Celebrating our staff and volunteers at Staff Excellence Awards

Page 10  RAF donation for veterans service
Page 11  New autism funding
Page 14  Cast your votes in governor elections

:: Lincolnshire Partnership NHS Foundation Trust’s magazine ::
Welcome to the autumn issue of Better Together, our regular magazine for members. While I hope there are still a few weeks left until we hit the autumnal gloom, I expect some of you will have your focus on getting ready for the new school and academic year and the responsibilities that come with it for parents and carers (not to mention heavy traffic on the roads).

Talking about studying, please have a look at our Recovery College and the numerous courses it offers. We are very proud of the way in which the College has grown and developed, particularly as a model for ensuring people with lived experience of mental health and learning disability can help others in their learning. I want to encourage everyone to think about learning how to better look after your emotional wellbeing. You can read more about it on page 5.

I also want to bring to your attention our double spread on this year’s Staff Excellence Awards on pages 8-9.

It was a fantastic night where we celebrated our dedicated staff and volunteers. For me, staff awards are one way for us to say thank you for the hard work and compassionate care our staff deliver every day. You can read stories from our service users who say what a tremendous difference the right kind of support made to their lives, including Tom’s journey to finding paid employment (p13), and Harry overcoming anxiety following bereavement (p3).

It is not that long since I was writing a big thank you to our staff and volunteers for their extraordinary efforts to ensure services continued through very bad snow conditions.

In the last couple of months I have seen a similar commitment to those who use our services in response to the dreadful flooding affecting some parts of Lincolnshire, and also during the short spell of extreme heat.

Such unusual weather can have a disproportionately negative impact on those who use our services. I am grateful to our staff and volunteers for continuing to put patients and service users first.

Thank you once again for picking up a copy of the magazine.

With best wishes
Paul Devlin, Chair

Welcome to the truth behind mental health for over 65s. 3
A day in the life of learning disability team on the east coast 4
Community projects benefitting local people 5
Lincoln wellbeing café 6
Community medication clinics 7
Celebrating staff and volunteers 8
Veterans’ mental health services benefit from RAF donation 10
New funding for autism community projects 11
LPFT in the spotlight 12
The feel-good factor of work 13
Working on our wards 14
Membership application form 15

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 and Instagram @lpftnhs

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If you’re an LPFT member you can update your contact details by going to https://secure.membra.co.uk/memberportal/Lincolnshire.
The truth behind mental health for over 65s

Mental health and wellbeing is as important in older age as at any other time in life. Changes in people’s lives, such as bereavement, illness or retirement, can make them more vulnerable to emotional wellbeing problems. It’s important to remember that mental health problems are not a normal part of ageing.

Too often when it comes to the mental wellbeing of older adults we only think in terms of dementia and forget that anyone can suffer from depression, anxiety or obsessive compulsive disorder (OCD). Older people themselves may be reluctant to seek help – with fewer than one in six older people with depression ever discussing it with their GP.

It’s important to talk about how you feel and seek help. Treatments can be very effective, even if you’ve been feeling low for a long time; there are lots of different options available. The symptoms of depression and anxiety vary from person to person, but no matter how it affects you, it is a real illness. Worrying and feeling sad are normal parts of life, but if these feelings don’t go away, they could be a sign of depression.

Harry’s story

Harry (69) became very anxious and began to worry about everything following a bereavement of a loved one whom he had spent 40 years with. He was getting tension headaches, heart palpitations and he felt tired all the time. Eventually Harry stopped leaving the house other than for doctor’s appointments.

He looked for help from steps2change, LPFT’s talking therapies service. The initial stage of the treatment revolved around gaining a full understanding of the problem, how it had developed and Harry’s mental health.

Then Harry and his therapist Jon spoke about anxiety and its impact on Harry’s thoughts, emotions, physically within his body and his behaviours. Next steps involved building Harry’s tolerance to uncertainty. Harry and Jon designed tasks which Harry had to complete between sessions. By the end of his treatment, Harry stopped having headaches and was feeling more energised. He also re-engaged with several of his hobbies and was socialising again.

