

May 2019

positive

about integrated healthcare

02: Live team gets everyone active

05: Taking Action on Dementia

19: Feedback matters

HMP Lincoln's Long Term Conditions team

Two thirds of people with a long term physical health condition also have a mental health problem, with anxiety and depression common among those coping with a long term illness.

Last October Jo Woolley, Advanced Nurse Practitioner and Sarah-Jayne Holmes, Psychological Wellbeing Practitioner, worked together to introduce psychological therapy provision at HMP Lincoln. Their aim was to provide mental health support as well as supporting an individual's general health needs, through a collaborative care programme.

Short term psychological support is now being offered to clients with enduring health conditions who are struggling with management, adjustment and coping, looking at learning new techniques and strategies to deal with a long term health condition. A six to eight week course addresses cognitive based techniques and behavioural activation, addressing goal setting, problem solving, avoidance and safety behaviours.

Therapy can now be offered as part of an individual's physical medical pathway. Both Jo and Sarah attend

multidisciplinary team meetings, case reviews and are co-located with the physical and mental health teams.

Being supported by the Long Term Conditions team means patients receive a continuity of care, enabling them also to choose to attend a monthly group review chaired by both team members to discuss any wellbeing support.

Patients have reported an improved experience of services with their mental health needs being addressed and considered on a par with their physical health, offering more holistic, patient-centred care. Some of the benefits noted have included being able to set their own goals and manage their long term health condition more effectively, an improved wellbeing and increased confidence.



Jo Woolley (left) and Sarah-Jayne Holmes

Live team gets everyone active!

The Live team based at Highbury Hospital supports service users accessing inpatient services at Highbury, Millbrook Mental Health Unit and Bassetlaw's inpatient wards. Their focus is to enhance patient experience and wellbeing, bringing people together to create positive communities.

Their current 'Active Lives' project is well under way, with wards across Highbury, Millbrook and Bassetlaw embracing ward-based sports instructor sessions including yoga, chair-based exercise, gym sessions, circuits and bowls.

Lincoln Young, MHSOP Activity Coordinator, said: "The project really has a positive effect on the service users' mood throughout the day."

The sessions have been well received and well attended with patients saying that the yoga in particular was very relaxing and that **"it helped with anxiety, helped to relax and relieve tension"**, and generally feedback has focused on the instructors being 'approachable and motivating'.

The Sport England funded project is two months in with an expectation of engaging 250 service users in physical activity over a year. So far there have been 180 participants across the sites and the Live team will continue to fund physical activities both on and off wards, with Zumba and football sessions from Notts County's FITC also planned.

Jennifer Bailey, Live Clinical Team Leader said: *"Look out for our two big Active Lives celebratory events on 2 May at Highbury and 16 May at Millbrook – there will be lots of free tasters and drop in sessions for patients, carers volunteers and staff including Tai chi, Zumba, yoga, smoothie bikes and rowing challenges."*

For more information and to get involved email liveteam@nottshc.nhs.uk or call 0115 969 1300 ext 15833



Chair based exercises on Kingsley ward

The Highbury and Millbrook Miles

The Live team has created mile long walking routes on the Highbury Hospital site and around the Millbrook Mental Health Unit. The routes have a quarter, half and three quarter mile markers, number of steps and distance completed in metres, helping walkers track how much exercise they're doing.

The idea is to provide a recognisable and easy route to encourage walking and giving a focus to a walk around the sites. The routes are for inpatients and staff and they can be used as part of a healthier lifestyle routine, to help reach an exercise goal or just as an excuse for some fresh air.

Although the routes are very much around hospital grounds the Live team are keen to make these walks more interesting and welcome any suggestions or thoughts.

The team has planned Monday Monthly Mile guided walks at both sites throughout the year to promote and demonstrate the routes to current inpatients and anyone else who would like to join them. The guided walks will be held on the last Monday of every month from 11am at Highbury and 3pm at Millbrook.

On the most recent walk around Highbury, staff member Zenn said that it is great to see the site used productively and a service user expressed: "It is really nice to see the whole site and all the different services that we provide."

For more information or ideas please contact live team on liveteam@nottshc.nhs.uk.



Thank you to the Sherwood branch of the Women's Institute (WI) for kindly donating £500 to the Margaret Oates Mother and Baby Unit at Hopewood, as well as some outdoor play equipment to benefit the older children of families and some board games for the mums.



