



**February 2022**

## Hear it from Maddy: Governors make a difference!

**As our Council of Governors elections approach, we spoke to governor Maddy Radburn about what governors do and why it matters.**

***“First of all, governors are able to bring to the attention of the Trust concerns that worry the general public, patients and relatives. We highlight issues, suggest resolutions and work with the management to understand why the problem exists, and to develop a better system.”***

***“I really do feel that we have made progress, in particular in the last three years. I have noticed that there is a much greater interaction between the Board and the governors. The Board are making us feel far more valued, and I feel that our voices are being heard.”***

And just as the governors bring the voice of their constituents to the Trust, they also represent the Trust in their communities.

***“As a governor you come to understand the workings of the Trust quite well. You benefit from learning how things work and can then put it in English, instead of ‘NHS speak’. We are then able to explain why problems occur.”***



So, to inspire others, what has Maddy most enjoyed as a governor?

***“All the people I’ve met. And the sense of fulfilment, when something that you, the governors as a whole, have worked for and it actually comes to fruition.***

And any advice for those who are thinking of running for role?

***“You need to be gregarious and friendly. And you need to be not afraid of being challenged. Once people know that you’re a governor, they will come to you with all their concerns and ideas. You’ve got to maintain a balanced perspective and make sure that you do your best to resolve an issue or to take an idea forward.***

***“And you will be making a difference – there are no two ways about it. You’ll make a difference because you are part of the governors’ team.”***

Read the full interview [here](#)

# Election special



**Stand today, make a difference tomorrow!**  
 Our Governors influence local NHS services for  
 the good of the whole community  
**●LISTEN ● REPRESENT ● SHAPE ● INFLUENCE**

**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 in just a week!**

**Nominations will open on February 28 and we have 12 seats up for election.**

Whether you are a patient, carer, member of the public or staff, we have vacancies across the counties—see the table on the right.

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

As a governor you will have a say in your local services and the strategic direction of the Trust.

Const.	Class	Seats
Patient	Service Users - Buckinghamshire & other counties	1
Patient	Carers	1
Public	Oxfordshire	4
Staff	Buckinghamshire Mental Health Services	1
Staff	Oxfordshire, Banes, Swindon & Wiltshire Mental Health Services	1
Staff	Community Services	2
Staff	Specialised Services	2

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## How do I nominate myself?

You will be able to nominate yourself on a nomination website which will launch on February 28. You can complete the nomination form online or request a paper copy or an easy read version.

All members will receive a Notice of Election when nominations open. We will also publish the nominations' opening on the Trust website, in social media and the press.

The elections will be conducted independently from the Trust by an external company Civica who will be able to answer your questions about the process. You can also email the membership team at [FT.MembershipCommunity@oxfordhealth.nhs.uk](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk).

**Nominations close at 5pm on March 31.**

## Key dates

**Monday, February 28** – Nominations open

**Thursday, March 31** – Nominations close

**Friday, April 1** – Summary of nominated candidates published on our website

**Thursday, April 21** – Polls open

**Friday, May 13** – Polls close

**Monday, May 16** – Declaration of results

## Did you know?

By law, the governors:

- ✦ appoint, remove and decide terms of office (including remuneration) of the Chair and other Non-Executive Directors
- ✦ approve the appointment of the Chief Executive (CEO)
- ✦ review the annual accounts, Auditor's Report and Annual Report and hold an Annual General Meeting
- ✦ present views on the Board of Directors' future plans.

## Election special

### Candidate info evenings



**Join Kerry and some of our current governors for one of our candidate info evenings!**

These are friendly, informal gatherings where you can ask all your questions and hear more about what being a governor entails.

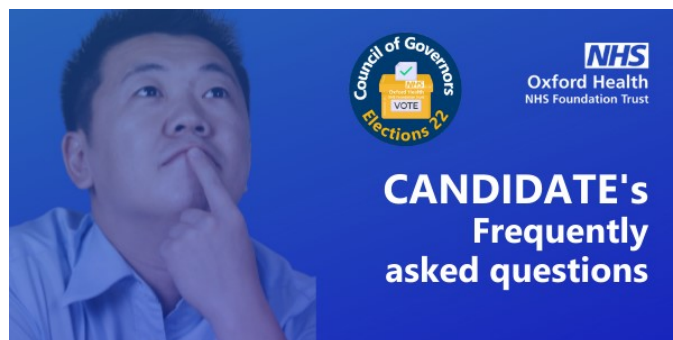
**Save the dates or sign up to get an invite closer to the date – [sign up here](#).**

**Tuesday, March 8 from 6pm to 8pm**

[Join the meeting](#)

**Wednesday, March 16 from 6pm to 8pm**

[Join the meeting](#)



**Am I qualified to be a governor?  
How much time do I need to put in?  
Will I get paid?  
What happens after the poll?**



These and many other questions are answered in our Candidate's FAQ. See them [here](#).

