Hello everyone and welcome to the September edition of Trust Matters.

I hope you have all enjoyed the summer and managed to enjoy a break of some kind with family and friends.

Now that the kids are back to school and the autumnal weather is closing in, my mind has turned to priorities for the next six months of the year. Work is underway to launch our ‘Fit 4 the Future’ programme which will provide support and development for managers and leaders in the organisation to help keep our focus on patient safety and quality.

In parallel with Fit 4 the Future I will be relaunching Leading the Way with Quality (LWQ) and arranging to meet and speak with staff across all parts of the organisation to review our strategic direction, values and forward plans. Now is the time to get involved and help shape our future.

On a celebratory note, at the end of September, the Chairman and I will be hosting the Trust Annual Members’ Meeting and Awards Ceremony. This year has seen a staggering 220 entries, which is a testament to all the excellent practice across the Trust. Watch out for a special feature on all the winners in our October edition.

Have you looked at the Chief Executive’s blog for staff? You can read the latest entry on the staff intranet by following: http://nww.rdash.nhs.uk/ceo/

Check out the RDaSH forum at: http://nww.forum.rdash.nhs.uk/

House to become a conference and events centre with offices

Work is underway to convert St Catherine’s House on the Tickhill Road Hospital site into office space and an events area.

The house needs repair work carrying out and once the project is completed it will have serviced offices to let, and conference and meeting rooms for hire for events and hot-desking for commercial organisations and community groups.

The work will mean that patients with mental health needs and learning disabilities will have the opportunity to gain valuable work experience to help them into the world of employment. Once off the ground, the project will be run by Flourish Enterprises, a social enterprise supported by RDaSH.

The office and event space will be available in the near future. If you know anyone who may want to lease an office or use the event areas, or have any questions please ring 01302 798000.

Be a flu fighter!

You can have your flu jab from October! Flu jab dates are at the following link: http://nww.intranet.rdash.nhs.uk/support-services/performance-assurance/communications/flu-vaccinations/

More details page 28
New-look unit unveiled

Our newly modernised specialist inpatient unit for people with learning disabilities in Doncaster got the seal of approval from service users, carers, and health professionals during two open days in August.

RDaSH invested £1.3m in developing the Sapphire Lodge Assessment and Treatment Unit, which offers a combination of specialist assessments and treatment packages to people with a learning disability who may also have mental health needs.

Following an extensive consultation to gather the views of service users, carers, commissioners and staff, the Balby-based unit has been transformed over the past 12 months to include a new visitors’ suite, vulnerable person’s suite and gender-specific communal areas to enhance the single, en-suite accommodation it already offers.

Assistant Director for Learning Disabilities Services Chris Williams said: "At Sapphire Lodge we aim to provide the best therapeutic environment to care for some of the region’s most vulnerable people.

“Our modernisation project was informed by the people who are closest to our services, as well as all the latest national guidance to help us improve the physical environment for service users and further enhance their privacy and dignity.”

The first ever Recovery Games event at Hatfield Outdoor Activity Centre was organised by Substance Misuse Services. It consisted of teams of RDaSH staff and service users playing against each other in eight activities and challenges. These included a Gladiator climbing challenge, archery, low ropes, eliminator running, kata-canoeing, jousting, a giant buzz wire and a wrecking ball.

The day was family friendly with face painting, circus skill workshops, health and wellbeing displays, children’s bouncy castles, reflexology and Indian head massages. There was also the opportunity to listen to a range of guest speakers offering inspiration, hope and a sense of pride about recovery from substances and alcohol.

The Mayor of Doncaster Ros Jones presented prizes to the winners of the Recovery Games Shield, Reece’s Rhinos from New Beginnings in Doncaster, pictured above.
The Fair Play Award for the team that showed a true sportsman’s spirit went to the Recovery Rangers from the Single Point of Access Team in Doncaster, and the most creatively dressed team was M25 from Doncaster.

Neil Firbank, RDaSH Outreach Practitioner, who organised the event said: “This event has had such a fantastic response, with 22 teams who wanted to come, but we only had room for 16.

“The activities challenged participants and pushed them to use their skills and abilities to conquer the challenges they were faced with. Our overall message was that abstinence is healthy. It’s been a day to remember.”
Pledging to organise the games in York next year, Tim Phillips, a boxing and fitness coach from the Jack Raine Community Foundation in York, said: “For the first time I witnessed people in recovery and people from the professional sector working together as a team towards a common goal. The event in Doncaster was well organised and left everyone genuinely feeling a winner and having a sense of achievement and satisfaction.

“The stigma that often surrounds recovery was missing, which made it stand out for me and my colleagues.”

Snap shots from the day

Teams from Clearways in Rotherham

The Aspire team from The Junction in Grimsby

Teams from The Junction in Scunthorpe
Staff pull out all the stops for Learning Disability Week

RDaSH staff made sure that this year’s Learning Disability Week (19 – 25 August) was definitely one to remember.

RDaSH Charge Nurse Morag McKay-Ellison said: “The week was all about celebrating people with learning disabilities and trying to change perceptions in the wider community. Everyone enjoyed the chance to get involved in the wide range of activities on offer.”

In Doncaster, service users and staff at the Eclipse Centre took part in a street dance workshop pictured right. Dance instructor Hayley Smith from the HERS School of Theatre Dance put everyone through their paces, teaching them basic hip-hop moves and techniques such as breaking, locking and popping.

Acute Liaison Nurse Glynis Smith who organised the class said: “Street dance is all about self-expression and self-confidence. It’s also a great way to keep active for people of all ages and abilities.”

Earlier in the week service users at the Eclipse Centre attended a men’s health session, where they got advice from staff from St John’s Information Centre. They also took part in an ‘It’s a knockout’ event, pictured left and rounded the week off making their own ‘rocky road’ and fudge at a chocolate challenge, below.
As well as the busy programme of events, staff held displays at the Onyx Centre, Woodfield House, Tickhill Road Hospital, Doncaster Royal Infirmary and Bassetlaw Hospital to inform and celebrate successes in our Learning Disabilities Service and the excellent work that goes on in our Trust.

Pictured right Glynnis Smith and Jayne Thompson with LD week display at Woodfield House

Workscheme carves out a niche in Doncaster

If you’re looking for a bespoke piece of furniture, why not pop into the Workscheme?

Visitors to this year’s annual open day, which was held during Learning Disability Week, were able to peruse the wide range of hand-made wooden products on offer at the day service.

Alongside the existing range of toy boxes, garden furniture, bird tables and hedgehog hibernation boxes, the team now offers occasional furniture in a variety of finishes such as French polishing, waxing and staining.

Workscheme leader Patrick Sherry said: “We can turn our hand to most things, whether it’s making things from scratch or giving a pre-loved piece a new lease of life - we’re always up to the challenge.”

The team recently came to the rescue when a new pigeon-hole cabinet was needed at Woodfield House. Thanks to the Workscheme, receptionists Coral Shilston and Trisha Holmes now have a handy sorting system to allocate the post.

Don’t wait until next year’s open day. The Workscheme is open Tuesdays and Wednesdays between 10am and 3pm, or by appointment on Mondays, Thursdays and Fridays; please phone Patrick on (01302) 796265.
Nan quits after 40 years

Our Doncaster Stop Smoking Service has helped a Doncaster grandmother-of-three quit her 40-year smoking habit – and improve her speech impediment.

