

West Yorkshire Health and Care Partnership Mental Health, Learning Disabilities and Autism Programme update

26 January 2023

Introduction

This update is intended to support the sharing of key messages across the Mental Health, Learning Disabilities and Autism Programme. The update provides a consolidated place for partners to receive useful information, including the sharing of good practice. It also provides shortcut links to shareable content to support consistency and efficiency. You are receiving this information so we can help to support the local mental health, learning disabilities and autism system. Please do let us know if you'd rather not receive this update or if we've missed any contacts.

Please note this information has not been produced for the public. It is for internal use only.

For more information, please contact:

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To include information in this summary, please contact maryjo.pearson1@nhs.net or emma.shepherd27@nhs.net.

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Updates and offers from the Staff Mental Health and Wellbeing Hub



**If you feel you're struggling to cope,
the West Yorkshire Staff Mental Health
and Wellbeing Hub is here for you.**

Call 0808 196 3833 8am - 8pm every day, go online for self-help resources or self-refer for therapy at workforce.wyhpартnership.co.uk/

The Hub therapy service is experiencing high levels of demand at the moment, but it is important that people continue to come forward for care using either our self-referral online form or via our free staff support line 0808 196 3833, 8am-8pm every day, or local occupational health. People will be contacted within 72 hours for an initial conversation about their needs. If you do not hear from us with one week, please email wycb-bdc.wyh.mentalwellbeinghub@nhs.net.



Improving our Psychological Wellbeing Therapy Group

The 'Improving our Psychological Wellbeing' therapy group is aimed at creating a space that will allow group members to talk about and reflect on their own experiences related to psychological wellbeing. These sessions will start on **Friday 10 February 2023** and will take place weekly every **Friday at 2pm** (excluding bank/school holidays).

You can read more about this group on our Hub here:

<https://workforce.wypartnership.co.uk/news/improving-our-psychological-wellbeing-therapy-group>

Kirklees and Calderdale Schwartz Round – 'Fake it until you make it'

This is an opportunity for colleagues working in Leeds to take time to reflect on their experiences around the theme 'imposter syndrome'. The purpose of Rounds is to understand the challenges and reward that come from working within health and care, it is not to solve problems or to focus on the clinical aspects of patient care. This Schwartz Round is open to all organisations working in Kirklees and Calderdale.

The Round takes place on **Wednesday 8 February 2023, 12:15-13:30**. [Book your place on the Round](#).

Do you have a personal story around imposter syndrome? If so, please email

michelle.dooling@locala.org.uk to be a storyteller at this Round. [You can also check out the flyer](#).

Leeds Schwartz Round - 'Let it be'

This is an opportunity for colleagues working in Leeds to take time to reflect on their experiences around the theme 'Let It Be'. The purpose of Rounds is to understand the challenges and rewards that come from working within health and care, it is not to solve problems or to focus on the clinical aspects of patient care.

This Schwartz Round is open to all organisations working in Leeds. The Round takes place on **Thursday 23 February, 12:15-13:30**. [Book your place on the Round](#).

Cost of living



Managing Your Money

The cost-of-living crisis can have serious impacts on our mental health and wellbeing. We know times are tough, and this is why our Staff Mental Health and Wellbeing Hub has produced an online [cost-of-living booklet](#) full of resources on managing your money, housing advice and information on local foodbanks and supplies across West Yorkshire.

We have made a social media toolkit with Twitter assets, as well as suggested copy, to circulate to relevant audiences and promote via various channels to help promote this online resource. If you would like this social media toolkit and assets, please email emma.shepherd27@nhs.net.

Conversations that make a difference

Kirklees Council has produced a [cost of living practice guide for community workers and volunteers](#) to support conversations with people impacted by the rising cost of living. A [short version](#) is also available. The supportive and enabling conversations that you have with people can and does have a real and lasting impact. The guide is not intended to be used as a script, but more of a reference point for discovering what is important to people, asking what they feel motivated to act on and considering how we can connect people with community networks of support as much as possible.

Learning Disabilities and Autism

Update on the National Inpatient Centre for Psychological Medicine in Leeds

The [National Inpatient Centre for Psychological Medicine](#) (NICPM) has made the difficult decision to close to new referrals for patients who are not registered with a Leeds GP. The demands of delivering care during the pandemic has led to significant backlogs for patients referred to NICPM with the average wait for admission recently peaking at 2 -3 years from the point of funding being agreed.

The centre has not closed to Leeds referrals due to commissioning arrangements that it has with Leeds ICB.

