



September 2021

Message from Chair David Walker

The NHS is a huge national enterprise. It is sustained by large flows of public spending. For which, of course, its managers, boards, doctors and nurses must be held accountable – in order to connect the investment to treatment and services for patients and the public. We are held to account in multiple ways, through inspection visits, regular checks on staff training and performance, parliamentary reports, scrutiny by councillors and so on.

The idea behind the creation of ‘foundation trusts’ (Oxford Health is one) was to bind the providers of healthcare closer to the communities they serve. It’s worth stressing the plural. Our communities are the people who live and work in our area and, particularly, those who come to our clinics and hospitals or who are visited at home and school by our nurses; an important subset of the local community is the people who work for us, our staff, who have a clear stake in how we operate.

So membership of a foundation trust is one form of accountability. Members have access to information about how we work, our results, new developments and so on. They have the chance to take part in more active supervision of the trust, by voting or themselves becoming governors. The council of governors carries important statutory responsibility; it appoints the trust’s external auditors and also the non-executive directors who form a majority of the trust’s board. The governors also appoint (and regularly appraise) the trust chair. Me!

Those are heavy duties, which do make considerable calls on governors’ time and energy, in attending meetings and reading reports that in the NHS are sometimes all too voluminous. It’s vital work, however, affecting how well we run our hospitals and community teams.

Membership is not all hard graft, however. It offers an opportunity to lift the lid on what the NHS is doing, look more closely at operations (not literally!) and join in discussion about the configuration of services and how patients are treated.

At Oxford Health, we strive to base our treatments on the best available evidence and we are helped in that by our partnership with the University of Oxford and especially its Department of Psychiatry – one of our consultants, Professor Belinda Lennox is just taking over its leadership. A vital part of that evidence base is the experience of patients and carers.

Trust membership is one way through which the voice of service users can be heard. We sometimes use the phrase ‘co-production’ because in a fundamental way, not just in mental health, the effectiveness of diagnosis, treatment and recovery depends on the active participation of patients and their carers.

Because of its size, because of the dizzying variety of its services, the NHS is a complex beast. Oxford Health has a big budget, upwards of £400m a year; it spans a large area, from Aylesbury to Keynsham, from Trowbridge to Thame; our services range from specialist dentistry to treatment of eating disorders, from combating depression to podiatry. We need to know our patients and public and they need to know us. Membership is one way of bringing these vital services into public focus and ensuring they offer maximum public benefit.

David Walker

Chair

Events & meetings for you

Carer workshops in two counties

Carers of people who use Oxford Health's mental health services in Oxfordshire and Buckinghamshire are invited to take part in a range of workshops designed to support them in the coming months.

Oxfordshire



Understanding & supporting someone with dementia

Thursday, October 7

Understanding and supporting someone with a drug or alcohol addiction or problem

Wednesday, October 20

To book on one of the courses email Diane.Hilson@oxfordhealth.nhs.uk with your name, telephone number and the course(s) you would like to attend. An email confirmation will be sent to you with joining instructions for the online session(s) you wish to attend.



Buckinghamshire



Understanding Depression

Monday, October 4

Understanding Anxiety

Thursday, October 21

Understanding Psychosis

Thursday, November 18

Coping Strategies for the Festive Season

Thursday, December 9

You can book for the Bucks seminars by emailing CarersTeam@oxfordhealth.nhs.uk. Provide your name, the name of the person you care for under the Bucks Mental Health Team, your telephone number and workshop(s) that you wish to attend.

Board of Directors

Wednesday, September 29 from 9:30am

You are invited to observe the Board meeting, held in public on this day. The meeting link and papers will be published on our website [here](#).

Membership Involvement Group

Tuesday, October 19 from 6pm to 8pm

This is a governor sub-group focused on developing the trust membership engagement. If you would like to join, please email FT.MembershipCommunity@oxfordhealth.nhs.uk and we'll send you a Teams invite.

Keep in touch with us via FT.MembershipCommunity@oxfordhealth.nhs.uk

Catch up on video



Annual Members' Meeting & Annual General Meeting 2021

Our Annual Members' Meeting & Annual General Meeting was held virtually on Wednesday, September 22. If you missed the live event, a recording is now available on [YouTube](#).

In the meeting the Trust's Chair, David Walker, Chief Executive, Dr Nick Broughton and other board members as well as the Mike Hobbs, Lead Governor of the Council of Governors took us through a summary of the year, annual accounts, external audit and changes to the Trust constitution.

After this statutory session we treated to fascinating video presentations from:

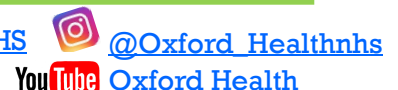
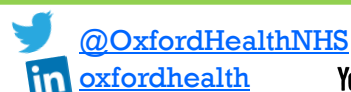
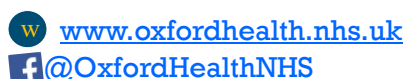
- Covid Operations Director, Tehmeena Ajmal** reviewing Oxford Health's role as lead provider for vaccination centres in Aylesbury, Reading and Oxford.
- Executive Managing Director for Community Services, Dr Ben Riley** on new services and plans for the future of community services in Oxfordshire.
- Director of Research and Development and Chief Medical Officer, Dr Karl Marlowe** with **Head of Department of Psychiatry, Prof Belinda Lennox** on research and development initiatives and approaches and the importance of collaboration between research and clinical. We also saw a video spotlighting the work of the Brain Health Centre.
- Lead practitioner, Claire Daniels and Service Manager, Joseph Madamombe** on the award-winning Buckinghamshire Perinatal Mental Health Service and how its skilled team is helping mothers experiencing mental health concerns through pregnancy and beyond.



