



Forum Central



A collective voice
for the health and care
third sector

Mental Health Information & Strategy Meeting, 14th July, 1-3pm

Agenda

13:00 Sarah Wilson, Forum Central: Updates

13:10 Kerry Hinsby, Staff Health & Wellbeing Hub Update

13:30 Member Updates & Introductions

13:55 Nicola Gallear, Mindwell Update

14:05 Break

14:15 Helen Thurston, Transferable Training Project

14:25 Breakout Room Discussion

14:55 Thanks and Close

Forum Central & Strategic Updates

Mental Health Collaborative

Progress



- Discovery Stage on 15th July
- Dreaming Stage on 19th July
- September meeting doodle poll

Community Mental Health Transformation Plan



Introductory event 6-8pm - tinyurl.com/transformationleeds

Series of groups being set up:

- Data & Intelligence
- Model Development
- Engagement

- Eating disorders
- Characteristics associated with a diagnosis of personality disorder
- Those in need of mental health rehabilitation

Would you like to feed information into these groups? Let me know!

Leeds Survivor Led Crisis Service - two new services

- Leeds OASIS - occupying a space in safety (in partnership with CRISS)
- Night Owls - confidential support line for children, young people, their parents and carers, available 8am-8pm.





Leeds Mindful Employer Network

Championing mental health at work
across Leeds and West Yorkshire

Sharing experiences of our own mental health:

A free interactive workshop

Tuesday 20th July 2021
10-11.30am

Join us for a practical online workshop to explore how we share
our personal experiences in a workplace setting.

tinyurl.com/sharingMHexperiences

Any Questions





Kerry Hinsby

Psychology Lead, WY & H Staff Mental Health
and Wellbeing Hub

West Yorkshire and Harrogate Health and Care Partnership

Mental Health and Staff Wellbeing Hub

What is the Mental Health and Wellbeing Hub?

WY&H Mental Health and Wellbeing Hub was started in January 2021 with the aim to:

- Enable fast access to mental health assessment and support
- Expand the local offer to staff adversely impacted by the pandemic (in all sectors- NHS, social care and voluntary sector)
- Delivering intervention in a family orientated way
- Focus on ICU/critical care as well as health care professionals
- Focus on staff from minority ethnic backgrounds
- Identify gaps in access or treatment for at risk staff groups



A new, free, confidential staff mental health and wellbeing hub that is open to anyone who works in our partner organisations.



Play Animation [Watch this](#)



What resources are available?

Responsive Individual Support:

Triaging, signposting and advocating for the most appropriate individual support.

1:1 Psychological Therapies

Access to a range of free and confidential psychological therapies to support your mental wellbeing.

Self Refer – via the support line or website referral form (tbc)

Staff Support Line

If you feel as though you need to speak someone now we have a staff support line available 8am-8pm, 7 days a week.

Freephone Call: 0808 1963833

“It’s a strength to
be able to ask for
help”



What resources are available?

Responsive: Team Focus

Working with teams and organisations to support mental health and wellbeing and develop existing local offers.. Particularly teams that have been disproportionately impacted by COVID.

Critical Incident Staff Support Pathway (CrISSP):

A full pathway of peer-support following potentially traumatic events (known as critical incidents) to help support emotional and psychological response.

Contact k.hinsby@nhs.net

Ideas in Development:

Compassionate Leadership

Screening tools .



What resources are available?

Proactive Mental Health and Wellbeing

Creating structures within everyday work-life for supportive mental health focused conversations

Cellar Trust: Providing bespoke and free online training through e-learning and webinars. These are focused on provide skills for being well during adversity and for managers and leaders to learn how to support others within their mental health and wellbeing. [Living Well Training – Training for a healthy mind](https://www.thecellartrust.org/training)
training@thecellartrust.org (sleep, low mood, stress, suicidal thinking)

Peer-Led Support: MIND:

Providing free sessions to encourage peer to peer conversations to normalise and support mental health conversations. dcccg.wyh.mentalwellbeinghub@nhs.net

Coaching in Better Conversations:

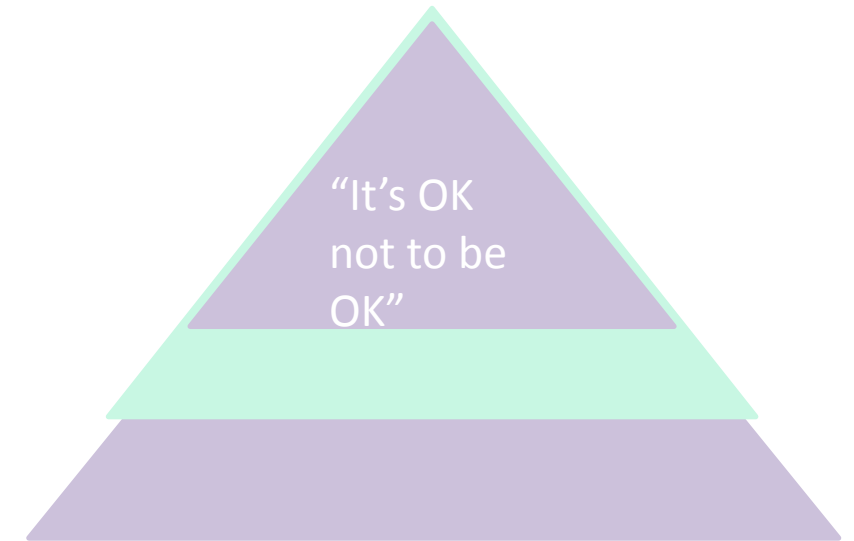
Developing a bespoke programme for staff from minority ethnic communities

K.hinsby@nhs.net

Staff Suicide Support

A campaign with self help, peer support and on-line learning.

<https://staffcheck-in.co.uk/>



What resources are available?

