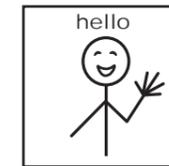




Annual Review 2009 - 2010

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Welcome from Chris Butler, Chief Executive

Welcome to this year's annual review of Leeds Partnerships NHS Foundation Trust. This is our third Annual Review since we were authorised as an NHS Foundation Trust in 2007.

Once again, this is a useful opportunity to look back over some of our achievements during the last 12 months. During this time we have listened to people who use our services, their families and their carers and made our services better in response.

Thousands of people rely on our mental health and learning disability services, and we are here with one vital purpose: to support each and every one of those people to achieve better health and better lives. This is described in our new Trust ambition statement, developed by our Governors with the support of service users, carers, staff and partner organisations:

"Working in partnerships, we aspire to provide excellent mental health and learning disability care that supports people to achieve their goals for improving health and improving lives."

2009-2010 was another year of great achievements, which are a credit to the dedication of all the people and organisations we work in partnership with. Whilst I am proud of our achievements, I am realistic about the challenges we face. As we have done in the past, we will only successfully face these challenges through rigor and focus, and also by ensuring that we continue to behave according to the values of the NHS drawn from the NHS Constitution. These are:

- **Respect and dignity**
- **Commitment to quality of care**
- **Working together for patients**
- **Improving lives**
- **Compassion**
- **Everyone counts**

I hope you that you enjoy reading this annual review. That we have achieved what we have in the past year is through a team effort and I want to take a moment to thank all our staff for their commitment. We only do what we do through the work of our people and everybody, either directly or indirectly, contributes to creating a better future for service users and carers.

Chris Butler
Chief Executive



Chris Butler, Chief Executive

April 2009

'Top 10' hit 5 star hygiene ratings

In April 2009, ten of our units were awarded a 5-star rating for hygiene and food safety standards by Leeds Environmental Health.

The rating scheme, known as 'Scores on the Doors', provides information about the standards of hygiene and compliance in all food businesses in the city. The scheme recognises those food businesses that have high standards of hygiene and produce safe food using a star rating system.



Anyone can access the hygiene ratings given by local authorities for all food businesses in their area at:

www.scoresonthedoors.org.uk



Back - Jean Light, Duncan Preston and Dawn Perkins, Front - Sheila Pearson and Philip Pearson

Emmerdale star visits the dementia café

In April 2009, Emmerdale star **Duncan Preston**, who plays Doug Pitts in the popular soap, dropped in at the Forget- Me-Not Dementia Café, to celebrate its third anniversary.

Duncan Preston, who is also known for his part as Clifford in Victoria Woods' Acorn Antiques and Stan in Dinner Ladies, came along to cut a cake to mark the occasion and to have tea and cake with the 54 customers and 16 volunteers who attended that day.

The café, a joint venture between the Trust, the Alzheimer's Society, and various voluntary groups in the area, provides a meeting place for people with dementia and their carers on the first Wednesday of every month.

According to **Jean Light**, Clinical Team Manager for the North and North West Community Mental Health Teams and Forget-Me-Not volunteer, "The Forget-Me-Not café has remained popular throughout the three years since its opening, often welcoming up to 50 visitors a month! We have lots of volunteers, all who are required to take a job for the day, either waitressing, befriending or meeting and greeting and we all look forward to café day – it's a happy and uplifting experience."



Becklin Centre kitchen staff

May 2009



Nigel's green-fingered success

Nigel Turton, Technical Instructor for the Personality Disorders Clinical Network won the Medipex Innovator award for the first quarter of 2009 for his leading role in the 'Pear Tree Partnership' allotment project that uses horticulture to promote mental and physical well-being to service users.

The project began when Nigel felt a little down and went along to his own private allotment, after a few hours of working there he felt that his mood had completely lifted. He decided to present his case to have a dedicated service user allotment to his manager, who agreed for him to take the project on.

Nigel said, "I am very pleased with how the project has developed. I started working on the venture one day a week and this has now developed into my full time role. The allotment offers service users a peaceful outlet with a fantastic opportunity to meet others. It gives people the chance to work on a project from start to finish, which offers a real sense of accomplishment. They can see the whole process through from seed to produce and can then take the goods home with them at the end of the day."

