

CONNECTIONS

PUTTING YOU AT THE HEART OF EVERYTHING WE DO

JANUARY | FEBRUARY 2009

PRODUCED BY COMMUNICATIONS

Royal Seal of Approval

Prince Charles officially
opens new Community
Centre



‘Winners!’

Staff honoured for achievements

NHS

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Hello & WELCOME

to the January and February edition of Connections.

I will be hanging up my boots (or should that be booties) as editor of Connections for nine months from March. I am happy to say I will be on maternity leave, but I am confident that the Communications Team will still deliver all the news from around the Trust on a bi-monthly basis without me.

Our four page You're A Star Awards special celebrates some of the inspirational people and groups we work with. The actual night was a resounding success as anyone who was there can tell you. We would like to thank everyone who came along on the night and really got into the spirit of things to make it such a special occasion.

In the next edition you will find more about the winners and runners up. And in future editions we'll be sharing with you some of the truly amazing stories of the people who narrowly missed out on one of the top spots. So keep picking us up to find out about some of the amazing staff we all work alongside everyday.

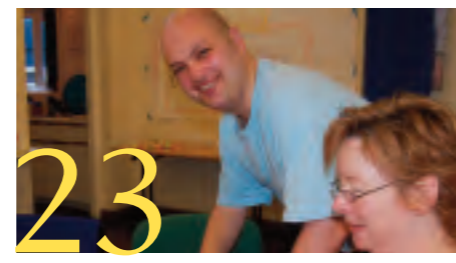
Also in this edition, we are very pleased to welcome a new Foundation Trust Team who are reinvigorating our campaign for the new year. You can read all about them, their plans to take our bid

forward and how you can get involved on page 18.

A national campaign to stamp out stigma around mental health launched in January. Read on to find out how we are supporting it, what the campaign hopes to achieve and get a personal insight into how discrimination affected one of our colleagues.

Also take a look at what happened when royalty dropped into to see some of our service users as they took part in a drama session.

Jayne Murphy
Editor



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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.

Your news can be included in:
- Connections - A Media Release
- E- Update - 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...

Working Nine 'til Five



Sheridan Jowett

After a year of hard work and determination 11 adults with learning disabilities are now ready for work.

Focusing on skills needed for employment, service users on the Off to Work Course have taken part in role-play to prepare them for interviews, fun projects to improve their team work and general work ethics.

Successful, Sheridan Jowett, said: "The Off to Work course was fantastic. After a six month placement, I was offered a part-time job as a bus escort at Shipley

Resource Centre. I really like my job and the best thing is getting paid."

The successful students were presented with a prestigious award at Bradford City Hall.

Sheridan added: "My family came to the awards ceremony. They were really proud of me."

On completion of the course some service users gained paid employment.

The Supported Employment Team delivers the training in partnership with the Workers' Education Association.

Better Information for Patient Care



We have signed up to a new clinical information system – RIO.

RIO allows us to provide a single source of information about our clients and continue improving care and productivity.

Tony Middleton, Head of Information, said: "TotalCare suppliers are withdrawing IT support, which could represent significant risks to patient data and care.

"Following talks with care group leads RIO was chosen to replace the outdated TotalCare system."

RIO has many benefits such as providing integrated community and inpatient care plans, one set of notes per patient, and ward admission information with the ability to manage beds.

TotalCare will be phased out and training for the new system provided.

For details of local RIO leads visit the staff intranet > staff forum > trust news. Further information can be found on the intranet.

The first stage of this project will be in place by 31 March 2009.

Carers' Rights day

A stall at the Kirkgate Shopping Centre in Bradford aimed to raise awareness of carers' rights and put a little extra cash in their pockets too.

Nearly three quarters of carers are financially worse-off as a result of caring, with many living in poverty. Yet up to 60 per cent of disability benefits, and an estimated £740m of carers' benefits go unclaimed each year.

Anyone who cares for another person was welcome to stop by the stall.

It helped some people recognise

themselves as carers for the first time, inform them about pensions, benefits and employment.

Jan Rhodes, Carers' Support Co-ordinator, said: "Many carers simply do not realise they are entitled to financial help, or struggle to understand poorly explained information and complex forms. We are here to help them understand and claim what they are entitled to as well as suggest practical support."

For further information about this event or regular support call Carers' Connection on 01274 363440.

Christmas Cash Boost

Nursing staff were given a bumper Christmas gift thanks to Sovereign Health Care.

The Bradford based healthcare cash plan provider presented the Trust with £8,000 to promote training and development.

Chair, Barry Seal, said: "We are extremely grateful to Sovereign for their ongoing support."

In previous years the money has been used across a full range of services including supported

accommodation, race equality, recovery services and child and adolescent services.

Key Account Manger for Sovereign Health Care, Barbara Keiss, said: "We are delighted to help recognise some of the fantastic work going on across health and social care services in the district. We know that our contribution is helping to develop staff and put the district at the forefront of delivering high quality care."



David Lewis (Left), Barabara Keiss (Right), present us with a cheque

Doris Walker Retires



After 30 years service with the NHS a revered union representative has retired.

Doris Walker started out at Lynfield Mount Hospital, 13 June 1977, on the switchboard.

She said: "I had never seen a switchboard before let alone worked on one, but I still got the job – how times have changed."

