How talking therapies helped with my OCD

I'm Laura. I'm 24 years old and I have a 7 month old baby. I've struggled with OCD for as long as I can remember but after my daughter was born I realised I couldn't carry on and desperately wanted help. I was constantly arguing with my husband because he just wasn't doing things the right way. I was cleaning pretty much all the time and worst of all I was neglecting my baby so I could carry out my routines.

I referred myself to steps2change and on my first session with Ruth, I wrote down a list of triggers and rated how much I thought each affected me. To start with Ruth asked me just to delay doing things. I didn't stop carrying out my behaviours; I could still do them, just a bit later on.

The next week we took one of my biggest triggers, washing up. I could not leave it until the morning after and I could not let anybody else do it. She asked me to spend the week just leaving it until the next morning. Initially I got very upset but I did it, and every day the anxiety was slightly less intense.

I practised as much as I could, and instead of carrying out my obsessive behaviours I sat with the feelings and embraced them.

After five sessions I realised what some of my underlying concerns were that drove my behaviours. I learned techniques and mantra to help me remember I am myself and I can be around things I don't like without it becoming who I am. I would urge anybody suffering like me to seek help and trust the treatment.

I am not controlled by my OCD anymore, even though it is still there. Instead of it being a massive bully holding a gun to my head, it's just a tiny annoying mouse which rattles through my head now and then. I've got my life back.
Ensuring carers feel part of the journey

As part of a new pilot, Donna Bradford has been appointed as Carer and Family Lead for the Trust, predominantly working with our inpatient wards and crisis teams, but also supporting community teams and specialist services to better engage and support carers. Now a few months into the role, Donna tells us what she’s been up to and the positive impact she’s having on carers feeling part of the journey.

It’s still early days, but I already feel like I’m having a huge impact on raising the profile of carers and helping them feel more equipped to support someone with a severe mental health problem.

With Carers First, we’ve developed a six-week course for carers. It offers an opportunity to learn more about mental health, patient confidentiality, adjusting to life as a carer, and what support is available. We will be advertising future dates on the LPFT website www.lpft.nhs.uk.

I’m also providing advice to our staff on the role of carers and what support they should be offered, especially when a loved one is first diagnosed, in crisis or admitted to hospital.

Although some of my time is spent supporting individual carers with complex needs, the main aim of my role is to develop and deliver a divisional strategy that meets the needs of those who care for our service users. Part of the strategy is developing information that teams can share with carers so they have a better understanding of the illnesses they are dealing with.

I can also act as an advocate with teams, particularly where someone isn’t feeling listened to. Gently reminding staff what information they can share, or finding out more about the person’s care so I can support with more information about diagnosis or coping strategies.

Carers can contact me direct, or can be referred by local teams. I’m just on the end of the phone to offer advice and guidance when they need it – to ensure our carers and patients get the very best service they can.

I already feel like I’m making a big difference and have had some really great feedback. Carers tell me they feel better equipped to help their loved ones – so for me I feel like I’m doing a worthwhile job!

Carers First is a charity supporting people who look after a relative or a friend who could not manage without their help.

Spalding and Lincoln South teams are next to go through the accreditation process.

EQUIPping staff to involve and support you

Community mental health teams are improving the involvement of service users and carers in care planning. Manchester University was running a research project called EQUIP (enhancing the quality of user involved care planning). EQUIP was one of ten mental health trusts invited to take part and we are now putting the learning from this research into practice.

One of the first steps was to share the training with all staff in community teams about involving people in the planning of their care. Peer support workers and service users were involved in the training of staff and they gave real examples of what a difference a personalised care plan can make. The next step involves creating a new care/safety plan document which will include a person’s strengths, wishes and aspirations and will be written with them in their own words – this incorporates the principles of EQUIP.

To help in making on-going improvements the Trust’s community teams are currently undertaking the national accreditation for community mental health services (ACOMHS), which sets out good practice standards we can use to improve the quality of services for our patients and their carers.

Grantham and Sleaford teams were recently visited by a panel of experts to undertake their formal review and they will hear if they have been successful in November 2018.

Spalding and Lincoln South teams are next to go through the accreditation process.

Triangle of care in community services

The Trust’s community mental health teams are taking learning from work already underway in our inpatient services and looking to introduce the Triangle of Care approach with carers. The Trust wants to roll out this approach across all services to continue to build a strong alliance between patients, staff and carers.

