

NEWSLETTER

LEEDS INVOLVING PEOPLE

We give a voice to residents and support the improvement of health, social care and community services.



**WELCOME TO
OUR
NEWSLETTER**

Welcome to the latest edition of our newsletter, where we give a voice to the residents of Leeds and support the enhancement of health, social care, and community services.

For 29 years, our independent, user-led organisation has been at the forefront of connecting patients, service users, carers, and the public with service redesign. We pride ourselves on being deeply rooted in the community, ensuring that the voices and experiences of those we serve are at the heart of everything we do.

Thank you to our members, partners and funders for your continued support and engagement. Together, we are making a difference.



INTRODUCTION

Leeds Involving people is an independent, user-led charitable organisation with over 30 years' experience in working directly with communities, connecting patients, service users, carers and the public with organisations who are responsible for service redesign.

We are rooted in the community with a proven track record of working in an innovative, person-centered, way with communities by ensuring that they are at the heart of all the work we do.

This enables us to understand what the real issues that impact on people are, and the barriers and the solutions for people to live better, healthier, and happier lives in Leeds.

We work with all communities in the city and we have particular expertise in working with and supporting groups who are vulnerable for different reasons including, poverty, disability or ethnicity.

We offer training, support and ongoing mentoring to all our members to ensure their opinions and concerns are at the center of the decision making processes. The training and mentoring provide a support structure which enables people to overcome any barriers they may have regarding attending meetings to put their views and lived-experience forward. It also offers members the chance to develop new skills, build confidence and often, meet new people.

We work with a range of partner organisations in both the public and private sector to deliver independent involvement projects, arrange and facilitate different forums and events, advise on good practice and policy development and provide bespoke training sessions. We also facilitate a number of user groups which are steered by their members' insights and lived experiences of different conditions and use of health, social care and community services.

Leeds Involving People is an inclusive organisation and is fully committed to making sure that the principles of equality, fairness and equity is at the core of all the work we do.

Membership is open to everyone and is free to join. You will receive updates, news articles, and invitations to all the meetings that are held. We hope that you enjoy reading this newsletter and we hope to see you soon.

Further information can be found at: www.leedsinvolvingpeople.org.uk

MEET THE TRUSTEES

We are delighted to introduce you to our esteemed Board of Trustees, a dedicated group of individuals who guide our mission to enhance health, social care, and community services in Leeds. Our Trustees bring a wealth of experience, passion, and expertise, ensuring that our organisation remains community-focused, innovative, and effective in all our endeavors.



Dr. Margaret Wilkinson - Chair of the Board

Margaret was a longstanding member of Together We Can, the Better Lives Board and FRESH (amongst other LIP engagements) before she was elected to the Board in 2022. She has extensive experience in engaging with the public and challenging the system, which is essential for her role of Chair of the Board. Since her retirement from academic life, she has dedicated her time to improving “The Patient Experience”, and her passion lies in improving communication from the NHS, primary and secondary care, Leeds City Council and between organisations, so as to inform the individual and ensure equity of support. Her interest also lies in the arts, particularly its link to wellbeing. When she’s not at LIP, she likes to travel – her next trip is Chile!



Tessa Francis - Vice Chair of the Board

Tessa was elected to the Trustee board in 2016 after serving as a volunteer for many years. Tessa has always lived in Leeds and has one grown up daughter and one granddaughter. She has a background in health and social care and childcare and worked for over a decade in Community Social Care. This experience gave Tess a grounding in the need to listen to user voices to make sure that the service they receive is one that meets their needs. Tessa has been able to engage with various organisations, communities and the third sector, including Voluntary Action Leeds and BHI. She was a Trade Unionist and is committed to equality and fairness for all. is currently a co-convenor for the Culturally Diverse Hub.



Helen Crockett

Helen has been a member of the Board since 2016. Following a social administrative degree at Leeds Metropolitan University, Helen attended the Law School and obtained a CPE in Law and thereafter her professional exams. Helen specialises in family work, particularly care, but also some domestic violence, private law children and also probate work. She is a member of the SRA Specialist Children Act Panel and the SRA Advanced Family Law Panel. She also conducts most of her own advocacy but also works closely with experienced barristers to provide an all-round service for legal aid and privately paying clients. Out of hours, Helen’s interests are swimming, cinema, reading, photography and visiting new places.



