

October 2018

positive

about integrated healthcare

Sarah's charity skydive

Well done to Sarah Scott from the Let's Talk Wellbeing service, who successfully completed a skydive for Prostate Cancer UK this summer, raising an amazing £700.

Sarah fundraised for the charity after her dad passed away from prostate cancer and she says it was something he would be proud of and also a tick on her bucket list.

She said: "It was an amazing day. I wasn't too scared, although my shaking hands said differently. But from the moment I left the plane I absolutely loved it. Free falling for 50 seconds at 120 mph was brilliant and then the parachute opened and I took in the amazing views coming back down to earth. I would love to experience this again."

I am research

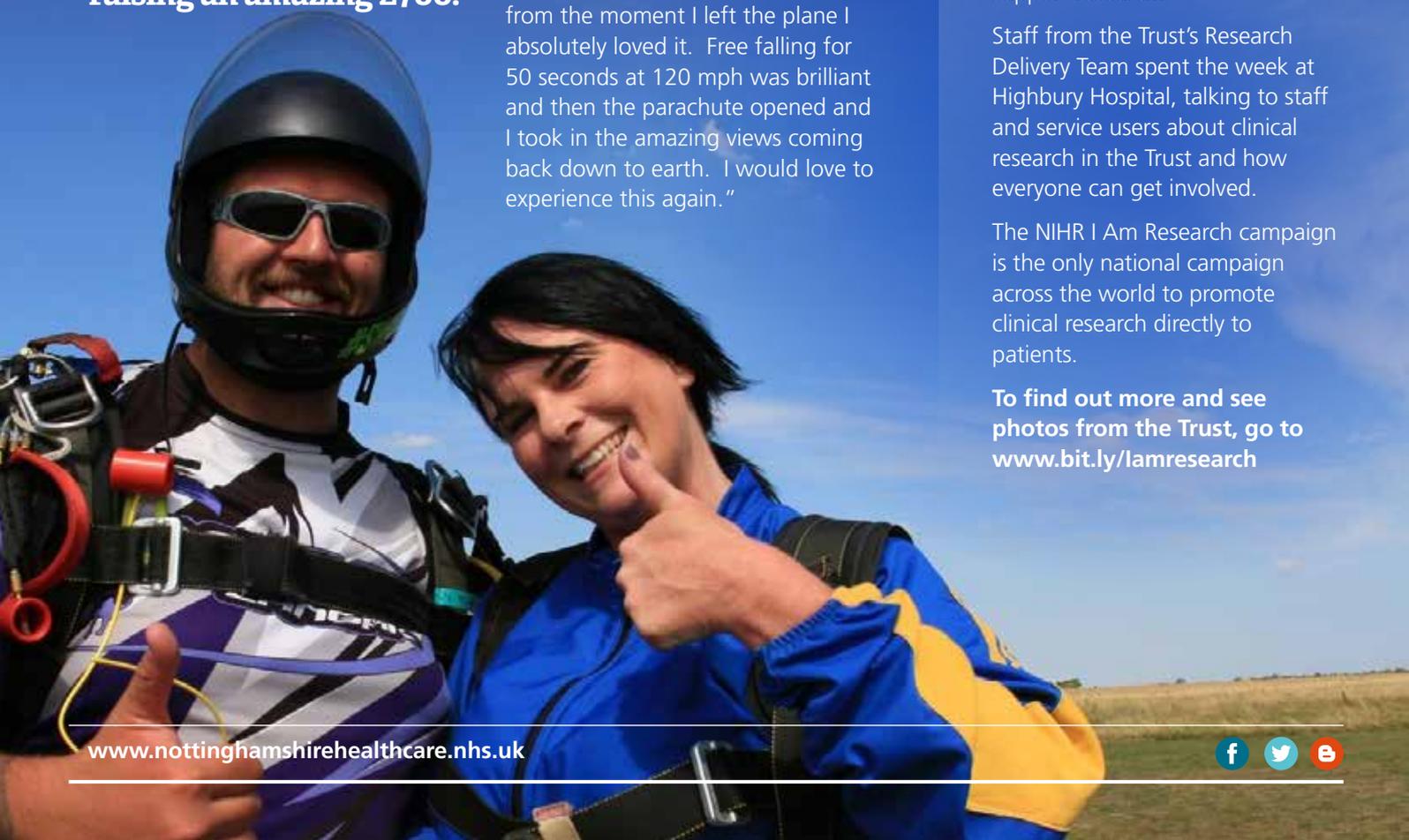
The Trust recently supported the National Institute for Health Research (NIHR) 'I Am Research' campaign, which this year coincided with the NHS70 celebrations.

