

Community Links www.commlinks.co.uk

Volition joins LINk steering group

Leeds LINk is the local involvement network, made up of local people and organisations who want to make health and care services better. Leeds LINk was launched in June, and a steering group has been elected. As well as individuals, the steering group has a number of voluntary sector representatives, and Gill Crawshaw from Volition has taken up the voluntary sector mental health place.

Now that the steering group is in place, the LINk can begin work on investigating issues and concerns that members have raised. While the LINk will need to be careful not to duplicate work of other groups or networks, one of its strengths will be that it can bring a range of people together – patients, service users, workers, members of the public – to take issues forward.

The LINk can take issues to the Health and Social Care

Scrutiny Board, and will train up a team of people who can enter and inspect services.

Mental health is one of the LINk's priorities, so a working group will be set up – if you'd like to join, get in touch. Volition will keep you up to date, and call for more people to get involved.

The LINk is holding monthly coffee mornings on the first Tuesday of the month, 10.00 am – 12 noon, where anyone can come along to discuss health and social care issues, or find out about LINk. The first will be on Tuesday 3 November.

Anyone can join the LINk, for more information go to: www.leedslink.org.uk, tel: 0113 388 5099, or contact Gill at Volition.

A personal view of the Jigsaw Visitors' Centre at Armley Prison

At the beginning of June I went to a partnership meeting at the Jigsaw Visitors' Centre. The centre is a member of Volition and although I had spoken to Lee Stephenson, the manager, on several occasions, I wanted to find out more about how this project worked. There were several informative presentations, including one from Rob Kellett, the governor of Armley Prison and from Lee himself.

Never having been near the prison before, I had no preconceptions about what to expect, or is that true? All I knew about prisons and visiting them was gleaned from films and TV. When I got out of my car near the perimeter wall, the height of it felt forbidding. The visitors' centre itself however was bright and welcoming, with a café, children's play area, information leaflets including several addressing mental health issues, and staff available to help.

The governor, Rob Kellett is certain that successful visits

for prisoners are crucial for maintaining family links, which in turn has a positive effect on a prisoner's wellbeing. Visiting a prisoner is not always easy and the centre has an important role, not just in providing good facilities but in the high quality of work they do with visitors. The partnership between the prison and the centre is key to this; the prison staff think that it is good that the visitors' centre is part of the voluntary sector, as this means they have a different perspective when working with prisoners and their families.

Lee and his staff are proud of their achievements over the past year. They are now open 7 days a week, have a partnership with a local children's centre and run several training courses with accreditation from the Open College. In the future, the centre hopes to improve its play facilities and become less dependent on grant funding.

Liz Boyd, Volition

The Ripple Effect II: Two Years On

Leeds Voice revisited the research carried out two years ago in the Ripple Effect to find out what has changed and how the recession, the disappearance of major funding streams and a move towards larger contracts has affected the sector.

Organisations are struggling to recruit, train and support volunteers as funds and staff numbers decrease. Finally, the estimated spend of third sector organisations in Leeds has dropped by around £3.5million.

Smaller organisations are the backbone of the third sector's vibrancy and innovation. But they are struggling to stay afloat with reduced funds and often do not have the skills or the resources to compete for larger contracts. In an economic crisis you would assume that as employment reduces then volunteering would be on the rise. Unfortunately, the report suggests otherwise.

You can download the report from www.leedsvoice.org.uk/about/publications-c.html or contact info@leedsvoice.org.uk, 0113 277 2227.

Serious and untoward incident leads to positive partnership work

Volition is currently doing some very positive work with member organisation representatives and Leeds Partnerships Foundation Trust (LPFT) to address a number of the recommendations in a significant serious incident report which was published in June.

Specific recommendations for Volition:

- That voluntary sector organisations working closely with LPFT should use FACE risk assessment
- That workers from such organisations attend multi-agency FACE risk assessment training
- That voluntary sector organisations need to have access to relevant specialist mental health services
- Procedures for obtaining consent from service users for information sharing need to be improved.

