



Service users, workers and carers share ideas on social inclusion

Thursday December 11th 2008 saw social inclusion and mental health placed centre stage in Leeds. Service users, workers and carers came together to share a conference event organised as part of the work with the i3 service user forum and funded by the i3 project. The plan was for an event where the majority of delegates would be service users and survivors - including the speakers. The purpose of the day was to get service user perspectives on social inclusion.

Alison Faulkner, a nationally recognised survivor speaker and researcher, opened the day. As someone working with service users in West Sussex to gain their views on the modernisation of day services, Alison brought a national perspective to the work of i3. She found that some of the things that matter to service users there are: the need to be hopeful for individuals, the importance of work for some people and also peer support as a positive aspect of day care.

David Crepaz-Keay, a survivor speaker and activist also of national standing, spoke of the political context of social inclusion. David talked of the changes in relation to holding on to what is of value whilst moving towards more proactive and inclusive services.

Three members of the i3 forum, Janet Clarke, Esther Innis and Norman Forsyth spoke eloquently about the experience of social inclusion and about what the term meant to them.

People attending the event contributed to the discussion through the 'talking wall' a space where people could write their comments. Contributions were also made through the workshops and discussions in the main conference space.

The workshops covered areas such as gaining views of those over the age of 50 on day care and social inclusion, learning NLP techniques, 'Giving Voice', ecotherapy, service user involvement and inclusion, and direct payments: a personal experience.

Many people commented on the positive and inclusive atmosphere of the day, the delicious catering, inspirational speakers and workshops. Volition helped with organising bookings, registration and offering support throughout the day.

Judy Beckett and Terry Simpson would like to thank all those who contributed to the day and made the event such a positive experience. There will be a full conference report for those who are interested. Please contact Judy at J.E.Beckett@leeds.ac.uk for further details.

Inside

2 Around Volition & city

5 IMH

6 Working Groups

8 Reports

10 National Issues

12 Notice Board

Contact us at:



volition

The voice of Leeds mental
health voluntary sector

26 St Michael's Road
Headingley
Leeds LS6 3AW
Tel: 0113 274 9585
info@volition.org.uk
www.volition.org.uk

Registered Charity no.
1092126

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

Around Volition and City

People

New Volition member – Leeds Black Elders Association joined Volition in January 2009. The association provides services to Black Elders throughout Leeds. LBEA also operates a neighbourhood network scheme covering mainly the Harehills, Chapel Allerton and University wards (Leeds 6, 7, 8 and 9). Contact LBEA on 0113 237 4332 or visit www.lbea.co.uk

Tom Bailey, the new Arts and Minds Development Worker, started work in January. Tom will work with Linda Boyles to develop further the work of Arts and Minds. He will champion the role of the arts within mental health by working with individuals, mental health organisations and arts organisations.

Tom is based at Artlink in Hyde Park, working Monday to Wednesday. Contact Tom on 243 1121 or 07807 036924, or email tom.bailey@artsandmindsnetwork.org.uk

Over the next few months Arts & Minds will be offering more events, workshops and opportunities for artists and workers. If you are not yet a member, visit www.artsandmindsnetwork.org.uk to check out the benefits.

Patrick Lund is the new Wellbeing Services Director at Leeds Counselling. Contact Patrick on 0113 243 3400 or 07590 316580 or email paddy.lund@meridianwellbeing.org.uk. For more information about the new Meridian Wellbeing Project see page 3.

David Smith has been appointed as the new Director of Leeds Voice. He is currently Head of Strategy for the Association of West Yorkshire Authorities, having previously served as Director of Calderdale Forward LSP, and is also the co-chair of Kirklees Lesbian Gay Bisexual & Transgender Community Network. David will start work on the 16th February; Adrian Curtis will continue as Interim Director in the meantime.

Carol McGrath is the Older People's Commissioning Officer and Keeping House Manager for Adult Social Care. Carol previously worked for the LCC Procurement Unit as a Regeneration Procurement Officer in the Initiatives and Projects team where she was responsible for developing initiatives that supported local suppliers and the voluntary, community and social enterprise sector to access contract opportunities.

Touchstone Celebrates Two Years of Community Development

Our second annual celebration was held at the Bangladeshi Centre, and was a chance to explore and celebrate our partnerships across the BME communities of Leeds. More than 160 staff, service users and members of the public came to hear the difference our partners have made to the way people think and feel about BME mental health in Leeds over the last year.

Aside from the usual music, dancing, poetry and food, a wide variety of agencies, community groups and people who use services presented snapshots of 9 of the 225 successful partnerships established over the last year to address the mental health needs of the different BME communities.

