positive
about integrated healthcare

Sun shines on summer social
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Message from the Board

As you can see, this is a bumper issue of Positive – and this is just a snapshot of what’s been going on across the organisation recently.

The transformation of community services in Adult Mental Health (AMH) is well underway with the newly formed Local Mental Health Teams set up around the County. City teams will be next and we hope that by the end of this month all the teams will be in place. One of the underpinning philosophies of the change was that service users and their families should see a seamless transition to the new ways of working. This has seemed to be the case, but we will be doing some work on metrics to make sure that any unintended outcomes from the changes are captured and the impact on service users and staff is measured.

Our vacancy management process that was put in place in March is usefully managing the recruitment to roles. In the first three months 106 vacancies have been considered and we have appointed to 91 of those. 40 posts were new. We have recruited 10 consultants which should hopefully improve the medical staff situation in AMH and Mental Health Services for Older People, where we have been facing a particular challenge.

I am committed to recruiting clinical staff where we need them, but this does not mean that we can’t seek to be more efficient and effective in how we think about filling new roles. We are also seeing an encouraging reduction in spend on agency – something which we need to continue to focus on.

Practical steps are being taken across the Trust to free up staff time, and money. E-Rostering will support the achievement of safe staffing levels on our wards and that there is the correct skill mix to deliver care safely. We are also looking again at how efficient our use of buildings is. This will take some time to work through and there will obviously be full discussion and consultation with any staff groups affected.

I am absolutely delighted that once again our secure units have achieved high ratings for quality in The Quality Network for Forensic Mental Health Services peer reviews. The Wells Road Centre scored 96%, Arnold Lodge 95% and Wathwood 98% and was placed top out of medium secure units in the Country. Congratulations are also due to catering services at Rampton Hospital for maintaining our 5 star food hygiene rating and the Estates and Facilities directorates for re-accreditation for ISO14001 environmental management standard.

Well done also to the Trust and Nottingham Children and Families Partnership (NECFP) Childrens Centres who underwent a successful Baby Friendly Initiative Reassessment. There was a great deal of praise and positive feedback for what has been achieved during recent organisational change.

Finally, thanks to all staff who took part in and represented the Trust at the Corporate Games and Nottinghamshire Pride recently – you can read more about these events on pages 14 and 17.

Ruth

OSCARS 2018 launching soon

Has an individual or team made a real difference to your experience of our services? Have you seen colleagues 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 fifteenth year – and we need your nominations to reward our staff and volunteers.

The full list of categories for this year and nomination forms for each category will be available on our website at: www.nottinghamshirehealthcare.nhs.uk/oscars

Leading the way with Peer Support

Nottinghamshire Healthcare’s Child and Adolescent Mental Health Services (CAMHS) are leading the way by introducing permanent Peer Support Worker roles within their services.

Four Peer Support Workers are now employed across CAMHS, based in the Community Teams and Crisis Team. Three of the four workers have experience of mental health difficulties and services, and one is a parent who has supported their child to use CAMHS, enabling them to reach out to and support not only young people but also their families.

Peer Support Workers have lived experience of mental health problems and recovery, and are therefore able to offer essential emotional and practical support to people experiencing similar challenges whilst building hope and inspiring relationships. Within CAMHS they will play an important role in making mental health support more visible and easily accessible for children, young people and their families. They will also actively help young people to access the right support at the right time, whilst also involving them in service delivery and improvements.

The Trust has supported the Peer Support Worker role within its services for many years. However, whilst there have been voluntary CAMHS Peer Support Worker roles previously in the Trust, this is the first time Peer Support Workers have been recruited into CAMHS on a permanent basis.

Emma Watson, Peer Support Development Lead, said:

“The CAMHS Peer Support Workers have already started to make a positive impact. They are building connections with young people and families and helping to support at different sessions within CAMHS, such as anxiety groups. This has been recognised by the young people, who are showing an interest in their role and feel able to approach them for support.”

“We are confident that the role of the Peer Support Worker will be successful and make a real difference to the lives of young people and their families. We will continue to evaluate their effectiveness and use this to further develop the role within CAMHS.”

Joy Biddell, one of the new CAMHS Peer Support Workers, said: “I feel so proud, grateful and privileged to have been given the opportunity to do this pioneering role. My own personal experiences of mental health have given me a deeper understanding and empathy, which I will use to support others with the difficulties they may face and to inspire them that recovery is possible.”

The Peer Support Workers have each undergone a thorough programme of training following a competitive interview process.

Joy and Tracy Duke, Peer Support Worker
Get the low down on the hoedown at The Wells Road!

The Wells Road Centre hosted its annual summer carers’ event in July with service users, friends, family and staff all enjoying a Western-themed hoedown.

The evening certainly had a festival vibe to it, with Spinney Meadow providing a stunning setting. The BBQ, animals and music bonanza plus a massive tombola were the brainchild of the Social Events Committee, a patient-led executive group that meets every week to plan a number of events and trips throughout the year.

The committee is directly supported by the newly-formed Wellbeing Team, which specialises in providing meaningful activity and opportunities for service users who have minimal engagement in other therapeutic groups and pathways.

Rachel Douglas, Wellbeing Facilitator, explained: “We aim to give service users as much control as possible over shaping their groups and these kinds of events. The guys and gals who have worked so hard over the past few weeks and it’s been brilliant to see it all come to fruition today.”

A mini zoo was brought in to augment the animal charm already boasted by Spinney Meadow, providing cuddles, scares and thrills aplenty, and a traditional Mr Whippy ice cream added to the burgers, sausages, delicious summer salad and homemade fruit punch provided by the Hospitality Catering Team.

Lyndon Parnell (also known as DJ Mighty Max) from Lister Ward hosted the event brilliantly, delivering a mix of classic and modern pop hits, introducing the rest of the entertainment, keeping people informed and whipping up the crowd. He said: “This has been better than I imagined; it was amazing and I’ve had such good fun. The Wellbeing Team do a fantastic job; they’re very caring, very understanding. I’m a DJ and since I’ve been in hospital I’ve not been able to do as much, but they make it possible.”

The much lauded Wells Road Band, comprising four staff and service users, also played a stunning pop-rock arrangement followed by Fusion, the service user amateur dramatics group at The Wells Road Centre, who performed their interpretation of Jack and the Beanstalk. Those involved had been rehearsing for several weeks as well as crafting the costumes and props from scratch. Kevin Tore, Wellbeing Team Leader, said: “The winds that roll over Spinney Meadow come straight from Russia – it’s no wonder the beanstalk kept falling over before Jack had a chance to chop it down!”

