



September 2016

**Q&A** with H&S Adviser  
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# positive

about integrated healthcare

# Standing Proud

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# Message from the Board

**As a member of the Board of Directors of this Trust, I found it really exciting to work on developing our five-year strategy which has been done with great participation of staff, service users, patients, carers and wider partners.**



The decision to create the Local Partnerships Division (integrating the existing Health Partnerships and Local Services Divisions) was made in response to the strategy and the strategic vision of: Through partnerships, improve lives and the quality of care. Integrated care and integrated ways of working are core components to achieve this vision and the Trust's overall objectives. This new Division will make integrated care a reality; bringing together two equal Divisions, working as one to deliver integrated services successfully. Each has highly valued staff with a range of skills, experience and expertise, all of which will help to ensure we achieve this and continually improve patients' lives and the care we provide.

A significant amount of work has already been undertaken in Bassetlaw in line with our objectives to transform services and deliver more for patients; you can read more about this on page 19.

The creation of Local Partnerships is an inclusive process and a real opportunity for staff to influence how we integrate our services. We also want to hear views and suggestions from the people who use our services, so please do get in touch if you wish to have a say. You can do so by contacting the Transitional Team at [localpartnerships@nottshc.nhs.uk](mailto:localpartnerships@nottshc.nhs.uk). Staff can also discuss the transition on the Local Partnerships forum on Connect.

After 35 years of working in the NHS, and nine and a half here at the Trust, I am leaving to start a new phase with Sarah, my wife, as I retire at the end of this month. It has been a great privilege to work and lead in the NHS. I have met many wonderful people who are committed to great patient care and have had the great pleasure of being actively engaged in changing people's lives through working together to improve services across the board. I am proud of what has been achieved; in this journey in Nottingham, the Local Services Division has been able to draw together great skill and expertise, and I am still amazed by the commitment of all in the Trust, the Division and its Directorates; their passion, dedication and most importantly, their care for the people who use our services, and I am proud of the Trust's commitment to 'Positive' public service values.

From my first day as a clerk in an outpatient theatre suite, I have enjoyed what I have done, and have learnt something new pretty much every day. I intend to continue to learn as I take on my next challenge. Thank you all very much for your support, and I wish Paul Smeeton all the best as he picks up the challenge of the new in Local Partnerships.

*Simon*

**Simon Smith, Executive Director Local Services**



Trainees, trainers and Angela Purdue, Bracken House Manager, (front row, far right)

## Bracken House Recovery College campus is a great success

**Bracken House locked rehabilitation unit in Mansfield became a Recovery College campus around a year ago and since then it has grown, expanded and become a successful venture.**

Drew Szmít, Peer Trainer and course facilitator said: "This is a valuable development to support the recovery and wellbeing of service users at Bracken House," and Lisa Deller, another facilitator and Healthcare Assistant added: "I have really enjoyed being part of the training team; it's great to see how service users and their supporters really enjoy the courses, value them and aid recovery."

The courses offered include first aid, wellness planning, problem solving skills, developing an advanced statement, managing anxiety and having a good night's sleep.

One of the most successful courses delivered is the introduction to family work workshop, which was co-produced by carers, service users, Recovery College staff and the Family Interventions team. Two workshops have now been held at Bracken House with a good attendance of service users, carers, involvement volunteers and staff. Topics covered include learning what family work is and isn't, what constitutes a family, and the benefits of family work. Attendees were also given information on further support and how to access family work if they wish.

Evaluation showed that attendees' knowledge regarding family work increased by 60%. Jack Harrop, Involvement Volunteer, said: "This has been a really fun course. It's been great to learn with others and find out such a lot about family work." Another attendee added: "I have found this really beneficial and I think some of the skills can become life skills for both my professional and personal life."

**Angela Purdue, Bracken House Manager, said:** "I am so pleased to welcome the Recovery College to Bracken House and it's really exciting regarding the success of courses delivered. As the unit is really focusing on involving and including carers, family and friends at all levels of service and care delivery, it is fantastic that the introduction to family work workshop is held here too."

Two further introduction to family work workshops will be held this year on **Wednesday 9 November, 1.00 – 4.00pm** at Bracken House Recovery College campus and **Thursday 17 November, 10.00am – 1.00pm** at Nottingham Recovery College.

### Key contacts:

**The Recovery College -**  
Robyn Devine  
[robyn.devine@nottshc.nhs.uk](mailto:robyn.devine@nottshc.nhs.uk) or  
0115 956 0827

**Bracken House -**  
Angela Purdue  
[angela.purdue@nottshc.nhs.uk](mailto:angela.purdue@nottshc.nhs.uk) or  
01623 404611

**Family work training -**  
[bftenquiries@nottshc.nhs.uk](mailto:bftenquiries@nottshc.nhs.uk) or  
01909 502025  
0115 969 1300 ext 15345.

## NEW

### Support Group in Arnold

**A new weekly Mental Health Befriending and Support Group has been launched in Arnold.**

The group will run every Friday at Arnold Methodist Church, 54 Front Street, Arnold, Nottingham, NG5 7EL from 11am – 2pm, offering refreshments, support, craft, games, information and signposting.

**For more information please contact Sue Clayton on 07514 775514.**

# Flying the flag at Nottinghamshire Pride



**Nottinghamshire Pride took place on Saturday 30 July, and for the eighth year running, the Trust was there to show its support and commitment to championing diversity. It was also our first real opportunity to share our Stonewall Star Performer status with the communities we serve.**

A motivated and engaging team of staff and volunteers ensured that visitors flocked to the Trust stalls at the event in Nottingham, finding out all about Nottinghamshire Healthcare and particularly what our Child and Adolescent Mental Health Services (Let's Talk Wellbeing Service) and the Health Shop have to offer. Visitors received advice and guidance, information about services and employment opportunities and took advantage of sexual health testing.

