Great improvement rates for talking therapies

Page 8
Back to the 50s

Page 10
Thumbs up for food hygiene

:: Lincolnshire Partnership NHS Foundation Trust’s magazine ::
This is my third welcome for Better Together. It continues to be a pleasure to update you, our membership – now over 10,000 strong – on the important work that we have been doing since the last edition.

Much has happened since my appointment as Chair in May last year. Some of this has put the Trust, rightly, under the spotlight, not least December’s comprehensive Care Quality Commission inspection of our services. We were visited for an entire week, with a great many patients, staff, volunteers, governors, and directors being interviewed by the inspectors. Our full inspection report will be published in the coming months and you can read more about what went on during inspection week and where to find out more about our results on page 4.

I was immensely proud of our contributions during the week and thankful to everyone who got involved to help the inspection run as smoothly as it did. The inspectors said they were made welcome by everyone they spoke with.

As you know, the Trust is operating in challenging months, as always. You are part of what makes LPFT great and I look forward to continuing into 2016 and beyond. Thank you once again for your fantastic support as members over the last financial year, though the Board of Directors is not at all complacent about the further challenges ahead.

Another important area of our work recently has been the formal launch of our Suicide Prevention Strategy. We know that every suicide is a personal tragedy and a terrible loss to society. This crucial piece of work will ensure that vulnerable individuals are supported in times of crisis and kept safe from preventable harm.

Reflecting the National Suicide Prevention Strategy, our own strategy has six action areas that we will focus on and we will work with other providers, service users, patients and their families to ensure it aligns to the wider Lincolnshire strategy. Find out more on page 12.

There is much work still to do, but with strong foundations already being built, the launch of our strategy countryside will further help us to identify those people in our community who need our support most.

That sense of community, helping people to live well and keeping our patients closer to home, is our strategy countywide will further help us to identify those people in our community who need our support most.

When you have finished with this magazine please recycle it or why not pass onto a friend.

Contents

THIS ISSUE
News from the Boardroom 03
Comprehensive inspection 04
Welcome to new Governors 05
Transformation 06
SARC Rainbow Suite 07
Volunteer activities 08-09
Cafe workers’ success 10
Going smoke free 11
steps2change 12
Research update 13
Recovery College 14
Community partnerships 15
Membership 16

Equality for mental health

Chief Executive Dr John Brewin has backed a national campaign which calls for an increase in funding for mental health services in England.

The Equality for Mental Health campaign was launched by former mental health minister Norman Lamb, Conservative MP Andrew Mitchell and former Labour communications director Alastair Campbell.

Hundreds of celebrities have already pledged their support to a letter (equality4mentalhealth.uk), which campaigns for mental health to be treated just as seriously as other illnesses.

Dr Brewin said he was pleased to see that mental health equality is being pushed back into the limelight once again.

“Campaigns like this not only raise the profile of mental health issues, but they help tackle the stigma associated with these conditions, and inform people that there are effective treatments and interventions that can make a real difference to people’s lives,” he said.

Although the Government increased overall spending on mental health in 2014/15, the campaign states more can be done to address a continuing inequality in care standards and funding.

High profile names including comedian Ruby Wax, actor Emma Thompson and Comic Relief boss Richard Curtis have also backed the drive.

Introducing our new Director of Nursing and Quality

Anne-Maria Olphert

A love for Lincolnshire and strong desire to deliver the best patient care possible, are the driving forces behind our new Director of Nursing and Quality, Anne-Maria Olphert, who was appointed at the start of the year, brings with her a wealth of expertise from a number of senior healthcare roles including children’s intensive care manager and director of children’s community health services.

A qualified nurse, with more than 30 years’ NHS experience, she most recently worked as Chief Nurse for Erewash Clinical Commissioning Group and has also worked extensively across the UK. Anne-Maria said she was looking forward to her future with LPFT.

“I am passionate about mental health having managed adult mental health services in Leicestershire – I love Lincolnshire and visit regularly as my family live here. The NHS, nationally and locally, is going through many changes. We are faced with financial constraints, the need to recruit the right staff with the right skills - in addition to continuing to provide the excellent services we deliver for our patients.”

“I’m looking forward to meeting and getting to know staff and patients and making sure I’m in a position to listen to their concerns as well as their celebrations.”

LPFT Chief Executive, Dr John Brewin said: “We are delighted to welcome Anne-Maria to the Trust. Her proven track record in nursing leadership will be an excellent asset to the Trust as we continue our drive to help people live well in their communities.”

Putting mental health in the spotlight

Time to Talk Day, took place on 4 February, encouraging as many people across the nation to get talking about mental health in a bid to end stigma and misconceptions surrounding it. Organised by Time to Change, the awareness day underlined the fact that talking about mental health doesn’t have to be difficult. Trust staff and patients joined together to share conversations and were encouraged to discuss and promote mental health at work over a cuppa during tea breaks.

