

# LPT News

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

## September 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](http://www.leicspart.nhs.uk) or twitter @LPTnhs.

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## Investment in new CAMHS inpatient unit

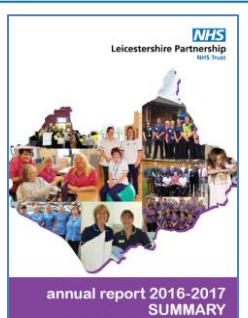
We're delighted that the [Better Care Together partnership](#) secured nearly £40 million of new investment in July, which includes £8 million for child and adolescent mental health services to build a new purpose-built unit. This is great news for the health and care system as a whole across Leicester, Leicestershire and Rutland, and from our perspective, will increase our capacity to better meet the demands of our younger population.

This welcome investment in our CAMHS inpatient facilities will enable us to move from the temporary unit at Coalville Hospital where the CAMHS inpatient services have been based since 2015, to a permanent, more accessible base in Leicester. The new purpose-built unit will comprise a 15-bed combined child and adolescent mental health services (CAMHS) and eating disorder services (CAEDS) inpatient facility and a hospital school. It will be co-located with LPT's acute adult inpatient mental health services and adult inpatient eating disorder services on the Glenfield Hospital site.

The funding will help to improve the quality of care we can provide for local children and young people with acute mental health needs. It forms a significant part of our transformation plan for improving access to and support from CAMHS services. We will have a ward co-located with other mental health services, and most importantly we will be able to offer local specialised inpatient eating disorder care for young people in the East Midlands.

We look forward to keeping you updated as the project progresses.

Read our  
summary  
[Annual  
Report  
2016/17](#)



## New female psychiatric intensive care service

A new mental health inpatient service providing specialist psychiatric intensive care for women with complex and urgent mental health needs will be launched by LPT this autumn. The service has been commissioned by East Leicestershire and Rutland Clinical Commissioning Group (CCG) and will serve not just Leicester, Leicestershire and Rutland but also provide more easily accessible beds for women from Lincolnshire and Derbyshire under an agreement with CCGs there.



The psychiatric intensive care unit (PICU) will be based in the six-bedded Griffin Ward, at the Herschel Prins Centre, on the Glenfield Hospital site, close to the Belvoir Unit where LPT already provides psychiatric intensive care for men. Last year the ward underwent extensive refurbishment to further improve the environment, safety and security. Care will be provided by a multi-disciplinary team of nursing and medical staff, occupational therapy and psychology staff.

Dr John Devapriam, clinical director of LPT's adult mental health and learning disability services, said: "We are very pleased about the commissioning and provision of female PICU beds locally for women from Leicester, Leicestershire and Rutland with acute and complex mental health needs. It means that women will have timely access to PICU services and their hospital stay is likely to be shorter because they will be able to maintain close contact with community services and their friends and family, which means better continuity of care. This is part of a wider transformation programme to improve pathways of care as under the Better Care Together programme." [Read more here.](#)

## £250k upgrade to dementia wards

Work has started on a £250,000 upgrade to the two specialist dementia wards for Leicester, Leicestershire and Rutland. The wards are based at the Evington Centre, off Gwendolen Road, Leicester, and accommodate up to 21 men and 21 women with moderate to advanced stages of dementia.

The work will bring major improvements to the patients' experiences, following advances in scientific knowledge about dementia over the past 15 years. All blue flooring is being replaced, after research showed some people with dementia confused blue floors with water. There will be greater contrast between floor colours and the walls, making it easier for patients to keep their balance and find their way around the wards, and the lighting will be improved. The work will also involve tackling the subsidence in one ward, which is currently disused but will become an active ward.



The work is being carried out in phases to minimise disruption; once it is complete patients will use Gwendolen and Coleman wards instead of Wakerley and Coleman as at present. The project is due to be completed by February 2018.

