



NHS

Oxford Health
NHS Foundation Trust

December 2021



**To all our members,
Thank you for all your support over 2021.
We wish you a Lovely Festive Season and
Happy New Year!**

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And much more



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Lead Governor's greeting

Season's greetings to all Trust Members - patients, carers, staff, volunteers, governors and others.

This has been another tough year for everyone. The pandemic has disrupted health care, just as it has disrupted family and social relationships. The continuing threat of Covid has meant that face-to-face clinical appointments have been limited, so many patients have participated remotely in their care.

Many Trust staff have worked from home which, as we now know, is not the fun it appears to be - colleague support and team effectiveness have been constrained. Challenges faced by mental health and community health services even before the pandemic have been made worse, resulting for example in reduced patient access to assessment and treatment, to worryingly long waiting lists, and to an unsustainable level of staff vacancies.

I have great respect for the patience and tolerance with which patients and families have engaged in their care, even when this has been disrupted by the pandemic and related challenges. And I have great admiration for the effort, initiative and perseverance with which staff have committed to the Trust's care of patients and their carers through 2021.

There have been problems, of course, and at times the quality of care has fallen short of that which we expect from the Trust, but we must learn from this and strive for improvement.

Governors are elected to represent and inform members, our constituents, and to serve as 'critical friends' to the Trust Board in our joint determination to provide the best services possible to patients and carers, and to enable staff and volunteers to give their best, to feel fulfilled and proud in their work. We want to hear from you, members of the Trust and the wider public, when you have concerns - but also when you have compliments.



Over this past year governors have focussed on some difficult issues, but we've celebrated with you some inspiring successes too. And we've also contributed to the reintroduction of the Exceptional People Award which recognises the exceptional people who work for Oxford Health.

On behalf of governors, I would like to thank all staff for the care, selfless commitment and resilience that so many of you have displayed on so many occasions over the past year; and we thank patients and carers for your forbearance when sometimes things haven't gone right.

Although I know it will be difficult for some because of illness, disability, loss, fear, loneliness, hardship and other adversities, I do hope that you will find some respite, solace and joy over the coming weeks. We will do our best to support you in the year ahead.

*Mike Hobbs
Lead Governor*



Email your governor at ContactYourGovernor@oxfordhealth.nhs.uk



Get involved

Calling all young people in Buckinghamshire & Milton Keynes

Are you 12 – 25 years old and living in Buckinghamshire or Milton Keynes? Please spare five minutes to take part in a confidential survey in which your views can make a big impact on mental health services.

Following the launch of a successful project with the not-for-profit organisation Unloc to engage with young people in neighbouring Oxfordshire about the mental health, we are now expanding the consultation work to include Buckinghamshire and Milton Keynes.

The mission is to give Buckinghamshire and Milton Keynes' youth a powerful voice and be listened to; ultimately empowering them to help make ground-breaking changes, develop their own skills and

12-25 and living in Buckinghamshire?

We want **your** opinions on mental health

Complete our quick survey!

Takes 5 mins

potential as well as give them a unique platform via a planned Youth Board. Nearly 1,500 Oxfordshire young people shared their views on mental health - We now hope to gain a similar response in Buckinghamshire and Milton Keynes. See [more](#)



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:

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 or call 07775 816646.



This special series of workshops is designed by Oxford Health's dedicated team for carers of service users who are currently receiving support from Oxfordshire mental health teams. The workshops will run from 10am-12.30pm on Microsoft Teams and the first one is:

Understanding and supporting someone with depression

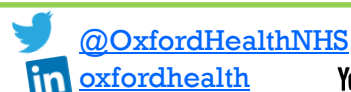
Wednesday 12 January 2022

To book please

email Diane.Hilson@oxfordhealth.nhs.uk with your name, telephone number and the course you would like to attend.

See the full programme [here](#).

