

November 2017

**Q&A** with Rampton Hospital's  
Control Room & Reception  
Manager John Swinglehurst  
on Page 10.

# positive

about integrated healthcare



## Giving Voice

National award for speech and language therapists see page 04

# Message from the Board

As you will see on page 9 our new Children, Young People and Families' unit, Hopewood, is progressing well and we are currently recruiting in advance of a planned opening in April 2018. The response to this on social media has been really positive and we hope that the open day will attract more interest and potential new staff to join the team at this fantastic new unit.

As well as recruiting new staff, we continue to invest in leadership development within the Trust, with our Vision 21 programme, which has received really good feedback from participants. We are currently planning for Cohort 4 and the learning that has been captured will be used to make the programme even more relevant. More information for interested members of staff can be found on Connect.

This month we will hear how our shortlisted teams get on when the winners of the Nursing Times and Health Service Journal (HSJ) Awards are announced. We featured our Nursing Times finalists in the August issue of Positive and more about the HSJ shortlisted nominees is on page 12. Good luck and congratulations to everyone shortlisted. Many congratulations also to our cover stars



Ruth Hawkins,  
Chief Executive

this month, Nicola and Jacqueline, for their recent Giving Voice award win. It is brilliant to see their work, which makes such a difference to the lives of many people, recognised on a national stage. There is just a couple more days left to make a nomination in the Trust's OSCARS – our awards scheme for staff and volunteers. This is an opportunity to acknowledge and celebrate the outstanding work of those who provide high quality mental health, intellectual disability, substance misuse and community health services. So if you want a team or individual to be recognised, please submit your nomination before 3 November. Details and nomination forms are on our website at [www.nottinghamshirehealthcare.nhs.uk/oscars](http://www.nottinghamshirehealthcare.nhs.uk/oscars)

Ruth

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Above – The business and admin apprentices

Left – The childcare apprentices

## Welcoming September's new apprentices

*Two new groups of apprentices were welcomed into the Trust in September.*

The first group, ten business and admin apprentices, are now working around the Trust at bases including Clinical Governance, the Therapies and Education Department and PALS at Rampton Hospital; Hawthorne House and Ashfield Health Village; the Community Forensic Admin Team at The Wells Road Centre; Facilities at Duncan Macmillan House; the Children's Centre at City Hospital; Tall Trees at Highbury; and Derwent Logistics at Derby.

We also welcomed our first cohort of Level 3 children's and young people's workers, who will be based within Healthy Families Teams across the Trust.

These apprentices will follow an 18-month framework which bases them within a nursery for one day a week, alongside the Trust's team. They will have day release to attend taught sessions monthly, and have a timetable of additional training, delivered with Rotherham & North Notts College.

Julian Eve, Associate Director of Learning and Development, welcomed the new childcare starters at a special event at Trent Vineyard. They are all undertaking the National Care Certificate as part of their learning and in addition to attending the Trust induction, they have received a two-day college induction.

Placements for this group include health centres in Harworth, Ollerton, Ilkeston, West Bridgford, Park House – Carlton, OakTree Lane – Mansfield, and Sutton in Ashfield.

Heather Porter, Trust Lead for Apprenticeships said:

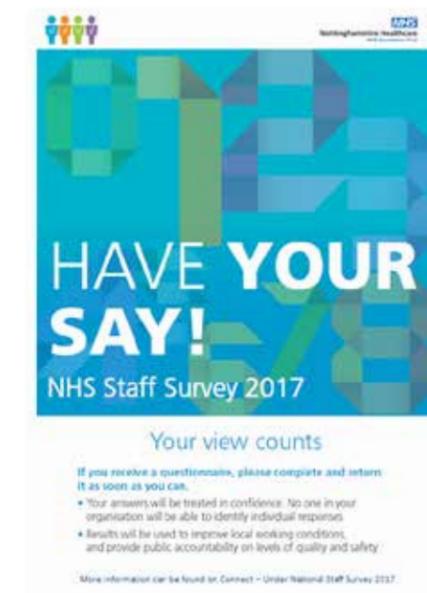
“It's pleasing to see new pathways emerging for groups of staff, and I hope that these will continue to develop in other services. The Level 3 opportunity has attracted mature learners with past life skills and careers.”

## Staff can have their say in annual survey

The national NHS Staff Survey 2017 is now underway. When you receive a questionnaire, please complete and return it as soon as you can.

All answers will be treated in confidence and no one in the Trust will be able to identify individual responses. We'll use the results to improve local working conditions and provide public accountability on levels of quality and safety.

Staff can find out more on Connect, under National Staff Survey 2017.



## Mo's brush with TV fame!

Mo Major, Screening Practitioner, recently had a 'blast from the past' when she came across this old photo of the actors and production team from 'Staying Alive', a London Weekend Television medical drama series filmed partly at Duncan Macmillan House in the mid-1990s.

Mo said: "I'd been asked to be the nurse advisor to the programme, a very different role to my job as a learning disability staff nurse. I was involved in nearly every aspect of the programme from providing clinical advice, the set and design, and

even painted windows. I quickly learned the phrase 'dramatic licence' in relation to some of the accuracies of portraying how nurses may react to situations, but I understand that there were very few complaints about the portrayal of any nursing interventions.

"The whole experience was one I will never forget and I enjoyed every minute!"



