Firm foundations for the future
Foundation Trust success

The Hope Unit official opening
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making people feel better
New mental health facility brings hope for 16-17 year olds

On 1st August, the Trust was delighted to announce the opening of The Hope Unit – a new 12 bedded mental health young persons’ inpatient unit based on the 1st floor of Pennine House, Fairfield General Hospital, Bury.

The unit, which caters predominantly for 16-17 year olds, provides short-term intensive inpatient treatment to young people with severe acute mental illness or psychiatric disorder for which enhanced community treatment is no longer viable or safe.

The development is a response to the guidance on requirements for age and developmentally appropriate psychiatric inpatient facilities for children/young people, from the Department of Health, the amended Mental Health Act 2007, the Royal College of Psychiatrists, and notably the report from the Children’s Commissioner and Young Minds ‘Pushed into the Shadows’.

The Hope Unit’s philosophy is to assist young people with serious acute mental health problems on a care pathway to reach their potential in the key outcomes highlighted in the document ‘Every Child Matters’.

The clinical team utilises a holistic approach with partner agencies and youth services.

A core aim is to strive for safe and timely community treatment, and family/social/vocational re-integration, whenever feasible.

The Trust plans to develop this service further over the next few years increasing its capacity, and strengthening the service model to ensure that appropriate inpatient facilities are available for young people with severe acute mental health problems when required.

Cover Photo: Chief Executive, John Archer, and Chairman, John Schofield, unveil the 100th Foundation Trust plaque outside Trust Headquarters.

New mental health facility brings hope for 16-17 year olds

It was time to celebrate in July this year, when the Trust received the welcome news that not only had it been successful in its application for Foundation Trust status, but that it would be the 100th FT to be authorised.

The news was revealed by Monitor, the independent body which regulates NHS Foundation Trusts. It followed a lengthy and rigorous process, during which Pennine Care demonstrated that it had performed excellently and that it has robust plans for future development.

The FT journey has been a long and exciting one. It began in January 2007 with a consultation exercise, followed by a series of awareness-raising activities and a wide-reaching membership recruitment campaign. Membership numbers continue to increase, and have now reached over 11,000.

The new ways of working come into effect immediately. In line with the constitution, the recently elected Council of Members, made up of local people, staff and representatives from partner organisations, will play an important role in making key decisions affecting the Trust.

Details of the Council of Members can be found inside this newsletter, with their full profiles on our website: www.penninecare.nhs.uk.

This is outstanding news, not only for Pennine Care, but for the population we serve. The Trust would like to thank the project team and everyone who has worked so hard on our application to make this success possible.

Trust Chairman, John Schofield, said, “To achieve Foundation Trust status a detailed Business Plan was developed in conjunction with our stakeholders and staff covering all the different aspects of the business including service delivery and development, workforce development, estates strategy and financial targets. This firm base for the Trust to develop new and improved high quality services for our users and carers in a controlled and sustainable manner.”

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New purpose-built harm reduction service for Middleton

Catherine Youds MCIPD, previously Head of HR at the Countess of Chester Hospital, has been appointed to the post of People and Development Director at Pennine Care from 1st September.

Catherine also worked as Model Employer Development Manager and Head of Strategic HR at the Cheshire & Merseyside Strategic Health Authority, and joined the NHS in 2002 at East Cheshire NHS Trust in Macclesfield as Head of Employee Relations.

Previously, Catherine has worked in the private sector for Marks and Spencer for 13 years as Retail HR Manager in various stores and the customer contact centre around the country.

Catherine has two children aged 11 and 6, and lives in Altrincham, Cheshire.

On her commencement in post, she commented, “I am very excited about this opportunity to work here at Pennine Care and am looking forward to helping make it a ‘Great place to work’.”

As part of an exciting new partnership development between Pennine Care NHS Foundation Trust’s Substance Misuse Service in Rochdale, and Rochdale Drug and Alcohol Action Team (DAAT), a new purpose-built needle exchange and harm reduction service has been opened, alongside Brentwood Day Centre in Middleton.