Many of you may know Doris for her dedicated work with UNISON. In recognition of this and her long service she was nominated to attend the Queen's Garden Party.

She said: "It was one of the highlights of my life and a memory that I will always treasure. Walking down the carpet made me feel like a real Hollywood superstar."

As Doris left she said: "I would like to wish everyone all the best. I have enjoyed every moment working with and meeting some fantastic people I will miss you all."

Her last day was 31 December.

Success just got FASTER

Latest students taking part

We find out how a nationally accredited course is putting staff through their paces in record time.

A training initiative is now delivering success in record time. Recently redesigned the Learning Disability Award Framework is now delivered in a staggering three weeks.

It previously took at least six months – sometimes even longer. So far 116 members of staff and 82 independent organisations have completed the course.

Andrew Walters, Modernisation Project Manager, said: “The new delivery time is a vast improvement and is thanks to the hard work of the Vocational Services Training Team.

“Before the redesign some staff started the course but didn’t finish because other commitments got in the way. The result was they never completed the Induction and Foundation Units.

“The course is now delivered over three weeks after which candidates spend time completing written assessments before submitting them a few weeks later.”

The four units which make up the award are; Principles of Learning Disability Support, Health and Safety, Protecting People from Abuse and Role of the Learning Disability Worker.

Now called the Learning Disability Induction Award it is accredited by the National Open College and open to people outside our organisation.

Service users from Wainfleet House Self Advocacy Group wanted to find out what staff were learning and attended some LDIA training to give their views on the course.

Michael Greenhough, service user

and tenant of Wainfleet House, said: “I found it interesting and informative for new staff and enjoyed it.”

Service user Alfred Powell also attended a session. He said: “It was wonderful, I really enjoyed myself and felt like part of the group.”

The redesign means candidates are receiving a nationally recognised certificate in a much shorter space of time.

Louise Richardson, Advocacy Facilitator, said: “The new course makes you realise service users are the people who should be telling us how we should be working and we need to be tailoring our care to the individual.

“The new course is much more effective and what’s more – it’s absolutely essential to people who are new to the organisation.

“You learn how to speak to service users, how to address them and respect their rights. It really empowers them.

“It is practical and gives you hands on advice. It’s made me more reflective about my working practices and helped me uphold practices and policies.”

More NVQ placements have also been provided thanks to your feedback in the last staff survey. Training and development is a key priority.

Our last staff survey emphasized a need for more NVQ placements and we have invested in a three year management and leadership programme.

The results for the 07/08 survey will be available later this month.

Back **on** TRACK

We join the festivities as students of an outstanding youth project collect their GCSEs.

A scheme for young people who struggle to attend school because of chronic anxieties is celebrating after 13 students passed their GCSEs.

The TRACKS project aims to help 13 to 16-year-olds who suffer with poor self-esteem and emotional difficulties gain qualifications and continue into higher education or careers.

Stephen Kendrick, who passed his GCSE Science double award, said: "I got involved through CAHMS. I was having a hard time with school because of bullying. It was a huge relief to get out of there.

"TRACKS isn't like school because there's much less pressure, it's more about your wellbeing. It is more the way school should be.

"I was very apprehensive the first time I went there. The staff are very supportive and the other pupils pull together to help each other and create a kind of network.

"I am very pleased with the exam result I have. I had a lot of time off last year but still managed to get a decent grade. I am pretty sure I will go on to college to do A level English."

The project, one of only two in the country, began in 2005 and since then has helped 47 students to gain GCSEs.

Dominic Austen left TRACKS in June after sitting English Literature and Language, Science double award and Maths.

He said: "I was struggling with school because I was very anxious around people. It was too crowded and I really didn't like the attention I was getting.

"Before I joined the scheme I was home tutored and only went to TRACKS for Year 11, but I looked forward to going each day.

"I am fairly pleased with my results. It was very rewarding, my confidence has grown and I am much happier."

The scheme specialised in core GCSE subjects.

Students have lessons from nine until lunch when they can go out or socialise as a group. They finish early at 2.30pm in case anyone has anxieties about seeing someone on their way home.

Christine Grant, a social worker for Education Bradford who works with TRACKS students, said: "This is an incredible achievement for our students and has changed lives. Some of these young people have overcome significant social phobias to gain excellent qualifications.

"If it wasn't for TRACKS some of them might get a few hours home tuition but they wouldn't be mixing with their peers meaning further isolation.

"It is an amazing benefit for them to interact with their peers. They gain confidence being around each other and they start doing things they would never have dreamed of before, like using public transport."

The scheme has brought together Child and Adolescent Mental Health Services (CAMHS) at Bradford District Care Trust with Education Bradford and Connexions West Yorkshire at a unique educational unit designed to help teenagers study GCSEs.

Youngsters are taught in a secure environment in small groups allowing personalised interaction at a pace which suits them.



Stephen Kendrick, Dominic Austen, Nichole Chamberlain and Christine Grant

We were on hand to bring you all the details of a very special visitor to our area.

Service users at Cottingley Cornerstones Centre got a shock when the Prince of Wales dropped in on their drama session.

Prince Charles was visiting to officially open the £4.5 million redesigned community centre, which had taken six years to complete.

Fortunately, a group of service users were on hand to show off their talents.

Tony Homyer, who runs a weekly drama session at the centre for people with learning disabilities, got the group relaxed while waiting for the royal entrance with a quick game of "Give us a Clue."

