

Welcome



York VCSE Assembly **Health and Care**

Thursday 9 May 2024



Health and Care Update

Alison Semmence

Chief Executive, York CVS



VCSE Collaborative Communications Update

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Cancer Innovation Grants



Humber and North Yorkshire
Health and Care Partnership

If you have an innovative project that promotes early cancer diagnosis, treatment, recovery and/or patient experience in the Humber and North Yorkshire area, Humber and North Yorkshire Cancer Alliance could help you with the funding.

Applications must be submitted by
5pm on 31 May 2024

Find out more:

<https://hniecanceralliance.org.uk/innovationgrants/>

Free Cancer Champion Awareness Sessions - 15 May (9.30am), 20 May (10am), 24 May (1pm)

Visit www.hniecanceralliance.org.uk/cancerchampions for further information. If you have any queries, please email the team at hniecancerchampions@nhs.net or call 07519 120809.

Events and learning opportunities



Humber and North Yorkshire
Health and Care Partnership

- 15 May (1pm) – Mental Health in the Workplace
- 21 May (12:30pm) – Desk Based Movement and Mobilisations
- 30 May (9am) – Menopause Awareness at Work – training for all colleagues and line managers
- 13 June – Stop reacting and start responding – stress and self-care

View all events here: [Humber and North Yorkshire Health and Care Partnership - Booking by Bookwhen](#)

VCSE Collaborative Communications



Humber and North Yorkshire
Health and Care Partnership

VCSE Collaborative communications aims to showcase the sector's work, knowledge and experience, and to share opportunities and connect the VCSE sector with the wider Humber and North Yorkshire Health and Care Partnership.

Bi-monthly e-bulletin: [View the latest issue here](#)

Website: [Find out more about our programmes of work here](#)

Share your updates with us!

Comms email: anna.boad@nhs.net | **VCSE Collaborative email:** hnyicb-ery.vcseteam@nhs.net

[Sign-up to our mailing list here](#)

Humber and North Yorkshire VCSE Expo Videos



- [An introduction to the Humber and North Yorkshire VCSE Collaborative](#)
- [Restorative Yoga](#) - *East Riding*
- ['Settling In' Hospital Discharge](#) - *Hull*
- [Mental Health Alliance](#) - *North East Lincolnshire*
- [Non-regulatory Care Project](#) - *North Lincolnshire*
- [Community Transport](#) - *North Yorkshire*
- [Extra Discharge Support Service](#) - *York*



Humber and North Yorkshire
VCSE Expo:
Feedback from York Representatives



York Mental Health Hub

Stephen Wright

Co-Chair, Mental Health Partnership

York Mental Health Hub

What is it?
What does it do?
How does it do it?



<https://www.youtube.com/watch?v=pge0OcaL1Fg>

What is a 24hr CMHC?

An open door on the street

A multidisciplinary team in a normalised therapeutic environment (domestic) for day care and respite, socialisation and social inclusion

A multifunctional service: outpatient care, day care, night care for the guests, social care & work, team base for home treatment and network interventions, group & family meetings / therapies, team meetings, mutual support, relatives and other lay people visits, inputs and burden relief.

Social cooperative home management

Leisure and daily life support (self care; breakfast, lunch and dinner)

