Introducing the future of mental health nursing
January is already at its end, with Christmas and New Year celebrations now a distant memory. If you made well-intentioned resolutions, I hope that they are still going strong.

At LPFT it continues to be business as usual, as it was throughout the festive period, and I am grateful to all those staff and volunteers who worked hard during this time supporting our patients and their families and carers.

We have another packed edition of Better Together to bring you. I hope you find it informative and a good read.

I’m delighted that we have a number of patient stories to share with you this time around. Young Jordan’s incredibly moving journey of how he sought out help to overcome his mental health problems (page 5), coupled with army veteran Ivan’s experiences of the support he received when leaving the Armed Forces (page 9), really bring home the vital importance of the range of services we provide. I’m so pleased that Jordan and Ivan have felt able to share their experiences, and I’m proud of the staff who have supported them both.

We also have the pleasure of hearing the wonderful reminiscences from Dot Burkitt, who recently celebrated her 100th birthday on our older adult Langworth Ward in Lincoln (page 14). I’m sure you’ll agree that Dot is a real inspiration.

Something that always impresses me is the continued dedication shown by our growing troop of volunteers. They offer unique and individual contributions and help our patients and service users in many different ways. On page 15 you can learn how their work on a spectacular Lincolnshire aviation-themed wall mural is progressing at our Francis Willis Unit, in addition to how volunteers support our older adult patients on Manthorpe Ward in Grantham (page 8).

In this issue we also say a fond farewell to Volunteer Services Manager Rob Kendrick, who retires from the Trust in February. Rob has been a stalwart advocate for volunteering and I know our volunteers and the wider Trust will miss him and his dedicated service. Thank you Rob, for all you have given to LPFT.

Ensuring equality and diversity across and within all our Trust services remains a key priority for us, and is something I am always keen to champion. With this in mind, we ask you (on page 6), to get in touch and give us some important information on aspects of equality and diversity as they relate to you, if you have not done so already. Having open, transparent and welcoming services is something we always strive for and a membership that mirrors this can only help to improve our inclusivity further.

We will, of course, keep this information confidential and will not use it in any way that can identify individuals. Please do take the time to feedback to us if you have a few moments to spare.

The next Better Together e-Newsletter will be winging its way into your email inboxes at the end of April, so for now please enjoy catching up with this issue and I wish you all a happy and healthy 2017.

With very best wishes,

When you have finished with this magazine please recycle it or why not pass to a friend?
You can now keep fully up-to-date with all the latest Trust goings on via social media.
Like us on Facebook at LPFT NHS and follow us on Twitter @LPFTNHS

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BetterTogether is produced by the Trust. If you’d like something considered for a future edition, please contact our editorial team on: 01529 222221 or communicationslpft@lpft.nhs.uk.

This publication can also be made available in alternative formats.
Almost half of us use January as an opportunity to promise ourselves that we’ll lose weight, exercise more, eat healthier, quit smoking or spend less and save more. Unfortunately only 1 in 10 people actually achieve their goal.

Did you make any New Year’s resolutions?

In some ways this statistic is not that surprising because we often approach the task completely unprepared. Moreover, setting unrealistic goals can actually affect your mental health as you’re likely to become stressed, anxious and feel guilty if you’re struggling to stick to what you have promised yourself.

Karen Swayne, a Counsellor from steps2change talking therapies service gives a few tips on how to make New Year’s resolutions work for you this year.

“One thing that’s worth committing to is yourself – your wellbeing, your happiness, and your general mental health,” she said.

“The great thing is that there is no failure. If you’re dedicating some time and care to your mental health, you’re already doing something brilliant.”

Too often our resolutions are very self-centred or focussed on our appearance and Karen recommends trying something different this year.

“Why not make a resolution about helping others by volunteering with the NHS or any other organisation,” she added.

“You can also promise yourself to spend more time with the people you care about.

“Whatever your resolutions may be this year be realistic and plan ahead. Don’t despair if you slip back because that won’t help you achieve the big goal.

“Learn from setbacks and make a mental note of what circumstances caused them. Start fresh from the next day and don’t give up.”

Come along to our Board of Directors and Council of Governors meetings

Our Board of Directors meetings take place in public, usually every month (except December) and members are always welcome to come along and listen to the discussions.

The busy agendas feature updates on all the latest Trust news and business, and also include a patient story, detailing first-hand their experiences of Trust services.

In addition, our Council of Governors meetings take place four times a year and are also open to the public and all our members.

Our governors represent ‘your’ views and we’d be delighted to see members at the Council meetings, where you can find out more about the work of the Trust and the crucial role that governors play in partnership with the Board of Directors.

The next Council of Governors meeting takes place on Thursday 20 April.

For more information on all these meetings please visit our website www.lpft.nhs.uk

Staff continue to raise cash for charity

LPFT’s Charitable Funds allow staff to raise money which can go towards directly improving patient care in their respective teams - making sure every penny is spent as wisely as possible.

"We encourage staff across the Trusts to get involved in fundraising for themselves. The money raised goes into their own funds and will remain for them to spend how they feel will most benefit their patients. Charitable Funds can be used on almost anything from equipment, to activities, to brightening up the place."

You can get in touch with Jodie at LPFT Charitable Funds via email at charitable.funds@lincs-chs.nhs.uk or call (01522) 308686 for more information.

The charity raises money in many ways, with staff organising sponsored events, cake sales, balls and taking part in awareness days throughout the year.

It also receives generous donations from patients and their families, who have been helped by Trust staff and would like to say ‘thank you’.

