

imagine

Leeds and York mental health and learning disability news

issue three | winter 2018/19



NHS70

how we've celebrated this milestone anniversary

Annual Members' Meeting 2018

catch up if you missed it

PTSD

its causes, symptoms and the treatments that can help

welcome

Since the last edition of Imagine we've engaged with hundreds of people on our plans to change community mental health services (page 26) and we've launched two new services; a regional eating disorders service (pages 14-15) and a service for armed forces veterans covering the north of England.

Our latest CQC report, published in April, showed lots of improvement especially in our crisis and specialised supported living services. And whilst we got requires improvement overall again, we're well on the way to completing our action plan.

Plus, find out how we've been celebrating the NHS' 70th birthday (pages 8-9).

I hope you enjoy this edition and we'd love to hear any ideas or feedback (see page 28).

Sara Munro, Chief Executive



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get in touch

We'd love to hear what you think of Imagine. Get in touch:
Communications Team, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB

Tel: 0113 855 5989

communications.lypft@nhs.net www.leedsandyorkpft.nhs.uk

f Leeds and York Partnership NHS Foundation Trust

t @leedsandyorkpft

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If you'd be happy to share your email address with us, please email Ftmembership.lypft@nhs.net.

hello my name is...

Les France, public governor



Les France, public governor

Each issue we invite a guest contributor to introduce Imagine and offer insight into their connection to the Trust and its work. In this edition, Les France, one of our public governors, describes his role and reflects on a busy few months.

"Hello, my name is Les France and I am an elected governor representing Leeds. For over 30 years I worked in both the voluntary sector and local authority, supporting people with learning disabilities. I've sometimes wondered why I chose to get involved in this work, but on reflection, since other members of my family work in health and social care, I was following a family tradition. Throughout my working life, I have strived to make a positive difference in the lives of people with learning disabilities to enable them to have greater choice and control over their own lives.

I am often asked what a Trust governor does. This is a great question. My answer is that governors act as a critical friend – they ask questions, challenge why things are happening and ensure that the views of the local community are heard. As an elected governor I want to make a positive impact and help the Trust to provide the best services to enable people to live their own lives. I believe that as a governor I am able to make a difference and would encourage anyone who may be interested in becoming a governor to get in touch - I am sure you can make a difference as well!

2018 has been a big year for the NHS since it is celebrating its 70th anniversary and both locally and nationally there have been events taking place to mark the occasion. In Leeds, the Trust organised the event 'Looking back, looking forward'. This was an event at the city museum that reflected on the last 70 years of learning disability services in Leeds. It showed that services have changed, from offering people with learning disabilities little choice and control in their lives, to enabling them to make their own decisions and live their own lives as they choose. You can read

more about how the Trust marked the milestone birthday on pages 8 and 9.

On 31 July 2018 it was great to see and meet many members of the Trust at the Annual Members' Meeting. It gave members an opportunity to take part in a big conversation and asked for ideas and suggestions about how to make services better, and in particular more person-centred. There were many ideas but there were two that stood out for me. These are the need for clear, appropriate and timely information and how the 'small things' can make a big difference. A report containing the ideas and suggestions from the big conversation was presented at a Council of Governors meeting, and governors had the opportunity to discuss how these ideas and suggestions can fit in to the work of the Trust. You'll find a write-up of this year's Annual Members' Meeting on pages 12 and 13.

Finally, I would encourage anyone who uses trust services, our members, and the wider community to contact me or any of the other governors if you want to raise any issues, ideas or suggestions. We welcome your thoughts on how the Trust can continue to provide services that are high quality and person-centred. Please email governor.lypft@nhs.net, and I hope you enjoy this issue of Imagine."

Find out more about our governors on our website at www.leedsandyorkpft.nhs.uk/get-involved/governors.



trust news

Trust to set up Northern Gambling Clinic

Thousands of people suffering with severe gambling addiction problems across the north of England are to get access to an NHS service for the first time.

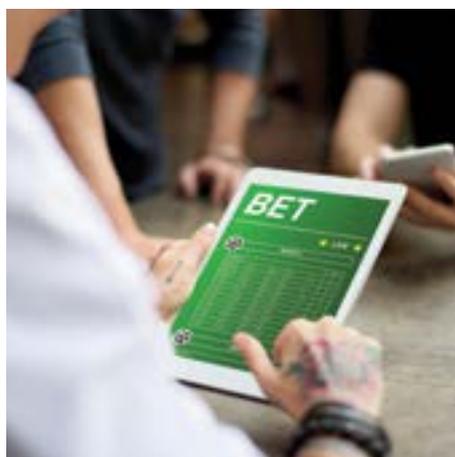
The new NHS Northern Gambling Clinic will be set up and run by the Trust alongside GamCare, a leading provider of advice and support for problem gambling.

The service will initially be set up across Leeds in the spring of 2019. After that it will extend its reach across the north of England within six months.

It will operate on a 'hub and spoke' model, with smaller satellite bases to be set up in key locations with greater need. Clinical staff will reach out into communities, especially to groups currently under-represented in treatment, such as black and minority ethnic groups, women and those in the criminal justice system. The service has been set up on a three year grant agreement, worth £1.2million a year, funded by industry body GambleAware.

Matt Gaskell (pictured), the Trust's Consultant Psychologist for Addiction Services, will be the Clinical Lead for the Clinic. He said: "I'm thrilled that we've finally got the go ahead. Gambling addiction has a devastating effect on people's lives and those around them, including their loved ones.

"I'm looking forward to getting this service up and running so we can start turning lives around."



Services at Malham House and Southfield House have moved

Services previously based at Malham House and Southfield House in Leeds relocated to St Mary's House, just off Chapeltown Road in November 2018.

Everyone who used the services at these sites, which include the West North West Central Community Mental Health Team and psychology and psychotherapy services, was sent a letter informing them of the move.

The services became operational at their new base, at South Wing, St Mary's House, St Mary's Road, Leeds, LS7 3JX, on Monday 26 November 2018.



Rob Baskind, Consultant Psychiatrist and Clinical Lead for Leeds Adult ADHD Services



Claire Holmes,
Director of Organisational Development
and Workforce

New Director of OD and Workforce

The Trust has welcomed Claire Holmes as its new Director of Organisational Development and Workforce.

Claire is a human resources director with 17 years' experience working across a variety of sectors, both public and private, including professional services, financial services, retail and two years at a mental health NHS trust.

Claire has taken over from Lindsay Jensen who stepped up as acting Director of Workforce Development following the retirement of Susan Tyler.

