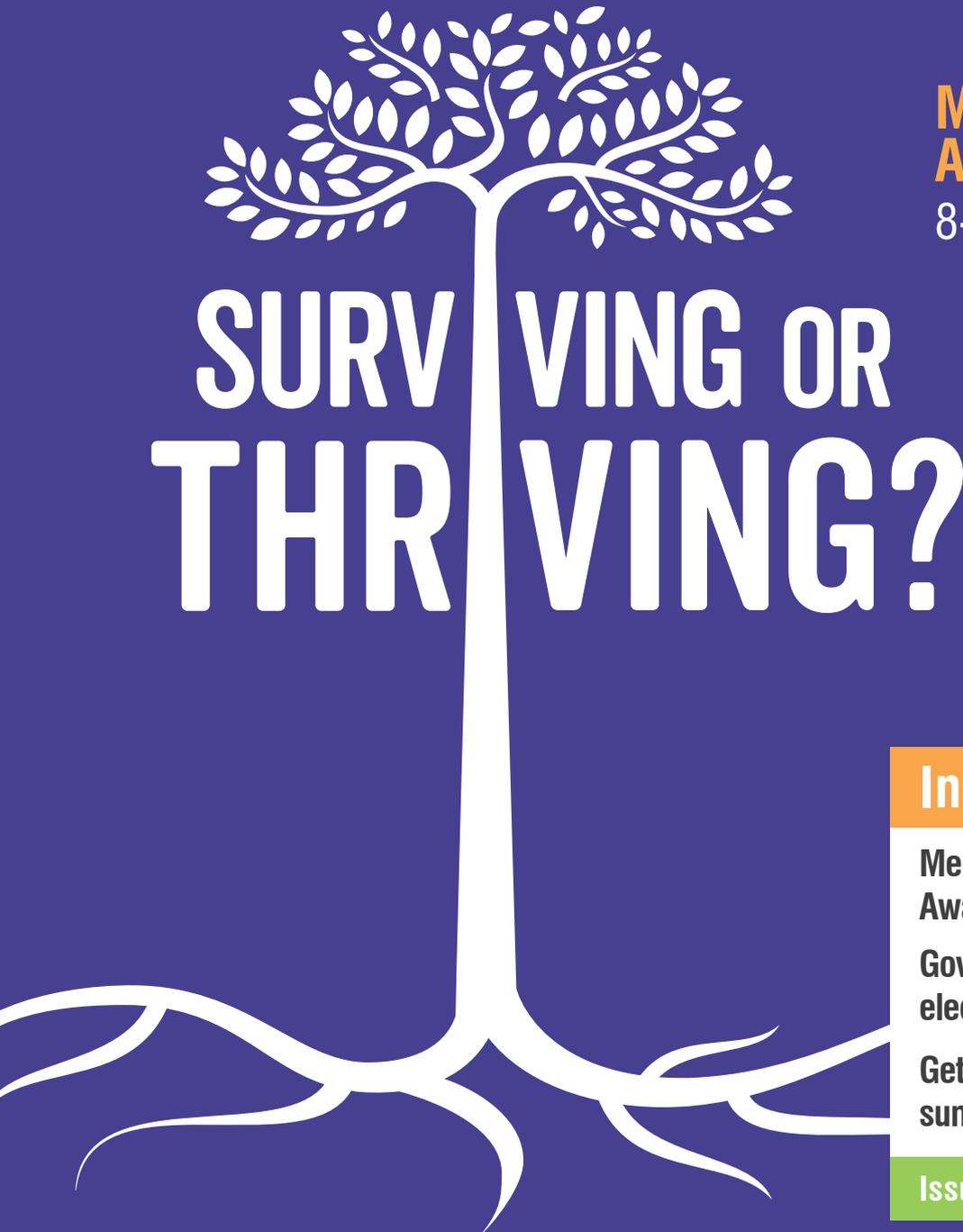


# PenninePost

Health news and advice

**Mental Health  
Awareness Week**

8-14 May 2017



**SURVIVING OR  
THRIVING?**

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Issue 32 May 2017



## Hello from the Chair...

We've had a busy start to 2017, with the departure of our former chief executive Michael McCourt to a new role and the subsequent leadership changes.

