County’s first psychiatric intensive care unit opened
Welcome to our latest members magazine

The summer season is now well upon us and I’m hoping many of you will be getting the opportunity to have a well-deserved summer break.

As a Trust we have had some really positive developments since our last publication and I’m pleased to be able to share these with you through this issue of Better Together.

Earlier this year we welcomed back inspectors from the Care Quality Commission (CQC), who regularly inspect all health services to ensure patients are receiving the highest possible standards of care.

Following their comprehensive inspection in December 2015, we had been disappointed by our overall rating of Requires Improvement and in particular a rating of Inadequate for the safety of some of our services. We recognised we had much to do and that is exactly what we have done.

The recent re-inspection by the CQC took place only 16 months after the last one – but what a 16 months it has been. The CQC’s new report published in May was very clear about the massive positive changes they have seen across all of the domains they inspect. And this was evidenced in us achieving an overall rating of Good.

Our Good rating is no small achievement, and reflects so much of the hard work and commitment of our staff to do the very best for patients, their families and carers. We have summarised the main areas in the report on pages 8-9, but I want to particularly highlight the significant improvements we have made in the CQC’s Safe Key Line of Enquiry, where we have improved from Inadequate to Good. To have moved so far in such a short time was rightly commended by the CQC. I also want to congratulate our community children and young people service who retained their Outstanding rating – an admirable result, and one that chimes totally with the service in North East Lincolnshire winning the Health Service Journal Value in Healthcare Specialist Service of the Year Award last month (page 11).

The Board and I are extremely pleased with the outcome of this latest report and the incredible work of our staff that it reflects. We won’t, however, be resting on our laurels and already have plans in place to continue these improvements with the launch of our continuous quality improvement programme, which you can read more about on page 9.

This month we officially opened Lincolnshire’s first psychiatric intensive care unit, which will greatly enhance the services we offer. There has been much media coverage of the difficulties trusts across England face with access to mental health beds and unfortunately some patients do have to travel to receive specialist hospital care. The brand new 10-bedded male only unit, which will be known as the Hartsholme Centre, will mean that patients requiring this intensive level of care will now be able to access support locally. We will also be continuing our work with commissioners to look at other areas we can develop to offer a greater level of mental health support closer to where patients live.

Enjoy the rest of your summer and I look forward to seeing as many of you as possible at our annual public meeting in September (see page 16) or on my travels in the coming months.

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: 01522 309194 or communications@lpft.nhs.uk.

This publication can also be made available in alternative formats.
In mental health services, the focus on care is often those living with a condition. But what help is there for their carers? Over the past 18 months, an initiative has sought to identify and help those who care for family members or friends.

The Triangle of Care is an innovative approach developed to make sure carers get the information and support they need. It also allows carers to be involved and to remain informed regarding what steps are being taken to treat or assist the person they care for while in treatment.

The initiative has several key elements:

- Making sure frontline staff are ‘carer aware’.
- Reflecting carers’ roles and needs in policies and practices.
- Early recognition of the carer and their role.
- Making sure people are available to provide or signpost information and support to carers.
- Making sure staff are aware of carers’ issues as soon as a loved one enters treatment.

Local success for new initiative

The Trust’s Triangle of Care initiative has passed its first stage and achieved its first star for achievement.

The 18-month assessment period ended with a peer review, where assessors were especially impressed with the new carers’ leaflet and education package put together for staff.

Donna Bradford, Service Manager for Rehabilitation and Forensic Inpatient, was pleased with this first stage of assessment.

“I’m really happy the Trust has been recognised with the steps it has taken to ensure carers are part of the care package we deliver,” she said.

“Although there is still work to do to fully achieve the recommended standards, we have managed to complete a lot of work already.

“The community teams will now be taking on the self-assessment process and work towards the Trust’s second star in the Triangle of Care membership.”

When someone is admitted to a mental health ward carers should now receive a handy booklet put together by carers themselves. This booklet provides a wealth of information about being a carer and useful information about hospital care.

Ask your local team for details or visit the Trust’s website www.lpft.nhs.uk to download a copy.

What it’s like to be a carer

Janet* is a carer for her son when he is not in treatment and deals with his drug-induced psychosis which can result in violent or difficult episodes. We caught up with Janet to find out how the triangle of care has benefited her so far.