Follow us



Trust news

New executive managing director for mental health

Grant Macdonald has been named as Oxford Health's new executive managing director for Mental Health, Learning Disabilities and Autism. He is expected to take up his role in March 2022.

An exceptional leader with 17 years' board level experience, Grant's NHS career spans 33 years and he remains a registered mental health nurse.

He has worked in the region before, previously as Executive Nurse and Chief Operating Officer at Berkshire Healthcare before joining Central & North West London NHS Foundation Trust as Executive Director of Strategy & Workforce. For the past two years he has been the COO at Southern Health.

Grant said: "I am very much looking forward to joining Oxford Health and working with colleagues to deliver the vision of outstanding care delivered by an outstanding team."

Commenting on the appointment, Chief Executive Dr Nick Broughton said: "We are delighted that we will have such an exceptional and strategic leader joining us in the new year, bringing his expertise to a



range of great programmes of work under way across all areas of the Trust."

Tehmeena Ajmal, the Trust's former Covid Operations Director, will continue in her ongoing interim role as executive MD for mental health until Grant's arrival.

Chairman's vlog: Board meeting November 30

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 a short video to explain some of the key topics discussed at the November 30 meeting.

The Board discussed the Trust's new clinical strategy, doing more to stop people becoming ill, and new urgent community response service with a single phone number. David says:

"We heard how we are working more closely with Oxford University Hospitals, GPs and County Council to try to respond more quickly to people who have medical problems but don't need to be admitted to A&E."



"This urgent community response service will shortly have a single phone number, helping to end the experience some have had of being passed from pillar to post."

See David's vlog [here](#).

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Trust news

New appointments to Trust board



A distinguished former permanent secretary, the head of an Oxford college, a highly experienced NHS hospital manager and a corporate lawyer are set to join Oxford Health as it refreshes and renews its governing board.

They are Professor Sir Rick Trainor, rector of Exeter College, Geraldine Cumberbatch, a solicitor with both public and private sector experience, Andrea Young, former chief executive of North Bristol NHS Trust and Sir Philip Rutnam, former permanent secretary at the Home Office.

Each appointment has been approved by Oxford Health's council of governors, which is elected to represent patients, staff and the public and, subject to final checks, all four will take their positions in the new year.

David Walker, chair of the trust, said:

"We are strengthening our board in preparation for the creation of a new integrated care system in Buckinghamshire, Oxfordshire and West Berkshire in April 2022. We are determined that mental health and community services play their full part and residents have access to the highest quality care."

"It is a tribute to the reputation and potential of Oxford Health that we have been able to attract such outstanding candidates to our board. Together they will bring new energy to our ambitions and build on the work of Bernard, who leaves us at the end of the year, and Sir John, who leaves in April. Both have shown dedication and commitment during their long association with our organisation, for which we are thankful."

Dr Nick Broughton, trust chief executive, said:

"As one of England's larger mental health and community trusts, serving a population of more than two million, our new executive and non-executive director appointments strengthen the determination to provide outstanding care, as we emerge from the pandemic."

"We are confronting the challenges of demand for child and adolescent, autism and learning disability services, while our new strategy for community services in Oxfordshire offers a new basis for helping residents young and old."

Follow us

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 your booster vaccine, vaccines for 12-15 age groups, over 16s, severely immunosuppressed, and walk-in clinics, getting tested and staying safe.

Oxford Health is the lead provider for large-scale vaccination centres for Oxfordshire, Buckinghamshire and Berkshire West and cater for first, second and booster doses to all eligible people.

Please note that full infection prevention control restrictions remain in place at all Oxford Health sites. Visitors are expected to wear masks, wash hands and observe social distancing.

The vaccination centres are located at:

Kassam Stadium, Littlemore, Oxford, OX4 6DE
(*closed all day for Oxford United home weekend matches)

Broad Street Mall, Units 49-50, Reading, RG1 7QE.