Events included a mental health-themed quiz at our older adult Rochford Unit in Boston and chats about what makes people feel good and a sing-along with Trust volunteers at Witham Court in Lincoln.

Lincolnshire was among the top three areas for the most conversations, with 5,487 logged online during the day. A fantastic achievement for the county. Thank you to all our patients, carers and staff for helping to put Lincolnshire on the map.

Mental Health Awareness Week takes place in May (16 to 22), and this year focuses on relationships.

Previous campaigns have looked at how anxiety, sleep deprivation and exercise can impact on mental health, so this year’s centres on how connections and the people in our lives can aid and protect our wellbeing.

You can visit the website (www.mentalhealth.org.uk) for more information on how to get involved and spread the message throughout the week.

Get in touch and let us know what you’re doing to raise awareness by emailing communicationslpft@lpft.nhs.uk and share your thoughts on Twitter using #mhw16.
Inspectors call during intensive week of visits

In the first week of December last year, the Trust was visited by the Care Quality Commission (CQC), who undertook a comprehensive inspection of Trust services.

The CQC is the independent regulator of health and social care in England, charged with making sure services provide people with safe, effective, compassionate and high quality care.

We hosted between 70 to 80 inspectors for the full week, who visited 50 Trust sites and conducted 34 interviews with senior leaders.

At the time of going to print we had not received a final report, but we expect the full findings to be released sometime in the spring and you’ll be able to view the full report on the CQC website www.cqc.org.uk.

The Trust will be issued with an overall inspection rating: outstanding, good, requires improvement, or inadequate, and the report will highlight areas of good practice found, along with any concerns and recommendations for improvements.

In addition to visiting various Trust units and departments during the course of the week, the inspectors also spoke to staff, patients and their families and carers in a range of workshops and forums to gain as full a picture as possible of the standards of care we provide.

The amount of preparation and planning work that went into ensuring the inspection ran as smoothly as possible did not go unnoticed and we would like to thank all our staff, patients, service users, governors, members and carers for their help and assistance over recent weeks.

Chief Executive, Dr John Brewin said: “I am really pleased that inspectors said that overall they found teams to be very welcoming and helpful, which enabled the inspection to run very smoothly.

“They were complimentary about staff, saying they were caring and compassionate, with a clear patient focus.”

The CQC asks five key questions of all the services they inspect - these are:

Are they safe?
- do services protect patients from abuse and avoidable harm.

Are they effective?
- does the care, treatment and support provided achieve good outcomes, helping to maintain quality of life and based on the best available evidence.

Are they caring?
- do staff involve and treat patients with compassion, kindness, dignity and respect.

Are they responsive to people’s needs?
- are services organised so that they meet patients’ needs.

Are they well-led?
- does the leadership, management and governance of the organisation ensure it’s providing high-quality care that’s based around individual needs, encouraging learning and innovation which promotes an open and fair culture.

Welcome to our new Governors

We’d like to extend a very warm welcome to our new Governors, following elections in October last year and by-elections for vacant seats in January 2016. These people have been elected by you – our 10,000 strong membership – to represent your views and opinions.

Public Governors

Janet Guest
North Kesteven seat

“I am just an ordinary person working in the community and a mum of two grown-up daughters. My main aim is to ensure that Trust facilities and services are more accessible to patients and their carers, with a clear pathway.”

Jennifer Robbs
Borough of Boston seat

“I was born and raised in Boston and my belief is that local issues can only be dealt with effectively by someone who has local knowledge and understanding of matters which are of concern within their community. I have more than 30 years’ experience of working in local government and the voluntary and health sectors and have a particular interest in mental health and substance misuse services.”

Service User and Carer Governor

Allison Mouncey
Young People Carer seat

“Two of my children have multiple disabilities requiring a variety of health and education related support, therefore I bring a shared understanding and level of experience with other parents and young people with similar needs. I am an effective listener, reliable and empathetic and I’m passionate about improving health related care for young people and their families.”

Stakeholder Governor

Greg Gilbert
SHINE Network seat

We welcome Greg to the Council of Governors who will represent the SHINE Mental Health Support Network. SHINE is an independent, unincorporated association of groups and organisations interested in supporting people with mental health problems and their carers.

Fond farewells and future elections

We said goodbye to Public Governors Pam Whitaker and Michelle Milford last year who we would like to thank for their services and still have vacancies in South Holland (public), learning disabilities (carer), specialist services (staff), and Clinical Commissioning Groups and Healthwatch (stakeholder).

We also bid a very fond farewell to Lead Governor Diana Broughton, who stepped down from her governor position earlier this year. Trust Chair Paul Devlin said: “We owe Diana a great debt of gratitude for the time she has given to the Trust and her immense contribution to the Council of Governors’ work over the last eight-and-a-half years.