“My son suffers from psychotic episodes that can be brought on by drug use and he has spent time in secure and open wards because of this. Since 2014 we have had several incidents where I have had to call either the police or crisis teams. He is currently in an open ward and I visit him on a regular basis.

“My son David* has lived at home in between hospital admissions so I have had to deal with several episodes. These can be very traumatic and sometimes scary so I try to employ methods I have learned from the various support teams I have encountered along the way.

“Because of my experiences I was referred to steps2change talking therapies service to help me deal with my own emotions and the stresses and strains of being a carer. It was someone to talk to and they helped me come to terms with the fact that effectively the son I thought I had has now gone. It has been incredibly useful to have this support and it is something that has helped me to cope much better.

“The carers support group I attend at Discovery House most weeks is incredibly useful. I get to speak to others who are going through the same things I am, and we offer support to each other. The stigma around mental health still very much exists. You can’t usually talk about such matters with your family or friends, so it’s nice to be able to speak freely with others about the situation.

“The sessions I attend always have lots of good speakers. We get taught things like first aid and self-defence, but we also hear from specialists who have knowledge about what we are going through.

“We’ve had guest speakers who’ve been carers themselves, former mental health patients telling their stories and even the head of nursing speak to us and share their experiences.

“My advice to those who are on a similar path to me is to get in touch with the teams involved in caring for the person you look after and let them know you are a carer. Also look into what other support networks are available before you need to call on their services. To have a support network to fall back on is fantastic.

“I have been attending the sessions for around two years and it has not only provided me with advice and support but has also given me the chance to strike up some brilliant new friendships. I would urge anyone in my situation to attend these kind of sessions as it makes very stressful situations easier to deal with.”

*Names have been changed
Ten years of you having your say

Ten years ago in October we became a foundation trust, so look out for details of the celebrations we will be arranging to mark the occasion! These will coincide with World Mental Health Day which takes place on 10th October 2017.

Governor elections

Elections to the Council of Governors of the Trust were held over the summer and the outcome will be announced at our annual public meeting (APM) on Thursday 14th September. (See page 15 for more details.)

Eleven seats were contested in the election, with full elections across LPFT’s staff constituency and by-elections taking place in the Carer (Learning Disability and Older Adult) constituency.

There were two staff seats available in each of the operational divisions (Adult Inpatient, Adult Community, Older Adults and Specialist) and one seat up for election in the Corporate division.

Governors take part in a number of activities throughout the year which enable the Trust to monitor and ensure that the quality of its services is of the very highest standard.

They work with the Board of Directors and our Non-Executive Directors to help shape the direction of the Trust and represent the views of our staff and members.

The results of the election will be published on the LPFT website following the APM in September.

Foundation trusts are part of the NHS, but unlike other NHS organisations they are supported by members who could be service users, carers, members of staff, partner organisations or just people in the local community with an interest in the work of the trust.

Lincolnshire Partnership NHS Foundation Trust currently has over 10,000 members, and this number is growing!

Instead of being directed by central government, foundation trusts work with local people to plan and deliver services – a bottom-up approach instead of one in which the NHS tells local people what's best for them.

Nevertheless foundation trusts like ours are still subject to the same NHS standards, performance ratings and systems of inspection as other NHS organisations.

There are many benefits that come with foundation trust status. Members and governors have more say in how services are managed and improved, and we are better able to attract, train and keep high-quality staff recruited in Lincolnshire.

NHS foundation trusts are subject to fewer financial controls from central government, which means that any money not spent by the end of the financial year can be carried forward and invested into local services and future developments.

As the name suggests, we adopt a partnership approach and our Council of Governors includes representatives from other organisations such as Lincolnshire County Council, Healthwatch and the University of Lincoln.

For all these reasons your role as a member of the Trust is vital. Being a member allows you to help us challenge the stigma and discrimination that people with mental health difficulties can sometimes face.

It’s really important to us that our membership remains diverse, and we are committed to keeping it that way. If you are not already a member and would like to find out more you can visit our website www.lpft.nhs.uk or complete the application form at the back of this publication.

Ten years of you having your say
The truth behind psychosis

Despite much development in the research and understanding of psychosis, there are still numerous myths that surround the complex condition.

