



Putting people first in mental health Volition conference and market place event

Some things change, some stay the same. This year's Volition conference will remain a valued opportunity for voluntary sector workers to get together, talk and learn about current issues in health and social care. But this year we will be opening part of the event up to colleagues in the statutory sector, with Volition member organisations promoting their services and opportunities for partnership working at a market place event.

The date for your diary is Thursday 30th June, and the event will take place at the St George's Centre in the city centre. The morning will be for Volition members only, with speakers and workshops, while the afternoon will be open to anyone who wants to find out about and work in partnership with mental health voluntary sector services in Leeds.

The morning speakers will include Sarah Carr, Senior Research Analyst at the Social Care Institute for Excellence who manages a major work stream on the personalisation of social care services, and Fiona Venner, the inspirational manager of Leeds Survivor Led Crisis Service, who brings experience of monitoring outcomes amongst many other things. The service is now looking at the benefits of calculating social return on investment.

Workshops confirmed so far include market development, creative support planning, the Taking Charge of Our Lives project which looks at alternatives to day services, and the Targeted Mental Health in Schools programme.

Volition members should already have received an invitation to have a stall at the market place, but if you've not reserved a space get in touch now. Here organisations will be showing how the mental health voluntary sector can contribute to partnership work around:

- choice and control
- early intervention and prevention
- information and advice about a range of services and opportunities
- strong community networks and service user-led organisations.

These areas reflect the theme of putting people first, inspired by the national social care transformation programme. This and subsequent initiatives go beyond personalisation to consider a wide range of community based support options.

Publicity and booking forms for the conference will be available very soon, but you can register your interest now by contacting Volition. There will be a charge of £30 to attend the morning conference. There will be no charge for attending the market place in the afternoon, nor is there any need to book. As well as stalls there will be a range of mini-workshops and activities during the afternoon.

For more information about the event, contact Gill Crawshaw:
gill.crawshaw@volition.org.uk

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Contact us at:



volition

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1092126

**Deadline for
next edition of
Volition:
Noon, Thursday
30th June 2011**

Around Volition and City

New Volition member: Cloth Cat Studios

Cloth Cat Studios is a community music and educational project which was established in 1999. We were based in Woodhouse until very recently when we moved over to Old Chapel Studios in Holbeck. We set out to provide vulnerable and disadvantaged people with opportunities through music based activity to improve their quality of life. During this time we have worked in partnership with the Workers Educational Association to deliver a broad range of free or low cost practical courses in music including performance, instruments, singing, music business, DJing and music technology.

Since we have never had premises large enough to run courses on-site we have delivered them at venues around the city.

We have built up a team of fully CRB checked tutors with a great deal of experience of the music industry (not only locally, but nationally and internationally). Not only have we delivered these courses on a community level, but we have been able to respond to need within the homeless, youth and mental health sectors. Running workshops at the Newsam Centre including DJing and singing has brought some great results with feedback showing that



some people were able to get involved in positive activity for the first time in many years; such is the power of music!

Cloth Cat also works with a number of other organisations around Leeds including Armley Prison, Leeds City Council and The Alzheimer's Society. We have generally done this on a shoe-string thanks to the dedication of our volunteers but also through the strength provided by working in partnership.

Other activities we run include regular gig nights and a weekly open mic session, as well as being involved in community events and festivals. We are currently working on a Leeds Music History project which not only

aims to inspire others to pick up a guitar or start singing, but also to celebrate the music and people who have had an impact over the years and re-awaken memories of the musical past.

For more information about Cloth Cat, contact Mike Jolly on 0113 244 2773, mike@clothcatleeds.org.uk www.clothcatleeds.org.uk

New Volition member: One in Four Theatre Company

Using theatre techniques, One in Four aims to challenge low expectations and demolish disabling barriers in order to promote inclusive arts practice. The company also aims to promote wider understanding of mental health issues and reduce the stigma surrounding mental health.

One in Four's primary project activity is weekly theatre workshops taught by professional theatre practitioners. Sessions are free of charge and take place at the Carriageworks.

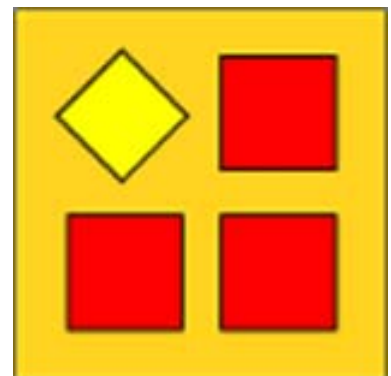
The company also develops performances exploring issues around mental ill health. In doing this they create something valuable from difficult, hidden and stigmatised aspects of daily life. Together they seek to challenge both negative stereotypes around mental health and the way that we support people within our own communities.

