

July 2018

positive

about integrated healthcare

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Safeguarding in Local Partnerships

From left, Amy Calvesbert, Helen Pritchett, Eunice Johnson, Rosie Roosevelt and Rosa Keneally



Safeguarding is Everybody's Business – Think Family, Think Domestic Violence... Think Safeguarding.

It has been an exciting yet challenging year for the Local Partnerships' divisional safeguarding team, which has been streamlining its services and combining the skills and experience of its practitioners from mental and general health. This has provided a real opportunity for staff, services users, carers, relatives and friends to benefit from a broad range of clinical and safeguarding expertise.

Helen Pritchett, Specialist Practitioner Safeguarding and Domestic Abuse, said: "The main objective for us this year has been to strengthen the Division's ability to recognise and respond to safeguarding concerns effectively, in order to prevent harm and promote the wellbeing of service users. With the combined expertise of our specialist safeguarding and domestic abuse practitioners, we

have continued to seek opportunities and explore ways of innovating and developing our service. This ensures that we remain proactive and abreast of the changing safeguarding landscape.

Practitioners within the team work closely with operational teams, empowering them to deliver a holistic service to all areas of the Local Partnerships Division. In order to increase the visibility of practitioners within the different areas we are changing the model we use to deliver safeguarding advice.

Find out more about this work across the following pages.

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Safeguarding in Local Partnerships

A direct service from the safeguarding team

It is important that everyone in the Trust has access to effective safeguarding advice, so we are moving to a more accessible and direct service from the safeguarding team.

From the start of July, staff will be able to contact the designated Specialist Safeguarding Practitioner for their area (full, up to date details are available on Connect).

In all cases, the staff member must seek advice from their line manager in the first instance and then escalate to their designated specialist practitioner if this is required.

Some of the services we offer to frontline staff include:

- Telephone advice and support
- Complex case discussion meetings
- Supervision - 1:1 or group
- Bespoke training
- Domestic Violence and Abuse advice and support for staff members
- Support with the escalation process with social care
- Support with compliance visits
- Support at strategy or other similar meetings.

This table shows which practitioner is allocated to each area:

Practitioner	Directorate / Clinical Areas
Amy Calvesbert	Mental Health Services for Older People Bassetlaw 0-19 and Adult Integrated Care Teams.
Rosa Keneally	Lings Bar / Short Stay Rehab Unit Rushcliffe / Gedling / Broxtowe (NNE / NW) 0-19 and Adult Integrated Care Teams
Helen Pritchett	Integrated Specialist Services Directorate (ISSD) Newark and Sherwood 0-19 and Adult Integrated Care Teams
Eunice Johnson	ISSD, Family Nurse Partnership Ashfield 0-19 and Adult Integrated Care Teams
Sam Roberts	Adult Mental Health Mansfield 0-19 and Adult Integrated Care Teams
Rosie Roosevelt	Adult Mental Health
Julie Hitchen	Domestic Abuse and MARAC

If your practitioner is not available:

If your practitioner is not available then you will need to consider the urgency of your call. If there is no immediate risk and you feel it is safe to do so, then email your practitioner asking them to contact you. In all cases where you identify that a child or adult may be at immediate risk of harm, the police or social care should be contacted.

If you consider your call is urgent and requires a same day response then contact the office on 0115 8831202 and another practitioner will respond to your query or concern.

Safeguarding in Local Partnerships

Engaging with the Safeguarding Compliance Framework

It has been one year since the launch of the Trustwide Safeguarding Compliance Framework and we would like to thank all the clinical areas and teams that have completed self-assessments, peer audits or worked with the safeguarding team to complete assessments over the last year.

The framework was developed based on the Care Quality Commission safeguarding standards and it also aims to support operational teams in quality assuring their own services and evidencing that they are fulfilling their own responsibilities and promoting the ethos that 'Safeguarding is Everybody's Business.'

The benefits include a consistent framework for safeguarding assurance visits and self-assessments and a benchmark against the local and national requirements of compliance required by the Trust. The framework also acts as an aid memoire for safeguarding assurance visitors and helps services to benchmark their own performance against safeguarding requirements.

Reviewing the assessments

Assessments have been completed by a wide range of services across Local Partnerships, with the majority being self-assessments and others undertaken by the safeguarding team. It has been fantastic to see how teams have used the assessment to identify positive practice and develop action plans to address any gaps within service provision. Some services have also demonstrated the flexible use of the tool by using it to complement other quality assessment frameworks.

Helen Pritchett, Specialist Practitioner Safeguarding and Domestic Abuse, said: "There were some examples of very high quality assessments, with a wide range of supporting evidence and we are working with those who have completed the compliance reports to focus on developing quality improvement plans with clear timescales and plans to review. This will help to provide clear evidence that teams are responding to areas where issues have been identified and provide broader internal and external assurances of our commitment to keep those who use our services safe."