Talk to your GP or go to www.lpft.nhs.uk/steps2change for more information.
A day in the life...
of the learning disability team on the east coast
Focus on Dr Adam Harris, Clinical Psychologist

Our learning disabilities team focusses on supporting adult service users to have a better quality of life. The team includes psychologists, psychiatrists, nurses, occupational therapists, speech and language therapists and physiotherapists. Adam talks about his role and how the team works together.

We meet every week to discuss referrals and who should be involved with each service user to offer them the best support.

Increasingly we work with social care colleagues and neighbourhood teams as the needs of our service users span across many healthcare services. Over the last 3-4 years our service has undergone significant change. The national programme, Transforming Care, talks about keeping people with learning disabilities well at home for as long as possible. That’s why we focus on supporting people in the community without needing to go to a specialist learning disabilities hospital. And if they do need to go to hospital, the community home assessment and treatment team is there to help.

We also employ liaison nurses who work with general hospitals, GPs and other healthcare settings to help people with learning disabilities access services just like any other person would. Our link nurses are particularly important in making sure our service users get the right care when they need it.

As a clinical psychologist I help others understand the behaviours of people with learning disabilities. They often can’t tell us why they’re in distress but by talking to carers, completing observations and assessments I can try to understand what’s going on for that person. Then as a team we discuss the best support for the service user to help them stay well.

We also have experts by experience who are a fantastic asset to the team. They are ex-service users employed by LPFT to break down barriers and improve understanding of learning disabilities.

I get a real satisfaction from my work and I’m making a positive difference to lives of service users, their family and carers. One of the best things about our team is their dedication; putting service users at the heart of everything we do.
Free mental health courses with Lincolnshire Recovery College

With the new academic year fast approaching; consider learning more about mental health to support yourself and your loved ones.

People across Lincolnshire can access free courses designed to encourage self-care and awareness through the Recovery College.

The College uses an educational based approach to help people to become experts in their self-care, make informed choices and do the things they want to in life.

The courses are co-designed and co-delivered by experts with lived experience of mental ill health, peer trainers and expert health professionals.

One student said: “I am 78 years old, nearly 79, and by coming on these courses I am living the best life I ever have. I have finally learnt that it is not selfish to prioritise my own self-care.”

The latest prospectus and application form can be found at: www.lpft.nhs.uk/recovery-college

To find out more information or to enquire, please contact the team via recoverycollege@lpft.nhs.uk, 01522 518500.

Community projects benefitting local people

Lincolnshire’s Managed Care Network for mental health aims to help people who have experienced mental health problems, or who are having their first experience of mental illness.

Members of the network have close links with each other to help people prevent, manage and recover from mental illness, so that they can enjoy the best possible quality of life.

Sage Gardener is a community garden project where people, including those with mild mental health problems, can learn and benefit from gardening and the countryside.

Isla began volunteering at Sage Gardener in autumn 2018.

She explained that

“Volunteering at Sage Gardener helped me discover that utilising the senses when exploring nature is a useful tool to manage Post Traumatic Stress Disorder. Recognising what you can see, smell, touch and hear works as a really simple calming technique.”

Isla continues to learn and excel in her role as a volunteer whilst continuing on her recovery journey.

The Askefield project is a registered care farm that helps people with mental health problems to improve their wellbeing by spending time on a working farm. Gabby has been volunteering at the farm for nearly a year and a half.

She said:

“I have made lots of new friends since I have been coming here. Volunteering has helped me with my confidence, balance and independence. Now when I need to get the bus here on my own, I can do it!”

Further information and a full list of the current Managed Care Network groups can be found at www.lpft.nhs.uk/MCN.
Recovery through activity

Occupational therapists in older adult community services in Lincoln have been running a trial of a new recovery through activity programme for service users experiencing mental health problems.