Elizabeth Wright, 57, from Adwick, started smoking at school. Over the years she has tried quitting the habit unsuccessfully. However, she decided to head to our Stop Smoking Service - and since then has not picked up a cigarette for six months.

Elizabeth, a grandmother-of-three, used to smoke 30 cigarettes a day. Now she is using the money she is saving to treat her grandchildren and to buy herself new clothes.

She said: "I decided I needed to stop smoking because of the bad cough I had, the cost of cigarettes and because I was fed up with going outside buildings in the winter to smoke."

Elizabeth meets regularly with RDaSH’s stop smoking advisor Amanda Birkinshaw. She added: “It’s been easier to stop smoking because Amanda has been a great help. She supports me. She keeps telling me that I can do this. That gives me the belief that I can do it and now I have. This is a great service. All the staff are really nice and supportive.

“Since stopping smoking it has given me more confidence. I now go to the gym and I feel so much better. I never went before because of my breathing and the cough I had. The confidence I have gained has also helped to improve my speech impediment."

Anyone wanting help to stop smoking can contact the Stop Smoking Service by ringing 01302 640064.

Mental health support for military veterans

The Trust is offering fast, easy access to mental health support to military veterans in North Lincolnshire and Rotherham.

The Rotherham Primary Care Mental Health Service Improving Access to Psychological Therapies (IAPT) is offering assessment and access to fast track treatment to anyone who has served in the army, navy or air force, including reserves, and is found to be suffering from a mental health problem associated with their time in service.

In Scunthorpe, The Talking Shop is running sessions every Wednesday in conjunction with the Royal British Legion. RDaSH clinical lead at the Talking Shop Janet Leaning said: “Most people leaving the armed forces make the transition to civilian life without any difficulty. Others may have experienced a traumatic event during their service, which has left them suffering lasting psychological problems, depression, anxiety or post-traumatic stress disorder.”
Images spark memories for dementia patients

Beautiful pictures showing iconic images from the past and present are being used to brighten wards and inspire memories for older people in wards in Rotherham and Doncaster.

The images prompt older people with dementia to remember things from their past and create talking points for them and their families.

In The Ferns at the Woodlands spectacular images include the first man landing on the moon and the Beatles. In The Glades there is a transport theme, with pictures of London buses, vintage cars, trams and planes. In the main areas, large photographic wall murals of nature scenes help bring a sense of calm and connection with the outdoors.

RDaSH practice development lead Alison North said: “It’s all about sparking a memory, getting patients talking about what kind of cars they drove and what age they were when they got their first car.”

At Doncaster’s Windermere Lodge the artwork aims to help patients with their sense of ‘place’ and belonging, using the themes of Doncaster’s well-known market and Doncaster Races.

RDaSH Consultant Occupational Therapist Liz Copley said: “The beautiful photographs taken by local photographer Richard Benson and the New Vision system are stunning!

“They help patients with dementia understand their environment more easily, helping them to stay as active and independent as possible. The use of colour to positively affect mood and wellbeing has also been an important feature of the work.”
Health Bus team visits prison for family days

It was smiles all round for prisoners and their loved ones when the RDaSH Health Bus team visited HMP YOI Hatfield Open and HMP YOI Moorlands Closed Prisons for their family fun days in August.

The annual events, which aim to bring families together and help reduce re-offending, are always popular with everyone – and this year’s event was hailed as the best ever.

Our Health Bus team and school nursing assistants arranged a wide range of Active Kids-themed activities to encourage family members to be more physically active while having fun.

Lindsay Smithson, RDaSH Bus Services Co-ordinator, said: “Active Kids is all about building physical activity into family life by helping children to find activities they enjoy, as well as encouraging healthy eating and tackling obesity.

“Everyone really entered into the spirit of the events and had a great time, which was echoed in the excellent feedback we received.”

Feedback comments:
“My partner and children thoroughly enjoyed themselves, the activities and food and staff were fantastic. Having been lucky enough to have been chosen for the two previous fun days, my family and I thought this was the best one yet. Thanks for a great day.”

“To all the staff that helped to make the recent family day - a smashing day for us to be with our lovely uncle. Your kindness couldn’t be more appreciated, many thanks.”

“Thanks need to go to Lindsay Smithson and her team for organising and delivering a varied array of activities for the families to participate in.”

Lindsay Smithson pictured with the Health Bus
Valuing volunteers

A successful bid for an Innovation Health and Wealth (IHW) Bursary has secured £42,000 of funding for RDaSH to support volunteers to take a fresh look at clinical areas.

The volunteers provide a patient's point of view and their work supports the involvement of the Quality Improvement Team (QIT). Interested volunteers attended a training session to learn about the ‘15 Steps Challenge’, toolkits from the NHS Institute for Innovation and Improvement which provide a series of questions and prompts about first impressions of a care setting.

Volunteers look at:

- Environment - the entrance, waiting rooms, posters and information leaflets that are available
- Patient involvement – are ‘Your Opinion Counts’ forms available? Are other ways for patients and/or carers to have their opinions heard advertised?
- Staff – are they welcoming, approachable and visible? How do they interact with each other and the patients?

Volunteers may also speak to patients for their views about a service, including appointment times and waiting times.

On all visits, volunteers are accompanied and supported by a member of the QIT. Honest and constructive feedback is then provided to the service. If recommendations are made by volunteers, they are invited to return to the service at a later date to look at whether improvements have been made.

Volunteer Frank Harding said: “Since becoming a volunteer for the QIT have had a very steep learning curve, for I have discovered a hidden world of mental illness that I did not expect and have also had to change my opinion on substance misuse.

“Since my visit to Sinclair House and Rosslyn House introduced me to a new experience, and I was impressed by the way that there is an empathy with people with drug and alcohol problems in that people are not condemned as a generic group but are respected as individuals with a problem.

“I have experience in dementia and Alzheimer's disease, but I was not aware of the necessity to provide a service for older people with mental health problems. It was not until I visited The Woodlands that I was introduced to this service.

“My visit to CAMHS opened my eyes to the fact that this was a vital resource for young people with mental health difficulties.”

Walled Garden helps the needy

Needy families in Doncaster are receiving a helping hand from The Walled Garden at Balby.

The garden regularly donates its spare goods to the Personalisation Forum Group, which runs the Intake food bank.

Kathy Wilson, who works at The Walled Garden, said: “We don't allow any of our produce to go to waste. We regularly donate our spare vegetables to the food bank which puts it to really good use helping the Doncaster community.”

The Walled Garden is open to the public on Mondays between 10am and 4pm, Tuesdays, Wednesdays, Thursdays and Fridays 9am to 4pm.

Kathy Wilson is pictured third from the left with members of the Personalisation Forum Group
Mick’s helping the needy in Sri Lanka

Lead Parkinson’s Disease Nurse Specialist Mick Casey is to travel half way around the world to help people in need.

Mick, who is based in the Neurology Services on the Tickhill Road Hospital site, is heading off to Sri Lanka next February and is now asking colleagues to make donations of old but simple mobile phones, bandages, pencils, pencil sharpeners, dictaphones and calculators.