The main focus of this work is around improving engagement and support for carers, so they feel involved in decisions about care and able to help support someone safely at home.

Taking learning from the training and resources already developed, the community teams are now working with their own local carers on how these could be adapted to meet the needs of community services.

They have introduced new Carer Champions, who are able to meet with carers to discuss any questions or issues they may have, and signpost to other support and resources available.

They will also be working with the Trust’s new Carer and Family Lead, Donna Bradford (who you can read about on page 4) on what else could be done, as well as involving their carers support groups for ideas and suggestions. We look forward to hearing more about what they are doing in the future.

Carers support groups available

Boston

Held once a month.

6pm to 7:30pm

Maple Lodge, Toot Lane, Boston, PE21 6PH


Contact: Donna Bradford on donna.bradford@lpft.nhs.uk or call 07802 569 995

Lincoln

Held every other Thursday.

5pm to 6pm

Coffee Bean Café, Discovery House, St George’s, Long Leys Road, Lincoln, LN1 1EF


Contact: Donna Bradford on donna.bradford@lpft or call 07802 569 995

Sleaford

Every Tuesday, 6pm to 7:30pm

Unit 8, The Point, Lions Way, Sleaford NG34 8GG

Contact: Emma Woodmansey emma.woodmansey@lpft.nhs.uk or Olivia Connors olivia.connors@lpft.nhs.uk, alternatively call 01476 464 943

Grantham

The Grantham and Sleaford community mental health team would like to set up a group in the area. If you would be interested in attending please contact Emma Woodmansey emma.woodmansey@lpft.nhs.uk or Olivia Connors olivia.connors@lpft.nhs.uk, alternatively call 01476 464 943
Happy 70th birthday to the National Health Service

The NHS turned 70 on 5 July 2018 and it was, and still is, the perfect opportunity to celebrate the achievements of one of the nation’s most loved organisations.

This landmark birthday gives us the chance to appreciate the vital role health services play in our lives, and recognise and thank the extraordinary NHS staff who are always there to care for us.

The Trust has been celebrating in a number of ways; through research events, Volunteers’ Week, Armed Forces Day and raising money for our Charitable Funds through Big7Tea party events to name just a few.

On Saturday 7 July members of local NHS organisations, friends and family set off cycling 70km and 70 miles around Lincolnshire fundraising for local NHS charities. They were supported by staff and patients at Discovery House, Witham Court and Ash Villa who provided refreshments for our thirsty cyclists.

Staff members also stepped back in time to represent the Trust at Woodhall Spa’s infamous 1940s weekend where we had a stand with old photographs and memorabilia from Rauceby, St. John’s and Harmston Hospitals.

Charitable funds – helping us to do more for service users

In line with the celebrations for the 70th birthday of the NHS, there has been a lot of fundraising activity across the Trust.

Several teams and units raised a cuppa to the NHS, and provided a fantastic birthday gift by fundraising for our Charitable Funds with Big7Tea parties. There was bunting, balloons and cakes galore. Lynsey Taylor, one of our peer support workers in Boston organised an event supported by a local Asda store’s community champions. As well as staff and service users at Discovery House who all helped with decorations, baking and fundraising for local services.

Can an online application help people with dementia?

People living with dementia and their carers are invited to take part in a new clinical trial starting in September 2018.

In recent years taking part in a variety of group activities, such as word games and discussions of current affairs, has been shown to be both enjoyable and beneficial for people with dementia and their carers. This study will look at whether cognitive stimulation therapy, which uses these techniques, can be delivered to patients with memory problems in a home setting by their carers using an online application.

The Trust and the University of Nottingham, who are running the project, are looking for patients with mild to moderate dementia and their carers, who have access to a tablet device or computer, to participate in the 11-week clinical trial.

For more information please contact Anne Chafer anne.chafer@lpft.nhs.uk or call 07833 293751.

Top Lincolnshire nurse recognised in Queen’s Birthday Honours

Director of Nursing, AHPs and Quality, Anne-Maria Newham has been awarded an MBE (Member of the Order of the British Empire) from the Queen as part of Her Majesty’s annual honours.

