



## LPFT: transforming service delivery

Volition and Leeds Partnerships Foundation Trust (LPFT) organised a workshop in October for voluntary sector workers to find out how LPFT are transforming their services in order to improve quality and efficiency. Sue Whitworth, the Transformation Project Manager, and Jenny Thornton, Care Pathway Workstream Manager, from LPFT gave a presentation, followed by discussion about the impact of the project on the voluntary sector, and on people who use services and carers.

The transformation aims to create a smooth journey through services. It covers all LPFT's services – mental health, learning disability and specialist services - and includes plans to remove age barriers in services. There are also plans to integrate mental health social workers with LPFT teams.

The proposed model focuses on recovery and wellbeing, with a single point of access, followed by triage, assessment and formulation of the care plan and goals. This was generally welcomed by the sector; the focus on recovery and goals was seen as very positive. A simpler system with fewer assessments, including consistency across age groups, were seen as great improvements.

A number of issues came up in discussions, which are summarised in a report (get in touch if you'd like a copy) that will be presented to the transformation project group this month:

- The sector needs to be involved throughout the care pathway and at the earliest opportunity.
- LPFT needs to develop a better understanding of the voluntary sector.
- The single point of access has the potential to be simpler for all.
- There are still issues in the sector about making referrals to the Community Mental Health Teams.
- There were concerns around consistency of treatment from workers in new roles, and the need for cultural competency and sensitivity was emphasised.
- As well as being easy to access, services should be straightforward to leave once outcomes have been achieved, but able to be re-accessed if needed.
- The need for reliable up-to-date information about the range of services available was highlighted – especially for triage workers and care coordinators.

We hope there will further joint discussions between LPFT, voluntary sector workers, and other staff, so that we can continue to influence the transformation process. Volition has suggested that this should include workshops focussing on equality and diversity, and on referrals.

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**Deadline for  
next edition of  
Volition:  
Noon, Thursday  
12th January  
2012**

# Around Volition and City

## People

**Neil Courtman, Carers Leeds** Neil has joined Carers Leeds in the role of Carer Support Worker Team Leader. Neil comes back to Carers Leeds after a gap of over nine years working with LPFT Mental Health Carers Team, having worked originally at Carers Leeds as a Carer Support Worker. He has a wealth of experience not only in direct work with carers but in supporting people in the voluntary and statutory sectors.

Neil can be contacted on 0113 246 8338/ 380 8919  
email: [neil.courtman@carersleeds.org.uk](mailto:neil.courtman@carersleeds.org.uk)  
Carers Leeds is now on Twitter @CarersLeeds

**Rob Kenyon** has recently started a new role at Leeds City Council as **Head of Partnerships**. Although Rob will be based in the Adult Social Care team, he has a responsibility to work across the city.

Rob's role will be to establish and cement the new partnerships we will need across the city as the Government's healthcare reforms are brought in. This should result in closer working between the council, the NHS and the voluntary sector. In particular he will ensure that Leeds has a successful Health and Wellbeing Board and HealthWatch.

Rob's career in Leeds began at St George's Crypt, after which he progressed through various NHS leadership roles. His last role was strategic programme manager at NHS Leeds Community Healthcare, where he was working with colleagues across the city in leading the redesign work of children's services. He has a passion for fairness and public engagement.

Outside of work you are more than likely to spot him at Yorkshire Carnegie watching the cricket or planning his next rail journey.

[robert.kenyon@leeds.gov.uk](mailto:robert.kenyon@leeds.gov.uk), 0113 247 4209.

### **Sandie Keene selected for national role**

Leeds City Council's director of adult social services, Sandie Keene, has been appointed as next year's vice-president of the Association of Directors of Adult Social Services. This means that in 2013 she will become president of the national organisation that advises government and influences the way social care is shaped in this country.

Sandie will continue in her role as director at Leeds City Council in parallel with her appointment as vice-president and her new position has been supported and welcomed by the council's senior leadership and management.

**Amy Cook** has taken up the post of Support Worker at **Leeds Wellbeing Centre**. Amy is also in her final year at university studying sociology so she is going to be extremely busy.

Leeds Wellbeing Centre have also grasped the social networking nettle – and are now on Facebook ([www.facebook.com/leedswellbeingcentre](http://www.facebook.com/leedswellbeingcentre)) and Twitter (@leedswellbeing) so you can follow their news on both of them.

Tel: 0113 244 4546

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

## Update from Dual Diagnosis Project

The Dual Diagnosis project held another successful event in October. Over 70 people attended including commissioners, managers and front line workers from mental health, substance misuse and other voluntary sector organisations across the city. Guest speaker, Mike Linnell, spoke about his work with Lifeline Publications and showed his new animation about Benzodiazepine use, which can be accessed at: [www.wobblystan.co.uk](http://www.wobblystan.co.uk). Delegates were given the opportunity to network with other workers and undertake group exercises.

Karen Pearse, the current Dual Diagnosis Project manager, is due to go on maternity leave. Richard Bell is covering her post while she is away and can be contacted at [richard.bell@st-annes.org.uk](mailto:richard.bell@st-annes.org.uk), or call 0113 281 6914.

For more information about the Dual Diagnosis Project please visit the Dual Diagnosis website at [www.dual-diagnosis.org.uk](http://www.dual-diagnosis.org.uk)

## New Volition member: Space2 introduce themselves



Space2 is a local charity which uses arts as a catalyst for change. We deliver a range of exciting and challenging projects, with art and creativity at their core, working with diverse groups of people including school children, young people, women and men, building self-esteem, emotional resilience and social networks. Our work, both directly and indirectly, supports people to improve their mental health and explore stigma and discrimination.

Most recently we linked up with Pioneer Projects and Artist Philippa Troutman to take part in 'Postcards from the Edge', a growing national project which has involved communities in Bentham, Kendal, Bradford and Keighley - and most recently Seacroft. The project asked the question, "Can you imagine how I feel?" and worked with two groups of women to produce professional standard postcards, using mono print technique, which addresses

this question. We hope this will be the start of an ongoing dialogue between different groups across the country.

