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# VOLUNTEER UPDATE

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# OSCARS 2021

There's less than two weeks to put in your OSCAR nominations. The form has been simplified this year, so it's much easier to nominate the staff and volunteers you think deserve recognition. Closes 5<sup>th</sup> April.

[Nominate someone now!](#)

A reminder to all volunteers that as national restrictions ease, **volunteers are not currently back on Trust sites.**

If you're approached by a member of staff to return to a role, **you must speak with a member of the Volunteering Team before returning.**

The IEV Team are meeting in April to plan the safe and phased return of volunteers. **We will be in contact with every volunteer before your return.**

## Issue 28

29<sup>th</sup> March

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# Volunteering Opportunities

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Each newsletter, we're going to highlight a specific volunteer role. To find out more about **all** the roles we have on offer, check the Volunteer Hub, our website or speak to the team.

[involve.nottshc.nhs.uk/blog/volunteeringopportunities](https://involve.nottshc.nhs.uk/blog/volunteeringopportunities)

0800 052 1415    [volunteering@nottshc.nhs.uk](mailto:volunteering@nottshc.nhs.uk)

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## NHS Long Term Plan

THE NHS Long Term Plan (LTP) aims to drastically improve the availability and quality of mental health services across England.

Priorities include:

- Improved Access to services
- Multi-organisational "one team" approach
- Wrap around support within the community
- Tackling inequalities
- Improved access to evidence based interventions
- These are at the heart of local transformation plans within Nottinghamshire.

**How are we going to do this?**

In order to meet the expectation of the LTP, we are about to embark on one of the largest community transformation programmes mental health services has seen for some time. We want to do this in collaboration and co-production with our key partners and we need your help to do this.

**This is where you come in!**

We would like to set up a patient experience co-production group to support the design, delivery and evaluation of new services and ways of working and are looking for people to be part of this.

Full training will be given in relation to the community mental health LTP transformation programme and the expectations of this group.

This is a great chance to influence and shape this agenda which works across primary, secondary and social care in addition to services provided by the voluntary sector.

Meetings will be held on Microsoft Teams and will be every 2-3 weeks.



# The IEV Team & Involvement Centres

## OSCARs Nominations

In what's been an incredibly challenging and difficult year for the majority of us, has there been a member of staff, a volunteer or a team that have particularly stood out for you? **Nominate them for an OSCAR so that their hard work and efforts are acknowledged and celebrated.**

It's even easier this year to nominate. The new simplified form is available online and can be submitted in the matter of minutes. You don't have long left to get your nominations in though, the nomination window closes on the 5<sup>th</sup> April.

You can nominate people for the following categories:

- Unsung Hero Award – Clinical
- Unsung Hero Award – Non Clinical
- Quality Improvement Award
- Team of the Year Award – Clinical
- Team of the Year Award – Non Clinical
- Leadership Award
- Environmental Impact Award
- Volunteer of the Year Award
- Outstanding Care and Compassion Award
- Lifetime Achievement Award

More information and nomination forms are available on the Trust website.  
[nottinghamshirehealthcare.nhs.uk/oscars](https://nottinghamshirehealthcare.nhs.uk/oscars)

## Returning back to Trust sites

According to the [Government's Roadmap](#), it is still advised to work from home where possible and restrictions on social contact are being gradually lifted with an approximated date of June 21<sup>st</sup> for legal limits being removed. As a team, we are planning for the phased return of volunteers over this period and the gradual opening of the Involvement Centres. There are a few things that need to be considered in the safe return of volunteers to site, including risk assessments, training, vaccinations, testing and PPE. This is likely

to be an anxious time for many and we want to ensure that we're supporting volunteers and staff as best we can.

We've had some staff members in services contact volunteers direct to arrange their return to site. You **must** speak with the Volunteer Team before you return to your role.

**Any activity by a volunteer returning to site without prior contact with the Volunteer Team will not be considered registered volunteering and will be reported as a risk to the Trust Board.**

## Returning to the Involvement Centres

We've updated previously about the work we've been doing to review the meetings held within the Involvement Centres and role the Centres play in supporting volunteers in our services. The third of these conversations will be reviewing Laura & Lyndsy's proposal and seeing if it matches the themes from the first two conversations with volunteers.

