



Notes from Mental Health Network Virtual Meeting

15th May 2020 10-11.30am on Zoom

Attendees:

Alison Lowe	Touchstone
Amy Hearn	100% Digital
Duncan Millard	Humans Being
Helen Kemp	Leeds Mind
Jane Robinson	Leeds Bereavement Forum
Joanne Collins	SARSVL
Karen Fenton	Forum Central
Kathryn Ashworth	Solace
Lucy Graham	Forum Central
Mark Law	Barca
Moya Woolven	Basis
Nicola Gallear	MindWell Leeds
Richard Barber	LSLCS
Tracy Nicholls	Feel Good Factor

Forum Central & Key Strategic Updates

Remote working

The Forum Central team are continuing to work remotely and connecting with members on a regular basis as well as linking in with the citywide response and key partners.

Communications

We continue to send out a **weekly bulletin** to members and in addition we are contributing to the [Together Leeds](#) specific community & Voluntary sector **bulletin**. On **Twitter** we have started a **Tuesday Takeover** campaign, handing over the reins of the account to member organisations for the day. We are also producing and contributing to a number of **blogs** and inviting members to feature. If you are interested in taking part in the social media takeover or writing a blog please contact: sean.tunncliffe@forumcentral.org.uk

- [Socially Connected Leeds Blog](#)
- Tackling Coronavirus - [Members Insight Blog](#)
- [Positive Partnerships](#)

Other updates

We continue to keep the [service update log](#) and [accessible information document](#) up to date on our website. Please take time to check these documents and keep us updated with any changes/additions you have.

We are working with the NHS CCG comms team to continue to support the '[Your NHS is here for you](#)' campaign providing content for press releases and information for the public specific to the third sector.

We continue to lead on the [Communities of Interest work](#) in the city in partnership with Voluntary Action Leeds, Healthwatch and Leeds City Council to support this network of community-based organisations in order to address inequalities. Building on trusted relationships with local community organisations and the richness and diversity of our third sector in Leeds, we are working with operationally connected community-based organisations to support the flow of information to communities facing additional challenges during Covid-19. Through this we aim to ensure that information and support relating to Covid-19 can reach everyone including people in the most marginalised and vulnerable communities in Leeds. A report is being collated from learning and information and thematic reflections which will be utilised in strategic health inequalities workstreams and covid-19 planning meetings across the city. Forum Central have been identified as the link organisation for 'Mental Health' therefore we encourage you to share any specific feedback/comments/reflections to support this process please contact: karen.fenton@forumcentral.org.uk

Members highlighted comments they wish to share regarding Refugees and Asylum Seekers and BAME communities and were encouraged to share them with Karl.Witty@forumcentral.org.uk who is leading on both of these areas. For all general comments or relating to other communities of interest please email: communities@forumcentral.org.uk

The Time to Shine '**Shine**' Magazine has been sent out across the city to delivery partners via the community hubs for distribution and is available [electronically](#). The second edition is being delivered week commencing 17th May.

Mental Health Specific Updates

Mental Health Strategy and Collaborative work

Key partners within both are operating within crisis mode so this has slowed in progress. We are continuing to champion and monitor progress on these key pieces of work and how the Covid-19 outbreak will impact upon it and will keep our members updated as we progress this.

Work Specifically linked with Covid-19 and the citywide response

As mentioned above, we are leading on the '**communities of interest**' work, acting as the link organisation for Mental Health as a key community within the city during this time.

We have been working closely with Voluntary Action Leeds, Leeds City Council and Leeds Survivor Led Crisis Service to develop a **pilot programme of Mental Health Peer Support** for Tier 2 volunteers registered with the citywide programme of support. Approximately 50 volunteers have been initially identified as having additional skills such as mental health first

aid training and or counselling experience and have been contacted to become peer supporters for other volunteers working across the city. This work is in its initial phases of scoping, identifying and training the cohort of volunteers and we will update you as it progresses.

We have been working with Leeds City Council to provide **support, guidance and advice to the Covid-19 helpline callhandlers**, linking to the Communities of Interest work, we have been able to support discussions around mental health first aid and suicide awareness training as well as signposting to MindWell resources. This work is ongoing.

