

LPT News

...providing integrated community health, mental health and learning disability services

June 2017

Welcome to the latest stakeholder briefing from Leicestershire Partnership NHS Trust - where we share our latest news. For more regular updates visit our website www.leicspart.nhs.uk or twitter @LPTnhs.

Contents

- Healthier In Mind
- All Age Place of Safety
- New mental health crisis resolution and home treatment service for young people
- Armed Forces covenant
- Accreditation for eating disorders service
- Giving children food for thought
- Nicky Morgan visits CAMHS eating disorders service
- Music single launched to celebrate new LPT Yellow Book to promote positive mental wellbeing
- Rutland's story as one team

Save the date: AGM

We are holding our Annual General Meeting (AGM) with a recruitment and health fair on **Tuesday 12 September** at the Peepul Centre. Please look out for invite soon!

'Healthier in Mind' conversation

Feeling healthy is about body and mind.
Mental health is about how healthy our mind is.

Sometimes we feel healthy and happy,
sometimes we feel sad and worried.
There are times that we can feel very mentally unwell.

Together we need to talk about our mental health,
support each other in our community, and improve the
services to better provide help to people when they need
it.

#HealthierInMind

Everyone has mental health and it is important we raise the profile of mental health in local communities.

We haven't always got support for mental health right, and we need to make it better.

All health, social care and voluntary services supporting mental health across Leicester, Leicestershire and Rutland are committed to working together to provide the best care and support for those who experience mental ill health and for their families.

The 'Healthier in Mind' conversation aims to engage as many local people as possible to find out what they think should be our local priorities to improve mental health support. This will form the basis of a mental health strategy that we can own collectively, not only as statutory organisations across health and social care, but with local communities and businesses.

Read the [press release](#) and complete/share the survey:

<http://www.bettercareleicester.nhs.uk/getinvolved/healthierinmind/>

New 'all age place of safety' for mental health



We are delighted to announce that the refurbished 'all age place of safety' facility at the Bradgate Mental Health Unit on the Glenfield Hospital site officially opened on 5 June.

Thanks to £500,000 funding from NHS England, the expansion and redevelopment of these facilities has been possible, and the 'place of safety' is now able to accommodate both adults and young people under the age of 18 in mental health crisis while they are waiting for an assessment – normally no longer than 24 hours.

People of any age or sex who are detained under Section 136 of the Mental Health Act will be cared for at the unit when there are concerns for their safety or for that of others as a result of their mental health.

Previously the unit had two rooms, just for adults. Now, the new, upgraded accommodation provides an adult facility and separate, discreet facilities for young people under the age of 18, with en-suite facilities and access to an outside area.

In re-configuring the 'place of safety', LPT has worked closely with approved mental health practitioners (AMHPs) from both Leicester city council and Leicestershire and Rutland county councils, with mental health leads from the police and with colleagues from University Hospitals of Leicester (UHL).

Helen Perfect, head of service, said: "I am really pleased that all the hard work in redeveloping this facility has now come to fruition, enabling us to respond to feedback from the CQC and provide an appropriate, calm and safe environment for both young people and adults alike. I would like to thank everyone who has supported us in making it happen."

Pictured at the unit L-R: Marie Puckey, clinical duty manager; Helen Perfect, head of service; Tom Wheelband, bed manager at the Bradgate Unit, Steve Walls, clinical duty manager and Paul Howley, matron Belvoir ward

New mental health crisis resolution and home treatment service for young people

LPT, the three Clinical Commissioning Groups and the local authorities in Leicester, Leicestershire and Rutland launched a new service to support young people in mental health crisis and their families on 1 April.

A clear need for a targeted crisis and home treatment service across Leicester, Leicestershire and Rutland came out of consultation by the Future in Mind transformation programme, which focuses on improving the mental health and wellbeing of children and young people. LPT has worked closely with young people, with commissioners and with the local authorities to develop the new service.

The new crisis resolution and home treatment service provides treatment and support at home for children and young people in mental health crisis and for their families in situations where no physical medical intervention is required. The service builds on the existing on-call team which has been in place for a year. It forms part of LPT's five year improvement programme for CAMHS which began in 2016.

The service is aimed at those who are:

- at immediate and significant risk of self-harm or suicide
- experiencing acute psychological or emotional distress which is having such a significant impact on their wellbeing that their schooling is being affected
- being considered for an admission to a mental health inpatient unit
- posing an immediate or significant risk to others due to their mental health.

The service provides a single point of access for referrers, aligned with the adult service, and runs 365 days a year from 8am until 10pm daily. Outside of these hours, referrals are handled by LPT's adult crisis team. Care is tailored to meet the needs of the child or young person and their family, whether this takes the form of a one-off assessment at home, at school or at the GP surgery, or a period of intensive home treatment.

We've signed the Armed Forces Covenant

Our Trust has pledged our support to military personnel past and present by signing the Armed Forces Covenant on the eve of Armed Forces Day.

Dr Pete Miller, our CEO, was joined by Col Andrew Parker MBE, (left) Commanding Officer of 158 Regiment, to sign the historic document during a special event at The Bradgate Unit.

The charter formalises our commitment to support the health and wellbeing of serving and ex-military both in the workplace and in the community.



[This film](#) provides highlights from the event.

Accreditation for eating disorders service



Our specialist adult eating disorders inpatient ward has maintained its accreditation status in recognition of the high quality of patient care. Langley Ward, situated within the Bennion Centre on the Glenfield Hospital site, provides hospital care and treatment to adults aged 18 or over who have anorexia nervosa.

