

## Health and Wellbeing

### 1. Introduction and background

In January 2017, TSL ran a thematic workshop looking at the broad theme of health and wellbeing, with a specific focus on the NHS Sustainability and Transformation Plan (STP) and the local-level Leeds Plan. As a next step, members of the TSL Leadership Group agreed to continue these discussions at an appropriate local level through the TSL Goes Local programme.

Natalie Leach, Leeds South and East CCG, gave a presentation which outlined the work of the Live Well Leeds project, as a new model of care aiming to meet population health and wellbeing needs. Through a focus on community wellbeing and prevention the work aims to move away from episodic and fragmented care to a more holistic approach. Attendees heard about two specific projects which are underway in Beeston and Crossgates involving a number of GP practices and over one thousand patients. Through the Live Well Team patients in these areas will have access to a range of health professionals and services alongside a wider network of support – which may include third sector organisations.

### 2. Group discussions and key findings

Following the presentation, attendees were split into small groups and asked to consider how can we develop relationships and take this work forward with the third sector in South and East Leeds? From the discussions a number of key findings emerged which can be summarised as follows:

**Third sector involvement and representation** – there was a clear appetite for the third sector to be around the table to be part of this work and share expertise. It was identified that there are existing networks, such as Forum Central, which could lead on ensuring good representation of the sector within the model and opportunities for ongoing involvement.

**Understanding the role of the third sector** – many attendees reflected on the need to ensure that statutory partners fully understand the third sector, its diversity and the role it plays within communities, in order to ensure that they really see the value of working alongside the sector to develop the new approach.

**Promoting a cultural shift** – some discussions considered the shift which needs to happen with the NHS to maximise the opportunities of the model. In a re-balancing of the relationship, similar to that of patient / professional, health sector colleagues need to see the third sector as an equal partner with valuable expertise to share.

**New ways of working** – a number of practical suggestions were made which could help to support understanding of the third sector and the accompanying cultural shift, including the promotion of secondments between statutory partners and the sector and an open door invite for health colleagues to experience first-hand the role and impact of third sector organisations.

**Opportunities for learning** – following on from the feedback given around ensuring the third sector is given the opportunity to be an equal partner in the process, there were also reflections around the knowledge that the third sector has around taking this kind of an approach which puts individuals and communities at its centre, and that opportunities for sharing learning to help develop the model should not be missed.

### 3. Recommendations

- I. For TSL to feedback the findings of this workshop discussion to Leeds South and East CCG.
- II. For TSL to ensure that the third sector is represented in ongoing work to develop New Models of Care in Leeds South and East.
- III. For TSL to work with Leeds South and East CCG to identify opportunities for health colleagues to learn more about the third sector.
- IV. For TSL to coordinate a programme of visits to a selection of third sector organisations, including those who are not solely health focussed, to contribute to the ongoing work on New Models of Care.
- V. For Leeds North CCG to work with the third sector to examine opportunities for shared learning to support the development of this agenda and developing relationships.

### Tackling Poverty in Leeds

#### 4. Background

TSL Goes Local also provided an ideal opportunity for TSL members to discuss the recently published Voluntary Action Leeds' report *Tackling Poverty in Leeds: the role of the third sector*. There was a short workshop regarding the proposition posed by VAL that 'poverty should be eradicated in Leeds'.

#### 5. Group discussions and next steps

Participants were asked to identify what actions they feel the city should take to tackle poverty. Attendees then prioritised the identified actions, which are listed below in priority order.

1. Create local work opportunities and pathways to a useful occupation for local people through activities / initiatives such as:
  - a. Volunteering
  - b. Employer Tax breaks
  - c. Affordable Childcare
2. Work in schools to raise aspirations including investing in / supporting personal resilience (e.g. self awareness, self care, self worth) and greater recognition of vocational pathways (e.g. apprenticeships).
3. Develop a city-wide job creation scheme offering good quality entry level jobs, including a support infrastructure (e.g. mentoring, transport).
4. Develop an alternative economic strategy led by communities – but really local defined.
5. Support peer mentoring for people in poverty provided by 'experts by experience' who have faced similar challenges.
- 6= Third Sector to lead on brokering relationships between local employers and local people (e.g. NEETs)
- 6= Raise awareness and 'Myth Bust' regarding poverty via a media campaign including tackling labels such as 'the undeserving poor'.
- 8= Build closer relationships with the private sector and involve them in developing solutions to the city's social challenges.
- 8= Maximize the costs benefits of online shopping (EBay, discounts for online payments) by supporting digital inclusion.

- 8= Re-establish the connection with healthy cheap food through community cooking groups (ideally using free ingredients) and through providing space to grow food.
- 11= Provide practical support to people in navigating the benefits system (e.g. filling in forms).
- 11= Facilitate communities to become more self reliant and build self worth.
- 12. Create opportunities for groups to engage in shared activities that develop community cohesion and mutual support / understanding (e.g. older persons group supporting children at a parent and toddler group).

All attendees were encouraged to progress identified actions within their own areas. The highest priorities from across the three TSL Goes Local events will be actioned by the Third Sector in Leeds (working with all key stakeholders), ideally by an organisation offering to take the lead (or alternatively by Voluntary Action Leeds). Progress will be reviewed on a six monthly basis by the VAL Board of Trustees and communicated to all stakeholders.