New look for Becklin Ward 5

A recently refurbished ward at The Becklin Centre has become the blueprint for future renovation work at the Trust, after the furnishings, décor, lighting and layout were chosen for being autism friendly.

Ward 5 at The Becklin Centre was put out of action in late May 2018 when a fire meant staff and the 12 service users in their

care had to be evacuated to a temporary ward in Bradford.

The ward is now back in business and the work there will become the exemplar for work on other wards at The Becklin Centre and Newsam Centre. The refurbishments will take place on a gradual rolling programme to keep disruption for service users and staff to a minimum.



Leeds MP visits Adult ADHD Service

In summer 2018, the Trust's Adult ADHD Service welcomed Hilary Benn, the MP for Leeds Central, to visit the team and find out more about the valuable work they do.

The team took the opportunity to discuss various issues relating to ADHD in adults, including details of referral rates and information about how the service works.

Mr Benn was also introduced to two people who have received support from the service who were able to share their experiences.

It comes at a time when efforts are being made to raise awareness of ADHD at a parliamentary level.

An All Party Parliamentary Group has been established to encourage discussions about the condition, which led to a debate in the House of Commons.

Rob Baskind, Consultant Psychiatrist and Clinical Lead for Leeds Adult ADHD Services at the Trust, has attended meetings of the group and says it's vital that ADHD is spoken about at all levels.

"There is still stigma attached to ADHD which can lead to a lack of recognition, misdiagnosis and

mistreatment, particularly in adults," Rob said.

"For people with ADHD, this can lead to mental health issues, contact with the criminal justice system, inability to maintain employment, debts, drug and alcohol problems and breakdown of relationships.

"That's why it's so important that we raise awareness of ADHD so there is knowledge and understanding across the board – whether this be in education or the criminal justice or healthcare systems. There is a definite need for increased provision for services for ADHD both in children and adults."

Big Thank You Leeds

We know that there are many people across Leeds that help us stay well and keep the city going throughout winter, and this year we're joining a city-wide movement to make sure we say 'thank you'.

We'll be lending our support to the 'Big Thank You' and 'Winter Heroes' campaigns and we'd encourage you to do so too.

There are two elements to the campaign. Firstly, The Big Thank You gives us all the opportunity to say thanks to the people, services and teams across Leeds that make a difference during winter. You can thank anyone, whether it's a neighbour, carer or colleague, or perhaps someone who loaned their 4x4 vehicle to support community nursing staff last year.

You can give your thanks by visiting www.bigthankyouleeds.co.uk where you will be able to post a message or upload a video.

The second part of the campaign encourages us to pay it forward and become a winter hero by taking simple actions to help others and reduce the strain on local services. Examples might include looking after yourself by getting a flu jab, looking out for a neighbour by picking up their prescription, or being prepared by keeping an eye on the weather forecast. Again, you can share the steps you're taking to make a difference at www.bigthankyouleeds.co.uk.

We hope you'll join us and get involved!



Annual Review 2017/18

Since the last issue of Imagine, we have published our Annual Review for 2017/18.

The report covers everything from service developments to partnership working, clinical research, our financial performance and information about our strategy, Board of Directors and Governors.

It is designed to be a lighter and more accessible version of our very comprehensive Annual Report, and you can read it on our website.



Mental health drop-in sessions for people in Leeds

Drop-in sessions are now being offered city-wide to provide extra support to people in Leeds who are struggling with their mental health.

The sessions are run by a team from the Trust in partnership with mental health and wellbeing charity, Touchstone.

They're open to anyone in need of support with their mental health or who may be feeling isolated or alone.

As well as providing a listening ear, expert staff at the drop-ins can offer advice and signpost to other relevant services. They can

also provide practical support with things like forms and phone calls related to everything from housing to benefits.

The sessions are open to everyone, whether or not they're already under the care of NHS services. The only people they can't support are those currently in a mental health crisis, or those under the influence of drugs or alcohol.

Sessions are held at:

Dewsbury Road Community Hub, Beeston

First Tuesday of every month, 11am to 12.30pm

Armley One Stop, Town Street
Second Tuesday of every month, 1pm to 2.30pm

Reginald Centre, Chapeltown
Third Tuesday of every month, 1pm to 2.30pm

Seacroft Community Hub, Deacon House
Fourth Tuesday of every month, 11am to 12.30pm





Our people are award-winning!

There's been plenty of cause for celebration over the past few months with a number of our staff and teams being shortlisted for, and winning, awards.

In October, three of our teams were recognised at the National Positive Practice in Mental Health Awards. CONNECT, our West Yorkshire and Harrogate Adult Eating Disorders Service, and the Leeds Personality Disorder Services both won their categories, while our Rainbow Alliance LGBT+ Network was highly commended.

Elsewhere, our Leeds-based learning disabilities team were shortlisted for a Nursing Times Award and Ahmed Hankir, a Specialty Trainee in Psychiatry at the Trust, was named Core Psychiatric Trainee of the Year at the Royal College of Psychiatrists (RCPsych) Awards.

If that wasn't enough, we also held our own Trust Awards in November. It was a night of celebration as around 240 staff and volunteers gathered to cheer on their colleagues. Altogether over 30 staff, volunteers and teams were nominated for awards. You can see the winners on pages 20 and 21.

Congratulations, all!

Trust doctors join the Kerala flood response effort

Two Trust doctors, who volunteered to help with the flood relief efforts in Kerala after finding themselves caught up in the worst flooding to hit the south Indian state in nearly a century, have been reflecting on their experiences.

Severe floods and landslides hit Kerala in the summer of 2018, due to unusually high rainfall during the monsoon season.

Tragically, more than 480 people died and it is estimated about a million people were evacuated.

Dr Miriam Isaac, a Consultant Psychiatrist for National Deaf CAMHS, and Dr Anuradha Menon, a Consultant Psychiatrist in Adult Community and Psychotherapy Services, were both on holiday in Kerala with their families when they

found themselves at the centre of the crisis.

"Hundreds of villages were flooded, leaving people homeless and separating them from loved ones," said Dr Menon.

"People were traumatised and in need of help."



Dr Isaac added: "There was extensive damage and there was an atmosphere of panic. People were trying to get in touch with their missing loved ones through social media and families

that were affected needed basic supplies.

"I was part of a team collecting supplies to take to the relief centres. It was an incredibly intense experience, but the unconditional support from the community was heart-warming."



World Mental Health Day – 10 October 2018

The Trust was involved in lots of activity surrounding World Mental Health Day this year.

At the centre was a flagship event, 'Mental Health in a Changing World: Celebrating our Contribution,' which acknowledged the amazing work of our nurses and allied health professionals.