Anne-Maria has been recognised for her outstanding contribution to nursing over her 35 year career in the NHS. She has had an extraordinary impact on the quality of services provided for patients and carers and supports her nursing and care colleagues from across the organisation and beyond. Anne-Maria also spends her spare time volunteering at a children’s hospice and is part of the editorial board for the British Journal of Nursing.

A huge congratulations to Anne-Maria and we look forward to hearing more when she collects her award.

Top Lincolnshire nurse

Anne-Maria Newham, Director of Nursing, AHPs and Quality

Armed Forces Day 2018

To celebrate this year’s Armed Forces Day on 30 June, the Trust successfully bid for funding from the Ministry of Defence to host an event for staff, reservists, veterans, cadets, their families and other members of the public.

The event took place at the new International Bomber Command Centre in Lincoln. It was a fantastic opportunity to promote the mental health services available in Lincolnshire for those serving in the Armed Forces and veterans, and showcase our continued support to those who serve our country.

The date coincided with the week of the NHS 70th birthday which also provided an opportunity to celebrate the National Health Service and its close links with military personnel.
This year’s Nursing Conference on 10 May celebrated the fantastic nurses we have working for LPFT as part of the 2018 Nurses Day.

The national #ThisNurse campaign created a space to showcase why people decided to take up nursing and what they are most proud of, helping to promote nursing as an interesting and rewarding career. Here are some of LPFT’s #ThisNurse stories:

**Doreen Johnson**
Associate Practitioner, Lincoln North Community Team
I always wanted to make a difference to people’s lives and help them make changes and have the best quality of life possible. It’s fantastic to see even the smallest changes, for example seeing service users smiling and welcoming me into their home, when they used to just stay in bed.

Doreen was awarded a ‘Superhero’ award at the Nursing Conference due to the support she gives to the service users in her care, sometimes in very difficult and complex circumstances.

**Kevin Riches**
Staff Nurse, Maple Lodge Boston
I became interested in nursing as my wife was an occupational therapist; I chose to move to nursing as a career change at the age of 40. I wanted to help put people’s lives back to where they were before their illness began, or as close as we can, working with the illness and their recovery rather than trying to cure them.

Kevin was awarded a ‘Superhero’ award at the Nursing Conference after being nominated by his student nurse, who described him as ‘relentless in his vision to achieve the best for service users, staff and students’.

**Fiona Jackson**
Lead Nurse for Boston Mental Health Liaison Service
I became a nurse almost 30 years ago because I wanted to help and be an advocate for people with mental health problems. I’m very proud to be a nurse; I enjoy meeting service users and improving their experience of accessing mental health services, with the overall aim of recovery and reaching their optimum level of functioning.

**Harriet Noad**
Autism Liaison and Diagnostic Nurse
My role as a learning disabilities nurse has grown into a career I didn’t expect would be so rewarding. There are many people who spend their lives undiagnosed, they are always grateful for us to come out for assessment and diagnosis. I feel privileged to support these people and give them answers they have never had before.

**Celebrating the brilliance of star nurse Vicki**
Vicki Parker, Ward Manager at Discovery House in Lincoln has become one of the first winners of a national Cavell Star Award.

National nursing charity, the Cavell Nurses’ Trust recently launched their Star Awards, which looks for special nurses demonstrating exceptional care across the UK. Vicki’s team was keen to recognise her commitment to improving the lives of patients and her work with some of the most complex vulnerable mental health patients. She has introduced positive behaviour plans onto the ward to reduce restrictive interventions and seclusion and in one month the ward went from fifteen incidents of violence to just four. Patients are so complimentary about her approach and how they feel fully involved in their own plans for recovery. Well done Vicki.

**New clinical roles support our doctors**

Three clinical medical assistants are supporting junior doctors and consultant psychiatrists thanks to the introduction of a new role on wards. Susan Gregory, Emily Ditton and Lee Lashmar have all completed a university degree in psychology and started a 12-month pilot in April.

Clinical medical assistants are widely used in hospitals trusts, but LPFT is the first trust to introduce these roles on mental health wards.

Susan, Emily and Lee spend time with patients on the wards so they are able to know them better and this understanding is very useful during ward reviews.

**Our nurses hack like a pro**

A team of nurses from LPFT has won a national competition to change perceptions of nursing and midwifery. The team scored top marks during the first ever virtual hackathon organised by NHS England, beating 60 other teams from around the UK.

A hackathon is where people come together for a short period of time to collaborate on a practical project and quickly come up with achievable solutions.