Jointly run with Lincolnshire Community Health Services NHS Trust - it is governed by a highly qualified Board of Trustees and advisors to ensure that money raised goes to help the local teams and patients who need it the most.

Fundraising suggestions include quiz nights, coffee mornings, sponsored walks, cheese and wine evenings and dressing up days.

Jodie Forman, Charitable Funds Administrator said she’s always eager to learn what fundraising activities are taking place.
New PICU progressing nicely

The Trust has been working closely with its local Clinical Commissioning Groups on plans to change existing unused ward space in the city of Lincoln, into a new 10-bedded, Psychiatric Intensive Care Unit (PICU) for male patients.

Building work has been underway for the last few months with the project team making good progress on renovations to the St George’s Hospital site.

The PICU, a first for Lincolnshire, will be a bespoke centre which will provide specialist support to assist people who are suffering from serious episodes of mental ill health.

LPFT Chief Executive, Dr John Brewin, said that creating a PICU for the people of Lincolnshire was exactly the right thing to do.

“If you’re experiencing serious mental health problems, being away from your family network is far from ideal.

“Preventing the need to send people for out of area care is a hot topic at the moment and something that is very important to us”.

The plan is for the PICU to become operational and able to accept patients by the end of summer 2017. There are also early discussions taking place for how a similar service could be developed for female patients.

Connecting health through a portal of care

The way patient information is shared between health and care workers in order to deliver better care is being improved across Lincolnshire.

Any health and social care organisation that has contact with patients keeps a record of it. Some is recorded on paper but most is held electronically on secure computer systems across a number of organisations.

The new system - called the Care Portal - will provide a view of selected information contained in existing electronic record systems across the county. This will include lab tests, x-rays, appointments and discharge letters, as well as things like medication, allergies and any other care plans.

Patients who are not happy for their information to be shared through the new system can withdraw consent at any time by completing an opt-out form.

These are available from GP surgeries or can be downloaded at www.lincolnshirehealthandcare.org/care-portal

For more information call 01522 421888.

Five year health and care plan launched for Lincolnshire

The Lincolnshire Sustainability and Transformation Plan (STP), was published last month, developed by all local NHS organisations with input from local government and discussion with patients and staff.

The plan gives a commitment to improving the quality of health services across the county and bringing the healthcare system back into financial balance by 2021.

The details published explain how the services will need to change in the future to face the challenges of a rapidly ageing population.

This includes more investment in primary care and community services, a joined up health and social care service at a neighbourhood level and possible options to centralise some services where it will deliver better outcomes for patients.

What this means for LPFT services?

• Continue to embed the new enhanced community LD services which support people to access mainstream health services
• Consult on the new model of care, including permanent closure of Long Leys Court inpatient unit and alternative provision
• Embed new models of child and family mental health support including implementing a crisis service for young people with challenging behaviour and access to talking therapies/online self-help tools
• Review community and inpatient services for both adults and older adults, including improved crisis support
• Develop a new Psychiatric Intensive Care Unit, invest in supported housing and review options for a new community rehabilitation team
• Expand the Managed Care Network, Recovery College and support for community dementia projects

No final decisions have been made and any changes to services will be subject to a full public consultation.

A summary of the STP and the full document is available to download at www.lincolnshirehealthandcare.org/stp
Take that first step to help – talk to someone...

If there’s one thing 21-year-old Jordan Fussey would recommend to anyone suffering from mental health problems – it would be to open up and talk about them.

From a very young age, Jordan realised he was different - he was not quite like the other children or as carefree as you’d expect a toddler to be.

Shy and socially awkward at times, he was tested for autism and bullied quite a bit at school.

“As a teenager, things started to get worse - with hormones coursing through my body and desperately wanting to be cool, I also started to hear voices and have hallucinations,” admitted Jordan.

“I learnt about depression but kept things to myself, I didn’t want anyone finding out about my symptoms in case I was bullied and it took several years to admit that I had a problem.”

After several further traumatic experiences in his life, Jordan began to feel like he couldn’t cope. With his temper boiling over and crippling anxiety taking hold – he felt desperate. At the tender age of 18 he made his first suicide attempt.

“After being seen by LPFT’s Crisis Team and my GP, I was officially diagnosed with schizophrenia, borderline personality disorder, depression and generalised anxiety disorder (GAD),” said Jordan.

“It was very scary talking to people about schizophrenia, I didn’t know much about it. I’ve been having treatment for about two-and-a-half years now and the therapy and one-on-one work has been very helpful.

“I was terrified to ask for help at first and found it difficult to talk to friends about it. Schizophrenia isn’t very easy to explain to people or understand.

“You tend to isolate yourself but the best thing you can do is ask for help as soon as you can. As difficult as it is, you need to be honest, sit down with someone and let all your emotions out.”

LPFT Community Mental Health Nurse Emma Barrass, who has been helping Jordan with his recovery journey said: “We know how hard it is to walk through that door for the first time to see a GP, or talk to a family member, counsellor at university or whoever it may be.”

“But we also know that when someone does sit down and start to talk, the relief they feel can be immense.

“Please don’t sit at home thinking you have to deal with things on your own - services are there for you. Talking is the way forward and it’s so important to take that initial step and let people know how you’re feeling.”

If you’re experiencing difficulties and need to talk to someone, you can see your GP or contact LPFT by calling our Single Point of Access Centre (SPA) on 0303 123 4000.

You can also call the Samaritans on 116 123.

Let’s all get Suicide SAFE

A new suicide prevention campaign launched in Lincolnshire aims to get local communities more involved in helping to prevent suicides across the county.

