

January 2019

positive

about integrated healthcare

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National Award for Sustainability

Congratulations to the Trust's Energy and Environmental Team for winning the Water and Energy Award at the Sustainable Health and Care Awards 2018.

The team won the award for its successful Trustwide Energy Campaign and use of the Energy Data Innovation Network (EDI-net). The online interactive tool allows staff to access accurate energy performance information about their site electronically in a RAG (red, amber, green) rated smiley face system, which tells them how successful their energy conservation efforts have been that week. The combination of the EDI-net and annual Energy Challenge has had a positive impact on the Trust's energy management and staff engagement in this area.

The team and Capital Services colleagues were also Highly Commended in the Capital Projects – Building Design Efficiency

Category, for its work in ensuring sustainability principles were considered in the building of Hopewood. This included maximising energy and resource efficiency, the value of green space and occupants' wellbeing, space utilisation and materials used.

Professor Lord Robert Winston presented the team with their award at the gala dinner at the Edgbaston Stadium, Birmingham in November.

Lynn Walker, Trust Environmental and Sustainability Manager, said: "The team and I were delighted to be announced as winners of the Water and Energy Category at this year's Sustainable Health and Care Awards, especially given the calibre and number of other shortlisted Trusts. It is

incredibly humbling and rewarding to have your efforts acknowledged by those who are most influential in both the sector and the wider sustainability agenda. We are extremely passionate about what we do and will build on this success to ensure that the Trust continues to deliver sustainable healthcare for our patients."

The awards were commissioned by the Sustainable Development Unit and delivered by NHS Employers. The awards were created to highlight and celebrate the fantastic sustainable development work across the NHS, social care and public sector, providing organisations, teams and individuals the opportunity to showcase their projects.



The Energy and Environmental Team receive their award from Professor Lord Robert Winston

Celebrating care home success in Bassetlaw

The fourth annual Care Home Achieving Success Event (CHASE) has been held at the Well in Retford, with an evening reception for more than 90 staff from 25 of the care homes in Bassetlaw.

CHASE was created to recognise and reward good practice and innovations, especially in pressure ulcer prevention. The event, funded by external sponsorship and hosted by the Bassetlaw Tissue Viability Team, aims to encourage and support care homes to achieve an ambition of zero pressure ulcers over a period of 12 months.

The event was attended by the Chief Nurse, Deputy Chief Nurse and Head of Adult Nursing from Bassetlaw Clinical Commissioning Group, the Quality Monitoring officer from the Local Authority, and Trust staff.

In total, 15 of the 28 care homes in Bassetlaw have achieved 0% avoidable pressure ulcers within a twelve-month period, and each was awarded a trophy to recognise this.

Awards were also presented in a number of other categories including:

- **Link Champion of the Year** – an individual who has attended all link champion events that the team hosted and ensured that the learning is cascaded back to all staff within the home

- **Shining Star** – staff who have gone the extra mile to ensure residents' nutrition is optimised to prevent and heal skin damage
- **Innovations of the Year** – the winners have set up initiatives such as weekly ice cream van visits and a pub within the home, to encourage socialisation and improved nutrition, and to keep residents moving
- **Manager of the Year** – for ensuring React to Red remains a key training resource within the home and best practice is maintained in all aspects of wound care
- **Outstanding care home of the year** – for evidencing they are safe, well led, effective and caring.

The event is really popular with care home staff and maintains the momentum and enthusiasm to continue making improvements that have a positive impact on their residents' quality of life, and it is extremely well supported by the CCG.

A huge thank you goes to our resident DJ Jimmy Hill, who works at Rampton Hospital and was instrumental in making this year's event so successful.



New Associate Director of Allied Health Professionals

Dr Della Money has been recently appointed as Associate Director of Allied Health Professionals (AHPs). Della has worked for the Trust for many years, and has recently been acting in this role for Mental Health and Learning Disability.

Della says she is very excited to be taking on the Trustwide role on a full time basis, bringing together AHPs across professions and Divisions of the Trust. She said: "The golden thread that has run throughout my career is inclusion and hearing the voices of the seldom heard. I am looking forward to continuing this through representing AHPs across the Trust and the wider Integrated Care System. The AHP workforce is key to future-proofing the NHS."

AHPs within Nottinghamshire Healthcare are at the forefront of a range of multi-disciplinary, specialist services for people with complex needs, using their expertise around promoting recovery, enablement and positive risk taking to add life to years, prevent relapse and reduce risks.

Baking for Children in Need

Ben Wilson and Damian Smith took time out on Friday 16 November to bake and decorate cakes for Children in Need. They sold the cakes around the Horizon Day Assessment and Treatment unit, raising £19.50 for the charity. Well done Ben and Damian!



First degree apprentices learn 'on the job' at University of Nottingham

The Trust has partnered with the University of Nottingham and Nottingham University Hospitals to deliver a 30-month degree apprentice programme, which will see degree apprentices studying at the university alongside their day jobs in the NHS.