I Am Research engages with patients and the public to encourage them to find out about the opportunities to get involved in health and care research. The campaign is also a powerful way of thanking health and care staff for the work that they do to support research.

Staff from the Trust's Research Delivery Team spent the week at Highbury Hospital, talking to staff and service users about clinical research in the Trust and how everyone can get involved.

The NIHR I Am Research campaign is the only national campaign across the world to promote clinical research directly to patients.

To find out more and see photos from the Trust, go to www.bit.ly/iamresearch



**TAKE
PART**

Participants needed for new bipolar study

A new research study assessing the care received by people with a diagnosis of bipolar disorder is looking to recruit participants in Nottinghamshire, Leicestershire and Northamptonshire.

The Implementing NICE guidelines on bipolar disorder study is looking at healthcare professionals' compliance with NICE guidelines and service user views about their care. Previous research indicates that the guidelines for the care of people with a bipolar diagnosis are not being implemented effectively, and this is leading to poor quality care and increased healthcare costs.

The study is looking for people with a diagnosis of bipolar disorder to complete a service user survey, and/or give permission for researchers to access their medical care records to assess the care they have received. People can choose if they wish to take part in either one or both parts of the study.

Funded by the National Institute for Health Research, the study is running in Nottinghamshire, Leicestershire and Northamptonshire and is looking to recruit 200 people from each area.

To find out more (with no obligation to take part), contact James Roe on 0115 823 2476 or email bipolar@nottingham.ac.uk



A bird table in our garden

James from Thornton Ward, Arnold Lodge, has been working in the unit's garden, and has given us this update:

"I would like to update you on progress and tell you all about our garden. In the past six months I have been working on a bird table. This is now completed and is in place in the garden. I hope all the birds enjoy using it as I have enjoyed making it. I also welcome other animals, such as bees and butterflies. I and other patients have been enjoying sitting out in the garden this summer."

Vote Now

Oscars: Who has made a difference to your experience?

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

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

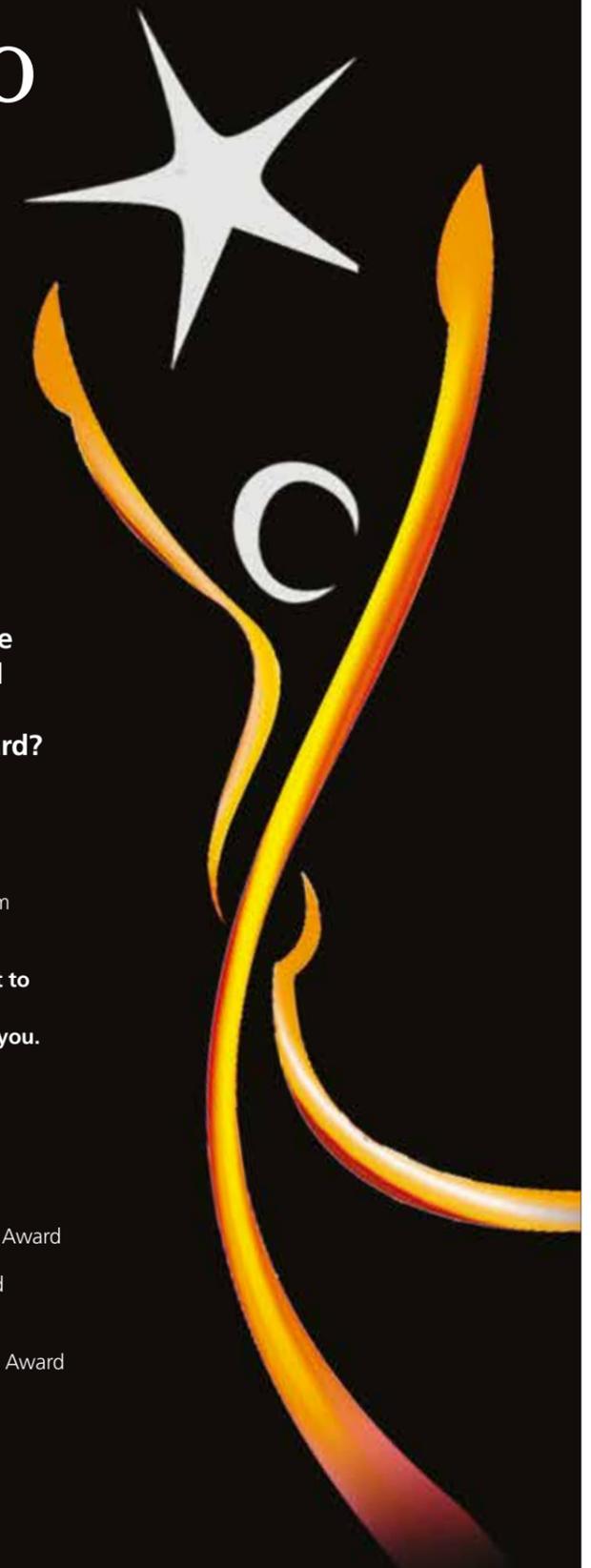
Patient, service user and carer nominations - To make the process as accessible as possible we will accept hard copy nomination forms from patients/service users/carers who don't have access to a computer.