We are currently recruiting a new permanent chief executive, who we expect will join the Trust later this year.

There are further changes afoot. After nine years at Pennine Care, my tenure as Chairman will come to an end in October. During my final months, my focus will be to appoint a high-calibre chief executive to lead Pennine Care, while continuing to support the Trust through this period of change.

In this edition, we've shone a spotlight on our mental health services and the support that's available. We don't want people to simply survive, we want them to thrive. This is the theme of this year's Mental Health Awareness Week, which you can read more about on pages 6 and 7.

You can also catch up on what our governors have been up to and find out more about the great work being done by teams across the Trust.

**John Schofield**  
Chairman



Working together  
**LIVING WELL**

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## Leadership changes

**Martin Roe has taken up the role of Acting Chief Executive of Pennine Care, following Michael McCourt taking up a new post with Central Manchester Foundation Trust as the interim Chief Executive of the Manchester Provider Board.**



Medical Director Dr Henry Ticehurst has become Acting Deputy Chief Executive and Emma Tilston, former Deputy Director of Finance, has become Acting Executive Director of Finance. Recruitment for a new permanent chief executive is underway.

John Schofield's tenure as Trust chairman will come to an end in October 2017. The Trust will undergo a recruitment process to appoint a new Chair, led by the Council of Governors.

There have also been some changes to our non-executive directors. Robert Ainsworth's nine-year tenure ended in December 2016 and we welcomed Ian Bevan. Joan Beresford has been appointed as Deputy Chair. You can read more about this on page 9.

Details of our Board members are available on our website at [www.penninecare.nhs.uk/board](http://www.penninecare.nhs.uk/board)

## Mental health drop-in for new parents

Trafford parents and their babies can now access a new drop-in to meet with others and talk to a specialist about their mental and emotional health.

The drop-in is for parents and babies under the age of one and is run by a Perinatal and Infant Mental Health Specialist working for Pennine Care.

The specialist can offer support and advice to parents who may be feeling lonely or isolated, experiencing low mood or anxiety, worry they're not coping or are having attachment or bonding difficulties.

It will also be a place to meet other parents to create a supportive network over a chat in a relaxed café environment.

Joanne Bolton, Specialist Health Visitor for Parent and Infant Mental Health in Trafford, said: "Becoming a new parent can be one of the most rewarding times in a mum or dad's life but we also know it can be one of the most difficult."

The sessions are every Friday from 10am to 12pm at the Life Centre Café, Washway Road, Sale, M33 4BP.

There is no need to book, simply turn up. For more information, call Joanne on **0161 746 7800**.





## Royton cancer survivor is first to pioneer **new treatment**

A Royton cancer survivor was the first in the country to trial an innovative new treatment that allows him to stay out of hospital when he needs specialist antibiotics.



PICTURED ABOVE: John Bispham and Butler Green Manager, Vicki Elcock

John Bispham, 58, has a wound at the back of his knee from surgery on a tumour more than 25 years ago.

The wound is prone to tearing, which can lead to infections, meaning he regularly has to have antibiotics through an intravenous (IV) line.

Usually, this would mean a stay in hospital, resulting in valuable time off work and loss of income for John, who is a self-employed electrician.

However staff at Butler Green Enhanced Intermediate Care Centre in Chadderton offered John the chance to try a pioneering new treatment. It is an antibiotic pump that allows the medication to be released slowly into his system over 24 hours via a portable pack worn round his waist. The device was the first to be trialled in the UK.

John managed to continue to run his business and lead a normal lifestyle, giving him greater freedom. John was so grateful for the support of the team he donated £450 to buy a fridge to keep the antibiotics in.

