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Oxford Health
NHS Foundation Trust

December 2022



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SEASON'S 2022
GREETINGS

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

To all our Members

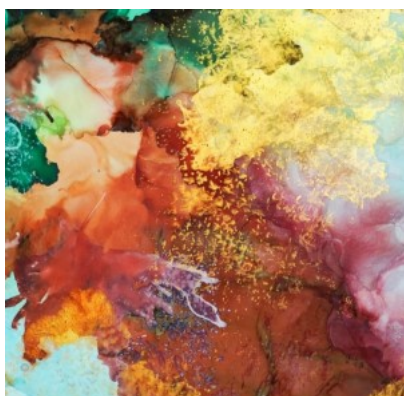


Season's Greetings

with best wishes

David Walker, Chair
Dr Nick Broughton, CEO

and the Trust Board



Artwork by Louisa Cox

Louisa is an artist and spent time on Allen Ward in 2021.

Her paintings and words are a reflection of recovery and the realisation that no matter how hard things become there is always hope.

The paintings are created using coloured inks and water, and acrylic and water. When mixing water of different amounts these mediums perform an organic dance of effects and textures on the page. Organic and always unfolding. Just like life

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Get involved

Council of Governors' meetings

Our Council of Governors, which includes our Chair and Governors, brings the views and interests of the public, patients, carers, our staff and other stakeholders into the heart of our governance. You are welcome to attend and observe the meetings.

Time is set aside at the end of the meetings in public for those attending to ask questions on matters arising from the agenda.

Questions will be taken at the discretion of the chair of the meeting, at the end of the meeting and in the designated slot on the agenda.

Questions on topics not included on the agenda may be answered at the discretion of the chair of the meeting, either in or outside of the meeting.



To facilitate a response at the meeting, please submit questions no later than 24 hours in advance to the [Director of Corporate Affairs & Company Secretary](#).

Meetings 2023

The Council of Governors meetings in 2023 are:

- Wednesday, 15 March
- Wednesday, 14 June
- Thursday, 14 September
- Thursday, 7 December

The Annual Members' Meeting and Annual General Meeting will be held 6pm – 8pm on Wednesday, 20 September 2023.

Have your say on Oxfordshire carers strategy

The Oxfordshire County Council's carers strategy is for carers of all ages, their families and the professionals who work with them. This includes all carers who provide unpaid support to someone of any age, living in Oxfordshire.

The council is revisiting the priorities set in their 2017 strategy to see how well they are meeting them, and if they need to change anything. A survey has been created to collect your views.

[Take the survey here.](#)



If you would like to receive an email or posted copy, call the Carers line on 01235 424715.

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Get involved

Online workshops in 2023 for carers, family & friends in Bucks



The workshops are provided for carers of service users who are currently under the care of Bucks Mental Health Teams. Email: icareyoucare@oxfordhealth.nhs.uk

Provide your name, the name of the person you care for under a Bucks Mental Health team, and workshop(s) that you wish to attend.

You will be sent the joining details upon confirmation of your booking for the workshops.

Understanding Personality disorders

Thursday, January 12 2023

10am to 12 noon

Understanding Suicide and Self-harm

Thursday, February 16 2023

10am to 12 noon

Understanding Autism

Thursday, March 16 2023

10am to 12 noon

The Community Voice

The Community Voice is a group for people who have or have had contact with Oxford Health's Primary, Community and Dental Services. Anyone who has been in contact with these services is welcome to come along.

It is a space for people to come together and for the Trust to learn from people's experiences to make positive changes in your Primary, Community and Dental Services.

The Community Voice' meets bi-monthly on Microsoft Teams. The meeting usually lasts an hour and a half. If you're nervous about coming alone, why not ask a friend or family member to come with you?



