



## Facing Cuts in the Sector

These are hugely challenging times for our sector and there will be no Volition member unaffected by the present financial climate, if only through loss of inflationary uplift and reduction in available funding sources. Most Adult Social Care (ASC) and Supporting People funded organisations have been asked to make significant efficiencies. Some voluntary sector projects will lose all their statutory funding; however organisations are committed to minimising the impact on people using services and much creative work is being done to try and manage this.

NHS Leeds has found the efficiencies required from our sector and is focusing on ensuring the strategic mental health plans are in place as it moves towards GP commissioning.

There is ongoing dialogue between the sector and Leeds City Council which has been monitoring the impact on third sector organisations of the budget cuts. For 2011-12 there is a deficit of £92 million; for ASC it is £30 million and the decision on the budget is that there will be cuts of 15% for 2011-12 to our sector. Although Sandie Keene, ASC Director, has pointed out that the cuts should be balanced against future opportunities for the sector, as many services currently delivered by the council, will be provided by other agencies.

Supporting People have made efficiencies in partnership with providers and are now looking at 'back office' savings to find a further £3m in 2011/12 and are developing new service models using the sectorwide review process to reconfigure services.

Despite the difficulties, the sector is committed to ensuring positive outcomes for the most vulnerable people in the city. Volition will continue to support collaboration and partnership within the sector and with our partners, as essential in achieving this.

*Pip Goff, Volition*

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# Around Volition and City

## Advocate at Advocacy for Mental Health and Dementia for lesbians, gay men, bisexual and trans people

My name is Paola and I am a new advocate at Advocacy for Mental Health and Dementia (A4MHD) with the specific task of addressing the advocacy needs of people from LGBT communities in Leeds who have mental health support needs.

A4MHD aims to improve and increase access to our services to people from LGBT communities; we hope this will contribute to people from these communities experiencing a greater sense of control over and involvement in decisions that affect their lives.

In the next few weeks I will try to make contact with groups, services and organisations in Leeds with the aim to meet and talk with as many people as possible that might benefit from our service.

The needs of people from LGBT communities are highly under-represented in advocacy as well as in other mental health services.

We aim to improve our service so that it is more openly known as a gay and transgender friendly one. We hope that people from the LGBT communities will want to be involved in helping us improve and address any issues that might constitute a barrier to accessing our service.

For more information please contact Paola Vietri on:  
0113 247 0449  
Paola.Vietri@a4mhd.org.uk.

The Mental Health Providers Forum (MHPF) has appointed Dr Ian McPherson as their Interim Chief Executive - he takes over from Judy Weleminsky who left the organisation in January 2011, after five years as Chief Executive. MHPF is the national network of third sector mental health providers. Volition is an associate member. Dr McPherson, who is currently Director of the National Mental Health Development Unit, will take up post from 1st April. Prior to this he will be familiarising himself with the current operation of MHPF, consulting with members and reviewing the business plan to agree the immediate priorities with the Board and Chair to take MHPF forward in 2011. [www.mhpf.org.uk](http://www.mhpf.org.uk)

## New Volition member: Emmaus Leeds

A home, a job, a purpose: Emmaus Leeds helps individuals build new lives. Formerly homeless men and women live and work together in a supportive environment. Everyone in Emmaus Leeds has a role to fill and contributes to the well-being of the Community.

To join Emmaus Leeds, Companions, as residents are known, sign off unemployment benefits. They work full time, collecting, refurbishing and reselling furniture at on-site shops, with the goal of establishing a financially self-supporting Community. In return, Companions receive accommodation, food, toiletries, clothing and a small weekly allowance.

The Emmaus story is really the story of its Companions. The reasons for their homelessness varies - relationship breakdowns, substance abuse, poverty - but all Companions share a desire and drive to get a fresh start.

At Emmaus Leeds, as they learn new skills, discover hidden talents and develop friendships, they gain a sense of self-worth and independence. Companions often credit Emmaus Leeds as a turning-point in their lives.

There is no limit to how long people can stay. Some stay just long enough to get back on their feet; others stay long-term. Companions live by a few basic rules: all are expected to work to the best of their abilities and no drink, drugs or violence is allowed within the Community. Many people joining Emmaus Leeds will have unresolved issues with their mental/physical health, substance addictions or other difficulties from their past, but we help them to access the appropriate services to work toward resolving those concerns.

For more information, visit [www.emmaus.org.uk/leeds](http://www.emmaus.org.uk/leeds)

## Mental health day support to be 'a bridge back into the community'

You will have heard that the council is looking at changes to the way mental health day support is provided in Leeds. Support is set to move away from traditional 'building-based' delivery towards more individualised support, which helps people get involved in social activities, access education, or get back to work.