We also heard the stories of staff and service users within our low secure forensic service at Clifton House in York. They appear on a short podcast 'Inside Clifton House' which was launched on World Mental Health Day.

It features John, Ben, Stuart and Melissa, who have all received care and treatment at Clifton. Their stories provide an insight into their lives and experiences of mental health services, and help us tackle the stigma that is so often attached to mental illness.

You can listen to the podcast on our website.



WMHD podcast

spotlight on NHS70



On Thursday 5 July 2018, the NHS turned 70-years-old. While we reflect on the last 70 years, and wonder what the next 70 will bring, we have been busy celebrating the milestone birthday across Leeds and York.

It's provided us with the perfect opportunity to reflect on the achievements of one of the nation's most loved institutions, to appreciate the vital role the service plays in our lives, and to recognise and thank the extraordinary NHS staff – the everyday heroes – who are there to guide, support and care for us, day in, day out.

To mark the occasion, more than 1000 of our staff, volunteers, service users, and their carers and family members, took part in the Big7Tea, a chance to sit down with a slice of cake and raise a cuppa' to the NHS and to our Trust.

There were also special one-off events arranged in London and York. The Trust was offered a limited number of tickets and 41 members of staff put themselves forward to go to the events. In a random draw, 17 colleagues were selected to go to York Minster with Chair, Sue Proctor, and two lucky staff received tickets to attend the event in London with Chief Executive, Sara Munro.

In London, 2,200 NHS staff gathered at Westminster Abbey. Simon Stevens, NHS England's Chief Executive, paid tribute to the 1.5 million staff who work for the NHS, thanking them for 'their service, for their skill, and for their compassion'. Martin Griffiths, a leading NHS trauma surgeon who led a team treating victims of the London Bridge terror attack, and Freya Lewis, who was seriously injured in the Manchester Arena bombing, also shared their touching stories.

In addition, guests heard a message from the Prime Minister, a reading from former health secretary Jeremy Hunt, and there were a handful of hymns to join in with.

In York, Linda Nolan hosted a special concert, which saw the Minster filled with more than 1000 NHS staff, service users and guests. Performers included the NHS Greenwich and Lewisham Choir, the B-Positive Choir who appeared on Britain's Got Talent, and the HEY Choir, made up of staff from Hull and East Yorkshire hospitals. Touching personal accounts were given by Eve Senior, a survivor of the Manchester bomb attack, and Amen Desi, who became a carer aged 13 for his dad who has bipolar disorder.

Elsewhere, staff and volunteers at Mill Lodge, our child and adolescent mental health service inpatient unit in York, worked hard on a new and improved sensory garden. With help from York Cares, who provided many volunteers, they worked for days creating raised beds, stepping stones and fairy doors and planted fruit, vegetables, herbs and flowers.

The young people on the unit also got involved, creating murals and an NHS70 banner, keeping the workers fuelled by making delicious chocolate brownies and cakes.



Caroline Agnew from the Trust's Voluntary Services Team, said: "It has been a privilege and an honour to be part of this project. To work with such inspirational people who want to make a difference to people's lives by giving up their time is very humbling. The garden looks amazing. We're all very excited to see it blossom and enjoy it through

the seasons to come. It's a great space for the young people to enjoy.

"A huge thanks to the volunteers from Aviva, John Lewis, Johnson's of Whixley, Nestle, Vangarde, York Council, Evora Construction and JWP Creers and to those who generously donated supplies."

Another big part of the Trust's NHS70 celebrations was the 'Looking back, looking forward' event which was held at Leeds City Museum in June. Led by our Anti-stigma Coordinator, Tricia Thorpe, along with her colleagues, the event took a look at the last 70 years of learning disability services in Leeds.

The event was attended by more than 115 people, including the Lord Mayor of Leeds, Councillor Graham Latty, and the Chief Executive of Leeds City Council, Tom Riordan and brought together service users, carers, family, staff and professionals to look through the exhibition, hear people's experiences of Meanwood Park Hospital, and see for themselves how much services have developed and improved since then.

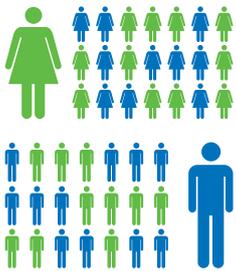
There were also performances by learning disability groups Ginger Cat Theatre Company, The Outsiders band and a solo dance performance by Michael Allen.



trust in numbers

The figures below provide an insight into the NHS and our Trust, from the numbers of people who access information about us digitally to some NHS70-themed stats. To find out more about the Trust, visit our website, www.leedsandyorkpft.nhs.uk.

our people



2,584

staff and

510

bank staff employed by our Trust



70

consultant psychiatrists



718

qualified nurses



175

allied health professionals



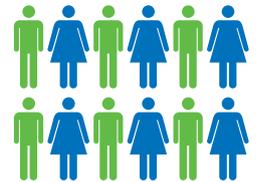
599

health support workers



84

clinical psychologists



170+

volunteers

NHS70



70

years since the NHS first opened its doors



25,567

days the NHS had been open for business on Thursday 5 July 2018



1m+

patients seen by the NHS every 36 hours

our trust online



100,459

visitors to our website between February 2018 and October 2018



15,529

visitors during October



Top three most popular pages between February 2018 and October 2018

1. Services Directory
2. Contact Us
3. Current vacancies site - Nursing and Midwifery



2,429+

Facebook likes



6,383+

Twitter followers



188

nominations were received for our annual Trust Awards - a new record!



3

of our teams either won awards or were highly commended at the Positive Practice in Mental Health Awards in October 2018



2,584

of the 1.5 million staff who work for the NHS work at our Trust



1,000+

staff, volunteers, service users, carers and relatives took part in the 'Big7Tea' celebrations



19

lucky staff had the opportunity to attend the NHS70 celebrations in York and London



5

staff members/teams were nominated by our local MPs for an NHS70 Parliamentary Award

Annual Members' Meeting

Influencing change

Our Trust keeps service users at the heart of everything we do and we have been listening to how we can do better. It follows feedback from a 'big conversation' with staff, service users, carers and families, third sector partners and the Trust's members at the Annual Members' Meeting in July 2018.

The event, held at Horizon Leeds, was an opportunity to reflect on the challenges and achievements of the last 12 months, showcase the Trust's services and projects, and to explore new ideas for how we provide care.

The main focus was on making sure service users are always at the centre of what we do.

Guests were asked what 'person-centred care' means to them, how we can do better and what one thing they thought we could do to make this improvement. They were invited to share their own experiences before discussing ideas and suggestions for change.

