



May 2022

1 MILLION COVID JABS!

A group of hard-working Oxford Health colleagues celebrated reaching the million-jab milestone in little over a year.

The first vaccines started being administered to the public at the Kassam on February 1 2021.

Since then the team set up new centres in Aylesbury and Reading, launched pop-up centres in Witney, Bulmershe, Hungerford, Banbury and Reading City Centre and went out to visit communities in the Health on the Move bus, including to the most recent Reading Festival.

The Oxford Health vaccination team includes vaccinators, doctors, pharmacy technicians, administrators, marshals and volunteers. More than 1,600 colleagues have helped vaccinate people aged from 5 to over 100 years old with Astra Zeneca, Pfizer and Moderna vaccines, helping enormously in the fight against COVID-19.

They were presented with special pin-badges to commemorate the major milestone. Representatives from across the operation are shown in the main picture along with Dr Nick Broughton who is handing a commemorative badge to Amanda Taylor, who gave the first vaccination at the Kassam in 2021.



Nick Broughton, Oxford Health's Chief Executive, said:

"The efforts of everyone involved in Oxford Health's vaccination programme can't be understated – getting to one million jabs is an enormous achievement and I want to thank each and every person who has played their part."

"To think where we were before February 2021 to where we are now with an experienced team and slick vaccination process is quite amazing. Everyone stepped up from day one whether their job was to find places to set up the vaccine centres, installing the equipment, giving the vaccines or doing all the administration the commitment and hard work has been nothing short of amazing."

More [here](#)

Get Involved

Bucks Voice in summer 2022

Please come and join Oxford Health's county-wide monthly forum for service users in Buckinghamshire.

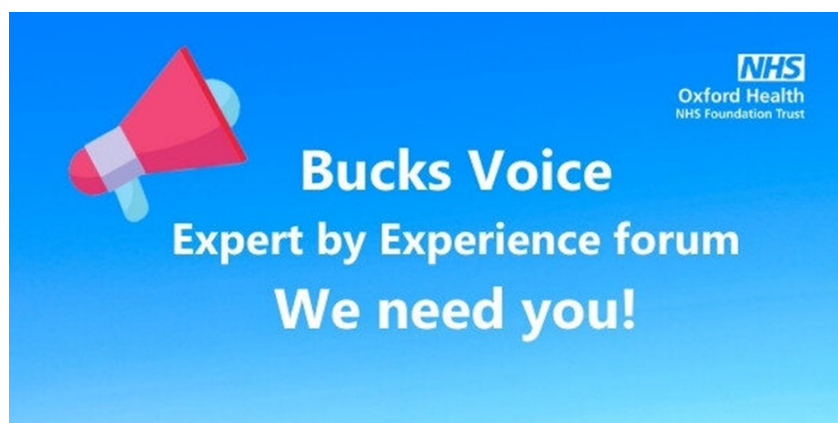
Get involved and work together with other people who use Buckinghamshire mental health services, as well as charities and staff, to improve the quality of care you or your loved one is receiving.

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 summer 2022:

Friday, June 10 from 10am to 12 noon

Monday, July 4 from 1pm to 3pm



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.

Our Voice—Oxfordshire

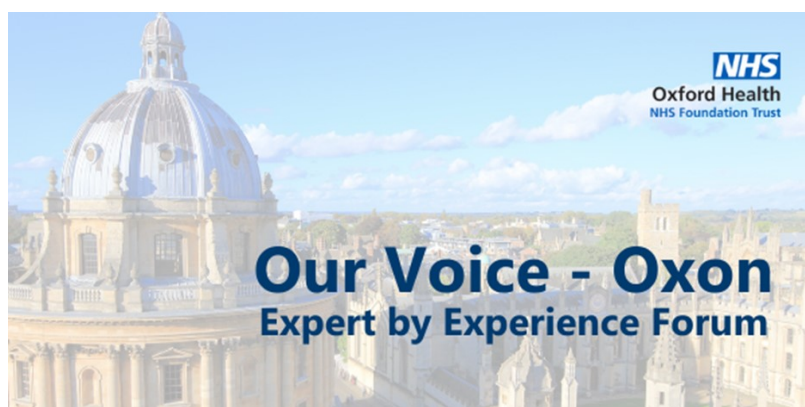
Do you use Adult or Older Adult mental health services in Oxfordshire, or do you care for someone who does? We need you!

Please come and join Oxford Health's county-wide monthly forum Our Voice in Oxfordshire. Get involved and work together with other people who use Oxfordshire mental health services, as well as charities and staff, to improve the quality of care you or your loved one is receiving.

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

Wednesday, May 25 from 10am to 12 noon

Thursday, June 23 from 10am to 12 noon



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.

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



Get involved

Wellbeing Week for our carers, family and friends

At Oxford Health we recognise and value the carers, family and friends of our patients. During this year's annual Carers Week we want to give something back for all the hard work you do all year round. We encourage you to take some time out for yourself and to remember that your wellbeing is just as important as the person you care for.