## Extra support to help Trafford residents avoid hospital

Extra support is available from a new intermediate care unit in Trafford, allowing people to be discharged from hospital sooner or avoid being admitted altogether.



Ascot House prevents people from going into hospital by providing therapy for those who need help to retain or improve their mobility to remain well enough to stay at home.

It opened as a therapy-led intermediate care unit in October 2016 and also provides short-term rehabilitation support for people who are medically well enough to be discharged from hospital but not quite ready to return to their own homes.

The unit is run jointly by Trafford Council and Pennine Care as part of the organisations' integrated care services. The Ascot House team provides physiotherapy, occupational therapy and social care support as required.

It also has links with a GP practice and local community services such as nursing, podiatry, dietetics and speech and language therapy, so that extra care can be provided depending on a person's individual needs.



## New Stockport mental health service prevents hospital admissions



A service that offers extra support to people arriving at A&E overnight with mental health problems has been launched in Stockport.

The Stockport Early Management Team operates from 9pm-9am, supporting those who go to Stepping Hill Hospital for help due to self-harm, thoughts of suicide, or other mental health issues.

The service, which is nurse therapist-led, provides an alternative route to prevent people waiting in A&E or being admitted to hospital. It provides patients with a thorough assessment of their mental health needs and short-term psychological support.

Delivered by Pennine Care in partnership with Self Help, the service is funded by NHS Stockport Clinical Commissioning Group and was launched in December 2016.

In its first two months, 35 people were supported by the Stockport Early Management Team. None of these were admitted to hospital, which helped to relieve some of the pressure on busy inpatient wards.

## Hundreds gather to celebrate launch of new service



PICTURED ABOVE: The Mayor and Mayoress of Rochdale with the representatives of the lead organisations at #Thrive event

Hundreds of people gathered together in the Rochdale sunshine to celebrate the launch of the borough's new #Thrive service. This is an emotional health and wellbeing service for young people aged up to 19 years, who live or are registered with a GP, in Heywood, Middleton or Rochdale.

A wealth of free activities were on offer, along with refreshments and goody bags.

There was also a special appearance from Elsa and Batman; not to mention the Mayor and Mayoress of Rochdale (Councillor Ray Dutton and his wife Elaine) – who formally launched the service.

Attendees were able to visit the newly opened #Thrive central hub – Around the Corner. This is located at 48-50 Drake Street, Rochdale.

Lots of photos from the event can be viewed on Pennine Care's Facebook page at: [www.facebook.com/penninecarehshft](http://www.facebook.com/penninecarehshft)

#Thrive can be contacted on 0161 716 2844.

More information is available at [www.healthyyoungminds.pennine.nhs.uk/thrive](http://www.healthyyoungminds.pennine.nhs.uk/thrive)



# Are you surviving or thriving?

8-14 May 2017 is Mental Health Awareness Week (MHAW). Each year, national charity the Mental Health Foundation sets a theme for the event. For 2017, the theme is 'survive or thrive', shifting the focus away from mental ill-health to explore how we can help people thrive in life with good mental health.

Every week, 1 in 6 adults experiences a common mental health problem, such as anxiety or depression and 1 in 5 adults has considered taking their own life at some point. Many people need support for mental health and emotional wellbeing problems and MHAW is an opportunity to get people talking about what we, as individuals and communities, can do to improve mental health and help more people thrive.

## MHAW at Pennine Care

As a provider of mental health services, Pennine Care has a part to play in starting these conversations. During the week, many of our teams will be out and about in their local communities offering advice about a range of mental health issues and the support available.

We'll also be active online, using our social media networks to start discussions and gather feedback. We'll also be sharing information on our website, including real experiences of what it's like to survive with difficulties and how support is available to help people thrive with good mental health.

Join the conversation using #MHAW17 on Twitter: @PennineCareNHS or Facebook: facebook.com/PennineCareNHS

**We asked you:** what is it to survive or thrive?

"I'm surviving when my head is a fog and I can't focus on anything but my anxiety. I'm thriving when I can think rationally, focus on my work and enjoy time with my loved ones."

