

October 2017

Poetry from Highbury
Hospital on Page 3.



positive

about integrated healthcare



New facilities unveiled

Parkside Day Unit and Bestwood Ward
officially opened see pages 4 and 5

Message from the Board

The Care Quality Commission is due to visit the Trust in the coming months; the first full inspection since early 2014. Whilst any form of scrutiny can be anxiety provoking we hope that the excellent work already being delivered in our services will be apparent to the Inspectors and for the majority of staff it will be business as usual.

We have a number of options in the Trust for staff to raise concerns or worries. The most recent of these is a new online reporting system, Speak in Confidence, on which anonymous comments can be posted, which will be replied to by the most relevant manager. This system was set up by the Freedom to Speak Up Guardian, Helen Auld. Helen also works in different areas of the Trust and is happy to meet personally with people. Her role is to ensure that we develop a culture where speaking up is the norm and raising concerns is seen as an everyday occurrence.

If staff have concerns then we want them to raise them in a safe and supportive environment.

As part of the 17/18 and 18/19 planning rounds, the CCGs in Nottingham City and the County have all indicated a need for disinvestment in Trust services. Work has been ongoing on developing proposals which can be agreed by both parties, whilst still delivering safe and sustainable services. In Greater Notts and Bassetlaw there is an intention to reinvest some of the money saved into other services. In Mid Notts the priority is for the

In this issue...

- | | | | |
|----|---|----|---|
| 04 | Trust opens new ward for mental health patients | 08 | The Bridge over the River Soar |
| 04 | Health and self-management for carers of people with dementia: the PRO-CARERS study | 08 | Enjoying the school summer holidays at Thorneywood |
| 05 | Refurbished Parkside Day Unit Officially Opened | 09 | Launching our new Preceptorship Development Programme |
| 05 | Older People's Week | 10 | A 'taste' of work – new patient work experience opportunities |
| 06 | Information Programmes for carers of people with dementia | 10 | Principia Showcase 2017 – Innovate, Evaluate, Replicate |
| 06 | Promoting healthy lifestyles at 'Fun on the Field' | 11 | Stoptober is back! |
| 07 | Flu can kill – please protect yourself and others | 11 | Children's Centres awarded £1,000 for Big Day Out project |
| 07 | Recognising Paul's legacy in CAMHS | 12 | OSCARS – Who has made a difference to your experience? |
| | | 12 | Get involved with Positive |
| | | 12 | Who we are... |



Ruth Hawkins,
Chief Executive

CCG's financial balance and there is no commitment to reinvestment. Once plans are more concrete we will be talking to staff, patients, service users and carers about the proposals and how people can get involved in developing them further. We realise this is a time of uncertainty across the local health economy and the Commissioners will not achieve all their planned savings for this year – increasing the pressure to do so next year. However, we are keen to work closely with the Commissioners to protect our core services and to ensure that our service users are not disproportionately affected by any disinvestment.

Many thanks to everyone who continues to work hard to deliver safe and effective services to all our service users, patients and carers. We do value what you do day after day.

Ruth



Nottingham Mental Health Awareness Weeks

9-20 October 2017

The Trust is proud to support the unique annual awareness weeks that aim to reduce stigma and promote greater understanding of mental health and wellbeing.

This is the 25th year of Nottingham Mental Health Awareness Weeks featuring fun, informative and friendly events and activities, so why not 'take time for your mind' and join in?

A full list of all the events taking place, including a special 25th anniversary celebration, can be found on the website: www.mhaw.org.uk

Maxine meets The Pope



One of the Trust's Governors, Maxine Robinson, recently embarked on one of her most exciting journeys in recognition of the fantastic work that she continues to do as a survivor of sexual abuse.

Maxine is founder of the charity 'Support for Survivors' that provides invaluable support to male and female victims of sexual abuse within Nottingham City. The amount of commitment and compassion that Maxine has shown to her charity has led her to be involved with much wider opportunities including being invited to be a member of the Survivor Advisory Panel for the National Catholic Safeguarding Commission (NCSC). The role of the Panel is to ensure that the Commission receives appropriate and timely information and advice from a survivor perspective. This informs the work of the Commission regarding safeguarding policies, procedures and practices within the Catholic Church of England and Wales.