The new service has been developed by a small but dedicated team of substance misuse and community workers previously based within Brentwood Day Centre.

Sue Duffy, Senior Middleton Worker at Rochdale Substance Misuse Service said, “Historically, Middleton residents have found it difficult to travel to Rochdale to use services, and we therefore work closely with staff at Brentwood Day Centre to ensure that clients are able to access as many services as possible either via the Day Centre or locally.

“The client group attending Brentwood are often those with the most complex needs and can present in crisis. They include people with acute and enduring mental health problems, substance misuse issues and those who are homeless. Day Centre Manager, John Crosby, and his small staff team work intensively with people in an attempt to bring a level of stability to their lives. In addition, a service user advocate is also available to offer support.”

Services offered by the Harm Reduction Unit will include:

- Access to clean injecting equipment
- Provision of sharps bins and a returns service for used injecting equipment
- Access to treatment
- Specialist advice on harm reduction
- Pre and post-test counselling for Hepatitis C
- Referral to the Hepatitis C Clinic at North Manchester General Hospital for support and advice
- Pregnancy testing and contraception advice
- Advice for steroid users.

We look forward to delivering a first class service from this facility and would like to express our gratitude to all those who supported its development.

Mansoor Shah, Non-Executive Director, formally opens the Brentwood Day Centre.

Director of People and Development

Celebrating National Volunteers’ Week

To celebrate National Volunteers’ Week and to promote volunteering in the NHS, Department of Health senior staff, including Ministers, spent some time volunteering at NHS sites across the country. The week also saw the launch of the Department of Health’s new Volunteering Strategy.

Pennine Care was pleased to welcome the NHS Chief of Staff, Jo-Anne Wass, to the Oasis Café which is situated at the entrance to the Mental Health Unit in Stepping Hill Hospital, Stockport on the 5th June 2008, where she ‘volunteered’ from 10.00 am to 12.00 pm.

The Trust has a volunteering policy aimed at providing volunteering opportunities for service users and carers within all areas of the services it delivers.

The Oasis Café is run by Bubble Enterprises CIC, a community interest company. This is a relatively new form of company structure to allow social enterprises to trade. As well as providing a relaxing environment for all to enjoy delicious paninis and fair-trade coffee, it also provides work and volunteering opportunities for people with, or who have had, mental health issues.

Customers are also able to enjoy their refreshments in the new landscaped garden, which can be accessed from the café. The garden was created in an unused and neglected area thanks to sponsorship by the King’s Fund, with additional funding from Pennine Care, and NHS North West and is now an attractive and therapeutic haven for patients.

NHS Chief of Staff, Jo-Anne Wass (centre), helps out at the Oasis Café at Stepping Hill Hospital to promote National Volunteers Day on 1st July.

NHS 60th Anniversary thanksgiving service

Following a visit to Stockport from the NHS Chief of Staff, Jo-Anne Wass, to highlight volunteering, Lillian Yates, the PALS Manager, was given six invitations to attend the NHS 60th Anniversary Service of Thanksgiving at Westminster Abbey and the reception that followed at the Q2 Conference Centre.

On the 2nd July 2008, four volunteers, Marjorie, Shirley, Paul and Hayley together with Gill Wharton, the volunteer coordinator for Stockport and Lillian boarded the train to London.

Security was tight at the Abbey. We entered by the Great North Door and sat in the South Transept, marvelling at the magnificence of the interior and trying to identify the backs of possibly famous heads. After the beautiful service, led by the Dean of Westminster and the Abbey choir, the police stopped traffic for everyone to cross to the Q2 Conference Centre. Here we met Anne Sykes, our Deputy Chair, who was representing the Trust. We listened to speeches delivered by the Health Secretary, Alan Johnson and Ann Keen, Minister for Health, and then Lesley Garrett, the soprano sang.

The buffet was delicious and the highlight of the day came when Lesley Garrett agreed to pose for a photograph with the group.

The group meets with Lesley Garrett at the NHS 60th Anniversary Service of Thanksgiving at Westminster Abbey.