# National award for therapists Jacqueline and Nicola

Many congratulations go to Assistant Speech and Language Therapists Jacqueline Duffy and Nicola Headland, who have won a national award for their work in helping patients with communication difficulties.

They were presented with the Giving Voice Award by HRH The Countess of Wessex GCVO, during a ceremony in Glasgow in September.

The Giving Voice Awards are hosted by the Royal College of Speech and Language Therapists to recognise people who have raised awareness of how speech and language therapy transforms lives.

Jacqueline and Nicola were recognised for their commitment to supporting patients with communication difficulties and raising awareness of inclusive communication amongst staff across the organisation.

Despite their busy day jobs, Jacqueline and Nicola volunteered to help the Trust deliver the Accessible Information Standard, a framework set out by NHS England to simplify information for disabled patients and their carers. The pair worked collaboratively and often in their spare time to develop a resource pack, eLearning package and DVD to help staff across the Trust communicate effectively with patients and carers.

Jacqueline said:

“ Raising awareness of inclusive communication across the Trust and helping to improve inclusive access to our services was rewarding in its own right. We're really proud and excited to have won the Giving Voice Award. We're part of an amazing team. ”



I-r HRH The Countess of Wessex GCVO, Patron of the RCSLT with Jacqueline and Nicola and Lord Provost of Glasgow, RCSLT President, Trustees and CEO

Photo courtesy of Geoff Wilson

Sian Wood, Clinical Lead Speech and Language Therapist, nominated Jacqueline and Nicola for the award. She added:

“ I am delighted that Jacqueline and Nicola's hard work has been recognised at a national level. They are inspirational members of the team who are committed to the work they do every day, without any expectation of thanks. ”

## New 'Portal' technology to improve patient care

*Nottinghamshire Healthcare is working to develop and improve how it collects and uses information to improve patient care.*

One exciting development is the use of 'Portals'. These are electronic ways of sharing clinical information from different parts of the healthcare system (such as GPs, acute hospitals and our own Trust services) where a clinician looking after a patient can (with the patient's consent) access information from other providers so they can be clear, for instance, about what medicines the patient might be taking, any allergies and past medical history. This makes care safer and more accurate for patients and overwhelmingly when asked, most patients are surprised

we don't already have access to this information.

The Portal work is being done through a healthcare wide group called Connected Notts. We are extremely careful about sharing data and patient identifiable data is only shared with explicit patient consent. There are three portals in place already and a fourth one, Countywide Portal, is live at Nottingham University Hospitals and Sherwood Forest Hospitals, with Nottinghamshire Healthcare due to start using it in March 2018.

Clinical staff will be able to access these portals via icons on their computer screens. The technology offers huge clinical benefits in terms of safety, efficiency and communication for and to all our patients and offers additional opportunities to reduce inequality in the care of patients with severe mental illness.

So look out for the 'Portal' work when it comes – it's a big advance for our Trust and gives us some of the benefits GP practices have had for many years in terms of clinical information available to improve patient care even further.

## Occupational therapy Twitter takeover

To celebrate occupational therapy week, we'll be showcasing the work of a Trust occupational therapist in a Twitter takeover on 7 November.

For the whole day we'll be shadowing an occupational therapist, and sharing snippets on the Trust's Twitter account. You can follow all of the action at [www.twitter.com/nottshealthcare](http://www.twitter.com/nottshealthcare)

We'd love to hear from you, so if you have any questions about occupational therapy please send us a tweet on 7 November.

Occupational Therapy Week 2017 runs from 6 – 12 November.

## Pretty Muddy

Three members of Horizon Day Assessment and Treatment Unit took part in the Race for Life Pretty Muddy Nottingham 5k at Holme Pierrepont in September.

Kimberley McLeod, Mel Keily and Tina Pearl all took part in the muddy obstacle course in order to raise money to fight cancer. The worthy cause is close to their hearts as a member of the team was diagnosed a couple of years ago. £180 was raised with more still coming in. Congratulations and well done!



The activities were popular at Park House and Stapleford Care Centre – pictured with a member of the public are Nicola Adkin Physiotherapist and Kath Nussey, Community Matron



# Celebrating UK Older People's Day

The Trust came together with local voluntary organisations on Older People's Day in October to celebrate the achievements and contributions that older people make to society.

In Nottingham West, a successful morning was enjoyed at Stapleford Care Centre where the Community Therapy Team including Nicola Adkin, Sian Herrick and Claire Bestwick, along with Community Matron Kath Nussey and Ann Mahdoodi, offered advice on keeping fit in older age and preventing falls.

Members of the public practised chair based exercises and were offered health promotion advice. A representative from the Alzheimer's society also provided information and support, and The University of the Third Age members promoted their local social group, successfully recruiting new members.

An event for the over 60s was also held at Park House, Carlton. Visitors were offered a free health check and received advice on sepsis, falls prevention, oral and foot health, and how to keep their homes safe. A pop up shoe shop also offered the chance to get measured for specialist footwear.

Information on activities in the local area was also provided to help people live more independently, reduce social isolation and encourage healthier lifestyles, both physically and mentally.