To get involved, please email communityservicesfeedback@oxfordhealth.nhs.uk. The next meeting is scheduled for:

Tuesday, January 10, 2023, 11am – 12:30 pm

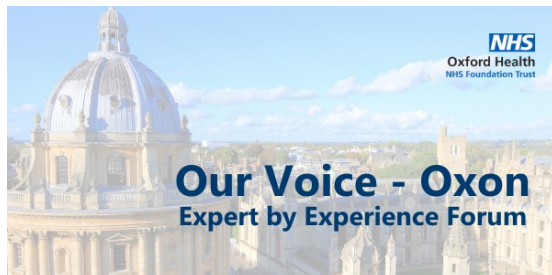
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Get involved

Expert by experience groups

Our Voice in Oxfordshire and Bucks Voice in Buckinghamshire are expert by experience groups for people who use the local mental health services or care for someone who does. If you would like to attend, please email getinvolved@oxfordhealth.nhs.uk



Thursday, January 12

1pm - 3pm

Wednesday, February 8

10am - 12 noon

Friday, March 17

1pm - 3pm



Look out on social media for notices on Bucks Voice!

The Trust also runs an **Eating Disorder Forum**.
The Forum meets **every third Thursday of the month** from 4.30pm to 5.30pm

Introduction to Peer Support

If you are thinking of applying to one of our peer support worker roles, we strongly recommend you attend one of the 'Introduction to Peer Support' sessions.

These sessions will help you understand more about the role so you can make an informed decision as to if the job is right for you.

There are two dates to choose from:

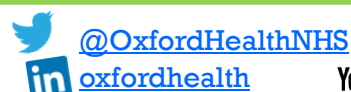
Tuesday 10 January 6pm-9pm online

Thursday 12 January 9.30am - 1pm in person at the POWIC Building, which is based on the Warneford Hospital site, Headington, Oxford OX3 7JX.

To book your slot, or if you can't attend one of these but would like to chat through the role, please contact Louise Rosenberg via email: louise.rosenberg@oxfordhealth.nhs.uk.



Follow us



Peer Support Workers

Oxford Health is boosting the pioneering peer support worker programme where people with personal experience of mental health problems can become paid support workers for others.

The Trust is now looking to recruit peer support workers who will be supporting the Community Mental Health Framework hubs in Oxfordshire as well as other mental health settings.



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**Recruiting now
for compassionate
peer support workers**



Vicky Naidoo,
Recovery and
Social Inclusion
Lead, says:

“With the development of the Community Mental Health Framework in Oxfordshire, we are working on

an integrated community mental health pathway that plugs the gap in mental health support for patients with serious mental illness. Peer support is integral to the recovery of our service users across this project. We have a well-established programme team and offer training and support whilst on the job.”

The Peer Support Worker Programme focuses on people's recovery – providing inspirational career opportunities for people in recovery or their carers and one-of-the-kind support for people experiencing mental ill-health.

Peer support worker Linda Thomson says:

“Being a peer support worker and being able to help a person with our lived experience and see that person change is so rewarding. I feel so supported working in a team and have learnt so much about myself

and others in the process. This is the best job I have had and managed to keep – because I feel so rewarded.”



Apply by mid-January

The new recruitment boost is looking to hire people straight into paid roles instead of the previous path where people first joined as volunteer trainees and then had the opportunity to apply for a paid position.

Oxford Health is looking for people who are compassionate and highly motivated, can work well in a team, and have excellent written and verbal communication skills. Lived experience of mental health challenges or having cared for someone with mental ill-health is essential for the role.

All new peer support workers will be provided with training for the role and given the opportunity to complete the national recognised care certificate. In their roles, peer support workers will work minimum 22.5 hours (3 days) per week.

To see all the locations with peer support worker positions and to apply, click <https://tinyurl.com/ys52radw>.

Applications close on January 15, 2023.

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

Trust news

New volunteering initiative to tackle workforce shortages

Oxford Health has won funding for an exciting new initiative to help volunteers start a career with the Trust.

The Volunteer to Career programme is a pioneering project that will help address shortages in the NHS workforce by actively supporting volunteers into a healthcare career.

Oxford Health is one of 10 trusts awarded £25,000 by Health Education England (HEE) to increase the number of volunteers pursuing a career in frontline health and care services after their time volunteering.

Clinical leaders at the Trust will be working with the Volunteer Programme Team, Learning and Development and Recruitment to design projects, based on local clinical workforce needs, through which volunteers can develop the skills they need for a career here. The first pilot will be the Adult Eating Disorder Team based at Savernake Hospital, Marlborough.

