



January 2023

Staff Awards 2023

We each have
a voice that
counts

We are
always
learning

We work
flexibly

The search is on to find Oxford Health's winner for 2023 Improving Patient Experience Award.

This is an opportunity for patients, family, careers and volunteers to nominate and recognise an Oxford Health individual or team that has provided outstanding care.

The Trust wants nominations for those individuals or teams across the whole of the trust who people think deserve to win the coveted Improving Patient Experience Awards at this year's Oxford Health Staff Recognition Awards.

This special award category gives the public the chance to recognise outstanding care and support given by staff and teams that makes a real difference to patients and families. You can make nominations for people in any discipline – from mental health to community services and across all geographical areas.

So, whether they are a clinician in Buckinghamshire, a school nurse in Oxfordshire, a therapist in Wiltshire or a health visitor, care worker, dentist, social worker, or a member in any of our 260 teams working at our 150 locations, please fill in the online form.

Did a staff member go the extra mile for you? Let us know and [Place your Nominations Now](#)

More about the awards

Oxford Health places a strong emphasis on continuous improvement in every aspect of its commitment to delivery of care. By recognising the Improving Patient Experience Award, the trust acknowledges the hard work and dedication of its staff in providing the best possible care to patients. It is important for patients, carers, families, and volunteers to participate in the Improving Patient Experience Award, providing unique perspectives on the care that their loved ones have received, which can provide a unique insight into our OHFT colleagues, helping to inform future improvements and recognise current success.

Each year, we celebrate staff who have provided outstanding care and support to our patients, with the Improving Patient Experience category at our annual staff awards.

The Improving Patient Experience Award underlines our commitment to providing you with the best possible care and gives you the opportunity to nominate an Oxford Health staff member who has made a real difference to you.

Get involved

Share your views on the Integrated Care Partnership's strategic priorities



The Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Partnership (BOB ICP) is developing a strategy to further develop the local health and care system and reduce inequality. The members of the ICP have worked with partner organisations, the voluntary sector, and other stakeholders to understand their areas of focus.

The next step is to work with local people and communities to set the direction (principles) of the strategy and agree a common set of priorities for the partnership, linking with plans already in place, to meet local needs while taking pressure off services.

The ICP is seeking feedback on these proposed priorities from wider partners and from people who live or work in Buckinghamshire, Oxfordshire and Berkshire West.

To find out more and to give feedback by answering an online survey please visit <https://yourvoicebob-icb.uk.engagementhq.com/icp-strategy-engagement>

A printed copy of the survey is available by post or by telephone for people without online access.

An easy read version of the draft strategy is also being produced and it can be translated or produced in braille on demand.

Please contact 0300 123 4465 or email engagement.BOBICS@nhs.net

You can join one of the online public meetings:

- **Monday 23 January @ 6.30pm – 7.30pm**
- **Thursday 26 January @ 5pm – 6pm**
- **Friday 27 January @ 11am – 12 noon**

ICP will post the joining links on <https://yourvoicebob-icb.uk.engagementhq.com/icp-strategy-engagement>

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



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.

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/Oxford_Health)

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 Suicide and Self-harm

Thursday 16 February 2023

10am to 12 noon

Understanding Autism

Thursday 16 March 2023

10am to 12 noon

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



These workshops are provided for carers of service users who are currently under the care of our Oxfordshire Mental Health Teams.

Places are free of charge and are limited.

If we are unable to offer you a place we will add you to the waiting list and contact you nearer the time to advise if one becomes available.

You can apply by emailing

Diane.Hilson@oxfordhealth.nhs.uk

with your name, telephone number and the course/s you would like to attend.

Understanding and supporting someone who self harms or has suicidal thoughts

Thursday 9 March 2023

10am to 12.30pm

Understanding and supporting someone with personality disorder

Wednesday 26 April 2023

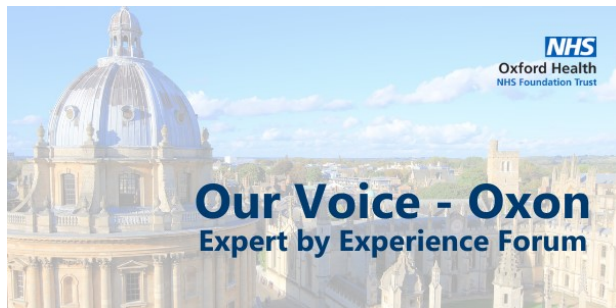
10am to 12.30pm

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

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



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

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

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)

Trust news

Feeling blue? Look after your mental health year round

Mental health affects people throughout the year and there is no particular month or day where people are more likely to feel unwell.

Clinical lead at TalkingSpace Plus in Oxfordshire Jo Ryder said:

“At this time of year there is often focus upon mental health, around mid-January when people remember a marketing campaign which

suggested people may like to book a trip away now that the holiday period had passed and its still dark outside.

“It’s important that we remember to look out for one another and support one another year round. People can experience feelings of low mood, anxiety, stress and depression at any time of the year.

“Mental health support is available year round.”