Mark Taylor, Clinical Director for Forensic Psychiatric Medicine, observed: “This was a very relaxed event which I felt patients, staff and family and friends seemed to really value. Events like these promote positive relationships and support mental health recovery. Spinney Meadow is a wonderful resource but it takes innovative and motivated staff members to make best use of it.”

Research should be our business

John Guite, an Occupational Therapist at Rampton Hospital outlines his journey towards becoming a clinical academic.

Evidencing the efficacy of health care interventions and the benefits they have for patients should be an essential element of all aspects of modern health care. Clinicians often have the drive and passion needed to create change. They are able to draw upon a wealth of experience, and the relationships they have built with patients, to recognise what appears to work for their patients and to identify areas for improvement or gaps in care.

As a student studying towards a BSc in occupational therapy at Sheffield Hallam University, I developed a keen interest in health research. I took this interest forward to my practice working in high-secure forensic psychiatry with Nottinghamshire Healthcare, attending several Occupational Therapy Research Foundation events.

Recently I have been able to further develop my interest and skills by gaining a place on the National Institute of Health Research (NIHR) MA Research Methods (Health Pathway) at the University of Nottingham. This highly prestigious course aims to equip students with the in-depth skills needed to carry out research in healthcare, with an emphasis on linking theoretical and methodological understandings with practical experience of research design and implementation.

Working in this highly stimulating environment, I learned about a variety of methodological approaches and research techniques, and also developed my ability to critique the current evidence. Having successfully completed my study, I was able to secure a NIHR CLAHRC East Midlands / Nottinghamshire Healthcare funded PhD studentship based at the Institute of Mental Health.

My new research aims to examine the effectiveness of interventions in high-secure forensic care, through considering factors which may prove to be barriers and facilitators of care. The ultimate aim is to play a part in helping to reduce high secure length of stay through gaining an understanding of what works, and what gets in the way of care. This will benefit patients, by reducing the time spent in a highly restrictive high secure environment, and society through providing more cost-effective care. The Trust has actively supported me throughout this process, with the Learning and Development Department part funding my current research, my line managers at Rampton Hospital giving me their full backing, and through the Trust’s overall commitment to research and innovation.

I feel that, like myself, nurses and other allied health professionals such as occupational therapists are ideally placed to play a major part in research and practice development across the NHS and social care.

A collaborative approach, such as those which exist within the CLAHRCs, will allow organisations to build their research capacity, and to bring research into the real world of clinical practice.

I have found my journey towards becoming a clinical academic a challenging but rewarding one and urge all health professionals to consider how they can become involved in the world of research.

To find out more about becoming involved in research, contact me at John.guite@nottshc.nhs.uk.

Wathwood’s Sunny Garden Party

Wathwood Hospital Farm Shop held its annual Garden Party in The Courtyard in June – a special event organised to bring local people, patients and staff together.

The Farm Shop and Courtyard Café offers patients the opportunity to take part in activities in a safe and supportive area and gain experience working in retail and catering, which prepares them for their new life within society when they leave the hospital environment.

The Garden Party was a great success with hundreds of visitors attending and patients running their chosen stalls – with the day made even more enjoyable by some lovely sunny weather!

Catherine Brooks, Hotel Services Manager said: “Interaction with the public helps us in our main aim which is to reduce the stigma of mental illness.”

“This year we were visited by John Healey MP and Shadow Secretary for Housing and Planning. He spoke to patients and staff during his one hour visit, thanking them for their hard work and for making the garden party part of the Wath-upon-Deeern events calendar.”

John Healey was escorted by Local Councillor Alan Atkin, who has been a much appreciated supporter of the hospital for many years.

John and Catherine (far left) with Alan (centre) and members of the Farm Shop and Courtyard Café team.
New end of life service gives patients choice to remain at home

Nottinghamshire Healthcare, in partnership with Carers Trust East Midlands, has rolled out a new service to support end of life care for patients across Nottinghamshire County whose preferred choice is to remain at home.

The service provides care for up to 45 patients at a time as part of the NHS Continuing Healthcare (CHC) Fast Track for care, which provides funding for patients who are at the end of life. The Trust’s community nursing teams work closely with the Carers Trust to ensure patients have fully coordinated end of life care. An in-reach Matron supports patients who are at end of life whilst in hospital, and coordinates the patient’s discharge to home safely to community nursing teams, Macmillan nurses and the Carers Trust team.

Sharon Thompson, the Trust’s General Manager for Nottingham North and East Adult Integrated Teams, said: “Our commissioners asked if we could provide care for these patients who wished to remain in their homes in a different way, so that patients’ needs could be prioritised and they receive a more efficient, effective dedicated service providing a more timely response. Through commissioning of the service to the Carers Trust, we have been able to provide care and support to these end of life patients. The Carers Trust already had a presence in other health projects in Rushcliffe and once the service started, we noticed that the Carers Trust was responding to patients’ care needs incredibly quickly. In continuing to work with the Carers Trust, we hope to see ongoing improvements in the quality of care being provided.”

Since the start of the scheme in November last year, the service has improved patient care and enabled over 95% of these patients to remain in their own homes. In addition, it has saved the equivalent of around 107 hospital bed days and potentially avoided 90 hospital admissions through collaborative working between the Trust, South Clinical Commissioning Groups, Nottinghamshire Continuing Healthcare at Citycare and the Carers Trust East Midlands.

Paul Sweeney, Executive Director of Local Partnerships, said: “With this new service patients are seeing a faster response to providing end of life care and an improved discharge pathway out of acute care and community bed based services to home. By working in partnership with the Carers Trust and other partners we can ensure we give patients the best chance of being able to choose their preferred place of care at the end of their lives.”

Dr James Hopkinson, Clinical Lead, Nottingham North and East CCG, said:

Whenever possible, patients at the end of their lives should have the opportunity to make an informed choice about where they would like to spend their final days, and it’s great to see the contribution this service will make to supporting patients to do this.

Many patients express a preference for remaining at home at the end of their lives, and this service gives patients that choice, where it is clinically possible, while also ensuring that they, their family and their carers are supported throughout.

