



The Voice of
Leeds Mental Health
Voluntary Sector

Beyond surviving to thriving Ten years of Leeds Survivor Led Crisis Service

Leeds Survivor Led Crisis Service celebrated its 10th birthday this year by holding an event in November at the Carriageworks and a party at Dial House.

The doors to Dial House opened to visitors in November 1999, so it was particularly apt that the first ever visitor joined with some of the 813 other visitors, 5000 callers a year, volunteers, staff, commissioners, statutory sector partners and Management Committee members to celebrate this much-loved and highly-regarded part of the Leeds mental health community.

As you'd expect from LSLCS, the event was filled with passion and warmth. Beginning with a song written especially for the occasion, sixteen speakers and poets then talked about their favourite memories of the organisation: what they most value about it and what they would wish for it for the next 10 years. Emotion, laughter and pride ran high throughout, culminating in a play

written by Alex, LSLCS' Finance and Admin worker, and performed by visitors, volunteers, staff and the management committee. "Dial House, the Fairy Tale" brought together Snow White, Little Red Riding Hood, the Fairy Godmother (with the obligatory Dial House cat), seven dwarves, a wolf and two narrators who were sworn to truth and honesty, for a very tangible example of LSLCS' commitment to creativity, involvement and joint working.

In the evening there was a less formal party at Dial House with the themes of 'past, present and future' shown through a 'wish tree', photos, drawings and, of course, birthday cake. It was a fantastic day, with one very, very special surprise... LSLCS' fifth and most important award... given by the visitors of Dial House.



Emily Brown

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Contact us at:



volition

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**Deadline for
next edition of
Volition:
Noon, Thursday
11th February
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Around Volition and City

People

John Lawler, currently Chief Executive of Harrogate & District Healthcare Trust has been appointed Chief Executive of NHS Leeds from January 2010.

Rachel McCluskey is now back at NHS Leeds, returning to the role of Improvement Manager for the Third Sector within the commissioning team. Rachel will be working on Mon, Tues and Wed. Contact Rachel on: 0113 3057532 or email rachel.mccluskey@nhsleeds.nhs.uk.

Donna Kemp is the new CPA Development Manager at Leeds PFT. Contact Donna on 0113 295 2391 or email donna.kemp@leedspft.nhs.uk.

Keith Nicholson is the new Outreach & Social Policy Manager at Leeds CAB, which includes project management for the mental health outreach service. Contact Keith by email: keith.nicholson@leedscab.org.uk

Mike Peterkin is the Outreach Team Supervisor who has its day to day line management responsibility. Email: mike.peterkin@leedscab.org.uk

Liz Neill, formerly at The Market Place, has recently taken on a regional post with Young Minds within their VIK (Very Important Kids) project. Their aim is to increase the participation of children and young people with experience of mental health difficulties in influencing and shaping mental health policy, practice and provision. Liz will be working across Yorkshire & the Humber; she is based at Inkwel.

For more info, please call 07817771181 or email elizabeth.neill@youngminds.org.uk

Farewell to **Ann Richards** who leaves NHS Leeds for Devon in December. And goodbye to **Victoria Sinclair** who leaves Women's Health Matters in December, and will start a new post with Refugee Action in Manchester in January.

Leeds Involvement Project (LIP) has been renamed **Leeds Involving People (LIP)** following their AGM in November. We are pleased to announce that LIP joined Volition as a member in November.

VA-L and Voice Connecting Leeds Together

Connect Leeds is a database and a contact management system. It is a joint venture, between Voluntary Action-Leeds and Leeds Voice who, whilst we do different work within the city, predominantly work with the same groups and organisations.

Why have two, very similar, sets of contact information when we could have one? One that will hold much more information about an organisation, its activities, the localities it works in and the client groups its aimed at. One that will promote Third Sector activity, that will map out the services the sector provides and achieve more effective signposting of services between groups. One that will help to build a true picture of the diverse and vibrant Third Sector in Leeds, opening up potential funding opportunities by identifying gaps in service delivery. The benefits are endless.

We are also working in partnership with the Leeds Library and Information Service who currently run an online searchable database via the Leeds City Council website. Not only will your public information be searchable by people looking for your services, but wherever you update your details – VA-L, Voice or the Library – they will be up to date with all three.

How does it involve YOU? The Connect Leeds project aims to have every Third Sector group or organisation who works within the Leeds area on the database. You may already be on one, or all, of the three individual databases, but as we intend to share information between the three partners, data protection laws require us to seek your permission to do so. We have created a simple registration form which can be completed online or via a hard copy document. It will take around ten minutes to complete and focuses on your organisation - its activities, who it works with, how big it is and its use of volunteers. The more information you provide the better we can help to promote and support you and build a true picture of the sector in Leeds. Only one form needs to be filled in per organisation, however some projects may feel they stand alone – check our website for FAQs if you are unsure.

To join the database visit:
www.leedsvoice.org.uk/connectleeds.html or
www.val.org.uk/framesetvolsec.htm . For more information contact briony.pete@leedsvoice.org.uk - (0113) 277 2227 / sarah.freeman@val.org.uk - (0113) 297 7926 / keith.holdich@leeds.gov.uk - (0113) 247 8269

New Volition member: Zest-Health for Life

Zest-Health for Life is an independent company limited by guarantee and a registered charity. Its aim is to strengthen disadvantaged communities in East Leeds and reduce health and social inequalities in the area. Much of its work is commissioned by NHS Leeds but Zest also runs projects funded by a range of charitable trusts, statutory bodies and corporate sponsors, all aimed at improving health and wellbeing and addressing social isolation in some of the most deprived areas of East Leeds.

- *Physical Activity*: a programme of regular weekly activities such as line dancing, bowling, keep fit, gym sessions, walking group, chairbics and weight management
- *Healthy and Affordable Food*: Zest - the community greengrocer project, 5 a day cookery courses, healthy eating sessions, Year 11 food and mood sessions, Year 5

family cooking, healthy lunchbox sessions, community café, Food & Mental Health Project

- *Health Information*: NHS health trainers, healthy living roadshows and health events at venues across East Leeds
- *Happy & Healthy Communities*: supporting the development of community groups; organising community trips, social events and action groups, parents groups, emotional wellbeing groups and confident women courses.