Welcome to our first nursing associates

The first Nursing Associate Graduation Ball took place in March, celebrating the success of our own 12 trainee Nursing Associates.

Along with others trained across Nottinghamshire and Derbyshire in this collaboration across the Integrated Care System (ICS), our amazing colleagues have become the very first of the new generation of healthcare employees that will support our patients and service users across the NHS.

The nursing associate role is designed to help bridge the gap between health and care assistants and registered nurses. It is a stand-alone role that will also provide a progression route into graduate level nursing. Nursing associates work with people of all ages and in a variety of settings in health and social care.

Over the past two years our 12 trainees have had a clinical 'home' base and have learned their nursing skills from our own nurses and from other organisations. They are a credit to themselves and to

our colleagues who have supported them relentlessly through the past 24 months.

Nottinghamshire Healthcare has a further 90 trainees undertaking their university Foundation Degree and we will see these colleagues graduate as nursing associates in stages over the next two years. But for now we welcome the trailblazing 12 who have taken a massive leap of faith and trust in Nottinghamshire Healthcare and Learning and Organisational Development colleagues and in themselves to achieve a goal that will open up a range of career possibilities and higher standards of care for our patients.

'Impressive' individuals

The word 'impressive' has been used to describe our 12 nursing associates. They

are individuals who have undertaken a national innovation programme and embraced every aspect. We have colleagues who have returned to study after many years. They are experienced, caring colleagues who may have thought they would never be a fully regulated professional in their own right. But this is what our first 12 have achieved. They are fully registered with the Nursing and Midwifery Council (NMC) and fully qualified as a nursing associate; a profession in its own right and part of the registered nursing family.

There are many staff across the Trust, senior colleagues, peers and family members who are deeply proud of the achievements of this pioneering twelve. To find out more about trainee nursing associates contact Linda McMillan on linda.mcmillan@nottshc.nhs.uk.



European conference for senior psychiatrists comes to Nottingham

This October the Institute of Mental Health will host the second European Refresher Course for Old Age Psychiatrists – run jointly by the European Association of Geriatric Psychiatry (EAGP) and the Faculty of Old Age Psychiatrists at the Royal College of Psychiatrists.

Building on the success of the first refresher course held in Leuven, Belgium, in 2016, this two day learning and networking event for consultant old age psychiatrists will include invited speakers from across the UK and Europe. It will provide an engaging and stimulating programme to refresh and invigorate senior psychiatrists and their practice.

For ticket sales, registration and programme details please visit www.institutemh.org.uk/ERCOAP

Taking action on dementia

A free event is being held this month for people living with dementia. Featuring activities for carers and all the family, informative talks, guidance and support for everyone. Come along to gain peer support, connect with others and find new services and groups. Refreshments will be provided.

Taking Action on Dementia will be held on Friday 24 May from 10am to 2pm at Rushcliffe Arena, Rugby Road, West Bridgford, NG2 7HY.

For further information and to book tickets visit

www.taking-action-on-dementia-event.eventbrite.co.uk or call

0115 981 9911 or email

customerservices@rushcliffe.gov.uk

The event is being run in partnership by Nottinghamshire Dementia Action Alliance, Nottinghamshire County Council and Rushcliffe Borough Council.



©Sk172

New 'Social Alienation' art exhibition opens to the public

The Institute of Mental Health has welcomed a new East Midlands artist to exhibit their work for the next two months. Sk172 is a Cambridgeshire-based artist who paints using acrylic on diverse and often found surfaces like wood and cardboard.

Sk172 has been living with mental health problems for nearly two decades which has increased his proliferation of drawings, scrawls, and paintings. Sk172's work is inspired by the child-like, naïve and figurative approach to painting used by artists such as Jean Dubuffet and Jean-Michel Basquiat.

He tries to paint as much as he can, and says: "It is a therapeutic way of confronting my inner demons which have been plaguing me since my diagnosis of schizophrenia, epilepsy, and acute OCD. Sometimes I paint what many people may think are crazy, scary faces or masks, however I am very much influenced by African art and the masks are a recurring subject in my work."