The project is thriving and the team are looking at developing further by building an allotment accessible for people with disabilities. The team are also looking at using the produce from the existing allotment to provide to other mental health services across the city.

The Trust now has a number of gardening-related projects, giving service users and staff the chance to discover their green-fingers!



Nigel Turton, Peartree Partnerships



Health and Social Care Award winners

The Learning Disabilities Involvement Team joined the region's best and brightest health and social care staff, recognised at an awards ceremony attended by the Secretary of State for Health, Rt Hon Alan Johnson MP.

As winners of the Mental Health and Wellbeing Award, the team were commended for their work with people with learning disabilities who have rights like any other citizens, yet they often have very little control over the services that make a difference to them.



Learning Disability Team with ITV's Duncan Wood (back)

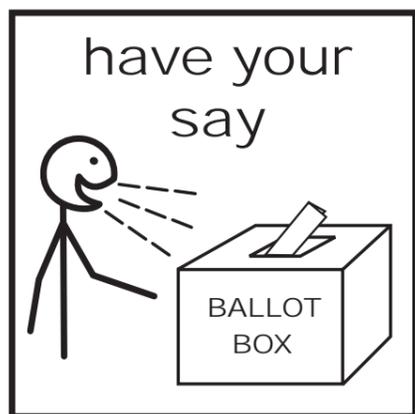
The Involvement Project was set up to get people with learning disabilities more involved in the services they are offered by the Trust, and to contribute to the way that these services develop.

Peter Johnstone, Directorate Business Manager said: "I'm really proud of the involvement team, they all put in a tremendous amount of hard work with our service users and we are delighted that this has been recognised in the Yorkshire and Humber region".

June 2009

Have your say!

Our members' survey was the first official opportunity for anyone with an interest in mental health and learning disabilities to have their say about our services.



Led by our Board of Governors, the survey was a easy way for all 14,000 foundation trust members, plus the public to tell us what we are doing well, what we need to improve and to have their say about our plans for the future.

Over 300 people responded and the results of the survey were presented at our annual general meeting in September 2009. The information and ideas our members and the public sent in helped shape the work we did to develop our new strategy, ambition and values for 2011-2015, to be launched at our Annual Members' Day in September 2010.



Paralympian gets health event off to a winning start

Double gold paralympic cycling champion David Stone got this years Big Health Event off to a winning start by opening it with an inspiring speech.

The event, held in June at Pudsey Civic Hall, was a great success, providing nutritional and fitness advice and information to people with learning disabilities, their families and carers.

Everyone attending the event had the opportunity to try out a variety of health related activities, from different kinds of exercise to blood pressure checks and relaxing head massages. Twenty different stalls gave a useful range of information on health issues and a host of freebies and giveaways were on offer, including the chance to win a cricket bat signed by the Yorkshire team and match tickets.

Loads of positive feedback was received from people who attended the event and many said they would now consider exercising more regularly and eating healthier food, which is great news!



(L-R) Norman Campbell from NHS Leeds, David Stone and Sheena Kelly from Leeds PFT

July 2009

Our '3 PEATs challenge' rated as excellent

In July we received some great news for three of our hospital units, which received a rating of 'excellent' by Patient Environment Action Team Assessment (PEAT), the national reviewer of healthcare facilities.

The ratings, published by the National Patient Safety Agency, were given for cleanliness and general environment, standards of food and levels of privacy and dignity. St. Mary's Hospital (including the Community Rehabilitation Unit), Millside and Parkside Lodge were all rated as excellent in each of the three categories.

PEAT assessment teams look at the basics that can have a big impact on the experience patients and visitors have of all of our services, not just the treatment they receive.

Michele Moran, Director of Service Delivery and Chief Nurse said: "Our staff work hard everyday to ensure that wards are clean, the food is of high standard and above all else patients are treated with the highest possible levels of privacy and dignity. These are some fantastic results and reflect our commitment to providing the best possible care everyday."



Time to Change

Time to Change, England's biggest and most ambitious campaign to end mental health discrimination, landed in Leeds back in July 2009.

Volunteers and mental health professionals gathered in the Victoria Quarter to be 'crushed' by a giant 6-foot high boulder. The boulder represented the weight stigma holds over people with experience of mental ill-health.

