

NHS

Pennine Care
NHS Foundation Trust

PenninePost

Health news and advice



In this issue :

**Health and Wellbeing
College launch new
campus** page 4

**Results of the 2017
governor elections** page 8

**A new model for
mental health** page 11

Issue 33 August 2017



Hello from the Chair...

Welcome to the latest edition of Pennine Post and my last as Chairman of Pennine Care as I come to the end of my tenure.

Since our last edition, we've been busy recruiting a new chief executive and I'm pleased to announce the appointment of Claire Molloy.

With over 20 years of leadership experience, I'm confident that Pennine Care will go from strength to strength under Claire's guidance. You can read more about her appointment on page 3.

On a more sombre note, in May we witnessed a shocking and tragic event – the attack on our city of Manchester. But since we've seen a terrific display of solidarity.

As a Trust we're using our expertise to provide mental health and emotional wellbeing support for anyone who has been affected by the incident. More information is on page 10.

In this edition we also welcome the new Trust governors following our recent elections, along with more updates from across the Trust.

I would like to finish by thanking all of our staff, who's hard work and dedication has made me feel incredibly proud to be involved with the organisation over the last ten years.

John Schofield
Chairman



Working together
LIVING WELL

News

Support for parents in Trafford.....	3
New Chief Executive appointed.....	3
Nursing recruitment day.....	4
College celebrates new Tameside campus launch.....	4
Got a dental problem?.....	5
Annual General Meeting - save the date.....	5

Feature

Watch your wellbeing	6
----------------------------	---



The Pennine Care spin class

Members

Results of the 2017 governor elections	8
Farewell to our former governors.....	9
Stockport Big Conversation event	9



A new model for mental health..... 11

A day in the life...

... of a Learning Disability Service Team Leader..... 12

Pennine Post is also available online at penninecare.nhs.uk
Pennine Care NHS Foundation Trust is a provider of health services in, Heywood, Middleton and Rochdale, Bury, Oldham, Stockport, Trafford, Tameside and Glossop. Pennine Post is sent to all our foundation trust members. For more information on the services we provide, please visit: www.penninecare.nhs.uk/your-services

If you would like to unsubscribe please call Donna Wrigley on 0161 716 3374 or email ftmembership.penninecare@nhs.net

Any comments, ideas or suggestions? Please contact: the Communications Department, on 0161 716 3188 or email: communications.penninecare@nhs.net

As part of Pennine Care's commitment to a sustainable future, this newsletter is printed on carbon balanced paper. When you have finished with it please recycle it.

© Published by Pennine Care August 2017.
No part of this publication may be reproduced without permission. All information is correct at the time of going to press.



Support for parents in Trafford

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.

New Chief Executive appointed

We are pleased to announce that Claire Molloy has been appointed as the Trust's new Chief Executive. She will take up the role on 11 September 2017 and the interim arrangements will continue until then.



PICTURED ABOVE: Claire Molloy

Claire has been the Chief Executive of Cumbria Partnership NHS Foundation Trust for the last four

years. Prior to that she held the position of managing director at Heart of England NHS Foundation Trust and has worked within primary, community and acute settings.

Commenting on her appointment, Claire said: "I am very much looking forward to working with everyone at Pennine Care and building on the fantastic work that is already taking place. I believe this will be best achieved by working with staff, patients and partners in each town."

The recruitment process was thorough, involving staff, stakeholder and patient panels, as well as a final interview, before being signed off by the publically-elected Council of Governors.

Read more at penninecare.nhs.uk/newceo



Nursing recruitment day

Pennine Care is holding a nursing recruitment day on 1 September 2017 at The Hive in Manchester City Centre's Northern Quarter.

It will be an opportunity for anyone interested in community nursing or mental health nursing to come along and find out more about the roles and what it's like working for the Trust.

Interviews will be held on the day, so if the right candidates come along they could leave with a job offer.

The event is open to current nursing students and graduates, as well as qualified nurses already in employment.

More information can be found at penninecare.nhs.uk/nursingrecruitmentday or follow @PennineCareJobs on Twitter.

