

November 2018

positive

about integrated healthcare

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Suicide prevention

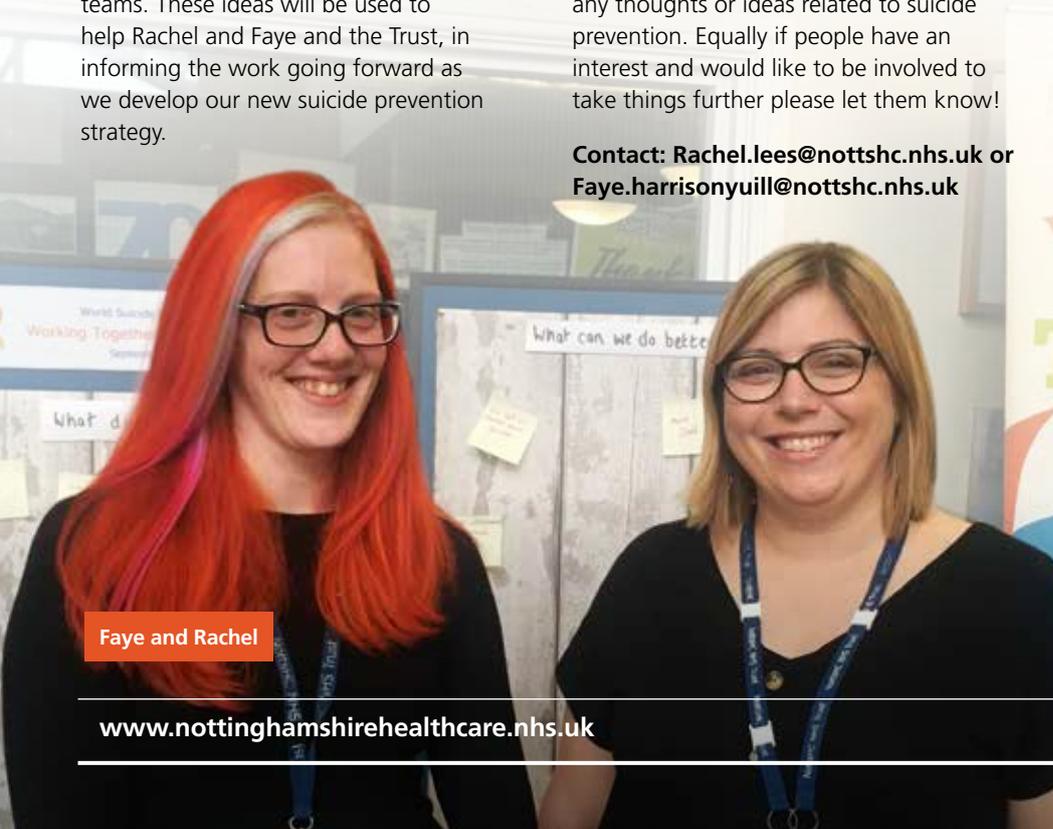
World Suicide Prevention Day took place in September and the Trust's new clinical leads for suicide prevention, Rachel Lees and Faye Harrison Yuill, were at Highbury Hospital to talk about suicide prevention and highlight their new role. During the day they spoke with both staff and patients about what the Trust does well in this area, and asked for views about what we could do better.

The themes from the day included thoughts around training, information, early intervention and how we support teams. These ideas will be used to help Rachel and Faye and the Trust, in informing the work going forward as we develop our new suicide prevention strategy.

Rachel and Faye are planning on getting in touch with staff for their views on their current suicide prevention training and are hoping to run some more in depth focus groups to help fully understand how staff feel and what support they need. They are also keen to hear about the work that people are already doing in this area.

Rachel and Faye would like to thank everyone who has been in touch so far to share their ideas and thoughts. They are keen for this to continue and would love for people to get in touch if they have any thoughts or ideas related to suicide prevention. Equally if people have an interest and would like to be involved to take things further please let them know!

Contact: Rachel.lees@nottshc.nhs.uk or Faye.harrisonyuill@nottshc.nhs.uk



Faye and Rachel

MindTech Symposium 2018 – book your place now

Tickets are now on sale for the NIHR MindTech MedTech co-operative for mental health annual symposium.