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# 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.' There's one more workshop remaining in this spring programme. The workshop will run from 10am to 12pm on Microsoft Teams on the date:

**Change and Recovery – Moving On**  
Thursday, March 10

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

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

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](mailto: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 date:

**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.

**Email your governor at [ContactYourGovernor@oxfordhealth.nhs.uk](mailto: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 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.



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.**

It is another chance for us to value the voices of young people, to act on their views shared and adapt our services to their needs – ultimately, working towards our vision of outstanding care.

See [more](#)

## 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 next date is:

**Tuesday, March 15** from 10:30am to 12:30pm



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

## Follow us

## Peer support workers Opportunities in forensic mental health services

Would you like to use your own experiences of mental health challenges and the Criminal Justice System and/or Forensic Services to help others? Apply now to one of our training places to become a Peer Support Worker in the Thames Valley Forensic Mental Health Services.

We have opportunities on low and medium secure wards in Oxford, Aylesbury and Milton Keynes, and in community teams in Oxfordshire, Berkshire and Buckinghamshire.



**Closing date for applications is March 4.**

For more information and to apply, click [here](#) or scan the QR code.



## Opportunities in Buckinghamshire

Would you like to become a trailblazing peer support worker like Tycen and help others using your own experience and empathy? Apply to our training places in Bucks now!

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

- Service User Network for people with Personality Disorders (SUN)
- First Episode Rapid Early Intervention for Eating Disorders (FREED)
- Brand new Rehabilitation team (within the Adult Mental Health team with complex psychosis service users)
- Safe Haven (crisis support service)
- Sapphire Ward (male inpatient ward)
- Chiltern Adult Mental Health Team
- Perinatal mental health services



**Applications close at 5pm on March 7**, so don't miss this chance to get involved. Scan the QR code or click [here](#) for more info.



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## Trust news

# Oxford Health creates first Youth Board

**A unique survey of 1,500 young people in Oxfordshire has given new valuable insights into the views, experiences and emotions around mental health and wellbeing of 12-25 year olds in the county.**

Led by Oxford Health NHS Foundation Trust, in conjunction with the not-for-profit organisation [Unloc](#), the survey attracted a range of young people via schools, colleges and youth organisations.

Each respondent has enabled a comprehensive temperature check of personal experiences after two challenging years – COVID-19 lockdowns, disruption to education and changes to everyday lives.

Oxford Health's own service user groups also contributed to the survey, providing a 'lived experience' dimension by those actively receiving mental health support.

The results of the survey are now being reviewed with the aim of further developing and transforming Oxford Health's services.

### Youth Board

One of the key outcomes from the survey has been the creation of an OHFT Youth Board where young people have a platform to share views, be listened to and help shape the future of mental health care. Around 50 interested young people applied to become members.

Now 19 of them, aged 13-18, have been appointed to be serving board members who meet with OHFT leaders and with Unloc every six weeks. Nine of them are current or previous mental health service users.

The young people are a diverse group with a variety of ethnicities, demographics, carer responsibilities and neurodiversity – all with strong motivations for wanting to be involved in improving health services for young people.

**Tehmeena Ajmal, interim Executive Managing Director for Mental Health, Learning Disabilities and Autism Services at Oxford Health, said: "I am delighted that we**



**and Unloc have gone out to young people in this proactive way and that we now have an opportunity to use their views to guide us and other organisations in shaping health, care and wellbeing support to our young people.**

**"They've told us what really matters to them; what might be holding them back from reaching out for help whether that's at school, within their own support networks or via more formal health routes. We have a duty to listen to them and act on what they are telling us."**

Kerry Rogers, Director of Corporate Affairs & Company Secretary, who has championed the Unloc project work which is now being extended to cover Buckinghamshire, added:

**"This project is an opportunity for the trust and partner organisations in Oxfordshire and beyond to widen engagement with young people as best we can.**

**"Young people have faced many challenges throughout the pandemic – disruption to education, restrictions on socialising, anxieties, stress and more. We must stand with them more than ever, listen and learn from them to find out what meet their needs.**

**"As a mental health service provider, this collective voice provides us with a unique opportunity to tailor our services to offer truly outstanding care."**