Open to the public from Monday to Friday, 10am – 4pm at the Institute of Mental Health, University of Nottingham Innovation Park, Triumph Road, Nottingham NG7 2TU

The exhibition is running now until 17 May 2019. Find out more at www.institutemh.org.uk/sk172.

Nurse honoured with Royal College of Nursing national award

Mental health nurse Vicki Moss has been honoured with a Royal College of Nursing (RCN) Foundation Impact Award. The national awards are given annually to nursing professionals who have achieved outstanding impact with activities funded by the RCN Foundation.

Vicki works in the Community Child and Adolescent Mental Health Services (CAMHS) in Newark at the Trust and is training to be a Cognitive Behavioural Therapist. She started her nursing career with funding through the RCN Foundation's Margaret Parkinson Scholarship, which funds graduates from non-nursing degrees to enter the nursing profession.

Vicki studied nursing at Nottingham University and completed the course with a Distinction. During her studies, Vicki undertook a broad range of activities with highlights including working with a wide range of clients and seeing the difference that good mental health nursing could make to people's lives. She also worked alongside experienced and inspiring clinicians who inspired her to keep going when things got tough.

Vicki said: *"It was a real confidence boost to think that the RCN Foundation were behind me and they believed in me. I'd been really nervous about doing my nurse training and, making such a big commitment to change careers, I was worried that I was taking on too much of a challenge.*

When I found out about the award, I felt like that was a vote of confidence, and I was reassured that the Foundation saw something in me that made them think I could make a success of it."

Deepa Korea, RCN Foundation Director said: *"It is vital that nursing staff are supported to develop the skills and expertise to provide the best patient care. Access to high quality education and learning opportunities is central to this, and the RCN Foundation is committed to investing in the nursing workforce in this way. I am delighted that we can support nursing staff to make an impact on themselves and their patients."*



Ruth May, Chief Nursing Officer for England, presenting Vicki with her award



Lisa (left) receives her award from Penny Keith, Deputy Associate Director of Nursing, Quality and Patient Experience

Lisa wins an IPC award

Congratulations go to Lisa Hodgkinson, who has been awarded the Infection Prevention and Control (IPC) Outstanding Achievement Award. Lisa is currently working as a senior staff nurse for the care home team in Mansfield and Ashfield and has been an IPC Link for a year.

She has excelled in the role, sharing information from network meetings and conferences, and taking part in an audit on hospital admissions. She has also delivered IPC training to care home staff, facilitating quizzes around infections and initiating discussions around the flu vaccine. Lisa has also been involved with the E-coli workshop looking at pathways for continence and catheter care in primary and secondary care and home environments.

Raising money for Dementia UK

When Debbie Chambers, secretary in the Mental Health Services for Older People service saw Dementia UK's 'Time for a cuppa' fundraising event advertised online, she suggested to colleagues that they hold a cake sale.

They set the date for late February, let everyone from the local MHSOP and adult mental health services know, and got baking. Debbie made a carrot cake, Wendy Fisher baked an orange cake, Jodie Pollard made a Victoria sponge with raspberry cream icing and topped with berries, other colleagues made a courgette cake and cookies, and a patient baked some square cookies.

They were all positively delicious and the morning was a great success, raising a grand total of **£100 for Dementia UK.**

£100
raised



The journey to building a Substance Recovery Wing

Creating an environment that fosters recovery from substance misuse, and is based around mutual aid and support, has been high on the agenda for a number of years at HMP Lowdham Grange.

Patients with substance misuse issues usually have to be drug free to transfer to a therapeutic community to receive intensive support, however patients in prison need increased support to achieve this.

Following an increase in hospital admissions, self-harm and drug related deaths, in 2018 Mark Hanson, Prison Director and Jane Barber, Head of Healthcare held an away day for their staff to focus on issues, options and devise an action plan to work together to tackle this growing concern.

The discussions demonstrated a clear passion and commitment to making a positive difference, and a drive to make it happen. All the staff taking part agreed that a new dedicated recovery wing fostering an enabling environment and a full package of more intensive interventions was needed. Mark Hanson put his full backing behind the proposal, making it a true joint working venture.

How the teams worked together

Kerry Harvey, Substance Misuse Practitioner, explained:

"A new weekly steering group comprising Prison and NHS staff, was introduced which agreed a plan of action for the new dedicated wing. We also held prisoner forums to discuss what they felt would work for them.