College celebrates new Tameside campus launch

The Health and Wellbeing College held a celebration event to officially launch a new main campus in Ashton-under-Lyne on Friday 28 July.

HEALTH AND WELLBEING COLLEGE

Students, staff and members of the public all gathered at the new base on Old Street to take a tour of the facilities and find out what the college has to offer.

Special guest, Jamie Peacock MBE, former Great Britain and England rugby league captain, opened the campus and gave his inspirational 'No White Flag, Building Champions' speech.

Some former students and peer trainers also shared their personal recovery journeys including their time with the college.

The college provides a range of recovery-focused courses which cover a range of mental and physical health conditions, along with practical life skills.

Most of these courses are run at the new base, but some will also be available at campuses in Bury and Stockport.

For more information, visit: hwcollege.penninecare.nhs.uk



PICTURED ABOVE: Health and Wellbeing College launch



Got a dental problem?

Did you know that our urgent dental services offer same day appointments for dental problems?

You can see one of our experienced dentists if you are in pain or have an urgent problem and can't get an appointment with your own dentist (or if you don't have one). The usual NHS dental fees apply (or exemptions if you are eligible).

Our centres are located in Bury, Oldham and Rochdale. You can attend any centre - you don't have to live in the area.

To request an appointment, simply phone your preferred centre on the day. Appointments are allocated on the day and offered on a first come, first served basis. Where possible, the centres will also see people who walk in without an appointment.

- **Bury:** Moorgate Primary Care Centre, 0161 447 9898
- **Rochdale:** Whitehall Street Clinic (near Rochdale Infirmary), 01706 676 367
- **Oldham:** Oldham Integrated Care Centre, 0161 621 3613

All three centres are open Monday to Friday from 8.30am to 5pm (except bank holidays).



Our dental services recently receive glowing feedback from the Care Quality Commission, which found services are "effective".

To find out more visit our website

penninecare.nhs.uk

or like the dental Facebook page at [facebook.com/BuryOldhamRochdaleUrgentDentalCare](https://www.facebook.com/BuryOldhamRochdaleUrgentDentalCare)

Annual General Meeting - save the date

Our 2017 Annual General Meeting (AGM) will take place on Wednesday 27 September, at The Village Hotel, Waterfold Business Park, Rochdale Road, Bury BL9 7BQ.

The details of the event are still being planned, but it is expected it will begin around 4.30pm and end no later than 7.30pm. Look out for further details on our website at penninecare.nhs.uk



Watch your wellbeing

Sometimes it's difficult to find time to really focus on improving your health and wellbeing. Wouldn't it be great if there was a simple way to help you take control of your life without having to completely change it?

The Five Ways to Wellbeing are evidence-based actions that, together, can improve your health and wellbeing.

These actions are usually simple enough but, if done regularly, can help to keep your mind healthy and help you to flourish.

We've pulled together some information and ideas for each of the five ways. These ideas are intended as a guide, you should find out more information before deciding if an activity is right for you.

Connect

Relationships with people around you are the cornerstones of your life. Whether it's family, friends, colleagues and neighbours; at home, work, school, or in the local community - connecting with people is enriching. Invest some time in building and developing these relationships and they will help to support you every day.

- Call someone who you've been meaning to speak to for a while, or arrange to meet up for a brew.
- Ask a colleague how their weekend was and really focus on listening to them.

Be active

Exercising makes you feel good and benefits your physical health. Whether it's walking, running, cycling, gardening, dancing or playing games, pick something you enjoy and that suits your fitness and mobility and commit to doing it regularly.

- Our second annual Wellbeing Walk will be held in Heaton Park on 19 September, with the option to walk or run 5km and raise money for charity. Details will be shared on our website soon.
- Transport for Greater Manchester have details about loads of local walks and walking groups you can join on their website at: tfgm.com



PICTURED ABOVE: The Pennine Care spin class

Take notice

It's easy for life to pass by in a flash, particularly when you're busy, but reflecting on your experiences will help you appreciate what matters. Try to become more aware of your feelings and the world around you – catch sight of the beautiful, remark on the unusual and savour the moment.

