

PenninePost

Health news and advice



In this issue :

**Developing our strategy
- future changes to our
organisation** page 8-9

**Council of governor
elections** page 10-11

**Spotlight on...
apprenticeships** page 12

Issue 39 February 2019



Hello from the chair...



Welcome to your February edition of Pennine Post.

This issue will look back at the launches of our brand-new young people's mental health research unit, as well as our equally fantastic

ASD (autism spectrum disorder) and ADHD (attention deficit hyperactivity disorder) service in Stockport.

Our staff continue to get noticed for their exceptional work all year round. I would like to congratulate Helen Lambert and Vicki Elcock for their recent Unsung Hero Award nominations, and Gemma Mlambo for featuring in Greater Manchester Nurses' #100NorthernPowerHouseNurses. Flick to pages 4 and 5 to read more on their achievements.

We are preparing to hold our governor elections between April and June. In the lead up to this, we will be holding plenty of road-shows which give you more information on the role of a governor and election process. Please read the membership section to find out more about this on page 10 and 11.

Looking ahead, our trust is going through an important period of change and transition. For an overview on what to expect over the coming months, please head to pages 8 and 9.

I hope you enjoy reading this edition.

Thank you and best wishes,

Evelyn

Evelyn Asante-Mensah OBE
Chair

News

NHS Long Term Plan launched.....	3	How getting in touch with nature is helping young people to thrive.....	7
CQC results - we're making improvements.....	3		
Gemma makes #GM100.....	4		
Stockport staff welcome Belarus guests.....	4		
Mental health nurse achieves Trust first qualification.....	5		
Celebrating our unsung heroes.....	5		
Therapists save Bury mum's voice.....	6		
Young people set to benefit from new mental health research unit.....	6		
New ASD/ADHD service launched.....	6		
Over 2,000 of our dedicated staff join the FLUperheroes.....	7		
		Developing our new strategy.....	8



Developing our new strategy..... 8

Members

Council of governors elections 2019.....	10
Governor roadshows.....	11

Spotlight on...

Apprenticeships.....	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

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 February 2019.
No part of this publication may be reproduced without permission.
All information is correct at the time of going to press.



NHS Long Term Plan launched

The NHS Long Term 10 year Plan was published in January, which includes news of increased investment across mental health and community services.

An extra £2.3 billion will be spent on mental health care each year, and plans are in place to provide community-based physical and mental care for 370,000 people with severe mental illness by 2023/24.

The plan has also committed to increase training and recruitment opportunities. This will include supporting our on-going apprenticeships programme to increase the number of opportunities available.

Our Trust is now entering an important period before the local plan for 2019/20 is published in April, and the local five-year plan follows in Autumn. This means that over the next few months, we have the opportunity to help shape what the Long Term Plan means in our area, and how the services we use or work in need to change and improve.

To read the NHS long term plan, please visit:

www.longtermplan.nhs.uk

CQC results - we're making improvements

On 28 January 2019, the Care Quality Commission published its latest inspection report on our services. We received an overall 'requires improvement' rating.

Our ratings across the five CQC domains make up the overall 'requires improvement' rating. These are as follows:

- **Caring: Good**
- **Responsive: Good**
- **Safe: Requires improvement**
- **Effective: Requires improvement**
- **Well-led: Requires improvement**

The overall and five domain ratings have not changed since our last inspection in 2016, but this report recognises the significant improvements we have made and that we are on a positive journey towards 'good'.

We are delighted that our mental health older people's wards have improved their rating from requires improvement to good and that our dental services, which were inspected for the first time, were rated as good.

We are also proud that we have been rated as good for 'caring', which is testament to our compassion and dedication to patients and service users.

There are areas where we must make improvements. We are already working on these and will continue to do so.

The report recognises we are making changes, but that these are early in their development. We hope and expect these changes will be embedded over the next year and the impact much more visible in the future.

To view a copy of our latest report, please visit: www.cqc.org.uk/provider/RT2

Gemma makes #GM100

Our colleague, Gemma Mlambo, saw 2018 off in style, as she deservedly featured in the #100NorthernPowerHouseNurses shortlist.

