



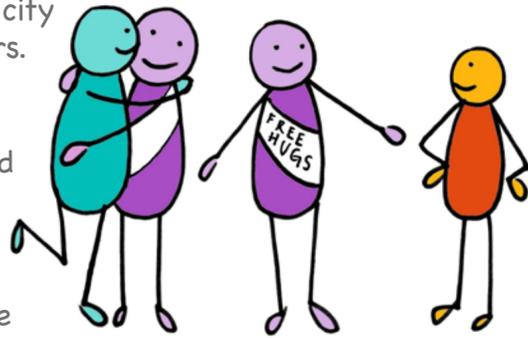
The first year of the festival in Leeds, which explores the connections between the arts, mental health and wellbeing was a fantastic success and we aim to deliver a festival each year from now on.



Our Trust charitable funds campaign was launched in 2011 to raise money to provide healthy living equipment above and beyond what the NHS can offer. Successful fundraising events to date include a zumbathon, Yorkshire Peak walking challenge, Walk the York walls, 'Bring on the talent' showcase and Christmas present-wrapping session.

HIGHLIGHTS OF OUR PAST YEAR

To celebrate National Carers Week, we joined forces with Age UK Leeds to raise awareness of the services in the city that can support carers.



During the day we aimed to break a world record of completing 70,000 hugs in over 70 minutes, as the hugs represent the emotional support carers provide to the people they care for.



The Your Heart Matters campaign to improve heart health amongst people with learning disabilities was shortlisted for a Nursing Times Award after the Learning Disability Team worked alongside People in Action and the rehabilitation service to produce easy-to-understand resources.

In February 2012, the Trust grew geographically as staff and services from across York and North Yorkshire joined us and we began life as Leeds and York Partnership NHS Foundation Trust.



The Time to Change roadshow came to Leeds to give people the opportunity to speak to someone with personal experience of mental ill-health to help reduce discrimination. This was part of the wider campaign to get over 140,000 people talking about mental health over the summer period.

The aim of the Transformation Programme is to change the way in which clinical services are delivered. We strive to make services better, simpler and more efficient, which in turn will help us to provide the best possible care for the people that use our services. A focus on recovery, health and wellbeing lies at the heart of our plans.



The 2011 Annual Members' Day saw comedian and Time to Change ambassador, Ruby Wax, coming to Leeds to speak to our members about her personal experience of mental ill-health.



As part of our What's your Goal? campaign we are been busy trying to break the world record for the longest line of bunting. This year-long challenge aims to get people to set themselves a goal to achieve and improve their health and wellbeing. By getting involved they are contributing to a campaign which aims to bring people together around a common goal.