

Membership

Bradford District **NHS**
Care Trust

Matters

September 2010

Issue 6



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A message from the Chair



Barry Seal, Chair

Welcome to the September edition of *Membership Matters*, which I hope you will find interesting. During the last few months the Trust has been recognised for some of our innovative work at both a regional and national level. I'm personally very pleased because many of these awards have a direct and positive impact on the lives of our service users and carers. This edition also highlights the power of art for people with mental health problems, a theme that will be picked up at our Annual General Meeting.

The most significant development for the health service that has happened over the summer is the publishing of the White Paper "Equity and Excellence: Liberating the NHS", where the Government outlined its plans to make all NHS organisations more accountable to local people and give GPs much greater responsibility for the

commissioning of services. The Government is keen to hear what people think about these plans and there are details about how you can get involved on Page 7.

In response to the accountability issues covered in the White Paper, we are working hard to increase our membership numbers, ensuring that as many people as possible have an opportunity to influence our plans when we do become a Foundation Trust. I'm pleased to report that during the last 12 months alone, we've managed to increase our membership by over 1,000, taking the total to around 6,500. This increase is encouraging as it shows just how many people have a keen interest in mental health and support the work we are doing.

We are always keen to engage members directly in our work. We are therefore developing a number of events which members can attend to learn more about the services we provide for our local communities. Details about two of these (our Annual General Meeting and World Mental Health Day events) are detailed on Page 7 of this newsletter. The Annual General Meeting in particular provides members with an opportunity to get involved and meet members of the Board and other staff from the Trust. I would personally like to meet as many members as possible at the meeting and do hope you will be able to join us.

Barry Seal

Barry Seal
Chair

Rural Visit for Chair

The Trust provides services across Bradford, Airedale and Craven and is keen to engage and meet with people in these areas to discuss the work of the Trust.

Barry Seal, Chair, recently spent a day in the Dales meeting with staff, service users and key stakeholders to strengthen relationships and listen to views about the work taking place in our

rural services.

Dr Seal visited members of the Rural Voice group in Benthams, met with staff at the Craven Centre and took time out to drop into the new Craven Child and Adolescent Mental Health Services (CAMHS) base in Skipton.

Craven CAMHS has moved into new satellite office space at a pupil referral unit in Snaygill, on the outskirts



of Skipton.

Dr Seal said: "I really enjoyed meeting some of our key stakeholders throughout the day and think the trip proved to be very worthwhile.

"The Craven teams really do an excellent job up there. It was interesting to hear their views on various topics; I've taken a lot from many of the discussions held."

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Artwork by Lynda Spencer

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Email: stella.jackson@bdct.nhs.uk
Post: Bradford District Care Trust, New Mill, Victoria Road, Saltaire, Shipley, BD18 3LD

Garden of Tranquillity

A garden of tranquillity has been unveiled at Melville House - thanks to the hard work of staff involved in an innovative project.

The transformational garden project was part of a Trust initiative called Exciting Futures. This year's programme was aimed at making life better for our service users with learning disabilities whilst at the same time developing the leadership skills of our staff. The garden project saw three green-fingered members of staff work together to turn a piece of derelict land into an oasis of

enjoyment for service users.

Eager to add a splash of colour and some finishing touches to the garden before its grand unveiling, staff and service users from Melville House joined forces with Springfield Gardens to arrange flower beds and plant fruit trees.

The new garden, complete with separate areas of paving, turf, flower beds and furniture was then officially opened at a summer garden party. Hundreds of guests attended the party to join in the celebrations which included a ribbon cutting ceremony, speeches, stalls,

raffles, a barbeque and live performances from local bands. The Outsiders, a newly formed band for people with learning disabilities, also made an exclusive guest appearance, taking the stage to the delight of on-looking crowds.

With the weather holding out, the evening came to a close with the release of Chinese lanterns into the night sky. Floating high above the garden the lanterns created a spectacular and idyllic scene, a fitting end to the celebrations.

Speaking on the opening

night, one service user said: "Tonight has been really good fun. Everybody loves the garden and I am looking forward to sitting in it when it is sunny."

Lisa Brandon, HR Advisor and an Exciting Future's participant, said: "Seeing the delight on service users faces as they move around their garden makes all the hard work worthwhile.

"Looking at the garden now in all its glory is a really proud moment for the whole team; we hope everyone at Melville enjoys the space and tranquillity for years to come."



Before shot of the garden



After shot of the garden



The green-fingered staff team

Five Awards



The hard work and commitment of staff across our Trust has earned us five prestigious awards:

- Our Exciting Futures leadership programme earned us the ultimate winner award for excellence in organisational development at the Healthcare People Management Association (HPMA) Excellence in HRM Awards 2010.