The ward is part of the adult eating disorders service (www.leicestereatingdisorders.co.uk) which also provides day and outpatient care for people with anorexia nervosa, bulimia nervosa, binge eating disorder and other diagnosable eating disorders. It is a regional centre for the East Midlands.

The Royal College's accreditation programme involves assessment against some 300 standards categorised into five sections, with themes including safety, timely and purposeful admission, the environment and facilities, therapies and activities on offer.

The adult eating disorders service is staffed by a number of highly skilled health professionals including psychiatrists, specialist nurses, occupational therapists clinical psychologists, psychotherapists, administrative staff, researchers and a dietician.

Paul Williams, head of eating disorders services at LPT, said: "We are very proud of this acknowledgment that we continue to provide a high quality, effective and safe service with positive outcomes.. Our service users have very specific and often complex needs, and the process of recovery from anorexia nervosa takes time and for some people, a lengthy hospital admission. We have a fantastic team of staff at Langley Ward who work incredibly hard every day to help the patients on the ward at particularly difficult moments in their lives."

Giving children food for thought



The latest interactive content on our Health for Kids website (www.healthforkids.co.uk) is a myth-busting 'Food for Thought' interactive healthy eating quiz.

The 'Food for Thought' quiz uses a 'play your cards right' format, putting children's understanding of the relative fat, sugar and salt content of a range of foods to the test in a fun and thought-

provoking way. So, if you've ever wondered how the fat content of a samosa compares to a sausage roll, or whether a fizzy drink or a milkshake has more sugar, Food for Thought is the place to find out!

All the content for the game was put together by members of our Nutrition and Dietetics team. Information on the web page which accompanies the quiz is provided to help children understand the importance of a balanced diet, and get a sense of the daily recommended limits of sugar, salt and fat for their age group.

Nicky Morgan visits CAMHS eating disorders service



Nicky Morgan, recently re-elected as the MP for Loughborough, visited our child and adolescent eating disorders team at Mawson House in Leicester on Friday 16 June.

Back in February Nicky visited the Trust to meet staff from across child and adolescent mental health services (CAMHS), and expressed an interest in arranging further follow-up visits to specific areas.

Nicky was shown around the facilities at Mawson House where the service is based, and heard from clinicians Dr Alison Eivors and Nicola Jeffery about the positive impact that family based therapy and early interventions are having on outcomes for children and young people who are admitted to the service, and about how recent investment has enabled the service to grow. She also had the opportunity to meet with a current service user and her family, as well as with the chair of the carers support group.

Music single launched to celebrate new LPT Yellow Book to promote positive mental wellbeing

We are delighted to announce the release our very own music single in collaboration with mental health arts charity, rethinyourmind. The single is based on a winning poem submitted out of over 200 entries to the LPT Yellow Book competition which called for people across Leicester, Leicestershire and Rutland to submit art, photography and poetry inspired by the theme: 'I feel better when I am..'

Titled "Out of the Blue", the music single is performed by Leicester band Refuge, led by rethinyourmind co-founder, Peter Hirst. It is



hoped that the single will inspire people to talk about mental health, and promote positive wellbeing.

The music single's lyrics were adapted from winning poem, 'Out of the Blue' by Steve Walton. The music video for the song was created by Leicester-based body concept artist, Emma Fay. The music single can be viewed on LPT's youtube channel here: <https://youtu.be/-bhLFUj-TE> and downloaded here: <https://www.amazon.co.uk/dp/B071L71T4Q>.

There will be 10,000 copies of the LPT Yellow Book, featuring contact details of local support groups alongside the compilation from the 30 winners, distributed free of charge across local NHS and mental health support groups, as well as local authorities, museums, cafes, and other public places.

Details of all winners and their winning entries can be found here: <https://rethinkyourmind.co.uk/selected-entrants-2017/>

Rutland's story as one team across health and social care



PHOTO: LPT nurse Karen Cunningham (left) with social worker Matt Stockdale, overseen by service manager Jane Rankin.

A joint team between health and social care in Rutland are working hard to minimise the time that older patients are stranded in hospital through a unique hospital discharge and reablement service.

Social care staff and health workers are working side by side under a single manager and a single computer system to make sure the patients get all the support they need. That in turn means the patients can be back in their own surroundings as quickly as they are safe and able to.

Jane Rankin, who manages the team, said "We are quite inventive, and we don't let barriers get in our way. People are happy because they don't have to tell their story again and again. I think that can be quite a relief".

Every day, Jane's team are given lists of Rutland patients in various local. They discuss with hospital clinicians when each patient is likely to be fit to go home, and what they will need to support them.

The options depend on the individual needs of the patient, and can be provided by a range of public and private organisations. This can include injections and wound dressings, physiotherapy, occupational therapy, the addition of ramps and grab rails to the patient's home, mobility aids such as walking frames, food deliveries to those who cannot go shopping, and food preparation for those unable to cook.

And the results? Rutland has some of the lowest rates in the country for patients being in hospital for longer than necessary. Three months after discharge, 91 per cent are continuing to live independently at home, and fewer go on to require a place in a care home than the national average.

Mark Andrews, Deputy Director for People at Rutland County Council, said: "Rutland's Hospital Discharge and Reablement Service is now fully integrated across both health and social care, making sure patients receive support for a smooth, timely discharge back into the community when they're ready and able to leave hospital. By working together in this way we've shown that we can not only improve outcomes for patients but also help reduce the costly hospital delays that lead to bed shortages and place strain on the wider health system. This is still a big challenge for health and social care services but we're confident that further integration and joined-up working will allow us to continue to meet the needs of local people."

One recent patient said: "Understanding and consideration of me through the past six weeks has been excellent. Without this help I wouldn't be where I am today. 10 out of 10 to all of them."