



Oxford Health
NHS Foundation Trust

January 2022

Governor elections 2022
11 seats to go for!
Will YOU stand?

NHS
Oxford Health
NHS Foundation Trust

Council of Governors elections 2022

Would you like to become part of the team that shapes the Trust’s future and your local services?

Oxford Health NHS Foundation Trust’s Council of Governors elections are coming up this spring. Nominations will open on **February 28** and we have 11 seats up for election. Whether you are a patient, carer, member of the public or staff, we have vacancies across the counties, in the following the seats:

- Members of the public—Oxfordshire 3
- Service users—Bucks & other counties 1
- Carers 1
- Staff —Oxon & BSW Mental Health 1
- Staff—Bucks Mental Health 1
- Staff—Community Services 2
- Staff—Specialised Services 2

Our governors are elected by the members of the Trust from their constituencies and as such bring the views of their communities—patients, carers, the public and and staff—to the heart of the Trust’s decision making. They work together with the Board of Directors to ensure Oxford Health reflects the needs and interests of the communities we serve.

How do I nominate myself?

You will be able to nominate yourself on a nomination website that will go public on Monday, February 28.

From the nomination website you’ll be also able to request a paper nomination form or an easy read nomination form.

We’ll be communicating with you on each stage of the election process by email, our website and social media—but see how you can prepare already [here](#).

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

Get involved - Carers



Following the success of the seminars throughout 2021 the Oxford Health Carer Assessment team in Buckinghamshire are offering further online workshops under the theme of 'Living Together.' The workshops will run from 10am to 12pm on Microsoft Teams on the following themes and dates:

Understanding Autism
Thursday, February 3

Understanding Low Motivation and Difficult Behaviours
Thursday, February 17

Change and Recovery – Moving On
Thursday, March 10

Book by emailing CarersTeam@oxfordhealth.nhs.uk with your name, telephone number and the course(s) you would like to attend.
See the full programme [here](#)

This is special series of workshops for carers of service users who are currently receiving support from Oxfordshire mental health teams. The workshops will run from 10am to 12.30pm on Microsoft Teams on the following themes and dates:

Understanding and supporting someone who self-harms or has suicidal thoughts
Thursday, March 10

Understanding and supporting someone with anxiety
Thursday, April 28

Book by emailing Diane.Hilson@oxfordhealth.nhs.uk with your name, telephone number and the courses you would like to attend.
See the full programme [here](#).



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:

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.

Check out our webpages for carers: [Caring for our carers](#), with lots of support and advice.

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 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.

The poster features the Unloc logo (DEVELOPING YOUNG POTENTIAL) and the NHS Oxford Health NHS Foundation Trust logo. The text asks '12-25 and living in Buckinghamshire?' and 'We want your opinions on mental health'. It includes a clock icon indicating 'Takes 5 mins' and a QR code. The call to action is 'Complete our quick survey!'.

Once the survey is closed there are plans for a series of mental health roadshows specifically for young people.

Please take part in the survey [here](#) and you will not be asked to give your name.

Oxford Health's goal is to develop a Youth Board for the Trust – where engaged young people can share insights, ideas and experiences to enhance services. This is underway in Oxfordshire, with the hope to extend to Buckinghamshire and Milton Keynes.

Expert by experience forum in Bucks

Join Oxford Health's county-wide monthly forum for service users in Buckinghamshire. 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, an Expert by Experience and fellow service user.

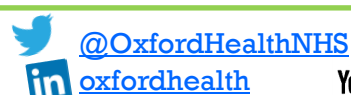
The forum takes place online on Microsoft Teams, and the following dates are set for spring 2022:

Tuesday, February 15 from 1pm to 3pm
Tuesday, March 15 from 10:30am to 12:30pm

The poster features a megaphone icon and the NHS Oxford Health NHS Foundation Trust logo. The text reads 'Bucks Voice Expert by Experience forum We need you!'.

To join and for more information, please contact Liam Corbally, Experience and Involvement Lead by emailing liam.corbally@oxfordhealth.nhs.uk or by phone 07766 360547.

Follow us



Get involved

Make your mark on new NHS service



Do you fancy showing off your creative side, while celebrating a new service for autistic children and young people with learning disabilities in Oxfordshire?

If you're under 18 and live in Oxfordshire you can enter our competition to design the logo for the Autism Learning Disability and Liaison Team (ALDLT) launched by Oxford Health.