- Mindfulness is a form of meditation which focuses on the present moment and can help to overcome stress, anxiety and depression and manage some physical health conditions: penninecare.nhs.uk/mindfulness



PICTURED ABOVE: Trust HQ staff take a trip to Portland Basin

- With nature in full bloom, go outdoors and look for something beautiful or inspiring - take a photograph.

Keep learning

Learning new things is fun and can help you to become more confident. Set yourself challenges - learn an instrument, cook a new dish, fix something, or rediscover an old interest. You could sign up for a course, watch a tutorial video or ask someone to show you how to do something.

- The Health and Wellbeing College has a range of free recovery-focused courses to help you reach your full potential. Read more on page 4.



PICTURED ABOVE: Keep learning at Health and Wellbeing College

- Take five minutes out of every day to research a random topic that you're interested in.

Give

You don't have to break the bank to give something. While you could donate money or fundraise for a charity, you could also do something nice for a friend or stranger, give a compliment, volunteer your time or join a community group. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding.

- Support worthwhile projects and community groups to help service users and their families, through our charity: penninecare.nhs.uk/charitablefoundation
- Volunteer with us - our services are very grateful for volunteers and we wouldn't be the same without them: penninecare.nhs.uk/volunteer

Members



Results of the 2017 governor elections

Elections to the Council of Governors took place in June 2017. Thank you to all of our members who voted.

We would like to welcome and congratulate the following governors who have been elected or re-elected.

We currently have two vacancies for Trafford Governors available. For more information please contact the membership team by emailing ftmembership.penninecare@nhs.net or calling 0161 716 3374/3978.

Jeanette Scott,
Rest of England Governor

"There are testing times for the NHS and I feel that we should be working together for patients and to enhance our community and mental health services."

This is Jeanette's second term of office.



Jim McDermott,
Oldham Public Governor

"I have always had a strong sense of community involvement and believe in contributing to improving services. I believe I can bring enthusiasm and empathy to the role."



Kath Oldham,
Oldham Public Governor

"I care about local health services. I would like to develop links between the Trust and the area I live in. I look forward to learning about the needs of the community."



Jan Trainor,
Staff Governor, Nursing

"I have lived and worked in Trafford for over 30 years so am aware of the history and culture and have seen many service developments. My role has enabled me to make close links with schools, social care and voluntary organisations."

This is Jan's second term of office.



Sara Handley,
Staff Governor, Nursing

"In view of the current challenges, I have found safe solutions to enable high quality care to be delivered. I can share my experiences across the Trust and provide a vital link between the Board and staff."



Liz McCoy,
Staff Governor, Social Care

"As manager of Pennine Care's drug and alcohol services, I feel I can support the Trust to deliver against two priorities: delivery of high quality, accessible and effective care and the need to evolve and adapt."

This is Liz's third term of office.



Clive Brown,
Public Governor, Bury

"As an existing governor I have a detailed knowledge of the issues faced in providing healthcare. Engaging with members of the public helps me understand what they really want. I will continue to work hard to represent their opinions and views at Board level."

This is Clive's second term of office



Lucette Tucker,
Public Governor, Bury

"I have personal and professional experience with the NHS and look forward to bringing this to the table. I am passionate about the hard work that carers do and would like to improve support for them."



Ryan Cowan,
Public Governor, Heywood, Middleton and Rochdale

"I will continue to be a strong voice in my community, advocating better services for all. I will ensure that the voice of service users, carers and the public is heard and at the forefront of service creation, development, and re-design."

This is Ryan's second term of office.



Julia Nicholson,
Staff Governor,
Corporate and Support

"I recognise the invaluable support my colleagues provide to clinical services and will represent their ideas, views and concerns. I look forward to the opportunity to be involved in shaping future developments that may directly affect staff, service users and their carers."



