

Membership

Bradford District **NHS**
Care Trust

Matters

June 2010

Issue 5

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A message from the Chair



Barry Seal, Chair

Welcome to this June edition of Membership Matters which I hope you will find interesting, especially as it includes articles about the things our members have told us they are interested in.

At the time of writing this article, the country is facing a period of change following the election of a coalition government. There are 232 newly elected MPs in the House of Commons and many of these have a personal interest in health. Whilst it's not clear how any new policies might impact on health, as a Trust, our service users are our number one priority. This means we will continue to strive to provide high quality services which meet their needs.

One of the issues most frequently raised with us by service users and their carers is that of stigma. People who use mental health and learning disability services often face prejudice and discrimination in society at large and in the media. Many services users tell us that the stigma they face in their daily lives can in fact make their conditions much worse. And research shows that stigma impacts significantly on schoolchildren experiencing mental health. We are, therefore, working to reduce this stigma and are piloting a project within a local school. Details about the project are contained on page 4 of this newsletter.

Barry Seal

Barry Seal
Chair

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Front page photo:
Mohammad Shabbir

Volunteering

A number of members have told us they're interested in volunteering to work for the Trust. At the moment, we contact the Volunteering Bureau if we need to enlist the support of volunteers. The Bureau provides a brokering service between individuals looking for voluntary work and not-for-profit organisations wishing to involve volunteers in their activities.

If you're interested in volunteering generally, you might want to contact the Volunteering Bureau near to where you live. Here are a number of contact details:

Bradford Office – Telephone 01274 722772

Craven Office – Telephone 01756 701 648

Keighley Office – Telephone 01535 609506

ShIPLEY and Bingley – Telephone 01274 588 233

Your chance to sign up to our **Equality and Human Rights Network**

If you're interested in equality and human rights issues, you might want to join our Equality and Human Rights network.

Network members will receive information from us about the work the Trust is doing in relation to equality, diversity and human rights. They'll also get to hear

about forthcoming events and training opportunities and be advised how to contribute to discussions and action plans.

To find out more or for further information, please contact Jane French by email at jane.french@bdch.nhs.uk or by telephone on 01274 228298.

Communication Needs

If you would like this newsletter in large print or would like help understanding it, please contact Stella Jackson, FT Membership and Governance Manager, on 01274 363552 or by email at stella.jackson@bdct.nhs.uk

Meet a... Stakeholder Governor

When we become a Foundation Trust, we will have 11 Stakeholder Governors. These are those Governors who automatically get a place on our Council of Governors and include local councils, those who commission our services and groups representing young people, older people and those from our black and minority ethnic (BME) communities.

We recognise the importance of working in partnership with these Stakeholders and are already progressing on a number of key areas together.

Sharing Voices, Bradford was selected as a Stakeholder Governor as they are renowned for the work they do with people suffering from mental distress within our BME communities. They have been actively helping us to recruit new members to the Trust and also helped us to communicate with BME communities when we were consulting about our foundation trust application. Last year, building on our partnership work, we invited them to take part in our Annual General Meeting. Two people from the Sharing Voices team put on a fantastic performance of 'Stand by Me', which received a standing ovation from those attending.

An interview with Mohammad Shabbir

We interviewed Mohammad Shabbir, the Chief Executive of Sharing Voices Bradford, to find out more about their work and how it links with the work of the Trust.

What is Sharing Voices?

It's an award winning community development mental health organisation which brings together the diverse views and experiences of BME communities using mental health services.

So what exactly does that mean?

The community development approach means we work with service providers and those receiving services to improve services for the future. As a result, we engage BME communities, actively listen to people about their distress and help them to put it into context. In doing so,

Mohammad Shabbir,
Chief Executive of
Sharing Voices Bradford



we bear in mind the individual's cultural, language and spiritual needs.

We also work closely with mental health providers, making sure they take into account the different needs of our BME communities when planning and providing their services.

How are you involved with Bradford District Care Trust?

Sharing Voices is a critical friend to the Trust. We work with a number of its different teams on a range of things. For instance, we support the Trust to meet its equality duties and help it to engage with the many diverse BME communities. We are also able to refer people to the Trust.

Why is the relationship between Sharing Voices and Bradford District Care Trust important?

Based on what we've seen on our travels around the UK, we believe that the Trust is one of the best mental health service providers. However, we know it continually wants to improve and move forward. Our community development work means we have strong relationships with the different BME communities and understand the various conversations and debates taking place within these communities.