Sue Duffy, Senior Middleton Worker at North Manchester General Hospital for support and advice: “Historically, Middleton residents have found it difficult to travel to Rochdale to use services, and we therefore work closely with staff at Brentwood Day Centre to ensure that clients are able to access as many services as possible either via the Day Centre or locally.

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Meet your Council of Members ...

You may recall back in April the Trust held elections for public and staff Member Councillors to join the Pennine Care NHS Foundation Trust Council of Members.

The results of the elections were received by the Trust on the 9th June 2008. The Council of Members is made up of 33 Member Councillors, divided into three main constituencies; Public, Staff and Appointed.

You may recall back in April the elections for public and staff Member Councillors to join the Pennine Care NHS Foundation Trust Council of Members.

The following photos identify Member Councillors within each constituency and class.

Further information on any individual Member Councillor can be found on the Trust’s website wwwfoundation-trust/council-members.

Appointed Member Councillors

In addition to the Member Councillors elected by our members, the Council of Members has 11 representatives from our partner organisations, who will ensure the Trust maintains strong relationships with its partners.

Cllr. Catherine Berry, Bury Council
Cllr. Roger Wilkinson, Derbyshire CC & High Peak BC
Cllr. Brian Lord, Oldham MBC
Cllr. Dale Mulgrew, Rochdale MBC
Cllr. Kevin Hogg, Stockport MBC
Cllr. Jackie Lane, Tameside MBC
Andrew Harrison, Bury PCT
David Edwards, NHS Heywood, Middleton & Rochdale
Sue Howard, Oldham PCT
Peter Foster, Stockport PCT
Dr Tina Greenhough, Tameside & Glossop PCT

The Member Councillors have been active since the 1st July when the Trust was authorised. Since then the Member Councillors met formally on the 2nd July at the inaugural Council of Members meeting and several sub-groups have also been arranged and taken place. A series of detailed induction and development sessions has been arranged, which will equip the Member Councillors with the skills and knowledge they need to fulfil their roles effectively.

If you would like to contact any of the Member Councillors, please contact Lisa Howarth, Membership Officer on 0161 604 3374, or e-mail lisa.howarth@penninecare.nhs.uk

The Role of a Member Councillor

The Member Councillors work closely with the Board of Directors, who are responsible for the day-to-day running of the Trust. Member Councillors through their involvement in appointing the Chairman and Non-Executive Directors are in a strong position to influence the direction of the Trust.

The Member Councillors are responsible for:

- Representing the interests of the Trust’s members and partner organisations.
- Appointing/removing the Chair and Non-Executive Directors.
- Approving the appointment of the Chief Executive.
- Approving the appointment/removal of the Trust’s External Auditor.
- Approving the Trust’s Annual Accounts, Audit Report and Annual Report.
- Setting the Terms and Conditions of Non-Executive Directors, along with their remuneration and allowances.

Member Councillors are eligible to serve for a term of up to three years and to stand for re-election.

Elected Member Councillors

Bury
- Kathryn Holly
- Carol Wilson
- Keith Savery

Oldham
- Ron Smith
- Beryl Whiteley
- Euron Graham

Rochdale
- Patricia Cooper
- Margaret Stoneman
- Christopher Salt

Derbyshire & High Peak
- Joyce Watson

Tameside
- Peter Bennett
- John Reddy
- Keith Hadfield

Stockport
- Mary Foden
- Geoff Lucas
- Pam Jones
- Linda McGrath

Staff
- Liz Lawton: Allied Health Professionals
- Lilian Yates: Corporate & Support
- Dr Bernie Larkin: Medical
- Steven Butterworth: Nursing
- Susan Holden: Social Care

Chadderton Court

Chadderton Court, the Social Inclusion Resource Centre in the Oldham Borough, has continued to build on its reputation for developing new opportunities in the community.

The centre opened in April 2007 offering resources both to individuals and community partners to develop both skills and confidence to play an active role in the community. Facilities include an internet café, community meeting room, training room, IT training facilities and art space.