Julie Pink, Head of Oxford Health Charity and Involvement, is overseeing the Volunteer to Career project. She said:

"This is a really important scheme to address one of the biggest challenges facing



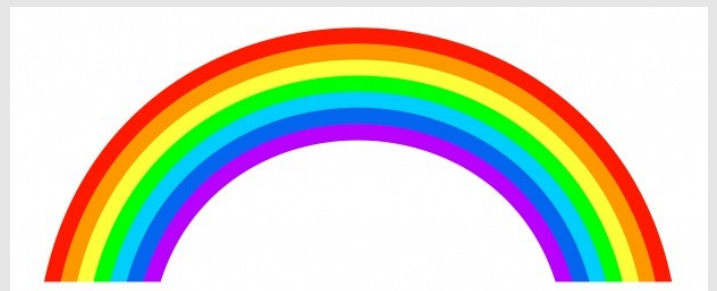
the NHS – staff shortages. I've always been delighted to hear when volunteers join the Trust as paid employees. But we are now going to build on our success to date by nurturing our volunteers so that even more of them join us as paid staff. I really look forward to developing this model with the Eating Disorders Team in Wiltshire and then replicating it across the Trust."

Workshops are now getting underway with HEE and charity partner Helpforce to support the roll out of this programme over the next year. Recruitment for [volunteers](#) will be getting underway soon.

Volunteer with us

We are looking for volunteers who are:

- interested in supporting staff and patients in a healthcare setting
- caring and approachable
- eager to make a difference
- able to abide by policies and procedures in place to keep you and others safe
- able to commit the volunteering role and requirements
- over the age of 16 (18 for some roles)



See all volunteering opportunities and how to apply [here](#).

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Membership Matters 

Covid & vaccine update

COVID vaccinations

Changes have taken place in how COVID vaccination services are provided in Berkshire West, Oxfordshire and Buckinghamshire.

The [National Booking System](#) is the starting point for anyone needing to book a COVID-19 vaccination. If you are eligible for a first, second or booster dose all you need to do is visit the page and your nearest available sites will be shown. You can book a time to suit you. If you are unable to book online you can **call 119**.

Since February 2021 Oxford Health has led on providing jabs and boosters to well over a million people and will continue to offer the same service from its facility at the Kassam Stadium in Oxford.

The Reading Centre, based at the Broad Street Mall, closed on Sunday, November 13. Access to vaccinations in the area will then be via GP or local pharmacies and Oxford Health's small vaccination site in Wokingham.

A new vaccination facility has opened in Aylesbury—see page 9.

Shafik Nassar, Oxford Health's Head of Service for Vaccination and Population Health, said:

“Oxford Health’s contribution to the national vaccination effort has been immense and I want to pay tribute to everyone who has played their part.

“From the very beginning when colleagues were setting up at the Kassam to welcome the very first people, to hitting the million-jab mark and going out on the road to run mobile and pop-up centres it has been truly amazing.

“As demands change and the vaccination



offer in different locations develops we see more opportunities in many areas for people to get their vaccinations at GPs, and the time is right for us to reduce our own offer in some locations.

“Getting your COVID-19 jabs and boosters is still the best way to protect yourself, your family and those around you and I would urge anyone who is eligible for a vaccination to book theirs now via the National Booking system online or by calling 119.”

COVID-19 vaccine ingredients

The COVID-19 vaccines do not contain egg or animal products.

The Oxford/AstraZeneca vaccine contains a tiny amount of alcohol, but this is less than in some everyday foods like bread.

You can find out about the ingredients in the vaccines currently available in the UK:

[Moderna \(Spikevax\) COVID-19 vaccine patient leaflet on GOV.UK](#)

[Oxford/AstraZeneca COVID-19 vaccine patient leaflet on GOV.UK](#)

[Pfizer/BioNTech COVID-19 vaccine patient leaflet on GOV.UK](#)

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Covid & vaccine update

Vaccination centre opens in Aylesbury

Oxford Health NHS Foundation Trust has opened a new facility at Buckinghamshire New University's Aylesbury Campus on Walton Street, which will be providing appointment and walk-in opportunities.

The centre opened its doors on December 9 for a 'soft launch' and will be open each Saturday and Sunday from 8.30am – 5.30pm.