By sharing this knowledge and expertise with the Trust, we believe we can play a vital part in helping it to move forward.

How will you be involved with the Trust in the future?

We hope to continue to support the Trust's equality process, play an active part on the Council of Governors and to work in partnership on developing new services.

Sharing Voices Bradford is for instance in the process of launching a substance misuse project and is developing social care services. We envisage this will involve partnership work with the Trust.

What are the benefits of working together?

We believe the relationship will help us in our quest to become a leading BME mental health organisation. It will mean that the Trust will be better placed to meet the needs of the diverse communities it serves. For the communities themselves, it means they will have access to services which cater for their needs.

How can you be contacted?

By telephone on 01274 731166 or by email at info@sharingvoices.org.uk

Challenging the Stigma of Mental Illness

As part of our commitment to challenging the stigma attached to the term 'mental illness', we are working in partnership with a number of organisations to deliver a pilot conference at Dixons City Academy in Bradford.

Research shows that stigma starts to manifest itself in people at a young age. We are looking at how we can encourage people from the age of 14 and over to show their commitment to combating this stigma by becoming members of the Trust. We currently have over 500 young members and want to increase this number significantly which is why we are looking at how we can work in partnership with schools.

The focus of the event will be to educate sixth form schoolchildren about the commonality of mental illness, how it affects everyday people, how it manifests itself and what support is available. We are planning to do this in an interactive and fun way which stimulates debate and challenges existing perceptions.

The conference will take place in July and if successful, we will look at the feasibility of rolling it out to other schools in Bradford, Airedale and Craven.



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State-side Students Support NHS

As part of their health related courses at Slippery Rock University, Pennsylvania, 15 students crossed the pond to gain valuable experience of the UK's healthcare system by joining us at five of our sites.

Sharing their state-side experiences with teams at Skipton Road Day Services, The Grove, Shipley Resource Centre, Springfield Community Centre and Thackley Grange, the students spent three days interacting with service users, working with staff and learning about mental health in the local area.

Lynne Ash, Unit Manager, said: "Skipton Road aimed to give the students a good grounding of the mental health services in the locality which included visits to public and voluntary sector services.

"It was interesting hearing their views on their stay; they were very impressed with the way services are delivered here compared to the American state hospital system."

Here's what some of the students said about their experiences:



We went there and were so impressed with it, the little café for example, it's great.



Michelle Fetzer, final year masters student, said: "The mental health services here are phenomenal; I especially love how service managers interact with service users and get involved in activities, it's really great."

Kaitlin Kaulius said: "We can't believe some of the facilities and activities over here, they're so cool and interactive, like the Cellar Project. We went there and were so impressed with it, the little café for example, it's great."

Nick Marlborough, Education and Work Experience Manager, who organised the visit said: "Having spoken with the lecturers from Slippery Rock it was clear that all 15 of the placements far surpassed their expectations and hopes. They were very pleased they had chosen to come and visit Bradford, despite having looked at going to other Trusts in London."



Involvement Group **Calls the Shots**

Meeting on a monthly basis, the Older People's Service User and Carer Involvement group brings together service users, carers, support workers and senior managers, all working towards one outcome – improved services.

Empowering service users to speak out about their care and giving carers a voice, the meetings act as a direct channel between those who use our services and those who manage them.

Neil Bryson, General Manager, said: "The service user and carer involvement group is vitally important to older people's mental health services (OPMHS) as it enables us to get information directly from the people who use our services.



A voice that really is making a difference to the way services are delivered.



"By getting such a direct insight into their needs we can start to develop new ways of working, taking their considerations into account."

In the quest for improved service delivery, the Involvement group has



Members of the OPMHS Involvement Group

developed an audit tool to measure the quality of dementia Care in our services. The first audit will be carried out on Ward 24, with the support of our Audit department.

Helyn Aris, Service Governance Lead, said: "The development of the audit tool is a welcome step forward in Older Peoples Mental Health Services (OPMHS) and will go a long way to helping those who use and care for those that use our services".

The group has been established for over a year and has created a voice that

really is making a difference to the way services are delivered.

Staff and carers from OPMHS recently celebrated the success of the involvement group and shared its good practice with other Trusts at a Yorkshire and Humber Improvement Partnership Regional Conference 'Inspiring Innovations in Dementia'.

If you are involved with our older people's mental health services and would like to become part of the group, please contact Helyn Aris on 01274 363844.

