



May 2016

Q&A with volunteer
Michael Cross
on Page 12

positive

about integrated healthcare



Building a new future

Work begins on new site for children and families.

See Page 03

In this issue...

- 04 Breastfeeding Support
- 05 Patients benefit from £115k ward equipment
- 05 Think Family Conference
- 06 Safer sleep for babies
- 06 Employee Engagement Surveys
- 07 Health & Wellbeing update
- 09 Arnold Lodge
- 10 New learning opportunities recognised
- 10 Nutrition & Hydration Week
- 11 No Smoking Day
- 11 Check It Out
- 12 REACH
- 12 Q&A
- 13 Rampton Hospital
- 14 Transforming Care in Bassetlaw
- 15 New short stay reablement unit

Congratulations to Emma on her national award

Congratulations go to Emma Dodd, Senior Alcohol Long Term Conditions Nurse, who was recently runner up in the British Journal of Nursing Gastro Nurse of Year.

Emma, who is based at the Stapleford Care Centre, was the only finalist nominated by a service user. Greg, who put Emma forward for the award, spoke about his experiences and the Alcohol Related Long Term Conditions Team in a film for the Trust. He said: "My life has changed in every single aspect. Now, I'm buzzing on life. If I had not received the help I have, and am continually having, I wouldn't be here now."

Mark Holmes, Team Leader added: "Emma has a real passion for her work, and with Greg she never gave up. We're all really proud of her achievement, especially as a psychiatric nurse coming second place in a category normally dominated by nurses with a gastro clinical specialty."

For more of Greg's story and more information about the service, go to www.bit.ly/AlcoholLTCGreg

Message from the Board

As featured in previous issues of Positive, last year we consulted widely on our strategic vision for the Trust.

We wanted to hear views on the way in which we see our services evolving over the coming five years and listen to what we should be doing differently. Staff, service users, patients, carers and volunteers contributed to the process along with representatives from our partner organisations. All this feedback influenced the final strategy and I thank you for the input so many of you gave.

The Five Year Strategy was formally approved by the Board of Directors at the Board meeting last month and we are looking forward to getting on with the work and achieving what we have committed to.



This is to ensure people receive seamless services, that our teams work in a more integrated way and, where appropriate, we shift the emphasis from hospital and inpatient care to support people to live independently in their home. We will do this working in partnership with service users, patients, carers and with our staff and partners.

Our vision statement puts this simply: Through partnerships, improve lives and the quality of care.

“ We want to provide the best possible care and support, demonstrate best value, be the service provider of choice and make the Trust a great place to work. ”

We are distributing the strategy widely and working with all of our staff, volunteers and partners who are vital to us achieving this. It won't be easy and it will take time, but there is huge enthusiasm and commitment to delivering this strategy which will improve services and the patient experience for everyone we care for.

Ruth

Ruth Hawkins, Chief Executive



Simon Smith and colleagues marked the start of the new development by getting involved in the demolition of the old buildings on site.

Work begins on new site for children and families

The Trust has made a symbolic start to work on its new hub for children, young people and families.

Simon said: "It is fantastic to see work commence onsite and we are looking forward to seeing the development grow over the coming months. The new units and the services which will be provided from them will really make a difference to the lives of local children, young people and their families."

Demolition began on the old buildings on the site at Foster Drive, Mansfield Road, in March.

Simon Smith, Executive Director, Local Services was joined by representatives from Child and Adolescent Mental Health Services and Perinatal Mental Health Services to mark the occasion and get involved with the demolition.

The new purpose built hub will house an Adolescent Unit, CAMHS community services, a Mother & Baby Unit and outpatient facilities for Perinatal Services. Work is due to complete in January 2018.



The site as it looks today and how it will look when completed.



To find out more about the development and the architectural plans visit: www.nottinghamshirehealthcare.nhs.uk/cyperi





Breastfeeding support – celebrating success in Nottinghamshire and Bassetlaw

Nottinghamshire and Bassetlaw are celebrating the success of the improved support that new families now receive to ensure they have a positive experience of breastfeeding babies.

The importance of the local investment in Infant Feeding Support Workers is reflected in the findings of a report published in the Lancet, which highlights the economic and health benefits of breastfeeding globally.