Mind, Body and Soul, a project based in Gipton and Seacroft for local women, used performance poetry with poet Michelle Scally-Clarke to help women "clear our their closets", explore their emotional wellbeing needs and make positive steps. Some potent and emotionally charged poems were created, which this year were performed by some of the women at Recipe for Life, Space2's innovative performances at West Yorkshire Playhouse in July which promoted health and wellbeing through dance, music, song and poetry. The success of the project is summed up by one of the participants who said, "This time last year I wouldn't leave the house, now I'm performing in front of 300 people. It's unbelievable!"

[www.space2.org.uk](http://www.space2.org.uk)



## WorkPlace Leeds, a new employment project

On 1<sup>st</sup> October this year, a new employment support service, for people experiencing mental health issues, started in Leeds. The service is called WorkPlace Leeds and is a partnership between Leeds Mind, Community Links and Touchstone. It supersedes the Dove and Working Minds services, which no longer exist.

WorkPlace Leeds is chiefly funded by NHS Leeds for three years to deliver an Employment and Job Retention support service, specifically for clients accessing secondary mental health services and primary care IAPT services in Leeds. It also receives funding from Adult Social Care to deliver an employment support service, specifically to its clients accessing its CATS and day services.

The NHS funded element of the service involves co-locating seven Employment Support Specialists part-time, within LPFT Community Mental Health Teams, Assertive Outreach and Forensic Teams, and in the voluntary sector

with aspire and Touchstone. It also has three Job Retention Specialists, who work on an outreach basis. The Adult Social Care element of the service has three Employment Support Specialists and an IT Tutor delivering IT skills development. There are specific referral criteria to access the service and a referral form will need to be completed by the referrer.

For further information please do not hesitate to contact us. We are happy to help.

The WorkPlace Leeds Team  
De Lacey House, Abbey Road, Kirkstall, Leeds LS5 3HS.  
Tel: 0113 230 2631  
E-mail: [admin@workplaceleeds.org.uk](mailto:admin@workplaceleeds.org.uk)



## Community Links Training

Community Links Training launched early 2008 to deliver subsidised Mental Health First Aid (MHFA) training across the region, with Big Lottery funding. Community Links Training has now delivered Adult and Youth Mental Health First Aid (YMHFA) training to over 4,500 people throughout Yorkshire and Humber.

Community Links has over 30 years' experience as one of Yorkshire's leading mental health service providers. Our experienced and fully qualified trainers are highly skilled in group facilitation and have expert knowledge in their chosen field. All income generated from training courses is ploughed back into Community Links' work with people experiencing mental health problems.

Our training department has continued to grow and develop and now offers nearly 40 training courses on topics relating to mental health, personal development and management. In addition to MHFA and YMHFA,

our courses include Presentation Skills, Mental Health & Housing, Stress Management Skills and Applied Suicide Intervention Skills (ASIST) training.

We deliver our courses at our dedicated training centre in Oakwood, north Leeds. We can also deliver any of our scheduled courses directly to your organisation or we can design bespoke training programmes to meet your individual needs. Bursary places and funded courses are also available for delegates meeting specific criteria.

Please contact us for more details, or to receive a copy of our new training brochure phone 0845 838 9928 or email: [training@commlinks.co.uk](mailto:training@commlinks.co.uk).

The brochure can also be downloaded from Community Links' homepage [www.commlinks.co.uk](http://www.commlinks.co.uk)

*Emma Swales, Training Manager*

## Leeds Autism Strategy (2011-2014)

The autism strategy for Leeds has now been agreed. It was developed by a multi agency group including people with autism and carers and will report into the wider partnership arrangements of the city. See Volition newsletter 81 for more information on why it has been developed.

The main areas of the strategy are:

- a partnership board to lead on the work that needs to be done
- a diagnostic and assessment service
- good quality assessment
- transitions and partnership
- information
- universal services
- joined up commissioning.

Underlying everything is the need for both specialist training and awareness raising which are key to enabling a broad range of services to support people on the autistic spectrum.

One of the main needs that came out from consultation with people on the spectrum is the need for access to and support from universal services – areas such as employment, education, leisure, housing and health.

### Next steps:

Launch event 19<sup>th</sup> January 2012

Partnership Board – first session Feb 2012

Organisations will be invited to nominate people to sit on the partnership board and there will be reference groups for people with autism and carers so that they can be fully involved.

Information - there will be a page on the city council website linking to the strategy and local information.

If you would like more information or have good ideas that you would like to share please contact Helen Gee, tel: 0113 247 6060, email: [helen.gee@leeds.gov.uk](mailto:helen.gee@leeds.gov.uk)

### New SCIE Autism Guide

The Social Care Institute for Excellence's new Autism Guide looks at how social care services can improve access to adults with autism. It is based on research that explores the barriers to services experienced by people with autism. The guide also includes advice on how services can best meet the goals of the government's autism strategy. [http://www.scie.org.uk/publications/guides/guide43/index.asp?dm\\_i=405,L1CU,UVVFT,1PI4Q,1](http://www.scie.org.uk/publications/guides/guide43/index.asp?dm_i=405,L1CU,UVVFT,1PI4Q,1)

## What's happening at Inkwell?

It's been an eventful year at Inkwell and we have flourished in a number of different areas; we've tripled the number of users who directly access the service from the mental health community, developed our building to help us generate more income, built valuable partnerships with creative organisations throughout the city and delivered a creative and safe space for students for art classes, peer led craft sessions organised by volunteers and high quality art exhibitions.

At Inkwell we encourage engagement in art activities for positive impact on mental wellbeing. As part of an individual's recovery plan participants not only create beautiful and insightful art work but help in the organisation of exhibitions and events, connecting to the wider community. The Inkwell team have also conjured up some spectacular community fundraising events, raising thousands of pounds in extra funds.

We are extremely proud of the sheer hard work put in by our staff, students and volunteers to ensure that Inkwell becomes a sustainable, inclusive and creative space for the wellbeing of all.