The 12 week programme asks participants to look at lifestyle choices, changes in routine and how they could increase their social activities to improve their overall health and wellbeing.

They talk about what activities they enjoy, or might like to start, what the potential blockers are and how these could be overcome.

The members of the group then support each other to take part in these activities, or learn new skills that could help them in the future.

Topics tend to centre around leisure and social activities, domestic skills, occupational skills and self-care.

Those who have attended so far have really enjoyed the programme and have found new self-confidence. Many have also made new friends who they keep in touch with; growing the community support they have around them.

Case for change – mental health and learning disabilities services

Lincolnshire people who require mental health and learning disability services benefit from having good services in place, but we know there is more work to do.

Following a series of engagement events earlier this year you have told us that there are gaps in services in some areas. You have also talked about improving access to information about what support is available and working with other healthcare colleagues so that they can easily signpost.

Your feedback has informed the priorities that LPFT will be paying attention to: improving capacity of community and crisis services; waiting times and responsiveness and the lack of services for people with autism and personality disorders.

We are using this feedback as we develop our services with our commissioners and we will be further engaging with patients, carers and members of the public.

Lincoln wellbeing cafe

A wellbeing café in Lincoln is giving community service users the opportunity to get together on a regular basis, bring along a craft or activity and enjoy time with like-minded people.

Based in a quiet and relaxed private room, people can meet others; enjoy a cuppa from the local on-site café and use crafts and other creative activities as a vehicle for self-expression to aid in recovery.

The group brings together people who are experiencing mental ill health to build confidence and develop new skills and coping techniques.

Why not bring your own crafts, knitting or puzzles and enjoy them in company. The group takes place every Thursday, 1pm to 3pm at the Ignite Church (community hub and library) on Larchwood Crescent in Lincoln LN6 0NA. To find out more contact Hannah Bailey on 01522 421 751 or email hannah.bailey@lpft.nhs.uk.

“I enjoy it, I enjoy getting out and being with people”

“It’s not a craft group as such, its more about the social benefits”
PHC welcomes furry friends to visit patients

Furry four-legged visitors have been wagging their tails around the Peter Hodgkinson Centre (PHC) providing therapy for patients.

In June, Sheila a volunteer for Therapy Dogs Nationwide, began bringing her Labradors Enya and Colin to visit the patients on mental health wards. Therapy Dogs Nationwide is a national charity where visiting volunteers take their own dogs into establishments to give comfort, distraction, and stimulation.

The patients complete an evaluation form after each visit and the feedback has been overwhelmingly positive. One patient said: “I really enjoyed meeting Colin and finding out more about him. It’s great therapy.”

Furry four-legged visitors have been wagging their tails around the Peter Hodgkinson Centre (PHC) providing therapy for patients.

Trudi Ray, Occupational Therapist at PHC organised the initial visits.

She said:

“The patients thoroughly enjoy it when the dogs visit - they provide great comfort and entertainment.

I have passed the charity details to some colleagues across the Trust, so hopefully they will be visiting other LPFT wards soon!”

Community medication clinics

Patients accessing community mental health services who may be taking psychotropic medication, or have complex medication regimes are able to access specialist pharmacy advice to help better understand the medicines they are taking.

New community medication clinics have been set up in Grantham, Sleaford and Lincoln and patients can drop-in or make an appointment via their community psychiatric nurse (CPN).

The community pharmacist can review what medication people are taking and discuss how and why this can help. They can also talk through possible side effects and concerns people may have. The pharmacist can then work with them and their wider healthcare team to make changes and support those who have been on medication for a long time to reduce, or monitor their wellbeing.

The clinics are so far proving very popular and there has been some great feedback from patients and carers, who have found the advice and review helpful.

If you are accessing community mental health services and want help and advice about any medication you have been prescribed please drop-in to one of the following sessions, or speak to your CPN:

- Every other Tuesday at the Sycamore Centre, Grantham – 9am to 12:30pm
- Every other Wednesday at the Willows, Sleaford – 9am to 12:30pm
- Every Thursday at Carholme Court, Lincoln – 9am to 12:30pm

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She said:

“The patients thoroughly enjoy it when the dogs visit - they provide great comfort and entertainment.