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Membership Matters 

# Trust news

## Text lines are open for parents and young people to 'Chat Health'

**ChatHealth** **NHS Oxford Health NHS Foundation Trust**

**ParentLine 0-4 years**

New Health Visiting messaging service for parents and carers of children 0-4 years in Oxfordshire

Text **07312 263081**  
to message a health visitor

Or scan QR code here to start a chat

**ChatHealth** **NHS Oxford Health NHS Foundation Trust**

**ParentLine 5-11 years**

New School Health Nursing messaging service for parents and carers of children 5-11 years attending a state school in Oxfordshire

Text **07312 263227**  
to message a school health nurse

Or scan QR code here to start a chat

**ChatHealth** **NHS Oxford Health NHS Foundation Trust**

**ChatHealth 11-19 years**

New School Health Nursing messaging service for young people aged between 11-19 years attending state schools in Oxfordshire

Text **07312 263084**  
to message a school health nurse

Or scan QR code here to start a chat

### Parents and young people in Oxfordshire can now text Oxford Health NHS Foundation Trust health visitors and school health nurses for advice and support.

It's all part of the ChatHealth service that dozens of NHS organisations have adopted to give parents and young people more choice over how they anonymously access advice and support.

Experienced local public health nurses will be on hand to respond swiftly to texts between 9am and 5pm on weekdays – apart from bank holidays. They will reply to texts sent at night on the next working day, including during school holidays.

#### Three lines for three distinct groups

The Oxfordshire service, which launched today, has three numbers – each aimed at meeting the needs of specific groups. These are parents of children aged 0-4, parents of children aged 5-11 and young people themselves aged 11-19. Messages will be assigned to the most appropriately skilled healthcare professional rostered for the service that day.

The first two numbers are call 'Oxfordshire Parentline' and the service for young people is named 'Oxfordshire ChatHealth'.

The rostered health visitor or school nurse responding to the text will either provide information or advice or signpost the user to appropriate services or sources of information.

There are also direct links to service information on the ChatHealth website:

<https://chathealth.nhs.uk/start-a-chat/h/OxfordHealthVisitors>

<https://chathealth.nhs.uk/start-a-chat/h/OxfordSchoolHealthNurses>

<https://chathealth.nhs.uk/start-a-chat/h/OxonTeens>

Margaret Fallon, operational manager for the school nursing service, said:

***"With Oxfordshire uniquely basing its school nurses actually in schools, pupils know they can already text their nurse. However, this service means they can do it anytime – including in the evening or during school holidays."***

See [more](#)

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## Trust news

# Take climate anxiety seriously



In October 2021, Dr Catriona Mellor and 70 other pediatric healthcare providers cycled 540 miles from London to COP26 (the UN climate talks) in Glasgow raise awareness about how climate change and air pollution harm children's health.

**Parents and guardians are being urged to support young people who may be experiencing anxiety due to their concern about climate change, research has revealed.**

Speaking during Children's Mental Health Week, Dr Catriona Mellor, a child and adolescent psychiatrist with Oxford Health, said it is important that adults show worried children and young people that they understand the seriousness of the situation.

She said:

***"The best way to show that is remembering that we are role models and we build their confidence by taking environmental actions. Spending time outdoors in nature can improve the mental and physical wellbeing of the whole family while showing concern for the planet."***

As a co-author of [a major international study](#) around anxiety about the climate crisis amongst young people spanning ten countries Dr Mellor is well-placed to highlight the impact. Dr Mellor says:

***"Climate anxiety is distressing and upsetting but it is also rational. It is not a mental illness. Anxiety alerts us to danger and normally that means we would find potential solutions. However, faced with such a massive global crisis, such feelings can become overwhelming."***

***"We're not looking for a cure for climate anxiety. Instead, we should all recognise that concern is a reasonable response. Spending time in nature is good for our physical and mental health and is a great way for families to spend quality time together."***

To mark Children's Mental Health Week Dr Mellor has written [a short piece with advice for parents and young people](#).

***"We need to tell young people that our generation is listening to them, that we can hear what they are saying, and we understand the injustice. "***

More [here](#)

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## Trust news

# Local business has crafty plan to support children's mental health

Oxford Health Charity and Oxford-based arts and crafts company Rainbow Buttons teamed up to create craft boxes packed with activities to mark Children's Mental Health Week. And £5 from the sale of each 'Time to Talk' craft box will be donated to Oxford Health Charity to support Children and Adolescent Mental Health Services (CAMHS).