On Saturdays the centre is open for anyone needing a booster, including those over 50s, people in clinical risk groups and carers. On Sundays we will be offering vaccines for children and those requiring their primary vaccine courses (normally first and second doses).

Anyone who needs a jab is advised to make an appointment via the [National Booking Service](#) although walk-in vaccinations are also available. To get a walk-in jab or booster simply arrive during opening hours and the team will help you.

The opening of the vaccination centre at the university fills the gap left when the centre at the



New COVID-19 Vaccination centre in Aylesbury

Guttmann Centre in the town closed a few weeks ago.

Michelle Little, Oxford Health's Clinical Lead for Vaccination and Population Health, said:

"We are pleased to be returning to the home of our first Bucks vaccination centre at the university and to, once again, give people in and around Aylesbury a convenient option for getting their COVID-19 protection."

National spotlight on Trust Long Covid service

Oxford Health's pioneering work on the treatment of patients suffering from Long Covid is going to be in the national spotlight again.

Emma Tucker, the Trust's Post COVID Rehabilitation Specialist / Service Lead, will be taking part in a Westminster Health Forum policy conference titled "Priorities for Long Covid services, care and research".

The event, which will take place online in January, will bring together experts from across the country.

Emma will present as part of a section on improving long COVID specialist services and assessing the NHS plan, including options for increasing capacity, addressing inequalities in

provision, access to services and information, and applying latest developments from research.

Emma said: "As people's attention generally shifts away from COVID to other concerns, such as the cost of living, it's really important to keep talking about Long Covid and what can be done to treat patients and improve their lives."

"To be given the chance to speak as part of this Westminster event was something I was really keen to take up."

"I will be talking about how our approach to helping Long Covid sufferers was developed and also some of the barriers that can prevent some people from receiving treatment." See [more](#)



Trust news

Oxfordshire parents urged to respond to flu consent letters



Oxford Health is urging parents and carers to consent for their children to be vaccinated as part of the annual national school-based Flu vaccination programme which is well underway.

The Trust has just completed giving around 40,000 jabs to children from Reception to Year 6 and from January 2023 work will begin to vaccinate those in Years 7, 8 and 9.

Anyone who gave consent but missed their jab in school will be invited to a community catch-up clinic.

Giving consent is essential as the vaccine won't be given without it and all the information needed to do it is provided in the letter which will be emailed to parents and carers by the child's school. Letters will be sent direct to families for children educated at home. For more information visit the [School Aged Immunisation Website](#) for details on how to book into a catch up clinic and the vaccination programme.

Fiona Singleton, Oxford Health's School Aged Immunisation Service Operational Manager, said:

"If you have had a letter or email from us, I urge you to read it and respond if you haven't already."

"Flu can be a really unpleasant illness for children and sometimes causes serious complications. The good news is that vaccination greatly reduces the risk and protects the vaccinated person and those around them."

"Children can catch and spread flu easily so vaccinating them also protects others who are vulnerable such as babies and older people. This is particularly important as COVID-19 is still circulating and people at risk of flu are also vulnerable to the complications of COVID-19."

Later in the season, from January onwards, some secondary aged children will also be offered vaccination across a further 54 schools.

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Trust news

No chill factor for Rob!

When a community nurse got in trouble in the snow on Sunday, operations manager Rob Avis from the South-West Integrated Locality Team didn't hesitate to jump in his Landover and hurry to help.

"It so happened that the nurse was stuck only about half an hour from where I live, so I offered to take my Landover to pull her out. Once we pulled her car back onto the road, I drove in front until we reached tarmac, although I did have to help another lady on the way! The nurse was very brave once she was mobile again, and very competent in the tricky driving conditions, so well done to her," Rob said.

He added:

"On a serious note, this weather is extremely challenging for all community staff with patients waiting for them to visit to support their care. I think we need to offer support in the form of some special training around how to drive confidently and safely in poor road conditions."

Rob's rather summery attire has nothing to do with him rushing to help nurses in distress. He explained:



"For the past 3+ years I have only worn shorts apart from maybe two more formal occasions. I didn't feel cold at all!"

And his take on the Sunday rescue mission:

"Old Landovers are often just very expensive toys, which their owners like me get very excited to go out with and use as soon as it snows, so really I was just playing in the snow!"