Susie Brown

Project Director

Tel: 0113 240 6677

Email: susie@zesthealthforlife.org

www.zesthealthforlife.org

Spotlight on Success

The annual Arts & Minds Exhibition was held in October, attracting thousands of visitors at The Light shopping centre in Leeds. Over 40 artists with experience of mental health issues exhibited their work in the "Spotlight" exhibition. "It's a brilliant chance for our members to show off how good they are," said Tom Bailey, Arts and Minds Development Worker. Nine artworks were sold to members of the public – a real success for the artists, many of whom had not sold work before.

The exhibition took place over 10 days and included a special event for Light Night, a city wide celebration of the arts. Hundreds of members of the public took part in the Arts & Minds interactive display: encouraging people to become Superheroes to fight the stigma of mental health discrimination.

Participants of an Arts & Minds photography group exhibited their work and, with other members, helped organise the show. "I'm really proud of everyone involved," said one artist. "I've made some good friends." Comments from the public were similarly positive. One passerby said, "What a brilliant exhibition – so much talent here!"

Thanks to the staff at The Light shopping centre and all Arts & Minds members who contributed work and their time to help. The exhibition will be back next year!

Arts & Minds is network of people devoted to exploring the link between the arts and mental health. As well as the exhibition we run training workshops and hold events. Future dates for your diary are in the Noticeboard.

Time to change roadshow - tackling mental health stigma in Leeds

A national multi-media roadshow hit the streets of Leeds on 8th October with a strong anti-stigma message. The event was staffed by local mental health service users and the national Time to Change team. It gave people the opportunity to break down some of the misconceptions and stigma surrounding mental health.

Throughout the day hundreds of people visited the stands and picked up information on how they too could support Time to Change. Members of the public were encouraged to add their photograph to a 'visual pledge' to say that they will help to end the stigma that surrounds mental ill health. The photos will be included in a massive montage of

images being collected as the campaign travels across the country. Alternatively people can choose to sign up through the Time to Change Facebook page. Thanks to the efforts of the staff and volunteers on the day, more than 210 people signed up to the pledge on the day, beating the previous highest total at a roadshow of 144!

If you have a Facebook account become a fan of Time to Change then click on 'visual pledge' and add your support! www.time-to-change.org.uk/visualpledge

www.time-to-change.org.uk

www.stopstigma-leeds.com

Inkwell's Creative Beginnings

November the 3rd saw the launch of Leeds Mind's new Inkwell building with music, visitors and African drumming. During the first part of the year the team worked tirelessly to identify and secure dedicated studio space and office premises for the Creative Minds community arts project. We are delighted to say that we are immensely proud of the new space. At last the quality of the service can be matched by the quality of our surroundings, opening up endless possibilities for growth and development and ensuring we have the dedicated space that is essential for both staff and students to work to maximum effect.

After a busy summer refurbishing the former Shoulder of Mutton public house into an Arts Centre comprising extensive office space, a media suite, pottery space, individual studio space and a large multi-functional creative area; our classes in drawing, painting and pottery have resumed. We believe the new premises on Potternewton Lane in Chapel Allerton will help us ensure maximum growth in terms of our reputation, uptake and facilities with a wide range of activities, classes and workshops for individuals with mental health issues.

At Inkwell we believe that through our classes and activities we help to improve and maintain well-being and develop coping strategies and self-care skills which enable our students to regain confidence to move back into mainstream life. More and more studies show that natural creativity can help build and protect well-being and speed up recovery.

Our launch event was well attended by many enjoying the art works and events held during the day. It was made possible thanks to Leeds Mind, the students and countless volunteers whose input and hard work helped ensure the building was finished on time and to such a high standard.

We believe that the new premises with its potentially beautiful garden and studio space full of amazing art work and creativity has an energising atmosphere that refreshes all that walk through the door reinforcing the feeling that the service is about health and well-being rather than illness.

Mark Cruse
Creative Minds at Inkwell
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0113 3070108



Changes to Community Mental Health Teams

Following consultation, the adult Community Mental Health Team (CMHT) service is planning to undergo some change in its structure commencing early in 2010.

There are currently nine small CMHTs in the city. We intend to merge some of these to create five large teams which will be based alongside our Acute Community Services (formerly day hospitals). The bigger teams will provide a larger pool of staff that can absorb staff absences more readily, share expertise and specialist interests and ensure we match the correct skill mix to the geographical and population demand as required. This will also improve care delivery and communication within the teams.

These changes will also ensure people with longer term conditions can be supported by the teams with more

emphasis on recovery and vocational rehabilitation. The great majority of service users will not be affected by the changes, however around 7-8% of people will be transferred either to a new team or new consultant psychiatrist. Any changes will be discussed in advance with service users affected and any transfers of care will be managed through the Care Programme Approach (CPA) to ensure effective communication and involvement of the changes from all parties. Voluntary sector workers involved in CPA will be made aware of any changes impacting on their clients through the CPA process and at a workshop event in February.

Francis Denning
Service Manager
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Assessing risk in mental health services

Volition has been working closely with our members, Leeds Partnerships NHS Foundation Trust and other statutory colleagues to address issues around risk assessment. Issues were raised in recommendations published in June 09 relating to a Serious and Untoward Incident (reference 2005:2880) which took place in Leeds in 2005. Serious and Untoward Incident Reviews are conducted on behalf of the Strategic Health Authority where there has been a death or very serious injury. (See Volition issue 71 for more detail.)

After very careful consideration we've agreed that Volition members who work closely with LPFT should adopt the FACE risk assessment tool in order to improve joint working and empower voluntary sector workers at times of increased concern. Many voluntary sector organisations already carry out risk assessments so the issue here was agreeing to use the same format.

It was felt that by being involved in using FACE the sector could help improve risk assessment across the mental health community. It is accepted that FACE is clinically

focused, and not very client centred. But at least using the same tool across the city will improve identification and management of risk. Any risk assessment is only as good as the systems behind it and the people who fill it in.