Among the ideas, which were captured by illustrator Tom Bailey from the Arts and Minds Network, was improving how we communicate with service users and carers, and adapting care to each individual person, recognising that it can be difficult when systems and services aren't connected.

Chair of the Trust, Professor Sue Proctor, said: "Our service users and carers are at the heart of everything we do. Everyone who comes into contact with our Trust can expect to be treated with dignity and respect, and we work with our partners to offer service users a choice of interventions, treatments and joined up care which aims to meet their particular needs.

"It's so important that we provide person-centred care, so that we know people are receiving care specifically tailored to their needs. We also need to know when we get it right, and when we don't.

Only by doing this can we continuously improve what we do.

"A written report on the comments, ideas and suggestions we heard during the 'big conversation' has been shared with the Council of Governors for discussion and will be placed on our website. We will discuss how this work fits into the Trust Quality Strategy so that it becomes a core part of our work, not simply a tick list of things to do."

The day also included the official Annual General Meeting, which saw Chief Executive, Sara Munro, take the audience through a review of the year's highlights, challenges and achievements.

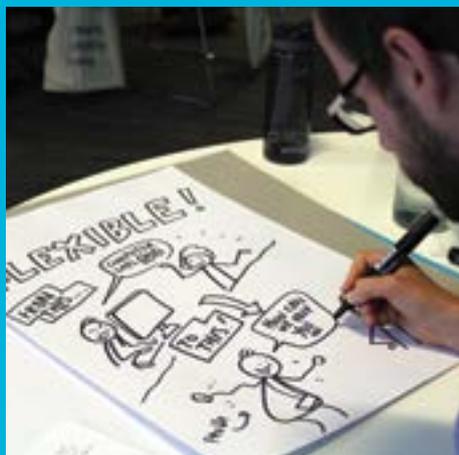
Chief Financial Officer, Dawn Hanwell, presented the financial report and Lead Governor, Steve Howarth, spoke about the role that governors play within our Trust and what we've done with the feedback from last year's event.

It ended with a lively question and answer session in which members of the Board of Directors took questions from the floor that covered a range of topics from service user involvement to our finances.

Guests had the opportunity to find out more about our services, teams and partners in a marketplace of stalls that they could visit throughout the day.

If you'd like to attend next year's Annual Members' Meeting, it'll take place on Tuesday 30 July 2019, so save the date in your diaries!

“It's so important that we provide person-centred care, so that we know people are receiving care specifically tailored to their needs”



service focus

CONNECT: a new adult eating disorder service

CONNECT

The West Yorkshire and Harrogate Adult Eating Disorders Service

Thousands more people now have access to specialist community eating disorders treatment thanks to a new NHS service.

CONNECT: The West Yorkshire and Harrogate adult eating disorders service, launched in April 2018. It has been set up as a two-year pilot project funded by NHS England as part of their 'new models of care programme'.

CONNECT aims to provide equitable access to NHS care for adults with eating disorders across the West Yorkshire and Harrogate area – something that had not been in place until its launch.

"We know that in many places across the UK people with eating disorders often get a rough deal, sometimes having to wait more than three years to access specialist treatment" says Dr Rhys Jones, Consultant Psychiatrist and Clinical Lead for the new CONNECT service.

"Treatment options for patients can also be very limited and patients sometimes have to travel long distances to access care. CONNECT offers the option of home-based treatment and early intervention to everyone across West Yorkshire and Harrogate - previously only available to patients from the Leeds area.

"Patients, their families and carers consistently tell us that they prefer community or home-based treatment and evidence shows us that home-based treatment has better outcomes and reduces the need for lengthy hospital admissions.



"Since April we're now treating people who previously had no or very little access to specialist treatment.

"Treatment is also being provided far earlier than it was before, and at home when needed. The number of people accessing community-based treatment across the region has more than doubled which means that more people are getting the treatment they need sooner and closer to home. At the same time the

length of inpatient admissions has gone down.

"I'm also delighted to report that all patients placed out of their local area for treatment have now returned home with support from our CONNECT community teams."

Building on success in Leeds

The new CONNECT service builds on the success of the Leeds-based Community Treatment and Outreach Service. Since it started in 2010 the service has consistently demonstrated that it improves clinical outcomes. It has reduced hospital admissions by 50% and is highly valued by patients, their families and other health professionals.

Following on from this success, in 2017 the Leeds service introduced an award-winning early intervention service called FREED – standing for First Episode and Rapid Early Intervention in Eating Disorders. This was part of a multi-centre research study in partnership with South London and Maudsley NHS Foundation Trust.

“FREED has introduced a ground-breaking approach to treatment for early intervention cases,” says Dr Jones. “Patients are assessed and begin specialist treatment within four weeks of receipt of the initial referral. In addition to this fast track system, all efforts are made to ensure that the service is as welcoming and engaging as possible with a particular focus on involving families and carers from the outset if the patient wants that.

“This early intervention service has also been an overwhelming success and is now on offer to patients from across West Yorkshire and Harrogate.”

Why did we need CONNECT?

“Before the launch of CONNECT there was an inconsistent approach in the way that eating disorders treatment was being provided across West Yorkshire and Harrogate,” says Dr Jones. “Patients in some areas had access to a full package of specialist care, whilst patients in other areas had very little, or in some cases nothing at all.

“There was also an inconsistent approach to inpatient treatment with many patients being admitted to out-of-area inpatient units, sometimes for more than a year, which was largely due to a lack of specialist community treatment in their area.

“We felt that this was unacceptable, and something needed to change.”

What CONNECT looks like

CONNECT now provides one integrated specialist service, made up of four multi-disciplinary sub-teams, offering community and inpatient treatment across the whole of the West Yorkshire and Harrogate area.

It consists of:

- An East Community Team covering Leeds, Harrogate and Wakefield
- A West Community Team covering Bradford, Airedale, Wharfedale, Craven, Calderdale and Kirklees
- An Inpatient Team based at the Yorkshire Centre for Eating Disorders (YCED) at the Newsam Centre in Leeds serving the whole area
- A Dual Diagnosis community service for adults with eating disorders who also have issues with alcohol or drug use.

Each sub-team includes doctors, psychologists, therapists, nurses, dietitians, occupational therapists, social workers, health support workers and peer support workers. The four sub-teams work together ensuring an integrated and co-ordinated approach to treatment which is personalised to meet the patients’ needs.

“We think the CONNECT service will make a real difference for people with eating disorders across the region, and could potentially be used as a national template for delivering high quality and equitable eating disorders care across the UK,” adds Dr Jones.