The meeting has been scheduled for the 21<sup>st</sup> April. It's not mandatory to attend, but it's open to all volunteers. You can join through the meeting scheduled in the "General" channel of the NottsHC Volunteer Hub on MS Teams.

If agreed that it meets the needs and themes that volunteers have raised, we will be sharing it wider to all volunteers so that they may all have a chance to comment and contribute.

The full opening of the Involvement Centres and meetings held there will be a gradual process. We will be working to national guidelines as best we can and supporting volunteers and staff during this process.

# Training Spotlight

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This training is free to access on the e-Learning for Healthcare site. If you need support in setting up an account or accessing the training, please contact the volunteering team and we can help.

[e-Learning for Healthcare website](#)

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## Mandatory Training

Before returning back into their roles, all volunteers must do their mandatory training. As a minimum volunteers must complete:

- Data Security Awareness
- Equality, Diversity and Human Rights
- Safeguarding Adult
- Safeguarding Children

**Volunteers should not be performing their roles without completing these courses first.**

We would recommend volunteers do all the courses that form the National Volunteer Certificate to help best support them in their roles within Nottinghamshire Healthcare. However, for existing volunteers, these four courses must be completed **as a minimum**.

Over the next few months we hope to phase volunteers back into their roles on Nottinghamshire Healthcare sites. To make this process as fast as possible for you, we advise you to finish your training **now**.

### How do I access the training?

The training is accessed via an online system and the courses above are found in the Volunteer Learning Passport package. You can find more information as well as video guides to registering [on our website](#).

If you cannot access the training online, you can contact the Volunteering Team. As restrictions ease, we plan on hosting supported sessions within the Involvement Centres to help volunteers access the training courses.



# Nottinghamshire Healthcare Update

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Highlights from John Brewin's daily staff briefings.

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## Women's Health Strategy

Department of Health and Social Care are seeking your views to help inform the development of the government's Women's Health Strategy seeking to collect views on women's health. It runs for 12 weeks, open to everyone 16 and over. Participate as an individual by completing the [public survey](#). Consultation closes 11:45pm, 30 May 2021.



## Street Triage Team star in Roman Kemp BBC documentary

Documentary about mental health and male suicide. 'Roman Kemp: Our Silent Emergency', is a candid and personal exploration of mental health and suicide in young men, and the effect it has on those left behind. 9pm Tuesday 16 March on both BBC One and BBC Three and will show Roman joining the Street Triage Team on a night shift as they provide emergency help. Catch up on iPlayer.

The life changing work of the Street Triage Team will be showcased on a on the Latest News on the [Trust website](#). Watch a clip about the programme here: <https://youtu.be/stEvJ-W2sD8>



## Personality Disorder Transition Service makes a difference

The Personality Disorder Transition Service at Rampton Hospital has seen some incredible results over its first year. The Service, which aims to move people on from high secure Personality Disorder services, improve their experience and support them to be more independent, has achieved its objectives to reduce, or ideally prevent, failed trial leave. Patients were returning to high secure services after failed leave trials at other units; they felt they weren't adequately prepared to resettle elsewhere and, at the same time, working relationships with other service providers were not effective.

To tackle this the team has spent time training staff in trauma and attachment dynamics to prepare patients psychologically for trial leave, while also working hard to create better communication channels between high and medium secure hospitals. The feedback has been fantastic from patients, carers, commissioners, case managers and other key stakeholders. Well done to everyone involved.



### **Let's Talk – Wellbeing Leicester, Leicestershire and Rutland**

On 1 April 2021, the Trust will no longer provide it's Let's Talk – Wellbeing service in Leicester, Leicestershire and Rutland. Improving Access to Psychological Therapies (IAPT) Services in these areas will be provided by Vita Health Group as commissioned by the Leicester, Leicestershire and Rutland Clinical Commissioning Groups (CCGs).

Let's Talk – Wellbeing is continuing to provide support to patients until 1 April, when with their agreement they will transfer to Vita Health Group. Staff in the service for these areas will also transfer to the new provider on this date. We have worked closely with Vita Health Group and the CCGs to make the transition to the new provider as smooth as possible for patients and staff.



