

penninepost

HEALTH NEWS AND ADVICE



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letter from the chairman

It is now 12 months since community services from Bury, Rochdale and Oldham integrated with Pennine Care's mental health services to form our new organisation, and we are pleased to report that the move has resulted in significant benefits for our patients.



We now have improved delivery of care closer to home, better access to physical health care for people with mental health problems (as well as better access to mental health care for people with physical problems), and have been able to develop integrated care pathways.

We are also pleased to announce that we now have over 10,000 members of our Trust – so welcome to our new readers!

It was a pleasure to meet some of you at the recent Lifestyle Market event in Oldham, where our health improvement staff gave free health checks, and healthy lifestyle advice. We will be holding similar events in other boroughs over the coming months – dates to be announced shortly.

Thanks also to those of you who took part in our online anti-stigma survey – the findings from which are published in this issue. It certainly makes interesting reading, and has re-enforced the Trust's commitment to continue to improve local understanding and awareness of mental health issues to try and reduce the stigma that many people face.

John Schofield Chairman

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news

Royal approval for Military Veterans' Service

Prince William, the Duke of Cambridge, has given his seal of approval for the North West Military Veterans' Service, provided by Pennine Care.

Launched in November last year, the Military Veterans' Service provides support to veterans who are experiencing mental health problems such as depression, anxiety, stress, anger, substance misuse and post-traumatic stress disorder (PTSD) as a result of their service.

The Military Veterans' Service covers the whole North West region and applies to anyone who has served in the army, navy or air force, including reserves, as well as families who may also be affected.

In a letter to the Trust, the Duke, who is serving in the Royal Air Force (RAF) as a helicopter co-pilot, showed his support for the service saying that it will provide "invaluable advice, training and other services to help members of the armed forces and their families to tackle the challenges which follow a tour of active duty." He also wished the service every possible success in carrying out this important work.



Dr Alan Barrett, Principal Clinical Psychologist, said: "We're really pleased that Prince William has shown his support for the service and hope that it will encourage veterans who are facing problems to come forward and get help."

Veterans and their families can choose to refer themselves to the service, or they can enquire about a referral by speaking to their local health professional.

For more information about the service, visit our website www.penninecare.nhs.uk/military-veterans or call 0161 253 6638.

New website goes live

The Trust has now launched a brand new website. The site has been given a total redesign and redevelopment to make it even easier to find out more about local mental health and community services.

A main feature is the service directory, which provides a comprehensive list of all the services provided by the Trust, along with descriptions and contact details.

It is more interactive, with the home page now featuring the Trust's latest campaigns, news and events, as well as an opinion poll to informally survey visitors to the site.

We have also created a brand new section, Your Health, where patients, service users and carers can access key information about a range of health conditions and learn more about leading a healthy lifestyle.

We'd be really keen to hear what you think about the new site and how it could be developed further, please email communications.penninecare@nhs.net



Pennine Post is also available online at www.penninecare.nhs.uk

Pennine Care NHS Foundation Trust is a provider of health services in Heywood, Middleton and Rochdale, Bury, Oldham, Stockport, Tameside and Glossop. Pennine Post is sent to all our Foundation Trust members.

Any comments ideas or suggestions? Please contact:

Christine Round, Communications Manager, on 0161 716 3150 or email: chris.round@nhs.net

As part of Pennine Care's commitment to a sustainable future, this magazine is printed on recycled paper. When you have finished with it please recycle it. All information correct at time of going to press.

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Keep your heart healthy – join us on a free walk for health

- Thursday, 7th June
- 10.4 miles from Middleton to Hollingworth Lake, Rochdale
- Call 0161 655 1478 to register



HEARTY LIVES
HEYWOOD,
MIDDLETON
& ROCHDALE



New consultant joins Horizon

The Trust has appointed a new consultant to help treat teenagers that have complex mental health problems.



Dr Alison Wood (pictured) has joined the Horizon Unit to provide enhanced care to young patients who suffer with problems such as eating disorders and depression.