Guttmann Centre: Stoke Mandeville Stadium, Guttmann Road, Aylesbury, Buckinghamshire, HP21 9PP

These sites accept booked appointments for eligible patient groups. You can [check eligibility here](#).

Appointments can be booked via the [National Booking System](#)

Find out about additional vaccination opportunities on the Grab A Jab website [here](#)



Easy read info

Our Learning Disability Service has collated and created a large selection of EASY READ resources on COVID-19, vaccinations and other related topics.

The resources are free to use and include posters, videos and information sheets.

You can access them [here](#).



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Covid & vaccine update

Chief Nurse appeals to Trust's recently retired clinical staff to help vaccination efforts

Your Trust needs you! That's the message from Oxford Health's chief nurse Marie Crofts who is calling on recently retired clinical NHS staff to step forward to offer their expertise and time in helping deliver the booster vaccination programme.

While we have an army of volunteers and support staff being redeployed across the health and social care system, it is experienced clinical staff who are urgently needed that we cannot redeploy from existing front line services – those caring for patients in community hospitals, district nursing and urgent care for example alongside many others.

Marie said:

"If there are any of our former clinical colleagues who have retired from service with us or other NHS organisation in the past six to 12 months, I am appealing to you to please help us in delivering this incredible challenge. We need your expertise and



valued skills over the next three weeks to give everyone the maximum protection we can from Omicron."

If you are a recently retired registered nurse or allied health professional and can help cover a minimum of three shifts a week, please email nursingcareers@oxfordhealth.nhs.uk with your details and one of the team will respond with further information and next steps.

Witney pop-up clinic boosts uptake

A pop-up COVID-19 vaccination clinic in Witney provided nearly 5,000 doses in the ten days it was open.

Volunteers joined staff from Oxford Health NHS Foundation Trust, Oxfordshire Clinical Commissioning Group and West Oxfordshire District Council to deliver 4,887 first, second and booster jabs at the clinic.

Anita Sherwood, Oxford Health's interim Director of Covid Operations, said:

"The return of the pop-up clinic has clearly been a great success and made an important contribution to keeping the people of west Oxfordshire and their loved ones safe.

"I want to thank all those involved in managing the clinic and providing the vaccinations. This has been a great effort by both NHS and local authority staff and



volunteers. The reintroduction of some restrictions week has reminded us that being double vaccinated and receiving booster shots is the best way to prevent the spread of the virus."

The clinic opened on November 26 and shut up ten days later. It was the second time that the partners have joined together to provide a convenient site in Welch Way for people working or shopping in the town centre.

Follow us

Trust news

Role model nurse proves it's never too late to follow a dream

An inspirational newly qualified community psychiatric nurse has been awarded the highest of honours from his university for his outstanding achievements and performance among graduating peers.



Bornwell Machekanyanga, who works in Buckinghamshire, is the proud recipient of The Dean's Prize for Enterprise in Nursing by Leeds Beckett University which he will receive in a summer graduation ceremony next year.

The dad of three switched to studying for a nursing career later in life than many, but that he says just **proves 'it is never too late to pursue and achieve a professional career and desires of one's heart, soul and mind'**, adding that he is confident his story can positively impact on others.

A delighted Bornwell, 61, said:

"I feel so humbled, welcomed, encouraged and motivated – it is awesome indeed being part of the Trust and receiving notification of the award.

"I hope this will be a good reflection to other students, showing that if they work hard, they will upgrade themselves to being professionals as qualified and registered nurses. The Trust's support for staff is awesome, unparalleled as I am finding out in my learning experience post qualifying."

The prize Bornwell has received recognises an outstanding level of achievement, commitment, and exceptional contributions in outstanding academic performance in graduating students.

Chief Nurse Marie Crofts is delighted for Bornwell:

"It is wonderful that he has been recognised for his hard work and dedication during his nurse training. We are exceptionally proud to have him working with us at Oxford Health as a community psychiatric nurse."