The success of the new service has meant it has now rolled out across the rest of Nottinghamshire with Mdh Nottinghamshire patients being the latest to benefit from the service.

Katie Wheeler, Carers Trust Project Manager, added:

The expansion of the service now means we can offer a Nottinghamshire County-wide service, and alongside our existing Carers Hub Support Services, both patients and their carers can access the care and support they need and deserve.

The CAMHS Crisis Resolution and Home Treatment Team supports young people experiencing mental health crisis through intensive treatment at home. The CAMHS Liaison Team, based at King’s Mill Hospital in Sutton in Ashfield, aims to ensure under 18s are not admitted to hospital unnecessarily following self-harm, overdose, or thoughts of suicide. They are instead treated in the community, wherever possible.

Teams and individuals at Rampton Hospital have been shortlisted in another three categories:

- Newmarket Ward Team, from the National High Secure Learning Disability Service are finalists in the Learning Disabilities Nursing category for their work in developing the first Learning Disability Forensic Therapeutic Community (TC) in the Country. It is a place where the social relationships, structure of the day and different activities together are all deliberately designed to help patients’ health and wellbeing.
- Bridget Ingamells, Clinical Nurse Specialist, has been shortlisted in the Nurse of the Year category.
- Mandy Mudholkar, Nurse Consultant, has been shortlisted in the Nurse Leader of the Year category. Since Mandy joined the National High Secure Healthcare Service for Women approximately nine months ago, there is a genuine sense of optimism within our service users and nursing staff that things can change and lives can improve.

Dr Julie Atfield, Executive Director of Nursing said: “It’s fantastic news to be shortlisted for five Nursing Times awards this year.

“We consistently strive to overcome challenges in order to deliver high quality care and these individuals and teams have really helped to improve outcomes for our service users. The staff involved should feel very proud.”

Winners will be announced at an awards ceremony in London on 2 November.

Special recognition for Ossie

In March 2017, Ossie Newell MBE, founder of the Ossie Newell Foundation, won a Special Recognition Award for his contribution to Stroke Services in the NHS Health Education England’s East Midlands Excellence in Education Awards. This award, in the category of Best Patient or Public Involvement in Education, recognises Ossie’s knowledge and passion for the subject, and the Foundation’s reputation as an expert source of knowledge of stroke and stroke rehabilitation care, provision and research.

The expansion of the service now means we can offer a Nottinghamshire County-wide service, and alongside our existing Carers Hub Support Services, both patients and their carers can access the care and support they need and deserve.

Firstly, our Child and Adolescent Mental Health Services (CAMHS) Urgent Care Services, which include the CAMHS Crisis Resolution and Home Treatment Team and CAMHS Liaison Team, have been shortlisted in both the Emergency and Critical Care and Child and Adolescent Services categories.

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It’s hoped that the award will help attract more supporters for the charity and funding to support its vision in sponsoring, recruiting and training PhD Graduates specialising in stroke rehabilitation research. The long term objective is to raise £200,000 to fund a PhD scholarship.

Key facts from the Stroke Association

• Stroke affects approximately 132,000 people each year in the UK
• There are over 1.2 million stroke survivors in the UK
• 3 in 10 stroke survivors will go on to have a recurrent stroke or transient ischaemic attack (TIA)
• Stroke is the fourth single largest cause of death in the UK and one of the largest causes of disability.

To find out more, visit www.ossienevellfoundation.co.uk

Trust shortlisted for five Nursing Times awards!

Nottinghamshire Healthcare has been shortlisted in a fantastic five categories at the Nursing Times Awards 2017.

- Newmarket Ward Team, from the National High Secure Learning Disability Service are finalists in the Learning Disabilities Nursing category for their work in developing the first Learning Disability Forensic Therapeutic Community (TC) in the Country. It is a place where the social relationships, structure of the day and different activities together are all deliberately designed to help patients’ health and wellbeing.
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‘Paws’ for better mental health

The Educational Service at Arnold Lodge has been working with the Dogs Trust, Loughborough to introduce a new educational approach to help patients become better dog owners.

Occupational Therapy Assistant Practitioner Horticulture and Animals, Richard Eltringham explained: “There is much research to suggest the companionship of dogs offers a great way to reduce anxiety and stress. Our new workshop is run with help from Lyra, Sarah and Keira from the Dogs Trust and covers such topics as law, legislation and care for dogs to help patients become responsible owners. It also provides opportunities to gain experience and qualifications, building confidence in working with animals.”

East Midlands Education and Community Officer for the Dogs Trust, Sarah Saunders said: “Our mission is to improve the lives of all dogs through education, but we also recognise the many benefits that having a healthy, happy dog have for their owners, better mental health being just one aspect.”

Feedback from the workshop has included:

- “I find the Dogs Trust educational and seeing Lyra makes me feel happy.”
- “Working with Dogs Trust has been a very enriching, rewarding and informative experience.”
- “I have learned more about the Dogs Trust and how they can re-home stray dogs. I would recommend the Dogs Trust and hope this course continues to run for others to learn.”
- “The Dogs Trust group was very interesting. I learnt how to look after a dog.”
- “Working with the Dogs Trust has given me a better insight and understanding of dogs. It has been really interesting and enjoyable and it was really lovely to meet Lyra and thank the staff for coming in.”

All the Dogs Trust educational services are free of charge. To find out more email sarah.saunders@dogstrust.org.uk.

Well done Sarah!

Congratulations go to Sarah Woodcock, Programme Coordinator in the Business Development and Marketing Unit, who has won the ProStart Career Progression Award 2017 in Business Administration Level 3.

The award acknowledges and celebrates apprentices who have worked hard to develop their skills and expertise and have also progressed in their career.

Sarah said:

“I was really shocked that I won and that all my hard work had paid off.”

The awards event in June was attended by more than 130 people, with the awards presented by ex-Derby County footballer Michael Johnson.

New research on the impact of hearing voices

The Voice Impact Scale is a new research study seeking help from anyone over the age of 18 who has heard voices for over a year and has a psychosis diagnosis.

Participants are invited to complete a new questionnaire that aims to understand the impact hearing voices can have on people. Researchers would also like to know if the questionnaire is helpful and can be of use.

This one off survey usually takes around 20 minutes and can be completed anonymously. To find out more, please contact David Trevor, Research Delivery Nurse at david.trevor@notts.nhs.uk, 07825 863 017 or 0115 823 1282.