Located at Fairfield Hospital in Bury, the Horizon Unit is part of the Child and Adolescent Mental Health Service (CAMHS) and provides care to young people that have complex mental health problems, with a focus on rehabilitation. It complements services provided at the Hope Unit, which is an acute assessment and treatment unit and is located on the same site.

Dr Wood, who has worked at consultant level for 17 years, said: "I'm really pleased to join the specialist team at the Horizon Unit and hope that my experience will help to enhance the high quality of care already provided.

"We work with young people and their families to address their problems, using a range of techniques such as behavioural therapies, counselling and education. It's often an intensive and challenging process but we're able to provide the specialist treatment to aid a patient's recovery and rehabilitation."

To find out more about the Hope and Horizon Units visit our website www.penninecare.nhs.uk

Psychological help for long-term conditions



Bury patients that have a long-term health condition can now receive treatment for the psychological effects of their illness, as part of a joint programme between mental health and community services.

The Improving Access to Psychological Therapies Service in Bury has been working with local stroke, cardiac and COPD (Chronic Obstructive Pulmonary Disease) services to provide more support to patients who are struggling to cope with their chronic illness. Having a long-term condition can often be difficult to manage physically but it can also cause harm to a person's mental health and wellbeing.

Karin Bacha, Psychological Wellbeing Practitioner, said: "Patients that have had a stroke or have a chronic condition such as COPD often find that they feel depressed, have a low mood or are more anxious. Whilst community services are well equipped to deal with the physical

effects of such an illness, we identified that we could provide specialist support to treat the emotional difficulties that an illness often brings."

The Community Stroke Service in Bury is now trained to identify patients that have a common mental health problem and are able to provide basic therapeutic support. If a patient has a more complex mental health condition, they can be referred to the psychological therapies service for more specialist treatment.

Jo Stevens, Stroke Services Coordinator, said: "This programme is a great example of how community and mental health services can work together to provide high quality patient care, looking after all aspects of a patient's health, lifestyle and wellbeing."

The programme has gained national recognition at the UK Stroke Forum and has been cited as best practice as part of the national NHS Improvement programme.

Family's recipe for success

A family from Audenshaw, Tameside, decided they wanted to improve their health and lifestyle, so they joined the local Cook and Eat course, provided by Pennine Care's Health Improvement Service in Tameside and Glossop.

Husband and wife, Martin and Kirstie Latchford, took part in the programme along with Kirstie's dad, Dave Pinnock.

Over six weeks, the family took part in practical cooking sessions and learnt more about food hygiene and safety and how to eat a healthy balanced diet. They also developed new skills to better understand food labels, as well as the importance of reducing fat, salt and sugar intake and how to make healthy meals on a budget.

After completing the course, Martin, Kirstie and Dave now feel more confident about food and how to cook healthily. Kirstie is even passing on the benefits to the rest of the family: "I was worried about cooking before this course because my children are very picky about what they eat but they seem to like most of the dishes we have cooked so far," she said.

Dave, who has diabetes, said: "I've learnt to cook foods that are much healthier for me and I feel much better now."

Martin's new found knowledge means he enjoys spending more time in the kitchen and trying new things: "I have learnt how to use herbs and spices to add flavour rather than adding salt."

The family are now committed to maintaining a healthy diet and will be there to help each other along the way.



Main picture: Kirstie and Martin Latchford. Inset: Kirstie's dad, Dave Pinnock

Further information

Find out more about healthy eating programmes in your area by contacting the services below:

Bury: Nutrition and Dietetic Service
T: 0161 272 4083

Oldham: Food and Nutrition Team
T: 0161 621 7128

Tameside and Glossop: Cook and Eat
T: 0161 366 2000

Heywood, Middleton and Rochdale: Healthy Weight Team
T: 01706 901763

Lifestyle market big success

The first of the Trust's membership engagement events proved to be a big hit in Oldham.