I have passed the charity details to some colleagues across the Trust, so hopefully they will be visiting other LPFT wards soon!”
The ninth Making a Difference Every Day – Staff Excellence Awards took place in June. It was a fantastic way to take stock of what has been a busy year for the Trust and to celebrate some of the outstanding achievements of staff and volunteers delivering services every day.

We also celebrated staff who have completed an amazing 30 or 40 years’ service with the NHS; they each received a Long Service Award.

The event was sponsored by a number of local and national businesses including the University of Lincoln, Servelec, STALIS, Iaptus, Vinci Construction, Civica, Peachy Events and Systematic Print.

The full list of winners is available on the Trust’s website: www.lpft.nhs.uk/making-a-difference
Former patient recognised as unsung hero

Harry Dixon, peer support worker was awarded an unsung hero award for his work supporting children and young people with mental health problems in North East Lincolnshire.

Harry formerly used the Young Minds Matter service in Grimsby, which is where he is now employed as a peer support worker. He won the Clinical Unsung Hero award. Harry described joy at his work being recognised.

He said:

"I was in shock to hear I had won. I accessed mental health services throughout most of my teens. The hard times I experienced are part of the reason I wanted to do this job.

It can be daunting to reveal your thoughts to a trained professional; I try and bridge that gap between the clinicians and patients, as someone to talk to who personally understands parts of what they’re experiencing.

My mum always says to me ‘I wish I had a Harry to help you back when you were unwell.’ My role also helps support me with my ongoing recovery and with learning to manage my mental health day to day. I feel honoured to have been recognised for this work."
Veterans’ mental health services benefit from RAF donation

The Trust’s veterans’ mental health services recently received a generous £500 donation from RAF Waddington.

RAF Waddington held an ‘airfield riding day’ in June, hosted by 2503 Squadron (County of Lincolnshire) RAF Regiment Reserves. Over 200 people attended with 130 motorbikes riding along a 4.7 miles circuit. At the event, £7,500 was raised for charity and this money was distributed across various charities and for veterans support through LPFT’s Charitable Funds.

Sgt Hayley Coupland, 2503 Sqn, RAF Waddington, Lincolnshire said:

“As a reserves squadron we recruit from a 50 mile radius and that includes ex regulars and civilians. There is a strong commitment to supporting the physical and mental wellbeing of serving personnel and to those who leave the service. By making this small donation we hope it goes some way towards making an impact for the veterans’ community.”

This donation will help fund the veterans’ mental health conference that will be hosted in November, to help raise awareness of mental health problems in people who have served in the armed forces.

Flt Lt Mike O’Hara and Sgt Hayley Coupland presented a cheque to the team.

Paula Jelly, Regional Veterans’ Lead, said:

“We are overwhelmed by this very kind donation from the RAF. It is important that we continue to raise awareness and encourage veterans to come forward and talk about their mental health.”

Charitable Funds is an independent and dedicated charity that plays a vital role in supporting and funding innovative projects to enhance services and facilities that would otherwise not be funded by the NHS.

New advice line for Lincolnshire young people and parents

A new advice and consultation line for young people, parents and carers was launched on 5 August.

If you’re a young person and you feel that you need support with your mental health, or if you’re worried about your child’s mental health, please call 01522 309120 where you can talk to a professional from our Child and Adolescent Mental Health Service (CAMHS).

They can give you tips and strategies on ways you could help yourself or your loved one. If you agree together that a young person needs extra support, they can help with referral to mental health services for children and young people.

The line is open Monday to Friday 9am-4.30pm.
60 seconds with...

Nikki Dudley, Autism Spectrum Disorders Engagement Officer

Tell us about yourself

I have worked in a variety of clinical settings over the past 17 years and quality mental health care has always been important to me. I thought about doing nurse training a few times but life got in the way! I came into this post after six years in A&E and seven years before in the prison service.

