



**October 2021**

## Black History Month

**In October, the UK celebrates Black History Month. For the entire month, a wide range of events are held across the country celebrating African and Caribbean cultures and histories, including everything from food festivals to music workshops, educational seminars and lectures.**

Black History Month is an annual observance which originated in the United States where it is also known as African American History Month. The month-long celebration has received recognition from governments in Canada (1995), Ireland (2010), Netherlands, and the United Kingdom (1987).

During the Thatcher era, following the Brixton, Tottenham and Toxteth riots, Black Britons were experiencing high levels of marginalisation and racism. In response to this, Akyaaba Addai-Sebo, the Special Projects Officer at the Greater London Council coordinated the first official Black History Month event on 1<sup>st</sup> October 1987, with speaker Dr Maulana Karenga, the originator of 'Kwanzaa,' the annual celebration of African American culture held from December 26 to January 1 in the US.

Since then, the popularity and breadth of celebrations has grown exponentially in to the widely celebrated national programme that we see today.

***Black History Month is now seen as an essential and important milestone in the annual diversity calendar that helps to put race equality under the spotlight in a powerful and meaningful way. The month-long observance of race equality gives us the opportunity to not only look back at our shared histories, but to celebrate and showcase some outstanding examples of work underway that are successfully making a difference in organisations and in society.***



***At Oxford Health, we're marking Black History Month with a live Teams event every day from 11<sup>th</sup> to 22<sup>nd</sup> October 2021, featuring an impressive line-up of a diverse range of speakers, presenters and partners.***

This year, we have put on more 'workshop' style events to really get to the heart of how to 'do' race equality and our programme includes the following events:

- Inclusive recruitment
- Career development for BAME staff
- Migration lullabies
- Live debate with special guest panellists
- How to have conversations about race
- How to set up an ally-ship programme
- Special Quality Improvement case study
- The Power of Staff Networks by best-selling author
- Dope Black Dads

A special 'Closing Ceremony' will be led by our Race Equality Network Chairs, Reena and Partha, and will be attended by many senior leaders, including, David Walker, Dr Nick Broughton and Charmaine Desouza.

*Mo Patel*

Head of Inclusion

# 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.

### Buckinghamshire



#### 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](mailto: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.



### Oxfordshire



Oxfordshire Carers' Open Space is a safe space for family members or carers to take some time out, meet new people, enjoy friendly conversations and find support from others. The group will take place online using Microsoft Teams from 11am to 12.30pm on the following dates:

**November 17, 2021**

**December 22, 2021**

**January 19, 2022**

**February 16, 2022**

**March 16, 2022**

To join this group, please contact Di Hilson, Carer Involvement Lead at [Diane.Hilson@oxfordhealth.nhs.uk](mailto:Diane.Hilson@oxfordhealth.nhs.uk) or call 07775 816646.

### Council of Governors

**Thursday, November 25 from 6pm**

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

### Board of Directors

**Wednesday, November 30 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](#).

Keep in touch with us via [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk)

# Events & meetings for you

## Bucks Voice - Expert by Experience forum

**Do you use Adult or Older Adult mental health services in Buckinghamshire or do you care for someone who does? We need you!**

Please come and join us at our first county-wide monthly forum and hear about how you can get involved and work together with other people who use Buckinghamshire mental health services, as well as charities and staff, to improve the quality of care you or your loved one is receiving.

The forum is chaired by Claire, Expert by Experience and fellow service user.

The forum is held online on Microsoft Teams.

Dates this year:

**Tuesday, November 16** from 1.30pm to 3.30pm

**Friday, December 10** from 10am to 12 noon



To join or find out more, please contact Liam Corbally, Experience and Involvement Lead:  
[liam.corbally@oxfordhealth.nhs.uk](mailto:liam.corbally@oxfordhealth.nhs.uk)  
Tel: 07766 360547

## Survey: Buckinghamshire Children and Adolescent Mental Health Services



Buckinghamshire Clinical Commissioning Group is running a survey to help plan for the county's Children and Adolescent Mental Health Services (CAMHS).

BCCG says:

***We have increased investment in Buckinghamshire's Children and Adolescent Mental Health Services (CAMHS) over the last five years. We are now planning for the future of the service and how it should be developed. This is an ongoing process and it is really important for us to get the views of people with experience of the service to make sure we are proceeding in the right way. Your feedback can help us understand what prevents people from using CAMHS when they may actually need support from the service..***

***By sparing a few minutes to answer these questions, you can help us plan these services for the next year and beyond so that we can ensure they are working well for those who need them.***

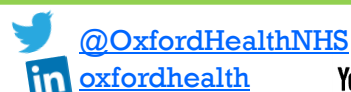
The survey is inviting participation from secondary school age children (age 11 and over) and young people; adults, including those who may have looked after a child or young person who has used these services, and from professionals.