Local women now have the opportunity for in-depth discussions around feeding expectations during the antenatal period, and are then offered support at home to initiate

and maintain breastfeeding once baby has arrived. This has enabled mums to feel more confident as they respond to their baby's needs and build close and loving relationships through feeding.

However, as the Lancet also highlights, the promotion of breastfeeding is everyone's responsibility, and Health Partnerships and Children's Centres ensure that breastfeeding is protected and promoted effectively. Breastfeeding groups within Children's Centres offer volunteering opportunities for mums who have breastfed to support others to enjoy their experience, and local 'Welcome Schemes' with recommendations of places that are welcoming to breastfeeding mums are very popular.

Gedling is piloting a similar scheme in partnership with the local borough council and Nottinghamshire County Council.

All members of the Health Visiting teams and Children's Centre staff have received comprehensive training to improve their knowledge and skills in supporting mums to breastfeed their babies. Specialist clinics are also now being held in Newark Health Clinic and Ashfield Health and Wellbeing Centre. Run by the Infant Feeding Leads, they offer additional support with more complex issues.

All this, combined with achieving full Baby Friendly accreditation in partnership with Sure Start Children's Centres, has led to an increase in the number of women who continue to breastfeed for six weeks, with rates

Women who continue to breastfeed for six weeks

29-32% in 2012

36-40% in 2015

rising from between **29-32% in 2012** to **36-40% in 2015**. Of all the mums who have been supported with breastfeeding, **70-80%** are successfully breastfeeding at six weeks.

One mum said: "The support I received has been nothing less than outstanding; without it I wouldn't be breastfeeding now" and this is reflected regularly in service satisfaction surveys.

Sustainability and continued development of services remains a high priority and with committed leadership, specialist Infant Feeding Leads, dedicated staff and effective monitoring processes, Nottinghamshire and Bassetlaw can look forward to continued improvements in breastfeeding rates in coming months.

Patients benefit from £115k of ward equipment

Patients at Lings Bar Hospital in Nottingham have benefited from improvements in ward equipment recently following a £115k investment from Health Partnerships, the Trust's community services Division.

The Division has been able to commit to investing the money after successfully achieving its Financial Recovery Plan for the South of the County.

This recent investment in new equipment has enabled patients to benefit from:

- replacement height adjusting beds that are more appropriate to meet the needs of our frail and elderly patients;
- specialist support chairs for patients with limited sitting balance as part of their rehabilitation process;
- additional pressure relieving mattresses and cushions to prevent pressure ulcers;
- lockable bedside cabinets to assist in improving medication compliance and patient safety on discharge.

SaraJane Ashmore, Interim General Manager for Rushcliffe said "We are delighted we have been supported to purchase new equipment for the wards. Equipment is a vital component in the rehabilitation of our patients and this will enhance the high standards of care already delivered by the teams. It will enable our patients who have increasingly complex needs to benefit from having the use of new equipment tailored to supporting their needs."

Think Family Conference

The Trust will be holding its first Think Family Safeguarding Conference on Friday 13 May, to coincide with the United Nations' International Families Day and to celebrate the first anniversary of the Think Family Safeguarding Strategy. The strategy seeks to secure better outcomes by ensuring all staff can safely and confidently safeguard children, young people, adults, families and/ or their carers.

The event will include external speakers on modern day slavery, the law and thinking family, domestic abuse and engaging resistant families. This one day event is open to all staff groups and will take place at the Clumber Park Hotel.

Places are booking up fast. To reserve your place or for more information please email gjulia.gagg@nottshc.nhs.uk



Raising awareness of safer sleep for babies

Student Health Visitors Sharon Bulpitt and Leanne Horsley held a special awareness event in the Newark Asda supermarket in March to mark the start of The Lullaby Trust's Safer Sleep Week.

The charity works to promote safe sleep advice to help prevent sudden infant death syndrome (SIDS), and provides counselling for bereaved families who have lost precious babies.



I-r Sharon and Leanne

Sharon and Leanne spoke with families on the day, offering advice and guidance, and used information leaflets, an interactive game and a crib with an overdressed baby doll, loose covers, toys, and a pillow to engage with visitors to the stand.

Sharon said: "We wanted to raise awareness of the issues around safer sleep. The crib proved to be a very useful visual aid of some of the things not to do and was particularly appealing to the younger generation."

"We both feel that the event was a success as many people took an active interest and gave us very positive feedback, which made it very enjoyable and rewarding for us both."