Mick is travelling to Unawatuna, Galle, 90 miles south of Sri Lanka’s capital Colombo, a trip he now takes annually to help those affected by the 2004 tsunami.

He will make his usual visit to a tea plantation, a crèche for the children of women labourers and a school where he will hand over simple but essential materials. Old mobile phones are donated to medical students or small businesses to help them with their studies or work.

Mick said: “My visits to Sri Lanka post tsunami gave me the opportunity to meet many people who live below the poverty line and struggle to provide food and clothing for their families, some of whose lives still hang in the balance.”

Mick also helps people learn new skills and set up small businesses to become self-sufficient. He has forged links with the Sisters of Charity at the Sacred Heart Convent in Galle, helping nuns fund small enterprises such as a mushroom farm in the convent grounds. He has helped two young sisters who survived the tsunami to realise their dream of becoming medical students by funding their education and providing them with medical books and access to the internet.

One of the ways Mick raises donations is through his three monthly 50s/60s R&B charity events at the Dearne Playhouse, Goldthorpe, Rotherham.

If you would like to accompany Mick or visit at another time, or if you can make a donation of items or money, please ring Mick on 01302 796877 or email heartandsoulmusic@yahoo.co.uk; mick.casey@rdash.nhs.uk or pdns@rdash.nhs.uk
Peer support worker project shortlisted for top award

An innovative project to improve the transition from children and young people’s mental health services to adult mental health services has been shortlisted for a prestigious national award.

The Peer Support Worker Employment Initiative run by RDaSH is the first of its kind in children and young people’s services nationally. It has now been shortlisted in the Nursing Times Awards Child and Adolescent Services category, one of eight shortlisted entries out of 35 entries in that category (there were 650 entries across all categories, of which around 100 were shortlisted).

Working in Rotherham, Doncaster and Scunthorpe, peer support workers (PSWs) are people with experience of mental health problems who work with and inspire children and young people with similar problems to show them that recovery is possible and that they can lead a productive and fulfilling adult life.

The initiative also provides meaningful paid employment for people with mental health experience, inspiring hope to children and young people and their families.

Project Manager Helen Oldknow said: “The PSWs have been a fantastic support and an inspiration to young people in their transition to adult mental health services, meeting them on an individual level and acting as role models for recovery. They have also supported the development of service users’ and their families’ participation with the service.

“The initiative has had a beneficial effect on the PSWs’ mental wellbeing and has enhanced their recovery.”

The winners will be announced on 30th October at a ceremony at the Grosvenor Hotel in London.
A Doncaster occupational therapist is winging her way to America after scooping a health care award.

Michelle Morgan, 32, from Rotherham, will head to Ohio later this month, after winning the Relationship-based Care Award from a company called Choice Dynamics, which is funding the trip.

Michelle, pictured, won the award for successfully implementing training when she set up a volunteer-led service in the Specialist Falls and Fracture Service in Rotherham.

New young people’s drug and alcohol service gets Ambassador Award

The Know the Score drug and alcohol service for young people in Rotherham has received a Rotherham Ambassador Award for the second year running.

The award recognises organisations and people who promote Rotherham in a positive way.

Know the Score (KTS) provides treatment and relapse prevention for children and young people up to the age of 19 who have problematic drug and alcohol use.

The nomination for the award was made by Debbie Morton, Inclusions Manager at Dinnington Comprehensive School. Debbie also nominated Know the Score project worker Andy Briggs for an individual award.

Debbie said: “I nominated KTS because in the eight years I have worked in Inclusion, they have always been so professional and approachable, and have kept high standards consistently. The staff are a pleasure to deal with.”

Speaking about Andy Briggs, Debbie said: “Andy always makes an instant connection with the young people he works with. He always goes the extra mile and where the wellbeing of a young person is concerned, nothing is too much trouble.

“The pupils he works with have trusted him in very challenging circumstances and speak of his calm, non-judgemental approach. Two pupils in particular will go on to achieve well and have careers, and will never forget the work Andy did at a crucial time in their lives to allow them to progress in the future.”

The awards were presented by the Mayor of Rotherham, Councillor John Foden at Rotherham Town Hall.
Green Matters

Swallownest gardening project blooms

Service users and staff at Swallownest Court in Rotherham have created a little oasis of calm, thanks to a gardening project.

The project was developed in response to feedback from service users who wanted to get involved in gardening activities and bring more greenery to the wards.

Thanks to £500 of funding from the Trust’s Charitable Fund and expert advice from Hobson’s Nurseries, the group of 15 service users and occupational therapy staff set about installing planters full of bedding plants near the wards, before going on to develop a neglected bed.

Senior Occupational Therapist Beth Sidaway said: “Everyone was really motivated by the project and there was a real sense of teamwork – especially when it came to shovelling the five tonnes of soil we had to clear before planting could begin!”

A coffee morning to showcase the flower gardens and thank project members and supporters saw service user Stephen receive his own special tribute. He was awarded a certificate of ‘outstanding contribution’ as a token of thanks from the team.

Beth added: “Despite working through some personal difficulties, Stephen attended every session and continues to water and maintain the plants, ensuring they remain a source of pleasure for everyone at Swallownest Court.”

Spurred on by the success of the project, the group now plans to develop a sensory garden later in the year.

Staff improve health and help the environment

Green thinking staff have been learning how access to open spaces and everyday green environments can improve the health and wellbeing of patients and the wider community.

RDaSH is one of three NHS trusts taking part in a national pilot project run by the Centre for Sustainable Healthcare, which co-ordinates the NHS’s environmental programmes NHS Forest and Outer Space.

During August, 18 staff members from the across the Trust took part in two ‘Introduction to eco-coaching’ workshops in the woodland setting of St Catherine’s. They learned how to get patients more involved with their immediate environment by jointly creating space that will be used and continually improved by staff, patients and the community.

Everyone was encouraged to put their learning straight into practice by producing personal action plans for taking forward and promoting ‘green health’ practice within their own service areas and in the Trust as a whole.

RDaSH Lead Occupational Therapist Wendy Ferguson said: “We all know how therapeutic a walk in the fresh air can be, so it makes good sense to encourage people to get out more and enjoy the great outdoors.

“This course was about taking that idea one step further, by empowering staff to take responsibility for green projects which offer patients opportunities to improve their physical or mental health, and encouraging everyone in the Trust to be mindful of sustainable practice in all aspects of their work.”

The eco-coaching activities complement work by the Trust to plant more than a thousand trees in support of the NHS Forest’s national project to plant a tree for every employee working in the NHS – a total of 1.3 million trees.

RDaSH is also involved in a sister project to the NHS Forest, Outer Space, which involves the development of a network of footpaths in the existing woodland at St Catherine’s to enable better access for staff and service users, especially those confined to wheelchairs.
Madeleine meets Frank

Trust Chairman Madeleine Keyworth met Frank Bruno at the NAViGO Annual General Meeting (AGM) in Grimsby.

NAViGO Health and Social Care Community Interest Company is a not-for-profit social enterprise which provides health and care services free at point of use to the people of North East Lincolnshire.

Frank, who has been open about his mental health problems, was the special guest at the AGM. Madeleine said that meeting Frank was a really memorable experience.

Residents celebrate at gala

Residents and staff from John Street nursing home in Rotherham celebrated by holding a stall at this year’s Thurcroft Gala, giving residents and staff an opportunity to meet local people and raise awareness of learning disabilities.