Ask our staff to print a form for you for the category you want to nominate in, or contact us on 0115 993 4530 or email oscars@nottshc.nhs.uk and we will send out a printed copy to you.

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

- Unsung Hero Award – Clinical
- Unsung Hero Award - Non Clinical
- Quality Improvement Award
- Team of the Year Award – Clinical
- Team of the Year Award – Non Clinical
- Leadership Award
- Volunteer of the Year Award
- Outstanding Care and Compassion Award
- Lifetime Achievement Award

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



Millbrook diners 'hooked' on sustainability

Nautical tablecloths, fishy aprons and sail boat napkins set the scene and provided the 'wow' factor for patients, staff and visitors at the latest sustainability event held at Millbrook Mental Health Unit.

The 'Down at your local chippy' event was the fourth in the sustainability theme before David Hunter, Catering Project Manager for the Trust moves on to creating further initiatives to develop catering staff skills.

Sustainable fish and 'red tractor' accredited meats were featured on the menu and the majority of the dishes were created from scratch by the Millbrook Catering Team, using off cuts of vegetables destined for landfill to deliver significant cost savings.

On the day, the Millbrook dining room was packed to the rafters with an increase in footfall and income of approximately 400%! Catering staff also enjoyed the day immensely and were given



the opportunity to develop their skills by cooking fresh, innovative and delicious dishes followed by an indulgent Nigella Lawson sticky toffee pudding.

Extremely positive comments were received, including: "The food was fantastic. Service amazing. Patients were very pleased with home cooked food", "Nicely presented good choices", "The chicken kebab meat was tasty, lovely flatbread instead of pitta bread", "Great choices all looked good. Fish was fresh and flaky as it should be, chips were amazing", "Very welcome change and really enjoyed the food and the effort you all put into the meals. Well done everyone", "Beautiful combination, tastes come together very well", and "Lovely meal, would welcome events like this in the future. Well done".

The comment cards collected on the day provided valuable feedback on how to improve the current service, increased staff morale and gave the catering team many suggestions for future events.

Wishing Sheila a happy retirement

We wish Sheila Smith a very happy retirement after more than 45 years working in the NHS, including over 11 years with the Trust's Infection Prevention and Control (IPC) team.

Her commitment to IPC has been paramount in supporting teams throughout the Local Partnerships Division (and previously Local Services) to ensure implementation of high standards to support safe, effective care for all patients. Sheila has also been instrumental in the development of IPC policies, practice guidelines, clinical audits, IPC learning and



in particular developing the IPC Link network of which she is particularly proud. The link network allows clinical and non clinical staff to meet quarterly to discuss IPC issues, concerns, the latest topics of interest and network with like-minded individuals. The IPC Link membership is now running at over 70 and is still growing - a sign of the true passion and commitment from Sheila.

The IPC team said: "Sheila is a lovely, approachable, hard-working and dedicated person who has been committed to ensuring best practice for all patients and staff across the Division. Sheila has been great to work with and we wish her a long and happy retirement."



