



Fundraising

We have had another fantastic year for people fundraising, and this continues to grow. Thank you to everyone who had taken part in fundraising events over the past twelve months.

The money which is raised goes directly towards helping people in Leeds with mental health difficulties. If you would like to fundraise for Leeds Mind or would like to send a donation please contact

Gemma Green - 0113 305 5800
gemma.green@leedsmind.org.uk

To donate text LMD01 and the amount you wish to donate (LMD01 £5) to 70070

Register your event with Just Giving:
justgiving.com/leedsmind

or Virgin Giving
uk.virginmoneygiving.com



Above: Britannia Hotel Leeds Family fun day
Left: The Consulting Consortium - Yorkshire 3 peaks

Liverpool to Leeds Bike ride in memory of Lee Weir

Team Engle & Leeds Mind Counsellor James Yorkshire 3 peaks

Annual Review 2015/16 - Chair's report

Welcome to the Leeds Mind Annual Review for 2015/16.

Leeds Mind has had an extremely successful and busy year as we have expanded considerably. We have been successful during the year in being awarded the social prescribing contract for south and east Leeds, Connect for Health, and in obtaining funding for working with people bereaved by suicide. In addition we have increased our peer support funding through the national Side by Side project and we have increased the number of workers we have in WorkPlace Leeds through additional funding.

During the year over 2,000 people accessed our services and demand continues to grow. Our feedback from these clients has continued to be excellent as evidenced by an independent survey undertaken in conjunction with national Mind. Over 75% of our clients would recommend Leeds Mind to their friends and family and over 90% said that their worker knew them and they were treated as an individual.

None of the work carried out across all areas of Leeds Mind would be possible without the enthusiasm and dedication of all our staff and volunteers and I would like to thank them all for their involvement and contribution.

We are looking forward to another challenging year next year. The environment remains very competitive with austerity measures continuing due to pressure on public funding. We are positive about the fact that mental health is continuing to

move up the political agenda and that new funding has been promised through the Five Year Forward View that has been published for mental health. We will continue to work with our existing partners and new partners in the voluntary, public and private sectors to take advantage of opportunities to support people with mental health difficulties both in Leeds and beyond.

Linda Grant
Chair of the Board of Trustees



Our vision

Better mental health for all

Our mission

Leeds Mind enables people with mental health difficulties to flourish

"You are amazing! You save people and you have changed both my professional and personal life so that I finally have hope. You made a huge difference."

Wellbeing Service

Peer Support

Peer Support has had another fantastic year and we are well on our way to offering a citywide service.



Peer support group work session

We offer our core programme from centres in Horsforth, central Leeds and Middleton. In addition, we are working in partnership with diverse organisations across Leeds, which has enabled us to improve access to peer support for a wide range of communities, both geographically and demographically. We are increasingly recognised as leaders in peer support, both

locally and nationally. We coordinate the Leeds Peer Support Network and play a key role in the national Side By Side programme. We also offer specialist peer support, including for people who have been bereaved by suicide, people who

identify as trans, and people with dual diagnosis.

For more information, see groupworkleedsmind.org

"Peer support group work has given me a sense of purpose, helped me to meet other people, helped to overcome isolation and has also given me a sense of self-worth."

Counselling and Group Therapy

It has been an exciting time over the last twelve months for the counselling service, which has continued to grow and develop.



In this way we are able to work with our clients over time in deciding how many sessions are most helpful in each case, and to meet the needs of individuals from across a broad spectrum of the population of Leeds and its surrounding area.

We currently have in excess of twenty therapists and see around fifty clients.

In addition to our general service, we have introduced counselling sessions for persons bereaved by suicide and we play a part in the wider suicide prevention initiative.

We are delighted to continue to be supported by both fully qualified therapists as well as counsellors in training, and to offer a counselling experience which is client-led in orientation.

We have introduced a group therapy service during the last year. This provides a space where people can develop new ways of responding and relating to people and the world around them.

This process usually develops over time, and group therapy is often found to be a longer-term therapy for issues that have been longstanding in nature.

Key Working

The Key Working team continue to be an important part of the Wellbeing Service offering one to one support for people, living in Leeds, who have significant and complex mental health needs.