Sharon Thompson, General Manager for Nottingham North and East said;

“ Our Older People's Day event has once again proved very popular with very positive feedback. Getting older involves a change in lifestyle for most people and it's important for individuals to take care of themselves both mentally and physically. ”

Statistics show that people are now living longer and there are many older people living in social isolation. It was exciting to see all the services and activities coming together to support people to overcome these barriers.

## Patients welcome you into the garden for a real sense of wellbeing

As you may remember from April's Positive, a project to design and build a new garden for Thornton Ward at Arnold Lodge has been underway this year.

The patients have been working hard removing turf, digging over the heavy clay soil and arranging the planting with help from the design team.

Richard Eltringham, Occupational Therapist Assistant Practitioner said: "Horticulture offers a range of diverse activities, which can then be adapted to meet the needs of different client groups. When designed to make the most of the space available, gardens in secure facilities can provide a place for happiness and tranquillity – and we hope that's what we've achieved here."

The patients of Thornton Ward can now enjoy a garden for peace and relaxation, providing a sense of freedom within their temporary home.

The design team will now begin the process of developing a design for a state prison in America that Richard visited during his Churchill Fellowship earlier this year.

Patients involved in the garden construction said:

- "I found completing and working on the Thornton garden gave me experience in gardening and I am



very pleased about being involved in the group." JE

- "It's nice to see the garden completed. It's a pleasure to see this through after over a year to get to this point, from design to finished garden. It's giving me great pleasure to see this happen." MS

## Recognising Emma's support for Tom and Dot

The Substance Misuse Services recently received some feedback from Dot, the partner of a patient supported by one of our Alcohol Related Long Term Conditions Nurses, Emma Dodd. Dot has kindly agreed that we can share some of her thoughts in Positive.

Emma became involved in Tom's discharge from hospital in June 2015 where he had received a detox and general physical and mental health input for his addiction to alcohol.

Both Tom and I struck up a relationship with Emma who visited us regularly during the five months when Tom had no alcohol at all. However, having no alcohol was not Tom's choice – he had been told that if he did consume any, he would have to leave our rented accommodation. On moving to a home where he was under no threat, he began to drink again.

Emma spoke with Tom in depth and on many occasions about the pluses of 'giving up' and the risks associated with heavy drinking.

She was always very supportive when Tom spoke about how difficult it was to stop drinking and his addictive personality in general, the fact that

he had drunk for many, many years and that his father had died of alcohol dependency. He spoke about how he had hated the way his father had been and consequently, what he was doing to his loved ones.

As he became more ill, she monitored his weight, blood pressure and so on when she visited and took him to all hospital, GP and other appointments. In my opinion, Tom would not have attended these had it not been for Emma.

As I became more and more stressed and physically and emotionally unwell, Emma spent much time supporting me.

I hope that Emma appreciates her great ability, determination and effectiveness, and knows what a great help she was to both of us. In a way, I now see the work that Emma did as bordering on palliative care though none of us knew it at the time.

Emma Dodd



Emma has also allowed us to share her thoughts:

I feel honoured that I was accepted by Tom as his nurse as he was a very private person. I feel privileged to have been accepted by his family and that they felt they could talk to me about anything.

Tom often told me that he hated his relationship with alcohol and he acknowledged that it had deeply affected the relationship he had with his daughters. He was looking forward to going to the Priors as his daughters would be able to visit regularly and he wanted to work on rebuilding his relationship with them.

Unfortunately he did not get to do this. He did tell me how very proud he was of his daughters and I was honoured to be able to pass this on to them at Tom's funeral.

## Supporting staff health and wellbeing

More than 110 Rampton Hospital staff were the first to benefit from the Health and Wellbeing days being organised by the Chaplaincy and Spiritual Care Team, with both days in July fully booked well in advance.

Treatments including head and back massage and reflexology were offered by local practitioners and attendees received a 'goodie bag' of lavender pulse point oil, body/hand cream and relaxing Epsom bath salts.

There was also a short mindfulness practice which staff can use during their busy day, and the opportunity to meet the Trust's Chaplaincy and Spiritual Care Team Manager Victoria Sleight and the Spirituality and Wellbeing Practitioners Sue Goode (based at Rampton) and Amitashuri Yule (based at Highbury Hospital).

Victoria said: "Out of the 104 feedback forms we received, 103 staff rated their experience of the event as excellent.

"We also received many great ideas for future ways we can support staff health and wellbeing and

we are currently liaising with local practitioners, so watch this space!

"The health and wellbeing days are just one aspect of our team's work, and Sue and Amitashuri are available to hear and support staff, either in one-to-ones, small groups or team/ward working as well as supporting patients across the Trust.

"We're also setting up quiet rooms throughout the Trust to provide a quiet space for staff to go to when the need arises.

"A recent Afternoon Tea event for staff at Bassetlaw Hospice was well supported by all members of the team at the Hospice and the feedback was positive. We're currently planning events at John Eastwood Hospice and Highbury Hospital for later on this year and hope to cover all Trust sites before April.



Members of the team at the event at Rampton I-r Sue Goode, Victoria Sleight and Amitashuri Yule

"A big thank you goes to everyone who makes these days possible; the feedback certainly shows they are a huge success and we hope this will continue."

To get in touch, staff and patients at Rampton Hospital, Wathwood Hospital, Bassetlaw Mental Health Wards, John Eastwood and Bassetlaw Hospices can call Sue Goode on **01777 247523**. Staff and patients at Highbury Hospital, Millbrook Hospital, The Wells Road Centre, Arnold Lodge and Lings Bar Hospital can call Amitashuri Yule on **01159 691300 ext 10055**.