There is broad agreement among voluntary sector mental health service providers that the modernisation of day service provision is overdue. The Leeds i3 model was developed in consultation with stakeholders between 2005 and 2009 and is consistent with the national strategic mental health agenda, encompassing recovery, social inclusion and personalisation. Some people will continue to need high levels of support and as a sector we are pleased to see this acknowledged in the report to the council executive. More people should be empowered by day services to move on and be given the confidence to return to their everyday life, or to establish a life away from mental health services in the knowledge that they can access support again as and when required.

The traditional buildings based system, whilst popular with some service users, has not met the needs of very many others including younger people and people who are not able to access a building based services due, for example, to geography, transport, hours of access or the perceived stigma of mental health.

The approval of the i3 model would allow both service users and providers to move on from this difficult period of uncertainty since the model was agreed but not progressed. We could then focus on addressing the mental health needs of the most vulnerable people and support people currently using services to further develop peer support, self help and service user designed services. As a sector we hope that self directed support will also be a key way of supporting the change to ensure that people get what they really want and need.

*Pip Goff, Volition*

## Volition Directors' Meetings

Volition Directors meet every month to discuss the strategic issues affecting the mental health voluntary sector, plus the internal governance of Volition itself. Regular items include commissioning issues, and commissioners (Sinead Cregan from ASC, Jane Williams from NHS Leeds and Debbie Forward from Supporting People) attend some of the meetings to discuss specific issues and give updates. The Volition team reports progress under the themes of our strategic plan:

- Information for and about the sector
- Partnership working
- Representation and participation.

Recent work has included:

- Co-ordinating a multi-agency group of providers to look at information sharing, and a producing a briefing for Chief Officers
- Setting up risk assessment training following the three successful sessions done for Volition membership in partnership with LPFT in early 2010
- Work with NHS Leeds and Volition members who have standard NHS Contracts on the CQUIN (Commissioning for Quality and Innovation) payment framework
- Developing work with service user networks and exploring alternatives to traditional services for people

with mental health problems

- Ensuring the implementation of the housing protocol for people leaving hospital
- Networks review: Volition and the other health and social care forums, The Physical and Sensory Impairment Network; Leeds Older People's Forum; Tenfold (formerly Leeds Learning Disabilities Forum) and the Third Sector Health and Wellbeing Network are being reviewed in the light of required efficiencies and looking at further developing our collaboration.
- Coordinating Third Sector responses to the review of ASC mental health day services
- Volition has representation on many city-wide strategic groups, including the Dementia Board, Safeguarding Board, Time to Change Strategic Board and the Joint Strategic Group for Mental Health; a workshop to decide the structure of this group was held in January—see report on Page 9.

For more information on Volition directors meetings or if you are interested in becoming a Volition Director, please contact our chair [rebecca.weinberg@ljwb.co.uk](mailto:rebecca.weinberg@ljwb.co.uk) or [pip.goff@volition.org.uk](mailto:pip.goff@volition.org.uk)

*Pip Goff, Volition*

## Mental health and employment workshop

NHS Leeds facilitated a workshop on employment in February which brought together workers from both the mental health field and employment support services. This is always a useful exercise in itself, as it improves understanding of different agencies and ways of working. This workshop aimed to update stakeholders on the current employment landscape, locally and nationally. One of the outcomes was agreement that it would be useful for members of the group to develop a Leeds-wide mental health employment framework that details the current issues, priorities and preferred actions. NHS Leeds is about to tender for a new citywide mental health employment service that is hoped will be up and running by the autumn.

Representatives from Jobcentre Plus, National Mental Health Development Unit, Leeds City Council, Leeds City College, NHS Leeds, LPFT and the voluntary sector, specifically Leeds Mind's Pathway Project, gave punchy presentations about recent developments and in many cases the challenges these bring.

National policy is not only shaking up health services. Employment support, welfare benefits, and further education and training are all affected by reforms which are generally bringing reorganisation and budget cuts.

The task of the group was to look at whether there was anything that could be done to tackle these challenges, and some action points were agreed. Changes to Access To Work funding, which could benefit some workers with mental health needs, will be circulated. Some mental health services could host mainstream employment support services, perhaps along the lines of the CAB model where regular advice sessions are run on wards and at other services. There was also the suggestion that a pilot project working with selected GPs could be developed, which could demonstrate the health benefits and cost savings of referring to employment support services. These ideas will be taken forward by a working group.