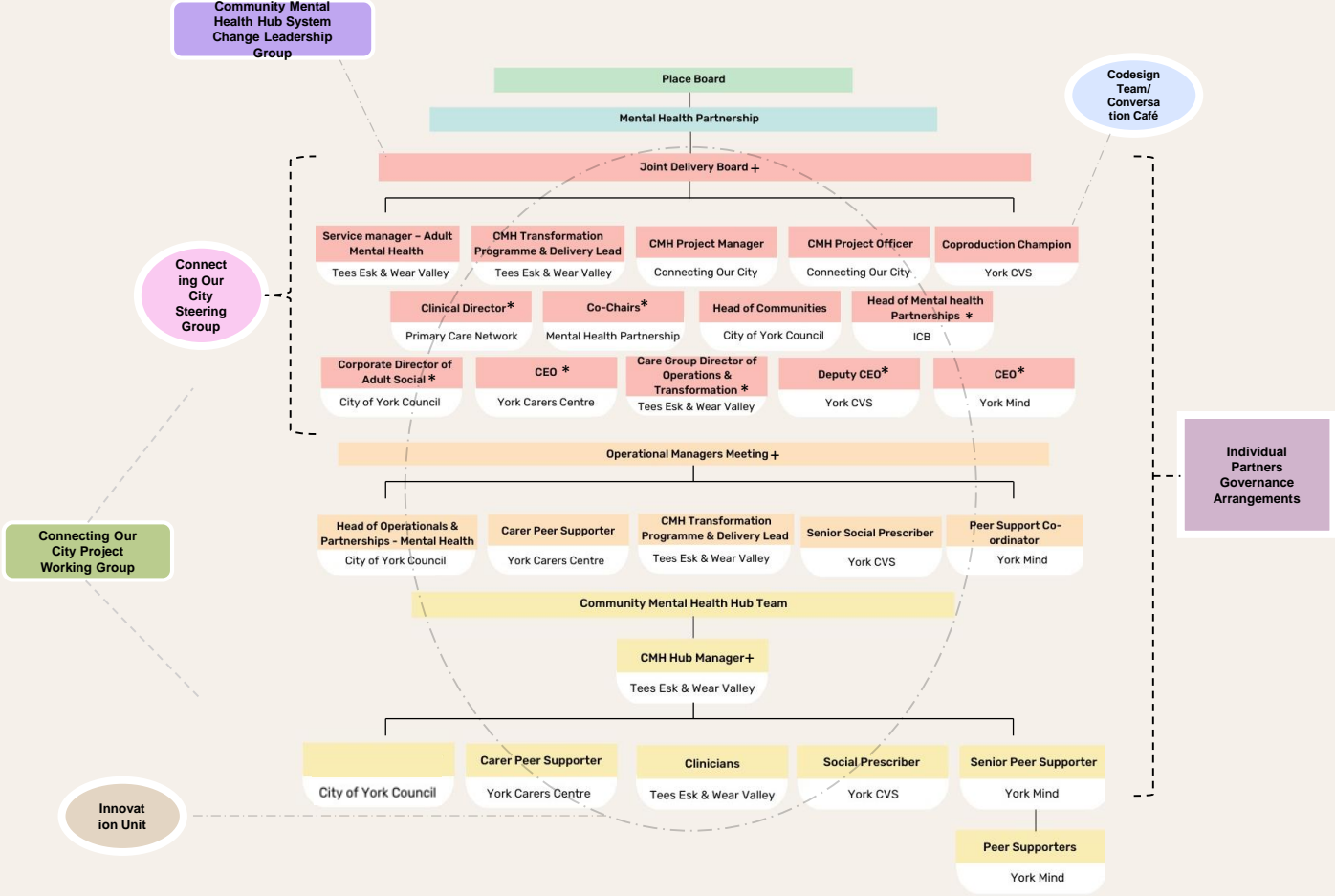
Into action

- Further visit to Trieste August 2019 (NYY, Chair & MCN)
- “Northern Quarter” pilot project & steering group formed
- 2021 Community Mental Health Transformation Funding
- Partnership appoints Programme Manager & Coproduction Lead
- Innovation Unit bring wider experience and expertise
- Connecting our City - Coproduced vision and principles
- Hub Prototype operates at 30 Clarence Street
- Evaluation & Learning!
- May 2024 - Hub 1 Launch & scoping for hubs 2 & 3
- Potential Pilot for 24/7 Community MH Centre

York is a City where:

- We all feel valued by our community, connected to it, and can help shape it.
- We are enabled to help ourselves and others, build on our strengths, and can access support with confidence.
- We are proud to have a Mental Health Service that is built around our lives, listens to us, is flexible and responds to all our needs

Key
* Voting Bodies
+ Hub Manager present



The Prototype Team

Ongoing roles within the hub(s) in future phases will respond to the learning from the initial prototyping team



Hub manager Full time position with oversight of the team, the support, and the learning: Mike Walker

Lived experience leadership

Shared leadership is an important integral of the model, including a citizen-led alliance group