We have a programme of FREE wellbeing related activities and carers of all ages are welcome. All activities will be held virtually (via Microsoft Teams) and you will have to book your place.

If you would like to book onto an activity, please email; icareyoucare@oxfordhealth.nhs.uk or phone Di Hilson, Carers Lead on 07775816646 with the following details:

Full name/Contact telephone/your choice of activity/activities

Name and service of person you are caring for

Monday 6th June, 2pm-3.30pm

Nurturing Hope

This session explores what hope means to us and how we can increase a sense of hope in ourselves and others. This is an informal interactive workshop and we will share tips for appreciating the positive and taking small steps forward.

Tuesday 7th June, 10am-11.30am

Healthy Sleeping

This session explores what healthy sleep is, how sleep affects our wellbeing, and how to improve our sleep. As a group we will consider what helps and hinders healthy sleep and share some tips to try out. This is an informal interactive workshop

Wednesday 8th June, 11am

Relaxation

In the current climate, finding ways to manage stress and cope with life's difficulties is more important than ever. Relaxation exercises have been consistently proven to be useful in reducing the impact of stress, boosting your energy and mood, and improving your physical and mental health. This session will discuss the importance and benefits of relaxation, explore how to integrate relaxation into our daily routine, and give you the opportunity to be guided through several different exercises.



Thursday 9th June. 10am – 10.45am

Meditation

In today's stressful world, meditation is no more a luxury, it is a necessity. The rest in meditation is deeper than the deepest sleep. When the mind becomes free from agitation, is calm and at peace, meditation happens. The benefits of meditation are manifold. A calm mind, good concentration, clarity of perception, improvement in communication, blossoming of skills and talents, an unshakeable strength, relaxation and rejuvenation are all natural results of meditating regularly.

Friday 10th June, 10 – 11.30am

Art for Wellbeing

This workshop is based on the 5 ways to wellbeing and how art can be used to help people engage with them. The workshop will be a mix of theory and practical work as well as demonstrations and group discussions.

Follow us



www.oxfordhealth.nhs.uk

[@OxfordHealthNHS](https://www.facebook.com/OxfordHealthNHS)



[@OxfordHealthNHS](https://twitter.com/OxfordHealthNHS)

[oxfordhealth](https://www.linkedin.com/company/oxfordhealth)



[@Oxford_Healthnhs](https://www.instagram.com/Oxford_Healthnhs)

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

Get involved



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 with bipolar

Thursday, May 26, 2022

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](#).

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



Carers from Buckinghamshire can no take part in a series of new Living Together Series seminars arranged by the Oxford Health Carer Assessment Team. The workshops are for carers of service users who are currently under the care of Buckinghamshire Mental Health Teams. The events run from 10am to 12pm on Microsoft Teams on the days shown below.

Understanding Autism

Thursday, June 23

Understanding Psychosis

Thursday, July 7

Book by emailing CarersTeam@oxfordhealth.nhs.uk with your name, the name of the person you care for under the Bucks Mental Health Team, and workshop (s) that you wish to attend.



You are invited to observe the Board of Directors meeting on Wednesday, May 25 from 9am.

See the agenda and meeting link [here](#).



You are invited to observe the Council of Governors meeting on **June 15**. The meeting will take place on MS Teams and start at 17:30.

You can join via [this link](#)

Email your governor at ContactYourGovernor@oxfordhealth.nhs.uk

Get involved

Celebrate the Jubilee

Oxford Health are asking members of our local communities, from staff to craft groups and any keen knitters and crocheters to join in the fun and help us yarn storm our community hospital gardens with red, white and blue decorations to mark The Queen's Platinum Jubilee.

Oxford Health Arts Partnership, support by Oxford Health Charity, are leading on the celebrations – hoping to bring joy amongst festivities to celebrate the weekend at Community Hospitals.

What is yarn storming?

Yarn storming uses knitting and crocheting of yarn or fibre to create unique and colourful displays.

How do you get involved?

Get knitting and crocheting – create a jubilee themed decoration in red, white and blue from



bunting to flags, or colourful corgis and crowns – use your imagination.

The pieces will be used to decorate the gardens at Oxford Health's community hospitals, as a temporary display for the summer. Community hospitals in are Abingdon, Bicester, Oxford City, Didcot, Wallingford, Wantage and Witney. Find your local site [here](#).

Donations can be sent to at Witney Community Hospital or given in at any of the community hospital reception desks. Please follow all COVID-19 guidelines when visiting hospital sites, including wearing a face mask (unless exempt).

Help celebrate our NHS birthday

Oxford Health Charity is inviting people in Buckinghamshire, Oxfordshire and Wiltshire to join the biggest NHS tea party yet by hosting their own NHS Big Tea on the health service's 74th birthday on Tuesday 5th July.



Led by NHS Charities Together, the NHS Big Tea brings the nation together to celebrate the birthday of our beloved NHS, giving thanks to the workforce, whilst raising funds to provide the extra support needed for staff, patients, and volunteers.