Bornwell went on to say:

"I enjoy my job and work with an incredibly supportive team of supervisors, management, medics, consultants, nurses, healthcare support staff, admin staff and peers, and this helps me meet my goal to provide a caring, safe and excellent standard of care to our patients in a person-centred and holistic approach."

Read more about Bornwell's inspiring journey [here](#).

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Trust news

Diversity and Inclusion recognition for our finance team



The Oxford Health Finance were shortlisted for the Healthcare Financial Management Association (HFMA) Diversity & Inclusion award. This is a new award that recognises teams and organisations who have introduced changes that have positively

contributed to the diversity and inclusion within their finance departments. Our team didn't win this time but being shortlisted is already an achievement to be proud of! More [here](#).

Chief Executive Designate announced for the Bucks, Oxon & Berkshire West Integrated Care Board



Dr James Kent has been appointed Chief Executive Designate of the new Buckinghamshire, Oxfordshire and Berkshire West (BOB) Integrated Care Board (ICB); due to be established in April 2022. James said: ***"I'm proud to be able to continue the journey I began when appointed to lead the ICS last May. I have seen the depth of talent that exists within all system partner organisations and our wider stakeholders and what we can achieve when we work together. I am ever more convinced of the potential of this system to improve health and health outcomes for the population we serve."***

The ICB is part of new arrangements to improve joint working across the NHS, local authorities and a wide range of other partners to improve health, health outcomes and reduce health inequalities. More [here](#)



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Trust news

Diabetes courses accredited until 2024

Our Community Diabetes service have been accredited for a further 3 years for their Diabetes2Gether and Diabetes4Ward courses for people living with Type 2 Diabetes.

The courses have been locally written and achieved the original Quality Institute for Self Management Education & Training (QISMET) accreditation in 2018. QISMET is a nationally recognised set of quality standards about defining good practice in self-management education, and testing and approving providers against these standards.

Jane Maskell, Clinical Lead for Community Diabetes Service, said:

***“Every 3 years these courses are reassessed against revised quality standards and I am very pleased to share the successful reaccreditation of both our patient education courses for Type 2 diabetes from Sept 2021. The team have been able to build on solid foundations and credit must go to all the clinical teams involved.*”**



“I would like to say a special thanks to the steering group involved with this, Leanne Dunkley, community diabetes specialist nurse and Angela Hargreaves, Dietetic Team Leader for Diabetes and Endocrinology at Oxford University Hospitals (OUH) and Rebecca Hill, Diabetes Dietitian at OUH.”

To find out more about these courses visit [here](#).
Contact the team by
Email: diabetes.education@nhs.net or
Telephone: 01869 604091 any weekday between 8.30am and 4.30pm.

End of life care service launched at community hospital

Two new specialist palliative inpatient beds have been introduced at Wallingford community hospital, through close partnership working between Oxford Health NHS Foundation Trust, Oxfordshire Clinical Commissioning Group and charity Sue Ryder.

The service is being delivered by Oxford Health in partnership Sue Ryder and their ‘Hospice at Home’ service to care for patients who are approaching their end of life, and who need bed-based care. It means residents in the local community who require inpatient palliative care will be able to receive it closer to home. Admissions to the beds will be made through Sue Ryder.



The Sue Ryder team, which includes a clinical nurse team and consultants, will work with the Wallingford Oxford Health ward team including an End of Life specialist nurse, GP and Advanced Clinical Practitioner to provide compassionate and expert palliative care to patients from the local area. See [more](#)

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Trust news

MINI UK plants Tiny Forest at Littlemore Mental Health Centre

On December 6, the latest MINI Tiny Forest was planted at Littlemore Mental Health Centre near MINI plant Oxford, in partnership with Green Templeton College. The forest is part of MINI Electric partnership with EarthWatch Europe.

The Tiny Forest is home to 18 different tree species, it will boost biodiversity on the site and create a new green space for staff, patients, and visitors to use – to reconnect with nature, providing a peaceful and quite sanctuary.