Our executive director of nursing, healthcare professionals & quality governance, Clare Parker, and clinical lead Rebecca Ratican, were two of the people behind Gemma's nomination. While praising many of Gemma's qualities, they highlighted her proactive and passionate approach to work as a major reason for her success.

"Gemma has the ability to passionately drive through change, while supporting ward managers in their day to day roles," said Rebecca.

"Gemma never lost sight of the challenges that inpatient staff face daily, and she was always willing to get stuck in."

Clare was particularly impressed with Gemma's fantastic approach, adding, "She approaches everything very positively and with enthusiasm. I am delighted she was successful in being one of the 100 Northern Powerhouse Nurses. Well done and well deserved!"



PICTURED ABOVE: Gemma Mlambo



PICTURED ABOVE: Belarus guests and our staff

Stockport staff welcome Belarus guests

Our Healthy Young Minds Stockport team recently welcomed health colleagues from Belarus.

The visit was arranged by Kay Harvey, consultant child psychiatrist and Sally Trowse, ADHD (attention deficit hyperactivity disorder) clinical nurse specialist, with the aim of sharing skills, knowledge and experience.

Kay and Sally welcomed Elena Hrozdeva, Natalia Semenyaka, Galina Femenok and Natasha Samoilik from Gomel in Belarus and Linda Walker from the Chernobyl Children's Project UK (CCP-UK).

Improving mental health care is a key priority in Belarus. When the Chernobyl disaster happened in 1986, 70 per cent of the radioactive fallout landed in the area. This resulted in increased rates of physical disabilities, learning disabilities and mental health difficulties in children.

Sally and Kay delivered training sessions focused on supporting teenagers with ADHD and shared examples of how joined up working between different professionals has made a real difference locally.

Mental health nurse achieves Trust first qualification

After three years of hard work, advanced practitioner Andrew Gallivan has achieved a Trust first, by becoming one of only 50 people nationwide to receive approved clinician status.

In this new role, Andrew can now act as a responsible clinician for a patient; a role traditionally held by consultant psychiatrists.

The responsible clinician has overall responsibility for care and treatment for patients being assessed and treated under the Mental Health Act

Andrew's achievement shows that education doesn't have to stop when you enter the workforce, he said "I'm overjoyed to have completed the course and I would like to thank the Trust as a whole for helping me through the process."

Andrew next aspires to become a nurse consultant but in the meantime is mentoring others during their advanced practitioner training.



PICTURED ABOVE: Andrew Gallivan



Helen Lambert



Vicki Elcock

Celebrating our unsung heroes

Two of our staff have been shortlisted for the annual Unsung Hero Awards.

Manchester resilience hub lead, Helen Lambert, and head of adult services (urgent care) in Oldham, Vicki Elcock, have both made the three-person shortlist in separate leader of the year categories.

In her role with the resilience hub, Helen has been responsible for leading both clinical and admin staff to support the victims of the two Manchester terror attacks.

She has played a key role in forming strong relationships with local authorities and commissioners, and is vital to ensuring the hub is well managed during busy periods.

Vicki spent 2018 working hard to drive up the quality of services and overcome the increasing pressures faced by Oldham's urgent care services.

Managing director of health and adult social care community services, Mark Warren, was the person behind Vicki's nomination.

"Vicki has demonstrated an awe-inspiring ability to negotiate and bridge cultural divides and develop a harmonious team that can work together for the benefit of patients," said Mark.

Therapists save Bury mum's voice

Bury mum and motor neurone disease patient, Kay Jones, has thanked our speech and language therapists for banking her voice and making a huge difference to her life.

With over 1500 phrases and sentences recorded, she is able to use an app on a tablet, computer or smart phone to 'speak'.

While synthetic voice technology has been around for some time, the ability to personalise a person's voice is relatively new.

Kay said: "Losing your voice is like losing your sight or your hearing. Your voice is very precious. I don't think I'd be where I am now without the whole team."

Since May 2017, the speech and language team has helped six people bank their voices.

Louise Robinson is a speech and language therapist and team leader. She said: "We really care about our patients and are always looking at new and innovative ways to help them enjoy the best possible quality of life."