Team Leader Rachel Oxtoby at the gala with visitors to the stall

Garden party for Doncaster people with dementia

A garden party held at Forest Gate Day Hospital in Doncaster was held to celebrate the support given to people with dementia and their carers.

Annual garden parties like this one with sales of crafts, soft fruit, jam and other garden produce, together with quizzes, therapy days, donations and bequests help to raise money to fund treats and days out.

RDaSH Health Promotion Lead Kim Gostolo (second right) with visitors to the garden party
Doncaster mums say breast is best

New mums know breast really is best, thanks to a weekly group at Rossington Children’s Centre.

Breast Start is a friendly drop-in group offering breastfeeding help, information and support. It gives mums a chance to relax, chat and share experiences. There is also a health professional on hand to offer advice.

Mums from Scawsby, Scawthorpe, Woodlands and Highfields (pictured right) marked World Breastfeeding Week at the Great North Road Children’s Centre. Providing advice and support were community family support workers from RDaSH and peer supporters – mums who have previously breastfed and who support new mums with breastfeeding when they need a helping hand.
Trust people

Afternoon tea raises hundreds for Hospice

St John’s Hospice in Doncaster has received a boost of more than £650, after four friends held an afternoon tea and fundraising event.

Patricia Noonan and friends Joan Walters, Bev Allen and Kath Whalley organised the event which took place in Patricia’s back garden in Bawtry. They raised just over £1,330 which was split equally between St John’s Hospice and Bluebell Wood Children’s Hospice.

Patricia’s sister Margaret and her best friend Hilary Heyworth both died from cancer, with Hilary spending time in St John’s.

Pictured from the left, Voluntary Services Manager Alison Constantine, Patricia Noonan, Joan Walters, Bev Allen and Kath Whalley

Nursery children ‘graduate’ in style

Youngsters at the Warren Nursery in Doncaster celebrated their ‘graduation’ in style, when the tiny tots donned their favourite Disney character costumes and performed a play for proud mums and dads to see.

Following the production, each child was presented with a graduation certificate by Chairman Madeleine Keyworth.

Nursery Manager Sharon Gladwin said: “It is always sad to see the children leave. Many join us when they are babies and we have watched them grow and progress into these amazing children.”

Pictured at the graduation event with the children is (far right) RDaSH Chief Executive Chris Bain, next to Madeleine Keyworth RDaSH Chairman together with nursery staff, Sharon Gladwin, Lisa Stacey and Wendy Hays
Dementia party raises cash for carers

A garden party to raise money for treats and days out for Doncaster carers of people with young onset dementia has raised £560 pounds.

RDaSH’s Young Onset Dementia Service (YODS) and the People Relying on People (PROP) carers’ support group joined together to hold their seventh annual garden party at Fulwood Lodge on the St Catherine’s site.

YODS Team Manager Carolyn McNulty said: “The money means we can provide extra special touches during our Christmas festivities and new equipment for day service activities.”

Walled Garden on the wireless

A Walled Garden open day was featured by BBC Radio Sheffield in its Sunday programme, Clueless.

Each week, radio reporter Kat Cowan is given six clues and is helped by listeners phoning in to identify the mystery locations across South Yorkshire, and on 1 September it was the turn of the Walled Garden.

The open day included the Heartease Dancers accompanied by the Jolly Beggars who performed on the Walled Garden lawn.

Nik is on the run

Nik Zalad, pictured right, the son of a Parkinson’s Disease patient successfully completed his Big Fun Run in Sheffield. Nik Zalad and his group raised around £800 for Parkinson’s Disease. Nik finished the course in 26 minutes and 4 seconds.
Harvest celebrations in Doncaster

Service users, patients, children from the Warren Nursery and staff joined together to celebrate the harvest and brought gifts to the Harvest Festival service at the Tickhill Road Chapel.

People who took part were able to buy fresh vegetables from the Trust's Walled Garden and the proceeds have been donated to the Walled Garden to buy more seeds. Donations of tinned or dried goods were given to the Children's Centre in Balby to help local families. Fruit and flowers were distributed among patients and service users on the Tickhill Road site.

Morag blows her own trumpet at fundraising concert

When she’s not running Learning Disability Day Services in Doncaster, Charge Nurse Morag McKay-Ellison tunes up to raise money for the Yorkshire Air Ambulance.

As a member of Barnsley's Dodworth Colliery MW Brass Band, Morag, pictured, needs plenty of puff to play her Bb bass – the largest and lowest pitched of all the band's instruments.

The band raised money at a special concert at the Dodworth Holiday Inn for the air ambulance charity on 15 September.

Morag said: “The Yorkshire Air Ambulance needs £9,990 a day to provide its valuable emergency service, and relies purely on charitable donations. It’s a service that any one of us could need at any time in our life – so we were proud to do our bit to help.”

There’s still a chance to donate, so please ring Morag on (01302) 796162.
**Doncaster Community Integrated Services (DCIS)**

**Helping children with bedwetting problems**
RDaSH recently supplied £4,000 worth of children’s continence enuresis alarms to new community clinics which have been established at the Orchard Centre, Moorends, and the Sandringham and Springwell Centres, Denaby.

The community clinic at Bentley has been running every four weeks for over 15 years, offering local services to children and young people who have bedwetting or continence problems.

The clinics are so well attended that Moorends and Denaby clinics had to be extended from every four weeks to every two weeks. The Sandringham clinic, which started in January this year, increased from monthly to every two weeks and became a weekly clinic in July due to high demand.

The enuresis alarms have helped the clinics keep up with the large demand from new patients with little delay. Since April 2013 five children have successfully completed the alarm treatment and are now dry at night.

Children’s Continence Team Leader Kate Kirk said: “The alarms have helped improve the outcomes of children who would have otherwise been on waiting lists for treatment at Doncaster Royal Infirmary.”

**Sexual health advice**
Sexual health staff, the Sexual Exploitation Team and police officers have been visiting Doncaster’s parks and public areas to speak to young people about the risks of sexual exploitation, offering advice and information on sexual health, contraception and how to keep safe. They also gave out Chlamydia testing kits.

**Breastfeeding audio**
A new audio recording is now available on YouTube for new mums to help them breastfeed. The recording can be found at: http://www.youtube.com/watch?v=ExTKGBaBqZ0

**School nurse development days**
School nurses working towards the healthy child programme are taking part in quarterly development days to share best practice, plan service delivery and help with partnership working.

They can share innovative and evidence-based practice, and plan for the future while having their say on future changes. The days enable the care deliverers to be involved in planning care.

**Protecting our young people**
Our school nurses are starting to give the Meningitis C vaccination this year to year 9 pupils in Doncaster.

**Advice to students to mark Sexual Health Week**
Students at a Doncaster college were able to get a range of advice during Sexual Health Week, which included World Contraception Day.

Sexual health nurses from RDaSH headed to High Melton College, part of Doncaster College, to give out advice. They also run a regular clinic at the college.

**Baby massage is proving a hit**
Parents in Doncaster are learning about baby massage, which helps their babies to sleep longer and gives them a range of health benefits.

