

March 2019

positive

about integrated healthcare

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Sharing your story could help others

New participants are being invited to join the second phase of the Narrative Experiences Online (NEON) programme to help researchers understand how sharing personal stories of mental health problems and recovery can be of benefit to people currently experiencing mental health problems.

NEON, a large-scale research study running at the Institute of Mental Health from 2017-2022, is seeking to recruit participants who are current users of any mental health services and mental health workers to help design and trial a clinical intervention built around recovery stories.

The study team will be collecting stories from a wide range of sources, with a focus on stories from people whose voices are seldom heard by mainstream cultures, and gathering them together to form the largest online repository of mental health recovery stories in the world.

They will then be making these stories available for others to view, hear and read in the NEON Intervention, and evaluating in a randomised controlled trial

whether people benefit from hearing or reading stories from people who have experienced what they are going through. They will also look at whether having access to these stories can improve the way mental health workers support people with psychosis. The research study team are keen to hear from anyone who would like to take part.

As well as researching the impact these collections of stories have on people who are currently users of any mental health service, the research study team are also looking to recruit mental health workers to take part in focus groups to discuss how they think the NEON intervention could fit into their services.

To find out more about getting involved please contact Jo Higman, Lead Research Delivery Nurse on research@nottshc.nhs.uk or text/call **07920 453729**, or go to www.researchintorecovery.com/NEON

Supporting Team of the Year

The Trust's Specialist Falls Team Professional Leads, Louise Stubbs, Eleanor Hale and Jane Balmбра, were awarded Supporting Team of the Year at the LPZ Safety in Care Home Awards in February, hosted by the East Midlands Academic Health Science Network.

The awards, held at the Trent Vineyard in Nottingham, were based on the results of care homes using the LPZ audit tool over the last year to improve monitoring and recording of quality indicators in their residents. Nursing and residential homes in the East Midlands are the first in the UK to use the LPZ audit tool, which measures the prevalence of common care issues such as pressure ulcers, continence, nutrition, falls, restraint and pain.

The award was presented to the Nottinghamshire Falls Leads in recognition of their work in supporting the collaborative. This work has included workshop sessions, providing information resources and networking with care home staff to empower them to reduce falls.

Adam Gordon, Associate Professor, University of Nottingham said: "The winners have been chosen in recognition for all their on-going support to LPZ since 2015. They have always given up their busy time to attend our events voluntarily, hosting stands and acting as expert facilitators and the event they organised in June 2018 has equipped care homes to support quality improvement within the homes. We are frequently seeing examples of how the learning has made a difference to the quality of lives of residents."

Left to Right: Kate Robertson, Honorary Associate Professor University of Nottingham, Jane Balmбра, Falls Lead Rushcliffe, Louise Stubbs, Falls Lead Mid and North Notts, Katherine Jones, Senior Occupational Therapist and Eleanor Hale, Falls Lead Mid and North Notts.

See more about the team and their work on page 5.

Peace, Reconciliation and Activism



Rainbow flags were raised at Duncan Macmillan House (above) and Rampton Hospital (left) to mark the start of LGBT+ History Month. At Duncan Macmillan House, the flag was raised by new Chief Executive John Brewin, who spoke about the importance of equality and diversity at the Trust.

This year's theme for LGBT+ History Month is Peace, Reconciliation and Activism.

Research activities at Arnold Lodge

The Cowall



Arnold Lodge in Leicester, which provides medium secure inpatient services for adults and older people with mental illness and/or personality disorder, supports a wide range of 'evidence synthesis', service evaluation and research projects which aim to increase knowledge and understanding and ultimately improve the care and wellbeing of patients and staff alike.

The services have a proud history of supporting post-graduate educational research and facilitating global evaluations of the outcomes of patients admitted to the hospital. Current 'evidence synthesis' projects include two systematic reviews for the Cochrane Collaboration on psychological and pharmacological interventions for adults with anti-social personality disorder.