"The new enabling environment was supported by prisoner custody officers who have the motivation and outlook to work on the area, and three new rooms were completely redesigned and furnished to create a group room, therapy room and an office for the substance misuse team. Recovery-focused motivational slogans were painted on the walls of the wing to help design a positive environment.

"The gym staff created a 12-week plan of activities which allowed patients to achieve an entry level 3 award in 'The principles of health and fitness' and a level 2 award in 'Understanding nutrition performance and healthy eating'. The Director agreed that prisoners could return to their previous jobs after the course to help keep structure in place and reduce the chance of relapse.

"Peer support and mutual aid were essential to ensuring that patients had access to support 24hrs a day, and the prison supported a mutual aid contract with SMART Recovery, with the substance misuse team interviewing and selecting peer mentors as a valuable resource.

"We also wanted to include families in the work, and a monthly family report – with patient consent – meant that they could be incorporated into the programme with a family invited to the graduation ceremony. The first cohort joined the wing at the end of January and graduated at the end of April."

The name of the new wing was agreed with the prison and patients and it is now known as START for Substance misuse Treatment And Recovery Therapy. The hope for the future is to grow and deliver recovery focused outputs, and promote a drug free environment in the prison for all to benefit.

Three new rooms were completely redesigned and furnished to create a group room, therapy room and an office for the substance misuse team.

Centre for Health & Justice launches new Children of Prisoners report

A new report has estimated that over 100,000 more children are affected by parental imprisonment than previously thought and calls for a better system to identify those affected.

According to the research from Crest Advisory, led by Professor Eddie Kane from the Institute of Mental Health, the statistic regularly cited of 200,000 children with a parent in prison is an underestimate, with the number of children affected closer to 312,000. The report states that this underestimation is risking serious safeguarding and welfare issues, as well as opportunities for intervention.

Children of prisoners are at risk of significantly worse outcomes than other children including an increased risk of future offending, mental health issues and poor educational attainment. The research findings in this new report call for systematic identification of children

by the justice system to ensure other agencies can be alerted and support provided if necessary.

Professor Kane, from the Institute's Centre for Health and Justice said: *"Our work with Crest Advisory on this report has independently researched, reviewed and evaluated how children are affected by a parent's whole criminal justice journey and the under-estimation of statistics showing the number of children affected by parental imprisonment. The robust findings particularly highlight that the significant under-estimation of the number of children who are affected must be immediately addressed. We hope this research will initiate system-wide changes that improve the lives and wellbeing of children and their families across the UK."*

The full report is available to read on the Crest Advisory website.

We hope this research will initiate system-wide changes that improve the lives and wellbeing of children and their families across the UK.



FANTASTIC flu-fighting from the School Aged Immunisation Service

The Trust's School Aged Immunisation Service (SAIS) provides a range of routine immunisations for all children and young people across Nottinghamshire and Nottingham City. Part of this service requires all primary school children from reception up to year 5 to be offered an annual flu vaccination during the autumn 'flu season'.

This requires the team to work closely with all schools, negotiating suitable times and space to administer the vaccines and asking schools to support by displaying information about the vaccine and advertising sessions with parents via their school website and newsletters with a link to the Trust web page.

The SAIS workforce for the 2018 flu campaign consisted of just 14 nurses and six support staff negotiating sessions with schools along with ordering, transporting and safely storing vaccines, seeking and reviewing consent, administering vaccines and recording all activity.

The team's aim was to ensure as high an uptake as possible in order to protect children and their families against flu. Here's what they achieved:

- Visited a total of 338 schools and alternative education providers over a ten week period from October, with no schools refusing the service offer. Special Schools were prioritised and all were visited during October.
- Following an increased demand for clinic appointments due to increased promotion and the ongoing improvement in the service's relationships

with schools, a range of 'catch up' clinics were set up and home visits undertaken to ensure as full an uptake as possible.

- To further increase uptake at the beginning of December, approximately 3,500 letters were sent to parents and carers who had not returned consent forms. Nottingham City families with a child in school year 4 and year 5 were especially targeted as uptake in these year groups was lowest.
- Children who were absent were followed up and further catch up visits to schools were made. Parents who had not returned a consent form were also contacted to seek verbal consent.

In all, over 74,000 eligible children were contacted to gain consent, with nearly 47,000 vaccines administered during this year's flu season. There was over 70 per cent uptake in County and nearly 49 per cent uptake in the City.

