

PenninePost

Health news and advice



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Issue 31 February 2017



Hello from the Chair...

Welcome to the first 2017 edition of Pennine Post. I hope you and your loved ones have had a happy and healthy start to the year!

If you've decided this is the year for a healthier you, take a look at pages 6 and 7, where you'll find some handy tips on how to look after your heart.

If you're like me, you'll be pleased that we've almost reached spring. For Pennine Care, and the rest of the NHS, winter is a very busy time. One of our main priorities for the season is to encourage staff to receive their annual flu vaccination to help protect patients by preventing the spread of the virus.

For this flu season, we decided to use the vaccination programme as an opportunity to support Unicef in its bid to protect thousands of vulnerable children who needlessly die every day from diseases like measles and polio. You can read more about this scheme on page 10.

The rest of the magazine is packed full of updates from Trust services across our six boroughs. I hope you enjoy reading this edition and, as usual, do get in touch with your feedback on any of the topics we've covered. Details of how to contact us can be found to the right.



John Schofield
Chairman

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Health staff help Mia shed nine stone

A woman with learning and physical disabilities has lost nine stone with the help of learning disability staff in Bury.

Mia Yates, 47, first moved to Walshaw Road two years ago when she weighed 20 stone six pounds.

She struggled to get dressed, wash herself and tie her shoes due to her weight.

Support staff worked with her to improve her diet and help her begin to exercise.

With their help Mia has lost nine stone and says she is much more independent.

She said: "I was huge when I first came and they helped me with all kinds of things. "Now I can shower and go to bed by myself.

"I'm much happier now. This is my home and the staff are very lovable"

Mia refers to the staff as her family and says the support she received has been invaluable.

Read more at: www.penninecare.nhs.uk/miaweightloss



PICTURED ABOVE: Mia Yates

"I'm much happier now. This is my home and the staff are very loveable."

New Oldham team helps to get people home from hospital

Oldham residents will be supported to return home from hospital quickly and safely, thanks to the new Oldham Rapid Community Assessment Team.



The team consists of therapists, nurses, health care assistants and mental health practitioners from Pennine Care; social workers from Oldham Council, and a Promoting Independence in People (PIP) support worker from Age UK Oldham. They have been brought together to work as one multi-agency team.

The team works closely with colleagues at The Royal Oldham Hospital to react quickly and prevent people from being admitted to hospital if they can be supported at home with the right professional help.

Once at home, the team takes a partnership approach to assessment and care planning to understand what level of support the individual may need to live as safely and independently as possible. This involves working with community, mental health and social care professionals to ensure appropriate support is provided, if needed, on an ongoing basis.

Practical services such as warm home assessments, home adaptations and social activities, including luncheon clubs, can also be arranged by the team.

The service was established by the Oldham Urgent Care Alliance, a partnership of 10 health, care and voluntary sector organisations; developed to improve outcomes for local people by enhancing current service provision.

As well as preventing people from being admitted to hospital by identifying them early, the team works closely with hospital-based nurses, doctors, discharge coordinators and the RAID mental health liaison team to also support patients who have been admitted to the wards, who could be discharged early with the support of the service.



Thanks to volunteers for 37,000 hours of support

The Trust has hosted a special event to thank volunteers who donated more than 37,000 hours of their time to supporting services in 2016. The annual lunch is hosted by Trust Chairman John Schofield as a reward for the fantastic work they have done and invaluable support they have given.



The event, at St. John's Church Centre in Dukinfield, featured a buffet lunch and talks by the Chairman, our staff and service users.

John Schofield said: "The lunch is just a small way towards saying thank you for all the hard work, commitment and dedication that our volunteers have offered.

"I speak on behalf of the whole Trust when I say we're truly grateful for the invaluable service they provide."

Find out more about some of our volunteers and how to get involved at:

www.penninecare.nhs.uk/volunteerslunch

"I speak on behalf of the whole Trust when I say we're truly grateful for the invaluable service they provide."

New township teams in Bury

In December 2016, the majority of community services in Bury moved into new township teams: Bury central; Prestwich; Radcliffe; Ramsbottom, Tottington and North Manor; Whitefield and Unsworth.

A new Out of Hospital Team has also been developed, which has brought together a range of services provided by Pennine Care and Bury Council's adult social care services.