### Leeds Mind restructure

Leeds Mind is transforming! Its seven services are being streamlined into three:

- Employment headed by Vanessa Lendzionowski (and Fiona Devenney when she returns from maternity leave)
- Housing led by Paul Croston
- Wellbeing led by Steve Maden.

The Choice service (which worked with the North West CMHT) is sadly shortly to close, although Befriending is being preserved. The Counselling Service (CATS) is going but some counselling provision is being retained within the new Wellbeing Service. We regret that we will be losing the services of so many of our loyal and long-serving counsellors, most of whom are volunteers. The rest of Wellbeing, based predominantly at Clarence House, Horsforth, is made up of the key workers (Community Recovery Service), the self-help team (SHIP), and Inkwell (creative arts in Chapel Allerton).

In the Employment team, Dove and Working Minds are joining together and will be based at De Lacey House, Kirkstall. The Housing team will soon move to Clarence House. Information for Mental Health is migrating into some exciting citywide social media work. Our Head Office functions will also be leaving Grove Villa and moving into Clarence House by April this year.

Communications on the detail of these services will be available soon.

We are very sad to announce that Julie Sahin, Rhian Barnabas, Gill Newman as well as other staff, are leaving us. We will be celebrating their contributions to Leeds Mind and the wider mental health sector and letting you know how you can join us in those celebrations in the near future.

*Niccola Swan, Executive Director, Leeds Mind*

### All change at Leeds PFT

Leeds Partnerships Foundation Trust, in partnership with Community Links, has been selected by NHS North Yorkshire and York as the preferred bidder to provide mental health and learning disability services to York, Selby and Tadcaster. It is expected that, following a period of formal consultation, these services will officially transfer to Leeds PFT and Community Links in October 2011.

Leeds PFT have recently begun work on their transformation programme, designed to move away from age-related services, such as services for older people and working age adults, towards integrated care pathways.

More information is available at [www.leedspft.nhs.uk](http://www.leedspft.nhs.uk)

## GP commissioning: an NHS revolution?

Leeds' third sector came out in force to hear about the huge changes that are happening in the NHS and how they might impact on the sector, at an event in February organised by the Third Sector Health and Wellbeing Network. It was chaired by Councillor Mark Dobson, chair of the Healthy Leeds Partnership.

This was an opportunity to hear from some of the people at the centre of the changes in Leeds, and presentations aimed to help us make sense of the changes, although in some cases there were more questions than answers. The pace of change means that we still don't know exactly how things will pan out in Leeds, including how many GP consortia there will eventually be.

Helen Collins from Women's Health Matters set the scene from the third sector's point of view, reminding the audience of the value of our services, in terms of benefits for the people of Leeds and value for money. An overview of NHS changes was given by John Lawlor, Chief Executive of NHS Leeds, with the warning that the introduction of "any willing provider" of health services will bring about the biggest overhaul of the NHS since it began.

Ian Cameron, the Director of Public Health for the city,

covered the government's strategy for public health, and urged us to take time to respond to current consultations (see page 11), for example around which services should be commissioned on a mandatory basis, and which of the proposed indicators are most important. The Health and Wellbeing Network is working on a response.

Leeds city council and NHS Leeds are currently looking at which NHS commissioned services should move over to the council, along with the shift of responsibility for public health which is part of the reforms. Speakers and participants expressed concerns about the dangers to many organisations during the transition period: some will close.

From April we hope to have information about the practice based commissioning consortia and how the sector can best engage with them. Volition and the other third sector forums (Older People's Forum, PSI Network, Tenfold and the Health and Wellbeing Network) are already planning how we can ensure GP commissioners understand the sector better. It was mentioned at the event that GPs should use the forums to help them with this, but we were urged to keep banging at their doors on our members' behalf.

## Tenfold AGM

The Leeds Voluntary Sector Learning Disabilities Forum announced its new name at its recent AGM; Tenfold reflects the idea that organisations and individuals working together can accomplish so much more. This is part of a new brand for the LD Forum which also includes a new website which will work better for the members; it provides clearer information and is professional and attractive.

Alison Haskins from the Yorkshire and Humber Forum spoke at Tenfold's AGM about the implications for people with learning disabilities of the idea of the Big Society; it is a concept rather than a programme, with power being

transferred from the state to people and services at a local level. It does have some practical schemes attached to it, like Community First grants and the Big Society Bank. It is difficult to tell whether this will be positive for people with learning disabilities; it does fit well with personalisation, social enterprise and may challenge poor services; but it may involve cuts in funding and services and may result in inequalities in different localities. Ideas of diversity and social justice are not mentioned in relation to the Big Society. Alison's balanced outline of the issues was useful to all at the AGM, both workers and people who use services.

