



## New Commissioning Framework Outlined; Temporary Extension to Existing Contracts

Tim O'Shea, the newly appointed Head of Service Commissioning for Adult Social Care (formerly Social Services) met with Volition members in May. The meeting was brief and positive. It gave an opportunity for Tim to confirm that the retendering process for voluntary sector mental health contracts will not go ahead as proposed in January. This is a direct result of Volition's representation on behalf of members to Senior officers and the Health and Social Care Scrutiny Committee.

Tim O'Shea was positive about the contribution of the voluntary sector and the support from within Leeds Social Services for the sector. He has had meetings with various colleagues in the council to discuss how to now take this work forward. A comprehensive commissioning framework (available in outline form from Volition) is being written for mental health as well as for other service areas and a core commissioning group comprising Social Services and Primary Care Trust (PCT) commissioners has been established. There will be a Manager of Mental Health Commissioning post for Social Services. Tim informed us that there will be the option of existing contracts being extended in the interim as the process is likely to take at least a year.

In future commissioning will be focused on outcomes and needs.

This aims to achieve a paradigm shift from disability to recovery and will contribute to social capital in communities.

Tim has written that the commissioning framework starts with some broad definitions in an attempt to engender consistency in what is meant by commissioning. The framework then follows in two parts: the first is intended to articulate the commissioning process; and the second will set out the design and delivery of the service specification.

The idea is that the mental health commissioning manager (once in post) will take ownership of the framework and work collaboratively with stakeholders on filling the framework out with the relevant information, strategic vision, service models etc. Once this has been completed it can be maintained and updated annually. Tim will seek agreement from the PCT for them to adopt and share the framework. Similar frameworks are to be introduced in the other areas of his responsibility. Tim has asked for comments or questions from Volition members and is happy to meet for further discussion.

Reviews of individual projects will now start going ahead and will involve very detailed audit of services. The documentation and requirements for this are available from Volition.

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### Contact us at:



**volition**

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next edition of  
Volition:  
noon on  
Friday, 13 July  
2007**

*Pip Goff*

# Around Volition and City

## People

**Jagdeep Passan** is the new Operations Manager at Leeds Racial Harassment Project:  
jagdeep@lrhp.org.uk tel: 293 5100

**Sally Prescott** has been appointed as the CSIP (Care Services Improvement Programme) Regional Director and NIMHE National Programme Lead replacing Steve Shrubbs.

## Changes to benefit claims and administration at Jobcentre Plus

Benefit claims for Income Support, Jobseekers Allowance, Incapacity Benefit and for Social Fund payments are now administered primarily over the telephone. Follow up information is posted by Jobcentre Plus (JC+) to claimants to check the details and complete the claim for benefit.

There are going to be more changes to administration arrangements in JC+ offices across Yorkshire during the rest of this year.

Leeds CAB is concerned that these changes may make the system inaccessible for some groups of people - for example, people with mental health problems, people who speak little or no English, people with sensory impairments or people with limited literacy.

So we've produced a briefing paper to explain what is going on and the issues to look out for.

We've also produced a simple monitoring form for your staff and volunteers to use to record the problems that your members/service users experience when claiming these benefits from JC+.

Leeds CAB and other advice agencies in the city attend liaison meetings with local JC+ staff where we discuss our concerns and look for ways to solve problems. We are monitoring the experiences of our clients and would be interested to hear from other organisations so we can feed in your experiences to those liaison meetings.

If you would like a copy of the briefing paper and monitoring form, send an e-mail request to:  
nick.hodgkinson@leedscab.org.uk

*Nick Hodgkinson, Outreach and Development Manager, Leeds Citizens Advice Bureau*

## Leeds CAB - free, independent, confidential advice

Leeds CAB can help with a wide range of money/legal rights problems: benefits, debt, housing, employment rights, discrimination, consumer, etc.

We provide outreach advice sessions in mental health day hospitals and other community venues across Leeds: Newsam Centre, Seacroft Hospital; Resource Centre, St Mary's Hospital; Becklin Centre, St James Hospital; Malham House Day Hospital; De Lacey Day Centre, Roundhay Road Day Centre; The Vale Day Centre; Stocks Hill Day Centre. For all these sessions, you need to book an appointment in advance - please call: 244 8475.

We also provide outreach sessions for service users at Choice, for members of Dosti, and for service users/members of organisations that are part of the MEMHO

Partnership. For all these sessions, you need to book an appointment in advance - please contact Choice, Dosti or MEMHO.

We also have five CAB offices in Leeds: city centre, Crossgates, Morley, Pudsey, Otley. Please see our website for details of opening times:  
www.leedscab.org.uk

If you cannot get to any of the scheduled sessions, it may be possible to arrange a home visit.  
Please contact: 244 1614.

*Nick Hodgkinson  
Outreach and Development Manager, Leeds CAB  
Tel: 243 3339*

## “Making it Real ..... the next steps”

Almost 100 people attended the **Compact for Leeds** “Making it Real” event on 16 May at the Hamara Centre in Beeston. Apart from it being a tight squeeze because of numbers, many people were buzzing about Compact and the food was good.

*“I get it now !!”* said one participant commenting on the talk given by Paul Baresi, National Compact Officer, who had said : *“The Compact isn’t a set of rules, it is a commitment to a style of working that is mutually beneficial for voluntary, community and faith sector organisations and other partners.”*

Councillor Stewart Golton of Leeds City Council, talked about his role Championing the Compact way of working in the authority and across the city. Jane Daguere, of Leeds Voice, chairs the Leeds Initiative Compact Implementation Group and at the end of the session said: *“Today was all about participants becoming Compact Champions in whatever way they can, taking Compact back into their organisations, joining the Compact Implementation Group or making a personal commitment to work within the spirit of the Compact.”*

Paul Baresi, told people about the government’s Compact Commissioner, and the way that the Compact is being developed in many parts of the country and he was overwhelmed by the number of individuals who

volunteered when he invited people to become Compact Champions and the supplies of Compact Implementation workbooks, which he was handing out, ran out as hands shot up across the room.