The quality improvements that have been made include an increased focus on safeguarding when analysing assessment information and an increased awareness within the team of indicators of abuse.

Looking ahead

Over this next year the Local Partnerships safeguarding team will be:

- Continuing to raise the profile of the compliance framework throughout the Trust
- Formulating a list of clinical areas where planned and unplanned compliance visits completed by the safeguarding team are prioritised
- Developing some practice guidance to help the safeguarding team to quality assess the completed reports to ensure consistency of feedback
- Continuing to work with services to support them to drive through the Trustwide safeguarding strategies and evidence these with the use of the compliance assessment tool.

Members of the safeguarding team can visit individual teams to discuss how the implementation of this tool can strengthen safeguarding activities and maximise its benefits for the service. The team is actively encouraging services that have not yet undertaken their own self-assessment to visit the safeguarding area on Connect to access the template. A copy of completed assessments should be returned to the Safeguarding Team.



The admin team, from left, Debbie Doyle, Sarah Roberts and Corinne Atkinson

An introduction to the MARAC Practitioner role By Julie Hitchen

I began working with substance users in 2001 in a variety of settings. In 2004 I moved to working for the NHS as a Drug Treatment Worker in the Mansfield area. This is where my interest and passion for safeguarding and working with domestic abuse grew.

In 2014 our service was moved to a third sector company Change, Grow, Live (CGL) and I became a locality Safeguarding Lead for Newark, Sherwood and Gedling areas. I also continued to represent at the North and South Multi-agency Risk Assessment Conferences (MARACs). I left that role in 2016 to work at a Women's Centre in Derby with survivors and their families affected by substance use and domestic abuse. This gave me vital experience of working with survivors and supporting them through the freedom programme and making positive changes in their lives.

In 2008 I started representing our drug team at the MARAC and helped ensure all staff knew about completing Domestic Abuse Stalking and Harassment Risk Identification Checklist (DASH RIC) forms, or would support in the completion of this. The MARAC is a forum for agencies to work together to share information and produce a risk management plan, to reduce the risk of serious harm in cases where the risk from domestic abuse is considered high.

The role of MARAC Practitioner (Domestic Violence Practitioner) for the Trust is to support the whole MARAC process, from supporting staff to make routine enquiries about domestic abuse, completing DASH RIC forms and representing the Trust at all MARACs across the county. The role will enable me to support practitioners where there are ongoing repeat incidents of domestic abuse and referral to MARAC and work with services to empower staff in responding to disclosures of domestic violence and abuse.

If Trust colleagues need support with issues around domestic violence, please do contact me and I will be more than happy to come and support you or your team.



Julie Hitchen (left) and Sam Roberts



Cupcake Day fundraiser for the Alzheimer's Society

Staff from Mental Health Services for Older People held a Cupcake Day fundraiser to support vital work and research by the Alzheimer's Society.

The event was arranged by the Working Age Dementia Service and staff at the General Management Suite, who wanted to be involved in this nationwide cupcake day to support people affected by dementia and help fund important research into treatment and ultimately a cure.

The day was a great success with lots of tasty treats enjoyed by all, whilst knowing the donations were being put towards a worthy cause. The £75.50 raised will go towards funding for DNA testing, research and dementia advisers who could provide emotional support to people diagnosed with dementia.

Lisa Wilcockson, Clinical Nurse Specialist/Team Leader Working Age Dementia, said: "Thank you to all that took part in the day; the money raised will certainly make a difference to the lives of those affected by dementia."

Welcoming Lana to her new role

The Estates and Facilities Directorate's in-house Estates Team, based at Duncan Macmillan House, was delighted to welcome Lana York to the role of Maintenance Assistant in May. Many of you will already know Lana as Environment Co-ordinator at The Woodlands, which has now closed.

Shaun Froggett, Assistant Estates Manager, said: "Lana will be a great asset to the team, bringing with her a wealth of knowledge from her previous role working first hand with service users and carers. This, along with her enthusiasm, 'can do attitude' and positive mind-set, will help ensure she goes from strength to strength within the team."

"Lana will be the first female to join the trades staff, which will hopefully encourage other women to also consider applying for upcoming positions. Welcome on board, Lana!"



Lana York

Q&A

This month we speak to the Accounts Clerk in the Estates & Facilities Department.

Ashok Mistry



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

Accounts Clerk in the Estates & Facilities Department. My role includes ensuring that the costing information in the Estates database is up-to-date and that orders raised are transferred electronically to the finance / procurement system. This also helps the estates officers maintain the Trust's properties.

2. How long have you been with Nottinghamshire Healthcare?

Since July 1998. When I first started working for the Trust it was a much smaller organisation, and over the years I've noticed a huge shift to integrated service provision, which is wonderful.

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

Assisting the Estates and Facilities Team to deliver its services, which aim to make sure that our buildings are safe, compliant and environmentally friendly. I'm really proud of the work we have done as a team, including the development of Hopewood, which has also given me a great deal of personal satisfaction.

