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Young people ‘lose their label’

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Our 10,000th member - it could be you!

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Artistic Terry bows out in style
It is a real delight to be writing my first Better Together ‘welcome’, and to introduce myself.

I was appointed as Chair of Lincolnshire Partnership NHS Foundation Trust in May, taking over from Eileen Ziemer-Cottingham. It is a privilege to be Chair and I’ve relished my first months, meeting patients and carers, staff, partner organisations, Governors, and some members. I’ve learned much about the Trust and am so proud of the work we do for patients.

Patient-centred care and patient involvement are at the heart of my commitment to the Trust: a sign on my desk asks “How will what I am doing today help improve our patients’ experience?” My passion is moulded by a long career in charities working with and for people with particular health needs or facing discrimination or hardship. This has been complemented by non-executive roles in the NHS. You will see this patient focus reflected throughout Better Together.

We want members to be more involved in the future of the organisation. There is information in this issue on how you can support others through peer involvement and the community networks (see pages 4 and 19). There will be more opportunities for you to contribute your ideas and experiences across all our services and I encourage you to have your say.

We are fast approaching the milestone of our 10,000th member! It is important that our membership represents the range of communities we serve, and I’d appreciate you helping spread the word about membership so we can reach this significant landmark (see page 10 for more information).

In November we will receive a comprehensive inspection from our national regulators, the Care Quality Commission. The inspection team will visit for a week, inspecting all services against their standards of care, before publishing a formal overview of how well we are doing. Such inspections are rightly demanding and thorough, and I am confident that it will confirm the high quality of much of what we do, whilst helping us learn how to improve other aspects of our services.

Finally, I’d like to remind you that our annual public meeting – our formal opportunity to review the year and our achievements – will take place in September. As well as showcasing some of the Trust’s work, we will be celebrating our volunteers and launching an important consultation on our Suicide Prevention Strategy. This is a public meeting and I hope you will come along and learn more about what we’ve been doing over the last year. Read more on page 20.

Thank you once again for your continued support as members and I hope to meet you at some of our future events.
Farewell Eileen

We said farewell to Eileen Ziemer-Cottingham in April, as she came to the end of her maximum term of office as the Trust’s Chairman.

Speaking about her 14 years with the Trust, Eileen said: “I have really enjoyed my years with the NHS and have great respect and admiration for the many great staff and volunteers who regularly demonstrate their total commitment to the health and care of local people.

I have seen a huge amount of changes to local health services, particularly for people with mental health problems, which have altered significantly over my years on the Board. It has been a pleasure to have been so involved and I will miss the team at LPFT. The clinical and support staff have a lot to be proud of and I know they will continue to make a difference.”

Eileen joined the Trust in 2001 as a Non-Executive Director and played a key role in the organisation becoming a foundation trust in 2007. In her role as Chairman she ensured that the Trust continued to provide high quality, safe services and worked closely with the Council of Governors to ensure that the patient/carer voice was heard.

Memories of Chris Slavin

It is with much heartfelt sadness that we received the news that Chris Slavin, previous LPFT Chief Executive, passed away in April. Chris stood down as Chief Executive in 2013 for health reasons and the news of his passing has brought appreciation of his many outstanding achievements and leadership. Many staff, partners, patients, and carers expressed their sadness at the news and we continue to send Chris’ family and friends our deepest condolences.

Care Certificate rolled out for support staff

Following the publication of the Francis Report, a new set of standards has been launched for all healthcare support workers.

All new starters are now required to complete the Care Certificate within their first 12 weeks of employment.

The programme covers 15 core standards which non-registered healthcare support staff must become familiar with and be able to demonstrate understanding and competence in their roles.

The Trust launched its pilot back in October last year prior to the national launch in April.

Dr Elcock joins as medical lead

Our Executive Team is now complete with the appointment of Dr Sue Elcock as Medical Director. Dr Elcock, who previously worked as a Consultant Forensic Psychiatrist at Rampton High Secure Hospital in Nottinghamshire, took up her new role in February and is now well established in this new role and helping to shape the Trust’s future clinical direction.

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of BetterTogether :: 3
Get involved with LPFT

We want patient participation to underpin everything we do. You can have your say about our services by getting involved in one of the projects that we run.

Peer Support Worker Project

We would like all of our services to benefit from the input of peers - people with lived experience who promote recovery and hope. This project is looking at ways of implementing peer support in the Trust using the best practice from our Drug and Alcohol Recovery Team (DART).

Carl Zuccaro, who started as a volunteer support worker with DART and has now moved to employment with the Trust said: “Joining DART as a peer helped build my confidence and personal skills. We were encouraged to take ownership over the project and this empowered me to make positive changes in my own life, as well as offer support to others going through similar issues by creating a recovery example.”