Specific recommendations for LPFT with relevance for Volition members:

- Voluntary sector organisations to be able to make direct referral to Community Mental Health Teams without going via a GP
- Improved grass roots relationships between LPFT staff and voluntary sector agencies including improve induction / shadowing between LPFT and voluntary sector organisations
- Incorporation of voluntary sector information to PARIS CPA and FACE records
- Ensure care co-ordination training highlights the valuable role of the voluntary sector in the provision of an effective mental health service.

Notes from the Volition meeting in September where the issues were discussed in detail are available from Volition. We will be informing members of the proposed responses from Volition.

For more information or to discuss any of the issues, please contact Pip Goff.

People Development Strategy for Leeds

Leeds launched its first citywide social care workforce strategy 'People Development Strategy' at Weetwood Hall in September.

Sandie Keene, Director of Adult Social Services, opened the event, outlining the major changes in the policy and regulatory environment which we need to respond to as a city. She stressed her passion for togetherness and made specific reference to the need to raise the profile of non statutory services and the amount services that voluntary sector and independent organisations provide. She felt this is often invisible in media representation of social care, suggesting she would be happy to look at working together with us to redress this.

The strategy has actions within five priority areas:

1. Remodelling the workforce
2. Creating a high performance culture
3. Learning and development
4. Developing leaders and managers
5. Recruitment, retention and career progression.

The event was the first planned development network for the voluntary and independent sectors. This is will become a quarterly network for people from these sectors to meet colleagues, share best practice, be up to date with policies and plans, and share knowledge from other areas of the region and country.

Leeds Adult Social Care are in the process of analysing the existing skills and qualification levels in the workforce and have sent questionnaires out to service providers. The findings of the analysis will be used to inform future workforce planning and training and development offers.

Volition has raised concern that this process should be coordinated and use existing networks if the results are to be useful and fully representative of the voluntary sector workforce.

*Pip Goff,
Volition*

Building Resilience Resource Pack

This new resource pack, co-ordinated by Voluntary Action-Leeds, brings together the advice, information and support of several West Yorkshire agencies. It is part of a series of activities funded by Capacitybuilders (and central government) to help alleviate the impact of the current recession on voluntary, community, faith and social enterprise organisations. A pdf version of the Resource Pack is available on the VA-L website: www.val.org.uk

New arms length provider in Primary Care

NHS Leeds Community Healthcare is responsible for providing healthcare services in the Leeds area and is hosted by Leeds Primary Care Trust (NHS Leeds). We provide a range of community services for adults and children including community nursing, health visiting, physiotherapy, community dentistry, primary care mental health, smoking cessation and sexual health services.

From 1 April 2009 NHS Leeds Community Healthcare began operating at 'arms length' as a provider of NHS healthcare services from NHS Leeds as a commissioner. This means we operate as a separate organisation but remain part of the primary care trust, NHS Leeds for the foreseeable future. We have in place clear service agreements with NHS Leeds for each service, clear financial plans and provide regular quality, performance and financial reports.

NHS Leeds Community Healthcare's Primary Care Mental Health Teams will continue to provide assessment; short-term evidenced based psychological treatment and support for people aged 17 upwards, registered with a GP in Leeds. We will also maintain and develop our partnerships with voluntary and community organisations to set up and deliver effective services for people with common mental health problems. We want all our communities to benefit from more recent investment in psychological therapies by the NHS.

We pride ourselves on the quality of our care and will continue to deliver high quality, effective services.

*Pat Shepherd, Communications Lead,
NHS Leeds Community Healthcare*
www.leedscommunityhealthcare.nhs.uk

Specialist Dementia Service to be set up in Leeds

Younger people in Leeds who are in the early stages of dementia are to benefit from a new kind of support, thanks to £107,000 of government funding won by Leeds City Council, NHS Leeds and the Alzheimer's Society.

The support will, for the first time, bridge the gap between the initial diagnosis of dementia and the point when the person requires more help from the health and social care services. Many people who are newly diagnosed – and their carers - say they feel isolated and lack support in these early months and years. There is a particular gap in services for younger people when they are diagnosed with dementia.

