

CONNECTIONS

Putting you at the heart of everything we do

March / April 2009

Produced by Communications

www.bdct.nhs.uk

Grand Finale Event
Closing our
Foundation Trust
Consultation

NHS

Hello and Welcome

to the
March / April
Edition of
Connections



Welcome to the new look March/April addition of Connections. As you have probably already noticed we have made a few changes to our design. Please let us know what you think. We are always eager to hear you opinions. And don't forget to contact us if you have something you'd like to see featured in Connections or you have a story you think deserves to be heard. Perhaps you're doing something usual for Easter? In this new look issue you can read about the joy some

canine capers brought to one of our inpatient wards.

We hear about one woman's battle to kick a drugs habit for her kids. Springfield Gardens unveil their plans to get us all eating healthily over the summer months. And a psychotherapy department re-opens following a big move.

Of course we provide another opportunity to beat the credit crunch with our competition for £50 of vouchers. Interest in the theatre vouchers appeared to have tailed off so the lucky winner this time can look forward to £50 of high street vouchers. That should help to pep up your summer wardrobe.

Editor
Dan Johnson



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Have You Got News For Us?

If so please share it and we will pass it on.

The communications team want to share your news across the Trust and with other audiences. We have various ways we can do this:

1. Connections
2. A media release
3. E- Update
4. Intranet front page

So send your news to:

communications@bdct.nhs.uk

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News in Brief

A brief insight to the latest events, services, updates and much more...

Train becomes Padded Cell



Time to Change continues to tackle the stigma faced by people with mental health problems.

As commuters in Sheffield went to work they discovered one of their trams had been turned into a padded cell. It was emblazoned with provocative slogans. It made

the point that mental health problems are very common, yet people who have experienced these problems, are typically getting on with life and travelling to work, just like everybody else. Visit www.time-to-change.org.uk

e-Recruitment

We are moving with the times thanks to the launch of an e-recruitment service.

People are being encouraged to use a new electronic recruitment process as paper applications are phased out.

Sandra Knight, Human Resources Director, said: "This is an exciting time for us e-recruitment will speed up the recruitment process."

Staff can now shortlist applicants online, view applications prior to the closing date and set up interviews online.

Applicants with no IT access can visit [local.jobs@](mailto:local.jobs@bdct.nhs.uk) where they will be offered support to fill in the application form. Alternatively they can call the Central Recruitment Team for advice.

For information contact the Central Recruitment Team on 01274 228332 or email Recruitment@bdct.nhs.uk.

New Director of Service Delivery

Director, Stuart Hatton, left the Trust on Friday 20 March to take up a new post at Manchester Mental Health and Social Care Trust as Chief Operating Officer.

Nicola Lees has taken over as



Director of Service Delivery.

She said: "I'm looking forward to meeting and working with you all.

"This is an exciting time to join the Trust as we move towards Foundation Trust status.

"I have seen the benefits it can bring for service users and staff in my role at Manchester." Joining us on secondment for 12 months, Nicola brings 27 years of NHS experience to her new role here. Starting out her career in the NHS as a nurse, Nicola has spent most of her time working in mental health services. She comes to us from Greater Manchester West Mental Health Foundation Trust

where her role was Network Lead/Associate Director and she was responsible for the management of specialist mental health services across Bolton, Salford, Trafford and Greater Manchester. Nicola can be contacted via her PA Ruta Mutarelli on 01274 363420.

Job Satisfaction

Our employees are among the most satisfied in the country, according to the latest staff survey.

The survey puts us in the top 20 per cent of mental health and learning disability trusts in the country for employees being happy at work.

Ninety-three per cent of people reported feeling that they made a difference at work.

Eighty-nine per cent said they feel valued by their colleagues, while 84 per cent felt they had an interesting job.

The annual staff survey had a 50 per cent return rate,

which is slightly down on last year, but gives a sound basis to create plans for future improvement.

Full results will be with care groups and corporate functions from April.

Having their Say

Two events have taken place simultaneously providing a chance for service users and carers to tell us how they would like services to improve.