Shoppers took a real interest in safer sleep for babies

Employee engagement surveys

You said, we  did!

The Trust carried out employee engagement surveys throughout 2015/16, and below are some of the results:

You said...

- That the most important elements for you in your role are working in your team and for your line manager, working in your chosen profession, and your salary package
- The vast majority of staff would recommend the Trust as a place to both receive treatment and work, with an even higher recommendation for your specific teams
- We need to encourage more staff to feel confident to report concerns
- You are on the whole happy with the communications received from the senior managers but there is always work to do
- The majority of staff receive great support from their line manager, although less of you advise that you receive an effective appraisal
- The majority of staff also advise that your team works to the POSITIVE values of the Trust
- Attended recruitment fairs to increase staffing numbers as quickly as possible
- Launched new Learning and Development catalogues, including one specifically focused on recovery
- Advertised for a Freedom to Speak Up Guardian for the Trust, to help encourage and give assurance to staff to raise concerns
- Consulted about our new occupational health contract to ensure that it maximises support for staff

We will...

- Continue to encourage staff opinion and ideas and focus on staff engagement
- Review and launch a new line manager training package
- Review our employee benefits package including the ease of applying for salary sacrifice schemes
- Review the Personal Appraisal Document guidance to ensure that the process is as meaningful as possible
- Continually improve our health and wellbeing offer to staff, focusing on supporting your mental health, physio support and encouraging physical activity.

We have...

- Embraced the Wellbeing@Work Scheme
- Recruited health and wellbeing champions across the Trust who are able to promote, signpost and 'buddy' colleagues across the Trust
- Launched 'A Focus on Your Health and Wellbeing', through monthly promotions and personal pledges

Health & Wellbeing ^{update}

Many thanks go to all those staff who completed the Trust's survey on health and wellbeing. The information received has given a great insight into where we need to focus our attention going forward.

Responses indicate that most staff are healthy and exercise regularly, with a fantastic array of fitness hobbies including walking, zumba, paddle boarding, racing horses, pole dancing, teaching aerobic classes and tai chi.

One in ten of the respondents smokes tobacco cigarettes, with the majority wishing to quit. This will become especially important from October when we become a smoke free Trust, and stop smoking clinics are available across the Trust and in external clinics.

Like the national population, our survey showed we need to focus on maintaining a healthy weight and eating our five a day. Staff can also access free weight management support – see the health and wellbeing pages on the Intranet.

We also need to ensure that colleagues are supported to reduce stress and anxiety. The Trust already provides access to counselling and occupational health support and we will look to increase this support in the future in different ways.

A simple thing that everyone can do to support each other is to thank colleagues. Although a small majority of those surveyed said they had been thanked in the previous week, 42% said they hadn't. This simple gesture, when genuine, can make a huge difference to how people feel about their work.

As part of the Trust's commitment to the Wellbeing@Work Scheme, we continue to work with other local organisations including councils, the fire service and local businesses to ensure a cohesive approach across Nottinghamshire.

“
We are encouraged that by the start of April, 45 people had already signed up to become health and wellbeing champions who promote and signpost to resources and 'buddy' colleagues across the Trust.
”



Please look out for colleagues wearing new flower/tick badges.

A third of champions so far have been successful in gaining their Accredited Royal Society Public Health level 2 course and two are now accredited to deliver this training in-house.

As featured in last month's Positive, Public Health England has launched a campaign, 'One You' to encourage people to think about their lifestyle choices, put themselves first and do something about their own health. A free online health quiz, called 'How Are You', identifies where small changes can be made, provides personalised recommendations and directs people to tools and advice to help them take action where it's most needed. For more information and to take the 'How Are You' online quiz, search 'One You' online.

If you are a member of staff and interested in becoming a champion please email Staffengagement@nottshc.nhs.uk or look on the health and wellbeing pages of the Intranet.



Arnold Lodge volunteers learn traditional skills to improve our waterways

Patients from Arnold Lodge recently learned the traditional skills of hedgerow management after joining forces with the Conservation Volunteers and the Canal and River Trust to improve the wildlife habitat along the Grand Union Canal in Leicester.

The Arnold Lodge Towpath Volunteers picked up their gardening tools to support the efforts to preserve hedgerows and create wildlife corridors that offer better breathing space for the local 'residents'.

The patients said:
 "We all mixed in well with other group members and worked together with the same aim in mind."