NICPM recognises that this will be disappointing for patients wanting to be referred to the service, but it does not believe that it is clinically appropriate to accept someone onto a waiting list when it does not have a satisfactory timescale in which to offer treatment. A review of this position will take place in 12 months' time.

Strike action in easy-read formats

As you know, industrial action can be hard to get your head around. That's why Leeds Teaching Hospitals NHS Trust have created some [easy-read resources](#) for you to use and circulate.

Do you want to take a leadership role in our collective movement to make neurodiversity everyone's business?



<https://sway.office.com/8HsQCmLmDtssot9H#content=TIVAIQuvIVAB8a>

In West Yorkshire Health and Care Partnership, there are five place-based areas (Leeds, Bradford, Calderdale, Kirklees and Wakefield) working to meet the needs of their local communities. The West Yorkshire neurodiversity workstream sits within the Mental Health, Learning Disability and Autism

programme and aims to bring partners together across all sectors to identify how to better serve our neurodivergent population.

The team are looking for Senior Responsible Officers (SRO) from non-NHS sectors working in the West Yorkshire Partnership to support the work programme focusing on Autism and ADHD. Thanks to Kim Shutler for sharing her experiences in the video above. Please read the [full job description](#) to express your interest.

Health and wellbeing conference - Staying Healthy

The conference is for people with a learning disability and carers and is free of charge. Professionals from Primary Care, Integrated Care Boards, Integrated Care Systems and others working across health improvement and inequality.

Help to make a difference to improve the health experiences of people with a learning disability. [Book via the event flyer](#) and find out more about the numerous dates.

Mental health



NHS Talking Therapies for Anxiety and Depression – the new name for IAPT services

Following analysis of a survey completed by more than 3600 people, and independently moderated focus groups, the national NHS England and Health Education England mental health teams have announced that a new name for IAPT services is NHS Talking Therapies. The name was preferred by more than 53% of participants, with more than 79% giving the reason for choosing the name that it was more accessible to the general public, and easy to understand.

This name will be rolled out in all services across England in 2023, following [NHS branding guidelines](#). It will be accompanied by the tagline “for anxiety and depression”. This rebranding exercise will be critical in raising the profile of the services and removing barriers to access.

Resources are available to services on the dedicated [FutureNHS platform](#). Regional mental health leads will be your key points of contact for this work and any queries you may have. [This blog](#) by Professor David Clark, Clinical and Informatics Advisor: NHS Talking Therapies for Anxiety and Depression, NHS England and Dr Adrian Whittington, National Clinical Lead for the Psychological Professions at NHS England and Health Education England, provides more detail.

Regional teams remain the first point of contact for systems and services in relation to queries, but any queries that you need to escalate please contact england.mhcomms@nhs.net.

Induction sessions for members of the Community Mental Health Transformation (CMHT) workforce

These online induction sessions will cover five subject areas and have been arranged for members of the CMHT workforce and members of the wider West Yorkshire Health and Care Partnership for 2023.

All the sessions will be delivered on a **Tuesday from 9.30am – 11am** and workforce members from all sectors are invited to join. You can register for all five individual sessions, or you can register for individual sessions. All the sessions will have a specialist facilitator and the 90-minute sessions aim to be interactive as well as providing useful information.

[Click here for a full list of each session available.](#) If you wish to book yourself places on these sessions or to book places for your team members, then please email gary.blake@nhs.net stating which sessions and for what dates you wish to book. A confirmation of booking will be sent along with a calendar Invite and a link to the live Teams session.

Rapid review launched of inpatient mental health settings

On **23 January 2023**, Maria Caulfield, Parliamentary Under Secretary of State (Minister for Mental Health and Women's Health Strategy), gave the below mental health update:

"Today, I am also announcing the commencement of a rapid review into patient safety in mental health inpatient settings in England. This review is an essential first step in improving safety in mental health inpatient settings. It will focus on what data and evidence is currently available to healthcare services, including information provided by patients and families, and how we can use this data and evidence more effectively to identify patient safety risks and failures in care. I am immensely pleased to announce that the review will be chaired by Dr Geraldine Strathee.

"NHS England has also established a three-year Quality Improvement programme which seeks to tackle the root causes of unsafe, poor-quality inpatient care in mental health, learning disability and autism settings. My officials will continue to work closely with their colleagues in NHS England to make sure the review is aligned with and complementary to the Quality Improvement programme."