RDaSH Community Nursery Nurse Jenny Marsh is delivering the sessions to new mums and dads in the borough. Jenny said: “Baby massage is a special time for parents to communicate verbally and non-verbally with babies so that they feel loved, valued and respected. I have had a great response from parents and they thoroughly enjoy taking part in this activity with their babies.”
CYP- IAPT transformation in CAMHS: Self-referral pilots

As part of the CYP- IAPT transformation in CAMHS the service is introducing self-referral pilots.

The first wave pilots are intended as an opportunity to evaluate the most effective methods of access prior to more extensive self-referral provision being developed.

Young people aged from 14 years will be the target group for these first wave pilots and we are defining self-referral as: "The opportunity for a young person to access the CAMH service without consultation or referral from a wider professional".

We are keen to understand how and for what types of difficulties young people self-refer. As such we request that where a child or young person presents with a need you believe requires a referral to CAMHS, you undertake that referral in the usual manner. It is fundamental that we do not create an additional diversionary step in referral processes that may introduce delay, deter a child accessing the service or limit timely professional information sharing.

The implementation pilots will be reviewed at six-weekly intervals with participation from children and young people as a developmental method of improving service delivery.

The Doncaster pilot: Self-referral to Doncaster CAMHS started on 9 September 2013. Young people aged from 14 have the opportunity to discuss with our clinicians the kinds of problems they are experiencing by attending a drop-in at the Bentley ‘My Place’ building one day a week between 2.30pm and 4.30pm. Children and young people from surrounding areas included in this first phase are Scawbsy, Scawthorpe, Adwick and Norton. The young person’s GP will be informed of any young person who contacts the service for self-referral, as well as the outcome of this contact.

If you would like more information please call 01302 304070 and ask to speak to Lee Oliver (Team Manager).

The North Lincolnshire pilot: Self-referral to North Lincolnshire CAMHS for young people experiencing self-harm, mood disorders, generalised anxiety disorder, post-traumatic stress disorder, obsessive compulsive disorder, social phobias and psychosis is now available.

This will be a telephone service available on 01724 408460. It allows young people and parents/carers to access the service without the need for consultation with another professional if they meet the criteria for assessment and subsequent intervention in CAMHS. The young person’s GP will be informed of any young person who contacts the service for self-referral, as well as the outcome of this contact.

If you would like more information please call 01724 408460 and ask to speak to George Voulgaris (Acting Team Manager) or Sharon Jeffreys (Clinical Lead).

The Rotherham pilot: Discussions are currently taking place to confirm the start date, times and promotion required for a weekly drop-in at Youth Start delivered by CAMHS clinicians. It is expected that CAMHS will deliver the drop-in between 3.30pm and 5.30pm and that this will start in the next few weeks. The young person’s GP will be informed of any young person who contacts the service for self-referral, as well as the outcome of this contact. Rotherham CAMHS will begin advertising and also initiate conversations with wider stakeholders as part of the process.

If you would like more information please call 01709 304808 and ask to speak to Neil Power (Team Manager) or Richard Bryan (Clinical Lead).

For information related to CYP-IAPT please contact Claire Strachan Project Manager (CYP-IAPT and PbR [CAMHS]) claire.strachan@rdash.nhs.uk
It’s morale-boosting to get a pat on the back, or a ‘thank you’ from colleagues, managers – and perhaps especially, patients and service users.

Here, in ‘Their opinion counts’, a new regular feature in Trust Matters, is a selection of comments and compliments from the Your Opinion Counts forms.

**Diabetic Specialist Nurse Service**
“The team are always welcoming and highly skilled in all aspects of diabetic care, good communicators and willing to explain anything I am unsure of. Very non-judgemental and empathetic and my thanks are extended to all members of the team.”

**Wheelchair and Special Seating Services**
“The staff listened and made the necessary adjustments. My dad was treated as an individual and was not bypassed with staff speaking to me instead.”

**Older People’s Mental Health Services, Great Oaks**
“My mum was very well cared for on the ward. The assessment process was very thorough and every effort was made to meet her needs. She felt that staff genuinely cared. Communication was so good; staff were very friendly and approachable and kept us well informed and involved. Really good teamwork – Thank you!”

**New Beginnings**
“Has helped me stay focused with ‘keep busy’ coping mechanisms – Mary was really good and helped explained things that I didn’t really understand.”

**Adult Mental Health Recovery Team**
“People are too quick to point out the bad, so I want to show the good work. The most helpful point of this has been the regular contact, the quickness of the medication and the care taken to make sure I get the right support.”

**Community Therapies (IAPT)**
“I have walking difficulties and other health issues. Seeing David Shaw broke down many barriers. David’s whole style and approach was particularly helpful – his philosophical approach and structured thought-provoking advice gave me a sense of empowerment and the ability to ‘let go’ of destructive thoughts.”

**Memory Clinic**
“The service we receive is first class. Always running to time, lovely staff that have time to listen and care for us.”

**Older People’s Community Mental Health Team**
“The care and understanding of the staff was way beyond what one could expect. Their approach and patience was excellent. They put one at ease so problems could be explained and the solutions they offered were brilliant. The staff were prepared to offer alternatives if required and to do so in such a way that demonstrated their care.”

**The Junction, Quality Improvement Team volunteers**
“Good to have someone to talk to who I can trust and who can give advice about how to get back on track.”

**RDaSH**
leading the way with care

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Trust interns lend a hand

Communication is key for Jaimee
Jaimee Whitehead has finished a secondment to the Communications Department and Foundation Trust Office.

A business and marketing graduate from Sheffield Hallam University, the 23-year-old from Maltby near Rotherham said: “I studied communications as part of my course but did not have any practical skills and I had never worked in a professional business environment.

“The communications team really helped me develop as they let me take part in all aspects of their work, and anything I had not done previously they took the time to show me. I have gained experience in many different things; writing press releases, working with computer packages such as Word Press on the website, interviewing techniques and how to work with members of the public.

“Working in the Foundation Trust Office also helped me see another side of communications, such as how the Trust tries to include everyone in their activities.

“The internship has been a great experience for me and I feel it will dramatically help me in the future to gain a permanent job role. I am really grateful for how welcoming everyone was towards me and how they took the time out of their busy schedules to help me.”

Jaimee has now started another internship helping with the development of Flourish Enterprises.

Ugbede is flourishing
Ugbede Umoru has an MSc International Business Management from Sheffield Hallam University and is currently working with Commercial Development Director Tracey Clarke.

Ugbede's main role is developing a business case and plan for Flourish Enterprises. He feels the role has dramatically helped him improve his skills and he has learned the art of developing a business case and a financial management plan.

Ugbede said: “The internship has been a great stepping stone for me. It has helped me improve my skills and knowledge and improve my future career prospects. I hope it will create lots of future opportunities.”

Harriet’s helping out
Harriet Phillips from Coventry University is currently doing a six-month placement within the RDaSH Emergency Planning Office as an emergency planning assistant, working alongside Emergency Planning Officer Sam Grundy.

Harriet helps Sam with his regular working duties such as winter emergency and major incident emergency planning, and has also been involved in bigger projects such as planning around the Tour de France and testing of business continuity plans.

The placement has allowed Harriet to put things she learned on her degree into practice and see first-hand how an emergency planning office works.

