

Mental Health Information and Strategy Session

28th January 2021 | 10:00am to 12:00pm | Via Zoom

Agenda

- 1. Introductions and welcomes**
- 2. Rach Stanton – Shaping Our Future Update**
- 3. Catherine Sunter - Mental Health Strategic Update**
- 4. Forum Central & Strategic Updates**
- 5. Member Updates**
- 6. Small group discussions and reflections**
- 7. Date for next meeting**
- 8. Thanks and close**

Participants

- Sarah Wilson, Karen Fenton, Gabby Voinea, Rach Stanton, Daisy Morgan - Forum Central
- Kathryn Ashworth - Solace, therapy for refugees and asylum seekers
- Abdul Hannan - Cardigan Centre
- Paul Cloke - Emmaus Leeds
- Gill Trevor - Phoenix Health and Wellbeing
- Duncan Millard - Humans Being
- Jenny Groves - Battle Scars
- Frank Jones - Samaritans, Leeds
- Annette Clark - Catholic Care
- Mark Robinson - Touchstone
- Megan McClean - Leeds Irish Health & Homes
- Iain Anderson - Age UK Leeds
- Zoe Limbert - MindWell
- Diane Wilson - Groundwork Yorkshire
- Michael Howard - Armley Helping Hands
- Zoe Ricketts - Leeds Older People's Forum
- Catherine Sunter - Health Partnerships team
- Helena Price - Leeds Domestic Violence Service/Behind Closed Doors
- Abigail Olaley - Voluntary Action Leeds

1. Introductions and welcomes

- Sarah Wilson - Mental Health Development Worker started at Forum Central in December, if anyone has not been able to meet her please email on: sarah.wilson@forumcentral.org.uk

2. Rach Stanton – Shaping Our Future Update

- Rach gave a presentation around this.
- Link to the report:
https://forumcentral.org.uk/wp-content/uploads/2021/01/Shaping-Our-Future-Report_Jan2021.pdf
- April 2022 is the date for full implementation.
- This is just for health and care organisations and not the whole sector.
- If anyone wants to discuss the H&C third sector response to Shaping our Future further with one of the team please let us know.

Questions

- **Diane** - Is there a process for getting involved and is there a definition for being classed a health and care provider?
Answer - Forum Central will likely be the link between strategic health organisers and the voluntary sector. There isn't a definition as to which organisations are classed as health and care, however there is an emphasis on preventative work within the proposal, so some organisations could be involved if they are doing this work. We are working with the CCG to broaden the amount of organisations involved.
- **Gill** - Is there a roadmap for all this work i.e. what will happen and when?
Answer - There is no roadmap at the moment, however Pip Goff and Rach are meeting with commissioners on Monday to get more details. The CCG don't have a set of targets and want the plan to be formulated collaboratively. There are a set of alliances across the city already working in a similar way that we hope to link in with e.g. mental health transformation bid.

3. Catherine Sunter - Mental Health Strategic Update

- Catherine gave a presentation around this which can be found here:
<https://forumcentral.org.uk/wp-content/uploads/2021/02/MH-Information-and-Strategy-Session-1.pptx.pdf>
- Catherine and Will have been working with Sarah, Karen, Healthwatch and Public Health to measure how well they are achieving outcomes, taking a person-centred approach such as organising surveys, focus groups, video diaries etc.
- Some of the 8 priorities as shown in the slides are underway, such as Priority 2. Others, such as Priority 6, have a long way to go.
- They are trying to get more people with lived experience of mental health difficulties involved in the process.
- The Mental Health Partnership Board oversees the wider 5 outcomes and how to measure these. They also have a check and challenge role. Karen

noted that Forum Central are developing the third sector representation for the partnership board but herself, Jay Silver from Touchstone and Tessa Denham from Women's Counselling and Therapy are all confirmed reps for the sector as well as Healthwatch Leeds and Leeds Involving People/lived experience reps in attendance too.

- Leeds All Age Mental Health Strategy Delivery Group are SROs (Senior Responsible Officers) for the priorities - Pip sits on this board.
- Through bringing participants together they are not looking at the priorities in isolation and are making links between them.
- Leeds Mental Health Collaborative - Working together to look for better solutions - At the moment looking at front end crisis services.
- If people would appreciate this, Catherine and Will can provide regular updates to the group on ongoing work.