There was also the opportunity to help us improve services by completing our annual physical and mental health survey. This year, 402 people completed the confidential survey – the results of which will form a unique report to help Trust services better understand and meet the needs of the LGBT+ community. This report will also be shared with our commissioners.

**In addition to running the stalls, members of the LGBT Forum, including allies, joined Ruth Hawkins, Chief Executive and Clare Teeney, Executive Director of HR to take part in the march of thousands through the City Centre.**

Nottinghamshire Pride is a true celebration of diversity within diversity and this year's event can possibly be described as the biggest and the best ever. Tens of thousands of people from across the whole spectra of gender identity and sexual orientation flocked to the event from across the globe. Why? To show pride in who they are; to demonstrate their support for others; to celebrate the diversity of self, friends and family; and to stand in solidarity against all forms of hate.

So why do we take part? As an employer it shows that we are committed to championing a culture of diversity where people are valued for who they are and the unique perspectives they bring - where difference is both welcomed and celebrated.

As a healthcare provider it is a great opportunity to reach out to yet another of our diverse communities to demonstrate that we are committed to providing services that meet their needs; services which as described in the NHS Constitution are free at the point of service and available to all inclusive of sexual orientation, gender identity, race, disability, religion/belief and age. But more than that, to show we care about people and their health needs – that is what we are here for!

If you would like information on becoming a member of the Trust's LGBT+ Forum and/or wish to help out at next year's Pride (usually the last Saturday in July), please contact Catherine Conchar, Head of Equality and Diversity at [catherine.conchar@nottshc.nhs.uk](mailto:catherine.conchar@nottshc.nhs.uk)

## New Guardian of Safe Working appointed

**Dr Gill Pinner, Associate Professor in Old Age Psychiatry and Director of Assessments and Examinations has been appointed as the Trust's Guardian of Safe Working.**

The new role has been introduced in trusts across the country to provide a safeguard for both patients and junior doctors, given concerns raised during the national negotiations on the new junior doctors' contract that working hours could become excessive with unworkable rotas.

Gill said: "I started my new role in August and, putting the politics of the new junior doctors' contract aside, this post will be key to ensuring the safety of patients and staff and to championing safe working hours for junior doctors.

“

I have been passionate about the education and training of medical students and junior doctors throughout my medical career. My roles have included five years as Director of Medical Education for the Trust and, before that, eight years as Clinical Director of Mental Health Services for Older People. I have also held positions within the Royal College of Psychiatrists as Associate Dean for Training and Standards and currently act as a Regional Advisor.

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"I moved to the University of Nottingham in December 2015 as Clinical Associate Professor of Old Age Psychiatry and am now the Director of Assessments and Examinations for the School of Medicine. I retain my clinical practice within the Trust, working for the City South Community Mental Health Team for Mental Health Services for Older People.

"As a new clinical academic I found it hard to find an area besides my direct clinical practice where I could put my talents to good use on behalf of the Trust. I think this post will allow me to do just that as it draws on my interest and expertise across both the educational and managerial domains.

"I look forward to working closely once again with staff within medical education for the Trust and particularly working with the trainees themselves, who do such enormously sterling work within our services and for our patients."



Dr Gill Pinner

## Library and Knowledge Services making an impact on care

The Trust's Library and Knowledge Services are going from strength to strength, with three staff libraries now working together to support staff and an Information Specialist working at the Institute of Mental Health (IMH) each week, providing search advice and support.

The number of library members has gone up by 17% over the past year and the free literature searching service is now more popular than ever, with a gigantic 153% increase in the number of search requests made over the same period.



Staff say that this is a "Very useful and time saving service" and feedback from the searches shows that this work has gone on to directly influence patient care and research, as well as helping with service developments and managing costs.

Other comments received include: "The service has been fantastic every time I have used it to help with evidence based practice," and "The information provided was very timely and usefully presented. As a busy clinician all of this information presented in this way is an absolute gem!"

Find out more by visiting the Trust website at [www.nottinghamshirehealthcare.nhs.uk/library](http://www.nottinghamshirehealthcare.nhs.uk/library) or by following @NottsHCLib on Twitter. Staff can also access the Library and Knowledge Services pages on Connect at <http://connect/library-and-knowledge-services>.

## Tackling stress at HMP Lincoln for staff and prisoners

**Mental health awareness training is mandatory for prison staff, to give them a better knowledge of mental health, to help them understand the support that the Trust's in-house healthcare team can offer prisoners, to answer any questions relating to mental health and to put a face to the voice on the end of the healthcare team's phone.**

However, while discussing the stress vulnerability model, staff said they had little or no knowledge of how to recognise stress in either themselves or the prisoners. In response, Sarah Holmes, Psychological Wellbeing Practitioner, designed and developed a one day programme on Managing Stress.

Using the five areas approach, the programme addressed the emotional and physical response to stress, as well as the altered thought patterns and behaviours that can happen when people feel constantly under pressure. The day ended with self-help advice for staff on how to manage their own stress effectively

and how to access professional support in the community if needed.

Sarah said: "Feedback was positive and prison staff said the information they received was helpful not only in their own lives but also in their interactions with prisoners. They said they felt more able to recognise stress in themselves as well as their colleagues and expressed an interest in further seminars on other disorders.

"As the programme had been received so positively, we felt that the Listeners – prisoners trained to support others who are at risk of self harm – would also benefit from this type of support. Even though they have a rostered system, they can spend long hours helping and supporting prisoners in crisis in their own time, consequently leaving them little time to self-care.

"They were given their own day to attend the course and it was met with the same enthusiasm as by the prison staff, with feedback showing they would recommend the course to all prisoners."

## International award success for Dr Ramakrishnan

**Congratulations go to Dr Anandamandiram Ramakrishnan, Consultant Psychiatrist, Mental Health Services for Older People who received a prestigious award at the American Psychiatric Association's annual meeting earlier this year.**

The citation said that he is internationally recognised for his demonstrated skill in administrative, educational and clinical settings, and also noted for volunteering in mental health and medical activities of social significance and involvement in community activities.