Each box contains an 8" rainbow painting canvas, a wooden rainbow, wooden hanging shapes such as a ladybird or heart, a wooden wind chime, a wooden wand, clay, paints, rainbow buttons, glue and a brush for all that painting and gluing.

**Jolene Leather, co-owner of Rainbow Buttons, said:** *"Over the years we've been proud to offer families some precious 'together time' and the resources to help bring a much needed sense of calm to many situations."*

Her business partner, Lisa Melcer, said:

*"We've thoroughly enjoyed putting the 'Time to Talk' craft box together and made*



*sure it features bright colours, textures and sound. We feel privileged to be supporting a charity that has supports people with issues that directly affect our own families."*

## Grow and Thrive!

Growing seeds is a great way to learn about the cycle of life, how we need to look after ourselves and how we can connect with world around us.

Young people attending the South Oxford Engagement Group decided they would like to grow some cress seed as part of their activities around the [Five Steps to Wellbeing](#).

And the Child and Adolescent Mental Health Service (CAMHS) teams thought it would be a great way to involve lots of young people in growing seeds so anyone attending face to face appointments at Oxfordshire CAMHS bases were offered a packet of seeds in Children's Mental Health Week and invited to take them home to grow.

There was be a mixture of vegetable, herb and flowers seeds to choose from. The activity is being



run by the trust's patient experience team. Participation lead Diane Statham said:

*"Growing plants is not only fun but a great way to relax while learning about new things. Seeing a tiny seed grow into something you can eat or something beautiful to look at is so rewarding. With nurturing we are able to thrive."*

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## Trust news

# More mental health support for schools in Bath and North East Somerset

**Extra funding awarded to Oxford Health means that there will be more professionals supporting children and young people's mental health and wellbeing in Bath and North East Somerset (BaNES) and Wiltshire.**

The news came during Children's Mental Health Week, and the extra teams will build on the successful work done in the area by already established teams.

This latest investment means an additional 16,000 children and young people will be seen by two new Mental Health Support Teams (MHSTs). The new educational settings that these teams will work in have been selected based on deprivation data. This includes some additional Special Educational Needs settings.

Oxford Health now has six teams, with four in Wiltshire and two in BaNES alongside four teams in Swindon, which are delivered by Barnardos. This far exceeds the government's initial aim of covering 25% of schools in each area.

MHSTs support children and young people with mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or low mood. MHSTs are also established in Oxfordshire and Buckinghamshire.

James Fortune, Oxford Health's Head of Service for Bath and North East Somerset, Swindon and Wiltshire, explained:



*"This latest funding helps us to build on the successful work that we have been doing across local schools for some time."*

*"Coverage in Bath and North East Somerset, Swindon and Wiltshire is now well over the government's 25% target, and this is excellent news for young people, families and schools."*

*"We see the MHSTs as a valuable enhancement to the services already available to pupils, families and schools and hope that they will help to improve life chances for children and young people by providing help early on."*

Gill May, Director of Nursing and Quality, Bath and North East Somerset, Swindon and Wiltshire Clinical Commissioning Group, said:

*"Giving children the best possible start in life is essential to helping them grow into happy and healthy adults, and this newly available support will make a world of difference to those young people in need of a little extra help. Looking after mental health, especially from a young age, is of paramount importance, and I'm delighted that children in our region will soon have even more fantastic support available to them."*

More [here](#)

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# 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

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](#).

## Vaccination team up for major award

Efforts to build and manage a huge vaccination workforce for Buckinghamshire, Oxfordshire and Berkshire ICS have been shortlisted

for a prestigious Staffing Solution of the Year HSJ Partnership Awards. Matt Edwards, Director of Clinical Workforce Transformation, said:



***"This is great news as it recognises the success of the incredible efforts we made with our partners Medacs and BOB ICS just over a year ago to get everything in place to deliver much-needed Covid vaccinations to hundreds of thousands of people."***

More [here](#)



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# Covid & vaccine update

## Happy First Birthday to the Oxford Health Covid Vaccination Team!

On January 25 it was a year since the first person received their Covid vaccination from Oxford Health NHS Foundation Trust's team at Oxford's Kassam Stadium.

From marking the layouts using tape on a cold December morning to opening the doors and welcoming the first of hundreds of thousands of people a few days later to have their COVID-19 vaccinations, 2021 was a momentous year.