We want the logo to be creative, unique and celebrate the strengths that come with difference – just like the children and young people who will be using this exciting new service.

You should:

- ✦ Be bold, be imaginative
- ✦ Try to make sure that your logo would look good on a website or on a letter
- ✦ Use a design app or good old pens and paint
- ✦ Include the team name or initials (ALDLT) in your creation
- ✦ Send a photo or scan of your entry to peicyp@oxfordhealth.nhs.uk by 12 noon on January 31.

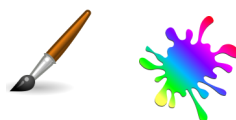
And of course, we need to contact you if you win so make sure you tell us your name and age – and a bit about your design. There's a gift voucher up for grabs for the young person who designs the logo we select for the service.

Maria Bourbon, clinical lead with the ALDLT said:

“The new team challenges professionals to make the adjustments required so that the child or young person and their family are at the centre of decisions, rather than them fitting the different agencies’ processes. We link children, young people and families and carers to the support they require closer to home so that they can live fulfilling lives in their own community.”

The team and our partners will help keep young people out of hospital when this isn't the best option for them.

That's good news for young service users and their families – and well worth getting creative for!



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



Get involved

Peer support worker opportunities in Oxfordshire

Spaces are still available for Oxford Health's Peer Support Worker training programme in Oxfordshire. Don't miss this opportunity to become our next PSW.

We are looking for candidates to fill 20 peer support worker (PSW) training places in:

- Early Intervention Service
- Community Mental Health Framework Hubs
- Crisis and Home Resolution and Treatment team
- Allen ward (female inpatient ward)
- Safe Haven
- Perinatal Mental Health team
- Quality Improvement team

Peer support workers are people who have lived experience of mental health challenges themselves. They use these experiences and empathy to support other people and their families receiving mental health services, working alongside our multidisciplinary care team.

Applications close at 9am on Monday, January 31, so don't miss this chance to get involved.

Interviews commence on February 3 and will be held virtually via Microsoft Teams.

What to expect

Successful candidates will attend a 12-day training programme which will begin on February 15. You will also have a volunteer placement within one of the teams listed above. Once a PSW has passed the training and placement as a volunteer there will be a chance to follow a recruitment process for a paid role.

Please be aware that due to government guidelines, you will have to be COVID-19 vaccinated in order to work in the NHS in a patient facing role. If you have any concerns or want to discuss further, please contact Tycen Clarke or Charlotte Proud on the contact details below.

Recruiting NOW for 20 trainees!



Apply by January 31



Would you, too, like to be a lifechanging

PEER SUPPORT WORKER
LIKE TYCEN?



For more information and the application form, scan the QR code or contact:

- ✉ Tycen Clarke: tycen.clarke@oxfordhealth.nhs.uk
- ☎ 07881 330 863
- ✉ Charlotte Proud: charlotte.proud@oxfordhealth.nhs.uk
- ☎ 07467 008 288

Working together to deliver the best for our communities, our people & the environment

MISSION

VISION

Outstanding care by an outstanding team

| Caring | Safe | Excellent | VALUES

Apply now

For more information and the application form, please contact:

Tycen Clarke, Senior Peer Support Worker on tycen.clarke@oxfordhealth.nhs.uk or 07881 330 863

Charlotte Proud, Peer Support Coordinator on charlotte.proud@oxfordhealth.nhs.uk or 07467 008 288

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

Your health

Minor Injury Units & First Aid units on hand to offer urgent medical care

You can get care for broken bones, severe sprains, deep cuts, eye injuries, minor head injuries and minor burns – often more quickly than if they were to go to A&E.

Minor Injury Units (MIUs) operate at community hospitals in Abingdon, Witney and Henley.

They have x-ray facilities and specialists who can treat people for a range of injuries – from broken bones, severe sprains and deep cuts to eye injuries, minor head injuries and minor burns.

First Aid Units (FAUs) are at Bicester, Wallingford and Chipping Norton hospitals and offer the same teams but without x-ray facilities.

