MEDIA RELEASE

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Two National Awards for Teams at Leicestershire Partnership NHS Trust

Staff from Leicestershire Partnership NHS Trust (LPT), last night, picked up two NHS Innovation Challenge Prizes Awards at the ceremony held in Manchester.

The ChatHealth school nursing team won an award for Digital Patient and Clinician Engagement, and Use of Technology Challenge and the Open Mind Partnership team from Adult Mental Health services won an award in the Rehabilitation Challenge.

The NHS Innovation Challenge Prizes encourage, recognise and reward front line innovation and drive spread and adoption of these innovations across the NHS.

Both teams will receive a prize fund along with mentoring to look at rolling out the services nationally; ChatHealth will receive £100,000 and Open Mind Partnership £75,000.

ChatHealth is a school nurse text messaging service for 11-19 year old. The service provides access to help and advice on all kinds of health issues, such as sexual health; emotional health and wellbeing; bullying; healthy eating and any general health concerns.

Nurses can share information anonymously and no message ever goes un-answered as automated texts signposting alternative sources of help are available out-of-hours.

ChatHealth has proved so successful that one nurse can now handle all of the in-hours messaging enquiries from across the county.

Jimmy Endicott, Mobile Media Development Manager, said: “The system is safe, secure and relies on one of the key ways in which young people communicate with each other. It improves their access to the help they need. If every NHS Trust adopted a similar model, as few as 30 school nurses could handle all of the messaging from UK teens, freeing up hundreds of hours of school nurse time for other care duties.”

School nurses from the ChatHealth team are now piloting the service in schools where there is an increased need to those pupils with special needs. The team is also developing other ways of supporting young people including video-chat, clinics and web-forums.
The ChatHealth project follows the launch of LPT’s website for children www.healthforkids.co.uk launched last year, and will feature a web chat facility as part of the Trust’s forthcoming www.healthforteens.co.uk website.

Leicester Open Mind in partnership with Fit for Work has explored the use of Cognitive Therapy and Mindfulness techniques - a mind-body approach to wellbeing – to try to help individuals overcome their physical, social and mental health barriers, such as depression and anxiety.

The team worked closely with the Fit for Work Team at the Department of Work and Pensions (DWP), which has developed recognised expertise in helping people with chronic pain, before developing their Open Mind programme.

Norman Finlayson, Behavioural Psychotherapist at Leicestershire Partnership Trust, Said: “Chronic pain is hugely dispiriting. The positive effects of mindfulness are becoming well known and, combined with timely practical support, can have a big impact on personal wellbeing.”

People are referred to the service either by a GP or the team of Open Mind therapists. Through their own case manager, they are offered a programme of interventions such as pain management and group cognitive behavioural therapy, as well as support services from a range of allied health professionals including physiotherapists and occupational therapists.

ENDS

Note to editors
Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £282 million and employs approximately 5,400 staff. For more information visit: www.leicspart.nhs.uk.

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