Visitors to the Lifestyle Market on the 27th February were able to have a free health check and get involved in interactive taster sessions at the Oldham Community Leisure Sports Hall. Stalls from 36 different agencies were present, including health promotion and mental health teams from Pennine Care, the Carer's Centre, Oldham Community Leisure, the Stroke Association and Oldham Library.

Activities included reiki, fun exercises such as hula hooping, blood pressure checks, healthy eating, weight management, stop smoking, oral health, mental health and sexual health. Services were also on hand to talk about housing issues and volunteering opportunities.

John Schofield, Chairman of Pennine Care, said: "It was great to see so many people attend the event to learn more about their health, lifestyle and wellbeing. We were also able to sign up 40 new members to the Trust, which was a real positive outcome."

Local celebrity Chris Hamilton, Chief Executive of Oldham Roughyeds Rugby League Football Club, led a prize draw at the event which included a fruit hamper and a meal for four people. The Deputy Mayor, Councillor Olwen Chadderton, and her consort Roy Chadderton showed their support at the event, as did the Youth Mayor, Chantel Birtwistle.



Future Lifestyle Markets will be publicised soon – look out for details!

Governor update: Service development

We continually review and develop our services to ensure that we provide the best possible care for our patients. We look at what we do and how we do it to ensure our clinical services and practices are high in quality and safety.

The Council of Governors help us to communicate any changes and developments to our services and ensure that we involve service users, patients and carers in the process. Here is an update from the governors about some of our latest service developments.

Mental health services

We have now established a new structure for the access, crisis and home treatment services that better meets the needs of our patients.

Each borough now has an access and crisis team, as well as a separate home treatment team. These teams are structured according to the needs of each local population.

The access and crisis team offers a 24/7 service for patients accessing or requiring crisis care. The home treatment team now operates separately, allowing them to focus on providing more care to patients at home, which promotes better outcomes.

We believe that this new structure will allow us to enhance patient care by tailoring our approach to each individual's needs, ensuring more care is provided in the patient's home and reducing the need for them to go to hospital.

We are now starting to look at plans to review early intervention services, as well as the mentally disordered offenders service.

Some older people's mental health services are piloting the 'Just Checking' monitoring system to aid assessment. The system monitors movements and can provide an in depth analysis of the activity of the service user in their own home, meaning that care can be more targeted to specific needs.

Community services

The Trust is working on a new strategy that will transform and enhance community services in the boroughs of Bury, Oldham and Rochdale. We are working in partnership with local GPs and Councils to provide more care to patients at home or in the community so they don't have to go to hospital for treatment. It will also look at how technology can enhance and support patient care, as well as promoting self care to patients.

We'll provide a more detailed overview of the community services strategy in the next edition.

Find out more

One of the roles and responsibilities of the Council of Governors is to engage and seek your opinions, therefore if you would like to know more about how we are developing services or just want to give some feedback, please email:

governors.penninecare@nhs.net

Join us now!

We are pleased to report that public membership to the Trust continues to steadily grow and we now have over 10,200* members, with a good level of representation across all of our local communities.

Public membership is broken down into six constituency areas, as follows:

Constituency	Number of Public Members
Bury	1,900*
Heywood, Middleton and Rochdale	1,605*
Oldham	1,526*
Stockport	1,605*
Tameside and Glossop	3,051*
Rest of England	520*

Becoming a member of the Trust provides you with the opportunity to influence how we develop health services locally, as well as enabling you to become involved in decisions regarding our future direction.

The membership team continues to attend events to promote the 'Join us now' campaign and outline the benefits of becoming a member. Plans are also underway to arrange a number of individual constituency engagement events, such as the Lifestyle Market, to raise awareness and seek the opinions of Trust members on the services delivered by the Trust.

If you would like to know more or know of anyone who would like to become a member of the Trust and get involved, please contact the membership team on **0161 716 3960/3374** or email ftmembership.penninecare@nhs.net You can also apply online at www.penninecare.nhs.uk

* Figures correct as of 31 March 2012

2012 Governor Elections

Council of Governor elections

The 2012 elections to join the Trust's Council of Governors commenced in April and will run through to June to fill 12 vacant public seats.