Peer supporters

Including leadership from a Senior Peer worker Alice Hunter

Carer support

Using their lived experience to support people Julie Kay



Social prescribing team leader

3 days per week TBC

Social prescriber

Full time Simon Daglish

LAC

Key link between prototype team and York LAC's



Vocational support & recovery worker

Already in post at Clarence St Katherine Lilly



Core mental health professionals

Occupational Therapist 3 days p/w Dario Spadone plus

MH Social worker Anna Boddy



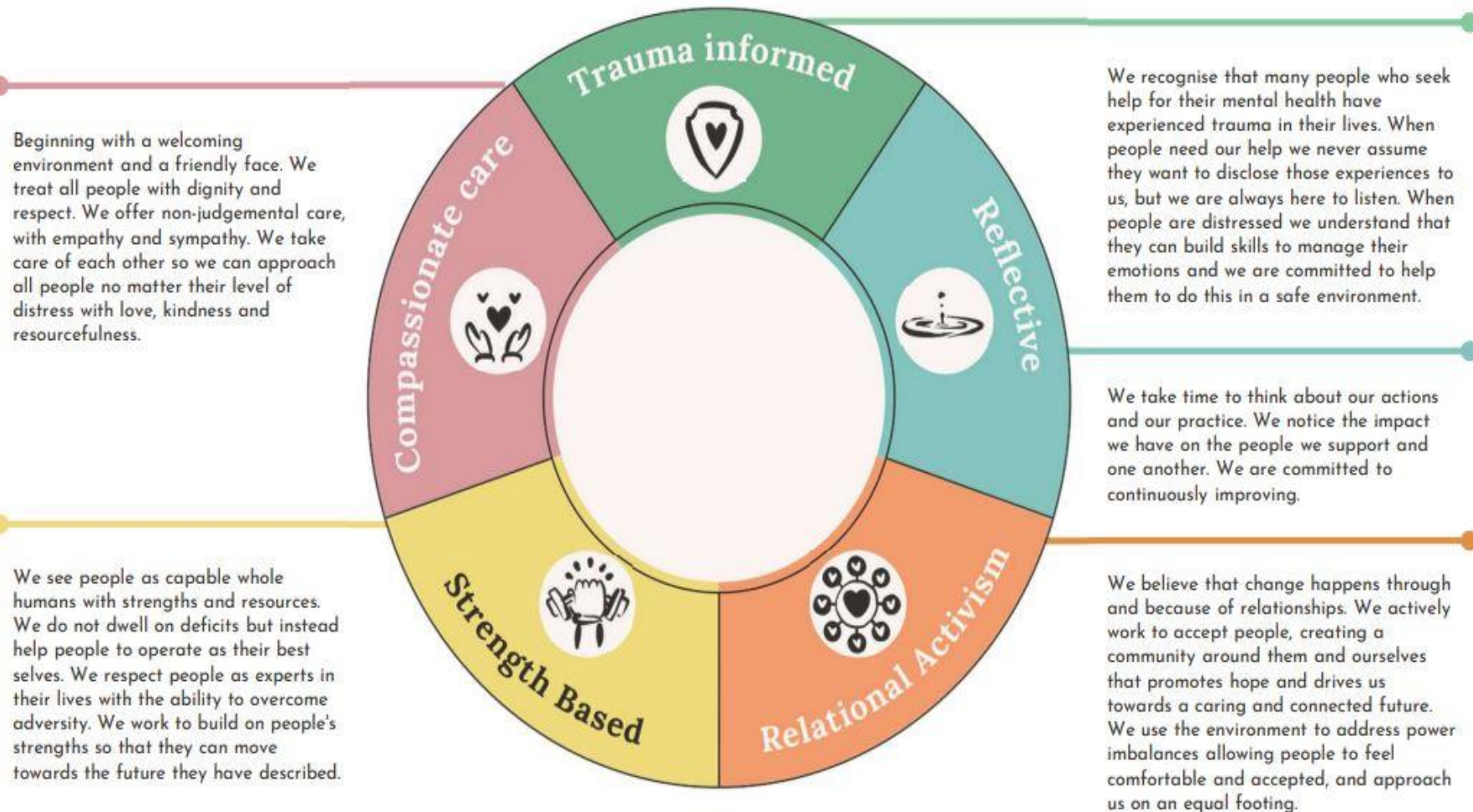
Anna Boddy (Social Worker), Alice Hunter (Senior Peer Supporter), Mike Walker (Hub Manager), Dario Spadone (Senior Liaison Clinician), Katie Lilly (MH Recovery Worker), Julie Kay (Carer support) and Simon Daglish (Social Prescriber)

Journey through the Hub



Our practice

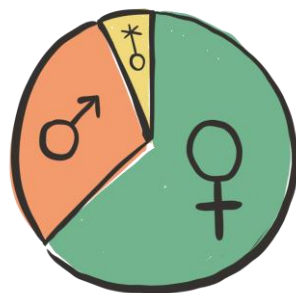
What underpins our approach to offering support



Who the team worked with

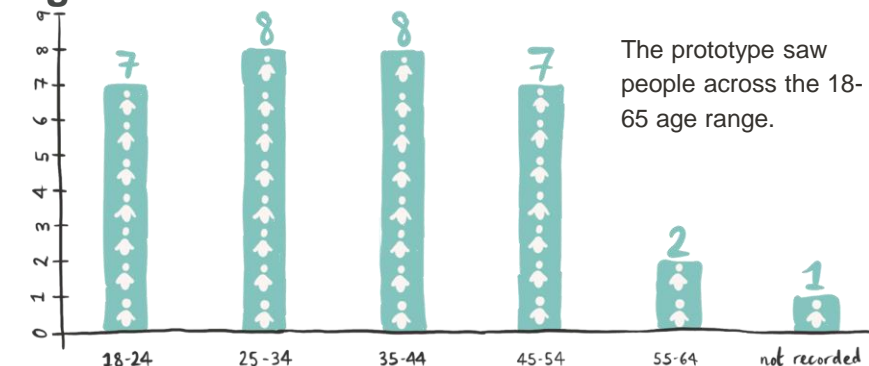
The Hub worked with 33 people in the formal prototype. For the purposes of this report this group is defined as those people that received planned care from one or more members of the Multi Agency Team.