**Dr Ramakrishnan said in response:** "I felt quite honoured to receive the highest international award from the American Psychiatric Association this year. It gave an opportunity to highlight in the conference that, as a Trust, how much we are valued and supported to do these extra activities, apart from regular clinical work, which may motivate others to go that extra mile to improve oneself and be a winner."



# Congratulations to volunteer Daniel

**Congratulations go to Daniel Gostlow, a volunteer at Eastwood Children's Centre, who was recently given a ProStart Passport to Success award.**

Daniel, a young man with Down's syndrome, has been volunteering at the Centre since 2012 and is a valued part of the team.

Daniel's sister Jane Gostlow, a Health and Family Support Worker said: "Daniel thrives on being busy and helping others and whilst it takes him a little longer to learn new skills, he is now confident at completing jobs such as franking post, laminating, folding leaflets and helping the child care staff set up the rooms with minimal supervision. He also has a great sense of humour and never fails to make us laugh!"

Since starting his volunteering at the Children's Centre, Daniel has been supported by ProStart to work towards an NVQ level 1 award in Business Administration and the Pearson BTEC award in workskills.

He has successfully completed three units of each, including level one in working and communicating in a business environment, positive attitudes and behaviours and managing your health at work, and level two in building working relationships with colleagues and using office equipment. He is also continuing to work with ProStart towards a mathematics entry level qualification.



**Jane added: "Daniel also volunteers at Oakfield School and Sports College as an arts technician and receptionist and at Nottingham Electrical Distributors as a member of the office staff. We are delighted that Daniel has been given this award for his efforts - everyone is extremely proud of him!"**

## Health Shop wins award for innovation and leadership

**The Health Shop team attended The Queen's Nursing Institute (QNI) Spring Awards ceremony in London this May to accept an Innovation and Leadership Award for their recent work in delivering a stop-smoking project named 'Cut It'.**

The project enabled staff at The Health Shop and Recovery in Nottingham to become trained stop-smoking advisors and provide nicotine replacement therapy (NRT) on-site to people who use or had previously used drugs.



Vicky Bailey, Chief Officer of NHS Rushcliffe and Nottingham West CCGs and one of the QNI Fellows who attended the ceremony, said: "It's hard enough to give up smoking if well-motivated and supported by family and friends. This project supported by the QNI recognises the additional help that some of our most vulnerable citizens and patients need to improve their physical health."

The project has been very successful so far and the team is looking at extending the pilot further. Lou Wilkins collected the award on behalf of Laura Garner who led on the project but is currently on maternity leave.



Jo Horsley, Service Manager, Adult Mental Health (front left) with Lord Victor Adebowale (back left) and colleagues from Turning Point

# New crisis service supporting people's mental health

**Haven House, a short-stay crisis service in Nottingham run by Turning Point, celebrated its recent move to improved accommodation by hosting an event to mark its official opening.**

The service, developed in partnership with the Trust, provides a safe, homely and welcoming space for people who are feeling distressed or experiencing a crisis in their lives.

The recent event provided an opportunity for partners to hear more about Haven House, which opened in January 2016, the experience of people who have benefited from the support on offer, and the successes achieved so far.

Simon Smith, Executive Director for Local Services said: "I am delighted to celebrate the opening of the new accommodation that Turning Point are providing for Haven House, which will offer a safe, comfortable place for people to receive help and support when in crisis. This service provides an alternative to admission to hospital which people report to be beneficial and less restrictive. It is also less expensive than hospital care, which is the best situation for everyone."

At the event, Felicia Job, Operations Manager at Turning Point, outlined the important qualities needed to run the crisis service: Courage to listen to every person's story; compassion, approaching each person with respect; and wisdom, knowing what tools may be most helpful to support an individual.

Lord Victor Adebowale, Chief Executive of Turning Point added: "Working in partnership with the Trust, we continue to provide

incredible support to local people, seven days a week. The team are passionate about their work and look at individuals' needs as a whole and the subsequent support they'll need when leaving Haven House.

"This ensures that despite coming to the service at a crisis point, they leave with the means to look after their mental health and wellbeing and hopefully avoid crises in the future."



From left, Mandie Jobling, Hucknall Children's Centre Co-ordinator and Ashfield Footsteps Lead; volunteers Hayley Johnson, Miriam Perrin, Clare Ross, Rhiannon Ball and Elvi Duff; and Michelle Squires, Community Development Worker at Hucknall Children's Centre. (The sixth volunteer, not pictured, is Dyan Dixon.)

## Taking the first steps to becoming 'Befrienders'

**Congratulations go to the six volunteers who recently completed the first 'Footsteps' befriending training programme to be delivered in Ashfield.**

The training was co-delivered at Hucknall Children's Centre by the Community Development Worker and Health and Family Support Workers specialising in the Footsteps programme. It covered all the aspects needed to ensure that volunteers are ready to support families who may be vulnerable to or experiencing low mood, either antenatally or postnatally.

At the end of the course, some volunteers said: "The most helpful part of the course was the domestic violence week, gaining a better understanding of signs of depression or mental illness and about home

visits," and "It was helpful learning about what I will be doing and the issues I will be facing."

Now fully trained, the new Befrienders will be matched with Health and Family Support Workers who are working with Footsteps families and supported to get to know the family they will be working with. When the time is right, the Befrienders will make weekly visits to the family to provide a 'listening service', supporting families to improve their mental wellbeing, relationships and self-confidence and to reduce isolation.

## NICE Conference 2016

The Trust is holding its second National Institute for Health Care Excellence (NICE) Conference on Wednesday 19 October 2016 at Trent Vineyard in Nottingham. The theme of the conference is keeping well, self-help and prevention, and the event is open to service users, carers, volunteers, and all staff.