These included a number of videos showcasing our work with a Chinese mums and toddler's group <http://tinyurl.com/chinesefilm>; a talk on how substance use services delivered complementary therapies to revellers at the St Patrick's Day celebrations <http://tinyurl.com/irishfilm>; and a film about the development of South Asian dementia cafes

<http://tinyurl.com/dementiafilm>.

We also spoke about the development of a project addressing the mental health needs of young South Asian women in schools; and the community development workers' contribution to Refugee Week, including the personal testimony of an asylum seeker and his reflections on the impact it has had on his mental health.

Members of the Association of Blind Asians showcased stress-busting chair based exercises, and encouraged everyone to join in. The final participatory presentation by Roscoe Luncheon Club described the process of putting a memory album together, with members sharing stories and reminiscences of their own personal journeys.

Copies of all the presentations and videos will be available on the Touchstone website www.touchstone-leeds.co.uk

*Stephanie Lewis
Community Development Worker
Touchstone*

Are you ready to Improve Access to Psychological Therapies?

This was the challenge that we sent out – to Volition members and other voluntary and community groups – in January. Volition and Touchstone’s Community Development Service held an information and networking event for organisations to come and find out about IAPT (Improving Access to Psychological Therapies) and to think about their role in supporting this. We had a great response, with a mixture of mental health and other organisations, some providing counselling and therapy services, others supporting people in their local communities.

IAPT is a government programme, and NHS Leeds has got funding for new therapists to roll IAPT out in Leeds. They are using this opportunity to reach out to communities who haven’t had good access to psychological therapy services in the past, particularly Deaf people (who use British Sign Language); prisoners; African-Caribbean, Pakistani and Irish communities; and young people aged 17-21. In addition, there will be a number of “champions” within the service with special interests: offenders, veterans, people with learning disabilities, older people, people from black, minority and ethnic communities and people living in the 10% most

deprived areas of Leeds. Lesbians, gay men and bisexual people will also be considered following discussions at the meeting.

Jane Wood from NHS Leeds set this out in a really useful presentation. NHS Leeds currently provides the IAPT service, but will be inviting other providers to bid to run the service, recognising that many local voluntary organisations are well placed to reach out to the targeted communities outlined above. Look out for information about this tendering opportunity in the near future.

Alison Conn, from NHS Leeds’ primary care mental health team, gave an idea of what it means to run an IAPT service. There are very stringent requirements in terms of training, staff salaries, supervision, data collection and monitoring, which have been challenging. Organisations who might be interested in delivering IAPT need to know what they’re in for.

The meeting was also an opportunity to network, and participants valued this element of the day, as well as the excellent presentations. These are available from Volition – please ask – and are also on our website.

Gill Crawshaw, Volition

Leeds Counselling launches Meridian Wellbeing

Leeds Counselling continues to diversify by launching a new service, Meridian Wellbeing, a health and wellbeing development consultancy.

Meridian is a social enterprise which is working with individuals and organisations, across all sectors, to enhance wellbeing. Our aim is to facilitate personal and professional growth through a range of interventions including:

- coaching
- team development
- employee support programmes
- leadership and management training
- stress management support
- complementary health treatments

- psychometric assessments
- wellbeing consultancy + health promotion

Meridian Wellbeing comprises a team of professional associates specialising in wellbeing provision. The service is led by Patrick Lund, a qualified coach, counsellor, and NLP practitioner, with a background in community development and management consultancy. Patrick has extensive experience in supporting individuals and small and large organisations, and is particularly interested in working with third sector clients.

For more information about the services Meridian can offer you or your organisation, please contact Patrick Lund, Wellbeing Services Director on 0113 243 3400 or 07590 316580 or paddy.lund@meridianwellbeing.org.uk

Carers Leeds AGM

Carers Leeds held a very successful Annual General Meeting in November. The guest speaker was Professor Sue Yeandle of the University of Leeds who spoke about her research findings on the importance of supporting carers in employment. She also gave an overview of the latest National Carers Strategy and a report by the Select Committee at the Department for Work and Pensions recommending changes in the Carers Allowance.

Acting Manager Val Hewison thanked the organisation’s team of staff and volunteers for their commitment and hard work. 54 volunteers were presented with certificates recognising the time they give to Carers Leeds.

Carers Leeds is a voluntary organisation supporting people across the city who are caring on an unpaid basis for family members or friends. For more information, or to receive their regular newsletter, call 0113 246 8338.

Leeds Energy Best Deal Guide

This guide gives basic information about all the help available with fuel bills and energy efficiency improvements. It gives telephone numbers and websites for how to find out more information, apply for grants, switch your supplier and get advice. Designed to be used by front line staff working with people struggling to pay fuel bills, the guide can also be given to clients/service users where appropriate.