Gender



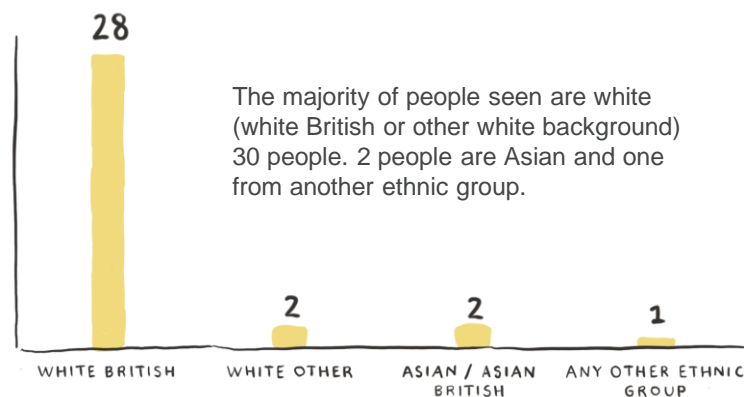
The majority of people seen in the prototype were women at **63.6%**, **30.3%** male and **6.1%** non binary.

Age



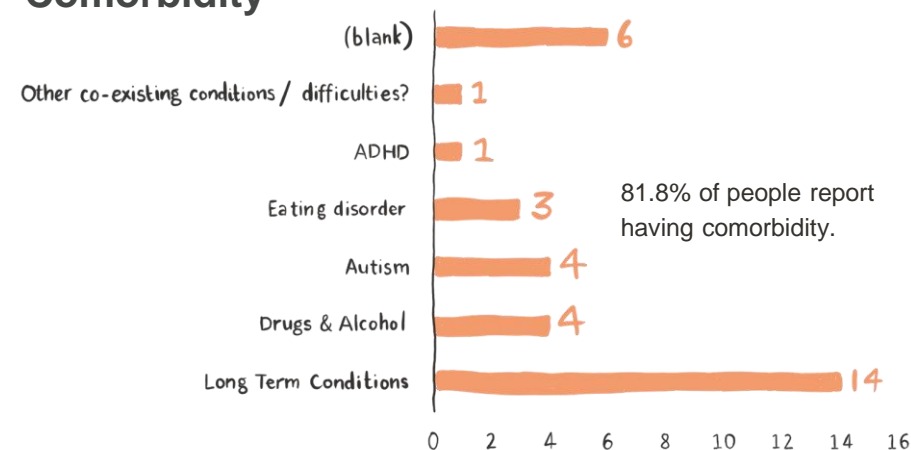
The prototype saw people across the 18-65 age range.

Ethnicity



The majority of people seen are white (white British or other white background) 30 people. 2 people are Asian and one from another ethnic group.

Comorbidity



81.8% of people report having comorbidity.

A further 30+ people were helped through drop in or unplanned appointments at 30 Clarence St. Most people in this group are currently care coordinated by CMHTs. Many of the people presenting at the Hub were seeking support to navigate or information gathered about their current care, some of whom were reaching or at crisis point. For these folks, a listening ear and signposting intervention was offered. For many, a member of the Hub team contacted their care team to update them / request an appointment and also to pass information back to the person.

Types of support

People had a variety of needs that the Hub team were able to respond to either through the skills in their own team or their wider partners



4 people have **reduced their drug and alcohol use.**



5 people have **claimed benefits or resolved debt or financial issues.**



6 people have had **housing interventions: including support to have house repairs, housing referrals successfully made, a house move, one decluttering and a house purchase in the works.**



4 people **presented seeking medication support or review**, 3 of whom have been referred on to access this.



1 person saw a **psychiatrist** and 1 person had a consultation with a **neuropsychiatrist.**



2 neurodevelopmental screenings have been undertaken for **ADHD and ASD.**



3 people had their packaged of care reviewed by a **social worker.**

Beyond 'support'

The team has started to witness the value in people being able to use their strengths and experiences to make the most of opportunities at the Hub, or offer reciprocal support within the Hub community.