Carl and the DART team are also involving service users and Peer Mentors on the Trust allotment, off Long Leys Road, close to Carholme Court in Lincoln.

Help develop our Clinical Strategy

We are reviewing our priorities for the future and we would like to hear your views. It is important for us that the clinical strategy is developed with service users, carers and our other stakeholders to give a true reflection of what local people want us to concentrate on over the next few years. Focus groups took place over the summer where people talked to us about their experiences of our services. There is still an opportunity to feedback your views via involvement@lpft.nhs.uk

Join a Group of 1000

If you are interested in being involved in focus groups, service development meetings, consultations or service inspections, this is a group for you. To join email info@lpft.nhs.uk or call 01529 222277.

We advertise various involvement opportunities on social media so follow us on Twitter @LPFTNHS or like our Facebook page LPFT NHS.
Be mindful of mental health

Staff and patients marked this year’s national Mental Health Awareness Week (11-15 May), by taking part in a range of activities to raise the profile of mental health and this year’s theme of ‘mindfulness’.

The week launched with the official opening of Peter Hodgkinson Centre’s new activity area ‘The Hub’. The area now gives patients staying on the acute mental health wards in Lincoln the opportunity to take part in activities away from the ward environment, which will aid in their on-going recovery.

Taking part in activities we enjoy is a key theme of mindfulness and we hope that the new facility will give people staying on the wards somewhere safe to go and have fun.

Gill Hunt, Team Leader for Acute Services at LPFT said: “Inpatient areas can become hectic with lots of people experiencing problems being located within a relatively small shared space. Increasing opportunities for people to spend time away from the ward can help to reduce intensity. The Hub gives somewhere safe to go to engage in social and recreational activities; but also contributes therapeutically to their recovery too.”

The staff and patients spent the rest of the week making full use of their new facilities, including a visit by the ‘Animal Man’ where patients got hands on with a variety of weird and wonderful creatures.

Polly Blaydes, Clinical Specialist Occupational Therapist at PHC said: “We thought this activity was a great opportunity for patients to have interaction with a variety of different animals.”

“This kind of experience is great as a form of self-soothing, which is an important element of mindfulness.”

Ten ways to look after your mental health

Talking about your feelings
It can help you stay in good mental health and deal with times when you feel troubled.

Eat well
There are strong links between what we eat and how we feel - caffeine and sugar can have an immediate effect.

Keep in touch
Friends and family can make you feel included and cared for. They can also offer different views.

Take a break
A change of scene or a change of pace is good for your mental health. It could be a five-minute break, or a weekend away.

Accept who you are
Some of us make people laugh, some are good at maths, others cook fantastic meals. We’re all different.

Keep active
Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better.

Drink sensibly
We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.

Ask for help
We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can’t cope, ask for help.

Do something you’re good at

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of BetterTogether :: 5
As part of our annual NHS Change Week (March) the Trust pledged its support for the national #hellomynamesis campaign.

The campaign launched by Dr Kate Granger, who has terminal cancer, shows the importance of healthcare staff introducing themselves when meeting someone for the first time as part of treatment.

Zoë Rowe, Associate Director of Nursing and Quality, who has championed the #hellomynamesis campaign at the Trust said:

"Here at LPFT we wanted to show our support for the #hellomynamesis campaign and Dr Granger’s incredible story by asking staff to make more of a conscious effort to introduce themselves to any patient the first time they meet.

“A confident introduction is the first step to providing care and is often all it takes to put patients at ease and make them feel relaxed whilst using our services. We are also reminding staff to ask the patient how they wish to be addressed and ensure their name badges are visible at all times whilst delivering care.”

To find out more about the #hellomynamesis campaign and about Dr Granger, please visit www.hellomynamesis.org.uk

Calls for nurses to ‘come home’

The Trust got behind Health Education East Midlands’ drive to get valuable healthcare professionals back to work by supporting its Come Back to Nursing campaign.

A new look return to practise programme (RTP) was launched including full funding for all course fees, to encourage nurses who perhaps have been away from practice for a while, to get back on the wards or in the community.

Derby and Northampton universities were offering RTP placements supporting those wanting to return to the profession.

Elsewhere, established nursing staff enjoyed LPFT’s Nursing Conference which this year focussed on positive care to enhance therapeutic environments.

The event, which took place at Lincolnshire Showground in March, included national speaker Ruth May, Regional Chief Nurse, and talks from NHS England representatives.
Trust inspection confirmed for November

The date of our comprehensive inspection by the Care Quality Commission (CQC) has now been officially confirmed and inspectors will be on site from Monday 30th November for one week.

