

# VOLUNTEER UPDATE

## Reopening the Centres

With more restrictions looking set to be lifted on 17<sup>th</sup> May, we're also gradually reopening the Volunteering & Involvement Centres.

From the 17<sup>th</sup> May, Rosewood will be open one day a week, on Wednesdays 10am-2pm. Volunteers will be able to attend to speak with a member of the team or access computers for meetings and training.



### Issue 31

10<sup>th</sup> May

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## Returning Volunteers back to Trust sites



As we've previously mentioned, as restrictions ease, we're phasing the return of volunteers back to sites across the Trust.

There's a checklist that we're working through for each volunteer placement. [You can read more about that on our blog.](#)

**Remember: You must not return to your placement without first speaking to a member of the Volunteering Team.**

## Reopening The Involvement Centres

From 17<sup>th</sup> May, Rosewood will be opening one day a week on a Wednesday 10am-2pm. The DMH Centre is currently still in use by the COVID Response Team, but we're hopeful it will be handed back to our team at the end of May/beginning of June. Over the next few months we hope to gradually extend the days and times we're open.

The Centres are open to volunteers who need to attend virtual meetings, access training or need to meet with a member of the team in person.



**You must attend the Centres by appointment only and have completed a lateral flow test the morning or evening before. If you need help accessing tests, please contact the team.**

## What can Volunteers do now?



Please keep an eye on your emails and get back in touch with us if we contact you. You can start to complete your mandatory training too.

If you're doing your role virtually, don't go back to face-to-face until you've spoken with a member of the team to say that it's safe to do so. For the time being, continue to do that role virtually.

## Upcoming Meetings

If you are unable to attend a meeting, please contact the meeting organiser to advise that you will not be there.

Date	Meeting	Venue
10 <sup>th</sup> May	Trustwide Reducing Restrictive Interventions Group	MST
11 <sup>th</sup> May	Tackling Loneliness Collaborative Meeting	MST
	Patient Information Group	MST
	Wells Road Patient Forum	MST
13 <sup>th</sup> May	Ethics Committee Meeting	MST
	The Glades – Lived experience views on new outpatients at Highbury.	MST
17 <sup>th</sup> May	Trust Carers Connect Network Meeting	MST
	Forensic Division Reducing Restrictive Practice Group	MST
18 <sup>th</sup> May	Patient Information Group	MST
	Complaints Files Audit	MST
19 <sup>th</sup> May	Trust Involvement, Experience and volunteering forum	MST
	Sherwood Oaks Steering Involvement Group	MST
	Division NICE Research and audit committee meeting	MST
20 <sup>th</sup> May	Arnold Lodge patient forum	MST
	The Glades – Lived experience views on new outpatients at Highbury.	MST

If you are attending meetings, please ensure that you have all the information prior to attending, for example, the date, time, invites links or paperwork. If you are unsure or haven't received that information, please contact the team in good time so we can contact the relevant staff.

# Involvement Opportunity

## City East LMHT Move

Do you have contact with Nottingham City Local Mental Health Team?

Are you aware that they are moving premises?

Would you like to be involved with some decision making around the design, furniture and what's on display in the waiting area?

If you have answered yes to any of the above, maybe you would consider joining a group of people to meet with staff members via Microsoft Teams to ensure your voices are heard and that this new building will meet some of your requirements.

Location:

The meetings will be held online, using MS Teams.

Time Commitment:

The first meeting will be Wednesday 19th May, 2pm. They will run for 6 weeks for an hour each time.

Knowledge, Skills and Experience:

You will need to be able to attend the meetings and express your opinions as well as listen to the opinions of others.

### How to Apply

*Closing date: 14th May*

Please contact Lyndsy Jones for more information or to express an interest in the group.

0115 969 1300 ext. 15135

[lyndsy.jones@nottshc.nhs.uk](mailto:lyndsy.jones@nottshc.nhs.uk)

# Nottinghamshire Healthcare Update

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Highlights from John Brewin's daily staff briefings.

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## **Suicide rates during the pandemic**

Each death by suicide is now estimated to affect up to 135 people.

Recent studies, including [this one by researchers at the University of Manchester](#) have looked at RTS data and found no rise in suicide rates in England following the first national lockdown in 2020 despite higher levels of greater distress. These findings may change but we now have systems for ongoing monitoring.

At the current time, there has been no rise in local suicide figures but concerns have been raised about the impact on different demographics and groups. Services have reported greater acuity and distress, and that we have seen people accessing services in different ways. We are unable to measure the positive impact of services and support when suicide is prevented.

We need to continue to monitor RTS data and provide a compassionate response to suicidality and self-harm taking into account any impact (both negative and positive) that the pandemic may be having on an individual and how these risks may change as restrictions change. For further information, or to raise issues or concerns, contact [SuicidePrevention@nottshc.nhs.uk](mailto:SuicidePrevention@nottshc.nhs.uk)

## **Trust Recognised nationally for our improved staff survey results**

We have been recognised by the NHS Confederation and by NHS Employers for our improvements in our national staff survey results. We are the joint most improved organisation on staff engagement and are noted as achieving major improvements in other areas such as health and wellbeing. We are one of the very small number of organisations that improved its survey results on bullying and harassment.

## **COVID-19 Vaccination**

All COVID-19 vaccine bookings will be able to be booked through one place. Eligible residents in Nottingham and Nottinghamshire are able to book their vaccine by calling 119 or visiting the National Booking Service website. The move

from Swiftqueue to the National Booking Service is part of a pilot by the NHS to make the booking process easier. Make sure family and friends know about the simplified bookings. They can book a vaccine by calling the National Booking Service on 119 or use the [National Booking Website link](#).