Menopause and working life

A hugely successful seminar for staff on Menopause and Working Life was held by the Trust in June. The aim was to look at how the Trust can best support staff experiencing the menopause.

Organised by Catherine Conchar, Associate Director of Equality and Diversity, and the Gender Equality Steering Group, the event was attended by 100 staff and was oversubscribed with people who wanted a place.

Presentations on the day included:

- An introduction by Dr Julie Attfield, Executive Director of Nursing
- Della Money, Jo Horsley and Ruth Gadd, all senior managers from the Local Partnerships Division, talking about ‘Hot Stuff’
- Annie Clarke and Laura Hodgson from the Physical Healthcare Team on ‘The Menopause and Treatment’
- Professor Amanda Griffiths, University of Nottingham Institute of Mental Health on ‘The Menopause and Working Life’
- Anna Minns MBE, Internim CEO of Wakefield Well Women’s Centre speaking on ‘Menopause: A Personal Perspective’

Chair of the event Sarah Murjan, Consultant Psychiatrist at the Nottingham Centre for Transgender Health and Chair of the Gender Equality Steering Group said: “The enthusiastic attendance and contributions of everyone who attended helped to make this event a huge success. It was an interesting and thought-provoking experience and one which raised issues that could usefully be addressed.

“We plan to take some of the ideas forward and are working with Human Resources to develop information and guidance for staff and managers on supporting staff experiencing the menopause, as part of the overall approach to supporting health and wellbeing at work.”

If you would like to help progress this work or any other issues around gender equality please consider joining the Gender Equality Steering Group. The group is supported by Catherine Conchar, Associate Director of Equality and Diversity and Dr Julie Attfield, Executive Director of Nursing. It meets for two hours, four times a year and reports to the Equality and Diversity Subcommitte which in turn reports to the Workforce, Equality and Diversity Committee.

For more information email catherine.conchar@notts.nhs.uk or sarah.murjan@notts.nhs.uk.

Bracken Runners inspire half marathon success

New running sessions introduced by the Bracken House team have proved a real inspiration for one patient, who successfully completed a half marathon in July.

The Bracken Runners held their first weekly session in November 2016, with several patients and staff taking part. The run went really well and was facilitated by Angela Purdue, Unit Manager and England Athletic Run Leader alongside staff member Rob Williams.

Angela said: “One patient, Derek Young, consistently attended the running groups, and he decided that he wanted to do a half marathon on his fiftieth birthday.

“Rob worked with Derek to build up his distance, and on the day Derek, I and staff member Jamie Allen together completed the 13.18 miles in under three hours. Derek was over the moon and continues to use his leave to carry on his running.

“Derek has now been put forward for a ‘Recognition of the 6Cs’ (ROC) award within Bracken House for his commitment to his running and his courage to put himself out of his comfort zone.

“The running sessions, which are offered to all our patients, have been inspirational and a great addition to the activities we can offer.”

Get Social with us
Raising awareness of aphasia and its impact on lives

This June, the Adult Speech and Language Therapy department supported Aphasia Awareness Month, together with local aphasia Patient Advisory Panels and self-help groups. Their aim was to raise awareness of the communication disability and the impact it has on peoples’ lives and those of their families. One of the biggest challenges for people affected by aphasia is that many people don’t know enough about it or how they can help.

The team hosted two events at Mansfield Community Hospital Hospital and King’s Mill Hospital, where experts with aphasia shared their knowledge and experience with staff and visitors, and the Speech and Language Therapy department shared ideas and resources on how to help.

About aphasia

More than 350,000 people in the UK have aphasia - a condition which can affect a person’s ability to understand language, to speak, read, write and use numbers. Over a third of people who have a stroke will experience aphasia and it can have a devastating effect on everyday life, work, relationships with family and friends, confidence and self-esteem.

Top tips for communicating with someone with aphasia

• Use gestures/mime
• Ask what helps
• Say one thing at a time
• Don’t rush – slow down, be patient
• Reduce background noise
• Draw pictures
• Don’t pretend you understand
• Write down key words
• Recap – check you both understand

What’s the next big thing?

The Institute of Mental Health has launched a new Duncan Macmillan Essay prize to celebrate and promote the work of registered trainee doctors in psychiatry in the UK.

Offering more family-focused interventions

Over the last three years, more than 24,000 ‘family-focused’ interventions have been carried out in the community within Adult Mental Health.

These interventions range from information sharing with families and supporting carers through to full evidenced-based interventions such as Behavioural Family Therapy (BFT), an approach that is recommended in the NICE Guidelines for Schizophrenia (2014) and Bipolar disorder (2006). The Trust aims to increase the number of family-focused contacts that can be offered over the next few years and hopes the two recent cohorts of BFT trainees will be at the forefront of this delivery.

Celebrating ‘Language for Life’ achievements

Trust Chair Dean Fathers recently presented awards to newly accredited ‘language leads’ from across the County at the Nottinghamshire ‘Closing the Gap’ conference at Eastwood Hall. The event in July was held by Nottinghamshire County Council’s Educational Improvement Team to support headteachers and schools in their endeavours to close the attainment gap between disadvantaged children and their more advantaged peers.

The presentation celebrated the achievements of the 15 Early Years Practitioners who have this year achieved a level 3 award in supporting Children’s Speech, Language and Communication Needs and gained Nottinghamshire Accredited Language Lead status.

This means that they have been able to demonstrate excellence in developing and supporting children’s speech, language and communication skills – both in their own practice and the overall practice within the setting where they’re based, including children’s centres, private day nurseries and schools. Ensuring young children are in good communication environments is key to closing the attainment gap and in protecting them against mental health issues in the future.

Lauren Hague, Home Talk Worker for the Trust in Basellaft Children’s Centres was one of those receiving an award. Lauren works with parents of two-year-old children to support them in developing their child’s communication skills.

Jane Young, Nottinghamshire Children and Families Partnership Speech and Language Therapy (NCFT SLT) Service Manager said: “We are extremely proud of Lauren. She is an excellent practitioner and has worked hard to improve her practice still further. Many children and families will benefit from this. She is making a considerable contribution to improving the life chances for the children she works with.”

For more information, go to www.institutemh.org.uk.