He said: "When Charles came through the door the title that came out of the box was Panorama, which is quite difficult to communicate. I asked if he remembered the programme and it kind of broke the ice.

"Everyone started pitching in with suggestions and actions. We ended up with minor royalty doing things that made them look quite silly.

"I explained we were working with people who have different levels of learning disabilities and most things we do are designed to help them with communication.

"The atmosphere wasn't tense at all it was a bit of a party atmosphere to be honest. Charles said he could hear us all the way down the hall, everyone else was waiting quietly for that tap on the door."

Tony presented the prince with a copy of a Pilgrim's Progress – a feature length adaptation of Charles Dickens' classic Oliver – featured in the August and September edition of Connections.

The film employed professional actors and service users from Tony's weekly sessions to tell the story.

Tony added: "Charles thought that the idea of mixing professional actors with people who express themselves in different ways was very important."

The Prince's association with the project goes back to 2002, when he attended a service to re-dedicate the vandalised war memorial at St Michael and All Angels Church, where he learned of initial plans to replace the crumbling church and hall.

Inspired by the vision, he committed support from his Foundation for the Built Environment and the expanded Cottingley Cornerstone Centre was brought to life.

Emily Godfrey, the centre's Development Worker, said: "This is the icing on the cake for everyone who has been involved in the project, and especially for the people of Cottingley who have supported the development from the start.

"So many people have already been to our open week events and want to use our facilities, and they deserve the recognition both locally and nationally that this visit brings."

"I explained we were working with people who have different levels of learning disabilities"

Royal Seal of APPROVAL for Community Project

A Night at the OSCARS

Jubilant staff sashayed down the red carpet at an Oscar's style awards ceremony where they were honoured for their achievements.

The 300 seat National Media Museum was filled with people eager to see themselves on the big screen and claim some of the £10,000 prize money donated by Sovereign Health Care.

Teams and individuals who have launched pioneering projects competed in 10 categories. First prize in each was £1,000 to be used for on going service or personal development.

Those short listed were interviewed by a film crew before the big night and saw themselves up on the silver screen in a two minute feature about their outstanding work.

Sarfraz Khan, a Community Support Worker, took home first prize for Learner of the Year.

He undertook significant training on top of a busy work schedule and home life to attain certificates in Arabic and Spirituality from Leeds University and the University of Central Lancashire.

He said: "I am honoured to even be nominated but to win – I am ecstatic.

"I would like to thank all my colleagues at Skipton Road Day Centre for all their support, it has given me so much confidence."

Service user development worker Tony Carey went home with first prize in the Making a Difference category.

He has been fundamental in

promoting individualised support plans for people with mental health problems – making a significant improvement to services.

Tony said: "This is an extremely proud moment, but it wasn't just up to me because I am a firm believer in team work. We need this approach to ensure our work is realistic and not tokenistic."

The New Ridge Team, based in Cottingley, provides day services for people with learning difficulties.

They won Team of the Year for

their work, which went beyond the call of duty, allowing service users to enjoy extreme sports such as archery, canoeing, caving, abseiling, rock climbing and fell walking.

Previously people with challenging needs have not been able to engage in these sports because of the perceived safety risks.

Pam Hickinson, of New Ridge, said: "This is a fantastic achievement for the whole team and a morale boost

for everyone. It has shown us the way forward and how to build on what we have already achieved."

Sarah Goonoo, a specialist personal advisor with Connexions, and Penny Blair, a transitional care coordinator, scooped top prize for Outstanding Contribution to Improving Service.

They were recognised for their tireless partnership work to help disaffected young people back into education, training and employment.

read more on the next page...



Taskforce Team



Sarfraz Khan



New Ridge Team

Penny said: "We are proud and thrilled to receive this award and it is a testament to the hard work of our colleagues, it makes it all worthwhile."

The Taskforce Team took home the Working Together prize. They are a group of staff and service users with learning disabilities based at Listonshiels Resource Centre.

The group ran away with first prize for producing an information booklet, which has since been awarded copyright, explaining how people with learning disabilities expect to be treated.

Sue Roberts, who works with the Taskforce group, said: "This has been a wonderful night and I have been humbled by the whole experience. Thank you very much to everyone who nominated us."

With raucous applause from the audience John Vickers, Manager of

Keighley Day service, took first prize in Leader of the Year category.

He was recognised for his impact on services in Keighley which recently moved from a dilapidated day centre into modern, multiple sites which are more integrated with the local community.

Mr Vickers said: "I am honoured to have received this great award. It is a testament to everyone's hard work in Keighley Day Services including service users, staff, parents and carers, without their continued support none of the changes would have been possible."

Vera Samociuk, a primary mental health worker, scooped first prize for Valued Colleague thanks to her remarkable work with child and adolescent services in Craven.

She has been fundamental in bringing schools, primary care and mental health services together to

improve access for vulnerable young people to mental health services

Mrs Samociuk said: "I am delighted to receive this award. I feel it reflects how closely I work with my colleagues in Craven to develop services for young people experiencing emotional difficulties and their families."

Barbara Keiss, Key Account Manager for Sovereign Health Care, said: "We are once again thrilled to be supporting Bradford District Care Trust in its mission to provide groundbreaking care."

"This year's entries were of a particularly high standard and we are honoured to be involved with an organisation doing such good work."