Under the two-year scheme a specialist worker will develop networks of support, linking people who are living with dementia, enabling them to share experiences and giving them access to good quality information and community support. The aim is to help people live safely and independently for as long as possible. The project will

work to identify younger people living with dementia who are able to give support to others in a similar situation. It will develop email groups, social networking groups, blogs, newsletters, telephone trees, face-to-face support groups and individual support networks. It will particularly aim to support younger people with dementia and also people living alone, ethnic minority groups, lesbian, gay, bisexual and transgender and people living in areas of deprivation.

Leeds is one of 22 areas across the country to receive funding from the Department of Health which will help to achieve targets set out in the National Dementia Strategy for England. The successful Leeds bid for funding follows work under a programme known as Partnerships for Older People's Projects (POPPs), which has implemented a range of services for older people, including those with dementia.

For further information contact Louise Morgan:
louise.morgan@leeds.gov.uk

Positive steps in partnership housing work

A single referral form for use with all Supporting People providers of mental health services documents has been developed jointly by SP Providers, LPFT, the Supporting People Team and Volition. It is being piloted for a period of three months from September to November 2009.

Housing Options are using it and have established regular input at the Becklin Centre from staff there. The working group continues to meet during the pilot period, with the aim of developing a single assessment process to complement this shared referral form.

Please contact Catherine Donnelly at Community Links or Pip Goff at Volition for further information.

The following documents are available from Volition:

- single referral form for use with all SP providers of mental health services
- guidance notes on completing the form
- table of Supporting People services detailing their specialisms.

Reports

Leeds Health and Wellbeing Partnership Plan

This plan is part of the broader Leeds Strategic Plan, based on the outcomes and priorities agreed with partners and shaped by local people. It covers the period 2009 – 2012 and is partly based on information gathered in the Joint Strategic Needs Assessment.

The improvement priorities set out in the action plan include:

- improve assessment and care management for children, families and vulnerable adults
- improve psychological, mental health and learning disabilities services for all who need them
- increase the number of vulnerable people helped to live at home
- increase the proportion of people in receipt of community services enjoying choice and control over

their daily lives

- improve safeguarding arrangements.

These will be delivered by:

- making partnerships more effective
- developing people-centred services and integrated services
- promoting health, preventing ill-health and intervening early
- community development and capacity building, with a locality approach
- meeting commitments to equality.

The full action plans can be accessed online at: www.healthyleedsplan.org

“Learning well for Dementia” multi-agency workforce development

Following the Leeds launch of the National Dementia Strategy in July 09 partner organisations agreed an outline of the priorities for Leeds for the next five years. Changing the culture and improving awareness about dementia through workforce development was seen as a key area to making service improvements.

“Learning well for Dementia” – will provide an opportunity for stakeholders to influence a Leeds multi-agency workforce strategy working towards Objective 13 of the National Strategy.

“Objective 13: An informed and effective workforce for people with Dementia.

Health and social care staff involved in the care of people who may have dementia to have the necessary skills to provide the best quality of care in the roles and settings they work. To be achieved by effective basic training and continuous professional and vocational development”. (Living Well with Dementia: A National Strategy. DH 2005)

The event will look at:

- Current workforce skill base. What dementia awareness/ training/ skills does your workforce already have, including vocational qualifications?
- What works well? – Where are the gaps?
- What do we need to consider for multi-agency workforce development for Leeds in line with objective 13?
- Identifying steps for a multi agency workforce development plan for Leeds based on a single care pathway which includes practice based development and support in a culture of continuous learning
- Identifying key individuals who can work together to ensure Leeds can meet the workforce requirements.

The outcomes of this event will be used to inform and influence our strategic partners. It will be informed by national and local plans to meet the requirements of the National Dementia Strategy and of Putting People First.

Date: 6th November 2009

Time: 9am – 2pm

Venue: Weetwood Hall, Headingley Leeds LS16 5PS

Lunch will be provided so please inform of any specific requirements when booking.

To book a place, please contact the Business Support Centre on 0113 247 5570.