In recognition of the exceptional work of the Panel, Maxine was invited to The Vatican to attend a conference called 'Celebrating Hope' which was organised to show appreciation for all survivors of sexual abuse within the Catholic religion. The key message from the conference focused on how to educate and increase understanding and knowledge within the faith around abuse and the survivors of abuse. The conference welcomed bishops and priests from around the world who gave their admiration and thanks to the survivors and their strong characters.

As part of the day, Maxine was privileged to meet Pope Francis who set the scene to give hope and faith to those who had suffered at the hand of abuse and from the failings within the Catholic Church. Maxine described her experience of meeting The Pope as "overwhelming and emotional."

The Survivor Advisory Panel is working on providing training to the Catholic Church to equip those who are coming into contact with survivors of abuse. Maxine hopes to return to The Vatican in March 2018 to deliver the first stage of this training. It is hoped that the training will bring about awareness, change and basic skills for all professionals and denominations within the faith communities to address the initial problem of abuse. In addition to this work Maxine is also privileged to be part of the 'Jay Inquiry' which is an independent inquiry into child sexual abuse. Should anybody wish to contact Maxine about this inquiry, or any other part of this article, she can be contacted on maxineleighs4s@gmail.com

To find out more about the NCSC and Survivor Advisory Panel visit <http://www.catholicsafeguarding.org.uk/>

Poetry from Highbury Hospital

This poem/rap on female empowerment was written by a patient on Redwood 1, Highbury Hospital.

Mirror

Girl you look into the mirror
Stressing about your figure
You wish that you were curvier
You wish that you were slimmer
Beauty's more than skin deep
You have to be a digger
Searching for buried treasure
To see the bigger picture
Don't seek for validation
You're God's unique creation
A cause for celebration
Your strength can't be mistaken
By looks you're not defined
Your beauty's in your mind
They say that love is blind
A picture paints words
A thousand times
So when you take a selfie
You're giving out a sign
Your beauty can't be captured
Guess it's the perfect crime
I hope you learnt a lesson
Beauty's more than your reflection
It can be your conversation
Thoughts and your perception
The way you think outside the box
To answer all my questions
I find that beautiful,
Attractive and refreshing
A pretty face may get attention
For all the wrong intentions
Relationships based on that
Won't have the right connection
So for your own protection
Work on qualities within
That's the person
You've been neglecting
Where your first apologies begin

Ashley Rose



Trust opens new ward for mental health patients

Last month the Trust officially opened a 16 bedded ward for adult mental health patients to ensure they can be treated closer to home.

The beds have been subcontracted to the Trust from Priory Healthcare and Partnerships in Care, in a two year-deal and will be used by adults requiring inpatient mental health treatment. This new partnership will ensure that more patients can receive inpatient care locally, supported by our community services.

Having further acute beds in Nottinghamshire will also allow families, friends and carers to have easier access when visiting their loved ones, ensuring their participation in their care and recovery.

The Trust took control of Bestwood Ward at the Calverton Hill facility on 1 August and the official opening was held last month. Calverton Hill, in Arnold, is a medium secure unit for adults with mental illness or personality disorders.

Bestwood Ward has been refurbished to create a normal acute ward suitable for our patients.

Ruth Hawkins, Chief Executive at the Trust said: "The demand for adult mental health beds has been increasing and we wanted to be

able to provide more care for people closer to home. This new ward provides an opportunity for us to do that, ultimately benefiting patients and their families.

"We are delighted to be working with Priory Healthcare and Partnerships in Care on this and look forward to a successful partnership."

Dr Sylvia Tang, CEO of Priory Healthcare and Partnerships in Care, said:

"As a leading provider of behavioural mental healthcare, we are very pleased to be working alongside Nottinghamshire Healthcare in helping provide this important facility for the local community. It makes absolute sense that patients are treated near to their homes and their loved ones, and, where we can work with forward-looking Trusts like Nottinghamshire Healthcare to achieve this, we are delighted to do so."

Health and self-management for carers of people with dementia: the PRO-CARERS study

Dr Deborah Oliveira, Research Fellow within the Division of Psychiatry and Applied Psychology, is carrying out research funded by the Nottinghamshire NHS Clinical Commissioning Groups to better understand family carers' unmet health needs.

The research will look at why carers' needs are unmet and what can be done to help carers look after their own health better. Dr Oliveira is collecting the views of family carers, health and social care professionals and other stakeholders in a series of consultation events and focus groups. Results will help the CCGs to target carers' main priorities, direct support, and prevent health problems.