Over 60 people turned up to the events held at Temple Row, Keighley, and St Peter House, Bradford to discuss ideas for improvement with

adult mental health staff.

They found out what the Bradford Community Mental Health survey showed, got a chance to review action plans to improve services, helped decide which key areas we focus on in the future and share their ideas and experiences.

Colin Perry, Senior Manger, said: "The feedback so far is that people have enjoyed the events and have suggested a number of ways to improve our services. Generally speaking people thought the events were useful and really benefited from face to face discussion."



We are all being encouraged to voice our concerns thanks to a re-launched initiative. The new whistle blowing policy – Hearing the Concerns of Workers – tells you what to do if you are worried about bad or just plain unlawful practice.

We spoke to Senior Disclosure Officer, Nick Morris, to find out why it is so important everyone speaks out about things like miscarriages of justice, suspected fraud or mistreatment of service users.

He said: “The key aspect is reporting when something is not quite right in the workplace. We want to reassure people they are simply witnesses, not complainants and we will never point fingers. “Your jobs and livelihood are not at risk if you come forward. Information provided will be treated with the strictest confidentiality.

“What we want is a transparent business where problems can be resolved. If there are gaps in our skill set we should hold our hands up and say ‘how can I do this better?’”

In a recent case at

You Must Speak Out

another trust, documented by NHS Employers, a Care Assistant at a residential home for people with dementia, worked closely with Joan, a Senior Nurse. The pair were friends.

Sarah noticed Joan had begun treating everyone in an off-hand way and then began shouting at residents. Sarah saw her sedate one without a prescription and handle her very roughly.

Eventually Sarah contacted her manager after talking the issue through with the independent body Public Concern at Work (PCaW) who work closely with trusts to help implement the Public Disclosure Act 1998.

Following a great deal of confidential discussion other staff corroborated and described other incidents Sarah knew nothing about. Joan was suspended and later jailed for ten months.

Nick Morris added: “This case epitomises what our Hearing the Concerns of Workers policy is all about. It gets rid of rotten wood by impartial investigation. I am sure all staff who work hard to care for service users would rather have people with poor practice out

of their teams so they are not tarnished.”

If you have a concern you can speak to your Line Manager, Trade Union Representative, Clinical Supervisor, HR Business Partners, Employee Advisors, Head of Profession, a Senior Disclosure Officer or a Disclosure Contact Officer.

The law completely protects your anonymity and all managers, in particular our disclosure officers, must by law take your issues seriously. The main thing is to speak to someone you are comfortable with.

You can speak to organisations outside us. The Public Concern at Work Helpline is 020 7404 6609 or you can email helpline@pcaw.co.uk. You might also want to Contact NHS Fraud and Corruption Reporting Line on 08702 400100.

We also run basic training in how to spot abuse in children and vulnerable adults, and what to do to report your concerns. These courses are listed on the intranet via Learn Online.●

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A Dog for Life

By Sam Hirst

A dog is probably the last thing you would expect to find running around in nursing facilities, day care centres, hospitals and private

homes, but animals are being used as therapy for people with dementia up and down the country.

During a recent pet therapy

programme at Chellow Lodge I witnessed the many benefits a visit from an animal to care setting can bring.

I watched the faces of

patients light up when Meg, the lovely greyhound and her owner Jane entered the room. They were excited and watched carefully when Meg showed off her talents and demonstrated a few tricks.

Jane Thrower, a volunteer of Pets as Therapy (PAT), said: "The first time we visited one

for three and a half years. She couldn't race as she is cross eyed. She enjoys visiting and meeting new people."

Research has shown using animals as therapy has resulted in increased feelings of calm and wellbeing for people with dementia.

Karen Flowers, Ward

we can see the impact using an animal as therapy is having on the patients. A visit from Meg once a fortnight initiates conversation between the patients."

Lots of people volunteer for PAT with over 100,000 patients and residents every week receiving a service from PAT.