"I'm surviving when I can't wait till bedtime. I'm thriving when I can't wait till morning."

"I'm surviving when I know one more minor problem will tip me over the edge. I'm thriving when I feel happy and ready to face the day."

**SURVIVING OR THRIVING?**



**Talk about your feelings**  
- this can be difficult but it isn't a sign of weakness.

## Tips to help you thrive

Being mentally healthy doesn't just mean that you don't have a mental health problem. If you have good mental health, you can make the most of your potential, cope with life and challenges that come your way, and play a full part in your family life, workplace, community, and social circles.

Here are some tips from the Mental Health Foundation on how to look after your mental health:



### Talk about your feelings

This can be difficult but it isn't a sign of weakness. Talking can help you cope with a problem, deal with times you feel troubled and stay in good mental health.



### Keep active

Exercise helps to keep you healthy, both physically and mentally. It can boost your confidence and improve your mental health, so it's good to try to find an activity you enjoy and make it a part of your regular routine.



### Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, so a diet that's good for your physical health is also good for your mental health.



### Drink sensibly

Drinking alcohol is not a good way to manage difficult feelings. Once the alcohol wears off it can leave you feeling worse due to its effects on your brain and rest of your body. Stay within the recommended daily alcohol limits of three to four units for men and two to three for women.

**Mental Health Awareness Week**  
8-14 May 2017



### Keep in touch

Keep the lines of communication open with family and friends – they can make you feel cared for, keep you grounded and help you solve practical problems.



### Do something you're good at

Concentrating on something you love doing can help take your mind of worries for a while. Give yourself some 'me time' for relaxation or a hobby such as gardening, sketching, playing sport or doing puzzles – this can help beat stress.



### Ask for help

If things are getting too much for you and you're struggling to cope, don't be afraid to ask for help. Your family or friends might be able to offer practical help or a listening ear – but remember there are also local support services available to you.

**There are many support services locally, including those from Pennine Care which are available for people of all ages with a range of mental health needs.**

Speak to your GP if you need some support and they can refer you to a service that will be able to help. Visit [www.penninecare.nhs.uk](http://www.penninecare.nhs.uk) for details.

If you need to speak to someone, Samaritans is available 24 hours a day, seven days a week. Call them on 116 123.

# Members



## Governor elections 2017

The Trust's Council of Governors elections commenced in March and will run through to June, to fill ten vacant public governor seats and five vacant staff seats.

A series of pre-election roadshows took place across the Trust footprint to provide potential candidates with information before nominations close on Wednesday 10 May 2017.

### Look out for your ballot papers – we need your votes!

Every member within a constituency or staff group holding a contested election will be sent a postal ballot paper to vote for a governor to represent their area. This year, both public and staff members have the opportunity to vote electronically.

To vote, please return your ballot paper to the independent returning officer by 5pm on 19 June 2017.

The results are announced on 20 June 2017 and our new governors commence in post on 1 July 2017.

If you have any queries about the election process, please contact the Membership Office by ringing: **0161 716 3374/3960/3978** or by emailing: [ftmembership.penninecare@nhs.net](mailto:ftmembership.penninecare@nhs.net)

### Welcome



We would like to say a huge welcome to our new public governor for Stockport, Brian Wild, who replaces Carrie Quinn.

PICTURED LEFT: Brian Wild



## Stockport Big Mental Health Conversation event

### Save the date

Stockport members are invited to an engagement event on Tuesday 10 October 2017 (World Mental Health Day) from 10am to 3pm. The venue is yet to be confirmed but will be in central Stockport. There will be an update on adult services, older peoples services, Healthy Young Minds, drug and alcohol services, Healthy Minds, and Stockport Together, along with information around the voluntary services available in the borough. Our partners and third sector organisations will have the chance to showcase and provide information about their services.