There are now more than 100 accredited language leads across Nottinghamshire who are supported by NCFT SLT therapists through regular training, networking and coaching events. For more information about Nottinghamshire’s Language for Life activities, go to www.facebook.com/nottslanguageforlife, www.pinterest.com/languageforlife, search for @NottsLang4Life on Twitter or email jane.young3@notts.sh.nhs.uk.
Leicester patients can now access online mental health support

The Trust’s Leicester City Open Mind service, funded by Leicester City Clinical Commissioning Group (CCG), is now offering patients access to the online Silvercloud programme, to provide support at the click of a button, 24 hours a day, 7 days a week and even on the go.

Following a referral to Leicester City Open Mind, made by the patient’s GP or by self-referral, the individual will be assessed over the phone by a trained therapist who will arrange the service will meet their mental health needs. Patients will then be sent the details for their own tailored secure account on SilverCloud.

Silvercloud uses a series of modules to give patients a better understanding of their emotions, thoughts, feelings and behaviours; help increase positive interaction with a therapist. During the pilot in 2016/17, 40 patients were referred into and successfully completed courses through the SilverCloud service.

Claire Thompson, Operational Manager for Improving Access to Psychological Therapies (IAPT) at Nottinghamshire Healthcare, said: “We are very pleased to be able to now offer SilverCloud as a treatment option within our Leicester City Open Mind Service, which is already offered to patients using our Nottinghamshire and Leicestershire and Rutland services. The online therapy package can be accessed at any time, is flexible and easy to use. It offers support with a wide range of mental health concerns and we know it will have a positive impact on people’s journeys towards recovery.”

Patients must be aged 16 or over and be registered with a GP practice in Leicester City to be referred to Leicester City Open Mind. To complete an online self-referral form visit https://www.nothamptonsirehealthcare.nhs.uk/openmind or contact the service on 0116 2927010 or leicestopenmind@notthsc.nhs.uk. More information and self-referral forms for the Trust’s other IAPT services is available at www.letstalkwellbeing.co.uk

Writing to show others ‘you’re not alone’

Acaycia had her first episode of psychosis two years ago. With support from the Trust’s Early Intervention in Psychosis Team, she has found that writing has helped her through some of her most difficult times. Now she is sharing her story and explaining how writing about it has helped her recover.

Acaycia first started to notice symptoms in 2015, while she was a mature student at university. “Suddenly I began to feel strange. I’ve suffered with depression all my life but this was something else. I started to become very paranoid. Eventually, as I deteriorated further, I started to hear voices, and I would tell him to harm myself and shout commands to me. I was terrified. I didn’t know who to turn to.”

Eventually, the stress of her symptoms became too much and Acaycia had to leave university. After confiding in her nurse at the Asperger service about the voices she had been hearing, Acaycia was referred to the Early Intervention in Psychosis (EIP) service.

“The Team Leader said that I was experiencing a first episode of psychosis, and that their team would work with me. I was given a Community Psychiatric Nurse (CPN) and met a psychiatrist who started me on anti-psychotic and anti-depressant medication. Over time my symptoms began to improve.

“I’m sharing my story now to show others they aren’t alone. Psychosis has such a lot stigma surrounding it, and I used to feel ashamed at having the diagnosis.”

“One thing that has helped me is writing. It’s always been part of my life, and currently started a blog, charting my experiences with psychosis. When I was diagnosed I felt so isolated. I read as many books as I could on the subject, but they were mainly written by academics, I never found anything personal. So that’s what I’m trying to do with the blog, just say to others ‘look me too.’ The blog is also helping my own recovery, because it’s making me see how far I’ve come since those early days.”

You can read more about Acaycia’s experiences of psychosis and recovery on her blog: www.psychoticaspie.blogspot.co.uk

Since May 2017, eight wards at Rampton Hospital have been working on collaborative communal projects with the aim of enhancing their sense of community.

These projects are now half way through with lots of successful plans being put into action across the participating wards and staff and patients working alongside each other on something that is meaningful to them.

Some of the wards have been making the most of the warmer weather to do some gardening, enabling them to access areas off the ward and participate in an activity together to improve their living environment. Others have been coming together to engage in games tournaments including bingo, dominoes and pool, which is something they have a shared interest in.

During recent interviews with the Involvement Team one patient said: “I think the project will be positive in getting us outdoors and it will help our wellbeing to be more active.” Another patient said: “It’s good because I’m getting involved in things around the Hospital, being able to affect change and contributing to the local community. It all helps to escape from the ordinary ward life and helps us cope better generally in our mental health.”

Rampton is looking into the best way to continue to support projects like these into the future and to enable all wards to take part.

The Sense of Community Awards will be held on 31 October, with a handmade trophy to be awarded to one of the projects. Participating wards will present their work to other staff, patients and visitors.

Training successes at Southwell Day Centre

This April, as part of Rampton Hospital’s Recovery College, five candidates sat their City and Guilds 7300 - Introduction to Trainer Skills assessment.

The five individuals – two service users from the National High Secure Learning Disability Service and three from the Mental Health Service – were accompanied by three staff members from Southwell Day Centre.

Samantha Mc Boyd, Day Care Manager said: “What made this even more of an achievement was that for three of the candidates, this was the first ever qualification that they had achieved and for one individual, this was the first ever qualification gained within their family.”

To celebrate this great achievement, a special musical performance was laid on by the Southwell Cell Mates band, consisting of three Mental Health Service candidates. Angela Pemberton and Tony Mitchell from Learning and Development were invited to the presentation by the patients themselves to listen to the band and to present them with their certificates.

Samantha added: “Both Angela and Tony had worked hard with the candidates, preparing them for the examination which included a multiple choice questionnaire, an exercise to produce a session plan and a 15 minute presentation.

“Since gaining their City and Guilds qualification, all five have now been written, one on the ‘Journey from Alcohol and Drugs Misuse towards Recovery’ and the other on ‘Moving on – Understanding Gate Fever and Recovery’. Both courses are in the new prospectus, ready to be delivered by the candidates during the autumn/winter term.

From the many ideas they came up with, two recovery college sessions have now been written, one on the ‘Journey from Alcohol and Drugs Misuse towards Recovery’ and the other on ‘Moving on – Understanding Gate Fever and Recovery’. Both courses are in the new prospectus, ready to be delivered by the candidates during the autumn/winter term.

“A big thank you and congratulations go to everyone involved.”

Get Social with us

Dialontack ward courtyard

Blake ward’s activity room with co-produced artwork.