Participants took part in workshops where they talked about the potential and real benefits of Compact. They identified actions that need to be taken to move the Compact way of working forward by individual organisations, the implementation group and the City. Their ideas will shape the action plan for the implementation group.

The aim of the event was to update, inform, inspire and generate ideas and enthusiasm for moving Compact forward and based on the feedback after the event and the energy in the room, it succeeded.

### Finding out more:

Everyone who attends Compact events is now part of the wider Compact Network and will get a quarterly Compact newsletter. If you want to be on the mailing list, contact: [laura.davison@leeds.gov.uk](mailto:laura.davison@leeds.gov.uk)  
Information is on Leeds Initiative Compact web pages at: [www.leedsinitiative.org.uk](http://www.leedsinitiative.org.uk)

For the national Compact Commission, see: [www.thecompact.org.uk](http://www.thecompact.org.uk)

## Sikh Elders’ Neighbourhood Service

A new service for Sikh Elders is now being provided by Touchstone through funding from Leeds Social Services.

The city-wide service, based at Touchstone House in Beeston, is now up and running and Touchstone is pleased to welcome Chand Rani Singh to her role as Neighbourhood Services Manager. We have also appointed a Volunteer Activity Co-ordinator who will be in post in the next month. All workers are Punjabi speakers.

The service will provide and fund new services and activities run from the various Sikh centres and Gurdwaras (temples), as well as visiting people in their own homes. The service is modelled on the city’s network of Neighbourhood Services for Older People that also takes account of Sikh Elders’ cultural and religious identity and needs. This will be achieved by consulting and involving Sikh Elders about the services they want and where they want their services to be located.

The Sikh Elders’ Steering Group, which is made up of representatives from Sikh communities, Gurdwaras, centres and service users, is now established and will be involved in guiding the development of the new service and ensuring that Sikh Elders’ needs are a priority as these have not always been met by mainstream services.

Watch out for a new Punjabi name for the service.

*Sharon Williams, Acting Neighbourhood Services Manager*  
*Sikh Elders’ Neighbourhood Service*  
Tel: 271 8277

## New Personality Disorder Service for the region

Community Links in partnership with Leeds Mental HealthTrust and the Humber Mental HealthTrust have been successful in tendering for the new regional Care Pathway Service (CPS) for people with a personality disorder. The service has been commissioned by York PCT on behalf of the Yorkshire Forensic Catchment Group and is one part of range of initiatives across the region.

The aim of the service is ensure that people with a personality disorder get the right support in the right place at the right time. It will also ensure a consistent approach to assessment of need and a clear pathway to avoid the unnecessary placement of people in secure environments.

The team will gate-keep admissions to secure hospital services and will support workforce development in both the statutory and voluntary sectors to work towards best practice with this client group. An important feature of the service will be to offer specialist assessment, advice and support to other service providers, whilst collating information for the commissioners to assist with future

planning. The project aims to help to transform attitudes and service delivery to this client group.

Jon Woolmore, Chief Executive of Community Links said, "We are delighted with the partnership which builds on the strengths of the multi-agency approach and is enhanced by the experience the partners have gained through their work in the successful Leeds Personality Disorder Clinical Network. This client group have often been either excluded from services or been treated in increasingly secure settings often with little or no lasting benefits. Our service aspiration is to ensure the provision of support to individuals and services within the community wherever possible."

The service, which is in the very early stages of development, will be based in Leeds and aims to be operational within the year.

Contact Community Links on 307 0080,  
[www.commlinks.co.uk](http://www.commlinks.co.uk)

## Leeds Mind Dove Celebration

During Mind Week 2007, and on the eve of Adult Learners' Week, Dove Employment and Training celebrated its successes over the past year, its 17 years of life and the project's arrival at its new home in Kirkstall.

Speakers Lynne Hall of CSIP and Ian Cameron from Leeds PCT spoke about the wider context of mental health and employment at local, regional and national levels.

Around 100 people attended the event, giving the morning a great atmosphere. There were displays, information and on-screen presentations about the wide range of Dove services, and the Employment and Training Workers and IT Tutor were on hand to discuss any aspect of our work.

There were impressive displays from several of our close partner organisations, including the Community Recovery Service, JobCentre Plus, the Shaw Trust and the Community Arts Project.

Delegates were able to talk to several of our clients about their experiences of using Dove services, and we premiered a video documenting many clients' achievements and the profound journeys they have made with our support.

Dove is at the forefront of providing specialist mental health and employment support, promoting social inclusion, empowerment and choice. Over the past year we have supported 31 people into employment, 29 people into voluntary work and 40 into education. We have had a very successful year with IT training provision. Learners achieved passes in 68 CLAIT modules as well as 54 in-house IT courses ranging from Foundation to Advanced level.

If you are interested in Dove's work and missed the celebration, get in touch to arrange a visit. Tel: 230 2631, e-mail: [dove@leedsmind.org.uk](mailto:dove@leedsmind.org.uk)

*Steve Maden, Manager  
Leeds Mind Dove Employment and Training*

## Local Area Agreement event organised by Leeds Voice, 24 May

A number of Volition members attended this information and consultation event for the voluntary sector on Leeds Local Area Agreement. Representatives from Leeds City Council and Leeds Voice explained what the Local Area Agreement (LAA) is and how the voluntary sector can be involved. Local Area Agreements are basically made between the government and a local area to bring about improvements in services and people's quality of life. The local authority negotiates the agreement on behalf of the local strategic partnership - Leeds Initiative in our case, with the Vision for Leeds as a basis for the LAA.

The agreement gives local areas more power to address local needs and sets out "freedoms and flexibilities" to meet local priorities. There is no new money attached to the LAA, but the process is about spending existing funds more effectively by taking a partnership approach to delivering services, simplifying some central funding and pooling budgets.

Leeds was a pilot for Local Area Agreements, so since 2005 a number of partnerships have been working, often under tight time pressures, to develop and carry out the agreement. These partnerships have involved the voluntary sector throughout and it was stressed that the sector is an equal partner.