Over the past year the centre has developed links with a wide range of community partners and has also worked closely with individuals who have attended the centre to build on their skills and share them with others. The work of the centre was recognised in the Trust awards last year winning Social Inclusion project of the year, and more recently Anne-Marie Diallo, development worker, won the Employee of the Year Award in the Local Authority Star Awards.

Ivan Lewis, Minister for Care Services, visited the centre in February, and last month Anne Maguire, Department for Work and Pensions Minister for Disabled People, visited to find out about the partnership work being done with Jobcentre Plus in relation to changes around Incapacity Benefit.

As a result of the visit, Chadderton Court was spotlighted in an article in The Guardian newspaper featuring a lady who has used the service and is now in full time work.

Anne Maguire (centre) meets staff at Chadderton Court.

Anne-Marie Diallo with her Employee of the Year Award.
Oldham and Manchester Pride 2008

Pennine Care NHS Foundation Trust is committed to progressing engagement with lesbian, gay, bisexual and trans (LGBT) staff and LGBT individuals in the communities it serves. The Trust has been involved in two local Pride Events this year.

On 26th July, the Trust’s newly appointed Equality & Diversity Officers Joe O’Grady and Christopher Corfield took part in Oldham’s fifth Pride march and related events. They also provided a Pennine Care NHS Foundation Trust stall on the day which included an interactive, educational board game based on LGBT history and related issues. The day was well attended and served as a networking opportunity, with local and regional organisations and individuals.

The 23rd August saw more Trust staff taking part in Manchester’s 18th Birthday Pride celebration. Working with fellow regional NHS partner agencies, the 60th Anniversary of the NHS was the selected theme of this year’s NHS Float. Emma Turner from Human Resources, Chris Round, Communications Manager, Joe O’Grady and Christopher Corfield wore specially designed costumes based upon the six decades of the NHS, complete with a choreographed dance, as part of the overall Pride float competition. Other Trust staff also joined in the carnival atmosphere wearing ‘NHS 60’ t-shirts and dancing non stop, along the route for a full two hours! A mental health and sexual orientation awareness leaflet encouraging LGBT groups to consider applying for employment in the Trust was also distributed at the event.

Please look out for future Trust LGBT events including the launch of an LGBT staff network in 2009.

World Mental Health Day: 10th October

The Trust celebrated World Mental Health Day with a number of events across the Boroughs:

**Bury**
- Event: Question time event with Ivan Lewis
  - Date: 10th October 2008
- Location: The Met, Bury
- Event: Public information stall
  - Date: 10th October 2008
- Location: Millgate Shopping Centre

**Oldham**
- Event: What’s good mental health?
  - Date: 10th October 2008
- Location: Grange School, Oldham
- Event: World Mental Health Day celebration (a 1950’s tribute, music and dance)
  - Date: 10th October 2008
- Location: Orchard House
- Event: Official Launch of the updated Oldham Mental Health Website
  - Date: 15th October 2008
- Location: Phoenix Centre, 1 Phoenix Street, Oldham
- Event: Sponsored walk from Chadderton Court
  - Date: 8th October 2008
- Location: Chadderton Court

**Rochdale**
- Event: Wellbeing and Recovery Group (Older People) Fruit Ramble
  - Date: 7th October 2008
- Location: Hazel and Beech Wards, Birch Hill Hospital
- Event: Event at the MIND Centre, guest speaker Ivan Lewis MP
  - Date: 10th October 2008
- Location: Rochdale MIND, 20 Drake Street, Rochdale, OL16 1NT
- Event: NHS Heywood, Middleton, & Rochdale information stalls and activities
  - Date: 9th October 2008
- Location: Rochdale Exchange Shopping Centre

**Stockport**
- Event: Official opening of Stockport Garden
  - Date: 10th October 2008
- Location: Stepping Hill Hospital

**Tameside**
- Event: VOX open day
  - Date: 7th October 2008
- Location: United Church, Union Street, Hyde
- Event: Tameside Elders, 12 noon
  - Date: 7th October 2008
- Location: Albion Church, Hyde

Trust-wide
- Event: Information stand for Acute Trust staff and patients
  - Date: 10th October 2008
- Locations: Fairfield Railway Station, Audenshaw
  - Location: Our voice, Our health, Our world, information stands for WMHD at Ashton Town Hall
  - Date: 10th October 2008
- Location: Ashton Town Hall

Game show host, Jak Beula, from across the Trust. Numerous stalls providing information were displayed on the day.