[Catch up here](#)



Follow us



Meet your governor

Carl Jackson

Appointed governor for Bucks Council

As well as governors directly elected by our trust members, Oxford Health NHS Foundation Trust has governors who are appointed by partner and stakeholder organisations that we work closely with. This month we are pleased to welcome Carl Jackson who has been appointed as a trust governor by Buckinghamshire Council.

Carl represents the Chalfont St Giles ward on Buckinghamshire Council and has lead responsibility for public health, health inequalities and the Covid response on the Council's cabinet. That is indeed quite a brief, but Carl also has a full-time career as Chief of Staff for Mark Pritchard, Member of Parliament for The Wrekin in Shropshire. When asked what he does in his free time, Carl says: **"I'll try and remember when I last had free time!"**

Carl got into local politics **"Just because I want to do something positive and productive for my community. I was born in Chalfont St Giles and have always called the village home – even when I went away to uni or spent time living in London. I think it's a very special place, and I'll preach about its various wonders to anyone."**

Carl will bring to Oxford Health the perspective of Buckinghamshire where the trust provides mental health services for people of all ages. Oxford Health is also the lead provider for the mass vaccination centres in the Buckinghamshire, Oxfordshire and Berkshire West regions, also known as the BOB Integrated Care System.

"We know that co-operation across this area is going to become much more important for all services and governance as well, so it is good to have people from all areas on the board. I want to use my experience for the benefit of the trust and for the benefit of patients."



Carl has always had an interest in healthcare and prior to his current role he was a director of a patient experience research consultancy.

"That would be where I could bring the most knowledge and experience to the trust. I don't have a clinical background, but I do have the professional patient experience background," Carl says. And indeed, there is a governor sub-group on Patient and Carer Experience where Carl's input will be very welcome.

In his scant free time, Carl likes to play tennis; he is the captain of Chalfont St Giles tennis club's men's team. He also enjoys researching his family history. Any surprising finds?

"It's basically all the same," Carl laughs. "My family are from South Yorkshire, so I've found dozens and dozens of coal miners."

"But I did find out that I am related to one of the earliest professional footballers."

"I found him at age 15 on the census and he was a coal miner. Then I found him at age 25, expecting to see him still working as a miner but his occupation was recorded as 'professional footballer'. He was dead less than 10 years later, in his early 30s, of a lung condition which probably wasn't helped by all those years working down the mine. So it was a bit of a sad ending to his story, but he was part of history. There weren't many professional footballers back when he was playing."

Email your governor at contactyourgovernor@oxfordhealth.nhs.uk

Meet your governor

In May you, our members, elected 18 new governors to represent your community in the Council of Governors. Over the coming months we'll introduce them to you with more in-depth interviews than an election statement allowed.

Your governors work closely with the Board of Directors, helping to set priorities and shape our services based on your views. They are your voice at the heart of the trust's decision making. You can contact your governor by emailing contactyourgovernor@oxfordhealth.nhs.uk.

Karen Squibb-Williams Service user governor for Oxfordshire

Karen Squibb-Williams is a barrister, former senior Strategic Policy Advisor and Crown Advocate for the Crown Prosecution Service and Attorney General's Office, an aspiring author.

Karen was inspired to stand for election to represent Oxfordshire service users in Council of Governors for two reasons.

"I genuinely think that if you have a certain capacity to give something back, you should support those people who don't have the ability, but who still need support. So, it's my humble effort to try and offer whatever I've got in case it is useful," she says.

"The other reason is I had no idea what was involved, and my curiosity is such that I like to find out."

Now that some three months have passed since the election, Karen's aspirations as a governor are starting to take shape.

"The role seems to nourish another area in my life: justice. And with this I mean individual justice; listening to people. We [the Trust] are offering something vital to people: health care services. For some people it can be very difficult to articulate what they need, and therefore it'll be difficult for the provider to deliver.

"My ambition is to be a bit of a bridge between the speaker and the listener, the giver and the receiver. The areas where I can be useful tend to be in mental health or where people have difficulty expressing something," she says, adding:

"I've got quite a bit of background working with vulnerable victims."

This is a very modest way of referring to her extensive experience as a barrister and as a strategic policy advisor for the Crown Prosecution Service (CPS) on her specialist areas, including forensic sciences, domestic abuse and police stop and search criteria for people on the autistic spectrum. (formerly shaken baby syndrome.) and outstanding contribution to the investigation of childhood deaths".

With the Covid pandemic Karen's work has moved away from criminal law and the CPS and she has focused on pro bono -based work on family break-ups.

"Hopefully I can see the tail end of that and focus on moving to retirement and being a governor," she says.