We believe that FACE can be a useful tool to enable voluntary sector staff to have their concerns and assessments of risk taken seriously by statutory services. This should help prevent further serious untoward incidents.

Voluntary sector workers are likely to be completing the FACE assessment in collaboration with service users or following earlier discussions with the service user and colleagues. Training will need to incorporate a service user perspective.

A pilot training session for voluntary sector workers is being run by LPFT for Volition members on 15th January.

Please contact Pip at Volition for more information.

Plugging an advocacy gap in Leeds

Advocacy for Mental Health and Dementia are delighted to have successfully secured funding for an expansion to their mental health advocacy services in Leeds. Lloyds TSB have confirmed 2 years funding for A4MHD to begin working with older people who experience mental distress in Leeds, a long standing gap in advocacy services in the city. Recruitment is underway and we expect to start induction in January and begin service provision in February 2010. This service will run alongside our existing advocacy services for working age adults experiencing mental distress and adults of all ages with dementia.

Advocacy is all about supporting people to take action and speak up about decisions that are being made in their lives – particularly when people feel they are not being listened to, often because they have a mental health issue that can make it harder to speak up, or because of stigma and discrimination. Advocates can help people to think

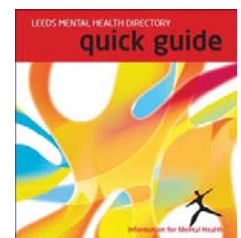
about what they want to say, decide how and where and to whom to say it, and hopefully achieve the outcome they want. Advocates can help through attending meetings with people, writing letters or making phone calls. The issue a person wants help with can vary enormously and may be in relation to accessing health or social care, particularly mental health services, addressing employment issues, financial or legal processes or family matters. Often advocates help people access other services that can better help in a given situation.

For more information, or to request leaflets, posters or a presentation on our services to service users and/or staff groups, please contact Annie French on 0113 247 0449, or email office@a4mhd.org.uk. Alternatively you can visit our new and improved website: www.advocacy4mentalhealth-dementia.org.uk where you can now submit enquiries online.

Have you got your Quick Guide?

If you work for a Volition member organisation and have not yet seen a copy of the Quick Guide in your office, then please contact Information for Mental Health: info@imhleedsmind.org.uk.

If you work for Leeds Partnerships NHS Foundation Trust, NHS Leeds, NHS Leeds Community Healthcare or Leeds Adult Social Care then please contact your line manager in the first instance.



Learning Well for Dementia

Leeds is developing a workforce strategy to meet the requirements of Living Well with Dementia, the National Dementia Strategy, particularly objective 13 concerning the workforce, which states that all health and social care staff involved in the care of people who may have dementia must have the necessary skills to provide the best quality of care in the roles and settings where they work. This will be achieved by effective basic training and continuous professional and vocational development in dementia.

Adult Social Care held an event in November for people involved in delivering or supporting workforce development, to discuss what should go in the local strategy. Following excellent presentations from Jenny Thornton, Strategic Partnership and Commissioning Manager, Older People's Mental Health and Dr John Holmes, Senior Lecturer in Liaison Psychiatry of Old Age at Leeds University, participants pooled their knowledge of training provision across all sectors, and identified gaps.

The Leeds strategy will be firmly rights-based, focusing on active citizenship, challenging age discrimination and linking to the dignity in care campaign. The national third sector task force has ensured that all local action plans will be open to challenge by the third sector and Leeds welcomes this as a route to involve service users and carers. The idea of having local dementia champions was popular, especially if there was a champion for the city who could act as a source of advice. Everyone agreed that staff in mainstream services, not just health and social care, require basic understanding of the needs of people with dementia. There was wide support for a national campaign to raise awareness.

Locally, there will be some funding for workforce development around dementia, which participants said should include practical skills, and opportunities to share creative ideas. As usual, Volition will keep you updated.

Have your say with the LINK

Do you want to have an influence on the Health and Social Care services that you or your community receive? After months of hard work to become established the Leeds Local Involvement Network (LINK) is now ready to start working on some health and social care issues important to Leeds.

Over the past few months the network has expanded as voluntary organisations, community groups and enthusiastic individuals from the public have come forward with an interest in helping to improve health and social care services.

The LINK will be looking at some issues within the following four workgroups over the next few months with an aim to let service providers know what the people of Leeds think and feel about them:

- Equality and Diversity
- Seldom Heard Groups
- Mental Health
- Maternity Services

The LINK needs the support and experience of people in Leeds to learn where the issues are and how to fix them! For more information about the LINK or to get involved please contact us! Call 0113 3885099, Email leeds.link@shaw-trust.org.uk or write to us at Office 27, Evans Business Centre, Burley Hill Trading Estate, Burley Road, LS4 2PU.

Gill Crawshaw is the Mental Health voluntary sector representative on the LINK.

Email: gill.crawshaw@volition.org.uk

What's new at Volition?

We have a new webpage to help keep you up to date with precisely that! The main issues for the Volition network are listed on <http://www.volition.org.uk/news> including details of our forthcoming annual conference, FACE Risk Assessment training sessions and the next crisis resolution workshop. Further down the page we also have the details from recent weekly bulletins. It has come to our attention that not everyone in our member organisations gets to see these weekly emails, so the information is now available from our website too.

As part of our ongoing ICT improvement plan this year we also have a blog under development. This is a good place to find out about consultations before the bimonthly newsletter comes out.

Please join us as we start our social media journey. Send us articles to share on the blog, comment on those consultations, suggest improvements. It's your space; we can't do it without you.

<http://volitionblog.wordpress.com>



IMH is feeling good!

We are coming up to our 20th Birthday in 2010 and there is a lot to celebrate. IMH today is very different from when the service was set up back in 1990. It came out of a service user led, volunteer initiative called LINX. The Leeds Mental Health Directory was one of the first things IMH produced.

Over the years we have not been content with just updating the information but have always strived to make the Directory relevant, accessible and a tool that aids recovery. This has also been a time of accelerating change in how information can be accessed and stored.