The planting day was a huge success with Oxford Health staff and patients, MINI UK staff and apprentices and EarthWatch planting 600 densely packed native trees saplings at the Mental Health Centre (following current COVID-19 guidelines) – with the hope to attract hundreds of new animal and plant species over the coming years.

Nick Broughton, Chief Executive at Oxford Health NHS Foundation Trust added,:

“Over 800 large trees are planted across the trust’s sites, absorbing over 38 tons of carbon annually – helping to offset Oxford Health’s overall carbon footprint and contribute to the NHS’ aim to be the world’s first net zero health service.”

“The Trust are delighted to be working with MINI and Tiny Forests to grow our green spaces on sites – making a difference to both the environment and our communities. Providing a calming environment for our patients, visitors and staff is therapeutic and improves mental wellbeing.”

David George, Director of MINI UK says:

“Creative use of space is at the heart of MINI, so the partnership between MINI Electric and Earthwatch Europe to plant Tiny Forests is a perfect fit. We’re really excited about how Tiny Forests can bring communities together and help educate on the important role biodiversity plays in sustainability.”



Louise Hartley, Tiny Forest Programme Manager at Earthwatch Europe, said:

“Tiny Forests provide rich opportunities for connecting young and old alike with the environment and sustainability. It’s vital that we give people the knowledge and skills to protect our natural world and inspire them to take positive action. We are delighted to be working with MINI Electric to bring these inspiring spaces to their local communities of Oxford and Swindon, and across the UK.”



Over the next two years, with the help of young people from local schools and the wider community, Earthwatch will collect data from the MINI Tiny Forest on: carbon absorption, flood mitigation, thermal comfort and biodiversity, as well as assess the social and wellbeing benefits of having this new green space in an urban area.

The MINI Tiny Forest is in dedication to Jeff Burley, a tree scientist from the Plant Sciences Department of the University of Oxford, who initiated the sponsorship on behalf of Green Templeton College.

For more information about Tiny Forests visit <https://earthwatch.org.uk/get-involved/tiny-forests>

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Exceptional People Awards

WINNERS: Infection Prevention & Control

They have kept our patients and staff protected; they have tirelessly disseminated safety critical information; they have alleviated anxiety – now they are the team of November in Oxford Health's Exceptional People Awards: Infection Prevention and Control Team.



The winning team: Helen Bosley, Etelvina Ferreira, Sue Baldwin, Lindsey Powell, Sarah Thorpe and Julia Marren.

Nurse consultant Helen Bosley was invited to an 'important meeting' at the Trust HQ by Chief Nurse Marie Crofts. But in the meeting room Helen was greeted by CEO Dr Nick Broughton and Director of Corporate Affairs Kerry Rogers who revealed that it was all about the Trust's recognition and appreciation of her small team's exceptional contribution to staff and patient safety.

"You and your team have met the challenge of keeping us safe in these unprecedented times," said Nick as he read out the nomination:

"Infection prevention and control has been the backbone of good healthcare since Florence Nightingale though never more important than over the last two years. Over that time the Trust's small but effective IPC team have worked tirelessly and with undeterred commitment to keep staff and patients safe."

Marie Crofts said:

"You have been amazing during this COVID period and I personally feel we have been joined at the hip."

Marie also revealed:

"In this time Helen has also finished her PhD!"



Helen said:

"I am immensely proud of my amazing colleagues; without their support you cannot do this job."

The IPC team were nominated by Pete McGrane, Clinical Director for Community Services, who said that the IPC team hugely respected by all clinical teams. Read the full nomination [here](#).

In addition to the winner, our judging panel also choose two Highly Commended teams each month. For November the accolades were received by the South West Podiatry Team and City Podiatry Clinical Assistant Team.

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Exceptional People Awards

There's only one Mandy – and she's EXCEPTIONAL!