Communities can celebrate by making time for tea – another national treasure.

Julie Pink, Head of Charity and Involvement at Oxford Health NHS Foundation Trust, said: "The NHS Big Tea is a great way to come together and celebrate the support the NHS

has given you, your family and your local community. Funds raised from events across the area will go towards enhancing NHS services either locally or nationally, through NHS Charities Together. It really raises spirits among staff and patient groups to see the support the community has for the NHS." More [here](#)

Follow us

Trust news

New Chief Finance Officer

Senior civil servant Heather Smith will be joining Oxford Health this summer from the Department for the Environment, Food and Rural Affairs where she has been Chief Financial Officer for the past four years.

Heather Smith is expected to take up her new role as Chief Finance Officer in July as current Director of Finance Mike McEnaney retires after 11 years' service at the Trust.

Heather is the financial board member for DEFRA – a complex £6bn group that she joined in 2018. She is a well-connected member of the government finance function, with a background in UK business and international organisations as well as significant central government experience in HM Treasury.

Heather provided financial leadership as DEFRA rose to the challenges of EU Exit and Covid and is highly skilled in setting strategic direction and leading change.

She has a particular passion for helping people achieve their best, developing talent and improving equality, diversity and inclusion, and is a member of the High Potential Development Scheme, which aims to develop leaders for the most senior roles in government.

At Oxford Health, Heather will be responsible for the operational, strategic financial and commercial leadership of the Trust using an innovative and contemporary approach to enable transformation of clinical services and models of care that utilise resources available as efficiently and effectively as possible.

Central to this work will be enabling the development and implementation of strategies that support the Trust's journey to becoming an outstanding provider of patient care.



Heather Smith

Heather commented:

"Oxford Health delivers vital services and clearly has great drive and ambition to keep improving those services and to share learning with others. I very much look forward to joining the NHS and working with colleagues on the journey to outstanding."

CEO Dr Nick Broughton added:

"The Board and executive team are truly delighted to welcome Heather to Oxford Health. She will join us at an incredibly important time given the development of our local integrated care systems and the resulting changes in commissioning for the services we provide. Heather's financial management skills and expertise will be crucial as we strive to continuously improve the quality of the care we provide to more than two million people."

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

Trust news

Nursing team smash it for Oxfordshire's sick youngsters

Blisters, aches and pains! But all the discomfort of stomping across 26 miles of Oxfordshire's terrain was worth it for Oxford Health's children's community nurses as they continue to smash their fundraising target in support of some of the county's sickest children.



Our nurses Nikki Phillips, Christina Newbould and Felicity Gilbert (picture l-r) strode out for more than eight hours on the marathon ROSY Great Estates Walk last weekend, determined to raise as much money as possible for a cause which is very close to their hearts.

They are part of the nursing team that supports ROSY (Respite Nursing for Oxfordshire's Sick Youngsters) – caring for children born with chronic and often life-limiting illnesses.

Our nurses care for these special youngsters and their families via ROSY, which is a fund that operates under the umbrella of Oxford Health Charity.

They have surpassed their fundraising goal but are appealing for more help in raising even more cash for ROSY and the children they nurse. You can support them on their [Just Giving page here](#)

Nikki, Christina and Felicity are used to going the extra mile in their day jobs, but the walk was something else as Nikki explained:

"Having never walked that sort of distance before I don't think we truly knew what we were in for. However, all three of us surpassed our own expectations. It was a perfect day for walking; sunshine and a cool wind. "

The team and other walkers met at the stunning Wilcote Manor for a briefing and fuelling of hot drinks, cakes and savouries. Setting off at 0800 sharp the pace was quick but the flow of conversation and beautiful scenery kept them going. After a stop off at Pudlicote, lunch was spent in the stunning grounds of Ditchley Park where they were met by more members of the Oxford Health team for the final leg of their journey.

Nikki added:

"Within the final hours the cramps and blisters slowly began to appear but with the support of our fellow walkers we put our heads down and strode on 'til the end. Returning to a welcoming party and more cake at Wilcote Manor at 5.15pm, we got back 45 minutes earlier than planned.

"We felt a sense of pride and achievement in completing the full 26 miles. Even more so upon checking our funding raising page and seeing we had breached £1000."

[ROSY – Respite care for Oxfordshire's Sick Youngsters](#)

Follow us

www.oxfordhealth.nhs.uk
[@OxfordHealthNHS](#)

[@OxfordHealthNHS](#)
[oxfordhealth](#)

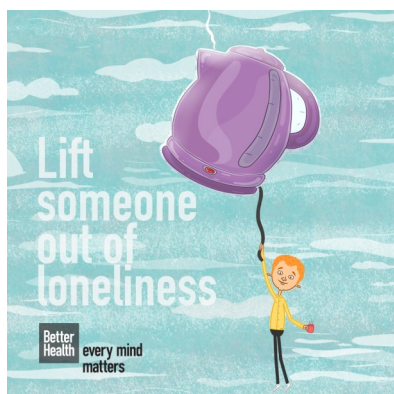
[@Oxford_Healthnhs](#)
[Oxford Health](#)

Membership Matters 

Mental Health Awareness Week



Mental Health Awareness Week is hosted by the Mental Health Foundation and is now in its 22nd year. This year, the theme for the week was loneliness. During the week we raised awareness of the many ways you can get connected and supported: patient participation, carers' groups and more. And supported the Every Mind Matters campaign *Lift someone out of loneliness*.