We have come a long way from the early days of a one-size-fits-all publication. From the first edition in 1991 to the latest 5th edition this year, we have taken something and built on its success, adjusting and changing as we go. It has developed into a family of interrelated products eg the Quick Guide, the on-line directory, the Hospital Guide etc. We have developed a sophisticated understanding that takes the quantity and sources of information, the diversity of people needing and using information and developed the directory into the flexible, up-to-date, multi-dimensional, trusted tool that it is today. We can now focus on what people need at different points in their recovery journey as well as who they are. IMH has matured so that we not only produce valued tools for people receiving and providing support in Leeds but also plays a strategic role in provision and development of services. As I have said in previous articles, wherever we are talking about choice, then we have to be thinking about the role of information in making that choice.

Another product in the Directory family is “**How are you feeling?**” a small paper directory produced in partnership with Adult Social Care that is found in non-mental health places such as libraries, doctors’ surgeries, and one stop shops. It fits very well with the increasing focus on prevention and early intervention. The design takes into account how scary and difficult it is for people to address mental health issues. The front cover is like a weather map, drawing on the way the words for the weather and fits nicely with feelings and emotions such as sunny, low, depressed, moderate, high, stormy. This has proved to be very successful and has had two print runs of 20,000 each since 2003.

It is time for a makeover. We have taken the original and given it a “clean and polish”. The Directory has been extended and we have incorporated the “Five a day” ways to mental wellbeing that were developed at the New Economics Foundation (NEF). This is an independent think-and-do tank that inspires and demonstrates real economic well-being. They have come up with “Five-a-day ways to mental well-being” which are:

Connect ... with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.

Be Active ... Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.

Take Notice ... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons.

Keep learning ... Try something new. Rediscover an old interest. Sign up for that course.

Give ... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.

(For the full version of “five a day” see http://neweconomics.org/gen/well-being_fiveways.aspx)

So how are **we** feeling? Twenty is a good age to be. Old enough to have built up a wealth of understanding and expertise in mental health, and in the use of information to empower and inform and young enough to be excited and motivated about a changing world that offers new ways of connecting, of sharing and accessing help and support when needed. **We are feeling good.**

*Ruth Steinberg, Manager
Information for Mental Health
www.mentalhealthleeds.info
<http://dysconnected.tumblr.com/>*

Working Groups

Mental Health Expert Advisory Group October 09

Dual Diagnosis Strategy Group – the project ends in March 2010 and a Dual Diagnosis report is expected in November. Jane Wood confirmed that the Project Manager Jaime Delgadillo is due to leave his post soon.

New Horizons – the response to this was discussed and specific concerns highlighted, notably the lack of levers and drivers to ensure its implementation.

Self Directed Support - Kim Adams from Adult Social Care (ASC) gave an update stating that progress is now gathering pace with focus on systems and culture change. There are 11 workstreams including communication, consultation, resource allocation System (RAS), brokerage, workforce, children and young people and commissioning and contracting currently running.

Currently the team are evaluating the early implementer project and looking at what is working and gathering information on service users' experience of the system. Concerns about the self assessment questionnaire not being user friendly are being addressed. Discussion took place around the risk of service users and carers losing money to brokerage/administration. Kwai Mo mentioned that staff need to be up to speed with this and require in-depth knowledge to support individuals. A training programme is underway to address culture change. Kim agreed that the long-term goal is to put everyone across to one system and allocate a personal budget to them.

With regards to mental health and the early implementer project, Kim explained that one person had decided to withdraw from the process due to a lack of support to manage his budget. Concentration on the initial stage of the process (ie assessment) meant that such issues have had less consideration. Social workers will get now be

working closely within day services which hopefully will provide a good opportunity to explore alternative options for service users via direct payments and exploring this safely. Ravinder Samra asked what will happen to ensure individuals who have difficulty speaking English understand the new system. Alison Lowe responded that ASC have a duty to provide interpreters.

Kim highlighted the peer support group for service users which also plans events and has a helpline service. The support group are in the process of setting up their own website; however Kim was not sure when this would go live.

BME Advisory Group – in relation to pacesetters funding via the LPFT, Chinese/Pakistani communities will be prioritised. There are four areas under race for health and one is mental health which Jane Wood is leading on.

PSA 16 – Jane Williams highlighted that the national employment strategy will be delivered imminently. The government remains committed to getting people back into employment and reducing the number of people on incapacity benefits. Jane mentioned Leeds work being done with the Sainsbury Centre. Locally PSA 16 is not a citywide priority so there are no targets yet. Dataset for PSA 16 in relation to mental health was issued on 30th September. Jane pointed out that accuracy will depend on how well the LPFT, who are responsible for collecting this, can input the data. It was agreed the focus is to set targets and implement better structures.

PCT update Jill Copeland will be leaving her post shortly and going to LPFT.

Pip Goff

Mental Health Programme Board November 2009

NHS Leeds update: John Lawler, currently Chief Executive of Harrogate & District Healthcare Trust has been appointed Chief Executive of NHS Leeds from January 2010. Prior to his appointment a number of organisational changes have been implemented including all of commissioning being brought together in one directorate. Carol Cochrane stated the importance of remaining focused on partnership working. Philomena Corrigan has been appointed Executive Director Commissioning and NHS Leeds is working to have

integrated commissioning teams. New posts are being created to engage more with Practice Based Commissioning. NHS Leeds has to submit their 5 year strategy for World Class Commissioning. Sinead reported that chief officers of voluntary sector mental health providers will be meeting with commissioners in the New Year to look at capacity, case loads, opening times etc. The importance of the voluntary sector as a key strategic partner in all of this work was acknowledged.

Regional Commissioners Forum Jane Wood fed back that regional money has been identified to take forward work to achieve objectives relating to PSA 16, improving employment & social inclusion particularly for people with mental health issues and/or a learning disability. Details on bidding processes and criteria will follow. Work is also ongoing to implement QIPP (quality, innovation, productivity and prevention), which was described as 'doing more for less'. There was also discussion about workforce planning.

Service User and Carer Reference Group – a review paper was presented with recommendations for the future working of the group ie that there should be a smaller group of representatives, more regular turnover of members including succession planning and an exit strategy for individuals. The group is to focus on attendance at the Mental Health Programme Board and Expert Advisory Group to provide expert advice and scrutiny regarding involvement and engagement of service users and carers on associated work streams, projects and meetings. Although independent from NHS Leeds, the role of the group is recognised as an essential element of the commissioning and planning assurance processes. To that end NHS Leeds will support SUCRG in managing any transition or resistance to their work. A wider group of people will be engaged e.g. recruited onto time limited project work etc.