## Newly opened 'Quiet Room' available to staff at Highbury Hospital

The Chaplaincy and Spiritual Care Department launched a new 'Quiet Room' at Highbury Hospital during an Open Day in September.

The Multi Faith Room is already an invaluable resource, where staff, service users and carers can sit in a peaceful environment before, during, or after activities and time spent in the hospital.

Next to it is the Quiet Room, which is now available to be booked out

for staff use, should you need a quiet space to connect with yourself or with someone else, or for activities like sitting quietly away from your work station, reading, reflection, conversation and mentoring.

To make use of this space for yourself or your colleagues, please use the



The new Quiet Room

booking form on the Chaplaincy and Spiritual Care pages of Connect at <http://connect/quiet-rooms>

## Trust launches new training resource for care home staff

'React to Moisture', a new interactive training resource that supports care home staff in preventing and managing moisture lesions (incontinence-related dermatitis), has been launched by the Trust.

Tissue viability specialist nurses developed the resource, containing a training DVD, competencies, a patient leaflet and poster, with advice from the Specialist Continence Service. It aims to provide the knowledge and skills required for care home staff to feel confident in identifying, preventing and managing moisture lesions. Although primarily aimed at care homes, it is transferrable to any healthcare setting.

The resource was developed following the results of an initiative called LPZ facilitated by the East Midlands Patient Safety Collaborative (EMPSC). The project piloted an international audit of common problems faced by care home residents such as pressure ulcers, incontinence and falls. Since this project was introduced in 2015, it has contributed to significant improvements to the standards of care provided in East Midlands care homes.

The findings demonstrated that 14% of care home residents suffered with moisture lesions and the training resource was developed to improve knowledge and care.

The team also found that there was no current training resource available to care homes locally, and there was a lack of understanding and knowledge generally of alternative approaches to managing continence amongst healthcare staff. Care home staff also reported difficulty in being released from their workplace to attend training and access to courses was limited.

Karen McEwan, the Trust's Quality Improvement Matron and currently seconded by the EMPSC two days a week said:

Moisture lesions are very painful for anyone affected but they are avoidable and easily prevented with good care. We're extremely excited to be delivering this new training resource, modelled on our 'React to Red' pressure ulcer prevention training resource, which was launched in 2014. Evidence has shown that the method of on-site training is preferred by many, allowing staff to access the training to suit them with the use of visual aids.



The EMPSC, which is hosted by the East Midlands Academic Health Science Network (EMAHSN) has funded the resource and Cheryl Crocker, Executive Lead for the EMPSC said:

I am delighted to support this innovative and exciting resource! We will be distributing 6,000 copies to all care homes in the East Midlands. We believe this training resource will make a real difference to care home residents.

Health professionals who are interested in this training pack should contact Karen McEwan on **01623 785187** or **karen.mcewan@nottshc.nhs.uk**

A trailer of the DVD is available to watch on YouTube. Search 'React\_To\_Moisture' under Nottinghamshire Healthcare.

## Hopewood makes great progress

Great progress is being made on Hopewood, our brand new, purpose built site for children, young people and families. The development is being built by Kiers Construction, with all external brickwork now complete and the external cladding being fitted, giving a fantastic finish to the buildings. The internal walls are in place, all underfloor heating has been completed and the bedrooms are taking shape, with an impressive window seat and window bays.

The bedroom furniture has been built and will soon be fully fitted. The Woodwork Team in the Therapies and Education Department at Rampton Hospital is currently building the furniture for the outdoor spaces and this, along with nature boxes, will be installed on the site over the next few months.

Hopewood will include new inpatient and community facilities for Child and Adolescent Mental Health Services (CAMHS) and perinatal mental health services. This will replace the current Thorneywood CAMHS Adolescent Unit, increasing the beds to 24, and there will also be a specialist eight bedded Psychiatric Intensive Care Unit (PICU). Our Mother and Baby Unit will move from the Queen's Medical Centre with an increase to eight beds.

Carmain Gibson, Head of CAMHS Inpatient Services, said: "Preparations for the move to Hopewood are moving with great pace! The building is going up fast and looking great. At Thorneywood all the hard work continues to ensure we deliver a high quality service whilst working on recruitment and getting ready to move. Over the coming months there will be new faces joining

CAMHS and opportunities for training and development. All the inpatient staff are excited and can't wait for 'The Lookout' Adolescent Unit to open!"

Debbie Sells, Mother and Baby Unit Ward Manager, said: "The new Mother and Baby Unit is exciting for staff and patients who have been actively involved in the development of the build through focus groups and engagement events. Everyone is enthusiastic and motivated about the imminent move. The new unit will have a huge benefit to patients' experiences and recovery, enabling staff to work in an environment to promote this and having a positive effect on their working day."