As a governor she has joined three sub-groups: the Mental Health Act sub-committee, the Warneford re-development group and the Recruitment and Remuneration. [Read the full interview here.](#)



Have your say: Community Services

Health partners and local councils across Oxfordshire are hosting a series of virtual public meetings as part of a major project to modernise community services.

The Oxfordshire Community Services project aims to improve health and wellbeing outcomes for everyone across the county and increase independence for older people.

The online meetings are being held on:

- Tuesday 28 September - 6.30pm until 7.30pm
- Thursday 30 September - 6.30pm until 7.30pm
- Friday 8 October - 4pm until 5pm



For joining details please go to:

<https://www.oxfordshireccg.nhs.uk/get-involved/have-your-say.htm>

Diane Hedges, deputy chief executive at Oxfordshire Clinical Commissioning Group, said:

"We have drafted these principles across our health and social care partnerships. These principles will be very important to help guide the project and we want to make sure we get right before moving to the next stage."

"We need to hear what people who live or work in Oxfordshire think about them and offer their input on these principles, before we go any further."

"The meetings are a chance for the public, patients, carers, staff and volunteer organisations to ask questions and share views as we embark on this important work."

The improvements to community services will be made through:

- more focus on prevention
- provision of more care closer to home and different use of community hospitals
- more use of digital technology
- introduction of new services
- work across organisations to meet demand

Over the next few months services to be reviewed include:

- those which help people live independently and prevent isolation
- out of hours GP services
- home care and visiting services
- community nursing and therapy services
- short stay and community hospital beds
- community tests and x-ray
- urgent community services and minor injury services

Dr Ben Riley, Executive Managing Director for Primary, Community and Dental Care at Oxford Health NHS FT, which provides community service in the county, said:

"We feel this is a fantastic opportunity to develop our services to improve the long term health and wellbeing of people in Oxfordshire. "To do this, it's vital that we take our communities with us on this journey of improvement, and hear from patients, their families, carers as well as the thousands of people who use, work or volunteer in community services across the county."

More information and access to documents and questionnaire can be found here [Oxfordshire Community Services \(oxfordshireccg.nhs.uk\)](https://www.oxfordshireccg.nhs.uk)

Email your governor at contactyourgovernor@oxfordhealth.nhs.uk

Trust news

11 new nurse cadets join our ranks

Welcome to Natalie, Chloe, Emily, Tilly, Amber, Sophie, Daisy, Rose, Poppy, Freya and Paris!



With the Thames Valley Nurse Cadet Programme now entering its second year, Oxford Health is leading the way in developing and growing the workforce of the future.

The scheme sees local 16 – to 19-year-olds employed by the Trust on a Senior Healthcare Worker Apprenticeship Programme. The cadets spend 18-20 months studying and working in front line roles and leave the programme with a Level 3 Health and Social Care qualification.

As well as being a fantastic chance for young people to experience the world of working in the NHS, completion of the course leads the cadets to the following career opportunities:

- **Guaranteed interview for a Band 3 Healthcare Support Worker role at Oxford Health**
- **Guaranteed interview for entry on to a Nurse Associate Foundation Degree**
- **Guaranteed interview for entry on to a Nursing Degree with Oxford Brookes**

If you would like further information, please email NurseCadets@oxfordhealth.nhs.uk



What our cadets say

Nurse cadet Freya said:



“Being a Nurse Cadet is more than just an apprenticeship, it’s an experience of a lifetime. It is so heart-warming to know I can make a positive difference on an individual’s wellbeing or life. Being a Nurse Cadet has broadened my horizons.”

And her fellow cadet Rose:

“Being a Nurse Cadet is amazing because it give you a good opportunity meet new people and see what the working world is like. So far I have met some amazing new people and have learnt so much about the NHS.”

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Membership Matters 

Covid & vaccine update

Keep up to date on Covid info

The [Covid page on our website](#) is updated daily. It's your go-to place for information on vaccines for over 18s, 16-17 walk in clinics, the booster programme, 12-15 age groups, getting tested and staying safe.



Oxford Health is the lead provider for large-scale vaccination centres for Oxfordshire, Buckinghamshire and Berkshire West which use approved Pfizer, AstraZeneca and Moderna vaccines.

These are located at:

- Kassam Stadium, Littlemore, Oxford, OX4 6DE
- Broad Street Mall, Units 49-50, Reading, RG1 7QE.
- Guttmanm Centre: Stoke Mandeville Stadium, Guttmanm Road, Aylesbury, Buckinghamshire, HP21 9PP

People can also attend **pop-up and walk-in vaccination clinics** – no appointment is necessary. And since June we have had two Health on the Move NHS vaccine vans supporting pop-up clinics .

Look out for information about these in the media and social media and on the website of your local Clinical Commissioning Group:

[Oxfordshire CCG](#)
[Buckinghamshire CCG](#)
[Berkshire West CCG](#)



Face masks and social distancing requirements remain in place on all our healthcare sites

Help us continue to protect our vulnerable patients, service users and our staff. NHS leaders have confirmed that there are no immediate changes to the current COVID-secure arrangements in healthcare settings when restrictions were eased elsewhere from July 19.