Trust Chair, Barry Seal, said: "Year after year we continue to see the fruits of personal achievements which improve and develop our services, the breadth and scope of which are impressive – as tonight showed."



Learner of the Year – Sarfraz Khan

Outstanding Contribution in Supporting the Delivery of Direct Care – Assessment and Treatment Unit Team at Lynfield Mount Hospital, Bradford

Team of the Year – New Ridge Team, Stoney Ridge Road, Cottingley

Valued Colleague – Kath Schofield, Assistant Manager of Melville House, Bradford, and Vera Samociuk, Primary Mental Health Worker

Working Together – Taskforce Self Advocacy Group, Bradford West Supported Accommodation, Listonshiels Resource Centre

Outstanding Contribution to Improving Services – Penny Blair, Transitional Care Coordinator and Sarah Goonoo, Specialist Connexions PA

Working with Communities – Temple Row Team, Keighley Day Services

Leader of the Year – John Vickers, Keighley Day Services Manager

Making a difference – Tony Carey, Service User Development worker

Innovation Award – Walks for All, based at Skipton Road Day Services



Vera Samociuk

When we heard about the unusual clothing staff were wearing on an older people's ward we had to investigate.

An acute assessment ward for people with organic mental health problems is taking high visibility action as part of a drug error prevention scheme.

At Chellow Lodge it is vital staff engage with patients but have minimum disruptions during medication rounds.

To limit interruptions they now wear high visibility jackets during rounds to alert staff, service users and visitors that medication is being administered, limiting the potential for errors.

Karen Flowers, Ward Manager of Chellow Lodge, said: "Although drug errors are rare on the ward when they do happen we need to learn from them.

"In September 2008 we found that a contributing factor to an error was that the nurse dispensing the medication had been constantly interrupted by colleagues and patients.

"Once we knew this it was a matter of thinking about how to reduce the potential for interruptions and disturbances to happen."

National research suggests up to one in 10 medicines prescribed, dispensed and administered may result in error, and in some cases (such as injected medicines) this rate is much higher. *

Staff at the acute assessment ward said it can take up to 20 minutes to give patients with dementia their medication and if they are constantly interrupted it can take considerably longer.

Karen, Ward Manager, said: "People who have memory impairment and confusion may not

be aware that medication has been prescribed for them or of the importance of taking it. Having time to remind people of this is very important.

"Another benefit of the initiative has been to reduce the overall length of drug rounds which frees up time that we can redirect to other forms of direct patient care."

The project has many benefits importantly to ensure people are given the correct medication by enabling staff to give dedicated and uninterrupted time to assist their patients to take them.

Karen Lannen, Health Care Assistant, added: "We know that we can't disturb anyone wearing a high visibility jacket unless it is urgent. I now think twice and would ask another colleague before disturbing them."

Providing staff with dedicated time when they know they won't be distracted has resulted in staff feeling less pressured and they know they can fully concentrate on the activity.

Since the team introduced the initiative in October there have been no further drug errors.

Liz Harpley, Assistant Ward Manager, said: "I can see a difference. People stop and think before they ask you anything. There are still odd times when people ask you questions but it's only when it's an emergency."

If your team has introduced new ways of working, to improve service delivery, and would like to share your experience with Connections then contact the communications team on 01274 228714.

* National Patient Safety Agency 2007 Safety in doses: medication safety incidents in the NHS

NEW initiative to Reduce Drug Errors

FT UPDATE

Here you will find the latest information about our bid to become a Foundation Trust.

Our new Foundation Trust Team took time out of their busy schedule to tell us about the latest developments.

The team has two new members who have extended our Foundation Trust consultation period until the end of February.

Paul Hogg and Stella Jackson have joined the team to take our bid into the New Year and beyond.

The consultation process – which has been running since Christmas – is a chance to meet staff, service users, carers and members of the public and explain how we will be accountable to local people through a council of elected and appointed governors.

Two significant issues have emerged so far. One around the importance of voluntary, community and service user groups having the opportunity to input into the process. The other is a need for further debate about our proposed Non-elected Governors.

It is vital as many people as possible come along to the added dates and share their views. Staff dates are provided at the bottom of this article and the consultation document can be found on our website at www.bdct.nhs.uk/ft/consultation/consultation.php.

Paul Hogg is our new Trust Secretary and previously held the

same position at University Hospital of South Manchester, which has been a foundation trust since November 2006.

He said: "As my NHS experience is more on the acute side, I'm looking forward to getting around the organisation, meeting people and learning about how the Trust works with our service users and carers.

"I think FT status provides a real opportunity to help improve the quality of care we deliver as we can listen to our service users, carers and local communities through them becoming FT members. Breaking down the stigma associated with mental health is another key role for the FT office and we'll want to engage members through a variety of approaches to help achieve this."

Stella Jackson joins us as Foundation Trust Membership and Governance Manager from Local Government Yorkshire and Humber, where she worked as a Business and Communications Manager for six years.

She said: "First of all I would like to urge everyone to come along and share their views.

"I am delighted to be working for BDCT and I too am looking forward to meeting people to hear about their work and how it links in with

what we are trying to achieve around membership and governance.

"Foundation Trust status will make us more accountable to the local population, develop closer relationships with our communities through the development of our Trust Membership and Council of Governors, as well as provide greater financial freedoms so we can save and retain any financial surplus and reinvest it in our services."