Find out more about the new CONNECT service, as well as loads of stuff for patients, carers and professionals, at www.leedsandyorkpft.nhs.uk/our-services/connect

Fact Box

Since the launch of the new CONNECT service in April 2018:

- The community teams have received 387 new referrals
- The East Team has a caseload of 119 and the West Team has 76
- The inpatient ward has seen a reduction in length of stay and currently has no waiting list for beds
- No patients from across West Yorkshire and Harrogate have been placed out of area. Five were out of area in April 2018 all of whom have now been repatriated to the CONNECT community teams.

* all information accurate as of October 2018.

A creative approach to mental health

Flying the flag for creativity and mental wellbeing at the House of Lords and on the small screen

For the Trust's Arts and Minds Network, creativity is key to mental wellbeing, and over the past few months, they've been busy promoting this message in some exciting forums.

In spring 2018, Linda Boyles, Arts and Minds' Development Manager, and thread artist, Hayley Mills-Styles, visited the House of Lords to take part in discussions about a new report produced by the All Party Parliamentary Group on Arts, Health and Wellbeing.

The report was the result of two years of research, evidence-gathering and conversations with patients, healthcare professionals, artists, academics, people in local government, policy-makers and politicians.

It recognises the powerful contribution of the arts on our health and wellbeing and makes a series of recommendations to ensure creativity is used to its greatest effect.

At the House of Lords event, Linda and Hayley were among those asked to comment on the report and were given time to speak about how the recommendations could be put into practice.

Hayley, who uses textiles and embroidery to create pieces that represent her own experiences of life with a mental health condition, said: "Going to the House of Lords was an exciting experience and it was great to hear from others who take part in creative programmes.

"Even if it isn't going to change anything straight away, the

conversations we had are important and integral if we're to move forward in the way we treat mental health and the services NHS trusts can provide."

“...the conversations we had are important and integral if we're to move forward in the way we treat mental health...”

As a champion of the arts and mental health, Hayley was also invited on to the BBC's 'The One Show'. During her TV appearance, she spoke about a tapestry by a lady called Lorina Bulwer who stitched her thoughts and feelings after being confined to a Victorian workhouse for having a mental illness. Hayley also shared her own experiences of having a mental health condition and explained how being creative helped her.

She said: "The One Show were thinking about tapestry and wanted somebody who knew about tapestry and textiles to talk to them as part of a feature they were doing.

"I had images of Lorina's tapestry and some of my own work and I was interviewed by Jasmine Harman. We chatted about Lorina and she asked if I had any understanding of how she would have felt when she created her work. I shared my experiences.

"What I've done, and what this feature has done, is talk about how creativity can help with mental health on a mainstream TV programme. It's great that we're having that conversation."

Most recently, Hayley, who is also a member of the Trust's Arts and Minds Network, worked on an exhibition, telling the story of her life through objects from her collection.

'Archive & Other Stories' was on display at Whitby Museum between September and November 2018.



Hayley Mills-Styles, thread artist

How we're using creativity to improve mental wellbeing

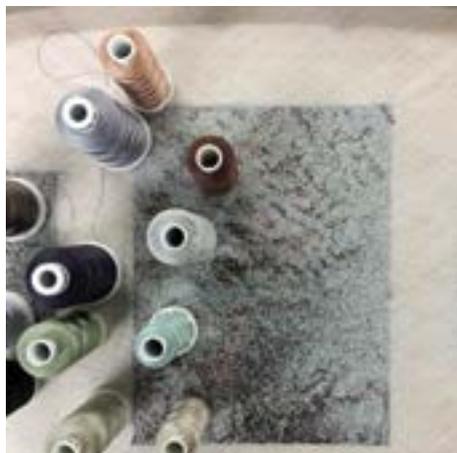
As well as championing creativity and mental wellbeing on a national scale, the Arts and Minds Network has also been supporting a number of projects locally.

Earlier this year, they invited services across the Trust to apply for creative grants of £1000 to run activities in their areas to benefit our service users. The following five projects were chosen.



Visual arts at the Newsam Centre

The team on the Recovery and Rehabilitation Ward at the Newsam Centre have been working on a piece of art for their reception area. They've had help from a professional artist to create colourful and transparent 'stained glass' designs on plastic vinyl that can be easily transferred on to the glass walls there.



Textiles at Connect (eating disorders service)

Staff and service users within the Trust's eating disorders service have teamed up with Hayley Mills-Styles to develop their creative skills in textiles and screen printing. The result will be a patchwork to be displayed in the reception area.



Ceramics at The National Inpatient Centre for Psychological Medicine (NICPM)

The NICPM is joining forces with a professional artist to encourage service users to try their hand at ceramics. The resulting work will revamp the NICPM conservatory.



Sweet Crafts

Staff and service users with a sweet tooth at The Mount have been working on a project inspired by confectionery of the past. Everyone who's taken part has been asked to reminisce with the help of sweet wrappers and jars to create their own story, poetry or drawing.



Music at The Becklin

Professional songwriter and musician Jack Sibley is supporting this project at The Becklin Centre. Everyone who takes part will be invited to write their own song lyrics and will have the opportunity to record these and perform at The Becklin Centre's monthly open mic sessions.



To find out more about our Arts and Minds network, visit their website: www.artsandmindsnetwork.org.uk

focus on Post-traumatic stress disorder (PTSD)

Expert view:
Richard Winspear,
Cognitive Behavioural Psychotherapist



Richard Winspear,
Cognitive Behavioural Psychotherapist

“Post-traumatic stress disorder (PTSD) is diagnosed when a person experiences a specific reaction to a traumatic event.

At the Veterans’ Mental Health Complex Treatment Service, we see former military personnel with PTSD. Due to the nature of combat and the hostile environments that veterans may have experienced, the potential for developing trauma symptoms may be increased.

Most people tend to experience some symptoms after trauma. This is normal and for many these will settle down. However, if the symptoms persist for longer than a month PTSD may be diagnosed.

PTSD can be caused by a wide variety of traumatic events. This can include:

- witnessing a traumatic event, for example, seeing the death of a friend
- directly experiencing a traumatic event, for example, an attack or a car accident
- indirect exposure to a traumatic event, for example, hearing details of a trauma, either in a professional capacity or from a relative or friend

Why some people develop PTSD when others don’t is not fully understood. However, the symptoms of the condition are well known. Those living with PTSD can experience

“When PTSD is diagnosed, there are some really effective treatments available.”

nightmares, flashbacks and unwanted memories. They can re-experience their trauma both emotionally and physically, re-living the panic, pain, fear, horror and other sensations they may have felt at the time.

They may also experience what we call avoidance symptoms, trying to avoid anything that reminds them of the trauma. Those who have been in a car accident may not feel able to get in a car again, and for those in

the military or who have been attacked, it may be avoiding crowds, people that remind them of their trauma, and programmes relating to conflict on TV.