"Working with the volunteers by the canal was a really good experience as they were very supportive and accepting. I've always been a little work shy, not feeling able to hold down a job or have the confidence and ability to live independently. I feel able to work due to the work skills groups here at Arnold Lodge; the shop, woodwork and allotment. I don't just feel ready to work, I am actually looking forward to it and eagerly await going again next month."

"I thoroughly enjoyed my day. It was great to learn how to maintain and build hedgerows. It was not easy work. I felt at the end of the day that I had actually achieved something. I cannot wait to go again."

"I found it brilliant. I enjoyed every moment of it and I've learnt new skills. It was hard work but we worked as a team."

Richard Eltringham, Occupational Therapy Assistant Practitioner said plans were underway to make use of the team's new skills in the future:

"The team wanted to help the local wildlife – including their friend the robin, who watched over them throughout the day alongside other birds, bees and invertebrates."

"Now armed with this new knowledge, Arnold Lodge patients and staff can continue to practice this lost skill on their own adopted section of the Grand Union Canal in the months ahead."



I-r - Pat Duray, Community Staff Nurse and Eastwood representative IPPLT, Jacqui Carr, Associate Professor, Nottingham School of Health Sciences and Link Tutor IPPLT, and Margaret Pitt. The award was presented by Dr Dan Kinnair, Associate Postgraduate Dean, Health Education England, who works across the East Midlands

Work to create new learning opportunities recognised with regional award

Congratulations go to the Health Partnerships Nottingham West Inter-professional Practice Learning Team (IPPLT), which recently won the award for East Midlands Placement of the Year 2016.

The Health Education England (HEE) Excellence in Education Awards are designed to recognise quality education and value educators. Nominations from all health professions including nursing, medical and allied health were judged by service users and lay people from across the region.

Margaret Pitt, District Nurse Practice Teacher and Chair of the IPPLT said:

"We were delighted to receive this award, which recognises the quality education and mentorship provided by all the mentors within the Nottingham West locality and the close networking relationship with the University and other agencies locally."

"Our inter-professional focus in developing the placements for learners was a key feature, as we work to maximise new placement opportunities across the locality involving statutory, private and primary care agencies. The development of integrated local care teams has really enhanced the inter-professional learning agenda locally."

"Student participation and evaluations featured heavily in the nomination, giving evidence of the excellent learning opportunities fostered by the IPPLT and delivered by our mentors."

"It is a great honour for our IPPLT and mentors to be recognised in this way and it will motivate us all to continue to develop our placements and learning opportunities for our future learners. This success has been built on a real team effort and many thanks and congratulations go to all involved."

As well as the certificate and star award, the team received a book and a subscription to a Leadership and Management Journal to support their further learning and development.

New research helping patients with an offending history into employment

Individual placement and support (IPS), a well-established form of supported employment, is widely recognised as the most effective way of helping people with mental health needs into employment.

A new NIHR Research for Patient Benefit funded project, launched in March 2016, will now look at whether the same success can be replicated with individuals who have mental health needs and offending histories.

IPS is being implemented into the City Community Forensic and County Personality Disorder (PD) teams and has already helped one individual find work. The implementation is being supported by Najat Khalifa, Yvonne Bird, Jo Russell, Eric Wodke, Birgit Völlm, Justine Schneider, Dawn-Marie Walker, Peter Bates and Julie Hall.

Control groups in the County Community Forensic and City PD teams, who won't receive IPS, will provide crucial research comparisons.

Karan Sahota, the project's employment specialist, provides individualised support as and when needed to those seeking and gaining employment. IPS has helped four people begin their employment journey. One has been in employment for three months and said they would recommend IPS to other patients, and three others have already begun the process of creating CVs, writing disclosure letters, looking for work experience placements and applying for paid work. Emily Talbot, the project's research assistant, will be recruiting study participants over a six month period, meeting with participants in both the IPS provision and the control groups to gather data.

Karan and Emily will be working closely with Trust staff to encourage the involvement of eligible individuals in the IPS Research Project, helping to explore the possibility of an employment service in the future. **For more information, contact Karan Sahota on 0115 952 9400 or Emily Talbot on 07785 525420.**



Jane Richardson, Dietitian with the awareness stand

Dietitians join global campaign to promote good nutrition and hydration

County Health Partnerships' dietitians supported Nutrition and Hydration Week in March with a series of awareness raising activities.