The service is also currently supporting more than a dozen service evaluation and research projects including:

- An evaluation of staff perspectives on the introduction of the Cowall - a door-sized, multi-media tablet device installed in a seclusion suite
- An evaluation of the HOPES model for reducing long-term segregation
- Development of a Malnutrition Screening Tool (MST) for mental health and learning disabilities
- An evaluation of forensic mental health 'payment by results' methodology
- An update of the ALACRITY study to examine mortality, readmission and reoffending in a cohort of patients admitted to the service over a 30 year period
- An evaluation of the impact of violence and aggression on healthcare staff working with offenders
- An exploration of empathic and moral processing in personality disordered patients
- An exploration of changes in criminal thinking styles of patients in the personality disorder service
- A randomised controlled trial of Clozapine in borderline personality disorder (CALMED).

Clinical and non-clinical researchers at Arnold Lodge are active collaborators and have links with colleagues at the University of Liverpool, Queen Mary University and Imperial College as well as our local universities including Leicester, Nottingham, and Nottingham Trent.

For more information about research and service evaluation at Arnold Lodge, please contact Dr Lucy McCarthy, Dr Simon Gibbon, or Dr Patrick Sims (lucy.mccarthy@nottshc.nhs.uk; simon.gibbon@nottshc.nhs.uk; Patrick.sims@nottshc.nhs.uk).

Council of Governors Election

The Trust is running an election for two nurses and five Nottinghamshire County members to be part of our Council of Governors. As a Governor you would fill a very important role in holding our Non Executive Directors to account for the performance of the Board of Directors. In this position you would be able to represent the views of staff, patients, carers and their families and the public. To be considered as part of the election you must complete an online nomination form at www.ersvotes.com/nottshealth2019.

All information relating to this election has been emailed from our election provider, Electoral Reform Services. The nominations stage opened on Wednesday 27 February and will close on Thursday 14 March at 5pm. For more information about this valuable role, please go to the Trust website <https://www.nottinghamshirehealthcare.nhs.uk/council-of-governors>

If you have not received any information about this election and you would like to know more please contact **Becky Cassidy**, Corporate Assurance Manager, becky.cassidy@nottshc.nhs.uk or call 0115 9691300 ext:10509

HEAT Awards

A new set of awards, celebrating the importance of education, training and leadership and workforce planning in delivering high-quality compassionate healthcare, have been launched by Health Education England.

The HEAT Awards (healthcare education and training awards) invite nominations for people and teams who should be recognised for their outstanding achievement and contributions. The awards are looking for examples of inspiring trainees, students and apprentices, as well as shining examples of leaders within the NHS. They also seek to showcase exemplary examples of workforce planning, the NHS Constitution in action, training and digital innovation.

There are also awards for the best organisation to work and train with and one celebrating transformation.

There are 13 categories in which you can put forward nominations – and you can do so in as many as you like. Some of the awards categories are; Emerging Leader of the Year, Inspirational Student and Champion of Tomorrow's Workforce.

Nominations can be made through www.hee.nhs.uk/heatawards where full details of all the awards can be found as well as who can be nominated. The closing date is midnight on 5 April.

The shortlist will be announced on 20 May and the winners will be revealed at an awards event that will be held on 18 July in London.

The HEAT Awards bring together a range of local and regional awards schemes that have been run by HEE in the past and the leadership awards previously run by NHS Leadership Academy.



What the NHS Long Term Plan means for mental health

The ICS (the local integrated care system that brings together health and care organisations across Nottinghamshire) was delighted to host Claire Murdoch CBE at a recent workshop to explore the local implications of the NHS Long Term Plan and more importantly its impact on local mental health services. Claire is Chief Executive of Central and North-West London NHS Foundation Trust as well as being National Director for Mental Health with NHS England.

This was an opportunity for local leaders across Nottingham City and Nottinghamshire to share where we are with our own local mental health strategy and also to hear from systems around the country who are using new means of delivering services to the benefit of patients and staff alike.

Claire was inspirational in her hopes for the future of mental health services, but also firm in her desire to see services meet targets and deliver improved outcomes for people using services. She was particularly strong on the need to sort out of area placements, emphasising how bad they are for patient experience, as well as being financially unsustainable. Other key speakers included Dr John Brewin, Chief Executive, Nottinghamshire Healthcare, as well as Amanda Sullivan and Julie Hankin, joint SROs for the ICS mental health strategy.

Claire said: "The Long Term Plan for mental health is inspiring. It reflects the wisdom and wishes of so many groups and organisations and also individuals with lived experience. There is backing at the very top of the NHS and Government and about £2.3bn. What's not to get excited about? Now to implementation!"

