



Worcestershire **NHS**
Mental Health Partnership NHS Trust

Membership Matters

Issue 5 May 2010

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DEMENTIA - our first event for members

Our first exclusive event for FT members was held on the 15th April in Worcester. Speakers on the night were Professor Dawn Brooker, Director of the University of Worcester Association for Dementia Studies and Dr Bernie Coope who is the Lead Consultant in Older Adult Psychiatry with the Trust.

Professor Brooker spoke about the person centred side of things, activity occupation and living well and many members have commented on a moving video which was shown by Professor Brooker.

Dr Coope's talk focused on what dementia is and the different stages, how it can change the lives of those with it and their families, how the field is changing and also included changes and developments locally.

Guest speakers
Professor Dawn Brooker & Dr Bernie Coope



Comments from members who attended the event included:

"Just a quick note to express thanks; the presentations by Dr Bernie Coope & Professor Dawn Brooker were as the chair said at the end 'informative and inspirational'. When is the next event?"

"Thank you for the excellent presentation on Thursday last week, on the subject of the current aims for care of those suffering with dementia. It was interesting & informative, as well as compassionate & reassuring. The emotive video was particularly helpful & memorable, & also inspiring"

Membership Matters is a magazine for the members of Worcestershire Mental Health Partnership NHS Trust. The Trust provides mental health, substance misuse and learning disability services across Worcestershire. This magazine is produced by the Trust's Foundation Trust membership office. We are applying to become a Foundation Trust, a

different type of NHS organisation based on membership. Becoming a Foundation Trust will give us the freedom to run our own affairs while remaining fully within the NHS. We will be accountable to local people and to an independent regulator, called Monitor. Anyone who lives in our area and is over 14 can become a member

Welcome!



By the time you receive this newsletter the dust will be settling after the General Election. We will be awaiting policy announcements from the new Government. Whatever these may be we know that the NHS is entering a challenging period.

Together with the other members of the Trust Board I have a responsibility to ensure that we maintain the quality of services provided to the people we serve.

We recognise that our inpatient accommodation needs to be improved. Although we offer single sex sleeping accommodation it is still predominantly dormitory style. We wish to modernise our wards to offer en-suite bedrooms and to provide access to outdoor recreational space.

We have to review the way our services operate currently. We need to focus on promoting and maintaining the recovery of individuals

Welcome to the fifth issue of **Membership Matters**. We got some great feedback from previous issues, so I hope you find this issue interesting and enjoyable too.

who have mental health problems or have misused drugs or alcohol.

The front page of the newsletter reports on the member event that we held on the subject of dementia. This provided an opportunity to outline the plans we are making to address the needs of people with dementia and their carers.

Government policy requires that NHS Trusts ensure that there is separate inpatient accommodation for older people with organic illnesses, eg dementia, and functional illnesses, eg depression.

The NHS is constantly changing and having to respond to new and emerging challenges. Over the coming weeks we will be engaging with service users, carers and organisations with an interest in our services to discuss the changes we wish to make. These will be the subject of the next members event on 29 June. Please see page 6 for further details.

Ros Keeton,
Chief Executive

Annual General Meeting – 16.30 – 7 July 2010

Members are invited to attend the Trust's AGM which this year will be held at Hill Crest in Redditch. Chairman Neil Lockwood will open the meeting, Ros Keeton, Chief Executive and Rupert Davies, Director of Resources respectively will provide a short of overview of the annual report and annual accounts. Copies will be available to take away.

Sally Natynczuk, Consultant Psychiatrist, Tom Barker, Clinical Psychologist and Debbie Bradley, Recovery Services Manager will then make a presentation on recovery services. Afterwards there will be an opportunity to ask questions, to network and to partake of light refreshments.



5 minutes with...

Rupert Davies, Director of Resources

What's your current job? I am the Trust's Director of Resources. My remit covers finance (well..obviously), information, contracting, corporate planning but also facilities and estates.

What's your typical working day like? Regrettably e-mail seems to play a major role... Usually it starts between 7.00 and 7.30 am and I set 5.45 pm as my target time of departure (but the phrase 'hope over reality' springs to mind). Meetings and preparing for meetings take up most of my working hours, but I'm a strong believer in the power of stories to motivate and I do spend a lot of time talking with people.

If you weren't at work today, what would your ideal day consist of? Either a walk on the Brecon Beacons or cycling around the foothills of the Pyrenees in southern France. Stopping at a café for a cooling drink on a hot day just about represents as good as it gets for me.