4 people are taking **the lead on organising groups and activities such as running the weekly quiz, craft groups and a planned gaming event.**



1 person **stayed in education who was thinking about dropping out.**



3 people have started **volunteering.**

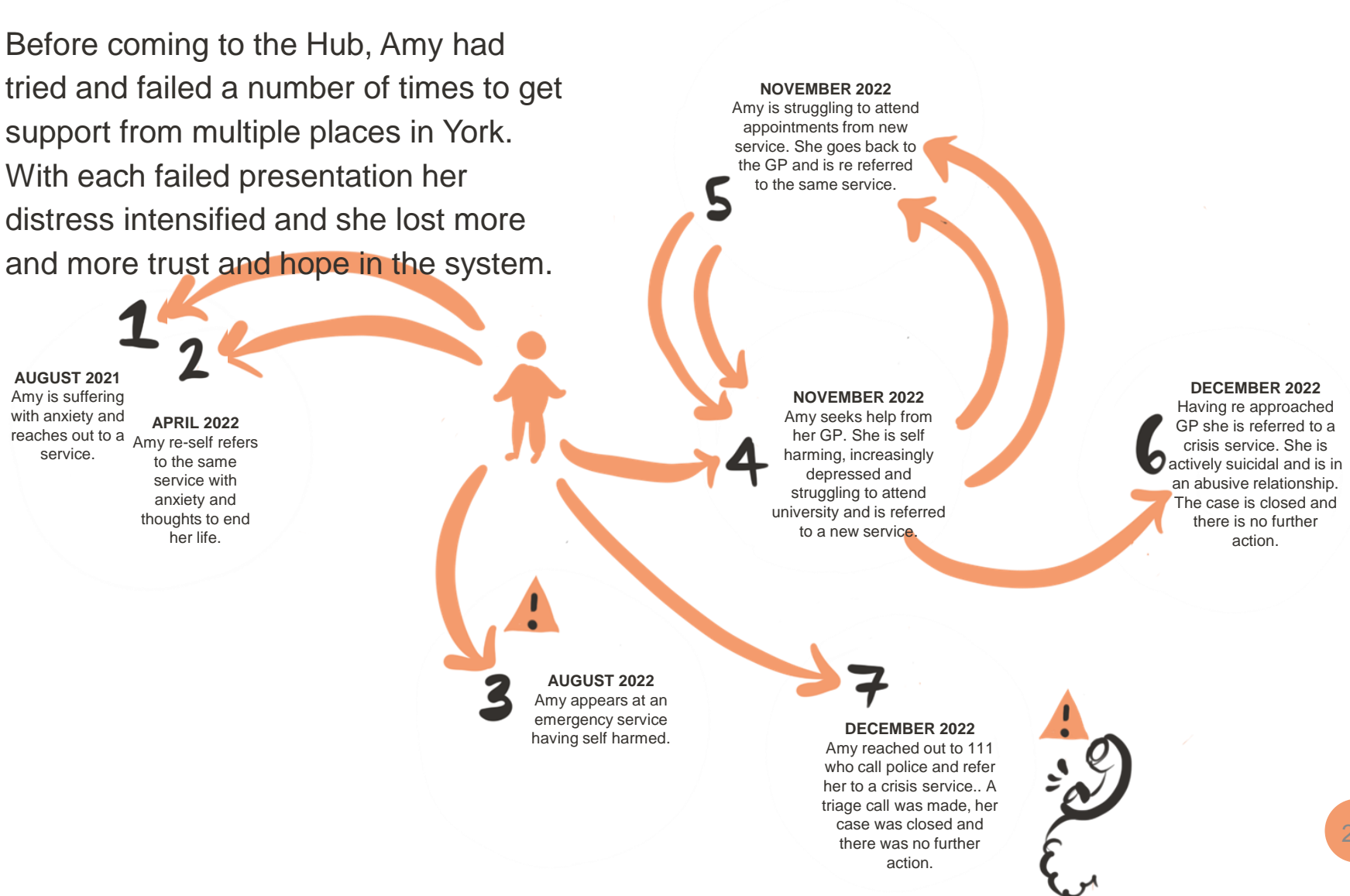


3 people are interested in **becoming a peer supporter.**

"In the last couple of weeks I've been able to feel hope again. I'm definitely going to come back here again. I have physical and mental health problems and you've helped me get involved with something I'm really interested in."

Amy's story before the Hub

Before coming to the Hub, Amy had tried and failed a number of times to get support from multiple places in York. With each failed presentation her distress intensified and she lost more and more trust and hope in the system.