The site will open in April 2018. A Recruitment Open Day, with information about the inspiring roles on offer at Hopewood, is being held on Monday 11 December. Drop-in between 12 noon – 6.00pm, at Thorneywood Adolescent Unit, 160 Porchester Road, Nottingham. All vacancies will be advertised on [www.jobs.nhs.uk](http://www.jobs.nhs.uk) and regular updates about the progress can be found on [www.nottinghamshirehealthcare.nhs.uk/cyperi](http://www.nottinghamshirehealthcare.nhs.uk/cyperi) or on Twitter at [@buildingnottshc](https://twitter.com/buildingnottshc)

## Farewell Rob...

Rob Jones, Interim Head of Capital Projects at the Trust, has played a vital role in overseeing the £22m development of Hopewood from its very beginning, from leading the Trust's input with the architect for conceptual designs for business case stages and managing stakeholder involvement, to the Project Manager role of the delivery stage.

Rob joined the Trust in September 2005 managing the minor block programme for Forensic Services before moving to the Capital Planning Unit in 2009. In addition to Hopewood, he has led on many major projects which have significantly improved the care environment for patients. This includes Rampton Hospital C, D and E Block refurbishments, The Lodges at Wathwood Hospital, The Woodlands at Highbury Hospital, The Wells Road Centre development and the Millbrook Hub. Rob also led on the Rampton Boiler replacement, which has resulted in a major reduction in the Trust's carbon footprint.

Rob will be leaving the Trust on 10 November to be Head of Capital Projects at Lincolnshire Partnership NHS Foundation Trust. David Pipes, Capital Services Manager, will take on the interim lead of the Capital Team and will oversee the Hopewood development until its completion. We wish Rob all the best for the future!



Rob Jones



L-R: An Adolescent Unit bedroom starts taking shape

The external cladding goes up on the Adolescent Unit



## Embracing Self Care for Life

National Self Care Week will run from 13-19 November this year, with a theme of engaging and empowering people.

The annual awareness week is led by the Self Care Forum and focuses on establishing support for self care across all communities, families and generations. Empowering people to

self care has many benefits for their short term and long term health and wellbeing.

Look out for posters across a range of Trust sites, information on the Trust website and messages on social media. For more information contact Lesley Searby, Self-Care Manager on [lesley.searby@nottshc.nhs.uk](mailto:lesley.searby@nottshc.nhs.uk).



# Q&A



This month we speak to the  
Rampton Hospital's Control Room  
& Reception Manager

John Swinglehurst

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

Control Room & Reception Manager; I have overall responsibility for the entry building, the staff and various access systems. There are five main areas – Staff Search, Visitors Reception, Vehicle Lock, Control Room and Contractor Escort department.

It's a really varied role and I get to interact with a lot of different people, staff, visitors, service users and external parties. There are a lot of different computerised systems in place too and I'm the systems administrator for much of that, so it's a bit of a balance between geekiness and having a decent amount of people skills. It can be a challenge but I enjoy it.

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

Just under 15 years

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

Now more than ever things are changing for the NHS, I've seen more significant changes within my department in the last two years than I have in all of my time here. My main priorities are to implement any necessary changes or efficiencies moving forward while maintaining an excellent level of service, also to manage staff expectations and support them as the service adapts and evolves.

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

I left school at 18 and studied to become a Luthier for two years (making and repairing stringed instruments). My first job after this was in a prison as an Operational Support grade. After a couple of years at the prison I applied for a Reception Assistant job at Rampton and started in 2002. I worked my way up to Reception Supervisor then onto Reception Team Leader, Deputy Control Room and Reception Manager finally securing the position of Control Room & Reception Manager a couple of years ago.

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

That's a difficult one, I've been given a lot of pearls of wisdom over the years but I like to find my own way, make my own mistakes and learn that way; I think that's more valuable. A lot of the time you do end up back at the conclusion that the piece of advice you were given was right, but there's no fun in doing as you're told all the time!

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

I'm guilty of not buying albums very often anymore. I use Spotify a lot but I buy everything that's released for a handful of bands that I love. Mastodon – Emperor of Sand is probably the most recent album I bought. It sounds

like if Metallica and Pink Floyd had a baby. Prog rock but heavy and melodic. Love them.

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

There are a few...working my way up to be Control Room & Reception Manager – no one's more shocked than me! Having a couple of the guitars I've made played by some of my childhood heroes is pretty incredible, but my kids are probably my greatest achievement, they're awesome.

**8. What makes you angry?**

Indecision is one of the things that make me angry, there are a couple of other things too but I can't make my mind up what else to put.

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

Making guitars; I love playing and making them. There's nothing like putting 50 or 60 hours of blood, sweat and tears (literally) into one then putting the strings on and hearing it for the first time.

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

Being more mobile and not tied to my desk as much.

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

Building guitars and taking them to guitar shows around the country.

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

Not being able to sleep.

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

That's like asking me to choose a favourite child – it's impossible. As a kid I was massively into films and spent most of my time around a friend's house watching films. I was obsessed, so I'll have to do a top 10;

10 – Mary Poppins

9 – Rogue One

8 – Conan the Destroyer

7 – Aliens

6 – Commando

5 – Krull

4 – Star Wars A New Hope

3 – Robocop

2 – Predator

1 – Empire Strikes Back

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

Florida with the wife and kids. Nothing even comes close. I'll even tolerate an 11 hour flight to get there which says something because I'm worse than Mr-T from the A-Team when it comes to flying.

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

Mildly amusing sometimes.

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

Orlando, I'm pushing my kids out of the way to get to all the rides and character meets!