The conference, being held at the Royal College of Physicians in London on Wednesday 5 December, brings together leaders in clinical practice, patient experience, academic research, industry and technology development to support the implementation of new technologies in mental healthcare.

This year's event will focus on 'Improving lives with digital mental healthcare', with a particular focus on children and young people. The conference programme includes sessions led by several of the Institute of Mental Health's MindTech academics, alongside Nottinghamshire Healthcare's Executive Medical Director Dr Julie Hankin and Chief Executive Designate Dr John Brewin.

Full programme details and tickets are available [via the MindTech website](#).



Results of new research into schizophrenia

Researchers from the Institute of Mental Health's Centre for Translational Neuroimaging have made a discovery that could improve the way schizophrenia is characterised and treated.

Their study – Attenuated Post-Movement Beta Rebound associated with schizotypal features in healthy people – found that the signals in people's brains differ depending on a particular aspect of an individual's personality, termed 'Schizotypy'. The findings suggest that many mental illnesses may be thought of as extreme variants of a normal personality. The study has now been published in the Schizophrenia Bulletin.

Peter Liddle, Professor of Psychiatry at the Institute of Mental Health, and the study's senior author said: "This finding should help to dispel the idea that people with serious mental problems are categorically different from so-called 'normal' people. Even more importantly, it tells us that the same kinds of strategies that help any of us deal with the challenges we face in everyday life could also be helpful in dealing with the more demanding challenges faced by people with serious illness. Nonetheless it would be a mistake to underestimate those challenges."

More information about the research findings can be found on the Institute's website at institutemh.org.uk



Oral Health Promotion team shortlisted for national award

Nottinghamshire Healthcare's Oral Health Promotion team is celebrating its announcement as a finalist in the Best Community Initiative category of the national Oral Health Awards 2018.

The nomination recognises their work on the innovative Teeth Tools for Schools programme, which they've developed to support teaching staff who work with children from 3-11 years.

The team, also known as the Tooth Fairies of Nottingham, is delivering Teeth Tools for Schools to more than 350 primary schools across Nottingham City, Nottinghamshire and Bassetlaw. The programme provides teachers with age appropriate information based around key stages that helps them support children to develop good oral health by making it fun and interactive.

Julia Wilkinson, Senior Health Promotion Specialist said: "These early years are a really special time to introduce children to the importance of oral health and how to maintain a happy smile.

"We've been delighted with the success of our Teeth Tools for Schools programme, which offers advice to help instil good, lifelong oral health habits, as well as guidance on activities that schools can run to support good oral health."

"We hope schools enjoy working with the programme and we're encouraging them to also supplement the guidance with 'real' dental experiences such as taking children on a visit to a dental practice."

"The Best Community Initiative category includes some of the large nationally recognised companies – so for us little Tooth Fairies to be in there is amazing and a huge honour."

The Oral Health Awards are organised by dental communications company FMC, and the ceremony formally recognises excellence in oral health promotion and care offered by dental teams and individuals throughout the UK and Ireland. **The awards will be presented on 15 November. Visit the awards website to find out more.**

The Nottingham Oral Health website has more about the Oral Health Promotion team and the Teeth Tools for Schools.



Continence Care Conference

The Trust's Specialist Continence Advisory Service (SCAS) hosted its first annual Countywide Continence Conference, "Turning the Tide of Continence", in October. The theme for the day was that continence care needs to be everyone's business.

Penny Keith, Deputy Associate Director of Nursing, and Lisa Dinsdale, Service Director, gave the opening speeches and shared their visions for the service.

The day was well received by those attending and covered talks and presentations on Sepsis, Dementia and Continence, Pretibial Nerve Stimulation, Sacral Nerve Stimulation and Multiple Sclerosis and Bladder and Bowel Care. The conference also saw the launch of two new Trust continence pathways; the Palliative and Continence Pathway and the Paediatric to Adult Transition Pathway. The service took the opportunity to launch its new Specialist Continence area on Connect and on Recap, both for staff to use as invaluable resources.

Two patient experience guests gave detailed accounts of the impact incontinence had on their lives and how good continence care has improved their quality of lives for the better. Their heartfelt accounts impacted on the entire room and

warranted the standing ovations they both received.

After a very productive event, the Continence Outstanding Achievement Award was presented to Johanne Weir, Health Care Assistant, in thanks for all her hard work and involvement in promoting good continence care in her workplace.