Prem Singh Duggal

Prem has been a member of the Board since 2016. He was born in India, and came to the UK in 1963, to Leeds, Yorkshire. He worked in Leeds, and his last job before retirement was as a Financial Advisor. He took on an opportunity to serve the Indian Sikh community in 1973, and has done this to the present day. He is dedicated to helping the elderly, children, and all people in the community. He was the President of the Sikh temple, and secretary. He is also involved with the Sikh Baba Del, a member of Leeds Sikh Welfare Foundation, and the BME steering group. Prem is active in LIP’s engagement, and is a key member of FRESH.



Paul Landey

Paul has been a Trustee for over 9 years, joining the LIP Board in 2015. He had a varied working life, from a car leasing maintenance clerk to a postman. He has been involved and remains active with lots of different charities, including the National Federation of the Blind and RNIB. He has a special focus on support for people who are blind or suffer from sensory impairment as Paul is blind himself. His lived experience means he is able to share valuable insight into the barriers faced by the community when accessing services when they are sight impaired. After retiring in 2007 Paul served as a trustee on the Board of Leeds Society for Deaf and Blind and other organisations working with sight impaired people.



Garry Fitt

Garry joined the board of Trustees earlier this year, bringing a wide range of skills, knowledge, and experience. A former Royal Air Force serviceman with seventeen years in Logistics, he has also held various management roles in retail and other sectors, focusing on planning, strategy, and customer satisfaction. Garry has extensive experience as a sports coach and referee for rugby and football, roles requiring decisive judgment. He is the Chair of the Barbados Society and plays an active role in Roscoe Methodist Church. Currently, he works as a manager for Leeds City Council. Additionally, his leadership and community involvement have made him a valuable asset to our team.



Paul Abraham

Paul joined the Trustee board earlier this year, bringing a wealth of experience. He spent years coaching sport at junior, amateur and professional level. He is a successful author, having written three books on wellbeing and mindfulness and is an accredited stress management coach. He is also qualified in and delivers workshops in a range of topics linked to life coach skills including stress-management, goal setting, mindfulness and the Kaizen philosophy. He is an accomplished statistician and acts as treasurer for several organisations. An award-winning photographer, Paul uses his talent to encourage mindfulness through the medium of photography. He is a keen historian and is the official Bramley Rugby League Historian. Paul is a former President of the Northern Boxing Federation and was inducted into the British Ex-Boxers Hall of Fame in 2023.



Gill Keddie

Gill has 30 years of experience in the public sector, including higher education at the national level and with Leeds Local Authority. She brings her expertise in policy and strategy development, focusing on health, wellbeing, and physical activity, to support LIP's future planning. Her skills include partnership working, fund and bid writing, and community engagement. She understands the importance of listening to Leeds residents about their lived experiences to improve services and make a difference. Gill is currently the Development Manager for Active Leeds and is passionate about encouraging participation in sports. Previously, Gill worked nationally for Sport England.



Russell Williams

Russell was involved in social activities in Leeds before leaving the city in 1995, having taught Aikido at The Mandela Centre and Scott Hall Sports Centre. Russell also served on the Management Committee of The Mandela Centre.

Russell became aware of Leeds Involving People and was encouraged to get involved after experiencing a loved one's hospitalisation and encountering a subpar GP practice. Russell is passionate about improving patient care and advocating for robust healthcare systems. Russell's experience as a carer, navigating the complexities of Adult Social Services and the medical profession, will provide valuable insights to the board. Russell's goal is to contribute to the organisation by establishing recommendations and proposing policies to enhance patient well-being, ensure efficient and compassionate care, and achieve positive outcomes for all.

We are grateful for their leadership and commitment, and we look forward to continuing our journey together to create a healthier, more equitable and more inclusive society.

THE VISIBLE LEADERSHIP REFERENCE GROUP

INTRODUCTION

Our goal is simple: we want to improve health and wellbeing outcomes for adult survivors of child sexual abuse (CSA).

At Visible, we are a catalyst for health and social care services system change across Leeds and beyond. We encourage, shape and instigate this change, using the experience of survivors to influence every aspect of the way we work. LIP facilitate the Visible Leadership Reference Group, which is a group of survivors of CSA who steering the direction of the Visible Strategic Steering Group and advise on issues.

GET INVOLVED!

The Group are in the process of building their workplan for the next year, so it is the perfect time to get involved! If you have lived experience and want to get involved, get in touch and we will get back to you.