By their very nature, many of Oxford Health's services are such that we engage with people in a longer term and in the community. For instance, our community mental health teams aim to give people the support they need to continue a full and active life in the community, and work closely service users, carers and key partners to achieve this.

We also have many initiatives that can help keep you connected, bring you together with other like-minded people and lift you out of loneliness.



Trust Chair David Walker: Let's think about preventing poor mental health

For the start of the Mental Health Awareness Week, Trust Chair David Walker prepared a short video. He commended the great strides made in recent years both in We've made great strides in recent years both in raising public awareness of mental health and in securing fairer funding for our services.

But he recognises that there is much more to do, not just to offer accessible and prompt help to those who come to us, but to reach beyond the onset of symptoms to do more to prevent people from becoming unwell. See David's vlog [here](#).

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

Mental Health Awareness Week

Mental Health Awareness Week

9 - 15 May 2022



Introducing Oxford Health Arts Partnership

To mark the Mental Health Awareness Week, we organised a Health Matters membership and public engagement event *Introducing Oxford Health Arts Partnership*.

Creating with Care Lead Angela Conlan and Artscape Project Manager Tom Cox spoke about the creative activities they run in our community hospitals and mental health wards. and how they benefit patients and staff.

You can catch up with the video [here](#).



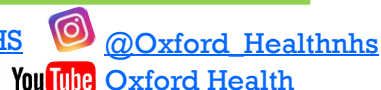
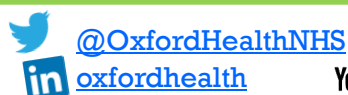
TalkingSpace Plus supporting Every Mind Matters campaign

Recent research by the [Mental Health Foundation](#) showed that many people have increasingly been suffering from feelings of isolation and loneliness which has led to harmful consequences. They also discovered an increased demand from the public to see loneliness being addressed as a serious topic requiring urgent action.

In the Mental Health Awareness Week, May 9-15, we were being encouraged to reach out to others with small acts of kindness to help someone who may be feeling lonely, which might in turn help them feel less lonely too. Work has been completed with the Department for Digital, Culture, Media and Sport, to encourage people to 'Lift someone out of loneliness' as part of the Better Health - Every Mind Matters campaign. The campaign offers advice for ways to help yourself or others who may be feeling lonely and suggests support routes on the [Every Mind Matters Loneliness](#) webpage via [NHS.uk](#).

Find out more on how TalkingSpacePlus can help, if you or someone you know is struggling - not just during Mental Health week - by [visiting our website](#) anytime.

Follow us



Trust news

Live better, live longer



If you would like to find out what positive steps you can take to live well and be healthier, then this is the event for you!

Organised by Oxford Health NHS Foundation Trust and Oxfordshire Clinical Commissioning Group, 'Live better, live longer' is free drop-in event for people with a learning disability and their carers.

When: Tuesday, June 28

Time: drop in any time between 10am and 4pm

Where: Unipart Conference Suite, Garsington Road, Oxford OX4 2PG

We welcome you to attend at any time during the day where you will have the opportunity to attend talks on screening and living well.

There will be a range of stalls to visit and activities to get involved in.

Talks timetable

There will be a rolling program of talks throughout the day

- Bowel screening 10:30am-10:50am & 1:30pm-1:50pm
- Breast screening 11:00am-11:20am & 2:00pm-2:20pm

- Cervical screening 11:30am-11:50am & 2:30pm-2:50pm
- Healthy lifestyles 12:00pm-12:20pm & 3:00pm-3:20pm

Come for a chat

There will be information stands and the opportunity to have conversations about:

- Breast, bowel, cervical, testicular, retinal and AAA (Abdominal Aortic Aneurysm) screening
- Healthy lifestyles and healthy eating
- NHS, Social Care and Support Services that are available to you
- Accessible information on health matters that are more likely to affect someone with a learning disability

Parking & assistance

Parking is free at Unipart House and there is disabled parking available.

If you have any special requirements to enable you to attend, please

contact Hannah.osman@oxfordhealth.nhs.uk

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

Trust news

International Nurses' Day

May 12, the anniversary of Florence Nightingale's birth, is also International Nurses' Day.

Chief Nurse Marie Crofts praised the professionalism of our nurses, saying:

"Our nurses at Oxford Health are truly extraordinary! Incredibly hardworking, caring and professional, they make an enormous difference to the lives of many, many thousands of patients."

CEO Dr Nick Broughton added:

"Our nurses work day-in day-out for our patients, and have really risen to the challenges of the COVID-19 pandemic. I can't thank them enough for everything they do."

