



Patient Experience & Involvement Newsletter

Tuesday 04.05.2021

**Virtual opportunities and supporting information for service users,
patients and carers**

Welcome to May's edition of Leicestershire Partnership NHS Trust's (LPT) Patient Experience and Involvement Newsletter. We hope the items contained in this newsletter provides you with useful and informative information.



Road map to Covid Recovery

Whilst the publication of the governments road map to recovery provides us all with some hope for the future, please remember that there are many sources of support available to you, so access them if you need to. It is OK not to be OK – but be reassured that you are not alone.



Covid Vaccination programme

Please use the following link which provides you with the latest information on the Covid Vaccination programme: <https://www.leicspart.nhs.uk/latest/covid-19-latest-information/covid-19-vaccinations/>

Sign up and stay connected!

You can join our Service User/Carer Network which is open to service users, carers and family members where you can share your lived experiences with us. This will help to inform how we shape our services to fit the changing needs of our local communities.

Please visit our "involving you" page

www.leicspart.nhs.uk/involvingyou

which provides additional information and access to our on line Expression Of Interest form.

Involvement Walk and Talk Group

The Walk and Talk group met on Monday 26th April at Abby Park. It was lovely to meet up and walk together around such beautiful surroundings. Below are some pictures we took to share with you:



The group have decided that our next walk will be on **Monday 10th May at Abby Park from 12.30pm to 1.30pm**. You are more than welcome to join us although spaces are limited due to covid restrictions.

Another walk has been arranged for **Tuesday 25th May at Watermead Park from 2pm – 3pm** meeting at Bridge Park Plaza car park.

Please let us know if you wish to attend by emailing: LPTPatientExperience@leicspart.nhs.uk as well as suggesting somewhere in particular you would like us to set up a future walk.

Upcoming Virtual Involvement Opportunities

Although all face to face involvement at LPT has been put on hold due to Covid-19, we still want to involve you in decision making and changes where we can.



Opportunities will be advertised through our Service User/Carer Network, as well as through these Newsletters. There are a range of projects you can get involved with from providing feedback on documents to larger scale service improvements. We can do this by:

- Video calls – Skype and Microsoft Teams
- Email
- Telephone calls
- Post (freepost address provided)

Over the following pages you will find details of training and development opportunities, as well as a list of new and ongoing involvement workshops and projects at LPT.

Please also contact us if you any further questions or queries. You can contact the Patient Experience and Involvement Team via email: LPTPatientExperience@leicspart.nhs.uk or call 0116 295 0818



Monthly Recovery and Collaborative Care Planning Cafes via MS Teams

The Recovery Cafes are a shared space for service user/carers, NHS staff and local voluntary and community groups to come together to connect around care planning and mental health recovery

You can find out more about the cafes and CHIME by accessing the following link:

<https://www.leicspart.nhs.uk/wp-content/uploads/2020/11/What-are-the-Recovery-Cafes.pdf>

Future Recovery Café dates are as follows:

- **Monday 24th May from 11am to 12.30pm**
- **Friday 18th June from 1pm to 2.30pm**
- **Thursday 29th July from 11am to 12.30pm**

If this has sparked your interest, we do urge you to confirm via email on which cafes you would like to attend so that we can ensure we send you the link and reminder closer to the time of each session.

For more information, please contact the Patient Experience and Involvement Team directly. We look forward to seeing you!



Recruitment Panel Training

Would you like to get involved with recruiting new members of staff? Opportunities often arise for service user/carer involvement in recruitment. This training will prepare you for being a panel member.

Overview of the training:

- Recruitment and selection process
- Job description and person specification
- Interview questions/presentation
- Types of Involvement in the recruitment process
- Confidentiality
- Do's and Don'ts for interviewing
- Recording the interview



Future date for new and existing network members is as follows:

- **Tuesday 17th August from 10am-11.30am**
- **Friday 10th December from 1pm to 2.30pm**

MS Teams Links: Will be shared via email a week before the virtual training is due to take place. Please make contact with the Patient Experience and Involvement Team if you wish to join this session.