Carrie Forrester will now take the role as Acting Lead Governor until elections are held later this year.

Full elections for Service User and Carer Governors will take place this summer and by-elections for empty seats are also planned in for the coming months.

Please keep checking the Governor pages of our website www.lpft.nhs.uk/governors for more information and how you can get involved and stand for election.

Members are also welcome to attend our regular Council of Governors meetings – the next one is being held on 14 April at our Learning and Development Centre in Skeffold.

“...take the role as Acting Lead Governor...”

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of BetterTogether :: 5
Transforming care in learning disabilities

Over the last few months the Trust, with our commissioners, South West Lincolnshire Clinical Commissioning Group, have been reviewing the services we currently offer and have been working with service users, carers, staff and other stakeholders to understand what they would like to see improved and how the principles of new national guidance, ‘Transforming Care’ could be introduced locally.

This will see the creation of four new community hubs, in Boston, Grantham, Lincoln and Skegness, and ensure that service users will be able to access support for a learning disability/autism and related specialist health or behavioural needs, which cannot be met solely by mainstream services.

We are particularly excited to be able to introduce increased support for people with Autism Spectrum Disorder (ASD), who do not have a learning disability.

Children’s services redesign

Following a full review of our Child and Adolescent Mental Health Services (CAMHS), which included engagement with 51 stakeholder groups, we have worked with CAMHS commissioners to develop a new model of delivery, which requires an additional £1.4 million funding to put in place.

The remodelled service will operate according to children and young people’s IAPT (Improving Access to Psychological Therapies) principles and include the following key elements:

- A Single Point of Access (SPA)
- Pre-CAMHS support, including primary care and education
- An integrated community CAMHS provision, delivering evidenced-based pathways and focussed on outcomes; this will be known as Core CAMHS
- Access to crisis intervention and home treatment 24 hours a day, seven days-a-week, known as Tier 3+
- Community-based eating disorders service
- Support to vulnerable groups
- Care and support transition to other services

The Trust will also be able to offer an increased provision for crisis and home assessment and treatment, where people with a learning disability and/or autism are clearly struggling with complex mental health and behaviour problems and need short term intensive support to avoid admission to an inpatient ward.

Sharon Jeffreys, Head of Commissioning Learning Disability at South West Lincolnshire Clinical Commissioning Group, said: “The national ‘Transforming Care’ model clearly identifies that people should be able to get support closer to home and should only go to hospital when they really need to.”

Fionn Morven, service manager for learning disability services at LPT F said: “Whilst the Trust has always received positive feedback about the services we currently offer for people with learning disabilities, we know that families have, at times, found it difficult to navigate their way around services and have sometimes experienced significant waits between professional disciplines.

By bringing together different disciplines into four community hubs, learning disability professionals will be able to work much closer together to support someone with all of their needs.”

More information and regular updates will also be available on our website in the coming weeks www.lpft.nhs.uk.

Lincolnshire Health and Care makes steady progress

The LHAC programme is continuing its work to bring the county’s health and social care organisations together to design a new model of care for Lincolnshire which will enable people to access the right services at the right time – now and in the future.

In an exciting development for LHFT, a new mental health, learning disabilities and autism working group has been set up to further develop an overarching strategy for these issues and how they will become a theme throughout the LHAC vision. It is expected that a full set of proposals will be available for public consultation later this year and we hope to bring you regular updates from the various LHAC working groups between now and then.

You can also keep fully up to date by visiting the LHAC website at www.lincolnshirehealthandcare.org.

Colours of the rainbow put youngsters on the road to recovery

A young service user who has been helped by staff at the Trust’s Sexual Assault Referral Centre, has officially unveiled a newly refurbished room at the team’s base in Lincoln.

The Rainbow Suite has been dedicated to the 11-year-old girl, who also helped design it and will now be used as a comfortable consultation and police interview room for youngsters who may need to use the service in the future.

The suite has been decorated with a rainbow theme and includes coloured pillows, artwork and a rainbow clock – it is also stocked with a range of crafts and activities to help young people relax and feel more at home at the centre.

The room was opened by the girl and her family, along with centre staff and DC Rhod Evans from Lincolnshire Police’s Child and Vulnerable Adult Protection Unit, who has been involved with the case from the onset. Centre Manager Amanda Farquhar said the youngster had wanted to get involved and help design the room to thank LPFT staff for the support they offered her at a very traumatic period in her life and also to help give the facility a more welcoming theme.

Amanda said: “She came in with the colour scheme and lots of ideas and we helped her put them into reality. We now feel that the room offers a more welcoming and comfortable environment for any young person who needs to access our services and will assist the police in an investigation.”

Heather Ind, the centre’s Child and Young Persons’ Advocate, who has worked closely with the young girl said: “We think it looks amazing and we really wanted to thank them both for their input.