Inkwell has received substantial funding from Leeds Partnerships Foundation Trust to develop into a more sustainable model that will have a broader range of funding streams, with less reliance on statutory funding. The first stage of this development has involved improvements to the building. The second stage will now develop more arts and wellbeing classes open to all, film showings, exhibitions, a place for groups to meet and a fully equipped media suite. We also plan to start a café for spring 2012, particularly at weekends, to provide for any bookings and to create a community hub much like the building used to be in its pub heyday.

If you are interested in booking space or running arts/wellbeing courses at Inkwell please get in touch and we'll arrange a time for you to come and have a look round our rejuvenated building.

Contact: 0113 307 0108, [inkwell@leedsmind.org.uk](mailto:inkwell@leedsmind.org.uk)

*The team at Inkwell*

## Young Lives Leeds

Young Lives Leeds is the re-named forum and network structure for the third sector working with children, young people and families in the children's services sector in Leeds. Young Lives Leeds has contact with over 500 third sector organisations (the Young Lives Leeds Network) who predominately offer services for children, young people and their families in Leeds.

Young Lives Leeds supports the sector to improve the lives of children, young people and families in Leeds, by giving organisations the voice, information and advice they need to build better services.

Young Lives Leeds is a team of workers that specialises in supporting organisations working with children and young people.

The Co-ordinator, Jeannette Morris-Boam and Development Worker, Gary Blake facilitate regular forum and subgroup meetings, and one off events. These provide opportunities for third sector organisations to engage in discussions and consultations that contribute to the shaping of children's services. Young Lives Leeds also provides children's services information to its members.

The Capacity Build Workers Harriet Wright (young people's groups) and Kirsty McKay (children's groups), support organisations with their planning, governance issues, finding and applying for funding, quality assurance, collaboration, monitoring and evaluation, and development of policies and procedures.

The team is based at Stringer House. Young Lives Leeds is a partnership project between Re'new and Voluntary Action-Leeds, funded by Leeds City Council.

The main point of contact for Young Lives Leeds is Co-ordinator Jeannette Morris-Boam tel: 0113 213 2596, email: [jeannette.morris-boam@val.org.uk](mailto:jeannette.morris-boam@val.org.uk)



## Award winning Migrant Community Organisers training programme

Leeds Migration Partnership leads on a number of projects to change the way services are delivered to and accessed by migrant groups in the city. The Migrant Access Points project aims to find innovative solutions to support the parts of statutory and third sector services that can become stretched by the needs of migrants and new arrivals to Leeds.

Part of the project works in partnership with other agencies and organisations to recruit and support migrant volunteers as Migrant Community Organisers. The training, developed jointly by Touchstone and Feel Good Factor, is currently in its third round. The aim is to support community organisers from different national, ethnic or language backgrounds to enable them to spread basic, accurate messages to migrant communities on housing, employment, education, financial inclusion, social care and pathways to health including wellbeing and mental health.



The work of the project has been recognised both within the local authority staff awards of excellence and highlighted as an exemplar of good practice in the recent external assessment under the Equality Framework for Local Government.

Partnership working has been key to the successes and achievements of the project. Chapeltown Citizen's Advice Bureau, Job Centre Plus, NHS Leeds, Adult Social Care, Children and Young People's Services, Housing Options, Education, Touchstone and Customer Services have helped to capitalise on venues and training.

Voluntary sector organisations are important access points to communities and have helped to make links with many communities so that they can take part in the training programme. Advocacy Support, Refugee Action, Refugee Forum, Refugee Council, RETAS (Refugee Education Training Advisory Service), LASSN (Leeds Asylum Seekers Support Network), BME Network, Solace, Intercontinental Skills Centre, Together 4 Peace, and many others, are continuing to support the project and work in partnership to encourage, engage and sustain stronger communities.

The project has successfully empowered migrant communities to build their capacity to increase support and to enable community members to access services appropriately. Migrant Community Organisers (MCOs) have developed networks, encouraged their communities to attend information sessions to build their confidence and decrease feelings of isolation, thus aiming integration into wider communities.

If you would like further information on this project or would like an MCO to deliver an information session to those that attend your services, or if you would like to discuss how an MCO can assist in reaching out to communities, please contact Pria Bhabra, Project Officer, 07891 272004 or [pria.bhabra@leeds.gov.uk](mailto:pria.bhabra@leeds.gov.uk)

## Together Leeds self directed peer support service

Together is a national charity working with around 4,000 adults a month with complex and reoccurring mental health issues.

The new Leeds service started in mid July. We will be supporting service users to access information on personal budgets, and working with providers to transform their services to ensure they remain relevant and fit for purpose in the future. We will be recruiting, training and working alongside peer brokers to enable personal budgets to remain a constant in the city of Leeds, to ensure that the resources are available for service users

to direct their own support in the future.

We have several workshops planned in the near future. For information about dates, times and venues please call Amanda or Julie on 0113 245 5391 or email us at [leedssdsservice@together-uk.org](mailto:leedssdsservice@together-uk.org)



# How to engage with Gypsies and Travellers as part of your work: toolkit for health professionals

Leeds Gypsy and Traveller Exchange (GATE) has been working at the heart of the Gypsy and Irish Traveller Communities in Leeds for 8 years. In this time Leeds GATE has had first hand experience of shocking life expectancy statistics, high maternal and infant death rates, widespread depression and mental illness amongst Gypsy and Irish Traveller families. In order to address and highlight these issues, Helen Jones, the CEO of Leeds GATE, decided it was time to take action and get other services on board.

After securing three years' funding from the Department of Health, Helen set about gathering information from Gypsy and Irish Traveller community members and talking to service providers about their experiences with these communities. The toolkit is a result of this work and offers a no nonsense guide for service providers who need to reach people from the Gypsy and Irish Traveller communities. The toolkit has been designed to enable people to make a difference without spending a lot of money; it's about changing attitudes and approaches and



providing some examples of how to engage successfully.

The toolkit was launched at Skipton House, home to the Department of Health, on 4<sup>th</sup> October and was well attended by a number of senior health professionals. Key speakers at the event included Professor Steve Field (photographed) who is chairman of the National Health Inclusion Board and Emma Hardwick, a consultant midwife at the Royal Free hospital.

