

February 2019

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New Nottinghamshire Hospice service set to help patients and carers in crisis

Nottinghamshire Hospice has launched a new overnight responsive palliative nursing service to help patients and carers in crisis, in a move which may cut the need for emergency hospital admissions.

The seven-night-a-week Hospice Night Support service will support patients and carers with urgent need for care or emotional support in the night. They will answer call-outs from District Nursing services, social workers or GPs who may be concerned about a patient as well as from Hospice at Home staff working alone in a patient's home. They will also respond to calls from carers in crisis.

The hospice recruited four experienced

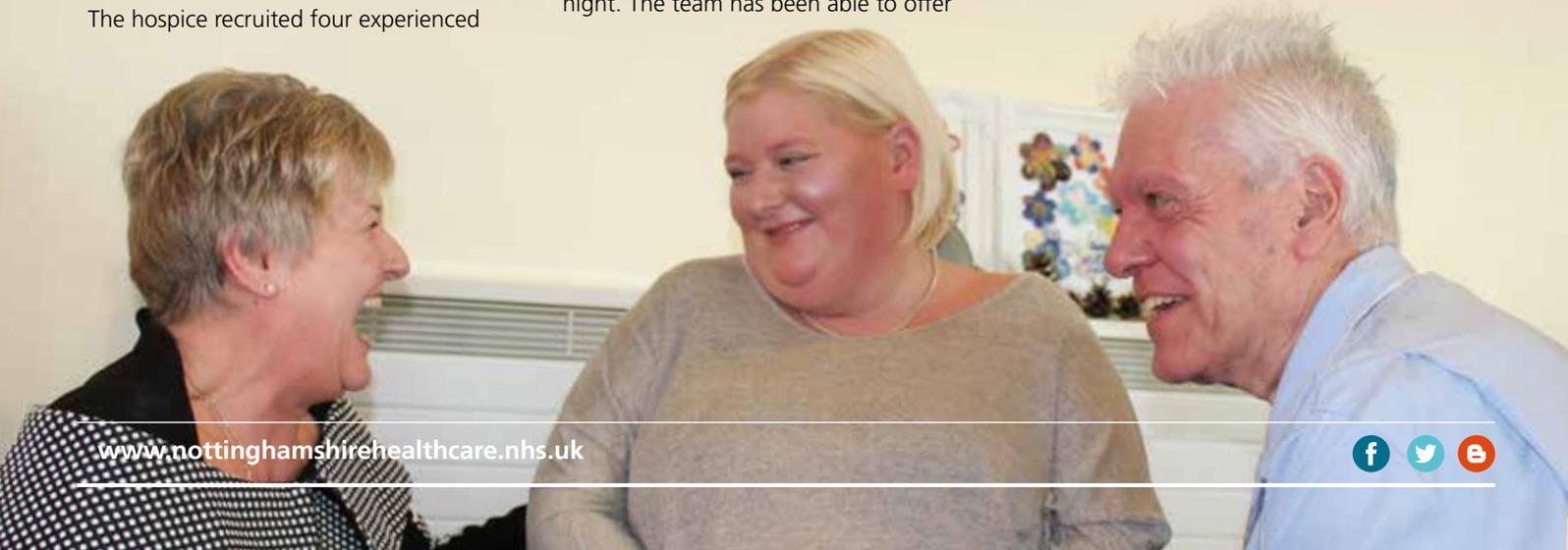
healthcare assistants who trialled the service for four weeks before the launch, and the service is already proving beneficial to patients.

Alice Toseland, 80, of Bulwell, was given just a few weeks to live when she learnt her kidney cancer had spread. She was keen to get home from hospital, so Nottinghamshire Hospice stepped in to help which meant she was able to be discharged. Alice lives on her own with carers visiting three times a day. The Hospice Night Support service has taken pressure off family members who would otherwise have needed to come over in the night or stay all night. The team has been able to offer

emotional support as well as helping Alice get to the bathroom in the night.

Sarah McCartney, General Manager at the Trust, said: "The end of life journey can be very daunting. By working in collaboration, we can all help to make the journey as stress-free and pain-free as possible. The new service will enhance the collaborative approach to patient care and enable us to deliver a wraparound service for the patient and their family."

The Hospice Night Support service is available from 10pm to 7am for adults with a terminal diagnosis in greater Nottinghamshire. Referrals can be made on 0115 962 1222.



Donation of Easter eggs leads to 'cracking' relationship!

A kind donation of left-over Easter eggs to the Ashfield Central Children's Centre from Jayne Wood at local business J Tomlinson has led to a wonderful longer term relationship.

Libby Mackenzie, Children's Centre Co-ordinator, Ashfield and Central, explained: "Jayne contacted me because she had some left over Easter eggs and wondered if I could make use of them, to which I replied yes absolutely!

"Jayne went on to ask me about the Children's Centre and what we did. I explained that we work with vulnerable children and families across Kirkby-in-Ashfield, Annesley and Newstead. Jayne was blown away as she lives locally and did not realise where we were based or all that we do for families.