There will also be an opportunity to ask questions to the expert panel and give feedback on services. Please contact the Membership Office if you would like to attend. Further details will be communicated in the next edition of Pennine Post.

### Keep in touch...

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



## Governor update

This briefing provides members with a summary of the key things that the governors have been involved in.



### CQC Quality Summit

Following the CQC inspection outcome in December 2016, a quality summit was held on 24 January 2017 to review the findings. The session was well attended by the Trust; Clive Brown, Deputy Lead Governor; the CQC inspection team and leads from clinical commissioning groups, NHS Improvement and Healthwatch.

The Trust will be implementing a detailed improvement plan to move from 'requires improvement' to 'good' overall. In support of this, a CQC programme board has been established, comprising representatives from the Trust and partners, including nominated public governor Stephen Moss.

## Board Developments

Following the Chief Executive's departure on 28 February 2017, the Lead and Deputy Lead Governor, John Starkey and Clive Brown have been working with the Chairman, Senior Independent Director, Deputy Chair, Director of Workforce, and the Trust Secretary to recruit a permanent Chief Executive.

Ian Trodden, Executive Director of Nursing and Healthcare Professionals, will be leaving the Trust in the near future to take up a new role in central Manchester.

### Changes to non-executive directors

All non-executive directors (NEDs) are appointed by the Council of Governors, generally for a three-year term of office; after which they may be reappointed to serve a further term. As such there have been some recent changes among the NEDs:

- Robert Ainsworth's nine-year tenure ended in December 2016
- Ian Bevan was appointed as NED in October 2016 for a three-year term
- Tony Berry ends his six-year term on 31 May 2017
- Joan Beresford was appointed as Deputy Chair from 1 January 2017



The Council of Governors appointed Professor Sandra Jowett as the Trust's Senior Independent Director (SID) from 1 January 2017. Governors and members, including staff, can raise concerns with the SID, namely when contact through the normal channels of Chairman, Chief Executive or Executive Director of Finance has failed to resolve the issue, or when it would not be suitable to go through those channels.

### Local constituency meetings

Governors continue to work closely with service directors and hold regular meetings in their local constituencies. Governors are provided with updates on local services at these meetings and have the opportunity to ask questions on behalf of members, as well as explore different ways of engaging with their constituents.

Governors in Bury would like to extend an invitation to members to attend their local constituency meeting. We are currently collating expressions of interest, so if you would like to get involved, please contact the Membership Office.

# Get your feet summer ready

Warmer weather is on its way and it's time to start thinking about dusting off your summer shoes.

After months of being tucked away inside boots, warm socks and slippers, your feet and nails may be in need of some care and attention.

In preparation for baring all this summer, our podiatrists have shared some top tips to make sure your feet not only look their best, but are healthy too.



## Cutting your nails

It may be easier to cut your nails after a bath or shower, as they will be softer and easier to cut. You are advised to file your nails, rather than cut them - but make sure your nails are dry first.

You should always file your nails straight across, in one direction and smooth off any sharp corners. Never file or cut your nails down the sides, or too short, as you risk developing a painful ingrown toe nail. If you have thickened nails, you can file the top of the nail.



## Removing hard skin

Use a foot file, pumice stone or emery board to gently rub away any hard skin - it's a good idea to do this after a bath or shower, so the skin is softer.

You should then apply a moisturising cream. You should pay particular attention to the heels and pads of your feet and any other problem areas you have and don't forget your nails and cuticles. However you should avoid moisturising in-between your toes - as fungal infections such as athlete's foot thrive in warm and moist areas.



## Let your nails breathe

A bright nail polish looks lovely in summer, but nails need to breathe from time-to-time. NHS Choices advises having a few days' break from nail polish about once a month to help prevent discolouration.



## Footwear advice

Poor footwear is often the main cause of problems. Make sure you choose a good supportive shoe that fastens with either laces, a bar or Velcro. Footwear should have a wide/deep forefoot with a soft leather upper. The soles should not be too thin or hard - a thick rubber sole is advised.

