



Delegate Pack

Annual conference

Tuesday 6 October 2026

Big Shed Conferences, 93 Commercial Square,
Leicester LE2 7SR

Re-visit today's presentations:

www.leicspart.nhs.uk/better-mental-health-for-all-conference-2026



Welcome to the network & the purpose of today

The Better Mental Health for All Network (BMH4All) is a partnership between the voluntary sector, the NHS and the local authorities working in mental health across Leicester, Leicestershire and Rutland (LLR).

It came into being after the 2021 mental health consultation, Step Up to Great Mental Health, and now has more than 100 partners.

Our Network is overseen by an elected steering group who work alongside the policy makers and commissioners to ensure the voice and influence of the sector is embedded into the planning and decision making of mental health services.

We have a list of priorities and we work on these with the NHS and the local authorities to bring about the change that our local people need.

Each year we come together at this conference to update on these priorities, check our progress, network and share ideas.

We also invite guest speakers to present and this year we have three engaging topics; how we will change the rates of breast cancer detection for people with serious mental illness, how a FLOW headset has been trialled by LPT and is now transforming how we treat some mental health conditions and how Open Dialogue is bringing family, community and cultural perspectives into care and decision-making.

Better Mental Health for All Steering Group

Agenda

Time	Item
9am	Arrival and registrations
9.30am	Welcome and introductions: Dr Khudeja Amer-Sharif, CEO Shama Women's Centre Tanya Hibbert, Executive Director Mental Health, LPT
9.45am	Overview of the current NHS and mental health landscape, national and local developments and future policy direction and funding context: Justin Hammond, Associate Director of Mental Health & Learning Disability, LPT
10am	Highlights and achievements of the Better Mental Health for All Network: • Introduction of a workforce support programme through Amica: Rachel Hall, Deputy CEO, Falcon Support Services • Introduction of an emotional distress training programme for VCS partners: Helen Carter, CEO, Loughborough Wellbeing Centre Ian Grayling, Committee Chair and Session Volunteer, Joy of Music • New system for reporting to the Urgent Care Hub: Claire Crowley, CEO, Root and Branch Out CIC • Measuring our impact: Rehana Sidat, CEO, Jamila's Legacy
11am	Coffee break
11.30am	Holding recovery together: Keeping relationships and community at the centre of care using Open Dialogue: Dr Lara Harris, Principal Clinical Psychologist, LPT Dr Claire Hemming, Consultant Clinical Psychologist
11.50am	Flow tDCS in Crisis care and Beyond - groundbreaking research at LPT and how this is changing lives: Dr Sherif Abdallah, Lead consultant for Crisis Team, LPT
12.10pm	From Inequality to Equity: Improving breast screening participation for people with serious mental illness Emma Burns, Strategic Lead - Health Protection, Leicestershire County Council
12.25pm	Panel: Q&A
12.40pm	Lunch and networking

Better Mental Health for All

Steering group

Rachel Hall, Deputy CEO, Falcon Support Services

Falcon Support Services delivers supported accommodation, community day centre services, mental health substance misuse recovery interventions to those that are at risk/or experiencing homelessness, socially isolated, struggling with addiction and/or mental health or cost of living.

I am particularly interested in reducing health inequalities amongst those that are often most disengaged from society. I am a strong advocate for the VCS and homeless sector and feel unity of voice and collaboration is crucial to providing the best service for those we support.

VCS Rep for County



Dr. Khudeja Amer-Sharif, CEO, Shama Women's Centre

I have over 30 years' experience in leadership roles in the statutory and community sector; representing the views of communities on a regional and national basis in a range of NHS lay roles. I am passionate about mental health and addressing health inequalities, having pioneered a culturally conductive mental health service as CEO for Shama Women's Centre; exceeding KPIs, improving outcomes in education, employment and health inequalities.

I understand the challenges the VCS sector faces in addressing the growing mental health needs of its local population. I believe in the importance of working in partnership to improve mental health outcomes for LLR, 'no one organisation can do this alone' and am keen to represent the views of the sector to improve equity of access and mental health outcomes for all.

VCS Rep for LLR



Rehana Sidat, CEO, Jamila's Legacy

I am the founder and CEO of Jamila's Legacy CIC, an organisation that supports and educates in mental health wellbeing. I founded Jamila's Legacy in 2015 in memory of Jamila, a young woman who had severe mental health problems who became socially isolated because of the lack of understanding in the community and mental health stigma.

