WELCOME TO

Lancashire Mental Health Partnership

ZINE

OCTOBER EDITION

2026

A huge thankyou to everyone who has got involved so far, and everyone who continues to work with us to create new pathways towards positive outcomes, everyone's voices matter!

We hope you enjoy it!

STRONGER TOGETHER

Huge shoutouts to the professional bodies actively supporting LMHP and to everyone who has contributed so far; especially the people with lived exeperience, whose passionate voices will continue to shape how the LMHP develops.



Every contribution is a voice shared and knowledge spread to accomplish a bigger picture for the people of Lancashire.



PUTTING THE PIECES TOGETHER.



Based on continued feedback...

... This issue contains a range of subjects including updates from continuing conversations and partnership work in our LMHP Sub-Groups, Wellbeing tips, and notes from LMHP meetings.

To find out more or to get involved, please get in touch:

Tel: 01924 454875

OR

Email: mh.lancs@cloverleaf-advocacy.co.uk



Lancashire Mental Health Partnership

New voices and input are always welcome. We are always encouraging new connections.





Meeting Minutes

LMHP meeting held at Haslingden library on 29/9/26.



Attendees-
Sean- Engagement Worker and Co-chair, Gemma- Peer Advocate, Jenny- Peer Advocate, Jamie- Service manager, Shabir and Jackie- IPS, Kat, Mary Jane, Laura, Kyle, Hannah, Harvey, Karl and Vix- An Inclusive Future, Neil- N Compass, Philip and Russel- People First, Tim, Liz- Newground, Fred- ADHD NW, Rebecca- Inspire, Kathryn- LVP, Steve- Streetlife, Zac- The Wise Group, Hannah- Carers Count, Bob- UCLAN, Lynn- DWP, Abbie- FOBNL.

Apologies-

Sue- Healthwatch Lancashire, Katy- CAP, Beccy and Catherine- Maundy Relief, Rebecca- Edgehill, Linzi- Counselling In The Community, Lee- Talking Therapies, Rhys- Deafway, Andy- Shelter, Mandy- Newground, Kellie and Abbie- Haslingden Community Link, Jack- Spectrum Inclusion.



DWTWB-

Kellie- Haslingden Community Link- Barriers to accessing support via social prescribing were shared, including the “3 strike” rule, where people are given 3 reminders before they are removed from the waiting list, often within 72 hours. This is a barrier because MH can cause stress and overwhelm; these people do want support but they are vulnerable and may need more time and understanding of their circumstances without the added pressure of 72 hours.

An additional barrier that has been brought to the social prescribing team is that some people are having referrals from GP’s, being on a long waiting list and then being told that the organisation can’t help them, with no further referral onward so that people feel they are back to square one.

“what do i do now?”

Samara- Councillor- People that are experiencing MH issues are overwhelmed with support options, and find it difficult and intimidating to know which route to choose. Many people are waiting until they reach crisis point to reach out for help, meaning that GP emergency call outs in the area are mostly MH related. There is a strong need for more crisis intervention.

Erin- Blue Flamingo Café- People with dementia need more clear and simple signposting, as evidenced by Blue Flamingo's latest member survey. The survey also suggests that support is best given by people that have been through something similar and have lived experience.

Preston City Council- There is the ask for people to let them know what their DWTWB is in terms of physical movement, e.g. walking groups, running, gym memberships. They are looking to use this information to increase the range of support available in Preston.

Employment and study-

Neil- N-Compass- Training courses for professionals to help them have difficult conversations around MH. The power of using lived experience and knowledge to support other people, and understand the true implications of poor MH.

Aaron- The King's Trust- Feedback from participants of the latest 4 week Explore course, a personal development programme for young adults. Participants mostly needed support with confidence. And when asked what helped them the most throughout the duration of the course, the answers were about staff genuinely listening to what they had to say, feeling like they were understood and were treated like a real, individual person rather than a statistic. This feedback shows the power of knowing that someone believes in us, as that in itself can boost self-esteem enough to be able to take that next step on the wellbeing journey.