The judges were really impressed by how service users, staff and the local community worked together to set up projects for people with learning disabilities. They liked the future vision, and how the work will continue to deliver cost and quality benefits.

- We fought off tough

competition at the General Physics Awards to claim top spot as 'Regional Employer of the Year.'

At the national awards ceremony we were commended for our high level of commitment to training and development and consistent learning opportunities for staff.

We were also admired for our apprenticeship scheme, which at the time of winning the award had seen nearly 50 learners develop their skills through achieving level 2 and level 3 Train to Gain qualifications.

- For the second year running we have scooped the 'Silver Medal Award' - a prestigious health and safety award.

At the Royal Society for the

Prevention of Accidents (RoSPA) awards ceremony we were honoured for our dedication to improving performance in health and safety across the workplace.

- Thanks to feedback from our staff we have been ranked as one of the best healthcare organisations to work for in the UK.

Back in January, staff were selected at random to complete a survey and the results of that survey put us as one of the top 100 healthcare employers.

- Our childcare support service gained national recognition for its innovative approach to working parents and carers in the NHS.

The support service, hosted by us, claimed the top prize for

the 'Most effective benefits strategy for working parents and carers' at the prestigious Employee Benefits Award ceremony in London.



ROSPA Award



Celebrating the ultimate winner award

Inspired



After living with depression for more than 20 years, Lynda Spencer told us how she is starting to see life differently now since rediscovering her artistic talent.

During an interview with a member of our Communications team, Lynda recalled how her childhood art skills were brought back to the surface during a stay at Lynfield Mount Hospital.

"I was struggling to sleep one night so the nurse suggested I draw my feelings down on paper," said Lynda.

"I didn't know what to draw at first but somehow I managed to scribble

something. I'm not sure I even know what it was that I drew, but it helped ease my thoughts, it relaxed me a little.

"Art became a distraction from things, it helped give me a new focus," Lynda said.

"I never used to have any interest in anything, but now if we go anywhere I might see something and think it would make a nice picture," Lynda explained, "so we get the camera out, take a photograph and go from there."

Art is also helping Lynda to see colours again, something she hasn't seen for many years.

Lynda said: "I could only

ever see black and white before but art has helped change that. I can now look at the blue sky and green grass and I appreciate it a lot more."

Keen to find out more about how art can help people across our services, we approached Rufus May, Clinical Psychologist at the Trust, for his opinion.

He said: "Creative activity can be very healing for some people. Art for example can be an excellent way of channelling emotions and can give our thinking mind a break."

Lynda accepts that although the activity might not be for everyone, it is helping her get her life back on track.



d by Art



Board Gets Creative

Members of the Trust Board have kick started a wider arts programme, known as 'Trust Arts', which aims to show the benefit of arts activities in people's recovery.

To show their support and promote the new project, the Board picked up their paintbrushes and expressed

their creative flair on a collection of canvasses under the direction of art enabler Stuart Wilde.

Stuart said: "It's my belief that creating artwork helps service users and displaying it creates a more healing environment which benefits service users, carers and staff alike."



Art Brightens Children's Ward

A children's ward at Airedale General Hospital has been given a splash of colour thanks to service users from our Strawberry Street Day Centre.

Now hanging proudly in the children's ward are two large pieces of artwork kindly donated by people with learning disabilities, who created the unique pieces.

Staff and service users from the centre presented the artwork to the children's ward.

Joanne Newman, Matron for Children's Services at Airedale NHS Foundation Trust, said: "We are delighted to receive these wonderful pieces of art. They will bring a brighter look to the ward."



Annual General Meeting

This year's Annual General Meeting will feature an impressive display of service user artwork, as well as a postcard exhibition featuring artwork from artists' own experiences of facing mental health problems.

Further details about the meeting can be found on page 7, along with details about how to register attendance.

Reaching New Heights

Staff and service users at one of our day services reached new heights when they scaled one of the Three Peaks in an energetic fundraiser.

Five determined service users from our New Ridge walking group enjoyed a day above the clouds as they climbed Pen-y-ghent to raise money for future outdoor adventures.

Admiring the views from one of Yorkshire's most popular hills, the group, supported by staff, covered seven miles and at times climbed above 2,000 feet in their search for the summit.

In true team spirit, the group walked as fast as the slowest walker could and reached the peak in an impressive three



hours, marking their success by positioning an England flag at the top.

Philip Narey, keen member of the walking group, said: "I liked it when we went to Pen-y-ghent. It was very steep but I had fun. It was really good when we got to the top. I celebrated with a Cornish pasty and some chocolate!"