Please forward this guide to staff and/or other organisations with whom you are in contact. In the next couple of weeks it will be available on the websites of Leeds CAB: www.leedscab.org.uk and Leeds Fuelsavers, part of the Leeds City Council website: www.leeds.gov.uk

Money problems: if you are having trouble paying your bill, ask your fuel company what help is available from them - eg is there a social tariff for cheaper fuel or a trust fund to help pay off the arrears? You can also get independent advice about debt problems and claiming

disability allowances, tax credits and benefits - see the list of telephone helplines at the end of the guide.

Energy efficiency: improving the energy efficiency of your home will have real benefits in the long term - eg better insulation means cheaper bills! There are grants to help with the costs of making improvements. The guide explains what they cover, who is eligible and how to apply.

Switching supplier: you could save between £150 and £220 per year by switching your energy supplier and getting the best deal for you. Most people can switch, you won't need a new meter or have your supply disconnected and information is available to help you decide whether to switch.

*Nick Hodgkinson
Outreach and Development Manager
Leeds Citizens Advice Bureau
Tel: 0113 243 3339*

Leeds PFT work with the University of Leeds to provide the best possible patient care

This year Leeds PFT celebrated World Mental Health Day at the Becklin Centre, with a whole range of different activities to encourage positive mental health. The main focus of the day was the presentation for the plaque for stage 1 of the 'Practice Development Unit' (PDU).

This is a project that they have been working on with the University of Leeds to bring a major national initiative into our local NHS unit. The initiative works towards creating a centre of excellence for mental health services at the Becklin Centre.

The award is accredited to services that have the highest level of evidence based care and treatment. The unit is one of a handful in the country to achieve this status. There have been a number of new initiatives put in place since the introduction of the scheme including the swipe card system, the implementation of the no smoking policy and student reflective forums.

For more information about the PDU contact Linda Rose on (0113) 3056804 or email linda.rose@leedspft.nhs.uk

New Advice Service in Leeds Children's Centres

Leeds CAB, Chapeltown CAB and the Burley Lodge Centre are working in partnership to deliver a new outreach advice service in 30 Children's Centres across Leeds. This service is for people living in Leeds who are pregnant or who have a child under 5. It is funded by the Leeds Early Years Service.

The advisers can give generalist advice about all sorts of problems, including benefits, tax credits, debt, housing, employment rights, immigration and nationality, etc. To book an appointment, ring the booking line: 281 6703.

Volition research on the web

The report of Volition's research into the workforce development needs of the mental health voluntary sector, focusing on personalisation of health and social care services, is now available on Skills for Care Yorkshire and Humber's website. It is in the regional publications section: <http://yorkshireandthehumber.skillsforcare.org.uk>

And the report is of course available on Volition's website, in the personalisation section which includes lots of other useful resources: www.volition.org.uk/personalisation.php



Information is the oil that allows the machinery to work smoothly

Every time we talk about choice, we have to talk about information. When we look at personalisation then we can't avoid including the role of information. Information is a key element in effective working everywhere you look, whether it is to *enable informed choice, counter stigma and misunderstanding, promote good mental well being and reduce vulnerability and strengthen resilience*. All these words and concepts are informing today's mental health agendas. For everyone whether strategising, working or receiving services information is the oil that allows the machinery to work smoothly.

The directory and beyond

Information for Mental Health (IMH) has been developing ways that people have access to good, reliable, accessible, up to date information for over 18 years. We have built up expertise not only in ways in which people access and use information, but in how this fits with the workings of the local and national agendas. As well as leaflets, directories, and booklets, the website and other digital tools extend the reach and use of information.

- Website (new design in progress) including information about services and more in depth information about mental health issues: www.mentalhealthleeds.info
- *"How are you feeling?"* leaflet aimed at early intervention – found in libraries, doctors surgeries and other "non mental health" places.
- *Quick Guide* - directory for workers and service users and carers
- A booklet *"Information while you are in hospital"*, for in-patients
- The website now has video clips in British Sign Language with information for Deaf people with subjects such as "looking after yourself", "what to do in a crisis"
- Audio clips in community languages on mental health promoting subjects.
- Information leaflet for people bereaved by suicide and traumatic death.
- The lending library which holds hundreds of books, magazines, leaflets, policies and articles on a great range of issues.

Not only has the world of mental health changed during the lifetime of IMH but information and communication itself is unrecognisable from the early days. There has been an explosion of information and an exponential growth in the ways we get and give information and communicate.