The toolkit is now available to buy as a printed document (£10) and also on Audio CD (£5). To purchase a copy of either please email

[info@leedsgate.co.uk](mailto:info@leedsgate.co.uk)

Further information about the toolkit, including appendices and case studies, can be found on the Leeds GATE website: [www.leedsgate.co.uk](http://www.leedsgate.co.uk)

## Could your organisation offer a placement for a student nurse from LMU?

As a part of their training towards becoming registered mental health nurses, students at Leeds Metropolitan University have an opportunity to do voluntary work outside their traditional NHS mental health service placements. The aim is for students to be able to experience a broader range of services than those provided by nurses and to allow them follow up on specialist, personal interests in a range of settings.

The students are in the second year of their course, and therefore have already had placements in at least four different mental health care settings (for example wards or community mental health teams) They are looking for up to 15 days of work opportunities, either in a block or spread over an academic year.

Examples of the work students contributed last year includes: working as befrienders, developing a mental health awareness package for young people, and providing IT training. Some students ventured overseas including working with young people in Romania and with women in Pakistan.

If you would like to know more about this initiative and believe that your organisation might benefit from this voluntary work, then please contact Martin Hird, Mental Health Nursing Course Leader on 0113 812 4374, email: [M.Hird@leedsmet.ac.uk](mailto:M.Hird@leedsmet.ac.uk) to discuss this further.

## Relapse prevention service open for referrals

Did you know that Community Links runs mental health relapse prevention services at each of our three intermediate hostels: Alexander, Brigid and Octavia House?

Each hostel has two relapse prevention beds for clients who require from two nights to three weeks accommodation-based support as an alternative to a hospital, to help prevent clients from becoming unwell or reaching a crisis point.

The aim of the prevention service is to support people in their recovery and reduce their long term dependence on mental health services. We are able to support people with a range of physical or sensory impairments, including Deaf people.

- Over 90% of our prevention clients would promote our service by recommending it.

*"The thing I like about the staff is that there isn't a 'them and us' attitude. The staff support us to do things instead of doing things for us which helps us when we're at home."*

- Over 90% of carers of clients using the prevention service would recommend us to another carer.

*"The hostel helped my son to deal with his problems. Helped him mature, helped him be independent, motivated him, pushed him when it was needed."*

The service is proven to prevent clients from frequently accessing hospital or crisis services.

*"Since having prevention my self-harm has reduced dramatically."*

*"I honestly think that prevention has kept me out of hospital. It has given me the time out and support I needed at really bad times, if I didn't have that I honestly feel I would have cracked up and ended up in hospital."*

We are running a series of informal drop ins at each of the services so please come along. Clients and carers are also welcome. You don't need to book. All sessions are from 2 – 4 pm.

6th December, Brigid House  
14th December, Octavia House  
13th January, Alexander House  
25th January, Octavia House  
7th February, Brigid House  
24th February, Alexander House

Alexander House, 272 Wetherby Road, LS17 8NE.  
Tel: 0113 218 8095 [team.alexander@commlinks.co.uk](mailto:team.alexander@commlinks.co.uk)  
Brigid House, 26 Morritt Avenue, LS15 7EP.  
Tel: 0113 264 9086 [team.brigid@commlinks.co.uk](mailto:team.brigid@commlinks.co.uk)  
Octavia House, 15 East Grange Drive, LS10 3EH.  
Tel: 0113 271 5855 [team.octavia@commlinks.co.uk](mailto:team.octavia@commlinks.co.uk)

More details are available from our website  
[www.commlinks.co.uk](http://www.commlinks.co.uk)

*Lise Hanson*  
*Intermediate Hostels Manager, Community Links*

## LPFT: providing services in Leeds and York

Leeds and York Partnership NHS Foundation Trust will be the new name for the provider of mental health and learning disability services in Leeds, York, Selby, Tadcaster and Easingwold, and a number of specialist community services across North Yorkshire.

The Board of Directors of Leeds Partnerships NHS Foundation Trust and NHS North Yorkshire and York

agreed at their September Board meetings that mental health and learning disability services for York, Selby, Tadcaster and Easingwold will transfer to the renamed Leeds and York Partnership NHS Foundation Trust on 1st January 2012.

A number of county wide specialist services will also transfer to the enlarged organisation on 1st January.

### Central contact for primary care mental health referrals

The Primary Care Mental Health and IAPT (Improving Access to Psychological Therapies) service in Leeds now has a new single contact number: **0113 843 4388**

The aim of the new number is to make talking therapies more widely available to people aged 17 years or over, including people over 65, who may need them. The service provides self-help, stress and mood management, one-to-one cognitive behavioural therapy (CBT) and other psychotherapeutic approaches to support people with stress, anxiety, depression and emotional problems.

Anyone can refer themselves to the service by calling 0113 843 4388, lines open 8.30am – 4pm, Monday to Friday.

## NET Garforth net an award

The Duke of York's Community Initiative held its annual award ceremony in Harrogate in October. The Duke of York visited Yorkshire to present the Awards to Yorkshire organisations that have transformed the lives of their community.

This year 30 organisations received awards, including two local Neighbourhood Network Schemes in Leeds: Older People's Action in the Locality and Volition member Neighbourhood Elders Team Garforth (NET).

The NET award was accepted by the manager Monica Walker on behalf of NET and its volunteers. Following the presentation the prince visited the NET stand to gain a full understanding of the NET organisation. Monica and NET Chairman Roy Norcliffe explained the wide range of services and activities undertaken in Garforth and the surrounding villages.

[www.netgarforth.org](http://www.netgarforth.org)

## VA-L and Voice merger official

With effect from 30th September Voluntary Action-Leeds and Leeds Voice merged.

Following the Voluntary Action-Leeds (VA-L) AGM on 26th September the merger between VA-L and Leeds Voice was approved by VA-L members. Leeds Voice management committee met for the final time on 29th September to formally dissolve Leeds Voice.

The new organisation is called Voluntary Action-Leeds (VA-L). Between now and December VA-L will be working on a joint website and newsletter. All will be revealed on 7th December at the Third Sector Conference.

