

Drop-in sessions

The series of drop-in sessions for working age adult community mental health care transformation colleagues has been extended to March 2024.

Diary invites have been sent out for people to attend and hear about progress with the roll-out, and to ask questions. Dates for the drop-in sessions are:

2023

Tuesday 28 November, 2pm – 2.45pm

Wednesday 13 December, 4pm – 4.45pm

2024

Wednesday 17 January, 11am – 12pm

Tuesday 30 January, 2pm – 2.45pm

Wednesday 14 February, 12pm – 12.45pm

Tuesday 27 February, 2pm – 2.45pm

Wednesday 13 March, 11am – 11.45am

Wednesday 27 March, 10am – 10.45am



Community wellbeing connectors

Community wellbeing connectors (CWC) are already reporting seeing the positive impact of their roles as they settle in to supporting service users.

Eight CWCs have been appointed during the past 12 months and have been developing good links with community organisations in their localities. Together they have had 205 referrals and seen a positive change in the people they have worked with through providing practical help, helping them to access support and activities in their areas. The following are examples of the effects CWCs are having.

Report from a CWC

“Client C has become much more independent over the course of support and is making positive connections within her community. Client C has been offered a volunteering opportunity which will allow her to give back to the community and make a positive contribution and gives her a sense of purpose which she felt she has been lacking.

“Next steps to begin transition period and reduce support from CWC service.

“Recovering Quality of Life Questionnaire (ReQAL) score at beginning of support (November 2022) – 7

“ReQal score (June 2023) – 24.”

Service user feedback

“I met XXX. She helped me to get back in to the gym. She supported me through things I couldn't cope with, like helping me to sort my bills out. She supported me through my son's passing which she didn't have to do, but she listened to me, then passed me on to bereavement counselling, which is helping me. Never had that much support and her visits will be missed so much. Thank you XXX for everything. Most appreciated.”

“I felt well supported by my wellbeing connector XXX. He has given a great deal of effort to break my anxiety and overthinking patterns. If I am to get back to this service again, I would definitely prefer to connect with XXX again. I am wholeheartedly thankful for the support I have received from this service.”

Therapy team one year on

The primary care psychological therapy team is marking just over a year working with people who may currently fall in the gaps between existing services.

The team's work focuses on people who have experienced trauma and adversity in childhood and people from other marginalised or under-served groups.

The four original team members are getting ready to welcome seven new starters, plus two training posts in CBT for eating disorders, who join in January 2024. These new additions mean the team will have capacity to provide therapy for around 160 people each year who were not previously able to access a service, as well as carrying out additional assessments and brief interventions alongside colleagues in Leeds Mental Wellbeing Service.

New groups planned

The number of places available in groups, such as the Wellness Recovery Action Planning, Dealing with Feelings groups, dialectical behaviour therapy (DBT) and occupational therapy has increased and it is planned to introduce new groups for people experiencing voices/visions and eating related distress soon.

The team has also started three specific projects, so far, to improve services and access for people with functional neurological disorder (FND), culturally adapted therapies and a group specifically for people experiencing psychosis who are from a Black and Ethnic Minority/Global Minority background.

Wave 2 transformation grants launched

Almost 100 people attended the launch event for the second round of the Transforming Mental Health Grants at the end of October.

The positive energy in the room showed how enthusiastic third sector organisations are about the fund, which is targeted at supporting people with complex mental health needs in their communities.

For more information, click on the following key links

- [Link to the recording](#) | Passcode: 8^t+&qjG
- [Citywide Pot: Criteria & Application Form](#)
- [Local Responses Pot: Criteria & Application Form](#)

Email grants@leedscf.org.uk to find out about eligibility, evaluation and monitoring requirements for the awards.

The deadline for submissions is 12pm on Friday 8 December 2023.



Healthwatch Leeds survey

The Healthwatch Leeds survey asking what people want and expect from community-based mental health services in the city has been landing on doormats during the past week. Service users living in inner west and south Leeds are being asked to complete a questionnaire to provide their views and experiences. Their feedback will help shape the future of mental health service planning and provision. If you know of anybody who has received a questionnaire, please encourage them to complete and return it by the end of November.

They can also complete the survey online at <https://www.surveymonkey.co.uk/r/community-mental-health>.



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