



Ain't snow stoppin' us now!

Relationships for Change – Volition Members Away Day 2009

This year's Volition Away day in February was a great success, despite our two main speakers being unable to reach us through the snow! The most valued elements were: information and debate around personalisation; the opportunity for meeting, networking and discussing matters of the moment with colleagues and partners; and catching up on the bigger picture.

The morning workshops provided an excellent mix of debate, discussion and challenge on a range of subjects including: how social inclusion affects relationships with people we work with; the Recovery Star; working in partnership across sectors; preparing as workers for personalisation; and empowering culture.

In evaluating the event, participants identified what they want Volition to work on in the year ahead:

- personalisation
- commissioning
- cross sector working
- service user issues
- more of the same/ keep up the good work.

We asked whether participants feel Volition enables the mental health voluntary sector to have access to the most up to date information on best practice and whether Volition enables the sector to be informed about local and national strategy and policy. 90% of the 31 respondents said yes to both.

"Absolutely! The Volition newsletter and website are excellent sources of information."

"I can get an overview of what is going on as well as in-depth info on specific topics."

Thanks to all those who ran workshops and contributed throughout the day, especially Emily Brown and Helen Murray-Sharp from Together: Working for Wellbeing who stepped in at the last minute. Also to Dennis Holmes who responded to questions and concerns on behalf of Adult Social Care and Tabitha Arulampalam from NHS Leeds, who showed her support for the event.

"Just to say how impressed I was by the Volition day – it all seemed effortlessly well organised in a very friendly, efficient and understated way. I enjoyed the bits I took part in, and also seeing some familiar faces, as well as having some new conversations."

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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
28th May 2009**

Around Volition and City

People

Two new Vocational Outreach Workers at Working Minds – **Emlyn Hagan** and **Astrid Copeland** - will be working alongside other project workers in the community enabling people with enduring mental health issues gain access to training, voluntary placements and employment. Contact Astrid on 0113 2745165 or 07595 119 018, or email: astrid@workingmindsleeds.org.uk Contact Emlyn on 0113 2745165 or 07815206016 or email: emlyn@workingmindsleeds.org.uk
See page 5 for more about Working Minds.

Sarah Kirkland is now the Improvement Manager for the Third Sector at NHS Leeds, covering Rachel McCluskey's maternity leave until Nov 2009. Contact Sarah on 0113 305 7536 or email sarah.kirkland@nhsleeds.nhs.uk

Catherine Ward is the new Emotional Health and Wellbeing Lead at NHS Leeds contact her on 0113 3057547 or Catherine.ward@nhsleeds.nhs.uk

Jagdeep Passan is the new Executive Officer at Leeds Involvement Project (Jagdeep worked previously at Stop Hate UK and Touchstone). Contact Jagdeep on 0113 237 4508, textphone: 0113 237 4512 or email jagdeep.passan@leedsinvolvement.org.uk

And it's farewell to:
Miriam Scott who has recently retired from LAF Yorkshire, and Caroline Starkey has moved from Leeds Older People's Forum to Leeds City Council to take on the role of Principal Officer for Health and Well-Being in Later Life. We also say thank you, goodbye and good luck to Tabitha Arulampalam who has left NHS Leeds for a new role in Barnsley.

We are pleased to welcome two new Volition members: **The Place2Be** and **Zest Health for Life** who both joined Volition in March.

The Place 2 Be join Volition



The Place2Be is delighted to have been invited to set up a new project in South Leeds as part of the Targeted Mental Health in Schools initiative (TAMHS), and Volition is pleased to welcome them as a member.

The Place2Be is a national children's charity which has been providing a professional counselling service in primary schools since 1994. We work within schools to improve the emotional wellbeing of children, their families and the whole school community. The 'Every Child Matters' agenda is very much at the forefront of our thinking and strategy.

The children's service is delivered in three strands:

1. **The Place2Be** A one-to-one counselling service for children in their school environment
2. **The Place2Talk** A lunchtime self-referral drop-in service for all children in the school. Children can attend either individually or in groups for 15 minute sessions.
3. **Groupwork** Themed group work for up to eight children at a time alongside assistance in the delivery of circle time.

In addition, The Place2Be provides a service for the adults involved in the care of children in The Place2Be schools:

1. **The Place2Think** A consultation service for school staff to talk about an individual child or group of children who may be causing concern.
2. **The Place for Parents** A counselling service for parents/carers to think about their own thoughts and feelings about themselves and their children.

The Place2Be will be operating a start-up service in nine primary schools from April 2009 under the management of a School Project Manager, who is a fully qualified and experienced counsellor/therapist. The full service will begin in September 2009. This service is staffed by volunteer counsellors, students in their final year of training and qualified counsellors working towards accreditation. A full package of training and supervision is provided. The Place2Be are currently interviewing for volunteer counsellors and welcome applications.

