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Involving You Newsletter

Issue 12, November
2023



Welcome to the Involving You newsletter!

Welcome to the November '23 edition of Involving You Newsletter; your newsletter for discovering how to get involved in health and care in Leeds.

We bring you opportunities and projects to get involved with and ways to share your thoughts and feedback every month.

We will bring you opportunities from different health and care organisations in Leeds. This might be from the NHS, Leeds City Council, or third-sector organisations (charity / voluntary sector).

We are always looking to improve and ensure that the newsletter is tailored to what you all need, so please do share any thoughts, ideas, and feedback with Adam Stewart at adam.stewart1@nhs.net or call 0113 221 7723.

Have Your Say



Why have your say?

We want to make sure that the people of Leeds have a say and influence on health and care services in the city.

We actively encourage patients, members of the public, staff, and community organisations to take part in and contribute to our work. Taking part in our involvement activities is an important way to have your say. These can be on issues that could affect you, your family, or your loved ones. It is important we hear from as many people, across as many different communities as possible. This ensures we have a more representative view of the population of Leeds and what they think.

How can you help?

You can help us with our work by:

- Filling in our surveys or attending the workshops / focus groups we run.
- Encouraging family, friends, and neighbours to get involved.
- Sharing our projects on social media.
- If you are involved in a Patient Participation Group (PPG) or community group, sharing with them and other networks.

Visit the [Leeds Health and Care Partnership website](#) to stay up-to-date with opportunities to get involved.

Transport and travel - Have your say on how buses are run in West Yorkshire

The West Yorkshire Combined Authority (the Combined Authority) believes it needs to change the way local buses are run to achieve our ambitions for better buses in West Yorkshire. They have developed some proposals and there are several ways you can get involved.

There is a consultation currently being run that will inform a decision by the Mayor of West Yorkshire on whether or not to introduce the proposals in March 2024.

For full information, including consultation documents and links to surveys, please visit the West Yorkshire Combined Authority website: <https://www.yourvoice.westyorks-ca.gov.uk/busreform>

The consultation will close on Sunday 7 January 2024.

Leeds City Council - Experiences of ageing in Leeds

Leeds City Council wants to hear from people aged over 50 in Leeds about their experiences of ageing. Their Director of Public Health, Victoria Eaton, is currently writing her annual report. This report will focus on the foundations for ageing well in Leeds, and

how the communities and the places you live, work and socialise in support healthy ageing amongst people aged over 50.

Leeds City Council wants to make sure that this report centres on the voices of people from all areas of Leeds. So they're asking people aged 50+ in Leeds to tell them about their experiences of ageing.

Complete the survey to be in with a chance of winning a £20 voucher! Find out more here: <https://surveys.leeds.gov.uk/s/ageingwell23>

Carers - Tell us your experience about being a carer

Carers Leeds would like to hear from you if you are, or have recently been, an unpaid carer in Leeds. We want to better understand your experiences and needs.

They want to ask about your health and wellbeing, money and work, social life and time for you, and access to services. Carers Leeds will use the results from this survey to help improve the lives of unpaid carers in our city. They repeat this survey every year.

There's a chance to win a £25 Marks and Spencers voucher for completing the survey. Find out more and share your feedback here: <https://www.surveymonkey.co.uk/r/QNJXHPW>

Maternity - LGBTQ+ Mum's Survey

Best Beginnings is looking for LGBTQ+ families to provide input on new content for our award-winning app Baby Buddy. We have recently released our research findings on the experiences of LGBTQ+ mums and non-binary parents during pregnancy and early parenthood. Through this process, we identified a list of topics for our LGBTQ+ films and would love to gather feedback.

We have put together a survey to gather feedback from expectant parents:
<https://www.tfaforms.com/5088119>.

We are also looking for parent contributors who could share their experiences on camera. The survey gives mums the option to find out more about filming.

Separate pieces of research are also currently underway to investigate the needs and experiences of LGBTQ+ dads in their journey to becoming a parent. The findings from this research show that these parents had mixed experiences of services when trying to conceive and that there is significant room to improve the formal and informal perinatal support for this community. Best Beginnings will be working to produce new films and articles for our Baby Buddy App that will offer tips and advice to support the mental health and well-being of LGBTQ+ parents on their journey to parenthood.