WHAT HAPPENED?

Members worked with UpFront Survivors to launch the 'pop-up' space in Leeds for survivors of CSA. Read more about the UpFront Survivors project here: <https://www.vivgordoncompany.co.uk/upfront-survivors.html>

The group have started recording Series 2 of the Visible podcast. Keep your eyes open for series two! You can listen to Series 1 of the Visible podcast here: <https://www.leedsinvolvingpeople.org.uk/member/visible-leadership-reference-group/>

The group have started planning for a conference in Autumn 2024. Sign up to our mailing list here to be the first to hear! <https://www.surveymonkey.com/r/5JZ3H5F>

Alongside the Visible Director, a member of the group recorded a TARGET presentation for all GP Practice staff in Leeds, to make staff aware of the work that Visible has been doing, and to raise awareness of the varying and unique impact of Child Sexual Abuse on adult survivors.



FORUM FOR RACE EQUALITY IN SOCIAL CARE AND HEALTH

INTRODUCTION

This is a vibrant group made up of diverse communities and members working in partnership to influence Leeds City Council Adults and Health Directorate and NHS West Yorkshire Integrated Care Board.

The Forum for Race Equality in Social Care & Health is a welcoming 'safe' space for you to discuss any issues, ideas or concerns about social care services in Leeds.

MEETING DATES 2024

Thursday 18th July

Thursday 26th Sept

Wednesday 27th Nov



WHAT HAPPENED?

FRESH have been busy over the last few months! In March, we held an event to celebrate 32 years of the Forum. We have also held two meetings, focusing on An Introduction to Adult Social Care and Carers.

The next meeting will take place on Thursday 18th July 2024, 5.30pm-7.30pm at The Community Wellbeing Hub. This meeting will be discussing Direct Payments.

Read about Direct Payments here:

<https://www.leedsdirectory.org/direct-payments-information/what-are-direct-payments/>



CARERS MEETING - 21ST MAY 2024

Feedback from the Table Discussions

The theme of the meeting was 'Carers'. The 4 tables were all asked to answer the same questions:

1. What are the issues that carers from diverse communities' face?
2. What would be the 3 most helpful types of support for carers from diverse communities?
3. What do the council, the NHS and others need to do better?
4. What do you think are the main concerns for carers?

Each table recorded their responses to the above questions. Below are some of the comments that were made.



Conclusion

Communication / information sharing is a recurring theme that was apparent throughout all the questions. It is unclear whether this is an issue with perception or if the communication(s) that are cascaded need to be improved / amended.

Cultural awareness is another identified area for discussion / action. It is important to define what is meant by the term as it does have different meanings depending on who mentions it. If your organisation requires Cultural Awareness Training, contact us at the LIP Office.

NATIONAL INSTITUTE FOR HEALTH RESEARCH (NIHR)

The NIHR are planning to apply for a research grant to develop disability training resources for researchers and find out if they work. We have been working with them to develop this grant, with the aim that it will help to make health and social care research more inclusive for disabled people.

The NIHR have consulted with the Together We Can network and the Leeds DEAForum to develop this research grant. Patient and Public Involvement (PPI) is vital because it ensures that:

- Studies are focused on what matters most to patients and the public.
- Research activities are acceptable and inclusive.

NIHR | National Institute
for Health Research





MENTAL HEALTH

TWC STEERING GROUP

Together We Can, LIP's lived experience mental health network, influences mental health service design and delivery in Leeds through member feedback and active participation in decision-making processes, including co-authoring the Leeds Mental Health Framework 2014-2017 and developing key expectations for services.

The Together We Can Steering Group meets the 4th Monday of every month, 1.30pm-3.30pm at Unity Business Centre, 26 Roundhay Road, LS7 1AB. Recently, meetings have focused on reducing mental health inequalities, what do compassionate services look like, and what constitutes Trauma-Informed Care.



THE SYNERGI PROJECT

We're excited to share that we've partnered with Synergi, an initiative focused on reducing ethnic inequalities in severe mental distress and improving experiences and outcomes. We are extremely pleased that as part of this partnership LIP will host one of Synergi's workers who will be managed by LIP. This partnership helps us connect with community and system leaders from various services to tackle all forms of racism / discrimination and enhance access to mental health support. Together, we're committed to making mental health services more equitable and inclusive for everyone.