Further information is available at www.theplace2be.org.uk
Alternatively contact Bernadette Broderick (Leeds Hub Manager) on 07590 486 087 or email bernadette.broderick@theplace2be.org.uk

Celebrating Creative Personalities

The first Celebrating Creative Personalities Festival took place in Leeds on 30 January 2009 at The Carriageworks, hosted by Community Links and organised by the user-led group Personality Plus.



The arts festival featured works by people who identify with personality disorders, through an exciting day of performance art, paintings, poetry, films, installations, debates, interactive workshops, and a series of original theatre performances.

It was attended by 150 people, including service users, professionals and members of the public. The aims of the day were to challenge public stigma around personality disorder and to start a creative arts network of people who identify with personality disorder issues.

Highlights of the festival included:

- Shoestring Theatre gave the world première of *That's not the way to do it!*, commissioned for the festival and written by Clare Shaw. The play tells the story of Mr Punch, his bad behaviour and attempts to treat him.
- *The Story So Far* was performed by Theatre Tonic, part of the Red Cape Theatre Group which won an award at the 2008 Edinburgh Fringe Festival.

- Leeds-based 1-in-4 Theatre Company showed a newly devised performance spanning the serious and the comic: *A Fairy Tale of Serendipity*.
- The festival showcased a series of short films including Bobby Baker's acclaimed *Life as a Pea* alongside moving films made during the launch of the exhibition at London's Tate Modern.
- Practising artists delivered workshops to encourage participants to express themselves creatively, including animation and writing.
- A series of talks helped people understand the working process of professional artists and give an insight into how creativity can aid recovery



The festival has started a Creative Personalities Network led by service users across Yorkshire and the Humber. The network is developing a series of creative projects.

Please contact Ray Middleton for further details at ray.middleton@commlinks.co.uk or join the e-bulletin list at www.commlinks.co.uk

Pathway Development Service – One Year In

The Pathway Development Service—the regional personality disorder service co-provided by Community Links, Leeds PFT and Humber MH Trust—is now a year old. Highlights from the first year include:

- Recruitment and set up of staff team, establishment of operational procedures and plan of work
- Extensive mapping of regional resources and relationship building with key partners
- Commencement of assessment process and support for implementing recommendations
- Staff reconfiguration to recognise and respond effectively to emerging accommodation needs and issues
- Establishment of dedicated website www.personalitypathways.co.uk
- Establishment of regional learning networks, and delivery of annual regional conference
- Delivery of range of training for cross agency providers
- Relationship building with Knowledge and Understanding Framework (KUF) Team, including training as trainers for future implementation.

The Pathway Development Service is commissioned to improve the pathways of people with a diagnosis of personality disorder. The service assesses people and formulates packages of support across Yorkshire and the Humber with a community focus, working with services who work with people who are high risk, high impact and high need. PDS works at the interface of forensic and non-forensic services and working partners include prison mental health in-reach teams, forensic case managers and medium secure services.

"The first few months were a frustrating, stimulating, scary and exhilarating journey. We have already achieved a lot, but we still have a long way to travel and I am looking forward to the road ahead."

– JR, Case Worker, Community Links

Responding to the needs of young carers

Barnardo's have recently been successful in winning the tender for delivering training to over 4000 front line health and social care professionals in Leeds.

'Young Carers – A shared approach to responding to the needs of young carers and their families' will seek to help and support practitioners to understand the reality of the young carer's role and its impact on their development alongside the ways in which practitioners can respond to a young carer's often unmet needs.

Barnardo's Willow Young Carers service has been supporting young carers in Leeds for 15 years. They will be heavily involved in the development and delivery of this training. In 2008 60% of the young carers helped by Willow Young Carers were supporting a parent with a diagnosed mental health issue.

This opportunity to help raise awareness and build the city's capacity to respond to the needs of young carers is vital if we are to reach more young carers and reduce the significant impact that caring for a parent can have on a young person's own education, physical, psychological and emotional well being.

For more information please visit www.barnardos.org.uk/willow or contact Brent Lumley, Service Manager, Willow Young Carers on 0113 240 8368 or via email on brent.lumley@barnardos.org.uk

The Big Gig!

The Big Gig, a joint open mic event, involving Leeds Mind Community Recovery Service, Stocks Hill Day Centre and Dosti Asian Womens' Support Project, took place under the banner of West Leeds Mental Health Forum at De Lacey House in January.

The Dosti Dancing Group got the event off to a graceful start. The Fair Play drummers gave us an upbeat performance and the afternoon ended with lively sets from Sound Health and Dream Police, plus a grand finale blues jam from anyone and everyone!