Kay Jones

Young people set to benefit from new mental health research unit



Our recently launched young people's mental health research unit, is set to drive forward research that will improve services and make a real difference.



The unit has been set up by some of our expert mental health professionals who are passionate about improving mental health care for young people. Their vision is for the unit to become an international pioneer of research.

Working closely with local, national and international academic organisations, the unit leads will pursue as many research opportunities as possible. They also want young people, parents and carers to be involved in the unit's research, so that their experiences can help shape future support.

Dr Bernadka Dubicka is one of our consultant psychiatrists and research lead. She said: "It's taken lots of time, effort and planning to set up the research unit, but it has definitely been a labour of love for all of us."

We are already involved in quite a few exciting projects, which will deliver benefits for young people and those who care for them". For more information, visit

www.penninecare.nhs.uk/ypmh-research-unit

New ASD and ADHD service launched

Our brand new Stockport ASD (autism spectrum disorder) and ADHD (attention deficit hyperactivity disorder) service launched in January.

The service will provide diagnosis and follow-up appointments (including an annual medication review) for people with ADHD, and signposting to appropriate support services for people with ASD.

We are really pleased to be able to offer this new service, which will help ensure people with ASD and ADHD can be diagnosed as quickly as possible, so they can receive the right support.

The service is for people aged 16 years and above who are registered with a GP in Stockport.

Over 2,000 of our dedicated staff joined the FLUperheroes



Over 2,000 of our dedicated staff have joined the FLUperheroes to help protect patients from the effects of this potentially deadly illness.

As part of our annual campaign, every member of staff is encouraged to have a free flu vaccine. It is the best possible protection against an unpredictable virus, which can cause serious complications and even death for those who are vulnerable.

Leading by example, some of our senior leaders have shared their thoughts about why they had a vaccine.

Chief executive Claire Molloy said; "I have always had my flu vaccine, as it is important to protect the people we care for. I see it as setting an example, as I wouldn't expect staff to do something that I wouldn't do.



Chief Executive Claire Molloy with Laura Birch, infection prevention and control nurse

"The virus can have serious consequences for vulnerable people and the NHS as a whole, due to staff sickness and increased demand. A simple injection can help to stop flu in its tracks."

Our chair, Evelyn Asante-Mensah OBE said; "We all come to work to care for patients. Having a simple injection is such a small ask that has huge benefits.



Chair Evelyn Asante - Mensah OBE

"I have seven people in my household, including my mum who has had a kidney transplant and is partially sighted. By having a vaccine I'm doing everything I can to protect her health and my own, so I can care for her."

If you are in an at risk group, you can get a free vaccine to protect against flu. More information is available at www.nhs.uk (search for flu vaccine).

If you are a member staff and would like a flu vaccine, please visit the staff intranet or email pcn-tr.flu-penninecare@nhs.net

How getting in touch with nature is helping young people to thrive.

More than 100 local young people and families have benefitted from an innovative nature-based course known as ecotherapy. It is run jointly by our emotional health and wellbeing service, #Thrive, and Manchester-based social enterprise, Sow the City.



PICTURED ABOVE: Erica

Young people can come along to weekly ecotherapy sessions, which evidence shows can reduce stress, boost mood and improve physical health.

Naomi, 36, and her daughter Erica, 7, live in Heywood and have been attending the ecotherapy sessions.

Naomi said, "Erica has social and communication difficulties and struggles with large groups. The sessions have given her confidence because she can focus on the activity and interact with other children in a more natural way."

Jen O'Neill, #Thrive service lead, said: "Our team aims to support children and young people who are experiencing low-level emotional or mental health issues. The feedback we receive is really positive. It's really rewarding to know that we are all making a positive difference to the lives of young people and their families."

For more information on the #Thrive service visit: www.healthyyoungmindspennine.nhs.uk/thrive

Developing our new strategy – future changes to our organisation

We are developing our future strategy to ensure we provide the highest quality services in the years ahead.

This development follows a review of all our services, discussions with other NHS organisations about community health services, and looking at how our services fit in with local NHS service development. After listening to feedback from a range of people, we spent a lot of time carefully considering the different options, while always focusing on what is best for patients.