Ann Barugh, Angie Stafford, Karen Lannen and Meg

"Faces lit up when Meg entered the room."

lady didn't want to stroke or talk to Meg. She reminded her of a pet dog she once owned who had passed away. The next time she patted Meg and talked about her childhood."

Studies show contact with animals can stimulate the social environment with patients becoming more responsive and interactive.

Jane knew when to back away and when to approach people, giving them time to get familiar with the dog and pat her if they wanted.

Jane added: "We are part of PAT - a national charity that sees volunteers taking dogs into hospitals and a number of care settings. I have been a volunteer now for 12 years and Meg is the third dog I have worked with.

"Meg has been part of PAT



Meg making new friends at Chellow Lodge

Manager, said: "Some people with dementia are at risk of loneliness and isolation and they can become withdrawn in hospital. We wanted to provide an alternative therapeutic and stimulating environment for the patients by introducing PAT."

"Although it's still early days

It's important that if any animal is introduced to a care setting careful planning takes place to protect the health and safety of all.

If you are interested in having Jane and Meg visit your area please contact Jane on 01274 562394.●

Building a Better Future



A mother of three and a drug user tells us how a pioneering service has thrown her a life line.

The service, running from a Keighley health centre, supports mothers by minimising risks to their baby and stabilising their substance usage.

Claire Beadle, of Keighley, first came into contact with the service eight years ago and has used it through three pregnancies.

The 29-year-old said: "I am going to be drug free. It's not just for me. I want to provide a better life for my family. I am making changes for the better. I am now part way through a detox programme and have significantly reduced the amount of methadone I take."

The service provides a drop-in facility where mothers can have a scan, ante-natal checks and seek advice about drugs all under one roof.

Claire said: "The drop-in is a good idea as people who use drugs, like me, tend to lead erratic lives. If I couldn't do this I wouldn't seek advice about my drug use until I really had to. It's embarrassing and I wouldn't talk to my own GP about it."

When she realised she was pregnant with her third child she was using street drugs as well as taking prescribed methadone.

She was referred to the multi agency antenatal service, which is led by Airedale Community Drug and Alcohol Team, Project 6, Airedale Hospital and the Neo-Natal Team at Owlet Family Centre.

Claire said: "Having the support from my drug worker and the rest of the team at the

"I am going to be drug free. It's not just for me. I want to provide a better life for my family."

clinic made my pregnancy a more stable and comfortable experience. If there were times when I was feeling bad I would seek support from the team and they helped me.

"They would also support my family. My drug worker comes and talks to them and answers any concerns they may have. I'm really lucky to have such a supportive family who understand what I am going through."

A drug liaison midwife was at the hospital with Claire during the birth of her last child and she now receives

post-natal care from the Drug and Alcohol Team and regular visits from a health visitor.

"Having someone there every step of the way, who knows what I'm going through has helped me loads. I am labelled in the community, people look down their noses at me. It makes me feel shameful and embarrassed but they don't understand my situation.

"I would recommend the service to others. You can talk to people who understand your situation. You feel part of normal society and they don't single you out."

Anyone attending a drop-in receives a full assessment, defines their aims and finds out how the service can support them in achieving it.

Helen Cowley, Drug Treatment Nurse, said: "The service we provide varies. It can be anything from advice and information, right through to supporting a woman during her whole pregnancy and intensively for a year after."●

For further information contact Helen Cowley at Airedale Community Alcohol & Drug Team 01535 338555 or call Mary Stronach Drug Liaison Midwife on Labour Ward at Airedale General Hospital on 01535 292402.

BEAT THE CRUNCH

An allotment project is offering our staff a chance to beat the credit crunch.

Springfield Gardens, in Holmewood, is offering staff the chance to pick up a box of vegetables for as little as £5.

The gardening project which caters for people with learning disabilities has been running for over fifteen years, but they are expanding their operation.

Sarah Riding, Day Care Officer, said: "We had a number of customers last year, but we

want to make it even bigger this year. By putting their names down on a list they will get a weekly box of items and it will all be lovely fresh stuff. "We provide quite a variety of produce and it's all organically grown. You might get in your box, cucumbers, lettuces, cabbage, potatoes, tomatoes, onions, spinach and more exotic things like chili peppers."