Quantock ward courtyard

The celebrations were marked with a non-alcoholic toast

Blake ward’s activity room with co-produced artwork.

Dialontack ward courtyard

The celebrations were marked with a non-alcoholic toast
Success at the UK Corporate Games!

A big well done, thank you and congratulations go to all the Trust staff who took part in the UK Corporate Games over a weekend in July.

A number of teams and individuals who took part were ranked in the top of their categories and it was a great event for the Trust to be part of and a fantastic opportunity to promote the Trust as a ‘Great Place to Work’.

Clare Teeney, Director of HR said: “Our thanks also go out to the staff who worked behind the scenes in organising the Trust’s entry into the Corporate Games and also for their support at the events.

“It was fantastic to see our staff taking part and competing with other organisations in football, rugby, netball, bowling, badminton, cycling, swimming and running, all wearing Nottinghamshire Healthcare T Shirts – you should be proud of representing the Trust, of yourselves and of each other!”

Team manager Chris Mooney reviews the performance of the Trust’s Rugby 7s team

The Rugby 7’s team was forged from across the organisation, with the Wells Road Lions squad bolstered by staff from community psychology and Business Development.

It included a motley crew of veterans like Wayne Kitchener and younger lads who had never played the game before. Wellbeing Facilitator Jamie Patterson was one such youngster but proved himself a natural, scoring three tries. He said: “I haven’t seen rugby on the telly before never mind picked up a ball but I’ve loved it, meeting and learning from guys like Wayne in training. Now though I could do with a beer and a bath … a beer in the bath!”

The Lions were up against the likes of tournament regulars Accenture, Turner and Taylor, Asda, Vodafone and Notts Police with a high standard of rugby gracing the field. Team captain Justin Boyle, from Trent Ward said:

“As a proud Irish man rugby is in my blood. It feels great to represent the Trust at something so close to my heart. The spirit in which everyone has played today, all the teams, has just been immense.”

Sadly the Lions finished bottom of the table but certainly made their presence known in each game. It was a real challenge knitting together an outfit that is tournament ready in less than six weeks but the lads have shown fantastic commitment and done themselves proud. We’ve been training together at least twice a week and that in itself has been a terrific experience. We hope to build on this for next year.

The Rugby 7s team

Special Daisy Garland award for Theresa

Many congratulations go to Theresa Foster, a Learning Disability Nurse with the CAMHS Intellectual Disability Team, who has been presented with an award from The Daisy Garland Trust for her outstanding work with children with epilepsy.

The team works with children with a learning disability who are presenting with challenging behaviour and/or mental health difficulties and their parents and carers.

Theresa was nominated for the special award by the mother of a young girl who has a diagnosis of autism spectrum disorder, intellectual disability and epilepsy and had been referred to the team due to the challenging and complex behaviours she was displaying.

In her nomination, the mum said: “Theresa is the one person that has shone brightly throughout our journey. She was the first person to explain frontal lobe epilepsy to me a year after diagnosis. She knew nothing of epilepsy but every time I went to see her she had researched and researched and believed in me. She didn’t tell me I was irrational, that I was stupid for sleeping on my daughter’s floor for eight years in fear that I would miss that fatal seizure. She listened, she cared, she was easy to open up to and I cannot thank her enough for helping me during the last three years.”

Theresa, who was presented with the award at the House of Lords in June, said: “I was extremely humbled to receive the award and appreciate that the work I had done had been acknowledged this way by the family.

About The Daisy Garland Trust

The Daisy Garland Trust is a registered children’s charity that supports children with drug resistant epilepsy, their families and carers.

It was set up in memory of Daisy Garland who had severe epilepsy and followed a ketogenic diet which is a drug free treatment. Sadly Daisy died shortly after her sixth birthday. Find out more about the trust at www.thedaisygarland.org.uk

Breaking down communication barriers

Angela Bell, Community Staff Nurse, North East Bassetlaw explains how community nurses found a novel way to break down the communication barriers between their team and a local family.

Our team of community nurses was asked to visit a patient recently who had been discharged from hospital after a stroke; the discharge letter advised that Helena didn’t speak any English and her first language was Polish.

When we first visited we found it difficult to provide the quality of overall care that we like to give all our patients as no one in the family spoke English, apart from Helena’s daughter in law. However, as she worked full time she wasn’t always available.

Helena’s husband Roger was there at every visit and while he would try hard to get across what he wanted to say, I could see his frustration. We decided to try using a Google translate app on my mobile to break down the communication barrier. This allowed us to ask Roger how he was feeling and helped us to explain to him and Helena what we were doing.

At the following visits Roger would be smiling when the nurses arrived, eagerly awaiting them getting their phones out to see what the ‘You type they say’ would say. Soon afterwards I noticed that he had been for a haircut and translated that I thought it looked nice – and he began to cry as we could finally communicate with each other.

During a joint visit, a nurse from the tissue viability team was impressed with how well we were able to communicate with Helena and the rapport we had built up with her and her family.

Of course, there are limitations to this informal means of translation so we asked for the ‘Your Skin Matters’ booklet to be officially translated for the family into Polish so that the information was reliable and easy to follow, to ensure Helena’s skin integrity was maintained.

While the app solution may not be perfect, it made a real difference in breaking down the barriers and helping us to care for Helena and her family in a holistic way, better understanding them and their needs and helping them understand more about us and the care we were giving.

Angela with Roger Mazur

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www.thedaisygarland.org.uk
Great progress in delivering the Trust’s Business Plan for 2017/18

The Board of Directors approved the Trust's 2017/18 Annual Business Plan and Work Programme at its meeting in March 2017. The Work Programme comprises more than 30 projects of strategic importance planned for completion before 31 March 2018. It was developed from the plans across our directorates and brings together all of the work taking place to improve our services and the way in which we deliver quality care to people. The projects included in the programme have been categorised under the Trust’s four strategic objectives:

- Provide Best Possible Care and Support
- Demonstrate Best Value
- Be the Service Provider of Choice
- Make the Trust a Great Place to Work

The types of projects range from the mobilisation of Hopewood, the new Children, Young People and Families campus, to improvement of our information systems.