What other jobs have you done? I've been in NHS finance for over twenty years. My career has taken me from Bristol to Gloucestershire to Birmingham and then to Stafford before coming here to Worcestershire a couple of years ago. Certainly the M5 and M6 motorways seem to have played a major role in that career.

Before I became respectable as an accountant I worked in academic research and teaching for a few years. I have a Ph.D in 17th and 18th century economic and social history. Perhaps I'll do you a powerpoint presentation sometime on the impact of the 17th century poor law on household structures....

What would your ideal job be? Funnily enough I'm not a frustrated academic. After a few years in research I came to realize that I didn't have the imagination to become a historian. So what does an unimaginative person do for a living....you've got it - become an accountant! Seriously I feel quite comfortable in this job and do not entertain secret thoughts about other ways of making a living. Alright then... at a push - owning a vineyard in the south of France.

How would your colleagues describe you? Different colleagues see different things - for better or worse. Some of my colleagues think that I am a naturally calming influence - which isn't the way I think of myself! I suspect that I'm viewed as being more emotionally driven than most accountants.

How have things changed since you started your career in the NHS? The pace has got quicker in finance - for instance, three weeks to do the annual accounts instead of three months. Also there's much more accountability to stakeholders - which is for the better but which brings its own train of issues.

What's the best thing about the NHS? It says we are a decent people - we care about people around us, irrespective of our differences. It is part of the glue that makes us citizens of this country. Sometimes we in the NHS get it wrong - grievously wrong - but I think the NHS is becoming increasingly transparent in its dealings with our fellow citizens.

What book are you currently reading? The Boy with the Top Knot by Sathnam Sanghera. An honest look into a first generation Sikh family in Wolverhampton by the son who went from living with his mentally ill, illiterate, father to Cambridge and on to a job in 'the media'.

What was the last film you watched? The Devil's Backbone which is about an orphanage in civil-war Spain. Just don't store all your prized possessions in your wooden leg.... And the one before that? - Band of Glory - about the ungrateful response to the effort that North African troops made to the liberation of France in the second world war. Sorry - I'm known as a bit of an art-house film fan - although I'm quite happy with many popular Hollywood films!

If you could change one thing about the NHS what would it be? David Nicholson talks of the need to 'look outwards not upwards'. I wish we could...if only.

Who would be your ideal dinner companion/s? Anybody who is knowledgeable and wants to share that knowledge with you - as opposed to a know-all who simply talks at you.

INTERESTED IN YOUR LOCAL MENTAL HEALTH TRUST – WANT TO GET INVOLVED? THEN READ ON!

Members of the prospective Foundation Trust for Worcestershire Mental Health Partnership were invited to sessions to find out what would be involved in becoming a member of the new forums proposed by the Trust.

As part of the Trust's commitment to engaging with its Foundation Trust members, 3 separate forums for service users, carers and members are to be set up. It is hoped that members of the forums will:

undertake projects on the environment and work presently carried out by the Trust, comment on Trust policies, proposing any changes before they are approved, review and give their feedback on Trust committee papers

The new forums are a real opportunity for the Foundation Trust membership to find out more about the Trust and have an input into the Trust's future, ensuring that the requirements of its service users, carers and members of the local community are known.

If you would like to know more about how to become a member of the prospective Foundation Trust or one of the proposed forums please telephone the Foundation Trust membership office on 01905 681425 or email FTOffice@wocsmhp.nhs.uk to find out more.

Dates for your Diary 2010

May

27th (2pm to 4pm)- **SIG*** meeting to be held at the Charles Hastings Education Centre, Worcester Royal Hospital (open to all)

June

14th to 20th - **Carers week** (the theme this year is 'A life of my own') local details are available at: <http://www.worcestershire.gov.uk/cms/health-and-social-care/carers/worcestershire-carers-unit/getting-involved/forthcoming-events.aspx>

29th - **'Modernising Mental Health Services'** at Charles Hastings Education Centre, Worcester Royal Hospital

July

4th to 10th - **Dementia Awareness week** more details are available at: www.alzheimers.org.uk/dementiaawareness

7th - **TRUST AGM** @ 4.30pm to be held at Hillcrest, Alexandra Hospital site, Redditch

30th (2pm to 4pm) - **SIG*** meeting to be held at Hillcrest, Alexandra Hospital site, Redditch (open to all)

Spiritual & Pastoral Care

*The meetings of the Trust's 'Spiritual & Pastoral Care Special Interest Group (SIG)' are open to all. The SIG exists to enhance spiritual and pastoral care within the provision of mental health services in Worcestershire, with broad aims such as education, raising awareness, developing models of good practice, and resourcing.