Stephanie Sherlock, Senior Support Worker,

“When the walk was finished I got a certificate and some photos to take home.”

said: "The service users did absolutely fantastic and everyone had a great time. There were lots of smiles when we got to the top - and when we got to the bottom!

"Walks encourage service users to stay healthy and have fun by exploring our local area. The whole Pen-y-ghent trip was such a success and we hope to do more long distance walks in

the future."

Sponsored by family and friends the challenge saw the walkers raise £325, which has been spent on a new pair of walking boots for members of the group and some new plants for the New Ridge garden.

Philip added: "When the walk was finished I got a certificate and some photos to take home. My dad and my sister were very proud of me."

News in brief

Changes at the Top

Brenda Toward has been an active Non-Executive Director of our Board since April 2002 and her two terms in office have now come to an end. Speaking at a Board farewell, Brenda said, "It's been an honour and privilege to work here. The improvements I've seen have been brilliant and I know the hard work will continue long into the future".

Following Brenda's departure, Non-Executive Director Michael Smith has been appointed to the post of Vice Chair.

Challenging Stigma

In the June edition of this newsletter, there was an article about a conference we were piloting in a local school to challenge the stigma of mental health.

On 20 July, we co-hosted the pilot conference at Dixon's City Academy in partnership with Barnardo's, Sharing Voices Bradford and Education Bradford at which approximately 70 sixth-form students attended.

We facilitated a number of workshops and oversaw the production by the school of an excellent mental health drama performance, all of which showed how mental illness can affect

“I don't see myself as being 'crazy' or 'weird' because of things in my past. It's perfectly normal and I understand that now.”

people across all parts of society. At the end of the conference, students were asked for their comments and early indications show we had a positive impact on attitudes toward mental illness. Here are just a couple of the many comments received:

"I promise to become more open-minded about mental health and to play my part to reduce and help others reduce stigma attached to mental illness."

"I don't see myself as being 'crazy' or 'weird' because of things in my past. It's perfectly normal and I understand that now."

Events

The Chair mentioned in his introduction to this newsletter that we want to talk to more people about the work of the Trust and how they can get involved.

We were able to do this at two recent events, resulting in almost 350 people showing their support for what we do by signing up as members of the Trust. At the Bradford Pride event on 22 May, 40 people signed up as new members and at the Bradford Mela on 12 and 13 June, over 300 people signed up.

We are also developing two events which we hope members will attend:

Annual General Meeting

The first of these, our Annual General Meeting, will be held on 30 September at Victoria Hall, Saltaire. The doors will open at 3.30 pm, giving people the chance to view an impressive artwork exhibition and stalls before the meeting starts at 4.00 pm.

A light supper will be served when the meeting finishes at around 6.00 pm.

Throughout the meeting, there will be opportunities to see and hear about the work of the Trust, to talk to members of our teams and to question our Chair, Chief Executive and Directors about our work. We want to make the event interesting for everyone attending and are currently fine-tuning plans to include performances to bring the whole event to life.



World Mental Health Day

We will also be involved in events taking place in Bradford and Craven in celebration of World Mental Health Day.

Meetings are taking place to develop the content of the event in Bradford which is likely to take place on Sunday 10 October. Our Craven staff are working hard to put on an event for people living in Craven and the surrounding areas and this will take place

in Skipton on 8 October. For further details about the events please contact:

Bradford LINKs about the event in Bradford: web: www.bradfordlink.org.uk Tel: 01535 665258.

For more information about the Craven event please email Janet Crotty at: janet.crotty@bdct.nhs.uk or call her on 01756 700688 on a Monday, Wednesday or Friday.

The White Paper – A Summary

The Coalition Government has committed to increased funding for the NHS but in return have made it clear that the NHS needs to reform.

'Equity and Excellence: Liberating the NHS' is a White Paper that sets out ambitious plans to achieve this. White Papers are documents produced by the Government that let people know what it is going to do and asks for views before taking its final plans to Parliament to become law.

The White Paper's four key themes are:

1. More information and choice for patients. "No decision about me, without me."
2. Improved health outcomes that are amongst the best in the world.
3. Power to patients and NHS professionals who treat them: the Government has said it will empower doctors to deliver results – putting

them in charge of what services best meet the needs of local people; and

4. Making the NHS more efficient - by removing unnecessary administration and cutting down on waste.

At the heart of the strategy is integrated working - joining up services to deliver the right care at the right time in the right place.