Eight registered health professionals have started their studies, working towards a Masters degree in Advanced Clinical Practice taught in the University's School of Health Sciences.

Ruth Eccles, Head of Degree Apprenticeships at the University of Nottingham, said: "Degree apprenticeships help employers to tailor learning to their own strategic issues and priorities. They're an innovative and impactful way for businesses to attract, develop and retain talent and for students to gain a degree while working. We're excited to be working with a range of existing partners and with new businesses in the development of new programmes that will address local and national skills gaps." **Click here to find out more.**



Launching Active Lives

The Live Team will be running a brand new 'Active Lives' project throughout 2019, aimed at engaging inpatients and service users across Adult Mental Health, Mental Health Services for Older People and the Intellectual and Developmental Disabilities Directorates, in physical activity.



This project is possible thanks to a successful grant application to Sport England, and it will run alongside the Live Team's other work building bridges with service users, carers, volunteers, staff and the wider community.

Jennifer Bailey, Live Clinical Team Leader explained: "Patients themselves had flagged up a lack of physical activity opportunities at the monthly patient council meetings, including activities for those service users unable to leave the wards.

"Through this project, we want to increase engagement in physical activity, improve the quality of activity provision, and to help people to continue engaging in physical activity on discharge to the community. We also want to support the numerous benefits that physical activity can have for improved physical health and mental wellbeing and have a positive influence on the ward environment."

The project will be focused on establishing and embedding opportunities for physical activity that are sustainable for the service user to achieve the long term benefits of physical activity and improved wellbeing. The team will also work to raise the profile of the benefits of active engagement in physical activity within both the inpatient settings and wider within our organisation.

Upcoming events

The Live Team is setting up various events and ongoing sessions both on and off the wards and in the community. They have strong partnerships with Everyone Active in the north Nottinghamshire and Get Out Get Active in the city, both local council initiatives, as well as links with Active Partners Trust, Notts County Football in the Community and local leisure centres.

The project will involve volunteers, community partners and students working together with allied health professionals, ward staff and activity coordinators to create a bespoke and meaningful range of activities over the year.

There will be two large scale Active Lives events at Highbury Hospital and Millbrook Mental Health Unit on 2 and 16 May respectively and rolling programmes of exercise and sports at the three sites as well as inter-ward challenges, gym access weeks and walking routes on the sites.

The team would welcome any support from wellbeing champions, physical health leads and anyone else with an interest. For more information call 0115 8542262 or email Jennifer.bailey@nottshc.nhs.uk

OSCARS shortlist announced

189 nominations were received for our 2018/19 Outstanding Service Contribution and Recognition Scheme (OSCARS) and the judging took place last month.

This is the most nominations we have ever received so the judges had an especially difficult task this year. The shortlist for the nine categories is available on Connect and also on our website www.nottinghamshirehealthcare.nhs.uk/oscars

Congratulations to everyone who was shortlisted and good luck for the next stage. The winners will be announced at the awards ceremony on 28 March 2019 at the East Midlands Conference Centre.



Louise is a new Queen's Nurse

Many congratulations go to Louise Walker, Community Staff Nurse with the Newark Integrated Care Team, who has been awarded the Queen's Nurse title by the Queen's Nursing Institute (QNI).

The title of Queen's Nurse recognises and celebrates achievements in community nursing and the dedication, passion and skills of nurses working in the community today. A Queen's Nurse is someone who is committed to providing the best care to their patients; they are trusted and valued by their patients and respected and admired by their peers. They are also enthusiastic and passionate about the care they provide.

Louise said: "I was delighted to receive the title. I am looking forward to the opportunities offered by the QNI to meet other nursing professionals and to access the excellent learning opportunities to further develop my knowledge and skills."

Community ECG clinics recognised as Healthcare Pioneers

The ECG service has been recognised for the second year running as a national example of best practice, with an entry in the AF Association Healthcare Pioneers Report. This report is linked to the All Party Parliamentary Group on Atrial Fibrillation.

The project is led by Lisa Evans, Smoking and Mental Health Specialist, who gave an update on the successful implementation of ECG training and community ECG clinics, which has resulted in crisis teams, learning disability teams and community mental health teams now regularly referring patients for ECGs who would not normally engage.

Lisa said: "As well as helping us detect atrial fibrillation (AF) and other cardiac issues in patients, the clinics are also proving useful for staff development; for example we've been offering ECG recording interpretation training along with an ECG refresher e-learning package.

"These clinics have proved invaluable in terms of earlier detection of cardiac problems including AF for patients who risk dying 25-30 years earlier than the general population."

Trudie Lobban MBE, Founder and CEO of AF Association congratulated the 2019 winners, saying: "The AF Association Healthcare Pioneers Report 2019 demonstrates truly innovative best practice covering identification, diagnosis, management, treatment and care of patients with atrial fibrillation, which we summarise as Detect, Protect, Correct and Perfect. Each year we share the Report with Commissioners and healthcare professionals across the NHS plus policy makers and MPs, urging them to use these case studies as a benchmark to drive improvement in processes and patient pathways for the diagnosis, treatment, and care of AF patients."