The virtual hackathon was part of NHS England’s campaign to increase the recruitment and retention of staff. LPFT pitched their idea #52Faces, featuring 52 nurses, one a week over the course of a year, to demonstrate what mental health and learning disabilities nurses do vs common misconceptions of this kind of nursing.

Liz Bainbridge, Registered Nurse Mental Health and the captain of the LPFT team explained:

Mental health and learning disabilities are often presented in a negative light in the media. With our #52Faces campaign we want to show the wide range of nursing roles and skills we use every day, as well as present who we are and why we came into the field of nursing.

**Lee said:** “I am really enjoying the job and it keeps me very busy. I enjoy working with junior doctors and supporting them while they’re on our ward.”

**Emily said:** “This job allows me to build on my university training and see how nurses, psychiatrists, social workers and other staff work together to help patients recover.”

**Our new clinical medical assistants; Emily, Susan and Lee**
A year after the Trust opened the county’s first psychiatric intensive care unit it is celebrating its positive impact on patient care in the county.

Last July the Trust opened the 10-beds Hartsholme Centre in Lincoln, to provide a greater level of mental health support to patients closer to where they live. Since the unit opened no male patients have needed to travel outside of Lincolnshire to receive this kind of intensive support, greatly improving patient experience and consistency of care.

The Hartsholme Centre provides an intensive level of care for male patients experiencing a mental health crisis and supports them to a greater extent than on acute mental health wards. Patients are also moving back into appropriate local services quicker, meaning they receive the right level of care, at the right time.

Staff and patients have been really positive about how the year has gone. Staff feel they are having a positive impact on patient care and have opportunities to spend time with patients doing meaningful activities and providing one-to-one support. Patients feel safe and cared for and are grateful for the level of opportunities to engage in activities whilst they are there.

The team is now hoping to build on the feedback and will be working with patients on what more could be done to improve their experience.

Key facts
- Over 100 admissions since opening in July 2017.
- No male patients travelled out of county for this type of service.
- Time spent in hospital is less than the national average for this kind of service.
- 89% of patients felt cared for on the ward.

I’ve used my own understanding of mental health to help me come up with this idea. I’m very happy that I won and with my prize I plan to buy a computer game as I’m a big fan of them.

The new service has been commissioned by North East Lincolnshire Council and North East Lincolnshire Clinical Commissioning Group.

Joshua Draper, competition winner and Chris Higgins, Deputy Director of Operations.

Patient quote
The staff who work here are dedicated to each individual’s recovery; they care about each person and their professionalism is second to none.
Celebrating our Heroes

As a Trust we are committed to recognising our extraordinary staff. Our LPFT Heroes initiative provides an opportunity to champion individuals and teams nominated by their colleagues and patients following a job well done.

Kerry Hill
Kerry works with children, young people and their families. She was nominated when her practice was highlighted in a safeguarding audit for its tenacity and thoroughness. Kerry had pursued the safety and wellbeing of a sibling of one of her patients. Her practice was exceptional in light of the fact that she had never met the child that she was protecting.

Patient Experience Team
The work undertaken by the team is always challenging, and requires high levels of communication skills, empathy, resilience and responsiveness. Cathy, Alison, Heather and Amanda deal with a number of complex complaints and consistently maintain a high level of professionalism throughout.

Hanna Walker
Hanna is an administrator in Skegness Community Mental Health Team. She always goes above and beyond and has helped streamline processes across three administration teams which brought efficiencies and consistency of approach.

Learning Disabilities East Hub
The team demonstrates compassion and care, putting service users at the centre of everything they do. They have fantastic examples of tailoring their care to meet individual’s needs.

All winners have been nominated for exceptional work and dedication to their roles. You can read more about our current and past winners including Claire Ryan, Crisis Resolution and Home Treatment Teams from Boston and Louth, Nicola Jackson and the Harsholme Centre on our website www.lpft.nhs.uk/celebratingsuccess.

Vital support continues for victims of serious sexual assaults

Local sexual assault referral centre, Spring Lodge, which each year helps around 400 victims of serious sexual assault and rape in Lincolnshire, will continue for a further three years thanks to a new contract from NHS England and the Lincolnshire Police and Crime Commissioner.