Working Groups

Expert Advisory Group August 09

Matters arising

Women's Mental Health Strategy – More work is planned on the draft strategy following a meeting held between Sinead Cregan, Jane Wood and the University Research Dept. This would then go to the strategy group which Sinead will convene. The draft which was wrongly circulated has now been withdrawn. SUCRG will forward comments. There was a discussion about whether things may have now moved on with the gender equality duty, single equality scheme and New Horizons which specifically addresses both men's and women's issues reducing the need for a further work on a specific strategy.

POPPS – Adult Social Care and Supporting People have fully funded their elements of POPPS plus some legacy services such as a short term rehabilitation SP home care team for a 6 week period. ASC are using the POPPS model for a new outreach service. NHS Leeds had agreed to fund but is now revisiting the health elements of the Dementia Rehabilitation Service, Rapid Response, Intermediate Care and Liaison Psychiatry for older people.

Updates:

Older People – The National Dementia Strategy Implementation Plan just launched describes a clear process for taking the strategy forward. There will be baseline assessment of all areas with quantitative and qualitative analysis and an independent scrutiny organisation (probably Alzheimer's Society) to challenge back after service user and carer input.

BME Advisory Group – the meeting included a presentation of YHIP project raising awareness of MH issues with Imams and an update re. PCT response to delivering Race Equality.

Volition – Work is being done on risk assessment, info sharing and shadowing in response to recommendations of the Serious and Untoward Incident Report (see p.6. Consultations have been organised for Leeds Older People's Forum and Volition members re LPFT proposals for older people's services and Volition members re. new Horizons. A meeting is set with Rob Cooper from SHA who is carrying out the Leeds Strategic Resources Review re. concerns about the impact of this on the mental health and voluntary sectors.

SUCRG - Review report now received. High Royds Memorial Garden - Keys and licence now received. The chapel is being restored by volunteers and a shareholders leaflet has been produced (see leaflet if you receive hard copy Volition newsletter or link via the High Royds website/You Tube)

Social Inclusion A decision has been made to disband the Social Inclusion Strategy Subgroup. Jane Williams will develop a Programme Brief for PSA 16 delivery (Public Service Agreement aimed at reducing social exclusion amongst the most vulnerable adults - will help to ensure that the most at-risk individuals are given the opportunity to get back onto the path to success, and sets out some key outcome targets that the Government and its partners are committed to achieving over the coming three-year spending period). The PSA 16 Delivery Team will report into the Mental Health Programme Board and the priority Groups sub group of Joint Commissioning Sub Group, and to link to the citywide PSA 16 Programme Group.

Becklin Accommodation Discharge Project - regular report back to this group to be established. Some difficult issues are being tackled.

Jane reported that strategic employment work previously done by the Employment Consortium will now be picked up as part of a refocusing of her Social Inclusion Strategic Development role within the PCT. A citywide Vocational Services bid led by LPFT to be a Sainsbury Centre pilot has been successful.

New Horizons A presentation was given outlining this major consultation which will shape the future of mental health services over the next 10 years. The main message is that mental health is everybody's business. Crucially the proposals include children and older people ie not limiting the focus to working age adults as was the case with the NSF and it is expected to be far less target driven and more open to local interpretation. All interested parties should be encouraged to respond and the MH Programme Board aims to pull together a citywide response. (Volition is responding).

LIT - results of financial mapping circulated for information.

September MH Programme Board was cancelled so no feedback.

Self Directed Support Forum

Self directed support (SDS) fits in well with the voluntary sector's way of working, as it is consistent with recovery-focused and person-centred approaches. The sector in Leeds has been preparing itself for changes to services, and many organisations are raring to go.

This enthusiasm was evident at the first meeting of the SDS forum for voluntary sector service providers in September. The forum was organised by Volition and the other voluntary sector networks (Learning Disabilities Forum, Older People's Forum and PSI Network), so we had a great mixture of organisations. When we asked people to give an update from their organisation, we were impressed with the work that is going on, and also with the positive way the sector is engaging with the SDS agenda. While there are some concerns, providers are thinking of ways to tackle these.

We agreed terms of reference for the group, which will

feed in to the strategic SDS Board and the Project Group. Pip from Volition and Lisa from the Learning Disabilities Forum are representatives on these groups. We reported back on Adult Social Care's progress and the number of "early implementers" who are now using their personal budgets (11 as we went to press – see report below).