Marie also took the opportunity to thank the 66 nurses who have joined the Trust's 2,000 strong workforce from overseas following our international recruitment campaign.



Marie said:

"I'd like to pay tribute to all the nurses who have joined us from around the world as part of our international recruitment campaign. Sixty-six nurses have joined us from as far afield as Africa, India, Nepal and Malta over the last year. Thank you and welcome!"

An event was held in the Whiteleaf Centre in Aylesbury to show how much we value our new nurses. They marked on a giant map where they're from, and shared their stories.

Magical art in Abingdon

Wall by wall Abingdon Community Hospital is being transformed by our artists in residence, supported by Oxford Health Charity and League of Friends.

Artist in residence Dionne Freeman is creating a new mural in the reception area of the Stroke Rehabilitation Unit OSRU. Dionne said:

"I love the work I do with the Oxford Health Charity. I feel extremely privileged to work in the hospital spaces. There is something magical about transforming a space through a wall painting, taking the ideas from staff and patients and working with them to visualise their thoughts. Having the



opportunity to paint alongside the incredible work that happens in these spaces, and the warmth and kindness from staff and patients, is a constant source of artistic inspiration!"

Follow us

www.oxfordhealth.nhs.uk
[@OxfordHealthNHS](https://www.facebook.com/OxfordHealthNHS)

[@OxfordHealthNHS](https://twitter.com/OxfordHealthNHS)
[oxfordhealth](https://www.linkedin.com/company/oxfordhealth)

[@Oxford_Healthnhs](https://www.instagram.com/Oxford_Healthnhs)
[YouTube Oxford Health](https://www.youtube.com/channel/UCOxfordHealth)

Council of Governors elections



Oxford Health NHS Foundation Trust members elect 13 new governors to represent patients, carers, members of the public and staff in the Trust's Council of Governors.

Public Oxfordshire

- Mike Hobbs
- Natalie Davis
- Srikesavan Sabapathy
- Fiona Symington

Patient: Carers

- John Collins
- Kate England

Patient: Services users – Buckinghamshire & other counties

- Ben Glass

Staff

- Evin Abrishami – Oxfordshire, Banes, Swindon & Wiltshire (BSW) Mental Health Services
- Martyn Bradshaw – Buckinghamshire Mental Health Services
- Vicky Power and Jodie Summers – Community Services
- Petr Neckar and Emma Short – Specialised Services

The newly elected governors will join the Council of Governors, subject to necessary appointment checks, and represent the public, patients and carers from different geographical areas, and staff from different directorates.

Thank you to all our candidates and all our members who cast their vote!

You can contact your governor by emailing contactyourgovernor@oxfordhealth.nhs.uk.

We have republished the newly elected governors' election statements [here](#)

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

Trust news

State-of-the-art dementia diagnosis paving the way for prevention

Oxfordshire-based trial set to expand to more people in Oxfordshire and Buckinghamshire: Dementia Awareness Week May 16 - 22 2022

About 150 people in the county have taken part in the pilot at the Brain Health Centre – a ground-breaking collaboration between physical and mental health practice and research to examine a person's symptoms, lifestyle and genetics to best understand the causes of dementia – and how to prevent it.

[The Brain Health Centre](#), also known as the Brain Health Clinic, is a collaboration between Oxford Health NHS Foundation Trust, Oxford University Hospitals NHS Foundation Trust and the University of Oxford.

It opened in 2020, overcoming challenges posed by the coronavirus outbreak and the vulnerability of the patient group. The hope is that it will now be expanded to support more people in Oxfordshire as well as Buckinghamshire who currently undergo standard dementia assessment and diagnosis and in the future be able to offer same-day diagnosis to patients.

Consultant old age psychiatrist at Oxford Health, Lola Martos said:

“The Brain Health Centre brings together NHS clinical care and academic research for patients and provides a prompt and accurate diagnosis for dementia. Patients are invited to participate in research and undertake a more thorough two-and-a-half-hour assessment than typically required

for dementia diagnosis. They are also invited to have a longer and more detailed MRI scan, complete a cognitive test and a wellbeing assessment, provide a lifestyle history and a saliva sample for genetic testing to enable us to determine if there are any genetic risks for the condition. We are offering patients the best we can in terms of assessment and an accurate and prompt diagnosis.”



Claire MacKay, Professor of Imaging Neuroscience at the University of Oxford, said:

“We set up the Brain Health Clinic to try to improve access to high quality assessments for patients at the same time as improving opportunities for research. Our pilot project has shown that we can deliver both and our next challenge is to scale this out to other services to benefit as many patients as possible.”