[www.tenfold.org.uk](http://www.tenfold.org.uk)

## Peer support networks for people with dementia

Adult Social Care (ASC) and partner organisations continue to develop Peer Support Networks for people with dementia in Leeds. This is a Department of Health funded project until March 31<sup>st</sup>. ASC are mainstreaming the Peer Support role from April 1<sup>st</sup>. when it will become part of their dementia services.

The aim of the service is to bring together people who are in the earlier stages of dementia to share information and exchange mutual support, therefore enabling them to have more choice and control over their lives.

The service provides a variety of groups that offer a safe and empowering environment for people with dementia to meet. These groups are facilitated by the Peer Support Co-ordinator and/or partner organisations.

The groups are open to all adults who have a diagnosis of dementia irrespective of gender, sexual orientation, disability, ethnic origin and religious beliefs.

For further information please contact Deborah Marshall: 0789 127 1980, [Deborah.Marshall@leeds.gov.uk](mailto:Deborah.Marshall@leeds.gov.uk)

## Big Lottery funding for Barca's counselling service

On the last day of November Barca-Leeds' Reaching Out counselling service received the fantastic news that our application for funding to the Big Lottery Reaching Communities programme had been successful – £400k to continue to provide the service for five years. We had held our collective breath since the beginning of August when the final part of the bid went in. It had been a challenging process, which was all the more pressured as our previous funding ended in September.

This achievement has an impact on many different levels: for our clients, the people of West Leeds whose voices formed such a major part of our funding application in the form of their stories and their testimonials; for our referrers, many of whom gave us wonderful support in our application; for Barca-Leeds whose trusted and excellent reputation gave us such credibility with local people and whose other services such as the drugs and young people and families services support and strengthen the work we do; for the amazing team at RO – thanks guys;

for relational counselling as an approach - sometimes seen as difficult to quantify in these times of focus on more CBT- based approaches, we produced the hard evidence of its efficacy and real impact on the lives of some of the most vulnerable people in the city, and that has been recognised. And finally, for me personally, this is one of the highlights of my professional life.

The new, Big Lottery funded service will open its doors to the adults and young people (aged 12 upwards) of West Leeds around the beginning of April. In the meantime we have work to do in redesigning the service to encompass some new service level agreements. These relate to group work, which is something additional we will be offering alongside the one to one work we will continue to do, as well as increasing the involvement of our clients in service development, which we are really looking forward to.

For more information about Reaching Out or to discuss potential partnership working, please call 0113 220 9037 or email [bev@barca-leeds.org](mailto:bev@barca-leeds.org)

*Bev Gibbons, Barca Reaching Out*

## York Street Health Practice

From 1<sup>st</sup> January the Health Access (HAT) and No Fixed Abode (NFA) services merged to become the York Street Health Practice based at 68 York Street, Leeds LS9 8AA.

This new service will continue to provide primary care to homeless and vulnerably housed people of Leeds who may have a range of issues including mental health, alcohol and drug use. The newly merged service will have an increased list size and offer registration for people currently seeking asylum.

The service is designed to:

- increase access to health services by providing a specialist primary care service (adults only);
- increase health access for asylum seeking individuals/ families with new arrival assessment and facilitation to register with GP services (either York St or mainstream as appropriate);

- improve physical health, mental and emotional wellbeing and ensure access to appropriate primary care health services;
- protect public health by reducing the risk of spread of communicable diseases; and
- provide expert advice, training and support to other health services so they are able to work more effectively with these vulnerable groups.

The multi-disciplinary team comprises mental health nurses, support workers, drug therapists, GPs, practice nurses, nurse practitioner, client support workers and administrative staff. You can refer to the service by telephone, fax or email.

York Street Health Practice, Monday to Friday 9am to 4.30pm

Tel: 0113 295 4840, fax: 0113 247 0290

Email: [yorkstreet@nhs.net](mailto:yorkstreet@nhs.net)

[www.leedscommunityhealthcare.nhs.uk/yorkstreet](http://www.leedscommunityhealthcare.nhs.uk/yorkstreet)

## Community development work with the Deaf community

The project for the Deaf and Mental Health Community Development Worker, based at Community Links, comes to an end on the 31st March this year.

It has been an interesting four years in which, among other things, I have produced a booklet and a mental health awareness package. These will be left with NHS Leeds, along with several recommendations and an extensive report on my findings throughout my time in post.

