



2009/10

**A N N U A L
R E V I E W**



caring, safe and excellent

Welcome

Welcome to the OBMH Annual Review for 2009/10. We have put together this newsletter to share our achievements, successes and highlights from the year with you. The Annual Review sits alongside the Annual Report, which is a more formal report covering the same year. If you would like to request a copy of our full Annual Report or our full Annual Accounts, please email enquiries@obmh.nhs.uk.

2009/10 was a busy and varied year, but what is consistent throughout these pages is the commitment of our staff to excellent care and service improvement. I would like to take this opportunity to thank them all.

I hope you enjoy reading about our year.



Social networking



The Trust has over 500 friends on Facebook. Our Facebook Group is used to promote events, discuss mental health issues and gather feedback from service users, carers and the public, and allow them to establish connections with one another.

OBMH now has 15 films on our YouTube channel. These have received over 2300 views in total. The films provide information about challenging stigma, innovations and events.

Over 900 people are following OBMH on Twitter. They tell us what they think about the latest mental health developments and we let people know what we are up to. We also use this for specific real-time updates, such as bad weather and pandemic flu when services could be disrupted.

Communications

Dear Reader,

Thank you for taking the time to read our Annual Review. We hope you enjoy reading about the successes, achievements and key moments of the last year as much as we have enjoyed writing about them for this review.

As an Involvement and Communications Team we have the privilege of working with service users, carers and staff members who are committed to improving services across our Trust. As you read through each month you will see events, awards and news about people who work for OBMH.

We would like to thank everybody who contributed to this review and wish you a healthy year ahead.

The Involvement and Communications Team

Jane, Carrie-Ann, Emma and Sarah



The Involvement and Communications Team at the Staff Awards evening.

Left -right: Sarah, Jane, Christian (who has now left the organisation), Carrie-Ann and Emma

April



RoSPA Gold Award

The Trust received the Royal Society of Prevention of Accidents (RoSPA) Gold Award for Occupational Health and Safety for the fourth year running. RoSPA recognises good health and safety practice and management systems through this award. Congratulations to the Health and Safety team!



Foundation Trust News

On 1st April 2009 OBMH celebrated our first year as a Foundation Trust.

OBMH held an election to fill vacancies for Governors on our Members' Council:

- ▶ Lavinia Walker, representing service users in Oxfordshire.
- ▶ Julia Beesooijen, representing service users in Oxfordshire.
- ▶ Meg Barbour, representing the public in Oxfordshire.
- ▶ Maureen Cundell, representing staff from older adult services.

All of the above took their new posts as Governors on 1st April 2009.

Exceptional People Award

Hazel Gunning, Community Psychiatric Nurse, won the Exceptional People Award in April for implementing her Thorn training to great effect. Hazel has raised the profile of Psychosocial Interventions and Family work for patients with psychosis. She is described by her team as an unsung hero who makes a tremendous difference to her patients and her colleagues.

May

CAMHS

The Department of Health released a best practice guide for Improving Access to Child and Adolescent Mental Health Services (CAMHS) and Oxfordshire CAMHS was chosen as one of the case studies. The guide highlights the best performers nationally who have managed to reduce waiting times whilst improving the quality of services.

Exceptional Person Award

Sue Cooke, Community Psychiatric Nurse, won May's award after being nominated by a service user who valued her care.

Stigma Campaign recognised

The OBMH Involvement and Communications Team was short-listed in the Best Engagement Category at the Association of Healthcare Communicators Awards 2009 for the Stamping Out Stigma campaign. The campaign features as a case study on the website of Article 13 (www.article13.com) in recognition of activity in the field of corporate social responsibility.

Coasters Update

Right—our Coasters team holding the BOBI Cup after winning the tournament



Coasters football team attended the BOBI (Berkshire, Oxfordshire and Buckinghamshire Inclusive) football tournament on the 16th May and came home victorious having won the BOBI cup.

Twitter launches

We launched our Twitter feed in May to help us share information, raise awareness and gather feedback from the general public and organisations interested in mental health.

June

Health and Wellbeing event in Chesham

OBMH held our third Health and Wellbeing event in Chesham, Buckinghamshire, on the 26th June 2009. The event was well attended with almost 100 local residents, carers, service users and staff members coming to receive information on local health and social care services. Twenty different voluntary and partner organisations came along and gave advice and information on local initiatives.

Single Sex Accommodation survey



Following the announcement from the Department of Health that all hospital accommodation would be single sex by 1st April 2010, we took to the streets of Aylesbury and Oxford to ask the public what they thought. Our short film shows what we found and can be viewed on NHSobmh's page on YouTube.

Exceptional People Award

Wendy Cockburn, receptionist at Harlow House, won the Exceptional People Award for June for always going the extra mile for staff and service users. Wendy is always polite, caring and willing to help.