"My assigned key worker was uber professional and went above and beyond my expectations in helping me back onto the long road to recovery."

Our support for people continues to be recovery focussed and meaningful and our current capacity is thirty clients.

Our work remains varied and individualised, supporting people in many areas, such as further education, volunteering, managing anxieties, increasing confidence, attending appointments, developing coping strategies and forging supportive networks.

There are strong ongoing partnerships with Befriending, Peer Support, Volunteering, WorkPlace Leeds, PEP and the Housing Team.

Externally the Key Working team works alongside and liaises with other mental health and community services. This enables us to ensure clients are getting the support they need and accessing appropriate community resources.

Befriending

During the last twelve months the Befriending service has continued to provide a creative and flexible service to people with a range of mental health difficulties who are suffering from social isolation. Membership of the service is currently around 40. Our target of 15 - 17 one to one partnerships has been consistently over achieved, averaging around 22 throughout the year.

The monthly Befriending Socials at Clarence House are very popular, as are seasonal trips to places of interest.

Our student interns have contributed much to the development and expansion of the service taking part in promotion and fundraising activities. As well as increasing the no of individual partnerships on offer they have enabled people to attend therapeutic and social groups which they would otherwise not have had the confidence to do.

One of our service users has recently been involved with National Minds "Life Support"

campaign, talking openly and honestly about her positive experience within the Befriending service.

"I feel like I'm gradually on the road to recovery, thanks in large part to the support from Befriending Service at my local Mind. I haven't been hospitalised in crisis for over two years now but I dread to think what could have happened without this life support"

The pen pal scheme Positive Post has been very popular with a dozen or so connections established and with plans to develop more of a Peer based service. Befriending telephone links are ongoing.

The winter film club is due to begin again and open to anyone who uses Leeds Mind services with priority given to older people. We continue to explore ways of working with local organisations and neighbourhood networks that provide support to older isolated people with mental health difficulties.

Feedback from the service users is consistently positive.

"At times when I'm really struggling to function, the socials help me combat isolation and inactivity by getting me out of the house and interacting with other people in a warm and caring environment."

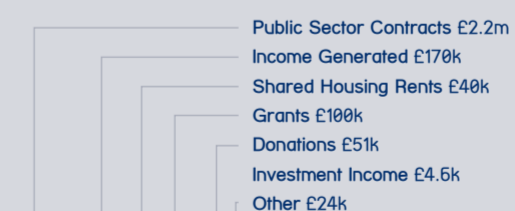
Finance & Funders

We have had another positive year financially and we are extremely grateful to our funders and the generosity of our many donors.

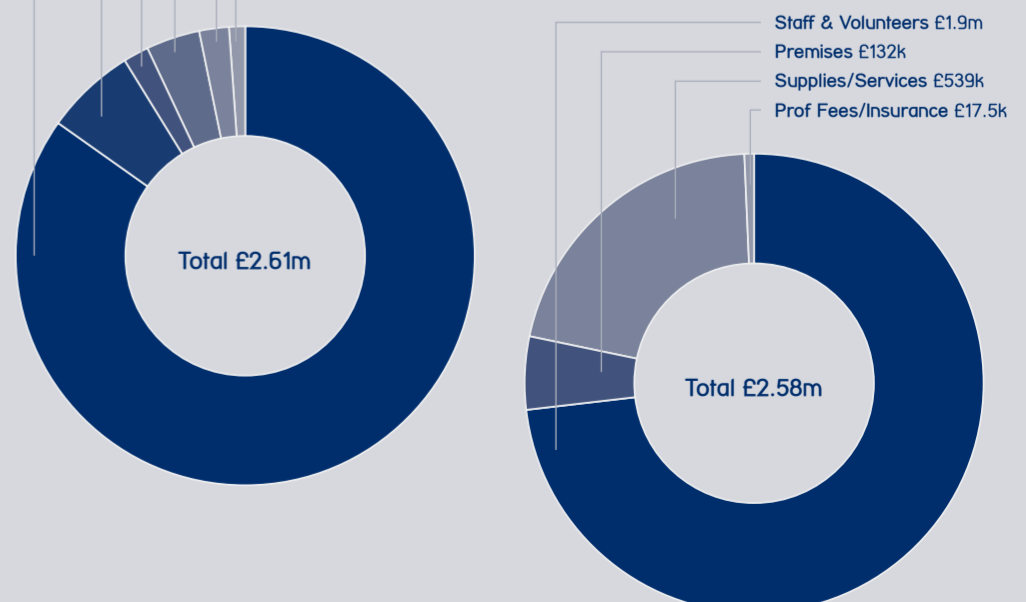
Our principle income source continues to be the NHS Clinical Commissioning Groups in Leeds together with Leeds City Council. This is supplemented by many smaller but none the less important grants as well as lots of very welcome donations. Without this we could not continue to deliver our high quality services to the people of Leeds.