The main recommendations, which relate to local mental health services, are:

- Staff to undertake basic sign language training.
- Better consultation with the community information to be translated into British Sign Language and easily accessible - on websites and DVD.
- Improved partnership work with specialist organisations.
- Clarify structure and listen to complaints – problems can often become the 'sticking point' that many can't see past.
- Mobile text numbers provided for staff members.

- When disseminating information, make sure you have the facts (and a clear understanding) especially when working with specific groups.
- Displayed information should be visual – where possible photographs of staff would be useful.
- During updates or consultation sessions, it is important to allow time to reinforce the message through repetition. Training on how to work with Deaf people – information should be shared amongst teams.
- Reduced jargon in leaflets and documentation.

The Deaf Information Group I helped to establish in 2008 will hopefully continue meeting, as this opportunity is beneficial to all members.

Another group I established, the Deaf professionals group, is going from strength to strength. This group will continue to meet and discuss pertinent issues relevant to the Deaf Community. This information will then be shared.

I would like to take this opportunity to thank all the people involved in the partnership working throughout my post.

*Gerard Cooper*

## Dual Diagnosis website updated

The new dual diagnosis website, the information hub for Leeds' Dual Diagnosis Project, has been launched: [www.dual-diagnosis.org.uk](http://www.dual-diagnosis.org.uk)

The website has been produced in consultation with dual diagnosis workers and service users and contains all the old information and some new, hopefully in an easier to navigate format. It also has a new section for service users.

You will find information on care pathways including who to refer to and when to refer, local policy and protocols relating to care co-ordination, local news and developments, information around training and information regarding the network including lead practitioner information and forthcoming events.

The Leeds Dual Diagnosis Project aims to improve access to care for people who experience co-existing drug / alcohol use and mental health disorders. It is a multi-agency network developed to ensure that services that come into contact with this client group are readily able to assess, engage and to co-ordinate care effectively.

*Karen Pearse*

*Dual Diagnosis Project Manager, St Anne's Community Services  
0113 2816914, [karen.pearse@st-annes.org.uk](mailto:karen.pearse@st-annes.org.uk)*

## Leeds Voice and Voluntary Action Leeds consider merger

After a very constructive meeting between the Management Committee of Leeds Voice and Board of Voluntary Action-Leeds on 28th January 2011, they agreed to explore and propose negotiated terms of a merger in good faith, with a view to a final announcement of merger on or before 31st March 2011.

If you have any questions or comments about this please email either David Smith: [david.smith@leedsvoice.org.uk](mailto:david.smith@leedsvoice.org.uk) or Richard Jackson: [richard.jackson@val.org.uk](mailto:richard.jackson@val.org.uk)

## Drug and alcohol worker at Carers Leeds

In November 2010 the Carers Leeds team was joined by Lesley White as the Drug and Alcohol Development Worker. Since joining the team Lesley has had the opportunity to meet with family members and carers who are affected by a person's drug or alcohol misuse. The role of Drug and Alcohol Development Worker is to ensure support and information is available for family members and carers affected by an adult's drug or alcohol misuse.

The following services are available:

- Telephone support from Monday to Friday 9.30am to 4pm
- Group support on the last Tuesday in the month 12 noon to 1.30pm, and on the last Wednesday in the month 5.30pm to 7pm.
- Group support for family members and carers who have a family member in prison or recently released from prison who misused drugs or alcohol, every 3<sup>rd</sup>

### Film to Change

Leeds' Film to Change initiative was one of five runners-up in the Lemos & Crane RISE Awards out of a total of eighty applications. The award recognised the excellence of the project in developing participants' self-esteem, feelings of belonging and life satisfaction, through collaborative creativity.

Film to Change was undertaken by Leeds Partnerships Foundation Trust, in partnership with the Arts and Minds network, Leeds International Film Festival, Leeds School of Graphic Art and Design and the Northern Film School.

The purpose of Film to Change was to improve positive identity and life satisfaction of people who use mental health services. Thirty two people were trained, supported and mentored to produce short films on the subject of mental distress and stigma.

In addition, twenty students participated in mental health awareness training and then produced short films and posters challenging stigma experienced by young people with mental health problems.

Public awareness was raised through a screening of the films and visual art exhibition at a sell-out Leeds International Film Festival event in October, followed by a panel debate including mental health experts, a film director and producer.

Wednesday of each month. (Light lunch / snacks provided at groups and information sessions).