Leeds Involvement Project will develop mechanisms for supporting wider involvement and engagement across all the user groups it facilitates, including mental health. Commissioners and providers will need to ensure that appropriate engagement and involvement of service users and carers takes place with funding of appropriate involvement will need to be sourced from a wider range of organisations. The MHSUCRG, via the MH Programme Board, is to be given the authority to request information about involvement on associated work streams and groups from partners.

The proposals were welcomed by the Programme Board and support offered to help achieve the necessary changes. Members of MHSUCRG spoke of the process they have been through to get to this stage and their optimism and appetite for taking the proposals forward.

Care Coordination and Quality Group Pip Goff attended and gave a progress report on the work and discussed links with the Programme Board. A review of the current work plan is being undertaken and next year's plan agreed. Pip advised that improvements have been achieved in relation to CPA advocacy as regular and constructive reports are now received by the group and fed in to the LPFT internal CPA group; the reports include examples of good practice and recommendations as well as raising concerns. The A4 MHD CPA advocate now attends LPFT internal CPA group. A city wide position on Care Co-ordinator capabilities has been agreed. Work is ongoing to ensure implications for CPA arising from the Mental Health Act and Mental Capacity Act are addressed. The new CPA guidance is a standing item on the group's agenda.

The findings of the National Service Users Survey have been discussed. It was recognised that a lot of positive work has been done and real progress made. It was agreed that the Programme Board will receive an annual update from this group with reports as required.

Joint Reviews Sinead gave an update. Leeds Survivor Led Crisis Service and Touchstone's reviews have been completed. The findings are going to Adult Commissioning Board. The next and final review is the LPFT Carers Service.

It was agreed to look at a work programme for the board for the coming year.

*Sharon Allen
Volition Chair*

Volition members' Star performance around recovery

The Mental Health Provider Forum's Recovery Star is a tool for supporting and measuring change when working with adults of working age who are accessing mental health support services. Volition members Dosti and Touchstone feature prominently in the recent evaluation of the Recovery Star <http://is.gd/598uv>

Both organisations tested the Recovery Star's effectiveness in planning and measuring recovery with people from South Asian and Chinese backgrounds –

considering:

- the accessibility of the tool's language
- the cultural relevance of the tool's conceptualisations of mental wellbeing/recovery
- how effective the Recovery Star was at addressing the cultural needs of different BME groups

A summary of the findings can be found at: <http://is.gd/596YC> (PDF, 1.3MB)

Cities collaborate on mental wellbeing: Core Cities public health collaborative, October 2009 Birmingham

This was part of a series of events, where public health practitioners and other colleagues from the eight "core cities" (the major cities in England other than London) get together to share practice and progress their thinking. This particular event had mental health and wellbeing as the theme, focusing on how to measure wellbeing amongst the population.

I represented Leeds Voice Health Forum at this event, as part of a team from Leeds which included representatives from NHS Leeds, Leeds Partnerships Foundation NHS Trust, Adult Social Care, the Mental Health Service User and Carer Reference Group, Education Leeds and Leeds University.

The key message was: Mental health is everyone's business. In keeping with this, our warm-up discussion was an attempt to define mental wellbeing. Needless to say, social factors such as good housing and financial security were seen as vital, as well as feeling fulfilled, supported and able to participate in community life and activities.

Dr Jo Nurse from the Department of Health outlined the public health framework "Flourishing people, connected communities", for promoting good mental health, which has been issued alongside *New Horizons*:

- Ensure a positive start in life
- Build resilience from a safe, secure base
- Integrate physical and mental wellbeing
- Develop connected, sustainable communities
- Promote meaning and purpose.

The Department will now gather information and evidence

on different interventions, to see how effective they can be, such as reducing poverty, promoting parental mental health and parenting skills, promoting creativity, including involvement in the arts, community participation projects, especially around developing green spaces, and improving access to psychological therapies. Hopefully they will look at evidence from Leeds in promoting creativity, such as the Arts and Minds network, Leeds Mind's Inkwell project, Artlink, Skipkko and much more.

A marketplace session gave us chance to hear about a highlighted project from the other cities, a few had chosen employment projects. Leeds spotlighted work in schools and Leeds University.

Measuring public mental health seemed to be a challenge, so we began to discuss a way forward in groups so that results could be collated.

We also had the opportunity to visit one of a number of local projects, mostly voluntary sector projects. I visited My Time, a great organisation that is based in a very diverse community, providing counselling and other therapeutic activities, including arts and gardening. They work with BME communities, refugees and asylum seekers, but are open to all. Feedback from all the visits was extremely positive, so hopefully colleagues from the NHS and local authorities will remember the excellent work and value for money that the voluntary sector can provide, to really benefit people's wellbeing.

Gill Crawshaw, Volition

Practice Development Unit Steering Group

Lots of interesting work is happening at Leeds PFT in relation to improving service delivery. Following the NHS Institute's *Releasing Time to Care: The Productive Ward*, all staff are involved in reviewing how things are done to enable ward staff to increase the time spent on direct patient care. For more information visit www.institute.nhs.uk/quality_and_value/productivity_series/productive_ward.html

There has been good "buy-in" from staff who are very positive about the initiative.

Ward 4 at the Newsam Centre has had an encouraging first report in terms of progress to achieving the award.

Now that PICU (Psychiatric Intensive Care Unit) also comes under the adult directorate a decision will need to be made about whether it too needs to achieve the award. It is too late for the unit to be included in this round of accreditation within current time frames.

It would be good to hear anecdotally the impact of all this hard work on the patient experience. I can take any feedback to the meeting on 8th December or the next meeting to be held early in 2010.