[Click here for the full update.](#)

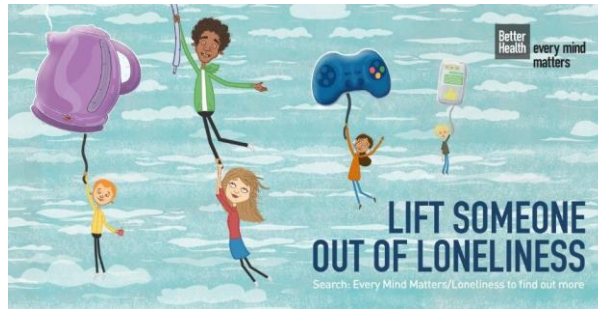


Time To Talk Day

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

Time to Talk Day 2023 will take place **2 February 2023**, run by Mind and Rethink Mental Illness. We know the more conversations we have, the better life is for everyone. Talking about mental health isn't always easy, but a conversation has the power to change lives.

There is a [full resource pack](#) to help circulate and promote on Time To Talk Day on **2 February**.



Lift someone out of loneliness

Loneliness can have a huge impact on our wellbeing, but there are lots of simple actions you can take to help lift yourself or others out of loneliness.

Following the success of last year's national campaign, the Department for Digital, Culture, Media and Sport will launch their new loneliness campaign activity on **30 January - 13 March** as part of the Every Mind Matters campaign.

The campaign aims to reach 16-34 year olds by encouraging them to lift someone out of loneliness, knowing that this will likely help their own feelings of loneliness. For advice on ways to help yourself or others, who may be feeling lonely, see the [Every Mind Matters loneliness webpage](#).

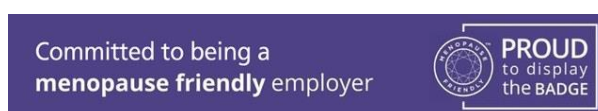


Children and Young People's Mental Health: The Path to Recovery

This conference will feature a series of informative and insightful presentations, showcase examples of best practice and provide the setting for professional networking and discussion. The programme will feature a line up of expert speakers addressing the key issues and opportunities, interactive question and answer sessions, and casual networking breaks.

Book your place today at the Children and Young People's Mental Health: The Path to Recovery conference and join like-minded peers to explore how mental health service providers can be better equipped to provide the necessary support to such a high number of children and young people.

The session takes place on **27 April** at Pendulum Hotel and Manchester Conference Centre. [Click here to register](#).



Menopause Friendly

NHS West Yorkshire ICB has commenced its journey to be accredited as a menopause friendly employer in November 2022, working towards introducing the right menopause awareness, guidance, and support; to ensure everyone within our organisation feels included, valued, and

supported. With 76% of our ICB workforce being female many of our colleagues are experiencing Menopause or supporting someone who is.

In order to create a place where everyone can be the best they can be, we need to provide the right support to our colleagues when they need it. We are currently reviewing our plan to become a Menopause Friendly organisation and we would love to hear from you on what will be useful for our colleagues. Please do not hesitate to contact Jessica Batinica, People Business Partner at Jessica.batinica@nhs.net to share your ideas.

Safeguarding alert for those with learning disabilities

DFN Charitable Foundation have been made aware that some young adults with a learning disability or autism spectrum condition have been encouraged to share/or have been invited to share indecent images of themselves and once shared they have been blackmailed into paying money under the threat that the images will be shared if they don't pay.

In the first instance, we have provided the useful resources below. We would encourage you to use these and/or circulate as appropriate:

- [How to Stay Safe Online - Guidance for Adults and Young People with Learning Disabilities - Digital Safeguarding - Ann Craft Trust](#)
- [LiveStreamingEbooklet.pdf \(anncrafttrust.org\)](#)
- [I-have-made-a-new-friend-online-F.pdf \(anncrafttrust.org\)](#)
- [Online Safety Guides – Social Media – Our Safety Centre](#)

Workforce



New recruitment brochure published for Mental Health, Learning Disabilities and Autism

As part of its focus on growing the Mental Health Learning Disabilities and Autism (MHLDA) workforce in West Yorkshire, the Programme has published [a new brochure](#) with information and links that aim to help people understand more about what's on offer in this rewarding and potentially long-term career.

[Read and download the brochure](#) to find out more and look out for our 2023 series of virtual recruitment fairs starting in April.



Update on the Learning Disability Education Engagement Programme

Our recent Learning Disability Education Engagement Programme reached more than 2000 students in schools across our five places. Everyone who took part said that their understanding of what it takes to be a Learning Disability nurse had increased as a result of the project, and 92% said that they would consider becoming a Learning Disability nurse.