Our share of the deficit in the West Yorkshire Pension Fund continues to affect the presentation of our balance sheet figures and we are grateful to Leeds City Council for their underwriting of this.

2016 Funding Sources



2016 Expenditure Analysis



Self Directed Support (SDS)

Self-Directed Support is a service based around the needs of individuals to help improve their mental health. The workers meet on a regular basis with clients in the community and where appropriate link into other supporting services.

Many of the people we support are very socially isolated. We know how this can have a negative impact on an individual's mental health. To become better socially connected we can support people to quickly access their community resources and if necessary use our groups as a stepping stone. Those who are accessing the SDS service have been supported to attend Inkwell, the Befriending group, the gardening group and local amenities.



We work with people on their personal development goals, such as improving their home care skills, cooking, shopping, correspondence and managing their finances.

Social Care to ask if they are eligible for an assessment for this service. People can pay for SDS support themselves if they are financially able to.

This service has continued to grow and we aim to ensure Leeds Mind continues to offer this form of individualised support.

There is a move towards more one to one mental health support work being provided through SDS and anyone can contact Adult



Inkwell Arts

Inkwell Arts runs creative activities to promote positive mental health through the arts providing services for people suffering from mental health difficulties.



Inkwell Art exhibition

Many of the courses offered allow individuals and families within the community to access Inkwell. This approach engrains our service within the immediate locality helping to normalise mental ill health and reduce the stigma associated with it. Leeds City Council Adult Social Care continues to fund core art sessions for 40 referred clients and supports 60 volunteers, the majority of which have mental health difficulties.

Our volunteers maintain social media platforms, run fundraising community events and assist in the running of art courses.



The majority of courses run from our arts centre where the café acts as a central hub serving nutritious, affordable vegetarian food. The café gives work and training opportunities to our volunteers who gain experience in baking, cooking and barista skills. We have employed one volunteer as a member of staff who is now responsible for our menu and kitchen training.

The team generated £30k in 2015/16 providing catering to a wide variety of clients including LYPFT, Oxfam, LATCH, Workplace Leeds, Leeds Irish Health and Homes, Leeds Suicide Bereavement Service, RVS (providing a bi-weekly dementia friends café) and Volition. FoodCycle prepares a monthly 'pay as you feel' meal followed by Secret Cinema.

Feedback for the food quality has been positive.

"I was at event today and the lunch was provided by Inkwell and I have to say it was truly delicious everyone was waxing lyrical about it. So please pass it on." Commissioning Manager

Inkwell's media enterprise is a team of volunteers who produce broadcast-quality animations, film and print the majority of whom have lived experience of mental health difficulties.

In 2015/16 they generated their target £25k and have budgeted for a total income of £35k this financial year. This has enabled two of our volunteers to become freelance designers.



Volunteer led enterprise - Inkwell Arts Media

Contracts include LYPFT, Doncaster CCG, Hammersons, Sheffield IAPT, Touchstone, Leeds ACTS, Hey Days West Yorkshire Playhouse, Leeds University and Sheffield CATCH, Leeds Library Services and Light Night. A monthly Digital Craft Café facilitates isolated individuals to use creative digital technologies and social media.



Inkwell ensures pathways for our clients by providing volunteer opportunities, mentorship programs, exhibition support and further creative courses.

We currently provide studio space and temporary work space for 20 artists. They exhibit across Leeds working with the British Art Show, Chapeltown and Chapel Allerton Arts Festivals. One artist sits on the Love Arts Festival steering group.