Housing-

An invitation for anyone that has anything to add to the conversation around social housing and the best way to create communities, following discussions at our previous meeting. Also some information shared about our links to housing commissioners and the feedback they are looking for.



Creative slot-





Kat- AIF- Creating a tool to support people who don't have the confidence to share their feelings of overwhelm. A double sided metal card that people can carry with them and use to help them communicate, so that they don't need to say the words out loud.

Financial wellbeing-

A discussion of several funding opportunities, with more to come at the next meeting in Burnley. Also, concerns were raised around cuts to council budgets and how this will impact on adult social care.

Emilie- Roamer Rents- A new group aiming to minimise the financial burden on people improving MH through getting into nature by setting up a low cost loan service for outdoor gear. Flexible and open to forming connections based on needs within existing walking groups etc.

Self-advocacy packs-

Preston Community Network- A brief overview on behalf of PCN.

Men's Health- a new group which has been set up in response to a need identified in the area and run by a person with recent lived experience. An invitation for anyone who has set up their own CIC to share their knowledge and resources about how to get the most out of the new group.





Fred- An update on the Patient Experience Partner project, which is aiming to help people with lived experience get involved in co-production within the NHS, with new involvement from LCC. An invitation for anyone interested in getting involved to reach out. There was also a discussion around how a similar model works in Bolton.





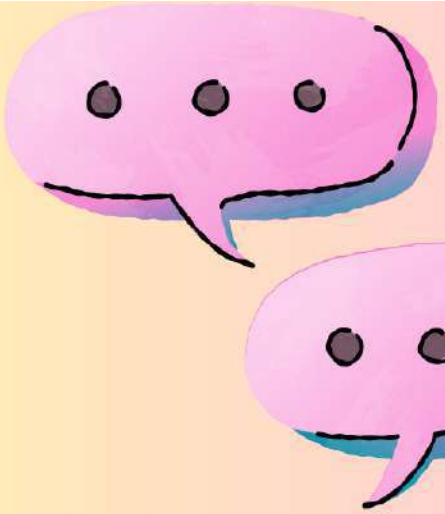
Lancashire County Council- Information was shared in regards to the new LCC co-production board and LMHP's role in this, as well as how partners can get involved to have their say in adult social care across Lancashire.





Local groups and services awareness-

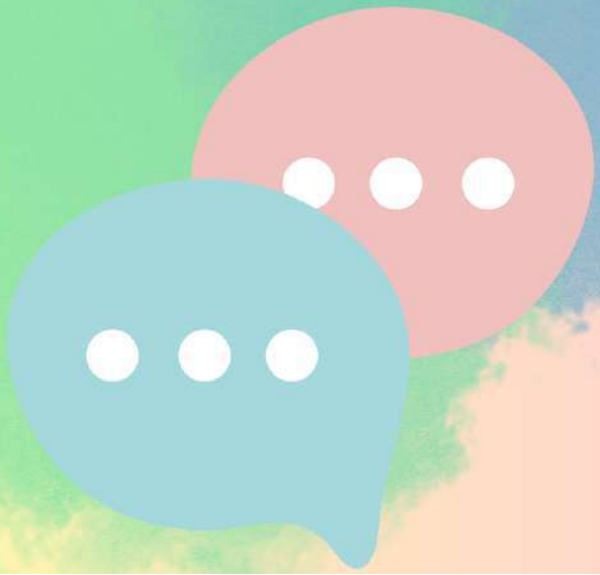
Zac- The Wise Group- Home Energy Advice Team (HEAT) webinar on 6/10.







"The meeting was a great opportunity to link up with other services - I've touched base with 4 other attendees since." - Streetlife







"It feels like people that are suffering are being passed from pillar to post before they receive the right support."

REMINDER

The Next LMHP Partnership Meeting

Burnley Library

2.00pm -3.30pm

25th of November 2026

COMMUNITY INTEREST COMPANY

Lancashire County Council

you



Discuss
Connect
Network

IN CASE YOU MISSED IT...

- ☐ INFORMATION FOR THE COMMUNITY AND YOU!
- ☐ OUTCOMES FROM SUB GROUP DISCUSSIONS.