Over the duration of the visit, all Trust services will be assessed against standards of care, before a formal report is published detailing how well we are doing.

The CQC is the independent regulator of health and social care in England and monitors, inspects and regulates clinical services against their standards of care in quality and safety. They then publish their findings to inform and help people choose the care they receive.

Inspectors use professional judgement, supported by objective measures and evidence, to assess services against five key lines of enquiry:

- Are they safe?
- Are they effective?
- Are they caring?
- Are they responsive to people’s needs?
- Are they well-led?

This is a great opportunity for Trust services to showcase the innovative and high quality patient care that we know they provide every single day.

We also look forward to working with the inspectors, our staff, patients and carers to improve services where necessary, to make sure we continue to strive to be the best at what we do.

As part of the inspections the team will want to hear your views as service users and there will be opportunities for people to get involved in focus groups during the week.

For more information on the CQC and what we can expect during their inspection visit www.cqc.org.uk

More information on how to get involved will also be available closer to the date.

CQC rates wards ‘good’ ahead of comprehensive visit

The acute adult wards at Peter Hodgkinson Centre and low secure, forensic Francis Willis Unit in Lincoln were both rated ‘good’ across the five Key Lines of Enquiry (KLOE) during a CQC visit at the end of last year.

Patients at PHC told inspectors they felt safe on the unit, while staff reported good morale and positive line management support.

On Francis Willis, inspectors saw good examples of staff and patient interactions.

A further boost to the low secure unit’s reputation followed in April after a review of its services by the Royal College of Psychiatrists, College Centre for Quality and Improvement (CCQI).

An 83 per cent score for its standards was recorded, an improvement on last year’s figure of 66 per cent.

Temporary closure of Long Leys Court

The Trust, alongside our commissioners South West Lincolnshire Clinical Commissioning Group (CCG), have taken the difficult decision to temporarily close the learning disability inpatient unit at Long Leys Court in Lincoln, due to concerns surrounding the quality of care being provided.

Both the Trust and Commissioners feel this temporary closure is in the best interests of people with a learning disability, who often have complex needs and for whom we have a duty to ensure that the care they receive is of the highest quality.

We recognise that there is a level of public concern and reiterate our commitment to taking all complaints and allegations very seriously. We are working closely with Commissioners, Lincolnshire Police and the Lincolnshire Safeguarding Adults Board to investigate a number of alleged incidents at the unit.

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy.
Overseas visit has a safe Finnish

Healthcare professionals from Finland visited the Trust’s acute adult inpatient unit in Lincoln earlier this year, to learn more about a new approach to keeping mental health wards safe.

A party from Kellokoski Forensic Hospital flew in to see how staff on Charlesworth Ward, the female ward at the Peter Hodgkinson Centre, has implemented the safewards approach to help reduce conflict and containment.

The safewards model, developed by Professor Len Bowers, is practised by Trust staff and offers a number of different ways to help the ward understand and reduce behaviours such as aggression.

These can include simple measures such as setting clear mutual expectations, using soft words, mitigating bad news, and increasing mutual understanding, among others.

Charlesworth Ward Manager, Tracy Colpitts said that although the project is currently being formally evaluated, the early signs are extremely encouraging.

“The techniques are making a real difference to the quality of the healing environment that we provide to the people in our care,” she said.

As well as sharing examples of the safewards approach, the team from Finland also enjoyed some of the fantastic historic sights of Lincoln.

One Finnish healthcare worker Piia Immonen said: “We would like to thank LPFT staff for their hospitality and invite them to visit Finland in the future.

“We will be looking to implement the safewards approach in our hospital on our return.”

Universal approach to health

The Trust is now working with Lincolnshire and District Medical Services (LADMS), to provide services at four NHS GP practices in Lincolnshire.

Under the joint name Universal Health Ltd, we now manage the Pottergate Surgery in Gainsborough, Metheringham, Arboretum and Burton Road surgeries in Lincoln.

The venture is a great chance to work in partnership with LADMS and whilst initial services will be core primary care provided by GPs and nursing staff, over time it is hoped that this will offer new opportunities for the Trust to deliver more mental health services directly in GP surgeries.

It’s still early days but a greater scope for integration and helping to support people closer to their homes, in their local communities is an exciting prospect for the Trust. Find out more at www.universalhealthlimited.co.uk
Patients serve up slice of recovery

Patients at Discovery House, Lincoln have been serving up a slice of recovery for a year as part of their work at Discovery House Cafe.