To compliment the work, our charity Raising Health is launching an appeal for equipment. Visit <https://www.justgiving.com/campaigns/charity/raisinghealth/colourmymemories>

## Another successful AGM

Over 200 people attended our annual general meeting and health fair at the Peepul Centre on 12 September. Staff were present to showcase the services we provide in adult mental health and learning disabilities, community services and services for children, young people and families. Visitors could also receive information about job vacancies and volunteering, as well as fundraising news from our charity, Raising Health. **Please read our [Annual report summary 2016/17](#) here. You can also watch our key highlights in a [short film](#).**

## 'Healthier in Mind' marketplace event – 27 September

Local communities are invited to a free mental health event on 27 September, hosted by health and social care providers across Leicester, Leicestershire and Rutland, to help shape future mental health support.

Better Care Together partners across Leicester, Leicestershire and Rutland (LLR) launched the 'Healthier in Mind' conversation in June this year, to better understand what local people need. The survey received nearly 1000 responses. The 'Healthier In Mind' initiative is a commitment to working together to provide the best care and support, and to develop an LLR-wide mental health strategy for and by all of our local communities. The engagement activity was supported by the local voluntary and community sector Health and Social Care Forum, alongside activity held by health and social care organisations and local businesses.



The event will be held on 27 September at NSPCC, Gilmour Close, Leicester, LE4 1EZ. It is an opportunity to find out more about what people said in the Healthier in Mind survey, and to help shape the future of mental health services. It will feature a range of activities to get involved in, as well as the opportunity to talk to local mental health care providers and services. **To register your attendance, visit [www.healthierinmind.eventbrite.co.uk](http://www.healthierinmind.eventbrite.co.uk)**

## Recovery College expands access to free wellbeing courses



Our Leicestershire Recovery College is expanding access to free mental wellbeing courses this autumn. The college, based on the Glenfield Hospital site, has expanded its network of satellite bases to include Loughborough for the first time.

The college now has a roll of nearly 1,500 students and a suite of satellite hubs across Leicestershire including Rutland Adult Learning Service in Oakham, West End Neighbourhood Centre in Leicester, the Mett Centre in Leicester, A Place to Grow in Enderby, Blaby District Council Office in Narborough, Riverside Pavilion in Leicester and – new this year in partnership with Leicestershire County Council's public health department – at Fearon Hall in Loughborough.

The free recovery-based courses and resources are available to anyone with a lived experience of mental ill health, their friends and family. **Download the [Autumn 2017 prospectus and find out more.](#)**

## More awards success for Move it Boom

We are delighted that 'Move it Boom Rio', our summer physical activity website aimed at primary school children and hosted on the Health for Kids platform ([www.healthforkids.co.uk](http://www.healthforkids.co.uk)) was recently named the winner of the 'website of the year' category at the prestigious UK Public Sector Communications Awards. This builds on its success earlier in the year when it was awarded 'best website' at the Northern Digital Awards.



218 primary schools took part in the Move it Boom Rio challenge, using the website to log a phenomenal 47,053 activities between June and October 2016, with digital badges rewarding children for their achievements throughout.

Sarah Fenwick, a family services manager, school nurse and acting service group manager at LPT said: "We are always looking for new and creative ways to use technology to help us engage with children and young people in relation to their health and wellbeing, offering them tailored advice and support. The Move it Boom Rio website is a great example of this, and I'm delighted that it has received this recognition."

[Read more.](#)

## Free new LPT Yellow Book to promote positive mental wellbeing

We are delighted to announce the launch of the LPT Yellow Book – a pioneering yellow bound book full of signposting and advice around mental wellbeing support.



It features a collection of 30 stunning poems, art and photography which won our 'I feel better when' competition earlier this year across Leicester, Leicestershire and Rutland.

10,000 copies are being distributed free of charge across local NHS and mental health support groups, as well as local authorities, museums, cafes, and other public places. View it as an [online flick book](#) or request pick up of free copies from [communications@leicspart.nhs.uk](mailto:communications@leicspart.nhs.uk)

You can also view the related music single on LPT's youtube channel here: <https://youtu.be/-bhLFUj-TE> and download here: <https://www.amazon.co.uk/dp/B071L71T4Q>.

## Rutland named best in England for health and social care services



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

Patients are officially getting a first class service as a result of joint work between LPT and Rutland County Council. The county was named as the best place in the country in recent government rankings for the way health and social care work together. The Department of Health and Department for Communities and Local Government drew up the Performance Dashboard for Health and Social Care rankings based on things such as emergency admissions to hospital, length of stay and whether people are delayed when ready to be discharged.