Being daft on a raft!

Mel Messham, Professional Lead for Adults – Rushcliffe, recently organised a rafting session for a team of community nurses and AHPs. Here's her story of the day.

You know how it is, you have one of those days when you feel you're swimming through treacle and decide it's time to do something out of your comfort zone. That's how it came about that a group of 13 wily and intrepid community nurses and AHPs signed up for a rafting session at Holme Pierrepont white water course. They asked very few questions apart from "I'm not going to drown am I?" and "Will I get wet or fall out?."

Most of the group had little experience of this type of activity and possibly this was for the best. There were some nerves at the start but once they'd all donned wetsuits and passed valuables to the essential supporters it was too late to worry anyway. We were introduced to our raft and paddles (paddles not to be "let go of at any cost") and given full instruction. As

we gently started the first run down the course, I'm not sure if anyone could remember any of what they'd been told anyway.

With names such as the Drop-in, Troll Hole, Jaws, Muncher, and the Washing Machine, we knew we were in for a unique ride. But it was great, smiles all round even as the raft guides took more interesting lines down the course, hitting stoppers and backing into standing waves, filling the rafts and soaking us in the process. The occasional body tried to fall out but was swiftly repatriated, none the worse for the dip.

Tired but with beaming smiles and a tick on the bucket list, we all headed back to the café, and after a quick change and a snack everyone agreed it had been a great experience. Hard work, difficult at times, often in deep water and out of our depth but ultimately very, very satisfying - much like work really!

A big thank you goes to everyone who took part with a smile on their face and fingers firmly crossed... now who's up for a dose of white water tubing?!



The Lookout Adolescent Unit's Summer Fayre

The occupational therapists at The Lookout Adolescent Unit organised a Summer Fayre to raise money for the Hopewood Appeal.

The event included sales of handmade gifts and craft work, nail creations by the talented young people, a game of balancing 20p on a lemon, fun memory tests, and a range of other challenges, games and stalls.

The staff, young people, volunteers and carers who enjoyed the afternoon managed to raise a whopping £159.37 in just three hours and the young people seemed to really enjoy the afternoon. Many thanks go to everyone involved.

If you would like to donate to the Hopewood Appeal, raising funds for our new mental health services hub for children, young people and families, visit www.nottinghamhospitalscharity.org.uk/donate/ and select 'Hopewood Appeal' in the dropdown box.



Transforming urgent and community nursing care in Mansfield and Ashfield

Mansfield and Ashfield Community Nursing is transforming, to deliver a new streamlined 'triage and responder' model from Monday 1 October. This will see Community Nursing triage and responders being co-located with the Urgent Care Triage team (Call For Care) at Ashfield Health Village.

The new model will provide one point of clinical triage for urgent care and community nursing, and a multidisciplinary team approach will allow clinicians in both services to have face to face dialogue, ensuring the patient is seen by the most suitable service to meet their needs at that time.

The transformation will give a streamlined, system approach to unplanned need, through a dedicated urgent response to urgent/SOS call outs across

the locality. This will in turn remove the urgent demand from the Community Nursing Teams, allowing them to project their planned workload.

Heads of Service and Team Leads across the locality have worked together to deliver the transformation, with updated triage algorithms, engagement with Nottingham Emergency Medical Services (NEMS) staff, staff engagement including an online survey, and a new triage E-Learning package, which will be accessible across the Trust by October.

During the day 24 patients were sponsored to take part in either running or rowing (on machines) to reach an overall combined distance of 230km, which was exceeded. A cake sale was also held and a combined total of £341 was raised for the Male Cancer Awareness Campaign. Well done to everyone involved.

Improving understanding of mindfulness

Clients at the Women's Service at Arnold Lodge and more recently in the Male Mental Illness Service have been benefiting from Mindfulness Groups run by Dipti Mistry, Assistant Psychologist.

Mindfulness is about being in the present moment, being non-judgmental about your experiences or sensations. Mindfulness can be practiced through a variety of ways, for example being mindful while walking, eating, or breathing. Mindfulness is important as it helps patients to regulate their emotions, be compassionate to themselves and others, and encourages acceptance.