We are delighted that Professor David Haslam, Chair of NICE, has agreed to come along and give the keynote speech.

**Places will be booked on a first come first served basis. If you wish to attend please contact [Pauline.Adams@nottshc.nhs.uk](mailto:Pauline.Adams@nottshc.nhs.uk).**

## Have your say on transforming Mental Health Services for Older People!

The Mental Health Services for Older People team is looking to transform and redesign the way it offers services.

The service transformation team held open engagement and involvement events at Bassetlaw Hospital, Millbrook Mental Health Unit and Highbury Hospital with staff, patients and carers, and is also traveling across the Nottinghamshire localities seeking people's views and ideas.

Service Transformation Manager Karen Hampson said: "So far this approach has been very successful and we have been able to speak to a number of staff, patients and carers and gather their ideas and feedback about our services.

"The feedback we've received on our current services and ideas for redesign will influence the new model of community mental health care for patients."

The engagement is continuing through a number of initiatives including staff focus groups and patient/carer groups across the localities throughout the summer. Two engagement and involvement days (10am to 3pm) are planned for October at Millbrook and Highbury with a 'market place' theme:

**Wednesday 12 October** – Millbrook Mental Health Unit

**Friday 21 October** – Conference Hall, Highbury Hospital.

To find out more, give feedback or ideas about services, please come along to one of the events or call Service Transformation Manager **Karen Hampson** on **0115 969 1300 ext. 12162** who will be very happy to talk with you.

Funding and Monitoring Officer Ryan Sismey with the award



## National award for Notts County's community programme

**Notts County FC Football in the Community (FITC) has won the 2016 Professional Club Community Programme of the Year at the Sport and Recreation Alliance's Community Sport and Recreation Awards.**

Running for over 20 years, the awards celebrate the remarkable work of grassroots sport and recreation organisations in the community. Notts County FITC was recognised for its dedication to using multi-sport and physical activity programmes to give people in Nottingham the opportunity to enjoy both the physical and mental wellbeing benefits of taking part in sport.

Groups that have benefited from FITC's work over 26 years include children, young people, men and women with mental health issues; individuals in mental health secure units; men and women with working age dementia; obese or overweight children and adults; men and women living with cancer; young people excluded from mainstream education; young people at risk of anti-social behaviour and crime, refugees and asylum seekers.

**Steve Hill, Community Director at FITC said:** "FITC is much more than just a professional football club delivering football programmes. We specialise in a range of areas, coaching mainstream sports and physical activity, as well as working with vulnerable people. This is a huge achievement and one that we hope will help us showcase our work to a wider audience, raise awareness of what we do and continue to engage with even more individuals across Nottinghamshire."

# Leading the way with Forensic Sandplay Therapy

Emma Allen, HCPC Registered Art Psychotherapist and Sandplay Therapist has been promoting her pioneering work through publications and presentations at international conferences.

Her first book chapter called 'Lighting Up the Symbolic Crime: New Approaches in Sandplay Therapy and Fire-setting Analysis' has been recently published in 'Forensic Arts Therapies; Anthology of Practice & Research' edited by Kate Rothwell, Head of Arts Therapies in the Forensic Directorate, East London NHS Foundation Trust. Emma's chapter writes up a case study from piloting offence analysis sandplay assessments for three patients engaging in arson group treatment from the Lister Ward at The Wells Road Centre (the Trust's Low Secure Unit) from December 2014 to February 2015. The Wells Road psychology team is now conducting a service evaluation exploring how these assessments influenced the delivery of the arson treatment programme and looking at the effectiveness of the intervention for patients in a low secure setting.

Emma has also contributed a chapter on offering Sandplay Therapy to

'hard to reach' patients for the book 'Engagement in Secure Recovery' which is being published by The Royal College of Psychiatrists. The book aims to be accessible for forensic service users. Emma's chapter includes quotations from her patient who found Sandplay Therapy particularly helpful during his early admission.

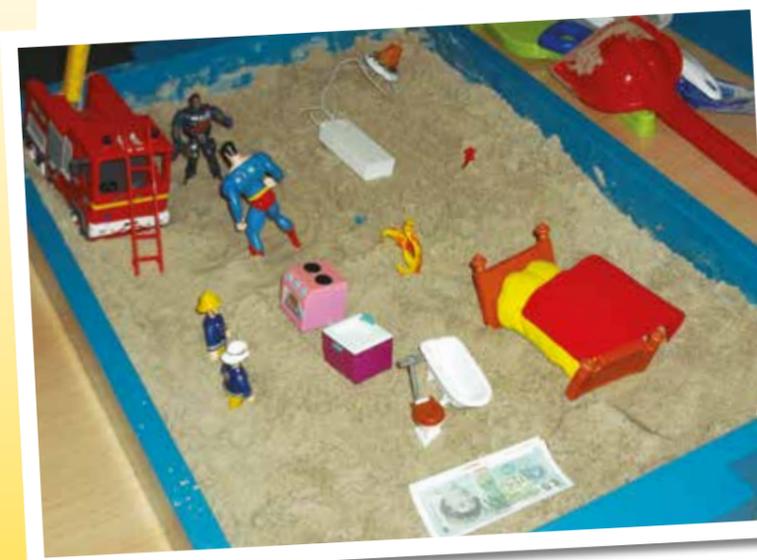
Emma explains that: "Offering a three-dimensional form of Art Psychotherapy can be useful to those who are overly-critical and over-controlled, where an alternative to drawing imagery is offered through the use of ready-made objects and miniature figurines in the sand tray. Patients who feel they cannot draw are still able to work with imagery in therapy through Sandplay and are able to express and communicate difficult feelings in a safe and creative way".

Emma is producing an introductory video on Sandplay Therapy to be shown on the website of the Forensic

Arts Therapies Advisory Group. This is a voluntary organisation which aims to provide support, advice and opportunities for continuing professional development for arts therapists working in forensic or secure settings and trainee arts therapists on clinical placement in forensic services.