Web2 - you may think you don't know what this is but I bet you know of (or use) Facebook, YouTube and blogs. Web2 is how people are communicating across the internet. And it is not just with computers; mobile phones are now used in many more ways than they were first thought of. You can pay your bills, be part of a network of like minded people, share photographs. If we take the idea of disconnection as the central issue in mental health then here are opportunities to enable connection. We are only limited by our imagination. It is already taking off in other parts of the country. Look at the mindblogging website, www.magmh.org.uk/mindblogging.htm to see how service users are supporting each other.

Kate Brown, mental health information development worker, is exploring web2 as a recovery tool. The paper directory is already a recovery tool, used by many service users, carers and workers. To follow Kate's thinking log onto her daily blog and see what she is discovering. Either click on Dysconnected on the home page of the IMH website or visit <http://dysconnected.tumblr.com/>

IMH manages to bridge the worlds of voluntary and statutory sectors as well as health and social care worlds. It is this overarching role that is IMH's strength. With its publications, exploration of new media, and paper based products IMH offers something that few other cities have. We will continue to explore how IMH can serve the diversity of stakeholders in Leeds as we move together towards greater inclusion, more meaningful activities, self determination, choice and recovery. The internet and especially our new website will make this even easier and effective.

Ruth Steinberg, Manager, Information for Mental Health
ruth.steinberg@imhleedsmind.org.uk
0113 275 2417

The Spring season of the Mental Health Lunchtime Forum will be held monthly on Thursdays, 12.00-1.00pm at the Touchstone Support Centre, Harehills Avenue LS8 4EX
19th February - The influences and consequences of mental health stories
26th March - What does the Dementia Strategy mean for Leeds?
23rd April - The new Mental Health Act – what's changed and how is it going?

Working Groups

Mental Health Expert Advisory Group & Mental Health Programme Board

Mental Health Expert Advisory Group December 2008

IAPT Project An update was given and was followed by careful consideration of a number of issues including the communities of interest and some issues relating to the tender such as timescale. Thought will be given to the possibility of champions for some communities, though there was recognition that this is a proposal to try out this model and all groups cannot be included now, but may be added later.

University Research Office Update

- ADHD Transition Project called in 3 months early due to other needs of the PCT.
- i3 project also called in early. Social Inclusion scores included but cannot be used as initially planned. Analysis will continue in-house by the
- i3/Realise team.
- Evaluation of Leeds Dual Diagnosis Network. Process mapping difficult due to ethical constraints and lack of coordination of information. This will be reported back to the PCT for action.
- Women's Mental Health Strategy – aiming to complete by March.
- IAPT looking at access to therapy and the satisfaction with the stepped care model. Suggestion to look at the impact of access on GP prescribing.

More details from:

www.leeds.ac.uk/lihs/psychiatry/courses/dclin/mhsro.html

Discussion was welcomed on the future on this resource. SUCRG suggested looking at the previous list of issues that they developed. Volition asked that the research priorities be linked in to the commissioning framework currently underway.

Enhancing the provision of the managed clinical (personality disorder) network

Tom Mullen presented proposals to extend the current provision for women by increasing numbers of care co-ordinators based at Crisis Resolution, adding two additional housing support workers and opening Dial House for two further nights each week. Training and awareness-raising were seen as essential components of a successful outcome and the KUF (Knowledge and Understanding Framework) will be rolled out free to facilitate this. The proposal was supported and will be forwarded to the Programme Board.

Service User and Carer Reference Group Update

– SUCRG is being reviewed by ASC/PCT, with Rachel McCluskey leading the review. The group contributed to the benefits review and is now listed as an organisation to consult. The employment and support allowance proposals are being discussed with LCC, DWP and CAB to help those with additional needs to get through the process.

Mental Health Programme Board January 2009

The group welcomed two new members both GPs, representing H3+ and Leodis (full list of members is available from Volition).

Terms of Reference for the group were signed off and a very useful mapping document outlining the working groups relating to the board was presented.

NHS Leeds - from 1st April the PCT's provider arm will be operating as an arms length organisation

Joint Reviews - Tabitha reported that the model used in the joint reviews is

seen as good practice and is being used within the PCT to develop policy and guidance in other areas.

Enhancing the provision of the managed clinical network was discussed under the 'Business Plans for Approval' standing item and Tom Mullen was joined by Fiona Venner from Leeds Survivor Led Crisis Service. There has been a 65% reduction in inpatient bed use since the network began, but a small number of younger women have very long inpatient stays which these proposals hope to address. There was a discussion about why the proposed development focuses on women. Women make up at least 70% of the network's client group (men with a diagnosis of personality disorder are more represented in the criminal justice services).

The issue of who makes the diagnosis was raised by one of the GPs and Tom reported that new guidelines are expected to clarify this and will probably drop the term Personality Disorder.