I am a qualified and experienced leader, educator and health and wellbeing professional. I have more than 35 years of experience working in the voluntary sector particularly with minority communities and disadvantaged groups, such as disabled people, family carers, looked-after-children, families affected by abuse and older people often experiencing mental health problems. I am also Co-Founder of Ansaar, a charity for adults with learning disabilities and family carers.

I decided to return to studying to enhance my knowledge and support my work with Jamila's Legacy and graduated from the University of Derby with a BSc (hons) Cognitive Behavioural Therapeutic Approaches. I sit on various boards/groups representing the voice of the VCS and disadvantaged communities including Leicester City Mental Health Partnership Board, Community Public Health Steering Group, LLR Suicide Prevention Refresh Steering Group, LLR Trauma Informed Partnership and The UHL Health Equality Partnership. I am passionate about using my knowledge and skills to highlight and address inequality, inequity, and injustice.

VCS Rep for City



Claire Crowley, CEO, Root and Branch Out CIC

I am a co-founder of Root and Branch Out CIC based in Rutland. We are passionate about working with our local community to ensure environmental sustainability and the flourishing and wellbeing of people!

Our strapline is 'nurturing the community through nature' and we love to respond to challenges in our specific community by using a connection with the land, and a non-judgements acceptance and encouragement of all we work with. To this end, we run Forest schools, a thriving community allotment and four community fridges in Rutland.

VCS Rep for Rutland



Helen Carter, CEO, Loughborough Wellbeing Centre

I am a co-founding member of Loughborough Wellbeing Centre, a local mental health charity formed in 2014. I have overseen the development of the charity, from running the first evening Wellbeing Cafes once a month to now a centre that offers a range of activities for all ages across the week. The charity sees around 1,000 visitors to the centre per month and works with over 30 different local organisations to support the community.

I chair the Charnwood Mental Health Action group and am a member of the weekly Leicester, Leicestershire and Rutland Suicide Audit and Prevention Group. I have been involved since the outset in development of the Better Mental Health For All Network and am one of the VCSE representatives for Leicestershire.

My background is varied with an army career in the Royal Military Police before completing 20 years in the civil services, including the Home Office in London. Through this experience, I set up the Veterans Wellbeing Hub within the charity to ensure that veterans, service leavers and their families receive bespoke support for their mental health needs.

I am passionate about mental health after members of my family have suffered with a range of mental health issues over the years. I am a mental health advocate and strive to ensure that everyone in the community can access mental health support within their local community when the need arises.

VCS Rep for County



Steering group re-elections

Would you like to be nominated?

Election of steering group

Our steering group is an elected body of local senior VCS leaders. Every two years, we hold elections to for partners to vote in representatives to cover the city, the county, Rutland and Leicester, Leicestershire and Rutland combined.

Our next elections will run later this autumn and VAL will once again work with us to run an open process, involving all voluntary sector partners. The new steering will start in April 2027.

The role is remunerated to give a contribution to the time that will be spent preparing and attending various meetings.

If you're interested, please talk to the reps today, email louise.oreilly6@nhs.net or simply apply when the elections open later this autumn.

On the agenda

Holding recovery together: Keeping relationships and community at the centre of care using Open Dialogue.

Dr Claire Hemming is a Consultant Clinical Psychologist and Forensic and Acute Inpatient Psychology Pathway Lead. Dr Lara Harris is a Principal Clinical Psychologist and Team Lead within acute inpatient mental health services. Together, they work closely across areas including staff support, consultation, training, teaching, direct clinical work, and service development. Both are trained Open Dialogue facilitators and co-lead the internal Leicestershire Partnership Trust Open Dialogue supervision space alongside Dr Jon Crossley. Claire and Lara have played a key role in driving service transformation, co-production, developing research and closer partnership working across services and the voluntary sector, supporting the development of more integrated, psychologically informed care for people recovering from a mental health crisis. **Presented by Dr Lara Harris, Principal Clinical Psychologist and Dr Claire Hemming, Consultant Clinical Psychologist**



Flow tDCS in Crisis care and Beyond - groundbreaking research at LPT and how this is changing lives.

This presentation will explore the journey of extending a pilot study of tDCS Flow devices for depression within the Crisis Team into a three-year programme. We will share how the project has expanded to support other teams across the Trust and beyond in adopting tDCS. The session will focus on the real-life experiences of patients who have benefited from the devices, alongside the research, publications, and learning opportunities that have emerged from their use within the team.

Presented by Dr Sherif Abdallah, Lead consultant for Crisis Team, LPT.



From Inequality to Equity: Improving breast screening participation for people with serious mental illness.