A series of pre-election roadshows has taken place across the Trust footprint to provide potential candidates with information on the election process and the governor role. The deadline for candidate nominations was 5.00 pm on Thursday, 10th May 2012.

So why do we have a Council of Governors?

Foundation Trusts are locally accountable and by allowing people from our local communities to have a voice, we are able to work with them to develop services in a way that meets the needs of local people. Public governors are elected by our members to represent them on the Council of Governors, which also includes members of staff and representatives of stakeholder organisations.

What do governors do?

Governors have certain statutory functions to fulfil as set out by Monitor, the Independent Regulator of NHS Foundation Trusts.

Governors also meet and speak with members to canvass their opinions.

Governors are required to attend Council of Governors meetings and attend regular training sessions to help them keep up to-date with the work of the Trust. Governors are also invited to attend away days and site visits.

“I was formerly a service user with Pennine Care and wanted to give something back for the tremendous care and treatment I received from an extremely dedicated team of caring professionals.”

Geoff Lucas,
Public Governor



Election process – next steps

If more than one candidate nomination is received for a vacant seat, a list of candidates will be published, allowing for a contested election to take place. The 2012 Governor Elections are being managed by UK-Engage, as Independent Returning Officer.

Look out for your ballot papers – we need your votes

Towards the end of May, every member within a constituency holding a contested election will be sent a postal ballot paper (unfortunately we are unable to send electronic ballot papers) to vote for a governor to represent their area. Please note the elections run to a strict timetable, therefore if you wish to vote, you will need to return your completed ballot paper to the Independent Returning Officer no later than 5.00 pm on Thursday, 21st June 2012.

The results will be announced on Friday 22nd June 2012 and our new governors commence in post on 1st July 2012.

If you have any queries with regards to the election process, please contact the Membership Office on: **0161 716 3374/3960** or email: ftmembership.penninecare@nhs.net

“I enjoy being the link between the Trust and the community I serve. At times, governors have to express the needs of that community and its patients or the community at large.”

Margaret Stoneman,
Public Governor

“I’m committed to helping shape my local health services, so I became a governor.”

John Reddy,
Public Governor

“I believe I can make a difference to my local health services.”

Linda McGrath,
Public Governor

Sleep problems

A good night's sleep is important for our physical and mental wellbeing. Poor sleep can cause tiredness, irritability and difficulties in concentrating and decision-making.

It can also lead to worry about not sleeping and can contribute to low mood. The amount of sleep people need can vary; some people may need three hours per night, while others may need eight hours. Most people have periods of sleeplessness, or, insomnia at some time in their lives.



If you are getting less sleep than usual or are finding it difficult to get to sleep or stay asleep, try these strategies:

Make sure that your bedroom is conducive to a good night's sleep. Is your mattress comfortable? Is the room too hot or too cold? Is it too noisy? Make any changes necessary to ensure it's right for you.

Don't drink too much caffeine during the day – try not to have any after lunchtime.

Try a malt-based warm drink or herbal tea before bedtime.

Limit your alcohol intake, as this can cause night-time waking. Try not to have alcohol within 4-6 hours of going to bed.

Try to eat your evening meal before 6.00 pm.

Do some regular exercise – but not late at night as this may affect your ability to sleep.

Relax in the evenings – have a bath, read a book or watch a film to unwind.

Don't put things off! If you have a problem, try to tackle it as soon as you can so that you are less likely to worry about this when you're trying to sleep.

Try the '20 minute rule': Go to bed when you feel sleepy. If you are not asleep within 20 minutes, don't lie in bed tossing and turning. Get up and do something relaxing like reading a book. Try again when you feel sleepy. If you are not asleep within 20 mins, get up and read again. Repeat this until you are able to get to sleep.

Resist the temptation to nap during the day or early evening if you've had poor sleep the night before – this can disrupt sleep further. If you feel drowsy, go for a walk or get up and do something else.

Get into a routine. Try to go to bed and get up at the same time each day.

If these tips don't help to improve your sleep, visit your GP to discuss alternatives, such as cognitive behaviour therapy, which may help.