By becoming members staff, service users, and carers will have a much greater say in how we run our business in the future. More details will be available shortly about the role of Staff Governors and how to get more involved with the Membership office.

Staff Consultation Dates

Meridian House
Tuesday 3 February in group room two 1.30 – 2.30

Lynfield Mount
Wednesday 11 February in the Recreation Hall 2-3pm

Airedale Centre for Mental Health
The Foundation Trust Team will be attending team meetings throughout February.

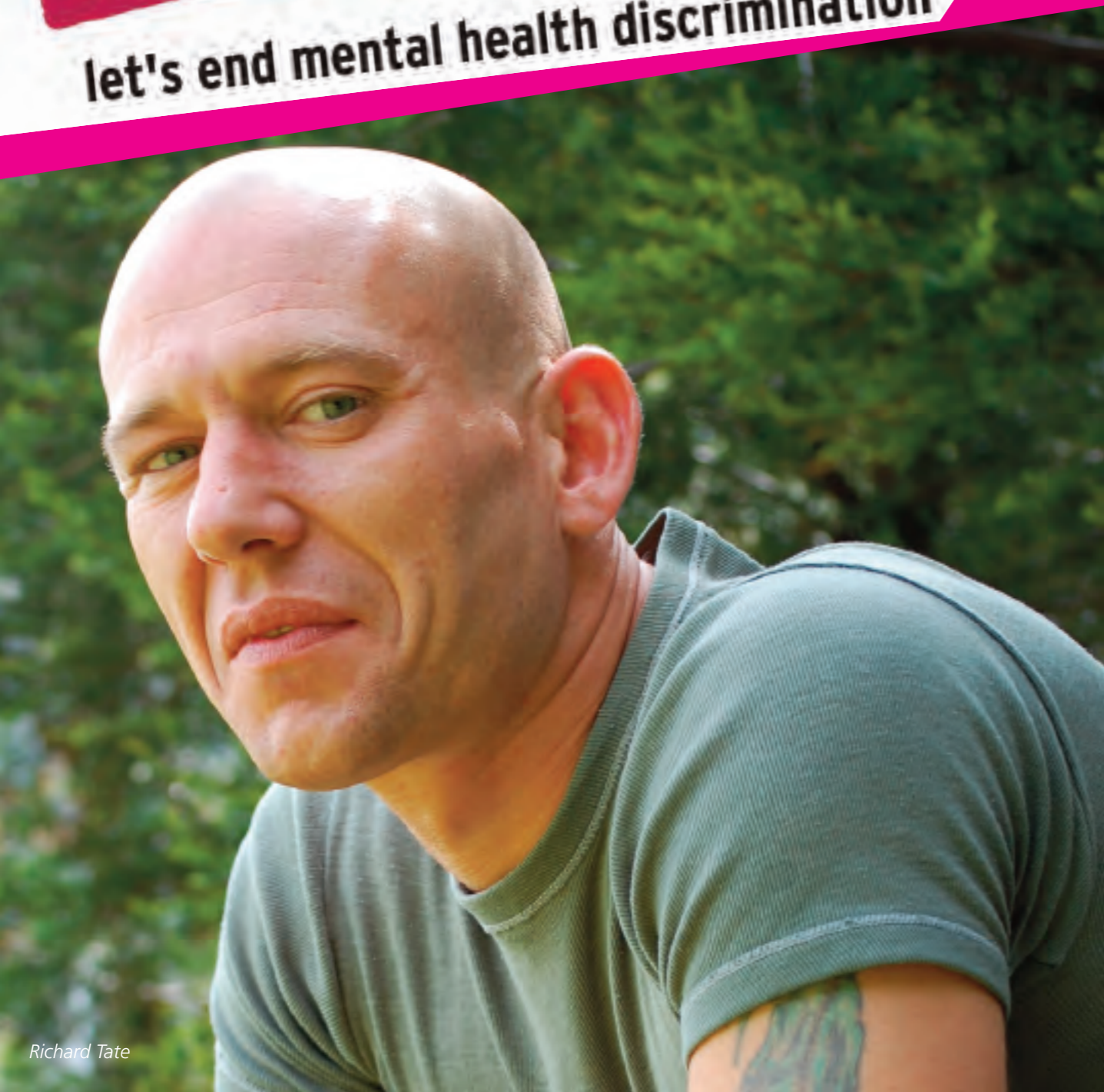


Stella Jackson

Paul Hogg

time to change

let's end mental health discrimination



Richard Tate

With the launch of a far reaching anti-stigma drive we find out about the damaging effects of mental health discrimination.

A national campaign has been launched to stamp out the stigma surrounding mental health.

The Time to Change campaign is a ground-breaking four-year programme combating the growing problem of mental health discrimination and of course has our steadfast support.

It is being driven by the charity Mind and £18m of funding from the Big Lottery Fund and Comic Relief.

Richard Tate, 37, of Bradford, provides us with patient advocacy for forensic services through Bradford and Airedale Mental Health Advocacy Groups (BAMHAG).

He first came into contact with mental health services aged 20 after being diagnosed with paranoid schizophrenia. He believes this was brought on by sustained cannabis use. The condition can cause a person to have fixed false beliefs leading to erratic behaviour.