Get involved

Have your say.

Help make a difference.

You can get involved remote or in person!

Or by talking to a peer advocate who can share on your behalf.

If you're wanting to attend, please let us know.

Limited places available.



Lancashire Mental Health Partnership

mh.lancs@cloverleaf-advocacy.co.uk

DIFFERENT WAYS TO WELL-BEING UPDATES

- One new Partner told us that she's had feedback that "boring" mental health interventions aren't always having a positive impact because they're not engaging attendees. She has found that changing her approach to make groups more fun, engaging and informal has significantly improved their effectiveness.

- Two separate conversations with Peer Advocates have highlighted how the way that MH interventions are marketed drastically affects attendance. It's been said that some men are less likely to attend a group labelled as mental health support, and in 1 specific example a "strengthening workshop" attracted a much larger attendance than the same activity being called a "mindfulness workshop".

- We continue to hear that people seeking support are "being passed from pillar to post".

- We have had feedback that some MH support services won't accept a referral if the individual has complex needs, or a neurodiverse diagnosis. We will explore this further.

- We are hearing that more menopause support is needed across the county.

- David, at Burnley library has fed back, giving special thanks to 0282 CIC's contributions to date re workshops and events. David has informed us that the events he and has team have organised in the newly funded music space have been a big hit with the local community, which is great to hear. They are happy to hear from anyone that is interested to learn more- contact details can be found on the LCC website.

ARE YOU LOOKING FOR A SPACE TO RENT TOO?

CITC

Room hire is now available at Waterloo Road hub

Discounts available for full-day or block bookings

Meeting rooms from £18 ph
Counselling rooms £10 ph
Clinical room £12 ph



Fast, secure WiFi

Refreshments included.

No deposit, no contract. Cash and card accepted.

Online booking, on your terms.

Safe, professional space.





Great to hear, after a long closure; that the Waterloo Counselling in the Community is now back open!

Room hire at also avalailable at Cleveleys hub

linzi@citc.team

08081963483



Advocate Gem has attended PV 4 U for Park Yoga and their Pv 4 U Run Group. Park V 4 U have many brilliant activities throughout the seasons and here's a new one...

Different ways To WELL-BEING



EVERY TUESDAY

FIRST LOCATION:
Park View Pod
Tuesdays
10:30 - 11:15am
FREE for over 55s

YOUR V GYM
in the community

FREE 55+ Fitness & Wellness Classes

Join our welcoming community sessions designed to support:

- Movement & mobility
- Wellbeing & healthy living
- Social connection & confidence
- Staying active at your own pace

Inclusive, friendly classes for all abilities. Everyone is welcome.

Move more
Feel better
Connect with others

SELF ADVOCACY PACKS UPDATES

- We've had several discussions over the past few months about crisis support. Some people have said that consistent prevention works better than waiting until crisis to access support, suggesting that everyone could potentially benefit from actively take preventative measures to support their mental health.
- Several partners are successfully staying connected to participants by utilising online spaces; whether that be through Facebook pages, WhatsApp groups or Instagram stories.
- A social prescriber stated that the people working in mental health occasionally become desensitised to just how vulnerable some people feel when reaching out for help, and need to remember the strength it takes for some people to admit that they need support.
- We continue to hear that 16-18 year old's find themselves in a "grey area" where receiving support appears to become much more complicated. Some partners are calling for more support options to bridge the gap between childhood and adulthood.
- Big shout to Denise at Connectiverse re the latest collaboration with Wyre Council to support males in the area. More info can be found within the zine.