Helen Firth, Professional Service Lead for the team, said: *"I am so proud of the team. They showed a huge commitment to the programme and to the service and went the extra mile to ensure as many children as possible were immunised. The team maintained motivation and momentum throughout the programme and there was a wonderful camaraderie."*

Next year the team has an extra year group to vaccinate and are looking for nurses to support them over the flu period. If anyone is interested in extra hours between October and Christmas please contact Helen Firth on 01623 781822 or 07771961368.



Volunteers take 'Footsteps' towards supporting mums

A group of parents have just completed a Footsteps Perinatal Befriender Volunteer Training course at Ashfield North West Children's Centre. Nottinghamshire County Council Elected Member Helen Smith presented the volunteers with certificates and praised them for their commitment to providing a valuable service to their local community.

One participant, Hannah Smith, said: *"The course has been brilliant. I have learnt a lot and enjoyed every week. It made me rethink some of my opinions and approaches to things."* Another, Gemma Mathews, added: *"The course has helped me with my own confidence and I have learnt so much."*

All of the learners stated that the volunteer course helped them develop greater skills and confidence and that the training had helped them to feel more confident about starting or carrying out their volunteer role. The volunteers are looking forwards to supporting mums in their own homes and running a support group for parents who may be suffering from low mood.

Course Facilitators Gemma Beaver and Kelly Ashley said that they were *"so proud of the volunteers and their commitment and achievement. We are looking forward to working with them in their volunteering role."*



Course learners with course facilitators Gemma Beaver and Kelly Ashley, and Nottinghamshire County Council Elected Member Helen Smith

Supporting the homeless with health event in Mansfield

The Crisis Resolution and Home Treatment team recently supported an event organised by Sherwood Forest Hospitals to support homeless people in Mansfield.

The second Street Health Event was a great success, attended by more than 60 people living on the streets.



Unicef Baby Friendly reaccreditation success in Bassetlaw

In January this year, the Bassetlaw Healthy Family team and Children's Centres underwent a two-day Unicef Baby Friendly reaccreditation visit. The assessors spoke to 41 members of staff and interviewed 50 breastfeeding and bottle feeding mums about the services they had accessed and the support they had received, as well as visiting venues across the district. At the end of the visit they were delighted to be able to re-accredit the services as Baby Friendly.

The staff from both teams were commended for their hard work in continuing to support mothers, and it was clear to the assessment team that **pregnant women and new mothers received a high standard of care** relating to infant feeding, caring for their babies in the early days and relationship building through feeding from very knowledgeable staff.

"One of the most rewarding parts of the assessment was that 100% of mothers interviewed said that staff were kind and considerate," said Alison Jee, Infant Feeding Lead for Bassetlaw. "The last few years have been difficult with changes to both services and this reaccreditation values the time taken by staff to support women with their feeding journeys."

This is the second successful reaccreditation for Bassetlaw, since receiving full Baby Friendly accreditation in 2014, and moving forward the teams will now be working towards the Gold Sustainability award with the rest of the county. This will demonstrate how all the key principles are embedded firmly into practice and reflect how infant feeding is represented at the highest strategic level, protecting and promoting breastfeeding as well as ensuring safe formula feeding of babies.

Alison added: "This is an exciting time and demonstrates the Trust's commitment to maintaining high standards and supporting health professionals to provide compassionate, non-judgemental and mother-centred support."



The Energy and Environment Team



Recognition for excellent sustainability reporting

For the second year running, the Trust has been recognised for excellent sustainability reporting as part of their annual report, receiving a certificate of excellence, awarded by the NHS Sustainable Development Unit (SDU), NHS Improvement and the Healthcare Financial Management Association (HFMA).

The SDU, which works across the health and care sector on behalf of NHS England and Public Health England, conducted an analysis of all provider and Clinical Commissioning Group (CCG) annual reports to evaluate sustainability sections. 55 trusts and 42 CCGs (around 22%) were selected for recognition out of 432 organisations across England.

High quality reporting on sustainability is recognised as a fundamental way in which organisations can demonstrate their commitment to embedding environmental, social and financial sustainability.