These new teams will enable staff to deliver services in a more joined-up and efficient way, closer to people's homes. It will also support them to work more closely with partners in each township – such as GPs, pharmacists, social care colleagues, nursing and residential homes, voluntary providers and others.

As part of the new township changes, some services have moved and have new contact details.

You can find up to date service information on our website: www.penninecare.nhs.uk



Pennine Care named in top ten trusts for trainees



Foundation doctors have voted Pennine Care as one of the top ten mental health trusts in the country for overall satisfaction in the annual General Medical Council survey.

Pennine Care, offers psychiatric placements for doctors in postgraduate training across adult, older people's and child and adolescent mental health services.

Foundation year one and foundation year two doctors gave feedback during the General Medical Council's National Training Survey. Trainees are asked to rate their placement providers on 15 areas, including education supervision, workload, induction, clinical supervision, supportive environment, Trust reporting systems and overall satisfaction.

The survey results showed Pennine Care as being among the top ten mental health trusts for overall postgraduate training satisfaction.

Pennine Care CQC inspection outcome

Following our inspection in June 2016, the Care Quality Commission (CQC) has rated the services provided by Pennine Care as 'requires improvement' overall.

Our child and adolescent mental health inpatient services were rated as 'outstanding', nine services were rated as 'good' and six were rated as 'requires improvement'.

'We are proud that 90 per cent of our services were rated as 'good' or 'outstanding' for caring and that none of our services were rated as 'inadequate'.

In addition, inspectors highlighted how open and honest our staff are, how supportive they were during the inspection and how, without exception, they are enthusiastic, engaging and absolutely committed to delivering high quality patient care.

We are now working with the CQC to develop an action plan to address the areas for improvement.

You can read the full CQC report at: www.cqc.org.uk/provider/RT2

'We are proud that 90 per cent of our services were rated as 'good' or 'outstanding' for caring and that none of our services were rated as 'inadequate.'



Matters of the heart

It's February and for some of us, love is in the air. But whether you're smitten, settled or single, it's also the perfect time to think about your heart and ways to keep it healthy. The British Heart Foundation (BHF) has named February its Heart Health Month and is encouraging people to make small lifestyle changes to help take care of their ticker.

The BHF website is packed full of useful information on heart health and reducing your risk factors. Eating a balanced diet, losing weight around your middle and drinking in moderation are all top tips to improve your general health and wellbeing. Making these changes can also dramatically reduce your risk of cardiovascular disease (CVD) which is the collective name for all diseases of the heart and circulation including heart attacks and strokes.

CVD is one of the main causes of death and disability in the country and, unsurprisingly, quitting smoking has been identified as the single best thing a smoker can do to protect their heart. New data from Public Health England reveals that 45 people a day die of cardiovascular disease caused by smoking - over 16,500 a year in England.



CVD is usually associated with the build-up of fatty deposits clogging up the arteries, known as atherosclerosis. This can block the flow of blood to vital organs and eventually cause fatal heart attacks and strokes. Smoking increases the risk of heart disease by a quarter (24 percent) and doubles the risk of heart attack or stroke.

In Tameside, quitting smoking is seen as one step in a whole person approach to looking after your health and wellbeing. Be Well Tameside is a free, NHS service that can support you, not only to quit smoking, but to eat healthier, lose weight, improve your sleeping habits, cut down on drinking and improve your mental health.

The service is a one stop shop for a happier, healthier you!

Be Well's advisors offer one-to-one and group appointments, regular check-ins and a prescription for medication that can reduce those nagging nicotine cravings.

"People are often really sceptical about their chances of quitting when they come to us," says Happe Hoque, Be Well's Health and Wellbeing Co-ordinator.

"A lot of people have tried to quit smoking before and that fear of failure can make it really difficult to try again."

"One of the best parts of my job is seeing the change in someone from when they first walk in the door to a month, three months or six months down the line. You see their skin get brighter, their teeth get whiter and they tell us they've got more energy than they've had for years.

"People are always shocked at how much extra money they have as well; for some it's hundreds of pounds a month. People tell me they can afford to go on holiday or take up a new hobby now they're not spending money on cigarettes."

With an estimated 38,700 smokers in Tameside, or 21.7 percent of the population, Be Well Tameside and similar services in other boroughs are in high demand and, with new research about the link between smoking and heart disease, ever more people are likely to seek support to quit.