The closing speech was given by Suzanne Jones, Head of Adult Community Services and Specialist Continence, who thanked all who attended and requested attendees feedback to their workplaces the importance of continence care being everyone's business.



Closing the Word Gap

The Nottinghamshire Children and Families Partnership Children's Centres Speech and Language team showcased their work at a national conference of early years and education leaders in September.

Dave McDonald, NCFP Speech and Language Therapist, gave a keynote presentation at the Closing the 30 Million Word Gap conference in London. He spoke alongside Mary Hartshorne, lead author of a national review of provision for children's speech, language and communication, the Bercow 10 Years On report.

The report highlighted the need for strategic and evidence-based approaches to supporting children's speech, language and communication, and highlighted the NCFP team's work as an example of best practice.

At the Closing the 30 Million Word Gap conference, Dave described the success of the multi-agency Language for Life strategy in Nottinghamshire and shared how the NCFP team used research and evaluation to drive improvement of their early years SLT services.

Find out more about the NCFP Speech and Language team by searching Facebook or the Trust's Intranet for 'Language for Life'. To read the Bercow 10 Years On report, go to www.bercow10yearson.com

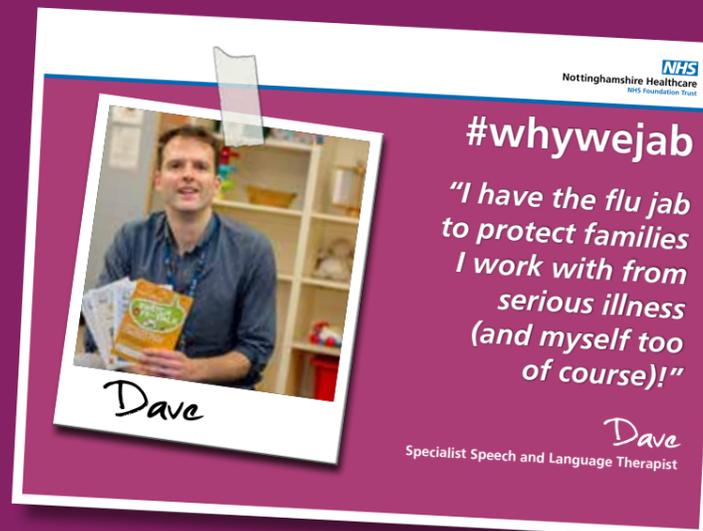
Flu fighters

Our staff flu vaccination clinics have been running across the Trust since September, giving staff the chance to protect themselves and the people they care for.

Thanks to everyone who has been jabbed so far and thank you also to our peer vaccinators who have been taking the vaccination to their colleagues in the workplace, to try and make it as easy as possible for anyone who wishes to have the jab without having to leave their work base.

Lots of colleagues have been engaging with our #whywejab campaign and sharing their reasons why they have had the vaccination on Twitter and Facebook, to encourage others to do the same. If you have yours, please tell others why!

Evidence has shown that healthcare workers are more likely to be exposed to the flu virus than the general population. It has been estimated that up to one in four healthcare workers may become infected with flu, even in a mild flu season, so it is really important that staff have the vaccination.



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

Clinics are continuing to run – details and more information about the vaccination is on the flu pages of Connect which can be found under the Emergency Preparedness Resilience and Response section of the site or by searching 'flu'.

Patient and carer event explores new service model

A joint patient and carer event was hosted by the Trust and Bassetlaw Clinical Commissioning Group (CCG) in September with the aim of exploring a new neurological nursing service offer.

Keeley Sheldon, General Manager and Heather Towndrow, Integration Development Manager, both from the Trust, were joined by Idris Griffiths, Bassetlaw CCG Chief Officer, where they spoke to over 70 patients and carers from The Multiple Sclerosis and Parkinson's Societies and the Motor Neurone Disease Association. Those who attended shared their views around what was good about the new model and what concerns they had, which generated robust discussions.

In general it was agreed the new service offer would be more sustainable with cover from nurses trained in neurological conditions. However, concerns were raised over the number of staff available to meet need and the level of training which would be put in place. Assurances were

given on the day but, moving forward, it was agreed that a summary of the questions raised and answers would be sent to all the societies/associations present to circulate amongst patients and carers.