Ruth Kettle, Community Links
ruth.kettle@commlinks.co.uk

Dual Diagnosis Project Update

The central aim of the Dual Diagnosis Project has been to enhance collaboration between mental health and addiction treatment services through the development of a city-wide partnership and care pathways. Jaime Delgadillo left his post as Dual Diagnosis Manager in early October. Much work has been achieved to meet project plan objectives including:

- Organised and established a specialist dual diagnosis training course in collaboration with the Leeds Addictions Unit
- Organised and established a regular practice development forum
- Establishment of an effective multi-agency network
- Developed local protocols and guidelines
- Developed the website www.dual-diagnosis.org.uk as an on-line resource.

The website is a resource to support communication and liaison between partner services in Leeds and to ease the dissemination of information on local developments. It contains information on training, contacts, local protocols and pathways, developments in the field.

Over the course of 2½ years, 25 services in Leeds have encouraged and supported named staff members to become involved in the DD Network. A detailed list of service providers and named practitioners can be accessed on the web-site: www.dual-diagnosis.org.uk/contacts_15.html

A Dual Diagnosis Sustainability Plan has been produced detailing further areas of work to be completed and it is envisaged that a replacement post will be recruited to shortly to continue this city-wide work.

Thank you very much to Jaime for the enormous amount of work he has inputted in partnership with key stakeholders to build the foundations of effective dual diagnosis services in Leeds. Good luck in your new role with the IAPT development.

Karen Newsome
St Anne's Community Services
tel 0113 2816921
email: karenn@st-annes.org.uk

Social Inclusion and Diversity Forum

The purpose of the forum, led by Leeds Partnerships NHS Foundation Trust, is to inform the implementation and development of the Trust's plans for equality and diversity as well as recovery and social inclusion. It aims to provide a space to share learning together and to initiate real change.

Membership is comprised of a diverse group of individuals from within the Trust, external partners, service users and carers. New members are always welcome. The focus of the quarterly workshops is decided by the members.

Our second workshop took place at SHINE in Harehills on 15th October. The event focussed on the recruitment strategy within the Trust with an animated and interactive session with participants discussing the various stages of recruitment. It enabled participants to make suggestions on how each of the stages could become more inclusive specifically in relation to the equality strands – (race, sexual orientation, gender, transgender, disability, age, religion or belief).

Additionally, a fun and interactive session promoting the Time To Change campaign enabled participants to make a pledge demonstrating how they would challenge stigma and mental health discrimination. Feedback received from participants was extremely encouraging; with the general consensus agreeing that the event was inspiring, refreshing and insightful amongst many other positives.

We welcome new participants from partner organisations to join our forum, however service user and carer involvement is restricted only to those accessing Trust services. You do not need to have a background in social inclusion or diversity/equality – just an open mind and an interest in these areas.

For more information or to register for future events, please contact LPFT's Diversity Unit at St Mary's House: 0113 2954413, e-mail: diversity@leedspft.nhs.uk

West Yorkshire Police Equality and Diversity Consultation

West Yorkshire Police and West Yorkshire Police Authority are carrying out a consultation to refresh their Equality Schemes. It is aimed at organisations and community groups who work with people protected by equality duties or anti-discrimination laws. This includes people with mental health needs.

The deadline for responding to this consultation is Friday 15th January 2010.

For more information and the consultation document see www.volition.org.uk/news

Reports

National service user survey results

In 2009 the Care Quality Commission (CQC) carried out the first ever national survey of people who had recently had an inpatient stay for acute mental health problems and collected responses from over 7,500 people. The survey asked people all about their experiences of acute

inpatient mental health services from admission to leaving hospital. Download the full report of national findings from <http://tinyurl.com/yhnec4l>
Leeds PFT's results can be found at: <http://tinyurl.com/yj8uwt5>

SCIE Personalisation briefing - implications for voluntary sector service providers

The managers of voluntary/third sector service providers have a critical leadership role to play in ensuring a personalised approach to social care service delivery and in monitoring person-centred outcomes for the individuals using the services.

This briefing from the Social Care Institute for Excellence examines the implications of the personalisation agenda for voluntary sector service providers.

www.scie.org.uk/publications/ataglance/ataglance13.asp

World Alzheimer's Report 2009

This report by Alzheimer's Disease International presents new accurate global figures about dementia and its impact. The organisation has identified raising awareness of dementia amongst the general population and health workers as a global priority. The principal goals for dementia care are early diagnosis; optimising physical health, cognition, activity and wellbeing; treating behavioural and psychological symptoms; and providing advice and support to carers.

The report recommends that the World Health Organisation and national governments should declare dementia a health priority. Countries with a high income

should develop action plans and allocate resources. Services should reflect the progressive nature of dementia and should allow equality of access for all communities. There should be more collaboration between governments, people with dementia, carers and non-governmental organisations. Finally, there needs to be more research into the causes, prevalence, impact and prevention of dementia.

The report is available at: www.yhip.org.uk/resources
For more information about Alzheimer's Disease International, go to: www.alz.co.uk

Vision for Leeds

The Leeds Initiative has started work on a new Vision for Leeds, which will look at the long-term needs of the city between now and 2030. The Leeds Initiative Executive agreed that a new Vision should be commissioned given that we are now living in a climate that has radically changed environmentally, economically and demographically.

The first steps in developing the new Vision were taken in June at a meeting of the Leeds Initiative Assembly. Additional research carried out over the summer led to the development of a paper which sets out 'Where are we now?'

This aims to be the starting point to encourage thinking about what should or should not change in the future. The issues reflect what Leeds Initiative believes are essential issues to consider in relation to the new Vision, but will not necessarily be the final themes that emerge.

A Vision Steering Group will begin meeting in early 2010 to direct the work and ensure that all partners are able to contribute. There will be consultation on the draft Vision during summer and autumn next year. In the meantime, you can find further information at: www.leedsinitiative.org/visionforleeds and join the online forum.

National Issues

New Horizons

In 1999 the ten-year National Service Framework was launched and has helped more people to have the right treatment at home, rather than hospital, reduced the number of suicides and improved treatment for people with mental health needs.

Over the last two years the Department of Health has talked to people with mental health problems, carers and mental health staff about what next. From July to October 2009 a public consultation was held, called New Horizons in Mental Health.

The Government has looked at what people said in response to the New Horizons consultation and plans to publish the final New Horizons approach before the end of 2009.