Musicians & poets from the Community Recovery Service and Stocks Hill gave a variety of excellent open mic performances. Musicians from the regular Arts & Minds open mic night, held on the last Wednesday of every month joined us. Delicious food was served throughout the afternoon, courtesy of CRS and Dosti.

The event was well attended, with standing room only at times and the event left all those who were there wanting more. Watch this space...!

Sue Smith
Leeds Mind Community Recovery Service

Dip into DISC's world

Zoe Patterson and Mark Darley from DISC would like to say a few introductory words to the Volition membership.

We work for DISC (Developing Initiatives Supporting Communities) delivering the Home Office initiative DIP (Drugs Intervention Programme) for Leeds. We currently manage a caseload of dual diagnosis clients, some of whom may benefit from links with other mental health specialists or services.

DIP's main aim is to reduce drug related crime through engaging clients involved in the criminal justice system into drug treatment for a short period of time. Our referrals come mainly via the prison system, or the Leeds arrest referral service. However, an individual may self refer to DIP by attending the drop-in at Mill 5, Mabgate Mills. Self referral clients must be over the age of 18, be a resident of a Leeds postcode, and be currently engaging in Class A substance misuse. As well as providing referrals to specialised drug treatment, we also provide support around housing, education, training and social support with the aim to develop independent living.

We would like to build links with other services who would be willing to work with clients with challenging issues and at different stages of rehabilitation. We often find difficulties in gaining relevant diagnoses and assessments for our client group due to their ongoing drug use. Therefore, we would be happy to receive any support or information about what current mental health services can provide for this client group.

Please contact us by any of the following methods:

DISC, Mill 1, 4th Floor, Mabgate Mills, Leeds, LS9 7DZ

Office: 0113 245 64 64

zoe.patterson@disc-vol.org.uk mobile: 07985 471741

mark.darley@disc-vol.org.uk mobile: 07984 161734

Listening to Women in Leeds

For 25 years WCTS has provided a counselling therapy service to the women of Leeds. It has offered long term work to women of limited financial means, giving priority to women who experience moderate to severe mental health problems. As the only women's only therapy service in Leeds, WCTS offers the possibility for women to see a female therapist. This can be very important to women for cultural reasons or due to their own difficult experiences, which often include domestic violence and/ or sexual abuse in addition to other difficulties.

The "Listen to Me" project ran from April 2006 – March 2009, supported by the Opportunities for Volunteering Scheme in partnership with the Department of Health and Volunteering England. The project:

- Offered counselling in 7 different settings across Leeds
- Offered culturally sensitive and socially inclusive services to women from minority ethnic communities and other women who face barriers in accessing services.
- Developed strong partnerships with Leeds Women's Aid, Leeds Housing Concern and Dosti Asian Women's Support Service.

17 volunteers together gave over 3000 hours to the project. Over 286 women were helped through a range of interventions including informal "pre-therapy" sessions to

get to know the counsellor before the formal assessment, short term and longer term therapy of up to 2 years.

Recruiting volunteers from BME backgrounds with appropriate level of training and experience, especially Black and Asian women, was a challenge we addressed. Additional funding through the NHS Pacesetters scheme enabled the recruitment and training of 2 Asian women trainee counsellors who continue to see clients at WCTS and can offer to speak with clients in a range South Asian community languages.

We held an extremely successful networking day "Listening to Women City-Wide: Developing a culturally sensitive counselling service" at the Playhouse in January. Over 60 people attended from different voluntary and statutory agencies to learn from each others' ways of working with women experiencing mental health distress.

Hopefully this project and this event will tie into strategic work in Leeds on women's mental health. WCTS has been enriched and become more diverse as a result of "Listen to Me." Our trainee counsellors offer a real opportunity for increased partnership between WCTS and the NHS to provide culturally sensitive counselling services to all women in Leeds.

Helen Swift, WCTS

Working Minds

It's been a busy year at Working Minds and we are really pleased to introduce two new project workers who will be building upon the successes of 2008. Emlyn Hagen joins us, along with Astrid Copeland and their contact details can be found on page 2.

Since April last year we have supported over 160 people referred to us requiring many different elements of support, including benefits advice, attending job shops, interview skills and work placements. The project helps people who have been receiving a mental health related benefit for two years or more and we accept referrals from health professionals, support workers and self referrals.

Many of our clients have been socially isolated for many months if not years, so it's really important that we try and bring together our clients to meet and discuss issues that are relevant to them. That's why we're launching another round of our self help groups to run until mid-May. Each week the group will meet to talk about topics such as the benefits of sleep and exercise, developing coping strategies, work or not to work and being the best that you can be. We've found in the past that these groups really improve confidence and work alongside the other support we offer.