Black History Month has been celebrated in the UK since 1987. One of the aims of Black History Month is to recognise the significant contributions made to society by people of Black African, Black Caribbean and Asian heritage. Black History Month is celebrated in October each year.

Following on from the success of last year’s Black History Month launch of the Black and Minority Ethnic Staff Network, the Network has developed and strengthened. As a ‘Great Place to Work’ (GP2W), Pennine Care NHS Foundation Trust has an ongoing commitment to valuing diverse staff and as such was pleased to hold an Equality and Diversity Quiz and Game Show event in celebration of Black History Month 2008.

All staff were invited to participate in this fun, interactive diversity quiz game and show. There were numerous prizes for winning teams including, posters, dvds, board games etc. The show was hosted by Jak Beula of the award winning Nubian Jak Company. Jak has hosted this game show on BEN Sky TV channel.

This celebration took place on the 27th October at Dukinfield Town Hall. The day was held in two sessions with keynote speakers and quiz teams consisted of four to six people.

On 8th May 2008, 13 lean, mean, running machines, known collectively as Team Pennine, took part in the Manchester 10k run, which included over 30,000 runners.

Our sponsorship campaign raised over £1,700 for Mind, the mental health charity. We would like to express our appreciation to the Pennine Care staff who contributed to the £700 raised.

The registration of Team Pennine was arranged just before the deadline, so there was not enough time to encourage more Trust-wide involvement in the running team. However, we intend to email all staff at the start of next year to ask for runners in all Boroughs to join us for next year’s Manchester 10k run. We hope that many more Trust staff and members will join Team Pennine next year.

Trust celebrates Black History Month 2008

Equality & Diversity Officers, Joe O’Grady and Christopher Corfield at Oldham’s Pride event.

NHS staff from the region get dressed up at Manchester Pride 2008.
Rounders rally

When staff from Trust HQ arrived at Stamford Park one evening in June to take part in a rounders rally, what should have been a gentle summer evening’s entertainment quickly turned out to be a fiercely competitive tournament – with some members of staff revealing hidden whippet-like qualities.

After adopting a “win at all costs” attitude, the triumphant team were Kelly’s Heroes from the Finance Department.

David Curtis, Director of Nursing and Integrated Governance, reveals whippet-like qualities on the rounders field.

Walk the Rochdale Way

To mark the formation of the Foundation Trust and to promote exercise as an effective way to avoid depression, I decided to walk the Rochdale Way – a 45-mile marked path around the Rochdale/Heywood/Middleton area.

So, one weekend in July, I set off from Queens Park Bridge in Heywood accompanied by my dog Lass. It was a beautiful day and the glories of Queens Park were got better and better. Covering the south Rochdale area and moving to Ogden reservoirs, over the Hollingworth Lake and Blackstone edge via the Roman road, I was left tired but exhilarated by the beautiful countryside. With no chance of a sh supper it was pasta.

The following day brought even more beautiful countryside, covering the hills and moors around Littleborough and Watergrove before a very welcome shaded lunch at Healey Dell. The final stretch up to Knowl Hill, Ashworth Moor and a trek down Ashworth Valley sealed a beautiful walk through lovely and often undiscovered countryside.

On the 12th August 2008 six members of Rochdale Child and Adolescent Mental Health Service joined teams from various departments across Rochdale MBC to participate in the inaugural Rochdale MBC/PCT inter-departmental Olympics – held at Springhill community sports centre.