Marie Crofts, chief nurse at Oxford Health which runs minor injury units and two of the FAUs across Oxfordshire, said:

***“Minor injuries Units and First Aid Units can help local people with a wide range of minor illness and injuries which are serious and need care now but are not life-threatening.*”**



***“There are four MIUs and three FAUs across the county and they are convenient to get to from home and most likely closer and more appropriate than A&E.*”**

***“By going to a Minor Injuries Unit or First Aid Unit you are likely to be seen more quickly than if you go to A&E which is for potentially life-threatening cases. A&E must give priority to serious and life-threatening conditions, so if you go there with a minor injury or illness you may have to wait longer to be seen.*”**

***“The MIU and FAU teams have all the training, skills and expertise to deal with complex needs plus the MIUs have X-ray to see if you have spoken or sprained something. Many people go to A&E when they could be treated just as well and probably quicker at a MIU or FAU. Come in and see them, our staff are here to help.”*”**

Being seen at an MIU is easier than ever using an appointment system via the NHS 111 service.

Callers are questioned about their injury over the phone or online and given an appointment at their nearest unit.

See all the details on our website [here](#).



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



Your health

People with learning disability: Make sure to have your annual health check



Oxford Health is urging all people with a learning disability to make sure they have their annual health check.

Anyone over the age of 14 with a learning disability can have a free annual health check. Typically, people will be invited by their GP, but they or their carer can also book themselves, at any time.

Nurse consultant Simon Jones said:

“We are concerned that some people think that, because of the pandemic, they don't want to bother their GP. However, it is at times like this the health checks are doubly important for keeping people with a learning disability safe.”

The benefits of the annual health check are significant.

People with a learning disability often have poorer physical and mental health than other people. An annual health check can improve their health by spotting problems earlier.

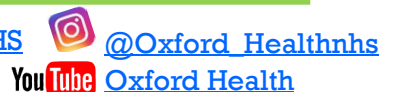
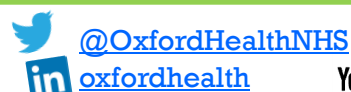
We know from research that unfortunately, the average age at death for people with a learning disability is 23 years younger for men and 27 years younger for women than the wider population. We also know that 41 per cent of adult deaths were from treatable medical causes and 24 per cent were from preventable medical causes.

Clinical evidence shows that annual health checks can identify undetected health conditions early, ensure the appropriateness of ongoing treatments and promote health, for example through screening and immunisation.

People with a learning disability can sometimes find it hard to know when they are unwell, or to tell someone about it. A health check once a year gives people time to talk about anything that is worrying them and means they can get used to going to visit the doctor.

We have collated a number resources to help you prepare for the annual health check, available in our [Useful stuff](#) library and [here](#).

Follow us



Your health

Oxfordshire's talking therapies

TalkingSpace Plus, here to 'Help!'



TalkingSpace Plus join plethora of stars to "Help!" you with your mental health thanks to the Beatles.

Oxfordshire's talking therapy service TalkingSpace Plus is waiting for your call as national landmark mental health campaign launches with 'Help!' from The Beatles; backed by some of the biggest recording artists, the new landmark campaign uses the classic 1964 Beatles song to reinforce the message for people to take better care of their mental health.

People struggling with their mental health are encouraged to seek immediate help – just like the theme of the famous Beatles song – and say 'Help me if you can I'm feeling down', thanks to some of the biggest recording artists like Craig David, Girls Aloud's Nicola Roberts, Tom Grennan, Laura Mvula, Ella Henderson and Max George.

It is hoped the poignant soundtrack will encourage people to think and reflect about their mental health.

According to NHS England and Improvement, over 230,000 people nationally have come forward for NHS IAPT (Improved Access to Psychological Therapies) talking therapies since April 2020.

Anybody experiencing anxiety, depression, or other common mental health concerns in Oxfordshire is encouraged to get in touch and see how talking therapies can help them.

Jo Ryder, Consultant Counselling Psychologist and Clinical Lead & Head of IAPT for TalkingSpace Plus said:

"If you or someone you know and care about is struggling with their mental health and well-being TalkingSpace Plus is here to help you. Our treatment is available over the telephone, via video consultations and can be available face to face too. You don't even have to visit your GP to get help, you can self refer by visiting our website, [Talking Space Plus](#) or by calling 01865 901 222."

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

Your health

#StayWellThisWinter

A campaign to help people with long-term respiratory conditions stay well this winter, and to reduce non-Covid-19 respiratory infections for a second year running, has been launched across the South East of England.