It is normal for those with PTSD to feel that something bad is always going to happen, to feel down, depressed, isolated and disinterested in activities. They may also be irritable, hyper-vigilant and exhibit risky and destructive behaviours. They can have trouble sleeping, difficulty concentrating, heightened startle reactions and be jumpy at noises.

The signs and symptoms of PTSD can be obvious if people talk about it, however some will play it down, which can make it difficult to diagnose.

When PTSD is diagnosed, there are some really effective treatments available. The treatment that we tend to recommend within our service is trauma-focused cognitive behavioural therapy (CBT). CBT is a talking therapy that helps a person to recognise any negative

thoughts they may be having, before introducing different ways of thinking about things. This is gradual and in cases of PTSD can involve a person re-discovering that the worst case scenario doesn't always happen. When CBT is trauma-focused, it involves processing memories of trauma. This might mean a person talking about the trauma they've experienced, writing about it, taping and listening to it. This process helps to overcome some of the avoidance symptoms outlined above and enables someone to process what they've been through, rather than pushing it away.

While this is the recommended treatment, we know that treatment for mental health conditions is never one-size-fits-all and this type of therapy may not be for everybody. Another form of treatment for PTSD is Eye Movement Desensitisation and Reprocessing (EMDR) therapy. As with trauma-focused CBT, this approach encourages the processing of traumatic memories. However, rather than asking someone to recall the full details of their traumatic experience, they would instead be asked to bring up an image of a particular traumatic memory, holding the thoughts, emotions and body sensations that go with this while experiencing some form of bilateral stimulation – this could be watching something moving from side to side or holding something that buzzes in one hand and then the other. There are different theories about how this works, but it's thought to help the brain heal itself by kick-starting its own processing.

NICE (The National Institute for Health and Care Excellence) guidance would normally recommend that service users with a diagnosis of PTSD are seen for 8-12 sessions, however for those where the trauma is more complex or there are multiple traumas, more sessions would be required. During this time, our aim is to work through three stages, helping people to manage their symptoms (stabilisation), process their trauma (trauma focused work), and get back to their normality (re-integration)."

A poem about PTSD

This poem has been shared with us anonymously. It has been written by someone living with PTSD who says they've seen real benefits since receiving professional treatment.

I'm often told I have a stare, I know the reasons why
My thoughts are frozen back in time when I felt about to die
Please don't judge me, let me be, I'll be back in a moment or two
I just need time to refocus my thoughts and then I'll be with you

The instance of the moments mean the memories never fade
The flashbacks just keep coming, they seem never to degrade
I close my eyes and fall asleep and it's then the nightmares start
It's been over thirty years now and we've never been apart

My PTSD is like an invasive mist, it's destructive and very cruel
Just when I'm feeling better, it challenges me to a duel
It's not a weekly struggle, it's every minute of every day
I did my duty, I wore the coat, it's the price I have to pay

But I don't feel bitter and twisted, it would be an easy thing to do
I focus on the here and now and hope it sees me through
That doesn't mean it's easy because avoidance is just as bad
But I'm proud I did my duty and it doesn't make me sad

I often wonder what life would be if it simply went away
But then I wake up startled and find it's just another day
I've got good friends who stand by me and I've put them to the test
I hope they know it's not really me, but my PTSD at its best

Sometimes, when it's hard to breathe, friends make my day shine bright
It is my friends that keep me going and get me through the night
I find emotions difficult as many of them will know
So this is a big thank you, as I carry on the show

trust awards

The night of Friday 9 November 2018 was one of loud celebration as around 240 staff and volunteers gathered to cheer on their colleagues at this year's Trust Awards.

Hosted by former mental health nurse turned comedian Sean Collins (who appears in many of the pictures), the event provided the perfect opportunity for our staff and volunteers to take time out to acknowledge all that they've achieved over the past year.

There were over 30 staff, volunteers and teams nominated for awards. These were our winners (pictured left to right)...

Non-Clinical Employee of the Year Award
Nasser Mohammed, IT Analyst

Clinical Employee of the Year Award
Janette Hynes MBE, Occupational Therapist, Forensic Services

Health and Wellbeing Award
Sophie Bracewell, Gender Outreach Worker

Bank Employee of the Year Award
Kwesi Gyan, Health Support Worker

Non-Clinical Team of the Year Award
The Becklin Fire Support Team – Logistics, Estates and Facilities

Clinical Team of the Year Award
Ward 5, Becklin Centre

Partnership Award
Emergency Department Frequent Attender Group

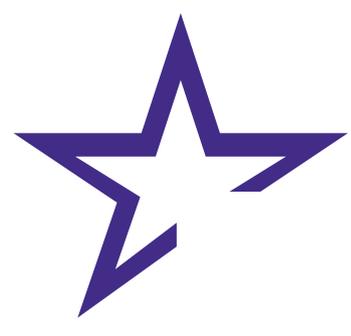
Volunteer of the Year Award
Alice Holland

NHS70 Award
Dr Elizabeth Carmody, Consultant Psychiatrist
Graham Fox, Ward Manager
Dr Sophie Roberts, Child Psychiatrist

Inspiring Leader Award
Bekki Whisker, Matron, Clifton House

Chair and CEO Award
Forensic Service Leadership Team
Specialised Supported Living Service





medication focus

Advanced Clinical Pharmacist, Dawn Fleming, talks antidepressants

I work with the East/North East Community Mental Health Team providing specialist and personalised medication advice and guidance to service users and the team. It's my job to make sure medication is used safely and effectively by all service users supported by the team, and a large part of my role is giving advice about antidepressants.



Dawn Fleming,
Advanced Clinical Pharmacist

What are antidepressants?

Antidepressants are a type of medication used to help the symptoms of depression, such as low mood, poor sleep, changes in appetite and a lack of energy, interest or pleasure. They help to treat these symptoms and also prevent them from coming back. We think they work because they boost some of the chemical messengers in the brain, known as serotonin, noradrenaline and dopamine, which make us feel better.

Who can antidepressants help?

On the whole, antidepressants are considered for people experiencing moderate to severe depression. They do not help everybody and the consensus is that 50% of patients with moderate to severe depression will respond to an antidepressant. Interestingly, the trials show that 30-40% of patients would also respond to placebo medication, which doesn't contain the active drug.

Medicines referred to as antidepressants can also be used to help the symptoms of many other conditions, including anxiety, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), eating disorders, panic and social anxiety.

Which is the best antidepressant?