Many believe that psychosis is another name for schizophrenia when, in fact, the umbrella term refers to a range of conditions in which a person experiences a loss of contact with reality.

During an episode of psychosis a person may not be able to tell the difference between what is real and what is not. Symptoms include hallucinations and unusual beliefs, sometimes referred to as delusions.

Hallucinations can involve seeing, hearing, feeling, smelling or tasting something that others cannot. The most common type of hallucination experienced by people with psychosis involves hearing voices and these can range from friendly and comforting to critical and distressing. The voice may even tell the person what to do.

It is not clear what leads to some people experiencing psychosis, but many will have experienced childhood trauma or other traumatic experiences over the course of their lives that they have struggled to cope with. Triggers are often related to stress overwhelming someone’s ability to cope.

It is true that schizophrenia is the most commonly diagnosed disorder on the psychotic spectrum, but other diagnoses include delusional disorder, brief psychotic disorder, schizoaffective disorder and schizophreniform disorder. Other conditions such as depression and bipolar disorder, although they may not technically be psychotic disorders, can also involve aspects of psychosis.

In any case, getting help early is key – which is why we have a dedicated team of Early Intervention in Psychosis (EIP) practitioners to support and help those living with the condition.

Thankfully for Mark Barnes, he was diagnosed quickly with schizoaffective disorder in 2013, and has been receiving support from care coordinator, Chantelle since then.

Chantelle is a community mental health nurse working in the EIP team and is described by Mark as being his “saviour”, for supporting him through the most difficult time in his life to date.

Having suffered from depression while at university in 2008, budding music teacher Mark began to experience symptoms of psychosis when he spent time alone.

He said: “I was hearing hostile voices and believed there was some sort of force or army that was out to get me. It was a very frightening and lonely time and I found it difficult to leave the house.

“I can remember vividly that on one occasion I broke down just yards from my front door and – after making the necessary phone call – Chantelle got to me within just 30 minutes.”

Although his time at university in Leeds came to an end prematurely, Chantelle ensured that Mark was able to complete his studies at home in Lincoln and we are delighted to learn that he is due to graduate this summer. He will begin a PGCE course this year and achieve his dream of qualifying as a secondary school music teacher.

Mark added: “Those working in the NHS, and mental health teams in particular, continue to do an amazing job despite increasing demands and pressures; I want to personally thank, from the bottom of my heart, everyone who works tirelessly to help people like me come to terms with our illnesses and emerge stronger.”

His advice for anyone who is experiencing symptoms of psychosis, or who is struggling to come to terms with a diagnosis, is to put your trust in healthcare professionals and those around you.

“It’s important to remember that no-one wants to make you feel worse, only better. It’s thanks to the support of Chantelle, my family and my partner that I’m still here today.”

If you think you’re experiencing psychosis or are worried about a friend or family member, please contact your GP or call LPFT’s Single Point of Access Contact Centre on 0303 123 4000.

Mark Barnes
Supporting young people in crisis

Each day presents its own challenges for our Child and Adolescent Mental Health Services (CAMHS) Crisis Team, which offers mental health support and services to children and young people across Lincolnshire and North East Lincolnshire.

Following on from the success of our award winning CAMHS service in North East Lincolnshire, the Lincolnshire teams introduced a similar crisis service last April.

Since it was extended a year ago, CAMHS Crisis Clinician Gina Legg, who works in Boston, feels that the service is already having a positive impact on young people’s lives.

Ultimately, we work to increase the safety of young people, and offer early intervention to promote recovery with as little disruption to their day-to-day lives as we can.

Young people may initially present at A&E or be referred by their GP to the crisis team, and we assess whether home treatment or hospital admission is more appropriate.

We support families and carers by offering guidance on how families can deal with certain situations. Two of our staff are also social worker trained which helps us to provide more targeted support.

Although we try to maintain a regular weekly routine it’s almost impossible for us to plan ahead, because the circumstances in our line of work tend to change very quickly. For example, we could have four people needing to be admitted into hospital and that for us would become a priority over anything else on that day.

Typically, we start Monday mornings off with a meeting at around 8.30am where we look at whether there have been any new admissions to hospital, and review any patients who have been identified as a priority.