What do you do within your role?

The Trust has been given one-off funding to start new projects that will enable people with autism spectrum conditions and their families to access a new range of support services and activities. This project will run alongside the Managed Care Network.

Why did you want to take on his role?

As a mother of two boys – one of whom is autistic, I have experienced the struggles and frustration that the lack of suitable provision causes. I am passionate about creating the best environment for people with autism. There are already some amazing groups in Lincolnshire so I’d like to help them grow. This will enable people on the spectrum to live as independently as possible.

What’s the best thing about LPFT and the NHS?

The staff! LPFT is the best trust I have worked for in almost two decades, with its genuine care and wellbeing for its workers. Working in a variety of chaotic and chronically under-staffed settings over the years, each time it is the staff ‘on the shop floor’ that keeps it going to be the best healthcare system in the world. I am a proud NHS worker and wouldn’t want to do anything else!

New funding for autism community projects

A new pot of funding for community projects supporting adults and young people with autism and their families is set to launch this autumn.

Thanks to a one off amount of £200,000 from Lincolnshire County Council and South West Lincolnshire Clinical Commissioning Group, community groups and organisations from across the county will be able to apply for funding to help develop new projects.

The Trust will manage the fund alongside its successful Managed Care Network, which supports community projects for adults with experience of mental health problems.

The monies will be available to support groups wanting to set up accessible community activities specifically for adults and children on the autistic spectrum and their families. Activities might include social support and friendship groups, formal and informal learning, skills and qualifications, supported volunteering.

The application process will launch this September, in anticipation of projects starting in February 2020. Schemes can be funded for up to one year.

For more information please contact:

Nikki Dudley, ASD Engagement Support Officer, nicola.dudley@lpft.nhs.uk, or call 01529 222244

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The Trust’s Medical Director, Dr Ananta Dave will shortly return from a research trip to the United States looking at how services in the country are supporting and preventing suicide in healthcare professionals.

Funded by the Winston Churchill Memorial Trust, Dr Dave has been seeking to learn more about how the US has set up support services to treat doctors, and other healthcare professionals, with mental health and addiction problems.

Dr Dave said:

“Over the years, I have lost friends and colleagues to suicide and seen good people become traumatised by the work they do.

I hope my research in this area will help the profession develop strong support systems in the future. I look forward to being able to share the learning and good practice in our local trust and how we can continue to improve the wellbeing support we offer our staff.”
The feel-good factor of work

In this issue
Abbie Corley, Employment Specialist, talks about a service user who progressed with his recovery and gained a job.

Tom’s story

I have been working with Tom since 2017. Tom lives with schizophrenia and he has been diagnosed with autistic spectrum disorder. He faces many barriers including difficulty with communication and understanding information, as well as limited computer skills. But he has always been motivated to find a job.

Tom had previously worked as a cleaner and enjoyed it so we applied for a cleaning job in a local restaurant. I helped him with the online application and when he was invited to an interview, I attended it with him. We were both chuffed when he was offered the job.

Once he started, for the first week I met him each day to take the bus together to his place of work so that he knew which bus he needed to get. Then I started meeting him at his place of work to ensure he could travel independently. I accompanied him to work for the first week, and assisted him with his cleaning duties to ensure he understood his role and responsibilities.

Soon after starting, Tom was contacted to attend a work health assessment by the Department for Work and Pensions. I attended the assessment with him as he was highly anxious about his benefits being taken away, and had some paranoia about visiting the job centre. He was also worried that due to his communication difficulties he wasn’t able to express how his condition affects him on a daily basis. I helped him fill in the forms and provided a letter of evidence explaining my role and how I supported him to find paid work.

It’s been over a year now and Tom still has a job, which he thoroughly enjoys. He has made great improvements in his confidence and he gets on well with his colleagues.