A consultation event 'Health & Self-Management for Carers of People Living with Dementia', to discuss how we can improve the health support provided for carers in Nottinghamshire, is being held on 23 October 2017, 12.30pm to 4.45pm in Room A08, the Institute of Mental Health.

It is open to anyone who is (or used to be) a family carer, health or social care professional, commissioner, service manager, policy maker, support worker, experienced volunteer, or community support group leader. Family carers will receive a £20 voucher plus reimbursement of travel costs.

For more information or to register for the event, contact Dr Oliveira on **0115 748 4306** or **deborah.deoliveira@nottingham.ac.uk**.

Carers who are interested in taking part in the focus groups can contact Dr Oliveira direct.

Discussions at one of the earlier consultation events



Refurbished Parkside Day Unit Officially Opened

Ruth Hawkins, Chief Executive officially opens the Unit

Nottinghamshire Healthcare officially opened its newly refurbished Parkside Day Unit based at Lings Bar Hospital in Gamston, which provides services for older people of any age with a dementia diagnosis or other mental health needs, at a special event in August.

Service users and carers joined staff at the event to celebrate the official opening and have an opportunity to view the refurbished facility, find out more about the services provided and the range of individual and group therapies available.

Parkside Day Unit offers services to older people in the City and South of the County and is now the Trust's main Mental Health Services for Older People Day Services hub; a smaller day services unit is based at Hazelwood House, Highbury Hospital in Bulwell. The Unit is now open five days a week, having increased its opening hours from three days a week, and is able to offer more therapy options.

The Unit was refurbished to accommodate this, with four rooms created from the one existing large room, an outdoor courtyard space and main waiting area. The additional space has meant an increase in the range of therapy sessions now available, including Cognitive Stimulation Therapy (CST), Maintenance CST, Living Well

with Dementia Group, Cognitive Behavioural Therapy and a Recovery Group.

Ruth Hawkins, Chief Executive said:

"We are delighted to officially open Parkside Day Unit, which provides a broad range of therapies for people with a dementia diagnosis. The Unit has undergone a huge transformation to improve facilities for our service users and this has resulted in a fantastic, modern, bright and welcoming facility of which we are very proud."

The Day Unit is based within Lings Bar Hospital but has its own facilities and is open Monday to Friday from 8.00am to 4.00pm. A range of multi-disciplinary staff deliver services and referrals can be made via a GP or other healthcare professional. For more information contact Paul Carruthers, Day Services Manager, on **0115 883 7477**.

Older People's Week

The beginning of October marks the start of Older People's Week, with events being organised nationwide to celebrate achievements and raise awareness.

The Trust's Falls Prevention and Day Rehabilitation teams are using the week to engage with local communities to raise awareness, promote safe independent living and tackle myths surrounding falls.

The teams provide care to Bassetlaw residents to reduce risks of falling and improve lives, with a fantastic group of physiotherapists, occupational therapists, nurse clinicians and assistants working closely with individuals and care homes.

Events being held in local communities include a stand at the Morrisons supermarket, Idle Valley Road in Retford on Thursday 5 and Friday 6 October, 9am to 4pm.

Information Programmes for carers of people with dementia

The Radford Care Group is running two free Information Programmes for carers of people with dementia during October and November. The programmes consist of seven weekly sessions, each covering a different aspect of dementia.

They will run from Wednesday 18 October to Wednesday 29 November 2017 (1.3pm – 3.30pm, Nottingham Care Village, Spring Lane, Nottingham NG4 4PE) and Thursday 19 October to Thursday 30 November (10.30am – 12.30pm, Castle Cavendish, Radford, Nottingham NG7 5PN).

The groups are facilitated by specialists in dementia group work and will be attended by around 12 carers. The Information Programme has proved to be of considerable value to carers, with comments including:

- "I found the information sessions I attended with my mum a very, very helpful source of information for us to learn about my dad's dementia. Without the info provided I would not be able to cope with some of the experiences we are going through right now, as I would not understand what is going on in my dad's head and I wouldn't be able to help him. These courses are very important for helping people cope with experiences like this in life."

- "Within the first hour of the first session I felt like someone had wrapped me in a warm blanket – I no longer felt alone."

To book a place, refer a carer or for further information about the Information Programme, call Radford Care Group on **0115 978 6133** or email **info@radfordcaregroup.org.uk**.

The group is happy to take referrals from both Nottingham City and County at both venues. Help with respite services and transport may be available. Carers are asked to contribute £2.50 per session towards refreshments.