The agreement is arranged under four themes: healthier communities and older people; economy and enterprise; safer and stronger communities; and children and young people. There are also a number of cross-cutting themes that apply, including empowering local people and building the role of the voluntary, community and faith sectors.

At the event, participants were grouped according to the themes. We looked at current work under each theme, and discussed what the priorities should be in future. Everyone was asked to write down what their organisation could contribute to these proposed priorities.

Under "healthier communities and older people", participants suggested

that there should be greater involvement from Leeds PCT, and that social inclusion should be broadened out to include all groups and communities, as well as all aspects of inclusion. The current work programme aims to tackle social exclusion through the Employability Project, which covers some people with mental health needs or musculo-skeletal problems. Another priority was to recognise and measure the huge range of preventative work in terms of health and wellbeing that the voluntary sector delivers.

As the LAA changes and develops in Leeds, there will be a wider range of work carried out in partnership. The LAA will be integrated into existing agreements, strategies and structures across the city and Leeds Voice will continue to facilitate voluntary sector involvement. The suggestions made at the event will be fed into the next phase of implementing the LAA.

For more information about the LAA visit: [www.leedsvoice.org.uk](http://www.leedsvoice.org.uk) or [www.leedsinitiative.org](http://www.leedsinitiative.org)

*Gill Crawshaw, Volition*

## East Leeds Mental Health Forum

East Leeds Mental Health Forum held a lunchtime session at Seacroft Hospital Recreation Room on 23 May. The topic was direct payments for people who are receiving some form of social care. Speakers were Tony Callaghan from Social Services, and Ruth Lofthouse, ASIST Senior Independent Living Advisor from the Leeds Centre for Integrated Living.

The group watched a DVD about direct payments in Leeds, which explained the care and financial assessments undertaken, and highlighted the flexibility of the scheme, which allows people to choose an appropriate package of care for themselves.

Examples of the way direct payments had helped people to improve their quality of life were shown through interviews with Leeds people.

The DVD is available, free, from ASIST: [assist@leeds.gov.uk](mailto:assist@leeds.gov.uk) and is essential viewing for anyone wanting to find out more about direct payments.

The planning group is hoping to arrange another forum in east Leeds in September and we plan to put on some activity for World Mental Health Day in October.

If you would like to be involved, get in touch with Ruth Bell on 295 4876 or e-mail [ruth.bell2@nhs.net](mailto:ruth.bell2@nhs.net)

## Community Recovery Service – Leeds Mind

*by Julie Sahin, Director of Community Recovery Services*

Leeds Mind Community Recovery Service is now fully staffed as Paola Vietri has joined the service as Deputy Manager.

Formed from Ashwood Day Centre and De Lacey House Mental Health Resource Centre it draws on the main components of the 3 day service modernisation strategy of person centred support and social inclusion. The best kind of day services can inspire people to believe in themselves, look outwards to make connections and be fully part of their local communities. We define recovery as a process, an attitude and a firm belief that the use and development of personal resources can help manage the symptoms of mental distress.

Traditional day centre worker posts at Leeds Mind were phased out in December and staff were encouraged to apply for the new posts of Community Recovery Worker. The remit of the post is to work alongside an individual in their journey towards recovery. The workers work closely with individuals to establish goals and an individual's journey may include:

- Safe Space – Group activities and individual support within our building based services.
- Skills Assessment – Individuals are encouraged to assess their skills and to gain new ones to enable them to get back on track and take control of their lives again
- Link Working – access support and activities in the local community.
- Reaching Out – Programmes of support working with individuals in their community and on their own terms and engaging with people who are traditionally hard to reach.

The service is offered city-wide and referrals are taken from all sources. It's open to anyone over the age of 18 who experiences mental distress. We positively encourage people using the service to participate in its planning and delivery. We also encourage individuals to share their knowledge and experience through a mentoring and buddying service.

We are particularly interested in promoting our buildings in Horsforth and Kirkstall as community resources and encouraging partnership working around preventative and early intervention initiatives. If you would like to know more about our service or are looking for a base to establish a new service or initiative then contact the Community Recovery Service on tel: 278 8434 or email: [crs@leedsmind.org.uk](mailto:crs@leedsmind.org.uk)



## Launch of Leeds Men's Health Network

Leeds Men's Health Network was launched at Civic Hall on 26 March. The Network is a coalition of workers and people who use services who are involved in a wide spectrum of men's health issues. There are over fifty members and the purpose of the event was to raise awareness of men's health issues (physical, emotional and mental health) and increase the membership.

The launch was opened by the Lord Mayor. Over sixty people turned out to hear guest speakers Dr Ian Cameron (Director of Public Health for Leeds), The Right Honourable John Battle MP and Ikram Butt (former Leeds Rhinos rugby player and community sports worker). The community group "Roots" ran an interactive session on men's health and the Community Health Educators were present in full force giving out information on healthy living activities for men.

Traditionally men have not always been good at looking after their own health and women often take on the responsibility of looking after the health of men in the family. Men who live on their own e.g. after a divorce or bereavement can experience a rapid deterioration in their health. Men in isolation can also experience severe mental and emotional problems. Leeds Men's Health Network deals with the health concerns of men of from **all** backgrounds, cultures and communities.

For more information please contact Jon at West Leeds Healthy Living Network on tel: 295 1043  
email: [j.hindley@westleedsnet.co.uk](mailto:j.hindley@westleedsnet.co.uk)

## Focus on... East Leeds Health For All (ELHFA)

I visited ELHFA in May to meet Kevin McPake, ELHFA Chair, and to find out a bit more about the service. ELHFA is based in the heart of Burmantofts next to the parade of shops at Lincoln Green and serves the whole community. They work in partnership with a variety of community-based voluntary and statutory sector organisations such as St Vincents Support Centre, St Jude's Furniture Store, Ebor Gardens Community Centre and local churches.

Kevin has been involved with ELHFA for over five years, and has been Chair for two. He started as a service user, and has since progressed from general volunteer to Chair of the organisation. He feels the supportive environment and social events at ELHFA help to counteract social isolation and promote community involvement.

