

Manchester Mental Health matters

Hats off to Evelyn!



87-year-old Evelyn Rattray proved that age is no barrier to spreading the Foundation Trust message at a recent member recruitment event.

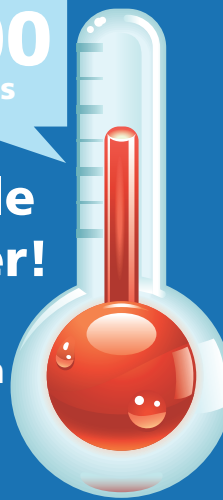
Mrs Rattray, pictured here with Older Adults Team Manager Trish Dwyer, spent several hours signing up members of the public at Asda Wythenshawe and at one point potential new members were queuing to be signed up!

Evelyn has been a supporter of the Trust since 2002 and is an Older Adult Champion.

5000
members

**People
power!**

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www.mhsc.nhs.uk/ft

A message from the Foundation Trust Project Director

Hello and welcome to the Spring edition of Manchester Mental Health Matters. I cannot believe it has been a year since our Foundation Trust bid officially started – time has really flown.

We still have a way to go but we continue to meet all the important milestones. We completed the official consultation period on our plans on 6 February and in total, had attended 52 engagement events across the city between October 2009 and February 2010. The comments and feedback we received played an important part in shaping the next steps in our process as the Trust Board approved the recommendations of the consultation at its meeting on 25th February 2010. The draft Constitution was then revised accordingly and following discussion at the March Trust Board meeting, was approved as our final draft. Both the response to consultation documentation and our proposed Constitution are now available in full on our FT website.

Membership of our prospective Foundation Trust continues to steadily increase and we now have nearly 5,000 members. We are absolutely thrilled with how well the campaign has gone but still want to continue to grow. The more members we have, the more representative we will be and the more people we can inform about mental health issues in Manchester and work towards reducing stigma. With this in mind we still need you as members to spread the word and let people know about our bid. We also are really keen to sign up as many service users and carers as we can – but the information will be kept private and safe.

Please direct people to our online membership form which can be found at www.mhsc.nhs.uk/ft. The more people get behind our bid the more of a difference we can make to mental health services in Manchester.

We are extremely grateful for your continuing support, and hope you enjoy the latest edition of our newsletter.



Jess Williams
Foundation Trust Project Director

Top tips for wellbeing

Adrian Galloway is the Interim Urgent Care Services Manager and here he gives us five of his top tips for staying healthy and happy.

- 1. Recognise when you are not relaxed or mentally well and take positive steps to address it.**
"All too often people are afraid to acknowledge that they are not mentally well to themselves and ultimately see it as a weakness. However, it is actually a strength to be able to admit to yourself and others close to you or who have a responsibility for your welfare at work such as your line manager.
- 2. Get something off your chest if it is bothering or bugging you.**
- 3. Have time off just for yourself.**
- 4. Maintain energy levels, don't burn out.**
- 5. Have a laugh.**
"I do this by going out regularly on a Thursday night with my mates, although many a time I have to push myself to go out as I am often tired."

Why I signed up...

George Jarratt, 66, from Droylsden, has been involved with Manchester Mental Health and Social Care Trust since 2003, when his mother Lily was diagnosed with vascular dementia.

Here he tells his story, and why he signed up to become a member of our Foundation Trust.

"After me and my neighbour started noticing some odd behaviour by my mother I took her to the doctor and an appointment was made for a psychiatrist to come and see her. She was eventually diagnosed with vascular dementia."

Despite her misgivings George's mother started going to day care and he became her primary caregiver, often staying with her as she did not want to be alone. Her condition continued to deteriorate, often not realising where she was and getting confused. George



George Jarratt

realised he needed help and the Community Psychiatric Nurse told him they would get him an Admiral Nurse.