4. What is your employment background?

Before I joined the NHS I managed a newsagents in Nottingham for over eight years. In 1998, with an HND in Business Studies behind me, I started work at the Trust in the Accounts

Payable Department and during that time successfully completed my Association of Accounting Technicians (AAT) qualification. For the last five years I have been working in the Estates & Facilities Department.

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

My mum always told me: If at first you don't succeed, try again. There's nothing you can't do without hard work.

6. What was the last album you bought?

I can't really remember as I mainly listen to the radio or stream music online. I often listen to artists like Phil Collins and A.R. Rahman.

7. What is your greatest achievement?

Becoming a parent to two lovely children, who are now responsible adults. I am so proud to have helped them achieve their goals; my daughter is a qualified interior designer and my son has just started an engineering apprenticeship.

8. What makes you angry?

I rarely get angry, but I get annoyed when I see injustice and discrimination occurring. It really upsets me to

see people being treated badly, regardless of who they are.

9. What are you most passionate about?

I love traveling to new places and my wife and I have plans to spend more time traveling the world. Scotland is high on my destination list as I love trying different whiskies from around the world and of course exploring the beautiful countryside.

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

Team working with a common goal is important in any service within the Trust and we need to do more of it. I believe strong team working is essential as only by working together can we achieve the Trust's goals of providing integrated services, services which are tailored to and meet patients' needs.

11. What is your favourite hobby?

I like keeping fit and active and carry out DIY jobs around the house.

12. What keeps you awake at night?

Nothing really as I normally sleep like a log!

13. What is your favourite film?

I don't have one favourite, but love watching all the action movies like Fast and Furious, James Bond etc.

14. What is your idea of bliss?

A glass of ale and home cooked food.

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

Honest, reliable and hardworking.

16. What is your favourite holiday destination?

I have many favourite places that I have visited so far. I love exploring new places and experiencing different cultures. My favourite holiday destination is Crete. I love the sandy beaches, sunshine and scenic hilltops.

17. Who would you take to a desert island?

That's easy – my wife and children as they mean the world to me; it does help that my wife is an excellent cook and the kids keep me young and on my toes.

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

In a more senior role within Nottinghamshire Healthcare, possibly in a management role.

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

I'm still waiting for my claim to fame or does being on the BME Network Leadership Group count? The latter gives me a great opportunity to meet with and learn from people from across the organisation and beyond who I would never otherwise come into contact with. Sadly it's too late for me to meet Mahatma Gandhi or Nelson Mandela, but I would really like to meet Narendra Modi (Prime Minister of India) as he has done so much for his people.

20. How would you like to be remembered?

As someone who is kind and puts others first. That's just who I am and what I stand for.

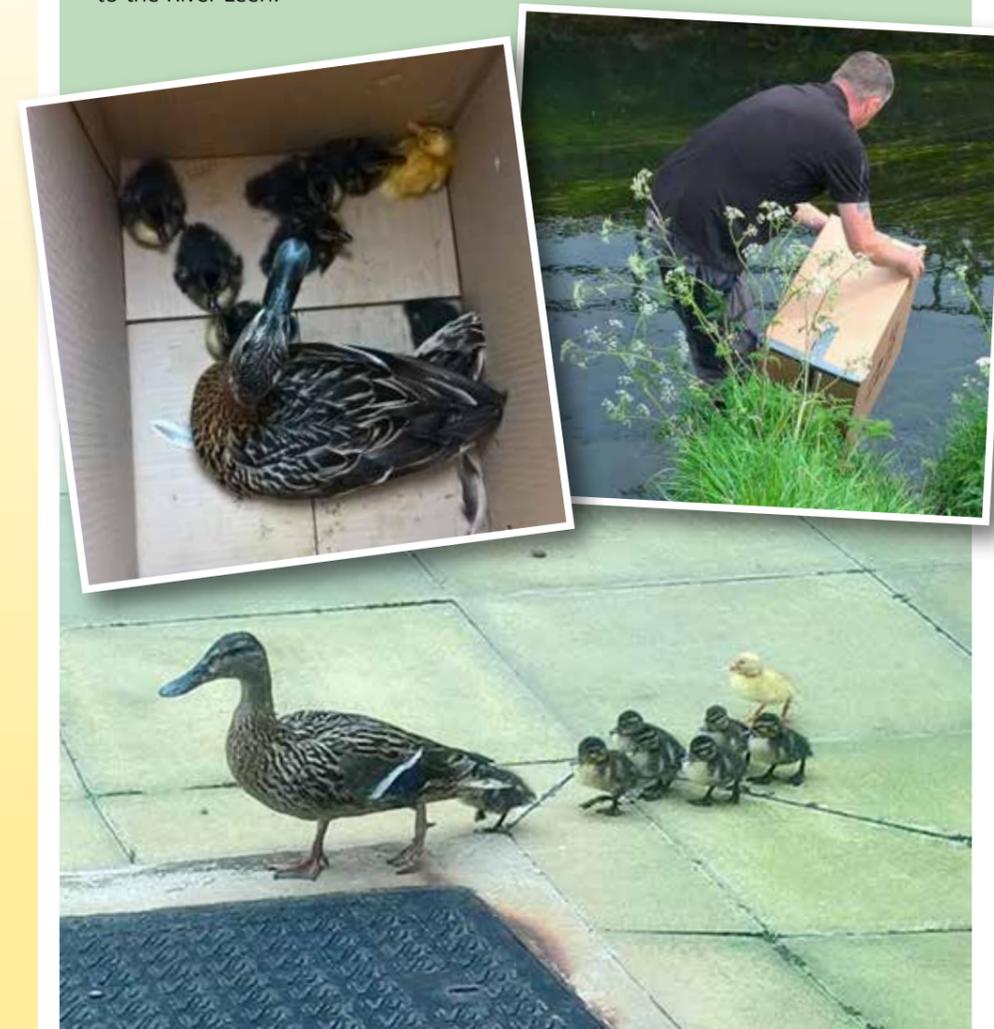
A little extra help for the Highbury Duck