Leena Holmes, Rosie Ross and Susan Booth

Promoting healthy lifestyles at 'Fun on the Field'

When Keyworth Parish Council invited the 0-19 Healthy Families Team to take part in their 'Fun on the Field' event in August, they decided it was an ideal time to promote healthy lifestyles.

The Healthy Families Team from School Nursing and Health Visiting who went along on the day included Rosie Ross, Assistant Public Health Practitioner; Elizabeth Harris, Screening Assistant; Karen Ellis, Specialist Public Health Practitioner; and Specialist Community Health Nurse Students Leena Holmes and Susan Booth, who are currently studying at DeMontfort University and on placement in Rushcliffe at Keyworth Primary Care Centre and Bingham Health Centre.

The team focused on messages around obesity and the benefits of a healthy lifestyle including healthy eating and exercise.

Susan said:

“Obesity is linked to poor physical health, including diabetes and cardiovascular disease, but it can also impact on psychological health. Obese children are often affected by teasing, bullying and social isolation.

“On the day we used materials from Change4life and we made a large 'fun wheel' to encourage exercise. Local stores also supplied water bottles to reinforce healthy drinking and hydration needed to promote a healthy lifestyle.

“Boots also donated a wonderful array of products for our free raffle, which was a great success with families flocking to our stall.”

The Healthy Families stall also complemented other activities taking place on the field which delivered a healthy lifestyle message.

Flu can kill – please protect yourself and others

The Trust has recently launched its annual campaign to encourage staff to have their flu jab. This year we are highlighting the seriousness of flu and the devastating effects it can have on people – even if they are generally fit and healthy. We want our staff to think about protecting themselves but also the people in their life who they would want to protect from harm and the duty of care they have to their patients.

Many people don't think that flu is that serious. It is not just a bad cold. It is a potentially life threatening disease. By sparing five minutes to get vaccinated, an individual can protect not only themselves, but many other people from becoming ill.

The flu vaccine is available for free to all staff. This year, the Trust is making a donation to Unicef on behalf of each member of staff who has their flu jab. Details of vaccination clinics are available on the flu pages of Connect which can be found under the Emergency Preparedness

Resilience and Response section of the site or by searching 'flu'.

Our team of mobile vaccinators will also be working their way around Trust sites to ensure everyone has plenty of opportunity to access the vaccination without it inconveniencing them or their work. There is also more information about the vaccine on the flu page of the intranet along with common myths debunked.

For advice and information about the flu vaccination, speak to your GP, practice nurse or pharmacist or visit <http://www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx>



Julie Hankin Executive Medical Director gets her flu jab

National flu immunisation programme 2017/18

The flu jab is available on the NHS to those people who are at higher risk of developing serious complications from the flu. This includes older people, pregnant women, and those with certain underlying medical conditions.

Recognising Paul's legacy in CAMHS

Rachel Towler, Acting Directorate General Manager – Specialist Services pays tribute to the work of Paul Malcolm, who sadly passed away in July this year.

Paul joined the Child and Adolescent Mental Health Service in 2004 as a Community Psychiatric Nurse, and during his career he developed and progressed within the service.

Over the years Paul has helped support and build unity during times of change and he has been crucial in providing the vision and structure that the teams have required.

His work was central to the development of the children's emotional health and wellbeing teams within Nottinghamshire County in his role as team lead, and as Service Manager for the Emotional Health and Wellbeing Service and Substance Misuse Service in Bassetlaw PCT.

As a serving Army Reservist Paul also completed two tours in Afghanistan as a Mental Health Nurse, the last tour in 2011.

Although Paul left the service for a short period of time, to set up a social enterprise (a highly specialised residential facility for young people with severe emotional and behavioural problems), he returned in 2016.

One of his most recent roles was as Link Nurse between Specialist Community CAMHS South team and City Targeted Service, focusing on the smooth transition of children and young people between the two services.

His contribution towards children and young people's lives and to the service due to his calm, thoughtful and engaging approach is something we have all benefited from. Two young people said:



Paul Malcolm

“I liked seeing Paul he was calm and funny and he helped me understand why I got so angry. I can't believe what's happened, it's not right, he was a great bloke.

Paul was kind and patient; he never judged me or told me I was wrong, even when actually I was. I never met a man like Paul and I think he was brilliant and I will remember what he did for me forever.