Leeds Light Night installation

Connect for Health

It's been a busy service start up period for our new social prescribing service, Connect for Health. Funded by Leeds South and East Clinical Commissioning Group, Connect for Health is a consortium service, led by Leeds Mind with partners, Leeds Irish Health and Homes, Touchstone, Barca, Better Leeds Communities and Hamara delivering Social Prescribing across south and east Leeds.

The service officially launched in January 2016, Connect for Health received 463 referrals by the end of the first quarter. The diverse range of referrals have come from all over the Leeds South and East area, presenting the team with a variety of needs to assist people with.

There are already some trends emerging around referrals with the highest reasons for referral being social isolation, housing, debt, mental or physical health difficulties.

The Connect for Health team have done a fantastic job of getting out, meeting a range of agencies and developing links within their local GP practice areas. Since the service launch



we have received referrals from nearly three quarters of the GP practices in Leeds South and East and the team will continue to build on this over the coming year.



PEP (Patient Empowerment Project)

The overall aim of the NHS Leeds West Patient Empowerment Project is to improve the wider health and well-being of patients by providing a referral route between GP practices and local voluntary sector organisations, activities, groups and services.

The PEP team has been successful with a tender to continue delivery until September 2019

PEP is a partnership of BARCA, Better Leeds Communities, Touchstone and ourselves.



Following support from PEP

- 80% of patients said if they had the same problem again they would go to A&E.
- 75% of Leeds West CCG member practice staff who responded to the PEP staff survey in July 2015 either agree or strongly agree that the PEP service is making a positive difference to their patients.



80% of patients would seek community based solutions rather than accessing the health system.

WorkPlace Leeds

What a great year it's been at WorkPlace Leeds! Since day one we have aimed to provide an outstanding service to our clients and to support them to achieve their potential.

This year has been no exception as we have been consolidating that goal across our Employment Support, Job Retention and IT services. In delivering across the city and working alongside our partners and other local providers over 700 individuals accessed our service either via 1:1 or group work provision.

It is really important to us to think more creatively about how we can develop and grow our service to meet the needs of individuals living with mental health difficulties. Access is always a priority for us and we were very excited to receive funding for our

IT service to explore and promote digital inclusion for our clients as we live more and more in an online world.

This year we have been contributing to the government's national employment and mental health agenda, influencing and promoting has been a key feature of our work and we have been cited in parliament as a service to emulate. None of this work could happen without the ongoing commitment, passion, and enthusiasm of the staff team and the clients they support.

A huge thank you to both!



Some of our key achievements include:

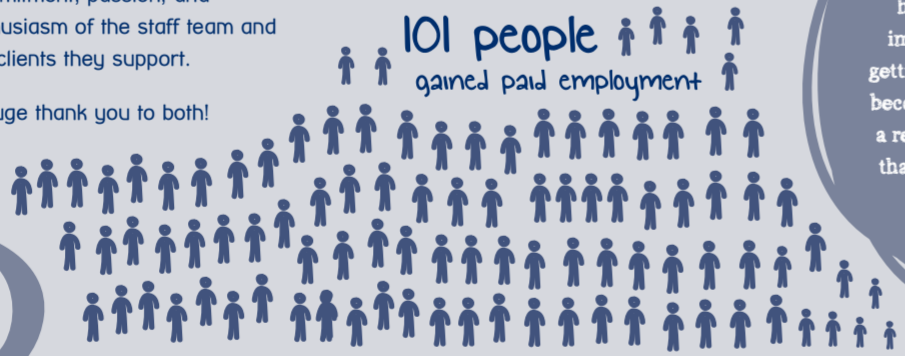
"Cannot believe how much things have changed in six months, I didn't think I would be feeling more 'normal' in such a short time."



120 people found volunteering places

98% of clients retained their jobs

101 people gained paid employment



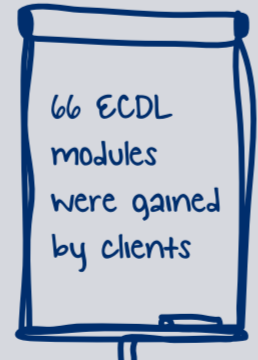
"My mental health has improved as getting a job has become more of a reality rather than a dream"

"I now feel I have a good base to work from and been given the tools I need in order to achieve my goals going forward."