The project is planning to advertise within the Holmewood area, where it is situated, and

they are attracting more and more customers from the community all the time."

David Hunter, Day Care Officer, said: "The project offers a meaningful environment because service users can see what they have achieved

"Service users take home fresh vegetables."



The Springfield Team relaxing



Some of the Springfield Team hard at work

Being out in the fresh air can be a calming influence."

at the end of a task. It also contributes to their well being. Physical exercise and socialising really helps some of the people we have here. Everyone is contributing all the time.

"Service users take home fresh vegetables and being out in the fresh air can be a calming influence. The wildlife on this seven acre site provides a

constant focus of interest. Last week we had a woodpecker causing quite a stir among the group."

The project also produces bedding and perennial plants, hosts a walking and woodwork group and is working hard to build links with the local community.

David added: "We are working with the Holmewood Executive who are helping us get out into the local community and bring people into us."

"Recently, we obtained a quantity of Christmas trees through our connections with Bradford Council, which we have chipped and covered footpaths with.

"The Workers Educations Association is helping us to train some of the service users at the project. We hope it will help encourage them to get involved in other courses."

Anyone one wanting a vegetable box can contact the Springfield Gardens on 01274 688359 and ask to speak to Sarah Riding. The boxes will not be available until June, but put your name down now to avoid disappointment.●

TREATING DEMENTIA IN THE COMMUNITY

Jonathan preparing the medical drug box before he goes out into the community

A doctor is providing a 'one stop shop' for service users with memory disorders thanks to the aid of a very useful medical bag.

Dr Jonathan Fisk, Consultant Psychiatrist for Older People, has improved access to drugs for people with dementia by taking a medical drug box with him.

He said: "It's a common problem that patients or their carers spend a significant amount of time, money and effort making their way to and from hospital or local pharmacies to pick up their medication. I am trying to improve the way we deliver medication to patients."

Airedale Hospital Pharmacy supplies Jonathan with drugs in a stout, portable, lockable box containing pre-packed dementia medication which he takes out to clinics.

Jonathan said: "In the memory clinics I conduct an assessment to see if a patient requires medication. If, as a result of the consultation, they need medication, I can give them it there and then. Patients and their carers are delighted when I give them their drugs on the spot."

He has recently started several memory clinics closer to people's homes – in GP surgeries and community hospitals - as a way of providing a convenient assessment

and treatment service for older people with memory disorders.

He added: "I write a hospital outpatient prescription, give one copy to the pharmacy and keep one in the case notes so there is an audit trail.

"I label the drug packet and provide advice to the patient on how they should take their medication. I write to the GP as usual to let them know the medication the patient is taking."

"I am trying to improve the way we deliver medication to patients."

Older people in rural areas struggle to get their medication because of the distance they need to travel to the local pharmacy. Small pharmacies commonly hold only a limited stock of medication so people often have to make a second journey to collect medication once it has been ordered and delivered.

Medication collected from community pharmacies is significantly more expensive for the NHS than that from hospital pharmacies because pharmacists buy medication

at retail prices and charge the NHS a dispensing fee.

If this 'doctor's box' service was not available and patients could not get to the hospital or a pharmacy, valuable Community Psychiatric Nurse time would be taken up in delivering medication to patients' homes.

Jonathan said: "The serious shortcoming of this scheme is that I only have an agreement with Airedale Pharmacy to keep one type of dementia medication in the medication box. "People with a memory disorder who need other types of medication for their dementia and older people who need drugs for other mental illnesses still have to go either to Airedale Hospital or their local pharmacy to collect their medication, with the consequent costs and inconvenience".

Jonathan is currently negotiating with Airedale and Bradford Pharmacy to provide him with a full range of mental health medication.●





Climate Change and Carbon Footprint Take Centre Stage at NHS

The NHS has launched a new road map for reducing carbon emissions by 2015. The "Saving Carbon Improving Health" initiative will focus on transport, procurement, waste and recycling in a bid to reduce carbon emissions by 15 per cent.