You should only wear fashion shoes (e.g. court shoes) for a special occasion and avoid high heels, as they put pressure on the ball of the foot.

In warm weather, you should wear open-toed shoes whenever possible - but avoid flimsy sandals as they don't provide appropriate support for your feet.



## Further advice

For more top tips on keeping your feet happy and healthy this summer and beyond visit:

[www.penninecare.nhs.uk/podiatry](http://www.penninecare.nhs.uk/podiatry) or  
[www.nhs.uk/livewell/fothealth/pages/summerfeet.aspx](http://www.nhs.uk/livewell/fothealth/pages/summerfeet.aspx)

## Our podiatry services

We provide podiatry services for children and adults in Bury; Heywood, Middleton and Rochdale; Oldham; and Trafford.

These services are for people who are experiencing more complex foot conditions, who are at higher risk of developing complications. This includes those who are experiencing loss of circulation or who have a foot deformity.

The aim is to support people to keep their feet healthy and to relieve painful symptoms to ensure they maintain mobility, remain independent and can avoid an unnecessary hospital admission.

Some examples of the types of conditions our podiatrists treat includes:

- More serious foot wounds and infections
- Foot ulcers caused by diabetes or circulation problems
- Corns and calluses in people who are at risk e.g. the circulation or sensation in their foot is affected
- In-grown toenails where there is an infection
- More complex foot conditions that affect walking or the foot position

For specific details about the service in each borough, you can visit our website at [www.penninecare.nhs.uk/podiatry](http://www.penninecare.nhs.uk/podiatry)

The aim is to support people to keep their feet healthy and to relieve painful symptoms

## Self-care

Our podiatry staff also aim to support and encourage people with lower level foot needs to effectively and confidently self-care.

As part of this, they have developed a dedicated library of resources, including factsheets, videos and links to apps and other websites.

You can access these resources and find out more about our podiatry services at [www.penninecare.nhs.uk/podiatry](http://www.penninecare.nhs.uk/podiatry)



# A day in the life...



## ...of an occupational therapist

**Name:** Sophie Brooks

**Position:** Occupational Therapist

**Location:** Saxon Ward, Tameside General Hospital

**Time in post:** 8 years

I'm an integral member of the multi-disciplinary team on Saxon Ward, working with adults aged 18 to 65 years.

### What does the role involve?

My role involves providing assessment, treatment and rehabilitation of patients, enabling maximum independence and quality of life.

I mainly undertake one-to-one interventions with patients, which can be conducted in a variety of settings - on the ward, within the community or their home environment. My role also involves delivering therapeutic activities, such as reiki and baking.

### Why did you choose this role?

Previously I worked as a technical instructor within a community mental health team, working closely with an occupational therapist. I admired how occupational therapy allowed a person-centred approach to both physical and mental wellbeing, enabling individuals to achieve their full potential.

As I gained knowledge and experience around occupational therapy, I knew this was the career for me. With support and encouragement from the occupational therapist I worked with, I applied to complete my training and the rest is history!

### What is the most rewarding aspect of your job?

I work within a great multi-disciplinary team, who are all very friendly and supportive. It's lovely for all the team to see the patients getting better and recovering from their illnesses. For my role, it is especially nice to see patients maintaining their independence and returning to a productive routine back in the community.

### What's the hardest thing?

It can be difficult at times when it's identified through the assessment process that a patient is no longer able to maintain their independence and they require extra support. This can be upsetting for the patient and family/carers.

### What did you want to be when you were younger?

I spent a lot of time at the orthodontist when I was younger which led to a fascination in dentistry. However, I spent two weeks shadowing a dental nurse when undertaking work experience and I changed my mind.

### How do you unwind after a tough day?

I have two very active young children who keep me busy so it can be difficult to unwind at times. When the opportunity is available, I enjoy watching a variety of television programmes.



Working together  
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