In addition, two **guides for volunteers** working across the city have been developed with Voluntary Action Leeds - one focusing on how to support someone with their wellbeing and the other crisis support.

RU OK? - Telephone Befriending Scheme

Leeds Older People's Forum recently launched this initiative with some of the citywide volunteers to support phone befriending targeting initially those who are older and shielding. As a team we are scoping this out with a view to potentially extending the service to wider communities of interest.

Mental Health System Support Calls

Calls have been organised by the CCG every two weeks between key contracted/commissioned partners and LYPFT, initially to understand the current service provision of each provider and discuss additional support needs and challenges they may be facing. As lockdown has progressed and we move into Phase 2 a number of areas of work have been identified as being needed to move planning and communications work forward across the city.

Since, we have been involved in the first 'Phase 2 and beyond' meeting with other representatives from the third sector and across the system to discuss national guidance and phase 2 planning, preparation and needs. During which it was decided that a strategic, senior decision making group would be formed to provide a strategic steer to future planning (it's yet to be confirmed how this will link in with the existing Mental Health Partnership Board) and further discussions in future focusing on:

- Peer Support.
- Psychologically informed care at community level.
- Scope, scale and identification of the main communities of interest/demand/areas to focus on in the coming weeks alongside national guidelines and forecasting.
- Mapping and reducing duplication, looking at community assets, what's already commissioned and how we can strengthen these in the future.

MH Comms and workforce training/support meeting

From discussions with our member organisations and through Communities of Interest discussions we began highlighting to commissioners and senior decision makers in the city a number of key themes and potential pieces of work/gaps, which has since led to a meeting, which was held mid-May to discuss:

- Local level and **citywide communications regarding Mental Health awareness and signposting**, with a particular focus on - paper-based/digital divide.
- **Workforce Mental Health training/professional resources** - promotion of Mindwell, Mindful Employer and the potential to further develop a package of MH support for employers and employees.
- **The need for a Mental Health resource and training hub for professionals** - with a view to utilising existing and potential new Mindwell/Mindmate resources, Public Health suicide prevention materials to ensure staff across the health and care system are aware of what the Mental health offer is in the city and how to access it.
- During this meeting members were informed of some existing local examples of wellbeing packs that member organisations had created already, such as the Wellbeing Pack which the Your Space team at Touchstone have developed and delivered to over 500 households, focusing on older people.

Member updates in focus

During the meeting we invited a number of our members/partner organisations to provide key information and member discussions on the following topics.

Mindwell Leeds

- Nicola from Mindwell updated attendees on the new [Coronavirus Hub](#), which includes up to date service information, wellbeing tips, creative activities, self care and a section for professionals. MindWell has been busy responding to local needs by creating a number of new paper resources including one around sleep, and a fold up crisis resource (not yet available).
- Zoe, MindWell's Engagement Officer, is providing webinars, attending meetings and team sessions and is available to do so for others, and is also busy working on a video tutorial which will be available online soon for all to use.
- They are also planning a **Week of Kindness** based activities for [Mental Health Awareness Week \(17-24 May\)](#) and an accompanying Social Media campaign which we encourage you to get involved in.
- Nicola reminded everyone present of the [Browsealoud function](#) of the website, which if users are familiar with it, enables you to translate content into a variety of languages, speak text aloud, increase font etc so is a great accessibility tool.
- To contact the team: mindwellleeds@gmail.com

Leeds Bereavement Forum

- Jane from [LBF](#) updated the group on a number of key pieces of work happening in the city around bereavement including:

- [Hospice Covid-19 Support helpline](#) is open to anyone in Leeds with family or friends who are critically ill or have died due to Covid-19.
- Plans to host a second Virtual [Death Cafe](#) in June
- [Useful Bereavement Links and Information](#) including details about funerals, hospitals and hospice care, support for children and young people and much more.
- If anyone would like any more info about death, dying and loss - info, training or support etc just email jane.robinson@lbforum.org.uk.