We run weekly job clubs on a Tuesday at Technorth Family Learning Centre where project

workers are on hand to help clients search for jobs and volunteering opportunities and we are also working in partnership setting up the Work Well West job club.

Here at Working Minds we're also really proud of the developments we've made with our FREE mental health awareness training. The training can be tailored for each individual employer and we've already delivered training at Park Lane College, Barclays, O2 and Yorkshire Water, to name but a few.

For more information call us on 0113 2745165 or e-mail workingminds@workingmindsleeds.org.uk

Growing opportunities in the community



The Growing Zone is a working allotment garden project in Kippax, specifically developed for people with a range of special needs. Eighteen months ago it was a

derelict plot at the end of a lane of allotments; now it is a developing garden, a place to meet and make friends, a community of gardeners.

In February 2008 The District Allotments Federation kindly donated five allotments (1200sq ms) at their Gibson Lane Kippax site, for the use of this project for the next 25+ years. The intention is to build a garden that will accommodate people with special needs and where necessary their carers. June Perkin, the inspiration and driving force behind the project, has secured funding from a wide range of sources including Garforth & District Lions, Barclays Bank, Zurich Insurance, Leeds City Council and Grass Roots to develop the garden.

During March and April this year some major construction work will be completed – the toilet block, summerhouse and raised beds will be ready for painting and planting by volunteers by mid-late April. Wildlife, orchard, soft fruit and rockery sections have already been completed, and the polytunnel is packed full of seedlings, watched over by some very impressive scarecrows created by visitors to the garden.

A wide range of community groups already visit and work in the Growing Zone, including Daniel Yorath House, West Ardsley Day Centre, Rothwell Day Centre and Brighshaw College Kippax. All volunteers have ownership of the project. The Growing Zone now wish to make the garden available to people with mental health needs. In terms of socially inclusive activities, this project gets a green light as a mainstream community resource, available to everyone. The site is on the 166 bus route, and there is space for a minibus to park. There are no specific support workers, but all at the garden work within a socially inclusive, welcoming and accepting atmosphere. There are also social events for volunteers, such as a summer barbecue, trips out, a Halloween party and a Christmas lunch.



This is an amazing opportunity for anyone wishing to volunteer in a green and supportive environment, and for projects who would like to engage more with local community resources and the ecotherapy agenda at the same time. It is early days for this project, with much potential to learn from each other. To find out more visit www.growingzone.btik.com or contact June by email: diggerjune@talktalk.net.

Wendy Kennerley, Volition

Students think the Mind Matters

Thursday 5th February saw Leeds University host The Mind Matters Day, the UK's first annual student mental health event, run by new society The Mind Matters. Hundreds of students converged in the Riley Smith Hall where they enjoyed free healthy food, cups of tea and jazz DJ's whilst perusing stalls hosted by the likes of the University Counselling Centre and Leeds Mind. Also on offer were free massages, competitions, a huge inflatable, and the unveiling of Leeds' new Mind Your Head campaign. Feedback from students and staff has been overwhelmingly positive, suggesting that similar events could excel in other universities around the country.

The event was designed to encourage students and staff to become more conscious of their mental wellbeing, and the things they can do to support it. The Mind Matters, a society formed by students with a common interest in promoting positive mental health, believe the event can shift attitudes amongst young people.

They would like to thank all those who contributed to the success of the event. If you're interested in finding out more about what went on, or in running a similar day at your institution, you can contact the campaign manager at info@themindmatters.co.uk For more on the Mind Your Head campaign visit www.mindyourheadleeds.com

Community Links named national 'Best Company'

Community Links has been awarded star status in a survey of the best companies to work for. The award is based on the charity's first class workplace and high level of investment in its employees.

This is the second year in a row that Community Links has been awarded the coveted status by Best Companies, which, based on a survey of employees, ranks it among the best 500 organisations to work for in the entire country.

Best Companies 2009 is a national accreditation that evaluates employees' views and sets a high standard for other companies to aspire to. The Best Companies survey builds a comprehensive picture of employee views in eight areas including leadership, wellbeing and personal growth.

Jon Woolmore, Chief Executive of Community Links said:

"We are delighted to have been awarded star status by Best Companies for the second year running. Community Links is committed to maintaining its position as a first class organisation to work for. The work we do is completely focused on instilling hope and improving quality of life, which is why our employees find it so rewarding."

Do you need volunteer help?

If you could do with the input of a team of willing volunteers for a day, there's an organisation which may be able to help you.