We used the boulder to strike up conversations with passers-by about the stigma around mental illness. An estimated one in four people will experience some kind of mental health problem during our lifetime. Although most make a full recovery, many people have the misconception that if you get mental health problems your life is effectively 'over'.

This was just the beginning of Time to Change in Leeds – check out what happened when the Time to Change roadshow hit Briggate in September and October!



Time to Change event, Briggate Leeds

August 2009

Fighting fatigue

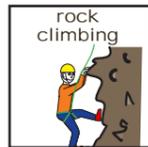
In August we celebrated the launch of a new book co-written by Trust employees and patients. 'Fighting Fatigue' is a practical manual giving expert advice to sufferers of Chronic Fatigue Syndrome (CFS) or Myalgic Encephalomyelitis (ME).

Co-edited by **Sue Pemberton**, Consultant Occupational Therapist and former patient Catherine Berry, the book offers practical advice on managing the condition, accompanied by real life stories.

Sue was approached by Catherine about publishing a book following an eight year battle with the illness. After trying many different therapies and approaches without success, the techniques she was shown helped her recover.

Sue said: "Most books about CFS/ME focus on the causes, but 'Fighting Fatigue' is the first to go beyond that and provide helpful strategies and practical exercises for managing the condition, combined with people's stories of how they have used the advice. Many GPs have limited knowledge on how to help people with CFS/ME because there is currently no medical treatment for it. This is the first comprehensive how-to book that provides a range of strategies for managing CFS/ME as well as practical exercises that readers can follow."

'Fighting Fatigue' is published by Hammersmith Press and is available from major bookstores and online at Amazon.



On top of the world

Pasang Sherpa dropped in to visit the Trust ahead of leading his next Everest expedition in 2010, where he is aiming to fly the Trust's Stamp Out Stigma flag from the roof of the world!

During his visit, Pasang signed up as a member of the Trust and offered to take our anti-stigma message to the summit of Everest to help raise awareness of mental health issues.

Already one of the top mountain guides in Nepal, Pasang has climbed Everest four times. He found out about the work of the Trust after becoming friends with Financial Controller, Richard Lawton. They met when Pasang was Richard's guide during a trekking trip to the Himalayas a few years ago and have kept in touch since.



September 2009

National mental health tsar praises our services

Professor Louis Appleby, national clinical director for Mental Health Services, was speaking following a visit to the Becklin Centre,

During his visit, he was shown our swipe card entry system which he described as "innovative." He added, "It's a model that lots of other services around the country could learn from. One of the things that's good about it is it's done in collaboration with patients."

Prof Appleby said he was impressed with what he had seen at the Becklin Centre. "I think the service in Leeds is a really good service. There's a strong intention within the service of doing well and improving. The more like this we have in Britain, the better."



Louise Appleby



Dementia Pub Club

The Dementia Pub Club is a weekly event where Aire Court residents can play cards, dominoes, and enjoy the occasional 'tipple'.

Each week a room is transformed to give it the feel and look of a public house. The pub club was the idea of Ian Cummings, Activities Coordinator at Aire Court, and aims to the aim is to give residents an enjoyable, relaxing experience in a welcoming environment.

Molson Coors Brewing Company generously donated a range of pub equipment including beer glasses, mats and trays, posters, bar runners, ice-buckets, a garden umbrella, t-shirts and packs of cards.

Ian Cummings said: "Many of the gentleman at Aire Court used to enjoy going to the pub and like playing games like dominoes. This club brings the pub to them, it is a great social occasion and has created a stimulating environment for our residents. We are grateful to Molson Coors Brewing Company for their help in setting it up."



Time to Change multi-media roadshow visits Leeds

In September, the Time to Change multi-media roadshow came to Leeds, bringing the anti-stigma message to raise awareness of mental health issues on Briggate.

The roadshow gave local people the opportunity to meet local mental health service users and help break down some of the misconceptions and stigma surrounding mental ill-health.

Over 200 people signed the Time to Change visual pledge and 'lent their face' to the campaign to help reduce stigma around mental health – the record number of sign-ups in a single day anywhere in the country!

All the photo's collected on the day were included in a massive montage of images being collected as the campaign travels across the country.