Follow us

www.oxfordhealth.nhs.uk
[@OxfordHealthNHS](#)

[@OxfordHealthNHS](#)
[oxfordhealth](#)

[@Oxford_Healthnhs](#)
[Oxford Health](#)

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 how and where to book, 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)

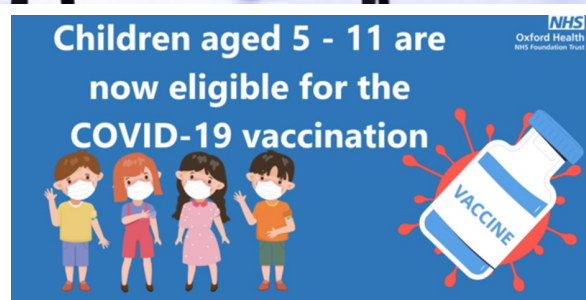
Broad Street Mall, Units 49-50, Reading, RG1 7QE.

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](#)



Children aged 5 – 11 can now get their COVID-19 jab

Parents and carers of 5 to 11 years olds can now book a covid vaccine for their children.

The service is now [open for bookings](#) with appointments available at hundreds of sites across the UK, including three main vaccination centres and 13 additional sites run by Oxford Health in Buckinghamshire, Oxford and Reading.

The NHS has made the vaccine available for all 5 to 11s following updated JCVI guidance, which recommended all children would benefit from a non-urgent offer of the vaccine, with almost five million now eligible.



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.

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

Covid & vaccine update

Overseas vaccination service

A service is available for Buckinghamshire residents to help anyone who may have got a COVID-19 vaccination dose overseas ensure their health records are kept correctly up to date.

this new service will allow you to book an appointment to show evidence for any COVID-19 vaccinations you may have had outside of England.

The NHS can then securely update your vaccination record and ensure your information is correct. People using this service can also be offered a suitable vaccination on-site if they are due to have one.

This service is operated locally by Oxford Health NHS Foundation Trust, which runs several of the

large-scale vaccination sites in the region, including The Guttman Centre at Stoke Mandeville Stadium. It is available to anyone aged 16 and over with an NHS number, and who has received one of the following vaccines outside of England

You can book an appointment, and get more details, by [clicking here](#).

See more [here](#)



Spring booster jabs for the over 75s and immunosuppressed

You will be offered a spring booster if you:
are aged 75 and over

- live in a care home for older people
- are aged 12 and over and have a weakened immune system

COVID-19 may affect you more seriously if you are in one of these groups. The spring booster is being offered to help reduce your risk of getting seriously ill from COVID-19.

You will be contacted by the NHS when you are due a spring booster. You will usually be offered an appointment around 6 months after your last dose of COVID-19 vaccine.

Oxford Health's three large scale vaccination centres at the Kassam Stadium, Oxford as well as the Guttman Centre in Aylesbury and the Broad Street Mall in Reading will be offering the Spring booster.

Eligible people can arrange it through the [National Booking Service](#) or by calling 119 when it is their turn.



Calls to 119 are free from mobiles and landlines. Lines are open every day from 8am to 8pm, and 119 can provide support in 200 languages.

Follow us

Exceptional People Awards

Leys District Nurses and Rev Sally Horner take awards for April



this

From left: Coralie Prince, Kathy Brockwell, Tiph Jones, Nick Broughton, Marie Woolsey, Amanda Jones, Olalekanandrew Ogunmoyede, Kerry Rogers, Dawn Evans, David Walker, Ancy Thomas, Guy Harrison, Sally Horner, Charis Smith and Allysa Cabaluan.

Moving tributes from carers, colleagues and a student nurse were heard on when Deputy Head of Spiritual and Pastoral Care Rev Sally Horner and Leys District Nurse Team were crowned the April winners of Exceptional People Awards.

The prize-giving ceremony at Trust HQ in Littlemore was opened by Trust Chair David Walker who said he was delighted to see some of our staff face-to-face and hoped to meet many soon at their workplace.

"We like to think that all of our staff are exceptional, but in our 6,500 staff there clearly are people who go beyond what would be normally expected. Cynics – and there are those! – might say that you have

scheme because you can't pay more or recruit more staff, and clearly there are many pressures. But I can assure you that these awards are a genuine effort to show our appreciation and say thank you," David said.

Outstanding ambassador Sally

David then gave the stage to Director of Corporate Affairs Kerry Rogers who presented the individual award on behalf of Trust governor panel who judge it.

"Our governors are thoroughly enjoying awarding our exceptional people," she said and read out Sally Horner's nomination.

Sally had been nominated by Modern Matron Carol Gee, who praised how Sally has created a place of safety where patients, their families and staff can

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

Exceptional People Awards



The Leys team had received two nominations: Service Director Emma Leaver and Service Manager Shafik Nassar both commented on the immense pressures the team is under and then relayed messages of fabulous feedback from a care company and from a student nurse who specifically wanted the team to be recognised. A representative from a care company wrote:

"I felt compelled to email you and congratulate you on having such an amazing team of nurses! As a care practitioner I recently provided end of life care to a lovely lady in Oxford. During my visits I had the pleasure to meet some of your team. The nurses I met were so caring, compassionate and skilled, offering lots of good advice and information to the lady and her family."