If you are concerned about your mood, or that of anyone close to you, you can call NHS 111 to access the Oxfordshire & Buckinghamshire Mental Health Helpline. The 24/7 NHS helpline supports children, young people, adults and older adults with their mental health at any time day or night.

You can also get in touch with your GP or directly contact TalkingSpace Plus in Oxfordshire or Healthy Minds in Buckinghamshire – NHS talking therapy services which support adults.

Oxfordshire’s TalkingSpace and Buckinghamshire’s Healthy Minds, both free psychological therapy services available through the NHS, are preparing themselves to help people cope at this difficult time.



“We know that this can be a challenging time of year but free and easy-to-access therapy is available through the NHS. We are on hand to help. I would encourage anyone who is at all concerned about their mental health to get in touch with our talking therapy services or the NHS mental health helpline.

“There are some simple steps you can take to support your mental health as we head into the later part of the winter period. Use this opportunity to seep well, eat a warming balanced diet, take regular exercise and connect with friends and loved ones. Remember to take time to ask after one another and support people close to you if you are at all worried about their mental health”

[TalkingSpace Plus](#) 01865 901 222

[HealthyMinds](#) 01865 901 600

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

Trust news

Sarah is our latest buzzing BEE winner

Congratulations to Sarah Morgan – the latest winner of Oxford Health's special BEE Award.

Sarah works in the Trust's Swindon Child and Adolescent Mental Health Service (CAMHS) and was thrilled to be handed the award at a surprise event. She said:

"Two of our service managers organised a meeting with me to discuss a project that we had been working on, so I prepared for that. Every so often someone would come in and leave again, which happens as sometimes the room is double booked."

"Then Marie Crofts and Catherine Sage walked in with the award and it all made sense!"

Sarah, who lives in Cricklade, has worked for Oxford Health for around 15 years and managed the Swindon clinical teams until three years when a change in process for children and young people with an autism and learning disability diagnosis presented a new opportunity.

Her current job is to support children and young people with complex needs which often includes autism and/or a learning disability to ensure there is an effective multi-agency approach to ensuring all of their needs are being met.

She explained:

"My job title is Consultant Mental Health Practitioner which doesn't mean much to many people. But what the BEE Awards does is put the spotlight on what Allied Health Professionals and Social Workers do and, most importantly, the difference they make, in order to enrich lives of the people we are privileged to work with."



The nomination was made by Sarah's manager and head of CAMHS service, Lisa Miller. In it she said:

"Sarah has a natural ability to be first and foremost an advocate for children, young people and their families; they are at the centre of everything she does."

The BEE Awards were set up by Oxford Health to acknowledge and reward the excellent work of the Trust's Allied Health Professionals (AHP's) and Social workers. Marie Crofts, Oxford Health's Chief Nurse, said:

"Congratulations to Sarah for being our latest BEE Award winner. It is really nice to be able to surprise people and see their reaction when they realise that their hard work, and the difference that it makes to people and to the teams that they work in, has been recognised."

"I would urge anyone who has received care from Oxford Health to take a look at the BEE Awards pages and think whether there is anyone they could nominate."

If you would like to nominate someone for a BEE award. Please tell us your story! You can find out more about the awards and how to nominate someone [here](#).

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](#)

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

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](#)



Exceptional People Awards

Kris and 'IT saviours' win for January

Senior Mental Health Practitioner Kris Gach from Bucks CAMHS Crisis team and a self-created team on IT saviours in Oxfordshire mental health services are the January winners in Exceptional People Awards.



From left: Kris Gach, David Walker, Alanah Johnson, Lily Stroud, Oliver Smith and Nick Walker

The winners received their prizes from Trust Chair David Walker and CEO Dr Nick Walker today (Monday 16 January) in a small ceremony at the Trust headquarters at Littlemore Mental Health Centre.

David Walker gave a warm welcome and said:

"There's no doubt that the NHS is going through tough times, so it really is worth celebrating those bright sparks who go over and above and of whom their peers tell us about."

Excellent team work in crisis

The self-created team of IT saviours is exactly what the title says: over 20 clinicians and managers who got together and created a patient information solution in Microsoft Teams when the Trust's clinical systems went down in the autumn. They were

nominated by Associate Medical Director for CAMHS Emma Fergusson who wrote:

"The notes systems that this team set up for us in Microsoft Teams enabled clinicians to continue to care for patients. It ensured safety as we could all access the information. Their process and implementation are an example of excellent team working in a crisis. The models they set up were picked up and copied by adult and old age services."

Emma singled out team manager Alanah Johnson who pulled the group together:

"She is not senior person in our service – it's impressive how she rose to the challenge and showed leadership."

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

Exceptional People Awards

Nick Broughton and David Walker were duly impressed by the work the volunteers had done. David said:

“This is a story that needs to be told at a time when the NHS is being criticised for being overly rigid and bureaucratic – this is an example of how people on the front line freely give their own time for the benefit of patients.”

One of the volunteer saviours, deputy team manager Oliver Smith from TalkingSpace Plus service, said:

“It’s really lovely to hear these staff have been recognised. At times we had to tell them to take a weekend off!”