There is a small but dedicated team of seven paid staff and ten volunteers. Robina Mir has been in post as the manager of ELHFA for about eight months.

ELHFA's person-centred service promotes personal responsibility. The people of East Leeds face a number of issues; ELHFA is part of the solution, not the problem.

One initiative of the service is offering welcome packs to new residents of the area. Housing providers supply basic details of new residents, who then receive a letter

from ELHFA welcoming them to the area and inviting them to visit the centre to collect their welcome pack.

The pack contains a few groceries, two low energy light bulbs (for people on benefits) and details of local GPs, schools, dentists and places of worship. A recent development is to also include a carbon monoxide detector.

ELHFA provide welfare rights sessions (via an advice worker from Ebor Gardens Community Centre), help people with their DLA forms, signpost people to other organisations, help new residents to find low cost furniture (via St Jude's, Leeds & Moortown Furniture Store and Emmaus) and also have a wide range of leaflets and information. They provide supplies of contraceptives and sexual health advice. ELHFA also run a mental health drop-in at Scargill Grange in partnership with the Community Alternatives Team.

Anyone can call into the centre during working hours on Tuesdays and Thursdays, and several did during the course of my visit. They always receive a warm welcome and no problem is too large or small. ELHFA provide a truly community-based and community-centred service which promotes social inclusion at grass roots level.

*Wendy Kennerley, Volition*

## De Caf community café

De Caf is a community café for people with memory loss/dementia and their carers. It is open on the second Monday and fourth Tuesday of the month from 2-4pm at Alwoodley Community Centre, The Avenue, Alwoodley. It's a very friendly welcoming place to come and chat with others in similar situations over afternoon tea. There's entertainment, often music, and people really enjoy coming: "There's a bit of everything for everyone, I feel very welcome"; and "I enjoy the singing and seeing all the lovely warm faces, it cheers me up".

Do come along. Dates for the rest of the year are:

26 June  
9 and 24 July  
13 and 28 August  
10 and 25 September  
8 and 23 October  
12 and 27 November  
10 December.

For further information, ring Diana Robinson at Together on 242 7707.

## TOGETHER Working for Wellbeing

Together North Leeds Respite and Community Support Service are registered with the Commission for Social Care Inspection, and have recently undergone an Inspection. The outcome was a grading of "Excellent". The Inspector consulted widely with people who use the service, and reported that they expressed a high level of satisfaction with the service, including the following comments:

- *"It's a good service that I could recommend to anybody"*
- *"I think it's a marvellous service"*
- *"They should have an award for being the best".*

The service will be inspected again in 3 years, and meanwhile will complete the CSCI self-assessment procedures.

For further information please contact Diana Robinson at Together on 242 7707.

## New Projects at Leeds Counselling

Leeds Counselling has recently established two new projects to promote emotional wellbeing and make counselling more accessible in the city.

The **Emotional Health Outreach Project** in south Leeds has been funded by the Big Lottery. We are able to offer free individual counselling, group work, staff support and training in the local community for three years. We are in the sixth week of the project and there has been a fantastic response to the project so far from other organisations and services. Helen McGlinchey, the counsellor for the project, is currently based in four community centres:

- Belle Isle Family Centre
- Middleton Family Centre
- The Nessfield Centre
- Hunslet under 3's Children's Centre.

Clients can self-refer to Helen by telephone: 07977 484 223. Posters and leaflets to promote the service are also available from Helen.

The **Together Women Project (TWP)** in Leeds has engaged Leeds Counselling to provide counselling to women offenders and women at risk of offending. TWP is a demonstration programme funded by NOMS (National Offender Management Service) which aims to tackle the causes of crime and re-offending among this group, and reduce the need for custody.

Leeds Counselling is delighted to be part of this project - we believe that providing greater access to psychological therapies can support potential for rehabilitation. For more information about this project, please contact TWP on 0845 310 0194.

For more information about working with Leeds Counselling to establish accessible counselling services for your clients, contact Jon Davis or Joe Hanney on 243 3400 or e-mail [info@leedscounselling.org.uk](mailto:info@leedscounselling.org.uk)

## 3rd Sector - Delivering 4 Community regional event



j4b, an information, research and technology management company, organised a series of regional conferences and exhibitions in support of the government's ChangeUp programme. This helps frontline voluntary and community enterprises with capacity building and skills development.

The Yorkshire and Humber event was the fourth in the series and took a practical advice form. The focus was on procurement, commissioning (including in the health sector) and the Compact, but there were also workshops on fundraising and specific funding streams and projects. Speakers from the Commission for the Compact, Yorkshire and Humber Regional Forum and Capacitybuilders gave participants lots of useful information.

The agenda plus all presentations from the event, including all the workshops, can be viewed online at: [www.delivering4community.com](http://www.delivering4community.com)

**Futurebuilders England** promoted their work at the event. They are a government-backed fund offering support and investment to voluntary sector organisations to deliver public services. They do this through a combination of grants, loans and professional support.

You can find out more, including how to apply for a grant or loan, at:

[www.futurebuilders-england.org.uk](http://www.futurebuilders-england.org.uk)

Tel: 0191 269 2850.

**GuideStar UK** is an independent charity set up in 2003 to provide, for the first time, a single, easily accessible source of detailed information about every charity and voluntary organisation in the UK. So far, 168,000 organisations are included. The base information about each charity is provided from the records of the Charity Commission - and subsequently maintained and updated by the charities themselves using online editing tools that GuideStar provide.

The aim is that the website will become the first place that anyone wanting information on a charity will look. The site provides a free web presence, not just for established charities, but also for the many smaller specialist and local organisations that currently do not have websites. It will promote greater public understanding of the work of charities and how they are managed. And it will become a source of statistical and financial information for grant makers, researchers and public policy makers.