CSV is a nationwide, not-for-profit organisation which promotes volunteering in a number of ways. One of the services they offer, through their Employee Volunteering section, is matching the needs of grass roots community organisations, to teams of volunteers from local companies who are looking for a "team challenge". A team challenge could be a practical task, like redecorating a meeting room, or giving the grounds a make-over, or it could be offering support to a client group, enabling an event to go ahead. Increasingly, companies are getting involved in work like this – known as Corporate Social Responsibility - because they recognise that it brings benefits not only to the local community, but also to them, in terms of building team spirit, boosting staff morale and PR.

How do you access this support?

CSV works with corporate clients across the country. They can't guarantee to have a team looking for a challenge in a particular area at a particular time, but if you would like to express interest in receiving help like this, please get in touch with the Employee Volunteering section, and tell them what you need. It is helpful if you can be flexible about exactly when the task gets done.

Contact details:

CSV, Employee Volunteering

237 Pentonville Road, London, N1 9NJ

Tel: 0207 643 1431

Fax: 0207 833 0149

Email: evadmin@csv.org.uk

www.csv.org.uk/services/employee+volunteering/

Healthcare staff give 'thumbs up' to local employers

Two Leeds based healthcare providers were shortlisted as top healthcare organisations to work for in the country.

St Anne's Community Services and Leeds Partnerships NHS Foundation Trust entered the Healthcare 100 awards in a bid to be recognised as one of the top 100 employers among UK healthcare providers.

The Healthcare 100 awards aim to celebrate the top employers in healthcare and were jointly run by the Health Service Journal and the Nursing Times, supported by NHS Employers. Entries were taken from both the NHS and the independent sector. The awards are based on the views of employees, taken from employee online surveys or questionnaires.

The survey provides healthcare organisations with an opportunity to benchmark their employment practice against other organisations in the same sector and in the overall healthcare market, as well as generating a prestigious list of the best healthcare organisations to work for.

Sharon Allen, Chief Executive at St Anne's said:

"We are naturally delighted with the recognition. We are extremely proud to be noted as a top employer within the healthcare industry. Making it to the Healthcare 100 awards ceremony is well deserved recognition for all of St Anne's dedicated and committed staff that provide fantastic services every day."

Steve Griffin, Interim Director of HR at Leeds PFT said:

"It is a fantastic achievement for the organisation to come so far in such a prestigious survey. Our employees are the people that make this organisation what it is today and we are very grateful for their continued hard work and support."

Working Groups

Mental Health Programme Board March 2009

The **Service User and Carer Reference Group** expressed great concern and dissatisfaction with the length of time the Review of their service is taking. The pressure and anxiety this is causing to group members was stressed; Tabitha agreed to enquire about revised time-scales and to seek to ensure that the report is available as soon as possible. The question about what happens to contracts that expire in 2010 was raised as there are concerns that the Review process and therefore any new commissioning decisions will not be complete in time to address this. Commissioners confirmed that they are acutely aware of this as an issue and looking at how to manage it. They will communicate directly with the providers affected within the next couple of months.

i3 Project Board Colin Roberts - Adult Social Care manager - presented the paper on completion of the work. He emphasised the interagency nature of the project whose purpose had been to modernise and personalise day services in Leeds. Reference was made to the work done to ensure service user involvement. Colin referred to the early implementer project in the North/North East – a collaboration between the voluntary and statutory sectors. Early findings from this pilot show people are being referred to community-based services rather than traditional building based provision with a positive impact on outcomes for service users. It is proposed that the Provider Task Group and Service User and Carer Forum continue for the next twelve months. It was confirmed that John Lennon is the lead officer in Adult Social Care (ASC) responsible for taking the modernisation work forward. It was pointed out that there

is a particular issue with ASC provision as a city wide provider. ASC has committed to implement the i3 model and sees an opportunity to achieve this as there is a workforce strategy review ongoing across service areas, which provides significant opportunity for restructuring. The focus will be on rebalancing community versus building based provision. ASC intends to remodel within the recently defined local authority boundary areas: North/North East, South/South East and East. Concerns were raised about the equitable spread of provision and how people moving between 'boundary' areas will be managed to ensure they are still able to access provision. Also that ASC plans pre-empt commissioners' ability to make decisions about the future provision across the city. It was noted that an early element of the i3 project had included employment issues. The employment workstream under the Social Inclusion Programme Board will now pick this up.

Mental Health Needs Assessment Fiona Day from NHS Leeds Public Health presented a paper. This was identified as a need through the work done to produce the Joint Strategic Needs Assessment for Leeds. York University has been commissioned to produce the needs assessment and they will produce an interactive data pack. It was agreed that the Steering Group for this work would become a Task Group of the Programme Board. It was agreed that the voluntary sector would be invited to send representatives to the Steering Group.