“We think it will appeal to everyone and I’ve already had some good feedback from an older boy who’s seen it and said he liked it.”

The new suite is part of a recent extension of the centre, which now boasts a new waiting area and one additional interview room. The centre which has been operational for five-and-a-half years, provides a service to both males and females who have been raped or sexually assaulted.

Working with the family has also instigated a new direct referral process for SARC, who can now signpost adult family members of any young people seen by the team to the Trust’s steps/2change talking therapies service. It has also allowed staff to talk to the Crown Prosecution Service Witness Care Unit to look at how they can more sensitively communicate with victims and their families about their legal cases.

International Women’s Day

Staff and patients on Lincoln’s female inpatient acute mental health ward celebrate International Women’s Day on 8 March.

Cake sales, guest speakers and a raffle draw featured as part of Charlesworth Ward’s celebrations to mark the occasion – all organised by activity coordinator Emma Woodcock.

Ward staff were on hand to give the female patients some beauty pampering in a bid to promote the global awareness day which celebrates the social, economic, cultural and political achievements of women everywhere.

Emma said she wanted to do something to help patients on the ward get involved while also bringing some important issues to the forefront.

“I used the day to help raise more awareness of issues such as female genital mutilation and modern day slavery and also celebrate all our accomplishments.”

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of BetterTogether :: 7
Volunteer activities
A roundup of recent events and news from our dedicated troupe of Trust volunteers

Patients step back into the 1950s

Dementia patients at the Trust's Manthorpe Centre in Grantham are being transported back in time to reminisce about life in their pasts, thanks to an innovative 1950s-themed memory room.

Hardworking staff and volunteers have spent the last three months transforming an interactive space which can now be enjoyed by patients. Complete with period furniture, artwork and a replica 1950s television, designed and built by Trust volunteer Ron Rouse, the room is a quiet place where those on the ward can go to relax and reflect, and hopefully rekindle some happy memories.

Liz Lester, Occupational Therapist at Manthorpe, who originally came up with the idea, said: "The idea is to provide objects which hopefully get them remembering something about their past and to start a conversation – we use reminiscence as therapy and this can have a really calming effect on patients. Dementia care is changing. In the past, the focus was very much on the disease and impairment, however, the aim now is to identify each patient’s strengths and remaining abilities and to adapt the environment to maximise these - the 1950s lounge is a way of doing this."

Grantham volunteers ‘stick together’ at Trust activity group

Service users in the Grantham area have enjoyed getting crafty at a popular group organised by dedicated Trust volunteers. The sessions take place once-a-week from 9am to 12pm at the Greyfriars Community Centre in the town, and involve regular arts and crafts activities including felt kits, colouring and even wood kit dinosaur making.

Spear-headed by volunteer Gill Freeman, the group has a regular attendance of around 18 members who all enjoy taking part in the range of interesting activities on offer.

"I made the TV by myself out of wood at home and it took me about 25 hours in total I reckon," said Ron. "I made the TV by myself out of wood at home and it took me about 25 hours in total I reckon," said Ron.

"I made the TV by myself out of wood at home and it took me about 25 hours in total I reckon," said Ron.

Gill, who will reach her five-year anniversary as a Trust volunteer this coming April, said the long-standing group was a popular draw for those experiencing mental health problems in Grantham.

"This group has been running in one form or another for 16 years now and we welcome any service users and carers along who may like to attend. As well as the arts and crafts activities we also organise days out, including trips to the seaside, visits to the Springfields shopping centre in Spalding and regular ten pin bowling competitions," said Gill.

Pictured with Gill, from left to right, are fellow volunteers and helpers Clive Bell, Liz Bloodworth and Fran Riley with a collection of the crafts.

For further information on the role of volunteers contact Rob Kendrick, volunteer services manager on (01522) 518500 or rob.kendrick@lpft.nhs.uk

Trust in volunteers from local university

A team of volunteers from the University of Lincoln have been digging deep with service users to lend a helping hand on the Trust allotment.

Students at the city campus picked up their shovels to join a troupe of our own green-fingered volunteers last month. The Trust allotment, located just off Long Leys Road in Lincoln, is used regularly by our DART service users to help them in their recovery journeys.

A team of four university volunteers were involved in the project and Amy Gillard, volunteer worker at the university said: "Community engagement is really important to our students and they love getting involved in anything that helps local people and the environment."

As well as giving something back, students like to meet new people and learn new skills that may benefit them later in life."

Trio of voices take centre stage

Service users and Trust volunteers have been taking part in a county arts festival which uses improvisational theatre to aid recovery.