This means all staff, patients and visitors must continue to follow guidelines, including wearing a face covering and complying with social distancing and hand hygiene guidance as before and visiting restrictions will remain in place. [See more here.](#)

Keep in touch with us via FT.MembershipCommunity@oxfordhealth.nhs.uk

School flu vaccinations begin

More than 100,000 primary and secondary school children in Oxfordshire will be offered the opportunity to be immunised against influenza this autumn in an expanded health protection campaign.

The programme started in schools on September 22 with the Oxfordshire School-aged Immunisation Team from Oxford Health NHS Foundation Trust giving quick and painless nasal spray vaccinations to consented pupils from reception classes to year 11.

Schools are contacting parents, guardians and carers to ensure consent is provided. Any consented children who miss out on the day of immunisation at their school, either through sickness or absence, will be able to get their influenza vaccine at catch up clinics.

Around 50,000 children – 73 per cent of reception to year 7 pupils – were immunised last year. The 2021 influenza campaign now includes secondary school children up to year 11. This includes children educated at home and children who attend special schools.

Preschool children over two years old will be offered the immunisation by their GP surgery.



Top 5 reasons to get your child vaccinated

1. **Protect your child:** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia.
2. **Protect you, your family and friends:** Vaccinating your child will help protect more vulnerable friends and family.
3. **No injection needed:** The nasal spray is painless and easy to have.
4. **It's better than having flu:** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record.
5. **Avoid costs:** If your child gets flu, you may have to take time off work or arrange alternative childcare.

Not at school?

You can find out more on our vaccinations in non-school places by emailing:

flu.schoolnurses@oxfordhealth.nhs.uk.

Fiona Singleton, Manager of the Oxfordshire School-aged Immunisation Team, said:

“The flu vaccine provides the best protection against the virus and we are pleased that it has been extended to include all school aged children. Children can catch and spread flu easily. Vaccinating not only protects them but also those around them including those who are vulnerable. This is even more important now with Covid still present.”

Follow us

Recognition to our people

We encourage patients, service users, their friends, family and carers to participate in our awards programmes.

We have two active awards categories; Exceptional People Awards and DAISY Awards.

We expect all our staff to excel in what they do, but every month we make a point of rewarding an individual and a team who have made a real difference to you or someone you know. Our Exceptional People Awards is a long-running scheme which relaunched this month with new focus and vigour, with bigger and better prizes plus you can now nominate teams as well as individuals.

The nominations for an individual will be judged monthly by a panel from Oxford Health's Council of Governors, representing public, service users and carers across the Trust geography. Led by lead governor Mike Hobbs (Public, Oxfordshire), they are:

- Jacky McKenna (Servicer User, Bucks),
- Jonathan Cole (Service User, Oxon),
- Nyarai Humba (Carer) and
- Anna Gardner (Public Bucks).

The team ward will be judged by a panel from the trust executive team.



To nominate an exceptional team or individual, scan the QR code or go to [Exceptional People Awards website](#) where you'll find the rules and nomination forms.



FOR EXTRAORDINARY NURSES

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**



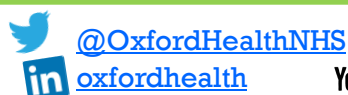
DAISY Award

The DAISY Awards is an international recognition programme that honours and celebrates the skilful and compassionate care provided by nurses and midwives each day. We launched the DAISY awards in April this year.

Oxford Health employs around 2,000 nurses who are eligible to be nominated and, especially given the extra challenges the pandemic has brought over the last year, it felt a good time for Oxford Health to join the DAISY family.

To nominate someone for DAISY, scan the QR code or go to the [DAISY website](#)

Follow us



Trust news

Social prescribing comes to Luther St

Luther Street Medical Centre has launched a social prescribing service which will help patients identify what matters to them and assist in achieving those goals.

Luther Street Medical Centre is a GP surgery providing healthcare to people experiencing homelessness in Oxford City. Its doctors and nurses provide the full range of primary care services, including acute and chronic disease management, while the mental health practitioner can provide initial assessments for both primary and secondary care mental health care, and, in many cases, initial psychological treatment. Social prescribing provides an additional service that will focus on the person's strengths, interests and goals. Social prescriber and occupational therapist Elizabeth Bowler says:

"When we get a referral, I will first have a phone call or face-to-face meeting with the person and find out what their interests and goals are. It could be about linking up with a support service or reconnecting with a hobby they used to enjoy or finding a new hobby."

Mental health practitioner Jac Lawler adds:

"Social prescribing is more than sign-posting; it's about getting the person there, helping them, walking alongside with them."

The goals may be to live a healthy and active life, explore the arts, identify support services, assist with housing, benefits and financial support, gain employment or explore training opportunities.

"If a group or activity doesn't exist, we can help our patients create one, perhaps with the help of our Patient Participating Group which has just re-started after the lockdown," says Liz.

Liz and Jac acknowledge that for many Luther Street clients, engagement may be challenging because of their circumstances.



"However, our hope is that through social prescribing we can help change that cycle where our clients see themselves not 'just' as homeless. We all have different aspects of who we are and what our roles are. Social prescribing can help our clients see themselves differently," Liz says.

And there is practical assistance, too. The social prescribers, as well as other members of the Luther Street team, can make applications to the Oxford Homeless Medical Fund to help patients with the costs of activities related to improving their health as well as key recovery activities such as money towards hobbies, education, training, or travel costs involved in recovery activities.