The Suicide SAFE initiative calls for local businesses, organisations and clubs to sign up to a charter to help raise awareness of what we can all do to support our family, friends, colleagues and neighbours who may be experiencing difficulties.

Every suicide is an individual tragedy and a terrible loss to society. They are not inevitable and everybody can play a role in preventing them.

The reasons for suicide can be very complex, but generally it’s the result of problems or worries building up to a point where someone feels they cannot cope anymore and can’t see another option or way out.

A recent loss or break up of a relationship, problems with work or money, or living alone with little social contact can all be reasons people think about suicide, even if they have never had a mental health problem before.

There are lots of resources available where you can get more information about the help available or advice on how you can help someone you feel may be struggling and what signs to look out for if someone is contemplating suicide.

Visit the Trust website at www.lpft.nhs.uk/suicidesafe to find out more.
The Trust was extremely ‘proud’ to provide sponsorship to the popular Lincoln Pride event last year.

We want to offer a voice for everyone, inclusive of race, disability, sex, sexual orientation, gender reassignment, marriage and civil partnership, pregnancy and maternity, age, religion or belief.

People are often wary about divulging this kind of information and may not realise why we’re keen to collect it, but there are two important reasons.

Firstly, we want to assess whether we are as inclusive as possible of different groups, and secondly to help us identify any areas where we might not be so inclusive. This will allow us to take pro-active steps to ensure we can identify any barriers for those groups in being part of our Trust.

Any information you provide is kept confidential and as individual, personal information will not be reported.

If you have not already done so as part of your initial LPFT membership application, please take the time to complete and return the form on page 16, making sure you include the important equality and diversity monitoring information section.

Richard Holmes, LPFT’s Staff Side Chair who attended the event said: “Lincoln Pride brought together LGBT+ communities, their friends, families and allies from across Lincolnshire and the whole country.

“Pride is an important way of developing community cohesion, celebrating identity and encouraging social togetherness.”

Pauline Mountain, Young People’s Carer Governor said: “The event was a joy to part of. The spirit of wellbeing was captured throughout by vibrant colour, music, sunshine and good humour. People being people without barriers, is a great aim for every organisation.”

Find out more about the Lincoln Pride event by visiting www.lincolnpride.co.uk

We’re better together - help us to represent your views

Collecting data on people’s ‘protected characteristics’ allows us to understand how representative we are of the community of Lincolnshire.

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Making a difference together – spotlight on Conolly Ward

But faith in the dedicated team of health professionals leaves James in no doubt that patients admitted to the ward receive the correct assessment, treatment and high quality compassionate care that he’s come to expect.

Previously a charge nurse on the ward, James took over as ward manager just a few months ago and was impressed straight away by the teamwork and camaraderie displayed by the staff.

Conolly Ward cares for a broad mix of informal and formal (those detained under the Mental Health Act) patients, many of whom are at the height of an acute stage of mental illness and are no longer able to be cared for in the community.

“We deal with people who are perhaps suffering from a first episode of psychosis, which may mean they are experiencing hallucinations or are at risk of suicide and self-harm,” said James.

“We also have patients with bipolar and mood disorders, or those who need to come into hospital because they’re unable to manage their conditions themselves or have reduced capacity to make decisions about their own health and treatment.

“We’re here to assess and treat, and put plans in place for patient recovery, which includes looking at medication and physical health too.”

Patients may initially present at A&E or be referred by their GP to the Trust’s crisis team, who make an assessment on whether home care is appropriate, or hospital admission to Conolly is required.

While on the ward, patients will be seen by a consultant psychiatrist, alongside the nursing team, junior doctors, social workers and occupational therapists, who all work together.

“My day starts at 8am when I go on to the ward to look at whether we’ve had any new admissions overnight or over the weekend,” added James.

“We have a lot of enquiries for beds so we look at where patients are with their treatment and I speak to the staff to see how the ward has been or if there’s anything that requires my attention.

“We then have a team meeting at 9:30am to review patient progress where all the professionals come together to look at any potential changes to treatment plans, possible discharges or if any medical investigations are required - it’s a snapshot of the last 24 hours on the ward.

“We have a great team who are really knowledgeable around the management of disturbed behaviour and de-escalation techniques and we’re lucky to be able to draw on staff from a variety of different backgrounds with many years’ experience and skills.”

In addition to James, Conolly comprises three deputy ward managers, 12 nurses who work 24/7 shifts and around 20 health care support workers who assist the nursing team.

There is also a social worker to help patients’ access housing and benefits, an occupational therapist who assists with group work, including emotional first aid and anxiety management, as well as a dedicated administrator who helps out with all the paperwork.

Finally, the ward activities coordinator looks at helping to integrate patients back into the community by providing a number of positive pursuits for them to take part in including swimming, bowling, golf and other day-to-day activities.

James said that making sure each patient is thoroughly involved in their care package is one of the most important aspects of the job.

“It’s all about making sure patients have a thorough assessment and that we put a plan in place to treat them effectively, which is person-centred with the patient at the heart of the decision making process,” he added.

“I’m a people person, I love talking and that’s one of the key skills for being a nurse. I’m a nurse first and a manager second and being able to help people is really rewarding.

“Communication is key and having an open dialogue with our patients and being able to listen and have understanding and empathy to see things from their point of view is crucial.

“Patients come to us at the height of their illness and to be able to get them to a point where they can be safely discharged back home is what gets me out of bed in the morning.

“We may only be a blip in someone’s life but they’re at a point when they need that extra support and we’re all here to help them.”