#StayWellThisWinter is encouraging those more at risk from winter respiratory infections to think about how to protect themselves, friends, and family this winter. Last winter, the South East saw the usual winter respiratory infections decrease due to the restrictions that were in place last year encouraging people to wear face masks in public spaces, practice social distancing and participate in regular hand washing.

Top tips include:

- Wear a face mask
- Social distance
- Wash hands
- Covid-19 vaccination and flu jab
- Have shopping delivered to avoid crowds
- Eat well and stay active
- Regular hot drinks
- Friends and family are unwell – see them when they have recovered
- See people outdoors if you can
- Get help from family/neighbours
- Make sure you have enough supplies of medication
- Keep an up to date first aid kit
- Exercise your mind

Dr Richard Russell, Consultant Respiratory Physician and Clinical Lead for NHSE/I South East Respiratory Network, said:

***“Staying well in the winter has never been more important. We all need to consider how we protect ourselves from respiratory infections: face masks, social distance and hand washing all work.*”**



***“Making sure that you are up to date with your flu and Covid-19 booster vaccinations is another way of protecting yourself.*”**

“Keeping your friends and family well this winter is also important, especially if they have any respiratory disease. So please, follow the simple steps that feature as part of our campaign to #StayWellThisWinter.”

He added:

“On average each winter, we typically see 4,500 extra emergency respiratory hospital admissions for people aged 65+ in the peak month of January alone, compared to September which is usually the lowest month for respiratory infections and admissions. However, last January, in this age group, we actually saw 5,500 fewer emergency admissions because of the social distancing step people took.”

Nationally, respiratory disease affects one in five people and is the third biggest cause of death in England (after cancer and cardiovascular disease) and is a major factor in winter pressures faced by the NHS.

To support the 12-week campaign, a short video capturing real-life accounts from patients with lung disease living in the South East has been created to help others like them stay well this winter.

Click [here](#).

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.

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

Walk-in jabs and booked appointments are now available on these sites 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](#).



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

PM visits our team

Boris Johnson congratulates team on 145,000 vaccinations and booster efforts

Our COVID-19 vaccination team were delighted and proud to welcome Prime Minister Boris Johnson to the Guttman Centre in Aylesbury on Bank Holiday Monday, January 3, to witness their dedication and high achievements in the vaccination programme.

The PM made the trip to the centre – the birthplace of the Paralympic movement – to meet members of this tight-knit and motivated team who have worked tirelessly since jabs began there in April.

In the intervening eight months, 145,000 doses have been administered by the 70-strong Oxford Health squad, who had earlier notched up a further 22,000 vaccinations before outgrowing a site at Bucks New University.

There to greet the PM on Monday were Trust Chief Executive Dr Nick Broughton, former Covid Operations Director Tehmeena Ajmal and the Senior Clinical Lead for all three mass vaccination centres, Joanna Crawley.

Joanna, a former paediatric nurse who describes her role as the most rewarding of her 18-year NHS career, was responsible for guiding the Prime Minister around the centre and introducing him to some of the team.

They included administrator Joanne Manning, supervising nurse Sarah Hyde and vaccinator Tracey Jo Simpson, who has administered over 10,000 vaccinations alone.

Followed by TV camera crews and press photographers, the PM was taken to Pod 7 where nurse Connie Muasya was preparing to give 19-year-old Esther Hewitt her booster shot.

Esther, from Aylesbury, told the PM it was vitally important for her to get the maximum protection against COVID-19 as she works as a carer for young adults with complex needs.

Further along in Pod 12 vaccinator Vicky Toghill was getting things ready for her patient, dad-of-four and ex- NHS worker Mark Becher from Aylesbury who recently recovered from COVID-19



Donning a yellow smiley face t-shirt because he was 'happy to get my booster' shot, Mark spent several minutes chatting to the PM while Vicky expertly administered the dose.

Jo Crawley said:

"It was an absolute privilege and an honour to have been given the opportunity to show the Prime Minister around our amazing site and for him to meet a few of our fabulous team. It is wonderful for them to receive recognition for the work that is carried out here every day with such enthusiasm, care and dedication."

CEO Dr Broughton added:

"I was indeed an honour to meet the PM and I am delighted he was able to see the site in action, spend some time learning of our achievements and meet this wonderful team who have worked tirelessly to bring life-saving vaccinations to the population of Buckinghamshire, working alongside other health partners."