Practice Manager Caroline Blanchette said:

"The benefit to patients, and indeed the wider Luther Street Medical Centre team, in having the social prescribing service is proving invaluable. We are now so much better placed to offer a truly person-centred approach to support the improvement of the health and well-being of our patients."

[See more here.](#)

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Trust news

More support to people with ADHD

In a bid to improve the support offered to adults with ADHD (attention deficit hyperactivity disorder), Oxford Health has launched its own service

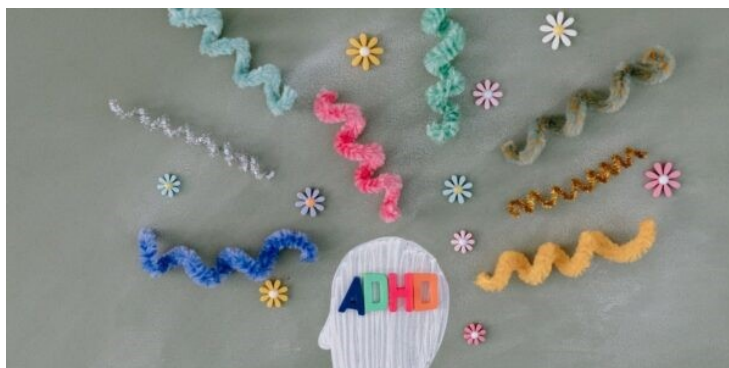
Oxfordshire's ADHD Service will offer support to get a diagnosis, provide assessments and review care and medication. It will also offer bespoke advice to Oxfordshire GPs.

Dr Rob Bale, Clinical Director and Consultant Psychiatrist at Oxford Health, said:

"It's such great news that we are bringing a service back in-house and launching our own ADHD service."

"This new service will provide a more patient-centric, responsive diagnosis and treatment pathway for Oxfordshire residents. Patients will be seen quicker and kept informed of waiting times and expectations."

"Not only will this service benefit patients, GPs will also receive more support with the launch of our bespoke GP service. If they have a question about ADHD or their patients, they can contact us directly."



"We are really looking forward to working with the current provider, GPs and mental health practitioners to provide those living with ADHD an excellent service."

Those living in Oxfordshire currently receive ADHD support from the Oxfordshire ADHD Centre. A service currently funded by Oxford Health. Both organisations will work together providing more resources and support for people living with ADHD. More information about this new service can be found [here](#).

Oxfordshire NHS team are Diabetes Care Initiative of the Year

Collaboration by the county's health care providers to use data to improve the care of people with diabetes across Oxfordshire brings home a Health Service Journal Value Award.

- Oxfordshire Clinical Commissioning Group
- Oxford University Hospitals (OUH) NHS Foundation Trust
- Oxford Health NHS Foundation Trust
- South Central and West Commissioning Support Unit

The winning entry was titled *Using data to*



improve the care of people with diabetes across Oxfordshire and refers to a Diabetes Dashboard, developed by the Oxfordshire team. It presents information every month about diabetes care and health outcomes for the people in Oxfordshire living with diabetes. The data is available at county, Primary Care Network (PCN) and GP practice level, providing regular insight into Oxfordshire diabetes population health. More [here](#).

Keep in touch with us via FT.MembershipCommunity@oxfordhealth.nhs.uk

Trust news

Two teams in RCPsych Awards

Two of our teams who provide care for people with a learning disability are shortlisted for the Psychiatric Team of the Year title in the Royal College of Psychiatrists Awards.

Evenlode ward

Evenlode ward is a finalist in the Intellectual Disability category. It is medium secure psychiatric unit located at Littlemore Mental Health Centre and caters for 10 individuals with intellectual and neurodevelopmental disorders.

Consultant forensic psychiatrist, Dr Hasanen Al-Ta'iar said:

"The team is approachable and respectful at all times, always looking at what our patients can do rather than what they can't do. An example of this would be encouraging service users to have their annual health check, letting them



know what to expect and why the check is important, and attending with them for moral support." [See more](#)

LD CAMHS

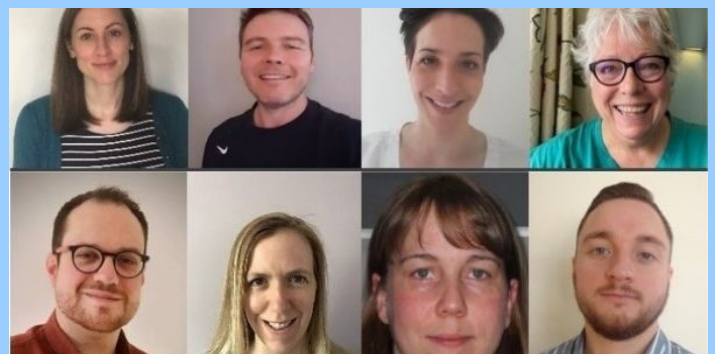
A specialist mental health team for children and young people with a learning disability is a finalist in the category Children and Young People.

Oxfordshire CAMHS Learning Disability Team provides mental health services for children with moderate to severe learning disabilities, autism, and challenging behaviour. They work in close partnership with families and carers, residential homes, social care, special educational schools, paediatricians and other health professionals.