There is no charge to be included on or to use the website, where you can check out your own organisation's details, or search for information about other voluntary sector services:

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

## Potterdale opens to the community

In April, Leeds Housing Concern's Potterdale Day Centre on Dewsbury Road was relaunched as the Potterdale Community Resource Centre with the aim that the building could be opened up for greater community use. LHC has operated a day centre for older people with mental health problems for over 20 years in South Leeds and opened this purpose built centre in 2000.

Following involvement with the recent i3 Collaborative it was felt that more emphasis needed to be placed on promoting the social inclusion of service users in mainstream services for older people in south Leeds. Consequently staff and service users decided that the day service should operate 3 instead of 4 days a week in order to allow staff more time to work with individuals and groups in accessing other services in the community. This would also have the effect of allowing the centre to be used by other groups on these days and help bring the community into the centre.

As the centre is primarily used to run a service on

Mondays, Tuesdays and Thursdays for older people between the hours of 9am to 5pm, LHC is keen to work in partnership with other organisations who would be interested in making use of the building and its facilities at other times in the week, either in the evenings, weekends or on Wednesdays or Fridays. We are particularly keen to hear from organisations that could run groups that would benefit and be accessible to older people.

The centre includes a large main room, kitchen and an award winning enclosed garden. Located adjacent to Dewsbury Road One Stop Centre and Library there is also ample parking available. Additionally, there is also a room available for rent at the centre which could be used as office space by another organisation.

If you or your organisation would be interested in visiting the centre, running an activity or group or hiring office space then please contact Roger Barden on 276 0616 or e-mail [rbarden@leedshc.org.uk](mailto:rbarden@leedshc.org.uk)

## Coming up ROSES

Leeds Mental Health Trust have launched "Respect - Our Single Equality Scheme" (ROSES).

ROSES is about providing mental health and learning disability services that respect and respond to the diversity of local communities in Leeds. It's about creating an environment where all are able to give their best without fearing discrimination and harassment from any quarter.

We are keen to involve as many people as possible. You can be involved in helping us finalise our scheme and action plan in the following ways:

**Trust website:** The scheme can be viewed online with questions and feedback welcome.

**Involvement sessions:** in July you are invited to participate in discussions and have your questions answered in relation to improving our services.

**One-to-one** discussions.

Contact Bernie Hegarty at Leeds Mental Health Trust on 295 2401 for details.

## Trust Induction Sessions

Members of the Volition team attend the monthly induction sessions for new LMHT staff at the Becklin Centre to publicise the existence and good work of the voluntary sector. Our stand generates positive interest from Trust staff, in particular in drawing attention to the wide and varied work of the many different voluntary sector organisations across the city. Would like us to display and distribute some publicity materials from your organisation? If so, then please send a few copies (max 20 at this time please) to Volition and state that they are for the induction session.

**Solace** counselling service working with refugees and asylum seekers, moved at the beginning of June. Their email address stays the same: [info@solace-uk.org.uk](mailto:info@solace-uk.org.uk)

**Their new address and phone number is:**

Solace  
Suites 1 and 2, Bank House  
150 Roundhay Road  
Harehills, Leeds LS8 5LJ  
Tel: 249 1437

# Working Groups

## Mental Health Modernisation Team, May

*by Sharon Allen, Chief Executive of St Anne's Community Services and Volition Chair*

The future structure and workings of the Modernisation Team are still under review and initial discussions are taking place within the PCT about what the future model should be and how this should link in to the Local Strategic Partnership.

Concerns about adequate provision of mental health advocacy services have led to the issue being placed on the agenda for the June meeting. Hilary Dyter from Leeds Mental Health Advocacy has produced a paper for the Modernisation Team and will be invited to attend the discussion in June.

**The service user and carer reference group** is producing a report on its concerns about the perinatal unit to take forward discussions with Tabitha Arulampalam. Nora Everitt was introduced and welcomed as the new worker with the service user and carer reference group. The group has set up a profile raising and outreach group and is looking at issues of representation. Other work includes further service monitoring and evaluation, work on the memorial garden and issues about public transport. The group were particularly pleased to report that following a consultation event about the Independent Living Project their views had led to the project architects being changed and comments about the design of new provision have been fully taken on board.

**The BME Advisory Group** has identified a small but significant number of areas that the Community Development Workers cannot impact on their own, for example disproportionate levels of compulsory detention. A workshop for key stakeholders to analyse these areas and produce an action plan was proposed.

Updates on all the projects currently funded through POPPS was provided by Jenny Thornton who also explained the need to consider how services will need to change so this work can continue. Jenny was also pleased to report how the needs of older people have been proactively considered as part of the i3 project and on work the Mental Health Trust is doing to redesign their day treatment services. The dementia café network is having a review day in July and the Older People's Tackling Social Isolation Group is developing a resource pack and training for workers which links to the Linkage Project which is looking at developing gateways and supervolunteers.

**Supporting People:** Debbie Forward provided an update in relation to mental health provision. The five key priorities in the Leeds Supporting People (SP) strategy are:

- Reducing the incidence of homelessness
- Increasing opportunities for independence for older people
- Promoting community safety
- Creating more housing choices for people with learning disabilities
- Embedding a comprehensive performance management framework that informs the future strategic direction of the programme.

Whilst mental health is not explicitly mentioned it is recognised that it cuts across each of these priority areas. Debbie informed us that £5.5m (out of a total £32.9m) of SP funding goes on provision of housing support for people with mental health difficulties. This relates to just over 400 people who are supported in resettlement tier services for up to two years and the same number supported on a long term basis in services in the sustainment tier. Debbie pointed out that the four tier model reflects and complements the draft stepped care model produced for Leeds.

She also advised that locally agreed performance indicators include identifying how many people who are resident in supported housing from the point they are discharged from hospital, are then readmitted within a 28 day period. Leeds has comparatively high levels of re-admission rates (although rates have been reducing since 2004/5). It has been identified that just under 90% of people readmitted to hospital did not get housing related support. This led on to a very useful discussion about ensuring that people's housing and support needs are identified and managed early in the process of their admission to hospital and support for recommendations from SP:

- to undertake further qualitative research to identify whether people re-admitted to hospital would have benefited from housing support and whether this could have been a preventative measure
- to ensure that referral pathways are known and better used between the Becklin Centre and supported housing providers, to improve the co-ordination of referral arrangements and resettlement of people from the Becklin Centre into SP funded services

- to ensure more consistent application of CPA (it was found that people referred to appropriate mental health housing support services were on CPA, whilst people who used emergency housing support services were not).