BJM Award for OBMH service

The Infant Parent Perinatal Service (IPPS) was awarded second place in the category Team of the Year at the British Journal for Midwifery Awards 2009. This service has been developed in partnership with midwives and health visitors in Oxfordshire, and received praise from the judges at the awards ceremony.

July



Article 12 shortlisted

Set up in 2008, the Article 12 Council (A12) is made up of young people who have used mental health services in Buckinghamshire. Their aim is to make themselves heard in the planning and provision of mental health services for the future. A12 was short-listed for the National Involvement Awards 2009, run by the NHS Centre for Involvement. The group was short-listed as an excellent example of involvement in practice in a provider services Trust.



OBMH win an eWellbeing Award

The Trust won a national eWellbeing award for a research project that has been trialling a tracking system which enables carers and families of those with dementia to use a web based tool to locate them if they become disorientated or get lost. The research project won the Independent Living category which recognised ICT based initiatives in the public sector and was presented by the UK Centre for Economic and Environmental Development.

Annual General Meeting

On the 22nd July, OBMH held our Annual General Meeting which included an overview of progress from the previous year from Janet Godden (Chair) and Julie Waldron (Chief Executive). The Annual Report and Annual Accounts were formally presented to our Members' Council. Guests were able to find out about the Trust's services in a colourful and lively exhibition area. Following the formal presentation guests had the opportunity to meet with Governors and staff and join in with a question and answer session with the presenters.

Exceptional People Award

Britta MacDonald, Senior Assertive Outreach Worker, won the Exceptional People Award in July for designing a new model of care for service users. Britta hopes to publish a paper on her work.

August



The Coasters team were gearing up with Response to take part in the Two Peaks Challenge in order to raise funds for both charities. Team members were getting into practice to scale Mount Snowdon and Scafell Pike. The team successfully completed the challenge in September, making all the preparation worthwhile.



Exceptional People Award

Laura Corrie, Rose Pryn and Isobel Crawley, the team secretaries from the Henley Community Mental Health Team won the Exceptional People Award for August. They were praised by colleagues for their excellent support and creating a calm and pleasant atmosphere. People who use the team's services also commented on how helpful Laura, Rose and Isobel have been.

Bucks County Show

In August OBMH attended the Bucks County Show to raise awareness of Mental Health and to promote Trust Services. We did our first ever live Twitter feed from an event.



Bucks County Show Twitter Feed here's what we said:

OBMH is at the Bucks County Show today, hoping to meet lots of people/chat about mental health. Come along & say hi.

We are here to raise awareness and combat stigma in mental health.

We are signing up new Foundation Trust members today and there have been lots of positive comments about our anti-stigma campaign.

Bucks County Show update - just had a really interesting chat about the links between cardiac problems and depression.

OBMH is pleased the man who walked past four times was brave enough to come and talk to us about post traumatic stress disorder.

We are letting carers know about their rights to a carers assessment today.

We just signed someone up for our Do the Write Thing campaign who is particularly interested in challenging stigma in the media.

Thanks everyone who came to talk to us at Bucks County Show.

Green Steps Project

OBMH Green Steps project was successful in its bid for an interest free loan of £96,000 from the Salix trust. This money will be spent on energy reduction measures and will help to cut our carbon emissions. By improving insulation and installing effective and efficient systems in new buildings the Trust will see a reduction in costs of heating. We have committed to reducing our carbon footprint by 15% by December 2015. As part of this project our staff are encouraged to cut emissions by cycling to work.



September

Warneford Chapel refurbished and reopened

The Warneford Chapel was refurbished and reopened in September after nearly two years with a celebratory concert. The new multi-faith centre now offers a peaceful venue for art, singing and yoga groups for service users and staff.



Exceptional People Award

Claire Merritt, Senior Research Nurse, won the Exceptional People Award for September. Claire was nominated for her success in the DeNDRoN project, which is a research project on neurological diseases. The Thames Valley Network is the highest recruiting network in the country for several studies. Claire has been praised for supporting a vibrant 'can do' team culture and for her support to team members.



Cotswold House Garden Party

Left—art produced as part of the sculpture project
Below—Cotswold House garden party



Cotswold House, our Eating Disorders Unit in Oxford, held a garden party for staff and service users to celebrate the end of another gardening group and to exhibit work from a recent sculpture project. The party included fun activities, such as skittles and guess the herb, creative stalls such as street art and even a pamper bar for manicures and hairstyling. Staff and service users enjoyed the party immensely and plan to make it an annual event.