Self Advocacy

Edge Hill University

Funded by NIHR | National Institute for Health and Care Research

The CASY Study

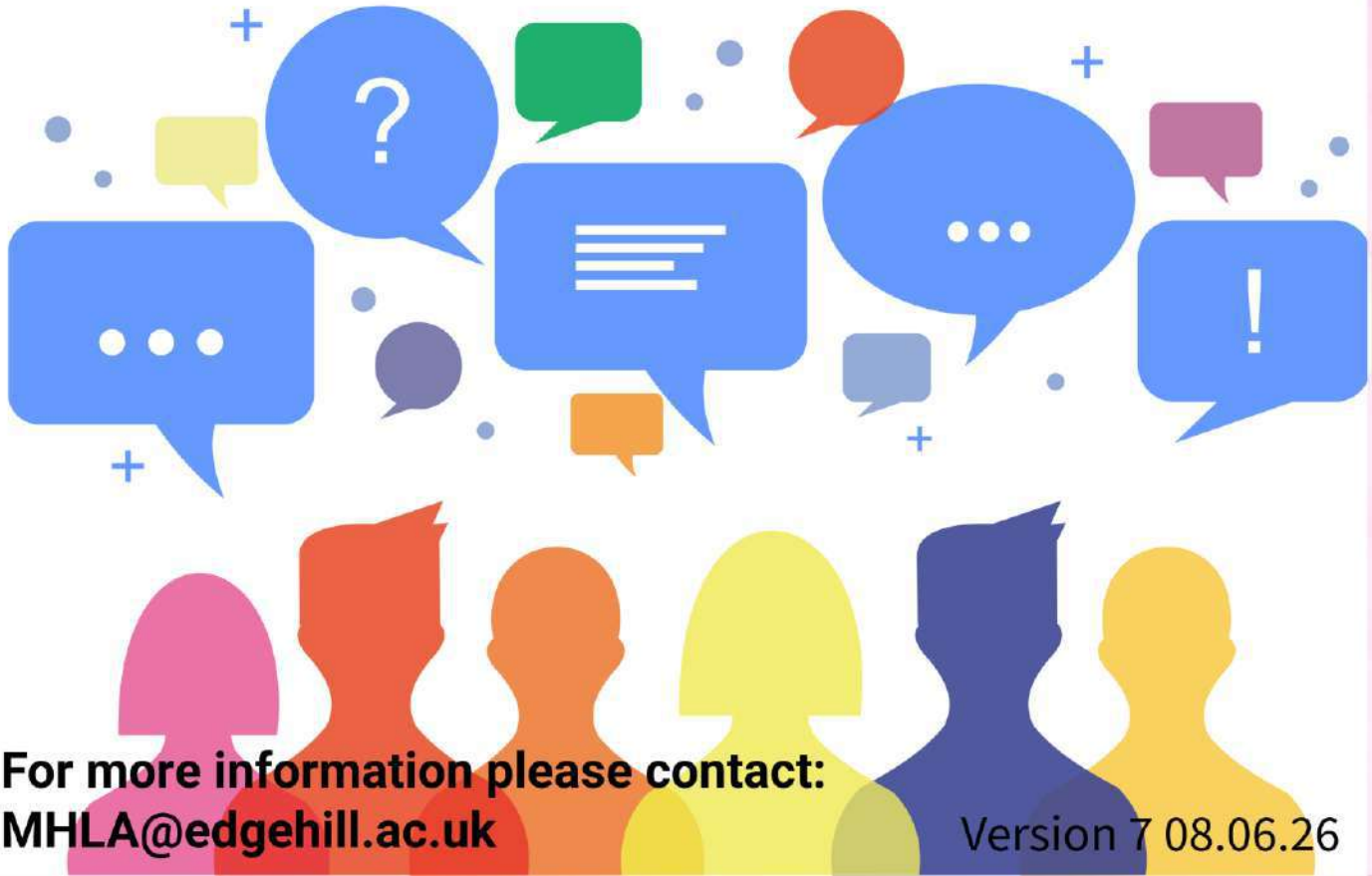
Community Asset Survey for Young People

Are you the parent or guardian of a child aged between 8 and 15 years? Then we need to hear from you!

What helps your child feel happy, supported, and stay well in your community? Share what works for your child so we can improve support for everyone.

If you and your child live in the North West of England just scan the QR code or click the link before the 30th December 2026 to take the quick anonymous survey.

https://tinyurl.com/2fc6jujr



For more information please contact:
MHLA@edgehill.ac.uk

Version 7 08.06.26

Self Advocacy

Edge Hill University

Version 7 08.06.26

Funded by NIHR | National Institute for Health and Care Research

The CASY Study

Community Asset Survey for Young People

What matters to you?