"I would like to echo the Prime Minister's message to get boosted now. Whatever your age, whether you are nervous or hate needles, our team here – and at our other sites – will put you at ease and give you the greatest of care. Getting your primary vaccinations and booster will protect you and your loved ones and the NHS. "

Exceptional People Awards

Responsive, reliable and now exceptional: The PPE Team



PPE Operations manager Tom Arnott, driver Wilson Moozhikunnel, Senior PPE Operations Manager Stephen Finn, driver Dace Pring and Director of Finance Mike McEnaney.

For nearly two years now, a small team of six has been delivering millions of pieces of personal protective equipment (PPE) across five counties, helping keep thousands of Oxford Health's staff safe. In December they were crowned the team of the month in our Exceptional People Awards.

Director of Finance Mike McEnaney presented the award to the team at their workplace, a warehouse in Cowley. He noted that the judging panel had been unanimous in their decision – without exception every judge gave the PPE Team top scores.

“You run a slick operation, and not only that: when the Trust talks about quality improvement, you guys do it without talking about it. If a problem occurs, you come up with a solution, rather than getting frustrated. And when it comes to customer service, nothing is ever too much trouble for you.”

In the cheerful, informal awards ceremony, the team had a chance to give some details about the scale of their operation. Stephen explained:

“We are a very small team set up to manage and deliver PPE to over 7,000 colleagues in five counties.”

In addition to Stephen, the team are PPE Operations manager Tom Arnott and drivers Dave Pring, Wilson Moozhikunnel, Andy Shaw and Chris Thornett.

The team has delivered millions of pieces of PPE and each of the three vans racks up 18,000 miles per year.

Stephen also notes that the team are looking for more reserve drivers. If you know someone who would be interested, email c19ppe@oxfordhealth.nhs.uk.

See more about the scale of the PPE operation [here](#).

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

Exceptional People Awards

Highly Commended teams

Each month our Exceptional People Awards judges choose two Highly Commended teams. In December they were the Carers Assessment Team and North Oxon Adult Mental Health Team.

The Carers Team were nominated by Julie Hooton, a carer who felt her first carer's assessment with the team had been a life-changing step to her. She wrote:

“They carry out carer’s assessments with remarkable sensitivity and compassion; my first was a life changing step. They have kept going throughout the pandemic when situations have often become more difficult, and they are always willing to do whatever it takes to keep a lifeline of hope in place for effective solutions and care.”

Team administrator and carers assessor Suzanne Symeonoglou shared the team’s delight on being acknowledged:

“Thank you for this amazing news. I’ve shared it with the team, and it is such a boost! To receive this accolade is truly appreciated. It is such a privilege and pleasure to make a difference to carers’ lives. We see the incredible personal expense that people go to in order to care for someone who is needing additional or specialist care, treatment, support and encouragement. If we can support carers on their own mental health and wellbeing, then it is an achievement for us. It is truly a pleasure to help them on the journey of recovery.”



The Carers Team are (from left) Sally Wells (Carers Assessor), Julie Dale (Carer Assessment Team Manager and Associate Head of Social Care), Hina Pancholi (Carers Assessor) and Suzanne Symeonoglou (Team Admin and Carers Assessor.)

North Oxon Adult Mental Health team

The North Oxon Adult Mental Health team were nominated by nurse consultant and Oxford Health’s lead on suicide prevention Karen Lascelles. She wrote:

“ This team absolutely exemplifies the Trust values of being well led, caring, safe and excellent, illustrated to me by their longstanding commitment to doing all they can, and learning all they can, to help their patients through unbearable psychological pain and suicidal crises. But more than that the team embodies true compassion – compassionate leadership and compassionate care to patients and each other, with a palpable value of nurturing self-compassion within all.”



[Nominate](#) a top team of someone special now!

Follow us

Exceptional People Awards

Sandra's positivity is contagious

When Sandra Carnevale received a letter saying she has won the Exceptional People Award for December, she initially thought it was a prank. But when she heard who had nominated her and what they had said, she was simply overwhelmed.

"To hear people call me exceptional... phew...I'm just me!" she said.

During the pandemic Sandra has been acting as the lead contact support worker in the Single Point of Access for Buckinghamshire Child and Adolescent Mental Health Services (CAMHS.) As the term Single Point of Access suggests, this team is the nerve centre for referrals, phone calls and emails to CAMHS.