He said: "I tend to be very careful around people I don't know because they treat you differently when they know about your condition. I want people to get to know me before they know about my condition. I want them to see me.

"Finding employment is a big problem. Once I had an interview at an outdoor pursuits centre. It was going really well, then I mentioned I'd been detained under the mental health act and the interviewer's attitude changed completely. They

couldn't get me out of there quickly enough. I didn't think I needed to keep it to myself.

"I've been fit and well for seven years now, with not one sign of a symptom. But you can't say paranoid schizophrenia to people without them freaking out."

Part of the flagship campaign involved the biggest survey of its kind. It asked 4000 people with mental health problems about their direct experiences.

Two-thirds of the people who took part reported their lives had been affected by stigma or the fear of stigma and discrimination. Almost half said they had encountered problems trying to getting a job.

They said areas they struggled with most were making new and hanging on to old friendships, taking part in activities in the community, accessing education and reporting crime without fear their testimony would not be believed.

Director of Nursing Nick Morris said: "Stigma is a serious issue. The discrimination arising from it can prevent people seeking help, can delay them receiving necessary care and treatment, impair recovery and cause increasing isolation.

"We want to challenge the myths regarding mental health sufferers. We hope it will help the public understand people's real issues and real life experiences to give a better view of mental health.

"Mental health problems are common. One in four people have

one and they are just like physical problems in that they can happen to anyone. People with mental health problems deserve to be treated with respect. They can and do recover to lead rewarding and fulfilling lives."

We are organising awareness raising campaigns and asking service users to come forward and share their stories with the general public. There are also plans to work with local schools to educate pupils about the issues involved, as well as plans for community events later in the year.

A web page devoted to the campaign is currently under construction and will be updated as work continues. You can visit this at <http://www.bdct.nhs.uk/communications/campaigns.php>

Chair, Barry Seal, said: "We are an anti-stigma organisation and this campaign has our full support. You can do your bit to fight discrimination by accepting people with mental health problems should be treated like everyone else.

"You can also help to fight discrimination surrounding mental ill health by signing up as a member of our foundation trust at www.ft.bdct.co.uk."

The national campaign hopes to create a five per cent shift in public attitude towards mental health problems and a five per cent reduction in discrimination by 2012.

INVESTING

in our Community



Barry Seal and Pete Moss

We have signed a jobs pledge in a vow to help local people back to work.

The Local Employment Partnerships scheme (LEP) is a new Government initiative spearheaded by Job Centre Plus.

The LEP will help businesses find the right employees by recruiting from groups in the local community who might otherwise be overlooked.

The pledge was signed in December by Chair, Barry Seal, and Pete Moss of Jobcentre Plus.

Trust Chair, Barry Seal, said: "Working with Jobcentre Plus will further enhance our recruitment processes and help us to continue employing a diverse workforce."

"The Local Employment Partnership scheme is a great example

of the Government working together with local businesses to provide opportunities for a vast number of talented people who may be able to add something different to the workplace."

With our excellent track record for diverse employment, the scheme will extend recruitment methods.

Not only does this provide job opportunities, but we will also be involved in pre-employment training development and existing employee mentoring schemes.

Pete Moss, Jobcentre External Relations Manager, said: "We are delighted that BDCT has committed to this very positive partnership. LEP in West Yorkshire will play a vital role

helping employers develop their workforce and tap into talent often overlooked in the past. Through our partnerships we will help more and more Jobcentre Plus customers, who are ready to work, achieve their ambitions and get long-term work."

By November 2008 more than 50,000 people had found work through LEP with over 10,000 employers.

LEP is on course to provide more than 250,000 opportunities for disadvantaged jobseekers by the end of 2010.

For further information about the scheme please visit: www.jobcentreplus.gov.uk/JCP/Employers/lep/

Service with a SMILE

With a little help from Mencap a service user has opened his own café.

Simeon Capitanchik has kick started a career in catering at the Holybrook centre, Bradford.

He said: "I really wanted to do something new. I was involved from the beginning and went to lots of meetings. I helped think of a name for the café, when it would open and what we would sell. I have made my own order forms and helped to make the poster."

The café named after its creator – Simeon's Café – is open every Monday 12.00 – 14.30 and everyone is welcome.

He added: "My numeracy skills have improved. I have learnt to use a calculator and keep a close eye on the book to make sure we make money."

"I didn't like handling money at first so people paid for things with a raffle ticket but I'm more confident now."

"Working at the café has done so much for me I really enjoy it. I have learnt a lot of new skills."

Simeon's new found confidence was a result of his Person Centred Plan, which helps people with learning disabilities get the most out of life.

Liz Leach at Mencap said: "Person Centred Planning (PCP) is a way of finding out what is important to people and what they want from their lives. Simeon expressed in his person

centred plan he wanted to do something new. He was bored at his last job."

"We wanted to open a drop in facility/coffee morning here at the Holybrook centre and ask Simeon if he would like to be involved. He was really interested and jumped at the opportunity."

Working alongside Karen Senior, Person Centred Planning Facilitator, Simeon is now working on his CV to achieve his dream job working with older people.

For further information on Person Centred Planning please contact Liz Leach.

Mencap are currently working in partnership with us to do Person Centred Plans for people at Low Moor Resource Centre.



SELF-HARM

Study

Connections gets the lowdown on a new study that's putting self-harm under the microscope.