Debbie had attended the Volition Directors meeting the day before the Modernisation Team which had helped inform the discussion and recommendations. She will return to the Modernisation Team for a progress report.

Finally it was reported that SP will be mapping referral routes and pathways through the four tiers to further inform service commissioning. The item on workforce planning has been deferred to the

June meeting and a full report back will be provided then.

Tabitha referred to Louis Appleby's summary report on progress with the NSF and in particular to the pilots conducted in Doncaster and Newham. Ten pathfinder sites (see pages 12 and 14) are now being established and Leeds is considering whether to bid.

Dave Rosser, who has recently been appointed Head of Service Delivery (adults) for mental health and learning disabilities in Adult Social Care Services, informed us that a new dedicated social work post to work with people who have Aspergers Syndrome has been established and that recruitment is underway to fill Don Wright's post.

*Sharon Allen*

## South Leeds Social Care Forum

In the changing world of social care, new developments are having huge impacts on the way that mental health services are commissioned and delivered.

A forum is being developed in South Leeds in which provider representatives from across the area can meet to share information and to consolidate partnership working.

There was a great enthusiasm at the first meeting in April which was well attended by workers from the voluntary sector and social services, and included a presentation about the introduction of the Mental Capacity Act. The next meeting is planned for September.

If you are interested please contact:

peter.scanlon@leeds.gov.uk

tel: 214 1725

gary.burns@leeds.gov.uk

tel: 238 1365

## Social Inclusion Conference

**" Celebrating success, sharing the learning and taking forward innovation into mental health service provision"**  
organised by CSIP North East, Yorkshire & Humber, 8 May

This one-day event attracted over 90 delegates from across the region and services from Leeds were well represented, in delivering workshops on innovative practices and stands to showcase new services.

Ursula Klingel and Helen Gee delivered a workshop on the Day Services Collaborative, with input from staff at Leeds Mind on the new Community Recovery Service.

I delivered a workshop on vocation support within Leeds. This highlighted how partnership working is being developed through the Leeds Mental Health Employment

Consortium to improve and extend vocational support services in Leeds, and detailed work of the Consortium STEP Project. Project Worker John Blanchard and Roy Bell, who has used the STEP Project services and accessed employment, assisted me.

Roy's session was extremely well received: he outlined how he had overcome multiple barriers to employment to achieve a counselling qualification and to secure employment in counselling within the voluntary sector. His session resulted in workshop participants asking many questions and much food for thought.

*Caroline Bamford*

*Convenor*

*Leeds Mental Health Employment Consortium*

*Tel: 275 5307*

# Reports

## New IAPT publications

The Dept of Health launched two documents in May which introduce the second phase of IAPT – Improving Access to Psychological Therapies programme (also see page 14 national issues section).

**Commissioning a Brighter Future: good practice guide** sets out the purpose and vision of IAPT and gives some good practice examples from round the country. Importantly, it sets out the key principles for delivering modern psychological therapy services:

- Right number of patients seen (following a health needs assessment)
- Right services delivered (within a stepped care framework)
- Right time (improving access and reducing waiting times)
- Right results (collecting routine outcome data).

## Trust, Assurance and Safety - regulation of health professionals

All psychotherapists, counsellors and psychologists are to be subject to statutory regulation, the government has decided. The move, for which counsellors and therapists, their professional organisations, and organisations representing abused clients, have been campaigning for many years, is included in a wide-ranging white paper issued by the government in February to toughen up the regulation of the healthcare professions.

All 'talking therapists' will have to register with the Health Professions Council before they can practise, and can be struck off the register and so prevented from practising if they are found to have sexually assaulted a client or committed other professional malpractice.

The white paper, Trust, Assurance and Safety, was produced in response to four major inquiries into malpractice by doctors and psychiatrists. They include the Shipman inquiry, and also the inquiry into the North Yorkshire psychiatrists William Kerr and Michael Haslam, who between them raped and assaulted more than 70 female patients over a 20-year period in the 1970s and 1980s, although they were not convicted until the early 2000s. Many of their victims complained at the time to other health professionals, but their reports were either ignored or not followed through.

The white paper is available on the Department of Health website: [www.dh.gov.uk](http://www.dh.gov.uk)

**IAPT: Specification for the commissioner-led Pathfinder programme** gives an outline of what the new Pathfinder sites will do and what they are expected to achieve.



They must show improvements in outcomes relating to health and wellbeing, social inclusion, choice and access, and patient experience. The Pathfinders will be spread around the country, and must have clear links to Pathways to Work services, along with a mix

of potential service provider partners, including the voluntary sector.

The documents are available in the publications section of the Department of Health website: [www.dh.gov.uk](http://www.dh.gov.uk) or at [www.mhchoice.csip.org.uk/Pathfinder](http://www.mhchoice.csip.org.uk/Pathfinder)

## Ecotherapy boosts mental health

Country walks can bring reductions in depression and raise self-esteem, according to research published by Mind in May. Mind said the findings suggest ecotherapy should be prescribed by doctors to help treat mental health problems

Ecotherapy: the Green Agenda for Mental Health, is the first study to look at how "green" exercise affects people with depression. The University of Essex compared the benefits of a 30 minute walk in a country park with a walk in an indoor shopping centre on a group of 20 members of local Mind associations.

After the country walk, 71% reported decreased levels of depression and said they felt less tense while 90% reported increased self-esteem.