On Tuesdays, we are most likely to attend core team meetings at Ash Villa, Boston, or Grantham to discuss patient referrals and leave with the team, to enable a smooth transition for the young person.

Throughout the week CAMHS also carries out a combination of initial assessments and ongoing supportive visits.

On Thursdays, we dedicate two members of staff to facilitate our Emotional First Aid Group. This group helps patients to manage their emotions and distress in a positive way.

We also cover our professional advice line which is open from 9am to 4.45pm and allows professionals to call and discuss potential referrals.

At weekends two members of staff are placed on duty at Pilgrim Hospital which is usually very busy. They will complete new referrals, check in with other staff and provide telephone support to young people and families.

“I think that the pressures to perform at school along with the pressures of social media these days contribute to the stress that young people are placed under. This reflects in the new challenges that face us as a team.”

The CAMHS crisis team also provides awareness training to schools, colleges, hospitals, police and social care services on how they can help young people with mental health problems and recognise the signs someone is struggling.

“While the job is very challenging, working with children and young people early on in their life is incredibly rewarding.”

Since launching the service we have had great feedback from local hospitals which have seen a real reduction in both the number of admissions to wards and in the length of time that patients are having to spend in hospital.

Trust launches new website for children and young people

It includes lots of resources such as case studies and real-life stories from young people who have been helped by CAMHS, as well as self-help information and a parent’s survival guide.

The website also includes information for professionals who would like to refer to the service.

Visit the service website at http://wearecamhslincs.nhs.uk to find out more.
On behalf of the Manthorpe ward staff and patients, we would like to say a big thank you to Frank and Carol Trott for their recent donation to our Manthorpe Centre in Grantham.

Frank and Carol kindly donated some herbs to the Manthorpe garden from a collection at the funeral of Carol’s father Ernie, who was previously a patient on the ward.

The herbs will fill the garden with different scents which will be used as part of sensory work with our patients, and allow them to work on their gardening skills.

The family have also generously bought the ward a picnic table, which will allow both patients and their families to enjoy the garden.

“We were both extremely grateful to the Manthorpe Centre’s staff for the help and support they gave not only to my dad during his time on the ward but also to us,” said Carol.

They will also be donating a cheque to the centre in the future to help those patients currently on the ward.

We hope that Carol and Frank will return to the ward to see how the garden has grown.

A kind-hearted employee who works at the Trust’s headquarters in Sleaford has donated £500 of her wedding day gift to one of our dementia wards, in memory of her late father.

Medical HR advisor Sandra O’Sullivan has gifted the cash to the Manthorpe Centre in Grantham through the Trust’s Charitable Funds scheme.

The scheme allows anyone who has raised money for the Trust to donate this directly towards improving patient care—making sure every penny is spent as wisely as possible.

“After getting married in September, Sandra and her husband Kieran wanted to give something back to help patients. "My dad suffered with dementia and even though he was never a patient at Manthorpe, I was really impressed by the number of patient-centred therapies they offered," she explained.

Last year staff opened a 1950s-themed memory room on the ward, featuring period artwork and a replica old-fashioned TV, as well as a robotic cats and parrot for patients to interact with to help aid communication.

They have also created a new quiet space called the Rose Garden, featuring a large flower mural, music and sensory lights.

“My dad absolutely loved music and he would often remember a song or a tune and start humming it,” added Sandra.

"If someone with dementia can remember a piece of music or a memory because of our donation, it will mean that for one moment they can be themselves again.”

Sarah White, Manthorpe Centre Manager, said: “We are always very grateful for donations and I’d like to thank both Sandra and Kieran on behalf of all the patients and staff for their generosity.”

If you would like to fundraise or donate something to one of our services you can find out more about LPFT charitable funds on our website www.lpft.nhs.uk
## Trust praised for significant improvement to care

Following an inspection by the Care Quality Commission (CQC) in April, we are delighted to announce that LPFT’s overall rating has increased from Requires Improvement to Good.

The report findings, published in June, recognise our hard work and dedication to patient care and praise the helpful and understanding attitudes of our staff and how they treat patients with kindness, dignity and respect.

All services have been rated as Good or better for caring, and our specialist community child and adolescent mental health services (CAMHS) retained an Outstanding rating for the team’s commitment to young people and families.