Drama worker, John Bowtell and his Mysteries Drama Group members honed their skills for weeks, before treading the boards at the ground-breaking NEW/OLUTIONS festival earlier this year. Hosted by Lincoln Performing Arts Centre (LPAC), the festival offers a unique opportunity for professional artists and up-and-coming actors to try out new ideas and work-in-progress performances in front of an audience.

"The format involves three performers who ask a member of the audience to tell them an experience from their life," said John. "It can be anything, from the mundane to the very personal - and we then ‘play it back’ to them, completely improvised using either actions or very short phrases. Audiences are often amazed at the artistic quality of the improvisation."

Wishful thinking on the radio waves

Trust volunteer, Catherine Neilth is looking for mental health experts to take part in her community radio show. Catherine, produces the popular Siren FM show, Wishful Thinking - a programme which aims to feature people with experience of mental health issues and health professionals who offer advice.

Recent broadcasts have included features on eating disorders, bipolar and psychosis.

"As well as giving something back, students like to meet new people and learn new skills that may benefit them later in life."

Best feet forward for new town walking group

Is there anything better than braving the elements and blowing away the cobwebs for a good old-fashioned ramble around the Lincolnshire countryside?

Well that's what a handful of Trust volunteers are proposing to do in Grantham – and you can join them too.

The regular walking group has been set up by volunteers Craig Goodere, Mark Cresssey and Chris Simpson – with helpful input from LPFT staff Rosie Kyme (nursing assistant), Christine Coupar (team coordinator) and Dawn Pulling (deputy team coordinator).

Christine said research shows that walking in rural settings can be beneficial for some people experiencing mental health problems.

"We are very excited to develop this service within the Integrated Community Mental Health Teams which will further support our individual service users."

To join a ramble call Rosie on (01476) 576661.

Trust in volunteers from local university

A team of volunteers from the University of Lincoln have been digging deep with service users to lend a helping hand on the Trust allotment.

Students at the city campus picked up their shovels to join a troupe of our own green-fingered volunteers last month. The Trust allotment, located just off Long Leys Road in Lincoln, is used regularly by our DART service users to help them in their recovery journeys.

A team of four university volunteers were involved in the project and Amy Gillard, volunteer worker at the university said: "Community engagement is really important to our students and they love getting involved in anything that helps local people and the environment."

As well as giving something back, students like to meet new people and learn new skills that may benefit them later in life."
 couldn’t be more proud of you, Carers. You’re vital partners in the provision of care to people with mental illness. We rely on your understanding and support — and we thank you for it.

We’ve recently commissioned a short film produced by the Discovery House Carers Group and Discovery House residents, to help raise awareness of the Triangle of Care approach. Triangle of Care is central to all that we do at Discovery House. It’s about an alliance between service users, staff and carers that promotes safety, supports recovery and sustains wellbeing.

The Triangle of Care approach provides a framework to help people to integrate into their community. The Level 2 certificate is just one part of the overall experience service users get when volunteering at the café.

Charlotte, a service user, said she hoped the skills she has learnt will help her move on. She said: “I’ve learnt so much – about the help they can provide. With support, smokers are more likely to succeed in their quit attempt. That is why we are offering No Smoking Day.

The Triangle of Care approach is a therapeutic alliance between service users, staff and carers that promotes safety, supports recovery and sustains wellbeing. Initiating the Care’s Trust, LPFT was the 31st Trust to sign up to the alliance, which has now extended to cover all inpatient and home treatment services.

“Careers are vital partners in the provision of mental health and social care services,” said Donna Bradford, service manager for mental health rehabilitation. “They have a big impact in helping people to overcome mental health difficulties.

“We want to provide our service users with skills that will help them to reintegrate into the community. The Level 2 certificate is just one part of the overall experience service users get when volunteering at the café.”

Donna Bradford, service manager for mental health rehabilitation, said: “At Discovery House we believe that education and training play an important part in helping people to overcome mental health difficulties.

“Six patients from a rehabilitation unit in Lincoln have received a big thumbs up for their food hygiene skills. They have now extended to cover all inpatient and home treatment services.

“Carers are vital partners in the provision of mental health and social care services,” said Donna Bradford, service manager for mental health rehabilitation. “They have a big impact in helping people to overcome mental health difficulties.

“We want to provide our service users with skills that will help them to reintegrate into the community. The Level 2 certificate is just one part of the overall experience service users get when volunteering at the café.”
Wellbeing Through Work is an ‘excellent’ service

The Trust’s Wellbeing Through Work team has been recognised as one of the country’s top 15 providers of evidence-based employment support for people with mental health conditions.

Following a rigorous external assessment, the Centre for Mental Health (CMH), has now invited to the Trust to become a Centre of Excellence.

The Centre of Excellence is considered exemplary in their use of the Individual Placement and Support (IPS) approach to supported employment, which was specifically designed following extensive international research, to help people with severe mental health conditions into paid work.

