



Involving You Newsletter

Issue 11, October 2023



## Welcome to the Involving You newsletter!

Welcome to the October '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](mailto: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.

You can feedback in several ways including a short survey, a longer more extensive survey or by attending a drop-in event. There are two being run in Leeds on the following dates:

- Tuesday 31 October; 10am - 1pm; The Reginald Centre (263 Chapeltown Road, Leeds, LS7 3EX).
- Thursday 2 November; 10am - 1pm; Hamara Healthy Living Centre (Tempest Road, Leeds, LS11 8RD).

For full information, including consultation documents and links to the 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.

## Involvement report - Your views on treatments paid for by the NHS

You may recall a piece of involvement work run over the summer on lining up policies across West Yorkshire around providing gluten-free foods on prescriptions, ear correction surgery, and cosmetic surgery for health reasons.

Following the completion of the work, a report has been written to detail the findings of what people told us and the next steps. Thank you to everyone who took part and shared their thoughts and feedback

To read the report and for more information, please visit the West Yorkshire Health and Care Partnership website here: <https://www.wypartnership.co.uk/engagement-and-consultation/previous-involvement/your-views-treatments-paid-nhs>

### 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](mailto: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.

## NHS England - Current opportunities to get involved

There are a number of programmes that NHS England are running where they are looking for members of the public to get involved and participate in a number of ways.

- **Cardiac Transformation programme** - Are you someone with experience of living with, or caring for someone with, the following cardiovascular conditions; high blood pressure, atrial fibrillation, high cholesterol, heart failure, heart valve disease, and / or have experienced a cardiac arrest or heart attack? Then you might be interested in contributing your experience, working on specific staff and public education projects, or attending board or cardiac network meetings. Closing date for applications is Sunday 5 November.
- **Become a member of the Oliver McGowan Mandatory training on Learning Disability and Autism steering group** - This training will be used to train health and care staff, to help them better meet the needs of autistic people and people with a learning disability. We are looking for a person with a learning disability, or a person with a learning disability who is also autistic to join our steering group. We will pay you an involvement fee. This is a payment for you being involved in the work. We will pay £150 a day for more than 4 hours of your time and £75 a half day for up to 4 hours of your time.

For more details and to see any other opportunities, please visit:

<https://www.england.nhs.uk/get-involved/get-involved/opportunities/>

## Leeds Teaching Hospitals NHS Trust (LTHT) - Stop Smoking Resources Focus Group

LTHT are holding a focus group to help them improve the stop-smoking support they offer patients.

They want to hear from people who smoke (or who have stopped in the last six months) about the support available from mobile apps, leaflets, and support forums that can help people to stop smoking on their own.

The focus group will occur on Monday 30 October between 10:30am - 12:30pm at St. James Hospital. Refreshments will be provided and you will receive a £20 shopping voucher for your time.

If you would like to join the group, please email [charlotte.kitching1@nhs.net](mailto:charlotte.kitching1@nhs.net) or the LTHT involvement team on [pcpi.ltth@nhs.net](mailto:pcpi.ltth@nhs.net)

### Latest News and Updates



## WalkSafe Leeds

Leeds City Council (Safer Leeds) has enhanced its commitment to the 'Be Safe and Feel Safe' agenda for people when out and about in the city by joining forces with the WalkSafe Leeds personal safety app. It is free to download via <https://qrco.de/be9KIK>, offering a range of features to help people plan a safer journey.

The WalkSafe Leeds app includes the following features:

- WalkSafe - Type in your destination and share your route with selected friends. Includes an estimated time of arrival so your family and friends know when you should arrive.
- HomeSafe - Share your route and estimated time of arrival with friends and loved ones. This feature will automatically alert your loved ones if you fail to arrive at your destination on time.
- Friends - Add trusted friends to the app so you can easily let your friends know where you are at what time.
- SOS - hold down the SOS button to alert your friends immediately that you are in danger.
- Reporting - Issues or concerns can be raised and reported anonymously using reporting tools

The app also includes information on local support and help available if needed, such as the locations of 'Ask for Angela' venues in Leeds, of which there are now more than 600 across the city. At these venues, anyone can say the code word 'Angela' to staff to signal they feel uncomfortable or are in a difficult situation and would like assistance. All those venues that are compliant, will be featured on the app.

The app also helps people locate the city centre 'Street Marshals' who provide a highly visible additional presence during the night, to keep the streets safe and help people get home; and the Women's Night Safe Space which operates on Friday and Saturday nights between 10pm and 3am outside the Corn Exchange - a non-judgemental safe bus for women and girls to come to, or be referred to if they feel concerned, unsafe, unwell or vulnerable. Fully trained staff are on-hand for support and advice as well as offering water, refreshments and warm drinks, with mobile phone charging facilities also available.

## 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](https://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](https://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](http://www.healthandcareleeds.org)

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