The Highbury Hospital Duck and her newly-hatched family needed a little extra help this year, having laid her eggs in an enclosed courtyard near to the outpatients department.

The duck returns yearly to lay her eggs in the hospital grounds and each year she and her ducklings are carefully taken to the River Leen by facilities staff. However this year the mum refused to cooperate and kept flying up onto the roof.

Following advice from the RSPCA, Adele Gregory, Site Environmental Coordinator, and Kieron, Estates Operative, used a trail of iceberg lettuce to entice the duck into the corridor where she and the ducklings were carefully boxed and transported to the River Leen.

This year the family group included a little yellow duckling, which was very different to the others. Adele and Kieron sought advice from a vet on the way to the river as the duckling known as 'Yellow' was weaker and smaller than the other ducklings. They were told that it was perfectly healthy but likely to be from another mother, as ducks usually have same colouring offspring. The ducks were taken to a quiet spot along the River Leen and happily swam away... including Yellow.





Going above and beyond to improve mental health research

Congratulations to Kate Hodges, Community Psychiatric Nurse for winning the 'Above and Beyond' award at the recent Clinical Research Network East Midlands Research Awards 2017/18.

Kate is part of the clinical research team at the NIHR Clinical Research Network - East Midlands, based at the Institute of Mental Health, which recruits patients and participants to enable new clinical research trials to take place within Nottinghamshire. Kate won the award for her commitment and enthusiasm.

Kate's work within her area of mental health for older people has provided a notable impact on the team's ability to recruit patients and carers to dementia research. Getting involved in research can benefit participants' quality of life and help them to live well, as well as contribute to best practice.

Dr Kaela Stevenson, Portfolio Research Delivery Manager, Nottinghamshire Healthcare, commended Kate's win: "Kate always puts her patients and carers first and her contribution is much greater than simple recruitment figures; people she has recruited hold her in the highest regard and this regard continues throughout the research process with many wishing to make further contributions and become increasingly involved and engaged."

Kate received the award at a ceremony in Nottingham. She said: "I was delighted to receive the award for me personally and also for my team and the Institute of Mental Health, to be recognised for the work we all do."

"I think research is a very positive thing to get involved in; it does make people feel valued, their voices are heard and that is at the heart of our Trust's purpose."

Photo courtesy of NIHR Clinical Research Network: East Midlands

Research Fellow develops guide to dementia-friendly rural communities

Institute of Mental Health Research Fellow Fiona Marshall has been working with the Alzheimer's Society on the Rural Dementia Charter as part of the 2020 Prime Minister's Dementia Challenge.

Fiona has been the first contributing author to two key documents: a new charter for policy makers and an Alzheimer's Society guide to dementia-friendly rural communities.

Working as part of the Prime Minister's Rural Dementia Task and Finish Group, the remit of the project was to explore how people living with dementia, their

carers and families can be supported in their rural communities, and what impact this has on delivering care and support services in rural areas.

The charter recognises that there are particular complex issues in rural communities which affect the uptake of dementia care and service delivery, such as a higher proportion of older people living in rural areas than urban ones, consequential lower numbers of working age people to deliver care, isolation, and transport issues, amongst others. It also acknowledges that both stigma and a desire to maintain the idyllic identity of such communities may mask genuine need for support services.

It therefore proposes an increase in dementia friendly initiatives, as well as in less visible means of support.

To read more or to download a copy of the Alzheimer's Society rural communities guide, [click here](#) or go to www.institutemh.org.uk/news



Early Alzheimer's diagnosis patients join national MADE trial

The Minocycline in Alzheimer's Disease Efficacy (MADE) trial has just completed a two-year trial with 21 patients and carers in Nottinghamshire.