In everything they do there is a real emphasis on having fun and being creative in a friendly, supportive and

encouraging environment.

One in Four tours its productions to different audiences and multiple settings, including theatres, hospitals, day centres, and universities.

For more information visit the website: www.oneinfourtheatre.org.uk



Leeds Survivor Led Crisis Service wins national award

Leeds Survivor Led Crisis Service has won its fifth national award, the Charities Evaluation Service Learning and Innovation Prize for 2011.

The prize recognises organisations that have used monitoring and evaluation to improve their services. Leeds Survivor Led Crisis Service won the small charity award. Winners were described as inspiring examples of the difference which monitoring and evaluation can make.

Our entry described the journey from almost having our funding withdrawn in 2005, due to our services being under used. Consultation with mental health service users led us to change our opening hours which led to a 400% increase in use of our services between 2005 and 2006. This was the beginning of our monitoring and evaluation journey, during which we have developed a range of ways for collecting information from our visitors and callers.

An example of using monitoring and evaluation to improve our services relates to our group work programme. Through monitoring, we realised that loneliness and isolation were high presenting issues and in 2007 set up our first group to provide social and peer support.

We are now proud to have a thriving group work programme of four groups: a social support group, an emotional support group, a men's group and a self injury support group. All the groups are peer led, run entirely by the visitors and callers who use our services.

As well as improving our services, the information we collect enables us to disseminate our practice and promote alternative, non medical approaches to acute mental health crisis. It supports us to champion being a survivor led, person centred service in the voluntary sector.

With commissioning increasingly dominated by the need to demonstrate outcomes, we are delighted to have an award which recognises our work in this area. This was the first year CES have awarded the Learning and Innovation Prize, which is going to be an annual prize. To find out more about the prize and the 2011 winners see www.ces-vol.org.uk

Fiona Venner, Leeds Survivor Led Crisis Service

Leeds Crisis Centre closes

Leeds Crisis Centre closes on the 31st July following the council's Executive Board decision and won't be taking new referrals, but will continue to provide a signposting service until 31st July. Following a high profile campaign to keep the centre open, the Board's decision was called in for further scrutiny in March, but the decision was upheld. Anyone currently using the centre will still be able to attend until their agreed period of support comes to an end.

New Volition member Right Choices Project

Right Choices was set up in 2005 as a volunteer-led project to provide leisure and recreational activities for people with learning disabilities and people with mental health needs. Through funding from the Scarman trust volunteers developed skills in running groups, and gained qualifications.

In 2006 Cheryl Kebede, founder member of Right Choices, was one of 29 people from Yorkshire and Humberside who received a Community Champions award. The awards were in recognition of community activists who used small grants from the Department for Education and Skills to create something worthwhile in their local community whilst developing their own skills.

Right Choices now operates four half days per week providing a community outreach service supporting people with housing and welfare issues, and running an information and sign-posting service.

Right Choices also runs a job club in Headingley that has been funded by the European Union for Jobs and Skills, to provide basic computer, confidence building and communication skills courses. The service is for learning disabled people, people with mental health needs, lone parents and older people who may want to find employment or volunteering opportunities. People must be 18 or over, unemployed or economically inactive and from a deprived community. The job club has had success in placing learners on individual placements as well as producing a DVD, 'What is a job club?'

For more information email: rightchoices1@yahoo.co.uk or go to: www.right-choices.piczo.com

Cheryl Kebede

You're not alone: Hate crime and mental health

Disability hate crime is a significant problem and can have a devastating effect on its victims. But despite the fact that nearly 3 out of 4 people with mental health problems are affected by hate crime, most of this goes unreported. While good work is being done to change public attitudes towards mental health, very little is being done to address hate crime and mental health specifically.

Stop Hate UK and Community Links have been working together to address this issue. Their 'Alone' campaign, designed to target people with mental health needs, is unique in attempting to increase awareness of hate crime reporting methods among this group.

Stop Hate UK runs a 24-hour helpline in much of the UK which allows people to report a hate incident or crime and access further support. As an independent and confidential service, it is particularly useful for people who are uneasy dealing with the police directly.