Dr Rosie Shepperd who nominated the team, said:

"In response to the pandemic, without any additional resources, our service rapidly redesigned and delivered a new Challenging Behaviour Pathway."

Hayden Stothard, Clinical Team Manager commented:



"We decided as a team that we would focus on the young people who may not have the most challenging behaviour who are often overlooked when staff are responding to more severe cases. We set ourselves the goal of developing a pathway that would meet the needs of all of the young people, not just the few, and despite the lockdown restrictions, be able to deliver this virtually without an available increase in resources."

[More here](#)

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[YouTube Oxford Health](https://www.youtube.com/OxfordHealth)

Awareness days

Oxford Health is involved in many projects for suicide prevention, and the work carried out across the trust makes a real difference to people who are experiencing difficulties with suicidal tendencies.

Examples of the work include:

- Preventing suicide among nurses, midwives and students
- Support for adults in England caring for adults considered to be at risk of suicide
- Oxfordshire Suicide Multi-Agency Group

Read more about each initiative [here](#).



“Sharing and contributing with others helped reshape my mental health”

Eva Williams shared her experience of the Recovery College classes at The Whiteleaf Centre in Aylesbury.

“I started taking Recovery College classes at a very dark time in my life. At first the classes gave me simply something to do, something to take my mind off the relentless dark thoughts and urges in my head, and a way to socialize in a manageable way. It meant that I could think about something other than mental health, which was really refreshing at a time where my mental illness had eclipsed almost everything else in my life.” Full story [here](#).

Suicide Prevention Pocket Guidebook

Former governor Joy Hibbins has brought out a book focused on suicide prevention.



The Suicide Prevention Pocket Guidebook: How to Support Someone Who Is Having Suicidal Feelings is a practical guide to supporting a friend, family member or work colleague who is having suicidal thoughts. Joy is the founder and CEO of the charity [Suicide Crisis](#), and the book's royalties will go directly to the charity. See more [here](#).

“I can’t remember the last time I had a suicidal thought”

Lara Stannard shared her story how just one conversation with someone who was willing to listen resulted in a changed attitude to her mental health.

“Theresa never gave up on me. She spoke to me and I slowly started to give something back, telling her about myself and my life. I have just had my second to last session with her and I admitted to Theresa that it was the first time in a long time that I don’t remember having a suicidal thought.”

Read the full story [here](#).

Keep in touch with us via FT.MembershipCommunity@oxfordhealth.nhs.uk



World Patient Safety Day

17 September 2021

September 17 is an annual awareness day, launched by the World Health Organisation WHO to focus on the importance of continuously improve patient safety.

The theme this year was safe maternal and newborn care. We brought out stories about Oxford Health's support for mothers, babies and families, but also on other aspects patient safety which is one of our central values and strategic objectives.

Messages from our leadership

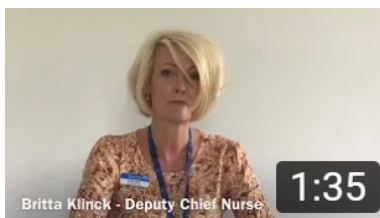
Chief Nurse Marie Crofts, CMO Dr Karl Marlowe and Deputy Chief Nurse Britta Klinck showed their support to patient safety with personal video messages.



Marie Crofts spoke about creating a safe culture – watch it [here](#).



Karl Marlowe spoke about our focus on safe maternal and newborn care – watch it [here](#).



Britta Klinck spoke about learning from incidents as well as learning from when things go well – watch it [here](#).



Act now
for safe & respectful
childbirth!



Oxford Health's Specialist Perinatal Mental Health services in Oxon and Bucks are fundamental for improving patient safety, reducing suicide risk and providing safe maternal and newborn care. Perinatal Lead for Buckinghamshire Perinatal Team Claire Daniels says:

"I always see it as the earliest intervention somebody's life: you're intervening in utero for the baby, and the long-term effect on the relationship between mother and baby can profoundly affect the wellbeing of that family going forward." [More here](#)

Special support for parents who have experienced a sudden and unexpected death of a baby

Our Health Visiting Service raised awareness of a programme that supports some of the most vulnerable parents: those who have experienced a sudden and unexpected death of a baby and are expecting a new baby. **The Care of Next Infant (CONI) programme** supports families before and after the birth of their new baby. Health visitor Helen Carter is a team leader for the health visiting teams in Carterton, Chipping Norton and Witney, and the trust lead for the CONI programme. She is promoting the CONI programme and Safer Sleep assessment at the Healthy Child Clinics. More [here](#).



Follow us

Our partners



Oxfordshire Mental Health Partnership and Oxfordshire Homeless Movement are joining forces for the World Mental Health Day and World Homeless Day, both of which take place on October 10.

The theme for this year's World Mental Health Day is mental health in unequal world. The partners say:

"Oxfordshire's homelessness problems epitomise the inequality in our county, and lack of access to affordable housing pushes too many people into crisis.

"At least 50 per cent of people experiencing homelessness are diagnosed with a mental health condition, underlining that these two issues are inextricably linked."

Some of the partners told us a bit more about their work.