"My reaction was what do I need a nurse for? There's nothing wrong with me. But the nurse came over and I was sceptical but I just couldn't stop talking, about the stress and anxiety we were under with Mam. She listened as I went on and on then at the end she gave me some immediate advice on what to do and what to say. I looked forward to our Admiral Nurse's visits. She helped me look at each problem differently and she made me feel I could cope. Things had started to fall into place. I was beginning to understand the illness."

Eventually George's mother went into a care home after George decided he could no

longer offer her the best care at home. His Admiral Nurse helped him through the process.

"I made an appointment with Sue and told her I could not manage any longer. She sat down with me and went through all the options and the necessary steps I had to take to arrange full time care. We had already talked about this many times before. Mam eventually went into a residential care home where she was looked after very well by all the very dedicated staff.

George's mother died of breast cancer in March 2007.

George's experiences are the reason he is fully behind the Trust's Foundation Trust bid.

"The reason I have joined the trust that I want to be able to vote in the election of governors and contribute to making things better for our loved ones and fellow carers," he says.

Trust scoops top award

The Trust was delighted to be awarded a top prize at the National Patient Safety Awards in February.



Medicines Management Team

The Medicines Management team won in the Improving Medicines Safety in Healthcare Organisations category while the Fire and Mental Health Liaison Project was also shortlisted and 'highly commended' in the Patient Safety in Mental Health section.

The Medicines Management Team were recognised for their 'How to improve medication safety using pharmacists interventions' project. The project has been so successful that the Team now facilitates a range of learning to all disciplines and areas in their own and other trusts. Chief Pharmacist Petra Brown said: "We are delighted that our commitment to improving the safe use of medicines within mental

health services across Manchester has been recognised."

David Marsden, Head of Occupational Therapy and lead for the Fire and Mental Health Liaison Project said: "The application for the award was submitted only 12 weeks into the project and so we are very pleased with the outcome. The project was developed after the Trust and Greater Manchester Fire and Rescue Service recognised that a large number of people who were involved in fire incidents had mental health problems. Once we have further evidence of the success of this project, we will be re-submitting for an award again next year."



Left to right: David Marsden, Head of Occupational Therapy, Russ James, Area Commander for Fire Safety, Paula Breeze, Fire and Mental Health Liaison Officer, Jackie Daniel, Manchester Mental Health and Social Care Trust Chief Executive and Warren Pickstone, Borough Commander Manchester South

End of consultation

The consultation period around the Foundation Trust application ended on 6 February after over three months of getting the views of service users, carers, staff and the general public.

The Foundation Trust team of Jess Williams and Alexa Taylor travelled the length and breadth of the city meeting groups of all ages and backgrounds and attended more than 50 different events to talk about the Trust's Foundation Trust plans. More than 5,000 consultation documents were sent to venues such as libraries, GP surgeries and leisure centres to give people the chance to influence the future of mental health in Manchester and the consultation form was also available online.

The results of the consultation are available on our web site as is the Trust Board report and recommendations from this process.

FT bid up to nearly 5,000 members!



The enthusiastic response to the Trust's Foundation Trust application continues and just five months after launching our bid we have nearly 5,000 members. Staff from the Trust have been spreading the message citywide in venues such as supermarkets, shopping centres and train stations and will continue to do so over the coming months. The Trust would like to thank you for your support for our bid.

Angela's story

Angela has been in contact with the Trust's Eating Disorders Team since referral by her GP in 2004. She knows from experience how vital the service is in helping people to recover.

"I had suffered from anorexia and severe bulimia since I was 13 and there wasn't much of a service where I used to live," she said. "Then when I moved to Chorlton-cum-Hardy I was losing a lot of weight and my GP referred me to the Trust's Eating Disorder Team. They managed to get me into hospital quickly in 2005 and I spent six months there. When I was discharged from hospital I got back into work but things got quite bad again in 2007 and I went back. I realised I needed a different approach.

"After my third hospitalisation I realised that I wouldn't be able to continue to function with repeated hospital visits," she said. "It is no way to live, so the team asked me what I needed and over a period of time we worked something out that was focused on my life and my needs. It is good to be given a say in how treatment is going to progress because I've been ill for a long time and I know from experience what will work."