Questions

- **Gill** - Does the implementing mental health strategy work connect with Shaping Our Future and can they connect?
Answer - They could work together as they want to work more collaboratively and not have a commissioner/provider split. This could be done through the delivery group's chair as they work to create links between SROs and the wider discussions. They want to really engrain more integrated work and have a population based approach. Karen added that the benefit of the health partnerships team is that there is a non-biased ability to bring everyone together. Forum Central are front and centre partners in delivering the strategy.

4. Forum Central & Strategic Updates

Community Mental Health Transformation Plan

- This is a proposal to improve care for adults and older adults with severe mental illness. Specifically adults and older adults:
 - With eating disorders.
 - With complex mental health difficulties associated with a diagnosis of personality disorder.
 - In need of MH rehabilitation services
- The idea is to have an integrated Community Mental Health Hub which is a single point of access for wider services and is co-produced by people with Serious Mental Illness (SMI). Everyone will have a named key worker and support will be stepped up and down, avoiding the 'cliff edge' of support after being discharged.

- There's an emphasis on there being 'no wrong door' and providing trauma informed support so that we reach those hardest to reach with SMI. [A powerpoint with more info is here](#)
- We held a Third Sector briefing & workshop on the proposed plan on 13th January which we fed into the strategic oversight board. We concluded that there needs to be a power shift and culture change to transform people's experiences of accessing community mental health support and the third sector is keen to support that.
- [A headline summary document, providing a summary of the key discussion points.](#)
- If you want more information or want to be involved in future workshops let us know.
- The second draft of the bid was submitted and included within the regional level rerun on the 15th January - We expect to hear the outcome at West Yorkshire and Harrogate level and see the funding amount allocated to Leeds in February. We'll let you know of any progress and next steps soon.
- Hopefully three LCP pilot areas will take the above Single Point of Access approach. Funding will come through in three year stages increasing year on year, with this hopefully extending over all of the LCP areas by the end of this period. We can't progress this until the funding is confirmed, however Forum Central are right at the forefront of this sitting on the oversight groups and discussing with members. There should be an Involvement and Engagement post created specifically for this piece of work also.

Community Based Mental Health Reviews

- These reviews cover 6 areas of review and discussion on third sector contracts currently under review prior to tender in April 2022.
- NHS Leeds CCG are coordinating briefings and events for interested parties and focus groups for service users/carers, which were postponed until spring. We are working closely with the CCG to promote this programme to our members and ensure they are updated with timely information.
- The 6 areas are:
 - Crisis and urgent care
 - Supported accommodation
 - Specialist community support services
 - Services for refugees and asylum seekers
 - Service user involvement
 - Information and advice on mental health services in Leeds
- Procurement activity was originally due to be completed by the end of April 2022 with a six month mobilisation period so that new services would come into effect from 1st November 2022. They have decided to look at a 5-month extension with the review concluding by 31st March 2023. The CCG will be in

contact to confirm timescales and also speak to currently contracted providers to confirm arrangements for contract extensions.

- If your services are affected by the above you should already know.
- We are meeting regularly with commissioners on behalf of the sector. If you need Forum Central to bring up anything on your behalf please let us know.

Third Sector Cost Savings

- Link to briefing paper:
<https://forumcentral.org.uk/wp-content/uploads/2021/01/Working-Age-Adults-Savings-Report-January-2021-V2.docx>
- The council has been hit hard by covid and further cuts and the financial shortfall stands at 119 million pounds.
- They've managed to save 60 million through budgeting across the council - Within Working Age Adults they are trying to find around 7 million in savings and they are looking to make savings within the third sector also. Organisations within this cost savings review will lose 10% across their contracts and the Shopmobility contract is unlikely to be renewed.
- Making these savings is not just a one size fits all approach and has to be more nuanced - They really want to focus on protecting statutory provision and people's care and support needs.
- They are looking at generating income through the CCG and are looking to health colleagues for support. They are also looking to save money in grants, contracts, commissioning and reviews.
- They admit they should have approached organisations first before putting the review together - Forum Central were vocal about the need for this approach to be improved - They plan on not making the same mistakes in the future.
- Forum Central are having regular discussions around this with commissioners and are not taking this lightly. Aidan Smith (part of the commissioning team) will be attending the PSI member meeting on 9th February 10:30am-12pm and if anyone wants to attend to hear this from him, let Forum Central know.
- We will be facilitating a group discussion/workshop between the commissioners, Forum Central and our members.
- We have asked for a statement from both the CCG and our commissioners in the Council to give some clarification on what cuts might mean for the sector and these will be sent to everyone.