Anita Sherwood, interim director of Covid operations, said:

***"The one-year anniversary of the first vaccination is an opportunity to look back at everything that has been achieved and to thank everyone who has given so much to help everyone who has come through our doors. This goes for our teams right across the BOB ICS area in our centres in Aylesbury, Oxford and Reading and those who have worked in mobile units and at pop-ups."***

***"There's been so many different skills needed to get us to where we are now from training people, setting up booking systems and sourcing and setting all the equipment up. These are just a few examples."***

***"Just over a year ago we had never done anything like this, and certainly not on his***

*Happy Birthday!*

TO OUR COVID VACCINATION TEAM



***scale. The professionalism and commitment of the people who have made this possible has been incredible."***

### Responding to changing needs

Since 25 January 2021, when the very first members of NHS staff arrived at the newly set up facility to get vaccinated, the team has responded to the need to welcome new age groups and offer a much wider range of vaccinations. People aged 75 and over were the first members of the public to get their jabs starting on 1 February 2021. After a quick sign-in process they were shown through to the main room which houses several vaccination "pods". From there, once their turn came up, it was a simple case of sitting down in the allocated pod, rolling up their sleeves and relaxing while the trained vaccinators did their work.



Now, one year on, more than 900,000 jabs have been given to people aged 12 and up, and the total will continue to rise as more people seek to get protection from Covid-19.



Read the full story and see the pics from last year [here](#).



CEO DR Nick Broughton and Anita Sherwood

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Membership Matters 13

# Exceptional People Awards

## Winners who make a real difference



From left: Marie Crofts, Jane Kershaw, Mike McEnaney, Shelley Monaghan, Donna Buckingham, Beth Morphy, Nyarai Humba and Nick Broughton.

**Making a real difference to patience experience and people's lives was celebrated in doubles when the first Exceptional People Awards of 2022 were presented to Involvement and Experience Team leader Beth Morphy and to the Individual Placement and Support Team, represented by team leader Shelley Monaghan and peer support worker Donna Buckingham.**

The winners and Trust leaders got together for a small ceremony at the Trust HQ at the Littlemore Mental Health Centre on Monday.

CEO Dr Nick Broughton opened the event with a warm welcome and emphasised the importance of recognising the Trust staff. He added:

***"This is one of the aspects of my job I enjoy most!"***

Echoing Nick, present were also Director of Finance Mike McEnaney, Head of Quality Governance Jane Kershaw, Chief Nurse Marie Crofts and Trust governor Nyarai Humba. Shelley Monaghan 'broadcast' the event to all her team via Teams.

### Beth's listening skills praised

Beth Morphy had been nominated by a patient who described in detail how Beth had made her feel listened and valued and eventually empowered her to make a difference to others through telling her story. She wrote:

***"I felt Beth took me seriously, and now I had a chance to make a difference and prevent others from suffering."***

Jane Kershaw, who read out the nomination, said:

***"This nomination really rings true to me. It represents who you are and the impact you have."***

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# Exceptional People Awards



Governor Nyarai Humba (above right with Beth), who is in the selection panel for the individual Exceptional People Award, agreed.

***“Our choice of the winner was a difficult one, but Beth’s nomination highlighted all the important things.”***

She recalled how Beth had listened to her when she had first spoken about her experience as a carer – outside in the freezing cold during the first lockdown.

***“Beth had tears running down her face, but she listened and then checked she had got it right. That’s when I knew she is good at listening. And she has the skill to transform what we say into something positive, like in this patient’s story: to help others. For us service users and carers it makes it so worthwhile.”***

## IPS Team transforming lives

The IPS team had received two nominations which praised the team’s tireless and innovative work to help people with mental health difficulties to return to paid employment. Community lead Steve Bell wrote:

***“They have been flexible throughout COVID and continued to provide a service, and have employed peer support workers to assist in breaking down the barriers that people with mental health concerns can have.”***

Dr Bill Tiplady, Associate Director of Psychological Services, was unable to attend the ceremony, but sent his regards:

***“Fantastic news for the IPS team – Shelley and colleagues have worked so hard to keep on delivering this important and innovative service through the pandemic. With the planned creation of new specialist posts to support retention (keeping people in work) and a service accreditation this year, we are continuing to build and develop the service and maintain the excellent standards Shelley and colleagues have set. And Beth is a worthy winner too!”***



Shelley Monaghan (left) and Donna Buckingham

Nyarai Humba said:

***“This award is very well deserved. For us service users and carers to feel as normal as possible is so essential for recovery. This is a type of service that transforms lives.”***

Mike McEnaney agreed:

***“Feeling valued at the workplace – this is what we preach in this event, too.”***

And Shelly Monaghan confirmed:

***“To us, employment is a health outcome.”***

Once trophies, certificates and prizes were given, there was a little bit of time to chat until all were ushered outside for photo call. Even the tail end of the chilly winter storm couldn’t wipe the smiles from our winners and leaders’ faces.