The forum will share experiences and receive updates on national and local policy changes. At the first meeting we looked at the Shop 4 Support website (see Volition newsletter 70), and will invite them to a future meeting. There were plenty of other ideas for guest speakers, particularly colleagues from the voluntary sector in other parts of the country where people are already directing their own support.

If you want to know more about the SDS forum, please contact Volition. The next meeting will be in November.

Headlines from the September SDS Early Implementer report

Here are some of the key points:

- 11 customers are now using personal budgets to meet their social care support needs and ASIST are currently working with several others, helping them to advertise for and recruit personal assistants.
- The SDSEI team has contacted 67 customers and discussed the SDS model.
- 52 customers have completed their assessment, the majority with support of their care manager.
- Care managers continue to complete the 'Independence' section of the new Easycare document with customers in order to establish whether there is a correlation between this score and the customer's Resource Allocation System (RAS) allocation.
- 52 assessments have been entered into the RAS and the majority of customers have been informed of the size of their indicative budget.
- 32 support plans have been completed. The disparity between the number of plans completed and those actually agreed is explained by having to wait for panels to meet, panels requiring further information in order to make decisions and plans having to be presented to more than one panel.
- 21 support plans have been agreed.

Increasing the number of older people

There is an under representation of older people who comprise around 65% of ASC community based service users, whilst at present they only account for around 25% of the EI cohort. This is a risk to the programme as it is essential that our processes and procedures are tested with the largest user group. The team has identified actions, including specific work with people attending day centres and current direct payments users.

Mental Health

A project is to be established to increase the numbers of mental health service users accessing SDS, to develop experience and share learning which would be linked to Early Implementer but would broaden the scope of work to try to answer some of the concerns specific to mental health and inform proposed future partnership working. The pilot would involve the identification of a mental health social worker who will split their time between the SDS Early Implementer team and LPFT Assertive Outreach Team. They will also work with aspire. EI social workers will continue to pick up more 'straightforward' MH referrals (e.g. people coming through from day services) but would benefit from having a specialist MH resource to draw upon.

Customers withdrawing from the Early Implementer

- 2 customers have decided not to continue due to the size of budget allocated.
- 2 customers have withdrawn due to personal or health reasons.
- 2 customers with mental health problems have withdrawn from the EI due to concerns over how they would manage their support. These issues have been raised with the project team and should be addressed before rollout by establishing different ways of managing a customer's budget on their behalf.
- 1 customer has suspended support planning until confirmation of a legal issues regarding using personal a budget to purchase non-community based services
- 1 customer has withdrawn from the pilot because of the issues surrounding using personal budgets to purchase non-community based services.

National Issues

The Big Care Debate - *Shaping the future of care together*

Everyone in England will have access to a National Care Service that is fair, simple and affordable under plans set out in the Green Paper Shaping the Future of Care Together.

The Big Care Debate is canvassing the views of the public and of people who work in care and support services on what the National Care Service should look like and how care should be paid for. Currently care is not free. More than 50 per cent of over 65 year olds will need care costing at least £25,000. Today's 65 year olds will need care costing on average £30,000. But many people end up paying much more.

Twenty per cent of people will need care costing less than £1,000 – but 20 per cent will need care costing more than £50,000. And people have no way of knowing which category they will fall into.

Under the National Care Service, everyone will get some care for free. The National Care Service aims to create a level playing field and end the postcode lottery of care services, with everyone in England guaranteed:

- Prevention services - the right support to stay independent and well for as long as possible and to delay care needs getting worse.
- National assessment - care needs will be assessed and paid for in the same way across the country.
- Joined-up services - all the services will work together smoothly.
- Information and advice – the care system will be easy to understand and navigate.
- Personalised care and support - services will be based on personal circumstances and need.
- Fair funding - money will be spent wisely and everyone will get some help meeting the high cost of care needs.

The government wants to hear people's views on how we balance what it is fair for everyone to pay, against the need to prevent some people having to pay huge care costs.