Staff from Leeds Voice have new email addresses. The format of all email addresses is [firstname.lastname@val.org.uk](mailto:firstname.lastname@val.org.uk)

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

## Drug Treatment consultation with voluntary sector

In 2010 the government launched its new drug strategy, 'Reducing demand, restricting supply, building recovery: supporting people to live a drug-free life'. There is a clear need within the drug strategy to develop a treatment system to meet the recovery agenda. In addition to this the National Treatment Agency for substance misuse ([www.nta.nhs.uk](http://www.nta.nhs.uk)) has consulted with those with a personal or professional interest in drug treatment (under the working title, Building Recovery in Communities) to be involved in designing a new service framework that will support local areas in delivering the government's new drug strategy.

Locally, Leeds City Council is undertaking a consultation on our current system to understand what works well, what doesn't and take feedback from a range of stakeholders to help feed into any future design of a treatment system to meet the recovery agenda.

As part of this representatives from six different Volition member organisations attended a meeting facilitated by Vicky Clarke - Commissioning and Development Manager, Treatment, Strategy & Commissioning, Environment & Neighbourhoods in November to explore the specific ways in which mental health issues impact on drug treatment and recovery, and to gather views on the drug treatment system.

The meeting was constructive and highlighted a number of issues and concerns, but recognised the core value of joint working and good co-ordination between services.

[www.dual-diagnosis.org.uk](http://www.dual-diagnosis.org.uk) has a good basic e-learning pack, which all mental health workers are strongly encouraged to undertake, and excellent information, resources and individual planning tools can also be found by setting up a log in at [www.hiwecanhelp.com](http://www.hiwecanhelp.com)

## Leeds HealthWatch pathfinder

LINKs (Local Involvement Networks) will evolve to become local HealthWatch, the independent consumer champion for the public to promote better outcomes in health for all and in social care for adults. 75 pathfinders were launched in August and are underway in planning and testing out different aspects of the proposed local HealthWatch.

The Leeds pathfinder will focus on a whole systems approach to how a local HealthWatch will get the information, present it to influence commissioning decisions, and then ensure feedback to local people.

# Strategic Groups

## Joint Strategic Commissioning Group for Mental Health, October 2011

**Mental Health Needs Assessment** - Presentations and workshops were held and have been well received. Responses will be discussed in January to establish priorities, discuss recommendations and ensure accuracy. The results will form the basis from which a mental health strategy can be developed.

**Autism** - The autism strategy is now signed off (see page 4) and a new Autism Partnership Board is being established led by Helen Gee (ASC). A new LPFT diagnostic service is now being piloted.

**Self Harm Data Group** - The local data is being compiled and processed. Once analysed, objectives will be defined.

**ASC Community Service redesign** - Kim Adams gave an update on the service user reviews in Day Services, which have now been largely completed. Discussion was held around support, access venues, escalation, FACS eligibility and barriers to different levels of service experienced by service users. Report from review process outcomes is anticipated in November 2011.

**Out of hours crisis information** - NHS Leeds has established a multi-agency task and finish group to review the current provision of Crisis and Out of Hours support – to identify current issues and ensure consistent information is being given to service users about what all agencies provide. Group to report back to January JSGMH meeting. (Pip Goff attending for Volition).

**Common MH pathways group** - Jane Williams reported that the group has been set up. Well attended meeting in September. Agreed to meet bi-monthly for 12 months. Remit of the group is to identify gaps, discuss pathway development, working smarter and presenting to referrers.

**Priorities for service user involvement** - Joe Alderdice from Leeds Involving People circulated a paper giving a summary of current activity and priority areas agreed with commissioners. Main points are: befriending and peer support; consulting with current users of Leeds Mind and Making Space services. There was a request for clarification on how the review of befriending could influence ASC Community Service Redesign. The importance of ensuring appropriate service user involvement and sharing good practice was agreed.

**Eligibility for Benefits** - Jane Williams clarified that the aim of the consultation was to assess the current impact on service users, to inform mental health service providers. This will also assist in identifying need for access to welfare benefits and debt advice.

**SP Mental Health Sector Review update** - Debbie Forward unable to attend meeting. Item deferred.

**Time to Change update** - Catherine Ward, NHS Leeds, explained that Time to Change aims to challenge attitudes and behaviour. Focus initially was on workplace health and community development approaches. Monies were identified for this workstream. A joint post for a volunteer coordinator is funded by LPFT and NHS Leeds. Need to identify how Time to Change strategically fits across the city. Leeds is recognised as a beacon of good practice by the national team however a higher profile is needed locally. An away day for strategic and operational group members and Time to Change volunteers to be held in November. Concern was expressed about fragmentation due to the commissioning transition. It was agreed to continue to include this as part of the JSCGMH workstreams until restructuring is complete.

**Suicide prevention consultation and audit** - comments in relation to a national document for consultation were submitted. This had been circulated widely with comments from a number of organisations being included. *Suicide Audit Project Plan* - to complete audit by March 2012. Links with the Coroner are being developed which was felt would be positive.

**Mid Year Review of Mental Health Improvement Plan** following sign off of the 2 year Improvement Plan in April 2011 work is progressing on 5 key work-streams:

*Development of an Effective Psychological Care Pathway.* Service reviews completed by NHS Leeds. A number of further pilot studies across the spectrum of psychological therapy is underway to assist in developing assessment of future needs and service model. A proposal paper on the future model is being developed. The current NHS commissioning changes could influence the progress and timescales.

*Increasing Access to Employment Support* - new service called WorkPlace Leeds from 1st October (see P3)

*JSCGMH continued...**Reconfiguration of Community Services -*

*Crisis Support:* Crisis Managed Network not yet developed; however, this will be considered in the future as a number of separate workstreams begin to come together. Dial House has been opened for an additional night to extend the availability of alternatives to hospital admissions. A study is underway between Dial House and LPFT reviewing people's pathways into Dial House against those who do not use the service. The self-harm data group is still analysing data in respect of admissions into LTHT. The group will begin to identify objectives and work-streams over the next 6 months. LPFT's transformation process will influence the configuration of services and the referral pathways. There are a range of different workstreams in relation to transformation and health and social care integration that are running in parallel, with the potential for some confusion. Different timescales are driving different targets. There is an outstanding issue of how this is best coordinated and reported.

