

# Welcome



## York VCSE Assembly **Health and Care**

Wednesday 24 January 2024



# **Welcome and Introductions**

**Alison Semmence**

Chief Executive, York CVS



# **Frailty Crisis and Advice and Guidance Hub**

**Lucy Fieldhouse**

Project Lead – Primary Care Link Workers, York CVS

[Waystowellbeing@yorkcvs.org.uk](mailto:Waystowellbeing@yorkcvs.org.uk)

# Frailty Crisis and Advice and Guidance Hub



## When would we access this service?

If a person you are working with needs urgent physical care, say they have fallen and they are injured, or you think they may be unwell you can call the numbers below.

If you are unsure whether you need to call 999 or not, then this is the right service to call for advice.

# Frailty Crisis and Advice and Guidance Hub



## How do we access this service?

**Monday to Thursday 1:00pm – 5:00pm:** Call the Social Prescribing team on **01904 437911**

**Monday to Thursday 9:00am – 1:00pm and Friday 9:00am – 5:00pm:** Call the YICT team on **01904 928844**

**Please note:** This is not a Mental Health service. If it is a medical emergency, such as signs of a heart attack or stroke then you should always contact 999.



# **VCSE Collaborative Communications Update**

**Anna Boad**

VCSE Collaborative Communications Lead

[Anna.boad@nhs.net](mailto:Anna.boad@nhs.net)

# Webinar – AI and VCSE communications



**Humber and North Yorkshire**  
Health and Care Partnership

A webinar designed for Humber and North Yorkshire's VCSE sector, focusing on wellbeing and development opportunities and the use of AI in VCSE communications.

**Watch the video here:**

<https://youtu.be/2Jp9D41EGTw>

(6:45 Wellbeing and Training, 15:48 Chat GPT, 46:55 Charity Excellence website, 48:28 Questions)

# Free regular wellbeing sessions

All sessions are free to staff and volunteers working in health and care across Humber and North Yorkshire Health and Care Partnership. This includes, NHS, non-NHS, community care, social care, local authority and VCSE.

Staff can book their place on any of the sessions by going to the [HNY bookwhen page](#).

Examples of some upcoming sessions include:

## Health & Wellbeing

- Overcoming insomnia
- Sleep and recharge
- Stress Busting Action Planning
- Supporting neurodiverse colleagues
- Winter wellbeing

## Menopause Specific

- Women of Colour Living Well with Menopause- with Pamela Windle
- Menstruation, menstrual health and menopause in the workplace
- An alternative approach to the Menopause
- Menopause awareness training for managers and colleagues

## Coaching

- Coaching masterclasses:
  - The coaching wheel
  - Accessing new thinking through multiple intelligences
- Coaching platform live demos for coaches and coachees



# Humber and North Yorkshire Staff Resilience Hub

Available to provide psychological support to all health and care workers and their families, living or working in the Humber and North Yorkshire region.

Resilience Hub staff are trained mental health professionals with extensive experience of working with people who have experienced traumatic and distressing events. They can work with individuals as well as teams to develop and promote resilience.

The Resilience Hub offers advice and support for issues such as emotional wellbeing to bereavement, debt, domestic violence and relationship issues. There are lots of self-help resources on their website too.

The service is completely confidential and offers advice and support that can help with a range of issues. Staff can get in touch via the wellbeing questionnaire on the website, or by emailing the Hub directly:

[www.hnyresiliencehub.nhs.uk](http://www.hnyresiliencehub.nhs.uk) or email [hny.resiliencehub@nhs.net](mailto:hny.resiliencehub@nhs.net)

# Humber Recovery & Wellbeing College

The Recovery College is an educational platform that gives people access to courses and workshops designed to be a part of their road to recovery.

The word 'Recovery' relates to the journey of steps you take toward a satisfying and fulfilling life. It does not need to mean that you are 'unwell' to begin with. What the journey, and what a satisfying and fulfilling life, looks like is different for everyone.

Anyone living or working in the Humber & North Yorkshire region can access the College.