The report was released during the AF Association Global AF Aware Week. This year the focus is on promoting 'Know Your Pulse to Know Your Heart Rhythm.' Knowing your pulse can save your life, it is the easiest way to detect an arrhythmia (irregular heart rhythm). If your resting heart rate is irregular, too fast, or too slow, it is possible that you have an undiagnosed arrhythmia.

For more information go to www.afa.org.uk.

Book your place for Refocus on Recovery!

Registration is now open for the fifth international recovery research conference addressing mental health and human rights, supporting recovery through services, supporting recovery through communities, recovery and power, research and education, and excellence for innovation.

The conference will be held in Nottingham from 3-5 September 2019 with keynote speakers including Steven Allen, Alison Faulkner, Michelle Funk, Joseph Leong, Soumitra Pathare, Michael Rowe, Mike Slade, Vicky Stergiopoulos and more.

To find out more, go to www.researchintorecovery.com/RonR19 or follow @institutemh or #RonR19 on Twitter.

BBC Radio 4 series explores 'A history of delusions'

A new series on BBC Radio 4 exploring the history of delusions has included an interview with a Nottingham woman, Debbie, who has used her experiences of mental health problems to help others.

Recovering from mental health problems was a life-changing process for Debbie. Over the past 20 years her confidence and self-esteem have increased, making positive changes to her mental health. Debbie attributes the changes in her life to her decision to become a volunteer helping with clinical research studies within Nottinghamshire Healthcare.

Debbie was interviewed by Clinical Psychologist Professor Daniel Freeman about a period of extreme delusions that she experienced at the end of 1999. The interview was part of a new series that explored delusions, through both historic and contemporary case studies, in order to better understand this common but too-often unexplored human experience.

Debbie shared her story with Professor Freeman on 11 December at 1.45pm. For more information about the series and to listen again visit www.bbc.co.uk/programmes/m0001hwh

Launching a new Wellbeing Centre at HMP Nottingham

The Mental Health In Reach team at HMP Nottingham is excited to be planning a new Wellbeing Centre which will open this month.

The mental health service currently provides support to men who are experiencing a wide range of mental health and substance misuse issues which can often be exacerbated by entering into custody. The team has been expanding and currently includes mental health nurses, assistant practitioners, psychosocial workers, a social worker, psychology and psychiatrists.

The new centre, which will be named by service users, will enhance existing services by providing a designated space to facilitate groups and individual sessions in a safe and therapeutic environment. We hope that this area will provide a 'safe space' for those individuals who are experiencing mental health issues.

Service users have been involved from the start of the project, with a number of service user forums being held to gather ideas about what they would like to see at the Wellbeing Centre. A prison-wide art competition is being held and all pieces of work will be displayed at the centre.

Project leads Antonia Hil and Kerri Clarke said: "We're very excited to be involved in the development of this service which will improve access to support. We hope to make a real difference to the care that men at HMP Nottingham receive. We'd also like to thank HMP Nottingham for their support in giving us this dedicated space that they were no longer using."



The images show the before and after transformation of the old office space into the new Wellbeing Centre.

2018 Duncan Macmillan essay prize winners announced

The Institute of Mental Health and the Royal College of Psychiatrists have announced the winners of this year's Duncan Macmillan essay writing competition, which asked psychiatry trainees to share their ideas on 'The next big thing in psychiatry'..

Andrew Shepherd from the University of Manchester won first prize for his essay 'Recognising the importance of group and social dynamics in recovery focussed practices'. The essay argued that by recognising mental health recovery as a social or group process, rather than an individual one, this has implications for the way in which mental health research, care and support are delivered.

Dr Karyn Ayre from Kings College London/South London and Maudsley NHS Foundation Trust was awarded second prize for her essay 'The future of psychiatry research' which argued for new digital methodologies to be used in psychiatry research in order to improve the links between research data and the lived experience of people with mental health problems.

Director of the Institute of Mental Health, Professor Martin Orrell congratulated the winners, saying: "This year's competition has yet again seen a high standard of entries from psychiatry trainees

across the country. It's fantastic to read their entries and get an insight into what our up and coming trainees have identified as the next big thing in psychiatry.

"Andrew's essay highlighted the need to develop the delivery of mental health services to reflect new recovery practices – an area I'm particularly proud that the Institute continues to expand through pioneering research studies. Karyn's essay recognised that there are often limitations in research data, but solutions could be found developing new research practices with existing database technology.

"Congratulations go to both our winners and to everyone who submitted an entry, and my thanks to the Royal College of Psychiatrists for supporting this year's competition."

The Duncan Macmillan essay prize competition is held annually by the Institute of Mental Health, and was held in partnership with the Royal College of Psychiatrists for the first time this year. The aim is to inspire eminent psychiatry trainees nationwide. The competition is named after Nottingham-based psychiatrist Duncan Macmillan, who helped pioneer a community-centred approach to mental health in the 1950s and 1960s.