To help reduce the gap in breast screening uptake between people living with Serious Mental Illness (SMI) and the general population, we used the Health Equity Audit Tool (HEAT). This helped to systematically identify inequalities, understand barriers and focus on areas of improvements. How can we build on opportunities arising from this work, such as Train the Trainer, and exchange shared learning to strengthen local Making Every Contact Count opportunity to close the gap further? We welcome your ideas on working together to achieve system-wide change and tailored support at every touchpoint for those experiencing the greatest inequalities and how we can provide better equity for all.

Presented by Emma Burns, Strategic Lead - Health Protection, Leicestershire County Council

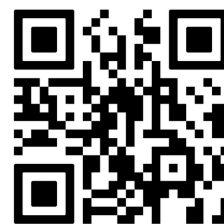


Re-visit today's presentations:

www.leicspart.nhs.uk/better-mental-health-for-all-conference-2026

A year in review

It's been a great year, with a lot taking place across Leicester, Leicestershire and Rutland thanks to the Better Mental Health for All Network. You can watch our 'year in review' video here!



<https://youtu.be/tJ9ij4U7-WE>



Meet the delegates

Today, we welcome a range of delegates from different areas and professions across VCS, NHS and Local Authority.

- **Access All Areas Training CIC***
- **Age UK LeicesterShire and Rutland***
- Amber Mental Health and Wellbeing CIC
- Amicus Trust
- **Bangali GO CIC***
- B-Inspired
- Bright Hope in North West Leicestershire
- British Red Cross
- **CAMHS***
- **Canal and River Trust***
- Carers Count 2 / Making Families Count
- Charnwood CMHT
- Charnwood GP Network
- Citizen's Advice
- City West CMHT
- Coalville CAN
- Communities Food and Wellbeing Hub
- **Dementia UK***
- East Midlands Ambulance Service
- Eyres Monsell Club for Young People
- Enrych
- **Falcon Support Services***
- **Fearon Hall***
- **First Step***
- **Freeva***
- G3 PCN
- **GamCare***
- Harborough District Council
- **Harmless***
- Heads Up
- **Health Watch***
- Helping Hands Community Trust
- Highfields Centre
- Hinckley and Bosworth Borough Council
- Hinckley and Bosworth Medical Alliance
- **Jamila's Legacy***
- Kai Zen Global
- **Local Area Coordinators***
- Leicestershire County Council
- LAMP
- Leicester City Council
- Leicester Community Advice and Law Centre
- Leicester South Food Bank
- **Leicestershire Advice and Support Services CIC***
- **Leicestershire LGBT Centre***
- **Leicestershire Recovery College***
- **Live Cancer Free***
- Living Without Abuse
- LLR Integrated Care Board
- LLR Mind
- Leicestershire Partnership NHS Trust
- Melton and District Money Advice Centre
- **Mental Health Friendly Places***
- Mosaic 1898
- NCHA
- Outspoken Community CIC
- Peepul Centre
- Pepper's - A Safe Space
- Personality Disorders UK
- Quetzal
- Rainbows
- Rural Community Council
- Real Purpose
- Ripple Touch
- Root and Branch Out CIC
- Rutland RISE Team
- **Second Genesis***
- **Shama Women's Centre***
- Simply Heard
- **Somali Development Services***
- South Leicestershire CMHT
- Stroke Association
- **Sue Young Cancer Support***
- **The Curator Educator***
- The Laura Centre
- The People's Buddhi
- **The Rainbow Care Group***
- Trade Sexual Health
- Turning Point
- University Hospitals of Leicester NHS Trust
- **VAL***
- VASL
- **Vita Health Group (NHS Talking Therapies)***
- **Wesley Hall Community Centre***
- **Work Well***
- **Women 4 Change***
- YMCA Leicestershire



*Stall holders at today's event

Getting involved

We welcome all who wish to get involved with our work. If you would like to become part of this, speak to the relevant Neighbourhood Lead for your area.