# DAISY Awards

## Fish-hook story nets nurse Louise surprise award

**Emergency Nurse Practitioner Louise arrived as agreed at Witney Community Hospital and didn't suspect anything when they asked her to quickly nip inside. She patiently listened to a presentation given by the Trust's Chief Nurse, Marie Crofts, only to be told that everyone in the room was there to see Louise be presented with a 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.

DAISY describes itself as a partnership with healthcare organisations to provide on-going recognition of the clinical skill and especially the compassion nurses provide to patients and families all year long.

Oxford Health employs more than 1,700 nurses who are eligible to be nominated and, especially given the extra challenges the pandemic has brought.

### Skills and compassion

Louise was nominated by a member of the public who had managed to get a barbed fish hook embedded in his finger while fishing. He wrote that he was nominating her not just for her skills and knowledge, but also that she showed real compassion and that he "genuinely felt I had made a friend."

She said:

***"I was shocked and proud! I can't believe that the patient put me forward, I'm very, very happy – in fact I don't think happy is a good enough word to describe it! I love working here and the team are really supportive. We work with people when they are at their most vulnerable and it really is a pleasure to be able to help them."***

The award was handed over by Marie Crofts and Britta Klinck. Britta explained:

***"When we look at the nominations they are all anonymous. We have no idea who the nominees are, but this one really struck us. "Every nomination we receive shows in some way how someone has made the experience for patients better at a difficult time."***

Marie said:

***"You could really tell from the nomination what sort of person Louise is and how that has such a positive effect on patients."***

Full story [here](#).

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# DAISY Awards

## Families' touching tributes to children's nurse Liv

**Two families' touching tributes brought tears to everyone's eyes when children's nurse Olivia Godwin was presented a DAISY Award at the Northway Community Centre in Oxford.**

Olivia, known by all as Liv, had been coaxed to the building by her colleagues in the Central team at the Community Children's Nursing Service who insisted they needed to 'go and take a look at the new site from where they'll be operating.'

To Liv's bemusement, several senior leaders were present, banners and posters were on display and tea and cinnamon buns laid out. And Chief Nurse Marie Crofts started a talk on DAISY Awards.

***"I guess you are all wondering why I am talking about this!" Marie noted. "This is because of you, Liv. We are here to present you with this prestigious award."***

Marie gave the floor to Deputy Chief Nurse Britta Klinck who read out the nominations Liv had received from two families. Both had had a baby with complex medical needs, and the nominations spoke of the extraordinary, compassionate care and support Liv has been giving to them. One of the nominations stated:

***"Liv has become a very important part of our family's life. It has been a very emotional, very challenging time, and the future is full of uncertainty for our daughter too. I know that with Liv by our side, we will be in the best hands and that she will do everything to make sure that we have all that we need to care for our daughter's ever-changing needs and degenerative medical condition. "***



***"I cannot thank her enough, and I only hope that all families have a 'Liv' in their lives."***

Soon tears were flowing – thankfully the ever-resourceful Service Director Emma Leaver had a packet of tissues at hand! Britta said:

***"I feel incredibly touched by what these families say and what you have given to them. Often we measure things like care plans completed. But this is what we remember. The care you have given to these families and all that you do is making an incredible difference to their lives. The DAISY badge is an exclusive badge – wear it with pride."***

Liv said:

***"I didn't expect anything like this! But it's amazing to be recognised."***

Full story [here](#)



# 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](#)**

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

## Trust news

# Jyoti steps up in her international nursing career

**Registered nurse Jyoti Pandey joined Oxford Health in April last year in the first cohort of the Trust's internally recruited nurses. Now, less than nine months later, she has been promoted to the role of Clinical Development Nurse at the City Community Hospital.**

Jyoti comes from the city of Lucknow, the capital of the northern state of Uttar Pradesh in India where she had worked as a nurse for a few years. She was interested in gaining experience from abroad and was already living in France when she found out about the opportunities with Oxford Health.

***"In France I had a language barrier to working as a nurse so when I saw that Oxford Health was looking for international nurses, I thought, let's give it a try. And I got the job," Jyoti tells.***

Before getting into full nursing duties, she took an English language test and the objective structured clinical examination (OSCE) which assesses nursing skills. This is required from all internationally recruited nurses and enables them to be registered with the Nursing and Midwifery Council, proving they meet the high standards needed to be able to practice in the UK. Jyoti then took her post as a nurse at the City Community Hospital in Oxford.