The Bridge over the River Soar

Six Arnold Lodge Towpath Volunteers recently undertook a three-hour repair and repainting project on the Cossington footbridge as part of a therapeutic interventions treatment programme.

Richard Eltringham, Occupational Therapy Assistant Practitioner for Horticulture at Arnold Lodge explained: "This type of work – volunteering for the Canal & River Trust by adopting a stretch of canal towpath in Leicester – helps build confidence and skills, and the completion of this refurbishment will also safeguard the future of the canal system."

The Canal & River Trust offers communities and groups the opportunity to adopt mile-long lengths of canal or river to help transform some of its 2,000 miles of waterways and grow community ownership. Patients have said that being involved in the adoption group

is very relaxing, gives them a sense of normality and that they felt good for having been given trust and the responsibility to be away from the unit.

Richard added: "The adoption scheme through the Canal & River Trust has given patients a chance to understand what work needs to be done from improving wildlife habitats, maintaining the towpaths, tidying up the vegetation, painting a lock gate, planting trees and bushes in the hedgerow and helping passing boats go through the lock on our adopted stretch of towpath on the River Soar – from Junction Lock in Rothley to Cossington Lock just north of Leicester."



Find out more about **Waterway Adoptions and other volunteering opportunities at www.canalrivertrust.org.uk/volunteer/adopt-a-stretch-of-canal-or-river-near-you**

Enjoying the school summer holidays at Thorneywood

The summer holidays at Thorneywood Inpatient Child and Adolescent Mental Health Services (CAMHS) Unit this summer were packed with different events and activities.

Carly Watson, Lead Specialist Occupational Therapist said: "To start things off we organised a Garden Party and BBQ for staff, patients, relatives and carers... and in true British style it poured it down so the party came inside!

"Our catering team helped put on a spread for everyone to enjoy, young people got busy in the kitchen for a cake sale and things got competitive with different games and stalls! Both Boots and Nottingham Ice Hockey kindly donated a range of gifts and prizes such as a Soap and Glory Hamper and a family pass for ice hockey.

"NCS – the National Citizen Service – also approached the unit asking if they could buy us some new

resources, as a group of young people they were working with had chosen to support young people's mental health. We gladly agreed and they hosted a quiz night as part of their project, successfully raising money to buy us a variety of new resources which were very much appreciated by patients and have been put to good use over the holidays!

"In true Thorneywood tradition we also hosted a 'Bake Off' competition, with the theme of 'Summer.' Young people came up with creative and colourful ideas and the judges – including our own chef as Paul Hollywood – had the difficult decision of picking only one winner, based on scores for texture, taste, creativity and appearance. Well done to everyone who took part!"



Thorneywood resources – Thanks go to the NCS and the young people taking part for the new resources



Sponge Bob's Lemon Drizzle Blue Lagoon (winner) and Rainbow Surprise 'Bake Off' entries



Launching our new Preceptorship Development Programme

The Trust has launched an exciting new Preceptorship Development Programme, designed by Learning and Development together with clinicians from across the organisation.

Preceptorship is the time during which newly registered practitioners – known as preceptees – are enabled to continue their professional development and build on their confidence and competence.

Lisa Stewart, Learning and Development lead for preceptorship, explains: "Having a good quality, positive preceptorship experience is really important for all newly registered nurses and allied health professionals.

"Key elements include support and guidance from an experienced, registered practitioner (a Preceptor) plus participating in a structured programme.

"Our new six-day inter-professional programme provides structured time away from practice for preceptees to engage in reflective discussions with their peers through action learning sets, supported by a range of experienced clinicians. Preceptees also have opportunities to share and evaluate their experiences by exploring and identifying actions that will develop their practice."

Topics covered include team working, communication, resilience, dealing with conflict and managing difficult conversations, accountability, delivering safe care, emotional intelligence, leadership, quality improvement, safe staffing, raising concerns and career development.

Feedback so far

A pilot programme with 62 attendees started in November 2016 and feedback suggests it was very well received, with comments including:

- "The programme has helped me to build my confidence in knowing what is expected of me in my role, by being able to discuss issues which have happened in practice with others at the same level along with advice from a knowledgeable table facilitator."
- "Has developed my confidence to communicate with other professionals, enabling me to believe in my abilities."

- "Has helped to alleviate the inevitable fear and insecurity that come with a period of adjustment and change."