Seniors Show the Way

Seniors Show the Way is an NHS project which aims to support people in the Bradford district over the age of 50 to become Community Health Champions.

A Community Health Champion is someone who takes steps to improve their own health through attending workshop sessions. They then pass on what they've learnt to family, friends and people in their local community through informal conversation or through supporting activities such as walking or relaxation sessions.

Seniors Show the Way is running a series of free full and half day workshops across the district for the rest of the year. Workshop sessions are informal, fun and interactive. Lunch is provided on full day sessions and travel expenses can be reimbursed. For more information about the project or to enquire about a place on a workshop please contact 01274 321911, or email: seniors@bradford.nhs.uk



Community Health Champions network meeting

News in brief

Annual General Meeting

We are making plans for this year's Annual General Meeting which promises to be a fun packed event. It will showcase the work of the Trust, outline our plans for the future and give people the opportunity to ask our senior team questions. It's likely that this will take place in September and once a date is confirmed, details will be published on our website.

Donations for 2nd Time Around

Following successful months of trading, 2nd Time Around is now seeking donations of menswear and household items.

The charity shop for people with mental health and learning disabilities is looking for shirts, jumpers, trousers, shoes, DVDs, toys and electrical items. Anybody wanting to donate items can drop them off at the shop based on Cavendish Street, Keighley.

Delivering Diversity

Having already scooped national recognition in 2009 for continued success as an NHS Employers Equality and Diversity lead site, we have now achieved a newly developed role of Equality and Diversity Associate Partner.

There are many benefits to being an associate partner including: opportunities to speak at national and international events, influencing government policy and recognition as a leader in the field of equality and diversity.



Richard Pattinson viewing the postcard art display

Depression Awareness Week

Throughout Depression Awareness Week (April 18 – 24) we helped challenge the stigma associated with the illness.

One in five people suffer from depression in the UK, but 80 per cent of cases can be helped if treated early and appropriately.

'Looking Well', an arts charity based in Bentham, marked the week with an extraordinary postcard exhibition featuring artwork from artists' own experiences of facing mental health problems.

Richard Pattinson, Board Advisor, travelled to Bentham to view the work.

He said: "The postcard display was very powerful. What struck me most about the project was that it was on-going and enduring.

"Not only do the artists put down their feelings in the postcard artwork, but they then send them to someone, sharing their feelings with others."

To find out more about Looking Well visit www.pioneerprojects.org.uk. For more information about depression and the support available, visit www.depressionalliance.org.

Making A Mark in Craven

A new participation group in Craven, 'Ur Choice', has been using an artistic approach to give young people with mental health problems a voice in rural areas.

Andy Barton, a local artist helped the group roll their sleeves up and get stuck into the production of two colourful, stand out banners for use in the local area.

Hanging proud at local festivals and events, the banners aim to raise awareness of 'UR Choice' and promote our CAMHS services. The group hopes that at future events they can challenge the stigma often surrounding mental ill health.

Andy said: "Creating the large artwork was a way of building confidence for the young people and it encouraged great teamwork – they really impressed me."

Emma, Generic Mental Health Practitioner, said: "Through activities such as making banners, we give the opportunity for young people to express

their feelings about mental health and the services available to them, which is proving to be a very valuable resource."

Meeting in Skipton on a monthly basis, 'UR Choice' hopes to increase its membership and make a difference to more people in the area. The group is open to young people who are 12 or over and who have input from the Craven CAMHS Team.

If you would like more information about the group contact Tony, Emma or Becky on 01535 661531.



Exercise, Diet and Mental Health

Many members have told us they want to know more about healthy eating which is why we are featuring this article about exercise, diet and mental health.

Many experts believe that regular exercise is the single most important thing anyone can do to improve their overall health and well-being. New studies show that aerobic activity increases levels of brain chemicals that encourage the growth of nerve cells. This may be the reason that exercise is associated with enhanced memory skills and improved mental health.

Exercise can:

- Reduce anxiety and stress.
- Improve mood and sleep.
- Increase energy levels.
- Slow the rate of bone loss.
- Enable the body to use insulin more effectively.
- Improve cardiovascular health.
- Control weight and prevent obesity.

It's easier to stick to a regular exercise regime if you choose a physical activity you enjoy such as gardening, walking, swimming or playing football.

As well as regular exercise, healthy eating can affect a person's mental wellbeing. Evidence suggests that a good diet can prevent specific mental health problems including depression and schizophrenia.