Focusing on mental health and learning disability services

We have agreed that our new strategy will focus on providing the highest quality mental health and learning disability services.

There is also a greater national focus on mental health services.

We believe our new strategy will bring positive opportunities for everyone – patients, carers and families, as well as all our staff - whatever area they live or work in.

Enabling our community services to achieve more

As part of this new strategy, our community services in Bury, Oldham, Rochdale and Trafford will be moving to new provider organisations.

We have been very proud to run community services over the last seven years and there have been significant achievements, but things have changed.

We have been spread too thinly and need to focus on where we can add the greatest value.

As local care organisations and hospitals continue to develop, we believe there are other provider organisations better positioned to enable our community services to achieve more for the benefit of local people.

We will be working hard to ensure the smoothest possible transfer. We will continue to play a role in local health and social care developments.

Launching our new strategy

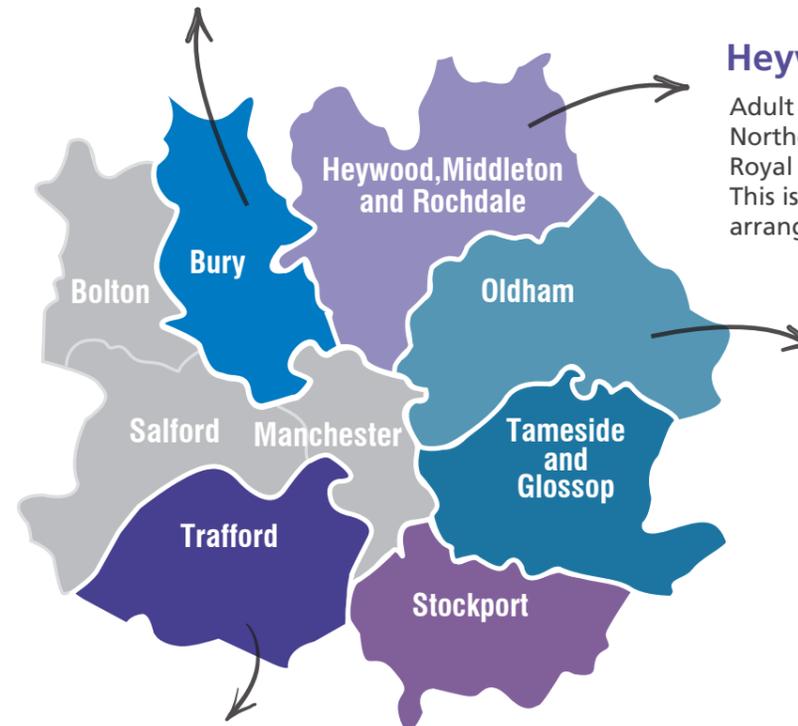
A lot of work is being taken place on our new strategy, which we plan to launch this summer/autumn.

We will be talking to many groups, from staff and governors, to partner organisations and patient groups.

All staff across the organisation are being kept fully updated about the transfer and strategy development.

Bury:

Services are expected to transfer to the Northern Care Alliance – a partnership between Salford Royal and Pennine Acute trusts – from 1 July 2019.



Heywood, Middleton and Rochdale:

Adult community services are expected to transfer to the Northern Care Alliance – a partnership between Salford Royal and Pennine Acute trusts – from 1 July 2019. This is still to be confirmed. A decision on the future arrangements for children’s services will soon be made.

Oldham:

Services will transfer to the Northern Care Alliance – a partnership between Salford Royal and Pennine Acute trusts – from 1 July 2019.

Dental services and child health information services:

A number of options are currently being looked at, as these both have an NHS England contract.

Trafford

Services are expected to transfer to Manchester University NHS Foundation Trust during 2019 – following a due diligence and approvals process.



Claire Molloy, Chief Executive

“ This is about doing the right thing for patients and service users, and looking at where we can add the greatest value. Everyone is absolutely committed to the development of high quality community, mental health and learning disability services for local people and working in partnership to further enhance treatment and care. ”

Members



Council of Governor Elections 2019

Challenge yourself - make a difference - meet new people
= **become a governor**

What do governors do?