Mary Foden,
Public Governor, Stockport

"I've been a Governor since 2008, developing knowledge, skills and expertise during this time. As a Governor I encourage people to become Trust members and work hard to develop information sharing and ensure member's voices are heard." This is Mary's fourth term of office.



Farewell to our former governors

The following governors have stepped down: Beryl Whiteley, Judy Williams, Ann Yates, Lorraine Chipeta and Richard Cliff.

We would like to take this opportunity to thank them for their time and dedication and to wish them good luck and good health for the future.



Stockport Big Conversation event

All Trust members, partners and third sector colleagues are invited to come along to the Stockport Big Mental Health Conversation event.

This engagement event will take place on Tuesday 10 October 2017, which is World Mental Health Day. It will run from 10am to 3pm (registration from 9.30am), at Stockport County Football Club, Edgeley Park, Hardcastle Road, Stockport, SK3 9DD.

If you would like to attend please email ftmembership.penninecare@nhs.net or phone 0161 716 3374/3978.



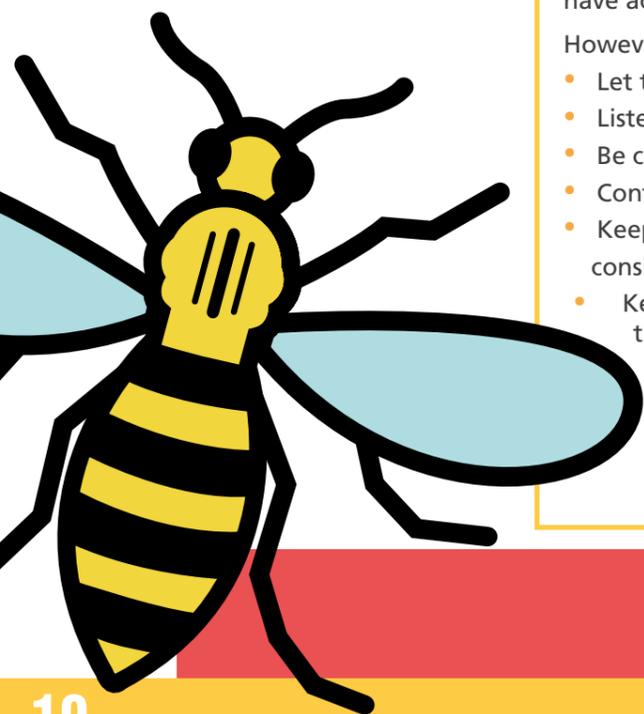
Support following Manchester Arena attack

Following the terror attack at Manchester Arena on Monday 22 May, which tragically killed 22 people and injured many more, work has been underway across Greater Manchester and beyond to provide immediate care, treatment and support to all those affected.

The families of those who lost their lives, people who suffered injuries and others affected by this will continue to be supported by a range of public and voluntary services, over the coming weeks and months.

The terror attack has affected people in many different ways. Help is available, no matter what your circumstances, if you or someone you know needs it.

It is normal to experience a range of feelings and reactions in the weeks after a traumatic event. It is a normal part of recovery and the mind's mechanisms of trying to make sense and come to terms with what happened. For the vast majority of people these feelings should subside over time.



When to seek more help

In the early stages, psychological professional help is not usually necessary or recommended. Many people recover naturally from these events. However, some people may need additional support to help them cope.

If you or anyone you know is still experiencing the following difficulties, it is a good idea to seek help:

- Feeling upset and fearful most of the time.
- Acting very differently than before the trauma.
- Not being able to work or look after the home and family.
- Having deteriorating relationship difficulties.
- Using drugs or drinking too much.
- Feeling very jumpy.
- Still not being able to stop thinking about the incidents.
- Still not being able to enjoy life at all.

You should seek help by seeing your GP in the first instance, or you can call NHS 111.

Pennine Care provides Healthy Minds services for adults and Healthy Young Minds for children and young people – find out more about these on our website.

Help for children and young people

Children and young people may respond to trauma in different ways over time, depending on their age, and the kinds of support they have access to.

