

Healthy Minds Summit

January 2024



Table of contents

A World: poem written by Haris Ahmed 3

Agenda..... 4-5

Welcome (Therese Patten, Iain MacBeath, and Helen Davey) 6

Healthy Minds: our strategic plan for mental health, learning disability, neurodiversity, and substance use 7

Bradford District and Craven Health and Care Partnership website 8

Healthy Minds website..... 9

Healthy Minds volunteer..... 10

Our achievements 10

Resources 10

Evaluation of the event 11

Additional information:..... 11

 Social platforms for Bradford District and Craven Health and Care Partnership, and the Healthy Minds priority area..... 11

 Sign up to the Healthy Minds bulletin 11



A World



I dream of a world of opportunity,
Where my diagnosis doesn't define me,
Where my diagnosis doesn't confide me,
To not partaking in society.

A world where I feel heard instead of hurt,
And don't feel like a burden.

Where I can seek support not JUST when it "starts to worsen."

I dream of a world where I have a say,
And my appointments mean more than inconveniencing my day.

A world where we Act As One.
So I can stop feeling numb,
And my blip's a bump in the road
Instead of something to which I can succumb,

A world when I need it the most
It's easy to pick up the phone,
Because living "Happy, Healthy at Home"
Doesn't mean I should do it alone.

Good care is not just plasters and sutures,
It's setting up for better lives,
and creating a brighter future.

A world where if i've explained what's not allowing me to succeed,
And I'm faced with somebody new, they understand my needs,
And I know each person's name,
And feel empowered not ashamed,
And when I leave not dreading the next time I find myself here again.

I want a world where those around me know what to do,
Instead of stressing just as much, when they can't get in touch with 'you.'

A world where validation's not a one-off occasion,
And my outcome is something more than a course of medication,
And I'm not immediately discharged when I struggle to engage,
And I'm treated like a human, instead of labelled a 'complex case'

A world where I have a chance of a healthy mind,
Where my care is co-designed,
And I have the chance to shine,
And should I start to decline, I'm reassured that I'll be fine.

So in this world of opportunity,
Where my diagnosis doesn't define me,
Where my diagnosis doesn't confide me,

I am free, to be me.

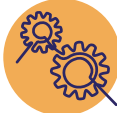


Written by Haris Ahmed

in <https://uk.linkedin.com/in/harispoet>

Our agenda

9.30am	Registration and refreshments	
10am	Welcome Madeyah Khan and Matthew Riley	
10:10am	Together as One Matthew's Story	
10:15am	Introducing our strategic plan - Healthy Minds Promote better lives - Isha Ali: Healthy Minds Apprentice Coordinator, one of the founders of the awarding winning anti-bullying campaign Kindness, Compassion, Understanding (KCU) - Ellie Parker-Smith: Healthy Minds Apprentice, a creative individual whose interests include youth engagement, youth advocacy and promoting youth voice - Sadaf Khan: Healthy Minds Apprentice, currently on a gap year from university and has a keen interest in child psychology - Anonymous: a young person at Know Your Mind talking about their experience of using the service Respect rights - Elaine James, Bradford Council - Hafsa Akhtar: works for the School of Rock and Media as a graphic designer, and pastoral / advocate for the Into Employment Programme. Hafsa also supports social care with interviews, podcasts and is passionate about accessibility for all. Improve support - Tara: a service member through Community Companions sharing her story (spoken by Donna Hudson) - Neil: a service member through Community Companions sharing his story - Paul: a service member at Safe Spaces talking about their experience of using the service	
11.05am	Break	
11.20am	Our voices Sharing experiences, perspectives and reflections	

12pm	Keynote speaker Dr Sarah Hughes – Chief Executive MIND X: @_Sarah_Hughes_ LinkedIn: https://uk.linkedin.com/in/sarahhughesceo	
12.40pm	Healthy Minds strategy and website launch Official launch of the Healthy Minds strategy and the Healthy Minds website. (www.healthyminds.services)	
12:50pm	Lunch	
1.30pm	Strategy workshops 1. Brighter Futures – Children and young people's mental health (lecture hall and lounge area in the main building) 2. Peer Power - How peer support changed our job roles, experience, services and lives, and how we design our services (lecture hall and lounge area in the main building) 3. Flourishing Lives – Learning disability (conference hall foyer in the conference hall building) 4. Action for Change - Neurodiversity (small conference hall in the conference hall building) 5. Right Care, Right Person – Crisis and urgent mental health (large conference hall in the conference hall building) 6. Knowing Me Knowing You – Knowing our community mental health transformation programme (large conference hall in the conference hall building)	
2.45pm	Listening to your feedback Chief listening champions	
3.00pm	Home time	