Harriet said: “Sam has taught me so much already. This job has given me the vital experience I need so that I can become an emergency planning officer myself in the future. I want to say an extra thank you to Sam, as he has helped me so much and is involving me in everything. I hope that I am helping him as much as he is helping me.”

Pictured; Ugbede Umoru, centre, Harriet Phillips, left and Jaimee Whitehead, right
Primary liaison nurse post in Doncaster

Jayne Thompson has taken up the post of Primary Liaison Nurse in the Learning Disability Health Action Team.

The role, which has been commissioned for 18 months, aims to improve the health of learning disabled people in Doncaster. It will see Jayne working with GP practices, service users and their families, paid carers and professionals to provide support and advice when accessing primary care services for routine GP appointments, annual health checks and health screening, as well as developing health action plans.

Jayne will be providing training to GPs and health facilitator training to statutory and independent services. She will monitor and audit the uptake of annual health checks, as well as working with dental and optical services to provide accessible and easy read information about eye checks, eye care and dental care.

She will also be working with other learning disability nurses and public health staff to deliver health screening information and monitor its uptake to help develop dementia pathways.

Lisa’s secondment

Lisa Paduch, one of our school nurse practice teachers based at the Heathfield Centre, Hatfield, Doncaster has secured a secondment to lecture at Sheffield Hallam University. Lisa will be working there for two days a week from this September until July next year.

Trust welcomes new records manager

Emily Overton took up her post as records manager for RDaSH on 27 August.

Since joining the Trust Emily has been busy leading the offsite storage contract transition from CINTAS to Magnum Services, as well as other projects looking at confidential waste and Silverlink casenote tracking.

She is also reviewing the records retention and disposal schedule, and developing the records management training.

Coming from a local authority background, this is Emily’s first experience of the NHS and she says she’s looking forward to the challenge and meeting people across RDaSH. If you have any records management queries, please give Emily a ring on (01302) 796521, or email emily.overton@rdash.nhs.uk

Retirement round-up

Margaret bids farewell...
District nurse Margaret Dobson has retired after working for 47 years in the NHS.
Based at Glenthorne House, Doncaster, Margaret said ‘goodbye’ to colleagues past and present, who presented her with £150 in John Lewis vouchers, flowers, and gifts.

Mark waves goodbye after 37 years...
Mark Lawton, pictured right, a nurse consultant specialising in dementia care at Forest Gate Day Hospital, Doncaster, has retired after working for the NHS for 37 years. He spent the last seven years at RDaSH.
About Foundation Trust membership

The Trust aims to build a meaningful and effective representative membership within all its constituency areas in order to provide a solid foundation with the communities it serves.

Membership is the broad-based foundation of the Foundation Trust and is what the Trust is built on – the membership is literally our foundation. We recruit among members of the public, service users and carers and Trust staff.

Imagine - if every member of the Trust was able to recruit at least one more person among family or friends, our membership would flourish. By becoming members local people can support the promotion and maintenance of good physical and mental health.

A meaningful and effective representative membership is the key in all of this - and although this appears obvious, the significance is often missed. It is effective and recruiting new members improves with experience. Not everyone will say yes. Some will refuse - that's their choice - but at least you will have asked. This is what really makes the moment count.

Why have members?

Having a membership is how the Trust becomes accountable to the local community. The membership is a way of voicing the local community’s thoughts and feelings about Trust services. The membership helps to steer the direction the Trust takes through the governors it elects and by participating in Trust activities if they wish to do so.

A large and active membership gives the Trust a chance to communicate with the community. The members can be seen as messengers who through everyday conversation can change attitudes in the community about mental health and learning disability issues. In simple terms, members spread the word!

It is always helpful to consider what kind of help you would appreciate if someone in your family became unwell today. You would want the best possible service, and you would want other people to help you and your family and to show an understanding of what you were experiencing. Here at RDaSH we pride ourselves on providing the excellent clinical services you would expect to receive.

What does being a member mean?

Membership means supporting the cause of good health. It is FREE and members can be involved as much or as little as they wish, but will be invited to attend any events or meetings being held. They will receive a members’ magazine three times a year and will be given the opportunity to vote at elections.

Being a member does not mean that they will receive any quicker or better treatment – these services are provided to all who need them free of charge, when they need them. Nor does it mean that we get more funding the more members we recruit. We do, however, achieve greater engagement and accountability by having a larger membership.

What do I get from being a member?

Membership means supporting the cause of good health. It is FREE and members can be involved as much or as little as they wish, but will be invited to attend any events or meetings being held. They will receive a members’ magazine three times a year and will be given the opportunity to vote at elections.

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The Trust recruits at all levels; members of the public, service users/patients and staff. Many will be happy to limit their membership to receiving a newsletter, like Bill, whereas some will want to be more involved with the Trust through their membership, as do Maria and Joseph.

It’s simply a case of asking the question: “Would you like to know more about the Trust and receive our newsletter which is free to all our members?”

Maria, a service user member, said: “I have accessed mental health services from RDaSH for a number of years, both as an inpatient and in the community. My journey has not always been smooth but I have lived to ‘tell the tale’ and with lots of support I am now in a better place than I have been for a long time.

“I wanted to give something back to RDaSH for all the help they had given me so when I was asked by my support worker if I wanted to be a member I immediately wanted to know more. Basically I receive a members’ newsletter three times a year telling me about all the services provided by RDaSH – I never realised there were so many!

“I am sometimes asked for my opinion through consultations and I am invited to attend meetings or events, for example the Council of Governors meetings or members’ events – these are always really good because I find out lots of information about the services that affect me personally. I am really keen to be more involved as a member and to share my experiences with other service users.”

Joseph, a public member said: “I have been a member of the Foundation Trust since it began in 2007 and have always tried to take advantage of any of the opportunities to attend meetings or events over the years whenever I can.

“Even though I haven’t received any of their services I still think it’s important to know what RDaSH provides in my community and, who knows, I might need them in the future.

“Because of work and home commitments the time I have contributed to being a member has been limited, but I have always read the members newsletter with interest and I am always keen to hear about what is happening locally and in the Trust as a whole.

“Since my retirement last year I have more time to spare and have decided to stand as a governor in the current elections. This way I can work more closely with the Trust in the interests of members and the local community.”

Consider these questions:

The Trust recruits at all levels; members of the public, service users/patients and staff. Many will be happy to limit their membership to receiving a newsletter, like Bill, whereas some will want to be more involved with the Trust through their membership, as do Maria and Joseph.

It’s simply a case of asking the question: “Would you like to know more about the Trust and receive our newsletter which is free to all our members?”

Maria would like to be involved through her membership and ‘give something back’ to the Trust.

• How could she be more involved eg through consultations, events, working groups, service user/patient carer groups?

• How would we communicate with her and other members like her?

Joseph feels that he would like to become a governor.

• Do you know anyone who would make a good governor?

• Someone who perhaps is already very active in their own groups?

• Someone who can speak up for themselves and others?

For more info contact the Foundation Trust office on freephone 0800 015 0370 or email us at ftmembership@rdash.nhs.uk

Or if you would like to apply on line visit https://www.rdash.nhs.uk/?page_id=1868
Get your flu jab soon

We will be launching our annual flu jab campaign in October, with the first drop-in clinic to be held on October 1.