React to Falls – FREE resources for residential care homes

A suite of resources supporting residential and nursing homes in the prevention and management of falls was launched recently at an annual event for care home staff.

The React to Falls resources have been developed by Professor Pip Logan, Dr Katie Robinson, Katherine Jones, Jane Balmbra and Kate Robertson in collaboration with clinical colleagues at the Trust and creative agency Crocodile House, with support from the University of Nottingham Division of Rehabilitation, Ageing and Wellbeing.

React to Falls provides a free and accessible way for care homes to continually review and monitor their falls management. This focus on falls forms part of the wider LPZ programme of work to monitor and improve care quality in care homes.

The Landielijke Pravelentmeting Zorgkwaliteit (LPZ) tool was developed by Maastricht University and introduced to the UK for the first time by East Midlands Patient Safety Collaborative (PSC) - hosted by East Midlands Academic Health Science Network and funded by NHS Improvement.

Over the last four years the East Midlands PSC has supported the roll-out of the LPZ tool to

nursing and residential homes in the region as well as supporting ongoing quality improvement and training for care home staff. More than 30 care homes across the five counties of the East Midlands are now using the LPZ audit tool to routinely measure the prevalence of common care issues such as pressure ulcers, continence, nutrition, falls, restraint and pain. The React to Falls resource supports quality and safety improvement as part of LPZ.

Dr Katie Robinson led the coordination of React to Falls during her tenure as a research physiotherapist at the Trust. She was supported by Jane Balmbra, Falls Lead, and Katherine Jones, Occupational Therapist, in reviewing the evidence for falls management in care homes and seeking the expertise of specialists in the field of falls from across the Trust.

Collaborative meetings were held with Professor Pip Logan at the University of Nottingham, clinicians from the Trust,

researchers in the field and creative agency Crocodile House to explore the scope of the work and Professor Logan's previous research was used to provide the basis for the development of the resources.

The Oakdene care home in Sleaford kindly offered to support with the filming of the video resource - their residents were very enthusiastic actors and the staff, although nervous at first, were a brilliant asset on the day of filming. A film preview was held at Oakdene and feedback from the residents, staff and managers was incredibly positive.

The React to Falls resource was reviewed by other care homes, with more than 50 care home staff providing feedback at last year's LPZ event in June. It was showcased and officially launched at the annual LPZ event in February.

For more information visit www.bit.ly/LPZCareHomes



From left, Dr Katie Robinson, AHP Clinical Academic Lead, Nottingham University Hospitals; Kate Robertson, Honorary Assistant Professor, University of Nottingham; Professor Pip Logan, University of Nottingham; and Katherine Jones, Senior Occupational Therapist, Nottinghamshire Healthcare



New associate director of nursing

Deborah Wildgoose will be joining the Trust as Associate Director of Nursing for the Local Partnerships Division on 1 April.

Deborah is joining the organisation from NHS England and previously Rotherham, Doncaster and South Humber NHS Foundation Trust. She is a mental health nurse by background with significant experience in professional leadership, clinical services and operational management.

She said: "I am delighted to be joining Nottinghamshire Healthcare; it is a real privilege to work with an organisation that has such a committed staff group and the wide variety of different services across a number of locations. I will be joining the Trust over the next couple of months and look forward to being out and about in all services and meeting everyone."

Rampton Hospital welcomes ministerial visit

Rampton Hospital received a visit in January from Jackie Doyle-Price MP, Parliamentary Under Secretary of State for Mental Health, Inequalities and Suicide Prevention and Edward Argar MP, Parliamentary Under Secretary of State at the Ministry of Justice, who wanted to learn more about two of its national services: Learning Disability and the Women's Service.

Adele Fox, Head of Clinical Operations, and Peter Wright, Executive Director of Forensic Services, introduced the ministers to Kempton Ward in the Learning Disability Service for more vulnerable patients. Harriet Carter, Ward Manager, explained the objectives of the ward and the next steps for the patients.

The ministers then visited Ruby Ward, a treatment ward for women within the Personality Disorder stream, where they discussed trauma informed care, violence, self-harm and suicide and access to services issues with Dr Trevor Gedeon and Keith Gwyther, Ward Manager.