In the summer of 2009, Community Links began its effort to distribute 'Alone' campaign materials to staff and service users through its mental health services in the Leeds area. It was hoped that spreading information about hate crime and reporting methods would encourage victims to report incidents and access further support.

The number of disability hate crime reports where the

victim has a mental health issue has increased significantly since then, rising from 0% of total calls from Leeds in the three months preceding the campaign to an average of 6.5% after, and has remained consistent this year.



You're not alone...



While there are no mental health figures available for comparison for 2008-2009, the number of disability incident reports rose by 160% in 2009-2010, though total calls from the Leeds area rose by only 20%. Community Links and Stop Hate UK have been trying to replicate this effect in Kirklees since the beginning of 2011. While it is too early to

make any definite claims about the success of this, the early signs are positive.

The 'Alone' campaign has just begun to meet the need for a more widespread understanding of disability hate crime. It has started to show that if victims know that there is a confidential, independent reporting service that will take them seriously, they will use it.

It is possible to improve victims' lives by using services that are already established and available, simply by spreading information about them. Stop Hate UK and Community Links will continue their efforts to do so. Please feel free to get in touch for more information.

Hearing Voices Group Leeds to close

David Beck, who has coordinated Leeds' Hearing Voices Group for a number of years, writes about the decision to close the group.

The Hearing Voices Group Leeds is to close. However, I intend to re-design the current HVGL website as a resource for 'voice hearers' and other people with mental health problems, possibly under a new domain name. I hope to do this by August this year.

HVGL began in 1994 and was chaired by Peter Phillips, who presently works for Advocacy for Mental Health and

Dementia. I took over in 1996. The group enjoyed a great deal of success – particularly in its first decade of establishment.

I would like to thank all those who used the group and the many people who supported it over the years.

Look out for an announcement about the new website on www.hvgl.org.uk, which continues in a reduced form including a homepage note, the poem gallery and a links page. You can contact me on davejbeck@ntlworld.com with any enquiries.

Leeds Growing Together

Christine Walken, gardening guru and regular presenter on the One Show, attended the launch of Leeds Growing Together on 30th March. Christine is patron of Together's national ten-month initiative to bring communities together and improve wellbeing through gardening and the great outdoors.

In the Leeds 8 area, Together is working with Oakwood Lane Allotments to reinstate an adjoining derelict allotment site with 40 plots and facilities for veterans, people with mental and physical health needs and anyone else who wants to improve their health and wellbeing through community horticulture.

The launch was very well attended by current and potential gardeners, veterans, community groups, representatives from the council, commissioning, LPFT and a Leeds-based regiment of Territorial Army soldiers, who not only came to support the launch but spent the day helping to clear more of the site. Even the wind and rain held off during the tour of the existing site, speeches on the derelict site and while Christine planted the first tree.

This was not the launch of plots that are ready to garden. This was

a launch to bring partners together, to show what has been achieved already on a totally voluntary basis and to share the vision for what could be. And what a great resource this could be for communities, veterans and people with physical and mental health needs in Leeds.

The task now is to build on the enthusiasm and motivation to achieve this vision. The more support there is, the quicker this can happen. If you or your organisation wants to be involved in any way, please contact Em Brown at Together on 07921 474465, emily-brown@together-uk.org or join the Facebook group on www.facebook.com/LeedsGrowingTogether



Dosti AGM 24th March 2011

This was the first time I had visited Dosti and I was pleased to hear about their achievements. Dosti's services have continued to develop over the past year, and feedback from the women who use these services is that they are greatly valued. The changes in the way day services are delivered however, means that Dosti will have to find a new home as Stocks Hill Day Centre is closing.

Ravinder Samra, manager of Dosti, emphasised that they are ready for the challenge of finding new ways of working and realise they will have to become more business-minded. They are pleased that there is funding now from Comic Relief for outreach and advocacy work and the Melting Pot is getting more catering orders winning an award from Adult Social Care.

The most interesting part of the meeting for me was to hear directly from the women who have used Dosti's services. One woman spoke about how coming to Dosti had made her feel less isolated when she had struggled with depression; she now volunteered here. Another had a chance to work on an art project with Artlink at Inkwel.

All the women who spoke were nervous but overcame this; I could see they were determined to communicate how their experiences had changed and opened up their lives. Dosti is a safe but creative space where Asian women are encouraged to try new things, so increasing their confidence in all areas of their lives.