What we do!

This is another in a series of articles to tell you more about the services we provide. The Trust has seven 'Business Units' each of which is focused on a particular service or services and this article looks at the Primary Care Business Unit.



Kate Glenholmes, Primary Care Business Unit Manager, Jo Smith, Worcestershire EI Lead, Sally Denham Vaughan, Clinical Lead Primary Care Mental Health Service and IAPT)

Who Are We and What Do We Do?

The Primary Care Business Unit was established on 1st April 2009 and comprises three distinct service areas: the Early Intervention in Psychosis Service, Neuropsychology and the Primary Care Mental Health Service and is also responsible for the development of IAPT (Improving Access to Psychological Therapies) services. The Primary Care Business Unit promotes early detection and intervention and aims to deliver care as close to home as possible.

The **Neuropsychology** Service provides assessment, rehabilitation, therapy and support, for people with an acquired brain injury. Advice, training and support are offered to carers, parents and staff who are dealing with people who are presenting with challenging behaviours and experiencing a wide range of problems.

The **Early Intervention in Psychosis** Service provides a county-wide community service helping people aged 14-35 years (and their families) to cope with a first experience of psychosis, promoting recovery and a return to ordinary lives. It comprises two multidisciplinary teams including Community Psychiatric Nurses, Doctors, Social Workers, Psychologists and Occupational Therapists who provide health and social care assessments, treatment, advice and specialist support.

The **Primary Care Mental Health Service** works with adults aged from 16 years with no upper age limit. The Primary Care Mental Health team members comprise of Gateway Workers offering initial screening, psychological therapists and counsellors. Currently, there is a primary care mental health service provided to all GP practices within South Worcestershire and 3 GP surgeries in Redditch.

We are working collaboratively with NHS Worcestershire to develop **IAPT (Improving Access to Psychological Therapies) Services** within the county. This includes the development of a service specification and care pathways and we are working to ensure that the IAPT initiative is resourced appropriately and is of sufficient capacity to enable full and equitable access across the County. We hope to commence two pilot sites later this year.



Sponsored Bike Ride

Susan Fairlie who is our Director of Service Development and Executive Nurse is relatively new to cycling and is currently trying to build up her distances (and speed) but is optimistic that by September, she will be able to cycle the 300 miles (478km) from London to Paris between Wednesday, September 8 and Sunday, September 12. She has promised to raise at least £1,300 for Mind (and needs to have raised 80% of this by June!)



Information about Mind can be found by using the following link::

www.mind.org.uk/thisismind

More details about the event (challenge!) can be found by using the following link. http://www.mind.org.uk/get_involved/fundrasing_events/overseas_bike_rides/london_to_paris_bike_ride_itinery

Please use the link below if you would like to sponsor Susan.

<http://uk.virginmoneygiving.com/susanfairlie>

MODERNISING MENTAL HEALTH SERVICES

Come along to the next member event on the 29th June

Following on from the success of the event for members on 'dementia' we would like to invite you to our next member event on Tuesday 29th June at Charles Hastings Education Centre, Worcester Royal Hospital site, Charles Hastings Way, Worcester WR5 1DD.

The event will focus on the Trust's vision for local mental health services and its proposed plans for the future and will include presentations by the Trust's Business unit leads for Adult Acute, Adult Community and Older Adult Mental Health Services..

This event is open to **FT members** only and places will be booked on a first come first served basis.

Telephone **01905 681425** or email ftoffice@worcsmhp.nhs.uk if you wish to book a place.

We welcome your views!

Let us know what you wish to see included in your newsletter or any contributions or comments you may have by contacting us at the address on the back page

Learning Disabilities service news!

We are in the process of working with our mental health colleagues to make sure that the people who live in Worcestershire who have a learning Disability and also mental health problems get the support from both services that they need.

Workshops are taking place between both sets of staff and also include people with learning disabilities and family carers. From these we will write an action plan and a steering group will hold us to account to make sure we do the business!

We will be looking to have information about admissions, mental well being, and our actions in easy read and will be looking closely at training staff to make sure they have all the skills needed to ensure people's care is appropriate to their needs.