And Alanah Johnson gave credit to all her colleagues who had so readily responded to her call to action:

“It was lovely to see how people from all teams of different sizes took part and said, yes, I’ll do that. Nothing was too much for them.”

“Always reliable and smiling”

Kris Gach, Senior Mental Health Practitioner and Crisis Lead in the Buckinghamshire Child and Adolescent Community Mental Health Services was nominated by Assistant Psychologist Tayla Hurlock. She wrote:

“Kris has an exceptionally demanding as the crisis lead, and he shows a great deal of compassion toward the young people and families he works with. My nomination is hugely driven by seeing Kris constantly going above and beyond his role to support young people, families and the team. The team have observed him starting shifts early to facilitate smoother and more consistent care for young people. You can always rely on Kris to do a job well and feel confident that it will be done efficiently.”

She also noted:

“He is also ALWAYS smiling and has a great

sense of humour, which is paramount in teams where there is high stress and demand – a good team boost!”

Exceptional Aylesbury team



Aylesbury Older Adult Community Mental Health Team became highly commended accolade Exceptional People Awards.

The team were presented with the award by Service Manager Gaurav Salhotra and Interim Clinical Director Tina Malhotra. They had been nominated by Jeff Parker, Service Manager for the Urgent Care Pathway in Buckinghamshire, who praised how the whole team had supported new colleagues in establishing the Gateway Single Point of Access service. Jeff said:

“The team were delighted to receive the award, especially for being recognised at a time when all services are particularly busy and stretched.”

In his nomination Jeff wrote:

“With the support of their manager, the team have come together to support the newly established Gateway team after the departure of their own leader as the team started to form. They have ensured that the new Gateway staff have been fully supported in their induction to the Trust and have provided day-to-day support to these colleagues to ensure clinically safe practice. The team approach has been an invaluable support the new team.”

Charity news

What makes Didcot brilliant?

Over the next year, residents in Didcot will be invited to participate in an arts project that aims to celebrate what makes Didcot brilliant. This is being made possible through a £10,000 grant from the National Lottery Community Fund that has been secured by Oxford Health Charity.

The grant will be used to fund Oxford Health Arts Partnerships current Artist-in-Residence, Dionne Freeman, who will work with people of all ages and abilities in the town to co-produce artwork that will be displayed in the grounds of Didcot hospital and also in the underpass at Didcot station. This could be in the form of drawings, paintings, collages or mosaics.



Julie Pink, Head of Charity and Involvement said: *"The Charity funds an extensive arts programme at Oxford Health as it is known that access to creative projects, be that music, dance or art makes a big difference to our patients' wellbeing. All this is made possible through the generous donations from members of the public, former patients and their families. We are delighted that the team have been able to secure this grant from the National Lottery Community Fund that will be used to enrich the lives of people in Didcot."*

Angela Conlan, is Project lead at Oxford Health Arts Partnership. She said:

"Many of our patients are older adults and may have longer stays in hospital so it is important that we have activities on our wards to keep them engaged. The feedback we receive is always very positive and many want to keep being creative once they have left hospital care. This grant from the National Lottery Community Fund will hopefully help them to do that and also

build community engagement around the hospital which will be a wonderful result."

"I am very excited to be leading this fantastic project which will celebrate all that is good about Didcot" said Dionne Freeman, Artist-in-Residence.

She added:

"I will be based at Didcot hospital but will be holding regular workshops and taster sessions in the town so other people can come along and join in and express themselves in a way they may not have done so before."

As well as staff and patients from Didcot hospital, young people from local schools will be invited to attend (out of school hours) and outreach sessions will be held with other local groups such as mother and baby and dementia support groups.

Other partners in the 'Creative Connections Didcot' project include South Oxfordshire District Council's Wellbeing Team, The Cornerstone Arts Centre, Didcot Railway Station, Sustainable Didcot and the Train Youth Club.

Dates for your diary

Board of Directors meeting

Wednesday 25 January from 9m

Online on Teams

The agenda and meeting link are available [here](#)

Our Board of Directors meets regularly in public and anyone is welcome to attend to observe the meeting.

Time is also set aside at the end of meetings 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 and Company Secretary](#).

Time to Talk Day

Thursday 2 February

Time to Talk Day is run by [Mind](#) and [Rethink Mental Illness](#) in England, in partnership with [Co-op](#).

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health. We all have mental health, by talking about it we can support ourselves and others.

See how to take part [here](#).



Eating Disorders Awareness Week

27 February—5 March 2023

Eating Disorders Awareness Week is an international awareness event and hosted in the UK by the charity BEAT.

This year, BEAT will be focusing on eating disorders in men. Around 1 in 4 people affected by eating disorders are men. Yet many struggle to ask for help (and are often met with disbelief when they do).

BEAT want to bust the toxic stereotypes that prevent men from speaking up and will be using EDAW '23 to shine a light on the different experiences men face — and how we, as a community, can create a safe space for men to turn to for support towards recovery.

More [here](#)



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.

Follow us