Welcome



Dear colleague,

Welcome to the Healthy Minds event, it's been a while since our Healthy Minds Summit and a lot has happened since then. In the forefront of all our minds was the response to the Covid-19 pandemic and the ongoing impacts we still feel from this. However, we have not stood still and, as partners, we have been working together to help us plan for now and the future, our strategy which we're launching today captures all this. We have a packed agenda, and we will be engaging with you to look at how we can build on the great work of Healthy Minds.

Healthy Minds is one of the five priority areas for Bradford District and Craven Health and Care Partnership. Our place-based partnership has an ethos where we 'Act as One' to help people live happy healthy at home. This drives the work of Healthy Minds and our aims to achieve better lives and improve the support we offer to people with mental health, substance use needs, learning disabilities or are neurodiverse so that people can live healthily and happy at home.

This event has been co-produced, and is being hosted and delivered, by people with lived experience. People will share their experiences with you, some of you may find this quite overwhelming and if you do, please use the central foyer of the venue for a breather. We also know the other emotion many of us want to feel is empathy. We are encouraging you to hop onto the **autism reality experience bus (here from 9.30am to 3pm)**, this aims to raise awareness of the sensory difficulties experienced by people on the autism spectrum and to give people an immersive experience of sensory overload.

We want to use this event as an opportunity to reflect on what has been achieved by all of us working in partnership for the Healthy Minds priority area and our plans for the future.

We want to personally thank all of our partners in the partnership, who have been instrumental on our Healthy Minds journey and continue to do so. By acting as one we are making a difference to our local communities not just now but also for the future, so that people can live happy, healthy at home.

We look forward to seeing you at the event.

Therese Patten

Chief Executive of Bradford District Care NHS Foundation Trust

Executive Lead for Children and Young People for Bradford District and Craven Health and Care Partnership

Iain MacBeath

Strategic Director of Adult Social Care and Health,
Bradford Council

Director of Integration for Bradford District Care NHS
Foundation Trust

Executive Lead for Healthy Minds for Bradford District and
Craven Health and Care Partnership

Helen Davey

CEO of Mind in Bradford

Chair of the Mental Health Provider Forum for Bradford
District and Craven Health and Care Partnership



Healthy Minds: our strategic plan for mental health, learning disability, neurodiversity, and substance use

The day has been planned based on our Healthy Minds strategy, this is our strategic plan for mental health, learning disability, neurodiversity, and substance use. The strategy is based on three priorities, these are:



Promote better lives

Support everyone with the opportunities to live an independent, fulfilling, healthier and longer life.



Respect rights

Involve people so they are informed to make choices and receive equitable access to opportunities.