This was in contrast to only 45% who experienced a decrease in depression after the shopping centre walk, after which 22% said they actually felt more depressed. The university also conducted a second study, asking 108 people with various mental health problems about their experiences of ecotherapy, which is described as "getting outdoors and getting active in a green environment as a way of boosting mental well-being". Nearly all said green activities had benefited their mental health and lifted depression while the combination of nature and exercise had the greatest effect. [www.mind.org.uk](http://www.mind.org.uk)



## We're proud...

... in fact we're very proud to announce the new updated and redesigned Information for Mental Health website: *The mental health portal for Leeds.*

"If information is power, we have a lot of it and we want to give it away."

The new improved website has all the reliability and breadth that people in mental health in Leeds have come to expect, as well as an easy to search, up to date database of nearly 700 projects and organisations.

Now there are...

- downloadable key documents
- fact files on mental issues
- news items
- links to local and national sources of information
- information for Deaf people as video clips in British Sign Language.

In the pipeline

- audio clips in community languages
- podcasts
- blogs
- access to [www2/social.web](http://www2/social.web).

Have a look at: [www.mentalhealthleeds.info](http://www.mentalhealthleeds.info)

**Information for Mental Health**  
**tel: 275 2417 fax: 0113 275 5441**  
**email: [info@imhleedsmind.org.uk](mailto:info@imhleedsmind.org.uk)**

## Mental Health Lunchtime Forum – Mood and Food

There was standing room only at Connexions for a packed and popular meeting of the Forum in May to discuss Mood and Food.

Dr Saeideh Saeidi, (Primary Care Practitioner, Leeds PCT) gave a presentation on the impact of various nutrients on mood (available on request to IMH, [info@imhleedsmind.org.uk](mailto:info@imhleedsmind.org.uk)). Protein is particularly important for the processing of neurotransmitters such as serotonin. There was great emphasis given to having a balanced diet comprising foods containing a wide range of vitamins and minerals.

A nutrients table from the Mental Health Foundation showed the potential links between symptoms, nutrients and foodstuffs. This is available from the Food and Mental Health campaign section of their website [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk).

No single foodstuff is "bad" but a balance is required. A healthy diet has lots of different fruit and vegetables, wholegrains, nuts and lean meat/ poultry/ fish. Vegetarians need to ensure an adequate protein intake via nuts, pulses, wholegrains and green leafy vegetables.

In changing from an unhealthy diet to a more healthy one, results in terms of mood stability and energy levels should be noticeable within about three weeks. The overall message was that diet is not necessarily the problem, but it can play a major part in the solution.

This meeting was the last one for Bethan Davies, who has helped organise the Lunchtime Forums. Bethan leaves Leeds this summer for a Clinical Psychology course in Newcastle.

Thank you, goodbye and good luck to Bethan.

The next mental health lunchtime forum will be held on Wednesday 11 July, 12noon-1pm at Connexions. Touchstone's Community Development Service will lead a discussion on Migration and Mental Health.

# National issues

## Improving Access to Psychological Therapies programme

The national Improving Access to Psychological Therapies (IAPT) programme aims to give better access to psychological therapies for people who require the help of mental health services. It also responds to service user's requests for more personalised services based around individual needs.

It will test the effectiveness of providing increases in evidence based psychological therapy services to people with 'common' mental health problems such as anxiety and depression, in providing improvements in health, well-being and in maintaining people in or returning people to employment and community participation.

In its first phase the IAPT programme was made up of two national demonstration sites, in Newham and Doncaster, as well as a national

network of local programmes in each of the eight Care Services Improvement Partnership (CSIP) regions.

The IAPT programme's main aims are to:

- improve individuals' wellbeing, satisfaction and choice
- improve access and support to maintain people in work and to help them to return to work
- develop service models for delivering integrated stepped care
- reduce waiting lists for accessing psychological therapies
- develop a workforce plan.

It will also assess the wider economic impact to society for providing increased access to psychological therapy services and put together a case for more investment through the roll-out of the demonstration site models.

IAPT is now entering its second phase, with the announcement in May that a number of Pathfinder sites would be set up across the country, which will test out a service specification for the programme. Services will be delivered within a stepped care model and will move towards a standard national IAPT outcome framework.

The Pathfinders sites will be confirmed in July and will start implementation of the new service from September 2007, so Volition will bring you more information after then. In the meantime, go to the Reports section of the newsletter for details of two new publications about IAPT, or visit the CSIP Choice website:

[www.mhchoice.csip.org.uk/Pathfinder](http://www.mhchoice.csip.org.uk/Pathfinder)

## Implementing New Ways of Working in Mental Health

The NIMHE National Workforce Programme has been working collaboratively with the Royal College of Psychiatrists and all other professional bodies representing staff working in mental health, on an ambitious programme of New Ways Working (NWW).

NWW in Mental Health means changing the practice of the current workforce, extending roles beyond the scope of existing professional practice and bringing new people into entirely new roles at assistant and practitioner levels.

A survey carried out in 2006, completed by 53 Mental Health Trusts, showed that NWW has been discussed by the majority of Trust Boards and is being undertaken in a number of services. It is nevertheless still at the cusp of being accepted within and across professions.

## Academy to improve commissioning

The Department of Health is proposing to set up a "skills academy" to improve the commissioning of social care services from the voluntary, private and public sectors. This is one of several new initiatives put forward by Dame Denise Platt, chair of the Commission for Social Care Inspection in a report for care services minister Ivan Lewis.

Platt also recommends the establishment of a new social care board including representatives from the voluntary sector, which will advise ministers on social care policy. Stephen Bubb, chief executive of Acevo, the umbrella organisation for third sector leaders, said: "We fully support the need to raise the status of social care. Staff need to be paid properly and this means that third sector organisations need to see full cost recovery and longer term contracts."



# Notice Board



## **Certificate in Mental Health**

The Certificate in Mental Health Studies at Leeds Met University is still recruiting for a late September start. Applications are written and packs can be requested through [b.penson@leedsmet.ac.uk](mailto:b.penson@leedsmet.ac.uk)

This course runs between late September and June with a one day a week attendance. The course is best suited to people in support worker roles or similar and covers key models, values, policy, legislation, skills for practice and skills for learning.

Successful students are awarded a 60 credit certificate at University level 1.