Perinatal Services

Do you have experience of accessing or supporting someone to access perinatal services? Our perinatal services are expanding and we are recruiting a number of new staff and would like your help in choosing the right candidates to become part of their team.

If you have experience of perinatal services and would like to know more about what is involved, please make contact with the Patient Experience and Involvement Team.



Introduction to Involvement Workshops

We have two workshops running for new network members including an introduction to Involvement, and an introduction to the NHS;

Overview of the Introduction to Involvement workshop:

- Working together as equal partners
- Involvement framework
- Involvement charter
- Confidentiality agreement
- Skills/Experience/Needs and Interest form
- Involvement opportunities
- Support and training we can offer you
- Reward and Reimbursement Policy



Involvement Packs (Introduction session only) We will post out an involvement pack a week before the commencement of the induction which will include all relevant forms and charter for your reference in readiness for the forthcoming workshop.

Dates of Introduction to Involvement workshop:

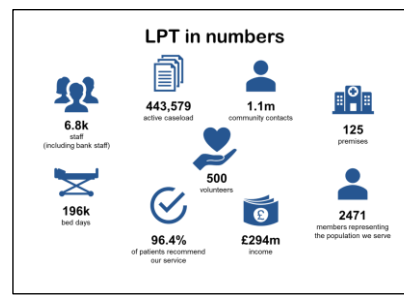
- **15th June 2021 from 10:30am to 12pm**
- **19th August 2021 from 1pm to 2:30pm**

Overview of Introduction to the NHS workshop;

- How does the NHS in England work
- Integrated Care System
- What is “Step up to Great”
- Support LPT can give you

Dates of Introduction to the NHS workshop:

- **23rd June 2021 from 10am to 11pm**
- **11th August 2021 from 2pm to 3pm**



All workshops are delivered by MS Teams; the MS Teams link will be shared via email a week before the workshop is due to take place. Please make contact with the Patient Experience and Involvement Team if you wish to join these sessions.

LPT Pharmacy Team – Opportunity to be part of a small working group to provide your lived experience in the development of PINMED

What is PINMED?

PINMED is a digital and web-based app. However, you do not have to be tech savvy to become part of this working group.

PINMED's purpose is to help patients make decisions around mental health medication, including tools to promote shared decision making between the service user/patient and the prescriber. It will be a two-way app where the patient and prescriber can write down their views.

PINMED has already been tested in a paper format and so far has received very positive feedback. Now the service has secured funds to develop an app and web-based version.

If this has sparked your interest, please make contact with the Patient Experience and Involvement team



Share your experiences with students

Pre Covid, the Nutrition and Dietetics Team delivered teaching to dietetic students through clinical placements. Due to Covid, these placements are no longer possible, and teaching is now delivered virtually via MS Teams. The team are looking for service users willing to share their experiences on professionalism of staff as well as positive, negative, or indifferent experiences. There are four sessions planned from April – June with the team available to support you with sharing your experiences. Dates are as follows:

- 24th June 10am-12pm
- 30th June 2pm-4pm



If you would like to know more/if this is of interest, please make contact with the Patient Experience and Involvement Team.



One in three people with a history of depression have Treatment Resistant Depression.

Research aims to overcome this

The **One in 3** campaign strives to promote and increase recruitment into studies which are being delivered for people with Treatment Resistant Depression. These studies include RESTORE-LIFE, BRIGHTMIND and PAX-BD. This research is important to increase the number of treatments offered in hope of improving people's lives in the future.

With the **One in 3** campaign comes a research register which will hold the names of people interested in hearing about or taking part in research related to Treatment Resistant Depression.

If you have a diagnosis or if you are a friend/relative of someone with Treatment Resistant Depression, we would like to invite you to join our research register. After joining, a member of the research team will be in touch to ask you for some more details. They will also assess if you are eligible to take part in any of the studies being delivered.

To find more information about the studies or to join the **One in 3** research register please visit our website using the following link or by scanning the below QR code:

<https://www.leicspart.nhs.uk/about/research-and-development/onein3/>

OR



If you have any questions please get in touch with the research team by contacting:

research.delivery@leicspart.nhs.uk

Non LPT Involvement Opportunities

The Royal College of Psychiatrists - Suicide Prevention Workshops

As part of the quality improvement work focused on safety in mental health services, the College's National Collaborating Centre for Mental Health (NCCMH) have been asked to produce a change theory for NHS England and NHS Improvement which aims to reduce suicide and self-harm in people who are on any type of leave from mental health wards.