There are around 12 different antidepressants that we use routinely in the Trust. Generally, they are found to be equally effective. The main difference is the side effects they may cause, which are determined by the way they work.

Deciding which is the best antidepressant depends on lots of factors, including which symptoms are most problematic, age, any ongoing physical health problems, if there are other medications being taken, including homeopathic or herbal medication, the side effects of the medication, allergies, previous response to medication and national guidelines.

What are the side effects of antidepressants?

As with all medication, antidepressants can cause side effects and these will differ depending on the type of antidepressant being taken. Side effects are normally more noticeable during the first two weeks after starting medication and they may improve with time. They can include nausea, poor sleep, feeling tired and occasionally anxiety. Other side effects that may occur, depending on which antidepressant is prescribed, include sexual problems, feeling dizzy and weight gain.

How quickly do they work?

When prescribed at the correct dose, it takes about four weeks to feel the full effect of an antidepressant. However, many of those taking them may start to feel better sooner, although this can be variable.

How long do I need to take antidepressants for?

If taking an antidepressant has helped following a first episode of depression, we know that staying on the medication for six months will really reduce the chances of a person becoming depressed again. For a second episode, one to two years seems best and for a third episode or more, taking an antidepressant for three to five years reduces the chance of relapse.

Where can I find more information about antidepressants?

More information about antidepressants and other medicines, health conditions and treatment is available on the Choice and Medication website: www.choiceandmedication.org/leedsandyorkpft.

The Trust also provides a Medicines Information Line between 9am and 5pm Monday to Friday: **0113 855 5534**.

The future of patient experience

The Patient Experience Team provides Trust staff with a framework for capturing feedback from our patients, service users, carers and the public. Patient Experience and Involvement Manager, Sayed Ahmed gives his views on a number of quality developments for 2018 and beyond.

"I have been working in the NHS for the past two decades in Primary Care Trusts, Acute Trusts, Specialist Trusts and in Local Authorities and the Voluntary Sector.

I highly value each and every individual and their input into the delivery of all our wonderful and fantastic services here at the Trust. This includes listening to people from many different and diverse backgrounds. This is vital if our Trust is to jointly shape access to services based on the requirements and needs of patients, service users, carers and the public, which we know leads to quality outcomes and better health and wellbeing outcomes for all.

The Patient Experience Team has been working on the production of a variety of supporting documents which will help staff with any engagement, involvement and feedback activities here at the Trust, and we will also be launching a variety of "Involvement Ready" documents and have been facilitating training and awareness sessions since September 2018.

The Team have been working on the Friends and Family Test (FFT) with Inpatient Ward Managers at The Becklin Centre and at other sites. They are currently looking at inpatient wards and how they capture patient and service user feedback and check on the Trust's internal feedback mechanisms.

In addition, we have been developing a Welcome Pack for patients, service users and carers who may want to become involved in the Trust's many planning and decision-making committees. Any interested patients, service users or carers will receive formal training to enable them to be fully involved and engaged in the working groups and committees.

The Patient Experience Team will also be setting up a process for staff to register their involvement and patient feedback work. This will be captured, monitored and evaluated periodically to ascertain progress and highlight the best or good practice outcomes that lead to quality outcomes for all.

I am passionate and committed to involving our patients, service users, carers and the public. This is not just the right thing to do – it makes a real difference. The voice and influence of the people and 'expert by experience', including co-production, all have a pivotal role to play in developing involvement ready models and creating robust genuine feedback mechanisms which lead to positive and quality feedback."



Sayed Ahmed,
Patient Experience and Involvement Manager

Mindfulness explained

It's hard not to have heard about mindfulness. It seems like another new health and wellbeing trend and is promoted as a way to help people combat mental illness and stress. However, mindfulness has actually been used clinically since the 1970s.

We spoke to Lesley Connors, a Cognitive Behavioural Therapist with the Older People's Psychology and Therapies Service about the practice of mindfulness and what is involved.

"The type of mindfulness we use in our sessions is mindfulness-based cognitive behavioural therapy. In traditional cognitive behavioural therapy you would look at changing the content of thoughts, but with mindfulness we try to change the relationship the person has with their thoughts.

When people are depressed or anxious they tend to ruminate over thoughts or worry about things, and most of our clients are very familiar with this because it's something that everybody does. But if you are stressed, anxious or depressed, you're probably doing more of it.

Worries are always about the future and ruminations are about the past, but we live in the present, the here and now. Often our minds wander to the future or the past and drag negative feelings into our present even though those things aren't actually happening. Mindfulness helps to break that habit by bringing you back to the present.

I work with older people and the course we provide is a 10-week course, with one session a week lasting around an hour and a half.

We introduce mindfulness to the group with the raisin exercise. We ask clients to carefully examine a raisin, as if it's just dropped from Mars and it's the first time they've ever seen it, and they have to figure out what it is. This is called 'Beginner's Mind' and it encourages the client to really look at the raisin, smell it and taste it, and what clients tend to find is that they notice things about that raisin that they never have before.

“We introduce mindfulness to the group with the raisin exercise...”

Other exercises involve using our senses and what can be noticed in the present moment. We focus on breathing and anchoring back to the present by noticing the breath. Your mind might wander off, but it's a case of realising that's what has happened and bringing yourself back to the present. We're not trying to stop the mind from wandering; we're just teaching people a different way of responding to that.

We also do an exercise called the body scan which involves noticing the experiences in the body going from the toes all the way up to the head.

Over the ten weeks our clients get lots of homework. Most of it is practising the exercises at home and some of it involves keeping diaries about the exercises or what they have noticed about general experiences throughout the week.

It is a lot of work. Nearly all the mindfulness practitioners here have completed an eight week course and it wasn't until I actually completed my first course that I realised what we're asking our clients to do in terms of the amount of practice and homework. It's quite a commitment.



Getting to grips with the homework can be a struggle. An exercise like eating mindfully is a simple way to bring mindfulness into your everyday life, but some people find the formal practices of sitting or lying down and doing a mindfulness exercise harder, because they have to make the time to do that.

People come back from that first week and some of them have loved it and thought it was wonderful, and some have come back and absolutely hated it because they had experiences that they've been trying to avoid for most of their lives. So the beginning of session two is about looking at the barriers people faced and how to overcome them.

By the end of the course you do see massive changes. It doesn't work for everyone, and some people just can't engage with it enough to feel the benefits, but usually around week three or four you start to identify the people who will find it helpful.