Governors are unpaid and contribute part-time on behalf of our Trust. They play a pivotal role in providing local accountability and acting as our eyes and ears, ensuring we provide quality services.

Governors represent the interests of the communities we serve, as well as you and your views. They make sure local voices are heard, so we are able to develop services that meet your needs.

The council of governors consists of elected members and appointed individuals who represent members and other stakeholder organisations.

Joyce Howarth, our lead/public governor for Tameside and Glossop, said:



Joyce Howarth M.B.E

“Being a governor provides me with the opportunity to learn how the Trust works and to visit services to hear the views of staff, patients and carers. We are also involved with the selection and appointment of non-executive directors and contribute to the appointment of executive directors. I am pleased to support the Trust and its staff to provide the best service possible for patients.”

“ Being a governor provides me with the opportunity to learn how the Trust works and to visit services...” ”



Does this sound like you?

If this sounds like something you are interested in, we are just about to start a recruitment exercise for new governors. Our elections will run between April and June 2019, with successful candidates commencing in post on 1 July 2019.



Want to find out more?

During spring we will be holding a series of roadshows to provide you with more information on the governor role and the election process. All of our roadshows will be held at Pennine Care NHS Foundation Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.



Please contact the membership team to book a place either by email ftmembership.penninecare@nhs.net or telephone: 0161 716 3374/3978. You will need to attend the whole session, which will run for approximately two hours.



Save the dates!

Thursday 7 March 2019 - 10am

Monday 11 March 2019 - 2pm

Friday 22 March 2019 - 2pm

Wednesday 27 March 2019 - 10am

Wednesday 3 April 2019 - 1pm

Tuesday 9 April 2019 - 1pm

Monday 15 April 2019 - 10am



Who can become a governor?

Anyone can stand to be elected as a governor, as long as you:

- Are a member of the Trust
- Are over the age of 16
- Live within the area in which you wish to become a governor

Be the voice of your community



The Council of Governors represent you and your views.



Keep in touch...

If you have any queries you can contact the membership team by emailing ftmembership.penninecare@nhs.net or calling 0161 716 3374/3978.

Do your bit to help the NHS, why not receive your newsletter via email? You only need to forward your name and postal address to:
ftmembership.penninecare@nhs.net



A spotlight on...



...apprenticeships



Apprenticeships offer many fantastic benefits to everyone involved.

Becoming an apprentice allows you to earn a wage while studying towards a qualification and gaining valuable skills and experience.

Services can also hugely benefit from apprentices, who can offer an extra pair of hands, fresh and innovative ideas, new skills and more. All this can help to improve the service for patients.

Read on to find out about a hugely successful apprenticeship programme in Oldham and how you can get involved in future opportunities.

Mahbub Ahmed, business admin apprentice:

An apprenticeship was the best option for me as I could earn a wage while getting hands-on experience.

I have enjoyed moving around teams to see how different departments use a variety of techniques to do their job.



Mahbub Ahmed

I truly believe that the programme has helped me learn different skills which I have already been able to apply in my job. I highly recommend an apprenticeship to anyone who doesn't want to go to college or university and would rather learn and earn.

Leonda Scrivens, administration and community child health manager:

"We were really keen to welcome some apprentices into our team, so we partnered with local training provider, Damar. The apprentices joined our Oldham community services' administration team.

"The support that we offer apprentices is incredibly useful for starting a career with us. The apprentices work in a number of different services during the programme, which gives them a taste of the many career opportunities available within our Trust.

"They have a fantastic work ethic and play a major part in every team they work in. We have been hugely impressed by how reliable, adaptable, willing to learn and enthusiastic they have been from the very beginning.

"We are over the moon with our class of 2018 apprentices. We could not be prouder and want them to succeed in everything that they do. We have also gained a personal sense of achievement that we have contributed to their development".



Leonda Scrivens

“ I truly believe that the programme has helped me learn different skills which I have already been able to apply in my job. ”

Find out more

To find out more about how to become an apprentice, or how an apprenticeship programme can benefit your service, please email pcn-tr.apprentices@nhs.net or phone 0161 716 2629/3261 and ask to speak to Alison Walker-Smith or Heather Mallison.

Working together
LIVING WELL