### **Women feeling safe at work - a message from Becky Sutton, Director of Community Health Services and Board Champion for Gender Equality**

We have 9,832 women working in the Trust and it's incredibly important that women working in the Trust feel safe and free from fear, harassment and intimidation. This is not to say the same is not true for male colleagues but I would like to focus on the experience of female staff due to recent events which have been the subject of media coverage. We need to ensure that women who work for Nottinghamshire Healthcare feel safe, supported and able to speak up. As Board Champion for Gender Equality, I would welcome your views on this and to hear about your experiences, please contact me on [becky.sutton@nottshc.nhs.uk](mailto:becky.sutton@nottshc.nhs.uk)

# Functional Neurological Disorders Awareness Day: 25th March

## What is Functional Neurological Disorders Awareness Day?

FND Awareness Day occurs on the 25<sup>th</sup> March in the UK and aims to raise much needed awareness about Functional Neurological Disorders (FND).

## What is Functional Neurological Disorders?

Functional Neurological Disorders are a range of symptoms that appear to be caused by problems in the nervous system but are not caused by a physical disease. These symptoms can be short-lived or long-lived and symptoms occur on a spectrum. Many people may not be aware of FNDs and some doctors may find the symptoms puzzling, making FND Awareness Day very important! Many people (but not all) of people with FNDs have experienced trauma earlier in life.

## What are the symptoms of FND?

Symptoms can be very variable and can include paralysis, seizures, walking difficulties, sensory disturbances and tremors.

Symptoms can include having pain that is difficult to locate, suddenly feeling like you can't feel part of your body properly. Having problems with concentration, memory and fatigue. Feeling like you can't move part of your body properly or grip with your hand and experiencing involuntary movements like twitches and tremors or having functional seizures.

## What are functional seizures?

Functional seizures appear like epileptic seizures but they are not caused by abnormal brain activity. These can occur in around 2/3 people in every 10,000 people. These seizures are often prolonged and can be very distressing. They can also cause collapsing and blacking out. 3 in 4 people with functional seizures are wrongly diagnosed with epilepsy and take epileptic drugs. It typically takes over 5 years to make the diagnosis which is in part because of misdiagnosis.

## What support is available for those with FND?

Although functional seizures are often distressing and alarming, medical treatment is generally not needed. Instead, treatment includes stabilisation, psychoeducation and psychotherapy.

For more resources/information, please check out the following links:

[NHS Information about FNDs](#)

[FND Hope](#)

[Treating Functional Seizures](#)

[Functional Seizures](#)

# Links and information

## Virtual Carer's Roadshow

This link will take you to the latest Virtual Carers Roadshow where you can find 42 video/stalls offering a variety of varied support for all Unpaid Carers & professionals to refer to, to get the support on offer right away. <https://bit.ly/2K6AsBZ>



## Healthwatch survey

Two-and-a-half years ago Healthwatch undertook a short survey to understand people's attitudes towards accessing health services using digital means. We appreciate that we have all had to think differently over the ways we access services during this ongoing pandemic. So, we are running this survey again to see how attitudes may have changed.

The survey is being shared widely for people to complete online; however, if you know someone who struggles with access to the internet it would be great if you could help them to complete this survey; their answers are especially important.

You can find the survey at: <https://wh1.snapsurveys.com/s.asp?k=161486728073&s=mc>

It should take only a few minutes to complete it. The survey link will remain open until the **end of Friday, 30<sup>th</sup> April 2021**.



## Public Face 260 – East Midlands Academic Health Science Network

**Get Involved.** Have you used mental health services and spent some time as an inpatient in a hospital in the East Midlands? East Midlands Patient Safety Collaborative invite service users, their carers and families to work with them to improve these services. For more information about the programme and the key experience and skills required, please read this [Role Description](#). If you are interested, please apply [here](#). Full support and out-of-pocket expenses will be offered. For more information, an informal chat or support with your application, please email [Deborah Wilson](#), or call 0777 361 0741, or email [Kay Khan](#) or call 0797 179 8040