This was supported by the positive direct feedback the CQC received from service users.

Meanwhile, our community services for older adults, older adult inpatient, rehabilitation wards, Ash Villa, crisis teams and forensic inpatient were rated Good for the overall standard of care they provide.

### Overall rating

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### LPFT overall

- **Acute wards for adults of working age and psychiatric intensive care units**: Requires Improvement
- **Child and adolescent mental health wards**: Good, Good, Good, Good, Good, Good, Good
- **Community mental health services for people with learning disabilities or autism**: Requires Improvement, Requires Improvement, Good, Good, Good, Requires Improvement, Requires Improvement
- **Community-based mental health services for adults of working age**: Good, Requires Improvement, Good, Requires Improvement, Requires Improvement, Requires Improvement, Requires Improvement
- **Community-based mental health services for older people**: Good, Good, Good, Good, Good, Good, Good
- **Forensic inpatient/secure wards**: Good, Good, Good, Good, Good, Good, Good
- **Long stay/rehabilitation mental health wards for working age adults**: Good, Good, Good, Good, Good, Good, Good
- **Mental health crisis services and health-based places of safety**: Requires Improvement, Good, Good, Good, Good, Good, Good
- **Specialist community mental health services for children and young people**: Good, Good, Outstanding, Good, Outstanding, Outstanding, Outstanding
- **Wards for older people with mental health problems**: Good, Requires Improvement, Good, Good, Good, Good, Good
As well as good practice, the report reiterated the areas we need to address. The Trust had already identified many of these areas which will be addressed as part of our continuous quality improvement which you can read about later.

Reflecting on the report’s findings, LPFT Chief Executive Dr John Brewin said: “I am pleased that the work of everyone at the Trust has been reflected in the improved CQC rating. Our staff have a real focus on providing high-quality care for patients and this latest report is testament to that commitment.

“There is a great deal we can be proud of in this report but we are not complacent and will continue to work to improve our services for patients. “We are aware of the areas we need to focus on in order to enhance our services and provide effective care and will continue to work closely with our partners across the health and social care system.”

Moving on to continuous quality improvement

The Trust was extremely pleased with our CQC result but the hard work doesn’t stop here. We want to continuously improve our services to provide high-quality care for patients and a great working environment for our staff.

The areas of improvement raised by the CQC in their report form a part of the Trust’s continuous quality improvement programme. These focus on supporting staff, caring for people in a safe environment, transforming services to meet future needs and improving our collection of data.

We have already met with the CQC, commissioners and other stakeholders at the Quality Summit where we discussed findings of the CQC report and how we ensure that we maintain the momentum and continuously improve our services. It was a very positive session where the inspectors complimented the Trust on our result and the changes we’ve made since 2015. The inspectors said that they had positive feedback from staff who are proud to be working for our Trust.

Critically, we had a really good discussion on out-of-area placements and availability of local beds. NHS Improvement urged our commissioners to support the Trust in this area as we need to work with the wider healthcare system to be able to address it. The South West Lincolnshire CCG (our lead commissioner for mental health) expressed its commitment to providing care as close to home as possible and said that they will work with the Trust to further develop our proposals.

Some of the key findings from the latest CQC report were as follows:

• Patients are involved in their own care: their goals and aspirations are part of their care plan and they are given a full explanation of the different treatments available.

• Both patients and carers said they felt listened to, they were treated well and they were taken seriously.

• Staff show strong therapeutic relationships with their patients and clearly understand their needs.

• LPFT has a good working relationship with local stakeholders, including the commissioners and the police.

Joining forces with Lincolnshire Police

It’s hoped a joint scheme between LPFT and Lincolnshire Police, launched in June, will enable officers to provide better support to people with mental health issues.

As part of the £60,000 initiative, a team of crisis nurses will be based in the force’s control room six days a week to help officers deal with situations themselves or direct people to alternative services.

The pilot scheme, which will run for 12 months, aims to reduce the number of people experiencing a mental health crisis being detained in police custody under Section 136 of the Mental Health Act and minimising the use of force on those in acute crisis.

LPFT Chief Executive Dr John Brewin, said: “We are pleased to be working with Lincolnshire Police and helping the more vulnerable members of our community get the support they need at the right time and in the right place.”
The official opening of Lincolnshire’s first male-only psychiatric intensive care unit (PICU) took place in June in advance of patients being welcomed.