"Jayne contacted me again a couple of weeks after delivering the eggs to say that she was so moved by our conversation that the team at J Tomlinson were going to fundraise throughout the rest of the year

to support the Centre to be able to get Christmas presents for the children we are working with."

J Tomlinson donated £1,134 to Ashfield Central Children Centre by conducting raffles, cob sales and even a sponsored leg wax. The money was gratefully received and used to provide Christmas parties and dinners, and purchase toys and presents for the children who are receiving direct support from staff and their siblings. In addition the Under 1's group and the two Stay and Plays had fantastic Christmas parties with food, games and gifts for everyone.

All of this would not have happened without the kind efforts of Jayne and the team at J Tomlinson for which Libby and the team at Ashfield Central are so very grateful for.



From left are two members of staff from J Tomlinson - Dannielle Baguley and Andy Holmes – with Liz Brown, Early Years worker, Jayne Wood (chief fund raiser), Libby Mackenzie, Laura Hurst-Pemblington and Amanda Ratcliffe, both Early Years workers.



Celebrating our Champions!

In December we celebrated the work of Champions from across the Trust, saying thank you for their efforts. Almost 900 Champions were invited to the Championing Care and Compassion event at Trent Vineyard, which was attended by more than 110 staff.

The event was opened by the amazing hand bell ringers of South Wilford C of E School which gave a really Christmassy feel on what was national Christmas jumper day. Amitashuri Yule, Spirituality and Wellbeing Practitioner, then led a meditation based on gratitude. We were joined by Helen Richardson Walsh, double Olympic medal-winning hockey player who spoke with passion and inspired those present to think about the importance of team work and the right culture in achieving your goals.

Stalls and talks from a range of Champions emphasised the amazing work that is done by the Green Champions Network; link nurses; SNAAC; FTSU Champions; Health, Wellbeing and Recovery Champions; Equality, Diversity and Inclusion Champions; BME Network and peer vaccinators. These are just some of our amazing staff who volunteer to go above and beyond in their roles.

Please see **#nottshcChampions** on Twitter for more information and some great pics.

Raising awareness of working age dementia

The Working Age Dementia peer support hub group held a fund raiser and awareness day at the Lammas Leisure Centre, raising £130 for the Alzheimer's Society and the local Dementia Action Alliance for Ashfield and Mansfield.

The peer support hub takes place at the Lammas Leisure Centre, Lammas Road, Sutton in Ashfield every Tuesday from 1.30-3.30pm, providing mutual support and activities organised by peers.

For more information, contact Sharon Grocock or Kate Harper on 01623 403278.

Free patient wifi now available

Free wifi is now available for patients to use at most of our sites.

Some sites may only have partial coverage, as we are only covering patient areas.

All you need to do to access is:

1. open wifi settings
2. choose 'NHS Wi-Fi'
3. open a browser
4. click 'proceed to internet' – you will be redirected to the NHS England website

You will then be ready to use the wifi.

If you have any problems using the wifi, support is provided by WiFi SPARK. You can contact them on **0344 848 9555**.

If you can't see the network 'NHS Wi-Fi' in your settings, there may not be coverage in that area yet. Speak to a member of staff who can request coverage from the Trust's IT team.

Staff can search 'patient wifi' on Connect for more information and to see where the wifi is available.

New programme to develop secure mental healthcare in the East Midlands

The Trust is leading on the development of a New Care Model (NCM) for forensic services in the East Midlands. The idea is that a group of providers work in collaboration and together form a New Care Model site that aims to improve the way that care is provided to patients across the region. This is in line with the national direction of travel as NHS England seeks to devolve budgets for specialist mental health services to groups of providers across a given region. This follows a number of pilot sites that have been in place since 2016.

The focus of this new approach is to reduce reliance on inpatient services and specialist placements which are often many miles away from the person's home and family, and provide care closer to home. Better pathways of care where different services work more closely together will be developed as well as improved community infrastructures through partnership working including third and voluntary sectors and non-NHS services.

There are a lot of forensic mental health services provided by both the NHS and independent sector within the East Midlands region including a relatively high number of secure inpatient beds compared with other areas. Nottinghamshire Healthcare provides the greatest volume of forensic services including High Secure at Rampton Hospital. The Trust is therefore taking the lead with establishing the NCM programme in conjunction with the eight other providers: Derbyshire Healthcare, Leicestershire Partnership, Lincoln Partnership, Northamptonshire Healthcare, Cygnet Healthcare, Elysium Healthcare, Priory Group and St Andrew's Healthcare.