**[General survey for children, young people and adults](#)**

**[Professionals survey](#)**

Closing date for both surveys is October 29, so have your say now!

Follow us





# 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](mailto:contactyourgovernor@oxfordhealth.nhs.uk).

## Claire Sessions

### Service user governor for Buckinghamshire & other counties

Claire Sessions was elected in May 2021 to Oxford Health's Council of Governors to represent service users from the Buckinghamshire & other counties constituency. This is in fact her second time in the role: she was first elected in 2018 but had to stand down when she was offered a job at the Trust. The job fell through but Claire had seen that as a governor she would get her voice heard so, now a student of psychology at Buckingham New University, she decided to go for it again.

***"I do a lot of patient experience and co-production work anyway and am involved in various projects and interview panels. Being a governor opens a lot of doors," she says.***

***"As governor my overarching aim is to empower service users to have their voice heard on every level and understand their opportunities for involvement and coproduction to enable us to shape the services."***

Claire is quite itching to get back to groundwork, meeting service users and hearing about their experiences – work that has been rather hindered by the COVID pandemic. On the top of her list of priorities is addressing physical health needs of people who use mental health services.

***"I did a college course and a survey on physical health needs last year and was shocked how ignored they are, I'm now working with Bill Tiplady [Associate Director for Psychological Therapies] and the Recovery College to start a programme around physical health: diet, exercise, medication management – you know, the basics."***



***"I want to get more people involved in that as well as get our coffee mornings and walking groups going again," she enthuses.***

Other areas close to Claire's heart are the single point of access for Buckinghamshire mental health services and Buckinghamshire Street Triage service. This works in partnership with Thames Valley Police to provide a triage service to those who present to the police with a mental health crisis.

***"This is a massive piece of work, but I am quite excited about it. It really is about transforming the service."***

Claire's passion for service user involvement comes from her own experience: she's been a service user with Oxford Health since 2012.

***"I am all too familiar with how we can feel undervalued and deflated. Sometimes services don't get it right, and as the people who access these services, we have the power to help the Trust understand ways to improve that would benefit our care," she says.***

Read Claire's full interview [here](#).

Email your governor at [contactyourgovernor@oxfordhealth.nhs.uk](mailto:contactyourgovernor@oxfordhealth.nhs.uk)

# Trust news

## Gordon Muvuti

### New executive director for mental health

**Gordon Muvuti has been appointed Oxford Health NHS Foundation Trust's Executive Managing Director for Mental Health, Learning Disabilities & Autism.**

A highly experienced mental health professional Gordon is expected to join OHFT in early 2022 from Solent NHS Trust, a community and mental health provider.

Gordon is Solent's Executive Director of Strategy & Partnerships and has worked at the organisation for almost four years in operational director and executive roles.

He has played a pivotal role in the successful partnership with the Isle of Wight NHS Trust and a transformative community-based model of care with Southern Health.

He is also the senior responsible officer for the Hampshire and Isle of Wight Mental Community Mental Health Transformation Programme.

On his appointment to OHFT, Gordon commented:

***"I am very much looking forward to joining Oxford Health, an organisation with a clear vision coupled with strong ambitions to deliver outstanding care. It's a talented team focussed on achieving great things including developing a world class mental health and research facility. I am very much looking forward to playing a role in these exciting plans and working with such an inspirational team."***

Gordon qualified as a mental health nurse 20 years ago and spent his early career working in front line roles across all clinical areas in mental health before becoming a clinical nurse specialist in psychosocial interventions.

Throughout his career, Gordon has taken many senior leadership roles in the NHS, across mental health, acute and commissioning.



Oxford Health Chief Executive Dr Nick Broughton said:

***"I am absolutely delighted that Gordon will be joining the Oxford Health team. He is a very talented and dynamic leader and has a very strong record of delivery. I have no doubt that he will be a tremendous addition to the executive team and will provide the leadership required across all our mental health, learning disability and autism services to make them truly outstanding services for both those who use them and work in them."***

### Tehmeena interim director of mental health

Covid Operations Director Tehmeena Ajmal has been appointed as interim director of mental health, effective October 11, following the departure of Debbie Richards, who has been appointed Chief Executive of Cornwall Partnership NHS Foundation Trust.