The visit ended with a discussion with Dr David Brabiner, Associate Medical Director; Dr John Wallace, Clinical Director; Dave Mason, Associate Director of Nursing; and Adele Fox on some of the priority issues for Rampton Hospital including the recruitment and retention of nursing staff, the relationship with the prison system, and new care models.



From left, Jackie Doyle-Price MP, Edward Argar MP and Peter Wright, Executive Director of Forensic Services

Tender success for rehabilitation services

The Trust has been successful in its bid to provide high dependency and complex care rehabilitation services in Nottinghamshire, which are commissioned by NHS Arden and Greater East Midlands Commissioning Support Unit.

The Trust, which already provides these services in Nottinghamshire, was approved to continue the delivery of these services following a competitive tender and assessment process. The new commissioning arrangement will start on 1 April 2019.

The services, sometimes referred to as locked rehabilitation services, are for adults with learning disabilities or mental health issues who are on a section of the Mental Health Act and need a period of rehabilitation.

The Trust delivers these services at Alexander House and Bracken House rehabilitation units in Mansfield. Teams support patients through a period of recovery, allowing them to achieve their potential in physical and mental wellbeing, occupation, education, social networks and activities, and helping them to return to less restrictive community services.



Bracken House

Paul Smeeton, Executive Director Local Partnerships at the Trust said: "We are delighted to have been successful in our bid for the continued delivery of these services. As we have provided these services for a number of years in Nottinghamshire, we have extensive knowledge and experience in this area. We are proud of the services we provide to our patients and the support we offer to help them in their recovery."



Alexander House



New team member at HMP Lincoln

Julie Flanighan, a new starter at the Trust, began working at HMP Lincoln as a Mental Health Nurse in December.

She said: "I absolutely love my new job, I've been a mental health nurse for over 10 years now and I can honestly say that this is my favourite place to work. The team are great, massively supportive and knowledgeable. I look forward to coming to work and leave with a smile on my face most days. Working in a prison is a completely different field for me and has been a real learning curve, just getting used to prison language, lingo and the prison processes. I have found the Trust to be very supportive and am pleased that I made the move to come and work for Notts."

Julie will be running 100km over two days in July this year to raise money for Help for Heroes and Combat Stress, both of which supported her brother, Scott, who suffered for years with PTSD after serving in Ireland and the first Gulf War whilst in the army. He sadly took his own life in 2013, and Julie said her way of coping was to start running. "I started small, the odd 5k, then 10k, then a few half marathons," she said, "I then took part in the London Marathon in 2018, being part of a team that raised over £200k for The Royal British Legion. This year I am aiming to raise around £500 to raise awareness and financial support for our veterans."

If you'd like to offer your support for her fundraising activities, please contact Julie on 07533 736547.

Positive behaviour support on Orion ward

Rob Wilson, Occupational Therapist with the Integrated Specialist Services, explains how positive behaviour support (PBS) is helping to improve therapeutic activity provision on Orion ward, an assessment and treatment unit for those with an intellectual or developmental disability.

"In September I attended PBS coaching training, with the aim of improving the quality of life for service users with intellectual and/or developmental disabilities. During the training I created an action plan designed to increase meaningful activity for everyone on Orion ward, and I and the ward team worked together to bring it to life.

"At the time there were four patients admitted to Orion, each at different stages in their journey in terms of mental health with their own PBS plan. As part of my project I looked at how we monitored their activity levels and found that what was being recorded didn't necessarily match what was taking place, so I designed a new one-page activity monitoring tool that was more accessible to staff on a daily basis.

"The document includes key information on each patient's PBS plan, their current activities, interests, potential future activities, the best way to engage and communication preferences. Below that, a grid is used to record the date, time, type and duration of any activity, which is collated by the activity coordinators each week and included in the patient's records. I also included a section to record if the patient had declined an offer as I felt this would provide useful information about changes in preferences and patterns of engagement. After creating the tool I met with staff and patients to populate the key information and provided face to face training to staff.

"At the time of writing the tool has been in use for three months, and we've seen an increase in activity participation for all patients, patients are reporting an improved quality of life, staff are more confident about offering activities and are proud of the levels of activity available - and patients in turn feel that staff understand their needs better. Staff also have a new understanding of therapeutic activity and see smaller interactions as significant, and they feel more involved with PBS and input into PBS plans. One patient's family noted improvement in patient management and complimented Orion ward for the therapeutic activity now available.