100% Digital Leeds

Amy from [100% Digital](#) joined us to update members on the variety of work they are involved in across the city with organisations to support digital inclusion including the following:

- Support for organisations to help people get setup with digital devices and find the right ones/programmes for them.
- **Virtual Digital Champions training.** 4 sessions currently planned, including one focusing on Mental Health. Details found [here](#).
- [Digital Champions Tools](#). The team are particularly interested in collating and finding out about activity/resource that is new for Covid and as a result others might not know about. Sharing good practice etc.
- **Tablet Lending Scheme.** All currently out on loan, though please keep contacting the team with requests as they are continuously looking for ways to grow this supply.
- **Digital Inclusion Funding.** They had an overwhelming response to this (10x more than they would have been able to currently pay out) and allocated on a first come first served basis due to timely need. The team are encouraging people to still get in touch with them if they have a need so they can champion for additional funding to support further grants and also support organisations with writing digital elements of others grant applications or utilising existing funding pots to maximise digital inclusion benefits.
- Reports and insight. Amy provided useful links to some recent reports of interest <http://www.britishfuture.org/wp-content/uploads/2020/05/Social-Connection-in-the-COVID-19-Crisis.pdf>
<https://www.ons.gov.uk/peoplepopulationandcommunity/householdcharacteristics/homeinternetandsocialmediausage/articles/exploringtheuksdigitaldivide/2019-03-04>
- For more information please contact: amy.hearn@leeds.gov.uk

Mindful Employer Network information and scoping discussion around needs for Workplace MH Support

Forum Central have planned a scoping session on Thursday 21st May 2020 from 11am - 12noon and invited members from across specialisms to join us for a discussion. Places are limited, so to ensure we capture a wider view, 15 mins of this session was spent on the same questions. To book a space on the 21st May [click here](#). Though spaces are limited to

20, and if you are unable to come along but want to contribute, please email karen.fenton@forumcentral.org.uk or call 07803417074 with your thoughts and comments.

We utilised 15 minutes of the meeting to discuss and gain understanding on the following points and summary of discussion is below:

What level of support third sector employees need during this time and if anything different is needed (aside from the current offer) to support staff.

- Key themes around bereavement support for staff. For the for loss of a loved one to Covid-19 or other causes during this time, suicide bereavement, death in service of a colleague or someone they have been supporting
- Wider implications and mid-to long term effects of trauma from the current situation both own and experienced through people organisations are supporting, grief and loss and the support required for employers with this
- Risk assessments and practical solutions for managing the range of needs of employees during this time
- Support for those anxious to return to work
- Support for those continuing to need to shield or are more vulnerable
- Support for working parents as childcare issues continue and become more complex with partial opening of schools planned.

If you feel you have adequate awareness of existing mental health support and resources

- Members present were reminded of the **Mindful Employer Network** we are lucky to have a dedicated Coordinator Laura, for the city hosted via Leeds Mind. Organisations can **sign up to the network for free** and receive a [variety of support](#) including at present, a regular newsletter, 1-2-1 support in creating a Mental health plan for your workplace and optional weekly virtual check-in sessions with guest speakers.
- Organisations are also encouraged to sign up to the charter.
- For more information on **Mindful Employer** please contact: laura.mccullagh@leedsmind.org.uk
- Also available on MindWell Leeds are a number of resources aimed at [Employees and employers.](#)

Upcoming dates, summary of actions and close

In agreement with those present, we proposed to take this format in future, **focusing on two main speakers/topics and key updates.** Whilst keeping the session time to 1.5 hours rather than 2 whilst held virtually. For June, we have invited members of the **Local Care Partnerships** to discuss the involvement of mental health third sector in them and lead a discussion with members present. **Any suggestions for other topics are welcomed.**

The next Virtual members meeting will take place on the **10th June 10am -12pm.** Please contact Karen if you are planning to attend.

Some feedback from members who attended:

- *Yes fantastic session...I learned a lot!*
- *Thanks very much nice to see you all. Take care.*
- *Really great to see everyone and to hear about fantastic work happening under very difficult circumstances.*