# 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 16s, bookings and 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

Over 16s can book to receive a first or second dose vaccination against Covid 19 via the [NHS national booking system](#).

You can also find out about walk-in vaccination opportunities on the [Grab A Jab website](#) or on social media and on the website of your local Clinical Commissioning Group:

[Oxfordshire CCG](#)

[Buckinghamshire CCG](#)

[Berkshire West CCG](#)



## Children aged 12-15

Vaccinations for children aged 12-15, not classed as clinically vulnerable, will be taking place in schools via Oxford Health's School-aged Immunisation Team.

All schools will be contacting parents/carers/guardians with further information and seeking consent for a single dose of the Pfizer vaccine to be administered.

Information about consent and the vaccine programme is contained in parent/carer pack which makes clear no vaccines will be administered on the day of the school clinic without valid consent.

**Read more about the vaccine, vaccination programme and advice for parents [here](#).**

**Keep in touch with us via [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto: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](mailto: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.”***

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## Trust news

# Former Barnardo's chief to become chair of new healthcare board for region

Oxford Health has welcomed the appointment of Javed Khan as the new Chair (Designate) of the Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board (BOB ICB) which is set to come into being next April.



Integrated Care Boards and Integrated Care Partnerships are set to take over from Clinical Commissioning Groups (CCGs) across England, if Parliament confirms current plans in the new NHS Health and Care Bill.

ICBs will bring partner organisations together in a new collaborative way with common purpose. Across the region hospitals, mental health trusts, ambulance service and councils will come together jointly to address problems in social care and streamline health services. Within a single budget, local government and the NHS can better plan for the care of people in the area.

Javed Khan is the former chief executive of Barnardo's, the UK's largest children's charity and will bring valuable experience from public and voluntary sectors into the NHS, where he has held non-executive board roles in hospital trusts and commissioning groups.

David Walker, Chair of Oxford Health, said:

***"The NHS is going through a silent revolution. In our area –known as BOB – we are aiming to give patients a much more streamlined service as we work more closely together within the NHS and between clinics and hospitals and councils.***

***We're delighted with the appointment of Javed Khan, who will bring his huge experience of children's services, schools and charity work to our area. Under his leadership we will accelerate our efforts to share our services, reduce duplication and cut costs – for the sake of offering patients a better experience.***

***"In the Thames Valley area all public services face common problems of recruiting and retaining staff, who face high housing and living costs. We can only deal with them by working more closely together."***

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# Trust news

## How do I help? animation series

An animation series has been launched by Oxford Health for parents and families supporting neurodiverse children and young people. Watch the videos on [YouTube](#).



The five-part series – How do I help? – is full of tips for parents and families to understand the common challenges their children experience and learn strategies to help neurodiverse young people with diagnoses such as autism and attention deficit and hyperactivity disorder (ADHD) to thrive in their everyday lives.

It has been produced by our Oxfordshire Child and Adolescent Mental Health (CAMHS) Oxford Neurodevelopment Conditions team.

Dr Shah Tarfarosh, the former Specialist Registrar in Psychiatry with the Oxfordshire CAMHS neurodevelopmental conditions team, was behind the project. He said:

***“Autistic young people and young people with ADHD can find some everyday experiences challenging. Every neurodiverse person is an individual, and therefore like anyone their experiences and challenges are different. However, we know that for many young people and their families things like getting ready for school, mealtimes, day trips and holidays and bedtime are common areas where families face challenges.”***

***“Young people may be reluctant to go to school because it is a difficult environment for them, they may be what others call ‘picky eaters’ because they are put off by certain tastes or textures. It may be that they flourish with a routine and predictability and so going on a trip somewhere they have never been before is a cause for anxiety. And for some neurodiverse children and young people, and particularly those who take some types of medication, it can be hard to get to sleep in the evening. We also know that the challenges neurodiverse people experience in their day-to-day life can have an impact on their overall mental health.”***

***“The experiences portrayed in the animations reflect the real-life experiences of children, young people and families who use the service. Real-life practical strategies are mentioned in an animated story format to help parents of neurodiverse children manage common experiences they face at home.”***

**Watch the videos on [YouTube](#).**

Follow us

# Exceptional People Awards

The first Exceptional People Awards of 2021 were awarded in a surprise ceremony. Bicester District Nurses won the team of the month award for September while Kathryn Tolson, Named Nurse and Operational Manager for The Phoenix Team, the Looked After Children's service in East Oxford, was winner of the individual award.