Emma also gave a paper presentation at the International Association of Forensic Psychotherapy (IAFP) conference at the University of Ghent in April. It covered the benefits of Sandplay for patients including how symbol and metaphor are central to the change process in terms of improving behavioural control and developing healthier non-offending relationships. The paper is being published in the American International Journal of Sandplay Therapy.

**For more information on Sandplay Therapy please contact the Rampton Hospital Arts Therapies Department on 01777 248 321 ext 7929.**



From left, Emma Allen and Dr Eve Hepburn, Forensic Psychologist, The Wells Road Centre, at the Forensic Arts Therapies book launch at the Freud Museum in London in July

# Q&A

This month we chat to  
Health & Safety Adviser

John Frazer



**1. What is your job title and what does your role entail?**

I am the Trust Senior Health and Safety Adviser. The day-to-day aspects of my role are, from a Health and Safety perspective, audits and inspections, pro-active visits to provide advice, instruction and guidance and of course, training in the dark arts of Health and Safety! Being in the H&S Department does mean you become involved in many differing and varied subjects and every day truly is different. I find it genuinely interesting and when it goes well, it does make you feel as if you are making a positive difference.

**2. How long have you been with Nottinghamshire Healthcare?**

A very short time – since 3 May this year.

**3. What do you see as your priorities for Nottinghamshire Healthcare?**

Ultimately I see my goal as someone who supports the Trust to ensure that no one is hurt whether they are working here or are a patient. I appreciate that due to the sheer amount and varying type of interactions we have in the Trust on any given day, that is an extremely difficult proposition, but I believe we should be ambitious. I firmly believe we should never accept that injury at work, however it occurs, is endemic. Our current team priority is the implementation of a new software system; C365 which will ensure the H&S management system offers a more streamlined service allowing better monitoring and ensuring legal compliance.

**4. What is your employment background?**

Before joining the Trust I worked for 25 years for tyre manufacturer Goodyear Dunlop. I started straight from school as a 16 year old on the YTS scheme then worked in Warehousing & Distribution,

Manufacturing, Procurement, Production Control, and Customer Service, before moving into Health and Safety where I have been since 2007. The site where I did work is shutting after 88 years, so it will be a sad day when it finally closes, but for me personally, it was a wonderful opportunity to do something completely different, which is why I wanted this role in the NHS.

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

Not sure it's the best, but the first piece of advice I was given at work was find out people's name and their position within the organisation. Though here, that's a truly mammoth proposition.

**6. What was the last album you bought?**

'Something for our Mothers' by The Fat White Family. Don't be fooled by the name, it's an ironic title. This album is darkness personified - I'm a huge fan of alternative music.

**7. What is your greatest achievement?**

I won't fall into the trap of saying 'my children', as getting them onto this planet was all my wife's doing and seeing how magnificently difficult it was first hand, I wouldn't dare take any of the credit. Becoming a Chartered Member of IOSH and (almost) completing my degree are obvious work related achievements which are part of a longer process which has been 10 years in the making.

**8. What makes you angry?**

As I've got older my anger toward lazy or poor art or people who didn't 'get' my type of music has mellowed as my tolerance levels and maturity have hopefully grown. However, self-entitlement, ignorance, a lack of consideration and intolerance still rattle with me greatly.

**9. What are you most passionate about?**

Art and Sport – whether it is a song, a painting, a film, or whatever form it may be, I am a great believer that good art generates a physical reaction such as revulsion, fear or primal joy. It's all in that moment when the hairs on the back of your neck stand up, when you hear a truly great record or something special happens at a sporting event. Good art and sport have that power over me.

**10. What single thing would improve your working life at Nottinghamshire Healthcare?**

Being with the Trust for such a short amount of time will give me a vastly different perspective to someone who's been here a long time obviously. I still find it difficult to comprehend the Trust's sheer size, so I believe ideally everyone who starts needs a personal chaperone whose job is to provide an up-to-the minute organisation chart, be on hand as a personal 'meeter and greeter', an acronym decipher and finally a navigator to help you find the many Trust premises!

**11. What is your favourite hobby?**

I have a few; gig-going and discovering new music, art in general, playing and following sport, in particular supporting the somewhat colourful exploits of Wolverhampton Wanderers FC, Travel, Writing – I have a blog, Twinkletwinkle2littlestars which is about my journey into fatherhood.

**12. What keeps you awake at night?**

I am fortunate enough to be the father of identical twin boys who are 19 months old and I am also currently completing an Environmental Degree through the Open University so as you can imagine, not a great deal keeps me up once my head hits the pillow.

**13. What is your favourite film?**

If pushed I'd say, 'A Clockwork Orange'; a great piece of art, which despite being made in 1971, is still utterly disturbing even in this day and age.

**14. What is your idea of bliss?**

First and foremost like many people it would have to be being with my family as I am a home bird at heart. I do also like my own company, so being in the house watching quality sport or a film with a bourbon is always pleasant, or out with a load of my mates on a big lad's night out.

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

Honest, Empathetic and Ginger.

**16. What is your favourite holiday destination?**

New York or Berlin are arguably the coolest places I've been to, but the most beautiful was the Isle of Skye. I don't have a favourite as such.

**17. Who would you take to a desert island?**

The A-team. After a month in the sun had become tedious, who better to make a high powered speedboat from the available resources on the island?

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

To have finished the final part of my degree and then to have started and finished a Master's degree. I tend not to have many hard or fast plans beside those.

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

I've been on Soccer AM, I have played football at the Molineux, (the Golden Palace for anyone in the know) I also did a charity 'strictly come dancing' event in front of 500 people at the Wolverhampton's Civic Hall, Scariest. Thing. Ever. Not sure they're proper 'claims to fame' but that's what you're getting!