The Nutrition and Hydration Week campaign promotes the importance of good nutrition and adequate hydration, particularly in relation to quality care, experience and safety improvement in health and social care settings.

Hannah Walters, Dietetic Assistant, said: "This truly global event provided us with a fantastic opportunity to get out and about with the messages around the importance of nutrition and hydration.

“

We held an informative and engaging stand in the King's Mill Treatment Centre, with games to promote high calorie snacks, food fortification and optimising fluid intake. Team members were also able to discuss with visitors the potential impacts of undernutrition and dehydration, and give out recipe booklets and resources around nutrition support.

”

Other activities throughout the week included afternoon tea on all inpatient wards in support of the Worldwide Afternoon Tea world record attempt to advocate improving nutritional care. Competitions for staff and patients were also run throughout the week and a daily article was published on the Eatwell Notts Facebook page.

Well done to everyone involved. To find out more go to www.nutritionandhydrationweek.co.uk.



Supporting national No Smoking Day at Bracken House

Bracken House locked rehabilitation unit held a very well attended 'no smoking day' to support the national awareness campaign in March.

The event for patients, staff, families and carers was organised by Angela Purdue, Unit Manager and Darren Whitford, Deputy Manager. It featured patients and staff sharing their stories and Mandy Whalley, Senior Project Manager/Smoking Cessation Practitioner, explained how to use nicotine replacement therapy (NRT) products and the health and financial benefits of stopping smoking.

Mandy was also on hand to discuss the smokefree agenda and what support is available, and individuals were encouraged to try to cut down their smoking between now and October using NRT products such as lozenges or inhalators.

Patients also had their carbon monoxide levels tested and the event included a discussion on the harmful chemicals in tobacco smoke. Amanda Kemp, Deputy Director of Local Services, also visited the event and shared her own personal experiences.

Sue Bower, Occupational Therapist, also discussed brief intervention therapies including the RAIN acronym (recognise, accept/allow, investigate, note) to support patients and staff through any cravings.

Advice on NRT was also available from Bracken House's quit smoking support champion, Julie Burrows, Health Care Assistant. Julie has been key in developing the programme at Bracken House to support Nottinghamshire Healthcare's bid to become a no smoking trust.



She has been holding an afternoon drop-in session for the past six months where patients are triaged for their preferences for NRT and for them to feel supported to take this forward. Patients are then also triaged by the medics to ensure that their preferred options don't interfere with their prescribed medication.

Going Smokefree

The Trust will be smokefree in grounds as well as buildings from October 2016. Support and advice for any staff or patients affected by this is being made available. Further information is available on the **Trust Intranet** and website and any questions can be directed to smokefree@nottshc.nhs.uk or posted to **'Smokefree'** at **Moorgreen, Highbury Hospital.**

COPD patients 'check out' an ice hockey game



As part of the Trust's 'Check It Out' health awareness campaign run together with GMB Nottingham Panthers, a group of COPD patients and their guests, plus four pulmonary rehabilitation graduates, were treated to an exciting ice hockey match in February.

Claire Davidson, Cardiorespiratory Physiotherapist, said: "I and Gemma Spick, Community Support Worker, went along to the game in our own time to support the patients who all have COPD. Their rehabilitation goals include increasing activity and engagement in social interactions, and this was a novel way to support this for a small group.

"None of the patients had ever been to a game before and they all loved it, and said would consider doing something like this as an option for entertainment in the future."

The patient feedback included:

"It was lovely and I enjoyed seeing everyone that we went with. It was something completely new for me.

It increased my confidence and broadened my wings."

"It was brilliant and gave me something different to think about rather than my aches and pains. It was on my bucket list of things to do so thank you for the

opportunity. I would definitely consider going again."

"My granddaughter and I had a great time. I had no idea it would have so much atmosphere with the music and the crowd. Every time I hear the music played on the radio that they use in the game it makes me smile."

Many of the group appreciated the fact that healthcare staff were there with them at the event as it gave them more confidence in attempting the stairs and navigating the arena. They also helped bring the group together and made it a more enjoyable experience.

Assessing a new online 'Relatives Education and Coping Toolkit'

Researchers are currently working with the Trust to recruit relatives, friends and carers of people with psychosis or bipolar disorder, to take part in a study to assess the effectiveness of online resources and support.