And a student nurse had gone out of her way to get the Leys team recognised. She had written to University of Gloucester to see if they have any awards, saying:

"The team are amazing, and I am lucky to be placed with them and want them to get the recognition."

Via Oxford Health's Learning & Development this praise landed in Shafik and Emma's inbox and resulted in an Exceptional People Award. Who knows, maybe there are more awards on the way to the Leys team!

speak openly and without fear, and receive authentic, compassionate care.

"Sally has been an outstanding ambassador for Oxford Health," Carol concluded.

Sally, accompanied by Head of Pastoral and Spiritual Care Rev Guy Harrison, was quite overwhelmed by the award.

"Oh my goodness, this is such an honour!" she said as she received her certificate, trophy and gift voucher from Kerry.

Fabulous feedback from far and wide



CEO Dr Nick Broughton then presented the team award to the Leys District Nurse Team.

"I am particularly pleased to have this pleasure as I am well aware of the pressures and challenges your team is facing. They are right there on the top of the list and you have been responding in an incredible way. A huge thank you from me."



Follow us

 www.oxfordhealth.nhs.uk
 [@OxfordHealthNHS](https://www.facebook.com/OxfordHealthNHS)

 [@OxfordHealthNHS](https://twitter.com/OxfordHealthNHS)
 [oxfordhealth](https://www.linkedin.com/company/oxfordhealth)

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

Membership Matters 17

Exceptional People Awards

The one and only exceptional Amanda celebrated in Bucks

In an event fitting to close the Maternal Mental Health Week May 2-8, Consultant Psychiatrist Dr Amanda Elkin from Buckinghamshire Perinatal Mental Health Team was presented with the Exceptional People Award she had won in the March round of the awards.

Deputy Chief Nurse Britta Klinck, Lead Governor Mike Hobbs and Mental Health Practitioner Lisa Manser gathered at the Whiteleaf Centre to present Amanda her prizes.

Britta paid tribute to Amanda's amazing work enabling mums and families to get back to a normal start to family life after episodes of severe mental illness. Reading out the nomination, Mike said the judges found the case for making the award to Amanda overwhelming. All the more impressive, Amanda is the only perinatal psychiatrist in the Bucks team and covers whole of the county alone.

Amanda's nomination had been made by Lisa Manser who wrote:

"Dr Elkin is an amazing role model within our team and supportive of all staff. She is changing lives of her patients for the better every day and has without doubt saved many lives of women in the ante-natal and post-natal period."

And:

"Dr Elkin is an exceptionally dedicated practitioner who is 100% committed to everything that she does. Her core values of empathy, compassion and warmth are at



From left: Mike Hobbs, Lisa Manser, Amanda Elkin and Britta Klinck.

the heart of everything. Her patient care is excellent, and she gives every patient time and ensures that they are both heard and understood."

Amanda paid tribute to her team:

"This was a huge surprise, totally unexpected and a great honour. But our work is very much a team effort. The team is passionate about what they do, they go over and above, and patient care is always central to what they do."



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



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

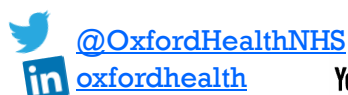
DAISY Award

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](#)

Follow us



Exceptional People Awards

Senior Matron and 'disco queen' Julie

Julie Fulea, Senior Matron for Oxford Health's Older Adult Mental Health Acute Inpatient Services in the Fulbrook Centre was officially crowned the 'disco queen' of the Trust when she received her highly commended certificate for the April round of Exceptional People Awards.



Julie's award ceremony at the Fulbrook Centre coincided with a visit from Grant Macdonald, Executive Managing Director for Mental Health & Learning Disabilities, who was visiting several Trust sites on the day. Julie and Grant are pictured above with Modern Matron Laura Parsons.

Grant said:

"During the day I have met with staff across the units and heard about the excellent work that each of them do. I have also got a sense of some of the pressures and challenges, so I can only commend Julie for the extra mile she is going to connect with her colleagues! Well done and congratulations!"

Julie had been nominated by arts co-ordinator Angela Conlan who put Julie forward to the awards

for her enthusiasm for health and wellbeing at the Trust. Angela wrote:

"Julie's ability to connect with colleagues, not just in her own team but from across the Trust with enthusiasm and passion is contagious. She went above and beyond to secure the Strictly sensation Robin Windsor for the 10-minute discos last year – she is our own disco queen! This has made a difference to colleagues across the Trust."

In her spare time Julie created a playlist for the International Women's day for colleagues, with colleagues over social media ."

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

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.



Children's Dental Clinic

East Oxford's Children's Dental Clinic has been praised for its friendly team and excellent patient care.

Rosalind Mitchell, Clinical Director and Deputy Chief Medical Officer, for the service, said:



"The children's in hours team at East Oxford are passionate in providing excellent care to all our patients. Many children who visit us suffer with severe phobias and

anxiety and the team carry out an amazing job to make sure they complete their treatment and leave relaxed and happy."