October 2009

World Mental Health Day with BBC Radio Leeds

Saturday 10 October was World Mental Health Day. Each year the Trust celebrates by raising awareness around mental health and well-being and last year we joined forces with BBC Radio Leeds to raise awareness and help reduce the stigma faced by people with mental health related illness.

Five service users told their stories throughout the week leading up to World Mental Health Day. Their experiences included, a nurse with post-natal depression, a businessman facing severe depression, a father of four coping with bi-polar disorder, Gulf veteran's post-traumatic stress and a successful Asian woman with a mental breakdown.

You can watch a selections of service users stories on our website:
<http://www.leedsptf.nhs.uk/membership/yourstory/personalstories>



Get moving to tackle stigma with Leeds United

In October the Trust joined forces with Leeds United to host a huge football tournament to help tackle mental health stigma in the city.

The event was held as part of Time to Change's 'Get Moving Week' which uses sport and exercise as a way of bringing people with and without experience of mental ill-health together to break down stigma. It also promotes the positive benefits exercise can have on mental health.

Including the football teams made up of people who have experienced mental ill-health, their family, friends and carers, there were over 70 people that came along to the free seven-a-side event at Football World in Leeds.

Leeds United players Liam Darville and Josh Falkingham presented the winning team, Atay with their trophies.



Liam Darville and Josh Falkingham with the winning team, Atay.



Star Award winners!

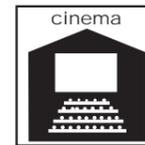
Following on from their success at the Health and Social Care Awards in May (page 5), The Learning Disability Involvement Team scooped yet another award for their pioneering work around supporting service users to shape and influence the services they receive.

Leeds Health Stars Awards celebrates excellence in innovation and improvement in NHS commissioned health and social care services in the city. The team were overall winners of the Mental Health and Wellbeing Category and were presented with their award by BBC Look North weather presenter, Paul Hudson.



Paul Hudson (centre) with the LD Team

November 2009



Lights, camera, your turn to take action

In November the Trust held a screening of the film 'Some Voices' at the Carriageworks Theatre, as part of Leeds International Film Festival.

'Some Voices' is a substantial, compassionate movie about mental illness, starring Daniel Craig. Over 100 people came along for the screening, which was followed by a discussion about the films portrayal of mental illness through the central character 'Ray', who has schizophrenia.

The discussion panel, chaired by Vanessa Bridge, Director of Media Relations at the University of Leeds, included **Dr David Yeomans**, Consultant Psychiatrist. **He said** "The stigma and discrimination that surrounds mental ill-health is immense. The screening of 'Some Voices' and the following discussion will form a great opportunity for people from across Leeds to get more of an understanding of mental ill-health. We hope to shed light on more accurate representations in the media. The debate will look at how positive representation could help reduce stigma."



Helping people get back into work

In November, the Trust announced its plans to work with The Sainsbury Centre, employment providers Working Minds and Dove Employment Service to support people with mental ill-health into employment across the city.

This innovative programme will demonstrate how to base employment services for people with mental health problems on the evidence of what works best. In each of the nine sites across the country, the local NHS mental health services will work with partners in employment services, local authorities and other agencies to offer people effective support to get into paid work. The learning from these sites will be shared with other areas of England.



(l-r) Eleanor Longden, Vanessa Bridge (Leeds University), Julian Turner (Leeds Mind), Susan Clarkson (Hearing Voices Network), Dr David Yeomans

December 2009



Victoria Quarter Christmas campaign

The theme for last years' Christmas campaign was 'Don't let Christmas cost you your health'.

The idea for the campaign came from research by Mind which revealed the pressures that Christmas can have on your mental health with over 40% of people showing increased levels of stress or anxiety and 25% of people experience increased levels of depression over Christmas.

Christmas cards with top tips to reduce stress and anxiety were given out to was given to shoppers in the Victoria Quarter by volunteers, governors and members of staff who were joined by a festive choir.



Jackie Worthington, Carer Governor



Michele Moran (right)

Building Your Trust

As an NHS Foundation Trust we are committed to engaging with service users, carers, members and the public. In December we held our second members workshop, 'Building Your Trust', at Leeds City Museum, hosted by Michele Moran, Director of Service Delivery and Chief Nurse. The key themes discussed on the day were patient experience and service improvement.