This will see Strategic Health Authorities (SHAs) and Primary Care Trusts (PCTs) cease to exist from 2013. Government will transfer PCT health improvement functions to local authorities and hand over commissioning arrangements to local GP practices. Local practices will form 'consortia' who will work with other healthcare professionals, and in partnership with communities and local authorities to commission the great majority of NHS services for patients. Each consortium will have an Accountable Officer and an

NHS Commissioning Board will be responsible for holding GPs to account for how they use resources and drive up standards.

As an NHS provider our main aims will be:

- Working closely with the PCT to establish an integrated care organisation. The implications for our Trust are expected to be communicated in the Autumn.
- Continuing to work towards achieving Foundation Trust status - although wider integration may have an effect on our overall timetable.
- Seeking to further strengthen clinical leadership, focusing on measurable improvements in outcomes and any incentives relating to improvements in quality.
- Building relationships with prospective GP commissioners.

The Government is asking anyone with an interest in the NHS to comment on its proposals. These can be found on the Department of Health's website www.dh.gov.uk The consultations finish on 5 October 2010.

If you have comments about mental health issues you would like to share with us, we would be pleased to hear from you and these can be considered as part of the Trust's own response. Please write to Paul Hogg, Trust Secretary at New Mill, Victoria Road, Saltaire, BD18 3LD or email him on paul.hogg@bdct.nhs.uk

If you would like to comment directly to the Government you can email nhswhitepaper@dh.gsi.gov.uk or write to NHS White Paper Team, Room 601, 6th Floor, Richmond House, 79 Whitehall, London, SW1A 2NS.



You're Hired!

Going for an interview in any organisation can be daunting at the best of times, but imagine being faced by an interview panel made up of young people, prepared to request whatever it takes to ensure they get the right person for the job.

'U Can B Heard', a Child and Adolescent Mental Health Services (CAMHS) participation group, does exactly that. Delivered in partnership with Barnardo's, the group has received specialist interview training to learn the ropes of recruitment and selection.

Members of the group have had first-hand experience of our CAMHS services and

understand how important it is for the Trust to recruit people that understands young people's needs and who the young people feel comfortable with.

One of the group members said, "Now we've all had the interview training we know what questions to ask and we know what to look for in the candidate's answers."

The young people's panel works alongside the professional interviewers to offer a different perspective and give their much valued opinions on the candidates that if successful, could be working in their CAMHS environment.

The questions asked by the young panel are designed

completely by young people. In addition to the practised questions, the group is known for surprising candidates with fun-inspired requests during the interview to see how they would fit into the CAMHS team and how well they interact with young people.

One member of staff who knows only too well just how the U Can B Heard group operates is Head of Operations for CAMHS, Mark Vaughan.

Mark had his quick thinking and interactive skills put to the test when applying for his current role. He said: "Being interviewed by the U Can B Heard panel was an excellent experience as they encourage

expression of character, knowledge, background and values in a way which is uniquely testing."

Preparing for the interviews, U Can B Heard design creative and testing interview programmes that take the candidate through fun drawing, word, case study and question exercises to judge the qualities and values in a way that the professional panel might not see.

U Can B Heard is another example of work being carried out in our 'Involving You' strategy, an exercise detailing how we work with service users and carers across our organisation.

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

Share your stories

If you've recently discovered a positive way to cope with mental health problems and would like a chance to share your ideas with others, we'd be delighted to hear from you.

Please submit your suggestions to Stella Jackson whose contact details can be found on page 2. Each idea should be no longer than 200 words and if possible, should be accompanied by a photograph.

It may not be possible to publish all stories in the newsletter but every effort will be made to include those that could have a positive benefit for others.

Membership Matters is printed on paper from sustainable forests.

Autumn wordsearch

Y	M	V	R	A	L	N	S	E	Z	A	Y	N	H	Q
P	J	I	C	E	O	E	N	U	I	L	V	C	A	Y
X	S	O	G	S	B	I	A	P	O	S	M	H	Y	E
B	R	I	A	R	H	O	O	V	C	K	A	C	R	L
N	O	E	R	S	A	C	T	A	E	R	L	B	I	L
N	S	N	N	C	U	T	R	C	V	S	L	E	D	O
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ACORN
BEAUTIFUL
CORNUCOPIA
FOOTBALL
LEAVES
OCTOBER
RAKE
SCENIC
SQUIRREL
YELLOW

APPLE
BONFIRE
CRISP
HARVEST
MIGRATION
ORANGE
RIPE
SEASON
SUNFLOWER
AUTUMN

BROWN
FOLIAGE
HAYRIDE
NOVEMBER
PUMPKIN
SCARECROW
SEPTEMBER
SUNSHINE