It comes on top of a previous demand for trusts to reduce energy use by 15 per cent by 2010, which we have already beaten by over two per cent.

Producing over 18 million tonnes of carbon dioxide a year and the largest employer in Europe, the NHS is the largest public sector contributor to climate change.

With all this in mind we have been looking closely at how we can reduce our carbon footprint.

A five year plan to introduce energy saving measures started at Somerset House, New Mill and Daisy Hill House in March.

Time clocks are being introduced on equipment which should not be left on overnight. Motion sensors are being installed in store rooms, meeting rooms and toilets to make sure lights are not left on unnecessarily.

Naomi Makin, Energy and Environment Manager, said: "These changes will reduce the amount of energy consumed by up to 30 per cent, meaning a longer life for equipment

and reducing light pollution. "Everyone can play a role in reducing our carbon footprint

"It may seem simple but the small changes and reductions made by individuals can add up to a vast Trust wide achievement if we work together."

by switching off computers at the end of the day and ensuring taps are not left running. "Such small efforts can make a big difference. Climate change is a huge issue that is impacting on everyone."

From May we will be joining forces with Airedale NHS Trust, NHS Bradford and Airedale and Bradford Hospitals Trust to share knowledge of carbon reduction.

Naomi added: "It may seem simple but the small changes

and reductions made by individuals can add up to a vast Trust wide achievement if we work together and "Go for Green."

"If you have a special interest in carbon saving or have ideas you think we aren't aware of, why not consider becoming a Local Energy Representative. There are 25 so far.

"You could nominate a colleague for the good work they do via the Energy Wise award. We also have a Bright Ideas award to enable staff to tell us about issues they feel strongly about and would like to change."●

For further information please visit the energy management page of the staff intranet. This provides information on our performance and targets, projects, posters, resources, quizzes and cartoons. Click on Support Services followed by Energy Management. You can also contact our Energy and Environment Manager Naomi Makin on 01274 228170.

Foundation Trust Update



Attendees enjoy a banquet of various multicultural foods

We carried favour with the local community at a grand finale event that closed our Foundation Trust consultation.

Our team linked up with Sharing Voices Bradford to get their opinion about our plans to become more accountable to local communities and also indulged in a multicultural banquet.

Over a hundred people attended the packed finale at the Connaught Rooms on Manningham Lane hosted by the community development organisation.

It closed our consultation period which has been running informally since October 2007, involving 127 events and reaching over 1050 people.

Paul Hogg, Trust Secretary, said: "This event demonstrated what foundation trusts are all about – local accountability and active participation. We were delighted it provided such a cultural mix of views and comments which will ultimately help the Trust shape its membership and roles for governors.

"During the last three months we have been formally consulting on the way local people can get involved and this has resulted in over 500 comments and questions."

A short speech was given by Mohammad Shabbir, Chief

Executive of Sharing Voices Bradford, before Simon Large, our Chief Executive, gave a presentation about our bid to become a foundation trust.

He explained how the democratic structure would operate enabling local people to become members and in turn be elected to a Council of Governors who would work with the Board of Directors to improve services.

Following the presentation eight busy tables surrounded by Sharing Voices members discussed key issues posed by our consultation.

Stella Jackson, FT Membership and Governance Manager, said: "They discussed whether

the age limit of 14 for membership was appropriate, whether the allocations of governors for public constituencies was fair and if the allocation of stakeholder organisations were representative of Bradford.

"It was great to see so many people there, everyone got really involved. Most people got to grips with the questions we were asking them and we received some very useful feedback."

A banquet of various multicultural foods awaited the crowd after they had worked up an appetite, provided by Sharing Voices and enjoyed by all.●



You're a Star Awards



Temple Row day trip to Morecambe

Now all the You're A Star chaos has calmed down we caught up with the winners who thought they had escaped the limelight.

The Temple Row Team won first prize for Working with Communities. They worked tirelessly with the local community to integrate five

people with profound learning disabilities and ensure they spend their days exactly how they wanted.