*Rehabilitation Pathway:* The Regional Strategic Commissioning Group will take over the funding of low secure services from 1 April 2012 in preparation for when the National Commissioning Board takes on responsibility. Work almost complete to separate low secure clients from rehabilitation clients. LPFT plan to open a local locked rehab unit by April 2012 which will allow a fully comprehensive rehab

pathway to be provided within Leeds. Further work on the pathway from a locked environment into an open or community/third sector facility is underway. This includes a review of patient journeys which will help identify service and information requirements required along the pathway.

**Update on NHS Clustering/ CCGs** - NHS Leeds is now known as Airedale, Bradford and Leeds cluster. NHS Leeds remains a legal entity for finance and reporting purposes but will exist within the new cluster. One larger Executive Board is now in existence with a single Chief Executive across the patch. Executive Directors appointed. No clarity yet re. further posts or impact on other roles. Leeds will have three Clinical Commissioning Groups (CCGs). Boundaries appear to have been finalised. NHS Leeds staff may end up working in either CCGs or potentially a Commissioning Support Organisation (CSO) working across a number of CCGs. These organisations have to be NHS organisations for the first five years only. Currently NHS Leeds is working on a prospectus offer to the CCGs. NHS Leeds will cease to exist after March 2013.

**Adult Social Care/Leeds Partnerships Foundation Trust (LPFT) Integration** will be fully implemented by March 2012.

**LPFT acquisition of York services** from 1st January 2012. LPFT re-named Leeds & York Partnership Foundation Trust (see P8).

*Pip Goff, Volition*

## Revised Care Programme Approach documentation

New documentation for Leeds was launched in August and it is anticipated that all service users who are on Care Programme Approach (CPA) will be reviewed using the new documentation by April 2012. The impact of the change will be captured through a range of mechanisms, for example clinical audit, national service user survey, patient opinion and Advocacy for Mental Health & Dementia's advocacy report.

### Why has the documentation changed?

The documentation has changed for a variety of reasons: partly in response to service users reporting that the previous care plans were not personal to them and because it was more service focused than service user focused; because previous

documentation needed updating to reflect the individual holistically; and lastly, to better support current best practice – NICE, Department of Health, evidence base, recovery focus.



For a copy of the CPA guide for service users or the full documentation, contact the Volition office.

*Donna Kemp*  
Care Programme Approach Development Manager  
Leeds Partnership NHS Foundation Trust

Tel: 0113 295 2371

Email: [donna.kemp@nhs.net](mailto:donna.kemp@nhs.net)



## Third Sector Leeds Leadership Group, October 2011

The meeting began with a discussion of sector values, after which Kathryn Fitzsimmons, TSL Chair, emphasised how important it was to hold values and know what they are.

**Transforming Local Infrastructure** - A bid has been submitted on behalf of Leeds infrastructure organisations led by Voluntary Action Leeds.

**Outcomes Based Accountabilities** - Leeds City Council recently held an event on Outcomes Based Accountability (OBA) and papers were circulated for information. This has top level support from Tom Riordan and other senior council officers and councillors and is likely to be rolled out across the city.

**The merger between Voluntary Action-Leeds and Leeds Voice** has now officially happened. All Leeds Voice projects and staff are now part of VA-L. David Smith is Chief Officer – Strategy and Engagement and Richard Jackson is Chief Officer – Support and Development.

**Feedback from Commissioning Boards** - agreed that the TSL leadership Group should be a conduit for feedback on the involvement of sector groups in the commissioning process. A specific problem encountered by the Supporting People Provider Forum was reported.

**Officers' actions** - TSL Officers meet quarterly with Tom Riordan. Discussed the Commission on Local Government being set up which could form part of a future TSL Event.

The chair gave a briefing to the Conservative Group so has now briefed all three of the main political party groups. It was noted that there is a programme of councillor development which we could try and access to

give councillors a wider understanding of the sector.

### Representation

**Leeds Initiative:** The launch of the State of the City report will be at 2.30pm on 7<sup>th</sup> December (after the conference).

**Third Sector Partnership Group:** Alan Gay (LCC Finance Director) presented his initial paper on LCC's budget 2012/13 which will go to LCC Executive 14<sup>th</sup> December.

**Disbandment of the BME Strategic Partnership Group** has been raised at meetings between BME leaders and Tom Riordan. It was reported that a review of more productive methods of engagement was underway.

**Area Leadership Teams** reports from the SE and WNW area leadership teams. The SE group will be meeting soon and asked if there was a synopsis of sector activity in that area. WNW has had an induction session. It was noted that area representation needs to link to Health and Wellbeing area reps.

**An Economy and Enterprise Forum on Social Enterprise** has been established – contact via Richard Jackson at Voluntary Action Leeds.

Leeds Initiative asked for representation on a **Steering Group on Community Development**. Agreed to send representation.

**Children's Trust Board:** the Ofsted interim report on safeguarding in Leeds had been published. It shows Leeds as 'adequate' and 'good' in most areas and has lifted spirits considerably.

*Pip Goff  
TSL Rep for Leeds Older People's Forum,  
Tenfold and Volition*

## Accommodation Pathway Implementation Group

This group meets to oversee implementation of the housing protocol, which aims to ensure people's housing needs are met in a timely and appropriate way. Reports are given by Housing Options and LPFT. At the November meeting ways of ensuring service user and carer involvement were discussed along with the action plan arising from the review with operational workers of the protocol held in March. A number of the issues are being progressed, and work with CMHTs is to be developed. It was agreed to refresh the protocol information by adding details of current key contacts, the way in which the housing referrals are done etc. This will then be emailed out to relevant staff groups.

If you would like more detailed feedback, please contact Pip Goff at Volition.

# National issues

## Caring for our future

The Government is currently running *Caring for our future: shared ambitions for care and support* – an engagement with people who use care and support services, carers, local councils, care providers, and the voluntary sector about the priorities for improving care and support.

*Caring for our future* is an opportunity to bring together the recommendations from the Law Commission and the Commission on Funding of Care and Support with the Government's *Vision for Adult Social Care*. These recommendations will form the basis the discussions.