One of the best performing areas for Rutland residents was in the proportion of those aged 65 and over who were still at home 91 days after being discharged from hospital into local authority reablement or rehabilitation services.

Rachel Billsborough, Director of Community Health Services for LPT, said: "We have a very close and constructive relationship with Rutland Social Care. This includes having a joint team of social care and health professionals, who work together to ensure patients leaving hospital have the support they need when they go home.

"This team share office space and report to the same manager, which helps ensure patients get back home to a safe environment in the shortest possible time. We look forward to building on our collective success over the years to come, and are delighted that our work has resulted in better outcomes for people who use our services." [Read more](#)

## New cohort of breastfeeding peer supporters

Our Healthy Together team in Market Harborough celebrated the graduation of the latest cohort of trained volunteer breastfeeding peer supporters at a special event on Tuesday 8 August.



LPT holds the prestigious international 'Baby Friendly' accreditation for the high quality infant feeding support provided through its 0- 19 Healthy Together service. Our Public health nurses (health visitors) train a number of mums each year to become breastfeeding peer supporters: volunteers who can provide new mothers in the local community with valuable help in relation to breastfeeding, including on-the-spot advice over the phone or at breastfeeding support groups, as well as a virtual 'shoulder to cry on' via social media.

The recent cohort of 16 ladies graduated after successfully completing the rigorous training programme at Market Harborough Children's Centre, which is run by Leicestershire County Council, equipping them to support new mums in the Market Harborough district. Additional breastfeeding resources and information for new parents are available on our website [www.leicspart.nhs.uk/infantfeeding](http://www.leicspart.nhs.uk/infantfeeding)

## Hundreds expected at October's careers fair

The next LPT careers fair takes place at the Leicester Tigers' ground on Tuesday, October 3, between 10am and 6pm. More than 1,000 people attended the last one. Dozens of people gained jobs as a direct result of attending, and hundreds more learned about the wide ranging clinical and non-clinical opportunities available at the Trust. Staff from across all areas will be on hand to discuss our vacancies in detail. Please help to spread the word to family and friends who might be interested in attending on the day, to find out more about working for LPT. Attendees can register by filling in this short [form](#)

## Staff and friends InVest time and energy for a good cause



More than 100 staff and friends of LPT raised over £12k by taking part in a 24-hour charity challenge at the end of June. They walked, ran and cycled the length of the Leicestershire border to raise money for LPT's charity, Raising Health, fundraising to buy equipment that helps to keep very poorly children out of hospital, receiving care at home with their families.

The money will go towards buying more high frequency chest wall oscillator vests for LPT's children's community respiratory physiotherapists to use in their treatment of sick children across Leicester, Leicestershire and Rutland who suffer from recurrent chest infections. The vest is a highly effective device which improves the effectiveness of a child's chest clearance, meaning they become unwell less frequently and so have improved quality of life. The vests enable children to receive treatment at home with their families, avoiding lengthy hospital stays. Currently the service has just two vests for use across the whole of Leicester, Leicestershire and Rutland, and demand for their use is high. Donations can be made at <https://www.justgiving.com/campaigns/charity/raisinghealth/thevest>

## RUOK on return journey to Leicester station

Volunteers will be back on Leicester Railway Station for the third successive year on 12 October, asking people 'RU OK?'

RUOK? is a multi-agency partnership campaign that's helping people across Leicester, Leicestershire and Rutland make 'connections' for wellbeing returns to Leicester railway station on 12 October – in the week of World Mental Health Day.



In the third event of its kind on the station, volunteers will be engaging commuters in short conversations throughout the day, to show how a kind word or small act can help boost the wellbeing of others.

Hundreds of people will also be encouraged to sign a pledge wall, promising to take positive steps to support their own and other people's emotional wellbeing.

RUOK? is a partnership of health, police, rail, local authority and third sector organisations across Leicester, Leicestershire and Rutland. **Show your support using the hashtag [#RUOKToday](#)**