"We answer all the enquiries and consider if CAMHS is the right service; then process the referrals and manage the waiting list. When we get a referral, we do the admin letter writing. It is busy all the time," Sandra tells.

Sandra's colleagues have noticed that she is the one others go to when they are feeling overwhelmed by the volume of work, the hectic pace and questions that are often emotionally tough. So how does she keep so famously positive?

"It's just me; I like to keep the morale up. I think positivity is contagious. It helps the team stay positive if I am positive," she said.

The award was presented to Sandra by Chief People Officer Charmaine De Souza and Service Director Donna Clarke in a small gathering at the Whiteleaf Centre, accompanied by Sandra's colleague Sarah Evans. Sandra's win was all the more special as she was chosen from over 20 nominations, from a field that the lead governor Mike Hobbs described as exceptionally strong. Mike said:

"We have all noted that this was an exceptionally strong field of nominees for the award. The Trust has some truly



Chief People Officer Charmaine De Souza, Sandra Carnevale and Sarah Evans.

exceptional staff. We commend all who were nominated and those colleagues who nominated them."

And there were in fact two nominations for Sandra, full of praise for her leadership skills and the support she gives to her team and the families who contact the CAMHS SPA.

Katherine Carter, Deputy Operational Lead for SPA wrote:

"Sandra is a pillar within the team and someone I notice others will go to when feeling overwhelmed. She is able to manage this well, appropriately and with great success and impact on individuals in the team. She is a friendly face to everyone within the team and outside of the team."

Chief People Officer Charmaine De Souza noted:

"An organisation's culture is defined by what happens when a manager leaves the room. And your nomination shows that your leadership goes beyond you; your colleagues repeat your words of encouragement when you are not in! The executive team, our governors and the board have recognised your exceptional contribution. I am grateful you are part of the team."

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

Exceptional People Awards

Highly Commended individuals

In addition to the winner, every month our judges choose two highly commended individuals. For December the accolades went to dietitian Lucy Gardner and mental health social work manager Yasmin Riveiro.

Lucy Gardner was presented with the certificate by Modern Matron Ellen Tutisani. Lucy said:

“A really lovely surprise to be presented with this award at the start of the new year by my team at Cotswold House Oxford. They have been outstanding throughout the pandemic and are a great bunch of people to work with and really make a difference.”

Lucy was nominated by her colleagues Kirstie Tillier, Dietetic Assistant, and Philippa Tate, Community Dietitian. They wrote:

“Lucy does not shy away from difficult situations and consistently pushes for dietitians to be acknowledged. She is the key driver to raising our profile and expanding the mental health dietetic team.”



Lucy Gardner

Yasmin Riveiro (left) was nominated by Andi Davis, Section 75 Service Manager. She wrote:

“Yasmin is an avid reader in her own time and keeps up to date with case law and relevant news. She then compiles a weekly newsletter to reflect this knowledge which she shares with the social care team. She largely does this in her own time as she is dedicated to keeping the team informed.”

“We have a well-supported and strong workforce, thanks to Yasmin’s motivation, attention and commitment to making them evidence-based professionals.”





Yasmin Riveiro


[Nominate](#) someone special or a top team now!



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

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 (Service 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.



The DAISY Award[®]

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](#)

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

Trust news

Queen's Nurse Emma Short

Team leader Emma Short from Oxford City Learning Disability Community Team overcame her reluctance to be in the spotlight and applied to become a Queen's Nurse – and in December she was awarded this prestigious recognition.

The title is available to individual nurses who have demonstrated a high level of commitment to patient care and nursing practice – and Emma certainly has. She qualified as a nurse in 1992 and has devoted all her career to learning disability nursing. In her personal statement to the Queen's Nursing Institute, she recalls her first day:

"I had never met anyone with a profound learning disability before, and after my first practical day on the job I loved it and have never wanted to do anything else since."

But the idea of putting herself forward for any kind of recognition was more than alien to Emma.

"I hate being in the spotlight!" she says.

However, when the invitations to apply to become a Queen's Nurse came around last year, she looked into it.

"We should be raising the profile of learning disability nursing and one of the ways that we can do that is the Queen's Nursing Institute and this title."