149 employers are now engaged with the Mindful Employer network



"I now feel I have a good base to work from and been given the tools I need in order to achieve my goals going forward."



Housing

Leeds Mind Housing service has continued to cement its reputation within the Positive Pathways consortium, which, in turn, has an excellent reputation across the city. We support 92 clients at any one time.

Our outcomes for commissioners reporting have consistently been above target, especially for the throughput figures and capacity figures.

We took a lead (along with Community Links) in devising and delivering Outcome Star training to all Housing Support Workers within the consortium to aid the development and consistent approach of using this measurement tool.

We have reviewed our exit questionnaire, this has seen an increase in the return of client feedback - some typical quotes have said:

"The worker was understanding and respectful at all times."

The team have the opportunity to access the clinical reflective practice group that is facilitated on a monthly basis by an independent facilitator - feedback from this has described the group as: "invaluable", "excellent" and "just what I need."

"The worker always made me feel comfortable and valued."

"A life line for people like me, who are sometimes on the edge and if this support was not there who knows where I might have ended up on the streets-homeless and mentally unwell."

"Exceptional."

"I would recommend that anyone who is using Leeds Mind should use the Housing Support Service."

Training

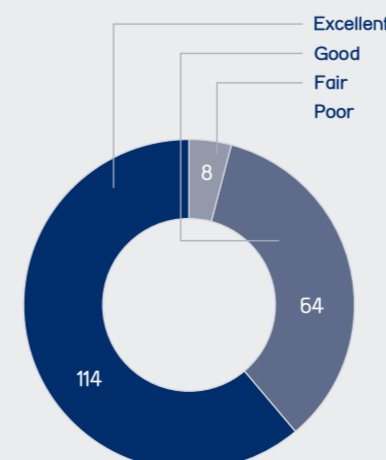
Our training service provides expert mental health training and support to organisations across Leeds; our aim is to help prevent ill-mental health, promote wellbeing and challenge stigma in the workplace.

Since we appointed a training co-ordinator (July 2015) we have begun the process of developing our training offer. We have reviewed our pricing structure and recruited internal trainers to help the delivery of our packages using a quality assurance process.

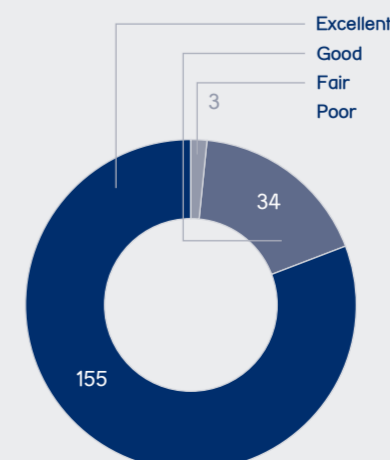
We also began to look at developing a Leeds Mind Employer Package offer - which includes joint work with our Peer Support Service, Inkwell and Workplace Leeds. This strategic approach has enabled us to move forward in embedding training as a central cog within Leeds Mind.

Training total (July 2015 - March 2016)

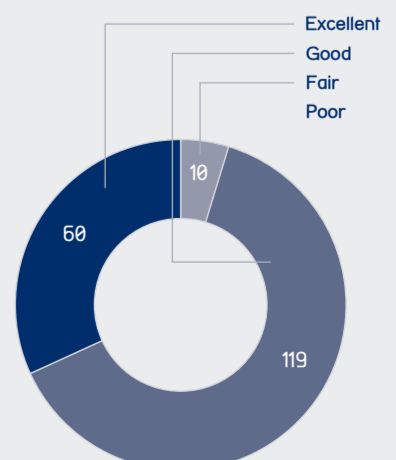
Delivered 46 sessions including West Yorkshire Fire Service, Direct Line, HML plus 15 Blue Light training sessions (specifically designed for the emergency services)



How would you describe the training to a colleague?



How would rate the Trainers?



What sort of impact will this training have on your work role?