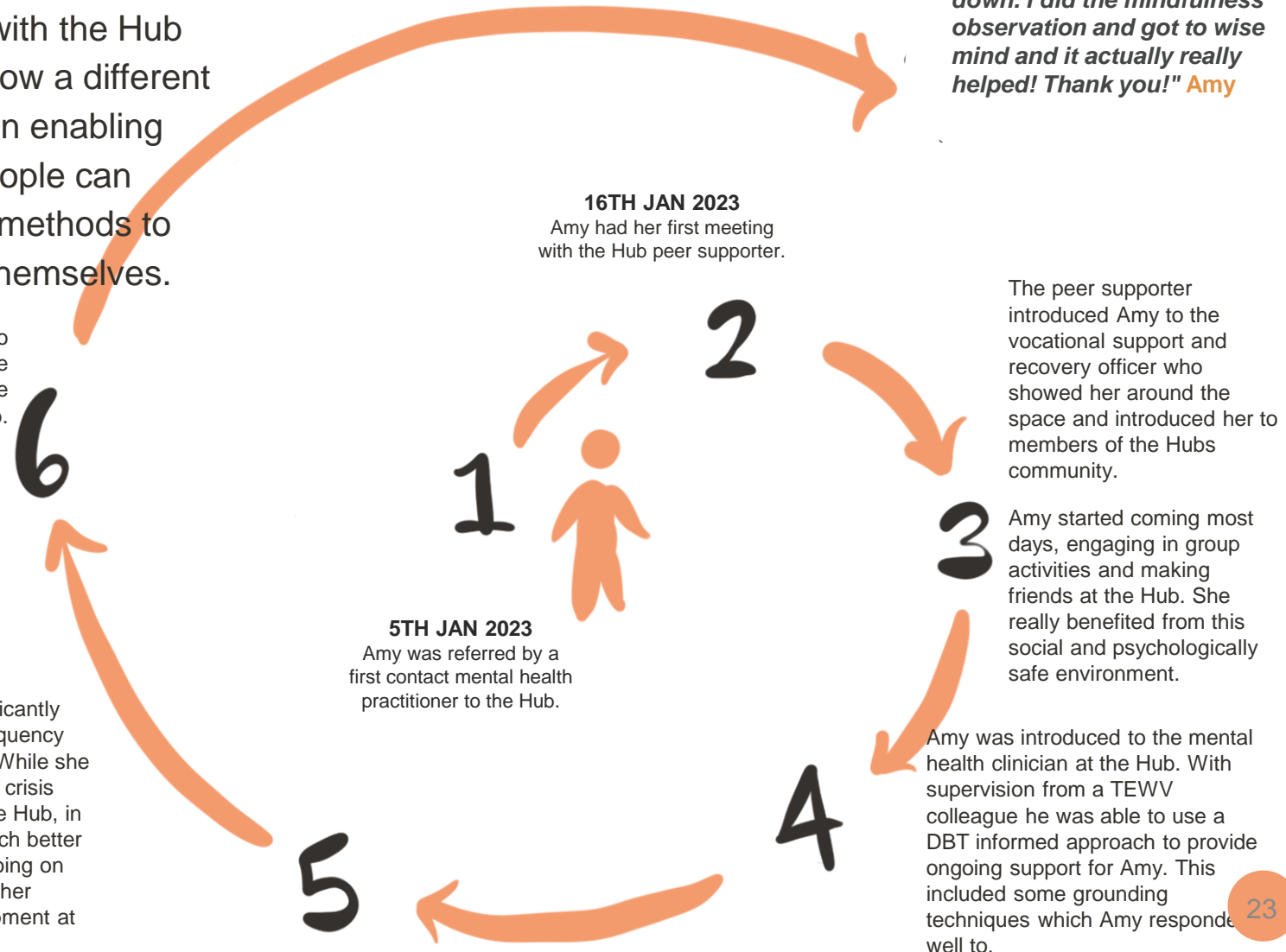


Amy's Hub journey

Amy's journey with the Hub demonstrates how a different approach and an enabling environment people can learn tools and methods to better support themselves.

Amy has been able to leave an abusive relationship whilst at the Hub.

Amy's self harm has significantly reduced as well as the frequency and severity of her crisis. While she has presented once at the crisis team during her time at the Hub, in these situations she is much better able to describe what is going on and cope. This is down to her relational and skill development at the Hub.



"I fell asleep last night and had more nightmares and when I woke up I felt really down. I did the mindfulness observation and got to wise mind and it actually really helped! Thank you!" Amy

ReQol scores

Initial reqol scores were captured for 24 of the 33 people, 72.7% of the cohort. **All but one recorded measure falls within the clinical range.**

13 paired reqol scores were obtained and of this number 11 demonstrated reliable improvement meaning for those for whom we

ReQol explained

An increase of 5 points or more on the ReQoL-10 indicates reliable improvement. Reliable change measures how likely it is that an observed change in scores is due to real change and not a result of measurement error.