In her daily work Emma leads a multi-disciplinary team of 30 professionals, who support just under 200 people with a learning disability in Oxford City. Emma explains:

"We encourage advocate for people with a learning disability to access ordinary health services, with reasonable adjustments where needed. But if that's not possible because of their learning disability, we then take on that role and support them with their health needs. In our team we've got psychology, nursing psychiatry, occupational therapy,



physios and speech and language therapists that all work together."

From her early career Emma has remained passionate about alleviating the health inequalities that people with a learning disability face.

"We must raise the ground to meet people who have difficulty in accessing, understanding, and using healthcare facilities. We must remember that often they cannot communicate their distress, pain, needs or feelings in a way that is helpful for most people to see or understand," she says.

Emma says that learning disability nursing has given her enormously more than a career.

"I have taken my experiences and the learning that people with a learning disability have given to me through my adulthood, into motherhood and now into middle age and even during the death of my mother. Part of this job's amazing appeal has been the support that it has given back to me. The courage and adversity I see people going through strengthens my own resolve and joy of life."

Full story [here](#)

Follow us

Charity news



Oxford Half 2022

We are excited that the [Oxford Half](#) is returning to the dreaming spires on October 16. We're warmly welcoming runners to join the Oxford Health Charity team and support community and mental health services. Whether you've recently started your running journey or are a seasoned racing regular, we'd love to hear from you!

The day itself promises to be a celebration: as we've come to expect from the Oxford Half, there'll be music and entertainment that will spur you through the city's historic streets to that finish line!

There's no registration fee with one of our charity places; all we ask is that you fundraise a minimum of £120. Register [here](#)



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

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

www.oxfordhealth.charity



Beautiful Blenheim Palace welcomes the Blenheim 7k fun run in 2022 - and this year we are delighted to be one of the charity partners.

This family-friendly 7k fun run is set within the grounds of the Palace where runners/walkers/joggers can take part in an amazing event while seeing the sights of this beautiful Palace and grounds. There is also a 4 mile route for buggies and wheelchairs, and a 1 mile route for children. 2022 also sees the introduction of a 7k+dog event, allowing you to follow the 7k route with your canine friend.

This is a great event for the whole family with the smaller routes working as an introduction to fundraising events for anyone new to it.

Race Fee: please visit here to view the [race fees](#). Email us charity@oxfordhealth.nhs.uk to receive a 20% discount code off your entry fee
Fundraising target: no minimum
Those taking part to support us will receive one of our lovely charity t-shirts too!

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



Research news



Oxford Health's innovative 'count me in' pilot project is having a positive effect on research recruitment, according to a letter published in the journal Evidence Based Mental Health.

'Count me in' was launched in August 2021 after studies showed that asking clinical staff to collect research contact consent was resulting in a low uptake from patients, and that both staff and patients favoured an approach that allowed all patients to be contacted about relevant research unless they had opted out.

Early signs are that 'count me in' is having a very positive impact on the way research participants are recruited at Oxford Health. In the first three months of the project more than 8,000 patients became contactable – a 400% increase on the previous number. To date 234 of those patients have been contacted about specific research studies with almost 20% going on to consent to take part. More here. The age, gender and ethnicity of patients contacted are being monitored as part of the pilot scheme and early evidence suggests that 'count me in' is supporting more inclusive research recruitment. The figures also show that there have not been high numbers of opt outs with only 120 patients requesting this.

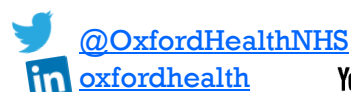
Dr Cathy Henshall, who is leading on the project said:

"The early signs from this pilot project are extremely encouraging. Evidence has shown that research-active clinical services have lower mortality rates and produce higher quality care outcomes. 'Count me in' is helping to address the challenges in recruiting participants in the NHS and bringing the opportunity to participate in research to a wider number of diagnostic groups in the trust's caseload."

A full evaluation of the project will take place at the end of the 12-month pilot phase. It is hoped that 'count me in' will ultimately be taken up by many other NHS Trusts, embedding research within routine patient care and promoting inclusivity by ensuring that research opportunities are offered to all patients.

[Find out more about 'count me in' including details on how to opt out here.](#)

Follow us



Oxford Health Strategy 2021-2026





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 this 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!

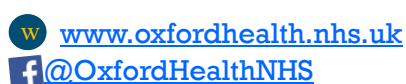
We are always keen to hear from you and welcome your ideas and suggestions on how we can improve membership.

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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