*From left, CEO Dr Nick Broughton, Kerry Rogers, Laura Wood, Chair David Walker, Sam Longshaw, Kathryn Tolson and Mike Hobbs.*

For Kathryn and Bicester team leaders Sam Longshaw and Laura Wood, their wins came as a complete shock. Each had been invited to attend a low-key face-to-face meeting at the Warneford Hospital alongside their respective managers and were ushered into the Powic building where a special ensemble was waiting.

In spite of their masks, puzzlement was etched on their faces as they each met Trust Chair David Walker, Chief Executive Dr Nick Broughton, Director of Corporate Affairs Kerry Rogers and Lead Governor Mike Hobbs.

And then the secret was out as the Chair revealed the purpose of their visit.

He explained the importance of recognising members of the Oxford Health family who are judged to have gone above and beyond in their work.

The Bicester District Nursing Team won an engraved glass trophy, £100 voucher and a framed certificate signed by the CEO and Chair, while

Kathryn received a £50 voucher, trophy and certificate signed by the Chair, Kerry Rogers and Mike Hobbs,

The new EPA is designed to better support a revitalised culture that celebrates Our People and the Trust as a great place to work and thrive. The deserving winners for September were chosen from more than 40 nominations put forward and judged by either a panel of governors or executive. Kerry Rogers said:

***"Thank you to everyone who has put forward teams and individuals for these awards. The presentation was such a wonderful event and great opportunity to thank these teams face-to-face for all their exceptional work and commitment."***

***"We all recognise there are so many teams and people throughout the organisation doing incredible work, but I hope you will join me in congratulating our September winners. We are all looking forward to seeing who will win in October."***

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# Exceptional People Awards

## “Just the thing we need as a team”

**Bicester District Nursing Team’s award was collected by team leaders Laura Wood and Sam Longshaw.**

They said:

*“It was such a surprise. We thought we were coming for a meeting and then thought we were in the wrong place. We weren’t expecting one. I think it’s really nice as it’s a team award and it’s for all of us, and I think that will be great for the team.”*

*“It made us both quite tearful to be recognised as obviously with the pandemic we have been pushed and we haven’t been able to see each other. Morale has been low throughout and this is just the thing we need as a team. We’ll spend our £100 on something as a team and we will decide what we do together.”*



## “I dedicate this to my team”

Kathryn Tolson’s nomination said she has been instrumental in developing the Looked After Children’s service in Oxfordshire over many years.

*“Kathryn has passionately driven the health agenda of these vulnerable children. She is devoted to reducing the health inequalities that these children can experience and strives to promote good health outcomes. Kathryn has an exceptional recall of the 800+ children we care for.”*

Kathryn said:

*“I feel slightly embarrassed but truly honoured. Having a nomination from your colleagues means so much, but having endorsed by the Governors and managers is really special. I think we are an incredibly fortunate team because all members are signed up to the fact that we want to do the best and make a difference to the children we work with.”*



*“That goes from our administrators who are arranging appointments for the children to be seen to the doctors who are doing the health assessments. Everybody prides themselves on putting the children first and doing their best. It might be an individual award but I see it as a team award. It is very much reflective of the team because they go hand in hand.”*



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Membership Matters 11



# Nominate someone now!

**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 in September 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 award 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**



**<<< Scan the QR code**

## 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](#)**

**Keep in touch with us via [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk)**

## Trust news

# Chair David Walker reviews topics at the September 29 Trust Board meeting

Oxford Health is continuing to hold online board meetings that can be attended by the public via a digital link.

David Walker, Chair of the Trust, has made this short video to explain some of the key topics discussed at the September 29 meeting. Watch it [here](#).



## October is Speak Up month

The theme of Speak Up Month 2021 is **Speak Up, Listen Up, Follow Up**. Oxford Health is committed to encouraging staff to speak up to improve patient care and help staff be a part of the positive approach and response to speaking up in the Trust. Caroline Griffiths, Oxford Health's Freedom to Speak Up Guardian, said:

*"We all have a voice and we can use it to improve the lives of patients and staff. Here at Oxford Health, we want staff to feel safe to speak up if they have concerns and if they have ideas to improve services."*



Patients and their families who have concerns or suggestions for improvement, should contact [Patient Advice and Liaison Services \(PALS\)](#).