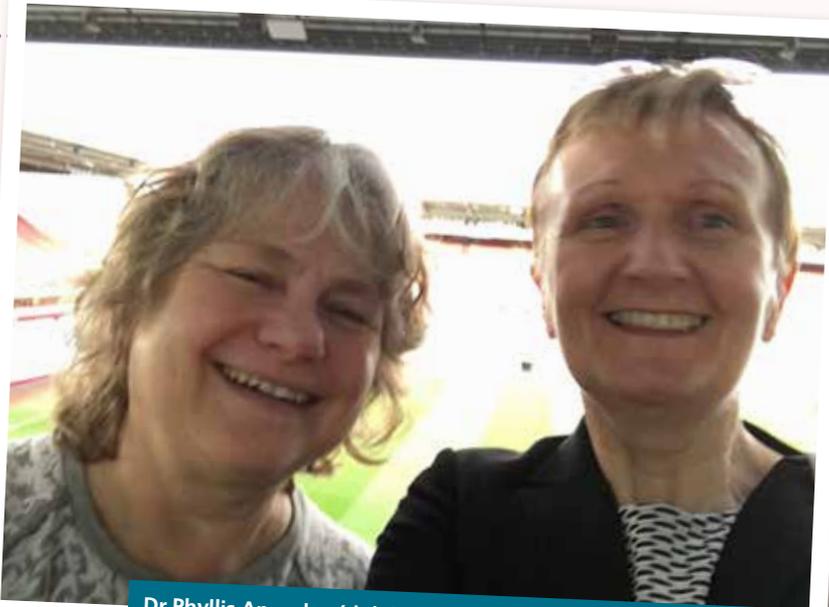
Peter Wright, Executive Director of Forensic Services at Nottinghamshire Healthcare said: "This is a great opportunity to redesign forensic mental health services across the East Midlands; we are already beginning to work collaboratively with our partner organisations in order to provide much better services to service users and their families."

The East Midlands NCM programme is in its early stages, but has just been given 'emerging site' status by NHS England. This means that due diligence work around becoming a formal NCM site has begun. A formal contract will then be agreed about the transfer of budgetary and commissioning responsibilities from NHS England specialised commissioners to the provider collaborative.

A Clinical Lead has also recently been appointed to the programme. Dr Katina Anagnostakis, Consultant Forensic Psychiatrist & Clinical Director with St Andrew's Healthcare is seconded to the role for six months and brings considerable expert clinical experience in her field as well as vision, energy and enthusiasm to drive the development of a new care model. Katina joins Claire Holmes, Programme Lead and Emma Pierce as programme support.

Recovery and wellbeing is central to the development of the new care model and the programme will be supported by ImROC to ensure that the new model is co-produced from the outset in a collaborative yet challenging way. A series of workshops hosted by ImROC including service users and carer representatives as well as stakeholders across the East Midlands is already underway. The work to develop the new model will be 'tested' and informed by this workshop approach over the coming months.

For further information please contact:
Emma.Pierce@nottshc.nhs.uk or
Claire.holmes@nottshc.nhs.uk



Dr Phyllis Annesley (right) at the conference with Ms. Julie Lloyd, Clinical Psychologist and Chair of the CAT LD Specialist Interest Group

Cognitive analytic therapy, intellectual disability and trauma conference

A conference on Cognitive Analytic Therapy (CAT), Intellectual Disability and Trauma was held in November 2018 at Aston Villa Football Club in Birmingham.

The topics covered embraced a wide variety of areas including the incidence and measurement of childhood adversity in people with intellectual disabilities and how death is treated within services. The conference was well attended and included clinicians from all over the UK.

Dr Phyllis Annesley, Consultant Clinical Psychologist for the National High Secure Learning Disability Service and National Women's Service at Rampton Hospital, presented at the conference. Her presentation, "Trauma, trauma and more trauma: Working with patients with ID and other presentations in high secure hospital care", was well received and resulted in many follow-up emails and enquiries.

Coming together to address ARFID

Avoidant Restrictive Food Intake Disorder (ARFID) is a new clinical diagnostic label for an old condition associated with autistic children and adults. The Intellectual and Developmental Disabilities Directorate held the first known summit of its kind, 'ARFID in adults with Intellectual Disabilities and Autism' in November, with an audience of mainly local colleagues with representatives from further afield.

Speakers included colleagues from the Trust's children's and adult services, with presentations from a range of professional backgrounds and specific practice-based evidence from each profession. Dr Liz Shea of the Birmingham Eating Disorder Clinic was the keynote speaker and Helen, a parent of an adult service user with ARFID, provided the family perspective of the impact of condition on families.

Several participants commented on the timeliness and usefulness of the summit. An audience member shared: "Before the summit, I did not really know what ARFID was. Now I can think of a dozen on my caseload who possibly meet the criteria!"

The event was rounded off with plans for the future including setting up a special interest network and possibly developing standards of care. It is recognised that ARFID is a 'high risk, low number' condition and plans for a virtual MDT to support safe care for adults with ARFID were discussed.

For more information about the summit or to join the network of interested parties please contact Dr Della Money on della.money@nottshc.nhs.uk.

Reviewing the effectiveness of mental health first aid programmes

New research by The University of Nottingham School of Health Sciences and the Institute of Mental Health has investigated the implementation and use of mental health first aid programmes in the workplace. The findings reveal both positives and areas for concern, including inadequate boundaries for employees and a lack of proof that mental health first aid is effective.