So if by chilly February, despite your best intentions, your New Year's resolution has fallen by the wayside, it's important to remember you're not alone. Support is available to help you make 2017 your healthiest year yet!

Our advice comes straight from the heart: so don't delay, get in touch with your local stop smoking and health improvement services today.

Keeping your heart healthy visit: www.bhf.org.uk for more information

Useful numbers

Pennine Care runs the Be Well Tameside service but there are local support services in other areas you may wish to contact.

- **Be Well Tameside:**
Tel: 0161 716 2000
Email: bewelltameside@nhs.net
- **Smokefree National Helpline** to speak to a trained, expert adviser. **Call now:** 0300 123 1044
- **Trafford Stop Smoking Service**
Tel: 0300 4562 400
Email: stopsmoking.trafford@nhs.net
- **Healthy Stockport**
Tel: 0161 474 3141
Email: stockport.start@nhs.net
- **T.A.S.K Stop Smoking Service (Rochdale, Heywood and Middleton)**
Tel: 01706 751 190
Email: livingwellhmr@biglifecentres.com
- **Bury Lifestyle Team**
Tel: 0161 253 7554
Email: lifestyleservice@bury.gov.uk
- **Oldham's Stop Smoking Service**
Tel: 0800 288 9008



Get active

Build in 10 minutes of activity each day. Start with gentle things like walking, gardening or climbing stairs. You could take a daily walk to work, to the shop or to see a friend.



Be active

Record the minutes of moderate intensity activity you do in a week. It may be a month or longer till you reach 150 minutes, but small goals help.



Get motivated

Think about activities you are already doing, what you enjoy or active things you would like to start doing. Why not plan which activities you will do during the coming week?



Manage your weight

Being overweight is a major risk factor in heart disease, particularly if you carry more weight around your middle. Visit the BHF website for more information and to get your vital measurements.



Drink in moderation

With the Christmas and New Year season over, many of us will be cutting back on our drinking. Make sure you're clued up on exactly how much you're drinking and get support if needed.



Members



Become a governor in the 2017 elections

Want to know more about local health services? Would you like to meet new people, face challenging situations, or give something back to your community? If so, the role of governor may be for you.

At Pennine Care, the Council of Governors ensures the voices of our local communities are considered in the development of health services.

The 2017 elections to join the Trust's Council of Governors will run between April and June 2017 to fill vacant seats across our seven public constituencies, along with four vacant seats within our staff classes. These are as follows: (Vacant seats correct at the time of print.)

Public Governor vacant seats

Town	Number of vacancies
Bury	1
Oldham	2
Heywood, Middleton and Rochdale	1
Stockport	1
Tameside and Glossop	1
Trafford	1
Rest of England	1
Total	8

Staff Governor vacant seats

Class	Number of vacancies
Corporate and support	1
Allied Health Professional	1
Social care	1
Nursing	1
Total	4

Want to find out more about the governor role and the election process?

During the spring, a series of pre-election roadshows will take place across the Trust footprint to provide potential candidates with information on the governor role and the election process. A schedule of the roadshows is provided on the next page.

Why do we have a Council of Governors?

As a foundation trust, we are accountable to local people. By allowing people to have a voice, we are able to work with communities to develop services in a way that meets their needs. 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?

The Council of Governors has a range of statutory functions and responsibilities to fulfil. These include representing the interests of Trust members and the public, contributing to Trust plans, and appointing the chair and non-executive directors of the Board of Directors.

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.

Election process

If you want to stand as a candidate, the notice of election will be published on the Trust's website or via email to those members with an email address.

The elections are independent and run on our behalf by an external company, who will issue all the necessary correspondence to enable candidates to nominate themselves for election and enable members to vote.

If, when the time comes, you want to nominate yourself for election, you will need to complete and return a candidate nomination form, including a brief statement on why you want to become a governor. Further information is given on the candidate nomination form and at the pre-election roadshows.

Please note that to be eligible to stand for election to the Council of Governors, you must be a member of Pennine Care within the constituency in which you wish to stand.