We want to understand what young people aged 16-24 access in the North West of England to support their physical and mental health. This could be things like like parks, youth clubs, sports groups, and mental health services.

Use the QR code or click the link to complete our short survey before the 30th of December 2026 and have your say!

https://tinyurl.com/2vmxsr7m



For more information please contact:
MHLA@edgehill.ac.uk

Self-Advocacy Contribution

LMHP partner Denise Would like to share with us all:

"We are delighted to announce the launch of the Wyre Boys 2 Men Project and invite you to be part of shaping this important conversation across Wyre.

Brought to you by Connectiverse, with thanks to Wyre Council's Community Cohesion Fund, established by Wyre Council and administered by Community First Blackpool, Wyre and Fylde, this exciting initiative will bring together people, organisations and communities to explore the journey from boyhood to manhood across Wyre.

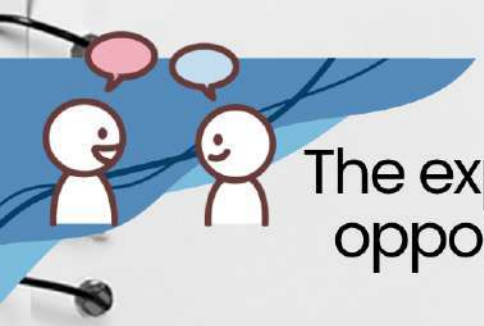
The project aims to capture local experiences, celebrate positive role models and existing community strengths, explore challenges and opportunities, and inform an upcoming publication and podcast series that reflects the voices and experiences of local communities.

Across our communities, conversations around identity, purpose, belonging, mental health and wellbeing, online influences, aspirations and changing perceptions of masculinity are increasingly important. At the same time, valuable work is already taking place across Wyre through dedicated individuals, services, community groups and organisations.

We want to connect this existing knowledge, experience and good practice, bringing people together to share perspectives, identify gaps and help shape the project through co-design and collaboration.

Wyre Boys 2 Men – Engagement Event
Date: Friday 6 November 2026
Time: 1.00pm–3.00pm
Venue: Thornton Cleveleys Football Club
Spaces are limited, so we encourage you to secure your place early.
To book your place:
https://www.tickettailor.com/events/connectiverse/2474635

Tickets are free of charge, but booking is required. This first engagement event will provide an opportunity to find out more about the project, share insights and help shape its direction from the outset. It is the beginning of a wider conversation, with further opportunities to become directly involved as the project develops, including contributing to the themes, stories and voices featured in the publication and podcast series. We welcome people who live in, work in or serve communities across Wyre, including colleagues from public services, health, education, businesses, the VCSE sector, youth provision, sport and community organisations, as well as those bringing lived experience.



Together, we will explore:
The experiences, challenges, aspirations and opportunities facing boys and men across Wyre.

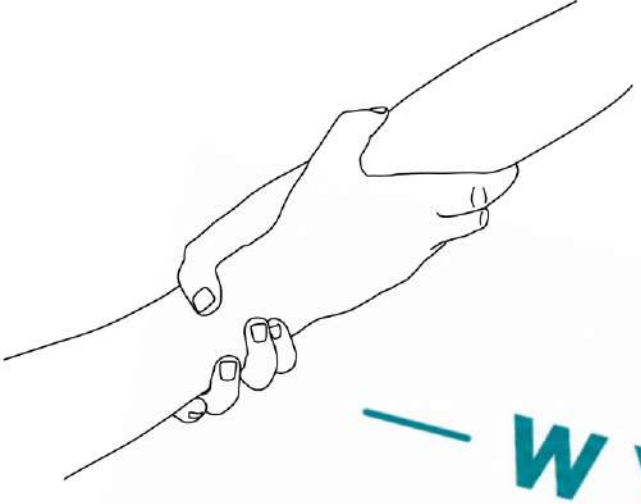
- Positive identities, role models and existing community strengths.
- Current support, services and opportunities for greater collaboration.
- Underrepresented voices and perspectives that deserve to be heard.
- Key themes, stories and potential contributors for the publication and podcast series.

