**How are you doing, Leeds?**

**Public questionnaire.**

**Frequently Asked Questions**

**Q Why are you asking people to fill in this questionnaire now?**

**A** Things may be feeling tough for people, with the coronavirus pandemic, cost of living crisis and the situation in Ukraine. Health and social care services providers and planners need to know whether these factors are causing increased pressure for our communities and, if they are, what we can do to support them. The information we collect will help us to plan more effectively for the future and show us where today’s pressures are. Colleagues in voluntary and third sector organisations, who already provide support and care, will also be able to use the information to help with their planning.

 The questionnaire builds further on the ‘Big Leeds Chat’ and includes themes from the wellbeing data collected by the Office of National Statistics which will help us to see where Leeds sits within the national picture and identify where there are opportunities for development and improvement.

**Q What will you do with the information you collect?**

**A** The data we collect will provide information about current and likely future use of health and social care services and support. We are asking people to provide us with examples of their experiences so that we build a more detailed picture of how they are feeling, emotionally. All this information will help to inform the city’s mental health strategy and action plans that we are working on.

**Q How long is the questionnaire available for?**

**A** The questionnaire launches on Thursday 7 July 2022 and closes after 10 weeks, on Thursday 15 September. However, the public can still contact us at any time with feedback and suggestions about mental health and social care services and support. One way is to contact Leeds Healthwatch, the independent health organisation, which regularly monitors service provision in the city.

**Q How many people do you hope will participate in the survey?**

**A** We encourage everyone aged 16 and older and living in Leeds to participate. You don’t have to have used mental health and social care services and support in the past. You may have had friends, family, neighbours or colleagues who have used them. You may also be interested in services having never needed them. The more responses we get, the more information we have to inform us on how we have done, are doing and what we can do in the future.

**Q What languages is the questionnaire published in?**

**A** The Leeds Health & Care Partnership has published the questionnaire online and in print in English, Urdu, Bengali, Punjabi, Arabic and Polish. Copies will be made available in other languages on request.

**Q How can people get hold of the questionnaire?**

**A** The questionnaire is available online at [www.tinyurl.com/howyoudoingleeds](http://www.tinyurl.com/howyoudoingleeds) . Links are available on health service and social care providers websites across Leeds, as well as on the Leeds Healthwatch and Forum Central websites and those of their member organisations. People can visit digital hubs in Leeds to complete the questionnaires online and staff will be available to help, if needed. There are posters and banners in libraries across Leeds with a QR code which will connect the user to the questionnaire in the language their phone is set to. We are also publicising the link to the survey through the media and social media and ask everybody who has access to it to share it as widely as possible.

**Q What are you doing to ensure as many people as possible take part in the survey?**

**A** The questionnaire is available online at [www.tinyurl.com/howyoudoingleeds](http://www.tinyurl.com/howyoudoingleeds) and in print format in six languages. These are: Urdu, Bengali, Punjabi, Arabic, Polish and English. Copies are available in other languages on request. Health service and social care providers, Leeds Healthwatch, and Forum Central (and its member organisations) will also publish links to the survey on their websites. People can visit digital hubs in Leeds to complete the questionnaires online and staff will be available to help if needed. There are posters and banners in libraries across Leeds with a QR code which will connect the user to the questionnaire in the language their phone is set to. We are publicising the link to the survey through the media and social media and ask everybody who has access to it to share it as widely as possible.

**Q What else are you doing to get people’s views of mental health services?**

**A** LeedsHealthwatch is supporting the survey by holding a series of focus groups that will provide more descriptive and detailed information on the areas covered in the questionnaire.

**Q Who is asking for this information?**

**A** The Leeds Health & Care Partnership is collecting the information and member organisations in the NHS, statutory, voluntary and third sectors will use it to inform the future planning and provision of mental health and social care services in our communities across the city of Leeds.

**Q What Is the Leeds Health & Care Partnership and who are the members?**

**A** The Leeds Health & Care Partnership is made up of chief executives from the Leeds NHS, Leeds City Council, Leeds Healthwatch, directors of adults and health, children and families, public health and advocates from the third sector, general practice and clinical senate. The partnership’s objective is to work together to make Leeds the best city in the UK for health and wellbeing and a health care city for all ages, where the poorest improve their health the fastest.

**Q Who chooses the members of the Leeds Health & Care Partnership?**

**A** Members are chosen to represent the statutory and non-statutory and third sector organisations responsible for healthcare planning, provision and evaluation in Leeds. Because of the importance of the partnership’s role, members are people serving at the most senior levels in their organisations.

**Q When will you publish the survey findings?**

**A** The Leeds Health & Care Partnership will publish a report timed to coincide with World Mental Health Day on Monday 10 October 2022. At this stage we won’t be able to go into great detail as (we hope) there will be a lot of data to analyse. But we will commit to publishing dates for future updates and responses. We know that for the public to believe this consultation is genuine, they need to see action and we will ensure that we are open and honest about what we will do with the information, as well as what we can’t.

**Q What will you do with the information you get?**

**A** We will publish a report based on data provided by people who filled in the questionnaire. We will analyse that data to see where and whether it supports our current services and support provision, as well as to inform any changes, which we will also publish. We will be honest about what we can and cannot do. Where we are unable to fulfil people’s wishes we will say so and explain the reasons for our decisions. This is the first time we have done this survey and we will repeat it in 2023, when we will ask our communities for feedback on what we have done as a result of this year’s questionnaire.

**Q Has people’s mental health worsened since the pandemic (COVID)?**

National mental health forecasting tools suggest that, for adults, there will be an increase in common mental health disorders (anxiety and depression) of around 15 - 20% and that the impact will be felt over the next 3 – 5 years. This will be complicated by grief and trauma associated with the impact of the virus and the restrictions placed around social and emotional processes such as bereavement.

Groups particularly affected are those people who were already at risk of poor mental health; people who were bereaved during lockdowns; health and social care staff and people admitted to intensive care with Covid-19. However, we have all lived through an unprecedented time of anxiety and uncertainty and, to varying degrees, the pandemic has affected everyone psychologically, one way or another

**Q Are more people trying to get mental health services and support than a few years ago?**

Locally, we can see that the number of adults seeking help for common mental health disorders is now 20% higher than it was before the pandemic, and anti-depressant prescribing has increased.

**Q Does this questionnaire and the survey in general support delivering the mental health strategy for Leeds?**

**A** The mental health strategy was agreed and published in 2020, since when we have seen major events impact at global, national and local levels and the effect of these has, understandably, become the focus of health and social care.

 This questionnaire will provide us with information to help care and service planners, commissioners and providers to ensure that the mental health strategy flexes where it needs to in response to current and earlier events, while still meeting its aims and delivering the outcomes originally intended.

**Q How will this survey support the delivery of the mental health strategy for Leeds?**

**A** Events such as the pandemic and cost of living crisis, have strengthened the partnership’s view that the strategy was already targeting the right areas. This survey comes at an ideal time because it will provide information to support the intended outcomes of the strategy or, alternatively, provide us with evidence that changes, or additions are needed. There are **three passions** at the heart of the mental health strategy for Leeds They are:

* reducing mental health inequalities
* improving children’s and young people’s mental health and
* improving flexibility, integration, and the compassionate response of services.

These passions are the foundations for delivering the **strategic objectives** of

* improving mental health promotion and prevention
* improving access to services, education, training and employment for ALL communities whatever their faith, culture and age
* responding in a timely way that recognises the impact of crisis, trauma, psychological and social adversity
* reducing over representation of people from Black, Asian and minority ethnic groups admitted in crisis and
* improving the physical health of people with serious mental illness.