Good sustainability reporting is widely recognised as including the following areas:

- Leadership and engagement – Board level, staff and community

- Resources - such as energy, water and waste
- Travel - including staff travel, patient transport, business travel
- Procurement – including local, community and ethical procurement
- Adaptation and transformation
- New models of care

Lynn Walker, Trust Environmental and Sustainability Manager said: *"We are incredibly pleased to have been awarded this certificate for the second year running and it is fantastic to be externally recognised for our efforts and achievements. It really encourages us to continue working hard and deliver environmental improvements. There are challenging times ahead, but sustainability targets contained within the NHS Long Term Plan, which require action around carbon, air pollution, reducing waste and over reliance on single use plastics, will ensure we, and the Trust remain focused and committed to providing sustainable healthcare."*

Stroke Team support the Stroke Association

Well done to the Trust's Stroke Teams who have together raised over £900 for the Stroke Association.

Speech and Language Therapists Sarah Roberts (Community Stroke Team) and Tiffany Coulter (Stroke Unit - City Hospital), Anti-coagulation Nurse Matthew Roberts (Queen's Medical Centre), Occupational Therapist Rowena Padamsey (Stroke Unit- City Hospital), Stroke Consultant Ganesh Subramanian (City Hospital) and Physiotherapist Aanchel Bhandari (Stroke Unit - City Hospital) joined hundreds of people at Rushcliffe Country Park for the 5k Stroke Association Run to help raise vital funds for the charity.

Sarah said: "The Community and Inpatient Stroke teams work in partnership with the Stroke Association and we wanted to help raise awareness to support people who have been affected by stroke."

"We finished the run slightly windswept but still smiling. It was a fantastic event and I am so pleased to have raised so much funding. To top it all I even achieved my 5k personal best!"



Find out more at www.stroke.org.uk/

Thank you, Gladys

We were sorry to hear recently of the death of Gladys, a volunteer who was involved with the Trust for more than 30 years in many different ways. The impact she had on the Trust, our volunteers, patients and carers will never be forgotten, and she will be missed by so many people.

Gladys helped set up and develop the involvement approach and our two Involvement Centres. She was hugely passionate, committed, humorous, honest and not afraid to speak out to ensure patients are listened to, truly involved, and central to all we do.

Thank you Gladys, on behalf of us all, for your fantastic contribution over the years and for keeping us on our toes!



Gladys at the Queen's Garden Party



A garden makeover at the Children's Development Centre

The vast garden area at the Children's Development Centre, based at Nottingham City Hospital, recently benefited from a 'tidy up and makeover' thanks to support arranged by Marianne Burchell through the NUH Charitable Funds.

AECOM, which supports the charity, organised for 13 of its workforce to spend a full day in the garden, and they didn't stop from the moment they started. The group was a mixed age group and also included the company's managing director.

They cleared lots of leaves, cut back overgrown shrubs, planted several pots and a raised bed area, scrubbed and cleaned a slide and got rid of lots and lots of moss that had accumulated over the year.

Marianne also has other companies who are able to volunteer but on a smaller scale.

Many thanks go to everyone involved.

Retford Mayor visits local Children's Centre

Retford's Mayor, Councillor Mick Storey, and Councillor Graham Oxby recently visited Hallcroft Children's Centre in Retford to congratulate and present certificates to parents who recently completed the Opening Doors To Confidence course at the Children's Centre.

Children's Centres provide advice and support for families and deliver courses, groups and activities for families with children aged 0 to 5.

The six-week course uses a range of tools and aims to build self-esteem, responding to the groups interests/needs including coping strategies etc. Learners identify their own reasons for their lack of confidence, increase their self-awareness and afford themselves with the strategies necessary to make a positive change.

One parent fed back about the group and said: "If it wasn't for this group I would be going round in a negative circle for a long time. This course and group has offered support and advice without any judgement."

Nottinghamshire Children and Families Partnership (NCFP) of which Nottinghamshire Healthcare is part of, manages the Children's Centre services, on behalf of Nottinghamshire County Council.



Children's Centre gives something back to their local community

At their team development day, the staff at NCFP Ashfield North West Children's Centres decided that they wanted to "give something back" to their local community.

They decided to volunteer at Brierley Forest Park in Huthwaite, where, on a wet and windy day, they immersed themselves in litter picking, collecting 20 large bags of rubbish from across the park, with some interesting items picked up! The team also got involved in some tree lopping and clearing.