Angela started a course of appropriate day care and continued to see staff at the Trust's Eating Disorders Service twice a week.

The Service offers a range of psychological therapies, including Cognitive Behavioural Therapy (CBT), Psychodynamic Psychotherapy and Counselling, to people with anorexia nervosa, bulimia nervosa, and binge eating disorder. Evidence from research studies suggests that approaches like these are both appropriate and effective in helping to deal with a wide variety of psychologically related eating problems. The Team takes upwards of 250 referrals a year.

"I have been really fortunate that the Trust have put the investment into me and it has worked," said Angela. "I will be getting married next year and I'm just finishing my doctorate and I wouldn't have been able to make my condition manageable without the support of the Trust."

Focus on Prof Alistair Burns

Trust honorary consultant named Dementia Tsar



Professor Alistair Burns

The Trust can now boast two of the country's leading mental health professionals after Professor Alistair Burns was named the Government's National Clinical Director for Dementia.

Prof. Burns, who leads the Trust's South Manchester Memory Clinic at Wythenshawe Hospital, is the latest Trust psychiatrist to be appointed to a senior Government position. Fellow Trust consultant Professor Louis Appleby has just become the first National Director for Health and Criminal Justice having previously been National Clinical Director for Mental Health Services.

"It's a great honour to be appointed to the post and a great opportunity to help people with the dementia," said Prof. Burns, 51. "I will be providing clinical leadership to the team who will implement the National Dementia Strategy and a key part of this will be to raise public and professional awareness of the condition to encourage

more people to come forward for early diagnosis."

Prof. Burns, who lives in Macclesfield, also wants to tackle the preconceptions attached to dementia.

"Many people fear dementia but I want to show that people who have been diagnosed can still live a full life and live well," he said. "We have to do everything we can to allay that fear."

Prof. Burns is also a Professor of Old Age Psychiatry at the University of Manchester, a partner of the Trust, and the Manchester Academic Health Sciences Centre, of which the Trust is a partner organisation.

Trust helps develop groundbreaking treatment for Obsessive Compulsive Disorder

A team of Manchester psychologists have developed an effective cutting edge treatment for Obsessive Compulsive Disorder (OCD).

Staff from the Trust and the University of Manchester, are using Meta-cognitive Therapy to help people with OCD by training them to change their relationship with their thoughts. Manchester is the first city in the UK to use the method.

Trust Consultant in Clinical Psychology Professor Adrian Wells explains: "Meta-cognitive therapy works by helping people develop new ways of relating to their thoughts so that these can be seen as unimportant events. For example, one of the methods we use is 'detached mindfulness.' This is encouraging people to sit quietly and watch neutral thoughts without acting to either change or stop them. I might ask someone to form an image of a tiger and then step back and watch without influencing the image. The patient can then learn this technique and apply it to their own thoughts to test the unhelpful beliefs they attached to those thoughts."

According to Prof Wells 80 per cent of people have obsessive thoughts that seem senseless. These are known as 'naturally occurring intrusions' and many people will have experienced them. Examples include wanting to jump if at the top of a high building or wanting to step into the path of a train if waiting on a platform. Such thoughts amplified many times and causing significant distress and interference with life are Obsessive Compulsive Disorder.

This approach of challenging beliefs about thoughts and changing the way people view them rather than treating thoughts has proved to be extremely powerful over a short space of time and Meta-cognitive therapy is now in use in Australia, Germany and Norway.

Good mood food can beat the blues

The secret to staying positive is to eat the right foods, according to a Trust wellbeing specialist.

Leila Jackson leads Manchester Mental Health and Social Care Trust's Wellbeing Project, an initiative that aims to contribute to positive wellbeing, help people cope with stress and worry, and improve general health. She claims that eating food such as oily fish and Brazil nuts will help people beat the blues.

"There are certain foods that we should all include in our diet to improve our mental health," says Leila.