"I enjoyed introducing my project and seeing both the statistical and tangible benefits to patient care, and sustaining the improvements will be the most important factor as the project continues engaging new staff and patients."

For more information email Robert.Wilson@nottshc.nhs.uk

Meet Phoebe – a key member of the Kingsley ward team!



Phoebe the PAT dog is a popular visitor for patients on Kingsley ward at Millbrook Mental Health Unit every two weeks, with Amber ward patients also joining in for her visit.

PAT – pets as therapy – dogs visit all kinds of places, from residential homes, hospitals, hospices and schools to day care centres and prisons, bringing joy, comfort and companionship to many individuals who appreciate being able to touch and stroke a friendly animal.

Lisa Prevett, Activity Co-ordinator on Kingsley ward said: "Phoebe helps patients feel relaxed and helps with their anxieties. Having these visits can also benefit those patients who are missing a dog they have at home. Phoebe has been visiting for over a year now, and her presence has been so beneficial for patients, we're delighted to have her as a long term visitor."

Wellbeing and healthy lifestyles at HMP Ranby

Wellbeing is high on the agenda at HMP Ranby and January saw the launch of the first co-produced group to be held in its new wellbeing centre.

The Wellbeing and Healthy Lifestyle group, co-produced by two service users and the healthcare team, was joined by 12 men who are now attending the gym three times a week.

Thanks to continued support from the Physical Education Instructors at HMP Ranby, the two service users have gained qualifications in personal training and nutrition advice

as part of their rehabilitation. By undertaking this project their confidence in delivery of evidence-based information has increased significantly and they plan to work together in the community in this field on their release.

The group is run monthly for service users who have long term conditions, chronic mental illness or are receiving support from the mental health team. The group facilitators provide information on wellbeing and what this means for individuals, and advice on keeping well and

making healthy choices within prison and beyond. Following the sessions, service users are referred to the remedial gym within the prison where the work with the facilitators will continue.

The aim of the group is to reduce health inequalities for the service users with these conditions. Other co-produced and co-delivered groups are planned to start next month at the HMP Ranby Wellbeing Centre including Gate Fever – looking at the psychological impact of leaving prison, Pain Management and Men Talking.



Staff nurse cuts twelve inches from hair for children's charity

Sarah Foster, Staff Nurse on Aintree Ward at Rampton Hospital, has cut her hair short after nearly 30 years of having long hair and donated it to a charity which makes wigs for children who have lost their hair due to cancer treatments and other illnesses.

Sarah, who had fifteen inches of her hair cut off on Saturday 9 February to donate it to the Little Princess Trust, said she has over the years witnessed family and close friends lose all their hair through illness.

"I became aware of the negative impact losing hair can have on self-esteem, and to imagine what this must feel like for a child made me sad," said Sarah. However, I soon realised I was lucky enough to do something to help, so I have decided to donate some of my long hair to this great charity and with the help of staff at Rampton Hospital raise some money towards the actual making of the wig.

Sarah, who says she's never had a bad hair day and loved the compliments she got about her long hair, said: "I love my hair; it's my favourite feature so this was a big deal for me. I was quite nervous about having my hair cut as I've never had my hair cut short. However, this was for a fantastic charity and I

am really pleased that my hair will be used to make a wig for someone."

Sarah has managed to raise over £600 so far and there is still more to come in. The money will be enough to make a new wig using all of her hair donation.

The Little Princess Trust provides real hair wigs free of charge to children and young people up to the age of twenty-four that have sadly lost their own hair due to cancer treatment and other illnesses. The Trust relies solely on the efforts of enthusiastic community fundraisers and receives no formal funding.

If you would still like to make a donation for this great cause, please visit Sarah's Just Giving page: www.justgiving.com/fundraising/sarah-foster41, or there is a collection box at the Supervisors Bay at Rampton Hospital.

REDUCING HEALTH ANXIETY

A new study has found that easy-access, remotely-delivered psychological treatment can significantly reduce extreme health anxiety in people who repeatedly go to the doctor or hospital emergency departments.