All participants had to show their skills at highjump, longjump, shotput, hurdles, 400m and 100m relay, with aggregate scores determining the final positions. After a tense wait the result ... a draw between Rochdale CAMHS and the Planning Department, with the “Gold medals” going to Rochdale CAMHS.

Rochdale CAMHS win the Olympics!

David Rimmer Consultant Psychiatrist

Launch of new Trust website with improved ‘accessibility’

The Trust’s website has recently undergone considerable redevelopment and restructure to ensure compliance with best practice guidance, as set out by the Disability Rights Commission Publically Available Specification (PAS) 78.

The brand new Trust website (www.penninecare.nhs.uk), has now been launched, with improved navigation and content, as well as a new visual identity which includes photographs of local landmarks and landscapes in our five Boroughs.

The key features of the new website are:

• Advanced accessibility features allowing users to tailor the look and feel of the site to assist with visual impairments, including modifying text size, colours and contrast.

• The massive structural overhaul will make finding information much easier, e.g. the improved A-Z search function can search the content of PDF, Microsoft Word and Microsoft Powerpoint files to ensure all formats of documents are searchable.

• The site is compatible with screen reader and other assistive technologies for people with disabilities. It can also be more easily used by people with dyslexia and colour blindness and other visual impairments.

• Free to download speech-enabling software – ‘Browsealoud’.

• Most information (and certainly all important information) is available within three clicks from anywhere on the site.

• Help is available in different languages.

• The site contains maps and directions to all Trust premises, including up-to-date plans of all five main hospital sites.

• Separate areas have been established for service users/carers and practitioners – to ensure the right information gets to the right people.

specialist IT tools’ will be used to ensure ongoing review and improvement of the site. The site has been service-user tested prior to the launch, and we’re now inviting comments from staff and members. If you have any feedback on the new site, or suggestions for further improvements, please email chris.round@penninecare.nhs.uk

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Hats off to C.A.T
- a service user’s story

Geoff thanks the team leader, Kath Holt.

Geoff realised that he had to get help when his drinking had taken over all aspects of his life.

A combination of self-denial, ignorance and possibly fear had stopped me seeking help, but after a long struggle with alcohol misuse a point was reached where it was seriously affecting my family, job and health. Fortunately for me, in late 2006, I was referred to the Community Alcohol Team (C.A.T) based at Cirtek House in Stockport by my GP.

Their immediate and timely intervention included intensive assessment, treatment and counselling processes to address the problems I was suffering from. Treatment also included acupuncture and discussion groups with other service users held at Cirtek House.

This was sensitively managed and monitored closely over the months by one of C.A.T.’s dedicated team of workers.

The story of my ‘road to recovery’ is a long ongoing one with insufficient space to recount fully here, but the two groups I need to dedicate it to and thank, are my family of course who provided the love and inspiration I needed and the C.A.T. who provided the professional help (with some love and inspiration thrown in!)

As a new Member Councillor for the Stockport Constituency of the Trust I will be doing all I can to communicate and promote the excellent services that are provided by the C.A.T. and similar hardworking groups.

My sincere thanks go to all at the C.A.T. but especially my Community Nurse, Kim!

NHS Discounts for staff and members

NHS Discounts is an independent discount retailer resource for NHS employees and their families. This privilege was recently extended to members of our Trust.

NHS Discounts have developed a benefits package which enables staff and members to obtain discounts on products and services from a number of suppliers including:

- Apple
- Vision Express
- Burton
- Dorothy Perkins
- Otopus Travel
- Alton Towers
- Butlins
- Hoseasons
- BT
- National Express
- RAC
- Airport parking
- ... and many more

To register, log on to www.nhsdiscounts.com, click on ‘register now’ on the left hand side of the screen, complete the online registration form and click ‘submit’.

Extra day’s holiday

Following the news that Pennine Care had been successful in its application to become a Foundation Trust, the Chairman made a very special announcement.

In recognition of this magnificent landmark achievement, and after consideration by the Trust Board, it was decided to reward everyone for their hard work, by granting an extra day’s holiday to all Pennine Care staff.