Poppy's courageous appeal

A young woman who has battled mental health issues with the help of staff at Oxford Health's Cotswold House in Marlborough, is now raising money from the sale of her own clothing range to raise funds for Oxford Health Charity and Mind.

Poppy Clementine, who is now 20, suffered a life-changing event at the age of 11 when her 13-year-old sister India passed away unexpectedly in her sleep. The trauma of this loss had a massive impact on her mental health, and this eventually resulted in her having long inpatient stays at Cotswold House, a unit that treats adults with eating disorders.

Poppy is now confident and determined to get on with life and has launched a new clothing line with a range of T-shirts, sweatshirts and a baseball cap for children and adults. Her new collection is called 'Courage', and each item is embroidered with that word as well as the strapline, 'Thoughts not facts'.

She explains: "I designed the range to celebrate the courage that continues to guide me through my journey and that of anyone

facing negative brain chatter. I also added an embroidered reminder that 'Thoughts [are] not Facts.' This is a mantra I remind myself of and repeat daily, that the thoughts that I have are just in my head and are often false and, hence, must be tried, tested and justified before I start to believe them."

To find out more and to support Poppy please visit:

[By Clementine](#)
(couragebyclementine.myshopify.com)

The charity Mind can be reached [via this link](#)



Exceptional People Awards

Triple celebrations for exceptional winners



The presentation was attended by (in the photo above from left) Andy Robertson, Nicole Wareing, Annette Powis, Nicky Bargent, Sophia Acheampong, Rosie Russell, Lauren Mills, Maria Bourbon and David Walker.

Warneford Boardroom was basking in winter sun when North Oxon CAMHS team, Bucks Early Intervention Service and team manager Andy Robertson from Aylesbury Older Adults Community Mental Health Team received their Exceptional People Awards from Trust Chair David Walker.

North Oxon CAMHS and Bucks EIS were team winners for September and October but had been unable to attend the previous prize-giving ceremonies, hence they got their awards last week with Andy, the November individual winner.

David gave all winners a warm welcome and took the opportunity to update the attendees on the grand plan for Warneford: the beautiful old hospital building would remain on the campus but a new hospital, fit for the 21st century would be built to serve patients and staff for healthcare purposes.

"IF we get the funding!" David emphasised. He then turned to the celebrations of the day:

"There's no point pretending that this

winter we are not facing huge challenges: winter pressures, flu, cost of living and of course pay and the related strike action which we must respect. But every month we do celebrate teams and individuals who make a difference and go over and above for patients and service users – it is after all for them that we exist as a Trust."

Care for patients and for each other

The September winners North Oxon CAMHS team were nominated by clinical team manager Sharleigh Hills who wrote:



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Exceptional People Awards

“The team care greatly about not only the work they do but also one another. Despite working in difficult times where they are faced with high demands, increasing caseloads and long wait times, the team’s compassion for one another and the care they provide is inspiring. They are always there for another to support, build each other up and help when needed. They have made an incredible difference to one another and to children and young people.”

Flexible, caring team



Bucks Early Intervention Service were nominated by a member of staff who has wished to remain anonymous. They wrote:

“Over the past period the team have been very flexible in adapting to change and have been still able to keep clients safe, providing quality care in difficult circumstances. The team regularly gets positive feedback from I Want Great Care and have very few, if any, formal complaints and serious untoward instances, which demonstrates safe and good quality care. Where improvements have been identified in national audits, they have continually strived to excel, improve and learn. Clients and staff do not wish to leave the service because of the care and support they give.”

Great induction to new starters



Andy Robertson, Team Manager for Aylesbury Older Adults CMHT, was nominated by Jeff Parker, Service Manager, Urgent Care Pathway, Buckinghamshire, who wrote:

“Andy has recently stepped in to provide support for the newly forming Gateway Single Point of Access Team, despite having his own team to lead and manage. With the support of his own team, he has successfully inducted six new members of staff into the Gateway and has worked with them to ensure that they have all of the tools and support that they need to manage the tasks that they have been set.

“The new starters have all settled very well into the service with Andy’s support, without which their induction period would have been much more challenging.”

Nominate now

Nominations are welcome at any time from patients, carers, family & friends and colleagues. If someone has made a difference, however small, we want to hear about it!