Pictured from left to right in the staff team photo is:
Ian Duke (Acute Care Nursing Assistant), Hollie Webster (Acute Care Nurse), Dr Katy Win, James Smith, Sharron Chandler (Acute Care Nursing Assistant), Sioux Ward (Social Worker) and Katy Williams (Occupational Therapist).
Dementia patients in Lincoln also have an opportunity to socialise with rabbits as part of regular therapeutic sessions that take place on Langworth Ward.

In his time Rob served on Department of Health advisory panels, set up small mental health charities, ran public events and introduced the ever popular “Pets As Therapy” (PAT cats and dogs) service.

Looking back Rob said: “I started at Rauceby Hospital, near Skeaford, where we had over 400 inpatient beds.

“Through my work I hope I helped in some small way to support service users and reduce the stigma of mental ill health. It’s been great to work with some very supportive colleagues and partner organisations.

“Times may have changed but one thing has not and that is my belief that volunteering is beneficial to both service users and volunteers and long may it continue.”

We wish Rob all the very best for a long and happy retirement.

Rabbits are the name of the game at Manthorpe

Trust volunteers Ron Rouse and Christine Tomlinson keep patients at the older adult Manthorpe Centre, in Grantham, entertained every week with a variety of different games and activities.

While chatty Christine talks to patients about their lives and interests, Ron can often be found looking after his 25 rabbits that he regularly brings in for patients to pet.

“I wanted to volunteer to help give something back - they do some really good work here,” said teacher Christine, whose husband spent almost a year at the centre in the past.

“I'm a good listener, so I like to sit with the patients, perhaps while they’re doing some colouring, or help them out when we do bingo.”

Ron, who keeps eight different breeds of rabbits, also offers up his handyman skills and has created a homemade beanbag and hoopla game to ensure patients are never at a loose end.

“The patients tell me which rabbits they like and I bring in a different pair each week for them to see,” he said.

“They love them, particularly the baby ones - they make them so happy.”

Ben and Jerry scoop success with patients

Dementia patients in Lincoln also have an opportunity to socialise with rabbits as part of regular therapeutic sessions that take place on Langworth Ward.

Ben and Jerry, who celebrated their first birthdays in December, are a popular draw for patients who enjoy helping to look after them as part of their treatment.

Langworth Ward Activity Coordinator Anita Laskey, said interacting with the rabbits was of real benefit to everyone staying on the ward.

“The rabbits are brought inside regularly and really help some patients, who are quite close off, to reconnect to the present.

“They also help with cleaning them out which can be a fantastic activity as the patient feels they are doing a job of real value, which usually becomes a reminiscent activity too, helping to recall past pets and chores.

“The rabbits are cared for by the patients and each morning they are fed and their water is changed if we have a willing volunteer.

“The patients tell me which rabbits they like and I bring in a different pair each week for them to see,” he said.

“They love them, particularly the baby ones - they make them so happy.”

Rob Kendrick

… and it’s goodbye from him

After over 32 years’ NHS service Rob Kendrick will be leaving the Trust as Volunteer Service Manager at the end of February 2017.

“I have particularly enjoyed creating new projects for volunteers to help meet new needs. It’s been a special part of the job. Some projects were created from scratch and I had to devise everything including recruitment materials, volunteer policies and procedures.”

In his time Rob served on Department of Health advisory panels, set up small mental health charities, ran public events and introduced the ever popular “Pets As Therapy” (PAT cats and dogs) service.

Looking back Rob said: “I started at Rauceby Hospital, near Skeaford, where we had over 400 inpatient beds.

“There I developed the idea of bringing people into the hospital through a range of activities and I forged links with local organisations including the RAF.

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After over 32 years’ NHS service Rob Kendrick will be leaving the Trust as Volunteer Service Manager at the end of February 2017.

“Working with volunteers is a unique job in the NHS and one which is very rewarding,” said Rob.

“Our volunteers, some of whom are current or former service users, contribute so much for the benefit of others. It’s always great to hear from a volunteer saying how much they have valued the experience and in some cases how it has helped them secure a job, college place or helped boost their confidence.

“They are ambassadors for the Trust and mental health which is very gratifying.”

Rob’s estimated that he has interviewed around a 1000 volunteer applicants: “It has been fascinating meeting so many people from all walks of life and working with them. I think I must have met someone from almost every occupation you could think of,” he added.

“Through my work I hope I helped in some small way to support service users and reduce the stigma of mental ill health. It’s been great to work with some very supportive colleagues and partner organisations.

“Times may have changed but one thing has not and that is my belief that volunteering is beneficial to both service users and volunteers and long may it continue.”

We wish Rob all the very best for a long and happy retirement.
Arming veterans with the tools of recovery

Not too long ago, simply opening his bedroom curtains in the morning would have been too much for army veteran Ivan Clinkscales.

He couldn’t face the thought of the outside world, meeting friends for a coffee in town or being in a crowded place. Things that most people take for granted every day, were just too daunting for him.

Traumatic experiences in the army - serving as a driver in places like Afghanistan, Iraq and Kosovo - had left the 32-year-old from Lincoln, mentally scarred and struggling to cope with life outside the military.

“My wagon was ambushed in Afghan - luckily I got out with all my limbs - the explosion blew the wheel arch right off and that’s what affected me,” said Ivan.

“I was one of the lucky ones but it was just too much for me. I was anxious and paranoid and scared of being attacked again.”

Ivan found the transition from military to civilian life extremely hard and suffered from post-traumatic stress disorder and depression.

“I knew I was having problems because my mood wasn’t right - my tempo wasn’t right and it just wasn’t me,” added Ivan.