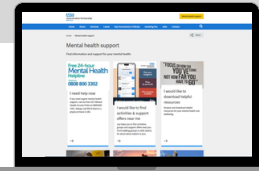
Name	Neighbourhood	Email and Phone
Hannah Williams	Blaby and Lutterworth	Hannah.Williams116@nhs.net 07443 496 173
Sarah Jones	Charnwood	sarah.jones353@nhs.net 07887 218 521
Teresa Spilsbury	Harborough	teresa.spilsbury@nhs.net 07587 672 834
Amie Carroll	Hinckley and Bosworth (role share)	amie.carroll@hinckley-bosworth.gov.uk 07407 825 523
Jodine Legg	Hinckley and Bosworth (role share)	jodine.legg@hinckley-bosworth.gov.uk 07866 812 746
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Rob Snow	Leicester City North	robert.snow1@nhs.net 07717 303 245
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Eliza Deakins	Oadby and Wigston	eliza.deakins2@nhs.net 07887 293 933
Mark Young	Rutland	myoung@rutland.gov.uk 07973 855 567

Helpful Links

Leicestershire Partnership NHS Trust

Information on a wide range of support and services

www.leicspart.nhs.uk/mental-health



Joy

Joy is a website that can connect you to support in your local community. There's a range of different support offers and services on the website - from counselling to walking groups and debt advice, it's about what matters to you.

www.LLRjoy.com



Want your service on Joy? Ask us how!

Neighbourhood Mental Health Cafes

There are Neighbourhood Mental Health Cafes across Leicester, Leicestershire and Rutland. They provide support for anyone who needs help with their mental health - no appointment needed. They also work with families, friends, advocates or carers who may be worried about a loved one and need support.

www.bit.ly/LLRNMHCs



If you need urgent help

If you or someone you care about, need urgent advice or support for your mental health, help is available over the phone. **Call NHS 111, mental health option.** This number is open **24 hours a day, seven days a week, free of charge and in confidence.**

Please note, this service can be busy at certain times and you may have to wait for your call to be answered.

You can also **text 0748 063 5199** and we will aim to get back to you within four hours.



Dates for your diary

Bridging Barriers with Men webinar

Your three-step strategy for making conversations with men more inclusive, engaging and effective.

To mark World Mental Health Day in October, Leicestershire Partnership NHS Trust, together with the Mental Health Friendly Places team, is hosting an online evening special with coach TEDx speaker, and category best-selling author, Ryan Parke.

Thursday 8 October 2026, 7pm - 8.30pm

This free webinar is available for anyone working in Leicester, Leicestershire or Rutland with a remit or interest in knowing more about how we support men and their mental health.

Book your place below:

www.bit.ly/MensWebinarLLR



Together for Men conference

The Mental Health Friendly Places/Clubs/Businesses team are pleased to invite you to their Together for Men conference, taking place on Thursday 19 November at Leicestershire County Cricket Ground.

Professional conference: 12 noon - 4pm

Join us for an afternoon bringing together professionals and organisations supporting men across LLR.

The event will include:

- Guest speakers sharing insight and experience
- Networking opportunities with local professionals and organisations
- Stalls showcasing support available for men
- An opportunity to discover the services, resources and support available locally

Book below to attend the professionals conference.

Open to the public: 5pm - 8pm

Looking for support for yourself, a family member or friend?

Come along to our Men's Marketplace and discover the range of support available for men across LLR. With a range of local organisations and services in one place, you'll have the opportunity to:

- Find out what support is available locally
- Meet organisations and community services
- Discover where to go for help and support
- Ask questions and make connections

No matter what you're looking for, come along and see what's available. Everyone is welcome!

<https://bit.ly/4AFMVBH>



Support for our workforce

Feedback from the VCS Steering Group and partners within the Better Mental Health for All network has been that staff working in the sector are feeling pressure, and that doesn't always stop at the end of the working day' which is affecting their psychological wellbeing and wellness at work.

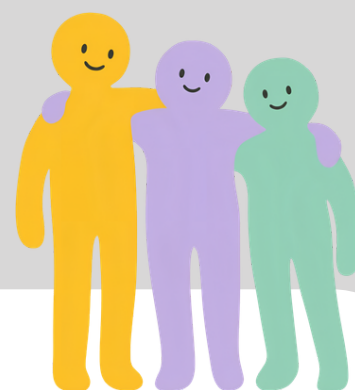
We produced a new framework to guide managers and staff on how to stay well at work and what to look out for when people start to struggle.