**20. How would you like to be remembered?**

Someone who cared, who gave whatever he did a proper go, who enjoyed life and genuinely tried to make his little part of the world a better place for everyone.

## OSCARS 2017 LAUNCHING SOON

Has an individual or team made a real difference to your experience of our services? Have you seen a colleague demonstrate outstanding commitment? Now is your chance to make sure they get the recognition they deserve by nominating them for an award.

The Trust's Outstanding Service Contribution and Recognition Scheme (OSCARS) will soon launch for its fourteenth year – and we need your nominations to reward our staff and volunteers.

The full list of categories for this year is listed below. The OSCARS is designed to celebrate amazing achievements and commitment. Anyone can nominate someone for an award in any of the following nine categories:

- Unsung Hero Award – Clinical
- Unsung Hero Award – Non-Clinical
- Innovator of the Year Award
- Team of the Year Award – Clinical
- Team of the Year Award – Non Clinical
- Leadership Award
- Rising Star Award
- Lifetime Achievement Award
- Outstanding Care and Compassion Award



Nomination forms for each category will be available on our website at <http://nottinghamshirehealthcare.nhs.uk/oscars>

**What is it like for the winners?**

Simone Ritchie, Trainee Assistant Practitioner – Tissue Viability Team, won last year's Unsung Hero Award – Clinical. Here she tells her story of what this meant to her...

"For me personally, the whole build up from nomination, to shortlisted finalist was exhilarating.

"I was extremely nervous on the night, as was everyone who I invited along to support me on the evening. The whole atmosphere was magical, from the red carpet treatment, drinks reception, photographs, meal and the awards ceremony itself.

"To be recognised for all the hard work and commitment that I have achieved working alongside the whole Tissue Viability Team, the 28 care homes and the district nursing teams is a true honour.

"I am sure we all say 'I will never win' as there was tough competition, but when they called my name out I was in complete shock. I heard my mum crying from the stage with her bursting with pride, as was I when the reality of it all sank in. People I had never met came up to me afterwards to offer me congratulations. It was truly lovely.

"Since winning the award I was invited to take part in a radio interview, I have had my photograph in the local papers and magazines, and even people come up to me and say 'hey you're the lady that won the award'!

"But more importantly I could not have achieved such success without the support of all the people who I work alongside within the NHS and the care home staff, and of course my manager nominating me!"

If you know someone who deserves this kind of recognition, nominate them in the OSCARS when they launch this month. If your nomination is shortlisted you will get an invitation to the ceremony too!

For more information about the scheme, please contact the **Communications Team** on **0115 993 4525** or email [frances.marshall@nottshc.nhs.uk](mailto:frances.marshall@nottshc.nhs.uk). The winners will be announced at an awards ceremony on **Thursday 16 March 2017** at the East Midlands Conference Centre.





Tom and Sarah

## New fitness video for patients at Rampton Hospital

**Patients at Rampton Hospital will soon be able to exercise in the privacy of their rooms thanks to a brand new video that has been developed specially for them.**

The low intensity cardiovascular and body toning programme will be made available on the Distributed Television system at the Hospital which is channelled into patients' bedrooms.

The programme has been produced by Sarah Hyde and Tom Thickitt, technical instructors within the Healthy Lifestyles team at the Hospital, with the aim of encouraging and promoting physical activity to all patients. It is suitable for people of all abilities and fitness levels, and features Tom and Sarah explaining and demonstrating a combination of cardiovascular and body conditioning exercises that can help to aid weight reduction and improve overall physical health.

**Sarah said:** "We really wanted to devise a programme suitable for anyone, of any fitness level. The exercises include gentle mobility and toning exercises which can be safely carried out in a patient's bedroom. We demonstrate different options for people of different abilities so that everyone can exercise to their own pace and capability. They can also choose how long they want to exercise for by selecting certain exercises and the number of repetitions they complete.

"We want this to be something that all patients feel they can do and really hope that if they follow this programme they will notice the improvement in their overall health, flexibility and stamina and ability to perform everyday tasks that they

may have previously struggled with. We also hope that patients who do not feel comfortable taking part in group exercise and tend to avoid physical activity, will give this a try and reap the benefits. Not only can this improve physical health, but also have a positive effect on patients' mental health and wellbeing, confidence and self-esteem. We're really excited to hear what patients think of it. Thank you to the rest of the team and Clive Miller and Lisa Hart who helped make this happen."

The programme has been designed in line with national guidance on physical activity which recommends five 30-minute sessions a week for health benefits and five, 60-minute sessions

## Independent prescribing in podiatric surgery team goes from strength to strength

After the law changed in 2013 to allow podiatrists and physiotherapists to independently prescribe, the podiatric surgery team at Park House, Carlton was keen to take on this new role.

Anthony Maher, Consultant Podiatric Surgeon, explained: "It was clear that this change would bring huge benefits for patient care through timely access to medicines, improving care pathways and reducing the burden on local GPs.

"The ability to prescribe for our patients has fundamentally changed our approach to medically managing patients at the time of surgery. I'm keen to see all of our advanced clinical team gain this skill and use it to its full potential for the benefit of all our patients."

The team boasted the first two independent prescribing podiatrists in Nottinghamshire with a third, Vicky Rann, Advanced Podiatrist qualifying this year.

A further team member will also begin training this year.

A recent review of the team's prescribing has found the service offered is safe and both team members and patients alike value the more streamlined access to medicines.

Anthony added: "The training for independent prescribing offered by the University of Nottingham is provided over 28 days, supplemented with home study, assignments and formal examinations. In addition podiatrists and physiotherapists are expected to complete 90 hours of practice placements under the care of a doctor.

Newly qualified independent prescriber  
Vicky Rann, Advanced Podiatrist



"The podiatric surgery clinical team is entirely staffed by podiatrists, operating department practitioners and assistants with no direct input from doctors, so this was something of a stumbling block.