The Clinical Research Network East Midlands team, based at the Institute of Mental Health, worked on the trial with Dr Sujata Das, Consultant Old Age Psychiatrist, and Dr Kehinde Junaid from the Trust, as well as the Trust's Pharmacy team.

The trial measured the effects of Minocycline on reducing a decline in cognitive and functional skills in the early onset of Alzheimer's disease. The results gathered across the Trust have been submitted to the research team at King's College London and the full results of the trial are eagerly awaited later this year.

New research for young people living with tics and Tourette's

A team from the Institute of Mental Health is looking for families to take part in a new research study that will work with children and young people who experience tics or Tourette syndrome.

The Online Remote Behavioural Treatment for Tics study (ORBIT) is a four-year project funded by the NIHR Health Technology Assessment. The project involves working with young people and their families to test out

two new online behavioural treatments for tics and Tourette syndrome. These online treatments have already been tried out in Sweden and this study will see whether they are also useful for children and young people in England.

The study is looking for families in England who have a child or young person (aged between 9 and 17) with tics to take part in this study. Both the child or young person who experiences tics and one parent or carer need to take part.

This project is a collaboration between the NIHR MindTech MedTech Co-operative, The University of Nottingham, Great Ormond Street Hospital, University College London, and the Karolinska Institute in Sweden.

If you're interested in taking part, visit www.institutemh.org.uk/research/projects-and-studies/current-studies/orbit for more information.

Nature in Mind activities on offer



Nature in Mind is a specialist service from Framework which draws on the unique capacity of nature to restore and improve mental and physical health.

It offers a range of activities that can be joined as part of a small supportive group. For example in July there are chances to work on the Nature in Mind allotment in St Ann's and make a meal with the produce grown, enjoy a short walk through the Nottingham Arboretum, take an introduction to orienteering and have a go at drumming for wellbeing and fun.

The service and the activities are open to people with a Nottingham address (Nottingham City and suburbs), aged 18+, who have mental health problems such as anxiety or depression. It is not necessary to have a formal diagnosis.

Find out more about the programme of activities at the Nature in Mind website www.frameworkha.org/framework_near_me/1441_nature_in_mind or to book a place or request a referral form, call 0115 970 9591 or email natureinmind@frameworkha.org

Celebrating a Community of Practice

Over the past year a Community of Practice has been developed by health and social care professionals working with residential and nursing homes. The aim of the Community of Practice is to create a network of varying professionals who have day-to-day contact with care home staff and care home residents.

Members include representatives from Nottinghamshire Healthcare, NEMS, Nottingham CityCare Partnership, Optimum, Nottinghamshire County Council, local clinical commissioning groups, Nottingham University Hospitals, Sherwood Forest Hospitals and East Midlands Ambulance Service.

The Community of Practice has enabled the sharing of resources, training sessions and a wealth of knowledge and expertise. From this, we have been able to identify what works well in care homes, what needs

improving and what needs further development. The Community of Practice has also enabled a greater understanding of individual roles and has developed a great networking facility. This has helped reduced professional isolation and members are able to contact others for support.

To celebrate this great work, an event has been organised by NEMS Health Partners on Tuesday 17 July, 1.00-5.00pm at Holme Pierrepont National Watersports Centre, Nottingham, NG12 2LU. This is a free event and

any health or social care practitioner who is passionate about the delivery of care to care home residents and support to care home staff is welcome. Attendance gives free membership to the Community of Practice which means access to resources, knowledge and expertise from a wide number of other like-minded professionals.

Click here to book tickets or visit: www.eventbrite.co.uk/e/nottinghamshire-care-homes-community-of-practice-a-celebration-tickets-46586009007

Trust Art Psychotherapist receives international award

In May, the Trust's CAMHS Principal Art Psychotherapist, Mark Wheeler, was among 20 invited guests from all over the world who attended a special event at the prestigious Royal Society in London.

The event, organised by the Italian Phototherapy research group GRIFO (Gruppo Ricerca Foto-Terapia), took place on the anniversary of the reading to the Royal Society of Dr Hugh Welch Diamond's paper on the use of photography in the Surrey asylum, on 22 May 1856.