There will be a prize draw each month of the flu season. The names of staff who have had the jab will be entered and the lucky winners will receive a £10 shopping voucher. At the end of the campaign there will also be one overall winner drawn out of the hat who will win an iPad.

It’s important to get the flu jab to protect not just yourself but also your family and your patients.

For full details visit: http://www.intranet.rdash.nhs.uk/support-services/performance-assurance/communications/flu-vaccinations/

Working together better

Graeme Fagan and Jo McDonough, pictured right, have been put in charge of running our new Business Support Units (BSUs). But what does this mean to staff?

The BSUs came into operation in July, with staff from across the Trust coming together to work more in partnership to support RDaSH operations and help the Trust run more a more streamlined and effective service.

Now Finance, HR, Performance, Emergency Planning, Patient Safety and many more staff are all based together in Oak Tree Lodge (formerly Park Lodge Annexe).

Different teams all working together also allows staff to work with the business divisions on any issues or blockages to smooth them out.

Jo, who runs the Children and Communities BSU which supports Doncaster Community Integrated Services (DCIS), Learning Disabilities, CAMHS and Substance Misuse, explained: “The BSUs join up the services that business divisions need to support them. They will help us move away from working in silos. It’s about giving the business divisions the expertise they need, responding more quickly and cohesively and helping everyone focus on the business of the Trust, which is delivering high quality patient care.”

Graeme, who heads up the Mental Health BSU which covers Adults, Older People and Forensics, added: “We are in the first stages of developing these new ways of working and it’s likely to change and evolve over time. We’re creating a new way of working and creating stronger working relationships with corporate services.”

Before the BSUs were launched, the staff involved attended workshops to get to know each other and to share their views on how they could work together better.
Fit for the Future – book your module now

Our new development programme, Fit for the Future, launches at the end of the month.

It is aimed at managers on band 7 or above who have a line management responsibility, clinical directors and lead consultants.

The programme aims to support managers with the ever changing demands of their roles. It is designed to strengthen leadership, management, team working and personal growth.

The dates for the launch events are Tuesday, 24 September and Wednesday, 2 October. All staff taking part in this training have been contacted directly by email.

Please book on to all of the modules before 23 September. You can do this by emailing the Learning and Development Service via learninganddevtraining@rdash.nhs.uk

New CAMHS unit at St Catherine’s

The CAMHS Business Division has been given the go-ahead for the development of a CAMHS Tier 4 inpatient unit for young people on the St Catherine’s site.

The new unit will involve the construction of a small extension to the existing Bungalow 2 and will offer generic inpatient services to young people aged 13 to 18. It is planned to open the new unit in April 2014 and recruitment of key staff will begin this autumn.

Measles alert

The Department of Health has reported an increase in the number of measles cases with local outbreaks in England.

Older children and teenagers have been particularly affected, but some vulnerable patients, particularly immunosuppressed people and very young children are at high risk of serious complications as they cannot receive the MMR vaccine.

Protection of healthcare workers, particularly those in contact with vulnerable patients, is an essential part of infection prevention and control in healthcare settings. It is important that staff are protected against measles – for the benefit of their patients and themselves. Staff who are not adequately protected are advised to seek advice from their own GP.

Survey results announced

The results from the 2013 Community Mental Health Survey, which asks people questions around their treatment in the community for mental health issues, such as their views on their care planning, medication and whether their views about their care have been taken into account, have been announced.

A breakdown of how individual mental health trusts have performed out of 10 for each trust, alongside a banding of ‘better’, ‘worse’ or ‘about the same’ against every question in the survey can be found here: http://www.cqc.org.uk/surveys/mentalhealth. The main survey results can found here: http://www.cqc.org.uk/public/reports-surveys-and-reviews/surveys
Annual Members’ Meeting (AAM) and Awards Ceremony
The AAM and Annual Awards Ceremony will be held at New York Stadium, Rotherham on 25 September at 4pm.

Judging has taken place and invitations sent out. There were over 200 submissions and in each category five submissions have been shortlisted. The winners of individual and team awards will be announced at the event.

There will be a Trust Matters awards special in October.

Raising cash for Macmillan Nurses
Staff at the Stapleton Road Centre are holding a coffee / cake / morning from 11am to 2pm on Friday 27 September at Stapleton Road Centre in support of Macmillan Nurses.

Sandwiches, cakes, tea and coffee will be available, and all money raised will go to The Macmillan Nurses Charity.

Everyone is invited, but please let Alison Preece know if you are attending by ringing 01302 734795 to give her an idea of the catering numbers.

Dedicated stroke conference, ‘Six months and beyond’
Staff are invited to attend a dedicated stroke conference on Thursday 3 October.

Organised by Doncaster and Bassetlaw Hospitals NHS Foundation Trust, the conference will be held at Doncaster Royal Infirmary’s Education Centre from 9am until 4.30pm.

Attendees will include people from the Stroke Network, acute and community services and stroke survivors and their carers.

If you are interested in attending contact Deborah Davies on 01302 366666 ext 4657 or email Deborah.davies@dbh.nhs.uk

Research conference
The Trust will be hosting a research conference on November 7 at Hellaby Hall, Rotherham. More details to follow in next month’s Trust Matters.

Conference in Sheffield
A learning and dissemination conference is being held in Sheffield on November 12. The event, called ‘The benefits and challenges of co-production in applied mental health research,’ is being hosted by CLAHRC for South Yorkshire.

It will be held at The Edge, University of Sheffield, between 9.30am until 4.30pm.

For further details contact Sue Ridgway by emailing s.ridgway@sheffield.ac.uk

Closing date for registering is Monday, September 30.

Football match to celebrate World Mental Health Day
Players are invited to join an 11-a-side football match - RDaSH Rangers v Commissioning (CCG and DMBC) Crusaders - on Thursday 10 October, which is World Mental Health Day.

The match is scheduled to take place between 6pm and 8pm at the Keep Moat Stadium, Doncaster, and players will be asked to contribute £3.50 each.

Any interested players are asked to contact Dave Scarrott at david.scarrott@rdash.nhs.uk or Wayne Goddard at wayne.goddard@doncasterccg.nhs.uk
Learning and Development Service - course nominations

We aim to provide an easy and quick way to request and confirm places on training programmes and workshops, and reduce the administration involved across the Trust, while ensuring that line manager approval and support is in place.

To request a place on most mandatory, statuary and internally provided training please:

- Get the approval and support of your line manager
- Email your request to the group email box: LearningandDevTraining@rdash.nhs.uk and provide a contact telephone number
- Copy your line manager into this email to show that approval has been given
- You and your line manager will receive a response to your request within two working days
- If you do not have access to email you can make a request by telephone to 01302 798343.

For information on courses please go to: Learning and Development Programme | RDaSH Intranet

Nomination forms are still required for many training interventions, such as IT training, externally funded training or where travel (except between Trust premises) and accommodation costs will need to be funded by the participant’s department.

To request a place where a nomination form is required please:

- Get the approval and support of your line manager
- Complete the study leave/nomination form provided via the link: http://nww.intranet.rdash.nhs.uk/wp-content/uploads/2011/04/Nom_FormStudyLeaveForm_12.doc
- Send your completed study leave/nomination form to the Learning and Development Administration Officer, RED Centre, Tickhill Road Hospital, Balby, Doncaster DN4 8QN
- Your request will be dealt with as soon as possible and you will be contacted with further information
- Cancellations / substitutions must be notified as soon as possible in order for re-allocation of places. You can also fax nomination forms to us on 01302 796240.