Footnote to be included: (Dr Ayre is funded by a National Institute of Health Research Doctoral Research Fellowship. The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health and Social Care.)

Raising awareness on Stop the Pressure day

The Trust's Tissue Viability Teams helped raise awareness of pressure ulcers for World Stop Pressure Ulcer Day in November. Many people develop pressure ulcers but awareness of them still remains low. Pressure ulcers are painful and debilitating for those affected, and for people who develop severe ulceration, almost every aspect of their quality of life can be affected.

Stuart Thompson-McHale, Tissue Viability Nurse Specialist, held a stall in the entrance of Ashfield Health and Wellbeing Centre to promote awareness amongst staff and the public. Visitors to the Centre were able to share their experiences of family members who had developed pressure ulceration, with one person sharing how one of their family members developed a pressure ulcer from sitting out on their wheelchair for long periods, which ended up becoming infected, resulting in admission to hospital.

Penny Keith, Deputy Associate Director of Nursing, visited care homes in Bassetlaw with Tessa Anders, Tissue Viability Nurse, to see the work they had done to raise awareness of pressure ulcer prevention. The care homes raised awareness with their residents and their families, staff and carers with some short films, exercise sessions and poetry, and some care homes focused on the nutritional element of SSKIN.

One film was made by staff at Glenesk Care Home who sang a song they'd written about pressure ulcer staging to the 'Baby Shark Song' tune. Another film was produced by Cherry Holt Care Home, where staff mocked up news interviews with staff and residents about the importance of pressure ulcer prevention. They also interviewed a relative about his and his wife's experience of living with a pressure ulcer.

The initiative to eliminate pressure ulceration has seen great success in reducing the incidence of pressure ulceration, but we still need to continue promoting awareness and prevention of these life threatening ulcers amongst the general public.

Stuart Thompson-McHale, Tissue Viability Nurse Specialist



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Ashley Morris, lead nurse, Victoria Care Home (left) and Penny Keith, Deputy Associate Director of Nursing



Podiatric surgery has a growing team of independent prescribers

The podiatric surgery team based at Park House, Carlton was keen to adopt independent prescribing as soon as it became available following a change in the law in 2013. They became the first service in Nottinghamshire to introduce podiatrist independent prescribers and they now have five people in that role, after Suzy Hume completed her prescribing course at the University of Derby.

Suzy graduated as a podiatrist in 2005 and has worked as an advanced podiatrist with the podiatric surgery team for nine years. Prior to completing her prescribing course she also completed an MSc Podiatric Surgery.

Suzy said: "Completing independent prescribing training seemed like a good fit with my existing duties, which include medicines management and pharmacy liaison. The qualification means I can prescribe patients the medicines they need, when they need them, avoiding unnecessary visits to the GP."

Anthony Maher, Clinical Lead Consultant Podiatric Surgeon, added: "Training as an independent prescriber wouldn't be possible without the support of our medical colleagues. Thankfully Dr Dean Temple of Orchard Medical Practice, Mansfield has been willing to offer supervision to four of our team. Dr Temple has a wealth of experience in supervising trainee nurse prescribers; without his support and that of his colleagues and other placement supervisors, we simply couldn't have carried out the work we have done in podiatric surgery to improve patient care through better access to medicines."

Update on our clinical strategy

The current 2014/19 clinical strategy comes to an end in March 2019. Led by Julie Hankin, Medical Director, development of our refreshed clinical strategy for 2019/24 began back in July 2018.

Engagement has been at the core of our strategy development, with staff from across the Trust offered the opportunity to directly input into the strategy and direction. Engagement was undertaken across a variety of groups including the Leadership Council, clinical leads, bands 2-4 frontline staff and SNAAC members, along with input from our Foundation Trust members.

Our clinical strategy sets our organisational direction and informs the way we deliver clinical services for the future. It outlines our ambition, our innovation and our clinical vision on how we will meet the needs of the communities we serve.

At the core of the strategy are three defined clinical networks, which are supported by six clinical guiding principles that form a golden thread across each network. The clinical networks are:

- Children, Young People and Families
- Adults
- Older People.

Across all three clinical networks there are a number of clinical interdependencies and crossover themes which have been embedded within each. This includes taking a whole family approach to our services, supporting families and service user networks and working with system partners to ensure that families have access to the right support at the right time.

Delivering Quality, Safe and Effective services are centric to all we do and through our strategy we will drive our Quality Principles and Quality First standards.

The refreshed strategy offers us, as an organisation, the opportunity to promote our expertise and our continued commitment to deliver the best possible care and support. Our vision for our clinical services sets out our ambition to harness technology, to better deliver care and support our service users. We have identified a range of health care inequalities that we, in partnership with our system partners, will work to improve.

Along with our clinical vision the strategy sets the scene for our wider engagement including how we will work collaboratively with our system partners to improve integration, maximise prevention and align our service approach with that of the emerging Integrated Care System.