"Thankfully Dr Dean Temple of Orchard Medical Practice, Mansfield agreed to offer practice supervision to three of our team. Dr Temple has a wealth of experience in supervising trainee nurse prescribers. Without his support and that of his colleagues and other placement supervisors, the work we have done in podiatric surgery to improve patient care through better access to medicines, simply would not have been possible."

a week for weight loss. Research shows that physical activity can boost self-esteem, mood, sleep quality and energy levels, as well as reduce the risk of stress, depression, mental wellbeing, dementia and Alzheimer's disease.

**James Routen, Health and Fitness Manager added:** "I'm very impressed with the end product and want to thank everyone involved for devising such a professional video and innovative exercise tool. I hope that by making exercise easier to access, it will attract and reach patients who do not currently choose to come to the gym or use the Hospital's sports facilities. By encouraging patients to experience exercise in the comfort of their bedrooms it will hopefully motivate and give them the confidence to move on to attending off-ward sessions."

The video is part of a wider project to develop a new health and fitness portal on the TV system to include regular Health and Fitness and Healthy Lifestyle programme updates and advice on staying healthy and active. The portal will also feature a virtual tour and promotion of the fitness facilities available.

## Helping vulnerable people find a 'Safe Place'



**Nottingham Mencap has set up Safe Places in Nottingham City and County to support vulnerable people in our community, such as those with a learning disability.**

Nine out of 10 people with learning disabilities in the UK have experienced a hate incident over the last year, and this can affect their ability to lead a full life. Everyone needs to be able to access businesses and facilities in our towns and cities, meet friends and live their lives in safety and security.

"Our message is that if you are lost, frightened, being bullied or threatened you can go to a Safe Place," said Karen Aspley, Smile! Stop Hate Crime Coordinator.

"The staff in a Safe Place will help you contact your support staff, family or friends. If you need an ambulance or the police, the Safe Place will help you call them."

**How to use the scheme**

- Fill in a Safe Place Card with your name and emergency contact details.
- Look for Safe Place stickers (as above) in the shops, cafes, libraries and buildings in the community.
- The staff at the Safe Place will help you.

For further information on how to use the scheme or to become a Safe Place go to [www.nottinghammencap.org.uk](http://www.nottinghammencap.org.uk) call Smile! Stop Hate Crime on **0115 9209524** or email [sshc@n-mencap.org](mailto:sshc@n-mencap.org).

**The scheme is supported by Nottinghamshire Police, Nottinghamshire Fire & Rescue Service, and Nottingham City and Nottinghamshire County councils.**



# Celebrating the success of the Live project

Since the Live Project was launched back in February 2014 there has been great progress towards further creating a sense of community for all.

The Live Project brings together staff, patients, carers, volunteers and partner organisations to create a real sense of community across Trust mental health sites including Highbury Hospital, Millbrook Mental Health Unit and Bassetlaw Hospital.

Events taking place across the sites have included summer fairs and patient activity days, with an increasing focus on carers and working with volunteers, supporting them within the allotment, tea bars and around the wards.

The Live team recently welcomed six new ward-based activity coordinators who will concentrate on providing both structured and unstructured activities for patients on wards, with a health and wellbeing recovery focus.

They will also receive additional training in smoking cessation to support the Smokefree agenda.

Patients and staff can also now enjoy a new timetable of 'Come Grow with Me @ Highbury Allotment', which offers bookable slots with trained staff on hand for wards and teams across the site and community teams. Staff have also been able to enjoy the surroundings at lunchtimes.

Monthly patient councils continue to offer patients the opportunity to meet with matrons, managers and local organisations, to learn about what's happening and to talk about issues affecting them whilst they are in hospital or being supported by community teams. For more information call 0115 854 2262.



## Developing multi-professional preceptorship programmes

A special consultation event for nurses and allied healthcare professionals (AHPs) on preceptorships was held in June, facilitated by Learning and Development in partnership with colleagues from HR Nurse Bank.

The aim was to engage nurses and AHPs who wanted to have a say on the development of multi-professional preceptorship programmes. The event was very well attended by more than 50 staff from across the Trust.

Julian Eve, Associate Director of Learning and Development gave a clear overview of historical to present day staffing issues with a focus in particular on the current need to recruit more nurses and highlighting what needs to be done to make a career in the NHS a more attractive option.

Lisa Stewart, Learning and Development Facilitator said: "Good quality preceptorship, support and guidance is crucial during the period of transition into a new post – which

is an exciting yet challenging time for a newly qualified and new to post nurse or AHP.

“  
**During the event examples of best practice in preceptorship were shared, we discussed expectations and experiences of preceptorship programmes, and attendees gave their views on what should be included in future programmes. Our thanks go to everyone who supported this event.**  
 ”

Learning and Development with colleagues from HR are now planning to build on existing preceptorship programmes, with the aim of developing a single yet flexible preceptorship development programme.

A brand new Preceptorship Network on the Values Exchange has already been created. Lisa added: "This is a fabulous online resource that offers an E-portfolio and a place to reflect on practice, as well as a forum for health professionals to post their views on a range of clinical and ethical issues through the sharing and exchange of values."

Staff can access the Values Exchange and Preceptorship Network through the preceptorship page on the Learning and Development area of Connect.

For more information contact **Lisa Stewart**, Learning and Development Facilitator on **0115 969 1300 ext 12473** or **[lisa.stewart@nottshc.nhs.uk](mailto:lisa.stewart@nottshc.nhs.uk)**.

## Calling all nursing mentors!

The Trust's Nursing Mentor Council is looking for new members to join this professional forum which is attended by nurse mentors from across the organisation.

The Council, established in May 2015, makes key strategic decisions in relation to the practice learning agenda and over the last 12 months has supported the development of the validation and preceptorship handbooks. Work is currently taking place on developing a mentor handbook.