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

No one, I like my own company. It'd only be a matter of time until I got fed up of catching fish in the sea or eating coconuts and have to kill the other person for food.

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

Ultimately I'd love to make guitars for a living but it's not a realistic thing unless I can get a household name like Slash from Guns N' Roses to play one. If that doesn't work out I'd be more than happy continuing to work at Rampton in the Security Department.

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

I was once on page 3 of The Sun newspaper- my mum crashed her brand new car so I went to pick her up. I took her home then went back to the crash site to wait for her car to be recovered but I crashed my car into hers and wrote both cars off. The headline was 'Son of a ditch'. Hugely embarrassing but amusing at the same time.

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

A good dad, a good husband, a good friend and that I made some awesome guitars too.

## Exciting new home safety project launched in Mansfield

Children's Centres run by the Nottinghamshire Children and Families Partnership (NCFP) across the Mansfield district are to play a pivotal role in helping reduce avoidable injuries, with the launch of an exciting new home safety project.

Delivered in partnership with Mansfield District Council (MDC), Nottinghamshire County Council public health and the Royal Society for the Prevention of Accidents (ROSPA), the project will see Children's Centre family support workers assessing risks within the home and identifying the equipment necessary to help reduce avoidable injuries in the under-twos.

Following on from the risk assessment, MDC will then visit the property to install home safety equipment including stair gates, fire guards, window restrictors, cupboard locks and bath mats. The scheme is being funded by MDC and it is anticipated that over 160 families in some of the most disadvantaged areas of Nottinghamshire will benefit, with the overall aim of reducing hospital admissions for avoidable injuries in the under-fives.

Andy White, NCFP Training and Learning Facilitator said:

“This project highlights the importance of effective partnership working, whilst utilising limited resources to gain maximum benefit within the communities we serve. Having spoken to a range of stakeholders, this is most definitely a much needed initiative and it is hoped that once evaluated we can spread the project to the remaining districts within Nottinghamshire.”

”

Right: Nottinghamshire Children's Centre child safety lead Andy White being trained on how to fit a stair gate safely.

**Key facts and figures**

- Avoidable injuries are a leading cause of hospital admission and death for children and young people in the UK aged between one and 14. Most of these injuries happen in the home, outdoors or on the roads.
- Admitting a child to hospital following avoidable injury in the home is estimated to cost £16,900, with the NHS spending an estimated £131 million a year on emergency admissions because of childhood injuries.
- The Childhood Accident Prevention Trust says the average cost of inpatient treatment for an uncomplicated minor scald from a hot drink is £1,850. Each year the NHS spends around £2.2 million on inpatient treatment for children and young people with hot drink scalds alone.
- According to NICE, under-fives are at greatest risk of injuries in the home. Children's Centres are perfectly placed to reach this target group.
- In Nottinghamshire there were a total of 5,700 hospital admissions for the under-fives as a result of avoidable injuries from April 2010 to March 2013. There were 44 hospital admissions for burns and scalds, 88.5% of which were in children up to age five.



# National award recognition for two Trust initiatives

*Two Trust initiatives have been shortlisted in the prestigious national Health Service Journal (HSJ) Awards for 2017.*

A project aiming to equip care home staff with skills to reduce avoidable pressure ulcers is a finalist in the staff engagement category, and the sustainable food project known as 'Taste not Waste' is in the running for the improving environmental and social sustainability award.

#### Supporting care home staff

Recognising a need to improve training and support to local care home staff to reduce the incidence of avoidable pressure ulcers, the Trust's Tissue Viability Team devised several initiatives including:

- A Link Champion network, with dedicated staff from each home attending regular network meetings to increase their knowledge and sharing best practice.
- React To Red, a bespoke training resource for use in care homes. Residents were involved in the development and filming of the training DVD. A further training resource in the 'React to' series around incontinence associated dermatitis is also due to be launched (see page 8).
- The CHASE awards (Care Home Achievement Success Event) – an annual awards ceremony to recognise care home achievements.

Since the start of the initiative in 2014, there has been an 87% reduction in avoidable pressure ulcers in the targeted care homes.

Karen McEwan, Quality Improvement Matron, said:

“We are so proud to have been shortlisted for such a prestigious award, allowing us to showcase the fantastic achievements we have seen locally and to help improve care to our most vulnerable.”

#### Taste not Waste

The sustainable food project introduced by David Hunter, Rampton Hospital's Catering Manager, involves the catering teams and the Trust Energy and Environment Team working closely with our local suppliers, maximising what is available by approaching what and when we buy fruit and vegetables in a different way.

This includes utilising tasty and nutritious parts of vegetables that might otherwise make it to the landfill, such as using broccoli stalks rather than florets to make a broccoli and Stilton soup. Not only did this project deliver a significant cost saving – up to 80% against normal list price – it also is demonstrating that quality is not always compromised by using cheaper produce, as it achieved high praise from our patients who declared that the soup and the other dishes, which included a carrot and sweet potato cake, were delicious!

Sue Brown, Hotel Services Manager, perfects a sweet potato and lentil dhal



Members of the Tissue Viability team (from left), Simone Ritchie, Assistant Practitioner; Geraldine Reeve, Tissue Viability Specialist Nurse; and Tessa Anders, Tissue Viability Nurse.