Positive Mental Health and Wellbeing Culture

Creating a culture where mental health is not stigmatised and signposting and help-seeking is encouraged.

Hub Microsite:

Our hub website provides information and resources freely available when required. Signposting and further resources are also available. [West Yorkshire and Harrogate Mental Health and Wellbeing Hub](#)

Mindful Employer/ This is Me Campaign:

Two great National campaigns with local networks to combat stigma around mental health through story telling and building wellbeing skills.

<https://mindfulemployertensteps.co.uk/>

Schwartz Round:

A space to reflect and discuss on the social and emotional aspects of working in caring roles.

nigel.wainwright@nhs.net

StartWell EndWell:

Creating a psychologically safe environment by creating a 'check in', 'peer to peer pit stop' and 'check out'.

Free resources and network

“Your mental
wellbeing
matters”



Useful Links and Contacts

Hub Information:

Email: bdcccg.wyh.mentalwellbeinghub@nhs.net

Website: [West Yorkshire and Harrogate Health and Care Partnership](https://www.wyhpartnership.co.uk)

Twitter: [@WYHpartnership](https://twitter.com/WYHpartnership)

Staff Support Line:

Freephone: 0808 196 3833 (8am-8pm 7 days a week)

Chat anonymously online: [Grief and Loss Support Service](#)

[Watch this-](#) video of hub



CHECK-IN.

Looking after each other to prevent staff suicide

Call **0808 196 3833** free of charge, 8am to 8pm
(including weekends and bank holidays)
or visit workforce.wyhpartnership.co.uk



West Yorkshire and Harrogate
Health and Care Partnership
Mental Health and
Wellbeing Hub

Want to Know More about the Staff Mental Health and Wellbeing Hub and the Grief and Loss Support Service? Of course you do.

Just 15 minutes of your time is all that is required.

Throughout July and moving into August we are presenting (via zoom) a 10 minute overview of the service, followed by a 5 minute Question and Answer Session.

No need to sign up or register, just link into zoom (link below) a minute or two before the start and away we go. For a 9.30am prompt start.

A very informal way to gain some more knowledge and understanding about this service.

The staff Mental Health and Wellbeing Hub – what is it? How can I access it? What immediate support / treatment / therapy is available for me?

What is the Grief & Loss service? Who can use it? When is it available? What support is available?

Dates and Times for the presentation:

Tuesday 6 th July	9.30 am start
Monday 12 th July	9.30 am start
Thursday 22 nd July	9.30 am start
Wednesday 28 th July	9.30 am start
Wednesday 4 th August	9.30 am start

The host will open the zoom link 10 minutes before the start to allow people to log on and be ready for the prompt 9.30am start. So please log in at least a few minutes before the start time.

Join Zoom Meeting

<https://us02web.zoom.us/j/87162838436>

Meeting ID: 871 6283 8436



Member Updates



- News
- Upcoming projects
- Anything you'd like to share!



Nicola Gallear

Content & Communications Manager, Mindwell

MindWell, the mental health website for people in Leeds

I'm having
money
problems.



I'm going
through a
bereavement.



I'm stressed
at work.



I'm a new
parent.



I'm worried
about
someone.



I'm feeling
low.



MindWell

Re-cap: the story so far...

- **5 years ago - NHS Leeds CCG took feedback from people about the difficulty of finding information.**
- **So CCG commissioned a portal or 'go to' place for mental health information in Leeds.**
- **Went live 10 October 2016. About 300k users.**

How is managed?

- **Managed by a partnership**
- **Volition and mHabitat, digital innovation team hosted in the NHS**
- **Produced by co-design**

Rebuild project

- **What did we need to re-build it?**
 - **Platform it was built on had aged**
 - **Accessibility**
 - **Integration into LOOP**
- **Funding from Leeds Better Care Fund to do a 'lift and shift' to Wordpress**

Rebuild project

- **MHabitat, Volition and HMA agency**
- **Went live in April**
- **Improved content management**
- **More accessible and updated style guide**

Key features of the new site - quick tour!

- **Crisis page was re-developed through a co-design workshop with local people**
- **New mental health directory**

Key features of the new site

- **Newsletter sign up on homepage**
- **Blog page**
- **Feedback form**

What's next?

- **Improving content and accessibility of content**
- **Updates to reflect post pandemic**
- **Review of professional referral information and GP section after survey/consultation.**

What's next?

- **Integration into Leeds Online Open Platform (LOOP)** - a central repository of healthcare information
- **Developing new plans for MindWell inc volunteers**

Campaigns - social media



MindWell



Be kind to your mind

MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

Do something that helps you relax or recharge

Plan at least 10 minutes today for a cuppa and sit in your favourite place and just be.



Take time to chat with someone who is supportive and caring.



Notice when you're feeling stressed today. Take a moment to just breathe and shake out any tension you're feeling.




Take time for an activity you love. Whether that's planting some seeds, baking bread, reading a book or crafting. Really notice how it makes you feel.



Who makes you laugh? A friend, comedian or social media account? Give yourself a few minutes to have a good laugh - you deserve it!



www.mindwell-leeds.org.uk




#LetsTalkLeeds

I'm supporting

World Suicide Prevention Day 2020

10 September



www.mindwell-org.uk/talk



Break



Helen Thurston

**Development Officer, Leeds Health & Care
Academy**

Mindwell & General Comms Breakout Room Discussion



Questions around Mindwell:

- What information do you need to find on Mindwell as a professional?
- What services/kinds of services do you want to refer people to? (including the wider determinants of health?)

How would you like to keep updated with initiatives like the Transferable Training Project and Staff Wellbeing Hub? What's the best format for updates?

How are you finding our comms at the moment around mental health, and how could they better fit the needs of your organisation?

Thank you for coming!