Information sessions will take place throughout 2011. The session on Tuesday 15th March, 11am to 2pm, will be on drug rehabilitation and detoxification. This session aims to give family members and carers an understanding of medication for drug users such as methadone, how people can access rehabilitation in Leeds and what the drug service Multiple Choice do to support people who want to stop using drugs.

All sessions will be at Carers Leeds, 6-8 The Headrow, Leeds, LS1 6PT. For more information, or to book a place contact:

Lesley at Carers Leeds 0113 2468338 or email [lesley.white@carersleeds.org.uk](mailto:lesley.white@carersleeds.org.uk)



### Urban Sanctuary CD launched

Holy Trinity Church was warmed by the splendid voices of Healing Voices, live at their Christmas concert. They gave the audience a tantalising taste of songs from their first CD, Urban Sanctuary, recorded with professional sound engineers Advocate Recording.

The CD is a great showcase for the breadth of vocal talent in the group, ranging from pop to traditional folk, reggae, and African songs. The Baggage Handlers also treated us to some of their witty poetry, courtesy of Trinity Arts.

The choir meet on Tuesdays from 2 – 4pm and are always keen to welcome new members. No experience necessary.

For more information on Healing Voices, or to buy the CD (only £4!), please contact Arts and Minds on 0113 305 6621 or 0113 243 1121.



*This project was funded by the Big Lottery and Arts and Minds. Thanks to Advocate Recording and Trinity Arts for their support.*

# Strategic Groups

## Joint Strategic Group for Mental Health

A workshop to look at the future structure of the mental health strategic group was held in January. John Lawlor, NHS Leeds Chief Executive set the scene, presenting an overall picture of health structures, including positive work being done with GPs locally. It is expected that there will be some city-wide commissioning of mental health services on behalf of the GP consortia. Strategic Health Authorities will go in 2012 with the arrival of the NHS Commissioning Board which, it happens, will be located at Quarry House in Leeds. He felt that debates about 'any willing provider' have been reopened with focus needed jointly around competition *and* collaboration.

Updates were given from the different stakeholders present regarding influences and pressures for each organisation:

**ASC** – moving towards a very different future where ASC procures more and provides less. Savings are being frontloaded – ie more in first than subsequent years. It was noted that mental health has had ten years of comparative growth under the National Service Framework, now ending.

**Supporting People** – major loss of funding but opportunity to achieve key strategic outcomes around prevention and timely intervention and reducing

dependency on services and retain quality.

**LPFT** - undertaking ambitious three year transformation programme through pathway redesign to provide efficiencies and improve access, equity and service user experience of services.

**NHS Leeds** – key themes around prevention, productivity and partnership.

**Public Health** – move to ASC, importance of absolute separation of public health and healthcare.

**Volition** – Current and future reductions in funding; need for sustainability to meet anticipated future demand; commissioning (increased collaboration vs retaining diversity; innovation vs procurement and competition); ensuring service user voices are heard and the integrity of the sector is maintained ; workforce issues.

The idea of managed networks for mental health was then discussed. Such networks could be based on a similar model to the Personality Disorder Network with budgets and responsibility for outcomes devolved to providers. Networks around crisis and people with long term complex needs were suggestions of where this approach could work really well, though how this could work in some other areas was less clear.

*Pip Goff*

## Practice Development Unit

Ruth Kettle from Community Links is the Volition representative on LPFT's Practice Development Unit (PDU) steering group.

A reminder: the PDU is a good practice accreditation system in conjunction with Leeds University which entails evidencing quality, innovation and evidence based practice. It is being used at LPFT's in-patient services.

The last meeting focussed on ward 4 as they joined the other acute wards too late in the process to be registered with the first round. There are a number of projects being implemented on ward 4 and it would be great to get some feedback from clients who have been on ward 4 as to how it is improving life on the wards on a day to day basis. If you have any information, please get in touch.

Projects include:

- dual diagnosis – linking in to the Leeds strategy and providing training for staff to improve service delivery
- diversity – working with Touchstone's Community Development Workers to develop a ward plan, piloting a

communication keyring and working with Zest Health for Life

- team building: holding away days to look at implementing PDU and reflecting on practice
- therapeutic environments and activities – each space on the ward is being reviewed and updated to reflect what it should be used for e.g. relaxation. Activities are taking place on the wards
- the police – looking to develop joint training and address issues such as violence and aggression, missing persons and dual diagnosis.

All in all a lot of positive work is going on and it would be great to get some feedback from Volition members to feed into the process of evaluation.

Please send your comments direct to Ruth, or to the Volition office.