The café, which is staffed predominately by patients on the mental health rehabilitation wards at Discovery House and Francis Willis Unit, under staff supervision, continues to offer a place for staff, patients and the local community to enjoy a quick coffee and cake, or a lunchtime sandwich.

As well as a great place to grab a bite to eat, patients are getting the opportunity to get away from the ward environment and build up their vocational and social skills as part of their recovery. They are also learning some of the basics around food hygiene preparation and hope to get recognised qualifications they can use in the future.

The café is completely non-profit so offers some great value lunchtime treats and is open to anyone in the area who would like to pop in and support.

Debbie Barker, supervises the café and said: “It’s great that we’ve been able to give the patients such a meaningful activity to get involved in. There are lots of jobs they can do from restocking and cleaning the café area, all the way through to working the till and preparing food and drinks.

They are learning such a wide range of skills, both practical and social and it all helps with recovery and building confidence for when they are eventually discharged back in to the community. It’s great to see so many of them getting involved and really seeing them shine.”

Scott who is currently a patient at Discovery House said: “It’s been great to get the opportunity to meet new people and experience working in a safe and friendly environment. It shows the team and others that I’m able to work and shows my commitment to learning new things.”

Jay, has worked at the café since it first opened and is now going for his level 2 food hygiene certificate.

“It’s a really friendly atmosphere and I’ve felt supported to go at my own pace. I’m glad I decided to give it a go as I now have loads more confidence and feels great to be trusted to work the till and handle money.”

The café is open to the public Monday to Friday, 9:30am to 16:30pm and can be found in the entrance to Discovery House, just off Long Leys Road in Lincoln.

Carers get support and education

Having support and information when you’re caring for someone with mental health problems can make a lot of difference. Discovery House, in partnership with Rethink, runs a group which offers both.

Donna Bradford, who was instrumental in getting the group running, said: “This group is entirely shaped by carers. We have asked them what they wanted from our meetings and they told us they would like to have some of the mental health terminology explained. They also wanted to learn more about legislation that may affect their loved ones. We had various professionals such as community psychiatric nurses and a consultant psychiatrist coming to talk about their work and pharmacy professionals giving a talk about medication.”

Sarah, one of the group members said: “I find the group very useful and supportive. It’s an opportunity to meet socially with people who understand what you’re going through and also ask questions to professionals.”

Fortnightly meetings offer flexibility to join when people can and pick the sessions that are relevant to them. Carers meet on Thursday evenings 18:30 to 20:00 at Discovery House in Lincoln. For more information contact Donna Bradford on 01522 597936.
It is an exciting landmark moment as in the coming weeks we look set to recruit our 10,000th member.

This is a fantastic achievement and a testament to the drive and passion to improve local health services that we know is already out there.

Our 10,000th member will receive a certificate signed by Trust Chair Paul Devlin, so if you’re reading this magazine and are yet to sign up – don’t delay as it could well be you.

Samantha Swindell, the Trust’s Governor and Membership Officer said she couldn’t wait to recruit the milestone member:

“It is so exciting to think that the Trust has nearly 10,000 members who celebrate our success by attending events, joining groups, and consult on matters of importance.

“I would like to say a big thank you to all our members, who either receive our information or get involved in our Trust services and activities.

“We really appreciate members and value their support and determination in becoming a part of our Trust business, in a fun, open and honest way.”

Trust Chair, Paul Devlin said he was thrilled to hear that that LPFT is nearing this important milestone.

“Getting more people involved, giving them a voice and a chance to shape our services and really play a part is crucial for us as a Trust,” he said.

“Becoming a member has never been more important and you can choose your level of participation.

“I’d urge anyone with an interest in our business to sign up – you never know, a certificate from me could be on its way to you!”

Public Governor for Lincoln, Michelle Wiggins said: “Reaching our 10,000th member is very exciting but also shows that the people of Lincolnshire support mental health.”
Getting involved to help make a difference

The Trust and our membership team are always eager to involve members of the public and engage with them at every opportunity. Recent months have seen no exception as a variety of different events have been showcased in a bid to further promote the work we do.

- In April our Sexual Assault Referral Centre (SARC), opened up its doors to let people know about the invaluable work it does in supporting those who have been a victim of rape or sexual abuse.

  The SARC event in Lincoln, was organised to encourage those affected to come forward and seek the help and advice they need to help them move on with their lives, in the direction they want to.

  SARC manager Amanda Farquhar, said: “Our event aimed to encourage people to come forward and seek the help and advice they need to help them move on with their lives, in the direction they want to.”