Patients and carers welcomed the opportunity to discuss the new model and requested ongoing direct and transparent communications as this builds trust and understanding.



'Celebrate Me' discussion event for Learning Disability Nursing

The Trust is delighted to have been chosen as a host for one of the Foundation of Nursing Studies' discussion days as part of its 'Celebrate me: Evidencing the impact and securing the future of Learning Disability (LD) Nursing' research project.

Jonathon Slater, Nurse Consultant – National High Secure Learning Disability Service, explained: "Celebrate me is one of the most wide-ranging studies about LD nursing opinion in recent decades and we're honoured that they have asked to site one of their discussion days within our Trust.

"This is such a big opportunity for our LD nurses, including those working in forensic services, to say what they are proud of about what they do, to share both their hopes and fears for the future, and to influence government. It's also an opportunity for others to say what they feel about LD nursing."

Events will be held on Wednesday 28

November at both Rampton Hospital and Duncan Macmillan House to enable more LD nurses to attend. They will run from 9am to 12pm in the Facilities Meeting Room, Facilities Department, Rampton and from 1-4pm in Room 2 at Duncan Macmillan House.

If you'd like more information please contact Jonathon on Jonathon.slater@nottshc.nhs.uk or call 01777 880270.

There's no need to book a place, just attend on the day. You can also find out more at www.fons.org/ or the dedicated Celebrate me website at <https://ldnurses.wordpress.com/blogs-and-stories/>

About the project

The aim of Celebrate Me is to 'generate a new narrative about learning disability nursing so as this branch of the profession is recognised as an attractive career offering vital expertise and support to people across all care sectors'. The team running the project will be gathering, analysing and sharing evidence of the impact of learning disability nurses and nursing across all care sectors, challenging the prevailing perceptions

of learning disability nurses and nursing, and demonstrating the unique and important contribution learning disability nurses make with policy makers, educators, employers and those people using services. 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?!



New CAMHS PICU unit opens at Hopewood

Hercules Ward, a new Child and Adolescent Mental Health Service Psychiatric Intensive Care Unit (CAMHS PICU) opened in September as part of the CAMHS inpatient provision at Hopewood. Phoenix (General Adolescent Unit) and Pegasus (Specialist Eating Disorder Unit) opened earlier this year to great acclaim.

Carl Jones, Service Lead said: "Hercules was the final ward in the new Hopewood facility to open and represents a huge investment in and significant development for CAMHS and the Trust, being new business for the Trust and the only PICU for some significant distance.

"This means we can offer the highest standards of care to patients from across the county who would previously have had to travel to a hospital bed far from home – which will make a massive difference for families. The unit has eight beds and our staff team includes healthcare assistants, activity coordinators, mental health nurses, and a broad multidisciplinary team including psychology, dietetics, occupational therapy, social worker, family therapy, creative therapies and progressive and dynamic psychiatry. Working collaboratively with Phoenix and Pegasus, Hercules aims to support children and young people through a period of significant difficulty for them and their parents/carers."

Hercules and all the wards at Hopewood are brand new, innovative in design and facilities, and a great environment for patients and staff alike.

A special celebration event to mark the official opening of Hopewood will take place later this month with special guest Stephen Manderson (otherwise known as Professor Green).





Delicious cakes on offer from HIS

People were invited to 'fill your face' at the Governance, Performance and Involvement sale

Organiser at The Hurst event, Margaret Pepper, said she was overwhelmed by the generosity of everyone involved

Supporting the World's Biggest Coffee Morning

A whole range of services held events to support Macmillan's World's Biggest Coffee Morning in September, with coffee and cakes on offer from the Health Informatics Service, the Governance/Performance and Involvement teams, and the Medical Directorate at Duncan Macmillan House.

The Healthcare Team at HMP Lincoln also made a great selection of goodies including vegan chocolate cake and a raspberry pavlova and the Paediatric Occupational Therapy, Learning Disability and Children's Community Nursing Teams held an event at The Hurst, which included a raffle and competitions to guess the length of a 'vegetarian roll' and 'pin the cherry on a cake'.

The Reception Team at Retford Hospital, held their coffee morning in conjunction with Bassetlaw Hospice (Cedar House) who have a tea bar at the Hospital. The generous donations at this event were split between Macmillan and the hospice.