Email: [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

Freephone: 0800 328 7971

## Follow us

# World Mental Health Day



**Oxford Health is a mental health trust and on the World Mental Health Day October 10 we raised awareness of the variety of mental health help and care available for all ages across the counties.**



Always there for you... a click or call away

**24/7 Our Mental Health Helpline**

Oxon & Bucks

We'll listen and find you the right help for you, whatever your needs

**NHS111 111.nhs.uk**

More than 2,000 people in Oxfordshire and Buckinghamshire have been supported by the dedicated 24/7 Oxfordshire and Buckinghamshire Mental Health Helpline since its launch 18 months ago at the start of the pandemic. More [here](#)

**Every Mind Matters** campaign champions the little things we can do for our mental health. Oxford Health clinical psychologist and head of the Oxford Centre for Psychological Health, Professor Paul

Salkovskis is one of the clinical advisors behind the initiative. He said:

*"The Every Mind Matters Mind Plan is a really useful, empirically-grounded, tool to empower people to look after their mental health – doing the little things that help us all feel well."*

*"The [Every Mind Matters website](#) is continuously updated to support on-going mental health and wellbeing*



Better Health every mind matters

**Discover simple steps to help look after your mental wellbeing**

Search Every Mind Matters

*needs and includes a COVID-19 hub which offers tips and support on how to deal with change, cope with money worries and job uncertainty. The website also provides practical tips on dealing with stress and anxiety, boosting your mood, sleeping better, and what you can do to help others. Search Every Mind Matters to see what works for you."*

More [here](#)

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# World Mental Health Day

## Access to talking therapies set to expand in Buckinghamshire

**More adults with mental health issues such as anxiety, depression and stress will be able to access free expert NHS support thanks to the expansion of Healthy Minds, Buckinghamshire's talking therapies service.** The service provides a wide range of different one-to-one therapies, group courses and employment advice.

People can self-refer or be referred by GPs or other professionals. Dr John Pimm, Clinical Lead for Buckinghamshire Psychological Therapies Pathway, said:

***"We welcome the expansion of the service as we will be able to support more people in Buckinghamshire."***

***"The last 18 months have been challenging with the Covid-19 pandemic creating economic, health and social uncertainty. These things can impact on our emotional wellbeing and more people will need access to effective evidence based talking therapies."***



**You can refer yourself to the service by visiting the website [here](#), calling (01865 901600) or by texting TALK and your name to: 07798 667169.**

## Supporting veterans



At Oxford Health we employ a number of people who served in the Armed Forces. Martyn Ward is the Executive Director for Digital and Transformation and involved with leading the work we do to support our veterans. Following the recent events taking place in Afghanistan, he would like to remind colleagues about the support we offer veterans and their families.


***"Oxford Health is part of the Armed Forces Covenant which means we are committed to supporting all members of the Armed Forces and their families, both past and present. As part of this commitment, we employ a number of veterans supporting them to utilise their transferable skills and carve out new careers with us. We also provide partnership services, as part of Op COURAGE, offering specialist treatment and support for military veterans and their families who are experiencing mental health difficulties."*** See more [here](#).



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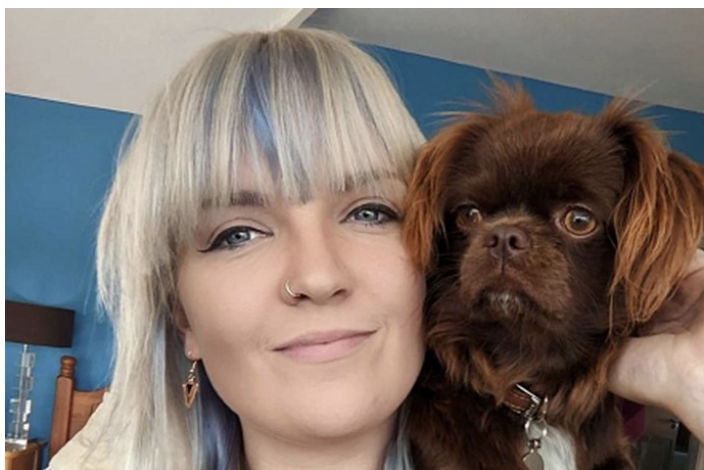
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# World Mental Health Day

**“Mental health services truly save lives. I know because they saved mine.”**



When Fran Furniss experienced mental health crisis as a teenager she resisted the help of professionals, convinced no one could help.

Now, she is one of those professionals herself – bringing treatment and hope to others as a new apprentice Psychological Wellbeing Practitioner at Health Minds Buckinghamshire.