The Law Commission report said that adult social care law is outdated and confusing, making it difficult for people who need care and support, their carers and local authorities to know what they are entitled to. It recommended bringing together all the different elements of social care law into a single, modern, adult social care statute.

The Commission on the Funding of Care and Support recommended that the amount that people have to spend on care over their lifetimes should be capped, although people in care homes should continue to pay a contribution towards their living costs. The Commission also recommended that the current system of means-tested support should be extended, so that more people can get additional help in paying for care.



Discussion areas cover:

- improving quality of care and supporting the workforce
- increased personalisation and choice
- ensuring services are better integrated around people's needs
- supporting greater prevention and early intervention
- creating a more diverse and responsive care market
- the role of the financial services sector in supporting people who use services, carers and their families.

The engagement exercise will run until 2nd December and the results from the discussions will inform a government White Paper and a progress report on funding reform that will be published in spring 2012.

For more information and for details on how to get involved, go to: [www.caringforourfuture.dh.gov.uk](http://www.caringforourfuture.dh.gov.uk)

## NHS Commissioning Board Authority goes live

The NHS Commissioning Board Authority, a special health authority and the shadow form of the NHS Commissioning Board (the Board), is now in operation. Subject to the successful passage of the Health and Social Care Bill 2011 through Parliament, over the next 12 months the Board Authority will focus on designing a business model for the Board, which puts patients and clinical leadership at its heart.

It will also work in partnership with clinical commissioning group leaders, GPs and the Department of Health to agree the method for establishing, authorising and running clinical commissioning groups. In addition, the Board Authority will create the infrastructure and organise the resources to allow the NHS Commissioning Board to operate successfully as an independent body from October 2012 (again, subject to the successful passage of the Health and Social Care Bill 2011 through Parliament).

The central role of the new Board will be to improve patient outcomes, by supporting, developing and performance managing an effective system of clinical commissioning groups. The Board will also take responsibility for commissioning services that can only be provided efficiently and effectively at a national or a regional level.

It is anticipated the NHS Commissioning Board will become fully operational on 1 April 2013, when it takes on its complete legal responsibilities for managing the NHS commissioning system.

# Reports

## **Clinical commissioning groups: towards authorisation**

Clinical commissioning groups (CCGs – formerly known as GP commissioning consortia) are now being developed. Each one must meet certain standards in order to be authorised by the NHS Commissioning Board to carry out their full commissioning responsibilities (subject to approval of the Health and Social Care Bill).

The whole of England will need to be covered by established CCGs by April 2013. Where a CCG is not ready or willing to carry out its full statutory functions it may have conditions imposed on it, and some of its functions might be carried out by the NHS Commissioning Board or other CCGs.

Through the pathfinder work that emerging CCGs have already begun, and through gathering views from stakeholders, the Department of Health has set out the six domains that CCGs will have to prove they can deliver:

- A strong clinical and multi-professional focus which brings real added value
- Meaningful engagement with patients, carers and their communities
- Clear and credible plans which continue to deliver the QIPP (quality, innovation, productivity and prevention) challenge within financial resources, in line with national requirements, and local joint health and wellbeing strategies
- Proper constitutional and governance arrangements
- Collaborative arrangements for commissioning with other CCGs, local authorities and the NHS
- Commissioning Board as well as the appropriate external commissioning support
- Great leadership.

To find out more about the authorisation process, go to:

[www.dh.gov.uk/health/2011/09/developing-clinical-commissioning-group-authorisation](http://www.dh.gov.uk/health/2011/09/developing-clinical-commissioning-group-authorisation)

## **Lesbian, gay and bisexual people in later life**

Old age can be an exciting time for some but for others, both heterosexual and gay, it can be a time of anxiety and concern. This research from Stonewall, the lesbian, gay and bisexual campaigning organisation, examines the expectations that both heterosexual and gay people have about getting older and underlines how their experiences differ. It demonstrates that older gay people are not accessing the services they need and are genuinely afraid about who will support them as they age.

Lesbian, gay and bisexual people in Britain over 55 lack confidence that public services will meet their needs. Half wouldn't feel comfortable being out to care home staff and one in three wouldn't be comfortable being out to hospital staff, a paid carer, social workers or to their housing provider. If older people feel unable to be open about their sexual orientation, they are unlikely to secure the support they require and deserve.

The data paints a compelling picture of a group of people who are more likely to live alone, are estranged from their families and who face the prospect of their informal support and social networks falling away. Added to this, many have experienced discrimination earlier in their lives – at work, from families or from authority figures – and this leaves them doubtful about the future. They are profoundly uncertain that care and social services that are primarily designed to meet heterosexual people's needs will be able to respond to their own specific requirements.

The section in the report on mental health shows that lesbian, gay and bisexual people are more likely to be worried about their mental health as they get older, with those who are single much more likely to rate their mental health as poor. While the numbers of women who've been diagnosed with depression in the last year don't vary much between lesbians and straight women, diagnosis amongst gay men is a much higher percentage than amongst straight men. But looking at people who have ever been diagnosed with depression, the figures for lesbians and gay men are both much higher than for heterosexuals. And anxiety-related conditions are also higher amongst all LGB people.

The report is available on Stonewall's website, where you can also order hard copies:

[www.stonewall.org.uk/documents/lgb\\_in\\_later\\_life\\_final.pdf](http://www.stonewall.org.uk/documents/lgb_in_later_life_final.pdf)

## **Making it Real: New citizen-led approach to check progress with personalisation**

*Making it Real - Marking Progress towards personalised, community-based support* is a set of statements from people who use services and carers which set out what they would expect, see and experience if personalisation is working well in an organisation. These statements are then set against key elements that would need to be in place within an organisation to make personalisation possible.

The markers will help organisations involved in commissioning and delivering care and support to look at their current practice, identify areas that need improvement and develop plans for change.

*Making it Real* is published by the Think Local, Act Personal partnership and has the support of the Association of Directors of Adult Social Services (ADASS), national provider bodies, the Care Quality Commission and the Department of Health. Vitality, the markers have been developed by people who use social care and family carers who are part of the National Coproduction Advisory Group - representing a very wide range of groups and organisations.