“I felt isolated and my mood was very low, I wasn’t able to mix with other people. I’m quite a chilled-out person but I was snapping at people.”

Via LPFT’s dedicated veterans’ mental health services, Ivan was able to access help from the Trust’s early intervention community mental health team.

He also took advantage of psychological therapies, which helped him to talk about his feelings and the things that were causing him problems.

“I spoke to a psychologist and just talking to people really helped,” said Ivan.

“It feels easier for me to talk about my experiences now and I can see a massive improvement in me – my family can see it too.”

Looking to the future, Ivan wants to train as a driving instructor and now feels able to attend remembrance commemorations to pay respects to fallen comrades.

Paula Jelly, LPFT’s Regional Veterans’ Lead, said she was extremely proud of Ivan’s journey to recovery.

“We work very closely with the Ministry of Defence to make sure people coming out of the Armed Forces are referred to the right services if they need mental health support,” she said.

“It’s difficult for some veterans to know what support is available to them or how to access different NHS services.

“We identified very early on how Ivan would benefit from seeing the Trust’s community mental health team and we also link in closely with colleagues from the Combat Stress charity and the Royal British Legion.”

Trust cements its commitment to members of the Armed Forces community

LPFT recently underlined its continued support to those who serve our country by signing up to the prestigious Armed Forces Covenant.

The Trust was invited by the Ministry of Defence to formally sign the document as a further pledge of our commitment to forces families across the county.

The Armed Forces Covenant is a promise by the nation to ensure that those who serve or have served in the Armed Forces, and their families, are treated fairly and with respect and receive the same access to services as any other citizen.

The signing came just weeks after it was announced that LPFT had been awarded a Bronze Defence Employer Recognition Scheme award, for demonstrating the values of the Covenant and supporting its own Army Reservist employees.

Trust Chair, Paul Devlin, pictured above with Colonel Niall MacDougall TD, said he was absolutely delighted to put his name to the official documentation.

“We value the contribution of reservists, veterans and their families to our workforce and we’re proud to provide care for active personnel,” he said.

“We must ensure that we continue to offer the right support at the right time for those in the Armed Forces community, whenever they may need our services.”

The Trust is now working towards receiving its Silver employer award so watch this space for further developments.
First steps on the ladder to careers in mental health

LPFT is among one of the first Trusts in the country to introduce mental health clinical apprenticeships into its workforce.

A cohort of six were taken on in December 2015 and five have now successfully completed their studies and gained permanent health care support worker jobs across the Trusts.

The hardworking youngsters took on a variety of ward-based placements in addition to completing a challenging course of academic study, to learn all the skills required to enable them to deliver the high quality care our patients have come expect.

Sharon Jolly, LPFT’s Clinical Apprenticeship Coordinator said she was extremely proud of the new recruits.

“I’d like to thank them all for their hard work and commitment. There have been challenges along the way of course but all their managers have loved having them and all-in-all it’s been a great success,” said Sharon.

“They’ve balanced their placements with their academic work really well and have been a credit to the Trust – I wish them all the very best in their future careers with LPFT.”

Pictured left are the clinical apprentices with College Assessor Nicki Gray (blue top) and Sharon Jolly.

Introducing the future of mental health nursing

Our Director of Nursing and Quality, Anne-Maria Olphert, caught up with LPFT’s first cohort of seconded trainee nurses recently, to find out how they’re getting on and enjoying their course.

They’re all former health care support workers who started full-time at the University of Lincoln last year, working towards their BSc Hons Nursing Studies (Mental Health) degrees.

It’s part of LPFT’s long-term recruitment and retention strategy, to recognise talented and caring staff and invest in them to undertake their training and progress in their careers.

Five new members of staff will be supported into their studies later this year, starting at the university in September.

LPFT employee Robert Flaszynski, who is from the initial cohort, said getting back into learning had been challenging at first.

“My previous experience as a nursing assistant and the wish to help others has given me the drive to take this opportunity for further development,” he said.

“The course has confirmed that nursing is definitely the career pathway I want to follow. It’s a fantastic opportunity to learn new skills which will definitely benefit my future carer. Being on placement, I’ve had an opportunity to explore dementia in much greater detail than before.

“The few first weeks were quite challenging, especially for me and those who’ve had a similar break in education.

“I’m already looking forward to going back for more theory, which will help to prepare me for my next placement.”

Grace Bark
(Health Care Support Worker, Older Adult Brant Ward, Witham Court) – “Doing a clinical apprenticeship has given me much more of an insight into mental health and I’ve had the opportunity to experience every aspect of the job. I enjoy working with older adults as there’s more overlap with physical health, which makes it really interesting. In a few years’ time I’d really like to start my nurse training.”

Emma Burns
(Health Care Support Worker, Adult Mental Health Inpatient Charlesworth Ward, Lincoln) - “I’ve absolutely loved my job. I’ve spent time working at the Trust’s Recovery College which gives a service to a whole range of people including service users, carers and members of the public who may want to find out more about mental health and help reduce the stigma. I’ve taken part in delivering courses at the college, including how to live with Bipolar, psychosis and dementia. Although it’s a non-clinical role, I have spent time on various wards and experienced a wide variety of what the Trust has to offer.

Ellie Cook
(Activities Coordinator, Adult Mental Health Inpatient Charlesworth Ward, Peter Hodgkinson Centre) – “When I started I was quite shy but throughout the year I’ve just built up my confidence in everything – being able to talk to patients and give staff my opinion – I have become a better person. I enjoyed working on the ward, shadowing the nursing assistants and interacting with the patients. In my new role I help to devise a weekly timetable of different activities for the patients to take part in on the ward.

