



Linking Leeds is the integrated city-wide Social Prescribing service for people in Leeds. We link individuals with a range of local community services to improve social, emotional and mental wellbeing. We accept referrals from GP surgeries, other professionals and self-referrals for everyone aged 16 years and above, regardless of where they live, as long as they are registered with a Leeds GP.



0113 336 7612



www.linkingleeds.com - access referral form



linkingleeds@nhs.net



GP surgery can refer client directly



Follow us @LinkingLeeds



Breaking News!

We are pleased to say that Linking Leeds have had their contract extension enacted and will be in place for a further 2 years until at least August 2023! Thanks to the hard work of our staff and our partners, stakeholders and clients for supporting us to deliver an excellent social prescribing service in Leeds. We are so pleased to be able to help the people of Leeds for another 2 years at least!

People's Voice Group

Linking Leeds had its first People's Voice Group meeting in August at the Thackray Medical Museum. This group is to ensure our work is informed by those who experience it first-hand and members are at the heart of Linking Leeds's agenda for shaping and improving the delivery of its services.

Participants are invited to be part of our selection and recruitment process, as well as having the opportunity to volunteer at our promotional events, oversee service literature and also be part of the induction process of new starters.

One of the attendees reported "It was an interesting and informative meeting". Future newsletters will include 'You Said, We Did', showing how our clients have influenced service developments.

Leeds Big Chat is Back!

The aim is to improve health inequalities and wellbeing across Leeds. There will be a decision maker there, such as a local MP and a listener to take notes. They want the decision makers to listen to people on the ground level, so when they write or adapt policies, they know what is going on for the people these policies impact. Look out for Linking Leeds in your area and pop along and have a chat.

What matters to you?

Join us for the annual Big Leeds Chat!

People in health and care want to listen to you, tell us how we can make Leeds the best city for health and wellbeing.

You can come down on the day and take part in a range of optional fun activities

Find out more information and join in online at www.bigleedschat.co.uk

or by clicking on the QR code



"The conversations were very useful and supportive, I was introduced to lots of new organisations that I didn't know about. It made lockdown easier for me."

"My mood has lifted, and I feel so much better I now have the confidence to access various groups and its really helped with my mental health."

"Someone to listen and understand- I haven't had this type of help before"

Follow us on Twitter and we will follow you too!

@LinkingLeeds





Meet Your Wellbeing Coordinators



Janni Lewis is a Wellbeing Coordinator employed by Leeds Irish Health & Homes, covering LS25/26 (Oulton, Rothwell, Swillington, Lofthouse and surrounding areas).

Email – Janni.lewis@nhs.net

Come along and meet Janni Lewis at the Big Chat event at Halliday Court Sheltered Housing Complex, Garforth LS25 1ET, 10.30am-2pm on Monday 4th October 2021.

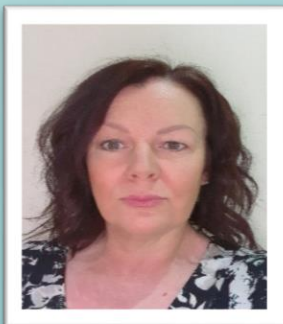


Sarah Bradley is a Wellbeing Coordinator employed by Leeds Mind, working in the LS25 & LS26 (predominantly Rothwell area).

Email – S.bradley7@nhs.net



Come along and meet Sarah Bradley at the Big Chat event at 10am-2pm on Tuesday, 5th October 2021 at Cross Hills Court Sheltered Housing Complex Kippax LS25. Pop by and have a chat with her.



Jo Mackman is a Wellbeing Coordinator employed by Community Leeds, working in the LS25 & LS26 areas.