Recently retired Modern Matron Mandy McKendry received the November Exceptional People Award in an emotional ceremony at Warneford while Project Manager Matt Fletcher from Estates & Facilities and Dementia Nurse Specialist Phil Blunden from Whiteleaf are our Highly Commended individuals.

Only a few weeks after she retired, Modern Matron Mandy McKendry was invited back to a Trust site for “a little surprise”. Her now ex-colleague Kathryn Ruane, Clinical Lead Specialist for First Contact and Primary Care, had assured her it was only something nice, but even so, when Mandy was led to the Warneford Board room by Service Manager Emma Leaver, she had a slightest look of concern.

Around the board table sat Chris Hewitt, Head of First Contact and Primary Care, Pete McGrane, Clinical Director of Community Services and Kathryn.

“Something has come up since you left,” said Emma in a mock-solemn manner.

“Do I need to get my union rep?” asked Mandy, and then: “Oh no, is this going to be emotional?”

Emma then stated she needed to read Emma then stated she needed to read out a note someone had sent to her, and succinctly detailed how Mandy has made a difference on so many fronts: as a nurse, staff welfare champion, pioneering volunteers and much more. She retired in November from a 41-year career, most recently as a Modern Matron for Urgent Care, Out of Hours and Minor Injuries.

“Mandy, you are the Trust’s Exceptional People Award winner for November,” Emma finished.

“For once I am speechless!” said Mandy. “I became a nurse with the intention and integrity to keep patients at the heart of everything: look after your staff and they will look after the patient. And I think I have managed to do that. This tribute is so totally unexpected – but it’s lovely to hear that I have made a difference.”



Matt highly commended

Matt Fletcher was delighted to hear he was Highly Commended in the November round of the awards. But Matt was even more chuffed when Kerry Rogers, Director of Corporate Affairs, read out the nomination.



In short, Matt is the man who has set up Oxford Health’s Mass Vaccination Sites in Oxford, Aylesbury and Reading, moved them when needed, worked with contractors for electrics, lifts and more, and has been seen cleaning and setting up vaccination tables. As the nomination states:

“We could not have delivered over a million vaccinations without him.”

Read the full story [here](#)

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Membership Matters 13

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 is continuing to bring, deserve this recognition.

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

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DAISY Awards

'Loveliest surprise I've ever had'

Charge nurse Tom Lancaster from the Highfield Unit at Warneford Hospital was 'blown away' when he received a DAISY Award.

Tom started working as a health care assistant at the Highfield, an 18-bed child and adolescent mental health unit, back in 2013 when he was 18 years old. "After three years as a health care assistant I went to study mental health nursing at Kings College in London and qualified in 2019. Following that I returned to the Highfield as a qualified nurse in late 2019. I was then promoted to the charge nurse position in March of this year," Tom tells.

Tom received his award from Chief Nurse Marie Crofts, Deputy Chief Nurse Britta Klinck and Modern Matron Sarah Firth. Tom said:

"I was completely shocked and blown away by the award, but it's the loveliest surprise I think I've ever had."

The nomination said: "Tom has been so helpful and made me feel more comfortable. He's great at talking about anything and makes me laugh every time I see him. I'm so grateful for his support; he has never given up on me."



Read more about what Tom told us about his role at Highfield [here](#).



Highly Commended

Three more fabulous nurses—Katrina King, Charlotte Ballard and Coralie Prince—were Highly Commended in our latest round of DAISY Awards.

Katrina is ward sister at the Abbey ward in Abingdon Community Hospital, Charlotte a charge nurse at the Glyme ward at the Littlemore Mental Health Centre and Coralie a district nurse in Witney.

Charlotte said: ***"I have to say it was really touching to receive the award and the written feedback from a previous patient. It had been quite a difficult few months and receiving the award made me remember why I enjoy the job and why I do what I do!"***



Read more about what Katrina, Charlotte and Coralie told about their work and what the recognition means to them [here](#).