Feedback from students was rewarding with one saying “I like that it helps us know more about nursing. She gave me the hope of becoming a nurse one day.” And “I liked how we got to put ourselves in the shoes of an LD nurse. It helped me understand the job more.”

You can find out more about the project from [this report](#) or message us for a conversation.

Legal Professional Frameworks for People with Learning Disabilities

As a health or social care professional, you will come into contact with individuals who have a diagnosis of a learning disability. In addition to having a learning disability, they may also have additional needs or diagnoses, including autism.

These modules, supervised by the University of Huddersfield, provide an opportunity for you to develop your knowledge and understanding of the legal, ethical and professional obligations when working with people who have a learning disability.

[The full course flyer](#) has further information on entry requirements and how to book.

Suicide prevention



From Harm to Hope: Self Harm and Suicide Prevention Conference

2022 has brought new developments in the field of self harm and suicide prevention, not least with the release of the new NICE guidelines for self harm. If you want to learn what this means for your organisation and your work, this webinar may be for you.

On **Wednesday 1 March 2023**, The National Centre of Excellence for Self Harm and Suicide Prevention will be leading Self Harm Awareness Day on the theme of suicide prevention starts here. In line with this day of significance, Harmless will also host our eighth national conference with a range of expert speakers on a variety of topics pertinent to the field of self harm and suicide prevention.

[Book your place and find out more information.](#)

Self-harm and suicide in older adults – an online talk

Yorkshire and the Humber Clinical Networks are hosting a one-hour online conversation session focusing on 'Self-harm and suicide in older adults' on **23 February 2023, from 12pm - 1pm.**

The talk will feature keynote speakers Dr Cathy Morgan, a research fellow at The University of Manchester, and Dr Isabela Troya, a Government of Ireland Fellow at the School of Public Health, University College Cork and the National Suicide Research Foundation.

[See this event flyer](#) for the Teams link or email colinsloane@nhs.net for more information.

West Yorkshire Suicide Prevention newsletter - January

The West Yorkshire Suicide Prevention Network has just [published its January newsletter](#) which covers gambling harm and suicide, self-harm and suicide, the launch of a new playgroup for Leeds Dads and more. You'll also find more information and news on the [West Yorkshire Suicide Prevention website](#).

Recruitment

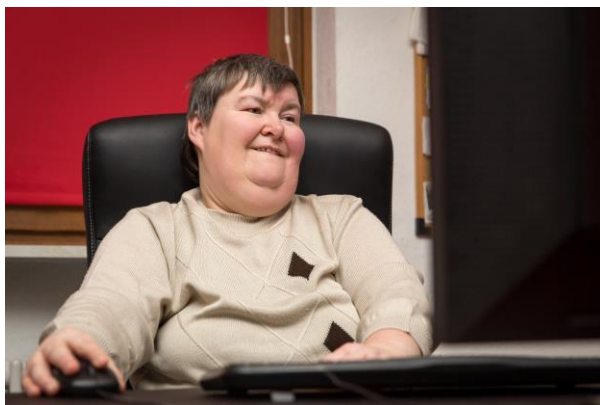


Communications Assistant at Leeds and York Partnership NHS Foundation Trust

There is a fantastic opportunity for an aspiring communication professional to join our comms team. Do you have a good grounding in communications practices and a willingness to learn and make the role your own? [Then get applying.](#)

The closing date is **29 January 2023.**

Training and events



Accessing coaching made easier

A new coaching network, which is for anyone working or volunteering in health and social care across Humber, North Yorkshire and West Yorkshire is now live.

The online coaching platform supports coachees and coaches to register and find each other, to aid and support cross-organisational coaching and provide a more efficient and effective way of managing coaching relationships. Coaches are committed, qualified and able to provide colleagues in our health and care organisations with a professional coaching service.

By signing up you'll be able to join a coaching community and access a pool of experienced coaches within the system. It's quick and easy to do - simply [visit the platform and complete your personal profile](#).

To find out more drop into a virtual information session on [31 January 1 till 1:30](#) or [1 February 12 till 12:30](#). You can also request an individual session by emailing: wycib-wak.sldteam@nhs.net.

[Watch this video to learn more about how coaching can benefit you and others.](#)

ILM Level 5 Certificate in Effective Coaching and Mentoring

We are launching two further cohorts of the ILM 5 Certificate in Effective Coaching and Mentoring. The programme is open to anyone who works in health and care across West Yorkshire, including local councils, voluntary, community and social enterprises, hospices, clinical and non-clinical staff. Applications are open from **1 February - 17 March 2023**.

See the [information pack](#) for more details which also included questions and answers. For any queries, please email wycib-wak.sldteam@nhs.net.