## **Leeds Bereavement Forum Children and Young People Special Interest Group**

For any professionals who have an interest in bereavement work with children. Come along and express your views on how you would like this group to proceed in future.

Facilitated by Jean Maston, Trustee of Leeds Bereavement Forum.

**4.00 - 5.30pm on Wednesday 27 June  
at Woodhouse Health Centre, Woodhouse Street LS6**  
Drinks will be available.

To book for this event please contact  
[info@lbforum.org.uk](mailto:info@lbforum.org.uk); telephone 225 3975

## **New LHC email newsletter**

Leeds Housing Concern has launched a new monthly email newsletter to keep other organisations informed of news and developments with their services, advertise referral opportunities for new service users and publicise recruitment opportunities.

If you would like to receive this e-mail send a message to [rbarden@leedshc.org.uk](mailto:rbarden@leedshc.org.uk) to register.

For details of the range of supported housing and day care services that LHC provides please visit their website at [www.leedshc.org.uk](http://www.leedshc.org.uk)

## **Accepting and working with voice-hearing**

This is a one-day national conference for professionals and people who hear voices. The conference has been initiated and organised by people who hear voices and staff within Together's Service-user Directorate. It is not funded by drugs companies.

The event will be hosted by Together in support of World Hearing Voices Day.

Date: Friday 14 September 2007

Venue: Thistle City Barbican Hotel, London

Cost: sliding scale includes £10 unwaged, £60 voluntary sector

World Hearing Voices Day was set up in 2006 to raise awareness of the condition and to de-stigmatise the voice-hearing experience. This conference marks the second World Hearing Voices Day, and aims to bring together experts with experience of hearing voices and professionals to share their understanding of voice-hearing and to explore exciting new non-medical ways to work with voices.

Booking and other enquiries: 020 7780 7372

Email: [mandy-chainey@together-uk.org](mailto:mandy-chainey@together-uk.org)

## **Grants for involving volunteers**

Opportunities for Volunteering (OFV) is a Department of Health scheme which will distribute £6.7 million this year to 300 local health and social care projects in England. OFV aims to enable local voluntary sector health and social care organisations in England to involve volunteers in their work. Grants of between £10,000 - £35,000 are available at:

[www.volunteering.org.uk/applyforfunding](http://www.volunteering.org.uk/applyforfunding)

## **Ethical investment for charities**

As charities in the UK come under increasing pressure to ensure their investments are aligned with their mission, CAF (Charities Aid Foundation) is launching a free ethical investment guide for charitable organisations. This takes you through the whole process of ethical investment – from stock selection to risk and reward.

[www.cafonline.org/ethicalguide](http://www.cafonline.org/ethicalguide)



# Notice Board



## Journey day service lunchtime forum

Journey is a new dedicated day service. It is a joint project between Touchstone and the Leeds Personality Disorder Clinical Network.

Journey assists people who have a personality disorder diagnosis, or who have emotional and interpersonal problems which could be described as personality disorder, to develop a greater understanding of the relationship between what people *do* in their daily lives and how that *doing* influences for better or worse their health, quality of life and experience of themselves. Journey aims to assist people to engage in *doing* that promotes and maintains recovery.

Journey is open to people receiving support from the statutory, social services and voluntary sectors.

You are invited to attend a lunchtime forum about Journey, where there will be a presentation about the new service, followed by questions and discussion. Pip Goff (Volition) will be chairing the forum. Refreshments and a light buffet will be available.

**The forum is at 11.30 to 1.00pm,  
Thursday 21 June at  
Leeds Personality Disorder Clinical Network,  
Unity Court, 431 Meanwood Road, Leeds 7.**

Please contact Sanjeev Dayal, Lesley Clark, Colin O'Loan on 216 2792 or Alan Hirons on 295 4587 if you would like to attend the forum, or for more information.

## Mental Health services and the Third Sector:

**What future for voluntary sector and social enterprise solutions in mental health in Yorkshire and Humber region?**

**Conference at Leeds Town Hall,  
July 17, 9.30am - 2pm**

The conference is free, and refreshments and lunch will be provided.

The third sector has always been a key player in mental health - providing innovation, challenge and advocacy. In our region mental health services would be poorer by far without this essential input. But the policy and funding environment is changing and some third sector organisations are reporting uncertainty and insecurity.

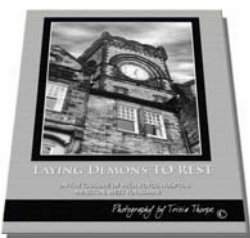
This event aims to:

- Showcase business opportunities for the third sector in mental health
- Address the challenge of third sector sustainability
- Discuss how agencies and third sector mental health organisations can work together more effectively.

All third sector organisations across the region are encouraged to attend, together with health and local authority commissioners and wider stakeholders.

Speakers from the new regional Strategic Health Authority, from Mental Health North East and from the social enterprise and voluntary/community sectors will set the scene for further discussion and networking on ways forward.

Further information about booking places and stalls will be available shortly. In the meantime please contact Lesley Wood on tel: 394 2305, or email: [lesley.wood@regionalforum.org.uk](mailto:lesley.wood@regionalforum.org.uk)



## Laying demons to rest

A new book 'Laying demons to rest' by Tricia Thorpe is now available. It contains startling photographs and images of High Royds hospital.

Tricia was invited to photograph the hospital by Leeds Mental Health Trust when it closed in 2003. She had spent some time there in the 1980's and said:

"Places that we come to know in our lives often stay with us. At the age of 18, I made my first visit to High Royds as a young person confused by mental health challenges. From the outside approaching High Royds down the long drive, through beautiful woodland, you would believe this was a place of calm. Going through the huge entrance of High Royds this certainly was not the case. Photographing High Royds has helped me to explore and express my feelings. Photographs are a moment in time, but for me it was visions of my past captured in that moment."

The book is for sale at [www.lulu.com](http://www.lulu.com) or [artsandmindsnetwork.org.uk](http://artsandmindsnetwork.org.uk)