Nominate online [here](#)

Exceptional People Awards

Astonishing achievements



Sense of achievement and joy were palpable in this year's last Exceptional People Awards ceremony when December winners Clinical Systems Team and Interim Lead for Allied Health Professionals Emma Croft and November team winner Allen Ward Nursing Team & Dr Tsatalou received their prizes.

The joyful ceremonies were led by Trust Chair David Walker, CEO Dr Nick Broughton, Chief Nurse Marie Crofts and Director of Corporate Affairs Kerry Rogers.

A sense of relief is probably felt by the whole Trust, thanks to the incredible feat by the Clinical Systems Team who have got two new systems – RiO and EMIS – implemented in record time as a response to the national clinical systems outage.

David said:

“We don’t often get the chance to celebrate colleagues who are not clinical staff, but it is a fact that any service depends on other services, such as yours.”

Nick added:

“What you have done is remarkable and I am sure you have spent long hours on it!”

The team, 40 people in all, have worked round the clock to implement RiO and EMIS, and have completed the work in just two months when normally one would expect a schedule of a year for such a project. No wonder their nominator Lorraine Hirst called the work ‘astonishing.’ She wrote:

“The successful launch means the Trust can now access contemporaneous records for patients. This directly impacts on almost every patient accessing Oxford Health. Their work has made such a difference already.”



From left: Henry Osadebe, Dr Fathi Saad, Vince Knight, Rachel Hanks, Tatjana Kovalevica, Amanda Colloff and Tracey Clifford

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Exceptional People Awards

Allen ward compassion and commitment



From left: Regina Duodu (Modern Matron), Nokuthula Ndimande (Senior Matron), Dr Katherine Reid (ST5), Mercy Ejemole (Staff Nurse), Hannah Woodford (Modern Matron) and Jamie-Louise Franklin (Ward Manager)

Allen ward nursing team and Dr Olga-Maria Tsatalou were recognised for providing continued excellent care despite changes in leadership. They were nominated by head of nursing Natalie Cleveland who quoted patient feedback:

“You have been endlessly generous with your time and have shown a level of compassion and commitment I have never experienced before.”

Wantage receptionists

Everybody knows what a difference a friendly front of house makes to visitors and none better than Wantage Community Hospital receptionists Sophie Delamore and Tessa Avenell who became highly commended in the November round of Exceptional People Awards.

The brilliant duo had received two nominations. Podiatrist Sarah McBride praised them:

“Tessa and Sophie are so helpful for all the services delivering care at Wantage Community Hospital. They ensure patients are well looked after, and communicate brilliantly between patients and different community services working there.

Oxford university Hospitals Jenna Larke, Team Lead for Vale Community Midwives who are based at

Inspirational lead Emma

Emma Croft had been nominated by Lucy Gardner, Professional Lead Dietitian in Mental Health & LD, who praised Emma as a terrific role model and inspirational leader. She wrote:

“Emma is one of the most inspirational leads I have worked with. She seeks to deliver excellence, leading, supporting and developing others. She demonstrates by example how effective teamwork makes a difference and can be relied upon despite her own very busy workload. She is a natural cheerleader and is full of enthusiasm and positivity which is invaluable in terms of staff morale. She is highly professional, passionate about improvement, but also has a sense of fun. What makes a difference is the way she does her job; the compassion she shows for others, her innovation skills and her commitment to Team AHP.”



Wantage Maternity Unit at Wantage Community Hospital, said:

“The current reception team at Wantage Community Hospital have transformed the experience of attending appointments at Wantage, whilst also ensuring staff members are extremely well supported to carry out their own duties.”

Charity news

Making Christmas special for those who have to spend it in hospital

Hundreds of gifts are to be delivered to people staying in hospital this Christmas at Oxford Health NHS Foundation Trust.

Patients across 33 inpatient wards (in Oxfordshire, Buckinghamshire, Swindon, Wiltshire and Bath and North-East Somerset) will receive a gift thanks Oxford Health Charity – with Father Christmas popping in to deliver them to people in our care.

And that's alongside seasonal treats including mince pies and chocolates as patients, visiting family and friends, and staff celebrate over the holiday period.

Oxford Health Charity enhances the experience of people who use Trust services and staff thanks to the wonderful generosity of local people and organisations.