A change of less than 5 is unreliable. A decrease in score of 5 points or more indicates reliable deterioration. The minimum important difference (MID) is the smallest change in a score that is considered clinically or practically important. Both these methods yield the same value, namely 5 points.

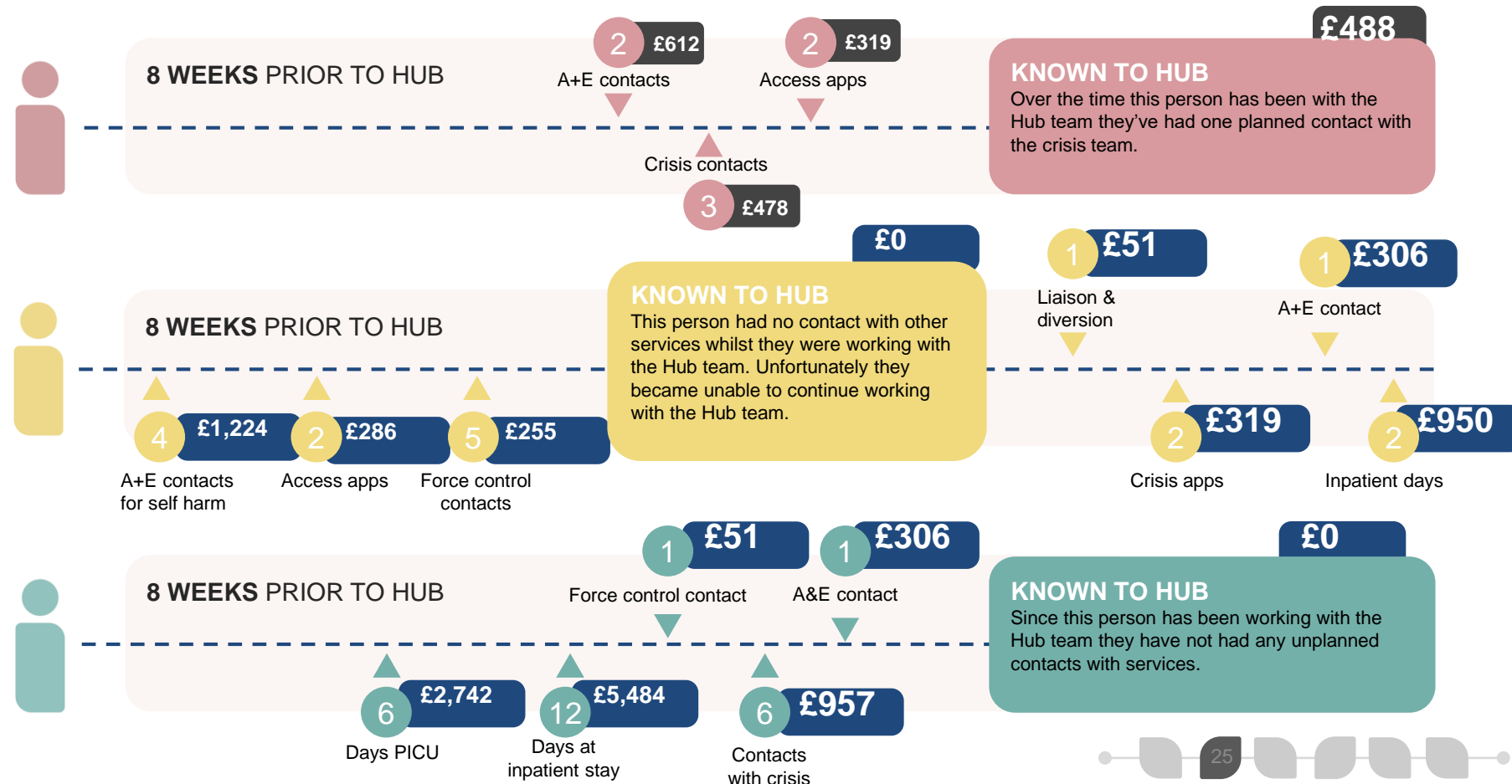
Several reasons:

