



Awards showcase

Helping more people to have
their say



Putting people at the centre of health and care in Leeds!



Hello my name is ...



Hannah Davies - Chief Executive, Healthwatch Leeds

Parveen Ayub - Community Project Worker, Healthwatch Leeds

Chris Bridle - Engagement Manager, NHS Leeds Clinical Commissioning Group (CCG)

Leeds vision

Leeds Health and Wellbeing Strategy 2016-2021

We have a bold ambition:

'Leeds will be the best city for health and wellbeing.'

And a clear vision:

'Leeds will be a healthy and caring city for all ages, where people who are the poorest improve their health the fastest.'



Outcomes

1. People will live longer and have healthier lives
2. People will live full, active and independent lives
3. People's quality of life will be improved by access to quality services
4. People will be actively involved in their health and their care
5. People will live in healthy, safe and sustainable communities



Indicators

- Life expectancy
- Health inequalities observed at 18
- People meeting a Living Wage
- Incidents of domestic violence
- Incidents of hate crime
- People attending food bank
- Young people in employment
- Access to training
- Adults in employment
- Physically active adults
- Children doing a healthy meal
- Available people skills tool
- Adults who smoke
- People supported to manage their health condition
- Children positive role of their wellbeing
- Early death in people with a known mental illness
- Employment of people with mental health issues
- Unemployment rate people spend in hospital
- Time older people spend in care homes
- People taking health advice
- Rapid emergency walk to hospital
- Gears supported



Tatum Yip
@tatumHWL



Team CCG is having a productive day at the
#BigLeedsChat @HWLeeds @InvolveAdam



♡ 2 12:30 PM - Oct 11, 2018

See Tatum Yip's other Tweets

People's Voices Group - Ambition

healthwatch
Leeds



Three simple questions

1. What do you love about living in Leeds?
2. What do you do to stay healthy?
3. What would you like to see change to make Leeds an even better city to live in?

What difference has it made

- Employment
- Mental Health
- Air pollution
- GP access
- Schools & Education
- Mental Health
- Physical Activity



healthwatch
Leeds



Next steps



Challenges & Opportunities

- Own strategies
- Senior leaders
- Budget - Resources
- Energy
- Co production
- Cllr Charlwood

Luton young person event



Being aware of the needs of young people

Youth Forums:

- in 2016 – 2017 spoke with over 200 YP
- highlighted particular areas of concern
- did not want a typical route of finding out more information
- wary of stigma attached to certain services or types of providers

From a survey to a full scale event:

- Learn more in a fun environment



'Healthwatch Luton's Youth Forums were so informative, as I am learning new information that helps me know how to help people'

Objectives

Healthwatch Luton aims:

- Have young people's voices heard
- Share health and social care offer with young people
- Greater understanding of health and social care
- Networking of professionals

Luton Clinical Commissioning Group aims:

- Making safeguarding personal
- Understanding what young people of Luton feel of their town
- Communicating with the young people

Additional aims:

- Showcase the talents of the young people of Luton



Interactive format for gathering information

- Trail round stalls to answer questions
- Simple questions to ensure time to speak about other matters
- Different stages
- Freebies
- Stalls



Working in collaboration

Steering Group:

- Shared responsibility
- Made contacts
- Shared funds

'We found today invaluable as we were able to speak with people we wouldn't normally reach'

'This is a much-needed event for the public in Luton'

'Looking forward to the next one!'

'I liked learning about the other organisations in Luton. I definitely think this is the start of something big'

Professionals feedback:

- Professionals found the event useful and positive

'The CCG learnt the importance of working together, having a good consultation, using local skills and working with services like Healthwatch'
Pat Oparah, LCCG

Outcomes and impact

- Young people were aware of 'safeguarding' and the importance of 'making it personal'
- Young people of Luton were able to share their talents
- Local organisations and providers were able to raise awareness of their services and how to access them to the people of Luton
- Organisations were able to network with one another
- Health and wellbeing service providers and organisations known to young people and their families within Luton
- Integration of people within Luton
- Youth Commissioners at LCCG
- Closer working relationships with partner organisations