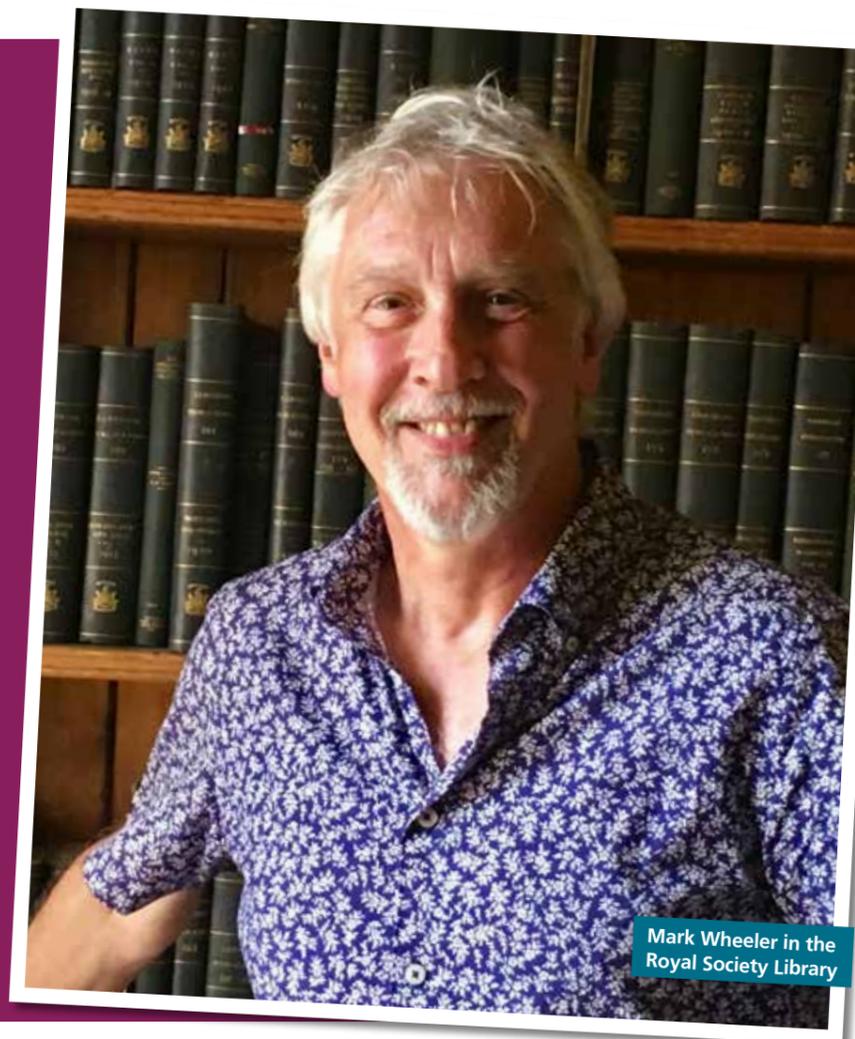
The day culminated in the presentation of the inaugural Diamond Phototherapy Award to Mark, in recognition of his contribution to the field of using photographs in psychotherapy.

Mark has published articles and book chapters on his development of interventions benefiting young people and adults, using photography from the days of film to the phone camera.

CAMHS patients and their families have found it useful, when words are not enough, to use images to explain situations and experiences and to use their phone cameras to maintain healthy daily routines. Some patients have found the incentive of making images, or receiving images, to be

a useful step in overcoming unhelpful thinking or negative or destructive feelings. Others have found image-making useful in aiming for goals and recognising progress.

Mark has provided training and support for other people in Local Partnerships to employ these techniques. Photographs can be powerful catalysts to feelings and thoughts and our world is becoming increasingly personally photographic with the advent of image sharing apps. Well done, Mark!



Mark Wheeler in the Royal Society Library

Annual General Meeting and Annual Members' Meeting 2018

The Trust's Annual General Meeting and Annual Members' Meeting will this year take place on Thursday 19 July, from 2.00pm to 3.15pm at Duncan Macmillan House, Nottingham, NG3 6AA in Conference Rooms 1 and 2. If you plan to attend please email agm@nottshc.nhs.uk to register. Please also let us know of any special requirements. You can also call **0115 993 4530** for further information.

Do you have a question you would like to ask?

If you have a question you would like to put forward for the day you can email this to agm@nottshc.nhs.uk

To find out more about the event visit: www.nottinghamshirehealthcare.nhs.uk/events



Over 80 years combined working for the NHS!

As the NHS celebrates its 70th anniversary, Claire Green and Di Flint, Ward Managers at Lings Bar Hospital, share their story of a combined 80 years working for the NHS!

Claire says: "I started my nurse training in 1975 at the General Hospital on the Ropewalk Nottingham. Back then there were approximately three to four large intakes of about 50 to 80 student nurses per year. We would spend three months on each speciality rotating until we got experience in all of them, going back to the School of Nursing between placements for the theory part of our training. They were extremely happy days at the General Hospital. When I qualified I went on to work at the City Hospital for a number

of years. In approximately 1984 I went back to the General Hospital and met Di Flint for the first time, who was a Ward Sister on Castle Ward, one of the old medical wards. Di and myself have worked on and off with each other throughout the years. We both started at Lings Bar when it first opened in 1992, it was known as Lings Bar House at that point. We would drive out from the General Hospital to see how the building of Lings Bar was coming along.

Claire and Di retired from full time

Ward Manager posts on 30 April 2018 and have come back part time to job share the post of Ward Manager at Lings Bar Hospital returning respectively on 2 June 2018 and 20 June 2018.