Involving experienced staff

Stuart Keeling, Mental Health Practitioner with the Street Triage Team recently facilitated a career development session, presenting on his own ongoing professional development and the various development and career pathways which exist within the Trust.

He said:

“

From speaking to clinicians both before and after my session, it appears that the Preceptorship Development Programme has proved to be very beneficial.

I feel it should become compulsory as it brings a wide range of benefits to newly qualified clinicians, and helps to keep clinicians within the Trust, at a time of a national shortage of nurses.

”

This is a development programme for clinicians facilitated by clinicians so if you would like to be involved, please contact Lisa (see details below).

Upcoming programmes

The next programme will start on 28 November 2017. All newly Registered Nurses and Allied Health Professionals (AHPs) who have joined the Trust recently or will be joining the Trust from Autumn 2017 will be asked to attend the programme. To enrol please complete the enrolment form which is available on the Preceptorship page on Connect or from the Events Management team at events.learningdevelopment@nottshc.nhs.uk

Find out more about Preceptorship on Connect or by contacting Lisa on **0115 969 1300** (ext 12473), **07814 286 182** or lisa.stewart@nottshc.nhs.uk.

Right: I-r Martyn Poxon, Tony, Debbie Wilson, Wayne Davis, Deborah Wilson

Far right: Tony at work in the kitchen



A 'taste' of work – new patient work experience opportunities

Tony, a patient at The Wells Road Centre, has become the first person to complete a new kitchen assistant work experience placement with Hotel Services.

Tony worked under the close supervision of mentor Martyn Poxon, Coordinator Hotel Services, and developed skills including buffet and salad preparation, knife skills, food storage, cleaning, and the cooking and decoration of desserts. He completed a full induction and full range of recognised training in food preparation.

Tony said that he had had the opportunity to gain real work experience, and that he was doing something positive for himself and his future. He recognised the welcoming attitude and helpfulness of Martyn and his team. He did find the work challenging and at times overwhelming, saying it was "a lot tougher than I had expected" and thought that it gave him a taste of real work – and he now feels ready for paid employment.

As a result of Tony's success he was offered and took up the chance to work as a full member of the staff team delivering an outside catering event at Trent Vineyard, preparing and displaying food and serving customers at the event.

Martyn said that Tony had embraced the opportunity, learnt quickly and demonstrated proficiency in a wide range of tasks, so much so that by the end of the three month

placement he would have liked to have employed him.

Working together to help individuals gain employment

Patients in Forensic Services often have limited experience of paid employment and due to their detention can have large gaps in their work history.

Occupational Therapy and Hotel Services are working together to increase the range of vocational opportunities for forensic patients within The Wells Road Centre. In addition to work placements supervised through Occupational Therapy, the patients now have access to a more authentic work experience placement under the supervision of relevantly skilled Hotel Service staff.

The placement undertaken by Tony was aimed at individuals who have identified work as a part of their recovery journey and who either do not have unescorted leave, so are prevented from developing their work skills in a more independent community based setting, or who have additional needs that would not easily be supported in the community.

Jo Russell, Occupational Therapist said: "Setting up the placement was a lengthy and challenging process, and the Occupational Therapy and Hotel Services departments worked well together. The evaluation showed how successful the placement was and we are now

hoping to encourage the provision of work placements in non-clinical departments at The Wells Road Centre and throughout the Trust.

"We're inviting all departments to consider providing a valuable work placement for forensic patients as part of their journey back to work and anyone interested in working with us can contact me at The Wells Road Centre."

Principia Showcase 2017 – Innovate, Evaluate, Replicate

An event is being held next month for leaders, programme managers, and clinicians working to deliver the Five Year Forward View through the New Care Models (Vanguard) Programme, Sustainable Transformation Plans, and the development of Accountable Care models.

The day will cover developments so far, embedding innovation and future plans. Workshops will focus on elective care, mental health and support to care homes. To register <https://www.eventbrite.co.uk/e/principia-showcase-2017-innovate-evaluate-replicate-tickets-36890447321>

For more information, please email: jeanette.swann@nhs.net

The event will be held at the National Water Sports Centre in Nottingham on 2 November 2017 from 10am – 4pm.

Stoptober is back!

Heather Thomson, Smokefree Lead, Local Partnerships explains why the Stoptober initiative from Public Health England is crucial for supporting health and wellbeing.

"The annual Stoptober initiative, which encourages people who smoke to quit during October, is based on the insight that if you can stop for 28 days you have a five times greater chance of staying off cigarettes.