For World Mental Health Day she shared her experience and how becoming a Psychological Wellbeing Practitioner with Healthy Minds in Buckinghamshire means she is now helping others – turning her own challenges into the opportunity of a lifetime. **Read Fran’s story [here](#).**

## How do I become a PWP through Oxford Health?

**Oxford Health’s Psychological Wellbeing Practitioner apprenticeship programme has been developed as an accessible route to train to become a PWP.**

The idea behind the apprenticeship is that people from a variety of backgrounds can join the programme. You don’t have to have a degree in psychology. The programme welcomes applications from people with diverse life experience and a keen interest in making a difference to the lives of adults and older adults who face mental health challenges.

To be eligible for our apprenticeship programme, you will be required to evidence a Level 5 qualification (or have relevant skills and experience) as well as GCSE Level Maths and English (Grade C or above).

If you don’t quite meet the GCSE level requirement, or your qualification is not equivalent, you will be required to undertake a Level 2 Functional Skills qualification alongside your apprenticeship.

You will be based at one of the Healthy Minds sites (Aylesbury or High Wycombe) for the duration of your apprenticeship, earning between £21,892 and £24,157 per year.

The programme is full time, and after successful completion (between 12 – 15 months) you will receive a nationally recognised qualification.

**If you are interested, please look out for our next recruitment campaign due to start in December 2021 for our next intake in March/April 2022.**

**Keep in touch with us via [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk)**

# Allied Health Professions Day

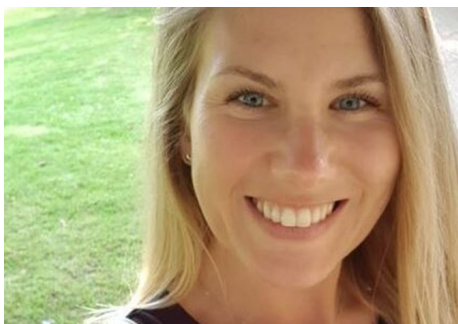
October 14 was Allied Health Professions Day - a whole 24 hours devoted to celebrating the contribution made by a diverse and devoted workforce. This year the focus was on celebrating the next generation to join the second largest UK healthcare workforce. In 2021 Oxford Health has given placements to 243 student AHPs – up 58 per cent on the previous year – and we met some of them.



**Claire McColl**, 29, is studying MSc Dietetics at Birmingham City University. She said:

*“My placement has been so enjoyable that I will continue to work for the trust post-graduation. I felt very inspired by how the Dietetic team has remained so connected through what has been a challenging time with supportive catch ups I have never felt alone when working from home.”*

Read more [here](#).



**Ivana Lenartova** is a second year podiatry student.

*“I chose to be a podiatrist because I enjoy understanding how certain health conditions can really affect our feet, and being able to help patients is the best reward.”*

Read [more](#).

*around me. For example, I now go out of my way to better understand the roles of my colleagues,”* he said.

More [here](#).



**Jana Allababidi** is a third year occupational therapy student currently on placement in the Warneford hospital on the Adult Mental Health Unit.

*She said: “I’m super excited being on this placement because it’s my first mental health one and it’s so different to my past physical health placements. It’s so wonderful seeing the theories you learn in university unfold in real life, it really makes all those long nights of studying worth it! I’m so proud of being a future AHP!”* More [here](#).





**Ben Parameswaran**, a physio student, had leadership placement with Oxford Health.

*“I now recognise that I too can be a leader and inspire positive leadership behaviour in others*



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Membership Matters 17



# Wednesday Wonders

Every week we shine a light on teams and services that have received glowing reviews on the independent [IWantGreatCare](#) website. Depending on the day we publish them, we call them Wednesday Wonders and 5-star Fridays.

## Family Nurse Partnership

Oxfordshire Family Nurse Partnership is a service specifically for young, first-time mothers. The team support them to have a healthy pregnancy, to improve their child's health and development, and plan for their own future.

Every day is different for the team as the young mothers and fathers they work along-side have a range of needs. Some have experienced difficulties in their own upbringing and may lack in positive role models, others face homelessness, financial difficulties and poor mental and emotional health. Read more about this 5-star team [here](#).



## Carterton, Chipping Norton and Witney health visitors

## Community dental team



Oxfordshire Community Dental Service is not a regular NHS dental service for check-ups and routine work. It helps adults and children with a range of physical and mental health conditions so that they can receive specialist dental help and emergency treatments not available from a general dental practitioner. Rosalind Mitchell, Clinical Director and Associate Medical Director for dental services, said: ***"It's wonderful to read and receive such great feedback on the care we provide."***

***"It really gives our team a lift. I'd like to thank everyone in OCDS for their dedication and utmost professionalism over recent months, particularly in terms of the pandemic and the many challenges that created in delivering care."***

See more [here](#).