Monitoring and delivery of the plan is a key part of the Trust's internal accountability review process alongside quarterly reporting to the Strategic Programme Executive (SPE). A paper that went to SPE in July showed really encouraging progress being made across all areas of the plan during the first quarter of the year (April to June 2017). Almost 95% of actions planned for in that period have either been delivered or are on track for delivery within 2017/18. Examples of these include:

- Launch of the new Urgent Medical Mental Health Line in Greater Nottingham
- Roll out of the transformed community adult mental health model
- Development of a Trustwide Quality Improvement Group
- New physical healthcare facilities in C Block at Rampton Hospital
- Approval of the business case for the Meridian work in Local Partnerships, which has begun (see August’s Message from the Board for more detail)
- Good progress in the Trustwide Research Strategic Review
- Exciting developments in the Vanguard areas eg additional funding to test new ways of working for mental health care in Rushcliffe, and a new model of musculoskeletal care in Mid Notts
- Launch of the Trust’s ‘Developing our People and Culture Together’ programme
- Ruth Hawkins, Chief Executive, said: “It is so pleasing to see the significant amount of progress being made. The Work Programme for this year is substantial, and given the additional internal and external pressures, this is a very positive picture and a great reflection on the commitment and focus of colleagues working across all areas of the Trust.”

For more information, contact Sheila Brownlow, Project Manager in the BDMU, on ext 11879, or sheila.brownlow@nottschi.nhs.uk

### Big Lottery Fund boost for ‘Come Grow with Me’

**An exciting award of £30,000 from the Big Lottery Fund will enable the Highbury Live Team to further develop the ‘Come Grow with Me’ project at Highbury Hospital.**

The project, which includes a community allotment and garden, aims to support people with their recovery journey by providing them with a safe, welcoming green space.

The grant will fund the employment of a community gardener for three mornings a week for one year, who will provide guidance and support in developing sensory and soft fruit areas for the garden as well as providing a programme of horticultural workshops for Highbury service users and staff. It will also fund nine new raised beds, the creation of a sheltered area and the horticultural equipment and materials needed to further develop the allotment and garden.

The Come Grow with Me project is now in its second year and has already proven a great success, gaining positive feedback from service users, staff, carers, volunteers and the wider community.

Clare Blakey, Live Project Occupational Therapist and Lead of the project said: “The project was initially developed in response to feedback from staff, service users, carers and volunteers. The feedback identified the need for a green space where people can come to relax, socialise, take part in horticultural activities and feel valued members of the community. “We are thrilled to have been awarded this grant from the Big Lottery Fund to develop this further and believe it will make a big difference to everyone.”

There is a full timetable of groups which is supported by the Live Team and volunteers. There are also bookable slots to enable Highbury staff to use the space to facilitate their own groups or individual sessions. In addition to this the allotment and garden is open each lunchtime, Monday to Friday for all to enjoy.

### ‘Living Well to the Very End’

The Local Partnerships Division of the Trust has been successful in its application to be part of the Patient and Family Centred Care (PFCC) programme, Living Well to the Very End. The programme, funded by The Health Foundation’s ‘Spreading Improvement’ award, is a collaborative between The Point of Care Foundation; Dr Bee Wee, National Clinical Director for End for Life Care; and Nigel Acheson, the Regional Medical Director, NHS England (South).

Joan Mercer, Head of Service Transformation and Improvement, is leading on the project, with central staff from end of life services, Intellectual Development and Disabilities (IDD) service inpaintant and community services. The project sponsor is Paul Smeeton.

Paul said: “People living with an intellectual developmental disability are some of the most vulnerable in our society. Many more are living into old age and as such are suffering from old age related conditions such as dementia. We need to focus more not only on them living better lives but also dying with dignity.

“The Living Well to the Very End project will help us to promote the end of life pathway that is already in place, but needs to be actively promoted earlier in someone’s terminal diagnosis. The learning from this work will inform the future development of services, not only for IDD clients but mainstream services too.”

The PFCC programme will enable the teams taking part to:

- Understand the current state of patient and carer experience within end of life care
- Focus within multi-disciplinary teams, rather than as individuals
- Develop executive and clinical commitment
- Understand and improve staff experience and build resilience
- Develop synergy between staff and patient/carer experience
- Identify areas for improvement which are relevant to local areas
- Monitor progress in a way that is real for frontline staff
- Spread improvements across our organisation

Part of the methodology of the project involves patient shadowing, when staff spend time in a health or care setting to really understand the patient’s perspective on how things are being managed. Issues considered include waiting times, how staff interact with patients, the causes of delays and the quality of the information provided. We will be recruiting patients to take part in this shadowing.

### #LOVE NOTTS - Nottinghamshire Pride 2017

2017 marks the 50th anniversary of the decriminalisation of homosexuality, so it's no surprise that the theme of this year’s Nottinghamshire Pride was ‘Celebrating Love’. #LOVENOTTS.

Notts Pride like other Pride events throughout the world provides a unique opportunity for many lesbian, gay, bisexual and trans people to show how proud they are of their identities and to celebrate the many diversities with friends, families, carers and allies.

Over 6,000 people participated in this year’s march through a sunny Nottingham City Centre on Saturday 29 July. Members of the Trust’s LGBT+ Forum and allies proudly marched holding aloft our banner, joining with many of our partners such as Nottinghamshire Police, the City and County Councils, Nottingham City Homes, Nottinghamshire Fire and Rescue and the universities. Staff from our Health Shop also marched with their banner, making a lot of noise and helping build what can only be described as an electric atmosphere.

Staff and volunteers, including representatives from our Child and Adolescent Mental Health and Let’s Talk Wellbeing Services, hosted a stall providing information and advice on our diverse services and highlighting the Trust as a great place to work. Clare Teeney, Director of HR and Board Champion for Sexual Orientation who joined in the march and helped out on the stall, said: “Nottinghamshire Healthcare had a great day at Notts Pride this year; we were joined by lots of staff, involvement volunteers, patients, service users and carers. It was a fantastic atmosphere and a fantastic day for equality, diversity and the community.”

Catherine Conchar, Associate Director of Equality and Diversity, had the opportunity to feature in a short video on Notts TV, which you can view at: https://nottstv.com/watch-highlights/nottinghamshire-pride-2017

Get Social with us
Positive September 2017

Nottingham Centre for Transgender Health shares expertise with Hong Kong team

The Nottingham Centre for Transgender Health, one of the largest clinics for transgender health services in Europe, shared its expertise with the team from a newly-established clinic in Hong Kong in May.