Sponsored by Julian Eve, Associate Director of Learning and Development, with the full support of Dr Julie Hall, Executive Director of Nursing, the Council currently meets

three times a year and has a core membership of 15 nurse mentors from across the Trust and all fields of nursing.

The purpose of the Mentor Council is to:

- Discuss, prioritise and take action in response to practice learning issues raised from within the organisation, by key stakeholders or the Nursing and Midwifery Council.
- Influence the provision of education within universities to meet service requirements.
- Promote excellence in pre-registration nursing preparation.

Council members feed back within their own local service area on the decisions made and actions taken.

Susan Stronach, Practice Learning Coordinator said: "We're keen to hear from any mentors across the Trust who may be interested in joining the Mentor Council. As a member, you will have a platform to influence the decisions being made and contribute to topical issues within the practice learning agenda."

To find out more, email **[susan.stronach@nottshc.nhs.uk](mailto:susan.stronach@nottshc.nhs.uk)**.



Yoga session at the staff wellbeing afternoon at Om Studios

# Highlighting the importance of spiritual care

The Chaplaincy and Spiritual Care Service recently ran a series of events focused on spiritual care and the holistic health and wellbeing of staff, service users and carers, including reiki and massage sessions, and a wellbeing away afternoon and five-week Zen Mindfulness course for staff.

The feedback was very positive, with comments including: "Able to feel the stresses of the day disappear, was left feeling calm and rejuvenated", "Every day I felt better and better, calmer, increased wellbeing – a life changer" and "Amazing course – most helpful thing I have ever done to manage stress."

**Katja Milner, Spirituality Lead said:** "Perhaps the best evidence that these practices work is seeing people visibly change afterwards; smiling, looking relaxed with a whole shift in posture and, as it seems from comments, outlook. This isn't very surprising when we think about health and wellbeing as including physical, emotional, mental and spiritual components.

"In essence spirituality is to do with what brings meaning, hope, understanding and inspiration into our lives and may or may not be expressed through a religious faith. It is also about how we reflect, take a step back and make sense of life.

"Spirituality can be particularly important when struggling with life and during recovery from mental health problems. The stories and accounts I've heard from service users and Recovery College students have often detailed the ways in which spirituality is important in their lives and recovery.

Spirituality and religion however are concepts that can be misunderstood or under-valued in a healthcare context, sometimes associated with irrationality or illness and as lacking scientific evidence.

"For these reasons I have decided to research spirituality and mental health recovery by starting a PhD at Nottingham University. I will be very sad to leave the Trust after seven years, however I am also excited about developing research in this field and feel positive for the new developments which lie ahead for the Chaplaincy and Spiritual Care Service.

"I am very grateful to Paul Quilter who initially created this role and all of the amazing colleagues I have worked with over the years who have helped make good spiritual care in the Trust a reality."

## Transforming services in Bassetlaw

As previously reported in the May edition of Positive, the Bassetlaw Service Transformation project is underway to look at the ways that the Trust's Health Partnerships and Local Services divisions provide services to local people.

The aim is to offer a 'One Team' approach to ensure the delivery of person-centred, coordinated care that wraps around the patient, with services working together across organisational boundaries. Some of this work is being used to inform the transitional work involved in the formation of the new Local Partnerships Division (see the Message from the Board on page 2).

A strategy has been developed to support the work in Bassetlaw, as well as linking it in with the ambitions of Bassetlaw Clinical Commissioning Group to form an Accountable Care Partnership, in line with the Sustainability Transformation Plan for South Yorkshire & Bassetlaw, which will provide a seamless service across NHS, Private and Voluntary Sector provision.

The Trust will be working on a number of developments including a single point of access for referrals; aligning teams to other services such as urgent and crisis care; linking clinicians from both physical and mental health with the right skills into core selected teams; and co-locating the large majority of teams 'under one roof' to support better communication and a 'one team' culture.

Sandra Crawford, Bassetlaw Service Transformation Lead said: "The inception, involvement and delivery of this project has been a very positive experience so far thanks to the enthusiasm, leadership and commitment of operational staff, both clinical and non-clinical, who engaged in the conversation.

"Work is now underway on several of the areas highlighted in the strategy including the alignment of the Crisis Resolution/Home Treatment and the Mental Health Liaison Teams."

## International award win for Tissue Viability

Well done to the Tissue Viability Team, who were crowned as winners of the poster competition at the Patient Safety Congress in Manchester this July.

Over 500 posters were submitted for the conference from across the globe, covering many different innovations to improve patient safety, and 125 were chosen for display. The top three were asked to present their story on stage, with live voting from the audience.

Karen McEwan, Quality Improvement Matron and Geraldine Reeve, Tissue Viability Nurse Specialist for Bassetlaw attended the event and spoke about the work the team has done within the Bassetlaw care homes to reduce pressure ulcers and the development of the React to Red training concept that has now seen over 6,000 copies circulated across the country.

Frances Healey, Head of Patient Safety Insight at NHS Improvement presented the award to Karen and Geraldine. She said what an honour it had been to speak about the care home work at such a prestigious event, and praised the efforts of all the staff in Bassetlaw who had worked hard to reduce pressure ulcers.

They also gave special thanks to colleagues Tessa Anders, Tissue Viability Nurse and Simone Ritchie, Trainee Assistant Practitioner, all of the community nurses who visit the care homes on a daily basis, and to the fantastic staff within the Bassetlaw care homes who have embraced the work to reduce pressure ulcers for their residents.

Following the award, the team has received a number of congratulations and enquiries from members of the audience who were inspired by their story and keen to cascade any learning into their own organisations.



From left, Karen McEwan and Geraldine Reeve with NHS Improvement's Frances Healey



# 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 November issue of Positive, please contact us by 30 September 2016. However, due to space constraints we cannot guarantee the publication of all articles received by the deadline.**

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**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 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.

From October 2016, Health Partnerships and Local Services will merge to become Local Partnerships where services will be delivered across care pathways.

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.

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