For more information contact: Fiona Ritchie on 01905 733903.

Meet a Member

Lorna Archer

The use of language has tended to discriminate against those who suffer from mental illness. This is not usually a problem if you have a physical illness. This means that sufferers are less likely to disclose their condition and may not seek help. It becomes a very private matter and treatment is not sought even though it can be very effective.

A few months ago, I sent for details of **Time to Change** (<http://www.time-to-change.org.uk>), a campaign to end mental health discrimination. I received some posters which described

individuals with specific conditions, their employment prospects, the approximate numbers of those affected, and the current medical and talking therapies available.

My interest in joining the Trust is to increase awareness and understanding of the wide variety of symptoms and treatments through the use of such publicity.

Lorna Archer
30.04.10

Other formats

If you would like this information in another language, larger print size, in audio, Braille or any other format please contact our PALS by phone 01905 681517; by letter Issac Maddox House Shrub Hill Road Worcester WR4 9RW or by email: PALS@worcsmhp.nhs.uk

Introducing Mental Health Action

Rethink, the leading national mental health membership charity, works to help everyone affected by severe mental illness recover a better quality of life. Rethink has taken up the good work previously done by Worcestershire Mental Health Network and is now providing representation and support for Service Users and Carers. The new group which was launched in March, was named by its members **Mental Health Action Worcestershire**.



Janie Grenville, Paul Roberts, Rachel Hannah, George Cowley

Service Users and Carers are experts by experience, with very valuable opinions and views on how mental health services can be improved. Members of Mental Health Action advise and challenge what's currently being provided.

Being a member of Mental Health Action is free. Rethink staff will support people to get involved on whatever level suits them. This could include receiving a newsletter and other information, filling in occasional questionnaires to give feedback on current services and meeting up with other members to share experiences and ideas for improvements. Members believe that taking action together is a good way of making sure local mental health services change in a way that benefits us all.

So if you're a Service User or Carer in Worcestershire, please join: everyone's experience is different and everyone's view is important. For more information or to become a member, contact the office: **Mental Health Action Worcestershire, 1 Angel Centre, Angel Place, Worcester WR1 3QN, 01905 23061**, email mhactionworcs@rethink.org

Top Tips for good mental health and life!

Talk about your feelings

Sharing your feelings with others and being listened to can help. The very act of trying to put how we feel into words makes us think more clearly about a situation and can help cut the problem down to size.

By talking to others, we can get fresh perspectives on what's happening to us – something that's usually in short supply if we're feeling the effects of mental health problems.

If we talk to someone about what's happening, they might have useful suggestions about where to go for help

or support. If not, even just the knowledge that someone else has tried to understand can go a long way towards helping us feel better.

Sleep well

Apart from making you feel tired, overwrought and run down, not getting enough sleep makes us more prone to mental health problems.

Aim for eight hours sleep every night. Not only will you feel the benefits, but your skin will see them too.



Substance Misuse service news!

Recovery is something that often takes a long time for people with substance misuse problems involving repeated cycles of improvement and positive change followed by relapse. Long-term recovery, accompanied by successful reintegration back into families, communities and work is something that we want to give a new focus and commitment to in our work with our service users in substance misuse.

We are looking to identify Recovery Champions: local councillors, business people; families and friends of users; people who understand the problems of addiction; those who want to understand more and those who may have resources to help make recovery a more realistic option. Worcestershire DAAT (Drug and Alcohol Action Team) are planning to hold an event to launch this recovery agenda in June 2010.

We particularly want to be in touch with people who have personal experience of problematic drug use and who have achieved successful recovery, and may now feel ready to support others by becoming involved in peer support and mentoring groups, or by talking to our teams about what made their recovery a reality.

If you would like more information about the launch event; want to become a Recovery Champion or a peer mentor please contact PALS@worcsmhp.nhs.uk

Contact us at:

✉ email: ftoffice@worcsmhp.nhs.uk
☎ tel: 01905 681425 or write to us at:
Foundation Trust Membership Office,
Worcestershire Mental Health
Partnership NHS Trust,
Isaac Maddox House, Shrub Hill
Road, WORCESTER WR4 9RW



**to let us know if you
move house or change
your email address so
that we can update our
records.**

Find out more information about the
Trust on our Website
🌐 www.worcsmhp.nhs.uk

Choice Responsiveness Integration Shared Care