

York VCSE Assembly – Health and Care

Wednesday 29 January 2025



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January 2025

York Health and Care Collaborative update

Sharron Smith

Chief Executive Officer, York Carers Centre

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Funding

Pillar 1

Health inequality

Community intervention

A community based intervention, focused on Children and Young People, working with a voluntary or community sector partner (or partners) to address the wider determinants of health

Pillar 2

Health inequality

QOF+

Improving diagnosis, outcomes and secondary prevention through a QOF+ approach in General Practice

Pillar 3

Prevention

A set of actions to strengthen and simplify access to the existing prevention and early intervention services in the City

VCSE Representation

Rachel Parker

System Change Lead, CMHTF Fund



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Representation 'Ideal' - Headlines

Findings demonstrated importance of representation that is:

- **Inclusive and transparent** – championing others with impartiality, equal passion and understanding, so that information and investment can flow evenly into the sector, and resource can reach where it is best placed
- **That fosters a culture of collaboration and unity** – through open, two-way communication and meaningful engagement with all, including smaller organisations, in pursuit of shared aims
- **That gains traction, action, momentum** – ensuring the sector can both inform and be informed by strong understanding of priorities and need as equal partners, that yields a return on investment and/or that facilitates direct access to decision makers



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Questions to consider

- **Aims and Principles:** Are there any elements specific to our current or desired culture of working in York that are missing, or that we'd like to tailor or add?
- **Processes and Responsibilities:** Is there any aspect of the selection/responsibility/feedback processes that need to be clarified or evolved?
- **AOB:** Any broader reflections on the principles as a whole. Is there anything else we need to start/stop/continue as a sector to move forward towards our ideal?



'Dragons Den' Pitch

York Carers Centre and York Mind
Working in Partnership



January 2025

Aim:

Improve mental health of young people in York

Increase outreach

Why is this partnership needed?

Young Carers often have MH issues as a result of their caring role, have greater needs for emotional and mental health support.

They often struggle with friendships as can be more mature than their peers so can become isolated which exacerbates the impact on them.

Young People who seek support from York Mind may have a caring role at home which can impact on their mental health, but may be unaware that Young Carers can help.

Why is this partnership needed?

Research shows 38% of Young Carers report having a mental health condition

Many also experience other traumatic life experiences (bereavement, poverty, family break up)

68% say they have been bullied at school

(Carer's Trust)

Why it makes sense to join up?

Our services compliment each other.

Young Carers often experience mental Health challenges where York Mind can support.

York Mind work with young people who may have a caring role and would benefit from meeting peers with similar backgrounds.

How will this partnership achieve this?

- Increase attendance at York Mind drop ins through having a member of the York Carers team present.
- York Mind to attend some of our Youth Clubs, increasing access for Young Carers to mental health support.
- Promote York Mind services to our Young Carers and vice versa, increasing outreach and awareness.
- Use funds to make the sessions more accessible e.g. taxis, having a familiar face there.
- Work on the Chat Chit podcast and have a one around the theme of Young Carers' Action day in March and mental health.

How would we use funding?

- Link workers for both organisations
- Mental Health training packages to share expertise from both services
- Funding for transport (often a massive barrier for Young Carers)

'Dragons Den' Pitch

Discussion

- What do you think of this idea/pitch?
- Can you identify any partnership opportunities?
- What challenges and opportunities does this idea/pitch present?

Addressing Sexual Trauma in the Substance Misuse Population - an update

Survive and York In Recovery

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Who Powers York's VCSE Workforce?

Help map our sector's
workforce!





Watch on YouTube - <https://youtu.be/UnSQJ5xzT6Q>

VCSE Workforce Mapping Research

Humber and North Yorkshire Voluntary, Community and Social Enterprise (VCSE) Collaborative is working in partnership with the University of York to record, understand and evidence who is part of the VCSE sector workforce across our region.



UNIVERSITY
of York

VCSE Workforce Mapping Research

The VCSE sector is a crucial part of Humber and North Yorkshire's health and social care workforce, providing many services to our communities.

However, there is a **lack of understanding of what the sector's contribution consists of**, and without the data it is difficult to get system partners to recognise the size and scale of the sector and to understand what we have within Humber and North Yorkshire.

We need your support...

The data your organisation provides will be collated to create an in-depth picture of our sector.

This will feed into the planning of future investment and resource allocation into the sector for the delivery of health and care services across our communities.