The strategy was agreed and signed off by the Board of Directors in December. From January through to March 2019 work will begin within each of our Divisions to develop localised delivery plans to transfer our strategy into reality.

Whilst we have developed a five year strategy, we recognise that the environment we work in is changing. As such the strategy will remain flexible with ongoing reviews to ensure that we remain aligned to local and national changes.



Which came first?

Newark Health Centre Physiotherapist James Huguenin and Lindsay Furze, Social Worker, who recently left the Trust, completed the Robin Hood Marathon in September dressed as a Chicken and an Egg. They raised more than £500 for Cardiac Risk in the Young and over £250 for Parkinson's UK. Well done to both - they had a cracking run and scrambled over the line in good time!

Q&A

This month we speak to the Equality and Diversity Lead for Mental Health Services for Older People (MHSOP).

Julie Aicha

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

My job title is Equality and Diversity Lead for Mental Health Services for Older People (MHSOP). The role entails leading on the equality and diversity agenda for MHSOP within clinical work and issues affecting staff. This includes working in partnership with other private, public and third sector organisations, to promote and raise awareness of mental health issues for older people within diverse communities and to link with equality groups, communities, service users, carers and families for meaningful participation and involvement in the shaping, delivering and evaluation of care within older people's mental health services.

2. How long have you been with Nottinghamshire Healthcare?

I've worked in the NHS for 30 years now and the majority of those have been within the Trust.

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

My priorities are ensuring that our services are accessible and meet the needs of all the individuals and communities that we serve. It's important that we listen to the people who use our services; patients and carers. It's also vital that we take time to learn from people who find our services difficult to access to ensure we provide meaningful, appropriate and equitable assessment, treatment and care. We need to recognise and address any barriers faced by communities using our services.

I also think it's important to value our staff and to recognise the diversity and expertise they bring to the Trust.

4. What is your employment background?

I worked as a Rehabilitation Assistant (or helper as it was called then) for a year before going on to train as an Occupational Therapist. Once registered, I worked 25 years clinically, mainly within MHSOP. The opportunity arose to work as the Equality and Diversity Lead for MHSOP five years ago, and I have really valued the new challenges, learning and impact the role can make.

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

'Never assume anything'. I've always found that to be really helpful advice it's easy to assume someone knows something or people understand what you are saying. Or that I'm not assuming things about other people!

6. What was the last album you bought?

I don't think I can remember the last time I bought an album. I usually have to listen to whatever my children are playing in the car now! That can range from Ariana Grande to Grime music to 80s pop.

7. What is your greatest achievement?

That has to be my two children who are now both teenagers.

8. What makes you angry?

Any form of bullying, harassment and intolerance of others. Both my children and my husband have experienced racist comments and that is upsetting for all of us.

9. What are you most passionate about?

Fairness and equality. I've always been interested in the diversity of the people around me and as I became older also recognised the need for fairness. I was a Unison / British Association of Occupational Therapists steward for many years until I changed my role to Equality and Diversity Lead.

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

Nothing - I think I'm very lucky in having a supportive line manager and working closely with individuals who have helped me develop and provided mentorship to me in my role.

11. What is your favourite hobby?

When I get the chance I love to read; I've always got my kindle with me - it's a great way to escape and relax. But usually you'll find me watching my children playing football or dancing.

12. What keeps you awake at night?

My children - usually my son playing on his Xbox with his friends and talking to them through his headset - who knew that could be so noisy!!



13. What is your favourite film?

I don't really watch a lot of films as I tend to fall asleep! But the last film I went to see was The World's Greatest Showman, which I really enjoyed.

14. What is your idea of bliss?

Going out with family and/or friends for a nice meal and being able to catch up properly with everyone.

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

I'd like to think I could say I was tolerant, loyal and trustworthy.

16. What is your favourite holiday destination?

Tunisia, as this is where my husband is from. All of my husband's family live there so we visit as often as we can. It's a very different culture but an incredibly family orientated place and everyone is really friendly and helpful. There are some beautiful beaches, lovely places to eat and we all love to shop!

17. Who would you take to a desert island?

Obviously my family, but I think we'd need a survival expert to help us - so maybe Ray Mears and somebody to keep us entertained - Michael McIntyre makes me laugh, but I'm not sure my family would agree!!

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

Well, a few years ago until the retirement age was increased, I would have said I'd be retired. But now I hope to still be working within the Trust and an advocate for equality, diversity and inclusion.

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

No - I don't think I do... Perhaps my time will come!

20. How would you like to be remembered?

With fondness.

Raising awareness of malnutrition in the community

The Nutrition and Dietetics team was delighted to get involved in the Care from Head to Toe event at Duncan Macmillian House in November, along with other health care professionals including podiatry and speech and language. Cindy Woolley, specialist dietitian and Hayley Spencer, dietitian, discuss how the day went.

With more than 90 care home and residential staff in attendance from the Nottinghamshire area, this special event was an excellent opportunity to promote our profession and to increase awareness around malnutrition within the community.