- Some people's support ended before we could complete repeat measure

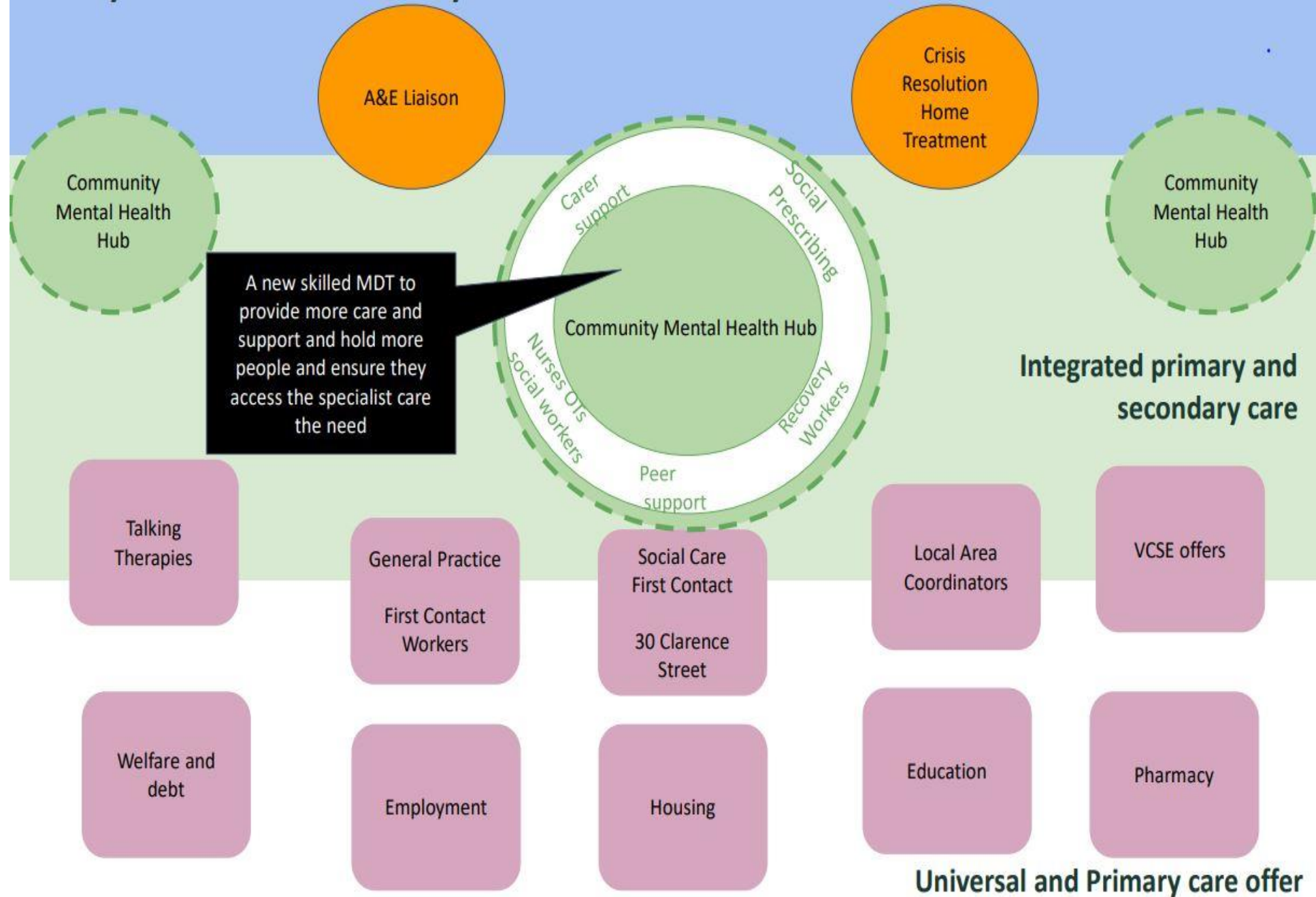
ReQol change for 13 people the team has worked with		
Initial score (first presentation at Hub)	Current score	Difference
8	15	7
1	5	4
14	23	9
3	5	2
6	14	8
9	14	5
6	12	6
16	24	8
12	17	5
1	20	19
22	28	6
22	29	7
14	21	7

Signs of system impact

While it's hard to evidence impact on Yorks mental health system at this stage, we are starting to see how giving people prompt access to the right support within the community might prevent reoccurring presentations at other services. 3 people have experienced a reduction in attendance at other services whilst working with the Hub team.



York system with 3 Community Hubs



What Next?

- Clarence Street Hub Orientation underway (today)
- Graded launch to ensure both sustainability and apply learning from the Prototype
- Focus particularly on an offer of a more holistic model to those waiting for Access to Wellbeing interventions
- Regular review and team support internal and external
- Communications with all involved to help embed in the wider system, manage expectations, and protect fidelity
- Possibility of national funding to pilot a 24/7 Community MH Hub in the near future

Thank you!



Group Discussions:



How would your organisation like to be involved in the hub?

yorkcvs

York VCSE Assembly Survey -

<https://www.surveymonkey.com/r/York-VCSE-Assembly-May24>



Thank you and close



Next Meeting:

17 July, 10am – 12noon, Main Hall