The nomination process for the learning interventions in this programme is clearly shown alongside the course descriptions. Please follow these instructions and use the hyperlinks provided to access the correct process.

Information sharing with carers

At a recent Adult Mental Health Service practice development day about carer engagement, the Information Governance Team delivered a presentation about carers, confidentiality and the legal perspective.

Following excellent feedback the Information Governance (IG) Team are to roll this training out across the Trust. This training links in to the ‘Triangle of care’ project which encourages working in a more collaborative way with carers. The purpose of the training is to examine issues and set out what service users, families and carers might reasonably expect, and provide guidance for staff on best practice.

Any teams interested in the training should contact Rachael Smith, IG Officer, on 01302 796756.

Mental Health First Aid (MHFA)

MHFA the help given to someone experiencing a mental health problem before professional help is obtained.

The aims of the two-day MHFA course are:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem.

Dates are now available in Rotherham and Scunthorpe.

To attend this training, please discuss attendance with your line manager and telephone Patricia Smith on 01652 601101 or email at patricia.smith@rdash.nhs.uk or LearningAndDevTraining@rdash.nhs.uk
**News in brief**

**Want to quit smoking in Stoptober?**

Stobtober is back and all over the country people will be taking the 28 day challenge to stop smoking during October.

If you can stop for 28 days you are five times more likely to quit for good. Last year over 160,000 people successfully quit smoking during Stoptober.

For more information visit www.smokefree.nhs.uk/stobtober or speak to your local stop smoking service or pharmacist. If you work in Doncaster, ring our own stop smoking service on 01302 640064.

**New unit at Amber**

Amber Lodge has opened its new Intensive Support Unit, contact: (01302) 79816. Please see other useful telephone numbers: Ward office: (01302) 796107; Amber Lodge Rehabilitation and Recovery: (01302) 798160.

**Join the Christmas carol choir**

The NHS in Doncaster is to hold a carol service on Tuesday 17 December at 5pm in Doncaster Minster.

Head of Chaplaincy Meg Burton would like to start a staff choir to sing a few carols in the service.

If you would like to be part of the choir, please come along to the first rehearsal on Tuesday 8 October in the Chapel at Tickhill Road Hospital from 12.30pm to 1.30pm. Everyone is welcome and no experience is necessary.

**Out of office reminder**

Please remember to use the ‘Out of office’ functionality in your emails when you go on annual leave to reduce the risk of urgent emails not being actioned.

**Online training through ESR for students**

Students who don’t have a Trust email account can undertake the online training through ESR. For more information please contact the ESR team on 01302 798195.

**Opening times at the Food and Drink Café**

The opening times at the Food and Drink Café on the Tickhill Road Hospital site have changed to 9am – 4pm Monday to Friday.

**Road works**

A number of roadworks are taking place in Doncaster over the coming months. Full details at http://www.intranet.rdash.nhs.uk/doncaster-road-works-and-road-closures/

**Correction to training matrix in August payslips**

Following distribution of the ‘Aide Memoir’ (personal training matrix), that came out with your August payslips, a few discrepancies have been highlighted.

Please see the link to the amended document for details of changes made. Please amend your card accordingly or download a revised paper version: http://www.intranet.rdash.nhs.uk/wp-content/uploads/2013/08/DP7424-11408-Training-Matrix.pdf

Your personal record is to keep in your possession to help remind you of core training required and undertaken.

**PALS/complaints fax change**

The fax number for complaints and PALS has changed to 01302 796003.

**Empty baby wipe packets wanted for charity**

The Warren Nursery and Hutch Playscheme are supporting the Ellie’s Fund Brain Tumour Trust.

The idea is very simple; they collect and donate empty baby wipe packets and for every packet donated the nursery and playscheme will receive 2p to give to the charity. Parents are asked to collect empty packets at home and take them into the nursery.

If you would like more information about the charity please visit www.elliesfund.com

**Counter fraud newsletter**

The Trust’s previous counter fraud services provider, Assure, has merged with Emias to form a new organisation known as ‘360 Assurance’.

Following the merger, counter fraud services are now provided by the new organisation. As part of the re-branding, the quarterly counter fraud newsletter ‘Fraud in the Spotlight’, is now known as ‘Fraudulent Times’.

Full contact details of the Counter Fraud Team in the latest newsletter are at: http://www.intranet.rdash.nhs.uk/publications/newsletters/counter-fraud-newsletters/

**Bank card scam warning**

There are continuing reports of people being fooled by conmen acting as Visa Card employees helping to solve a card theft/ cloning.

The scam is very clever and ends up with the conmen having your name, address, telephone number, bank card, pin number and account details. Please access the following link: http://www.intranet.rdash.nhs.uk/support-services/health-safety/security/security-advice/latest-bank-card-scam/
Trust services for all...

Did you know that these services are available to the public too?

**Sew & Sew**
We have an onsite sewing room for work for wards and departments, ordering/altering staff uniforms. We also provide this service to external customers. From curtain making/alterations, soft furnishings, embroidery, to garment repairs and alternations, why not contact them today for more information or a quote on 01302 796009.

**The Laundry**
The Tickhill Road Laundry offers a personal laundry washing and ironing service. Staff can drop their dirty laundry at work and collect it the next working day, clean and folded. Visit the laundry website for details and prices: http://www.thelaundryservice.org.uk/index.php

Contact the laundry for information on the laundry delivery service. It’s only £6 for a bag of 30 items, including local collection and delivery. Contact the team on 01302 796014.

**Design & Print**
Based at Walnut Lodge at St Catherine’s, our in-house print and design service prides itself on quality and a quick turnaround. If you need any designing and printing for business cards, invitations, flyers, greeting cards, calendars or catalogues, contact the team for a quote. We will price match any orders.

**Trust Catering**
Visit one of our three retail catering outlets on the Balby site.

The Food and Drink Café is based on the Tickhill Road Hospital (TRH) site and serves hot and cold freshly produced meals and snacks. The Coffee Shop is based in the main entrance of TRH and serves a range of beverages and sandwiches. Or why not visit the Garden Café in St Catherine’s House for a speciality coffee and a slice of cake? While you are there you could pop into the Walled Garden and take a browse in the gift shop and garden centre.

**Warren Nursery**
The Warren Nursery is a well-established, award winning 89 place nursery, which is open Monday to Friday between 7.30am to 5.30pm. We cater for children from four months to four years in two purpose-built buildings.

Our aim is to provide a safe, caring and nurturing environment for our children and strive to deliver an outstanding service to parents.

We offer affordable quality childcare with highly experienced staff, all qualified to a minimum of level 3. We also have an early years professional.

**The Hutch**
The Hutch play scheme is a 40-place holiday play scheme, operating during Doncaster school holidays, from 7.30am to 5.30pm.

We cater for up to 40 children aged from four years (in full-time education) to 12 years, in a newly refurbished building.

We offer affordable quality childcare with our dedicated team of play leaders and assistants, boasting a wide range of skills to help devise activities to entertain our children - from arts and crafts and sport, to cookery and days out - all in the care of qualified and caring staff.