Government review of the Mental Health Act

- The gov asked for an independent review of the Mental Health Act 1983 in 2017 to suggest ways to improve it. The review's final report said that the MHA does not always work as it should for patients, their families and their carers.

- A range of changes have been proposed to put patients at the centre of decisions about their own care and ensure everyone is treated equally. These are based on 4 principles that have been developed with people with lived experience of the MHA. They are:
 - Choice and autonomy – Ensuring service users’ views and choices are respected
 - Ensuring the MHA’s powers are used in the least restrictive way
 - Therapeutic benefit – ensuring patients are supported to get better, so they can be discharged from the MHA
 - Ensuring patients are viewed and treated as individuals
- Consultation on these proposals ends 21st April, [here’s the link to have your say as an individual](#)
- After discussing in the meeting, Forum Central will run a consultation workshop for members to attend and then will reply as an organisation on your behalf. Please send any of your thoughts through.

Synergi

- The collaborative centre which has chosen 4 or 5 flagship areas in the country to look at mental health inequalities in ethnic minority backgrounds. Forum Central has been involved since this started in Leeds and there have been important discussions around representation of young black men under section, appropriateness of service and the Future in Mind assessment.
- There have been small grants created to support smaller organisations.
- There have been two posts created: An adult post which Delvina Saunders has taken up and a Children and Young People’s post which will be hosted through Forum Central. This post is out to advert.

Representation

- A lot of work has been done around growing the pool of reps and supporting them. Gabby’s post has been funded to make more time for this work. Particularly as the mental health strategy develops it would be very useful to get more reps involved to feed back progress to us.
- Posts available:
 - Mental Health Partnership Board Co-chair - A great opportunity for the voices of those with lived experience to be amplified.
 - Third Sector Representative for Local Care Partnerships.
 - Mental health and shielding - A place on the Bronze group in response to Covid-19. This is a weekly 90 minute meeting. We are ideally looking for someone with experience of frontline delivery and mental health strategy.
- If you are interested in any of these posts of have more questions please email: gabby.voinea@forumcentral.org.uk

Vaccination updates

- Forum Central have been working hard to ensure that third sector front line staff and volunteers are vaccinated and these are open and bookable now. If anyone hasn't had information around this then let Forum Central know ASAP. There is lots of information on the website in the e-bulletin.

5. Member updates

Gill Trevor - Phoenix Health and Wellbeing - They are still taking referrals for counselling, massage therapy and acupuncture and offering face to face services. For more info email: gill@phoenixhealthandwellbeing.org.uk

Abdul Hannan - Cardigan Centre - They're looking at developing mental health and wellness activities and workshops from May onwards and are looking for partners, email Abdul for info: a.hannan@cardigancentre.org.uk

Diane Wilson - Groundwork Yorkshire - Recieved funding to do a mens suicide prevention project called Sport Talk. People can refer to any adult male who might benefit from working with other men and getting involved in sport. They are also running a census support service from 1st March - 7th May and can do face to face or telephone consultations. For more info please email: diane.wilson@groundwork.org

6. Small group discussions and reflections

- A summary of each group's reflections:
<https://forumcentral.org.uk/wp-content/uploads/2021/02/Breakout-room-discussions-Summary.pdf>

7. Next meetings

- The next meetings coming up are on Thursdays: 25th March, 20th May, 15th July. Let Sarah know if Thursdays don't work for you and we can rearrange.
- We are moving over to a new CRM; Hubspot, so if anyone has up to date information to add to this please let us know.

8. Thanks and close

- Sarah and Karen closed by thanking everyone for joining the session. If anyone needs to get in touch with them, please contact them on: karen.fenton@forumcentral.org.uk or sarah.wilson@forumcentral.org.uk