The Lancaster University-led study will look at how using an online directory of resources compares to accessing a new peer-supported online toolkit.

Natalie Marking, Research Delivery Officer, said: "Carers and relatives provide a vast amount of care each year, and that has a huge impact on their own lives emotionally, financially and physically.

"Effectively supporting those carers improves outcomes both for them and the person they care for, however very few carers or relatives actually receive any support.

"We want to address this by testing the effectiveness of a 'Relatives Education

and Coping Toolkit' (REACT) and explore the costs involved in delivering it."

Study participants are randomly allocated to receive either the REACT toolkit or the resource directory:

- **REACT online toolkit** - contains lots of information, ideas and strategies to manage common problems, and personal stories. Participants can use the site to contact a REACT Supporter - a trained relative who can provide additional, individual support. There is also an online forum for talking directly with others using the site.
- **Resource Directory** - lists details of how to access the full range of support currently available to relatives or close friends of people

with psychosis or bipolar disorder. It includes web links for the main national mental health organisations and details of how to access support through NHS health services.

Natalie added: "We would encourage any relatives or carers who are interested in accessing resources and support online to sign up to the study. Their feedback will enable the study team to assess whether REACT is effective, and if so, it could then be rolled out nationally."

For more information or to register your interest, go to www.reacttoolkit.co.uk or contact either Natalie Marking on Natalie.marking@nottshc.nhs.uk or 07769 235483, or Veronica French on veronica.french@nottshc.nhs.uk or 0115 955 5446.



Rampton Hospital Women's Services: A student OT's experience

By Rebecca Haythorne



From left, Mary-Anne Burt, Cathy Young, Rebecca Haythorne, Kerri Hewitt and Michelle Marvell

Over the last ten years the Occupational Therapy (OT) department for the National High Secure Healthcare Service for Women at Rampton Hospital, has opened its doors to aspiring students like myself, giving us the opportunity to train and develop skills in the UK's only national high secure women's service.

The OT team currently includes two occupational therapists, two OT support workers and a number of technical instructor staff. Together they offer assessment and treatment to 48 patients diagnosed with learning disabilities, mental illness or personality disorder.

They aim to provide a gender-sensitive service supporting patients to rebuild a life separate from that of illness, to regain confidence and skills and bring structure and organisation to their daily routine both on and off the wards.

As a final placement this has been a truly unique experience, not only in being able to achieve my learning outcomes, but also in terms of the support and encouragement I received from the team. Over the last two months they have both accepted me as a team member and trained me to meet the necessary core competencies, including developing knowledge and skills around creatively implementing the OT processes under the restrictions of a high secure hospital.

They have also helped me build my confidence in professional communication within a multi-disciplinary team and encouraged mindfulness around anti-oppressive practice and the importance of efficient documentation. I have also had the opportunity to develop skills around assertiveness, self-appraisal and workload management, all key areas in the effectiveness of a good OT team.

For those of you just starting out at Rampton Hospital, as a student or an employee, I strongly recommend getting in touch with the team to find out more about this unique service and the impact that OT has on supporting women to re-build their lives.

Q&A



This month we chat to volunteer

Michael Cross

1. What is your connection to Nottinghamshire Healthcare?

I currently volunteer providing music sessions on the wards. I have been a volunteer for over 14 years in a variety of settings including in residential units. I am also a service user. I always really enjoy this work and I have plans to expand on it.

2. What does your role entail?

I am providing weekly music sessions on the inpatient wards in Highbury Hospital on the adult mental health wards (Redwood and Rowan). Patients are encouraged to participate - I bring my own guitar and knowledge and use a variety of instruments to bring people together musically and create a different atmosphere on the ward.

3. What do you most enjoy about this role?

It helps my own and patients' wellbeing. Watching the creative side of others and creating music collaboratively with the patients. I get positive feedback from staff and patients. I also enjoy sharing my passion with others to positive affect.

4. What do you see as future priorities for Nottinghamshire Healthcare?

More occupational therapy on the units, especially provision of music.

5. What is the best piece of advice you have ever been given?

"Whenever you make a mistake don't worry about it - use that mistake as a lesson."