Roadshow schedule

Constituency	Date	Time	Venue
Oldham	21/02/2017	1.30pm-3.30pm	Uppermill Civic Hall, Lee Street, Oldham, OL3 6AE
Tameside and Glossop	24/02/2017	11am-1pm	Boardroom, Pennine Care NHS Foundation Trust Headquarters, 225 Old Street, Ashton-Under-Lyne, OL6 7SR
Stockport	28/02/2017	1.30pm-3.30pm	Stockport County Football Club, Edgeley Park, Hardcastle Road, SK3 9DD
Heywood, Middleton and Rochdale	01/03/2017	1.30pm-3.30pm	Middleton Arena, LCpl Joel Halliwell VC Way, Middleton, M24 1AG
Bury	07/03/2017	1pm-3pm	Lancaster Suite, Town Hall, Knowsley Street, Bury, BL9 0SW
Trafford	09/03/2017	1pm-3pm	Life Centre, 235 Washway Road, Sale, M33 4BP
Tameside and Glossop	14/03/2017	1.30pm-3.30pm	Bradbury Community House, Market Street, Glossop, Derbyshire, SK13 8AR
Oldham	16/03/2017	1pm-3pm	Oldham Event Centre, SportsDirect.com Park, off Hilbre Ave, Royton, Oldham, OL2 5BL
Heywood, Middleton and Rochdale	22/03/2017	1pm-3pm	Heywood Civic Centre, LCpl Stephen Shaw MC Way, Heywood, OL10 1LW
Stockport	27/03/2017	1pm-3pm	The Village Manchester Cheadle, Cheadle Road, Cheadle Hulme, Cheadle, SK8 1HW
Trafford	29/03/2017	1.30pm-3.30pm	Age UK, Sharples Building, 1-3 Church Road, Urmston, Manchester, M41 9EH
Bury	30/03/2017	1pm-3pm	Lancaster Suite, Town Hall, Knowsley Street, Bury, BL9 0SW

How do I vote in the election?

If only one candidate nominates themselves for election to a vacant seat, that person will automatically become the governor, as that seat will be uncontested.

If there is more than one candidate for a seat, a list of candidates will be published to allow for a contested election. Every member within a constituency or staff class holding a contested election will receive a ballot paper to vote for a governor to represent their area.

Key dates:

Date	Details
March/April	Schedule of election roadshows
April	Nomination process starts
Early May	Closing date for nominations
End May	Voting packs issued to members
Mid June	Election results announced
1 July	Governors take up new posts

Keep in touch...

If you have any queries about the election process, you can contact Membership Team by emailing ftmembership.penninecare@nhs.net or calling 0161 716 3374/3978.



Staff roll up their sleeves to protect **vulnerable people**

Pennine Care staff have rolled up their sleeves to stop the spread of flu – and have also helped to protect vulnerable children across the globe.

Every year the Trust runs a dedicated campaign to offer staff a free flu vaccine. The aim is to protect vulnerable service users, along with their friends, family and colleagues from the virus.



As part of this year's campaign, the Trust is supporting Unicef in its bid to equip health workers and protect vulnerable children from preventable diseases.

For every 100 members of staff who have a flu vaccine the Trust will buy a Unicef charity gift package which includes:

- 100 doses of the measles vaccine
- 100 doses of the polio vaccine
- A bicycle
- A vaccine carrier



To find out if you are eligible for a free flu vaccine, speak to your GP or visit www.nhs.uk/staywell

Our flu fighters

Here you can meet some of the Trust's flu fighters.

Karen Johnson is a Community Mental Health Nurse based in Bury who uses her annual leave to run staff flu clinics. Karen said:



"I have been part of the flu vaccination campaign for the past three years. This is because I understand the severity of flu and the devastating effect it can have on my colleagues and patients if we don't act to stop it."

Julie Emerson is a Technical Instructor with the Rochdale borough Children's Occupational Therapy Team. Julie said: "I always have my job to look after my patients. The flu could have very serious effects for some of them."

Louise Alpe is a Nursing Auxiliary on Davenport Ward in Stockport. Louise said: "I was first in the queue to have my jab. No one wants to suffer from flu, it's horrible, and we don't want to make our patients ill."



Sue Arrandale is a Community Psychiatric Nurse in Tameside. She had severe flu for two consecutive winters. She now has a flu jab every year and has not been ill again.

Sue said: "I was really poorly and had to stay in bed. I had to take time off work and I felt really drained for about six weeks. The second time it happened I knew I had to do something about it."

Improving services with help from carers



At Pennine Care, we're committed to continually improving our services to make sure our patients and their carers have the best experience possible.