SEUK Roundtable

Social Enterprise UK and NHS England System Transformation team are hosting a series of regional roundtables to develop collaborative relationships to ensure the value and expertise of social enterprise is harnessed to benefit health outcomes for people and communities.

The roundtables will highlight challenges as well as emerging positive practice. The events will take place on:

- **21 February, 10am-11:30am**, Yorkshire and the Humber, [register here](#)
- **23 February, 10am-11:30am**, South East, [register here](#)

- **28 February, 10am-11:30am**, South West, [register here](#)

The roundtables are open to anyone interested in finding out more about the valuable role Social Enterprise and Community Interest Companies play in delivering services, decision-making and planning at system level and working through challenges and potential solutions to develop partnership working. If you have any questions, please email england.sspp-office@nhs.net.



Empowering colleagues to take action on carbon emissions

Health and care colleagues across West Yorkshire are invited to join a free all day online event around carbon literacy to find out more about the scale and urgency to meet NHS net zero and other sustainability targets. The event will be repeated on three days from **9.30am - 4pm** on **Monday 6 February, Thursday 9 March, and Monday 17 April**.

[Emma Clarke](#), Energy, Waste and Sustainability Manager at Bradford District Care NHS Foundation Trust will host the training. To book and for more information see the [eventbrite pages](#). Places are limited and booking up fast so please only book for your preferred day.

News from the Partnership



NHS West Yorkshire Integrated Care Board - All Staff Briefing

In conversation with [Cathy Elliott](#), Chair of the [NHS West Yorkshire Integrated Care Board](#) (ICB), [Rob Webster](#), CEO for our ICB and other senior leaders.

All ICB colleagues are invited to join the next all staff briefing on Thursday 23 February 2023 from 3.30pm to 5pm

The session will include a discussion about the current context we are working in, the latest national, ICB and place news, as well as finance and HR updates as we approach year-end.

*Please note we are doing one session only and colleagues can join the briefing via the Microsoft Teams link below.

[Click here to join the meeting](#)

The briefing will be recorded for those who cannot attend. Thank you and we look forward to seeing you then.



New Associate Director of Population Health

We're delighted to welcome Jennifer (Jen) Connolly to our West Yorkshire Health and Care Partnership as part of the [Improving Population Health Programme](#). A joint post with [The West Yorkshire Combined Authority](#), Jen will be our new Associate Director of Population Health - Core Determinants.

Jen has over 15 years' experience in the public health profession, working in the NHS and local government. She has worked in East Sussex and across the North West, including time with NICE. Notably, she led Stockport's response to the COVID-19 pandemic as Director of Public Health for the area and chaired the Stockport Active CIC Board, responsible for the council's leisure services provision.

Jen comes with a wealth of skills, alongside a passion for tackling health inequalities, addressing economic, environmental, and social determinants factors - we know impact on people's lives.

She will be working across the Partnership and Combined Authority, providing expert advice and leadership, and driving new ways of collaborative working to help all living across West Yorkshire.

Jen will be joining us on 20 March., and we very much look forward to being part of our collective teams.

Partnership wins two more national awards for equality, diversity and inclusion

West Yorkshire Health and Care Partnership (WY HCP) won two national awards at the prestigious Asian Professionals National Alliance (APNA) NHS Conference on Friday 13 January.

The APNA Awards provide an opportunity to shine a light on the outstanding efforts and achievements from South Asian colleagues and teams across the NHS.

Winning the 'Promoting Equality, Diversity and Inclusion' Partnership of the year category, the judges recognised WY HCP's strength in collaborating and working together to deliver recommendations from its race review, published in 2020. This includes the importance of diverse leadership to improve access to health and care services for all. The citation also recognised the national award-winning movement 'Root Out Racism', part of WY HCP's ongoing commitment to tackle structural and institutionalised racism.

Pam Bhupal, who works for WY HCP strategy and planning team, took home the second winning entry for APNA 'Super Star' Award.

Pam said: 'I'm truly humbled. I genuinely believe we need to be part of the change we want to see.... and we are! Winning this award is only possible because of the wider team effort which I am proud to be part of and the ethos of WY HCP, where every voice matters'.

Cathy Elliott, Chair of NHS West Yorkshire Integrated Care Board said: 'It's wonderful for colleagues to receive national recognition for their hard work on equality, inclusion, and diversity, particularly in working to tackle the inequalities experienced in health and care. Never has it been more needed. It's great news and well done to all!'

Driving forward inclusion is at the heart of WY HCP.