Follow us

Fantastic Fridays

High Marks for the Highfield

We celebrated a 'Fantastic Friday' with the Highfield Unit who've been getting five-star reviews on the I Want Great Care website.



The Highfield Unit provides support to 11-18-year-olds with complex and acute mental health needs. Consultant Dr James said:

"At the Highfield Unit there is a strong emphasis on psychological treatments, and we have a very caring, skilled and knowledgeable team."

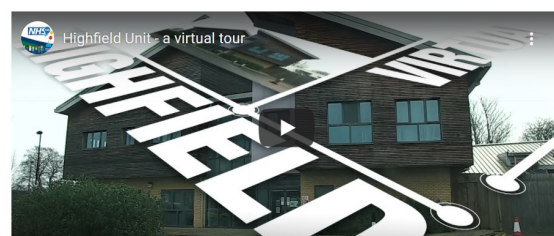
We are always looking at new treatments; a recent example is CBT-E. This is 'enhanced cognitive behaviour therapy' and it is one of the most effective treatments for eating disorders."

"It is great to read the feedback we receive from both patients and parents. We are always looking to enhance the experience of our patients, so this feedback is really key in making a difference to the service we offer."

A young patient said: "There are lots of activities to distract and stay busy. The staff are very kind as well."

A parent said: "My child has thrived since coming to The Highfield. The quality of care and commitment to the young people and their families is impeccable. The school has been amazing at supporting our daughter and the staff here are amazing. Special thanks to the matron for outstanding compassion and care."

Some of our young patients have filmed a guided tour of the unit to let patients and their families get acquainted with the facilities. See it [here](#).



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Trust news

Christmas in community hospitals

Our Artists in Residence have been keeping our patients entertained at community hospitals for the last six months and December has been no different.

Patients and staff have taken part in poetry, storytelling, dance and art as part of the Oxford Health Arts Partnership's project. This month all artists have been taking inspiration from the season and are helping to bring a festive feel to the wards. Artists Dionne Freeman said:

"I have loved working with staff and patients during November and December – I have felt really privileged to spend time on the wards and to have the opportunity to share creative thoughts and ideas! We explored the seasons – transporting ourselves to warmer climates or embracing the winter scenes and we used this as inspiration to create imagined landscapes and sculptures."

Mary Chamberlain said: "Being on the wards at Christmas is always poignant, and this year especially. Using the power of creativity to relax, pass the time and provide an enjoyable experience seems more important than ever. Working individually with patients, I love using handmade stencils and drawing from selected images to explore line, colour and paint."

There's been some great feedback from patients who have taken part in the art projects.



Some of those who enjoyed their arty experiences said:

"I never would have expected that I would do any art – let alone doing it in hospital!"

"It's given me confidence and something to do."

"Thank you, you have lightened my day."

"I wish I'd known about you earlier. That's the best hour and a half I've spent since coming in here."

See more art and comments [here](#)

Alice's positivity boxes

A Buckinghamshire apprentice has donated dozens of 'positivity boxes' filled with goodies for patients in Aylesbury. Alice Rose, 18, delivered 80 boxes to Whiteleaf Centre well in time before Christmas.

After raising funds from the public and seeking donations from businesses, Alice packs the boxes full of goodies such as jewelry, hair scrunches, wax melts, toiletries and sweets – and that vital pick-me-up: chocolate.

Her delivery left plenty of time for the boxes to spend a week in 'quarantine' before nursing staff

hand them out to patients. Alice, who is currently completing an apprenticeship in special needs education at a school in Aylesbury, includes a letter in each box, filled with positive thoughts and encouragement. This reflects her interest in possibly working in mental health. See more and how to contribute [here](#).



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Charity news

Making a difference on our wards



For those who are in hospital over Christmas, it is not always possible to celebrate in the way you might normally do so.