Dipti enrolled on an online Mindfulness Diploma course earlier this year to gain a greater insight into the key concepts of mindfulness. She said: "As mindfulness is about being in the present moment, it offers patients another way of coping with their experiences. It allows them to observe their own sensations

and reactions with non-judgemental awareness and helps them to let go of habitual reactions to experiences.

"The programme has allowed me to develop and broaden my understanding, and consider how the key concepts can be applied when facilitating groups for patients and in my own personal development as a mindfulness practitioner.

"As the programme was online, it provided the flexibility to allow me to complete this as part of my current job role. As a wider endeavour, the course has also helped me in co-developing and co-facilitating a mindfulness training package for staff at Arnold Lodge, to support patients to continue their learning and practises."

The diploma Dipti undertook is certified by the Centre of Excellence and is considered a Level 3 course that provides 150 CPD hours. The course is registered with internationally recognised Complementary Medical Associations (CMA) and certified by the International Alliance of Holistic Therapies (IAHT). Completion of the course has allowed Dipti to gain membership of the CMA, which supplies a professional accreditation.

Dipti added: "I would definitely recommend this course for professionals wanting to develop and broaden their mindfulness knowledge and support patients to apply the skills."

Find out more at www.centreforexcellence.com/shop/mindfulness-diploma-course/

Two partnership projects shortlisted for national health awards

Two NHS projects in Rushcliffe have been shortlisted for the prestigious Health Service Journal 2018 awards.

The projects, 'Community Care Pathways Redesign' and 'Primary Care Psychological Medicine', are finalists in the Acute or Specialist Services Redesign Award and Innovation in Mental Health Award categories respectively. The nominations recognise both projects as improving patient care, outcomes and experience, as well as providing value for money.

Both projects are managed by Principia, an NHS England Multi-Speciality Community Provider Vanguard site, a partnership between PartnersHealth (Rushcliffe GP Practices), and Nottinghamshire Healthcare in collaboration with Rushcliffe Clinical Commissioning Group.

Primary Care Psychological Medicine

Primary Care Psychological Medicine (PCPM) is an innovative service providing psychiatric care for patients with persistent physical symptoms, seeing patients either in a GP surgery or at their home. The service aims to help link and maximise both physical and mental health by providing active management of the patient in the community and access to psychiatry support, and achieve a better experience and outcomes for patients.

Since the service began, more than 200 patients aged between 17 and 89 have been seen, with the majority demonstrating significant improvements as reported by both clinicians and patients themselves. The project has also had a positive impact on hospital admissions, with early evaluation showing reductions of 30 per cent in A&E attendance, 38 per

cent in hospital admissions and 32 per cent in outpatient appointments.

Dr Chris Schofield, Consultant Psychiatrist at Nottinghamshire Healthcare said: "Working with the patients that we see and helping them get better is a real privilege. The whole team approach in integrating primary and tertiary services is very exciting. I hope this national recognition will further benefit our patients in improving the service we deliver."

Elective Care Community Pathways Redesign

The Elective Care Community Pathways Redesign Project aims to provide more specialist care closer to home, with clinics that would previously have taken place in hospital being provided in community settings. Patients who need access to dermatology, gynaecology, trauma and orthopaedics clinics can now do so at a location closer to home.

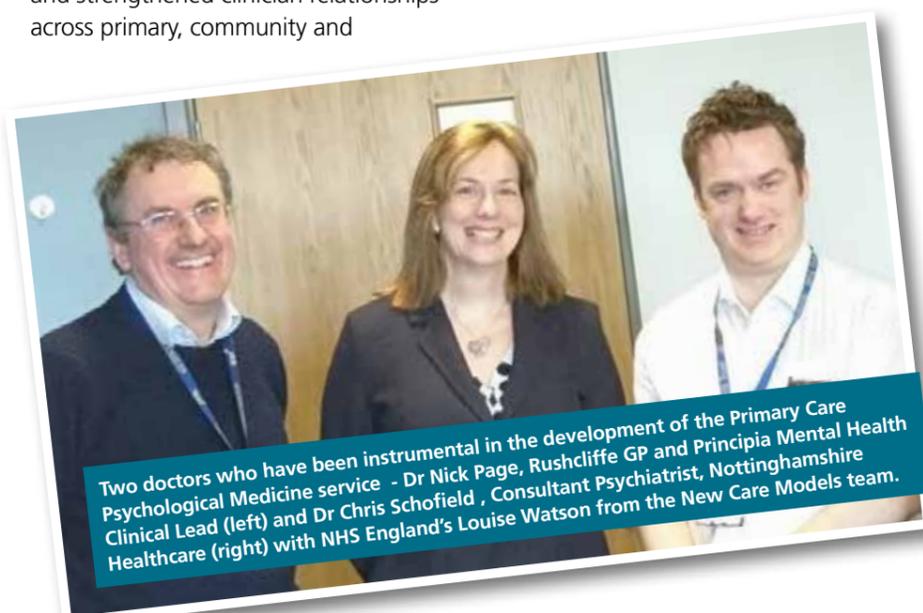
The benefits of these community clinics include reductions in hospital referrals, improved patient experience and strengthened clinician relationships across primary, community and