During our session we spoke about the importance of good nutrition, what malnutrition is and the causes and consequences. We looked at ways to identify malnutrition, including the MUST tool where participants had a chance to calculate a MUST score. We also looked at first line dietary advice using 'food first', which included food fortification, and a 'little and often' approach.

We then looked at different types of nutritional supplementation when first line dietary advice may not be sufficient. The session was very interactive and included using a case study and asking participants to meal plan. Finally we invited participants to get involved in a taster session to enable them to experience different approaches to supplements.

It was great listening to participants and hearing some of the excellent strategies they are already implementing within their place of work to address malnutrition. These included using a variety of different plate sizes for smaller appetites and recognising residents' preferred foods and making sure these are always available to encourage a regular eating pattern.

During the taster session, participants were asked to try supplements both at room temperature and chilled. We received lots of positive comments remarking on the difference when served cold, with quite a few participants saying they would ensure supplements are put in the fridge as a way to increase residents' compliance and enjoyment. We look forward to getting involved in the next event in March 2019.



Gluten Free Staff Challenge

Dietitians in Adult Mental Health and Mental Health Services for Older People made a pledge in Fab Change Week to increase awareness and understanding of coeliac disease across the inpatient wards and the wider Trust.



The Gluten Free Staff Challenge was a seven-day commitment to follow a gluten free diet to help gain more of an understanding about coeliac disease and what it is like to follow a gluten free diet. A wide variety of people took part including members of the Involvement Team, Live Team, Maples Integrated Therapy Service, Occupational Therapy MHSOP, Community Nutrition and Dietetics and Aramark Catering.

Several people took to twitter and tweeted about their experiences and some kindly wrote a diary about their experiences and you can read these on the **dietitians blog**.

Spotlight on the community nutrition and dietetics team challenge

Kate Whitt, Diabetes Lay Educator, rounds up the team's experiences:

"The challenge provided an opportunity to gain first-hand experience of what it's like to follow a gluten free diet and the ability to provide more practical advice during our consultations. Over the seven days we trialled various gluten free alternatives such as bread, cereals, pasta and snacks but also naturally gluten free foods were used to make up various meals.

"As a team we had some enjoyable meals that we would continue to make going forward but it wasn't always easy; some members found it tricky to find suitable snacks on the go. Sandwiches for lunch proved challenging - as we were not all keen on the gluten free bread alternatives, with comments including: 'The bread had a distinctly different taste to 'normal' bread - not sure how much I would like it if I had to eat it every day!'

"We tended to prefer the meals that were made up of naturally gluten free foods; checking all food products to ensure they were gluten free took more time and in general we found that the gluten free alternatives were more expensive.

"One of the team said: "I enjoyed the diet more when I based the bulk of meals using foods that are naturally gluten free e.g. meals with rice or potato as a starch and relied on the gluten free alternative foods as a backup. I did find that shopping took a bit longer and I did not think it was fair that you got a lot less for your money for gluten free items."

"Overall we were all pleased we tried this challenge and thought it was an excellent way to raise awareness but also to increase our own knowledge. The key theme that came out was being prepared otherwise you could get caught out and be left with limited choices, but overall we felt it's possible to make some really tasty nutritious gluten free meals."

Coeliac disease – the facts

- Coeliac disease is an autoimmune condition – not an allergy or intolerance.
- The body's immune system attacks its own tissues when gluten is eaten. This causes damage to the lining of the gut and means the body cannot properly absorb nutrients from food.
- Gluten is a protein found in wheat, barley and rye.
- Coeliac disease affects one in a hundred people, however only 30% who have the condition have been diagnosed.
- If a close family member (mother, father, and sibling) has the condition then the chances of having it increase to one in ten (Coeliac UK)

New website offers a virtual walk in the footsteps of the Lady with the Lamp

History buffs are to be given unprecedented access to the Derbyshire home of the Victorian nursing icon Florence Nightingale, thanks to a new website being launched by researchers at the Institute of Mental Health and The University of Nottingham.

The website, florencenightingale.org, will allow visitors to see inside Lea Hurst in Holloway near Matlock, which is privately owned and not otherwise open to the public. A 360-degree tour of some of the key rooms in the property, which was Nightingale's childhood home from the early 1820s, will offer the chance to take a virtual walk in the footsteps of the Lady with the Lamp.

The website comes as part of a research project, funded by the Arts and Humanities Research Council (AHRC), which aims to explore Nightingale's unique place in the history of nursing. The project will examine her long-standing connections to Derbyshire and the wider East Midlands from both a literary and historical perspective - an area which has been previously largely unexplored.

The project is being led by Professor Paul Crawford from the Institute of Mental Health's Centre for Social Futures, and the University's School of Health Sciences, in collaboration with Dr Anna Greenwood in the Department of History.

Professor Crawford said: "For the first time ever, visitors to our website can see inside Florence Nightingale's country home. They will be able to look around the main rooms in the property as if they are there and imagine this great Victorian woman walking through the same spaces."