Kelly Ashley, Family Support Worker, said that she initially wasn't looking forward to going out in the wind and rain but she thoroughly enjoyed the day and got a lot from it. Anne Cardy, Admin Assistant, added: "We felt really involved and the rangers made us feel that we were making a big difference to the park."

The park rangers thanked all the team, saying that "the park has never been so clean." The rangers rewarded everyone with some welcome hot drinks in the park's community café.

Mark Hoyland, Children's Centre Coordinator, said: "I was really proud of the team and how they all worked together to make a difference in their local community. It was a wet and windy day but everyone did their very best."

Two Simons to climb Snowdon for charity

Simon Ralls, a Mental Health Practitioner working with the County Liaison and Diversion Team, Community Forensic Service, and PC Simon 'Stretch' Cantrill from the County Mental Health Street Triage car, Nottinghamshire Police are climbing Snowdon together on 10 August 2019 to raise money for the National Autistic Society.

PC Simon Cantrill also completed the Yorkshire three peak challenge last year in aid of the Society, raising £315. His son was diagnosed with autism spectrum disorder and developmental delay in January 2018 and is currently being assessed for specialist schooling due to his needs. He said: "We have used the autism society for events and support in our local area and we can only think that we will need their services going forward."

Simon Ralls has worked for the Trust for many years and is currently working within the Criminal Justice System. He continues to undertake extreme sporting challenges, having previously run up Snowdon and is running a 22 mile race up and down Snowdon shortly after this challenge.

Feel free to contact Simon via the Trust email or to donate visit the JustGiving page: <http://www.justgiving.com/RallsandCantrill?utm=121>



Simon and 'Stretch'

Arnold Lodge celebrates International Women's Day

Patients from the Women's Service at Arnold Lodge recently worked with occupational therapy staff to organise a special coffee morning to celebrate International Women's Day.

They prepared posters and information, promoted the event, decorated a room for the special event and baked a magnitude of cakes! Staff from across the hospital celebrated alongside patients from Tamar and Coniston wards and got involved in making friendship bands, learning about inspirational women and enjoying tea and cake.

In the spirit of the day, the patients wrote some fantastic quotes about women:

"Never give up believing in yourself because women are worth it."

"Together women can achieve so much - support one another to be the best you can be."

"Be positive! Be independent. Being a mother is just as important as other jobs and we love you for it!"

A fond farewell to Julia



We are wishing a fond farewell to Julia Hanrahan, who is retiring after 31 years with the Trust – including 30 years dedicated to the same job.

Julia came to Nottingham in 1987 to work as a staff nurse on A42 Mother and Baby unit at QMC, and a year later she began working as a community psychiatric nurse (CPN) with the Motherhood and Mental Health

team (now known as the Perinatal Psychiatric Service). Julia also took on the role of part-time named nurse for child protection from 1999 to 2003.

She has seen the service develop over the years, growing from three to nine CPNs and with increasing numbers of doctors, psychologists, occupational therapists and others joining the team, reflecting the increased awareness of perinatal mental health issues. As a CPN she assesses and follows up women with mental health problems having babies, and over the last four years has delivered psychological help through CBT and mindfulness-based cognitive therapy groups.

Julia said: "I qualified in 1985 in Derby as a registered mental nurse, but I moved to Nottingham to join the mixed admissions ward A42 with its mother and baby facility. I knew the city also had a community mother and baby service and I really wanted to join that team.

"The reward is that people do get better and I wanted to see that. Women with perinatal mental health problems don't necessarily have further mental health problems but go on to have normal lives.

"I am sad to leave my colleagues and patients but I'm looking forward to taking some holidays – and who knows what will happen in the future!"

Lisa Carter, Community Team Leader, Perinatal Psychiatry said:

"Julia was such an important part of the team, we have been very lucky to have her work with us for so long. Her influence over the years is hard to put in to words. Her quiet assurance and confidence, backed up by her extensive experience, gave her such credibility. She will be very much missed, by the patients she worked with, her colleagues, and by me as her team leader. Best of luck in your retirement Julia."



"Women are the embodiment of strength, patience, love and compassion. A world without women would be like an ocean without water. Respect women as they are the foundation of creation and the life giver of men."