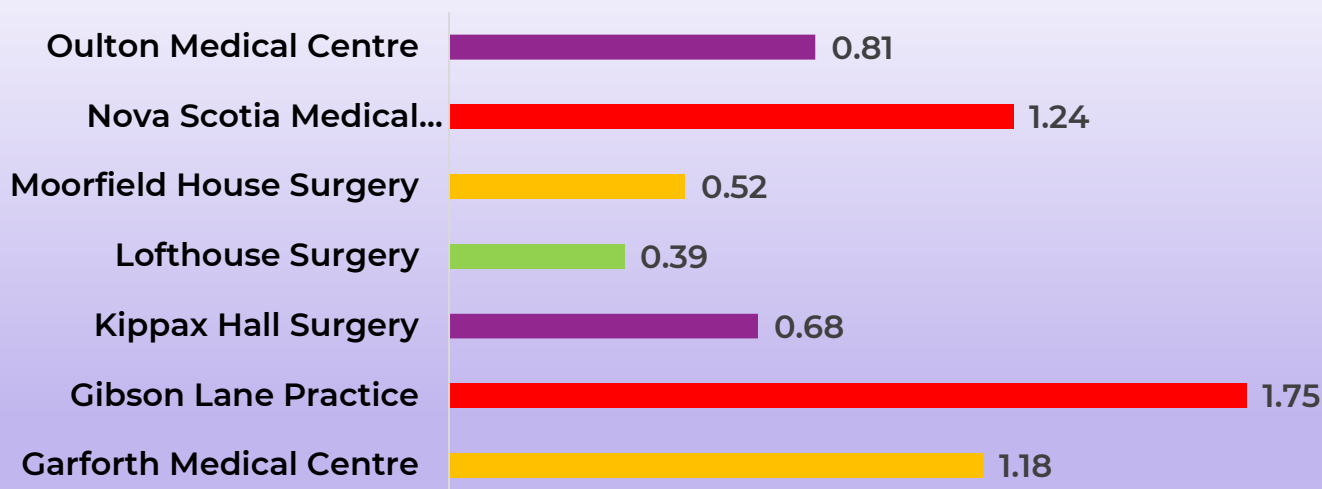
Email – Jo.mackman@nhs.net

Our Wellbeing Coordinators are interested to hear from you if you work for any community or volunteer groups in the district of LS25 & LS26. Please contact directly.