Published by the Institution of Occupational Safety and Health (IOSH), the findings highlight the benefits of mental health first aid and some of the pitfalls if it isn't made a part of a holistic approach. IOSH is now developing new national guidance and benchmarking based on the researchers recommendations.

To read the full report on the research, please visit www.institutemh.org.uk



Showcasing our new stroke therapy service

The Trust's Community Stroke Team presented a poster on its new Constraint Induced Movement Therapy (CIMT) service at the 13th UK stroke Forum Conference in December.

This three-day multidisciplinary conference brings together expert speakers and researchers, all committed to improving stroke care. The Trust's team was represented by Occupational Therapist Natalie Harrison and Physiotherapists Kate Barnes and Gavin Williams.

Their fantastic poster presentation showcased their new Constraint Induced Movement Therapy (CIMT) service, which is an evidence-based specific treatment technique for upper limb therapy. It focuses on functionally orientated task practice of the affected upper limb whilst the less affected upper limb is retrained using a mitt.

A pilot was completed to assess the feasibility of this therapy in a community setting, with participants taking part in a 14 day programme. Everyone taking part showed improvements and the implementation of the programme did not increase demand on the service. However, the limitations included the number of participants identified over the pilot period as not able to take part due to a number of exclusion factors. Through completing the pilot it was identified that CIMT can be used in addition to standard upper limb treatment and further staff training is required to implement it across the stroke service.

In addition to presenting on their own work, attending this conference gave the team members the opportunity to learn about the latest research and service developments, find out about new innovations and network with colleagues from across the entire care pathway.



Two DESMOND awards for Trust team

Congratulations go to the Trust's DESMOND team, who have won both the Excellence and Innovation awards in the 2018 Celebrating DESMOND Annual Awards Programme.

The team is exceptionally passionate about delivering DESMOND (Diabetes Education Self-Management for Ongoing and Newly Diagnosed) and strives to offer a consistently high level of care. However, the team doesn't like to just stop there; they always aim to achieve more to develop the DESMOND service.

The team has achieved a considerable amount during the last year, focusing heavily on service development. A new DESMOND session has been established in East Leake, one of the more remote locations, which has seen an increase in attendance of 193% for participants registered at East Leake surgery between April and October 2018 when compared to the same time frame during 2017.

The DESMOND resources have also had a revamp, with the referral form amended to encourage self-referral in the South Nottinghamshire area and a new the SystmOne E-Referral process going live which allows healthcare professionals the opportunity to refer with the click of a button, hopefully eliminating time constraints as a barrier. Other new materials developed include:

- A new DESMOND poster and localised Meet DESMOND leaflet including details specific to the Nottinghamshire service and quotes from their participants
- A poster outlining the further support available which will be displayed during the DESMOND sessions
- DESMOND patient books specific to each clinical commissioning group (CCG) area, containing leaflets, posters and outlining activity classes, support groups etc
- DESMOND Nottinghamshire Facebook and Twitter pages, which allow the team to further promote the service, reach out to a wider audience and continue to support participants that have attended a DESMOND course. The DESMOND Facebook page has now reached 138 likes and they have 193 Twitter followers.

The judging panel from the DESMOND National Team thought the team's entries showed 'star quality' and were impressed by their commitment to the DESMOND philosophy and principles.

The judges said: "It was clear from your submission that you and your team are making a difference to the lives of people with Type 2 diabetes by going above and beyond in delivering the DESMOND programme".