There was strong support for the proposal, which was seen as having additional benefits for other service user groups, but also recognition that such investment would mean shifting resources and may have to be incremental. It will now be considered by commissioners and it was suggested Supporting People should be involved in consideration of the housing component.

SUCRG pointed out that the above decision had raised process issues regarding how decisions on such proposals are made, which were taken on board by the chair.

Pip Goff, Volition

Provider Partnership Meeting

As previously reported, quarterly meetings between Adult Social Care, Leeds Partnerships Foundation Trust, Volition and Leeds Older People's and Learning Disabilities Forums are held in order to promote better partnership working and raise 'hotspot' issues as well give updates about current and forthcoming issues. The January meeting discussed personalisation, recovery, co-location and mentoring / befriending.

We have lacked Adult Social Care representation at recent meetings so welcomed John Lennon attending on behalf of Adult Social Care. He outlined Adult Social Care's new structure which will include new head of

service posts for mental health, health partnerships, older people, physical and sensory impairment and hospital services. Locality services will be aligned with the 10 area committees into 3 areas: north east and east; south and west and north west. Along with personalisation, learning from i3 and the POPPs programme, safeguarding will be high on Adult Social Care's agenda over the next year. This reminded us that all providers should be looking at their duty of care, though we also acknowledged the challenge of balancing safeguarding with the client centred focus of personalisation.

Pip Goff

Leeds Voice Health Forum

At the end of December the Health Forum held an event at the Cardigan Centre. Lucy Jackson from the Public Health Directorate of NHS Leeds gave a useful presentation on the Joint Strategic Needs Assessment, outlining key points. Five themes have emerged from all the information gathered:

- changes in population
- city-wide variation in health needs
- healthy lifestyles, including tackling ill health due to alcohol and drug use
- children and young people
- adults and older people.

The information confirms priorities set in the Leeds Strategic Plan, for example, improving mental health and emotional wellbeing; improving the quality of care services. New priorities have been set, including looking into the impact on health needs of the ageing population; targeted work on children and young people's health and

tackling infant mortality; targeted work to improve the health of specific groups of people; responding effectively to some of the challenges – obesity, drugs, alcohol, tobacco.

Participants then had the opportunity to discuss the JSNA, its themes and priorities.

This was followed by workshops on the 10 Priorities for the New Health and Wellbeing Plan 2009-2012, introduced by Christine Farrar from Leeds Initiative. Those who attended were asked for their contributions from a voluntary sector perspective, and one group looked at the draft actions to improve mental health and learning disability services, as well as improving assessment, care management and safeguarding arrangements.

Leeds Voice will produce a report from the event later this year.

Parenting Pathfinders and Pilots Digest

Parenting and family support is high on the agenda both nationally and locally. Leeds has been fortunate in bidding successfully to deliver a number of pilot and pathfinder projects designed to develop new and improved ways of supporting families to secure better outcomes for their children.

A digest has been put together to help those delivering and planning services in Leeds to understand what the different projects are setting out to do, and to enable collaborative working. It is available to download from the Children Leeds website.

The Family Support and Parenting Board needs to have an overview of this activity across the city, and so each

project has been asked to identify its reporting route to the board.

We want this information to be complete, current and as useful as possible, and therefore intend to update it on a six monthly basis.

If you are aware of any other pilots and pathfinders that need to be added to the list, please contact Jody Sheppard at jody.sheppard@leeds.gov.uk

Barbara Newton
Parenting Commissioner, Children Leeds
www.leedsinitiative.org/children

Reports

“The cake’s too small”: CSCI review of eligibility criteria

The Commission for Social Care Inspection (CSCI) has undertaken a review of the system for accessing social care services (Fair Access to Care Services - FACS). In October the findings of the review were published in ‘Cutting the cake fairly’.

A ‘cake’ was used to represent the finite resources local authorities have to provide support services. CSCI make clear that local authorities need higher budgets irrespective of how FACS is used to divide resources: “We are unable to avoid the conclusion that the key issue is not simply the criteria used to assess people’s eligibility...but the amount of resources currently allocated – the size of the cake itself.”

The most significant concerns raised in the review were that the FACS system:

- Lacked clarity, transparency and fairness.
- Perpetuated the service-led approach (rather than being based on people and their desired outcomes).
- Sustained a system which limited support to some groups of people through a risks-based approach.
- Worked in isolation from other services (e.g. health and housing) and from the inclusion and early-intervention agendas.
- Resulted in no information/support being provided to people who did not meet local authority eligibility criteria.
- Failed to adapt to service reforms/improvements (such

as personalisation).

‘Cutting the cake fairly’ is hard-hitting and states that FACS has also been misused to cut services seen as ‘low-level’ – which CSCI state: “has meant that some invaluable services have been cut.”