No single organisation or individual holds all the answers. The value of this work lies in bringing different experiences and perspectives together to build a richer understanding of the lives of boys and men in our communities.

Please feel free to share this invitation with colleagues, partner organisations and other contacts who may wish to contribute. The event will also be promoted through Connectiverse's website and social media channels.

If you have any questions or would like further information about the project, please contact hello@connectiverse.co.uk.

We hope you will join us in shaping this conversation and helping ensure that the Boys 2 Men Project reflects the experiences, strengths and aspirations of communities across Wyre."





— WYRE —

BOYS 2 MEN

REAL CONVERSATIONS / STRONGER COMMUNITIES / BRIGHTER FUTURES

A Project By

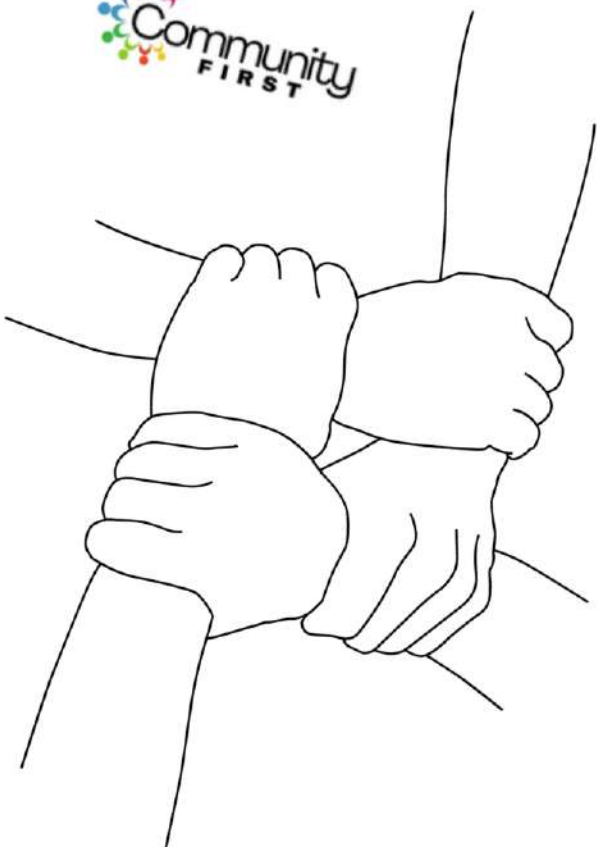
connectiverse

With Thanks to Wyre Council
Communiy Cohesion Funding

wyre council

Community FIRST





Financial Wellbeing Updates

Peer Advocate Jenny had a conversation about how commissioners could have more of an understanding that short term projects sometimes don't give participants time to get comfortable, open up and benefit from attending. This suggests that there is the need for long term projects to receive funding, in addition to short term projects.

Some have mentioned how the nature of applying for funding is changing and not all applicants feeling comfortable with AI being available, as people are using it to structure their funding applications. Some worry that the true message of what they're applying for is being lost.

We not long mentioned about helping with funding via WhatsApp group option, however some feel that funding is becoming more of a closed off subject; with there only being so many pots to apply for, people are less likely to share information regarding help around this subject.

LMHP partner Mark Trent will be remotely attending our next meeting in Burnley Library to share an update of what's available re funding, for the people in Wyre and surrounding areas.

One LMHP partner mentioned how isolation, whether that be where someone lives or what needs an individual has, can keep creating issues around financial accessibility to what service or group can be attended.

wise group

Financial Wellbeing

HELPING HOUSEHOLDS STAY WARM THIS WINTER

- Free, personalised support forpeople struggling with energybills
- With energy costs putting pressure on household budgets, many people are facing difficult choices between heating their homes and paying for other essentials. Knowing where to turn for help isn't always easy.
- The Wise Group's HEAT service provides free, one-to-one support to households across the UK who are struggling with energy bills or experiencing, or at risk of, an energy crisis.
- Our experienced mentors work with individuals to understand their circumstances, identify available support and find practical ways to manage their energy costs.