David said:

“I'm really proud of what we've achieved so far, and we're continually looking at menu development to see how we can make the most of the produce we buy. Working closely with local suppliers ensures that they understand our needs and what we're trying to achieve. It is also a great way of supporting our local communities whilst delivering a sustainable approach to catering within the Trust.”

The HSJ Award winners will be announced at an awards event on 22 November.

## A key role in preventing falls

The Trust was joined by Alice Kilby in September, as Consultant Therapist Falls Prevention and Management. The role has recently been expanded to cover the Forensic Services Division, with the aim of reducing the risk of falls and working closely with Falls Leads across the entire organisation.

Alice explained: “This role really recognises the link between physical and mental health, as I won't just be supporting those staff who work with the frail elderly, I'll also be working with teams across our Forensic and inpatient facilities.

“While there may be some issues affecting bone health and risk of falls specific to those individuals with severe mental health problems – such as an increased prevalence of smoking and a more sedentary lifestyle – there are some ways we can all work to reduce the risk of falls.

“One key thing we can do is get more people up and moving about, whether that's helping older people become more mobile through strength and balance exercises, or encouraging inpatients to become more active.”

Alice's work will include delivering a session to all staff as part of the Trust's mandatory training, offering bespoke training and support to individual teams, and delivering expert clinical advice where either a team or an individual needs specific help in reducing their risk of falls. This will include monitoring incidents as part of the Sign Up to Safety campaign.

“I will also be helping to embed Trust policies and procedures into everyone's day to day work,” added Alice. “For example, not all older patients are the same and their condition can change over time, so it's crucial that staff use frailty assessments and make sure they are reviewed on a regular basis.

“Preventing falls and managing future risk after a fall is incredibly important – in older people a fracture such as a broken hip can have life changing



implications, impacting on their quality of life and independence.

“Sometimes there are simple interventions we can make – removing trip hazards, improving lighting, checking on foot health and footwear – and it's everyone's job to look out for and flag up any issues.

“I'm excited to be working with the Falls Leads from across the organisation who are doing some brilliant work, and I've been really pleased with how well my role has been received in Forensic Services in particular.”

For more information email [alice.kilby@nottshc.nhs.uk](mailto:alice.kilby@nottshc.nhs.uk).

## Funding boost for national mental health tech centre

**A further five years of developing ground-breaking technology applications to help with people's mental health and wellbeing are guaranteed following a national funding announcement.**

The MindTech Healthcare Technology Co-operative (HTC), based at the Institute of Mental Health in Nottingham, which is a partnership between the Trust and the University of Nottingham, has been awarded £1.3 million by the National Institute for Health Research (NIHR) to continue its cutting edge work for the next five years.

MindTech is a national centre focused on the development, adoption and evaluation of new technologies for mental healthcare and dementia. It was established in 2013 and brings together healthcare professionals, researchers, industry and the public.

Research and development to date

has focused on uses of technology in the areas of mood disorders (such as depression and anxiety), neurodevelopmental disorders (such as Tourette Syndrome and attention deficit hyperactivity disorder), and dementia.

MindTech has played a critical role in the development of a number of key technology applications for mental health. These include QbTest, a medical device that has been shown to improve the time to diagnosis for children with ADHD and ProReal Avatar technology, which is being used to help treat children with psychological distress and adults with personality disorders and post-traumatic stress disorder.

MindTech was originally set up as one of eight HTCs nationwide. The new centre will be known as 'NIHR Mental Health MedTech Co-operative' or shortened version 'NIHR MindTech MedTech Co-operative' and will be funded from 2018 to 2023.

Professor Chris Hollis, Director of MindTech and Honorary Consultant at the Trust, said: “We are delighted

to receive a further five years of funding which endorses the success of MindTech and will allow us to accelerate the development, evaluation and NHS adoption of new digital technologies that will help transform the delivery of mental healthcare.”

Partner organisations involved in MindTech are University College London, The Mental Health Foundation, The University of Manchester, NIHR London MIC and the Nottingham, Oxford Health and Maudsley NIHR Biomedical Research Centres.

Dr Louise Wood, Director of Science, Research and Evidence at the Department of Health said:

“The funding received by the 11 NIHR Medtech and In vitro diagnostic Co-operatives will make a real difference to patient's lives and provide a focal point for the medtech and in vitro diagnostic industries to develop new technologies and generate the evidence needed by the NHS to support the uptake of new tests.”

# Refocus on Recovery conference draws international audience

The international Refocus on Recovery conference held in September, organised by the Institute of Mental Health (IMH) and led by Professor Mike Slade, has been hailed as an outstanding success.

The event was the largest scientific conference in the world on recovery for people with mental health problems and included world class keynote speakers and a choice of a hundred parallel sessions. The event, held at Nottingham Conference Centre, attracted more than 370 delegates from 25 countries.

Ruth Hawkins, Trust Chief Executive was one of the keynote speakers. She said: "At Nottinghamshire Healthcare we have worked to embed Recovery and the principles of personal recovery throughout all our services and everything we do. The concept is simple – helping individuals take control, enabling them to better manage their own physical and mental health and wellbeing and in turn, offering hope and opportunity for the future."

"We have always invested in Recovery and recognise how much of an impact it has in helping individuals to live their lives to the full and reach their true potential. While there is no set model of Recovery, events like this conference are crucial to sharing experience and expertise and informing future methods of support and intervention that we can offer."