The new 10-bed Hartsholme Centre has been built within the existing footprint of an unused ward at Carholme Court in Lincoln and means patients will no longer be required to travel outside of Lincolnshire to receive vital care.

LPFT has been working closely with local Clinical Commissioning Groups (CCGs) for some time to find ways to offer a greater level of mental health support to patients closer to where they live.

The PICU will allow the Trust to provide a more comprehensive level of care for patients experiencing a mental health crisis and monitor and support individuals to a much greater extent than its existing acute adult mental health wards.

Tracy Colpitts, Ward Manager at the new unit, said: “We are really excited to be able to offer this new specialist support in Lincolnshire. I have a fantastic team of around 40 staff who have been working rigorously through their processes, systems and training in anticipation of patients arriving in July.”

All individual bedrooms at the Hartsholme Centre are en suite and patients will also have access to a gymnasium, multi-faith room, lounge area and a safe and secure outdoor space.

Chief Executive Dr John Brewin said: “If you’re experiencing serious mental health problems, being away from your network of family and friends is far from ideal.

“We want our patients to remain as close to home as possible during their recovery and opening the Hartsholme Centre is one step closer to achieving this. It’s an exciting time for the Trust and further underlines our commitment to providing the highest possible quality of care.”

The centre was officially opened by the Mayor of Lincoln during a ceremony on Tuesday 27th June, after which patients, carers and local residents were invited to have a look around the facilities during a community drop-in event.

It is dedicated to former Chief Executive Chris Slavin, who sadly passed away in 2015 following a 13-year career in charge of local mental health services, and a plaque in his memory was unveiled as part of the ceremony.

The Trust, its staff and patients wanted to recognise Chris for his commitment to local mental health services and his drive to ensure that mental health conditions received the same level of recognition and support as physical health conditions.

The building was designed and constructed by Focus Consultants and Lincoln-based building firm R G Carter. Andy White from Focus Consultants said: “As the first psychiatric intensive care unit in Lincolnshire, it is an important development for the Trust and for those patients who will be cared for at the unit.

“We have paid a great deal of attention to the detail in terms of design, which we hope will significantly enhance the safety and recovery of patients.”

Ryan Barnes, R G Carter Project Manager for the build, added: “It’s been a pleasure to work with the team on such an innovative, forward-thinking facility which will clearly make a difference to patients, their families and the wider community. We are incredibly proud of what has been achieved.”

Early discussions are continuing to take place for how a similar service could be developed for female patients.
On Wednesday 24th May the eighth annual Health Service Journal (HSJ) Value in Healthcare Awards 2017 ceremony took place at London’s Grosvenor Hotel.

Twenty innovative organisations were among those honoured by the awards, including North East Lincolnshire’s Child and Adolescent Mental Health Service (CAMHS), which took home the Specialist Services category trophy. North East Lincolnshire CAMHS established a new Tier 3+ service which was set up to provide brief intensive home-based treatment for those young people at the highest level of need and risk.

The service aims to prevent hospital admission by positively managing risk, reducing admissions year on year, and ensuring that young people are not in hospital for any longer than necessary.

The HSJ judges agreed that this forward-thinking service is a beacon for UK excellence, especially as they have managed to support patients in the community for almost three years without the need for hospital admissions.

This award recognises a highly passionate team whose innovative care model has attracted the attention of similar services across the country.

South West Lincolnshire Clinical Commissioning Group’s (CCG) work with the Trust on the new Learning Disability and Autism service just missed out on the night, after being shortlisted in the Mental Health category. The service has redesigned the way it delivers care over the last year and this shortlist was testament to the commitment of both organisations providing high quality care that meets service users’ needs.

The recognition for our teams doesn’t end there, as recently our older adults ward has been shortlisted for a national Patient Safety Award. Langworth Ward in Lincoln introduced a personalised sensory toolkit which helps manage behavioural symptoms of dementia. Staff use activities such as memory boxes, playlists for life and animals to engage with people who are experiencing complex needs and problems. The team went to an award ceremony in Manchester on 4th July and while they weren’t successful they were proud to make it to the final.