HOW CAN HEAT HELP?

- Fuelvouchersand crisis support: Help accessing fuel vouchers and other available financial assistance.
- Grants and funding: Guidance on grants and support schemes that may be available.
- Energy supplier support: Help understanding bills, managing energy debt and communicating with suppliers.
- Energy advice: Practical guidance on managing energy use and keeping homes warm.
- Ongoing support: Follow-up and referrals to other services where appropriate.

WHO COULD BENEFIT?

- HEAT may be able to support people who are struggling to pay their bills, finding it difficult to top up a prepayment meter, falling behind on payments or having to choose between heating and other essentials.
- People don't need to wait until they're in crisis to seek help. Early support can help them understand their options and take steps towards a more manageable situation.

COULD SOMEONE YOU WORK WITH BENEFIT FROM HEAT?

- Frontline organisationsareoften well placedto identify people experiencing financial difficulties. Conversations about housing, food, debt or general wellbeing can reveal that energy costs are also a concern.

wise group

Financial Wellbeing

- By signposting people to HEAT, you can help them access specialist support without needing to be an energy expert yourself.

We welcome referrals from organisations supporting people who may be struggling with their energy costs, including charities, community groups, housing providers and advice services.

MAKING A REFERRAL

1. Identify someone who may need support. Look out for signs that energy bills are affecting their finances or wellbeing.
2. Tell them about HEAT. Explain that free, personalised support may be available.
3. Make a referral. Complete the referral form with the individual's knowledge and any necessary consent.
4. Let our mentors help. The HEAT team will work with the household to explore its circumstances and identify appropriate next steps.

HELP US SPREAD THE WORD

Sharing information about HEAT with colleagues, volunteers and the people you support can help more households access assistance when they need it.

Whether you work in housing, community support, advice services or another frontline role, HEAT can be an additional resource when energy costs are affecting the people you work with.

COULD HEAT HELP SOMEONE YOU SUPPORT?

Find out more or make a referral:

- Referral form: https://portal.thewisegroup.co.uk/heat-referral/
- Website: https://www.thewisegroup.co.uk/
- Contact: zac_dennis@thewisegroup.co.uk

EMPLOYMENT AND STUDY UPDATES







* As more projects rise due to mental health awareness, people are wondering if there is any support for employees or volunteers with burnout? This could also be placing a higher demand on other people involved in running projects. We welcome any feedback on this.

* Some lived experience LMHP partners feel they have to do more than their specific role and feel that there's a lot of deadlines to meet.

* Voices of lived experience people have mentioned they would like experience or training on how to try or do the jobs of people that support them. We are happy to hear from anyone that provides/ knows related opportunities.

* Some recent conversations have raised questions about whether there are barriers to sustained employment in relation to individual mental health needs. It has been said that some employers need to understand employee mental health struggles on a larger spectrum.

* Some people still feel there are not enough members within certain roles to keep prosperous, non repeated outcomes.

* Once someone has gained employment and leaves a support service, is there enough ongoing support in place to help them maintain their job, manage long term challenges and build long term stability, or are they left to navigate this alone?

* Flexible working opportunities may become a more asked for process, considering individual needs and circumstances where possible. This also goes for anyone applying for help.

EMPLOYMENT AND STUDY

FULLY FUNDED
Mental Wellbeing Training



Hi, I'm Neil the Wellbeing Trainer for N-Compass! 'Connect 5' is an educational input designed to improve con dence in engaging in conversations about mental wellbeing.

All courses are FULLY FUNDED, so at no cost to residents and workers in Lancashire and South Cumbria. There is no pressure on anybody to do role-plays or share anything and I aim to make all sessions engaging, useful and enjoyable.