Cotswold House, Marlborough

Cotswold House in Wiltshire has been praised for its supportive team and excellent attentiveness to patients.

The eating disorder unit is situated on the Savernake Hospital site and offers 12 inpatient beds and a range of day services for adults.

Estelle Hyde, Clinical Nurse Lead at Cotswold House, Marlborough, said: "The team here is made up of nurses, occupational therapists and psychologists alongside other medical teams and they all work together to provide fantastic care to our patients."

"Cotswold House works with adults as well as young people who are approaching the age of 18. For patients in Wiltshire, the service works alongside CAMHS to manage the transition to adult services. We accept referrals for patients from Wales, Swindon and Wiltshire but we do accept from other areas too, with suitable funding arrangements."



Comments Cotswold House has recently received include:



"Cotswold House continues to support my care and are very willing to work with me. The whole team are very supportive, understanding and hard working."

"The staff are amazing. They look after the ward so well, despite challenging times."

"Very individualised care is given by the team. Staff are always so kind and caring."

Follow us

 www.oxfordhealth.nhs.uk
 [@OxfordHealthNHS](https://www.facebook.com/OxfordHealthNHS)

 [@OxfordHealthNHS](https://twitter.com/OxfordHealthNHS)
 [oxfordhealth](https://www.linkedin.com/company/oxfordhealth)

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

Charity news



Fabulous fundraisers step out at Blenheim

After two long years we were excited to have an Oxford Health Charity stand once more this weekend (15 May 2022) and for the first time at Blenheim 7k at Blenheim Palace, Woodstock, Oxfordshire.

The sun shone as we set up and welcomed our lovely team. It was great to meet OHFT staff members, their families and members of the public taking part on our behalf. However, as well as our team, the sunny weather was also on the move, and

it turned into a very soggy Sunday part way through the 7k. Nevertheless, everyone completed the picturesque route (including the Harry Potter Tree) with a smile.

Big thank you to all who took part, both humans and SuPAWters. Running, walking or something in between, we are grateful for all your efforts. The fundraising is still coming in but you've raised over £1,000 to help support Oxford Health patients, carers and staff. Brilliant!



Research news

Dementia sufferer's daughter calls for research volunteers

A retired Oxfordshire IT trainer who is taking part in a dementia study after seeing her mum with the disease has urged others to participate in research.

Penny Marsh spoke as researchers around the world mark International Clinical Trials Day, May 20.

The Harwell resident underwent brain scans, eye imaging and health assessments as part of a University of Oxford study to find early signs of diseases that could lead to Alzheimer's dementia.

Her mother, Heather Tucker, suffered from dementia for around four years before she died from an infection aged 87 in 2015. Penny, 70, took part in the Deep and Frequent Phenotyping (DFP) study at Oxford Health NHS Foundation Trust and the University of Oxford.

She said:

"I have a strong thought that I may develop dementia so the research may well be of benefit to me. Although you can't think like that, you just have to make the most of life wherever you are."

The mum-of-two had previously taken part in the UK's [Biobank study](#), which is gathering health data from half-a-million healthy volunteers to inform research.

Through this, she was contacted about the DFP study, which is seeking people with only very mild memory problems and no diagnosed memory disorder, aged over 60.

It aims to measure changes in the brain that may precede symptoms of Alzheimer's dementia by many years. At present, only those close to developing or with the condition are diagnosed.

The year-long study involves nine visits to the Warneford Hospital, Oxford and other UK sites. More than 20 have been recruited in Oxford to the study, funded by the National Institute for Health

and Care Research (NIHR) and the Medical Research Council (MRC)

It involves blood tests, scans, cognition and gait walking tests, images of the back of each eye and lumbar punctures, where a needle is inserted into the lower spine to test cerebrospinal fluid. A mobile phone app is also used to monitor sleep, mood, memory and reaction times.

To assess Penny's memory, her husband was asked questions about his wife and what they had done in the previous weeks.

Penny said:

"I've been well informed and I've felt absolutely taken care of. I'm so glad to take part. It may well benefit me, as well as contributing to society and medical research and I got to marvel at the technology of it all."

"I would say to other people thinking about taking part, absolutely go for it, do it."

Dr Vanessa Raymont, the study's Chief Investigator, said:

"The DFP study has been running for several years now, but the reason why it is so vital has not changed. The breadth of assessments involved will hopefully mean we can identify a group of tests that can pick up and track Alzheimer's disease before it progresses into dementia, making it easier to develop and implement new treatments. But we cannot do any research without incredible volunteers like Penny."

See more [here](#)



Oxford Health Strategy 2021-2026




Our strategy: At a glance

2021-2026

Our **four** strategic objectives:

1

Quality



Deliver the best possible care and health outcomes

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

2

People



Be a great place to work

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

3

Sustainability



Make the best use of our resources and protect the environment

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

4

Research



Be a leader in healthcare research and education

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



Mission

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



Vision

Outstanding care delivered by an **outstanding** team



Values

Caring • Safe • Excellent

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

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.

Follow us