There are three proposals for funding a National Care Service:

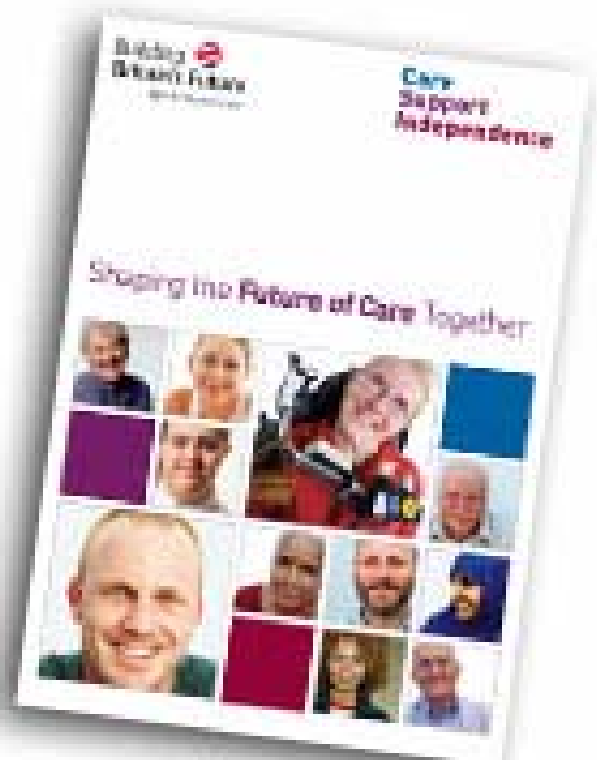
- Partnership – the responsibility for paying for care would be shared between the government and the person who has care needs. The government

provides between a quarter and a third of the cost of care, more for people on a low income. Today's 65 year olds will need care costing on average £30,000.

- Insurance – the same as partnership but the government could help people to prepare to meet the costs that they would have to pay for themselves, through an insurance-based approach. As well as receiving between a third and a quarter of the cost of care, the government would make it easier for people to take out insurance to cover care costs. It is estimated that the cost of insurance could be around £20,000 to £25,000.
- Comprehensive – everyone who can afford it would pay into a state insurance scheme meaning everyone who needs care will receive it free. It is estimated that the cost of being in the system could be between £17,000 and £20,000.

The Green Paper Shaping the Future of Care Together can be found at www.careandsupport.direct.gov.uk, along with information about the consultation and different ways to respond.

The deadline for responses is 13th November.





Volunteers at IMH

I am delighted that Kathryn has sent this article for the Volition newsletter.

Here at Information for Mental Health (IMH) we have always valued our volunteers, as an integral part of IMH's work. All our volunteers stay for a good period of time so we must be doing something right. As a key service in mental health we believe that the way we carry out our business needs to match our underlying values. In this case Kathryn's story shows what we believe to be a core ingredient in any journey of recovery, reconnection and respect.

Thank you Kathryn for your courage and contribution to IMH. It has been a delight having you here. Good luck for the next bit!

Ruth Steinberg, Manager IMH

Courage

Having been housebound for 12 years with depression and anxiety and going through therapy twice, I really felt at a very low ebb. Applying and not receiving benefits which I thought would help, as my depression was partly due to money worries, made me feel useless. I had a sense of nothing and being empty, not being able to contribute to my family. I had very much let them down.

This I felt for years. I had two paths and I really didn't want to take the first one, so I plucked up the courage to admit to my doctor that I needed help; she in turn gave me a slip of paper, which had the name DOVE at the top, with an address.

Again I needed courage to go to the address, only to find myself standing anxiously in front of a large man. I sheepishly said with my head down, "I've been told to give you this." My nerves were all over the place. I then received a letter for an interview; again my nerves were a jangle; I then found out the man was Stephen (a very nice man). I listened intently to him. It was suggested I did a confidence course, which I did for ten weeks, with Rose. I found I felt a difference each week. I was with other pleasant people. We were in different situations but all there for the confidence course which I can definitely recommend as I could really start to see things differently; by the end of week nine I built up the courage to go upstairs to put my name down for a computer course. I knew that would be a challenge as I only knew what a mouse was.