The details of Centres of Excellence are published on the CMH website and provide information and advice to other employment services on what works best.

For more information visit www.cmhtotalhealth.org.uk

Suicide Prevention Strategy officially launched

Over the past few months we have been putting the finishing touches to our Suicide Prevention Strategy.

The strategy, which was officially launched last month, has been developed in conjunction with survivors of suicide, service users, carers, families and staff, and aims to support people to understand how to manage at times of crisis in addition to helping their families and carers.

Its six action areas mirror those in the National Suicide Prevention Strategy and will focus the direction of clinical services over the next four years.

You can view the full document on the strategies page of the Trust website at www.lpft.nhs.uk/about-us/accessing-your-information/strategies

Researching for the future

An update on the fascinating work of our Research, Innovation and Effectiveness team.

EQUIPPed for training

The department has been working with service users and carers from the Trust’s integrated community mental health teams, to participate in the long-running EQUIP (Enhancing the quality of user involved care planning in mental health services) study. The aim of this five year programme is to develop, evaluate and implement a service user/carer led training package for mental health professionals to improve their involvement in the care planning process.

So far the Trust has recruited 52 service users and 15 carers from the community teams who will all be contacted soon to carry out a follow up postal questionnaire.

REACTing to relatives

The Trust is continuing its study to test the effectiveness of the REACT (Relatives Education and Coping Toolkit), online peer-supported toolkit for reducing distress for relatives of those with psychosis or bipolar disorder.

The research is a joint study being run by Lancaster and Liverpool universities and University College London, and also explores the costs involved with delivering the toolkit. Participants must be aged 16 or over and have access to the internet.

More details can be found on the website www.reacttoolkit.co.uk

Genetic study into Alzheimer’s

A study being run by Cardiff University’s Institute of Psychological Medicine and Clinical Neuroscience, is aiming to try and understand more about how certain genes influence the progression of the disease. This will hopefully lead to new treatments and methods of diagnosis in the future. Participants will be asked to provide a blood sample, take part in an interview and complete a memory test. They will also be asked to identify a family member or friend who can support them during the study.

Those who sign up will be visited at home or at an NHS location if preferred and the appointment takes about an hour-and-a-half to complete. For inclusion criteria or more information please contact Emma or Liz on 07980 913669 or 07775 552811.

Childhood onset psychosis

A new project has been launched looking to recruit a cohort of individuals aged 30 and under in the UK who have been diagnosed with a psychiatric illness before the age of 13 – to identify genetic variants that contribute to, or cause it.

Recent genetic discoveries have identified a number of candidate genes, as well as mutation types, that are more common in patients with neuropsychiatric illnesses such as autism, schizophrenia and epilepsy.

In some cases these identified mutations may have indicated new treatments that would not otherwise have been tried, which have led to remarkable improvements in symptoms.

The study is being run in conjunction with Imperial College London and anyone who feels they may be able to take part should contact Dr Anil Das or Dr Alice Brennan on 01522 525189 or 07789 945084.

More information on the current studies being undertaken by the team 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 all their activities on Twitter @LPFTRRes

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of Better Together.

County treatment for anxiety and depression amongst most effective in the country

Service users suffering from anxiety and depression in Lincolnshire receive some of the most effective treatment in the country last year, according to findings in a recent report.

A 78.8 per cent improvement rate was recorded for service users in the Grantham and Sleaford areas - the highest in the country - with the rest of Lincolnshire seeing a rate of between 67 to 77 per cent. The national average was 60.8 per cent.

The figures were included in the Health and Social Care Information Centre (HSCIC), Psychological Therapies annual report, and show that alongside significant improvements in their mental health symptoms, people in Lincolnshire waited less than the government’s target of 28 days before being seen by a counsellor or therapist during 2014/15.

In Grantham and Sleaford areas - the highest in the country - with the rest of Lincolnshire seeing a rate of between 67 to 77 per cent. The national average was 60.8 per cent.

A 76.8 per cent improvement rate was recorded for service users in the Grantham and Sleaford areas - the highest in the country - with the rest of Lincolnshire seeing a rate of between 67 to 77 per cent. The national average was 60.8 per cent.

An update on the fascinating work of our Research, Innovation and Effectiveness team.

EQUIPPed for training

The department has been working with service users and carers from the Trust’s integrated community mental health teams, to take part in the long-running EQUIP (Enhancing the quality of user involved care planning in mental health services) study. The aim of this five year programme is to develop, evaluate and implement a service user/carer led training package for mental health professionals to improve their involvement in the care planning process.

So far the Trust has recruited 52 service users and 15 carers from the community teams who will all be contacted soon to carry out a follow up postal questionnaire.

REACTing to relatives

The Trust is continuing its study to test the effectiveness of the REACT (Relatives Education and Coping Toolkit), online peer-supported toolkit for reducing distress for relatives of those with psychosis or bipolar disorder.