You can read more about Synergi Leeds here:
<https://legacy.synergicollaborativecentre.co.uk/synergi-leeds-partnership-3/>

TWC STEERING GROUP

Come along to the next meeting of the steering group, open to all service users/carers with lived experience of mental health.

**Monday 24th June 2024,
 1.30pm-3.30pm at Unity Business Centre.**

There is currently a lot of talk about Mental Health (or Mental ill health to be precise), you can't turn on the TV or pick up a newspaper without hearing or reading about a related issue. Our Mental health is a crucial aspect of overall well-being, yet access to mental health care remains a significant challenge for marginalised communities. Communities that are marginalised often face unique barriers for a range of reasons, including socio-economic disadvantage, cultural stigmas, and systemic discrimination, all of which can exacerbate mental health issues and stop people going for help earlier which can have a negative effect on their lives for years and years to come.

Here at LIP, we are committed to amplifying the voices of people from marginalised and/or racialised groups to ensure we are moving towards a more equitable society for all, working against the health and other inequalities in society. By giving people the skills to recognise when their neighbours, family members and others need some help at an early stage, avoiding more serious complications. Providing effective mental health training tailored to the needs of these groups is essential to bridge the gap and ensure equitable care and.

Understanding the Barriers

Marginalised and racialised communities, people who have intersectional social statuses, or who fit into more than one category experience discrimination and trauma in a variety of ways. Discrimination amongst these groups can have a more pronounced effect on mental health and wellbeing in the current social and political environment, loneliness and social exclusion also can lead to poor outcomes.

In this social context, LIP is trying to work towards addressing some of the underlying structural and systemic societal causes of mental health inequalities, including:

- Discrimination (at structural, institutional, communal and interpersonal levels). Discrimination can have a deep and long-lasting effect on individuals, effecting all areas of their lives including the way people are able access services.
- Persistent uncertain employment and financial insecurity. This can have a huge impact, particularly on young people who often can't find sustainable jobs with prospects and decent wages leading to extra pressures and worries.
- Housing and food insecurity. Poor housing or housing that is not secure can make people feel insecure and increasingly there is a need for foodbanks due to the cost-of-living increase causing extra worry and stress.
- Access to healthcare including mental healthcare.
- Other forms of adversity and stress, such as violence and trauma. Generational trauma is often not recognised as a trigger.

Training with LIP

LIP is committed to working with communities to start to address some of the inequalities communities face. We are offering to facilitate and deliver, fully accredited Level 1, Level 2 and Level 3 Mental Health Awareness training within the community. These courses will give you a certificate that is Ofqual approved and will give you the skills and knowledge to start to help those around you. LIP is hoping that, following the training, we can work with you to develop a Cultural Mental Health network within the city.

If you are interested in finding out more about the training, please email:
info@leedsinvolvement.org.uk or ring the office on 0113 237 4508.

LEEDS DEAF ACTION FORUM (DEAFORUM)

INTRODUCTION

The forum advises on Deaf equality issues, with the aim of improving service provision for the Deaf community of Leeds.

Our DEAForum works in partnership with Leeds City Council, NHS West Yorkshire Integrated Care Board, and other services, raising general issues of concern and making suggestions for improvement.

MEETING DATES 2024

Thursday 4th July
Thursday 19th Sept
Thursday 10th Oct
Thursday 7th Nov
Thursday 12th Dec

WHAT HAPPENED?

The DEAForum have relaunched and are working hard to gain equity in services for Deaf people.

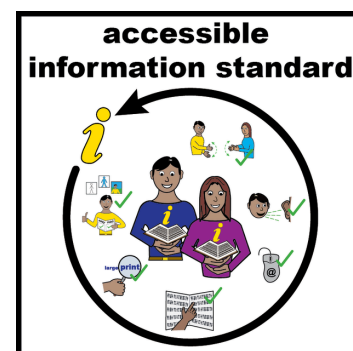
Topics they have focused on in last few months include:

- Terms of Reference
- Issues with car parking
- Access to the Leeds City Council City Centre Hub (make sure you look out for the changes we have made!)

Make sure you keep in touch to find out what we will be working on next!



THE ACCESSIBLE INFORMATION STANDARD (AIS)



The AIS aims to make sure that people who have a disability, impairment or sensory loss get information that they can access and understand, and any communication support that they need from health and care services.