Next year everyone involved in care and support will be able to go to the Think Local, Act Personal website to publicly declare their commitment to use Making it Real as a way of showing they are signed up to personalisation. If your organisation is interested in this, you can send an expression of interest via [thinklocalactpersonal@scie.org.uk](mailto:thinklocalactpersonal@scie.org.uk)

[www.thinklocalactpersonal.org.uk/Latest/Resource/?cid=9091](http://www.thinklocalactpersonal.org.uk/Latest/Resource/?cid=9091)

## **Personal Budgets: Taking Stock, Moving Forward**

This publication from the Think Local, Act Personal partnership provides an overview of the latest evidence in how the social care sector is progressing with the delivery of personal budgets. There has been progress, with encouraging evidence showing improved outcomes for people. However, research also suggests action is needed in a number of key areas, including:

- access to direct payments
- ensuring authenticity in council managed personal budgets
- better information and advice
- improving equality of access
- reducing unnecessary process and increasing flexibility.

The report draws on the most recent survey by the Association of Directors of Adult Social Services, which shows that in England over 338,000 people had a personal budget at the end of March 2011, out of approximately 1 million people who are supported by councils. This suggests that the government target of 30% having a personal budget has been reached. It represents almost £1 in every £7 spent by councils directly on care and support services. A fifth of personal budgets have a value of less than £1,000 per year, but a quarter are for £10,000 or more.

Progress across councils is variable. Direct payments have increased significantly, but the most recent trend is managed person budgets, and it is uncertain as to whether these always offer choice and control. The government target for 2013 is 100% of people on personal budgets, with direct payments being a major portion.

[www.thinklocalactpersonal.org.uk/Latest/Resource/?cid=9094](http://www.thinklocalactpersonal.org.uk/Latest/Resource/?cid=9094)

## **New briefing to help voluntary sector influence new health structures**

The NHS is going through a radical change with new structures and new organisations for health and social care commissioning set to come into play in 2013. NAVCA, NCVO and Regional Voices have produced a briefing that will help local voluntary and community organisations to find their way through new health and social care structures.

*Influencing the Health System in a Local Area - A Briefing for Local Voluntary and Community Groups*, provides a short summary of the emerging local structures and how to engage with them and will be a useful resource for anyone trying to make sense of what they should be doing right now to position themselves for the new environment. It explains clinical commissioning groups, local authorities' responsibilities for public health commissioning, Health and Wellbeing Boards, and HealthWatch.

Available from the websites of NCVO, NAVCA or at:

[www.involveyorkshirehumber.org.uk/news/new-briefing-to-help-charities-influence-new-health-structures/](http://www.involveyorkshirehumber.org.uk/news/new-briefing-to-help-charities-influence-new-health-structures/)



# Notice Board



## Local Voices

The 'Local Voices' group, established in 2003 to produce the book 'Doorways in the Night', a collection of personal accounts of living with and overcoming severe mental ill-health, continues with its original aim of providing a means whereby service users can have their stories and poems published in a simple form involving no personal cost. The original group of people who gathered in 2003 has been replaced by me (David Beck), Terry Simpson (editor of 'Doorways in the Night'), and Barry Fox (a contributor to the book).

Please take a look at the new 'Local Voices' website [www.localvoices.org.uk](http://www.localvoices.org.uk), which I have recently created (and almost completed). I hope you will read the 'Publications' page and consider purchasing copies of the three books presented. Do you have comments or would you like to publish your work on the website or in print? Please give me a call on 0113 2590569 or email [david@localvoices.org.uk](mailto:david@localvoices.org.uk)

*David Beck*

## Healthy living at Hollybush



Are you interested in...

- learning about the environment?
- growing your own food?
- improving your well-being?
- meeting new people?
- doing woodwork or working with tools?

- getting some fresh air?

...or do you know someone who is?

BTCV Hollybush Conservation Centre has a new six-week healthy living course on Thursdays between 10am-2:30pm, providing the chance to gain confidence, self esteem, friendship and skills through engagement in environmental activities and healthy living.

Based at Hollybush Farm in Kirkstall and in the local area, people will learn how to make small changes towards a healthier lifestyle. The workshops cover healthy eating, fitness, health and safety, food hygiene and construction by growing, cooking and eating your own food, walking, working with tools and building bird and insect homes and garden furniture.

We have courses every eight weeks or so from January. To book an informal discussion with our volunteer co-ordinator Jess Kandola, email [leeds@btcv.org.uk](mailto:leeds@btcv.org.uk) or phone 0113 274 2335.

## Singing for the Brain

*for people with dementia and their carers*

An enjoyable and uplifting experience led by a trained facilitator.

Takes place at Britannia Hotel on Swinnow Road, LS28 9AP on the first Thursday of every month from 1.30pm to 3.30pm.

Cost: £1 per person, per session

1st December 2011 and dates for 2012: 5th January, 2nd February, 1st March, 5th April, 3rd May, 7th June.

For more information please contact Maureen or Susan at Bramley Elderly Action, tel: 0113 236 1644 email: [susan.omalley@bramleyea.org.uk](mailto:susan.omalley@bramleyea.org.uk)

## Melting Pot website

The Melting Pot is a catering social enterprise that promotes diversity and offers training and employment opportunities to people with mental health issues in Leeds. It now has its own website:

[www.meltingpotleeds.com](http://www.meltingpotleeds.com) which includes recipes and job vacancies.

## 1in4 Theatre are looking for new members

One in Four is a theatre company for people with some experience of mental ill health. They aim to promote a wider understanding of mental health issues and reduce stigma.

They meet on Monday evenings between 5.30 – 7.30pm at the Carriageworks, in Leeds for theatre workshops, and sometimes perform pieces for the public. Sessions are free of charge.

If you are interested in joining or would like more information contact Penny Green on 07530 458527 or email [1in4theatre@gmail.com](mailto:1in4theatre@gmail.com)

**Deadline for next edition of Volition:  
Noon on  
Thursday 12th January 2012**