Volition held a consultation event for members and discussed the document with directors and colleagues from the Modernisation Team Expert Advisory Group. Our key points were:

- That it is good to see this policy convergence in mental health
- It has very positive themes and direction but appears to lack levers and drivers
- Specific inclusion of personality disorder is very welcome, as is the emphasis on grass roots workers having a say

- Volition is concerned re lack of profile of issues for black and minority ethnic communities in the document – this has perhaps had to give way to other diversity issues including addressing needs of older and younger people which is very welcome but balance is needed.

For more information about New Horizons see:
www.dh.gov.uk/en/Healthcare/Mentalhealth/NewHorizons/index.htm

For the full Volition response see:
www.volition.org.uk/news.php

NEWSFLASH: The final version of New Horizons was published on 7th December 2009.

Headline issues include:

- Tackling depression is a priority. Depression is a huge public health challenge – it affects one in six people and causes one of the main disabling conditions in this country.
- An emphasis on early detection and effective early treatment for all age groups.
- Improving the mental wellbeing of children. School-based counselling services are to be rolled out nationally next year.
- Funding into research into mental health is to be tripled.

Evaluating the effectiveness of psychological therapies

The Mental Health Providers Forum (MHPF) is running a project to explore the range of psychological therapies that are available, how, why and who they work for, and how you can measure their effectiveness.

This work is very timely, with Improving Access to Psychological Therapies (IAPT) and acknowledgement within NICE guidelines that talking therapies are as effective as pharmaceutical alternatives. Over the last 70 years a broad range of therapies have developed, offering considerable choice to individuals who may have different requirements from psychological therapy at different stages of their lives.

MHPF is working with service users, mental health charities, scientists, philosophers, social researchers and practitioners to explore the case for a more inclusive methodology that allows for the fair evaluation of a broad range of therapies. There will be four Panels to debate and formulate proposals for alternative methodologies:

- Service User Perspectives Panel: to consider what patient choice means, outcomes from a patients

perspective, and recommendations for a methodology to investigate patient perspectives

- Campaigns Panel: to have oversight of the other panels, pulling together strands of the case and raising awareness of the issues
- Science Panel: to review Randomised Control Trials, outlining limitations of current NICE methodology and make recommendations for a more inclusive methodology combining quantitative and qualitative approaches
- Philosophy Panel: to consider the value of a diverse range of psychological therapies and their benefits to the individual and wider society, together with the consequences of the imposition of one 'state model' of the mind.

If you're interested in joining one of the panels, or for more information about the project contact Beth Collier, Project Consultant, b.collier@mhpf.org.uk, 0207 803 1185 or go to the "Our work" section of MHPF website:
www.mhpf.org.uk

What is the Vetting And Barring Scheme?

By Kathy Faulks, Small Groups Development Worker at Voluntary Action – Leeds,
from information approved by Leeds Safeguarding Children Board

This new government scheme to prevent unsuitable people from working or volunteering with children and/or vulnerable adults has been in the news a lot recently. The Vetting and Barring Scheme will be run by the Independent Safeguarding Authority (ISA) and the aim of that organisation is to increase the safety of children and or vulnerable adults. The Vetting and Barring Scheme will not replace Criminal Record Bureau checks; they will continue.

From July 2010 all new employees and volunteers who will be working with children and/or vulnerable adults in a regulated activity can register with the ISA. A regulated activity is of a specific nature like teaching, is in a specific place like a school and includes defined positions of responsibility like school governors.

From November 2010 all new employees and volunteers who will be working with children and/or vulnerable adults

in a regulated activity must be ISA registered. Members of the existing workplace will be phased into the scheme from January 2011.

Please be aware that there are legal obligations upon organisations to comply. Full details are contained on the Independent Safeguarding Authority website. Individuals in paid employment will pay £64 when applying for ISA registration. But in most cases, a CRB Enhanced Disclosure will be included in the process. There will be no fee for volunteers.

If you think that your organisation may be affected by this new scheme you can find out more at: Independent Safeguarding Authority www.isa.gov.org.uk or call the Contact Centre: 0300 123 1111.

If you want to access a training course contact Karen Shinn, Leeds Safeguarding Children Board on 0113 395 2121.

Research declaration launched

The Mental Health Foundation has joined with the Institute of Psychiatry, King's College London, to launch Research Mental Health - a joint initiative to raise awareness about the importance of mental health research in the UK.

A declaration was launched at Number 11 Downing Street in October. It calls on the Government, the National Health Service, funding bodies, research institutions and the general public to treble the level of investment to £200m a year over the next five years. With proper research, the

breakthroughs necessary for new treatments for mental illness could be made in the next 20 years.

The declaration has widespread support from a number of leading scientists and public figures including Alistair Campbell, Ruby Wax and Stephen Fry.

The Mental Health Foundation hopes to reach 10,000 signatures to the declaration before the end of this year. To find out more and show your support of the declaration visit www.researchmentalhealth.org.uk

Commission on Personalisation

ACEVO (Association of Chief Executives of Voluntary Organisations) has launched a commission looking at the personalisation of public services which will report to the government in autumn 2010.

The Commission on Personalisation is looking at the various reforms underway to personalise services (e.g. through individual budgets), what the third sector's contribution could be, what the implications are for the sector, and what can be done to support the sector to seize the opportunities and address the challenges associated with personalisation.

The Commission contains a number of ACEVO members

in addition to senior officials from the Cabinet Office and Department of Health, representatives from think tanks (Demos and Policy Exchange), in Control and Dame Denise Platt.

The Commission has run consultation events with ACEVO members and produced its first briefing. The briefing offers a comprehensive overview of the current state of play within the personalisation landscape and personalised funding methods in use.

More information visit: www.acevo.org.uk or contact ralph.michell@acevo.org.uk

Mental wellbeing of lesbians, gay men, bisexuals and transgender people

The National Mental Health Development Unit (NMHDU) have commissioned a review of the range of web-based information, support and advice services for lesbians, gay men, bisexuals and transgender people (LGBT) in delivering preventative services leading to an improvement in mental health and wellbeing. This review will also include scoping how mental health and other support services work with LGBT people, including data collection and monitoring. This project has been commissioned through the national suicide prevention strategy implementation programme.

