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Involving You Newsletter

Issue 13, December 2023



Welcome to the Involving You newsletter!

Welcome to the December '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.



Wishing you a happy and restful festive season!

On behalf of our involvement colleagues working in the Leeds Health and Care Partnership, we want to take this opportunity to wish you a Merry Christmas, a relaxing festive season, and a Happy New Year.

However you celebrate the festive season, we hope it's a cracker (pun intended!).

Thank you for all your interest and contributions to help us shape health and care services in 2023, we'll be back doing it all again in 2024!

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.

Learning Disability - Share your thoughts about good health

Bild are working with [Learning Disability England](#) to write a new chapter of the [Good Lives Framework](#). The framework is a document that explains what people with learning disabilities need to live good lives. The new chapter they want to write will be about making sure people with learning disabilities can stay healthy, it will be called 'Good Health'.

They want to ensure they listen to as many people as possible who know about good health for people with learning disabilities, this includes people with learning disabilities and people who work in health and social care.

There are a few ways you can get involved:

- [Fill in this survey](#).
- Join an online meeting for people with a learning disability on 23 January 2024 between 12pm - 1:30pm. Sign up for the meeting [here](#).
- Join an online meeting for people who work in health and social care with people with a learning disability on 30 January 2024 between 11am - 12:30pm. Sign up for

the meeting [here](#).

If you have any questions, or would like to send your thoughts by email, please contact r.howe@bild.org.uk

Ageing Well in Leeds

The 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.

We want to make sure that this report includes the voices of people from all areas of Leeds. With that in mind, we're keen to hear from people who work in Leeds and are over 50 years old. We want to hear your observations and thoughts on ageing well.

To find out more, and share your feedback, please visit the [online survey](#).

If you have any questions, please contact agefriendly@leeds.gov.uk

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 (15 December 2023) on the Leeds Health and Care Partnership website: <https://www.healthandcareleeds.org/have-your-say/shape-the-future/ppg/ppg-network/>

At present, there are no planned meetings. The PPG Network is exploring the future delivery of support, including this group. We are hoping to setup a working group for the next few months to work together on the future of this the Network. If you'd like to be involved in the working group please email Adam at adam.stewart1@nhs.net or call 0113 221 7723.

Long-term conditions / Cancer - Chat to the University of Leeds

The School of Medicine at the University of Leeds are looking for volunteers to chat to first-year medical students about their long-term health conditions. It's a request they make each year and the University donates £10 per volunteer to Yorkshire Cancer Community.

The aim is to enable students to learn by experience about cancer survivorship, illness, or disability from the point of view of the affected person (or parent or carer). Students work in groups of three and will arrange a time to talk to each volunteer online over Zoom (or another platform) to ask about their experiences with the condition or their experiences as a carer / parent, the type of contact they have with health services and how living with cancer or cancer treatment-related side-effects impacts on their lives and their loved ones' lives.

If you are interested, please contact Rosie Richardson (r.richardson1@leeds.ac.uk) or Dr Gemma Clarke (g.c.clarke@leeds.ac.uk) before 15 January 2024.

Cancer - Get involved in a research study

Vinehealth is running a research study to understand the impact of scheduled scans on mental health and wellbeing. These projects are important as they help researchers better understand people's experiences to help improve outcomes for people with cancer.

They are looking for people to complete five short surveys (10-15 minutes long) via a smartphone / tablet app. You can receive up to £50 for taking part. You are eligible if:

- Over 18 years old
- Diagnosed with cancer (first diagnosis)
- Have a scheduled scan to assess how your cancer is doing
- Have a mobile device

If you are interested, please [click here to find out more](#). If you have any questions, please email research@vinehealth.ai.

Waiting Lists, and Housing and Health - Share your views and feedback in an online workshop

The Networked Data Lab (NDL) are running two online workshops in the new year and want to hear people's views and feedback on two subjects: waiting lists, and housing and health.

The NDL is a collaborative network of analytical teams in the UK led by the Health Foundation. They use data from across the health and care system to understand and help solve important health and care issues facing the UK today.

Everyone who attends the workshops will be offered recognition of involvement of £50, which can be processed as a bank transfer or voucher. To be involved you will need a computer or device with access to Zoom (for video calls), you can also join over the phone. All participants will be expected to contribute their views.

Waiting lists (health care), Tuesday 30 January, 1pm - 3:15pm

Have you ever been on a waiting list to receive health care? Or have you cared for someone who has been on a waiting list to receive health care? If so, we would like to hear from you.

We want to understand the deeper concerns people have on waiting lists for health care services. We would also love to learn about local examples of services that help address waiting list issues and where improvements are needed.

[Register to join here](#)

Housing and health, Friday 1 February, 12pm - 2:15pm

Have you ever experienced any housing issues that impacted your health? Or have you cared for someone who has experienced housing issues that have affected their health? If so, we would like to hear from you.

We want to understand the deeper concerns people have on housing and health, including the relationship between these two areas. We would also love to learn about local examples of services that help address housing and health issues; and where improvements are needed.

[Register to join here](#)

If you would like more information, or have any questions please contact Helen Butters at hbutters@nhs.net.

Latest News and Updates



West Yorkshire Health and Care Partnership - Together We Can printed materials

The West Yorkshire Health and Care Partnership (HCP) are running an awareness campaign this winter called 'Together We Can'.

It aims to remind people of the different services you can access and to encourage people to pick the right service. If people choose the right service, it helps reduce waiting times and ensures people get seen quickly, in the right place.

There is both an [A4 poster](#) and an [A5 flyer](#) which you can view by clicking the links.

There are printed versions of these documents available if you work or volunteer somewhere that may benefit from these materials (members of Patient Participation Groups may be interested in this, for example).

We're particularly interested in reaching more people from the following groups:

- People aged over 65 years
- People on low income
- People with long-term conditions
- People with a disability
- Pregnant women

- People from higher areas of Emergency Department usage: LS6, LS8, LS9, LS11, LS12, LS13, LS14, LS15.

To request materials, please follow [this link and complete the survey](#).

If you have any questions, please email wycib-leeds.comms@nhs.net

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.

Launch of the Healthy Leeds Plan and Leeds Health and Wellbeing Strategy

On Thursday 7 December, the Leeds Health and Care Partnership officially launched two new documents that show our ambitions to deliver health and care in Leeds through until 2030; the Healthy Leeds Plan and the Leeds Health and Wellbeing Strategy.

Healthy Leeds Plan (2023 - 2028)

The Healthy Leeds Plan sets out the health and care contribution towards achieving this

vision. The plan outlines our five year strategic vision and focuses on equitable access, excellent experience, and optimal outcomes for people living in Leeds, ensuring we get the best value from Leeds public money.

You can read the plan here:

<https://www.healthandcareleeds.org/publications/healthy-leeds-plan/>

Leeds Health and Wellbeing Strategy (2023 - 2030)

This Health and Wellbeing Strategy is a blueprint for enabling people to live fulfilling lives in a healthy city, supported by high-quality equitable services. It is led by the Leeds Health and Wellbeing Board, but it belongs to everyone. Everyone in Leeds has a role to play in creating a city that does the very best for its people.

You can read the strategy here:

<https://www.leeds.gov.uk/plans-and-strategies/health-and-wellbeing-strategy>

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

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