Hundreds of pounds were made for Macmillan across all the coffee mornings. A big thank you goes to everyone who took part, including the bakers and those who supported by buying the delicious cakes and biscuits, both at the events featured here and any others held across the Trust.

John's 'wonderful' charity run!

Well done to John Williams, Head of Procurement, who ran the Robin Hood Half marathon dressed up as Wonder Woman, to support the finance team's 'October Pink Party' fundraising campaign in aid of Breast Cancer awareness.

Thanks to the generosity of his sponsors, John raised £445, but donations can still be made at justgiving.com/owner-email/pleasesponsor/runningaswonderwoman



From left, team members Chris Kerrigan and Vanessa Gibbons

Specialist Continence Team wins regional award

Congratulations go to two of the Specialist Continence nurses from Stapleford Care Centre, who won the poster presentation at the Association of Continence Advisors' first annual conference in Yorkshire in September 2018.

The poster described work the whole team has developed around an Integrated Acute care / Primary care / Community services Urogynaecology pathway approach for women with continence and gynaecological symptoms.

The pathway aims to ensure that care is delivered according to the patient's needs at the right time, in the right place. This is a stepped approach (levels 1, 2 and 3) using a clear pathway to create a smooth transition of care through primary to secondary continence services.

It's hoped that this will help address the issue of the Specialist Continence Advisory Service receiving inappropriate referrals for patients who have received no previous intervention at level 1 for their symptoms before being referred up to the specialist service (level 2) or secondary care (level 3).

The team have also now been asked to present at the National Association of Continence Advisors conference. Well done to everyone in the team.



Top mark in the country for core trainee

Congratulations to Julia Barber, Core Trainee at the Trust, for achieving the highest result nationally in this year's Royal College of Psychiatrists' Core Training exams.

Approximately 500 people sat the final exam as part of the Psychiatry Core Training Programme, with Julia scoring 88% overall. Trainees first have to complete medical school training, followed by two years of foundation training and three years' core training in their chosen speciality. They then have to sit the three Membership Examinations for the Royal College of Psychiatrists to progress to the final three years of higher training before becoming a consultant psychiatrist.

Julia said: "The phone call from the College was quite a surprise but I am very grateful and honoured to receive this recognition."

Tuhina Lloyd, Head of Postgraduate Training in Psychiatry for the East Midlands, and Consultant Psychiatrist, said: "Congratulations to Julia on this truly outstanding achievement. This is not only a testament to her hard work and talent, but also a pleasing endorsement of the teaching and training provided by our East Midlands postgraduate training scheme in Psychiatry."

Since joining the Trust in 2017, as part of her training Julia has worked with the Liaison Psychiatry Service, Perinatal Services, and is now working in Adult Mental Health Services.

New exhibition: The Twisted Rose and other lives

The Institute of Mental Health's new autumn/winter exhibition has now opened. The Institute has worked with artist Andy Farr to create a series of paintings that will help people understand post-traumatic stress and explore the process of recovery.

Each painting is based on a personal account of the impact of trauma on someone's life. The paintings will show how people can grow during their recovery, as well as helping others to understand the feelings that trauma can create.

The first exhibition of paintings from this series was opened at the Institute on 10 October 2018 – which coincided with World Mental Health Day – and it will run until 1 March 2019.

Andy's work will feed into the Institute's **"Arts and Trauma" Managed Innovation Network (MIN)**, which will provide a multi-disciplinary and creative platform to raise awareness, and new knowledge, on issues surrounding trauma. Investigating a wide range of trauma, from birth to war trauma, this is a rare opportunity to reflect and gain new insights on trauma studies and the therapeutic role of the arts.

Andy is an award-winning artist with a particular interest in mental health. His most recent series of paintings were based on exploring the effect of his father's bipolar disorder on his childhood. The process, he says, enabled him to come to terms with his own trauma and move forward.

To find out more about the exhibition please visit: institutemh.org.uk

Image credit: ©Andy Farr

Introducing a new forensic service

The Community Forensic Intellectual Developmental Disability Service (CFIDD) is a new team that works with adults with a recognised learning disability and/or autism who present with a forensic risk across Nottinghamshire City and County.

The Transforming Care agenda identified that those individuals with Intellectual and Developmental Disabilities (IDD) with a forensic risk require a more specialist package of support, and the forensic and IDD directorates in the Trust and Nottinghamshire County Council have worked alongside commissioners to develop and commission the new team.