Organisations representing lesbian, gay and bisexual groups had expressed concern that the suicide prevention strategy for England did not address the disproportionate levels of suicide and self-harm among these groups (particularly young gay men). A recent study examining the mental health and social wellbeing of LGB groups in England and Wales concluded that levels of substance use disorders were higher in gay men and lesbians.

Results also showed that gay men and lesbians reported more psychological distress than straight people.

In addition, an earlier literature review highlighted that there were higher rates of mental distress, substance misuse and suicidal behaviour or ideation amongst LGB groups than their heterosexual counterparts. LGB people are now included as a specific group who have special needs under goal two of the strategy (to promote the mental wellbeing of the wider population). The Department of Health is also considering adding transgender people within this priority.

If you know of any particular positive practice in providing services for LGBT people please let Tim Franks know by emailing tim.franks@pacehealth.org.uk
For more information about this project contact Keith Foster at NMHDU on 07766 780876 or email keith.foster@dh.gsi.gov.uk or keith.foster@nmhdu.org.uk

Other recent national publications

In addition to **New Horizons** (see page 13) the Government also launched three other strategies on 7th December as part of a radical overhaul of support for people with mental health conditions:

Working Our Way to Better Mental Health:

A Framework for Action is the first GB wide Mental Health and Employment Strategy.

Realising Ambitions: Better Employment Support for People with a Mental Health Condition is a review commissioned by DWP, led by Rachel Perkins. The review offers recommendations for improving employment, health and wider support for people with mental health conditions.

Work, Recovery and Inclusion is a cross-government delivery plan for England to support people in contact with secondary mental health services into work.

For more details see: http://www.dh.gov.uk/en/News/Recentstories/DH_109719

New NICE guidance on depression was published in October. www.nice.org.uk/nicemedia/pdf/CG90NICEguideline.pdf

Promoting mental wellbeing at work Published by NICE in November 2009, this guidance is for those who have a direct or indirect role in, and responsibility for, promoting mental wellbeing at work. www.nice.org.uk/PH22

Personalisation briefing: Implications for user-led

organisations This SCIE briefing says that people who use services do not just have needs to be met but have valuable assets and skills which can contribute to transforming social care. User-led organisations are well-placed to forge dynamic relationships with public services. www.scie.org.uk/publications/ata glance/ata glance15.asp

SCIE's **Dementia Gateway** is a website hosting a range of dementia resources to support those with dementia, their carers and those working in dementia services. www.scie.org.uk/publications/dementia/index.asp

The Chance of a Lifetime: Preventing early conduct problems and reducing crime published in November by Sainsbury Centre for Mental Health shows that action to prevent conduct problems in young children can dramatically reduce their chances of offending later in life. www.scmh.org.uk/publications/chance_of_a_lifetime.aspx?ID=604

Royal College of Psychiatrists launch 'Get Well Soon' cards

Research has shown that people who are admitted to mental health in-patient units receive far fewer cards and messages of support than people who are admitted to hospital with a physical health problem. The cards were specially designed to send to people who are unwell with mental ill-health are a simple way to send a message of support and could even boost recovery.



Notice Board



Creative Bites: Creative Writing

Tuesday January 12th, 2pm – 5pm

A special extended training session to teach you how to successfully use creative writing to explore mental health issues with groups. Led by internationally renowned playwright and poet Rommi Smith.

£25, please book in advance, The Mount, Hyde Terrace, Leeds.

See www.artsandmindsnetwork.org.uk or phone Sue on 0113 3056621 for more information on any of these events.

St Vincent's has launched its annual Christmas appeal to collect tinned and dried goods for family hampers. Every year the Centre helps hundreds of people who are suffering hardship by donating hampers and toys. It is also opening its doors on Christmas Day for the 6th year running, for people with no family. Donations of tinned foods are welcome all year round but especially at Christmas – please consider having a collection at work. Please phone 0113 2484126 if you can help.

St Vincent Support Centre has moved

to 82 York Road (on the corner with Pontefract Lane) – a fabulous building much more suitable for their range of services. The phone number remains the same (0113 2484126). Visitors to this new building are welcome.

LEAP for Time to Change!

Time to Change are recruiting for their Lived Experience Advisory Panel (LEAP), which is crucial to ensuring that people with direct experience of mental health problems remain central to Time to Change.

If you have direct experience as a survivor, service user or carer and are involved with national, regional or local networks, and have skills in public speaking, media work, research, involving others or community engagement then the Time to Change team want to hear from you by 17th December.

For more information, including application forms, visit www.time-to-change.org.uk/about-us/who-are-we/lived-experience-advisory-panel/join-leap, email leap@time-to-change.org.uk or phone 020 8215 2356.

Volition Conference 2010

Current Picture, Future Horizons

Thursday 28th January 2010 at St Georges Centre

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

For flyer and booking form visit www.volition.org.uk/news

Roundhay Road Day Centre has moved

to new premises at Lovell Park Centre, Wintoun Street Leeds LS7 1DA

The temporary telephone number is 0113 242 3723

Website for unpaid carers

This is a Leeds City Council website full of useful resources, leaflets and links. It has information about services and organisations available to unpaid carers in Leeds that offer support, information and advice. One section covers mental health needs, dementia and addiction, while others cover black and minority ethnic communities, young carers and life threatening illness.

www.leeds.gov.uk/carers

REAP Therapeutic Counselling Services are offering taster sessions of a range of alternative therapies until 21st December 2009. Try an Indian head massage, reflexology, massage to neck, shoulder, back or legs or even have some relaxation. Each session lasts 20 minutes and costs £15, book early to avoid disappointment. Contact Jaime on 0113 2100126, email Jaime.lynch@btconnect.com or visit: www.reap-counselling.co.uk

REAP has confidential & private room space for counselling at a reasonable rate of £5 per hour; booking in advance is required.

Contact Jaime on 0113 2100126, email Jaime.lynch@btconnect.com or visit: www.reap-counselling.co.uk

**Deadline for next edition of Volition:
Thursday 11th February 2010**