However, as a general guide, you should:

- Let them know that you understand their feelings.
- Listen and give them the opportunity to talk when they want to.
- Be consistent and reassuring.
- Continue to keep routines and normal daily activities.
- Keep in touch with school/college about supporting a consistent approach.
- Keep them from seeing too much of the traumatic pictures of the event.

If a child or young person continues to experience difficult feelings or emotions because of the attack, you can get help by speaking to your GP, school nurse, health visitor or contacting your local Child and Adolescent Mental Health Service (CAMHS).

A new model for mental health

Over the last few months we have been reviewing our mental health services and developing a new strategy for how we will make improvements.

The mental health strategy has been co-produced with people who use our services, their families and carers, as well as staff working in all areas. It sets out how we intend to have more focus on helping people to recover from mental illness; how we will support people to take greater control of their lives and how we will have even closer working relationships with families and carers.

We recognise that there is much to do and are committed to providing the best possible care to all of our service users, and to working in collaboration with agencies and colleagues from across the whole health and social care system. This includes the NHS, Councils and community and voluntary sector.

What is our model?

There is already a wealth of fantastic care provided by our services, so we want to build on this best practice and focus on making new improvements. Over the next five years, we plan to:

- Make it easier for people to access services to get the help they need quickly, by the right professional.
- Develop our services for people with common mental health conditions such as mild/moderate depression and anxiety. This will involve working in the community, with GPs and our Healthy Minds (psychological therapies) services.
- Continue the development of our Health and Wellbeing College to support and educate service users and carers on how to manage their mental health conditions.
- Improve the services provided to older people suffering with a range of mental health issues, including dementia, but also with a strong focus on those with severe and enduring mental health conditions.



The strategy sets out how we intend to have **more focus on helping people** to recover from mental illness; how we will support people to **take greater control of their lives** and how we will have even closer working relationships with families and carers.

- Work with our colleagues in hospitals to ensure people can be discharged quickly safely when they need mental health support.
- Review our caseloads and waiting times so staff can provide the best care possible to consistent standards. This particularly relates to community mental health teams and child and adolescent mental health services.
- Develop more support services for people when they are experiencing a mental health crisis so they don't have to go to A&E or into hospital. This includes crisis cafes.
- Review our mental health wards, improve standards of care and the environment.

We are currently working with our local commissioners and partners to develop plans for how these improvements will be taken forward, including what investment may be required.

As we move forward with plans there will be opportunity for our patients, service users, carers and members to be involved. If you would like to register your interest please contact the Patient Advice and Liaison Service (PALS) on **0161 716 3178**.

A day in the life...

...of a Learning Disability Service Team Leader

Name: Joanne Morgan

Position: Team Leader

Location: Cambeck Close Short Break Service

Time in post: Two years

What does your role involve?

I am a registered nurse in learning disabilities who supports clients with severe learning disabilities and complex health needs, within a short break service for children and adults. I also support members of the team, such as other nurses and nursing assistants. Our role is to ensure that the clients who are staying with us have as much fun as possible while maintaining their health and keeping them safe.

Why did you choose this role?

I chose this role because while taking some time off my previous role, I did some volunteer work with people with learning disabilities. As well as being fun and extremely rewarding, I felt I had the skills to help others empower themselves.

What is the most rewarding aspect of your job?

Seeing the smiles on people's faces when they are having fun is most rewarding; not just on the client's faces but also staff as I feel that a happy team are motivated to ensure a great service is delivered.

What's the hardest thing?

Although we have a low turnover of staff at Cambeck, we have had a number of experienced staff leave in a short period of time due to retirement or career development. This experience within our team is vital due to the complexities of our client's needs. However, we have been able to recruit some fantastic staff who are extremely motivated to help improve our service further.

What did you want to be when you were younger?

I wanted to be an environmental health officer going into restaurants ensuring cleanliness. However this was very hard to get into without prior experience when I was younger, so I was in customer service management for 20 years before going through a complete career change into nursing.

How do you unwind after a tough day?

Me and my son have a horse which we share and look after together, so I enjoy going on long rides and I love to watch my son riding her.



Working together
LIVING WELL