The University of Nottingham researchers will work with colleagues at Derby Teaching Hospitals NHS Trust, Derwent Valley Mills World Heritage Site, the Florence Nightingale Foundation and the British Library. They are keen to hear from anyone who may have information or resources related to Florence Nightingale in Derbyshire or the wider East Midlands.

Anyone with any information can email nightingale2020@nottingham.ac.uk and visit www.florencenightingale.org to keep up to date with the project.



Photograph by William Edward Kilburn, c. 1856. This image is released by the National Portrait Gallery under a Creative Commons licence (CC BY-NC-ND 4.0)

Training Nottingham West staff in mental health first aid

Physical healthcare staff working in the Nottingham West area are to become the first in the Trust to be trained in mental health first aid.

Staff wellbeing is one of the service's local objectives for the next year, and they will be offering all staff mental health awareness training, plus mental health first aid training to those staff who manage others.

Claire Towne, General Manager, Nottingham West said:

"We value staff wellbeing and we want to improve how we look after each other. We have noticed for some time now that there has been an increase of our staff experiencing anxiety and mental health issues.

"We are also aware that we have a gap in terms of how we help our staff maintain their health and wellbeing particularly in this area. Not all of us feel confident to engage in conversations for fear of not knowing how to help, so we are aiming to create an environment where it is 'ok to talk' and we compassionately support each other, identifying where 'things are not going right' earlier and proactively putting in support so that coming to work does not become the tipping point where possible.

"Increasing understanding of these issues will decrease the stigma and allow more conversations to happen amongst our staff and their managers but also staff and their peers."



Growing in confidence in the Highbury Garden

Since 2017 the Occupational Therapists in the Intellectual and Developmental Disabilities Directorate have used the Highbury Live Garden to facilitate groups with services users from Nottingham city.

As well as typical gardening activities, the sessions have included cooking with the produce groups have grown in the garden and time to talk over a drink and healthy meal. This has allowed group members opportunities to express themselves in a safe space, be listened to, turn take, laugh and build up social confidence.

The aims achieved in the groups have been:

- Assessing and developing daily living and community access skills
- Developing meaningful roles and routines
- Health promotion
- Reducing social isolation and developing friendships
- Facilitating engagement in satisfying and enjoyable occupations and identifying resources available in the community to meet these needs
- Offering therapeutic space to explore personal identity, meaning and self esteem
- Setting personal goals to sustain personal progression.

The groups have been very popular with a high attendance, and the therapists have observed an increase in quality of life in those taking part, and an improvement in communication between service users, who have more confidence to share their feelings with group and those supporting them.

Ruth Roberts, Occupational Therapist, said: "The Highbury Live resource is a valuable and unique community space that is accessible and versatile. It offers the service users we work with a nurturing environment to participate in activities, develop skills and be part of their community."

All of the attendees said that the groups had helped them, with feedback including: "The group has pushed my confidence, I usually find it awkward to socialise", "I feel more confident", "The group helped me improve my cooking and gave me the confidence to meet more people" and "It's been therapeutic and nice being outdoors and it helps me relax and feel better when I go home."

The OT team taking part includes Ruth Roberts, Deborah Welch, Robert Wilson and Tamsin Richardson.

'Light Night'

This November, in response to community feedback, the Live Team held a 'Light Night' event in the Highbury Community Garden.

The garden was lit up with lanterns and lights, and patients, carers, volunteers and staff were treated to hot chocolate and soup made with garden produce and prepared by patients. Visitors commented on how beautiful the garden looked and how lovely it was to visit it in the evening. The event proved to be a huge success with visitors from across Adult Mental Health, Mental Health

Services for Older People and Intellectual and Developmental Disabilities wards enjoying the evening.



An 'Outstanding' award from Britain in Bloom

The Highbury Community Garden was awarded the prestigious 'outstanding' award by Britain in Bloom in September, recognising the excellent work done by the Live Team in developing the garden and the enormous benefit it has for Highbury Hospital inpatients.

The assessor's report states: 'The Highbury Community Garden is a real gem, adding a huge amount to many people's sense of wellbeing. A huge well done to all those involved!'

Since its opening in June 2006 the garden has proven to be a valuable resource for Highbury Hospital and the wider local community. A full timetable of activities is provided in the garden including horticulture, music, art and physical exercise, which promote physical and mental health, wellbeing and recovery, with the overall aim of promoting healthier lifestyles.

The Live team also works in partnership with a variety of stakeholder and community providers to support patients on their recovery journey, enhancing the experience of inpatients and creating pathways of meaningful activity back into the community.

To find out more, call the Live Team on 0115 8542262.

From left, Claire Blakey, Live Team Occupational Therapist; Chris Warsop, Volunteer; and Karen Fry – Community Gardener are presented with the award



Congratulations Healthcare Teams

Congratulations to the healthcare teams at HMP North Sea Camp and Morton Hall Immigration Removal Centre for being rated top for quality standards by the Quality Network for Prison Mental Health Services (QNPMHS).