secondary care. The success and learnings have helped germinate the development of new elective care pathways across Greater Nottingham. A patient at the community gynaecology clinic said: "It's a very friendly, efficient service, so much better than going to hospital."

Rushcliffe CCG, Principia Clinical Lead and local GP Dr Stephen Shortt said: "There's lots of innovative work happening in Rushcliffe, and these schemes are excellent examples of what can be achieved when primary care works together with secondary and community care to shape services that are in the best interest of the patient.

"We look forward to continuing to build on this platform and working collaboratively with our colleagues in secondary and community care, and with our local communities, to improve health services, patient experience and outcomes while at the same time making valuable financial savings."

The winners will be announced on 21 November.



Jackie's Story

Ruth Wint, Community IDD Nurse from the Intellectual Disability Team, has helped the mum of one of her service users to write up her story of battling with her own mental health issues.

Jackie's start in life was far from easy and she spent much of her time being cared for in various children's homes along with her siblings.

As a young woman she fell in love and got married, however the relationship was fraught with abuse and this control led to Jackie developing low self-esteem and confidence. During the marriage she gave birth to twins; sadly one child died after five days. When the marriage broke down, Jackie found herself a single parent.

Richard, her surviving son, was discharged home but he was not a well baby and demanded a great deal of care; he had to have oxygen until he was 18 months.

During this time Jackie experienced the loss of her sister to breast cancer and then her sister's family moved away to America.

Richard was not an easy child and attended special schools. Jackie felt very alone, isolated and had no support network. She began to experience her own mental health issues and felt that she would never overcome them; she was also diagnosed with breast cancer. This was the turning point for Jackie - as she reflected on her life and felt truly broken, she realised that she had missed so many opportunities and because of circumstances she had let them pass her by. She knew she had to turn things around.

Jackie decided that she had attended the University of Life and it had been tough! Throughout her own life and health experiences and through caring for her son she had developed some very practical skills and successfully secured a voluntary job with an organisation called Jig Saw. Her interests in health and social care developed from here and Jackie's confidence began to blossom - she was good in her voluntary role and she wanted to develop a more formal portfolio of education. Over the following five years Jackie achieved 11 City and Guild qualifications, two qualifications through the Apprenticeships Federation for Industry and two Advanced Social Care Qualification through Highfields Learning Board.

Jackie is keen to promote health and wellbeing; she and Richard walk everywhere and it is not unusual for them to

walk nearly 18km. She also attends the gym and follows a healthy diet and promotes this for her son. Dr Houghton and Ruth are very impressed as they walk 5-6 miles to attend clinic appointments.

Jackie has turned her life around and is proud of the person she has become. She realises that the difficulties in her younger days have helped to shape the person she is today and have given her insight into supporting others; she recommends exercise and healthy diets and recognises the impact this can have on supporting people through mental health issues.

Jackie is a positive lady who has overcome many difficulties - she has grasped opportunities and increased her confidence and self esteem. Her most recent news is that she is going to get engaged and is excited about moving onto the next chapter of her life. Her hopes and dreams are to see her son settled in supported living and then she will be looking out for a paid job.



Top priorities for digital technology in mental healthcare

Researchers from MindTech, based at the Institute of Mental Health, have identified the top ten questions that people with mental health problems, their carers and healthcare professionals want answered about how digital technology can help in treatment and management.