Julie Pink, Head of Charity and Involvement at Oxford Health, said: "It's difficult for people to be away from their families, particularly over the Christmas period, so we try and make it as nice as possible. Thanks to the public's continued support and generosity Oxford Health Charity is able to allocate a sum of money to each of the 33 mental health and community hospital wards and all the staff help to choose presents and to wrap them up for people to wake up to a gift on Christmas morning. In total there will be 530 presents given out.

"People often donate money to Oxford Health Charity to show their appreciation for the wonderful efforts of staff at Oxford Health who have cared for their loved ones and so in turn we are able to enhance the lives of patients, families, carers and staff on Christmas Day."



Libby Pannett-Smith, an Occupational Therapist at Marlborough House Adolescent Inpatient Unit in Swindon, which cares for young people experiencing mental health difficulties, said:

"We try and make Christmas as special as we can for those young people who are with us over the festive period and all our staff roll their sleeves up and get stuck in to make it fun, our consultant dresses up as Santa."

"The gift giving is a lovely part of what we do at Christmas and we are very grateful to Oxford Health Charity for their help in enabling us to buy the presents. Our young people tend to like puzzle books, fidget toys and art items as gifts, and socks are always very popular. It means a lot to them to know that someone has thought of them through their donation, and to staff as it shows that people in the community value what they do."

"The Charity also give us items that we can use in our raffle and that generates money that we can use throughout the rest of the year so the Christmas spirit is long-lived at Marlborough House!"

Research news

£2.4million to fund trial of ketamine-assisted therapy for alcohol disorder

A new £2.4 million phase III trial delivered across seven NHS sites including Oxford Health NHS Foundation Trust will investigate whether ketamine-assisted therapy could help alcoholics stay off alcohol for longer.



Oxford Health will be recruiting patients with alcohol-use disorder to determine if a short course of ketamine alongside psychotherapy reduces heavy drinking days for people six months after treatment.

Participants will be supported to abstain from alcohol ready for the start of the study. They will receive ketamine alongside mindfulness relapse-prevention therapy or alcohol education. The placebo arm involves low dose ketamine and education about alcohol.

The latest trial builds on a [positive result of an earlier phase II trial](#), designed to test whether the treatment is safe.

The trial will be run at Oxford Health NHS Foundation Trust plus six other NHS sites across the UK. The trial will recruit 280 people with severe alcohol use disorder and participants will be randomly allocated to two arms. Half will be given ketamine at the dose used in the first clinical trial with psychological therapy. The other half will be given a very low dose of ketamine and a seven-session education package about the harmful effects of alcohol. Researchers will look at whether the ketamine and therapy package reduces harmful drinking.

Oxfordshire Consultant Psychiatrist Dr Rupert McShane said:

“Oxford Health will be recruiting patients with alcohol-use disorder for this important

study, which aims to answer the question, ‘Does a short course ketamine and adjunctive psychotherapy reduce heavy drinking days six months later?’.

“In the UK more than half a million adults have alcohol problems. But only one in five people with alcohol problems get treatment. Even of those who quit alcohol, three out of four will be back drinking heavily after a year. Alcohol-related harm is estimated to cost the NHS around £3.5 billion each year and wider UK society around £40 billion.

“Alcohol problems affect not only the individual but families, friends and communities. Alcohol-related deaths have increased still further since the pandemic and we urgently need new treatments.”

The new trial is being led by the University of Exeter and funded by the National Institute for Health and Care Research (NIHR) with additional funding from Awakn Life Sciences, a biotech company specialising in researching and developing therapeutics to treat addiction.

Recruitment will commence mid-way through 2023. To pre register interest in taking part, contact morekare@exeter.ac.uk

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

Membership

Invite a friend to become a member



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 your local services are developed
- elect a Governor to represent your views
- stand to become a Governor yourself
- receive discounts from major high street retailers

Ask your friends to [sign up here](#) or scan the QR code.



Contribute to next month's edition!

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

We are also looking for stories from our members to refresh our [membership pages](#). Tell us why you joined the Trust and what your membership means to you!

This Membership Matters is brought to you by the Communications and Engagement Team.

For all matters on membership, please email FT.MembershipCommunity@oxfordhealth.nhs.uk.

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