

LEEDS TENANTS FEDERATION – TARA PANEL
Thursday 15th February 2018
Committee Room 1, Leeds Civic Hall
4.30-6.00pm

Name	Initials	Position
Andrea Purdy	AP	Chair LTF and Queenswood TARA
Patricia Jackson	PJ	Hunslet TARA
Maddie Hunter	MH	Button Hill TARA
Margaret Foster	MF	Thorpe TARA
Ray Laing	RL	Thorpe TARA
Jackie Worthington	JW	LTF Secretary
Mick Dodds	MK	St Augustine's Court
Peter Greenwood	PG	Housing Manager – Tenant Engagement
Wendi Carson	WC	Queenswood TARA and Treasurer of LTF
Tony Hepworth	TW	Atlanta Street TARA
Ann Maughan	AM	Sandringham TARA
Sue Clifford	SC	Lakeland Court TARA
Neruka White	NW	Gipton Area Representative
Sheila Horne	SH	Whincover Grange Area Representative
Corinne Brown	CB	Churchill Gardens Area Representative
Catherine Donnelly	CD	Engage Leeds
Apologies		
Madeline Hunter	MH	Button Hill TARA
Sue Kerrigan	SK	St Augustine's Court
Tracey McGarry	TM	Housing Assistant – Tenant Involvement (Minutes)
Ray Laing	RL	Thorpe TARA
Sheila Horne	SH	

Item No		Owner
1.0	Introductions and Apologies	
1.1	Apologies were given for Madeline Hunter, Sue Kerrigan and Tracey McGarry. Introductions were made.	
2.0	Conflicts of Interest	
2.1	No conflicts of interest were raised.	
3.0	Minutes of the previous meeting	
3.1	<u>5.18</u> - A query raised about the types of Euro door lock fitted by Housing Leeds – PG confirmed that all new locks were by Secured by Design. However, this still means that older locks may be easy to break into. The Panel to refer to the repairs group.	AP
3.2	Actions from previous minutes still to be done include TM to share the crime prevention presentation to all TARAs along with David Lawson's contact details.	TM
3.3	Actions from previous minutes – AP to contact Joanne Hartley to find out about progress on Private Sector Tenant Handbook.	AP

4.0	Feedback from January's meeting – Crime Prevention	
4.1	Everyone found this presentation to be extremely useful and have shared the information with their groups. The presentation is to be circulated to local groups along with David Lawson's contact details.	
5.0	Catherine Donnelly – Engage Leeds	
5.1	Engage Leeds is a city-wide housing support service and is a partnership between GIPSIL, Barca-Leeds, Connect Housing and Riverside Housing. They support people to prevent homelessness, sustain long-term housing solutions and integrate with their communities, through engaging with activities, education and employment.	
5.2	They also signpost help for mental health services and Catherine Donnelly came along to tell us all about the various services that are available in Leeds.	
5.3	She also talked about mental health in general terms and shared a presentation with the group.	
5.3	The World Health Organisation defines health as: <i>A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.</i>	
5.4	Health is a resource for everyday life, not the object of living. It is a positive concept emphasising social and personal resources as well as physical capabilities. Mental health influences how we think and feel about ourselves and others and how we interpret events.	
5.4	1 in 4 people reported experiencing mental health problems in England (but much goes unreported)	
5.5	The Mental Capacity Act applies to everyone over the age of 16 who are unable to make decisions for themselves due to illness, dementia, disability and mental health.	
5.5	Someone needs to understand four things to be deemed mentally fit: - understand information given to them - be able to retain information long enough to make a decision - be able to weigh up the information available to make a decision - be able to communicate their decision	TM
5.5	The Mental Health Act allows:	
5.5	Section 2 – you can be detained in hospital for assessment of your mental health for up to 28 days	
5.5	Section 3 – you can be detained in hospital for up to 6 months. You cannot refuse treatment.	
5.5	Section 4 – you can be detained in an emergency for up to 72 hours.	PG
5.5	Community Treatment Orders (CTO) – you can be discharged under a CTO if you have been detained under Section 3, or from the criminal justice system.	
5.6	Section 136 – the police can hold you or take you to a place of safety from a public place. This could be a community mental health centre.	
5.7	There are many types of mental health including depression, psychosis, bi-polar and schizophrenia.	
	<u>Mental health do's and don'ts</u>	

- Don't underestimate the affect mental health has on daily living, self-esteem, motivation, physical health and the experiences e.g. hearing voices. This is real for the individual.
- Don't make assumptions.
- Don't believe everything you hear in the media – work towards reducing stigmas towards mental health.
- Do the five basic steps of Mental Health First Aid
 - = **Ask**, assess, act
 - = **Listen** non-judgementally
 - = **Give** reassurance and information
 - = **Enable** the person to get appropriate, professional help
 - = **Encourage** self help strategies

5.8

Five ways to wellbeing:

Connect with people around you

Be active by finding and activity you enjoy

Keep learning new skills, they can give you a sense of achievement and confidence

Give to others, even the smallest act can count, whether it's a smile, kind word or a thank you.

5.9

Be mindful, be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

Services and information in Leeds for people with mental health problems

MIndwell – www.mindwell-Leeds.org.uk

Mental health information for everyone in Leeds.

MIndmate – www.mindmate.org.uk

Information and support for children, young people and their parents/carers

IAPT (Improving Access to Psychological Therapies)

www.leedscommunityhealthcare.nhs.uk/iapt/home/

For adults (17+) with common mental health problems e.g. stress, panic, anxiety, depression, post traumatic stress. Self-refer into the service for an initial assessment (either online or telephone 0113 8434388)

Not appropriate for people already receiving treatment from another mental health service.

GP / referral into Community Mental Health Services

www.leedsandYorkpft.nhs.uk/our-services/community-mental-health-services/
www.leedsandYorkpft.nhs.uk/contact-us/urgent-referrals/

Social prescribing can help someone access relevant services within their local area to benefit their overall health and well-being. It's a free service for those registered with a GP. There are three social prescribing services in Leeds:

Patient Empowerment Project (18+ years) – West Leeds

www.leedsprep.org Tel – 0113 279 5870

Connect for Health (18+ years) – South and East Leeds

www.connectforhealthleeds.org.uk Tel – 0113 387 6380

Connect Well (18+ years) – North Leeds

www.commlinks.co.uk/services/connect-well/ Tel – 0113 336 7612

	There are many local and national services that can help if someone needs advice about mental health including Community Mental Health Trusts, Voluntary Services (including Carers Leeds) and Crisis Services. Further details are in the presentation attached to these minutes.	
6.0	Communication with other groups	
6.1	The panel discussed the effective ways that the information that has been shared in the meeting can be communicated wider with the citywide TARAs and groups.	
6.2	Suggestions that were agreed were: <ul style="list-style-type: none"> ▪ Sharing the Facebook / Twitter page ▪ Share the presentation with TARAs by email. 	TM
8.0	Any Other Business	
8.1	No business raised.	
10.0	Date of Next Meeting	
10.1	The next meeting will be held on Friday 13 th April 2018.	

Item No.	Summary of Actions	Owner
3.1	AP to refer issue of old Euro Locks to citywide Repairs Group	AP
3.2	TM to share presentation and contacts from January's meeting	TM
3.3	AP to contact Joanne Hartley to find out about progress on PRS Tenant Handbook	AP
6.2	TM to share MH presentation with groups	TM