The ratings have been published in the latest QNPMHS annual report with North Sea Camp gaining top marks, meeting 92% of the national quality standards and Morton Hall, 90%. The report provides an overview of the performance of 44 services across the country that participated in the review period between August 2017 to July 2018. In addition to summarising the key themes and trends, member services can benchmark their practices and learn from other services through the good practice shared.

The Quality Network for Prison Mental Health Services engages services in an annual process of self and peer-review. It aims to:

- Promote quality improvement
- Share best practice
- Encourage a culture of openness
- Create a model of engagement
- Help services plan improvements for the future
- Allow services to benchmark their practices against other similar services
- Demonstrate the quality of the care they provide.

Services are reviewed against published specialist standards for prison mental health services and 24-hour mental healthcare in prisons. The network aims to support and engage individuals and services in a process of quality improvement as part of an annual review cycle. Using nationally agreed standards, each service engages in an annual review cycle. This includes self and peer review against the published standards.

The team at Morton Hall was highlighted for its good practice in the area of discharge; providing the patient with a discharge letter, which contains information around crises and their closest GP practices. They do so by contacting the Home Office and finding out the closest GP practices to the individual. Additionally, they conduct a welfare check the day after release.

The North Sea Camp team was praised for creating an environment that has a calm atmosphere and sense of community. There are a number of flowerbeds and gardens that are tended to by prisoners, and the mental health team support and promote various different ways that the residents can stay active such as getting involved in working on the prison farm.

More about the QNPMHS and the full report can be found here
 Congratulations to both teams!



Keval (centre) and Leanne (below centre) receive their awards

Showcasing the work of the Pharmacy team

The Trust's Pharmacy team enjoyed a starring role at the Annual International College of Mental Health Pharmacy (CMHP) Conference in Loughborough this October, presenting a number of audit and research posters.

The posters reflected work done by members of the team as well as pharmacy undergraduates working with mentors from the team. Congratulations go to Leanne Huang, Clinical Pharmacist, Rampton Hospital, and Keval Dabba, Rotational Pharmacist, who won an Audit Poster prize and a runners up Research Poster prize respectively. Leanne had investigated if patients who had been put on the Clozapine Not-For-Re-challenge database may still be eligible for clozapine. Keval had conducted a mixed methods review of medication incidents involving antipsychotics in the Trust.

Matthew Elsworth, Chief Pharmacist said: "It was great to showcase the work pharmacy staff have been undertaking in the Trust, in particular that work done by our pharmacy technicians.

"I would also like to recognise the achievements of the growing number of pharmacists who have completed the CMHP credentialing process and are recognised for their specialist expertise in mental health, and congratulate Naveen Dosanjh who has recently been appointed as Deputy Chief Pharmacist until end of March 2020."

Congratulations Procurement Team

The Trust's Procurement Team has become only the fourth non-acute organisation and 17th Trust in the country, to achieve Level 2 of the prestigious NHS Standards in Procurement accreditation.

The NHS Standards in Procurement are one of the leading recommendations from the Carter report into unwarranted variation.

To achieve this accreditation the team had to demonstrate their procurement expertise across a wide range of areas that included:

- how they engaged with clinicians and stakeholders
- procurement systems and process
- staff training and development
- leadership and organisational engagement
- tendering and contract management

Preparing for the assessment took over a year to complete. The team identified areas for improvement and then sought out procurement best practice from across the region, nationally and within the private sector to develop and embed within the team.

The team went through a rigorous assessment process in November led by an external panel of Heads of Procurement from other Trusts, who unanimously awarded the Trust the accreditation.

Simon Crowther, the Executive Director who oversees procurement said: "I would like to pass on my congratulations to all of the team in achieving this standard. Not only does it highlight the professionalism and expertise of our Trust's procurement team, but also that they are well equipped to help in identifying and realising future efficiencies to support the financial challenges of the organisation."



New research reveals barriers to the police complaints system

New research from the Institute of Mental Health's Centre for Health and Justice, commissioned by the Independent Office for Police Conduct (IOPC), has revealed people living with mental health problems consider there to be a number of barriers to using the police complaints system.

Led by Professor Eddie Kane and Dr Louise Thomson, the Centre for Health and Justice research will help the IOPC to continuously improve their systems, reduce complexity and create a complaints system that can sensitively handle the needs of someone living with mental health problems.

Michael Lockwood, Director General of the IOPC, said: "People with mental health concerns find it particularly challenging to make a complaint against the police.

This is due to a number of complex and interacting reasons. The IOPC is keen to explore opportunities to improve how we work and utilise specialist knowledge and experience from within policing, the charitable sector, health service and academia.

"This research was commissioned to listen to those who are seldom heard and consider how we can do things differently to ensure our service meets the needs of a vulnerable group with low confidence in the police complaints system."

Questions on how the complaints system could be improved produced varied results but indicated participants would appreciate help in making a complaint, either through a specific advocate, a step-by-step guide or from a mental health support service.

For more information and to read the full report please visit www.institutemh.org.uk

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 March 2019 issue of Positive, please contact us by 1 February 2019. 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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