Liz Boyd, Volition

MESMAC counselling now available to lesbians and bisexual women

Claire Bergman, Yorkshire MESMAC's counselling coordinator, welcomes an extension to the service:

I just wanted to take the opportunity to remind readers that we have a fantastic counselling service at our disposal which aims to provide counselling that is free at the point of access, fully accessible and confidential.

For many years now, Yorkshire MESMAC has provided counselling within Leeds, Bradford, Wakefield and North Yorkshire for gay or bisexual men or men who have sex with men.

Women can now also access the counselling service more fully. A new development being piloted is that the counselling service is now open to women from lesbian and bisexual communities across Leeds, Bradford and Wakefield. This means that more women can now use the service, as before only female partners of men who have sex with men, female members of MESMAC's youth groups and the Asian and Black Community Group in Bradford could make use of it. Feedback from those clients has been very positive, including comments such as: "My counsellor was great. She helped me with things I've kept bottled up for years".

We have a very committed and highly qualified team of forty freelance counsellors who have all undergone training in issues faced by our client groups. For more information or to access the counselling service please call me on 07771 931 327 or e-mail counselling@mesmac.co.uk

New low cost counselling service in Leeds

Leeds Met University have opened a high quality, low cost, professional counselling service at Queen Square Wellness Centre in the heart of Leeds, where complementary therapies, including acupuncture, herbal medicine and osteopathy are also available. At a time when so many counselling agencies are under threat, the university's Centre for Psychological Therapies has been keen to develop a low cost service, staffed by counsellors who are completing their professional training at the university, with a clear focus on making counselling appointments as affordable as possible.

In the current, difficult economic climate, where people are experiencing huge changes in many areas of their lives, it is essential that there is as much access as possible to services which can help people to manage these changes. The aim of the Wellness Centre is to offer an accessible service to anyone in the Leeds area, with a commitment to offering an appointment within a very short time of being contacted. Each session costs £25, reduced to £20 for people receiving benefits. For anyone who is interested in finding out more about whether counselling could help them, a free informal meeting can be booked with the Counselling Coordinator.

The Wellness Centre is located at 10, Queen Square, LS2 8AJ, phone 0113 812 9186. For more information contact the Counselling Coordinator, Roger Higgins, on 07585 795288, or email R.Higgins@leedsmet.ac.uk

Leeds Community Healthcare NHS Trust established

Leeds Community Healthcare NHS Trust was established on 1st April. Leeds Community Healthcare had previously been working at arm's length from NHS Leeds, the city's healthcare commissioner. It is now an independent NHS organisation in its own right following a government programme to reform community healthcare services. The Chief Executive is Rob Webster.

Leeds Community Healthcare NHS Trust provides 65 different NHS services across 120 sites in Leeds. Over 4,000 appointments a day are provided by 3,000 staff including mental health workers, district nurses, community matrons, health visitors, prison healthcare workers and those working in services for children and families.

The Trust will now start work to become an NHS community foundation trust. The community foundation trust will invite people in Leeds to become members and have a public Council of Governors who will hold the Board of Directors to account.

www.leedscommunityhealthcare.nhs.uk

LeedsDirectory - *the easy way to find reliable, flexible services in your area*

LeedsDirectory gives you the choice of over 800 local businesses and organisations that can support you and/or the people you work with to live independently. The Directory contains Quality Assured domestic and personal care providers as well as a wealth of services and organisations covering arts and leisure, advice and support, community and social, health and wellbeing and training. Visit our website www.leedsdirectory.org and start your search today. Alternatively, call our Helpline on 0113 391 8333 and we can send you information you by post.

Trade Directory coming soon - *in partnership with West Yorkshire Trading Standards*

By popular demand, we are getting ready to launch Leeds Trade Directory. You'll soon have somewhere to find reliable trades in your area, such as plumbers, builders, electricians, carpenters and many more.

We'll be bringing all of your favourite features of LeedsDirectory to the Trade Directory, including:

- **The Big Green Tick** – any organisation offering a service in the home must first be Quality Assured
- **Star ratings and reviews** – rate the service you have

received and read other people's comments to help choose a service that's right for you

- **Flexible search options** – search online by area, by service, or browse using our A-Z
- **No internet? No problem!** – call our Helpline and we'll send you all the information you need through the post
- **Hard copy trade directory** – download and print your own citywide trade directory.

Register your interest today to be amongst the first to find out about this new service. Or get in touch if you can recommend a tradesperson who may be suitable for the directory. Email: trades@leedsdirectory.org or ring the helpline.