Angela Smith, Health Visitor Matron and Clinical Lead for the service, said: ***"I am so proud of our team. As health visitors we are in such a privileged position, being with and supporting people at some of the most joyful times of their lives, yet also some of the most challenging and difficult times of their lives. At these times it is so important to have a health visitor who is non-judgemental and can build a trusting therapeutic relationship with parents. The accolades the health visiting team in Witney, Carterton and Chipping Norton have received, shows how they are doing this and that they are valued they are by so many of the families they serve. Well done to the team!"*** More [here](#).

Keep in touch with us via [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk)

## Carers' strategy 2021-24

**The second edition of our carers' strategy has now been published. It looks at the carers, friends and families' needs, how we can continue to improve services for them and put them at the heart of everything we do.**

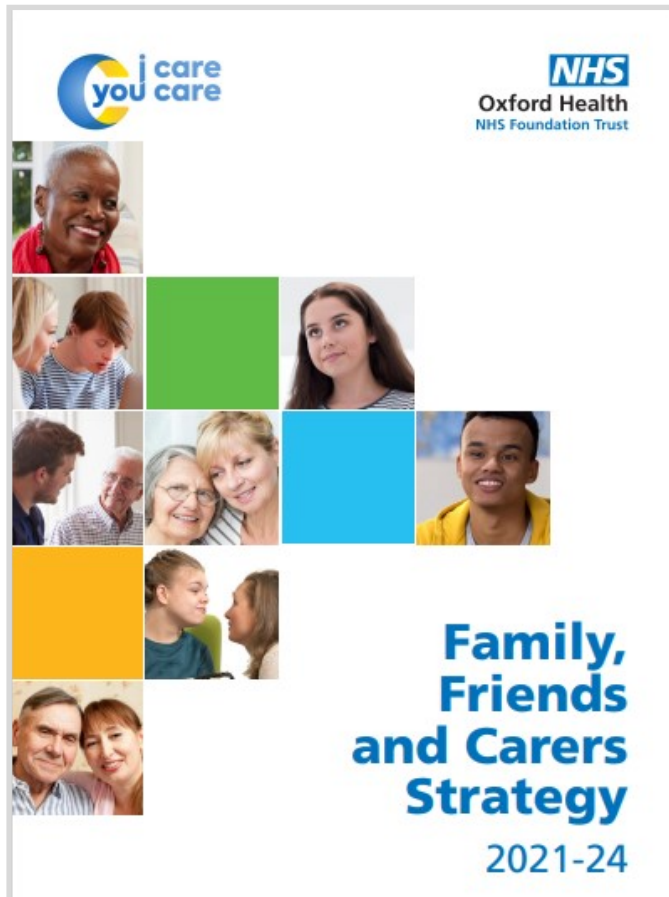
The overall aim is to engage, involve and support every carer with the goal of working in true partnership. By achieving this, we will support the Trust's overall vision of delivering 'Outstanding Care, delivered by an Outstanding Team'.

Di Hilson, Carers Involvement Lead said:

*"In my role, and through the development of this strategy, I have had the opportunity to talk with and listen to carers about their experiences with Oxford Health."*

*"I have also been able to understand what is important to them and what they need when they come into contact with our services. I hope that this strategy really reflects what our carers want to see us working towards and I look forward to hearing how we progress."*

*"There are more people caring for a loved one than ever before. Carers make a massive contribution to reducing the burden on the NHS and social services, they help us care for and support our patients and because of this we must ensure they are getting the recognition and support that they need and deserve."*



Marie Crofts, Chief Nurse, said:

*"This strategy will help us to remain engaged with our carers and external organisations so we can continue to provide the best possible support to them throughout the next three years."*

*"Creating a strategy like this will no doubt help us move towards our overall vision. Everything we can do to support our carers will help us obtain a greater understanding of their needs and how we can meet each of our targets helping us to achieve our overall aim by 2024."*

**View the strategy in full [here](#).  
Go to [Carers website](#)**



# Charity news

**It's time to polish your dancing shoes and get that gown out of the wardrobe! Magic, mystery and glamour is on offer at the All that Glitters charity masked ball on November 27.**

Held at the Chesterton Hotel in Chesterton, Bicester, on Saturday, November 27 from 6.30pm to midnight, the ball will start with a welcome drink and a 3-course meal and offer entertainment throughout the evening.