Recommendations of the report include:

- Eligibility criteria for accessing support be set in a broader context consistent with ‘Putting People First’ and offering some level of assistance and advice to everyone seeking support.
- FACS criteria be replaced with a system based on ‘priorities for intervention and supported by a clear distinction between the assessment of needs and the subsequent allocation of funding.
- A range of measures be introduced to support implementation of the new arrangements, including improvements to the initial response from local authorities to people seeking support.
- A standardised national resource allocation formula be established to assist the setting of individual budgets rather than each council devising its own system.

The report is available on CSCI’s website:
www.csci.org.uk

NHS Next Stage Review: what it means for the Third Sector

This summary of the Next Stage Review and how the third sector can be involved in local planning and service delivery was published in Dec 2008.

Primary Care Trusts and Strategic Health Authorities will now work together with NHS staff, patient groups, local government, third sector and independent sector partners to develop five year plans to improve the health of people locally. The duty is based on a formal assessment of people’s needs (Joint Strategic Needs Assessments) developed between PCTs, local authorities and other local partners to tackle the most important factors in improving health.

They will show a strong emphasis on partnership working between PCTs, local authorities and other partners (public, private and third sector – including social enterprise) to ensure that local health and wellbeing needs are better understood and addressed.

How can the Third Sector respond?

At the local level it is difficult for PCTs to effectively reach the plethora of organisations that could potentially help deliver ‘High Quality Care for All’. There is a requirement to involve the third sector in the joint strategic needs assessment. For this to be meaningful it requires the development of productive working relationships within the community. The third sector is encouraged to develop local partnerships and then proactively contact the local PCT. The third sector is also well placed to get involved in the wider aspects of service delivery, such as the role of voluntary organisations in supporting the involvement and consultation of service users and the broader population.

The report is available from:
www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_091821

Children and young people in mind: the final report of the National CAMHS Review

The independent Child & Adolescent Mental Health Services Review was commissioned to look at how mainstream and universal settings are meeting the educational, care and support needs of children and young people at risk of and experiencing emerging emotional, behavioural, psychological and mental health problems.

The review has looked at how CAMHS are meeting the needs of some of the most vulnerable children, with complex and challenging needs to ensure that they are delivered in a more integrated way. It has considered how we can deliver better outcomes for children with mental health problems and identified practical solutions to how those delivering, managing and commissioning services can address the challenges they face.

www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_090399

Tackling social isolation amongst older people in Leeds

The 2nd Edition of the Social Isolation Resource Pack is now available in paper or electronic format from Leeds Older People's Forum (LOPF). This is in the same style as the 1st Edition, but with additional or updated information, much of it provided by front-line staff.

LOPF also provide a Tackling Social Isolation Training Course for teams and organisations. To find out more contact Caroline Starkey on 0113 3804911 or email vsrg@opforum.org.uk

Major national study launched in Leeds

A national study will examine the best techniques for preventing young people from self-harming. The £4.5m study, led by the University of Leeds and NHS Leeds, will establish whether a regime of family therapy is an effective interventional technique for young people who self harm.

Funded by the National Institute for Health Research Health Technology Assessment (NIHR HTA) programme, the project involves 15 NHS organisations and three universities and will work with more than 800 young people and their families.

Professor David Cottrell, Dean of Medicine at the University of Leeds, is leading the project which starts early in 2009. It is hoped that the results of the trial will inform the development of consistent, safe and effective services for young people who self-harm across the UK.

"It's about helping young people to deal with their distress – and giving them the mechanisms for coping in a better way than self-harm," said Professor Cottrell.

National suicide prevention strategy for England: Annual Report 2007

This is the fifth annual report of progress for the suicide prevention strategy for England published by CSIP. It sets out achievements and activity in 2007 and 2008.

Download the report from:
www.nimhe.csip.org.uk/our-work/wellbeing-and-inclusion/suicide-prevention/annual-report-on-progress-2007.html

Mental Capacity Act materials

The Social Care Institute for Excellence (SCIE) has launched some new materials to support the implementation of the Mental Capacity Act (MCA) 2005. These materials have been commissioned by SCIE and the Department of Health with the aim of helping the people responsible for implementing the Act to understand its requirements.

The MCA is a complex piece of legislation and must be interpreted and implemented by a number of different professional groups, so a broad range of materials have been commissioned with the aim of providing support to all providers of health and social care.

Some materials focus on a particular field (e.g. end of life care, learning disabilities or mental health), others offer more general guidance. There are also links to information produced by other organisations, such as the Mental Health Foundation or Alzheimers Society. More materials will be added as they become available and the aim is to provide a "first port of call" for anyone looking for information about the Mental Capacity Act.