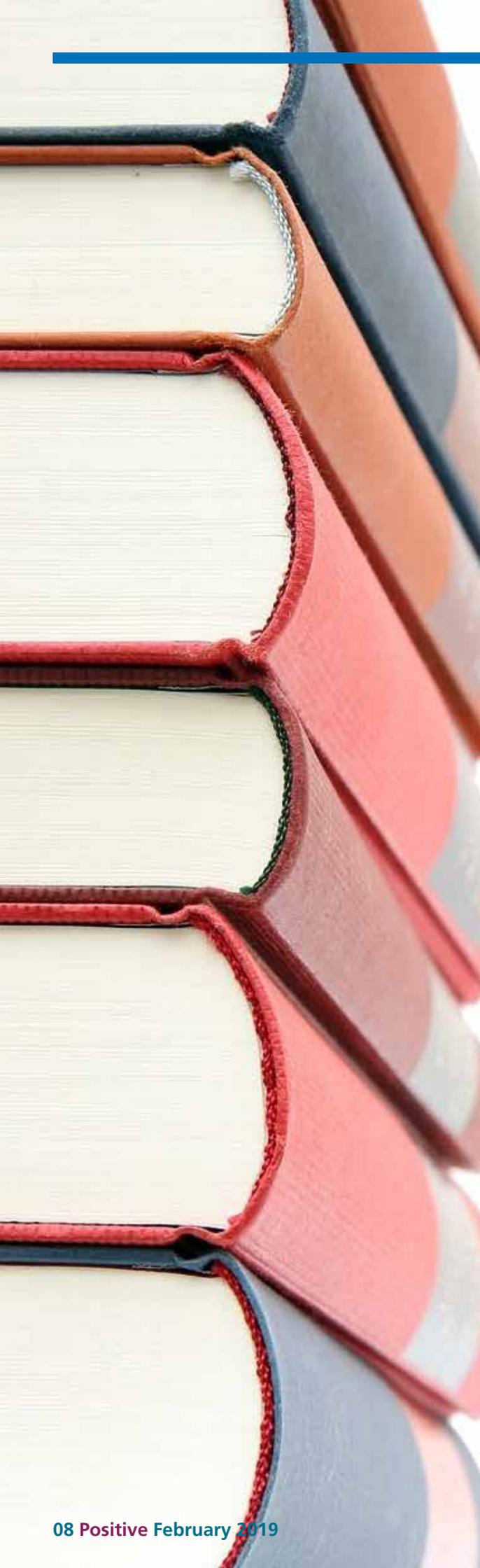
About the DESMOND service

DESMOND stands for Diabetes Education Self-Management for Ongoing and Newly Diagnosed. The free course can be accessed by both newly diagnosed individuals and those with established Type 2 diabetes. Courses are delivered at venues across Nottinghamshire County. Patients can be referred via their Practice Nurse or GP.

For more information call 01623 785182 or email not-tr.desmondnotts@nhs.net.

You can also follow the team on Facebook and Twitter @DESMONDnotts





Mental health publication awards now open

The Institute of Mental Health is now accepting entries for its annual Publication Awards, highlighting the best publications of 2018. The awards aim to celebrate and promote the publications produced in the fields of mental health or intellectual disability research by people working within Nottinghamshire Healthcare, The University of Nottingham or affiliated to the Institute of Mental Health.

The award categories are:

- A. Best overall publication
- B. Best publication when the author has no more than six previous publications
- C. Best publication flowing from work during doctoral studies or as part of a doctoral dissertation
- D. Best publication by an employee of Nottinghamshire Healthcare who does not have a substantive contract with a university
- E. Best publication co-authored with a person with lived experience of mental distress or a current or former user of mental health services
- F. Best publication by a member of the Institute of Mental Health who is a person with lived experience of mental distress or a current or former user of mental health services

Each award carries a prize value of £100 to be used on a research related item of the winner's choice, and the winners will be announced at the IMH Annual Research Day on 21 May 2019. Nominations may be submitted by the author or by others (professors are not eligible for prizes). A publication may be submitted for more than one category but may only win one prize.

To apply (and to read the full competition rules) please visit the Institute's website.

time to talk day

7 February 2019

Time to Talk Day 2019 is taking place on Thursday 7 February – encouraging everyone to have a conversation about mental health.

Mental health problems affect one in four of us, yet people are still afraid to talk about it.

Having conversations about mental health helps break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all. There are lots of different ways to have a conversation about mental health and you don't have to be an expert to talk. It can be over tea and biscuits with close friends or a room full of people – the important thing is to talk.

Visit the Time to Change website for more information and to download helpful materials and tips if you are planning an activity in your workplace or community or just how to get started with a conversation:

www.time-to-change.org.uk/get-involved/timetotalkday2019

Nottinghamshire Healthcare is a partner in the Nottingham Time to Change Hub. Time to Change hubs are networks of local organisations and individuals committed to ending negative attitudes and behaviours towards people experiencing mental health problems in their communities.

The Hub's vision is a city where people talk openly about mental health in the same way as they would physical health, without fear or discrimination. Activity is led through workplace and social contact events supported by Nottingham Time to Change champions.

The Nottingham Hub formally launched at the end of last year, with signing of commitment pledges by Nottingham Playhouse and Self Help UK – two of the first City employers associated with the hub to sign the pledge to do their bit to fight stigma. The Trust first signed up in 2008. The signing followed a performance of *The Madness of George III* at the Playhouse and a special panel discussion about the nature of mental health with professionals and people with lived experience who share their stories about stigma and why it is so important to talk openly about mental health and the impact it has on us all.

Find out more about the Nottingham Time to Change Hub:
www.time-to-change.org.uk/node/101653

However you do it, make a conversation about mental health.

#timetotalk



It's not mental health discrimination

New dementia singing group in Nottingham

A new weekly singing group for people living with dementia and their carers has launched with the support of a leading dementia expert, local musicians and the Institute of Mental Health, Lakeside Arts and the University of Nottingham.

Originally set up during the filming of the BBC Vicky McClure's Dementia Choir documentary filmed in Nottingham last year, the choir performed so well that new funding has been found to keep it running.

Professor Justine Schneider from the Institute of Mental Health's Centre for Dementia has been instrumental in keeping the choir together. She said: "There is such positive evidence of the benefits to people living with dementia who attend singing groups that demand now far outstrips the number of groups available. Having successfully set this group up last year, I'm delighted that we have been able to keep it going and to provide more people living with dementia and their carers the opportunity to sing together."

The new group, which takes place every Monday from 10.15am at the Rehearsal Hall, Department of Music, Lakeside Arts, University Park, will be led by Angela Warren and Paul Quinn from Songtime. All are welcome, and each session costs £5 per couple.