***"It's wonderful," she says. "I just love coming to work here. It's an amazing working environment; we have a very supportive staff team and a good atmosphere."***

The opportunity for career progression came when Clinical Development Nurse Steve McCorley was seconded to Learning & Development as a practice teacher. He is delighted for Jyoti's success.

***"My philosophy is that for every individual***



***that you help to develop, you develop and strengthen the team as a whole."***

***"I've enjoyed my role as CDN. It is very, very varied. There are always new things being added to it. It is basically making sure that clinical standards are met and assisting people to develop to their full potential. And often people have potential that they don't realise except through supervision and performance review. Part of the role is to help them explore that and develop. So, it is a challenging role."***



***"But there's nothing more rewarding than seeing your colleagues develop and grow. That's obviously been the case with Jyoti, and in such a short space of time. That's a huge credit to her."***


Jyoti says:

***"It would not have been possible without support from Steve, whom I was constantly in contact with, and my manager Christine Hayden, my matron Adegboyega Adetokunbo, and all of my team. I totally want to give credit to all of them."***

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# Trust news

## Great reviews of great care

Oxford Health gathers feedback on our services via the independent **I Want Great Care** review website. Each week we celebrate services and teams who've been praised for their care and commitment.



### Wantage Community Hospital



Staff at Wantage Community Hospital were celebrating after receiving a string of five-star independent reviews from patients.

The hospital, which launched a range of new services and clinics three months ago in newly refurbished rooms at the site, is at the centre of the community and is convenient for people who may otherwise have to travel further afield. One patient said:

***"It is fantastic for local people."***

Sheree Martin, Head of Operations for Community Services, said:

***"It is really nice to see that the hard work that went into refurbishing the rooms at the hospital is paying off with the feedback that we have had from patients."***

More [here](#)



### Bicester Community Hospital

Busy and brilliant Bicester team have been praised for the care and attention they provide. A patient said:

***"Would give 20 stars if I could. There is a young cadet at the hospital who has been wonderful to me."***

Another commented:

***"The staff have been lovely and very supportive. Any improvements? No, nothing!"***

Senior matron for Oxford Health's community hospitals Helen Hunt said:

***"It's always a huge morale boost for our teams to get such wonderful heartfelt reviews from patients. They are always at the heart of everything we do. We take on board positive feedback to learn what we are doing well as well as listening to the areas where we can improve upon while they are in our care. This all influences care for the next patient."***

More [here](#)

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# Trust news

## Great reviews of great care

### BCG Immunisation team

**FIVE STAR REVIEWS**  
**#IWantGreatCare**

**NHS**  
Oxford Health  
NHS Foundation Trust



**BCG**  
**Immunisation**  
**Team**

"My son loves them too!"

Community BCG Immunisation team responsible for tuberculosis vaccinations are celebrating some top-rated feedback from patients demonstrating how much they value our #oneOHFT team.

Community BCG Team offer a targeted, BCG immunisation service to children aged between 0-16 years, who have transferred into the county and who are at increased risk, from exposure, of developing human tuberculosis.

One service user who took the time to leave a review said of the staff they are "really friendly," and added "My son loves them too!"

Another commented:

**"Paula managed to help me understand and sort out the BCG for my children and understand the records when I came for the injections."**

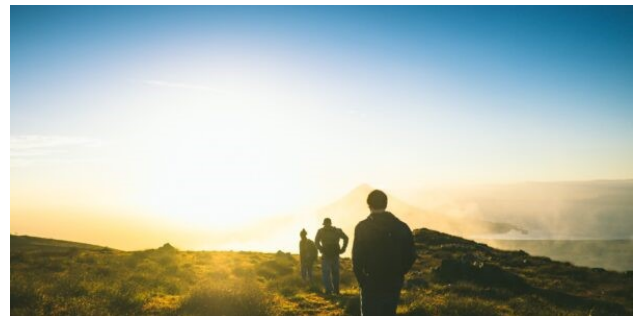
Community BCG and Bloodspot nurse, Paula Richardson said:

**"We are very pleased that our service is appreciated and respected. We are reassured by such positive comments. We pride ourselves on offering a friendly holistic service, as well as good flexibility in arranging appointments to suit our clientele."**

More [here](#)

### Healthy Minds

People who have used Buckinghamshire's talking therapy service Healthy Minds are praising the group sessions for helping them connect with other's with a similar experience, feel better and overcoming their hesitancy about seeking mental health support.