The materials can be found in the publications section of SCIE's website:
www.scie.org.uk

National Issues

New NHS Standard Contracts

In December 2008, the Department of Health issued new standard contracts for all mental health, learning disability and community services. These can be downloaded from the DH website.

New contracts are to be signed and in place from 1st April 2009. Initially, contract duration will be one year. During 2009/10, DH will be working with stakeholders to develop a three year contract for use from April 2010.

Contracts are lengthy. Clauses address the breadth of potential legal matters that could arise from contracting a broad range of services to a broad range of suppliers, from community groups to large trusts.

Working regionally with the SHA, statutory partners have identified key quality indicators that are to be used in all new contracts in Yorkshire & Humber.

On 16th January I attended a conference run by NHS Primary Care Contracting to explore the roll-out of contracts. Volition has electronic copies of all presentations.

So, how will this affect VCFS providers of NHS-funded community, learning disability and mental health services? It is unclear as to whether VCFS providers will have to sign standard contracts before 1st April. It is also unclear how contracts fit with World Class Commissioning (eg. integrated strategic commissioning with local authorities) and the provisions of the Compact (eg. short-term, annual funding). NHS Leeds inform me that they are currently investigating an alternative approach for contracting with the voluntary sector and that conclusions will be presented in due course.

*Jessica Parker
Business Development Director, Touchstone
jessicap@touchstone-leeds.co.uk*

Understanding the new NHS commissioning environment

The Department of Health recently held an 'Understanding the new NHS commissioning environment' seminar for strategic leaders in the Third Sector, to provide information about the critical developments in the NHS commissioning environment.

The objective of the event was to better inform Third Sector strategic leaders and enable them to support organisations in the third and social enterprise sectors to work with Primary Care Trusts and practice based commissioners.

The event covered the essential components of commissioning and system management within the NHS with a view to identifying and addressing the key opportunities and issues for Third Sector and Social Enterprise organisations and helping them develop the crucial knowledge needed for them to operate effectively in the NHS commissioning environment. The event was filmed and is available as a webcast on the DH website. See link below:
www.dh.gov.uk/en/Managingyourorganisation/Commissioning/Systemmanagement/DH_091089

Time to Change campaign launched

Time to Change is a national anti-stigma campaign which started on 21 January 2009. Originally known as Moving People, Time to Change is a partnership of Mind, Rethink and Mental Health Media, funded by the Big Lottery Fund and Comic Relief. This is the first campaign of its kind in England, and is a big step towards ending mental health discrimination. The next part of the campaign is aimed specifically at changing the attitudes and behaviour of the general public. There's lots you can do now and during the campaign to help ensure the campaign reaches as many people as possible.

How to get involved:

- Order free materials for your organisation or yourself at

- www.time-to-change.org.uk/get-involved/resources.
- You can also add campaign banners to your website.
- Find out what's happening in your area at :
www.time-to-change.org.uk
- Start a blog or join a forum at:
www.time-to-change.org.uk/experiences-views
- Go to Facebook and become a fan of Time to Change
www.facebook.com - search for Time to Change
- Go to YouTube, watch the campaign and films at
<http://uk.youtube.com/>
- Tell all your friends and contacts about Time to Change. Send them the link to the campaign website to watch films, ads and get involved: www.time-to-change.org.uk

Raising Expectations and Increasing Support

The Government launched the third phase of its welfare reform programme with the publication of a white paper *Raising Expectations and Increasing Support: Reforming Welfare for the Future* in December. This follows the consultation on the Welfare Reform Green Paper *No one written off: reforming welfare to reward responsibility* which was published in July 2008.

The White Paper details the Government's plan to create a simpler and more personalised welfare state, where welfare support is matched by greater responsibility and

higher expectations. Key measures include:

- Personalised conditionality
- Greater requirements to undertake work, training or other activity in preparation for work
- Giving disabled people greater choice and control
- Devolving power to private, voluntary and public providers.

To download the white paper visit:

www.dwp.gov.uk/welfarereform/raisingexpectations

Open Up launches new social networking website!

A brand new website, www.open-up.org.uk has been launched as part of the Time to Change campaign. Open Up is an interactive social networking site, a bit like Facebook. The site provides a unique space where people with experience of mental distress can meet, interact, and work together to challenge discrimination.

The aim of the site is to encourage and support people

who have experienced mental health problems to speak out about it on their own terms. Open Up believes that through communicating our experiences positively and constructively, we can confront prejudice and break down stereotypes.

For more information or support with using the site, please contact 020 7700 8171 or email open.up@mhmedia.com.