Spring Lodge is the only specialist sexual assault referral centre for the county, dedicated to providing a comprehensive service in a safe, confidential and caring environment to men and women over the age of 18.

This includes collecting forensic evidence following an incident, providing emotional and practical advice on the options available and supporting anyone who wishes to proceed with a criminal conviction.

Amanda Fairpaher, service manager for Spring Lodge said:

“Patient quote
Thank you so much for all of your help and support. You have made a difficult time so much easier.”

We are extremely pleased to be able to continue our work with victims of sexual assault and rape and that the service remains a part of local mental health services provided by the Trust. It is really important to be able to offer a service of this kind and support people at a very vulnerable time.

Getting in touch

If you’ve been a victim of rape, or sexual assault and aren’t sure where to get help, contact our team of highly skilled and trained staff who can offer initial and ongoing support whatever your choices.

Anyone over the age of 18 can access Spring Lodge for support or advice. The service is open 9am to 5pm, Monday to Friday but can be contacted at any time or any day for help.

Telephone – 01522 524 402 (office hours, 9am – 5pm)
Telephone – 0800 953 4130 (all other times)
or call 999 in an emergency
Email – lpm.tr.springlodge@nhs.net

Visit their website at: www.springlodge.org

Governors are getting out and about

Our governors have showcased how LPFT is using its input to improve mental health and learning disability services, during a national event in London. The NHS Governors Conference brought together over 200 governors from across the UK, looking at how to best equip governors to support trusts in delivering quality healthcare.

LPFT was specifically invited to present its success in attracting people to stand in elections. Governors were on hand to give advice on encouraging members to put their name forward. They also talked about a tool they use to express members’ ideas called iLog.

Evelyn Nicolls, Service User Governor said:

“We had a superb day in London speaking with other governors and our stand was visited by many who wanted to learn more.”

You can read more about our recent governor elections on page 14.

LPFT governors at the NHS Governors Conference

Governors Conference
Election time – you’ve chosen your representatives

This summer we held elections for our Council of Governors and members were given the opportunity to vote for, or stand as representatives in our public constituency.

Governors ensure that wider community views influence local mental health and learning disability services. They play a very active part in helping the Trust provide quality services to the people of Lincolnshire. They regularly hold meetings and learning disability services. They play a very active part in helping the governors ensure that wider community views influence local mental health and learning disability services are given the same priority as physical health.

Results of these elections are now available at www.lpft.nhs.uk/membership

New legislation affecting how we use your information

New legislation called the General Data Protection Regulation (GDPR) came into force in May 2018. It outlines how your personal information is protected and how you can access it.

What is the GDPR?

The GDPR gives more rights back to you, allowing you to control information about yourself and ensures organisations that process your data do it in a secure and transparent way. The GDPR requires all health trusts to have in place a Data Protection Officer who will oversee the organisation’s compliance. For LPFT this is Kathryn Scully who can be contacted on data.protection@lpft.nhs.uk or 01522 222025.

We have updated our privacy notice on our website to ensure that the content is written with you in mind. The pages tell you how we use and keep your information and what your rights are. We also provide you with guidance on how you can access the information we hold about you in your medical records – known as Subject Access - and how to request it. Accessing your information is a free service and you have the right to be provided with it within one month of making the request.

As a member, you and others can choose to:
- Receive regular information and updates.
- Give us your views.
- Vote in elections for Trust governors.
- Stand for election yourself.

We have three types of membership:
- Public – open to everyone living in Lincolnshire or surrounding areas.
- Service user – open to anyone who has used LPFT services in the last five years.
- Carer – open to anyone who cares for someone with a mental health or learning disability problem.

To become a member simply complete the membership form opposite or visit www.lpft.nhs.uk/membership.

Being part of our membership database

If you have received this newsletter as a member of the Trust and no longer wish to receive information of this kind, please email info@lpft.nhs.uk to be removed from our mailing lists.

MEMBERSHIP APPLICATION

In order to become a member please complete all parts of this form, sign and return it to Freepost RTXR-BAGA-KHYJ.

Membership Office, Lincolnshire Partnership NHS Foundation Trust, Trust Headquarters, St George’s, Long Leys Road, Lincoln, LN1 1FS

ABOUT YOU

Title: [ ] Mr/Mrs/Miss/Moother

Name: ____________________________

Date of birth: _____________________

(You must be 12 years old or over)

Gender: [ ] Male [ ] Female [ ] Prefer not to answer

Gender identity: do you identify as the gender you were assigned at birth?