In order to develop this, as well as looking at the evidence base, NCCMH would like to learn from the people (staff and patients) who provide and use inpatient mental health services.

To do this NCCMH are holding two online workshops where they will develop the change theory, which will be tested with NHS Trusts later in the year. The change theory will include an aim for the work, broken down into ideas for changes that can be tested, and a way of measuring whether or not the changes have made an improvement. They would like to invite people within this community to take part in this work, by attending the workshops to develop the change theory with NCCMH.

The virtual workshops will be held on:

- Friday 7th May 1.30 – 3pm
- Friday 21st May 10 - 11.30am

If you are interested, please contact suicide.prevention@rcpsych.ac.uk.

If you would like to be involved but cannot make one or both workshops, NCCMH would also love to hear from you.

Supporting information for patients, service users and their carers from community and national sources

My Mind Matters Programme – VASL

My Mind Matters works in partnership with local organisations and community support groups to provide a programme of daily activities which are shown to improve and maintain wellbeing.

Their activities are continuing online so they can continue to build their community and stay socially connected through challenging times. Open and free to join for those living in the Harborough District for 18+.



Their full programme can be seen here: <https://www.leicspart.nhs.uk/wp-content/uploads/2021/04/mmm-Wellbeing-Programme-april-2021.pdf>

To find out more information about the My Mind Matters project and see how they can help you, please make contact by tele: 01858 411383 or email: mindmatters@vasl.org.uk

Leicester and Leicestershire Clinical Commissioning Groups have developed a Mental Wellbeing booklet to support children and young people, which is full of useful contacts, tips, and advice. This booklet can be accessed through the link below:

<https://www.leicspart.nhs.uk/wp-content/uploads/2021/04/Mental-wellbeing-support-for-children-and-young-people.pdf>

Activities

Distraction Packs

NHS England & Improvement have worked with Recoop (part of a Housing Association) to make distraction packs available for people experiencing social isolation during the Covid pandemic. These packs were previously created for older prisoners, and have now been adapted for people experiencing isolation at home and in the hospital setting. The packs include a template for people to share their experiences through a story, poem or picture with the aim of adding into future editions.

Links to the latest editions can be found below:

Link to Distraction Pack 24:

https://www.leicspart.nhs.uk/wp-content/uploads/2021/04/NHS_Distraction_Pack_24.pdf

Link to Distraction Pack 25:

https://www.leicspart.nhs.uk/wp-content/uploads/2021/04/NHS_Distraction_Pack_25.pdf

Recovery College Summer Prospectus

Leicestershire Recovery College has been delivering courses online via Skype and Microsoft Teams, with a total of 25 courses delivered over the Spring Term which ended in March. We are pleased to launch our Summer 2021 programme, containing a range of online courses designed to support health and wellbeing from the comfort of your own home.



We are continuing to enrol over the phone and also provide useful links & resources to support mental health via [Twitter](#), [Facebook](#) and our webpage.

Please call 0116 295 1196 if you wish to speak to a member of the recovery college team to request a copy of the current prospectus and/or to enrol.

You can access the prospectus online through the following link: <https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Summer-Term-2021-Interim-Prospectus-final.pdf>

Brightsparks – Arts in Mental Health

Would like to invite you to their “First Zoom Zoom Open Mic Special” featuring Michael Vickers with Rob Gee as compere along with a plethora of open mic acts.

Please see flyer for details on how to book your place.

Weekly online arty meet ups are also available, please click on the following link:

<https://www.brightsparksarts.uk/Groups>

for further details.

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COME ALONG TO OUR;

BRIGHTSPARKS
ARTS IN MENTAL HEALTH GROUP

'First Zoom Zoom Open Mic Special'

Featuring Michael Vickers, Compere Rob Gee, and a plethora of wonderful open mic acts.