*Ruth Kettle, Community Links  
ruthk@commlinks.co.uk*

# Reports

## No health without mental health

This is the government's mental health outcomes strategy, published in February. It outlines how early intervention and prevention will help tackle the underlying causes of mental ill-health and points to the vital role our sector will play in the future mental health landscape.

The government's priorities are summarised in six main objectives aiming to ensure that by 2014:

- more people will have good mental health;
- more people with mental health problems will recover;
- more people with mental health problems will have good physical health;
- more people with mental health problems will have a positive experience of care and support;
- fewer people will suffer avoidable harm; and
- fewer people will experience stigma and discrimination.

Central to these plans is an additional investment of around £400 million to extend the Improving Access to Psychological Therapies programme over the next four years. Target groups include children and young people, older people, people with long-term physical health problems, those with medically unexplained symptoms and those with serious mental illness. There is an accompanying document, the four year plan of action for talking therapies.

The government will also:

- bring together funding for early intervention and preventative services for children, young people and families;
- provide extra investment to ensure better treatment for veterans with mental health problems;
- ensure that by 2014 people in contact with the criminal justice system will have improved access to mental health services;
- work in partnership with the Time to Change programme to challenge stigma and discrimination;
- establish community budgets in 16 local areas for families with complex needs (including mental health problems) as part of a national campaign;
- ensure that all psychological therapy sites have an employment co-ordinator who will work with Jobcentre Plus offices, employers and occupational health schemes to help people get back into work;
- launch a consultation to extend to all employees the right to request flexible working, which will help carers of people with mental health problems to manage their caring role alongside work; and
- publish a cross-government suicide prevention strategy in the spring of 2011.

More information on the Department of Health website: [www.dh.gov.uk](http://www.dh.gov.uk)

## We need to talk

A report released by Mind for the We Need To Talk coalition has called on the government to fulfil its promise to make psychological therapies available across the country to people who need them.

The report found that the Improving Access to Psychological Therapies (IAPT) scheme has had a dramatic impact on waiting times for people with depression and anxiety. However across England 1 in 5 people are still waiting over a year to access psychological therapies such as cognitive behavioural therapy (CBT) or counselling. This is despite respondents to Mind's survey reporting that access to the right therapy at the right time had a significant impact on their ability to return to work.

Mind's research found:

- 1 in 5 people are waiting over a year between asking for help and receiving treatment and 1 in 10 have to wait over two years.

- People waiting three months or less from assessment to therapy were over twice as likely to be happy with their treatment as those waiting 10-11 months.
- 68% were not offered any choice of therapy. People offered a choice were 3 times more likely to be happy with their treatment than those who wanted a choice but didn't get it.

The We Need To Talk coalition is urging investment in a full range of evidence based psychological therapies to all who need them, within 28 days of requesting referral.

Since the report was published, the government has pledged to extend IAPT across the country as part of their new mental health strategy (see above).

[www.mind.org.uk](http://www.mind.org.uk)

# National issues

## Health and social care bill

The Health and Social Care Bill was introduced into parliament in January. The Bill takes forward the areas put forward in last year's consultations, "Equity and Excellence: Liberating the NHS" and the subsequent government response, "Liberating the NHS: legislative framework and next steps", which require primary legislation.

Measures in the Bill would give consortia of GPs responsibility for commissioning the majority of health services, and create an independent NHS Commissioning Board.

It would abolish Primary Care Trusts (PCTs) and Strategic Health Authorities and transfer local health improvement functions from PCTs to local authorities. It would also give local authorities responsibilities for coordinating the commissioning of local NHS services, social care and health improvement. It aims to increase democratic accountability and public voice, for example by setting up local and national HealthWatch.

The Bill would introduce measures to promote competition between providers of NHS-funded

services and would provide for all remaining NHS trusts to become foundation trusts.

The Bill has now been sent to a Public Bill Committee for scrutiny and there is a call for written evidence. So organisations and people with relevant expertise and experience or a special interest in the Bill can submit views in writing to the House of Commons Public Bill Committee. The deadline for these submissions is 31st March, and more information can be found at: [www.parliament.uk](http://www.parliament.uk)

You can access more information around the Bill through the Department of Health's website: [www.dh.gov.uk/healthandsocialcarebill](http://www.dh.gov.uk/healthandsocialcarebill)

The department has also developed a new web channel that aims to provide health care professionals and stakeholders with all the latest news on health and social care reform.

[www.dh.gov.uk/healthandcare](http://www.dh.gov.uk/healthandcare) brings together in one place all the news, information, updates and resources on the reforms.