Honouring our LPFT Heroes

As a Trust we are committed to recognising the dedication, compassion and exceptional teamwork shown by staff throughout the year. Our LPFT Heroes initiative provides an opportunity for the Trust to champion individuals and teams nominated by their colleagues following a job well done.

Our latest LPFT Heroes are…

Amy Semper, Clinical Team Leader at The Vales at Discovery House, who has been nominated by a former patient upon whom she had a remarkable impact on during her time on the ward.

“Amy has changed my life. She has been there for me recently; she is fair and kind-hearted. She likes to help people and will always listen. Even if you don’t like what she says, you know she is doing the best for you.”

Meanwhile, the teams at Conolly Ward at the Peter Hodgkinson Centre and The Wolds at Discovery House in Lincoln were both nominated by their ward managers for their contribution to developing new acute inpatient services and pulling together to provide and improve patient care, respectively.

If you know someone who has gone the extra mile to help you, we will shortly be opening the next round of nominations for our staff excellence awards. Look out for details over the summer.
Funding helps provide more than just a listening ear

Helping people who have experienced mental health problems and supporting those who are experiencing mental illness for the first time are the main aims of the Managed Care Network for mental health.

Each year groups are able to bid for a share of funding through the mental health promotion fund, which is provided by Lincolnshire County Council. It allows local people of all ages to play an active role in promoting good mental health for themselves and others and this year once again included funding to support dementia groups with the aim of improving the mental wellbeing of those living with dementia.

The network is made up of more than 46 groups and organisations across the county which provide a variety of activities including social and friendship groups, formal and informal learning, supported volunteering and community participation activities which can support people with their mental health and wellbeing.

The Lincolnshire AHP Strategic Forum, which brings together allied health professionals from all local health trusts were finalists in the Workforce Transformation Leader 2017 category at the new AHP awards ceremony.

The shortlist recognised their implementation of an AHP workforce delivery strategy for Lincolnshire and is recognition of the excellent cross-agency working under way.

The next round of successful Managed Care Network projects will be announced in October. In the meantime, visit www.lpft.nhs.uk/mcn to find out more about the programme and the projects already up and running across Lincolnshire.

Lincolnshire’s allied health professionals (AHP) finalists in first Chief Allied Health Professional Officer (CAHPO) awards.

The Lincolnshire AHP Strategic Forum, which brings together allied health professionals from all local health trusts were finalists in the Workforce Transformation Leader 2017 category at the new AHP awards ceremony.

The shortlist recognised their implementation of an AHP workforce delivery strategy for Lincolnshire and is recognition of the excellent cross-agency working under way.

Peer support - Helping people towards recovery

The Trust recruits peer support workers like Brett Peterson, who are experts by experience, to work with its adult community mental health teams to support others accessing the team.

Brett works with the Grantham and Sleaford team, and having had a history of mental health problems himself he feels well placed to help others in a similar position.

“My role as a peer support worker is a vital step in the rehabilitation of people suffering with mental ill health,” says Brett.

“Owing to my own past problems with mental ill health, I have my own lived experience, which means I can provide an empathetic approach and offer hope to people when they may not see any for themselves.

“I try to use my experience to make people feel more relaxed and comfortable and to actively listen to how people are feeling. They may not have had the opportunity before to discuss their situation with their doctor, so I try to use my experience to bridge the gap between them and us.

“My main job is just to help and support people who may be going through a similar situation to the one I went through and maybe help them plan their own recovery.

“I’d like people to have a better idea of what peer support workers actually do. We’ve been in similar situations and we can say to people: we know, we’ve been on that side of the fence ourselves.

“Yes, we are not professionals, but I see us as ‘experts by experience’, which can sometimes be more beneficial to people.”

To find out more about peer support and how you can help and get involved please contact Linda O’Hara, Head of Patient and Public Engagement, by emailing linda.o’hara@lpft.nhs.uk or calling 01529 222272.
Recovery College goes from strength to strength

The Recovery College, as the name suggests, aims to help people recover from mental illness, and following its success it’s now expanding to help people living in the south of the county.

The college, which was set up in Lincolnshire in 2014, currently runs courses in Lincoln and Gainsborough, but from September those living in Grantham will also be able to benefit.

