



Nottinghamshire Healthcare
NHS Foundation Trust

Members' e-bulletin

April 2019

Deaf Awareness Week 6-12 May

The theme for this year's deaf awareness week is 'celebrating role models'

Deaf Awareness Roadshows

Come and join us on our roadshow to learn a bit more about Deaf people and their achievements.

Whilst there you can learn some simple sign language and find out more information about deafness.

**Tuesday 7 May, Millbrook
10:30am to 1:30pm**

**Wednesday 8 May, Stonebridge Centre
1pm to 3pm**

**Thursday 9 May, Stapleford Care Centre
10am to 2pm**

**Friday 10 May, Highbury Hospital
10:30am to 1:30pm**

Sexual Safety Project



This two year research project at Nottinghamshire Healthcare has been commissioned in conjunction with Julie McGarry from the University of Nottingham to explore the experience of sexual safety for women on our acute wards.

The Trust Board give their full support to the project. A project launch event was held on 20 March 2019. Julie Gardner gave an overview of what has led the safeguarding leadership team to consider a specific project looking at enhancing sexual safety, from a national and local perspective. Julie McGarry then outlined the research and project plan and invited tables to reflect upon the enablers, obstacles and ideas for action that relate to sexual safety in our services. The project will commence in earnest shortly. If you are interested in this project or have any queries please contact Julie directly:

julie.mcgarry@nottingham.ac.uk

East Midlands Quality Improvement Network Meeting

**Friday 24 May 2019, 9.30am to 4pm
at Trent Vineyard in Nottingham.**

It aims to share and improve best practice in quality and improve standards in patient care. We welcome patients and carers involved in

NHS patient safety or quality improvement. Reasonable travel expenses will be reimbursed.

For more information/support with booking, please call 0115 82 41431

NHS Long Term Plan What Matters to You

Nottingham and Nottinghamshire Integrated Care System seek public views about the ambition of the NHS Long Term Plan and what this means for local people and services. Their campaign 'What Matters to You' is an opportunity for Nottingham/shire people to shape the local plan.

Carers Week 10-16 June

Carers Week runs from 10 to 16 June

Thursday 13th June 2019. 12pm-2pm

Bloomin' Dementia are hosting Tea/Coffee, Cake and Crafts at the Cottage Hotel Suttons Courtyard, Easthorpe Street Ruddington, Nottingham, NG11 6LA.

General information of the hard work a carer does, and the fact we recognise what they do, even if they don't themselves. To make Carers aware of the support that is out there for them.

Carers Council Open Meeting

Wednesday 19 June 1 - 4pm

At The Nottingham Mechanics, North Sherwood Street, Nottingham NG1 4EZ

Carers Federation Counselling Service

Carers Federation offer a free counselling service to people who care for or support a family member, friend or neighbour. If you are not a carer, you can still access the service for a contribution of £5 -£10 per session.

Counselling can help you understand your feelings and help you make sense of what is going on in your life.

Carers Federation provides the confidential counselling service at their offices in Carrington, Nottingham.

To arrange an initial assessment, call 0115 962 9310
or email info@carersfederation.co.uk www.carersfederation.co.uk

'Parentline' Health Texting Service for Parents and Carers

A text messaging service offering Nottinghamshire parents and carers of children aged 0-19 access to confidential health advice has been launched by the Trust's Healthy Family Teams.

The texting service, called 'Parentline', is an easy way for parents and carers to confidentially ask for help about a range of issues, such as feeding and nutrition, emotional health and wellbeing, child development, 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.

The service does not replace face-to-face contact with Healthy Family Teams but aims to offer an alternative, accessible method of contact and a flexible way to support people.

The Parentline number is 07520 619 919.

Parentline is available from Monday to Friday 9.00am - 4.30pm
excluding bank holidays.

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.

Ask Lion

(Local Information Online Nottingham)

Lion is an online community directory to help you find activities and support.

Find everything you need at your fingertips.

www.asklion.co.uk/kb5/nottingham/directory/home.page

Khushi Self Help Group

For Asian women in Nottingham city with experience of mental health problems.

Offering the chance to meet others in similar situations, share experience, coping strategies and information.

Tuesdays 1pm to 3pm

Contact Self Help UK Nottingham for more information on 0115 911 1661

Social Care and Support Guide

[Click here](#) to access the guide at the NHS website

New Carers Quick Guide

A quick guide for carers has been created by Nottinghamshire Healthcare.

It can be found on the [Trust website](#).

Arnold Methodist Church Befriending Group

Providing help and support to people with mental health problems.
This group takes place every Friday from 11am to 2pm
Arnold Methodist Church, Front Street, Arnold NG5 7EL

Black Carers Group for Family, Friends and Supporters

Are you supporting someone with a mental illness?
Do you want someone to talk to who knows what you are going through?
This group meets on the last Thursday of every month 1 - 3pm
Maple Suite, Highbury Hospital, Nottingham NG6 9DR

Beeston Carers Support Group

An opportunity to meet other carers and access information, support and training. Relax and make new friends.
At Manor Surgery, Middle Street, Beeston NG9 1GA
Third Monday of the Month 1-3pm
For more information contact
Nottinghamshire Carers Hub on 0115 824 8824

Carers Time To Talk

Drop in sessions, every Wednesdays 4 - 6pm
Liaison service and opportunity to chat/network with other carers and staff/enquire about care given.
Every Tuesday and Thursday, Learning and Support Sessions 5 - 6pm
Support dealing with difficult emotions/being understood and listened to/setting new goals/coping strategies/upskilling and learning
Contact Rowan 1, Highbury Hospital on 0115 876 0120

Institute of Mental Health

[Click here](#) for the latest news and updates from the Institute of Mental Health.

Public Face

[Click here](#) for the latest edition of 'Public Face', brought to you by the East Midlands Academic Health Science Network.

Healthwatch

Visit the Healthwatch website: www.hwinn.co.uk

Phone: 0115 956 5313

Email: info@hwinn.co.uk

The Carers' Council - Allies in Mental Health

The Carers' Council is a charity and offers support across Nottinghamshire to families, friends and carers of those experiencing mental distress by providing:

- Someone to talk to about experiences
- Quarterly Open Meetings with speakers and social activities
 - Quarterly Newsletter of events and information
 - Outings for members and family
- Promoting a partnership approach - working with NHS healthcare staff, Councils and other organisations

If you would like to find out more contact Geoff Curtis: Tel: 0115 963 1916 or email: geoffcurtis@ymail.com

Positive Newsletter

[Click here](#) to read the latest newsletter from Nottinghamshire Healthcare

Involvement Blog

[Read our Involvement Blogs](#)

Twitter: @InvolveT1

Your Feedback Matters

Nottinghamshire Healthcare is committed to listening and responding to the views and experiences of service users, patients and carers.

We want to hear about your experiences of our services. We want to hear your stories about your care and treatment. We will listen to what you have to say and respond.

If you have used our services and would like to leave your feedback please go to:

www.feedback.nottinghamshirehealthcare.nhs.uk

Or you can leave us your story at Care Opinion. Care Opinion is an independent site where you can leave your experiences of health services in the UK, good or bad. Your stories are passed on to the appropriate people to make a difference.

Contact Us

You can contact the Membership Office in the following ways:

Phone: 0115 9691300 extension 11153 or
0800 012 1623

Email: membership@nottshc.nhs.uk

Web: www.nottinghamshirehealthcare.nhs.uk

Facebook: www.facebook.com/nottinghamshirehealthcare

Twitter: [@nottshealthcare](https://twitter.com/nottshealthcare) [@involveT1](https://twitter.com/involveT1)