We are taking part in a ground breaking national study helping young people overcome the cycle of self-harm.

It is estimated 10 to 15 per cent of young people currently injure or harm themselves in a non-fatal way.

Existing treatment programmes vary widely across the country and include different forms of cognitive behavioural therapy, counselling and problem-solving therapies.

But there is insufficient evidence to demonstrate which is the most effective.

The £4.5m study aims to establish whether family therapy is an effective way of tackling the problem as opposed to more traditional therapies.

Dr Lesley Hewson Clinical Director of Child and Adolescent Mental

Health Services, said: "We know there's a link between self-harm and difficulties in family relationships and communication but we just don't know enough about how best to help people overcome their reasons for self-harming.

"This large-scale study will enable us to explore whether family therapy can help young people and their families understand why they self-harm and how to reduce future episodes."

Participants in the seven year trial will be 11 – 17-year-olds who have self-harmed more than once and have required hospital admission for their injuries.

The Self-Harm Intervention Family Therapy (SHIFT) trial will be one of the largest and most comprehensive of its kind and is being funded by National Institute for Health Research Health

Technology Assessment (NIHR HTA).

We will be collaborating with 16 other organisations and the University of Leeds and NHS Leeds to help around 800 young people and their families across the UK.

Chair, Barry Seal, said: "Through the study we'll be looking at whether the 'whole family' approach, which focuses on the relationships, roles and communication patterns between family members, will enable families to work with young people helping them manage crises and emotional situations more effectively."

"We are delighted to be part of this study. It is consistent with our view that people in need of care should be considered in the context of their family and social networks.

What is self-harm?

Self-harm is when people set out to harm themselves deliberately, sometimes in a secret way. Self-harm can include cutting, burning, bruising or poisoning, but does not usually mean that someone wants to commit suicide.



CHANGING with the Times

We take a look behind the changes going on in our adult mental health service.

Sweeping changes are underway following a major review of our services over the past year.

We now have plans in place to ensure a consistent approach to care across the district.

In the coming months we will be working closely with staff and service users to make changes so we can provide the right care, at the right time, in the right place.

Steve Gascoyne, Recovery Service Manager for Bradford, said: "Mental Health Services are constantly changing and it's important we evolve to keep pace with the times.

"We want to create a modern service with an emphasis on social inclusion and recovery."

For the first time since we were formed, we have stood back and looked at our service as a whole. Previously changes and developments have taken place focusing on individual teams or parts of the service.

Steve added: "Reviewing our services in this way helps us make access clear for service users and improve the care they receive. It will also help us to work with other service providers, in primary care for

example, to avoid gaps or duplication in the services we provide."

The first stage of the review has focused on how many people access our services, the demands placed on our Community Teams and their capacity to meet those demands.

This has allowed us to propose a model which will improve the care we deliver in the community.

The new look service will help us meet the challenges of delivering recovery orientated, socially inclusive and personalised service.

Alyson Guy, Team Manager at the City Community Mental Health Team, said: "This is the first stage of a much larger plan for Adult Mental Health. The suggested plans will lead to a number of benefits for service users including a greater understanding of the service they can get from us, access to the right service at the right time and consistency across services."

The new model will prevent the need for repeat assessments which will reduce delays in access. Emphasis will be on choice and individualised care packages supporting people to recover in their own community.

The proposed changes were outlined to staff in the Adult Mental Health Care group in November. Staff agreed the new look service would be

the best way forward. The proposed plans will be distributed widely in February for further comment.

Simon Jones, General Manager for Adult Mental Health, said: "We have already consulted with a range of staff on the proposals but it's important that everyone has the opportunity to comment."

Staff can also keep up to date with developments through the Adult Mental Health Care Group's regular Newsletter "Access".

"We want to create a modern service with an emphasis on social inclusion and recovery."



Simon Jones and Steve Gascoyne

OUT & ABOUT

in the area

Film Review ▶ The Curious Case of Benjamin Button

Publication Date: 6 February 2009

Director: David Fincher

Benjamin Button (Brad Pitt) is a boy born with the biology of a pensioner. As he grows up, he grows younger and falls in love with Daisy (Cate Blanchett). But can their romance survive his curious condition?

This story is based on a short-story by F Scott Fitzgerald and is far more than a conceptual gimmick. The first US screenings reportedly left viewers in tears and is tipped for Oscars glory as it scrapes up many other awards along the way.

Expect the film to ask big questions about death, loss and love - the last being a particularly perplexing matter for a man ageing backwards.



Book Review ▶ The Bachelor

Author: Jay McInerney

Publisher: Bloomsbury

Publication Date: 5 January 2009

Price: £12.99

This new collection of stories examines post 9/11 America in all its dark and morally complex glory. McInerney's characters include a young woman holed up in a remote cabin while her (married) boyfriend campaigns for the highest of offices, a young socialite called home to nurse her mother and an older one scheming for her next husband.

The people in these stories search for meaning while struggling against each other, colliding as the old world around them fractures into a modern era full of uncertainties.

The Sunday Telegraph said: "McInerney delivers with grace and wit. He does what a good novelist should – he takes an abstract idea and gives it life."