You can find the framework and other support below:

www.bit.ly/WorkforceSupportLLR



Dates for your diary: Workforce wellbeing sessions



Emotional Resilience Training for staff

22 October, 9.30am-11am

Book here:

www.eventbrite.com/e/emotional-resilience-training-session-for-staff-tickets-1994152292187

When the Work Stays With you: Understanding Vicarious Trauma training for staff

12 November, 9.30am – 11am

Book here:

www.eventbrite.com/e/when-the-work-stays-with-you-understanding-vicarious-trauma-for-staff-tickets-1994152409538

Anxiety Management for managers

25 November, 2.30pm-4pm

Book here:

www.eventbrite.com/e/anxiety-management-session-for-managers-tickets-1994152543940

Emotional Resilience Training for staff

3 December, 9.30am - 11am

Book here:

www.eventbrite.com/e/emotional-resilience-training-staff-tickets-2002939892135

Emotional Resilience Training for managers

15 December, 1pm - 2.30pm

Book here:

www.eventbrite.com/e/copy-of-emotional-resilience-training-manager-tickets-2002940120819

Your thoughts

We'd love to hear what you thought about the event.

Thank you to everyone who has already shared their feedback and highlights. If you haven't yet completed the feedback form, there's still time.

Your thoughts and ideas will help us make future events even better.

<https://bit.ly/BMHfeedback>



Event Feedback



Better Mental Health for All

Terms of reference

Background

The public consultation into mental health in 2021, Step up to Great Mental Health, saw voluntary sector partners and the local authorities working with the NHS to consult their communities about mental health and how we could improve services.

After the consultation, many partners wanted to stay involved to have an influence on the ongoing transformation work. We became the 'Better Mental Health for All Partnership Network' and officially launched in September 2022. This network provides a dedicated forum for VCS organisations to work more closely with each other and with representatives from health and local authorities to shape the mental health provision across Leicester, Leicestershire and Rutland (LLR).

Membership of the network now stands at more than 100 partners - all with an ongoing interest in shaping better mental health services for the people and communities they serve.

These terms of reference were created in the Autumn of 2023 to give clarity on shared purpose, principles and priorities.

1. Purpose

- To bring the expertise of the voluntary sector into the transformation of mental health services across LLR, bringing in the voice of people with lived experience and local communities.
- To be a driving force for change, making a demonstrable impact to the mental health and wellbeing of people across LLR.
- To better evidence the impact of the voluntary sector.
- To create a place for mental health and wellbeing topics across LLR to be discussed and shared, with members bringing their own expertise and national good practice to the rest of the Network.
- Develop priority areas for action, with all partners having an equal voice and opportunity to make decisions so that priorities are focused on what our local communities need.
- Feed its priorities and actions into the Better Mental Health for All Collaborative's planning.

2. Principles

- The network is open to all partners across LLR with an interest in improving mental health and wellbeing for all, with the voluntary sector taking the lead role
- The group ethos is to ensure equality, transparency, fairness and equity in all activities and communications

3. Members

The membership is open and is primarily made up of voluntary sector partners in Leicester, Leicestershire and Rutland with an interest in promoting and improving mental health and wellbeing, in addition to partners from health and the local authorities.

Existing membership includes voluntary sector partners from the following organisations:

- VCS partners that worked on the 2021 public consultation.
- Neighbourhood Mental Health Cafes.
- Getting Help in Neighbourhoods grant holders.
- Organisations with a remit or interest in mental health and wellbeing.

Statutory partners currently include:

- Leicestershire Partnership NHS Trust
- Leicester, Leicestershire and Rutland Integrated Care Board
- Leicestershire County Council
- Leicester City Council
- Rutland County Council

4. Role of the members

- Attend the Better Mental Health for All Network meetings to represent their organisation and to provide regular updates and insight to other members on any progress made to achieve group objectives. These are held every two months online and there is a conference each autumn.
- Represent the views of the Network in their wider work or in their own communities so that we can share agreed messages with all our stakeholders.
- Work with Network members to develop priorities and ideas so that we can better meet need and strengthen each partner's work.
- Help to identify gaps in provision in local neighbourhoods to which will help inform commissioning and local development.
- Share and encourage the development of training, learning, good practice, knowledge and skills across the Network.

5. Governance

A small committee of members will help to steer the Network and agree the agendas for meetings with the membership.

They will form a Steering Group which will be voluntary sector led, made of up members from the sector and the NHS and will meet outside of Network meetings to plan agendas.

Members of the Steering Group will be linked to the mental health partnership boards in Leicester, Leicestershire, Rutland and the LLR combined Collaborative Board. Members can nominate themselves and there will be no more than two representatives per area, eight in total and they will be voted in by VCS members.

The NHS will support the administration of the Steering Group.

Voluntary sector members of the Steering Group commit their time to planning and attending meetings as part of the role.

6. Communications

The Network meets approximately every two months online, in addition to an annual conference. Members will communicate in a variety of ways, including:

- TEAMS meetings
- NHS Futures website – our own dedicated site
- Face to face meetings
- Emails