### **Celebrating success**

We are truly proud of the achievements of staff and volunteer colleagues across Nottinghamshire Healthcare and have launched a [celebrating success area on our website](#) for all to see.

Take a look at what you and your colleagues have achieved and if you are shortlisted or win an award or have any other successes you would like to share please let the communications team know so we can consider including them [communications@nottshc.nhs.uk](mailto:communications@nottshc.nhs.uk).

### **Research survey and workshops: Nottingham and Nottinghamshire ICS**

A team of researchers at the University of the West of England has been working on a project aimed at helping the Nottingham and Nottinghamshire Integrated Care System (ICS) to work effectively with its partners to offer joined up patient/service user care. Workshops took place during the last week of April and the finding will be reported after this time. If you have any questions about this work contact Rob Sheffield, a member of the research team [rob@bluegreenlearning.com](mailto:rob@bluegreenlearning.com)

### **Share your story for Mental Health Awareness Week (MHA)**

Love getting outside and exploring nature? Is running, cycling, gardening, swimming or walking in the great outdoors one of your passions? If so the communications team wants to hear from you. This year's theme for Mental Health Awareness Week (Monday 10 May to Sunday 16 May), is nature and the positive impact getting outdoors has on our mental health.

We'd love to hear about what you're doing and how you're celebrating the theme. Tell us what you're up to during MHA week or simply how nature and the great outdoors makes you feel, email [communications@nottshc.nhs.uk](mailto:communications@nottshc.nhs.uk)

**Losing It BAFTA nomination:** Our Mental Health Emergency, the Channel 4 documentary that shone a light on some of our services and brilliant staff, has been nominated for a BAFTA Award. The documentary has been nominated in the Factual Series category alongside: Crime and Punishment, Hospital and Once Upon a Time in Iraq. Losing It, which aired in February last year, explored unprecedented pressure on mental health services through the stories of our patients and gave an insight into the decisions our clinicians have to make every day. The BAFTA awards ceremony takes place on BBC One Sunday 6 June and BBC HD

[www.bafta.org/television/awards/tv-2021#factual-series](http://www.bafta.org/television/awards/tv-2021#factual-series)

## Mid Notts and Bassetlaw transformation

Changes to improve inpatient mental health services in Mid Notts and Bassetlaw.

- **Bassetlaw CCG led engagement process** – The engagement exercise run by Bassetlaw CCG on the proposals to change mental health inpatient services in Bassetlaw closed to public feedback on 18 April. The responses from phone surveys, an online survey and staff meetings are now being collated by the Campaign Company (who ran the engagement) and will be passed to the CCG and Trust at the end of the month.
- The Trust will respond to the CCG on the outcome of the engagement.
- A final decision about the proposals will be made by the CCG governing body in June.
- From a Trust perspective, we are fully supportive of the proposals which have also been supported by an independent clinical senate review.
- Most importantly, the investment by the CCG and proposed changes will really make a difference to local people, their families and carers. It means we can expand and build on the services we offer in Bassetlaw to support people with their mental health, particularly in enabling people to be supported in the community and at home, with shorter wait times and easier access to help when it is needed, as well as inpatient care in a much enhanced environment.
- **Family travel package** – As part of the engagement process and listening to service users, families and staff, we have been working on a travel package to support patients and their families with any travel issues in relation to the proposal to move inpatient care from Bassetlaw Hospital to Sherwood Oaks. We are able to offer family plans to support visiting and the potential of support with travel. The Trust has proposed this to the CCG as part of the engagement process.

- **Inpatient areas** – the works continue on site at Sherwood Oaks with a view to having it fully open in the Autumn. Lucy Wade and Orchid wards patients should be able to transfer at the beginning of November. The Orchid ward refurbishment is due to complete by early December with B1 and B2 transferring in mid December, noting that this is pending the outcome of the engagement. Work is progressing with clinical teams to review and develop operational processes for all the new clinical areas and development for staff in the coming months before the moves. Look out for an advertising campaign running on buses, roundabouts and petrol pumps! A social media campaign will run so please look out for it.
- **Millbrook refurbishments** – This includes three single room ensuite wards for Mental Health Services for Older People (MHSOP), a refreshed outpatients area, medical staff education facility and Adult Mental Health and a MHSOP community teams base on the first floor.
- **Mental Health Community Services in Bassetlaw** – Doncaster and Bassetlaw Trust's improvements on the Workshop Hospital space currently occupied by our community teams. The Trust has been seeking alternative accommodation for our community services based on the hospital site



# Maternal Mental Health Awareness Week

Maternal Mental Health Awareness Week runs from May 3<sup>rd</sup> - May 9<sup>th</sup> and seeks to raise awareness of perinatal mental health issues. These are mental health issues which occur during pregnancy and up to 1 year after the baby is born. The week is run by the [Perinatal Mental Health Partnership](#).

Mental illness is common during the perinatal period and affects 1 in 4 women and 1 in 10 men. Illnesses include antenatal depression, postnatal depression, perinatal OCD, anxiety, postpartum psychosis and post-traumatic stress disorder.

Anyone can experience perinatal mental health problems, but those who may be particularly susceptible to experiencing mental illness during the perinatal period include:

- Those who have a pre-existing mental health problem
- Those who have had difficult childhood experiences
- Those who have a previous history of abuse
- Those who have a lack of support
- Those who have a family history of bipolar disorder (1<sup>st</sup> degree relative)

In the UK, the leading cause of direct maternal death in the 1<sup>st</sup> year of the child's life is suicide.

## Further information

The website [Mind has some good information about the different disorders that can be experienced and signs and symptoms of the different illnesses](#).

Check out this [short video about the experiences of those with perinatal mental health problems](#).

Check out this [perinatal mental health toolkit](#) with lots of different resources to learn more and get support