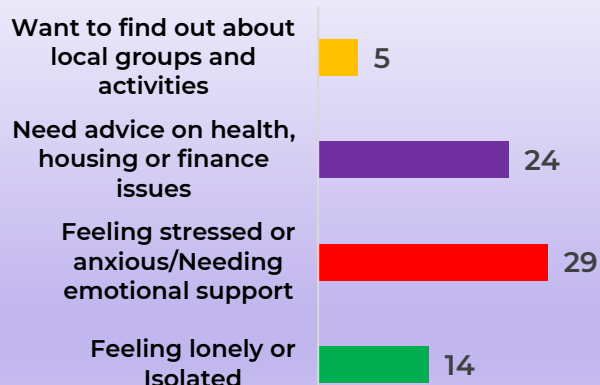


Client Introduction Data – August 2021

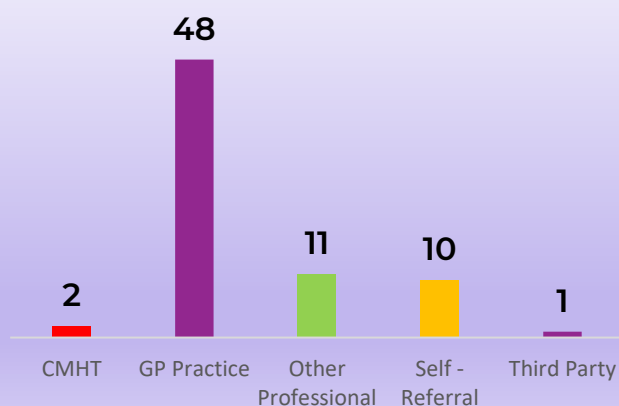
Introductions per 1,000 population



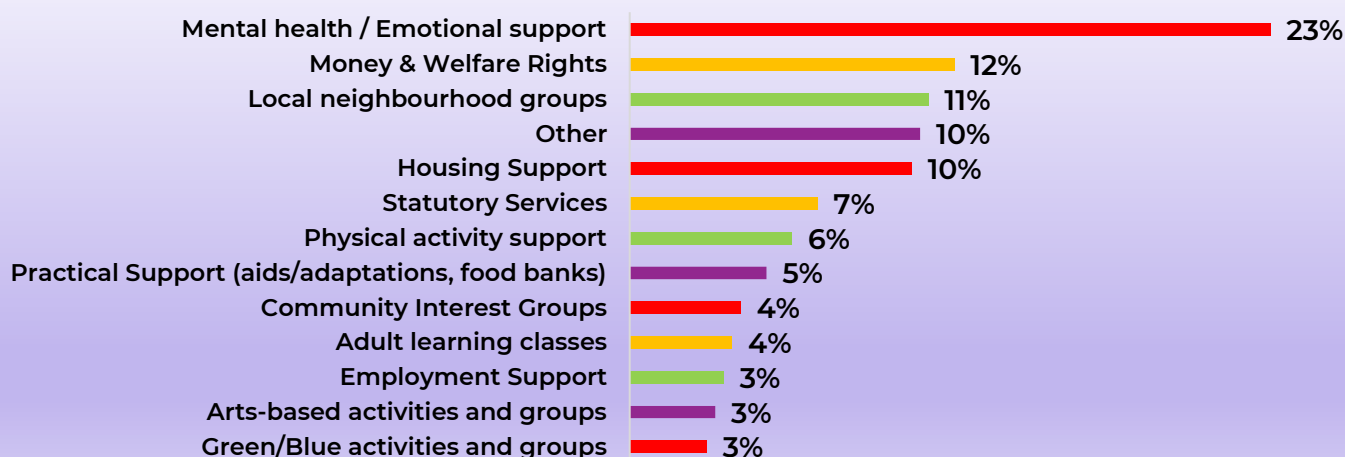
Introduction Reason



Introduction Source



Where were clients signposted to?





Groups & Activities

Fibromyalgia Peer Support Group

Join our weekly peer support group to meet others living with Fibromyalgia.

Sessions held on Zoom every **Friday from 12-1pm.**

We can support you to get online and use zoom - please get in touch.

Please contact Grace for joining information on:
Tel: 07711 189421
grace.feeneey@leeds.gov.uk

Leeds City Council

Starting 8th March

DROP IN AND DRAW MONDAYS 4-5PM

#DropInAndDrawLL

Drop into a friendly art group for all abilities & ages to combat social isolation & draw something new!

PLEASE CONTACT BEN ON
01135 351 555 OR EMAIL
projectdevelopmentteam@leeds.gov.uk

Leeds City Council

ONLINE

LONG TERM HEALTH CONDITIONS Support Group

Wednesdays 4-5pm

Drop in and chat to some of our friendly and welcoming members

Explore ways of managing your condition, with tips and even sometimes a giggle!

Contact the Project Development Team to know more: ProjectDevelopmentTeam@Leeds.gov.uk

Leeds City Council

Funded by Inner South Leeds Ward Members

Single Parent Family Gardening Group

A new after school club for single parent families.

Mondays 3.30-4.30pm

at Dewsbury Road Community Hub Garden

Come along to meet other families and learn more about gardening.

To sign up or find out more, contact Grace
Call or text: 07711 189421
Email: grace.feeneey@leeds.gov.uk

Leeds City Council



What's on: social groups and activities 2021



The Project Development Team work across the city to deliver free groups and activities to improve people's health and wellbeing. Based on what people have asked for, we have set up a range of online groups and activities, and you are invited to come and join us. The aim of each group is to bring people together, make new friends, improve your health and wellbeing and ultimately have fun!

Got an idea for a group you'd like to run or want to be involved with? Let us know!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2pm: Secret Cinema 2-3pm Mutts & Moggies Meet Up	2-3pm Leeds Coffee Catch Up 3-4pm Get Gardening Group	10.30 - 11.30am Respiratory Support Group (for people living in LS25 and LS26) 4-5pm Long Term Health Conditions Support Group	1-1.30pm Chronic Pain Group Exercise class with Active Leeds. 3-3.30pm Chronic Pain Peer Support drop in.	12-1pm Fibromyalgia Peer Support Group 4-5pm Drop in and Draw

To join a group or for more information, please contact ProjectDevelopmentTeam@leeds.gov.uk

Ben Feely	East Leeds and City Wide Projects	Benjamin.Feely@leeds.gov.uk	07891 272150
Grace Feeneey	South Leeds LS10 & LS11	Grace.Feeneey@leeds.gov.uk	07711 189421
Kirsty Jamieson	West Leeds LS12 & LS13	Kirsty.Jamieson@leeds.gov.uk	07566 759576

Long Term Health Conditions Support Group

Join a weekly support group for those living with long term health conditions

Sessions held on Zoom every Wednesday 5pm - 6pm

Please contact Nicole for joining information on:
Tel: 07566 759944
nicole.hardaker@leeds.gov.uk



LEEDS PROJECT DEVELOPMENT TEAM (ONE OF)

Parent Support Group

A safe space where parents can share tips and advice on looking after their babies, and their babies. Get your support and advice from other parents, while learning from others.