The Standard tells organisations how they should make sure that patients and service users, and their carers and parents, can access and understand the information they are given. This includes making sure that people get information in accessible formats. The Standard also tells organisations how they should make sure that people get support from a communication professional if they need it, and about changing working practices to support effective communication.

Organisations that commission NHS care and / or adult social care, for example Clinical Commissioning Groups (CCGs), must also support implementation of the Standard by provider organisations.

As part of the AIS, organisations that provide NHS care or adult social care must do five things. They must:

1. **Ask people** if they have any information or communication needs, and find out how to meet their needs.
2. **Record those needs** clearly and in a set way.
3. **Highlight or flag the person's file or notes** so it is clear that they have information or communication needs and how to meet those needs.
4. **Share information** about people's information and communication needs with other providers of NHS and adult social care, when they have consent or permission to do so.
5. Take steps to **ensure that people receive information which they can access** and understand, and receive communication support if they need it.

The Standard says that patients, service users, carers and parents with a disability, impairment or sensory loss should:

- Be able to contact, and be contacted by, services in accessible ways, for example via email or text message.
- Receive information and correspondence in formats they can read and understand, for example in audio, braille, easy read or large print.
- Be supported by a communication professional at appointments if this is needed to support conversation, for example a British Sign Language interpreter.
- Get support from health and care staff and organisations to communicate, for example to lip-read or use a hearing aid.

BETTER LIVES BOARD

INTRODUCTION

The Better Lives Board oversees the Better Lives Strategy.

The new Better Lives Strategy is set in the context of a pandemic that has had a profound impact on people who draw on care and support, their families and carers. The pandemic has shone a light on deep-rooted inequalities in society, the crisis in our mental health system and the huge challenges faced by our social care workforce.

The Better Lives Strategy has 6 key priority areas:

- Better Information and Access
- Good Housing
- Keeping Well
- Using Digital Tools and Technology
- Connected, Thriving Communities
- Tackling Poverty and Inequality

“ THE VISION: WE WANT EVERY PERSON IN LEEDS THAT NEEDS CARE AND SUPPORT TO LIVE IN THE PLACE THEY CALL HOME WITH THE PEOPLE AND THINGS THEY LOVE, IN COMMUNITIES THAT LOOK OUT FOR ONE ANOTHER, DOING THE THINGS THAT MATTER MOST TO THEM. ”

WHAT HAPPENED?

The meeting in March had a focus on Direct Payments, where members had a chance to share feedback with Leeds City Council. Comments included:

- Support PA recruitment attending reverse job fairs, where employers attend and people wanting work hold the stalls.
- Targeting of specific communities to improve the demographic of the PA workforce.
- Develop easy read information on DPs and PAs.
- Use examples of lived experience of DPs which might help promote them and how they might be used flexibly.
- Create a framework and process that enables Social Workers to positively promote DP and feel confident that they can be used flexibly.



CIHT AWARDS 2024 - HIGHLY COMMENDED IN THE EQUALITY DIVERSITY AND INCLUSION CATEGORY!

We're thrilled to share that, in partnership with Leeds City Council, working on the Connecting Leeds programme, we've been highly commended for the CIHT Equality, Diversity, and Inclusion Award! This award celebrates our joint efforts to create a diverse and inclusive environment in the transportation sector.

The Connecting Leeds initiative has been a true team effort, involving lots of engagement with stakeholders, setting clear goals, and making sure our projects are accessible to everyone. This commendation is a wonderful acknowledgment of the impact we've made together on local organisations, local industry, and local communities. We're committed to continuing this journey and making even more progress towards the vision: to be a city where you don't need a car, where everyone has an affordable zero carbon choice in how they travel.

A huge thank you to everyone who has been part of this initiative.



HIGHLY COMMENDED
CIHT Equality Diversity
and Inclusion Award



Connecting Leeds
TRANSFORMING TRAVEL

THANK YOU FOR READING!



www.facebook.com/LIP2022



0113 237 4508



www.twitter.com/InvolvingYou



07719 328 721



www.instagram.com/InvolvingYou



www.leedsinvolvingpeople.org.uk



info@leedsinvolvement.org.uk



<https://www.eventbrite.co.uk/o/leeds-involving-people-20153400149>

Thank you to Paul Abraham (<https://www.theartfulrambler.com/>) and Resh Rall (<https://www.reshrall.co.uk/>) for the images featured in this newsletter.