Feedback from delegates included:

- "Super conference – most definitely enhanced my knowledge and validated the recovery work we do."
- "Magnificent."
- "Key words: hope, strengths, collaboration."
- "Fantastic and hugely beneficial."

- "Interesting perspectives from the UK and overseas."
- "Motivational presentations."
- "Inspiring, challenging and uplifting."

Follow the full conference comments on the Twitter hashtag [#RonR2017](#).



## Celebrating the Mid-Land Games 2017!



In July, 200 adult competitors with intellectual and developmental disabilities (IDD) from across the Trust and the wider region attended the Mid-Land games, an athletics event specifically for adults with an intellectual disability.

The games are run by the Nottingham Intellectual and Developmental Disabilities Physiotherapy team and a group of volunteers. It encourages athletes of all abilities to take part, with a strong emphasis on participation rather than the elite performer. However, elite athletes have been recognised through such events, and their talents have been taken further.

Mark Dowling, Physiotherapy Technical Instructor said: "We were very grateful for the help and support of the volunteers, including three students and colleagues from community nursing, speech and language and occupational therapy."

the event is held at Ashfield School in Kirkby and we were able to use the indoor sports facilities.

The day included an opening ceremony parade, with an award for the best team flag, along with the presentation of the Jason Flint Award, which recognises athletes who have shown determination during training, or have overcome personal issues. This year's recipient was Miguel Barriero, who had overcome a number of health issues to be there.

The sporting events involved wheelchair users as well as the more able athletes, including both track and field events using specially adapted equipment.

The games are held every two years and teams from all over the Midlands area take part and contribute towards the cost of the event. Funding is also raised through sponsorship and the support of local partners including

the NHS, local athletics clubs and volunteers.

Mark added: "We received an additional grant from the Special Olympics this year and, as ever, we are extremely grateful to all our sponsors."

"The Mid-Land Games helps to increase the participants' confidence and self-esteem, alongside improving physical and mental health. People with intellectual disabilities have fewer opportunities in sport; these games are like mini Olympics and enable all participants to be recognised for their sporting achievements. The games can also give participants the chance to develop their sporting abilities further if they wish."

Another event is planned for 2019, so if you know someone with an IDD who might be interested in taking part or want any further information, please contact Mark Dowling on **07768 508459** or [Midlandgames93@gmail.com](mailto:Midlandgames93@gmail.com)

# Going Smokefree – one year on

Twelve months from the relaunch of our Smokefree Policy we now have the most successful approach in the Trust's history for supporting patients with serious mental illness to reduce their harm from smoking.

In addition to Trust investment in two substantive posts to ensure sustainability, external funding was provided for a six month pilot enabling in-reach support for our psychiatric inpatient units at Highbury Hospital.

The success of this work led to further external investment being offered and recruitment is underway which will place a full time Smoking and Mental Health Advisor at Millbrook Mental Health Unit and Bassetlaw Hospital.

During the six month pilot Charlotte Ranchordas, our Smoking and Mental Health Specialist, worked with a total of 167 patients who smoked. With her encouragement 89% accepted her support, with many having their first 'smokefree' period for many years and noticing the benefits.

Now in a substantive position, Charlotte has been able to expand her offer of support to Millbrook and Bassetlaw Hospital and is supporting an incredible 80 patients. With these numbers it's clear to see that the support is valued and highlights

the need to expand the Smokefree Team to help ensure the quality of service delivered in the pilot period can be maintained.

Well done and thank you to each and every member of staff who is supporting Smokefree personally and professionally.

Please email [Smokefree@nottshc.nhs.uk](mailto:Smokefree@nottshc.nhs.uk) for more information or support.



## Reflecting on progress for World Pharmacists Day

Pharmacy staff from across the Trust celebrated World Pharmacists Day in September by meeting up for half a day to reflect on progress made towards the Pharmacy strategy.

The staff heard from Matthew Elswood, Chief Pharmacist, on the outputs from work streams looking at pharmacy IT, learning and development, and the development of dispensary, stores and clinical pharmacy services.

Presentations were also given by colleagues on the projects in their areas:

- Sharon Pearson – working as a pharmacist in Mental Health Services for Older People community teams
- Marie Cook – working as a pharmacy technician in Adult Mental Health community teams
- Farheen Jessa – working as a pharmacist in perinatal clinics
- Hazel Kirkland – working as a pharmacist in the clinical development unit.

Nikki Holmes, Head of Pharmacy for Forensic Services, also provided an update on the service developments and new ways of working that pharmacy staff at Rampton Hospital are taking up in response to feedback from the CQC during the recent inspection.

Other highlights included a 'Bake Off' sale, raising more than £130 for the charity Muted ([www.muted.org.uk/](http://www.muted.org.uk/)). The winner Lorenz Mookan, Band 6 Pharmacist, won a place at the annual College of Mental Health Pharmacy Conference.



**In addition to the Bake Off, Harriet Sale, Pharmacy Technician from Millbrook Mental Health Unit brought in a cake designed to look like a British National Formulary book**

## 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](mailto: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 January issue of Positive, please contact us by 24 November 2017. However, due to space constraints we cannot guarantee the publication of all articles received by the deadline.**

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## 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](http://www.nottinghamshirehealthcare.nhs.uk)