Anxiety

To help reduce your anxiety levels, eat food which is rich in Folic Acid and Magnesium

Food Containing Folic Acid	Green leafy vegetables, cod, tuna, salmon and shrimp, calf's liver and turkey, peanuts, hazelnuts, cashew nuts and sesame seeds, lentils, chick peas, kidney beans and oranges.
Food Containing Magnesium	Spinach, watercress, peppers, broccoli, green cabbage, watercress, brazilnuts, cashew nuts, walnuts, pumpkin, sunflower or poppy seeds, oatmeal, long grain rice, barley, plain yoghurt, baked beans, banana, kiwi, blackberries, strawberries, oranges, raisins, chocolate.

Depression

To help reduce your levels of depression, eat food which contains the following:

Vitamin B3*	Brown rice, wheatgerm, broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash, peanuts, beef liver, beef kidney, port, turkey, chicken, tuna, salmon, sunflower seeds.
Vitamin B6*	Brown rice, oats, bran, barley, bananas, mango, tuna, trout, salmon, avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, potato, chicken, pork loin, turkey, lima beans, soy beans, chick peas, sunflower seeds.
Vitamin C	Red peppers, red cabbage, broccoli, brussel sprouts, cauliflower, kale, celery, squash, cabbage, watercress, strawberries, oranges, kiwi, papaya, cranberries, pineapple.
Folic Acid	Green leafy vegetables, cod, tuna, salmon and shrimp, calf's liver and turkey, peanuts, hazelnuts, cashew nuts and sesame seeds, lentils, chick peas, kidney beans and oranges.
Magnesium*	Spinach, watercress, peppers, broccoli, green cabbage, watercress, brazilnuts, cashew nuts, walnuts, pumpkin, sunflower or poppy seeds, oatmeal, long grain rice, barley, plain yoghurt, baked beans, banana, kiwi, blackberries, strawberries, oranges, raisins, chocolate.
Selenium	Wheat germs, brewers yeast, calf liver, turkey breast, seafood.

* - foods rich in these nutrients are also good for reducing levels of stress.

Top Tips for Stress Control

1. Take some time out each week to enjoy an activity that is just for you and different to what you do at work.
2. Nurture yourself – try taking some time out each day to relax in a way that suits you.
3. Seek advice – don't be afraid to ask for help.
4. Recognise when you need to take a break.
5. Plan ahead: preparation will help you to eliminate any obstacles that might prevent you from getting what you want.

Contact

If you have any queries about your membership, please contact:

Stella Jackson
FT Membership and Governance Manager
Tel: 01274 363552.
Email: stella.jackson@bdct.nhs.uk
Post: Bradford District Care Trust, New Mill, Victoria Road, Shipley, BD18 3LD

Other useful contacts

Out of Hours GP Service (NHS Direct) 0845 4647
New Mill Headquarters Switchboard 01274 228300
Lynfield Mount Hospital 01274 494194
Airedale General Hospital 01535 652511
Patient Advice and Liaison Service (PALS) 01274 408600

Your opinion counts so get in touch!

Do you want us to feature something specific in a future newsletter? For instance, do you want to hear about a particular service which we provide? Would you like us to feature case studies on any mental health illness or learning disability issues?

If so, we'd love to hear from you. Please contact our Membership and Governance Manager, Stella Jackson. See contact details above.

Your comments may be printed in a future edition of Membership Matters or displayed on our website. When contacting us, please indicate whether or not you would be happy for your letter and/or comments to be published.

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Strumming Success

A talented musician with learning disabilities has strummed his way to success.

Robert Davies, who has Down's syndrome, won a Leeds competition that saw people with learning disabilities travel from far and wide to secure a much sought after place in a newly formed band, 'The Outsiders'.



Mr Davies, service user, said: "When I found out I had got a place I was very excited. I love playing the guitar but I've never done anything like this before."

The Outsiders, made up of 10 band members, have spent the initial few weeks together learning more about the music business, marketing themselves as musicians and rehearsing for live performances.

Mr Davies' recent success has gone down a storm with staff and residents - everyone's proud of his achievements.

The project has been funded by a grant from the Learning Revolution, and is run by Connect in the North, Let Rip and Standpoint.

You can check on the band's progress by visiting www.myspace.com/theoutsiderslive

Spot the Difference

Can you spot the 5 differences?



Answers: Dog bottom left, sheep above sign post, car bottom right, rock top right, rabbit bottom right.