My tutor Anthony gave me very good instruction; I felt at ease, and was able to work at my own pace, which definitely helped. As each week passed my confidence grew; before long I completed CLAIT, Word, Excel, and

Access, plus Intermediate Word, Excel, Access and was confident to take part in what was the World Wide Web day; there were nine of us, we were e-mailing each other, that was great. At this point I really felt I wasn't useless or a waste of space; I felt that I was ready to move on. I was given an outreach worker called Sandi who is extremely pleasant, in fact all the staff at Dove are the friendliest people I have ever met, I decided not to do too much too soon, so I wanted to try volunteering.

I then found out that IMH were interested in having a volunteer. I had enough courage by this time to go to IMH with Sandi for an interview, the first after many years. I felt so happy and a sense of worth knowing that I was going to be able to give back what I have learned. My interviewer was Chris. As everybody knows you cannot always take in the information straight away, which was said to me on a number of occasions, this really did help, to be honest.

Before I went to IMH I did not know it existed. I have been able to see for myself that there is a fantastic library. Chris taught me about the database so I work on that. Oh I nearly forgot, I was not confident at making phone calls, but I must make at least ten calls each time I am in, which was three hours a week when I started, then it grew to six hours, as I found the workplace relaxed and pleasant. I feel part of a team with Ruth, Kate, Chris and the other volunteers, Bessie and David. I feel ready for whatever will be my next challenge, and there are people that can help, whichever way they can.

Kathryn M Dickson, IMH Volunteer



Notice Board



Volition Away Day 2010

Diary date: Thursday 28th January 2010

A networking and development day for people working in the mental health voluntary sector.

Reserve the date
and watch for the flyer in coming months.

S.T.O.P. have moved

S.T.O.P. (Start Treating Others Positively) have moved to new premises in the city centre:
3rd Floor, Duncan House,
14 Duncan Street
Leeds LS1 6DL.

Same telephone number: 0113 244 6007
Same email addresses: administrator@stoponline.org
Same website: www.stoponline.org

Reduced price counselling at Relate Leeds

Relate are offering counselling sessions at reduced rates.

This applies to all counselling services i.e. family, couple, individual and relationship counselling and sex therapy. The sessions will be held at our premises, 2nd Floor, Oxford Chambers, Oxford Place, Leeds, LS1 3AX.

Don't let financial hardship stop you accessing counselling.

For further information tel 0113 245 2595
or email info@relateleeds.org.uk

Leeds Women's Aid drop-in

Leeds Women's Aid is running a new drop-in service at the NHS Walk-in centre at the Light on the Headrow on Thursdays and Fridays. This is in addition to the drop-ins at St. James and the LGI.

Thursday's drop-in at the Light is from 2pm-4pm,
Friday's from 10am-12pm.

Call 0113 246 0401 for more information.

World Mental Health Day 10th October 2009

Leeds Events Guide

Available on the new website:
www.wmhdleeds.org.uk

Contributions to the site can be made by emailing:
ruth.steinberg@imhleedsmind.org.uk,
charlotte.hanson@leedspct.nhs.uk,
or info@imhleedsmind.org.uk

VA-L and Voice Annual Public Meeting and AGM

On Thursday 19 November VA-L (Voluntary Action-Leeds) and Leeds Voice are holding a joint annual public meeting, with the theme 'Working Together'. You are welcome to attend this meeting which will be held at Wheeler Hall (adjacent to Leeds Cathedral and The Light). This will be followed by a networking lunch and the VA-L AGM. More information from www.val.org.uk and www.leedsvoice.org.uk

Touchstone's Annual General Meeting

This will take place on the 20th November at 11am at Shine, Harehills, Leeds. The theme is mental health, stigma and discrimination.

Please contact Cynthia at:
office@touchstone-leeds.co.uk
tel: 0113 271 8277 if you wish to attend.

Leeds Adult Safeguarding website and helpline

Adult Social Care have set up the Leeds Safeguarding Adults Partnership website, full of information and advice, including up-to-date policies and procedures: www.leedsadultprotection.net

There is also the Adult Safeguarding Advice Line: 0113 224 3511 for non-emergency advice and information.