Mandy Carte, Senior Support Worker with the Temple Row Team in Keighley Day Services, said: "The actual night was quite emotional because the film clip showed all the service



users really enjoying themselves, smiling and laughing and we'd made that happen. "What we do is kind of person centred planning for a group. We all deserve to be treated as individuals. Some of our service users wanted to do

"The service users really enjoying themselves smiling and laughing, we'd made that happen."

simple things like going for a meal or a trip to the seaside. "We got two little minibuses and before we knew it service users were doing things they hadn't had a chance to do before. These person centred plans are working because we are seeing changes for the better in service users.

"All the time we're looking for places we can go out in the community. It has made a huge difference to service users' lives. Every day there's something different for them

to do."

Walks for All based at Skipton Day Services won the Innovation prize. They put together and mapped 35 countryside walks, which are now available to the wider community.

Deborah Pickles, Senior Development Worker for Walks for All, said: "To win was exciting and was recognition for all the work we have put in.

"Service users planned the routes and then went around putting way markers out. A lot of effort went into these walks. They are about encouraging people back into exercise by showing them where they can walk.

"The physical exercise has really helped people with mental health problems. People with depression have said they felt much better at the end of the day after one of the walks. And some have even volunteered as walk leaders with other community groups.

"The money we won has gone back to the service users. It has helped us to book some transport allowing us further access to the dales.

"We came up with 35 walks that went to print and are now available to the community, from the Keighley Town Hall and GP surgeries. They can also be down loaded from

www.sportkeighley.com."

The Assessment and Treatment Unit won the Outstanding Contribution in Supporting the Delivery of Direct Care after it underwent a massive refurbishment last year.

Amelia Stewart, Senior Nurse at the unit, said: "It was



fantastic to win. It was a big boost to the staff morale and recognition of the improvements that have been made and a thank you to everyone. "Now there's a training kitchen and a snoozelum, music room and activity room. The courtyard has been revamped too.

"We are thinking we are going to spend the money on activity equipment. But we are currently talking to service users about what they would like to see."●



The Airedale Psychotherapy Department recently moved into new premises following extensive refurbishment of a disused building.

The premises, in Henry Street, Keighley, had formerly been used by drug and alcohol services, but laid empty for some time.

Previously on the outskirts of its patch, in Burley-in-Wharfedale, it was thought the department would benefit from being moved closer to the centre and Estates moved in to overhaul the building.

Joyce Davies, Consultant Psychotherapist, said: "A large number of our clients find the Department is easier to reach now, since access and transport links in Keighley are good."

"The new building has been refurbished with the full involvement of the psychotherapy team. This means that particular attention has been paid to privacy for clients and to ensuring the consulting rooms are suitable,

comfortable, pleasant, and fully sound proofed. The feedback we have had from service users about the move has been good."

The Airedale Psychotherapy

"A large number of our clients find the department is easier to reach now, since access and transport links are good."

Department offers psychoanalytic psychotherapy, both individually and in groups. It aims to help people gain a greater understanding of themselves and their relationships. The therapy focuses very much on what happens between a

client and a therapist in the present, but people's current difficulties often relate to their earlier life experiences, and links may be made between the past and the present. This way of working can help people to find more effective and fulfilling ways of engaging with the world.

Joyce added: "We offer assessments for psychotherapy, and also consultations, when staff and service users feel it might be useful to have a psychological perspective on difficulties being experienced. We also facilitate a number of staff supervision groups, and provide some clinical supervision to individual members of staff. Supervision allows staff the space to think about and understand the interpersonal and psychological aspects of their work with clients."●

Strike it Lucky



A ten pin bowling team has struck it lucky with a local recruitment agency. Just minutes before the first game of the season was due

Team captain, Jack Weatherhead, said: "The shirts are very nice. We have been waiting a long time for them. We feel like a proper bowling

The next competition will be held in May and the ultimate winners will be crowned at the last game of the season in November.

Sue Keiss, Assistant Manager in Supported Accommodation Services, said: "There are smiles all round tonight the players couldn't wait to put their new shirts on. I would like to thank Ethical Care Recruitment for sponsoring the team and Hollywood Bowl for allowing us to use eight lanes free of charge tonight."