Connect 5 - Complete

FACE-TO-FACE

Exclusivesessionfor yourteam at your location on your preferred date

9:30am - 3:30pm

6-30 attendees

ONLINE

Third Wednesday of each month

via Microsoft Teams

9:30am - 3:30pm

4-8 attendees

Please get in touch with Neil to book or to discuss options

Email: **neil.sladen@n-compass.org.uk** | Text/call: **07734 872529**

> **"Really enjoyed the day. Refreshing in approach and looked at wellbeing in a completely d i erent way. I learnt a lot!! Thank you!"**
>
> - HMP sta member

> **"I am a GP so naturally I am reasonably well versed with consulting about mental health. However, the course was excellent! The speaker was inspiring and engaging. Many thanks!"**
>
> – GP

n|compass towards a brighter future

Connect 5

NHS Lancashire and South Cumbria Integrated Care Board

I got a lot out of the course yesterday. The information was presented clearly and I feel more equipped to look after my own and other peoples wellbeing.
Carers Support Officer.

98%
SATISFACTION WITH COURSE DELIVERY & CONTENT

Fantastic session. Didn't feel like a typical training session. Interactive, well designed. Trainer was excellent.
Practice Manager GP Surgery.

94%
IMPROVED AWARENESS OF MENTAL WELLBEING

50
TRAINING SESSIONS DELIVERED

410
INDIVIDUALS RECEIVED TRAINING

93%
IMPROVED SKILLS & CONFIDENCE TO DISCUSS MENTAL WELLBEING

An absolute pleasure to be involved. Superb and impacting delivery, helping all involved to connect and self-reflect.
Social Prescriber.



The course was very informative and helpful in increasing my understanding of how to discuss mental wellbeing issues
T-Level placement student.

Neil was brilliant. Useful discussions, interactive session. Very helpful for my role as a GP, but also in maintaining my own wellbeing.
GP.



HOUSING UPDATES



As always, thanks to people for having their say:



"Are people only being considered a priority when reaching crisis point?"

Landlords keeping the model of 'periodic tenancies' continues to create difficulties around people being able to plan for the future. What are the alternatives?

Various people shared frustrations a round repeatedly needing to explain their circumstances to different services or re iterating the same information at different parts of the journey, leaving confusion and uncertainty as to how much progress is being made.



Some are feeling rushed into making less than optimal decisions due to the higher demand in people also needing a home.
"I feel I may never be able to move out due to the rise in renting costs and prices in general."

" To consider how being unable to see a route of independent living can affect motivation and self esteem." (There was a previous self-advocacy pack contributed that may help with relating, and we will invite those with similar views and experiences to share to collaborate on additional resources if they wish.)

The Cloverleaf team involved with LMHP promise to continue sharing your views with LCC and as mentioned in the previous LMHP meeting, the newly formed co-production board. And if any partners can help fill in some of the gaps re the above, we would be most grateful.

-In answer to some of our lived-experience partners requests for further information of "what's out there" in the form of housing for those with a mental health support need; there will be an update at our next meeting. We have also committed to sharing in each coming zine about a service support offering known to us. Please let us know if you can expand our awareness.





HOUSING CONTRIBUTION



Further to the partner request re "what's out there?" mentioned on the housing update page, feel free to see below as to if this could be what you're after.

"Lancashire Mind offers Tenancy Support in a supported housing setting to those with low to moderate mental health needs. Please note that, to be suitable for such accommodation, all applicants must meet the following requirements:

- Low level mental health must be evidenced through medication AND letter from an appropriate health care professional or Probation service.
- Moderate mental health must be evidenced through a Care Plan under the Community Health Team, through a Risk Assessment under the Probation Service or an assessment from a Drug & Alcohol Service.

Our Housing & Wellbeing Service is focused on a return to independent living and provides accommodation and help for people experiencing poor mental health that may need short to medium additional support to remain well and enjoy their lives as much as possible.

We support people to identify and overcome barriers to independent living. The service aims to help individuals to maintain a tenancy, identify their strengths and goals, develop increased self-esteem, self-worth and confidence and to integrate into their local community.

Our tenants receive support in a range of areas including:

- Managing finances
- Claiming benefits
- Keeping your property safe and secure
- Accessing services in the community
- Building confidence and self-esteem
- Maintaining contact with others involved in your support
- Accessing health and care services
- Increasing independence

Anyone wanting to know more can check out www.lancashiremind.org.uk or phone 01257 231660."