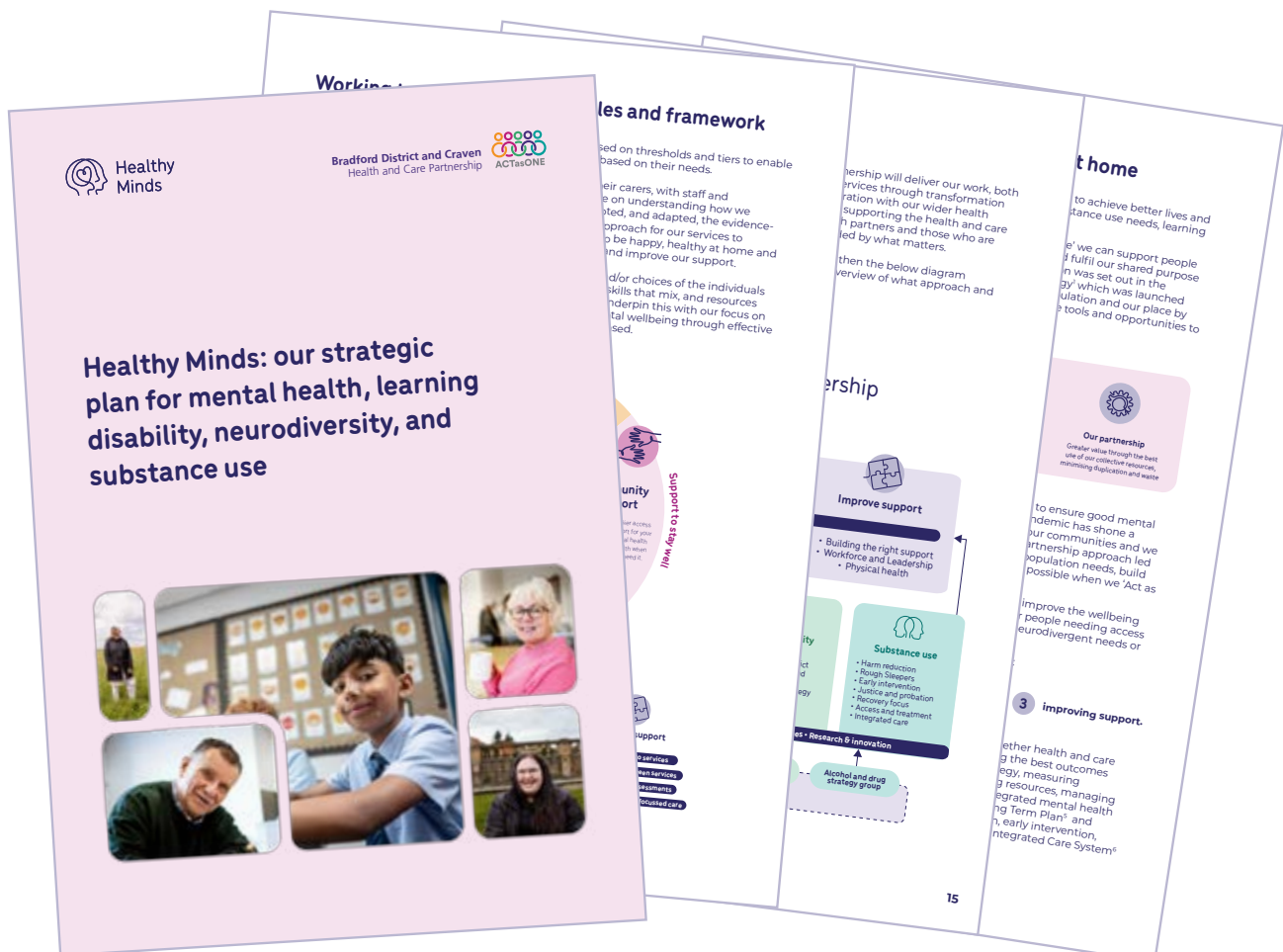
Improve support

Support people with high quality, accessible, personalised care that promotes wellbeing

It sets our plan to promote, respect and improve the wellbeing of everyone to be active citizens.

Our **'Act as One'** ethos demonstrates true partnership, collaboration, and distributed leadership to help achieve our vision to keeping everyone happy, healthy at home.

View the Healthy Minds strategy on the following link bdcpartnership.co.uk/healthy-minds/ this also includes the easy read version of the strategy.



Bradford District and Craven Health and Care Partnership website



The partnership website (bdcpartnership.co.uk) includes information on all five priority areas:

1. [Access to care \(bdcpartnership.co.uk/access-to-care\)](http://bdcpartnership.co.uk/access-to-care)
2. [Healthy children and families \(bdcpartnership.co.uk/children-and-young-people\)](http://bdcpartnership.co.uk/children-and-young-people)
3. [Healthy communities \(bdcpartnership.co.uk/healthy-communities\)](http://bdcpartnership.co.uk/healthy-communities)
4. [Healthy Minds \(bdcpartnership.co.uk/healthy-minds\)](http://bdcpartnership.co.uk/healthy-minds)
5. [People development \(bdcpartnership.co.uk/people-development\)](http://bdcpartnership.co.uk/people-development)

You can find out about some of the great work taking place in each priority area and how we are acting as one to meet the needs of our diverse communities.