The research is a joint study being run by Lancaster and Liverpool universities and University College London, and also explores the costs involved with delivering the toolkit. Participants must be aged 16 or over and have access to the internet.

More details can be found on the website www.reacttoolkit.co.uk

Genetic study into Alzheimer’s

A study being run by Cardiff University’s Institute of Psychological Medicine and Clinical Neuroscience, is aiming to try and understand more about how certain genes influence the progression of the disease. This will hopefully lead to new treatments and methods of diagnosis in the future. Participants will be asked to provide a blood sample, take part in an interview and complete a memory test. They will also be asked to identify a family member or friend who can support them during the study.

Those who sign up will be visited at home or at an NHS location if preferred and the appointment takes about an hour-and-a-half to complete. For inclusion criteria or more information please contact Emma or Liz on 07980 913669 or 07775 552811.

Childhood onset psychosis

A new project has been launched looking to recruit a cohort of individuals aged 30 and under in the UK who have been diagnosed with a psychiatric illness before the age of 13 – to identify genetic variants that contribute to, or cause it.

Recent genetic discoveries have identified a number of candidate genes, as well as mutation types, that are more common in patients with neuropsychiatric illnesses such as autism, schizophrenia and epilepsy.

In some cases these identified mutations may have indicated new treatments that would not otherwise have been tried, which have led to remarkable improvements in symptoms.

The study is being run in conjunction with Imperial College London and anyone who feels they may be able to take part should contact Dr Anil Das or Dr Alice Brennan on 01522 525189 or 07789 945084.

More information on the current studies being undertaken by the team 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 all their activities on Twitter @LPFTRRes

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of Better Together.

Genetic study into Alzheimer’s

A study being run by Cardiff University’s Institute of Psychological Medicine and Clinical Neuroscience, is aiming to try and understand more about how certain genes influence the progression of the disease. This will hopefully lead to new treatments and methods of diagnosis in the future. Participants will be asked to provide a blood sample, take part in an interview and complete a memory test. They will also be asked to identify a family member or friend who can support them during the study.

Those who sign up will be visited at home or at an NHS location if preferred and the appointment takes about an hour-and-a-half to complete. For inclusion criteria or more information please contact Emma or Liz on 07980 913669 or 07775 552811.

Childhood onset psychosis

A new project has been launched looking to recruit a cohort of individuals aged 30 and under in the UK who have been diagnosed with a psychiatric illness before the age of 13 – to identify genetic variants that contribute to, or cause it.

Recent genetic discoveries have identified a number of candidate genes, as well as mutation types, that are more common in patients with neuropsychiatric illnesses such as autism, schizophrenia and epilepsy.

In some cases these identified mutations may have indicated new treatments that would not otherwise have been tried, which have led to remarkable improvements in symptoms.

The study is being run in conjunction with Imperial College London and anyone who feels they may be able to take part should contact Dr Anil Das or Dr Alice Brennan on 01522 525189 or 07789 945084.

More information on the current studies being undertaken by the team 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 all their activities on Twitter @LPFTRRes

Help the environment, register at www.lpft.nhs.uk to receive your electronic copy of Better Together.
Recovery College goes from strength to strength

With brand new courses and enrolment for the spring term just around the corner, now’s as good a time as any to get in touch and see what our Recovery College has to offer.

Whether you’re a current service user, carer, staff, member of the public or someone who just wants to find out more, the college has something for everyone. Its ethos is simple - co-production and co-delivery – with both health professionals and experts by experience working together with peer trainers to design and deliver a range of interactive courses to help people continue down their roads of recovery.

Now well into its second year, all courses are underpinned by the three core values of ‘Hope, Control and Opportunity’ and cover a wide variety of mental health issues such as understanding different diagnoses, mindfulness, challenging stigma and improving mental health resilience.

Brand new courses for the spring term also include ‘Living in Crisis’, ‘Work Matters?’, and two looking at understanding borderline personality disorder and self-harm.

In addition, the college has started working alongside CLIP (Community Learning in Partnership), at venues in Gainsborough and Mablethorpe, and welcomed a brand new clinical apprentice Emma Burns into its fold, to help focus on working with young adults.

Recovery College Coordinator, Emma Bristow said 2016 is an exciting time to be a student at LPFT.

“We’re really excited to see the college developing in other areas of Lincolnshire which is enabling us to reach a wider demographic,” said Emma.

“We’re also starting to see a real change in culture surrounding mental ill health. We’ve been working hard to develop some new courses and we have two new dementia-themed units which will be rolled out in April – Dementia First Aid and a six-week course for people with early onset dementia. We want to give everyone the opportunity to learn together, to share experiences and knowledge and to participate not as a patient, carer or member of staff, but simply as a student.”