For more information, email powerofmusic@nottingham.ac.uk



Big Lottery Grant for Highbury Community Garden

The Live Team are thrilled to have secured a grant of £10,000 from the Big Lottery Fund to further develop the Highbury Community Garden. The garden is a community resource and the Big Lottery grant will enable the Live Team to continue to develop the garden in response to the needs and wishes of the Highbury community.

Claire Blakey, Live Team Occupational Therapist, said: "Thanks to the grant, we'll be able to buy a wooden gazebo and create a sheltered patio area where activities can take place. We'll also be able to employ a community gardener to work three mornings a week for one year, providing guidance and support for a programme of horticultural activities for Highbury Hospital inpatients and volunteers.

"We'll also be able to employ a local artist to facilitate an inclusive art project at the garden for inpatients, carers, volunteers and staff to enjoy."

The Highbury Community Garden is now in its third year and is going from strength to strength. As well as a full programme of horticultural, art, music and physical exercise activities for service users, it is also the venue for many successful community events throughout the year including the Highbury Summer Fair, Harvest Festival, Light Night, Bulwell Arts and Bulwell Week of Action.

The garden was developed in response to feedback from service users, carers, staff and volunteers who identified the need for a green space where people can come to relax, socialise, take part in activities and feel valued members of the community. The Live Team works in partnership with a variety of stakeholders and community providers to support service users on their recovery journey, enhancing their experience and creating pathways of meaningful activity back into their communities.

If you would like further information, please contact the Live Team on 0115 8542262.

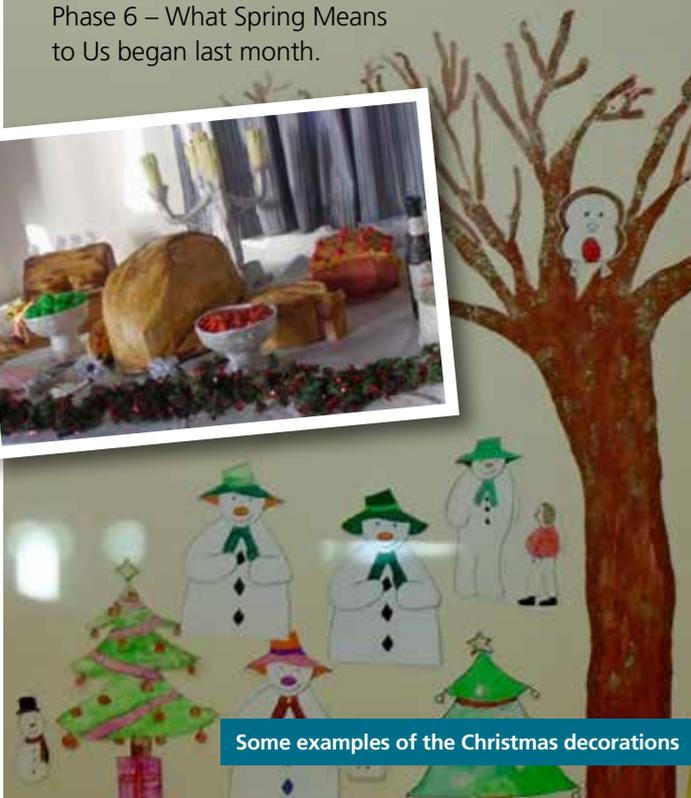
Sense of Community roundup

Phase 5 of the Sense of Community project at Rampton Hospital took place at the end of the year. The standard of decorations and events in 'What Christmas Means to Us' was very high and the judges, including patients from each service, volunteers, senior staff and the Hospital's lead commissioner, were very impressed with the efforts and achievements of staff and patients.

The 2018 Sense of Community Awards were also decided, with overall Hospital joint winners – Topaz Ward, Women's Service and Canterbury, Mental Health; the winners in the Personality Disorder Service was Hambleton Ward and in the Learning Disability Service, it was Kempton.

The standard in the Women's Service was very high with all wards receiving certificates of excellence or outstanding contribution. Bonnard and Cotswold Ward will receive a certificate for an outstandingly creative theme. Many certificates of outstanding individual contribution will be sent to patients who impressed the judges. Thanks to the patients who assisted with judging – they too will receive certificates of appreciation

Phase 6 – What Spring Means to Us began last month.



Some examples of the Christmas decorations



The Nottingham People's Choir performs at Highbury Hospital

Highbury Hospital's Winter Fayre celebrations, organised by the Live Team, were a huge success. A highlight of the celebrations was a performance by the Nottingham People's Choir in front of a packed audience of patients, carers, volunteers and staff.

Their performance received much positive feedback, including: "I really enjoyed the singing. The music really lifted my spirits." Another audience member said: "The choir were simply wonderful. I wish we could have them come and sing more often. They put a smile on my face."