Artscape Cowley Echoes Project

The photographic project Cowley Echoes, which was initiated by Artscape in partnership with OBMH Occupational Therapists, was awarded a Certificate of Commendation by the Royal Society of Public Health in recognition of its contributions to the field of arts and mental health.

Below: images from the Cowley Echoes Project.



October

Get Moving Week

Stair Climb in HQ



As part of Get Moving week OBMH Trust HQ had a sponsored stair climb and the great combined effort of staff and visitors climbed the height of Mount Olympus in Greece!

Exceptional People Award

Gayle Weatherhead, Ward Manager at Woodlands House, won the Exceptional People Award for October. Gayle was nominated for leading her ward through a significant change from an adult rehabilitation centre to a forensic unit. Gayle also supports her staff by enabling training opportunities and offering a shoulder to cry on. Gayle is well respected among her team for her dedication and care.



Staff and service users were invited to a football tournament at the Warneford Hospital site on Friday 9th October as part of the World Mental Health Day celebrations. It was a busy day with over nine teams from across Oxfordshire and Buckinghamshire playing on the day. Aylesbury Academicals came through to win the cup which was presented by Duncan Smith, Director of Finance.



Health and Wellbeing event—Faringdon

OBMH held a Health and Wellbeing Event in the market town of Faringdon, Oxfordshire. Over 20 organisations attended the event covering a range of health and social care areas. Guests were offered a free raffle including a month's free membership at the local gym, discount on personal training sessions, and a trial session with a local yoga instructor. Free takeaway books and a free hand massage with tea and coffee were also on offer. Visitors were invited to a free Tai-Chi session with a free health MOT and tips on fitness and exercise in the home as well as staying well.



Article 12

On World Mental Health Day members of the Young People's Panel and Article 12 set up a stand in Banbury shopping centre to raise awareness and gather feedback about peoples' perceptions of mental health.

World Mental Health Day takes place every year on the 10th October.

November

Exceptional People Award

Olu Oyerinde won the Exceptional People Award in November. Olu was nominated for leading his team through changes to the service model. Olu offered enthusiasm and humour in an challenging time and remained passionate about his work with young people.

National Take-over Day comes to OBMH



Alice makes a film on the OBMH Stamping Out Stigma Campaign

In November OBMH took part in National Takeover Day where children and young adults got the chance to take over a workplace. The Communications Team and Children and Adolescent Mental Health Service had young people take over their work place for a day, including making a film and leading a Directorate meeting.



Members of the Young People's Panel lead a Directorate meeting.

TalkingSpace launches

TalkingSpace was officially opened on 18 November 2009. The service delivers a range of Cognitive Behavioural Therapies and counselling. Paul Farmer, Chief Executive of National MIND, spoke at the opening and praised the level of commitment from staff in the service and the positive partnership working between OBMH, Oxfordshire MIND and Oxfordshire PCT. Karen Kearley (GP lead for IAPT and Clinical Lecturer at the University of Oxford) said "This is a moment to celebrate the successful implementation of TalkingSpace which has greatly increased the provision of talking therapies for patients in Oxfordshire."



TALKING SPACE

Improving Access to Psychological Therapies in Oxfordshire

Left—official opening of TalkingSpace

Staff Conference

The OBMH staff conference took place with over 130 staff attending. This was the first staff conference aimed at frontline staff and there was a mixture of workshop sessions and presentations. The day was lively and interactive. Workshops throughout the day covered leadership, patient experience, releasing time to care, major incident planning and the Knowledge and Skills Framework.



Above left—Jill Addis presents to conference on the Productive Ward. Above right—staff get involved giving ideas using post-its.

Right— staff members discussing their workshops.



December

Our Values

Following consultation with staff, service users, carers and Foundation Trust members, OBMH decided on a set of values for the Trust. The values chosen were caring, safe and excellent. We encourage all of our staff to adopt the values in all they do in the course of their work.

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Community award for staff member

Geoff Fairburn, a volunteer with Stokebury Day service was recognised by Chiltern District Council via a Community Award for Long Service. Geoff's dedication to the service since 1990 was formally recognised at the Awards Ceremony in December.

Cotswold House first anniversary

Cotswold House Marlborough celebrated their first anniversary by holding an open day for current and past patients, staff and supporters. One young woman praised the service saying:

“When you come in here and feel absolutely helpless—they give you a future to look forward to.”

OBMH to host Thames Valley HIEC

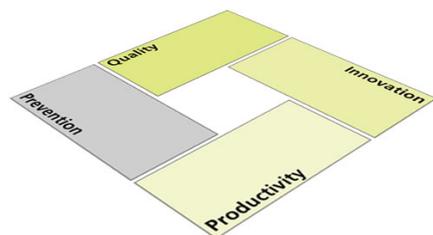
The Thames Valley Health Innovation and Education Cluster (HIEC) - hosted by OBMH—was approved by the Department of Health. The Thames Valley HIEC is one of 17 HIECs nationwide and aims to improve education and innovation in healthcare by collaborative working between universities and further education colleges, private sector organisations, local authority and NHS organisations.