We need your support...

By completing the survey, here's how you will be supporting your organisation and the wider VCSE sector across Humber and North Yorkshire:

Value – if we can show the value provided by our workforce this can evidence the need to invest more into the VCSE sector.

Diversity and inclusion – the sector is diverse and being able to showcase that and evidence a sector that represents its communities is hugely valuable to health and care system partners.

Volunteer management – this can evidence the role and value of volunteers that provide significant hours the sector could not do without.

Planning – talent retention - knowing the sector means organisations can compare themselves to the rest of the sector and not lose talent.

Data driven – the world is dependent on good data. This survey creates a collective picture which leads to better decision making.

Impact – understanding the values and strengths of the sector workforce means we can drive real impact and build trust with both communities and system partners.



Who should complete the research?

To show the full breadth of the VCSE sector, **ALL charitable organisations** are encouraged to get involved! From tiny organisations up to branches of large national charities, and everyone in between - if you are part of the VCSE sector, the VCSE Collaborative wants you to be part of the research!

Some of the questions might not be relevant to your organisation, but it is still important that this data is captured as it forms part of the bigger picture and helps map what organisations do and do not record.



Get involved...

[Complete the survey here](https://york.qualtrics.com/jfe/form/SV_bK4FheiziStegPY) (https://york.qualtrics.com/jfe/form/SV_bK4FheiziStegPY)

The findings will be made available to the whole sector to provide insight into your contribution, and as a resource to support future investment into the sector. The VCSE Collaborative will also identify any developmental opportunities and will tailor support to grow and develop our sector's workforce.

If you have any questions or you require alternative formats, please email: **hnyicb.vcseteam@nhs.net**

Opportunities for the VCSE sector...

VCSE sector leaders invited to join system-wide leadership programme

Two new system leadership development programmes have just launched and are open to colleagues working in all sectors, including the VCSE across Humber and North Yorkshire. A key focus for both new programmes is addressing the lack of diversity we see from middle to senior management.

Join the system team to find out more at one of the following virtual drop-in sessions:

Programme 1: Leading from the Middle

[Tuesday 25 February 2025, 10-11am](#)

Programme 2: Senior System Leaders

[Thursday 30 January 2025, 1.30-2.30pm](#)

[Tuesday 25 February 2025, 12-1pm](#)

You can book your place using the event links above and [find out more about each programme on the Humber and North Yorkshire Health and Care Partnership website.](#)



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Opportunities for the VCSE sector...

Free Health and Wellbeing Sessions for VCSE staff and volunteers

[Breathwork for anxiety and trauma recovery](#)

6 February, 5pm – 6.30pm

[Health and Wellbeing Conversations Training](#)

13 February, 12pm – 1.30pm

[Menopause Awareness at Work for all colleagues and line managers](#)

24 February, 12pm – 1pm

Good Conversations Workshop 'Making Every Contact Count' 2025 Programme

Open access personal development course for colleagues in Yorkshire and the Humber that have regular contact with members of the public. An important focus is on conversations relating to social and wider determinants of health, such as loneliness, poor mental health, fuel and food poverty, poor living conditions and financial debt.

[10 April - 10:00 - 11:30](#)

[20 May, 3pm-4.30pm](#)

[7 July, 10.30am-12pm](#)

[24 September, 2pm-3.30pm](#)

[7 November, 9.30am-11am](#)

Opportunities for the VCSE sector...

Micro-grants – Age Without Limits Day on 11 June

Micro-grants are being made available for community groups and local voluntary sector organisations within Age-friendly Communities to take part in the Age Without Limits Day.

Applications are invited from a variety of organisations and community groups, big and small. Groups may already have a specific focus on older people or ageing, or might be using the Age Without Limits Day as a new opportunity to challenge ageism, and we encourage applications from both. Grants of up to £500 are available, with an additional up to £150 to cover anything needed to make the event or activity more accessible. The lower limit for applications is £75.

[Micro-grants - Age Without Limits Day on 11 June](#)

If you have anything you would like to share with the wider Health and Care Partnership, please email Anna Boad via anna.boad@nhs.net or anna.boad@yorkcvs.org.uk

Thank you message

Next Meeting – Wednesday 12 March,
10am – 12noon, Priory Street Centre

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www.YorkCVS.org.uk | Tel: 01904 621 133 | 15 Priory Street, York YO1 6ET Mon - Fri 9am - 4.30pm