## Healthy Lives, Healthy People

'Healthy Lives, Healthy People: Our strategy for public health in England' sets out the government's long-term vision for the future of public health. The public health challenges are wide-ranging, with poor mental health estimated to be responsible for nearly a quarter of the overall disease burden.

In the vision, each local authority and their individual director of public health will act as strategic public health leaders for their local population. They will lead discussions about how their ring-fenced money should be spent to improve outcomes for people's health and well-being locally. At a national level, a new public health service, Public Health England, will integrate leading expertise into one organisation.

The White Paper includes a proposal for a new health premium that will reward progress on specific public health outcomes, as a new approach to fighting health inequalities. It intends to recognise that disadvantaged areas face the greatest challenges, and will therefore receive a greater premium for progress made.

The government's view is that everyone shares collective responsibility for public health and the new system will encourage all to play their part in improving the nation's health and well-being. The consultation on some of the proposals runs until 8th March. [www.dh.gov.uk/healthypeople](http://www.dh.gov.uk/healthypeople)

## Welfare reform bill announced

The Welfare Reform Bill was brought to parliament in mid February. The bill will replace the current range of benefits with a single universal credit, create a work programme to get the long-term unemployed into jobs and introduce incentives and sanctions to ensure that work always pays. Unemployed people who refuse to take a reasonable offer of a job or voluntary work will lose benefits for three months on the first occasion, rising to three years if it happens three times. Disability Living Allowance will be reformed, through the introduction of the Personal Independence Payment.

The government has ditched proposals announced in last year's emergency budget to cut housing benefit for anyone on jobseeker's allowance for more than 12 months.

More information on the Department for Work and Pensions website: [ww.dwp.gov.uk](http://ww.dwp.gov.uk)



# Notice Board



## Welcome to the Wellbeing Web

Leeds PFT, Adult Social Care, Volition and Leeds Mind are working in collaboration with service users, carers and mental health professionals to develop a new online Leeds Wellbeing Social Network.

The project involves sessions to support staff, service users and carers to look at the opportunities of using social media tools effectively, encouraging them to be actively involved in sharing local news on wellbeing and local events that support wellbeing on the new WellbeingWeb Ning. This will be an interactive newsletter to which anyone in Leeds can contribute, use and help to develop.

The project is also exploring how to provide computers to those without them as well as connecting people who use mental health service to peers in the community who are comfortable using social media and the internet.

Contact Kate Brown at [kate.brown@imhleedsmind.org.uk](mailto:kate.brown@imhleedsmind.org.uk) for more information.

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## Working for mental health website

The Department of Health has launched a website for mental health workers and commissioners about employment.

This website brings together a range of tools, research, policy, resources, training and services to enable you to make the economic and individual case for providing employment support within mental health services AND to enable an organisation and/or individual practitioners to support people skilfully with their employment aspirations. Employment specialists who want to find out more about current mental health policy will also find it helpful.

[www.workingformentalhealth.dh.gov.uk](http://www.workingformentalhealth.dh.gov.uk)

## New social group for carers

The Mental Health Carers Team (Leeds PFT) is running a new group for all carers keen on meeting new people and making new friendships. The aim is to be a welcoming, open and inclusive group available to carers of all ages.

The group will meet every 4th Wednesday of each month, 1pm-3pm. Every third month they will meet from 6pm-8pm. Plans for the next three months are:

Wednesday 23rd March (1pm-3pm) - meeting at the café in Leeds City Museum, Millennium Square.

Wednesday 24th April (1pm-3pm) - meeting at the Gatehouse Café, at Abbey House Museum (across the road from Kirkstall Abbey).

Wednesday 25th May (6pm-8pm) - meeting at The Picture House pub, Merrion Street, Leeds (next to Oceana).

Contact the carers team on 0113 295 4445 or [sara.juhos@leedsaft.nhs.uk](mailto:sara.juhos@leedsaft.nhs.uk) for more information or if you'd like to attend. If any workers are keen on helping out we'd welcome you to join us.

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## On the move....

Skipkko have moved to:  
42 Barkston House  
Croydon Street  
Leeds LS11 9RT  
Tel: 0113 234 5355  
Email remains the same: [info@skipkko.org.uk](mailto:info@skipkko.org.uk)

Willow Young Carers have moved to:  
Host Media Centre  
Savile Mount  
Chapelton, Leeds LS7 3HZ  
Tel: 0113 262 2851  
All email addresses remain the same:  
[willow.youngcarers@barnardos.org.uk](mailto:willow.youngcarers@barnardos.org.uk)

**Deadline for next edition of Volition:  
Thursday, 7th April 2011**