Louise Nixon
(Health Care Support Worker, Older Adult Langworth Ward, Witham Court) – “I’ve always wanted to get into nursing and this way I got to experience working on the ward with the patients. I’ve really enjoyed caring for them. It was challenging working full-time and also studying at the same time. It was hard work but really worth it and I’d encourage anyone thinking about starting a clinical apprenticeship to go for it. I’m proud to work for LPFT and the person-centred approach to care that we have.”
Embrace the great outdoors with innovative community care projects

Over £300,000 of new community funding has gone to a variety of organisations and groups that help people manage their mental health problems across Lincolnshire.

They all belong to the LPFT’s innovative Managed Care Network, a collection of community groups which offer support through various activities to help people recovering from mental ill health.

Funding comes direct from the Mental Health Promotion Fund, which was established by Lincolnshire County Council and managed by the Trust.

In total, 46 projects have benefitted from the most recent share of funding and themes this time include everything from local social and friendship groups, sports coaching and physical activities through to creative therapy and support for carers.

One of the projects, which received a portion of £4,000 of funding, is the Community Interest Company, Sage Gardener’s ‘Friendships with Nature’ initiative. Based in the heart of the Lincolnshire countryside, it offers light gardening and craft sessions for people suffering from dementia and their carers.

Group director Jane Newman said: “We’ve been lucky enough to be involved in gardening, floristry and other rural activities most of our lives. This has benefitted our health so we are now opening up our friendly garden to give others the chance to share some of these experiences first hand.

Another wellbeing initiative with an outdoor flavour is Hill Holt Wood’s ‘New Leaf’ woodland stewardship and heritage craft project. With a piece of funding worth £8,000, the weekly groups offer participants a chance to use traditional tools and techniques to craft items out of natural products foraged from the forest.

Hill Holt Health Coordinator Kate Mitchell said the activity was perfect for anyone wanting to embrace their Lincolnshire surroundings.

“We feel that this project is particularly beneficial to people experiencing social isolation, for carers while their cared ones are being looked after elsewhere, or for people out of work, or suffering from anxiety, stress or depression.”

In total, 2,784 people are expected to directly benefit from the range of activities provided by the Managed Care Network.

For more information on the projects involved contact LPFT’s Community Partnerships team on 01529 222223 or email mcn@lpft.nhs.uk

The full list of organisations to have received funding is as follows:

- Asra Housing Group
- Acts Trust
- Boston Body Hub CIC
- Boston Mayflower
- Citizens Advice Mid Lincolnshire
- CLIP
- CounselMe
- Cruse Bereavement Care
- Cultural Solutions UK
- Desire Change
- Disability Network West Lindsey
- Foxdale Equine Assisted Learning CIC
- Grantham Tennis Club
- Hill Holt Wood
- Lincoln MS Therapy Centre
- Lincolnshire ADHD Support Services
- Lincolnshire Carers & Young Carers Partnership
- Lincolnshire Community Voluntary Sector
- Lincolnshire Rural Support Network
- Louth Mens Shed
- Louth Mindfulness Group
- New Life Community Church Spilsby
- Peterborough and Fenland Mind
- Renew Plus
- Royal Voluntary Service Lincolnshire
- Riverside Access and Training Centre, Gainsborough
- Sage Gardener CIC
- Sellwood Gardens Memory Support Group
- SHINE
- Skegness Kingfisher Self-Help and Friendship Group
- Slumgothic
- Stepping Stone Theatre
- Startafresh
- Tonic Health
- United in the Community
- Urban Challenge Ltd (AKA Voluntary Centre Services)
- Volunteer & Contact Association
- YMCA Lincolnshire/Nomad Trust

Dementia Support Network funding ceases

The Trust was disappointed to learn earlier this year, that funding from Clinical Commissioning Groups will no longer be available through the Dementia Support Network.

The network was initially launched in 2015, with £167,000 of funding administered to 12 projects across the county.

Support in the local community from charities and voluntary groups plays a vital role in helping people live well in their community and remaining Dementia Support Funding from Lincolnshire County Council will still be earmarked for dementia projects.

There are many different types of groups and activities that people with dementia and their carers can access and our older adult community teams will continue to signpost and support our service users, their carers and families to contact groups they may find helpful.

Applications for future Mental Health Promotion Funding will be opened up to dementia projects via the Managed Care Network going forward, so we can continue to support this vital support network.
Meet our LPFT Heroes

Everyone nominated receives a certificate of thanks and is eligible to be selected as one of our regular ‘LPFT Heroes’. Our Heroes are chosen by our Executive Team from all the nominations received, for colleagues and teams who really stand out from the crowd and who they feel deserve some special recognition.

There are two categories of LPFT Heroes – individual and team awards, with all winners receiving a small trophy as a token of our thanks and appreciation.

Say hello to some of our latest LPFT Heroes here...

Debbie Barker

Nursing Assistant, Discovery House, Lincoln

Debbie works with service users at our Discovery House café in Lincoln and scooped her Heroes award after being nominated by colleague Marina Keal for the way she encourages and motivates those who work alongside her. Debbie supports service users who help out in the café, where they learn to be responsible for themselves and practice good customer service and food preparation skills in addition to being mindful of their co-workers.

Debbie, who’s worked for the NHS in Lincolnshire for 26 years, started working full-time on the café with the patients about two years ago and says it’s one of the best things she’s done.

“I’m absolutely over the moon to have been nominated,” she said.