Singing for enjoyment

The Nottingham People's Choir is funded by the Institute of Mental Health and its aim is to promote health and wellbeing through the joy of singing. All singers are welcome, but ability to sing is not required. The choir is fun, helping people to build confidence and find friendship. All adults aged 16 years and above are welcome to join, particularly older people and those with disabilities.

The choir meets every Thursday afternoon from 1.00–2.30pm during term-time at the Royal Concert Hall, Nottingham. Subscription is £2 per week, including refreshments.

For more information please contact Theo Stickley on 07752 536426, theo.stickley@gmail.com or search for 'Nottingham People's Choir' on Facebook.



Staff health and wellbeing events across the Trust

The Trust Chaplaincy and Spiritual Care Team was busy in November, hosting three Health and Wellbeing events across the Trust.

At Bassetlaw Hospital, staff from the Mental Health Services for Older People booked in for a 20 minute session of either back/neck/shoulder massages or reflexology. Over the lunch time break the team also hosted a market place with stands relating to staff health and wellbeing, including the Clumber Park Hotel and Spa who came along to give hand massages to the staff. There were also samples of different herbal teas from Yew Tree Herbal and Yoga with Kirstin.

Staff at Highbury Hospital were invited to come along and have 20 minute sessions of Shiatsu massage, hand reflexology or back/shoulder/neck massages and yoga from Hot Yoga and Get Out Get Active. Again over the lunch

time period staff were invited to attend the market place where there were stands from Health and Wellbeing Champions, Chaplaincy and Spiritual Care, Rapid Response Liaison Psychiatry, Smoke free and E-Burn, Mindfulness in Motion – with Mindful tasters, +/- or Mindful Tango, Bannatynes, Costco and the Live! Team.

At Duncan Macmillan House and The Wells Road Centre staff were again able to have 20 minute sessions of Shiatsu massage, hand reflexology or back/shoulder/neck massages.

Further events will be taking place at Rampton Hospital, Lings Bar Hospital, Wathwood Hospital and Arnold Lodge over the next few months.

The Chaplaincy and Spiritual Care Team can be contacted on 01777 247253/7523 or by email on chaplaincyandspiritualcare@nottshc.nhs.uk

New texting service to offer health advice to parents and carers

The Trust's Healthy Family Teams have launched a new text messaging service offering parents and carers across the County access to confidential health advice.

With more and more people using hand held mobile devices, the new Parentline text messaging service is an easy way for parent and carers to confidentially ask for help about a range of issues, such as emotional health and wellbeing, feeding and nutrition, child development, parenting advice, behaviour difficulties and family health. They can also find out how to access other local services for example, School Health Team, breastfeeding support or health visitor led sessions.

Parents and carers of children aged 0 -19 can contact the text messaging service for advice on Parentline 07520 619919. The new service aims to offer a relevant, accessible method of contact and a flexible way to provide support.

Peter Hunt, Divisional General Manager for Children and Young People's Services, said: "This is a really welcome development for our service and will mean that parents and carers will have another way of contacting our teams for support, advice and signposting"

Parentline is available from Monday to Friday 9.00am - 4.30pm excluding bank holidays. Messages sent to the dedicated number are delivered to a secure website and responded to by the Healthy Family Team. Texts are usually replied to within one working day. Automatic replies will be sent to any messages received out of hours explaining where to get help if their question is urgent, and when they can expect a response.



Rhian Cope, Professional Service Lead, said: "We are really pleased to be able to offer Parentline to parents and carers in the County. It will make accessing health services easier and more accessible for them, increasing our reach to all families, creating another platform for parents and carers to connect."

The Trust's Healthy Family Teams comprise multiple professionals trained in providing services to children aged 0-19 years and their families/carers across Nottinghamshire. Their work includes giving advice on emotional health and wellbeing, infant feeding and healthy food choices, development, behaviour, self-esteem and relationships. They can provide one-to-one confidential appointments and hold drop in sessions in schools.

New study looks to help care home residents get outdoors more

Realistic rehabilitation for Outdoor Activities and Mobility in care homes (ROAM II) is an exciting new research study which aims to increase residents' opportunities to use care home gardens and outdoor spaces.

Getting outdoors can involve meaningful activities for residents, such as walking, enjoying sunlight, gardening and doing domestic jobs, and can be important for quality of life. Supporting individualised outdoor opportunities is one way that care homes can deliver and demonstrate holistic, relationship-centred care which recognises residents' needs for occupation, social participation and control over daily life. However, while the health and wellbeing benefits for residents of spending time in outdoor environments are clear, there have been few attempts to understand the challenges from the care home perspective.

Sponsored by Nottinghamshire Healthcare and funded by the Abbeyfield Research Foundation, the first phase of the new study will involve refining the research protocol and an outline outdoor programme with care home stakeholders. A previous study (ROAM), which took place in three East Midlands care homes of different sizes, found that most residents needed staff support to move from inside to outside and once there, to take part in activities and move around. Weather, staffing levels and available time, access and the outdoor spaces varied but, overall, were barriers to residents' outdoor use for much of the year. However, there were occasions when some care staff, those who shared person-centred values and believed outdoor use was beneficial for residents, worked together to overcome these challenges.