Researchers from the Institute of Mental Health and NIHR Collaboration for Leadership in Applied Health Research and Care (CLAHRC) East Midlands carried out a trial to compare the effects of cognitive behavioural therapy (CBT) delivered by phone or video-calling to standard treatment via their GP and the mental health referral system.

The study showed that the phone or video treatment improved health anxiety, other anxiety, depression and overall health and saved more than £1,000 per patient.

The study was led by Professor of Psychiatry, Richard Morriss, from the Institute's Centre for Mood Disorders. He said: "This study has important implications for future clinical practice, we think. Health anxiety has been a growing problem for some time now and it means more and more people are seeking unscheduled on-the-day help or medical investigation from already over-stretched GPs and hospital emergency departments. Conversely, health anxiety can be in the form of a phobia which can prevent people from seeking medical attention leading to serious illness if symptoms are ignored.

"CBT is a well-tested and long-lasting effective treatment for severe health anxiety but, despite this, uptake is typically low because of stigma and negative experiences of mental health services. We found that people were more likely to engage in

telephone or video calling therapy and it was easier for many people to access. It has huge potential, we think, to reduce these patients' anxiety, and the knock-on effect will be less demand for emergency appointments in both GP surgeries and hospitals."

The researchers recruited 156 patients, with half randomly selected to receive the usual standard care for their health anxiety and half given remote CBT via phone or online video calling. The study showed that both groups experienced a reduction in health anxiety over the treatment period but those in the remote CBT group had a much larger reduction – 72% no longer experienced health anxiety during the treatment and this positive effect was maintained in nearly half the patients a year on.

The researchers conclude that targeted remote delivery of CBT is a feasible, clinically effective and cost-saving method of improving self-management in repeat users of unscheduled medical care with severe health anxiety, with whom the health services have previously struggled to engage.

The team are waiting to hear whether it will be put into practice in NHS services as it meets all three government NHS priorities: reducing urgent care use that is not necessary, digital health and saving money with improved outcomes for patients. The study has been published in the BMC Medicine journal and featured on BBC regional news.

£3.5m funding to help tackle some of the biggest challenges in dementia

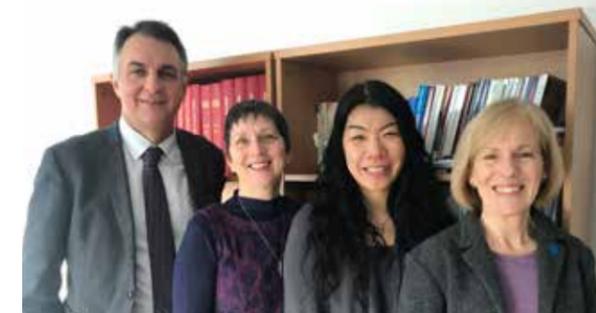
Dementia researchers from the Institute of Mental Health (IMH) have secured a prestigious European Commission funding award, committing over £3.5 million towards a new programme of dementia research over the next three years.

Professor Martin Orrell, IMH Director and the lead academic for the newly funded DISTINCT project said: "We are delighted to have been awarded this new funding; the work that this new study will deliver builds on the existing research framework from the INDUCT study. Bringing together a team of dementia and technology experts and researchers from across Europe creates a unique opportunity to pool resources, knowledge and ideas to tackle some of the biggest challenges in dementia."

Recent research published by the INTERDEM Social Health Taskforce showed that there is a need for research specialists working to improve dementia care and supporting people at home, in order to reduce the economic and societal costs.

The DISTINCT programme will develop 15 Early Stage Researchers (ESRs) who will become experts in the health and social needs of people with dementia and the effective application of technological solutions to support them. They will explore both the opportunities new technology can provide, as well as how to make technology more useable and ultimately improve the lives of people living with dementia and carers. Investing in a cohort of ESRs with such specialised expertise will ensure that critical dementia research has a future and could bring us a step closer to crucial breakthroughs in diagnosis or treatments.

The Institute of Mental Health already supports 100 PhD students and two other doctoral training centres through the NIHR MindTech MedTech Co-operative and TAnDem. By securing this funding award it demonstrates that the Institute of Mental Health is the lead centre in Europe for doctoral training and excellence in this area of dementia research.



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 May 2019 issue of Positive, please contact us by 5 April 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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