The Nottingham Centre is a nationally commissioned service which incorporates psychiatric and psychological assessment, endocrine assessment and treatment, speech and language therapy and supportive psychotherapy if required. It has an international reputation regarding clinical expertise, research and global policy-making.

The Government of Hong Kong has committed to start and fully fund adequate healthcare provision for transgender people around the world. The Centre is based on the best available science and expert professional agreement.

Applications were received from all over the world and the announcement of the two Co-Chairs (Dr Asa Radix, based at New York University and Prof Jon Arceus) was made in July 2017. The Chair of OCC is Prof Eli Coleman from the University of Minnesota.

Professor Jon Arceus said: “I am honored to have been elected as a Co-Chair of the OCC. This is the first time that a non-American has been elected as Co-Chair. I hope that I can help to develop guidance for health services, to continue to ensure that trans identities are no longer considered mental health conditions, and to ensure trans gender people have fair access to services based on the best available evidence.”

Overall, it was an enriching event with an active exchange of ideas and experiences. Agreement was made for future clinical supervision and research collaboration, and the feedback was excellent.

Leading worldwide development on standards of care

Professor Jon Arceus, Professor of Mental Health and Transgender Health based at the University of Nottingham and the Nottingham Centre for Transgender Health (pictured left), has been appointed as Co-Chair to develop the eighth edition of the Standards of Care. The Standards of Care (SOC) are developed every five to eight years by the World Professional Association for Transgender Health (WPATH) as guidelines to promote the highest standards of healthcare for transgender people around the world. The SOC are based on the best available science and expert professional agreement.

Applications were received from all over the world and the announcement of the two Co-Chairs was made in July 2017. The chair of SOC is Prof Eli Coleman from the University of Minnesota.

Professor Jon Arceus said: “I am honored to have been elected as a Co-Chair of the SOC. This is the first time that a non-American has been elected as Co-Chair. I hope that I can help to develop guidance for health services, to continue to ensure that trans identities are no longer considered mental health conditions, and to ensure transgender people have fair access to services based on the best available evidence.”

Finance teams take top spots!

Two teams of finance colleagues from across Nottinghamshire Healthcare competed against five other teams from across the region at the Healthcare Financial Management Association (HFMA) East Midlands Team building event in June.

The teams had a brilliant day and took the top two spots, with the ‘Journal Junkies’ led by Jonathan Dicks, Deputy Head of Finance – Forensic Services taking first place, and ‘Adam and the Account-ants’ led by Adam Copley, Directorate Accountant, coming in second.

Jonathan said: “Having only relatively recently joined the Trust and with the Finance department being split over four sites, I thought it would be a good idea to go, put faces to names and get to know my other finance colleagues better.

“We all took part in four events that ranged from creating a go-cart and riding around a field in the fastest time to going round an assault course blindfolded, holding a cup of water. Even though it was possibly the hottest day of the year and we were running around for the majority of the day we all had a fantastic time; it was just a bonus that we won the whole competition. I’d love to go back next year and defend the title, but I think it’s only fair to let others have a go!”

Adam added: “The day was an excellent opportunity to get a team working Trust and Countywide together – some of whom had not previously met – and compete with finance teams from across the East Midlands. To finish first and second was a great bonus albeit a well-deserved one as both teams put in a huge effort over the course of the day.”

Smokefree Trust

It’s now almost a year since we launched our revised Smokefree policy in October 2016. We’re running a series of articles over the next few months to provide an update of progress.

Pilot project at Highbury

A six-month pilot project on the wards at Highbury Hospital has proven very effective. Staff have been established to manage referrals to stop smoking services, and a specialist smoking and mental health advisor has delivered intensive behavioural support for inpatients.

So far 116 patients have been supported and most have accepted Nicotine Replacement Therapy and behavioural support. The pilot has resulted in ongoing discussions with key partners to sustain and broaden support to other sites.

Providing support and an environment which promotes positive behaviour change is unlocking the door to enabling people who smoke and never thought they could quit, to achieve just that. We are collecting positive stories and looking at the best way to share these to inspire others.

Stoptober

Stoptober, a 28-day stop smoking challenge from Public Health England, encourages and supports smokers towards quitting for good.

It’s based on the insight that if you can stop smoking for 28-days, you are five times more likely to be able to stop for good. The campaign chunks down the quitting process, presents it as a more manageable 28 days and rallies people around a specific date to get started.

If you smoke or know someone who does at home or at work, this is a really good time to have a go at making a change. Go to www.facebook.com/stoptober or see October’s Positive for more information.

Advice and support

Contact your local stop smoking service.

New Leaf – Nottingham City – 0800 561 21 21
Smokefree Life – Nottinghamshire – 0800 246 53 43
For Smokefree queries, contact Smokefree@nottslnhs.uk
Helping more vulnerable Nottingham residents into work

Nottinghamshire Healthcare is one of eight partners that will provide support to young people through the Nottingham Works Plus programme, thanks to a successful bid for funding by Nottingham City Council.

The £500,000 investment will be used to help the most vulnerable young people re-engage in education or training or to secure employment.

The Nottingham Works Plus programme will combine the Youth Employment Initiative (YEI) and European Social Funds (ESF) with existing funding to support 270 of the 15-29 year olds in the City who are finding it difficult to access training or gain employment.

It will focus on three key groups who are facing specific barriers to gaining employment - asylum seekers and refugees, people with significant health conditions including mental health problems and young people from BAME communities.

Julie Swann, Occupational Therapy lead for Adult Mental Health, said: “We’re delighted to be a part of this programme. Young people can sometimes be at risk of social exclusion for a number of reasons including ill-health, social and financial difficulties or language barriers, and this programme should help make a real difference to some of the most disadvantaged.

“This scheme will allow us to recruit two extra employment specialists who will focus on assisting young people accessing our teams into paid employment. We know that paid employment is good for mental health and wellbeing and this project will allow us to reach more young people using the Individual Placement and Support (IPS) model.”

If you would like to know more about the project or about IPS please contact Julie at Highbury Hospital on 0115 955 5358.

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@notts.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 29 September 2017. However, due to space constraints we cannot guarantee the publication of all articles received by the deadline.

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 and Local Partnerships

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

Briefly, Local Partnerships is the Division that provides physical healthcare and 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, please visit the Who We Are and What We Do page of our website www.notts.nhs.uk