The five priorities are underpinned by our supporting programmes:

1. [Digital health \(bdcpartnership.co.uk/strategic-initiatives/digital-health/\)](http://bdcpartnership.co.uk/strategic-initiatives/digital-health/)
2. [Living Well \(mylivingwell.co.uk/about-us\)](http://mylivingwell.co.uk/about-us)
3. [Reducing Inequalities Alliance \(bdcpartnership.co.uk/strategic-initiatives/ria\)](http://bdcpartnership.co.uk/strategic-initiatives/ria)
4. [Research, innovation, and quality improvement \(bdcpartnership.co.uk/research-innovation-and-quality-improvement\)](http://bdcpartnership.co.uk/research-innovation-and-quality-improvement)



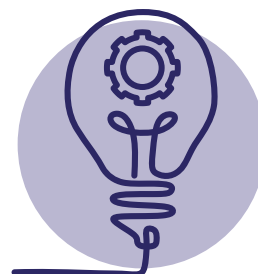
Digital Health



Living Well



Reducing
Inequalities Alliance



Research, innovation,
and quality
improvement



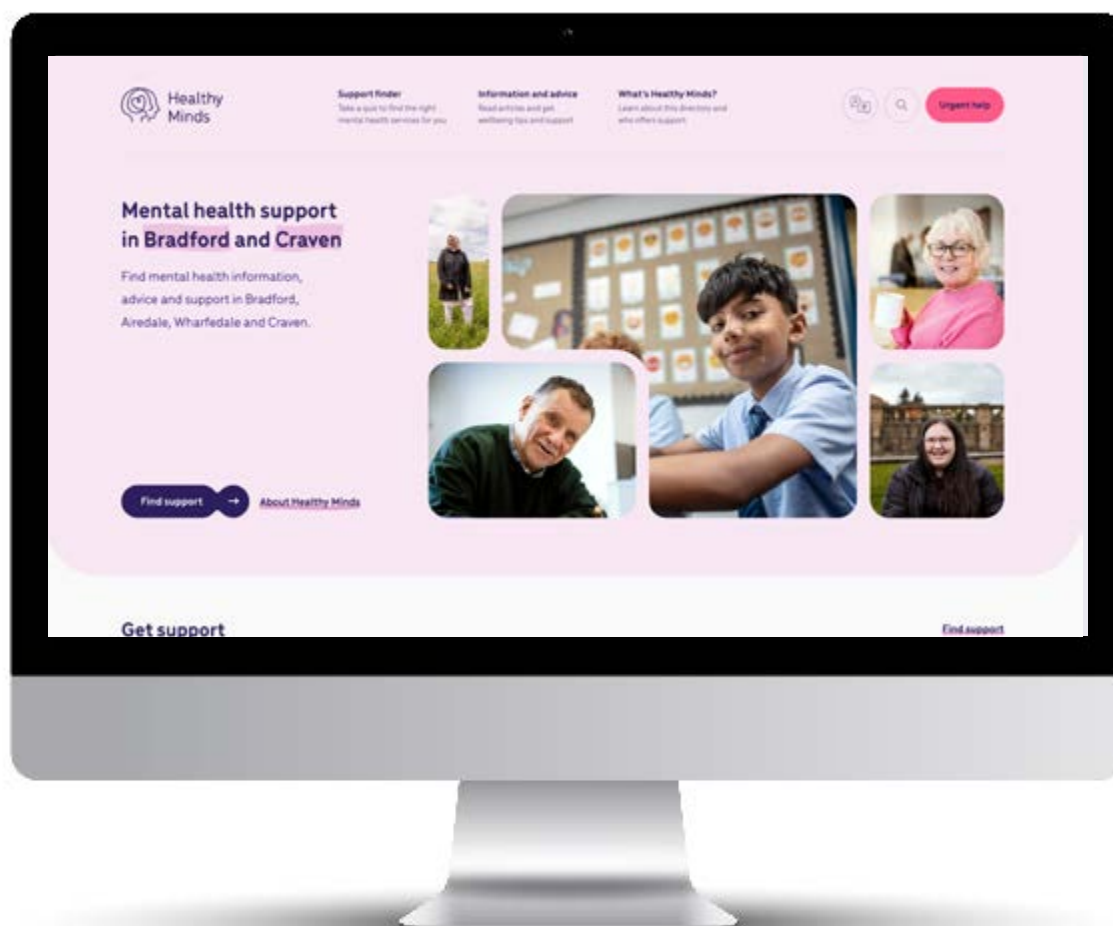
Healthy Minds website



The Healthy Minds website (www.healthyminds.services) is your first step to mental health support in Bradford District and Craven.