- Our Lost Luggage group organised an event at The Collection museum in Lincoln last month. Tackling Mental Health Stigma, from a younger person’s perspective, challenged preconceptions about young people’s mental health in a bid to ‘Lose the Label’.

  Lost Luggage members (a group of young people who have experienced mental health difficulties), were eager to reach out to people like themselves and share their stories of what helped them on their road to recovery.

- LPFT staff were on hand at the Lincolnshire and Crowland Shows in June, joining neighbouring Trusts and Clinical Commissioning Groups to promote the services we provide.

  As the sun shone down, visitors to the shared NHS tent at the Lincolnshire Show had the opportunity to browse stands from our talking therapies team, or find out about the work of our specialist dementia service.

  There were also stalls on recruitment for those looking for a career in the NHS and information on our Managed Care and Dementia Support Networks. (See page 19 for more on these).

  The Crowland Show at the end of the month was also another successful and sunny event, with our Membership Team recruiting on the southern border of the county, particularly important when attracting numbers from our surrounding membership area.
Fond farewell to artistic Terry

After 28 years’ loyal service, Teresa ‘Terry’ Overton hung up her Trust paintbrush for the very last time as she retired from her much loved role of Arts Collective Service Coordinator in July.

The success of the Lincolnshire Reflections exhibition saw her bow out in style, bringing together a collection of impressive paintings inspired by artists’ thoughts and feelings of the county around them.

The Arts Collective Service, supports health and wellbeing through the use of specially designed art programmes, reflecting the benefits of artistic engagements for people with mental health conditions.

The Reflections exhibition was featured at the Sam Scorer Gallery in Lincoln, throughout May.

“All 547 visitors to the exhibition were amazed at the diversity and high standard of the artwork and it was a great success, with local visitors and others from around the world including Holland, France and Canada,” she said.

“On a personal level I was absolutely delighted and very proud of the achievements of all our artists.”

Terry started working for the NHS in 1987 as a Pottery Technical Instructor in the Occupational Therapy department at the Peter Hodgkinson Centre, in Lincoln.

She began to develop the Arts Collective Service in the mid-90s, in addition to helping set up the Trust’s Gemini Project, which provided regular art sessions for patients culminating in a public exhibition.

She hopes to make the most of her retirement by travelling the world with her husband Dave and enjoying a tipple of real ale along the way.

“I should imagine there will be lots of holidays and camping planned over the coming months,” she added.

After years of encouraging others to connect with their creativity, Terry also hopes to reconnect with hers and plans an exhibition of her own over the next couple of years.

‘Highly commended’ seasonal artwork

Two paintings from members of a Trust art group received national recognition recently after being featured in the Care Coordination Association’s (CCA) latest edition of ‘The Approach’ journal.

‘Autumn’, by Kathleen Marie Hill and ‘Summer Strawberry’ by Gilbert Austin were both entries in the magazine’s art competition and both were highly commended.

Drama group’s film available online

The important work of a Trust drama group that helps patients recovering from anxiety and depression has been videoed and is available to view online.

The Mysteries Drama Group, run by John Bowtell, takes referrals from patients and allows them to express themselves in a relaxed and friendly manner through improvised comedy drama or group drumming in a circle, to name just two.

The group meets regularly at the Friends Meeting House in Park Street, Lincoln, encouraging members to work through whatever’s troubling them via the medium of their choice.

You can watch the clip by visiting The Brayford Post page at www.brayfordpost.uk/an-insight-into-drama-therapy
Learning to manage your recovery

It's almost a year since the Trust opened up the doors of its Recovery College, based in Lincoln.

The college, which provides a range of educational courses, workshops and resources available to people who access mental health services in Lincolnshire, has seen over 100 students enrol since its inception last September.

Based on a model that first came to the UK five years ago, the Lincolnshire Recovery College now runs 18 courses across the county, and is one of 40 that have been established nationwide.

Focusing on its three core values – Hope, Control and Opportunity – the college takes an educational approach to mental ill health with the belief that sometimes there is no ‘cure’ for an ongoing illness, but that people can still live a full and rewarding life.

Recovery College Coordinator, Emma Bristow said: “At the college we hope to show students can live past their diagnosis and have a productive and satisfying life.

“We regard our students as the experts on themselves, giving them the control to choose which courses to take and what they wish to gain from attending. I want people to recover a life, not just recover from an illness.”

Peer Trainer, Ben Taylor, said that the college’s specialised co-designed courses offer a unique way for students to learn.

“Each one of our courses is co-designed and co-delivered between a medical or health expert and someone who’s an expert through lived experience,” he added.

Every member of staff within the college has their own lived experience of mental ill health, creating an understanding and open atmosphere.