The aim of the service is to work alongside Trust colleagues in both IDD and Adult Mental Health in supporting and identifying appropriate care pathways for those individuals identified under the Transforming Care agenda.

The team, which covers County South, North and the City, includes a clinical team leader, a forensic consultant psychiatrist, a speech and language therapist, two community

forensic ID nurses, and a county social worker embedded with the team. After recently securing further investment the team hopes to expand further with the recruitment of an occupational therapist and a clinical psychologist.

Fiona Lamb, Clinical Team Leader said: "Together we aspire to deliver a high quality of care and to support people to live as independently as possible within a community setting while effectively managing any perceived risk to self and others."

For more information on how the team works or how to access the service, contact the team at Westminster House, 598 The Wells Road, Nottingham, NG3 3AA, call 0115 9529400 or email CommunityForensicIDD@nottshc.nhs.uk



Richard Robinson, ID Nurse, Nina Adams, Social Worker, Dr Wooster, Consultant Psychiatrist, Heidi Keeling, Speech and Language Therapist, Fiona Lamb, Team Leader, Holly Atkinson, ID Nurse, Sarah Walsh, Team Admin

Celebrating the first year of the Employment Advisor Service

October marked the first anniversary of the Improving Access to Psychological Therapy (IAPT) Employment Advisor Services in Nottingham, Leicester City and County —and they've been a real success so far.

Ian Rigley, Clinical Lead, Let's Talk Wellbeing says the service is a great integration story for IAPT and the Employment Advisor Services. He said: "Well done to Jag Raval, Senior Employment Advisor and the Leicester City Team, Ajay Maisuria, Senior Employment Advisor and the Leicester County Team and Michelle Booth and Steve Behan, Senior Employment Advisors and the Nottingham Team for developing and setting up the services.

"They all work to ensure that the IAPT services offer an integrated package of psychological therapy and employment support to facilitate mental health recovery, with therapists and employment advisors working together with patients. The aim is to support patients to either remain in work, get back to work or find employment, whilst recovering from common mental health problems."

The Employment Advisor Services have been funded until 2020 by the Department of Work and Pensions and the Department of Health, and the initiative is an aim within the NHS Five Year Forward Plan.

Referrals are increasing monthly in all three services, with the main support provided to patients who need help finding work. In the first 11 months the services have supported a combined 1,245 patients for employment related issues. They have also engaged with job centres and local employers to promote Psychological Therapies and Employment Advisor Services.

Feedback from patients has included: *"Thank you very much for helping me to think more positively about my life and encouraging me to plan and take tiny steps towards a new future. I shall always remember your inspiration, motivation and kindness towards me."*

Referrals to the service

If you are a clinician or a patient and you think psychological therapy combined with employment support could help, please access our referral portal for all three services at www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing or contact the services on:

Nottingham – 0115 956 0888

Leicester City – 0116 2927010

Leicester County – 01509 561 100

You can also read a case study on the NHS England website or go to You Tube to see two videos at https://youtu.be/2FhcC8_8MLY and <https://youtu.be/7Qlu77dNXQs>



2018/19 Council of Governor Elections

Would you like to be a Governor for Nottinghamshire Healthcare?

The Trust has launched its Council of Governors election for 2018/19. The nomination stage will open in mid-November for all eligible members to put themselves forward for election. For more information about this valuable role, please go to the Trust website <https://www.nottinghamshirehealthcare.nhs.uk/council-of-governors>

There are a number of vacancies across the public and staff constituencies which are detailed as follows:

Constituency	Area	Vacancies
Public	Nottingham City	2
	Nottinghamshire County	6
	South Yorkshire & the rest of the East Midlands	1
Staff	Nursing	2
	Allied Healthcare Professionals	1
	Medical	1
	Clinical Support	1
Total		14

If you have not already received any information about this election and you would like to know more please contact **Craig Sharples, Trust Secretary, at craig.sharples@nottshc.nhs.uk or call 0115 9691300 ext:10218**



National Table Tennis Success

Congratulations to Kerry Harvey, Substance Misuse Project Lead at HMP Lowdham Grange, on becoming NHS Table Tennis Ladies Open National Champion.