WE ARE BETTER TOGETHER
The Oxfordshire Mental Health Partnership

Oxfordshire Mind

Matters of inequality, discrimination and injustice are a huge cause of trauma, stress and long-term mental ill health. At [Oxfordshire Mind](#), we believe that equity, diversity and inclusion are central to achieving good mental health and vital components in fulfilling our mission – we won't give up until everyone has access to good mental health support.

As part of our work to address mental health in an unequal world, in December 2020 we challenged stereotypical notions on who can be a Trustee, putting out an inclusive advert which was shared on Facebook and a diversity job board, leading to over 70 applications. We now have six new Board members who have exceptional skills and bring brilliant new voices and diversity to our leadership, helping to shape our future decision making in ways that improve mental health support for everyone.

Real progress is already being made and we've got plenty more we want to do. We are proud to be continuing our journey of learning and growth through conversations with colleagues, volunteers, service users and local communities.

Keep in touch with us via FT.MembershipCommunity@oxfordhealth.nhs.uk

Our partners



Response

At [Response](#), we advocate for every individual to ensure that no one falls through the gaps of an unequal system.

We support Oxfordshire residents from the age of 4 upwards, with mild-complex mental health issues. We provide additional support such as housing, home care, physical and day-to-day support, and therapy and emotional support. We ensure that our service users can focus entirely on their recovery. We understand that no recovery journey is the same, so we tailor our support to our service user's needs on a case-by-case basis and provide a holistic approach to mental health recovery.

Connection Support

[Connection Support](#) often supports individuals like Robert, whose story (*below*) highlights how their experiences as well as identity, race, sexuality and religion influence how we work alongside them. We listen and are compassionate to the person behind the diagnosis. Part of our role is to be an advocate for these individuals to ensure they are treated as equal, regardless of how they identify.

Robert identified as transgender and was unfortunately a victim of a significant and traumatic incident in shared accommodation which, of course, affected his mental health and was directly related to his gender identity.

His support worker spent much of the sessions discussing inequalities and how these have a profound impact on someone's mental health. Robert knew he was not alone, and we took time to get to know him and personalise his support. We worked closely with him to ensure a successful outcome of support. He was eventually housed in emergency accommodation and is now bidding on more permanent accommodation.

Oxfordshire Homeless Movement

[Oxfordshire Homeless Movement](#) (OHM) is a partnership of the many organisations working to ensure that nobody should have to sleep rough on the streets of Oxfordshire.

Oxfordshire is a very unequal county and the huge pressure on genuinely affordable housing means that there are no quick solutions to solving the issues for people experiencing homelessness.

Homelessness has a terrible impact on people's mental health. Having nowhere to call home leads to an overwhelming sense of insecurity, and even if a person wasn't suffering from mental health issues before they became homeless, they can quickly become anxious and afraid.

From our research we know that people care about homelessness, and one of our aims is to make it really clear and simple how people can help. Find out more at

Restore

We can never do enough to combat inequality, but we do know that this mustn't stop us doing as much as we can. Our strategy at [Restore](#) is to persevere with small initiatives which, when added together, can make a significant difference. Examples of current small initiatives include:

- ♦ The Ripple Effect Project: creating a wave of conversations about mental health in diverse communities, through a targeted programme of free Mental Health First Aid training. Tackling stigma through understanding.
- ♦ The Innovations Project: developing digital solutions to reach out further and wider. Initial projects include the piloting of a digital recovery group and the formation of a growing LGBTQI+ forum.

Recent world events are helping us to focus more clearly on the necessity to look inwards and be critical of ourselves, but in a constructive way. Whatever happens, we mustn't....and won't....take our foot off the accelerator.

Follow us

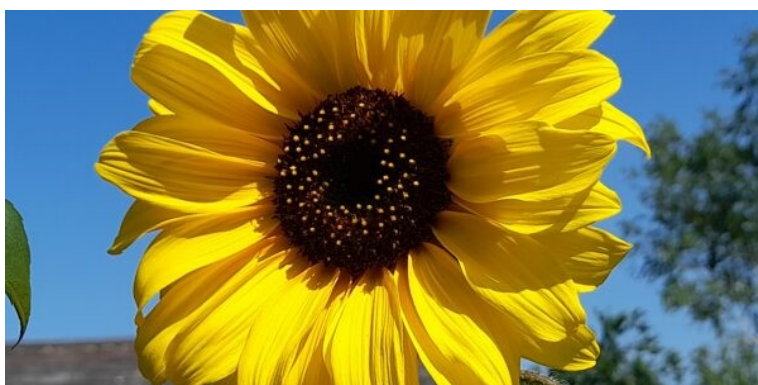
Charity news

Mosaic brightens up the Highfield Unit

Young people at the Highfield Unit in Headington have created a new mosaic to hang over the entrance to the building.

The mosaic will be a wonderful addition to the unit and bring a smile to the face of anyone visiting. It was designed by mosaicist Becky Paton based on drawings by the young people who were residents at The Highfield during the summer and together they completed the artwork over a week in the summer holiday.