If you’d like to enrol contact the college at recoverycollege@lpft.nhs.uk or call (01522) 573517.

Alternatively visit the Trust website www.lpft.nhs.uk/our-services/adult-services.

Voices raised in jubilant song

A staff and service user choir has been impressing audiences with its vocal abilities and three part harmonies – encouraging members to sing for fun.

The group, dubbed ‘Raising Voices’ was formed by three Trust workers at the start of the year, who wanted to share their love of singing with the world.

They practise once a week and featured an impressive Queen medley in their very first performance.

Organiser Emma Bristow said: “Confidence has grown over the weeks, which has enhanced the sound and the ability to harmonise.

“If we could bottle the enthusiasm and affect it has on each and every one of us, we would be worth millions.”

The group meets every Wednesday from 18:00 to 20:00 at IMPart in St Botolph’s Church Hall, off Lincoln High Street and new members are always welcome.
Ward 12 ‘excellent’ AIMS rating

Boston’s acute inpatient unit, Ward 12, was given the highest level of accreditation by the Royal College of Psychiatrists’ quality assessment.

The ward received an ‘excellent’ rating – the highest possible score – after meeting the demanding quality standards under AIMS (accreditation for inpatient mental health services), earlier this year.

Ash Villa gets ‘better together’ for the evening

Carers and families of young people on our inpatient unit in Sleaford were invited to come and meet staff at an open evening designed to promote an involved approach to managing mental health needs.

Ash Villa is the Trust’s 13 bedded acute inpatient unit, providing care for young people aged 13 to 18, who are experiencing complex mental health difficulties.

Staff and patients opened up the doors and provided a buffet for visitors. Parents also got the chance to experience the unit’s Your Voice group meeting, which enables everyone to have their say on possible developments for the ward.

The night was topped off with a sporting game of Articulate, encouraging the young people to improve their communication and interpersonal skills.

It was a roaring success and staff hope to run regular evenings in the future - so watch this space.

Patients ‘do like to be beside the seaside’

It was hankies on heads and ice-cream in the sunshine when a seaside theme came to one of the Trust’s older adult inpatient units this summer.

Drama Worker John Bowtell, along with Trust volunteers, has been running weekly sessions over the past few weeks, helping to engage the dementia patients in role play exercises that will hopefully rekindle memories of their past experiences.

In addition to a trip to the seaside, other themed jaunts have included ‘going to France’, ‘going to America’ and the 1950s.

For the seaside visit, the unit was decorated with flags and buckets and spades, and there were doughnuts and other beach goodies, including candy floss for the patients to enjoy.

They even rolled up their trousers, threw their shoes and socks to the wind and took part in a virtual paddle on the beach – all under artistic licence of course!

Helping John with the seaside performance were Trust volunteers Carol Grainger and Graham Morris.
Equality going from strength to strength

Over the last few months the Trust has been recognised for our work in the equality and diversity area. We have been appointed as Equality and Diversity Partner of NHS Employers (an organisation that is the voice of NHS employers). This will give us an opportunity to showcase some of the excellent work we already do, but it will also challenge us to develop further. LPFT has also been ranked 123rd in the Stonewall list of lesbian, gay and bisexual (LGB) friendly employers.

Paul Devlin, Trust Chair said:

“This is an impressive 145 places improvement which reflects the positive work going on across LPFT from ward to Board level, showing the commitment to challenging discrimination.”

Two staff members have been recognised regionally for their input into equality. The Trust’s equality and diversity lead, Sophie Ford, won the East Midlands’ NHS Leader of Inclusivity of the Year.

Sophie has had an impact on everything from championing better access for patients when English is not their first language, to improving staff networks. Sophie went on to represent the region in the national final and while she didn’t win we are still proud of her contribution to the Trust.

Zoë Rowe, Associate Director of Nursing and Quality has been awarded the Role Model of the Year title during the Midlands 2015 Workplace Equality Index Awards. Zoë has boldly gone above and beyond her responsibilities to encourage openness about sexual orientation in the workplace which allows people to be themselves.

The Trust is sponsoring Lincoln Pride on 27th September 2015. Come and meet our equality and diversity team on the NHS stand.

Trust makes top 120 best places to work in UK

Working for LPFT is of the best jobs to do - according to a list compiled by the Health Service Journal (HSJ) and the Nursing Times.

The Best Places To Work Awards is a celebration of the UK’s highest quality public sector healthcare employers.

A list of best places is compiled from results of individual Trust staff surveys, which are then analysed and categorised into seven different areas.

LPFT was shortlisted in the Best Mental Health Trust category. The awards ceremony took place on 7th July and although we narrowly missed out on winning the main mental health category, there was another highlight on the night.