Work plan update was provided, main points of note were:

- **Mental Health Act Age** Appropriate sub-group established to ensure that no one

aged under 18 is placed on adult acute ward after April 2010. Work being done with CAHMS and plan to be in place by March 2010

- **Development of joint mental health commissioning plan** – working from the mental health strategy as a framework document, this work has been taken to the Priority Groups commissioning sub group and had a positive response. The work will include housing and especially Supporting People commissioners and will start looking at firm commissioning plans with possibly an early draft to the next Programme Board meeting.
- **Development of Mental Health Outcomes** – workshops are being arranged to disseminate and consult on work done, provider workshop is 20 May and service user workshop is 25 June.
- **Eating Disorders Project and Psychosexual service** – tertiary services for both these areas are being developed.
- **Attention Deficit Hyperactivity Disorder project** – LPFT have been commissioned to provide a time limited project with research undertaken by Leeds University.
- **Becklin Accommodation Discharge Project**, protocol should be ready by the end of March (see opposite for more detail)
- **IAPT** commissioning ongoing, final assessments should be completed by May. The point about funding being available primarily for salary costs and the potential for this to disadvantage voluntary sector providers who need to achieve full cost recovery was acknowledged.

The recent announcement by the government about additional resources for talking therapies in response to anticipated impact of economic downturn on mental health was raised. Details about what is being allocated where have not yet been provided.

The status of the Commissioning Sub-group of the Programme Board was raised, this is currently essentially commissioners from NHS Leeds and ASC but plans are still in place to recruit a paid service user representative.

The Expert Advisory Group is to be asked to put forward ideas to be approved at the next Programme Board for priorities to be raised with the Priority Groups commissioning sub-group.

The Regional Mental Health Commissioners Forum to be added as

a standing item for the Programme Board. Now that CSIP has disbanded much of the work they were doing around mental health has gone to the Y&H Improvement Partnership who have quite a significant resource for mental health and included in their work programme is Early Intervention Services, IAPT, Delivering Race Equality, mental health and employment and acute care.

Work is ongoing for the 'Autumn' Assessment, including the service mapping. Validation meeting for self-assessment anticipated in May. This year's themed review is likely to be on local delivery of NSF. Work is also ongoing on care pathways and packages, looking at establishing pricing models.

The new **standardised mental health contract** has been introduced as an interim measure whilst continuing consultation is carried out. Jane Wood

is leading on this locally.

Links between physical and mental health - LPFT is looking at links between physical and mental health and is developing a policy, which it would be useful to integrate across the city. Leeds and Bradford Universities are putting in a big research bid also looking at this area.

Catherine Ward has been appointed to the Public Health Information Manager role.

The Board thanked Tabitha for all her work with the Modernisation Team and Programme Board and wished her well in her new role in Barnsley. The Board also thanked Jane Hutton who has provided administrative support very effectively and is also moving on. Carol Cochrane will chair the Programme Board until Tabitha's replacement is appointed.

Sharon Allen, Volition Chair

Accommodation Pathways Review Project: Working to reduce delayed discharges

Following the two review meetings with stakeholders held last year, NHS Leeds and Supporting People funded a 6 month project with dedicated staff time with the purpose *"To undertake a whole system review of the accommodation referral and assessment processes for people in secondary mental health inpatient services; in order to make recommendations for service improvement."*

The project team led by Debbie Aitchison (LPFT) and Michelle Morton (Leeds City Council) have made significant progress in mapping the current issues, and drafting the framework for a new protocol. As part of the final stage they met in March with Supporting People funded mental health providers to give a brief overview of their findings and share the elements of the proposed protocol.

The meeting highlighted issues specific to housing providers (other meetings are being held with Becklin and Newsam Centre ward staff and Leeds Housing Solutions, formerly Homelessness Advice and Prevention workers).

Some of the headline issues that emerged from the meeting include:

- discharges delayed due to housing issues have increased significantly since 2007 and are currently around 100 people a month
- 30 - 40% of people in LPFT acute inpatient beds at any one time have some housing issues (out of around 100 beds)
- there is significant human and economic cost of discharges delayed by housing issues
- 38 Supporting People funded mental health projects provided by 12 providers currently have 21 separate referral processes
- single assessment process needs to be considered
- earlier identification of housing need is vital to improving the system
- more efficient use could be made of existing resources
- HAP (now Housing Advice and Solutions) could have a very much greater role - they currently see a very small proportion of inpatients

For a copy of the presentation or for more information please contact Debbie on debbie.aitchison@leedspft.nhs.uk or Pip Goff at Volition on 0113 2749585 or pip.goff@volition.org.uk

National Issues

New implementation tool for refocused CPA

The National Institute for Mental Health in England (NIMHE) has published an online 'Implementation self assessment tool' (iSAT) for the use of mental health service providers using the refocused Care Programme Approach (CPA). NIMHE developed this work in partnership with mental health trusts and a number of national organisations including the CPA Association, the NHS Confederation and the Healthcare Commission.