The mosaic is a mixture of glass and ceramic tiles and is about 1.5m diameter. The design in the centre is a wave, surrounded by sun and land. Round the outside there are a mixture of coloured flowers with the letters spelling Highfield at the top of the mosaic. The project was funded by [Oxford Health Charity](#) and helped provided additional activities for the young people at the Highfield over the summer. More [here](#)



Community sunflowers

In March this year our volunteers from Oxford Health Charity arranged for sunflower seeds to be sent out to all staff in our community services directorate. The teams certainly had fun and even played a trick on the unsuspecting service director Emma Leaver by swapping her sachet to dwarf sunflower seeds! See the lovely pictures and read the many funny stories [here](#).



Oxford Health Charity enhances the experience of patients, carers, families and staff involved with the services of Oxford Health NHS Foundation Trust. The charity funds activities, equipment, projects and patient-focussed support that is above and beyond the usual expenditure of the NHS budget.

No funds donated will be spent on essential NHS services but will instead be used to enhance the experience of those using the services or working with the Trust.

www.oxfordhealth.charity

Keep in touch with us via FT.MembershipCommunity@oxfordhealth.nhs.uk

Research news

Oxford Health team shortlisted for BMJ Award

A team from Oxford Health have been shortlisted for a prestigious BMJ award in the digital innovation category for their work on telepsychiatry during the pandemic.

The project used routinely collected real-world data to understand the use and benefits of telephone and video consultations. The increase in remote consultations during the pandemic presented a unique opportunity to assess the efficacy of telepsychiatry which has previously not enjoyed a significant uptake in the UK.

The BMJ awards recognise and celebrate innovation in healthcare, showcasing knowledge and experience that will



Combining digital and IAPT therapy can improve sleep, anxiety and depression



A study by Oxford Health NHS and digital therapeutics company Big Health has shown that combining NHS Improving Access to Psychological Therapies (IAPT) care with Sleepio, a digital therapy for insomnia, has a positive impact on the mental health of patients experiencing sleep difficulty.

Almost two thirds of people seeking treatment treating for anxiety and depression who also reported sleep difficulty found their mental health improved when they used Sleepio alongside therapy compared to patients receiving IAPT care alone. Study participants also reported needing less in-person therapy when using Sleepio. Access the full story [here](#).

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Membership Matters 19

Oxford Health Strategy 2021-2026



NHS
Oxford Health
NHS Foundation Trust

Our strategy: At a glance

2021-2026

Our **four** strategic objectives:

1

Quality



Deliver the best possible care and health outcomes

To maintain and continually improve the quality of our mental health and community services to provide the best possible care and health outcomes. To promote healthier lifestyles, identify and intervene in ill-health earlier, address health inequalities, and support people's independence, and to collaborate with partner services in this work.

2

People



Be a great place to work

To maintain, support and develop a high-quality workforce and compassionate culture where the health, safety and wellbeing of our workforce is paramount. To actively promote and enhance our culture of equality, diversity, teamwork and empowerment to provide the best possible staff experience and working environment.

3

Sustainability



Make the best use of our resources and protect the environment

To make the best use of our resources and data to maximise efficiency and financial stability and inform decision-making, focusing these on the health needs of the populations we serve, and reduce our environmental impact.

4

Research



Be a leader in healthcare research and education

To be a recognised leader in healthcare research and education by developing a strong research culture across all services and increase opportunities for staff to become involved in research, skills and professional qualifications.



Mission

To be the **best Trust of our kind** in the country



Vision

Outstanding care delivered by an **outstanding** team



Values

Caring • Safe • Excellent

Full strategy papers at www.oxfordhealth.nhs.uk/about-us/overview/our-strategy

Get involved

There are many different ways in which you can be involved in the work and development of Oxford Health NHS Foundation Trust

Tell us how we're doing

We use [iWantGreatCare](#) to collect feedback on what patients think, monitor it and action where possible. IWGC is a website that encourages patients to leave meaningful feedback on their care, say thank you and help the next patient by improving experiences.

It's a service that is independent, secure and trusted by patients, doctors and hospitals. Your feedback is totally confidential, and collected and processed by iWantGreatCare, an independent organisation.



Patient & carer involvement

People who are involved in their care report that they have a better experience and can have better personal outcomes too. Those who become involved in improving the services often feel a sense of achievement and pride in the work that they do.

There are patient and carer experience groups across the trust so get in touch by emailing Getinvolved@oxfordhealth.nhs.uk or find the team lead closest to you [here](#).



Volunteering

Volunteers are an integral part of NHS services. At this time we are working to bring our existing volunteers back into their roles as pandemic restrictions ease, but there are some positions open in supporting our Green Spaces and the Patient Advice and Liaison Service. See more and apply [here](#).



Follow us

Membership

Help us grow our membership



We always welcome new people to join our Trust – why not invite a friend? Membership is free and anyone at least 12 years old, living in England or Wales, is welcome to join.

As a member you will be able to:

- influence the way our services are developed
- elect a Governor to represent your views
- stand to become a Governor yourself
- receive discounts from major high street retailers



Ask your friends to [sign up here](#) or scan the QR code.

Contribute to next month's edition!

We are always keen to hear from you and welcome your ideas and suggestions on how we can improve membership.

We are also looking for stories from our members to refresh our [membership pages](#). Tell us why you joined the Trust and what your membership means to you!

This Membership Matters is brought to you by the Communications and Engagement Team.

For all matters on membership, please email FT.MembershipCommunity@oxfordhealth.nhs.uk.

Follow us