Recommendations made to providers commissioning or running services for young people

General recommendations:

- Develop relationships with youth organisations
- Co-produce with voluntary sectors or community groups

Knowing health services available:

- Share health and social care offer with young people
- More appropriate toolkits available to assist with interactions

Knowing about housing and social care:

- Social care services need to be promoted to young people
- Use young people forums/groups to involve young people in consultations

Recommendations made to providers commissioning or running services for young people

Knowing mental health wellbeing services:

- Create somewhere for young people to talk
- Voluntary and statutory organisations work together to promote services

Knowing how to be safe:

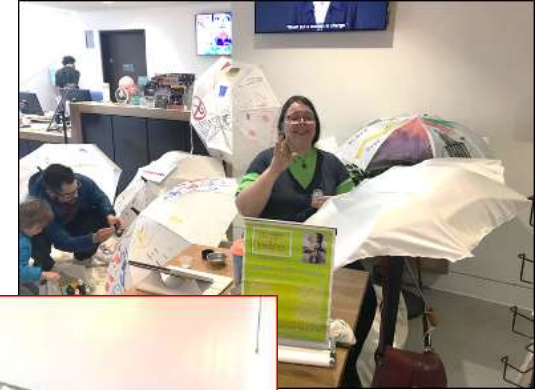
- Make Luton a safer place for all those in the town
- Larger campaign so young people know where to go
- Ensure young people know how to address safeguarding issues

The umbrella arts festival



Why did we choose a creative approach?

- To help release tension and helps people to have fun!
- Allows individuals to have fun and relax
- To reach a variety of individuals
- Allowed every age range to participate.



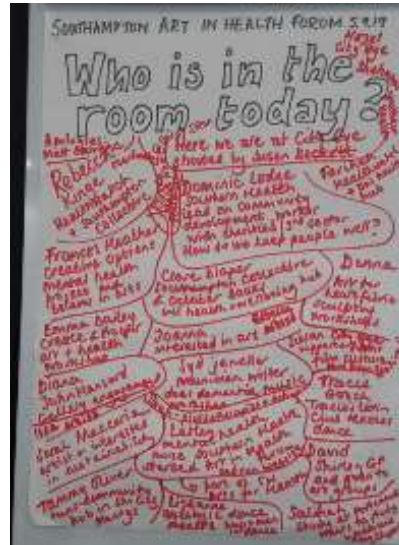
How did we reach a large audience?

- Location
- Activities
- From observer to participant
- Moving out from 'behind the desk'
- Visuals and sounds.



Partners and other organisations involved

- 35 partnerships/organisations involved.
- 3 main partners: Soco-Music, Healthwatch and the Southern NHS Trust.
- Key strengths: community based organisations, Health & NHS and University and research.
- 'It's all about partnership'



What were our results and how can they be used?

- Approximately 700 attended
- Health Café engaged with over 70 people
- 35 long-term plan questionnaires completed
- Local services: social prescribing and coping mechanisms
- On-going connections



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Thank you

Do you have any suggestions or thoughts on our event?

How do you think you could replicate this in your area?

A large, stylized green shape resembling a speech bubble or a drop, located in the bottom right corner of the slide.

Young People's Mental Health and Wellbeing Survey Report January 2019



Why young people's mental wellbeing?

- Mental health identified as a priority locally
- High levels of self-harm
- Several recent teenage suicides

Developing and delivering the Project

- Scoping other similar projects
- Steering group (LA, CAMHS, CCG, Teachers, VCSE)
- Questionnaire development (SWEMWBS)
- Individual school reports
- Chasing Heads!
- Managing paper responses
- Quality analysis (CORC)