Our Carer Governor, Pauline Mountain MBE was named as one of the UK’s top 50 patient leaders in the inaugural HSJ’s Patient Leaders list.

Well done Pauline!
Staff Excellence Awards

It was bow-ties and fancy frocks at the ready earlier this year as staff donned their glad rags to enjoy a night of celebration recognising their hard work, care and dedication to patients and carers.

The annual recognition event featured 12 categories based around the Trust’s core values and services including Volunteer of the Year, Outstanding Newcomer, Inspirational Leader and Support Services Team of the Year.

Nearly 200 staff and volunteers were nominated by fellow colleagues, patients, carers, partner organisations and the public.

William Burkitt, from Louth, scooped the Volunteer of the Year title for his commitment to helping support music activities for patients in Lincoln’s Francis Willis forensic inpatient unit.

“I was very honoured and surprised to receive my reward,” he said.

“Being a volunteer is a very rewarding use of my time and I encourage anybody to consider volunteering.”

For a full list of all the award winners visit the Trust website.

Nursing Times Awards 2015

Our North East Lincolnshire Child and Adolescent Mental Health Service (NEL CAMHS) has been shortlisted for its entry ‘Innovative CAMHS Redesign Structure’ in the prestigious awards which showcase superb transformations that are shaping and improving nurse-led care within the NHS.

Their back to basics, 24 hour, seven days a week crisis service, has helped reduce inpatient admissions for young people in the last 12 months.

Dr Tracey Urquhart, Clinical Psychologist at NEL CAMHS said: “Getting shortlisted is a real achievement and a great boost for all the staff involved.

“We’ve gone right back to basics, providing high quality, structured care pathways and evidenced-based practices for our patients.”

The team will find out if they’ve been successful at the awards ceremony on November 12th.

Health Service Journal - Value in Healthcare Awards 2015

Our Community Support Networks team were celebrating after being shortlisted in the Value and Improvement in Procurement category of the competition.

The team, who oversee the Trust’s Managed Care Network, were recognised for the important role they play in linking up the projects and organisations that make up the network across the county.

The winners are set to be announced at the awards ceremony in September.

OO-so close for CAMHS team

A new model for child and adolescent mental health treatment which has been pioneered by Trust staff narrowly missed out on glory in this year’s BMJ Improving Healthcare Awards.

Their Outcome Orientated Child and Adolescent Mental Services (OO-CAMHS) programme impressed the judges and helped to raise the national profile of our recovery work with young people.

Professor Sami Timimi and his team have worked tirelessly to develop OO-CAMHS into treatment which incorporates patient feedback to help individualise treatment and help prevent patients ‘getting stuck in the system’, while at the same time making sure their opinions and choices are always respected.
Research and discover

An update on the work of our busy Research, Innovation and Effectiveness department.

Research recognition for doctors

The National Institute of Health Research (NIHR) held a celebratory reception to recognise the performance and growth in a number of commercial contract research studies supported across the NHS. Sixteen clinicians from the East Midlands were nominated to receive recognition for their role as study site ‘Principal Investigators’ and for personally driving research within the NHS as clinical leaders. Congratulations go to LPFT doctors Ashok Singh, Mithilesh Jha and Ronnie Browne who all received recognition from Chief Medical Officer Professor Dame Sally Davies.

Second phase of care planning project

The Trust is pleased to be supporting a new Collaborative Care Planning Project (COCAPP-A), building on last year’s work with community mental health teams in Lincoln. This study aims to identify the factors that help or hinder recovery focussed, personalised care planning and coordination in acute mental health inpatient settings. It is funded by the National Institute for Health Research’s (NIHR), Health Services and Delivery Programme.

Service user researcher John Tear will be conducting interviews with patients on the wards. “There is a practical and useful benefit to the work that we are doing,” he said.

More information on a number of our ongoing research projects can be found on the Trust website at www.lpft.nhs.uk/research. You can also contact the team via email at research@lpft.nhs.uk and follow them on Twitter @LPFTResearch.

Current research studies

Understanding psychosis

Current research involving memory tests and brain scans (MRI and MEG) is helping treatment for schizophrenia. There is increasing evidence that subtle changes to the brain occur in the very early stages of the illness that continue into the acute phase.

Trust researchers, alongside those at the University of Nottingham, are looking in abnormalities in brain neurotransmitters to further develop schizophrenia treatment.

Volunteers required

Helping to kick the habit

This autumn LPFT will be running a joint study looking at a bespoke service for smokers who have received mental health care services and would like to reduce their habit or stop completely.