Self-help leaflets

We have added five new titles to our popular self-help booklet range. These new topics include:

- Abuse
- Eating disorders
- Food for thought
- Hearing voices
- Post traumatic stress

We have printed supplies of the new booklets, as well as additional topics we added to the range last year, and these will be distributed shortly to various services throughout the Trust. The full range of booklets (consisting of 20 titles) can be viewed on the Trust's new look website in the resources centre. Certain titles are currently being translated into Bangla, Polish, Gujarati and Urdu and will be added to the online library over the coming months.

The content of these booklets has been supplied with the kind permission of Northumberland, Tyne and Wear NHS Foundation Trust.

Me?
You?
Him?
Her?

1 in 4 people suffer from a mental illness

Visit: www.penninecare.nhs.uk
to join the Trust and make a difference



The Trust has conducted a survey to find out more about how mental health stigma affects people living in the boroughs of Bury, Oldham, Rochdale, Stockport and Tameside and Glossop.

278 people completed the survey, which found that 64% of respondents have been treated badly or unfairly as a result of a mental health problem. Stigma most commonly prevents people from working or progressing in work, being happy, going out and making friends or having a relationship.

When describing how stigma makes them feel, respondents shared feelings of anger, shame and frustration and said that it often makes them feel depressed, sad and lacking in confidence.

Dr Henry Ticehurst, Medical Director, said: "The survey has enforced the need to continue to improve local understanding and awareness of mental health issues to try and reduce the stigma that many people face.

"Having a mental health problem shouldn't be a taboo or frowned upon. It affects as many as 1 in 4 of us, which could be even more locally, so there's a high chance that someone you know has a problem or you may even end up needing help yourself one day."

As a result of the survey, the Trust is planning to conduct a pilot project that will focus on raising awareness of mental health problems in the workplace by linking up with local businesses. It was found that 29% of people feel that stigma prevents them from working or progressing in their careers.

The Trust also plans to refresh the mental health anti-stigma campaign, 'Me, You, Him, Her,' using the findings of the survey to improve the messaging and focus awareness raising activities.

Dr Ticehurst added: "It's important that we continue to champion mental health in the local area and we'd encourage anyone who wants to support this initiative to get in touch."

You can find out more about the Trust's anti-stigma activities by calling the FT recruitment team on 0161 716 3374.

a day in
the life ...

penninepost

... of a children's community nurse

To help you get to know more about the range of services we offer, we will profile a different service within each edition of Pennine Post. This time we caught up with Children's Community Nurse, Kirstin Williams, who works in the Oldham borough.



Name

Kirstin Williams

Position

Children's Community Nurse

Location

Integrated Care Centre, Oldham

Time in post

Six years

What do you do?

Our specialist nursing team provides care to children at home or in the community so they don't have to go into hospital for treatment. We see a variety of patients with both acute and chronic illnesses.

What made you want to do it?

Throughout my three years training, I had a variety of placements but the ones I enjoyed most were based in the community. My final student placement was with the Children's Community Nursing Team and I absolutely loved the job and the team.

What's the thing you enjoy the most?

I enjoy the fact that each day is challenging and different, either working in clinic or out in homes or schools. Plus I work with a fantastic group of people and no matter how busy or

stressful the day has been we always have a laugh and support each other. I enjoy being in such a close team.

What's the hardest thing?

Part of the role involves supporting palliative patients at end of life. This is a distressing time for the family and we try our hardest to provide the best care possible.

What sort of patients do you see?

We see children from birth, up to 18 years, with a variety of conditions – anything from wound care to chemotherapy in the home.

What is the most rewarding aspect of your job?

It's supporting children and their families at home. Your child being poorly is stressful enough, with emotional and financial implications. It is rewarding to know that we can help to ease the problems for families and see the children recover in the comfort of their home environment.

How do you unwind after a tough day?

I enjoy a long soak in the bath after a busy shift.

What did you want to be when you were younger?

I wasn't sure but always knew I would work with children.