One of the ways we support patients is through our Patient Advice and Liaison Service (PALS). Part of the role of PALS is to create opportunities for service users and carers to get involved with key pieces of work in the Trust.

The PALS Involvement Team recently held an engagement event to help inform the development of a new Carer Strategy. The event was a platform for open and honest discussions and anyone who looks after or cares for a friend or relative using Pennine Care's services was invited to attend.

More than 60 carers came to the event from a range of backgrounds. Our main aim was to look at themes that had already been identified by carers through listening exercises held by organisations such as the Carers' Trust and Carers UK, and encourage attendees to add any themes they thought were missing from these. Attendees were also asked to think about what Pennine Care currently does to support carers and identify any gaps in the services we provide.

Phil Kinder, a PALS Co-trainer and a carer from Stockport, hosted the event with table discussions led by carers and governors. Phil opened by explaining how he became more involved with Pennine Care and told the attendees about the positive impact this has had. Lynette Whitehead, PALS Manager, gave an overview of the Patient (and carer) Experience Strategy and relayed work to date. Gemma Rhodes, Modern Matron in Adult Acute Mental Health, highlighted the Trust's commitment to the Triangle of Care and what we have achieved so far.



Thank you to everyone who has been involved – we can't do it without your valuable input!



While the information gathered from carers has not yet been fully collated, it was clear that there were some reoccurring themes, such as being listened to and recognised as a carer. For many carers this is a major barrier when using services, along with getting access to support when needed for example, in times of crisis.

To make sure many views and experiences are gathered, the Involvement Team also spent November and December meeting with carers on an individual basis, or at carer groups, across the Trust footprint. There has been opportunity for carers to provide their feedback online, as well as via paper surveys and staff within service areas have also contributed by highlighting the surveys and prompting carers to share their views.



Following on from the event, and the wider engagement, the Patient Experience Team will be working with carers and Governors to collate all the feedback that has been gathered. We look forward to sharing the findings with carers via a newsletter and, most importantly, using it to ensure the Carer Strategy represents the views and needs of our carers.

A day in the life...

...of a paediatric nurse practitioner

Name: Donna Pearce
Position: paediatric nurse practitioner
Location: Heywood, Middleton and Rochdale (HMR)

My role as paediatric nurse practitioner is part of the Children's Acute and Ongoing Needs Service (CAONS) in Heywood, Middleton and Rochdale. I work in collaboration with GPs and other health professionals, with the intention of deflecting children from secondary care, and shortening hospital admissions as appropriate. I work with children aged 0 to 19 years with minor illnesses.

What does the role involve?

My role as paediatric nurse practitioner is to provide a consultation followed by a clinical assessment, to diagnose and offer appropriate treatment alongside a referral to a service if required. This may be carried out in a clinic setting or the home environment.

Why did you choose this role?

I have worked as a children's community nurse in the Rochdale borough for almost nine years. During this time, I have continued to develop my knowledge and skills.

As an advanced practitioner, working within the children's community nursing team, I wanted to utilise my knowledge and skills. Three years ago, I worked closely with other team members and our clinical lead to develop a nurse practitioner clinic that helped relieve winter pressures. This clinic became very successful and a permanent position became available.

The position was to develop a paediatric nurse practitioner service, which would really benefit children and families in the local community by providing care closer to home, hopefully reducing inappropriate attendances in secondary care settings.

I applied for the position and couldn't wait to get to work and set up the service!

What is the most rewarding aspect of your job?

I love my job because every day is different. I really enjoy interacting with children and families. When I have listened, taken a history, provided a thorough assessment, diagnosis and treatment plan, I feel a sense of pride and achievement that I have been able to help.

I love providing the relevant education that allows children and their parents or carers to take control of their illness.

What's the hardest thing?

Sometimes it can be challenging to provide appropriate education and treatment plans to families. If they don't agree with it, I always provide a full rationale as to how I have reached my diagnosis and offer plenty of opportunities to ask questions before referring any children on to the appropriate service if required.

What did you want to be when you were younger?

I always wanted to be a nurse however I worked in a bank for a number of years, and ended up taking my nurse training in 2002.

How do you unwind after a tough day?

I like to spend time with my family and, being a mum to three boys, there is usually a swimming lesson or a football match to attend. I also have two dogs, Jess and Snowy, and I enjoy taking them for long walks.



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