Looking for a Personal Assistant? You can now search through over 200 different personal care assistants in our new PA Directory on LeedsDirectory.org (in partnership with Asist at Leeds Centre for Integrated Living).

If you are interested in becoming a PA you can register with Asist for free at www.leedsdirectory.org



Joint Strategic Commissioning Group for Mental Health – Update from March 2011 meeting

The Leeds Mental Health Strategy agreed between service users, their carers, commissioners and providers of services in 2006 ends in 2011. The Strategy focused primarily on implementing the requirements of the National Service Framework for Mental Health. The NSF helped Leeds to initiate and commission major changes to service delivery and support.

As the 2006 - 2011 strategy comes to a close, partners have been reflecting on the achievements the city has made and on how we continue to make improvements to mental health services across Leeds. This comes with the added challenge of partners needing to achieve a balance of efficiency and effectiveness during times of significant downturn in public sector finance.

The new national strategy 'No Health without Mental Health' published in February 2011 arrives at a time of

unprecedented NHS and partnership restructuring, affecting NHS commissioning structures and how Public Health is established. Many of the aspirations set out within the strategy can only be achieved through the agreement of high level strategies that current and emerging partners will need to develop and own.

While these structures take shape the Joint Strategic Group for Mental Health has finalised the content of a **Mental Health Improvement Plan for Leeds**. This is a two year plan for Leeds that aims to implement a number of work-streams and key priorities. Partners agree that this must be developed within the remit of GP consortia clinical leads, new planning and commissioning infrastructures and within the new context of how Public Health is delivered. It is the intention of the Joint Strategic Group to begin producing a revised strategy for Mental Health during 2011/12 involving a much wider audience.



Notice Board



Get ready for the LOVE ARTS FESTIVAL!

Leeds Festival of Arts and Well-being will be launched by Ruby Wax on September 27th, and we want YOU to contribute to the events that follow in the next seven weeks of fun!

If you've got an idea for an arty event (maybe an exhibition, performance, participatory event, or something else?) please contact us for an informal chat. Your event will need to take part between September 27th and November 16th, be open to the public, and explore the theme of wellbeing and mental health.

Events can be large or small scale activities that are either already planned or put on specifically for the festival. We are looking for diversity of art forms from small and quirky through to large scale events. Your event will get some fantastic FREE publicity and marketing, along with some volunteer support. However, unfortunately we cannot help with funding.

Arts organisations, mental health and well-being organisations, individuals and small groups can send in suggestions. Expressions of interest need to be received by July 8th.

Tel: 0113 305 6621 or 07956 042147

Email: info@loveartsleeds.co.uk

Twitter: @loveartsleeds

Website: www.loveartsleeds.co.uk

Love Arts is organised by Arts and Minds and Leeds Partnerships NHS Foundation Trust with support from Leeds City Council, Arts Council England and NHS Leeds.



Care Programme Approach Training

Do you work with people who have their care coordinated?
Do you want to know more about CPA in Leeds?
This one day workshop is available to the city wide mental health workforce and is made up of an update on CPA; the role of the care coordinator; holistic assessment; best practice in care planning and CPA reviews. There is also a presentation from Leeds Partnerships Foundation Trusts Carers Team.

28th April at Becklin Centre
26th May at Newsam Centre
23rd June at Becklin Centre
28th July at Newsam Centre

Please contact Donna Kemp for further details: donna.kemp@nhs.net / 0113 295 2391.



Leeds Mind Employment Team

From 1st April the two employment services within Leeds Mind, Working Minds (delivering the 'Think Positive' service) and Dove (delivering the Adult Social Care/NHS service) have merged into one Employment Team.

The Employment Team is based at: De Lacey House
Abbey Road Kirkstall Leeds LS5 3HS.
Employment Team Tel: 0113 230 2631
Employment Team Service Manager Tel: 0113 278 8434.

Tenfold's new address

Tenfold, the voluntary sector learning disabilities forum, can now be contacted
c/o Shine Business Centre My Catalyst52 Harehills Road
Harehills Leeds LS8 5HS

email: info@tenfold.org.uk
phone: 07576 952 527
website: www.tenfold.org.uk



Leeds Mind new address

Leeds Mind have moved out of Grove Villa. Their head office is now at their premises in Horsforth:
Clarence House 11 Clarence Road Leeds, LS18 4LB
Tel: 0113 305 5800
email: leedsmind@leedsmind.org.uk