The Top 10 priority questions produced by the research are all unique but fall into three overarching themes:

- Where and when in the care pathway should digital technology be combined with face-to-face care for the best outcomes?
- Who do digital technology solutions reach?
- Are digital interventions safe and as good as current standard treatments?

Prof Chris Hollis, Clinical Director of MindTech, said: "This is the first priority-setting exercise for research on digital mental health that has had people with lived experience and clinicians at its heart. We will now be working with funders to ensure that future research is focused on answering these questions, so that the potential of digital technology for mental health can be fully realised."

The work has been carried out by the NIHR MindTech MedTech Co-operative based at the Institute of Mental Health, with priority setting partnership specialist, the James Lind Alliance. Priority setting partnerships enable clinicians, patients and carers to work together to identify and prioritise uncertainties about the effects of treatments that could be answered by research.

The new study, published in the Lancet Psychiatry, will help to solve some difficult conundrums about how digital technology can best and most safely be used to help people with mental health problems. To find out more, go to www.institutemh.org.uk/MindTech

Raising money for the Alzheimer's Society

The Research Delivery Team raised more than £300 for the Alzheimer's Society in September, through a bake sale at the Institute of Mental Health and by completing the Memory Walk at Wollaton Park.

To find out more about research activity in the Trust or to speak to a member of the Research Delivery Team, email research@nottshc.nhs.uk or call 0115 823 1202.



From left, Natalie Marking, Research Delivery Officer, and Rebecca Coales, Research Delivery Assistant at the bake sale



Lynn on El Capitan, Yosemite National Park, California

Lynn scales the heights with her voluntary work

Congratulations go to Lynn Robinson, Deputy Head of Contracting, Local Partnerships, who has been elected as President of the British Mountaineering Council (BMC) – the first female president in the organisation's 74-year history.

Lynn came to Nottingham in 1985 where she trained as a nurse and then as a social worker and worked in various roles across Nottinghamshire and for charities overseas before joining the Trust in September 2015.

She said: "I fell in love with the mountains, starting from walking and then easy scrambling. I then joined a mountaineering club and did my first outdoor climbs in the Peak District. Since then I've been fortunate enough to climb and mountaineer around the world; I've climbed 6000m trekking peaks in Nepal, Alpine Peaks in Europe and last September I climbed El Capitan in Yosemite National Park. Whether I'm on the crag, hanging off the side of a mountain, walking on Kinder

Scout or just testing myself climbing indoors, it's where I 'recharge my batteries'."

The BMC is the representative body for hill walking, climbing and mountaineering in England and Wales and its work is vital for maintaining access to the hills and mountains.

Lynn adds that through her voluntary roles as Secretary for the BMC Peak Area meetings, a member of the BMC Guidebook Committee and co-chair of a national Women's Development Group she's promoted encouraging women in climbing and supported women in volunteering in the BMC. Having now been appointed to the volunteer role of President, she said: "Being the first female in this position is very exciting, even though I know I was elected on merit on my skills and experience. However, I do appreciate the importance of role models in volunteer organisations, especially those, like the BMC, where women rarely had senior leadership roles. If being President encourages other women to get involved in such high level organisational work, such as at a board level, then great."

"As with most things in life, it's all a juggling act and I would like to thank the Trust and especially my manager, Lisa Parkinson, for supporting me to reduce my hours of work, so I can balance my volunteer Presidency role with my 'paid' job. It's not something that I planned, but sometimes, when opportunities come along you've just got to grab them."

Pretty Muddy!

Last month, the ladies from the Horizon Day Assessment and Treatment Unit took part in the Race for Life - Pretty Muddy at Holme Pierpont. This is the third time some of the ladies had taken part in the annual race, but this year was extra special as the woman they had originally been racing for since 2016, Kim, was able to join them. Kim was diagnosed in 2015 with breast cancer after finding a lump in her armpit. With the support of family, friends, colleagues and medical teams she has now been cancer free for two years. It was brilliant that Kim could join her colleagues as they felt like they had come full circle and it was a great achievement on Kim's part. Members of the team have so far raised £365 for Cancer Research UK, with money still coming in.



From left to right: Racheal Hammond, Tina Pearl, Mel Keily, Emily Charles, Kim Jepson, Kate Hallott.

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 December issue of Positive, please contact us by 2 November 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 www.nottinghamshirehealthcare.nhs.uk

Get in touch

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