Community support where it’s needed most

Local projects which make up the Trust’s Managed Care Network are continuing to help county people who are experiencing mental health problems.

Organisations in the network have received money from the Mental Health Promotion Fund – which helps to provide a variety of activities from social and friendship groups, to sports coaching and money advice.

Gainsborough-based Riverside Training received £15,000 from the fifth wave of funding last year. The group provides a range of courses to people in the town to encourage personal development and learning, and since joining the Managed Care Network has been able to offer tailored support as part of their Pathway to Wellness programme.

Director Debbie Stacey said: “We’re a small local organisation but offer lots of activities for people, to help them get back into work, as well as providing recreational courses including arts and floristry which all help with confidence building.”

For more information contact enquiries@riverside-training.org.uk

Another group located in Gainsborough is the imaginatively titled Slumgothic, which runs the innovative x-church Kitchen Community Café. x-church has strong links with Riverside and is run by volunteers, many of whom have been helped by the wellness programme. Catriona Paton, who helps run x-church said money from the Mental Health Promotion fund was vital in allowing them to run their new ‘Tipping Point’ awareness training.

“Tipping Point teaches participants to recognise the signs of mental distress, provide initial comfort and support and if you like who to signpost to,” said Catriona.

It is aimed at preventing a developing condition from worsening. For more information visit the website www.slumgothic.co.uk or www.lpft.nhs.uk/mcn for full details on other projects in our Managed Care Network.

Star turn for network members featured on Countryfile

The BBC’s Countryfile crew have been on location learning about the help available to those suffering mental health problems in the farming community. The popular Sunday night programme filmed at Newark Livestock Market to feature one of Lincolnshire Rural Support Network’s (LRSN) regular drop-in health clinics.

The service offers physical and mental health screening at livestock markets and auctions across Lincolnshire and Nottingham, funded by local CCGs and the Mental Health Promotion Fund via the Trust’s Managed Care Network.

Project manager Alison Twiddy said: “We offer a client-centred service where there is no wrong question to ask. Whatever the problem, our team of volunteer caseworkers are skilled and trained to be able to seek and find the right solutions for families and their businesses.”

The rest of the LRSN’s 24 strong volunteer team provide a Samaritan type Freephone helpline, open every day of the year. It includes ‘Hole Club’, which helps to give carers a bit of respite which is very important and we go out for a pub lunch once a month with all our members and carers.”

For more information visit www.dementiasupportsouthlincs.co.uk

Based in Castor, Keepsake for Life, is a community interest group concerned with positive ageing and providing support for people with dementia and those who care for them.

A £4,000 share of the Dementia Support Fund has enabled the group to resource its important ‘Sleep Matters’ project which includes information and awareness sessions to enable people supporting service users to give helpful hints and tips on how to improve their sleeping patterns.

“Our goal is for people living with dementia and their carers get the appropriate support to enable them to live full, valued lives, feeling in control of their individual situations and contributing to their communities,” said Jacqui Wood from Keepsake for Life. For more information contact Jacqui on 07980 147864.
Tell us what your interests are

We’d like to know what service areas our members want to get involved in so we can let you know of any opportunities or events coming up that may be of interest to you. As members you’re a valued part of the Trust and can help us further develop and improve services for all our patients.

Please complete the form below, indicating the services that interest you the most, and send to: Freepost RRZH-RGXR-BLHY, Membership Office, Lincolnshire Partnership NHS Foundation Trust, Unit 8, The Point, Lions Way, Sleaford, NG34 8GG.

Often our members’ details change, whether this is moving house, changing membership type, or simply setting up an email address. Whatever the change please notify us and keep us informed so that we can continue to communicate with you and provide updates on Trust Information.

You can let us know by either calling the Membership Team on 01529 222277 or email us at info@lpft.nhs.uk.

The Membership team is very keen to communicate via email. At the moment the majority of members are still being contacted through the post. If we had more email addresses we could communicate with you more easily. There are endless opportunities to become involved and we would like to share these with you via email. We would also be helping the environment.

Change my details

Name:
Date of Birth:
Address:
Email(s):

Phone Number(s):
Ethnicity:
Sexual Orientation:
Religion or belief:

Activities Interests
1 Become a Governor
2 Group of 1000 (general focus groups, consultations and questionnaires)
3 Volunteering
4 Events

Services Interests
1 Inpatient mental health
2 Community mental health
3 Eating disorders
4 Drug and alcohol recovery (DART)
5 Child and adolescent mental health service (CAMHS)
6 Learning disabilities
7 Older adults
8 Dementia
9 Equality and diversity
10 Peer support
11 Patient and carer information
12 Recovery College

You may wish to change your type of membership to reflect a change in circumstance. Please let us know below if you’d like a change.

(Please circle) PUBLIC/CARER/SERVICE USER (Please note you can only be one type of member at any one time.)