Findings

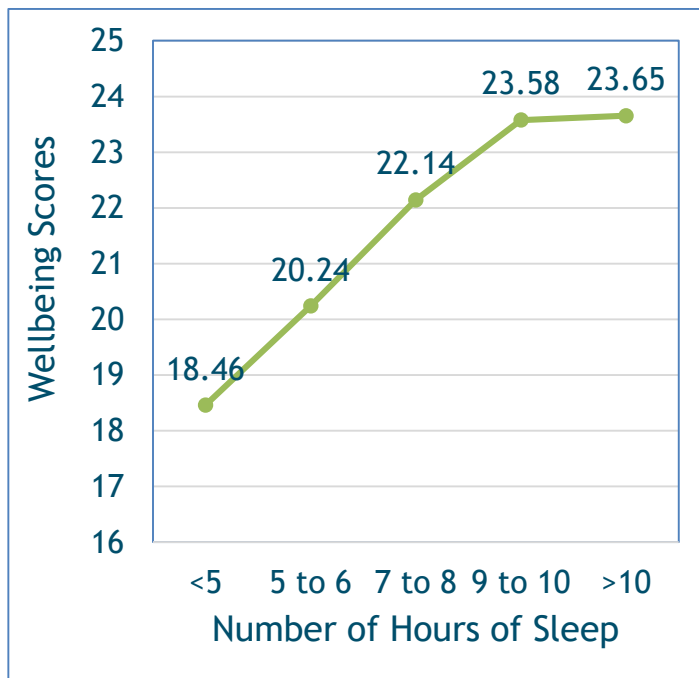
- Over 5000 responses
- Over half the secondary schools in the Borough (mix - 9)
- Age 10-19 (60% female, 34% male)

Wellbeing by age

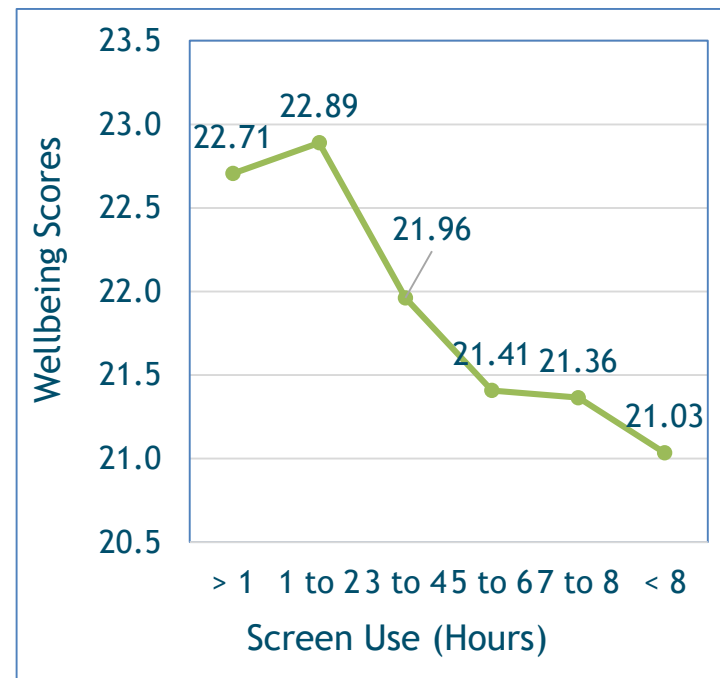
Wellbeing Scores (SWEMBS) by age



Sleep



Screen time



Other key findings

- 53% experienced exam pressure in the last month
- 6% experienced self-harm
- LGBT young people 4x more likely to experience suicidal thoughts (2x more likely to experience loneliness)
- 30% stated they had needed help (only half of these accessed any support)

I cut myself and have attempted suicide before but I managed to stop myself

I'm good :) Thanks for asking :)
I'm physically, emotionally & mentally fit!

I would like someone to talk to without worrying they will say everything to my parents. Just give me advice

I don't speak out about my problems, I try to starve myself because I hate the way my body looks

I feel sad constantly. I feel insecure. I feel that I'm not good enough

Making an impact

- Key requirement of successful Trailblazer bid (£1.8m - 3 years)
- Influencing use of Trailblazer funding (LGBT).
- Used as part of LA new CAMHS commissioning framework
- Individual schools developing specific projects (sleep)
- Influencing the Sutton Health and Care Plan 'Start Well' (Perinatal)
- Other?

Next steps

- Primary Schools
- Learning Disabilities