THE
LAST BACHELOR
JAY MCINERNEY



BLOOMSBURY | BRIGHT LIGHTS BIG CITY

Theatre Review ▶ The Hounding of David Oluwale

Showing: 31 January to 21 February

Venue: West Yorkshire Playhouse

Fourth May 1969 and the battered body of a 38-year-old man is pulled from the River Aire, in Leeds. An internal police inquiry will follow, revealing how he had been the victim of horrific police brutality.

Based on Kester Aspden's award winning book, Oladipo Agboluaje brings David Oluwale back to Leeds in this amazing play to tell his story face to face with the Scotland Yard detective charged with investigating the case.



Audio Review ▶ The Complete Sherlock Holmes (Audio CD)

Publisher: Naxos Audio Books

Publication Date: 1 April 2009

Price: £108

More than a century since his conception, Sherlock Holmes remains the epitome of the private detective. In this remarkable collection are all 60 stories - 56 short stories and four longer novels – relating Holmes' legendary skills.

David Timson reads each intriguing tale accompanied by classical music. It also comes with a comprehensive booklet detailing the background and content of each story, making this one of the most collectable audio books to be released.

The set also contains a new story written by David Timson to celebrate the completion of the project.



Bridging the GAP



Sarfraz Khan

A unique partnership in Keighley is bridging a gap in services for Black Minority and Ethnic (BME) males experiencing mental health problems.

Skipton Road Day Services has joined forces with Sharing Voices Bradford to develop Unified Voices – a group providing culturally appropriate and gender sensitive safe space for BME males.

Sarfraz Khan, Senior Community Support Worker at BDCT, said: “We looked at what was available in Keighley for BME males and found a gap in services. After a number of meetings with staff, carers, service users, statutory services and the voluntary sector we were aware there was a need for a gender sensitive mental health service provision for BME males.”

Along with Sharing Voices we asked people experiencing mental health problems what service they wanted and where they wanted

them. Temple Row was identified as the best venue because of its centrality.

Kamran Yunis, Community Development Worker at Sharing Voices, said: “We provide peer support where members can come together on common ground to learn and share experiences, values and beliefs. The members now have a safe space in an environment that is inclusive of people’s culture.”

The group have visited museums, Cliffe Castle and the cinema. A member of Unified Voices said: “If I wasn’t involved in this group I would be messing about on the streets. So I try and do something with my time and I always try to come here.”

The project also ties in with Focused Implement Site (FIS) work to deliver race equality in mental health care.

Feedback has been very positive and the group received the runners up award at the 2008 You’re a Star Awards for Working with Communities.

For further information contact Sarfraz Khan, Skipton Road Day Services, 01535 607 139 or Kamran Yunis, Sharing Voices, 01274 731166.

Referral Process

Referrals can be made to Skipton Road or Sharing Voices

If referred to Skipton Road individuals need to be on a CPA.

If referred to Sharing Voices individuals do not need a CPA. Referrals can come from family friends or CMHTs.

The REGULARS

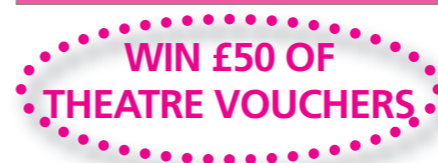
Valentines fun

It is important to keep your mind active! By playing games and completing puzzles you can challenge your mind in a fun way.

Word search challenge

- | | |
|--------------|---------------------|
| 1. Love | 11. Special |
| 2. Heart | 12. Admirer |
| 3. Chocolate | 13. Surprise |
| 4. Romance | 14. Celebrate |
| 5. Valentine | 15. Presents |
| 6. Rose | 16. Affection |
| 7. Red | 17. Love letter |
| 8. Poem | 18. Valentine's Day |
| 9. Flower | 19. Cupid |
| 10. Kiss | 20. Couple |

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



Connections Competition ▶

Win £50 of Theatre Tokens

Here is your chance to win £50 worth of theatre tokens.

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.

Closing date for this competition is Friday 27 February.

Reply Slip

1. Who won Learner of the Year at the You’re a Star Awards?

2. On what day did Doris Walker start work at Lynfield Mount Hospital?

3. What is the new initiative Chellow lodge has put in place?

Send your answers and full contact details to:

Sam Hirst
 Communications Team
 New Mill, Victoria Road
 Saltaire, Shipley, BD18 3LD
 or email: communications@bdct.nhs.uk



**“1 in 5 people
have dandruff.
1 in 4 people
have mental
health
problems.
I’ve had both.”**

Ruby Wax has experienced episodes of depression for most of her life, but it wasn't until she finally checked into a clinic, that she realised how wide spread mental health problems are:

*“It’s so common, it could be anyone.
The trouble is, nobody wants to talk about it.
And that makes everything worse.”*

Ruby has written about depression and used the topic for her one woman shows as a way of getting the subject out in the open.

*“We need to take the stigma out of mental illness.
People shouldn't be ashamed of it.”*

Ruby manages her depression through therapy and medication and is optimistic about the future:

*“It used to be the ‘C’ word - cancer - that people wouldn't discuss. Now it's the ‘M’ word - mental health.
I hope pretty soon it'll be okay for everyone to talk openly about their mental health without fear of being treated differently.”*

**You can help. Find out how
at www.time-to-change.org.uk**

time to change

let's end mental health discrimination



City of Bradford MDC

www.bradford.gov.uk

Bradford District **NHS**

Care Trust

www.bdct.nhs.uk