As part of the Scimitar study, the Trust is now looking for volunteers to get involved. You will be asked to complete some questionnaires about smoking and general health initially, before being invited to attend further groups at six and 12 month intervals.

A £10 gift voucher will be given as a gesture of thanks to volunteers who attend the two meetings.

Dementia research

The Trust is looking for people to get involved in a current dementia study.

The project hopes to improve research into brain changes and clinical care and will investigate how different brain conditions affect people in their day-to-day lives.

The research team, who are working with the University of Cambridge, would like to recruit individuals with a diagnosis of ‘Dementia with Lewy Bodies’.

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of Better Together :: 17
A heartfelt thank you to all our volunteers

National Volunteers’ Week took place in June and our new Chair Paul Devlin took the opportunity to write a personal letter of thanks to all our Trust volunteers for the invaluable contribution they make to improving patient experiences every day.

Read the Chair’s full letter of thanks in the news and events section of the website.

Our volunteer photographer and new Stakeholder Governor George Plemper, has donated a collection of his photographs to the Rochford Unit in Boston.

A new interactive display has been installed on the ward showing various Lincolnshire scenes on loop to engage dementia patients and help them to remember personal experiences.

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Green fingered
Andrew grows support for patients

A dedicated volunteer at the Trust’s Discovery House in Lincoln, has been helping to build a greenhouse with patients so they can get their hands dirty and start to ‘grow their own’.

Andrew Lovely, who lives near Saxilby, has been volunteering at the rehabilitation inpatient unit since the end of last year and has already completed a number of projects.

A banker by trade, after taking some time off work he decided he’d like to help out and volunteers for two hours each Monday afternoon.

Since working together they’ve constructed a greenhouse, three rabbit runs and also built a bench to use in the recreation area.

“It took us about two months to build the greenhouse and we’ve also planted some veg and put some flowers in the tubs to brighten things up a bit,” he said.

“We can have up to seven people in a group at one time and I like to get as many involved as possible doing a little projects.”

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Two of George’s photographs including Boston Stump.
Community partnerships flourish as new support projects get on board

Our community partnerships team help to connect patients and bring communities together, so people can manage their own mental health recovery journey with the support of their local communities. The last few months has seen some exciting developments in the area.

In March, the Trust alongside local Clinical Commissioning Groups (CCGs) and Lincolnshire County Council launched the Dementia Support Network.

A Dementia Support Fund was also established to help those who suffer from dementia, and the people who care for them, with organisations and groups invited to bid for an initial wave of £195,000 funding.

The successful projects from round one have now been chosen and a full list can be found on our website. Bids for wave two of funding officially opened last month.

A showcase was staged in July including groups and organisations that make up the Dementia Support Network. The event was staged to promote the support available across county communities for people with dementia and their carers.

Associate Director of Community Partnerships, Paul Jackman said: “People have told us that they want to see better integration between health, care and community support.

“They also said that the needs of carers must be recognised with help and support made available when they need it. The network will be an important step in that direction.”

The deadline for applications for the latest round of Mental Health Promotion funding closed off in June and we’ll find out which projects have been successful in the autumn.

The fund goes towards helping set up community-based initiatives which are part of the Trust Managed Care Network, comprising 67 member organisations across Lincolnshire.

The network aims to help people who have already experienced mental health problems, or who are perhaps having their first encounter of difficulties.

There are around 30 different types of activities provided by Managed Care Network groups, including social and friendship groups, supported volunteering and community participation projects.

Over the last few months the network has hosted mental health showcase events in Gainsborough and Boston to show members of the local communities what support and information is on offer and how to access it.

You can find the full list of organisations that make up the Managed Care Network by visiting the Trust website at www.lpft.nhs.uk/help-and-support

Mayor opens shed for men

Louth’s Men Shed is a community-based project bringing together local blokes, and their skills and work tools, to allow them to get together and enjoy a tinker in their very own ‘man space’.

The project recently received a small investment from the Mental Health Promotion Fund and the new shed was officially open by the Mayor of Louth, Mrs Sue Locking.

The shed allows the chaps to get involved in carpentry, mechanics, bike repair, tool renovation, furniture making, model engineering, and gardening.

Contact Greg project lead for more information on (01507) 605803.
Annual Public Meeting 2015
SAVE THE DATE
10th September

This year’s meeting takes place on 10th September at the Trust’s Learning and Development Centre in Sleaford.

Building on from last year’s popular event there will be interactive displays and seminars highlighting services across the Trust, as well as patient contributions.

For more information contact Trust headquarters on (01529) 222276 or email: info@lpft.nhs.uk.