"The team insist on practicing every week. Their skills and confidence have developed immensely. The league has also provided an opportunity to network with other people."

The team are now asking for anyone else to come forward, join in the fun and compete with them.

Carl Wells, Recruitment Manager at Ethical Care Recruitment, said: "I am delighted we are sponsoring the bowling team. We work in close partnership with BDCT and we were more than happy to offer our support."

You can contact the Self Advocacy Group at Wainfleet House on 01274 668876.●



to begin Wainfleet House bowling team were presented with 12 personalised shirts.

The top athletes with learning disabilities have been searching for sponsors since last August and were delighted when Ethical Care Recruitment agreed to support them.

team now."

After appealing for people to compete against in Connections, Wainfleet set up a league with three other teams.

Fiercely competing at the first match of the season Wainfleet landed third place, scoring two points.

Out and About in the Area

Art in the Park at Cartwright Hall Art Gallery



Continuing the previous year's well received summertime sculpture programme, Lister Park will once again host large scale outdoor works for the summer period.

Eva Drewett works mostly in bronze and recently in steel. Using the human form to

convey a powerful message her work portrays an insight into human frailty.

Open: 9 May – 9 Aug
As per Cartwright Hall
Entry: Free



Theatre Review



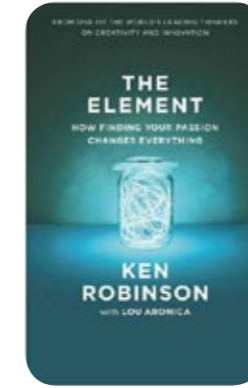
Why the Whales Came

Gracie and her friend Daniel live on the Isles of Scilly. They love playing on the beach but they have been warned to keep away from the mysterious figure known locally as Birdman. When the children get stranded on an abandoned island Birdman finds them and they are caught up in an adventure that will be the most testing and exciting time of their lives.

If you're looking for a magnificent adventure for all the family then don't miss this brand new production of Morpurgo's thrilling story.

Show: 31.03.09 - 24.04.09
Venue: Alhambra Theatre
Box Office: 01274 432000

Book Review



The Element: How Finding your Passion Changes Everything

The element is the point at which natural talent meets personal passion. This groundbreaking new book is all about how every one of us can find our element, connecting with our true talents and fulfilling our creative potential.

Ken Robinson is an internationally recognised leader in the development of creativity, innovation and human resources. He has worked with national governments in Europe and Asia, international agencies, Fortune 500 companies, national and state education systems, non-profit organisations and some of the world's leading cultural organisations.

RRP: £16.99
Author: Ken Robinson
Publisher: Allen Lane

Film Review



Fast and Furious

This action packed movie is coming to cinemas near you.

Fast and Furious sees the return of Vin Diesel and Paul Walker as they reteam for the ultimate chapter of the franchise built on speed, adrenalin and adventure.

Heading back to the streets where it all began, they rejoin Michelle Rodriguez and Jordana Brewster to blast muscle and exotic cars across Los Angeles and the Mexican desert in the new high-octane action-thriller.

A crime brings them back to L.A where fugitive ex-con Dom Toretto (Diesel) reignites his feud with agent Brian O'Conner (Walker).

Certificate: 15
Runtime: 1 hour 47 mins
Release date: 10.04.2009

Cleaning Up

A top cleaning team believe the secret to their success is good old fashioned team work.

Monthly and quarterly audit reports indicate Chellow Lodge is our cleanest ward.

Janet Cuafer, Head House Keeper on the ward, said: "It's all about team work. We've got a great working relationship and always help each other.

"We get on well with nursing staff and we feel like part of their team too. We get to see how our work benefits patients."

This winning team is made up of only four members Janet Caufer, Yvonne Schofield, Jayne Milles and Barbara Hare.

Janet, Yvonne and Barbara have been refining their partnership for the best part of eight years and Jayne is the new comer only having served with the veterans for four years. Recently, they came runners up in the You're a Star Awards for the Making a Difference Award.