6. What was the last album you bought?

Joyride by Roxette

7. What is your greatest achievement?

Working with rock and roll bands as a roadie including Def Leopard, Iron Maiden and Toyah Wilcox

8. What makes you angry?

The unfairness in today's world

9. What are you most passionate about?

Music - composing and lyric writing. I have written lots of my own music. I own 42 guitars, my favourite is my twin neck and I have a vast music collection.

10. What single thing would improve Nottinghamshire Healthcare?

More dedicated staff and more availability of music provision and therapy.

11. What is your favourite hobby?

Playing guitar

12. What keeps you awake at night?

Writing songs

13. What is your favourite film?

The Bourne Identity

14. What is your idea of bliss?

Playing live music on stage

15. What three words would you use to describe yourself?

Outgoing, communicative and a little mysterious

16. What is your favourite holiday destination?

North Wales

17. Who would you take to a desert island?

Bridget Bardot

18. Where do you see yourself in 10 years' time?

I'll be past retirement age but I will still be doing my voluntary work and enjoying music

19. Do you have a 'claim to fame'?

I met Angus from AC/DC and used to go drinking with David Coverdale from Whitesnake and I have met Black Sabbath in their studio.

20. How would you like to be remembered?

As someone who brought some pleasure to people's lives

The Transformation Vision Day was held last month with Trust staff and partner organisations.



Transforming Care in Bassetlaw

The Trust provides a wide range of physical and mental health services to a Bassetlaw population of approximately 112,000 people, delivered by Local Services and Health Partnerships.

For service users who access more than one service between primary and mental healthcare, treatment can be complex especially when there is more than one healthcare provider involved. In 2014, Bassetlaw Clinical Commissioning Group (CCG) reviewed its approach to delivering mental health services and challenged the Trust to develop a new service offer that would provide a more integrated approach and improve overall patient care.

This will include providing seamless services for people with multiple conditions or with both mental and physical healthcare needs.

In response to the CCG review, the Trust formed the Bassetlaw Transformation Group in January to gather feedback, explore possible models and develop a plan for the Trust to carry forward.

The group has since held eight staff engagement events to explore better approaches to issues such as self-care and how to support primary care to manage complex cases.

The five year plan will include changes across Local Services and Health Partnerships to address what really matters around healthcare for individuals in the Bassetlaw locality.

Patients move into Trust's new short stay reablement unit

The Trust has launched an exciting new service, which has seen its patients move into a new short stay reablement unit located within The Grand care home in West Bridgford. Reablement is a form of rehabilitation – helping people to regain the ability to look after themselves following illness or injury.

For patients in need of nursing care, but not necessarily within a hospital environment, the short stay reablement unit offers a high quality, 24 hour, seven days a week programme of care that will support and allow patients to return home as soon as possible. Patients who need more intensive medical or nursing care, and require bed based rehabilitation, will be cared for in Lings Bar Hospital. The Hospital supports City and County residents, whilst the new unit will be for County residents only.

This is a new partnership with a private care home provider sharing expertise, training and resources for the benefit of care delivery. There will also be a dedicated social work provision to ensure timely discharges are achieved. The unit will have a length of stay of no more than 14 days.

Claire Smith, Head of Service at Lings Bar Hospital said: "This is an exciting opportunity to work closely with Age UK Notts and The Grand in developing improved pathways for patients in need of ongoing therapy within a non-hospital setting. We look forward to working with our partners to ensure patients receive goal set rehabilitation within a care environment, prior to discharge from the service."

Linda Crick, Service Manager, Age UK Notts said: "We are delighted to be involved in this new partnership approach, providing independent support for individuals during their rehabilitation and discharge home, enabling them to live as independently as possible in the community."

The service is one of eight community service contracts awarded to the Trust, which started at the beginning of April. The other contracts are Rushcliffe Adult Integrated Care Teams; Nottingham North and East Adult Integrated Care Team; Nottingham West Adult Integrated Care Team; Community Nursing Evening and Night Service; Integrated Children and Young People's Health Services; Children in Care Nursing; and Adult Allied Health Professionals, which includes services such as Dietetics, Podiatry and Diabetes Education Programmes.



For more information visit the A-Z of Services on the Trust website: www.nottinghamshirehealthcare.nhs.uk

Paul Smeeton, Chief Operating Executive, Health Partnerships said: The NHS may be facing financial pressure but this is no excuse not to provide better care. We should embrace the opportunity to do things differently to create a more joined up pathway.