On the Healthy Minds website, you can:

- Use our 'Support finder' to help you find the right services
- Find mental health support across Bradford District and Craven
- Get practical mental health tips and advice



Directory of children and young people's mental wellbeing



This directory provides a summary of the different types of mental wellbeing support for children and young people in Bradford District and Craven. It provides a brief description of the support service and how they can be contacted. This will help children, young people, parents, carers and professionals to make an informal decision about what support may be useful.

View the directory at <https://www.healthyminds.services/support/schools>
Visit the Healthy Minds website www.healthyminds.services

Volunteering for Healthy Minds



Volunteers play a vital role in the delivery of our services; they are a valuable part of the workforce across health and social care providers.

Healthy Minds recognises that volunteers benefit from delivering meaningful activity and the feelings of validation and gratitude can have a positive impact on the volunteer's health and wellbeing. We also know that individuals need support themselves to help them develop their skills and confidence, and we know it can reduce loneliness and isolation which continue to build the impact of volunteering for an individual. It also provides hope for others who see people volunteering that they can relate to.



Our Healthy Minds volunteer coordinator will help us to enhance how we promote better lives, respect rights and improve support through broadening our workforce, skills and to create career pathways for our volunteers.

Our volunteers are an asset, not only to the Healthy Minds priority area but our wider partnership.

For further information, please contact volunteer@bdct.nhs.uk

Reflection on our achievements



It is important that we celebrate our achievements to give recognition to our staff and volunteers for their dedicated work.

Last year the partnership held its first 'Celebrate as One' awards, the work taking place under Healthy Minds was a winner in four of the 12 categories and highly commended for one category.

Information about the awards can be found on the partnership website <https://bdcpartnership.co.uk/awards/>

Our Healthy Minds strategy highlights our success in driving real changes and improving lives for people needing support for mental health, learning disability, neurodiversity, and substance use. We will continue to build on our success and achievements, whether that is identifying new or existing opportunities with our system partners or by responding to feedback which tells us what we can do better, together.

View the Healthy Minds strategy on the following link bdcpartnership.co.uk/healthy-minds/

Resources



Videos:

Our Lives Our Way (creating opportunities for disabled people to meet, socialise and plan): this is a Self-Directed Support Programme which means its members are the ones that decide what activities they want to do. The programme is open to any adult with an identified need. For further information about the programme, please visit <https://ourlivesourway.org.uk/> or you can watch this short video about the programme <https://youtu.be/nW4CAE0t06c>

Promote the Vote: since the UK Parliamentary Election in 2017, social workers in Bradford have been working across the district to promote participation in elections through voter registration and reasonable adjustments to make voting accessible. This initiative is called Promote the Vote. Where social workers visit people in supported-living houses and help people with learning disabilities to exercise their UNCRPD Article 29 Right to Participate in Political and Democratic Life. Find out more about Promote the Vote that Bradford has undertaken on the Local Government Association website <https://www.local.gov.uk/case-studies/upholding-human-rights-promoting-vote-adults-learning-disabilities>. A video has also been produced, which can be viewed on the following YouTube link <https://www.youtube.com/watch?v=Vp1a0MHP26s>

Evaluation of the event



Thank you for attending the Healthy Minds Summit. Please take a moment to fill in a short survey, as this will help us to plan for future events for the Healthy Minds priority area for Bradford District and Craven Health and Care Partnership <https://www.surveymonkey.com/r/HealthyMindsSummit>

Keep up to date with the latest work of the partnership and the Healthy Minds priority area



You can do this by following our social platforms:

Bradford District and Craven Health and Care Partnership

 @ActAsOneBDC

 BDCHealthandCarePartnership

 @bradfordcravenhcp

 @actasoneBDC

Healthy Minds

 @healthymindsBDC

 HealthyMindsBDC

 @healthyminds.bdc

 @healthymindsbdc

 healthymindsbdc

 healthyminds.bdc

Healthy Minds bulletin

Sign up to our Healthy Minds bulletin by emailing hello@healthyminds.services



Bradford District and Craven
Health and Care Partnership



Bradford District and Craven Health and Care Partnership

wellbeing@bradford.nhs.uk
Healthy Minds 2024