Claire adds: "We have both been through many changes in the NHS, it's important to be adaptable! I can't believe how fast time has gone considering I've spent over half of my life nursing and am now continuing to work part time. I think it's extremely important to encourage and retain experienced and valuable staff members to return to work after retirement, who have years of experience, solidarity, and knowledge to enable the younger recruits to pick up the reigns when the time comes."

The NHS, the Windrush Generation and I

The Empire Windrush arrived at Tilbury Dock, Essex in 1948. It carried the first wave of Caribbean migrant workers to the UK in response to post war labour shortages. Many came in search of opportunity, to work hard to improve life for themselves and loved ones back home. Most settled into new communities, with the desire to contribute to the welfare and progress of Britain, the 'Mother Country'.

Whatever the motive, 75,000 commonwealth citizens migrated to the UK each year during the 1960's; my family was just one of them; travelling all the way from Dominica in the Caribbean. My grandmother found employment within the NHS as a porter at Nottingham General Hospital in 1963. During this period the NHS recruited a high number of nurses and doctors from commonwealth countries, a legacy which continues to this day. Currently, 40% of NHS doctors are from Indian or Pakistani decent and 25% of nursing staff are of Caribbean or African heritage.

The cultural diversity of the NHS has led to life altering improvements to its service delivery and the quality of care offered to our patients. Cultural awareness and understanding is a core value that lies within the heart of NHS ethos and practice.

However, passengers of the Windrush, their families and other migrants arrived by invitation but with no arrangements made for their housing, social or emotional needs. Many families lived in challenging conditions. My grandparents lived in two rooms along with their five children; my father shared the mattress in the attic with his brothers and sisters. It was cold, dark and damp - a stark contrast from the sunny beach houses and blue skies they had left behind back home.

Although the situation for my family and other new arrivals improved significantly over the decades, discrimination and marginalisation continued to have a major impact on family lives. During the 1990s reports of widespread racism and discrimination continued across the UK, including from NHS patients and staff.

"Black people have to jump twice as high to get half as far."

Before she passed away in 1995, my grandmother used to tell me that "Black people have to jump twice as high to get half as far." Although conditions for BME staff have improved since her time in the NHS, 23 years on her words still resonate with me: the NHS still lags behind other industries in terms of multi-racial representation at board level and in leadership roles. Current research suggests that BME staff do not progress up the grading structure as quickly as their white counterparts; are less likely than any other group to access services and the number of British BME citizens applying for medical training is in decline.

This year the NHS turns 70 and is recognising the contributions made by the Windrush migrants and their descendants. NHS England is striving to remove cultural barriers to improve BME uptake in services and appeals are being made for BME staff, patients and carers to provide feedback to improve services and remove stigma. Treatment information is being printed in more languages, images of staff and patients now represent the more accurate, multi-cultural image of clinical teams and their patients. The data indicates that these measures are working, but there is still work to be done.

The NHS is Britain's envy of the world. It is also one of the largest employers of BME staff in Europe. In light of the recent Windrush Scandal, it is crucial that NHS continue down the path of inclusive care, if our legacy of diversity and success is to survive.



A Service to the People

Helping those in crisis, giving care to the distressed
Helping the sick and poorly
That's the job of the NHS

When accidents happen and medical treatment is in need
A hospital is the place to go
Where doctors and nurses do good deeds

They help the young and fragile
And also the old and frail
The NHS is there for everyone
For this country's people it tries not to fail

The NHS has given back life
When hope has nearly gone
Looking after the people that are in need
Helping them to carry on

The care and treatment is free
A great service to this country
Everyone has their own chance at making a recovery

All the people have somewhere to turn
When they need more than a first aid box
They will have someone to listen to their concerns
Giving light where it seems that there's not a lot

Even though I have not been the best citizen
The NHS has been there for me
It has been there for family and friends
And also my community

So to 70 years of service
I'm sure the country's proud
Everyone has the right to live
The best that life can allow

A poem written by a patient within the Mental Health Directorate at Rampton Hospital.

The history of St Ann's Hospital and Thorneywood CAMHS

As reported in June's issue of Positive, Hopewood, the Trust's brand new mental health services hub for children, young people and families, is now up and running. Patients and staff within Child and Adolescent Mental Health Services were previously based at the Thorneywood Adolescent Unit. As part of the NHS70 celebrations, Denzil Ede, Specialist Practitioner, Child and Adolescent Mental Health Services (CAMHS) Intellectual Disability Team looks back at the site and its history.

St Ann's Hospital opened on 7 May 1936 as a female admissions facility for 40 voluntary patients for treatment of early nervous and mental illness. It cost £66,000 to build and was an annex of Mapperley Hospital, Nottingham's psychiatric hospital.

It was named after St Ann's Well, a nearby sacred spring said to have healing waters, and a popular place for the people of Nottingham to visit in the 19th century.