Amanda King, Lead Investigator for the ROAM II study said: "The new study will draw on the particular expertise and enthusiasm of care home staff, residents and family carers to refine, implement and evaluate the outline outdoor programme identified in the earlier study. The process will be facilitated by a research occupational therapist and a care home manager co-researcher who will co-produce the programme in a tailored way in each care home for roll out. Our vision is to be able to build capacity and capability amongst care home activity coordinators and care staff, not only to increase residents' outdoor use, but also to improve skills in delivering meaningful activities and relationship-centred care."

ROAM II is a 22-month project which started in October 2018. The team is currently identifying care homes in Nottinghamshire to consult with about the research protocol and the outline outdoor programme. Updates will be provided via Twitter, plus quarterly blogs.

Please join in the discussion about working with UK care homes to increase residents' outdoor opportunities via the Twitter feed: @ROAMIIStudy

Rampton Health and Wellbeing Day

The first Rampton Hospital Health and Wellbeing day for male patients took place in November and was well attended by patients from across the Learning Disability, Personality Disorder and Mental Health care streams.

The event was held in Southwell Day Centre and coordinated by Kerri Wilson and Jane Roberts, the Hair and Beauty Therapists. On arrival the patients were greeted with a fresh flute of juice and a complementary fruit platter, followed by the opportunity to view the numerous health promotion stalls and browse some of the products.

There were a variety of health and beauty products available for patients to buy either for themselves or as presents for friends or family members with a gift wrapping service available. Anyone purchasing goodies was also entered into a raffle which was drawn at the end of the day.

The highlight of the day was the chance to experience an eyebrow threading treatment, which, for nearly all the patients, was something new! There was also a free raffle to win either a Reiki or Indian head massage, which are now on offer from the health and beauty team.

Martina Griffiths, Modern Matron said: "The new purpose-built sensory room in the day centre was a big hit with the patients. The room is designed specifically to provide a range of sensory stimuli and many patients took the opportunity to engage their senses in a safe environment, which includes sounds, lights, sensory soft play objects and aromas.

"Sally-Ann Cook, one of our Clinical Nurse Practitioners and the lead for sensory informed environments across mental health, was also present to promote the use of aromatherapy oils and sensory equipment, ready for their roll out on the wards in February 2019."

Feedback from the patients was extremely positive, with comments including: "We got the chance to try out and experience new things", "The staff were really friendly", "The products were great for Christmas gifts and well-priced", "The eyebrow threading really hurt, but the result was worth all the pain" and "Can we please have more events like this".

The next event is planned for March, and we are hoping to see the Health and Wellbeing day grow as other patients share their brilliant experience with their peers.

Loving my role as a peer family worker and trainer!

By Tracy Turland

I have worked as the Trust's first Peer Family Worker/Trainer in the Family Interventions Team (FIT) for nearly two years now. I feel privileged in this role and can honestly say that the carers, families, volunteers and staff I have met both at Bracken House Rehabilitation Unit and at the Rosewood Involvement Centre have helped me get to where I am today.

I have a passion for teaching and learning, and my transferable skills from being a Further Education college English language tutor led me to successfully completing the five day Behavioural Family Therapy (BFT) course. I then was encouraged by the FIT coordinators Alyson Leeks and Andrea Emmens to do the five day Train the Trainers residential training in Bourneville. This training has equipped me with the necessary skills and confidence to support clinicians and facilitate BFT in local mental health teams.

Family Work is inclusive of all - having a staff team made up of carers, service users and professionals, really role models this ethos. BFT has been found to reduce stress within families and can help to reduce relapse in service users. It supports people to move forward, working together to increase understanding, build coping strategies, communication and problem solving skills.

I like to think that I am making a difference to the lives of many carers, families and service users by championing their importance in care and recovery at a local level. My role is creative and I love the opportunity to use my initiative to develop innovative ways of implementing family work. These ideas benefit the trainees on the BFT training programme, the trainers facilitating the programme and enable families to feel better supported and more involved in the care of their loved ones.

I feel that the little day-to-day considerations and acts of kindness that someone does make a difference in someone's life. Carers and families require a 'listening ear', a helpful attitude, warmth and you must have a genuine interest



in whatever they are saying. I appreciate and value this role (even if I am having a bad day!) For instance, one piece of feedback I received recently from a carer lead read: "Thank you so much, this has meant the world to me, having your help and support on this booklet... I'm feeling a bit overwhelmed by all support and help I've had, so once again a massive thank you to you."

I am looking forward to working with more families, carers and staff as the work in the Family Interventions team grows!

How to access behavioural family therapy or family work

Behavioural family therapy or family work is an intervention offered to service users and their families under secondary care within adult mental health. It can be accessed via their named nurse or keyworker within an inpatient setting, or care co-ordinator / lead professional in the community.

If you want to find out more email bftenquiries@nottshc.nhs.uk or phone 01909 572025.

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 the April 2019 issue of Positive, please contact us by 1 March 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

Get in touch

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