Events, courses and workshops run by the Recovery College include:

- Wellbeing Walks
- Tennis for wellbeing
- Men's mental health walk & talk
- Coping with anxiety
- What it means to be an unpaid carer
- Mindfulness & guided meditation
- Mental health awareness workshops

- Living with dementia
- How to manage stress

## Contact

[Hnf-tr.recoverycollege@nhs.net](mailto:Hnf-tr.recoverycollege@nhs.net) or call 01482 389124

# Free Apps

## **HNY Our People**

Our Health & Wellbeing App is free to all staff and volunteers working in health and care across Humber and North Yorkshire Health and Care Partnership. This includes, NHS, non-NHS, community care, social care, local authority and VCSE organisations.

The App provides weekly updates and support through newsfeeds, a habit tracker, access to events, resources and podcasts



HNY OUR PEOPLE



Android



IOS

## **#StayAlive**

Suicide prevention resource with information and tools to help you stay safe in a crisis

## **Bright Sky**

Provides support for anyone who may be in an abusive relationship or those concerned about someone else

## **WorkLife Central**

Expertise and information over five topics – careers, families, inclusion, wellbeing and workplace

## **Unmind (NHS)**

Mental health platform that empowers staff to proactively improve their wellbeing

## **Headspace (NHS)**

Mindfulness and meditation app with tools and resources to reduce stress, build resilience and aid better sleep

## **Zero Suicide Alliance**

Provide an understanding of the signs to look out for and skills required to approach someone who is struggling

# Coaching

Do you have a personal or professional goal that you'd like to achieve? Perhaps there's a particular challenge ahead that you'd like some time to unpick? Whatever it is, talking to an accredited coach could be just the solution.

A coaching conversation focuses on helping you discover answers for yourself, rather than the coach providing answers for you. It's a positive and proven approach for helping people to explore their goals and ambitions, and then achieve them. Coaching is known to:

- Support inclusion
- Develop leadership
- Encourage career development
- Aid retention

Anyone working or volunteering across Humber, North Yorkshire and West Yorkshire has access to our professional and confidential coaching network.

To find your coach, register on the online coaching platform – [www.mycoachingnetwork.com](http://www.mycoachingnetwork.com) – and select a coach that's right for you. If you are a qualified coach and haven't yet registered on the platform, please sign up so colleagues across the system can find you.

## Meet the team



**Emma Marshall**

Head of Culture  
and  
Transformation

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**Gursharan  
Panesar-Bell**

Best Place to  
Work Manager

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**Lisa Billard**

Best Place to  
Work Manager

[lisa.billard1@nhs.net](mailto:lisa.billard1@nhs.net)

Contact the Health & Wellbeing inbox: [hny.wellbeing@nhs.net](mailto:hny.wellbeing@nhs.net)

# VCSE Collaborative Communications



**Humber and North Yorkshire**  
Health and Care Partnership

## Useful links:

- [VCSE Collaborative Webpage](#)
- [Health and Wellbeing Support and Events](#)
- [Inclusive Language Guidance](#)

# **York VCSE Assembly Steering Group**



**Ellie Stead - St Nicks**

**Mags Godderidge - Survive**

**Marie Hawes - Age UK York**

**Alison Semmence - York CVS**



# **York VCSE Assembly Self-Assessment Review**



# York VCSE Assembly Self-Assessment Review



## What's working well?

- Embedded meeting within York's VCSE sector
- We've held 14 York VCSE Assembly meetings since March 2022, including 2 Children and Young People Assemblies.
- We have 29 member organisations registered and 111 individuals signed-up to the mailing list
- Connected with York Health and Care Partnership

**Action:** To increase the number of registered members and the diversity of organisations attending meetings.

# York VCSE Assembly Self-Assessment Review



## What are the challenges?

- Working with health is complex and often slow progress
- Lack of opportunities for the VCSE sector
- Are we seen as an equal partner in the delivery of health and care? We are still not involved / consulted in key decisions around funding, planning and delivery.

# York VCSE Assembly Self-Assessment Review



## What do you feel is needed for the future?

- We need to have guidance on what Assemblies should be actioning - tangible projects we can work together on as a collective - there needs to be a clear focus and objectives for the Assemblies
- More opportunities for the VCSE
- More transparency about how funding is agreed upon at Place
- We need to have realistic lead times for funding allocation and clearer processes at place when distributing funding.
- Involved and included in the planning and development stages.

# Group Discussions:



## VCSE Assembly Self-Assessment

Do you agreed with the points raised in the review?  
What would you change/add?

What do you require from the York VCSE Assembly  
going forward? What's next?

**Thank you and close**



**Next Meeting:**

**13 March, 10am – 12noon, Denham Room**