Dogs on Prescription

Therapy Services at Arnold Lodge has taken on a new recruit - Amber, the Pets as Therapy (PAT) dog!

The PAT national charity was founded in 1983 to enhance health and wellbeing in the community through the visits of trusted volunteers with their behaviorally assessed animals.

When Amber visited Arnold Lodge she brought joy and comfort to patients for half hour sessions, either sitting or walking with her in the garden. Richard Eltringham, Assistant Practitioner, said: "It's taken us years to find a PAT dog to visit. I hope this will increase the acceptance that dogs are important to people in hospital."

Jennifer Bell, Amber's owner and trusted volunteer added: "Both Amber and I really enjoy the patient visits and we find it really relaxing too. Amber was so relaxed after all the fuss and attention that she got from the patients that she slept peacefully all afternoon."

Patient feedback included: "Amber was a really lovely dog. I was very relaxed around her and hope she will come again."

If you and your four-legged friend would like to become part of the Volunteer PAT Team then please visit <https://petsastherapy.org> and help bring companionship to many individuals who appreciate being visited by a friendly animal.



HOW DO YOU HANDLE LIFE'S UPS AND DOWNS?



Public Health England launches first mental health campaign in the East and West Midlands

Public Health England has launched its first mental health campaign, **Every Mind Matters**, as a regional pilot in the East and West Midlands.

New research conducted shows nearly three quarters (71%) of people in the Midlands report experiencing one or more of low mood, anxiety, stress and trouble sleeping frequently or occasionally*. The Every Mind Matters campaign aims to improve our understanding of mental health and highlight that looking after mental health is as important as looking after physical health. And, as with our bodies, there is always something we can do to look after our minds.

The campaign encourages adults to be more aware of their own mental health and of others by providing them with information and resources. It highlights that while we all have moments where we can feel stressed, anxious, low or have trouble sleeping, there are simple actions we can take to manage these feelings and prevent these issues from becoming more serious.

We don't need to wait until we are struggling to take steps to look after our mental health – there are lots

of things we can do to protect ourselves and prevent issues escalating. A newly curated free, NHS approved resource 'Every Mind Matters Guide', is now available on the PHE One You Website and is available in three different formats; an interactive video tool, a downloadable MP3 audiobook and an e-book. The 'Every Mind Matters Guide' provides expert-led introductions on the most common mental health problems, introduces how-to' exercises to improve mental wellbeing and features personal accounts, showing that there is always something we can do to look after our mental health.

The website also features an 'Action Plan' function which rounds up all the key advice into easy, bite-sized steps to help people keep on top of their mental health. It can be personalised, downloaded and used as an ongoing support tool.

Looking after our mental health is not only good for us now, it can also help us deal with and manage difficult times in the future as well as help us feel better, sleep better and help to us have more positive relationships.

To learn more about how to look after your mental health and create your own Action Plan, visit: www.nhs.uk/oneyou/Every-Mind-Matters

*Opinion survey for Public Health England of 2,050 people living in the East and West Midlands. September 2018

Q&A

This month we speak to Consultant Psychiatrist and Head of Postgraduate training in psychiatry

Tuhina Lloyd

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

Consultant Psychiatrist in Adult Mental Health, City South Local Mental Health Team and Head of Postgraduate training in psychiatry across the East Midlands.

2. How long have you been with Nottinghamshire Healthcare?

Since 1996 after completing my medical training at Nottingham University.

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

As regional Head of School I want to ensure that we are providing a nurturing learning environment for our trainees where they can thrive, develop and reach their full potential. It is vital that we create a strong, resilient and sustainable workforce for the future. The enshrinement of equality and diversity and being an inspiring role model for the next generation of trainees will help to achieve this.

4. What is your employment background?

I came to medical school in Nottingham in 1990 and very quickly developed a passion for psychiatry. I joined the psychiatry training rotation in Nottingham in 1996 and have remained working within the Trust ever since. I was appointed as a Consultant Psychiatrist in 2004.

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

During my early years of training one of my professors of psychiatry encouraged me to always “bring solutions not problems” to any sticky situation or complex situations. I have always tried to be solution focused in everything that I do.

6. What was the last album you bought?

Blossoms debut album which reminds me of my university days of Britpop.

7. What is your greatest achievement?

Being a mother to my wonderful son, he is a joy.