“It’s amazing working with the patients - it definitely has the wow factor for me. We go on a journey together and go through all the emotions - it’s a privilege to watch them grow in confidence.”

CAST Team

Our Community Assertive Support Team (CAST) were nominated by parents of learning disabilities service users for their positive, compassionate and friendly approach at all times.

The staff members now work as part of the Trust’s new learning disability hubs across Lincolnshire and continue to support people with learning disabilities and their families in the community, to help them live as independently as possible.

One parent said of the team:

“Their commitment to our daughter’s welfare was total - right through to helping her settle in her new supported living placement away from the family home.”

“The support they gave to us as parents was invaluable - we cannot speak too highly of their contribution.”

Linda Taylor

Physiotherapist, Witham Court, Lincoln

Physiotherapist Linda Taylor was nominated by her line manager for her tireless work in providing an invaluable service to our older adult inpatients. Linda, who works across the Trust’s four older adult wards, provides them with a sole physiotherapy service.

She said she was delighted to have been named as an LPFT Hero.

“My biggest reward comes each day when my efforts at work make a positive difference to the service users.

“It is good to know that physiotherapy input is recognised and valued by service users, their carers and multidisciplinary team members.”

Throughout the year, we invite staff to nominate their fellow colleagues for a bit of Trust recognition, to say thank you for a job well done for those who have gone above and beyond the call of duty.
There were nine categories for staff to nominate their fellow colleagues in and patients, carers and members of the public were also encouraged to nominate in two categories this year – the People’s Award and the Volunteer of the Year Award.

The People’s Award will be given to an individual or team who is dedicated to consistently providing the highest quality of care for patients, someone who always goes above and beyond the call of duty and who can be depended on to offer a smile and a helping hand at all times.

With around 100 volunteers now on our books, the Trust’s Volunteer of the Year Award will recognise outstanding individuals who give up their free time to assist in a variety of services provided across the county.

Staff nominated for Excellence Awards

Nominations recently closed for our Making a Difference Every Day Staff Excellence Awards – which celebrate the compassion and commitment of our 2,000 staff and volunteers.

There were nine categories for staff to nominate their fellow colleagues in and patients, carers and members of the public were also encouraged to nominate in two categories this year – the People’s Award and the Volunteer of the Year Award.

The People’s Award will be given to an individual or team who is dedicated to consistently providing the highest quality of care for patients, someone who always goes above and beyond the call of duty and who can be depended on to offer a smile and a helping hand at all times.

Skegness Older Adult CMHT

The Skegness Older Adult Community Mental Health Team impressed one of the visiting Care Quality Commission inspectors so much, that their manager Jason Ingamells thought they were well due some staff recognition. One inspector was heard to say ‘the outstanding thing for your team is the passion and commitment that shines through in every one of you.’

“I think a CQC inspector saying that about one of the teams is well worthy of recognition,” said Jason.

“I am absolutely delighted that the hard work and dedication of every member of the team has been recognised by the Trust. This is an incredibly deserved choice for LPFT Heroes - as the whole team are heroes every single day.”

Human Resources and Employment Services Team

Excellent teamwork and the high standard of customer service provided by the Trust’s Human Resources and Employment Services team earned them a well-deserved LPFT Heroes award.

Nominated by Senior HR Advisor Michelle Morton, for ‘supporting each other’ and frequently going ‘above and beyond the call of duty’, the team have faced multiple challenges over the past year, including an unprecedented amount of organisational change and managing high levels of recruitment.

Michelle said: “As a non-patient facing service the focus of the team is always to ensure that everything we do is for the benefit of service users – in addition to working to try and improve service user involvement in recruitment.

“They have made some real positive contributions and steps forward including providing bespoke support to staff at risk of redundancy, early implementers of regional recruitment streamlining initiatives and recruiting newly qualified nurses.”
Dutiful Dot enjoys centenary celebrations

A 1940s style birthday party was held to mark the 100th birthday of hardworking Lincolnshire lass Dot Burkitt, the first patient in the history of Langworth Ward to have reached such an age.

Dot was joined by family, friends, staff and fellow patients on the older adult ward at Witham Court in Lincolnshire, to celebrate the remarkable milestone in style. She was delighted to receive lots of gifts and birthday cards including the most important one – signed by the Queen herself.

Pat Macarthur, Dot’s daughter, said that the secret to her mum’s longevity is keeping active and having a supportive network of friends.

“Mum played bowls the majority of her life and went swimming once a week until she was nearly 90,” she said.

“She also went for a walk every day and enjoyed planting in her garden. These days she takes it steadier and likes sitting in the garden or joining in with activities on the ward.”

Dot has lived in Lincolnshire all her life and in the 1940s worked in a factory welding the dashboards on tanks where she was told she had a very light touch.

It was also during the 40s when Dot married her late husband Percey and gave birth to her daughter. When the Junior School opened on the Ermine Estate in Lincoln in the 1950s she joined the team of dinner ladies and worked there until she retired.

Debbie Blant, Langworth Ward Manager said: “We are always keen to offer patients an opportunity to reminiscence about their glorious past and there couldn’t be a better opportunity than celebrating the 100th birthday of one of our patients.

“While Dot is our first patient to reach such an esteemed age we hope that we’ll be able to throw more parties for other centenarians in the future.

“I’d also like to thank local businesses for their support with ASDA donating flowers and Sainsbury’s donating a birthday cake.”

All aboard the sensory dementia bus

Patients on our Older Adult Langworth Ward enjoyed hitching a ride on the Linkage sensory bus, to allow them some quiet time to relax away from the ward.