Of the nomination Janet said: "We're really proud of what we've achieved. We don't want to feel better than

other teams we just get on with the job.

"It can be hard work here, but that's part of why it's so rewarding. All we want is service users to be clean and comfortable.

"Visitors comment on how clean the ward is. It's nice to be appreciated, it goes a long way and makes you better at your job."

The team are appreciated by staff and service users. They believe they are not just there to clean but to spare a few

moments for service users if needed.

Karen Flowers, Ward Manager at Chellow Lodge, said: "The team consistently perform their duties with good humour, a smile, efficiency and genuine warmth."

"Visitors comment on how clean the ward is"



L/R Yvonne Schofield and Janet Cuafer

Coffee Break



Here is your chance to win £50 worth of high street vouchers. For your chance to win just answer the following questions and complete the reply slip.

The lucky winner will be the first correct entry chosen at random after the closing date. The winner will be announced on E-update and the staff intranet.

Send your answers to the Communications Team, New Mill, Victoria Road Saltaire, Shipley, BD18 3LD or email communications@bdct.nhs.uk

Reply Slip | Deadline: 14th May

1 What is the name of the dog that visits Chellow Lodge?

2 Where was the last Foundation Trust Consultation event held?

3 Which award did the Temple Row Team win first prize in the You're a Star Awards?

SPRING HAS SPRUNG WORD SEARCH CHALLENGE

S	S	I	A	J	E	Q	B	L	C	G	C	D	Y	D
A	P	O	E	E	G	M	S	I	O	R	U	A	S	A
d	R	R	U	E	G	E	A	B	L	O	J	F	E	N
G	I	Y	I	Z	O	P	H	Z	O	W	Q	F	A	D
A	N	Z	F	N	N	N	B	M	U	T	D	O	S	E
R	G	P	T	D	G	Q	M	E	R	H	X	D	O	L
D	O	N	O	H	O	C	A	O	F	P	I	I	N	I
E	X	E	I	A	Y	F	L	K	U	U	O	L	H	O
N	A	K	F	T	C	O	N	E	L	L	P	E	Z	N
B	W	C	S	C	Z	M	P	L	A	N	T	S	M	P
U	U	I	N	H	R	U	J	W	G	N	A	I	H	D
T	K	H	C	E	L	E	B	R	A	T	I	O	N	G
T	A	C	B	L	O	S	S	O	M	R	E	R	Q	Z
E	R	E	G	C	J	A	I	A	V	W	B	A	V	S
R	F	L	O	W	E	R	S	I	N	B	L	O	O	M

1. Spring Clean
2. Plants
3. Flowers in Bloom
4. Growth
5. Springtime
6. Chicken
7. Season
8. Blossom
9. Garden
10. Dandelion
11. Lamb
12. Daffodil
13. Egg
14. Duckling
15. Colourful
16. Celebration
17. Butterfly
18. Hatch
19. Joy
20. Spring

A close-up portrait of Jennifer Holroyd, a woman with long, wavy, reddish-brown hair and blue eyes. She is smiling slightly and looking towards the camera. She is wearing a blue, sparkly top. The background is blurred, showing what appears to be an office or clinical setting.

Jennifer Holroyd

Social Worker, 21 Owlet Road

"RiO is completely different to TotalCare. It's more up-to-date and everything is there in front of you. I'm positive it will make my role a lot easier by providing easy access to client information I need. RiO is so easy to navigate, just like shopping at home on the internet."

RiO CLINICAL INFORMATION SYSTEM

Here's what I like about RiO:

- If a client has an alert, the information is so much easier to find and identify what the alert is.
- The search facility is brilliant and easy to use.
- You can see all of your client list in one place.
- If someone types up your notes they have to send them to you for confirmation they are correct. This leads to good quality information you can rely on.

For further information please visit

<http://intranet/support/estates-and-facilities/Rio-Implementation-Project.php>



Bradford District 
Care Trust

City of Bradford MDC

www.bradford.gov.uk