Everyone had a great time and even got to have a go at some gardening with occupational therapist Claire Jones from the Trust's gardening and allotment project 'Growing Together'.

These quarterly events are a great chance for our members to feedback their opinions and ideas. Details of upcoming Build Your Trust events will be available in the events section on the Trust website homepage at

www.leedspft.nhs.uk

January 2010

Community teams out in force despite extreme weather conditions



It may seem like a distant memory, but the start of the year brought some challenging winter weather conditions! Many of our staff work in the community and the heavy snow and freezing conditions made it a real challenge to make sure that their patients received the treatment they needed in their homes.

Sean Devanny, Clinical Team Manager at the Trust said: "There is no doubt that the weather caused havoc for us all but providing our patients with the care they need isn't optional. Our teams have been out and about all over the community helping people in their homes."

John Mason, a service user and Governor at the Trust said: "My community nurse and the assertive outreach team have been out to see me on several occasions over the past week. The teams have braved extremely difficult weather conditions. The support that the Trust has provided really is above and beyond the call of duty."

Leeds people have positive attitudes towards mental ill-health

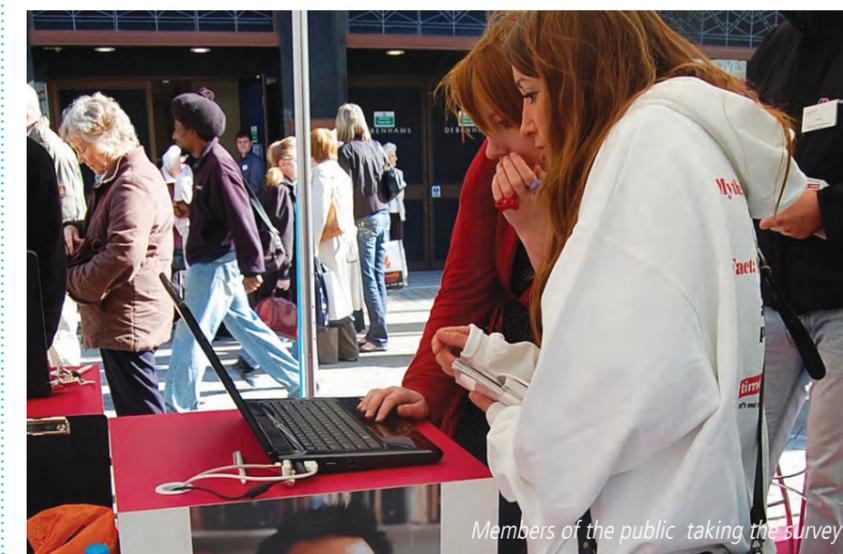
In January we commissioned an online survey to show how supportive the people of Leeds are of people with mental health problems.

The survey, part of the national Time to Change campaign, captured the views of nearly 700 people from across Leeds and found that the large majority of respondents did not believe in many of the myths surrounding mental ill-health.

In addition to de-bunking some of the common myths, survey respondents also showed an open attitude towards people with mental health problems. A large majority agreed that someone with a history of mental health problems should not be excluded from taking public office such as becoming a school governor.

Most people who responded to the survey also agreed that that the media's portrayal of people with mental health problems tends to be unfair and leads to stigma and that employers would support them should they experience any mental health problems.

Charlotte Hanson, Health Improvement Specialist at NHS Leeds was delighted with the results. **She said** "Our survey has been a real eye-opener for us as we expected the results to be less clear cut. It is really encouraging to see that many people in Leeds are able to separate the myths around mental health from the real facts. We will continue to work hard to promote the Time to Change campaign in Leeds as well as publicising other initiatives designed to de-stigmatise mental health problems."



Members of the public taking the survey

February 2010

Annual Trust Awards

This year the Trust Awards recognised not only the hard work of staff and volunteers, but also members and governors. All winners on the night were well deserved and true to form we snapped them up for those of you that couldn't make it to the evening.

Outstanding Contribution to Improving Services

A person or team who has made significant service developments.