The bus features interactive lights and a variety of sensory experiences, which have proved extremely popular with the visitors.

Occupational Therapy Technical Instructor Jacky Tyson said having access to the bus enables staff to spend quality one-to-one time with patients without interruption.

“We can introduce stimuli such as sounds, lighting and textures gradually - exploring what each person enjoys so it is a truly person-centred activity.

“The response from our patients has been really positive and they visibly relax and engage in conversation, showing interest in their surroundings.”

“The positive feedback we’ve received from using the sensory bus has spurred us on with developing our own ‘Bluebell Comfort Suite’ - adding sensory equipment such as optics, sound and visual effects.”
Patients can relax in hospital’s new Mindfulness Suite

Older adult patients undergoing hospital treatment for mental health problems at our Rochford Unit in Pilgrim Hospital, Boston, can now take ‘time-out’ to relax and unwind in a new bespoke Mindfulness Suite.

Staff have spent the last few months transforming a former therapy room into a brand new relaxation area for patients on the ward.

Complete with patient made, hand-knitted cushions and blankets, sensory equipment and books, relaxation CDs are also played out to help add to the chilled-out atmosphere.

Also featuring a full-length seaside mural at one end of the room, it is a quiet place where patients can practise mindfulness techniques and enjoy a variety of therapeutic activities as part of their hospital recovery.

Occupational Therapist Priscilla Owusu, said the creation of the room had been a real joint venture between the staff and patients.

“We hope the new suite will act as a sanctuary, where our patients feel safe and are able to relax, during times when they feel anxious or upset,” she said.

“By using the items available to them in the room such as books, cards and relaxation CDs we hope it will encourage patients to learn and develop their own coping strategies.

“We fully involved our patients in choosing the resources for the room and they can now enjoy activities such as knitting, reading and different relaxation techniques.

“This will enable them to manage their activities and daily living and assist them with their journeys out of hospital and back into the community.”

The new suite was officially opened by patient Olive, along with divisional manager for older adult services Steve Roberts. Staff and patients then enjoyed afternoon tea together to celebrate the occasion.

“The Rochford Unit has 17 beds and provides short-term treatment, assessment and support for patients over the age of 65 who are affected by conditions such as psychosis, depression and anxiety,” said Steve.

“The new area is a wonderful place where patients can take themselves for some quiet time while they’re on the ward.

“The staff and patients have all worked incredibly hard together to make the Mindfulness Suite a reality, which is already getting fabulous feedback from everyone enjoying it.”

Ward mural has a Lincolnshire aviation theme

County aviation icons including the Red Arrows, Lancaster, Vulcan and Spitfire all grace a giant painted mural at our low secure forensic Francis Willis inpatient unit.

It’s all down to the hard work of artistic Trust volunteers Suzi Smith and Rachel Woodman who have spent the last year transforming a section of the wall into the impressive display which extends down a corridor.

The volunteers come in once a week with brushes at the ready, ably aided by occupational therapy assistant Gina Ashforth and have involved the patients throughout, whose idea it was to opt for the typically Lincolnshire scene.

“We started off painting the landscape with the airfield at one end and then we worked from templates for the planes and drew on the Red Arrows first,” said Rachel, a former art college student who’s been volunteering for LPFT since 2013.

Lead artist Suzi, who previously worked for LPFT as an occupational therapy assistant herself said: “We had a meeting with the patients who decided what they wanted and it was quite a challenge as I’ve never painted aeroplanes before.”

Rachel and Suzi have been putting the finishing touches to the mural over the past few weeks, including the famous red, white and blue smoke of the Red Arrows.

“We’re sure it won’t be long before they’re on to their next challenge - dedicated volunteers indeed.
MEMBERSHIP APPLICATION

In order to become a member please complete all parts of this form, sign and return it to FREEPOST RRZH-RGXR-BLHY, LPFT, Unit 9, The Point, Lions Way, Sleaford, Lincolnshire, NG34 8GG

ABOUT YOU

Title: (Mr/Mrs/Miss/Ms/other) ____________

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

(Or have you accessed treatment in the last five years?)

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

SEXUAL ORIENTATION

□ Gay man    □ Lesbian/gay woman    □ Bisexual    □ Heterosexual/straight    □ Prefer not to say

RELIGION AND BELIEF

□ Agnostic    □ Hindu    □ Pagan    □ Atheism

□ Humanist    □ Sikh    □ Buddhist    □ Jewish

□ Christianity    □ Muslim    □ Prefer not to say    □ Other please specify -

ETHNICITY

□ Asian or Asian British

□ Bangladeshi    □ Indian    □ Pakistani    □ Chinese

□ Any other Asian background please specify -

□ Black or Black British

□ African    □ Caribbean    □ Other black background please specify -

□ Mult-ethnic

□ White & Asian    □ White & Black Caribbean    □ White & Black African    □ Other black background please specify -

□ White

□ British    □ Irish    □ Gypsy/Romany/traveller    □ Any other white background please specify -

□ Other

□ Arab    □ Any other ethnic background please specify -

Disability - Do you consider yourself to have a disability?

□ Yes    □ No    □ Prefer not to answer

Marital/Civil Partnership Status - Which best describes your marital status?

□ Married or in civil partnership    □ Living with someone    □ Divorced/dissolved partnership

□ Widow or widower    □ Separated    □ Single    □ Surviving partner

□ Prefer not to say

Signature ____________________________________________ Date ____________

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. This information is completely confidential and will only be used for purposes of collective data analysis for the reasons. It will be managed in accordance with the Data Protection Act (2003). It will not be used on an individual level to identify specific people.