This Stoptober marks one year since the Trust launched its revised Smokefree policy. Cultural change takes time and I won't pretend that we now have a site where no one ever lights up. Smoking has been an entrenched part of mental health culture for decades, with the misguided belief that it can help relieve stress and is part of the solution, rather than recognising that it can massively add to the existing stress and anxiety for anyone already grappling with mental health issues.

Smoking is now down to just 15.5% nationally, but figures rise to as high as 80% for patients with serious mental illnesses, according to a report on tobacco control published by the

government in July. Research shows this could mean a difference in life expectancy for this patient group of up to 20 years compared to the general population.

If we do not reduce smoking prevalence among this group, we will have failed to reduce inequalities and cannot achieve parity of esteem.

Health professionals have, for many reasons, historically often made the assumption that 'now isn't the right time' or 'they have enough on their plate', but we don't have the right to make those judgements and should offer support to quit. People with mental health conditions who smoke are equally motivated to quit, but will need more support – and the Smokefree team can help.

Getting support to quit

There has never been a better time to give it a go, whether as a member of staff you think it's time to try, or try again, or whether you will encourage your patients to think about quitting.

Research shows that the best way to quit is with a combination of nicotine replacement therapy (NRT) and behavioural support.

Children's Centres awarded £1,000 for Big Day Out project

As you may remember from July's Positive newsletter, Ashfield Children's Centres were in the running to 'bag' an award from the Tesco Bags of Help initiative for their project 'The Big Day Out' – and they were delighted to receive a wonderful £1,000.

The Children's Centres had applied for a grant earlier this year to fund the project, which will help families to come together to learn new skills and meet new people in their community.

The 'Big Day Out' project includes a five-week preparation family learning course for local families, leading to an outing to Sherwood Pines Forest Park available to the wider community,

creating a sense of unity across the community and peer support amongst local families.

The preparation course will focus on strategies for coping with children throughout holiday periods and cheap and easy play ideas, as well as improving adults' confidence in learning.

Michelle Squires, Community Development Worker for Hucknall Children's Centre was delighted to hear they had won and said: "Lots of families find it difficult to have an affordable day out with their children and aren't aware of free, local places to go. Some families also often struggle to think of cheap and easy ways to keep their children



In addition to NRT, E-burn e-cigarettes are being trialled in mental health inpatient units and being really well received. These are available online to anyone at a cost of £2.50 using the discount code of NHS2017. Look for E-burn online to find out more.

For help and advice for your patients, yourself or a loved one, please e-mail Smokefree@nottshc.nhs.uk, we're here to help!"

Look out for more detail at www.nhs.uk/oneyou.



Celebrating the award are Catherine Allsopp, Early Years Specialist Practitioner; Rachael Henson, Administration Assistant; and Tina Gunn, Early Years Practitioner

busy during holiday periods and this funding will help families to gain new skills whilst bringing together the local community."

The Children's Centres are run by Nottinghamshire Children and Families Partnership, a partnership between Nottinghamshire Healthcare, Family Action and North Nottinghamshire College.

OSCARS – Who has made a difference to your experience?

If our staff or volunteers have made a difference to your experience of our services and provided outstanding care, then what better way to say thank you than by nominating them for an award?

Our Outstanding Service Contribution and Recognition Scheme (OSCARS) is now open for nominations.

Patient, service user and carer nominations – To make the process as accessible as possible we will accept hard copy nomination forms from patients/service users/carers who don't have access to a computer. Ask our staff to print a form for you for the category you want to nominate in, or contact us on **0115 993 4525** or email **oscars@nottshc.nhs.uk** and we will send out a printed copy to you.

The full list of categories for this year is below. Anyone can nominate someone for an award in any of the following:

- 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
- Volunteer of the Year Award
- Lifetime Achievement Award
- Outstanding Care and Compassion Award



Nomination forms for each category and more information is available on our website at www.nottinghamshirehealthcare.nhs.uk/oscars

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 December issue of Positive, please contact us by 27 October 2017. However, due to space constraints we cannot guarantee the publication of all articles received by the deadline.

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

Tel: 0115 969 1300

www.nottinghamshirehealthcare.nhs.uk

www.facebook.com/nottinghamshirehealthcare

www.twitter.com/nottshealthcare

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.

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.nottinghamshirehealthcare.nhs.uk