"For example oily fish such as mackerel and sardines contain Omega 3 which helps the brain to function and contributes to the production of happy chemicals. Similarly, eating six Brazil nuts a day helps the process that produces serotonin, one of the chemicals associated with happiness, as they contain amino acids."

Leila believes the relationship between mood and food can also explain why so many religious feasting celebrations are such happy events for example: Christmas Day! "Turkey is also really good for your mental health as studies conducted in Germany have found that it reduces depression because it is a good source of protein. All these foods are not only good for us but they are good for our mood as well."

The Trust has long recognised the link between a healthy diet and good mental wellbeing and runs Bite cafes at community centres across the city in partnership with HARP, a voluntary sector organisation that provides mental health services to people in the city.



Leila Jackson

Contact us:

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Chorlton Cum Hardy, Manchester, M21 9UN.

Telephone: 0161 277 1222

E-mail: ftmembership@mhsc.nhs.uk

Website: www.mhsc.nhs.uk/ft

Foundation Trust membership form

Thank you for becoming a member of our Foundation Trust. This form will collect some basic details in order to be able to register you.

Personal Details

Title: _____

First name: _____

Surname: _____

Address: _____

Postcode: _____

Telephone: _____

Mobile: _____

Email*: _____

*By including your email address you will help us reduce print costs by enabling us to contact you and keep you updated by email.

Membership

Where you live will determine which group (constituency) you belong to.

Please indicate the public constituency that you are joining:
(Tick only one option).

North Manchester

(Ancoats & Clayton, Ardwick, Bradford, Charlestown, Cheetham, City Centre, Crumpsall, Harpurhey, Higher Blackley, Gorton North, Gorton South, Longsight, Miles Platting, Newton Heath, Moston)

South Manchester

(Baguley, Brooklands, Burnage, Chorlton, Chorlton Park, Didsbury East, Didsbury West, Fallowfield, Hulme, Levenshulme, Moss Side, Northenden, Old Moat, Rusholme, Sharston, Whalley Range, Withington, Woodhouse Park)

Greater Manchester

(Bolton, Bury, Oldham, Rochdale, Stockport, Tameside, Trafford, Wigan, Salford)

Out of Area

(The remainder of England and Wales)

Level of involvement

Are you interested in:

- Improving services
 Challenging stigma
 Volunteering
 Becoming a Governor
 If other (please specify)

In order to ensure that our membership is representative of the local population, it would help us to collect the following data. The information you give will be protected in accordance with the Data Protection Act 1998.

The information will be held on a stand alone database and will never be shared with any outside body or any Trust function other than Foundation Trust matters.

Gender

- Male
 Female

Date of birth:

Ethnic group

- Asian/Asian British, Bangladeshi
 Asian/Asian British, Indian
 Asian/Asian British, Pakistani
 Asian, other
 Black/Black British, African
 Black/Black British, Caribbean
 Black/Black British, other
 Chinese
 Mixed, White & Asian
 Mixed, White & Black African
 Mixed, White & Black Caribbean
 Mixed, other
 White British
 White Irish
 White other
 Other ethnic background
 Unknown/Not declared

Do you consider yourself to have a disability?

- Yes
 No

Preferred method of communication

How would you like us to contact you?

- E-mail
 Post

Please help us by telling us how you found out about the opportunity to become a member.

- Newspaper article
 The Trust's website
 From a friend/relative/colleague
 Leaflet about membership
 At a public meeting
 At a roadshow
 Other (please state)

Freeport RSCY-XTEK-JGXX
Manchester Mental Health and Social Care Trust
Chorlton House
70 Manchester Road
Chorlton-cum-Hardy
Manchester
M21 9UN



Manchester Mental Health
and Social Care Trust



One in four people will suffer from mental illness in their lifetime.
Help Manchester Mental Health and Social Care Trust tackle discrimination
by becoming a member of our Foundation Trust bid today.

For more information please visit
www.mhsc.nhs.uk/ft

We're supporting
time to change
let's end mental health discrimination