Tickets are £55 and available from:

By phone: Chesterton Hotel 01865 326550

Online via [Eventbrite](#)

By email: [lucysroomcharity@gmail.com](mailto:lucysroomcharity@gmail.com)

Lucy's Room is an [Oxford Health Charity appeal](#) which seeks to create a modular building on the Warneford site in Oxford where people can make or record music. The project was instigated by the family of Lucy Sessions, a gifted singer and musician, following her tragic death in 2017.

Lucy, who was 22 and a young mum when she died, had been receiving mental health support since the age of 17 when she first became an in-patient at the Highfield Unit. During her stay at the Highfield, Lucy discovered a deeper love of music. Having already become an accomplished self-taught guitarist, she developed her singing skills and even learned to play the drums at the unit's state-of-the-art studios. When Lucy transitioned from adolescent care into adult care, she found the switch particularly hard, including the loss of her cherished music space as there is no music facility for adult patients.

This is a situation that Lucy's parents Lesley and Neil Gordon, in conjunction with Oxford Health Charity, are determined to change. The incredible couple from Bicester buoy themselves with their Lucy's Room mission, putting boundless energy into



**LUCY'S ROOM**

Presents an evening of great fun and laughter while raising awareness of Mental Health and Suicide in Adults

## ALL THAT GLITTERS CHARITY MASKED BALL

Saturday 27<sup>th</sup> November at 6.30 pm until midnight

At  
The Chesterton Hotel, Chesterton, Bicester, OX26 1UE

Ticket price £55 includes

- Welcome Drink
- 3 Course Meal
- Close up Magician
- Casino
- Disco
- Silent Auction

Tickets available from the Chesterton Hotel 01869 326550

Online Via Eventbrite

Email: [lucysroomcharity@gmail.com](mailto:lucysroomcharity@gmail.com)

Facebook: [Lucy's Room Community](#)

Direct Via Lesley Gordon 07860650313 or Neil Gordon 07411446233

All profit raised go to Lucy's Room Charity  
Donations via: [www.oxfordhealth.charity/donate/lucys-room](http://www.oxfordhealth.charity/donate/lucys-room)

organising events and fundraisers – from collections outside supermarkets to this masked ball at The Chesterton Hotel.

**If you would like to help, support or donate to the appeal, please visit [www.oxfordhealth.charity/appeal/lucys-room](http://www.oxfordhealth.charity/appeal/lucys-room). Any offers of help should be directed via email to [charity@oxfordhealth.nhs.uk](mailto:charity@oxfordhealth.nhs.uk)**



**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.

**Keep in touch with us via [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk)**



# Charity news



**Sunday, October 17 saw the return of thousands of runners, joggers and walkers to the streets of Oxford, including our very own Oxford Health Charity team.**

The 19-strong team, made up of Oxford Health staff members, family, friends and members of the public, took on the 13.1 mile challenge through the city's historic streets.

Jonathan Barron, Staff Nurse in Learning Disabilities is raising money for the Learning Disabilities fund told us

*"I had a lovely time running for the Oxford Health Charity; the whole day was a complete success from start to finish. I managed to complete the run in 2 hrs 30mins— not my fastest, but not my worst either, so very chuffed. I am already looking forward to running it again next year! Thank you to the Oxford Health Charity for allowing me to run and raise some money for some important causes."*

Holly, who lives in Oxford just wanted to thank her local NHS .

*"The race was pretty hard - harder than previous ones as I hadn't trained as much as I should have. Although I got my worst ever half-marathon time(!), I was spurred on by others in OHC tops waving and saying hello. At one point I even sped up so I could*

*catch up with another yellow and turquoise shirt to say hello. The spectators were also brilliant with lots of encouraging cheers which was lovely. All in all, it was hard but I'm glad I did it and that I managed to raise money for your wonderful charity."*

Michelle Evans, Development Coordinator for Oxford Health Charity commented:



*"After the uncertainties over the past 18 months, including the cancellation of last year's event, it's been wonderful to see the Oxford Half return and for only the second time with a team of runners fundraising for our own Oxford Health Charity. We are grateful to those who chose to support us. Their determination in getting to the start line has generated over £2,500, with donations still being received. All charity funds help to enhance patient, carer and staff experience at Oxford Health."*

The runners have made great progress with their fundraising, all raising money for different funds across a range of projects and teams. You can find the runners donation details [here](#).

**Interested in joining our 2022 team?** We'd love to hear from you [charity@oxfordhealth.nhs.uk](mailto:charity@oxfordhealth.nhs.uk) or if running isn't for you, and you've another fundraising idea, get in touch!

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# Oxford Health Strategy 2021-2026




## 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](http://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](mailto: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](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk).

## Follow us