I am now at the point where I am looking to discharge him from our service; he’s made such great progress that he doesn’t need my support anymore.
Watch patient stories on our YouTube channel

You can watch first-hand accounts from our patients and their carers in a series of films that we’ll be regularly publishing on our YouTube channel.

The patient story is the first point on the agenda during our Board of Directors meetings. These stories have always given a lot of food for thought to our Board and were often a catalyst to bringing about improvements to our services.

We now capture these stories on film so that everyone can learn from these powerful accounts. So far we’ve had 15 year old Ellen talking about living with autism and how it affects her. Tim, who is a carer for his wife Katie, talked about crisis mental health services, self-harm and how carers can be better supported to look after their loved ones.

You can watch these videos on our channel www.youtube.com/LPFTNHS

Election time – choose your representatives

This summer we are holding elections for our Council of Governors and members are given the opportunity to vote for your representatives.

As an LPFT member you should receive your voting pack via email or post week commencing 21 August.

Governors work to ensure that your 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 our Board of Directors to account and challenge us to continue working with commissioners, to ensure mental health and learning disability services are given the same priority as physical health.

Please remember to cast your vote before 16 September 2019.

Working on our wards

We often find that public perception of what it is like to work on mental health wards is different to the reality.

Teams from across the Trust recently worked together to create a short film to help attract people to come and work on our wards.

Caren Tyson recently joined the Conolly Ward in Lincoln. She has 17 years’ experience as a paramedic and has brought her vast knowledge to LPFT as a mental health practitioner. She has just taken part in the preceptorship programme.

Preceptorship is a period of structured transition for newly registered practitioners where they are supported by a preceptor to develop their confidence, refine skills, values and behaviours.

Caren said: “When I started this role I knew I had a lot to learn about mental health. LPFT’s preceptorship scheme and support from my colleagues helped me to find my feet.”

Jo Sellars works on the Manthorpe Ward in Grantham. She is a newly qualified Nursing Associate.

Jo said: “I went back to university to study for the nursing associate role. The training is broad and incorporates mental and physical health, which I thoroughly enjoyed. Preceptorship is brilliant because it means that as a newly qualified practitioner you’re not left on your own and it’s encouraging us to be more accountable for our work.”

To hear from more of our staff about working on our wards, please visit www.youtube.com/LPFTNHS
**SEXUAL ORIENTATION**

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

**RELIGION AND BELIEF**

- Agnostic
- Hindu
- Pagan
- Atheism
- Jewish
- Prefer not to say
- Other please specify –

- Humanist
- Sikh
- Buddhist
- Prefer not to say
- Other please specify –

- Christianity
- Muslim
- Other please specify –

**ETHNICITY**

- Asian or Asian British
- Bangladeshi
- Indian
- Pakistani
- Chinese
- Prefer not to say
- Any other Asian background please specify –

- Black or Black British
- African
- Caribbean
- Other black background please specify –
- Prefer not to say
- Any other Asian background please specify –

- Multi-ethnic
- White & Asian
- White & Black Caribbean
- White & Black African
- Other black background please specify –
- Prefer not to say
- Any other Asian background please specify –

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

- Other
- Arab
- Prefer not to say
- 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
- Widower or widower
- Separated
- Single
- Surviving partner
- Prefer not to say

**YOUR MEMBERSHIP**

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.

**ABOUT YOU**

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<th>Title: (Mr/Mrs/Miss/Ms/other)</th>
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<tr>
<td>Name:</td>
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<td>Date of birth: (You must be 12 years old or over)</td>
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<td>Gender: Male</td>
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**YOUR CONTACT DETAILS**

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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 CONTACT DETAILS**

- 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

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ANNUAL PUBLIC MEETING 2019

Lincolnshire Partnership
NHS Foundation Trust

Innovation and transformation of mental health and learning disability services

Thursday 19 September
1pm to 4.30pm (doors open at 12.30pm)
Centre for Learning, Development and Research, Unit 3, 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-2019.eventbrite.co.uk or call 01522 309200
Limited spaces available, please book early to avoid disappointment.