Exceptional People Award

Rachel Pullen and Roz O'Neill, from the Occupational Health Department, won the Exceptional People Award for December. Rachel and Roz were nominated for their joint work developing and implementing the H1N1 (swine 'flu) vaccination programme across the Trust. Their hard work meant that the vaccination programme could be rolled out across the Trust.

January

Quality and Productivity



The first Quality and Productivity event was held in January and received positive feedback with staff stating that the day had been informative and inspirational. Presentations, themed around innovation, quality and productivity, took place through the morning with an exhibition running over the lunch period.

Exceptional People of the Year 2009/10



Right- Nigel Poole,
Groundsman at the
Warneford Hospital



Staff from every part of OBMH battled the snow in January to keep our services running, often making long journeys to and from work. The bad weather really highlighted our staff's commitment. Two of our groundsman were recognised in particular for making extraordinary effort to keep the sites clear so that vehicles could access them. Nigel Poole and Chris Willis were recognised by receiving the Exceptional People Award in January. Nigel and Chris went on to win Exceptional Person of the Year for their outstanding efforts.

February

Share and Learn Event

Buckinghamshire's Adult and Older Adult Directorate held their second Share and Learn Event on the 18th February. Staff, service users and carers came together to discuss improvements



Boards at the event showing teams' ideas for good practice



Presentation on the new Manor House project



Alison Bussey closes the conference.

Privacy and Dignity Promises



Our Privacy and Dignity Promises

We promise to treat you with respect and compassion.

We promise to listen to you and treat you as an individual.

We promise to address you appropriately, as you would wish.

We promise not to allow language or other communications issues to become a barrier to understanding.

We promise to make sure you have access to information and choices appropriate to your care.

We promise to let you know how to access advocacy and support services if you need them.

We promise you will be greeted and made to feel welcome when you are on a Trust site.

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To mark National Dignity Day (25th February) OBMH launched our Privacy and Dignity Promises. They were developed in consultation with service users, carers and staff. We made a short film about the promises which contains real life experiences from service users and carers. This film has been used for staff training.

Exceptional People Award

Liz Thomas, Clinical Nurse, won the Exceptional People Award for February. Liz was nominated for consistently going above and beyond the call of duty, and often working beyond normal hours to ensure that families' needs were met. Patients and families commented that Liz took the time to explain any difficulties and reassure them.

Highfield Development

OBMH was given the green light to start building a brand new mental health inpatient unit in Oxford for young people aged 11-18. Oxford City Council agreed the principle of a new 20 bed inpatient unit on the Warneford site in Headington, which will replace the current Highfield Unit. The new Highfield Unit is expected to open at the end of 2011.

March



At the end of March the Trust found out the good news that the Care Quality Commission (CQC) registered OBMH without conditions. From April 2010 all NHS Trusts were required to be registered by CQC to provide health care.

Police award for staff member

Wendy Paskell, Approved Mental Health Practitioner (AMHP) Manager, was awarded a Thames Valley Police Departmental Commendation in March 2010. Wendy received the award for supporting mental health staff to work positively with local police by training police staff on mental health related issues.

Exceptional People Award

Frances Close, Administrator for Social Care in a Community Mental Health Team, won the Exceptional People Award for March. Frances was nominated for her consistent hard work, which enabled her team to meet their Social Care Performance Indicators. She has also managed to continue providing excellent support during a time of change. Both of the teams that Frances supports agree that she is an excellent addition to the team; with her positive attitude she is great fun to have around.

New Chair for a New Year

The Trust said a sad farewell to Janet Godden at the end of her term of office in March 2010. Julie Waldron spoke of Janet's achievements whilst in office, including the merger of Oxfordshire and Buckinghamshire mental health trusts and the attainment of Foundation Trust status. Martin Howell replaced Janet as Chairman in April 2010.



Janet Godden—former Chair



Martin Howell—Chairman

Manor House Project

Throughout the year our stakeholders have been involved with the planning for the new inpatient unit in Aylesbury. The Manor House Stakeholder Group has been meeting on a monthly basis, and representing staff, service users, and carers. A number of open meetings have been held through the year to engage with local residents, partner organisations and service users.



The Manor House Stakeholder Group visit the site of the development.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান
তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਸ਼ਕਲ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں :-

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Fundraising: www.justgiving.com/coastersminibus

If you would like to receive a hard copy of the full Annual Report 2009/10 or the Annual Accounts, please email enquiries@obmh.nhs.uk or call 01865 782195.

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