The admissions building included a hydrotherapy unit and a surgical theatre and two convalescent villas, Rendall Villa (now 145 Thorneywood Mount) and Harper Villa; each had 22 beds.

Changes during the war

With the outbreak of war in 1939, most British hospitals including St Ann's were handed over to the Emergency Medical Service. Patients were transferred to Mapperley Hospital, enabling more than 5,000 soldiers to be treated at St Ann's Hospital, including a few Italian prisoners of war.

Leading the way for psychiatric hospitals

The hospital reopened to female patients in 1947, under Matron Ellen McCawley and the progressive leadership of Medical Superintendent Duncan Macmillan. By 1955 all the wards were unlocked; a model that psychiatric hospitals around the country followed. A nurse training school opened at the hospital in 1947, teaching student nurses for all the local psychiatric hospitals. Lessons were in cramped classrooms, and the school moved to its own building at Mapperley Hospital in 1972.

Introducing CAMHS

CAMHS first came to St Ann's Hospital in 1948, with an inpatient unit for child psychiatry at Harper Villa catering for 16 patients aged 5-12 and a small number of day patients. In 1966 a treatment facility for adolescents was opened in a house in the city. It transferred to Rendall Villa in 1970.

Inpatient children were educated on site from 1950 onwards and portable school rooms were built.

These were replaced by a dedicated school in 1980. St Ann's Hospital School could accommodate 45 children and later became Thorneywood School and Home Education Centre. It continued to serve patients in the adolescent unit and had moved to a new purpose-built education unit at the Hopewood campus.

The children's residential unit became a day unit in 1988, following new research which showed that younger children had better treatment outcomes whilst living at home.

Children initially came to the unit five days a week, reducing to two or three days a week so they could spend time in their own schools. The Day Unit also offered collaborative parent-training courses and sibling groups. The unit closed in 2013, as local area teams focused more on community based services.

Moving the focus to care in the community

With the shift to care in the community, the adult wards at St Ann's Hospital were closed in 1991, and the site was rechristened Thorneywood. The admissions building was refurbished

and the Adolescent Unit and Day Unit moved in.

When Nottingham General Hospital closed the following year, the Family Therapy clinic moved on site, becoming the Community CAMHS Team. Gedling Emotional Health and Wellbeing Team also moved into one of the old classrooms before getting their own offices in Gedling.

A Farewell to Thorneywood event for guests including current and former staff was hosted on 9 May 2018, with historical photographs, newspaper clippings and war memorabilia. The date was symbolic – 82 years and 2 days after the official opening of St Ann's Hospital.

Looking to the future

Seventy years after child psychiatry first came to Nottingham, it has a bespoke new campus-style health and wellbeing 'hub' providing specialist healthcare and support for children, young people and their families and for perinatal mothers and babies. Everyone is excited about the bright future that they can offer the young people of Nottingham.

Although the main Thorneywood campus has closed, parts of the site will continue to offer NHS services. Rendall Villa is now an adult residential unit providing rehabilitation and supported care to residents with enduring mental health needs as 145 Thorneywood Mount, and the former nurses home is now St Ann's House, offering psychology and psychotherapy services.



Left to Right: Ruth Hawkins and Martina Griffiths, Modern Matron

The Mental Health Oscars 2018

The red carpet was rolled out again in May at Rampton Hospital for an Oscars style awards ceremony, to recognise the achievements of the patients within a service. This was the first occasion the awards had been held for the Mental Health Service – having previously been successfully run in the National High Secure Learning Disability Service.

An area of the Hospital was specially decorated, a glass of non-alcoholic Bucks Fizz was given upon arrival, and there were petit fours during the interval at the ceremony. The entertainment for the evening was provided by the Rampton patient band, the 'Southwell Sell Mates' and they were joined by various staff throughout the evening, who could play or had learnt to play instruments for the occasion.

All the nominees received a certificate, and the category winners were given the opportunity to walk the red carpet, and to then receive their certificate from Ruth Hawkins, Trust Chief Executive.

There were nine awards in total looking at areas such as Overcoming Adversity, New Leaf, Not just ticking the box and Ward community of the year.

There were also two other awards given out, one being the Recovery and Involvement award, which was won by three patients, due to their contribution to the Recovery College, and their support of ward projects. The other award was for the overall Recovery champion and was judged and awarded by Tony Mitchell from the Learning and Development Department. He selected a patient who has changed quite drastically since first joining the Recovery College last year.

It was a thoroughly enjoyable evening for both staff and patients, and ideas and planning are already underway for next year's event.



Guests at the Farewell to Thorneywood event looking at the display of historical information and artefacts

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 your story in the September issue of Positive, please contact us by 3 August 2018. However, due to space constraints we cannot guarantee the publication of all articles received by the deadline.

Who we are...

Nottinghamshire Healthcare provides 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 nottinghamshirehealthcare.nhs.uk

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