Getting More Involved



Patient Participation Group (PPG) Network

Patient Participation Groups (PPGs) are groups made up of patients and staff from a GP practice who work together to improve the experience of the practice's patient population.

All PPGs in Leeds are part of the Leeds PPG Network. We support this network by hosting quarterly (every three months) support group sessions where people can meet with other PPG members, hear about opportunities, and share ideas.

You can view the minutes from the last meeting (18 September 2023) on the Leeds Health and Care Partnership website: <https://www.healthandcareleeds.org/have-your-say/shape-the-future/ppg/ppg-network/>

The next Patient Participation Group (PPG) Network Group is due to take place on **Friday 15 December** between **1:30pm - 3:30pm** at The Old Fire Station in Gipton (LS9 6NL). We expect to have an online option using Zoom too.

Please email Adam at adam.stewart1@nhs.net or call 0113 221 7723 to confirm your attendance / interest for the next meeting. If there are any things you would like to discuss, please get in touch.

Cancer - Help improve Radiotherapy Research

Leeds Radiotherapy Research are looking for patients and the public with experience of Radiotherapy to join their patient and public involvement team.

The Leeds Radiotherapy Research Group is a team of researchers based at St James's Hospital in Leeds that work to improve cancer treatments so they are better suited to the patients receiving them. This might involve

- Making treatments more specific to your cancer cells.
- Making treatments faster or designing treatments that mean fewer visits to the hospital.
- Collecting extra information during your treatment as part of a research study.

Our Patient Involvement group is a team of patient representatives, doctors, and health practitioners who meet together to discuss our research projects. This might take place online or in person.

We are seeking cancer patients, their families, and other members of the public to join our patient involvement group to:

- Give their opinions and experiences about radiotherapy.
- Help with applications for funding for our research.
- Review the documents we produce so that they make sense to patients.

For more information please contact Katherine O'Mahoney on k.m.omahoney@leeds.ac.uk or Nick Preston on n.preston@leeds.ac.uk. You can also call 0113 206 8891.

Leeds for All International Day of Disabled People Marketplace event

Date: Thursday 30 November 2023

Time: 11am - 3pm

Venue: Leeds City Museum

International Day of Disabled People (IDODP) is an international day that is celebrated every year on 3 December. This is the fifth year that Leeds has organised a collaborative event to mark this special day.

The Leeds for All Marketplace will have a good mix of community-based organisations and services showcased. This is a great opportunity to meet and connect with people from different local groups and with different providers. At this year's event there will also be an opportunity to join interactive workshops and activities, as well as a quiet / sensory room. We hope to create a welcoming space for reflection, connection, acceptance and challenge.

It is a free public event (no need to reserve a place), particularly for people with physical, sensory and learning disabilities and their families, carers and health and care workers and volunteers.

What's on:

- There will be activities provided by Yorkshire Dance, Active Leeds and The Feel Good Circus.
- There will be talks from the Lord Mayor of Leeds, Councillor Kevin Ritchie, Jodie Boyd-Ward, Leeds Rhinos Wheelchair Rugby Captain, and Craig Grimes, Managing Director of Experience, Community CIC in Leeds.

You can view the full programme here: https://forumcentral.org.uk/wp-content/uploads/2023/11/Programme-IDODP-2023_V1.pdf

Latest News and Updates



NHS - Winter vaccinations information

In line with expert advice, the NHS is offering flu and COVID-19 vaccines to those at greater risk of serious illness this autumn and winter.

Those who can get both vaccines through the NHS include:

- everyone aged 65 and above
- pregnant women
- care home residents
- people aged 6 months old or above with certain health conditions
- frontline health and care staff
- unpaid carers
- household contacts of those at higher risk.

If you are eligible for your COVID-19 vaccination, you can book this on the NHS App, by visiting www.nhs.uk/seasonalvaccinations or if you can't get online, you can book by calling 119 for free.

Some areas will also be offering local walk-in COVID-19 vaccinations where possible and you can find out more about these on the [NHS walk-in COVID vaccination clinic finder](#).

The www.nhs.uk/seasonalvaccinations and walk-in clinic finder pages are updated regularly, so please check these pages as more appointments are being added every day.

For further information on COVID-19 and flu vaccinations, please visit the [West Yorkshire Health and Care Partnership](#) website.

For more information, please call 0113 221 7777 or visit www.healthandcareleeds.org

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