New network for perinatal and infant mental health

The National CAMHS Support Service (NCSS) has set up a National Perinatal and Infant Mental Health (PIMH) network to support professionals working in the field and improve delivery of services to mothers and very young children.

For more information visit:

<http://www.csip.org.uk/~cypf/camhs/perinatal-and-infant-mental-health/perinatal-and-infant-mental-health-pimh-network-for-england.html> where the website is being developed or contact pimh@cypf.org.uk.

New minister for disabled people

The On 6 October, Jonathan Shaw MP was appointed the new Minister for Disabled People.

"I am determined to sustain the momentum towards equality for disabled people by 2025," he said, adding he was also keen to "press ahead with the work of the Office for Disability Issues and the rest of Government on independent living."

Read his full statement on the Office for Disability Issues website at www.officefordisability.gov.uk

More than World Mental Health Day

Representatives from NHS Leeds, Leeds Partnerships Foundation NHS Trust, Information for Mental Health and Touchstone's Community Development Team for BME communities met in January to plan mental health promotion events for 2009.

Their aim is to provide a unified and consistent message of mental health promotion over 2009 – ensuring positive messages around mental health and wellbeing can be found across the cultural and community festivals held in Leeds over the coming year.

By building on successful partnerships established around planning World Mental Health Day, Leeds West Indian Carnival, NHS 60th Anniversary and Leeds Pride,

members hope to harmonise their messages, pool resources, and reach more people than ever before, from across the diverse communities of Leeds.

They hope to share the calendar and resources more widely over the next few months – keep watching this space. If you have any events you would wish to be included in the calendar, or ideas – please email jonb@touchstone-leeds.co.uk.

And remember: mental health is not just for October the 10th: it's for life.

Jon Beech
Coordinator, Community Development, Touchstone



Notice Board



End of an odyssey

The Odyssey Arts and Mental Health Group Annual General Meeting took place on Dec 4th 2008 at The Mount. Hilary Brosh, Chair, reported on the recent successful 'Growing Creatively' conference, and the current uncertain future of the group. The treasurer, Eleanor Hall, reported on the group's healthy financial situation.

No committee members stood for re-election and there being no other nominations, the group was no longer viable, and the dissolution of the group was proposed and seconded. The Odyssey Group therefore ceased to exist from this date, but ex-committee officials made a commitment to be responsible for the formal ending process of the group. This will be completed by March 31st 2009 and a further notice will be given to announce this, and where and how any Odyssey archive materials can be accessed.

Overcoming financial difficulty

An information leaflet has been produced for anyone seeking the details of various agencies working across Leeds who provide:

- Affordable credit
- Financial literacy
- Benefit advice & debt advice

If you would like a batch of leaflets to distribute to your clients/partners, please contact Sophia Ditta with quantities on 0113 39 51078 or email sophia.ditta@leeds.gov.uk

It is also available from the publications page on the Volition website.

Deaf Information Group (DIG)

This group meet fortnightly for tea, coffee and information sharing.

When: 9th Feb, 23rd Feb, 9th Mar, 23rd Mar, 6th Apr, 20th Apr, 11th May, 8th June, 22nd June, 6th July

10am till 1pm, in Starbucks coffee shop upstairs in Borders bookshop, 92-93 Briggate

For more information contact Gerard Cooper

E-mail: gerard.cooper@commlinks.co.uk

Fax: 0113 307 3901

Text: 0779 2186 332

SDS newsletter

Leeds Adult Social Care has published the first edition of Self Directed Support News, with information about the self directed support (SDS) project for staff across all partner agencies. The work on SDS in Leeds started in January 08, with the Executive Board's endorsement of the principles of 'Putting People First'. This is the document which outlined the vision for the way adult social care services will develop in the future.

The newsletter sets out the workstreams and lead officers for the SDS project, and gives an update from each. There's also information about the "early implementers" – a group of people who use services who are trialing the Leeds SDS model before it's rolled out more widely.

The newsletter is available on the personalisation section of Volition's website:
www.volition.org.uk/personalisation.php

A4MHD new member appeal

Advocacy for Mental Health and Dementia is a service user led organisation. We provide independent advocacy services for people experiencing mental distress, including dementia, across Leeds.

We want to increase membership of our charity, and particularly to invite people who have experienced mental distress, or used mental health services, to become members.

Members can bring ideas for development and vote on important decisions at our Annual General Meeting and so influence the direction of the charity. Members can also be nominated to the management committee.

Contact Annie French for more details:

Telephone: 0113 247 0449

Email office@a4mhd.org.uk or visit

www.advocacy4mentalhealth-dementia.org.uk

**Deadline for next edition of Volition:
Thursday 19th March**