In addition, there will be a pilot scheme running in Stamford during August and it’s hoped that by working in partnership with New College and Mind Space Stamford, it will become a full-time centre.

This year the Recovery College has also entered into a new partnership with Lincoln College which is looking at accrediting the courses in the future. In line with the new partnership, students in Lincoln will be fully integrated into the college and will be able to benefit from full use of the state-of-the-art facilities at the Monks Road campus.

As well as setting up in new locations across the county, the range of courses is being expanded to help students better understand their moods and how to lead a healthy lifestyle, looking at the importance of diet, sleep and meaningful activity.

However, as Service Development Manager Karen Atkin explained, it’s not just people with mental health issues who enrol.

“Our ethos is hope, control and opportunity, and although the college is primarily aimed at people experiencing mental health issues; family members, carers, members of the public, college staff and students also enrol on courses ranging from mindfulness and living with stress and anxiety to mental health resilience and lifestyle matters,” she explained.

“So far this academic year we’ve had 300 students enrol, which is a 50 per cent increase year on year, so we’re really pleased with how the college is growing and we’re keen to take it to the next level.”

If you’re interested in attending any of the courses please contact recoverycollege@lpft.nhs.uk or go to www.lpft.nhs.uk/recovery-college.
Research essential to support people with dementia

Shockingly, every 3.2 minutes someone in the UK develops dementia and over 850,000 people are currently living with the condition.

In an effort to improve services for people with dementia, as well as develop a deeper understanding of the disease, LPFT has joined forces with Join Dementia Research to encourage volunteers to sign up for research studies.

With only a small number of treatments available that reduce symptoms, and nothing to slow the underlying progression of the disease, research in the area is essential.

By signing up to take part in dementia studies you could help to accelerate progress in all areas including prevention, treatment, potential cures and improvements to the lives of those coping with the condition.

For Dr John Brewin, Chief Executive of LPFT, adopting a united approach to dementia research is key.

In the earlier days of his career, Dr Brewin worked at Carlton Hays County Asylum where wards of 20 to 30 people were the norm and there was no concept of living well with dementia.

“There was no hope – just deterioration followed very often by a sad demise,” he said. “But now is a good time to work with mental health: dementia is on the national agenda and the research taking place is both fascinating and exciting.”

The Join Dementia Research initiative is aimed primarily at people with dementia, their carers and family members, but there are also a number of studies suitable for healthy volunteers or those at risk of dementia to participate in.

To take part, you must be over the age of 18 and register by completing an online form at www.joindementiaresearch.nihr.ac.uk or by calling one of the supporting charity helplines:

- Alzheimer’s Research UK 0300 111 5555
- Alzheimer’s Society 0300 222 1122

Alternatively, you can pick up a registration form from local memory services and other NHS services.

Working together on health services for the future

Health organisations from across the county are continuing to develop plans for the future of Lincolnshire’s health and care services through the Sustainability and Transformation Partnership (STP). Below is a summary of some of the projects currently underway.

The first integrated neighbourhood care team has now launched in Gainsborough. The team brings together health and care professionals, the third sector, local authority and independent organisations to look at how they can work together differently to help people stay healthy at home or in their local community.

The team ensures that people are linking in with appropriate services to avoid unnecessary hospital admission and make sure that they have care and support networks in place to meet their needs. The Gainsborough team is the flagship programme, taking the best practice of existing neighbourhood teams and building on this to broaden the local service offer.

The new care portal is in the final stages of testing before its launch. The care portal will allow health and care professionals to view information about a patient contained in existing electronic records in different organisations. The team is also looking at developing a new patient portal which will enable patients to access their own records.

If you do not want to allow your information to be accessed by health and care workers through the Care Portal you will need to complete an opt out form. These are available from your GP, can be downloaded at www.lincolnshirehealthandcare.org/care-portal or by calling 01522 421888.
### 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

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.

### SEXUAL ORIENTATION

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

### RELIGION AND BELIEF

- Agnostic
- Hindu
- Pagan
- Atheism
- 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 -
- African
- Caribbean
- Other black background please specify -
- Multi-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**
Continuous Quality Improvement

Thursday 14 September
1pm to 4.30pm (doors open at 12.30pm)
Learning & Development Centre, 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 by contacting:
01522 309200 or email info@lpft.nhs.uk