Please contact Tim Sayers to book your place in advance or turn up on the day and have a go. All welcome.

And it's free.

To be held on Friday 7th May 2021 1.00 – 2.30pm.

For further information, to book your place, or for login details, please contact Tim Sayers, Arts in Mental Health Co-ordinator at Leicester Partnership NHS Trust, on:

Tel: 07795 475 806
E-mail: tim.sayers@leicspart.nhs.uk

WORD Leicestershire Partnership NHS Trust UNIVERSITY OF LEICESTER

Outdoor Bootcamp- Coalville

A brand-new Outdoor Boot Camp in Coalville Park is starting on 7th June 12.30-1.30pm. A joint venture with NWLDC Health & Wellbeing team and Easy2Health.

To book your place please email

Georgia.james@nwleicestershire.gov.uk or call 01530 454735

OUTDOOR BOOT CAMP

New!

Starts Monday 7th June 2021 12.30 - 1.30pm
Coalville Park, 42-46 London Rd
Coalville LE67 3JB

- Suitable for all levels of fitness
- Classes are suitable for ages 18-64
- First 4 sessions free then £2.50 per session
- No equipment just exercise mat and water is recommended

TO BOOK CALL GEORGIA ON 01530 454735 or
Email Georgia.james@nwleicestershire.gov.uk

ENRICH North West Leicestershire District Council ACTIVE TOGETHER easy2health

Useful Contacts



Show and Share

This is a space for our network members to display any creative activities over the last month, to share their thoughts or to share anything they have found useful during these exceptional times.

The Unsung Heroes – A poem written by one of our network members (created as part of the Captain Tom 100 Fundraiser)

The Unsung Heroes

We know the NHS have done a brilliant job.

We also need to remember the unsung heroes like supermarket people, delivery drivers, pickers, charity workers, vaccine jab volunteers, post men, and all the volunteer's, as without these people, we would not have been brought food and other things we took for granted before Covid.

Meeting virtually is normal now. We would not have dreamt we would talk by Team's, Zoom, and Skype. We can have virtual workshops with people attending from a different country if time allows. What a different world we live in now!

by G.J Paton

Interesting Talk /Article.... Featuring People with Lived Experiences of Eating Disorders

One of our network members has shared some interesting information pieces with input from people with lived experience of eating disorders:

- Talk from an Expert by Experience (EbE)
A *free* talk here about perspectives on eating disorders policy, prevention, research, and treatment...@jamesldowns touches on some really important issues surrounding eating disorders. You can watch here: <https://www.instagram.com/tv/CNYHMq2HCcD/>
- Article from an Expert by Experience (EbE)
Mental Health Inequalities in the UK - Is it really OK to not be OK?
Broad issues but a specific eating disorders focus in this writing, featuring people with lived experiences of eating difficulties...please click on the following link:
<https://wellcomecollection.org/articles/YG2fkxAAACsAhOuU>

What challenges does Ramadan pose for Muslims with eating disorders?

One of our network members has shared the below YouTube video regarding the challenges Ramadan poses for Muslims with eating disorders: <https://youtu.be/VU1GeB52JxQ>



As well as this video: <https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:ad367685-579b-4b6e-8893-cac97bea2a76>

“I hope to help others by talking about my abuse”

Jayshree – one of our network members has recently had an article published in Eastern Eye and would like to share with others who may be experiencing domestic abuse. *Jayshree “I am no longer surviving but trying to live on purpose to empower other abused women”.*

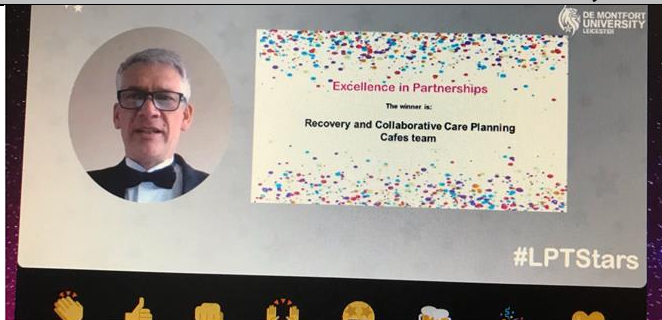
The article can be accessed by clicking on the following link:

<https://www.easterneye.biz/jayshree-adnath-i-hope-to-help-others-by-talking-about-my-abuse>

If you are affected by any of these issues, there is help and support available as follows:

- UAVA – United Against Violence and Abuse: Helpline: Tel: 0808 8020028 or Email: info@uava.org.uk
- National Domestic Violence Helpline (open 24 hours) Tel: 0808 2000247
- Freedom Project have free online courses over 11 to 12 weeks in duration and are free to access: Helpline: 01942 262270 or visit their website: <https://www.freedomprogramme.co.uk/>
- Womensaid website: www.womensaid.org.uk

Your Voices, Feedback and Updates!



LPT's Celebrating Excellence Awards

We are delighted to announce that two categories were shortlisted for last years awards which were delayed due to Covid. The Trust has since held a virtual awards ceremony with the following winners; April Smith for ‘Excellence in Involvement’, and the Recovery Cafes for ‘Excellence in Partnership’ awards.



A massive congratulations to April and to all involved with the Recovery and Collaborative Care Planning Cafes, We can't wait to celebrate with you all in person soon!

Mental Health and Wellbeing Workbook - Update

The workbooks have been translated into four different languages and are available electronically as well as in hard copy format. The workbook has also been placed in LPT Book of Brilliance which showcases successful projects and initiatives across our organisation.

Links to each workbook can be found below;

- **English** - https://www.leicspart.nhs.uk/wp-content/uploads/2020/11/MH-and-Wellbeing-Workbook_.pdf
- **Hindi** - https://www.leicspart.nhs.uk/wp-content/uploads/2020/12/MH-and-Wellbeing-Workbook_Hindi.pdf
- **Urdu** - https://www.leicspart.nhs.uk/wp-content/uploads/2020/12/MH-and-Wellbeing-Workbook_Urdu.pdf
- **Gujarati** - https://www.leicspart.nhs.uk/wp-content/uploads/2020/12/MH-and-Wellbeing-Workbook_Gujarati.pdf



Please do share these workbooks with your families and friends. If you would like a hard copies of the workbook, please make contact with the Patient Experience and Involvement Team.

Recruitment Panels – Patient Perspective – April update

Providing a patient perspective as part of a recruitment panel is becoming an integral part of the Trust's recruitment process. In April one of our Network/People's Council members was part of a stakeholder panel where the Associate Director for Allied Health Professionals and Quality was successfully appointed. We will continue to keep you updated on how we involve our members in staff recruitment in future editions of this newsletter.

Youth Advisory Board (YAB) – update

YAB continues to meet virtually each week on MS Teams, although have agreed to break during school half terms with exception for the summer holidays. Some highlights of their most recent work can be found as follows:

Three YAB members are now signed up as official members of LPT's Peoples Council. They will take forward monthly updates to the wider YAB group as well as further complementing the People's Council membership.

The Clinical Commissioning Group (CCG) lead Simon Hardcastle and LPT's Peoples Council lead Mark Farmer joined a session with YAB to explore funding ideas for mental health and wellbeing support for children and young people. This session generated lots of ideas and positive discussions and enabled members to understand commissioning, as well as receiving updates on local developments and improvements.

Child and Adolescent Mental Health Services (CAMHS) staff joined YAB to discuss the services Black, Asian and Minority Ethnic (BAME) work and progress the views of young people. This will be an ongoing involvement project across the year as part of the CAMHS BAME steering group work.

We would also love to hear about your involvement journey during this time:

Would you like to share how you have found your involvement journey so far?

What involvement projects have you been involved with?

Would you like to feedback to us so we can share your involvement experiences in future editions of this newsletter?

Your feedback on the projects/activities you have been involved with will help us to inform others at the beginning of their involvement journey.

We are happy to arrange one to one sessions with you to explore what service areas you are particularly interested in so we can match you to projects that fit your needs and interests.

Please contact us if you have any questions/suggestions

LPTPatientExperience@leicspart.nhs.uk

FREEPOST LPT Patient Experience

0116 295 0818

Twitter; @LPTPatientExp