Winner: Sandra Bell & Sally Sweaton

Best Contribution in Supporting the Delivery of a Support Service

A person or team from any function within the Trust- clinical or non-clinical whose work has shown innovative and creative ways of working in the provision of care.



Winner: ICT Services – 1st and 2nd Line Support Teams

Outstanding Service to the Trust

A person who has performed above and beyond their duty in their job (this award is

only for people who have been with the Trust for three years or more).



Winner: Sue Pemberton

Volunteer of the Year

A person who has made a significant impact on a team, service or people through their volunteer work.



Winner: Rachelle Mizzy

Developing People Award

This award will focus on managers/leaders across LPFT from any setting who have demonstrated outstanding ability to develop people or teams.



Winner: Lyndsey Charles

Patient Safety

A Foundation for Quality Individuals or teams, clinical or non clinical who are able to demonstrate improvements or innovative approaches to patient safety.



Winner: Community Forensic Nursing Team

Partnership Working Award

A joint award for a team / individual and a partner organisation for work initiated within the Trust.



Winner: Lynn Parkinson, Debbie Aitchison, Michele Morton, and The Accommodation Pathway Project Board

Anti-Stigma Award

A project or piece of work to challenge the stigma of mental ill-health.



Winner: Arts & Minds Team

Dignity and Respect in Care Award

A person or team who have implemented work which has made a significant contribution to championing dignity and respect.



Winner: Specialist Services Directorate Support Team

March 2010



Snoezelen therapy room

The Trust introduced a 'snoezelen' room to a dementia ward at The Mount in February. The room has been designed to deliver stimuli to various senses, using lighting effects, colour, sounds, music and scents, providing service users with a place for relaxation and tranquility.



David Yates, a service user at the Trust said: "The new room is really relaxing and it gives me space to be able to reflect and think about things. It is nice to be able to come away from the ward and have time on your own sometimes. I only wish that the room was here when I first came into hospital. I think a lot of other people will benefit from having this resource available."

West Yorkshire mental health champion retires

In March, Professor **Ian Hughes** retired after 11 years as chairman of the Trust.

During his 11 years at the Trust, Ian was instrumental in implementing radical improvements in the way that mental health and learning disability services are delivered. He was the driving force behind a large-scale improvement programme in Leeds, at a time of financial crisis, and his single minded determination and sustained commitment was key to driving through these much needed changes.

In 2003, his tenacity delivered a development to provide three brand new hospitals which replaced outdated facilities at High Royds Hospital and the Roundhay Wing, which were unsuitable for the delivery of modern services.

Ian was also involved in reorganising community services to provide more services in people's own homes rather than in institutions. He was also a driving force behind the organisation's transition from a position of financial crisis, to one of ongoing and sustainable financial stability.

Chris Butler, Chief Executive, paid tribute to Ian's achievements during his time as chairman; "Ian has played a significant part in guiding the organisation to its present position of strength. His commitment to the development of mental health and learning disability services has been second to none. Ian will leave a lasting legacy of improvement in the delivery of mental health and learning disability services in West Yorkshire of which he can be justly proud. On behalf of myself and the staff of our Trust, may I offer our sincere thanks for his contribution and we wish him well in retirement."



(L-R) Ron Sweeney (Carer Governor), Ian Hughes, Andrew Marran (Public Governor)

Contact us

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Patient Advice and Liaison Service (PALS)

If you need any help or advice about our services, please contact:
Tel: 0800 0525 790 (freephone)
Email: PALS@leedspft.nhs.uk

Membership

We'd like to recruit as many service users, staff, carers and members of the public as possible to become members of our Foundation Trust.

Being involved in our Trust is the best way to influence the decisions we make. Membership is free.

If you would like to become a member of the Leeds Partnerships NHS Foundation Trust, please contact:

Membership Office

Tel: 0113 305 5900
Email: FTmembership@leedspft.nhs.uk
Web: www.get-involved.co.uk

Communications

For a copy of this annual report, or for further information about the Trust, please contact:
Marketing & Communications Department
Tel: 0113 305 5977
Email: communications@leedspft.nhs.uk

kinds of information
If you would like this information we can offer it to you...

other languages
In other languages

cd and dvd
On a CD or DVD

memory stick
On a memory stick for your computer

interpreter
By an interpreter