[ ] Yes [ ] No [ ] Prefer not to answer

YOUR CONTACT DETAILS

Address (including postcode) ____________________________

Telephone number ____________________________

Mobile number ____________________________

Email ____________________________

In a bid to be more environmentally friendly, email is our preferred method of contact. If you supply us with your email address, we will only use this to send you information about the Trust. Please let us know if you would prefer this information in an alternative format.

Please tell us if you have any special communication needs and how you heard about the Trust:

YOUR MEMBERSHIP

Do you currently access the Trust’s specialist health services? [ ] Yes [ ] No

Do you care for someone with a mental health problem or learning disability? [ ] Yes [ ] No

If yes, Do you care for someone with a mental health problem or learning disability?

[ ] Under 18 years old [ ] Over 65 [ ] With a learning disability

Would you like to be more involved with the Trust?

[ ] Stand for election as a governor [ ] Volunteer [ ] Become a member of the Group of 1000

[ ] Attend meetings and events

In order to ensure our membership is representative of the population of Lincolnshire and to assess whether there are any barriers for under-represented groups we collect monitoring information. LPFT is committed to protecting the privacy and security of your personal information and we do this in accordance with data protection requirements, including the General Data Protection Regulation (GDPR) and the Data Protection Act (DPA) 2018.

This ensures your information is treated confidentially and processed appropriately and will only be used for purposes of this collective data analysis.

Keep your information and what your rights are. We also provide you with guidance on how you can access the information we hold about you in your medical records – known as Subject Access - and how to request it.

Spreading the word – tell others to become a member

Help us raise awareness of mental health and learning disability services available locally. Tell your friends and family about the Trust and why they should become a member. We want to deliver the best services with local people, rather than give them to others.

To become a member simply complete the membership form opposite or visit www.lpft.nhs.uk/membership.

We have three types of membership:
- Public – open to anyone living in Lincolnshire or surrounding areas.
- Service user – open to anyone who has used LPFT services in the last five years.
- Carer – open to anyone who cares for someone with a mental health or learning disability problem.

To become a member simply complete the membership form opposite or visit www.lpft.nhs.uk/membership.

We have updated our privacy notice on our website to ensure that the content is written with you in mind. The pages tell you how we use and keep your information and what your rights are. We also provide you with guidance on how you can access the information we hold about you in your medical records – known as Subject Access - and how to request it.

Accessing your information is a free service and you have the right to be provided with it within one month of making the request.

As a member, you and others can choose to:
- Receive regular information and updates.
- Give us your views.
- Vote in elections for Trust governors.
- Stand for election yourself.

We have three types of membership:
- Public – open to anyone living in Lincolnshire or surrounding areas.
- Service user – open to anyone who has used LPFT services in the last five years.
- Carer – open to anyone who cares for someone with a mental health or learning disability problem.

To become a member simply complete the membership form opposite or visit www.lpft.nhs.uk/membership.

Being part of our membership database

If you have received this newsletter as a member of the Trust and no longer wish to receive information of this kind, please email info@lpft.nhs.uk to be removed from our mailing lists.

Signature ____________________________ Date ____________________________
ANNUAL PUBLIC MEETING 2018

Centre for Learning, Development and Research
The Reservation, East Road, Sleaford NG34 7BY

Hear how the Trust continues to develop services to promote wellbeing and support people with mental health problems and learning disabilities.

Book your place at:
www.lpft-apm-2018.eventbrite.co.uk
or by contacting 01522 309200

Organised by the Lincolnshire branch of Survivors of Bereavement by Suicide and supported by Lincolnshire’s NHS.

The event is open to anyone affected by suicide, including staff from across health, social care and emergency services. It is an opportunity for those affected to come together and reflect on the impact of suicide and remember loved ones, or those who have touched our lives.

As well as a short multi-faith memorial, there will be an opportunity to meet local charity and support organisations.

This is a free event, with no need to book a place, but places are limited so will be on a first come, first served basis.

Find our event page on Facebook, search LPFTNHS.

If you would like more information please contact amanda.stephens@lpft.nhs.uk

Monday 10 September 2018
7pm – 8pm (doors open at 6:30pm)
The Showroom, Tritton Road, Lincoln, LN6 7QY