Mindfulness can be counter-intuitive. Its asking us to do something with our thoughts and feelings that we're not taught to do. We're taught that we must be happy and we must get rid of all feelings of sadness and misery. Instead mindfulness asks us to accept those thoughts and feelings and let them be. It's possible to have them and get on with life.

your views on **community mental health**

In early summer 2018, we talked to people in Leeds about our plans for changing community mental health services. We wanted to know what people thought of our plan to create two separate services – one for the over 65s and one for working age adults.

We held face-to-face events for the public, third sector partners and health care organisations including GP practices, and more than 250 completed engagement questionnaires were returned.

In total:

- 74% of respondents felt that our plans will improve community mental health services overall
- 75% of respondents felt our plans will improve older people's services
- 69% felt our plans will improve working age adult services

Here's some of the community feedback and our response. The full report is on our website at www.leedsandyorkpft.nhs.uk/get-involved.

You said we need an effective system to book appointments, to share information between agencies, service users and their carers.

We completely agree. Work is already underway to develop shared management arrangements with social care. We will use the good examples we already have when developing relationships with other partners.

Wherever possible we will make sure service users have continuity of care during the change to new ways of working and we recognise that people's support needs are complex and are looking at ways to reduce handovers.

Service users, carers and partners said we needed really clear criteria for access to our specialist services.

We have not applied our service access criteria very well. This has put a strain on our services and sometimes leaves us unable to deliver the standard of care we should. We will apply our access criteria more carefully and work closely with organisations which are better able to support people who need some help, but not our specialist mental health services.

We will continue talking to commissioners and partners about gaps in mental health service provision in the city and how we can all come together to address these.

We expect the new services to start in March 2019. Until then, we will be working on the finer detail of the changes and developing an evaluation and review process that allows us to swiftly pick up any issues that might crop up.

You welcomed the re-introduction of home-based treatment and liked the thought of people being cared for within their own homes. But you said that home-based treatment may not suit everyone.

Home-based treatment works best for most people but we recognise it isn't suitable for everyone. Our intensive support service will support our service users wherever it is needed.

We are talking to partners in Leeds about other city-wide options for meeting needs such as crisis cafés or the Crisis Assessment Unit at The Becklin Centre.

People shared their experiences and thoughts (positive and negative) on current service delivery, waiting times and the length of time receiving our services.

One of our main reasons for changing community mental health services was the feedback from service users about their experiences. Our new service models will reduce the number of times a person might be referred and health and care professionals needed to give extra support to service users in crisis will join that person's existing team.

compliments and feedback



NHS website

To make things simpler, NHS Choices has been renamed as the NHS website (www.nhs.uk). It still contains information to help people manage their health and care online, but the NHS Choices website will be referred to as the NHS website going forward.

Crisis Assessment Unit (CAU)

"I was admitted to the CAU recently as my mental health has been really bad. The staff are so kind and friendly. The unit was very busy but they tried their best to spend time with me despite lots of demand on their time. I was moved by how kind, dedicated and patient they were. I would like to say thank you to the staff for helping me get back on my feet a bit and giving me a bit more hope for the future. I'm very grateful."

Acute Inpatient Services

"The team are amazing, especially my primary working team who spent so much time listening to me and trying to understand me. The ward supported me with so much like making sure I was discharged to appropriate accommodation, helping me sort out bills and

my car. They listened to all my stresses even though they may have listened to the same things or answered the same questions many times before already. Thank you Ward One. You are all great."

Memory Services and Younger People with Dementia Team

"I went with my mum to this appointment. I thought the path ahead was going to be bleak and the news hopeless. How wrong could someone be? The wonderful consultant we saw not only helped my dear mum but also helped me and the wider family. He gave no false hope, explained everything so clearly and in plain English that everyone, including my mum, understood the road ahead. He allayed our fears, explained that things (in our case) were not as bad as we had expected and explained exactly how we could help mum, and more to the point how she could help herself. This didn't happen overnight of course, we have been working with the clinic for two wonderful years and I still have my lovely mum by my side, even though her memory is poor. I can't praise or thank this clinic and its staff enough. It's because of them I still have my mum."



Personality Disorder Managed Clinical Network

"It is hard to put in to words how grateful I am for your help and support. It has been a struggle to find a mental health professional who truly cares and who isn't judgemental towards us with personality disorders, but you have been a beacon of hope and light! Thank you for always being so positive, kind and caring. You have helped to change my life for the better. Thank you."

Learning Disability Inpatient Service

"I really appreciate what the staff here have done for me. They don't get pushed away by my behaviours, they put up with them and put up with me. I feel safe and cared for, not like in other places I've lived. They 'get me' and they have changed my life. They didn't give up on me – that's what I really appreciate, that means a lot to me."



for your diary

Board of Directors meetings

Thursday 31 January 9.30am
Room 4,
St George's Centre, Great George Street,
Leeds, LS1 3DL

Thursday 28 February 9.30am
Jimi's Community Room,
The Old Fire Station, Gipton Approach,
Gipton, Leeds, LS9 6NL

Thursday 28 March 9.30am
Think@ Room,
Horizon Leeds (3rd Floor), 2 Brewery Wharf,
Kendell Street, Leeds, LS10 1JR

Council of Governors meeting

Tuesday 5 February 12.30pm
Create@2 Room,
Horizon Leeds (3rd Floor), 2 Brewery Wharf,
Kendell Street, Leeds, LS10 1JR

Thursday 9 May 12.30pm
Large Function Room,
St George's Centre, Great George Street,
Leeds, LS1 3DL

Service User Network (SUN)

Wednesday 9 January 12.30pm-2.30pm
The Cardigan Centre,
Cardigan Road, Leeds, LS6 1LJ

Wednesday 6 February 12.30pm-2.30pm
The Cardigan Centre,
Cardigan Road, Leeds, LS6 1LJ



Leeds and York Partnership NHS Foundation Trust



get in touch

As part of our commitment to continually improving our services, we are always keen to hear what you think. If you've got a comment, concern, complaint, or compliment, contact the

Patient Advice and Liaison Service (PALS)
Monday - Friday (9am-12pm, 2pm-4pm)
Freephone: 0800 0525 790
pals.lypft@nhs.net

You can also get in touch with us online, visit
www.leedsandyorkpft.nhs.uk

 [Leeds and York Partnership NHS Foundation Trust](#)

 [@leedsandyorkpft](#)

MindWell is the single 'go to' place for information about mental health in Leeds, including:

The MindWell logo, which consists of the word 'MindWell' in white text inside a purple oval shape.

MindWell

- clear, accurate information about support and services available in Leeds including contact numbers and opening hours for helplines
- information about a range of common mental health problems such as anxiety and stress and how to support someone experiencing difficulties
- self-help tools and information including downloadable resources, videos and animations

www.mindwell-leeds.org.uk