Commentors recognised how enjoyable and informative the sessions were, while one reviewer took the time to report:

**"I learnt some useful techniques and ideas, shared quite a bit, received support from attendees and listened to others and the challenges they face."**

Josef Landsberg, deputy clinical lead for IAPT Healthy Minds, said:

**"The comments we receive are such a boost to staff who quite rightly feel really pleased when they know people have benefited from their care. It is really rewarding to know people are feeling better and getting on with their lives. For many people it is their first experience of talking therapy. They don't know what to expect and can feel quite pessimistic. But we know that their initial apprehension soon turns around and they are supported by a collaborative therapeutic experience – whether it be with others in a group session or with their therapist directly."**

More [here](#)

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# Charity news

## Stroke patients enjoy artistic workshops

“Jolly good fun” was a comment made by one of the patients at the Oxfordshire Stroke Rehabilitation Unit (OSRU) this week, as they completed the four-day arts residency programme ‘Brain Odysseys’ led by artists from Rosetta Life.

Rosetta Life work with those living with life-limiting illnesses to enable them to shape and share their stories through movement, song, image, film and writing. The OSRU patients, based at Abingdon Community Hospital, enjoyed vocal and movement sessions, as did the staff supporting them. One of the team commented on the difference the workshops made:

***“When I saw the patients this morning I never would have thought that they were capable of doing what they achieved today!”***

This session was funded by Oxford Health Charity, with two further residencies planned for OSRU patients in the Spring. Lucinda Jarrett, Artistic Director of Rosetta Life said :

***“It’s been wonderful to witness staff and patients engaging with Latin rhythms and African songs this week on the ward at OSRU. Thank you to everyone for welcoming the dancing and the singing onto the wards!”***



Angela Conlan, Arts Co-ordinator explained:

***“It’s fantastic to have this national evidence-based performance arts model for patients at OSRU this year. This project, together with the arts programme provided by Oxford Health Arts Partnership across the Trust, builds on the expanding body of evidence for the use of arts interventions in health settings, which not only offers alternative treatment models but also cost savings for the NHS.”***

If you would like to lend your support to future creative projects, please support our [Arts in Healthcare](#) appeal.



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.

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



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 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](mailto: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!

## Research news

# Novavax COVID-19 vaccine researched in Oxford approved in UK by MHRA

**The Medicines and Healthcare products Regulatory Agency (MHRA) has authorised Novavax's COVID-19 vaccine for use in the UK.**

This follows rigorous clinical trials supported by National Institute for Health Research and a thorough analysis of the data by experts at the MHRA, which has concluded that the vaccine has met its strict standards of safety, quality and effectiveness.

Over 460 volunteers took part in the study at the Warneford Hospital in Oxford, one of 33 UK centres to host the research.

The study, led by researchers at St George's, University of London, found the COVID-19 vaccine was [89.7% effective at preventing COVID-19](#), prior to the Omicron variant emerging.

The study is the largest ever double blind, placebo-controlled vaccine trial to be undertaken in the UK, recruiting 15,203 participants in just eight weeks, between September 2020 and November 2020.

Novavax has become the fifth COVID-19 vaccine to be authorised by the MHRA. It follows the Pfizer/BioNTech, Oxford/AstraZeneca, Moderna and Janssen vaccines – but is the first protein-based vaccine approved in the UK.

Dr Angela Minassian, site Principal Investigator for the Novavax trial in Oxford, said:

***“This adds strength and flexibility to the current armoury of licensed COVID-19 vaccines and its potential to facilitate global vaccination against this disease couldn't be more timely.***

***“The public's willingness to participate in this trial and the many other UK COVID-19 vaccine trials has been so humbling from the outset.***



***“I'd like to thank our dedicated staff from Oxford Health NHS Foundation Trust, the NIHR and many medics from across Oxfordshire, who have worked so hard on this trial over the past 16 months. It has been a privilege to work alongside them.”***

Stanley C. Erck, President and Chief Executive Officer, Novavax, said:

***“Novavax is proud to deliver a differentiated alternative to the current portfolio of vaccines – the first protein-based vaccine for the UK based on a well-understood technology that has been used for decades.***

***“We are tremendously grateful to the thousands of clinical trial participants and trial site investigators and staff across the UK, as well as the Vaccine Taskforce, for their ongoing support and vital contributions that made this possible, not only for Great Britain but also for our ability to achieve authorizations across the globe.”***

## 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](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 several 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 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](mailto:FT.MembershipCommunity@oxfordhealth.nhs.uk).**

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