Every year, Oxford Health Charity provides funding to each ward to ensure that patients who will be staying with us over Christmas are able to receive a present and enjoy some festive food. The funding comes from donations and fundraising by patients, their families, carers and staff aimed at enhancing the experience of patients across the Trust. We are always really happy to be able to fund this tradition each year and also welcome funding requests from wards who have patients celebrating other religious holidays throughout the year.

Some of the teams helped

Libby Pannett-Smith, Occupational Therapist at one of our CAMHS wards in Marlborough House, Swindon said:

“We are so grateful for the acknowledgment we receive from the Oxford Health charity at Christmas time. It can be a really tough time of the year for the young people on the unit and to be able to be able to buy them a gift can make such a difference. I know

the staff too, really value the festive food donation – it really makes a difference and helps everyone feel valued and appreciated for the work they do. Such a positive boost for all – thank you.”

Sandra Diesel, Occupational Therapist at Sandford Ward who care for older adult patients said:

“Each year we are very grateful to be given some charity funds to enable us to plan some festive activities and buy each patient a Christmas present. Before Christmas we also have a Christingle service with lots of traditional festive nibbles afterwards, and we have a festive brunch with all the extras every year which is enjoyed by staff and patients on Boxing Day.”

Julie Pink, our Head of Charity and Involvement, said: “Oxford Health Charity is always seeking opportunities to enhance the experience of patients and this tradition brings small joys at a time when patients would definitely prefer to be home with their families. While we provide the funding thanks to kind donations and fundraising, it is the teams on each ward who hand-pick the gifts and really make the difference on a personal level. They deserve our thanks.”



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

People with long COVID after hospitalisation face limited recovery after one year

People who were hospitalised with COVID-19 and continued to experience symptoms five months later show limited further recovery one year after hospital discharge, according to the latest results of a major national study looking at the long-term health impacts of COVID-19 on hospitalised patients.

The latest findings of the PHOSP-COVID study, which involves several researchers from the University of Oxford, have been [published on the medRxiv](#) pre-print website.

The latest findings of the PHOSP-COVID study, which involves several researchers from the University of Oxford, have been [published on the medRxiv](#) pre-print website.

The study confirmed earlier research that people who were less likely to make a full recovery from COVID-19 were female, obese, and required invasive mechanical ventilation (IMV) to support their breathing during their hospital stay.

The [PHOSP-COVID](#) study, led by the National Institute for Health Research (NIHR) Leicester Biomedical Research Centre (BRC), has been given urgent public health research status by the



Department of Health and Social Care. Around 10,000 patients are expected to take part in the study, making it one of the largest comprehensive studies in the world to understand and improve the health of survivors after hospitalisation from COVID-19.

Oxford investigators have been prominent in this study, providing expertise in multi-organ imaging, mental health and lung disease. The study involves an important collaboration between the city's two NHS Trusts (Oxford University Hospitals NHS Foundation Trust and Oxford Health NHS Foundation Trust), the two NIHR Biomedical Research Centres (Oxford BRC and Oxford Health BRC), as well as the University of Oxford.

More [here](#)

Study identifies factors linked to health anxiety

The results of an Oxford Health study exploring health anxiety during the COVID-19 pandemic have been published in the International Journal of Social Psychiatry.

The PUPS study invited participants aged over 18 in Oxfordshire and Buckinghamshire to complete an online questionnaire about their personal

circumstances, wellbeing and behaviour during the pandemic. They were then invited to complete a follow up survey after 3 months.



Analysis of the survey results from the 324 participants who took part in the initial survey and 199 people who completed the follow up questionnaire, showed a link between health anxiety and conditions such as depression and anxiety.



Factors such as loneliness, poor quality of life, obsessive-compulsive symptoms and panic were also linked with increased susceptibility to health anxiety during the pandemic.

Full story [here](#).

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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 several 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 his time we are closed for new applications but you can send us an expression of interest to volunteer when new positions come available. **See more [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.

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