8. What makes you angry?

Bitterness, negativity and intolerance. Individuals who cannot bear other people's happiness/success and want to inflict their own misery onto others.

9. What are you most passionate about?

Going through life making poignant human connections and being able to elevate people to become closer to reaching their fullest potential.

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

The freedom to apply common sense and pragmatism in what we do, avoiding unnecessary bureaucracy.



11. What is your favourite hobby?

I love swimming outdoors after work. I find it a ‘mindful’ experience whilst at the same time exhilarating. Nothing beats swimming in a warm, steaming pool on a cold winter's day!

12. What keeps you awake at night?

If I am struggling with a stressful issue or trying to solve a complex problem, it always stays in the back of my mind and can resurface when I am trying to get to sleep.

13. What is your favourite film?

I have many favourite films but a few that I have enjoyed recently that come to mind include ‘The help’, ‘Transamerica’ and ‘A testament of youth’.

14. What is your idea of bliss?

A sunny afternoon in the garden with a glass of wine and a good book.

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

Organised, motivated and resourceful in a work setting. Calm, nurturing and reflective at home.

16. What is your favourite holiday destination?

I spent an invigorating week in Rio de Janeiro a few years ago. The city

is a melting pot of cultures where each individual is proud of their varied and mixed heritage and with this comes a celebration of different musical, religious and culinary influences. Both the city itself and the people are vibrant and stunning.

17. Who would you take to a desert island?

Graham Norton and Gordon Ramsay – Gordon Ramsay is a fabulous cook and resourceful. He would excel in turning anything vaguely edible into a palatable meal. Graham Norton would keep me laughing when all the resources have depleted.

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

Approaching retirement and planning all the wonderful things I have always wanted to do but have struggled to whilst juggling work and being a mother – climbing Kilimanjaro, snorkelling in the Great Barrier Reef and skiing in the Dolomites.

19. Do you have a ‘claim to fame’?

I once stayed in the same hotel as Brad Pitt (The Regis, Central Park in New York) and bumped into him in the lift.

20. How would you like to be remembered?

Compassionate, empathic and fair but most of all “a loving mother, caring wife and loyal friend.”

Reviewing the Ideal Ward Round

The Ideal Ward Round group has been running for just under four years, and earlier this year a special event was held at Highbury Hospital to celebrate its success and provide an update on the work so far.

The group was inspired by a single meeting where volunteers agreed to spend some time looking at how ward rounds are run in Adult Mental Health, and its work has grown enormously since then. The group now meets monthly in the Involvement Centre, and all its work is co-produced.

At the event, the group shared the journey they've been on and some of their successes, explaining more about how the group developed research questionnaires, analysed the data, collectively worked together to theme it and write up conclusions, which were then used to form 12 recommendations for ward round.



They also went through how pilot wards had worked with the guidelines and some of the difficulties and challenges that they had encountered; followed by the production of an online learning tool for staff to reflect on their own involvement in ward rounds and reviews, and how the recommendations had managed to find their way into local policy for Adult Mental Health inpatient services. Along the way there has also been a name change from ‘ward round’ to ‘patient's review’, which most wards have been working to for some time.

Kim Woodbridge-Dodd, Doctor of Professional Practice at the University of Northampton and guest speaker, said: “The celebration event covered an

amazing range of contributions, from its roots in co-production to the genuine sharing of the experience from the perspective of a ward manager of who wanted to make it happen.

“The challenging work ahead was acknowledged but there was strong encouragement to carry on, and offers of help from several members of the audience. It seemed when I left that a new plan was developing a way forward to make change happen, with several next steps already agreed. I came away with thinking this event had been a great values-based practice occasion, it had been a place that welcomed not giving up, but speaking up.”

The involvement of staff, service users, carers and advocacy has been a key part of the project throughout and the group continues to meet. Jo Horsley, Deputy General Manager of Adult Mental Health Services is now looking at how all the wards will embed the recommendations in their patient reviews, with a launch event planned this month.



The online resource is open to all and can be found here: www.nottingham.ac.uk/helmopen/rlos/mentalhealth/ward-round/

For any further information on the Ideal Ward Round project please email jonathan.wright@nottshc.nhs.uk or call 0115 9691300 x10512.

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 January 2019 issue of Positive, please contact us by 23 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

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