Mental health first aid training gets great feedback

A number of mental health first aid (MHFA) training courses have now been held across the Trust, including the first at Rampton Hospital at the Mike Harris Learning and Development Centre. This was a real development because not only did the group consist of a mixture of clinical and non-clinical staff including managerial colleagues and chaplaincy, it was presented by MariaPaola Ditch from the Trust together with Nikki Pedge from Lincolnshire Partnership as part of building the MHFA network in the NHS.

MariaPaola has also delivered an adult MHFA two-day course to Local Partnerships colleagues at Stapleford Care Centre from various disciplines, including physiotherapy, Macmillan, occupational therapy, nursing, a community matron and managers.

Evaluation forms from courses delivered within the Trust so far report that people find the adult MHFA two day course to be engaging and informative, increasing confidence in supporting patients, with good resources. One person commented: "A really excellent, well delivered course. The presenters gave us great confidence to share and learn together. Everyone should do this course." Another wrote: "I think every member of staff within the Trust needs this training. Should be part of mandatory training."

For more information on course dates, email mhfa@nottshc.nhs.uk.



Above: From left, Julie First, Assistant Practitioner; Nikki Pedge, Adult MHFA Instructor; Kevin Shaw, Lead Chaplain; Sarah Cherry, Clinical Team Secretary; MariaPaola Ditch, Adult MHFA Instructor & Clinical Educator; Ruth Waters, Nurse, HMP North Sea Camp; Nicky Welsh, Senior Workforce Advisor; Tracy Colley, Practice Learning Tutor; and Helena Whalley, Family Support Worker

Below: Back row from left, Sallyann Wilson, Locality Care Team Manager; Christopher Simcox, Senior Physiotherapist; Rachel Cushing, Occupational Therapist; Dawne Fitzsimmons, Head of Adult Service NW Locality; Laura Mannering, Community Macmillan Nurse Specialist; and Kathryn Nussey, Senior Staff Nurse. Back row from left, Victoria Place, Senior Physiotherapist; Amy Attewell, Occupational Therapist; Vanessa Gibbons, Continence Nurse Advisor; and Ann Mahdoodi - Community Matron



Feedback Matters Event



Feedback Matters Event

listening to the views of patients and carers

In March the Trust held a 'Feedback Matters' event at Duncan Macmillan House, attended by over 80 people. The event was supported by Care Opinion and the National Patient Experience Network, with attendees from the two organisations delivering presentations. There was also an address from Dr John Brewin, Chief Executive, on feedback as a barometer of organisational culture.

The Trust employs a range of ways for service users, patients and carers to share their experiences in our services. Feedback can be shared with the Trust via the Service User and Carer Experience surveys, Care Opinion, CARE reviews and via inpatient or community meetings and forums. Teams use this feedback to recognise and learn from the examples of good care, and to make improvements where they are needed.

The 'Feedback Matters' event marked the conclusion of phase one of the Trustwide Patient and Carer

Experience Review, which focused on gathering insight into the effectiveness of our approaches to capturing, understanding, responding to and acting on feedback from patients, their carers and families.

Phase two of the Trustwide Patient and Carer Experience Review will now follow, focusing on tweaking or redesigning our approaches and testing new ideas. This will be informed by what was learnt in phase one and the discussions at the event.

Thank you to all who attended, including service user and carer volunteers, and patient experience leads from Lincolnshire Partnership NHS Foundation Trust, Leicestershire Partnership NHS Trust, Northamptonshire Healthcare NHS Foundation Trust and Derbyshire Healthcare NHS Foundation Trust. There were also representatives from Nottingham University Hospitals, the University of Leeds and the University of Nottingham.

For more information about the Trust's approach to capturing patient and carer feedback, or to share feedback about your own experiences visit:

feedback.nottinghamshirehealthcare.nhs.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 the July 2019 issue of Positive, please contact us by 31 May 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 www.nottinghamshirehealthcare.nhs.uk

Get in touch

Nottinghamshire Healthcare
NHS Foundation Trust,
Duncan Macmillan House,
Porchester Road,
Nottingham NG3 6AA

Tel: 0115 969 1300

www.nottinghamshirehealthcare.nhs.uk

 www.facebook.com/nottinghamshirehealthcare

 www.twitter.com/nottshealthcare

 www.on-our-mind-notts.blogspot.com

positive
about integrated healthcare