WHO CAN JOIN? Mothers, fathers, stepmothers, grandmothers based in West Leeds.

WHEN? Every Thursday 4-5pm

Cost: Absolutely FREE!

Contact Kirsty for joining information:
Kirsty.Jamieson@leeds.gov.uk
07566 759576

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BAT & CHAT

FREE TO JOIN, OVER 18'S ONLY.

TABLE TENNIS @ DEWSBURY ROAD

Starts: Thursday 24th June

Every Thursday | 11.30am - 12.30pm | Dewsbury Road Community Hub 190 Dewsbury Rd LS11 6PF

To do this, please contact Grace Feeneey on 07711 189421 or email Grace.Feeneey@leeds.gov.uk

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Coffee Catch up

Catch up from the comfort of your couch

Join us via zoom from 2-3pm every Tuesday. Share interests and build connections. Contact Kirsty for more details.
Kirsty.Jamieson@leeds.gov.uk
07566 759576

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CALL OUT TO ALL ANIMAL LOVERS

MUTTS & MOGGIES MEET UP

EVERY MONDAY 2.00 - 3.00PM
STARTING 22ND FEBRUARY

This group is designed for all animal's lovers, whether you have a pet or not.

The group will be held online via Zoom to give people the opportunity to show off their pets or to admire other pets. Cats, dogs, fish, lizards, rats, birds or rabbits - We love them all. You don't need to have a pet to join in, just a love of all things furry.

TO FIND OUT MORE INFORMATION, CONTACT RUTH OR GRACE, DETAILS BELOW:

CALL
Ruth 07566 759093
Grace 07711 189421

EMAIL
ProjectDevelopmentTeam@leeds.gov.uk

Leeds City Council

Get Gardening

with Grace

A new online group for people who like gardening. Newbie gardeners are welcome too! Come along to share hints and tips with the group and learn from each other.

Join us EVERY WEDNESDAY at 2 - 3pm online via Zoom

For more information contact Grace on 07711 189421 OR grace.feeneey@leeds.gov.uk

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Linking Leeds



Client Success Story

The client was referred to us by her GP at Nova Scotia; she was experiencing huge amounts of chronic pain as she has O negative inflammatory oligo arthritis. She was also stressed as she had been diagnosed with tinnitus and felt like she was going from one crisis to another. It had severely affected her mental health and she was having suicidal thoughts. She felt she would never act on these, but she needed something to help. She had had counselling in the past and didn't find it helpful. She had been re-referred to IAPT and was waiting for counselling sessions. She didn't have any friends, she only has her husband. She follows a Yoga video online – a specific type of more gentle yoga called “dru yoga” - but can't walk or cycle as she used to do so doesn't really get out. She didn't want to join the chronic pain group as she wanted something that wasn't focusing on her problems.

Interventions

- Wim Hof Method to help dampen down her body's immune response and improve arthritic symptoms and improve mood.
- A physiotherapy team in Castleford – Castleford Physiotherapy.
- A Yoga class at Lock Lane sport's centre – she could either do this one to one or as a group if it wasn't too strenuous for her. The sport's centre also did Tai Chi which we talked about as it is so gentle.
- An art group at Queen's Mill in Castleford – we identified that this used to be something the client really loved doing.

Positive outcomes

- The client's pain levels reduced due to the Wim Hof Method. She felt she had more mobility and that she could cope with mental stress more easily. She found she wasn't getting as upset about things as she used to, and she could visit the GP on her own without her husband needing to be there with her. My client found this method so helpful to her that she signed up for the Wim Hof Fundamentals course.
- The client is making enquiries with the physio, yoga studio and art groups at the moment, but she feels very encouraged that there is somewhere she will be able to go so close to her home that might help her.

Client feedback

The client said the Wellbeing Coordinator has given her the motivation she needs to get up in the morning and that she is really grateful for all the advice and signposting options given to her.

“It's all positive, you helped me-linked me up with services, SCOPE helping me in the future”

“Thank you so much for your help and the follow ups, it's been lovely”

“Everything you sent me was more than enough, thank you”

“You are really kind, checking on me understanding me”

“You have been keeping a check on things, everything is okay, things are progressing”

“It's been a very positive service”