The Care Programme Approach iSAT supports mental health organisations with:

- Establishing standards for how care plans should be delivered
- Setting out how service users and carers should be involved in care planning
- Providing practical steps for implementation,

monitoring and review

- Helping boards to prepare for their annual health check by the Healthcare Commission.

Dr Hugh Griffiths, Deputy National Clinical Director, said: "This is a very practical way for any organisation providing mental health services to ensure that care plans are being delivered well and reliably. Use of the CPA iSAT will help them to set standards and improve the quality of care experienced by users."

In Leeds the self assessment is the responsibility of LPFT to complete but will be looked at in the multi-agency, citywide Care Planning Quality and Development Group.

Mental Health Providers Forum regional events

This year MHPF will be staging a number of regional events. This will be an opportunity for us to engage with our members around the county. It will also allow us to share what we do with to non-member organisations operating from across the different regions. We will be focusing on our Recovery Star and OATS work and other workstreams such as psychological therapies and employment, and the policy work we are doing around influencing NICE (National Institute for Clinical Excellence) guidelines.

Our first event, which we delivered with member organisations Mental Health Concern and Mental Health North East took place in Newcastle in February and was a great success. Over the rest of the year we are looking to stage additional events across the country, including Manchester on 22nd May with plans to reach the Yorkshire/Humber region around September. The Newcastle event was also an opportunity to get an insight on commissioning perspectives and priorities in the region.

If you would like to attend or participate in any of these events either as a service provider or a commissioner please contact Onye Imonioro, Communications and Membership Officer: o.imonioro@mhp.org.uk, tel 020 7803 1107

New from SCIE

SCIE guide 12: Making referrals to the Protection of Vulnerable Adults (POVA) list

The updated version of this guide from the Social Care Institute for Excellence aims to support people making referrals to the POVA list. While existing guidance is clear, its implementation can be challenging, with complex decisions having to be made at various stages of the referral process. This guidance is intended to support the referral process by addressing topics in the order in which they are likely to be undertaken in making a referral.

www.scie.org.uk/publications/guides/guide12/index.asp

The **SCIE Annual report 2007-8** is now available on www.scie.org.uk

Systematic map report 2: The extent and impact of depression on BME older people and the acceptability, accessibility and effectiveness of social care provision

Includes research on the experience of depression in various older BME populations and the use of services in the UK. In particular, it provides an overview of research on:

- the factors associated with the incidence of depression
- the languages used by different BME communities to describe depression, and the meanings attached to depressive symptoms
- the screening tools for depression used by healthcare and other professionals
- some types of interventions available to older BME people.

Despite the coverage of broad issues on depression in BME older people, the map highlights considerable gaps particularly around the issue of social care provision.

www.scie.org.uk/publications/map/map02.asp

Living well with dementia: The National Dementia Strategy

The government has published its 5 year strategy for dementia services, having identified dementia as a national priority. The Strategy has 3 key steps to improve the quality of life for people with dementia and their carers:

1. Ensure better knowledge about dementia and remove the stigma. One of the key messages in the Strategy is the need for better education and training for professionals.
2. Ensure early diagnosis, support and treatment for people with dementia and their family and carers. This includes giving people information they need as early as possible.
3. Develop services to meet changing needs better. These will be tested out, but are likely to include GPs having better knowledge and working side by side with mental health services; having personal dementia advisers; having one person who is responsible for dementia services in a hospital; helping people to stay in their own homes for longer.

17 key objectives cover information, diagnosis, a range of services, housing, workforce, and commissioning.

For more information: www.dh.gov.uk/dementia

A vision for mental health and wellbeing

'New Horizons' is a new strategy that will promote good mental health and well-being, whilst improving services for people who have mental health problems. It will build on the National Service Framework for mental health - widely acknowledged as the catalyst for a transformation in mental health care over the last ten years - which comes to an end in 2009.

New Horizons aims for a new approach with a focus on prevention and maintaining good mental health. Many services are already in place, which aren't normally considered as mental health services, but which could help promote public mental health and wellbeing and prevent future problems. Examples include school health initiatives, community arts projects, reading initiatives and sports projects.

There will be a consultation throughout the summer, with the strategy published later this year.

