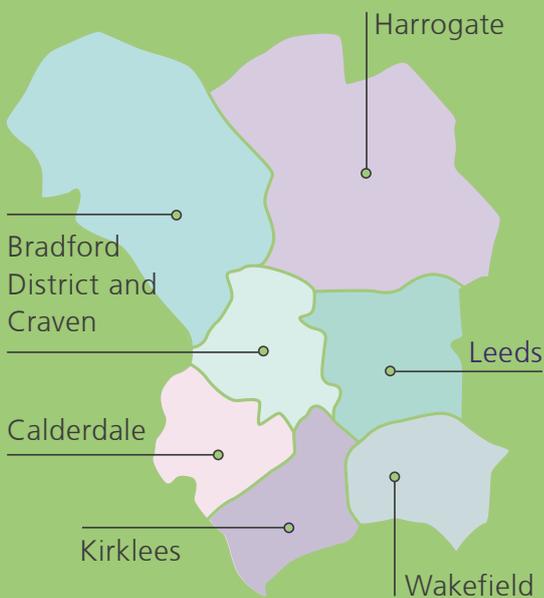


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.



Creative recovery

Our ambition



Our aim is to see a 10% reduction in the life expectancy gap between people with mental health problems, learning disabilities and autism and the rest of the population by 2024 (approx. 220,000 people). We want people to be at the centre of their care with all their physical, mental and social needs met through joined up support.



What we are doing?

The NHS has committed to additional funding and across West Yorkshire and Harrogate the extra money will be invested in services over the next five years, with **an additional £14m spent in 2019/20, growing to a total additional investment of around £70m a year by 2023/24.**



Central to this investment is a step-change in the way we support people in poor mental health. This includes using something called social prescribing, a practice where health and care partners refer people to support in the community to improve health and wellbeing.

What next?

Creative activities provide a wide range of community support for people experiencing mental health issues across the partnership area; Bradford district and Craven; Calderdale, Harrogate, Kirklees, Leeds and Wakefield. It also puts people at the centre of their recovery to maintain good health whilst helping to reduce length of hospital stay and supporting people closer to home in their communities.

The Partnership is supporting lots of different community-based initiatives, engaging with people using services, and helping organisations share good practice so we can learn what is helpful.



Using creative and community activities such as music, drama, movement, dance, imagery, poetry, visual art and storytelling can enable people to live better life's with improved health and wellbeing. Activities like these and connecting with people with common interests provide purpose, meaning and hope.

Creative Minds is an award winning linked charity that is hosted and supported by South West Yorkshire Partnership NHS Foundation Trust's localities in Barnsley, Calderdale, Kirklees, Wakefield, and in the Trust's forensic services.

Since its launch in November 2011, **Creative Minds has delivered more than 150 creative projects** in partnership with more than 50 community organisations.

This has benefited over 4000 people.



Another project by South West Yorkshire Partnership NHS Trust has seen the development of **Spirit in Mind**, a faith-based initiative which provides awareness and training sessions on mental wellbeing within communities across Calderdale, Kirklees, Wakefield and Barnsley. Those involved in the project run good neighbour sessions, debt



counselling, befriending groups, bereavement meetings and tackle loneliness and homelessness.



Bradford District Care NHS Foundation Trust runs an award winning bi-annual festival of arts and music. **Lynfest** showcases a **range of live performances** from people accessing mental health hospital services, alongside local performers and community-based art groups. The events are planned and managed by those who receive care, with support from the Trust's occupational health team. The aim is to successfully break down the stigma of mental health and positively support people's wellbeing.

In the community, the **Care Trust's Champions Show the Way service** was established in 2009, and has 150 volunteer community health champions across Bradford, Airedale, Wharfedale and Craven. It provides a range of activities to almost 1,700 people every year.

Elsewhere in Bradford, **The Culture, Health and Wellbeing Alliance** is a sector-support organisation for the cultural sector, funded by Arts Council England. The Alliance's Steering Group is made up of regional champions from each of the nine English regions. Together they developed the first national Creativity and Wellbeing Week, and are planning another event which is set to take place 18-24 May 2020.

The event in 2020 will combine with the BBC Get Creative Festival, Age of Creativity Festival, and The Mental Health Foundation mental health awareness week.

In Calderdale, the health, culture and voluntary sectors are working together to help people to **'Live a Larger Life'** through access to visual and performing arts, crafts, dance, literature, singing and more.

Members of Calderdale's creative sector are already helping to support people with dementia, learning disabilities and/or autism, and those with mental health problems to improve their wellbeing, reduce social isolation and bring about a sense of community and belonging.

The **Arts and Minds Network in Leeds** also brings people together through art and creativity.



The project runs an annual Festival of Creativity and Mental Wellbeing called the Love Arts Festival and two new networks have been developed to further roll out Social Prescribing. Leeds Arts, Health and Wellbeing network (LAHWN) was set up in 2019 to enable arts, health and care sectors to work together and is managed by the University of Leeds' Cultural Institute.



Another Leeds organisation set to work closely with the Arts and Minds Network is Leeds Recovery College. In the two months following its launch in September 2019, the organisation delivered more than 30 workshops and courses. Many more are planned for 2020 and courses are designed and delivered by people with a lived experience of mental health challenges in partnership with health professionals, education providers and trainers. You can self-refer to **Leeds Recovery College** regardless of diagnosis online.

Debs Teale, Engagement and Involvement Coordinator, at South West Yorkshire Partnership NHS Trust, transformed her life through arts-based therapies. Debs said: 'I've been in the mental health system from the age of eight. I was on 21 tablets a day and bed-bound for a lot of the time and my children were my carers. I was told this was the best my life was going to be so I took an overdose. I wanted to end my life. I couldn't see any way forward and I thought that was the only answer to my mental health problems. **I was referred by the crisis team to see a psychologist and while I was sat in the psychology waiting room, I saw a leaflet. I'd never done art before and I don't know why I picked the leaflet up. I went along and that's the day my life changed.** I started to do art, started to gain confidence, started to gain ability, people were actually talking to me, not at me. People were asking me what do I want, how do I want things to be?'



^ Debs Teale, Engagement and Involvement Coordinator, at South West Yorkshire Partnership NHS Trust.

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

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West Yorkshire and Harrogate
Health and Care Partnership