The project team will be sharing updates in upcoming newsletters and events. If you would like further information, please contact Sandra Crawford via email or on 0115 969 1300 Ext. 16272.



The Self Care Hub: A happier, healthier you

A Self Care Hub has been set up at the Ashfield Health and Wellbeing Centre to help local people access free self care information and support. The service covers Mansfield, Ashfield, Newark and Sherwood.

Self care is all about giving people the confidence and information they need to look after themselves when they can, and to visit health and care professionals when they need to. This empowers individuals to take greater control of their own health and encourages healthy behaviours that can help prevent ill health in the long term.

The Self Care Hub can offer support and information across a range of issues:

- Are you living with or caring for someone with a long term health condition?
- Would you like to know more about managing your health or getting support with making healthy choices, such as stopping smoking or improving your diet?
- Do you need support with issues that may be affecting your health such as money worries, housing problems or feeling lonely?
- Would you like to find out about local social or self help groups near you?

The Hub's services are available to anyone aged 18 or over who lives or works in the local area. The fully trained advisors can help people set their own goals, put together an action plan and signpost to the appropriate services.



Contact the Hub:

- Call 0300 303 2600
- 9am to 5pm, Monday to Friday
- Visit a drop-in session at Ashfield Health and Wellbeing Centre, Kirkby-in-Ashfield or at a GP practice in your local area – call the number above for dates and times
- Email selfcarehub@selfhelp.org.uk

Get involved with *positive*

If you have any ideas or suggestions for the newsletter, please contact **Suzanne Aitken** in the **Trust Communications Team** on **0115 955 5403** or via email at suzanne.aitken@nottshc.nhs.uk.

We are always pleased to receive articles for possible publication, but ask that they do not exceed 300 words.

Wherever possible when naming individuals, please include details of their job titles/roles and the organisation they are from. If any individuals other than yourself are mentioned in what you write or featured in accompanying photographs, please make sure you check with them that they are happy to be potentially featured. It is your responsibility to ensure this consent is given. Please send photos as separate image files and not in Word documents.

Please note that the Communications Team has full editorial control and may have to edit articles appropriately. Therefore, if you want to see the final version please ensure you send your article in with plenty of time before the deadline and state clearly what you require.

If you would like copies of any past editions of Positive, or if you are having any 'distribution issues' with the newsletter – whether you're receiving too many copies, too few, or none at all – then please contact us.

If you would like your story in the August issue of Positive, please contact us by 3 July 2016. However, due to space constraints we cannot guarantee the publication of all articles received by the deadline.

**Nottinghamshire Healthcare
NHS Foundation Trust,
Duncan Macmillan House,
Porchester Road,
Nottingham NG3 6AA**

Tel: 0115 969 1300

www.nottinghamshirehealthcare.nhs.uk

 **www.facebook.com/nottinghamshirehealthcare**

 **www.twitter.com/nottshhealthcare**

 **www.on-our-mind-notts.blogspot.com**

Who we are...

You may have picked up this copy of the newsletter not knowing what Nottinghamshire Healthcare is. We provide integrated healthcare services including mental health, intellectual disability and community health services. We also manage medium secure units in Leicester and Rotherham, and the high secure Rampton Hospital near Retford and provide healthcare in 12 prisons across the East Midlands and Yorkshire.

Forensic Services, Health Partnerships and Local Services

In this newsletter you will see references to Health Partnerships, Forensic Services and Local Services. These refer to the Trust's three operational Divisions. This means, the way in which the services we provide are structured and managed in the Trust.

Briefly, Health Partnerships is the Division that includes the physical healthcare community services we provide. The majority of these are delivered in patients' own homes, but also in community settings, care homes and hospitals.

They include for example the management of long term conditions, health visiting, school nursing, foot care, physiotherapy and hospice care.

Local Services is the Division that provides our mental health, intellectual and development disability and substance misuse services. These services are for people of all ages and are provided in the community, outpatient and inpatient settings.

The Forensic Services Division provides assessment and treatment to individuals with a mental disorder who have committed or are at serious risk of committing a criminal offence, and are likely to cause serious physical and/or psychological harm to themselves or others. These people are cared for in secure hospitals and in the community.

The Division also includes our Offender Health teams which provide physical and mental healthcare in prisons.

To find out more about the three Divisions, please visit the Who We Are and What We Do page of our website
www.nottinghamshirehealthcare.nhs.uk