More information: www.dh.gov.uk
email: newhorizons@dh.gsi.gov.uk

New health and social care regulator for England

The Healthcare Commission, Commission for Social Care Inspection and the Mental Health Act Commission ceased to exist on 31 March 2009. The Care Quality Commission is the new health and social care regulator for England.
www.cqc.org.uk

National Mental Health Development Unit

The new National Mental Health Development Unit (NMHDU) will be launched in April, replacing the National Institute for Mental Health in England (NIMHE) and building on NIMHE's work. The new unit will take over some of the national programmes previously carried out by NIMHE, including IAPT, effective commissioning and promoting social inclusion.

For more information visit www.nmhdu.org.uk

End of CSIP

The Care Services Improvement Partnership ceased to exist at the end of March 2009. Much of CSIP's work in our area will be taken forward by the Yorkshire & Humber Improvement Partnership, but also by other programmes including the NMHDU.

Visit www.csip.org.uk and www.yhip.org.uk for more details.

CSCI The state of social care in England 2007-08

The Commission for Social Care Inspection published their fourth annual report to Parliament on the state of social care in January. It gives a comprehensive overview of the social care sector in England.

Headlines include:

- Progress on personalised care is patchy.
- Despite improvements, most people still experience a 'one-size-fits-all' model of care that is not geared towards their individual needs.

The full report, summary, and alternative formats of the summary are available from the publications section of the CQC website www.cqc.org.uk/publications.cfm then follow links to publications from previous commissions.



Notice Board



Have your say!

What outcomes would you like from your mental health service?

NHS Leeds and Leeds Adult Social Care (with support from Volition) will hold two workshops to present initial ideas and collect your views and comments.

The session on Wednesday 20th May, 9.30am-12.30pm, is primarily for workers and service providers, while the one on Thursday 25th June, 12pm-3.30pm is for people who use services and carers.

A flyer is enclosed in this newsletter and is available to download from the events page of the Volition website.

Open House Sessions

Leeds Survivor Led Crisis Service invite you to visit and learn more about Dial House and Connect Helpline.

Sessions run monthly on Wednesdays from 2.30pm to 4.30pm. They will be held on 6th May, 3rd June and 8th July, and other dates later in the year.

These sessions are useful for workers, students, volunteers...

Email survivor.led@slscs.org.uk or call 0113 260 9328 if you would like to come – our cosy rooms accommodate limited numbers.

Dosti's new website

The new website address is www.dostileeds.org.uk
Dosti's email address has also changed to hello@dostileeds.org.uk

Burmantofts Decaf

Do you live in or around the Burmantofts area?
Do you have dementia or care for someone who has?

On the first Monday of each month the Decaf in East Cafe meets at St Agnes Church Hall, 25 Shakespeare Close, Leeds LS9 7UQ.

Come along for a cup of tea and refreshments. Meet new people. Receive information and support from Alzheimer's Society staff who attend the cafe.

Contact Coleen Maltby on 0113 231 1727.

New Leeds mental health website

Leeds Partnership NHS Foundation Trust has launched a new website www.leedspft.nhs.uk It features an "I need help" button on the homepage providing information for people who need help in an emergency and "Browsealoud," a service designed to help people who find it hard to read.

Subsidised IT support available

VA-L's capaciTy Project, in partnership with Electroville, have been awarded funding over three years from Improving Reach to offer eligible groups in the region subsidised IT support.

This funding will allow capaciTy to provide bursaries to organisations with a turnover of less than £250,000 who work in the following areas: disability (including mental health), faith, asylum seekers/refugees, BME, rural.

The bursary will provide money towards the cost of a subscription for ICT support and training services over a three year basis.

To find out how your organisation can take advantage of this, please contact Nic Tortice, capaciTy Project Manager on 0113 297 7920 or e-mail nic.tortice@val.org.uk

Supporting Bereaved Children

Leeds Bereavement Forum present "The Case for Supporting Bereaved Children"
A conference at the Thackray Museum on Thursday 21 May 2009, 10.00am to 3.00pm (registration 9.30am)
LBF Members £20.00, non-members £30.00, unwaged £15.00.

To book please contact Leeds Bereavement Forum, Tel: 0113 225 3975, email: info@lbforum.org.uk

Understanding SHIP

The Self Help Initiatives Project (SHIP) offer free workshops on the SHIP model of self-help and empowerment. These experiential workshops are useful for workers, students and volunteers wishing to find out more about the work of SHIP and gain an understanding of the ethos of the project. The workshops run on the first Monday of the month from 10.00am to 12.00pm at Centenary House.

For an application form call 0113 245 9221 or Email: ship@leedsmind.org.uk

Eyes on i3

The latest edition of the i3 newsletter, The Eye, is available from the Volition website in the publications section.

**Deadline for next edition of Volition:
Thursday 28th May 2009**