

Mental Health Members Network Update

26th Nov 2020

Dear Members, Thank you so much to those who attended our MH members network today. Whilst this was not a usual session format, it was of great value for us as a refresh to better understand what members know about Forum Central (FC) and how best to use us as members, so thank you for your patience during our quiz, which we hope you found useful and informative. We will also utilise your feedback to help shape the scope for a new website.

Please find below:

- **Key notes from the members meeting**
- **Strategic updates with links to requested information**
- **Dates of 2021 meetings**

Key notes from the members meeting

1. FC Quiz:

We had a mixed group of members; some are new to FC and the network and some are working closely with FC. We could see the benefit of having different members and would like to thank both new and old members for taking part in the quiz and contributing existing knowledge and for being open to learning about FC.

2. FC Members Engagement:

FC will be reengaging with some of our mental health members and we asked for the network's feedback on the proposed 'Terms of Engagement'. Feedback was very positive with an addition of the FC available support for organisation in building capacity and development especially micro/grassroots. Members felt that FC is a place for common ground where networking and sharing through this difficult period is of great value.

3. Members updates:

Each member updated on the current work and challenges that their organisation is facing. The following are key messages that can benefit all members. It was a consensus that all members are working to capacity and beyond. The work that was described is nothing short of outstanding and it was clear that the sector has stood out throughout this crisis in both service delivery and as a leader in the health and social care sector in Leeds.

4. Key updates from members:

[Leeds Bereavement Forum](#) (LBF) reported on the extreme increase in deaths during this year and the expected increase in demand for bereavement support services. LBF have different training sessions available around dealing with bereavement as well as for those who support those with a bereavement need. They have developed bereavement peer support and training for communities of specific need or interest. [Battle scars](#) who support people who self-harm have offered a 40-minute digital presentation that they are

happy to share with FC members. [Homestart](#) offers a new support programme for families with children aged under 7 who experience MH issues. They also offer to come and talk with members about their provision. Members reported continued efforts around [Digital Inclusion](#) and work to try and still ensure people have access to services and support running in this new way. Here is a report led by The People's Voice Group and Healthwatch Leeds which the Communities of Interest networks helped to develop a report on [this issue](#). [Advonet](#) offers advocacy training sessions for Workers or volunteers in organisations across different specialisms.

Do you also have an interactive training session/ presentation about your work that you would like to share with other FC members that are not familiar with your provision? Please contact us if you do.

Strategic updates with links to requested information

1. News

- Skills share session - [what are we going to do this winter?](#)
- Forum Central is working with the William Merritt Centre to coordinate a four-day celebration to mark [International Day of Disabled People 2020](#) in Leeds – and it's taking place next week!
- On 21st December **Sarah Wilson** will join FC as our new Mental Health Network Member Support Worker. We look forward to introducing you to her soon.
- We take this opportunity to thank Meirav Sasson for all her hard work supporting the network during this period of transition and her commitment to member engagement and the Emerging Mental Health Data Report which has been a vital contribution to the city's understanding of future service needs. Meirav will continue to work with us for a while to help facilitate Sarah's handover.
- We would like to share with you our most current [organisational chart](#). We have a few key job opportunities currently open, details can be found [here](#).

2. Mental Health Specialism Updates

Forum Central provides members with a weekly e bulletin update due the high volume of work and rapid changes due to COVID-19. Please refer to these for a wider, regular update. Key messages and strategic information for the MH network are:

- [Summer Time-Out Report](#)- We have now finalised our report of the Summer workplace mental health and wellbeing sessions we led on and key recommendations can be found within it.

We are pleased to now offer members the opportunity to take part in a monthly, free skills sharing session, which is open to anyone working and volunteering in the sector.

- Our [Emerging MH Report](#) was presented to the MH Partnership Board on Monday alongside modelling, voices, recommendations and other insight in partnership with colleagues from Healthwatch Leeds, Leeds Involving People, NHS Leeds CCG and Public Health.
- **Green Social prescribing** - We have been working with key members and colleagues across the leeds and regional ICS system to develop a bid relating to Green Social Prescribing. This is being submitted imminently and we will update members on the outcome of this and what opportunities it provides to members as soon as we have a response.

Dates for your diary - 2021 meetings, all at 10:30-12:00

28th January - to this meeting we invite **members to bring and share 1 challenge that they overcame during the pandemic that made their provision better, and 1 challenge that they require help with.**

25th March

22nd May

15th July

23rd September

25th November

Currently, we meet every 2 months and will continue to do so virtually. We might go back to quarterly meetings, depending on COVID-19 and its impact on our services. (for discussion in January)

We recommend that if you cannot join us, a colleague takes your place or, if you wish to convey a message to the network, please send us the information up to 7 days before the meeting and we will bring it to the meeting on your behalf.

For any further information or to arrange a 1-2-1 catch up with us, please contact the team via hello@forumcentral.org.uk