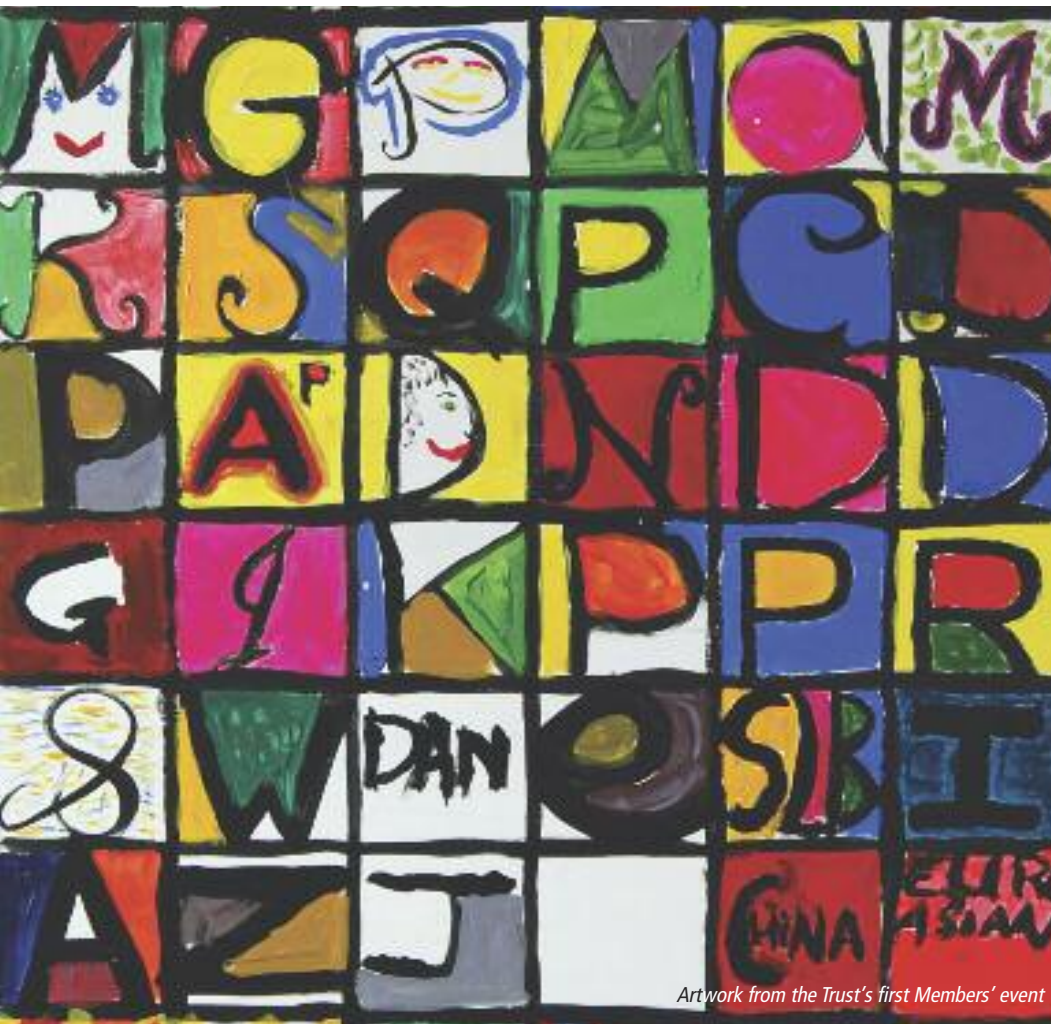


Manchester Mental Health

matters

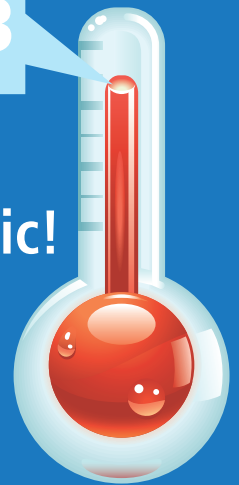
**Your chance to make
a difference to mental
health in Manchester
– become a Governor**



Artwork from the Trust's first Members' event

6,063
members

Fantastic!



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www.mhsc.nhs.uk/ft



Jess Williams Foundation Trust Project Director

Welcome from Jessica Williams

Hello and welcome to another edition of our Members News.

Our application for Foundation Trust status is continuing to progress and very excitingly, we have achieved our target membership of 6000 members! We are thrilled with the support you have given us for our anti-stigma campaign and look forward to engaging with you in the future as we continue to develop and improve mental health services in Manchester.

On 1st April, the Trust took on a number of new services and we are delighted to welcome them into the organisation. These services extend our portfolio further into wellbeing services as they include the Public Health Development Service, Primary Mental Health Service, Oral Health and the Community Alcohol Team among others. We will be working with our new colleagues to support these services as well as learning from their experiences and skills to improve aspects of wellbeing in mental health.

In the near future we hope to hear that the Department of Health are supporting us to enter the final phase of our application with Monitor. Once we reach this stage, we can start our election process to the Council of Governors and this newsletter includes information about how you can find out more.

I REALLY hope you will take the time to consider standing for election. The Chair, Wyn Dignan, will be hosting some sessions around the city for people who are interested in knowing more about becoming a Governor and we will publish details of these meetings on our web site – so come along for a chat and a biscuit and think about whether you could give up a few days a year to help direct the future of mental health services in Manchester. I look forward to meeting you there!

Jessica Williams, Foundation Trust Project Director

Problems? A piece of cake!

Our problems and negative feelings can sometimes overwhelm us and take on a life of their own. Wellbeing Project Lead Suzannah Clark (far left of pic) gives us her top tips on dealing with them and staying positive.

There is lots of evidence in Cognitive Behavioural Therapy (CBT) that if we try to change the way we look at and think about things it can have a positive effect on the way we feel.

For example, for many people change can be difficult and it needs to be broken down into manageable chunks. One good tip is to think of a problem as a 'piece of cake':

1. Imagine a large yummy cake

– we would certainly feel ill if we attempted to eat it all at once. Similarly, to tackle a problem all at once can be extremely difficult.

2. Enjoy a slice that is manageable for you

– we would feel happier that we had eaten the right amount. Equally, trying to tackle only part of a problem can be much easier.

3. Piece of cake!

– Cutting the cake into manageable pieces starts to break the problem down.

Next time you have a problem, remember small manageable and achievable chunks.

In a similar way to visualising problems as a piece of cake, we can choose to look at any situation



Suzannah Clark with Health and Wellbeing Project participants

with either a positive or a negative outlook. The outlook we choose can positively influence the way we think, feel and respond to situations.

For example, imagine that someone you know doesn't say hello to you when you see them in the street. If you do not have your positive thinking cap on, you might think: 'What if I offended them?' or 'That was rude, why didn't they say hello?'. These thoughts would be likely to leave you feeling sad, frustrated or perhaps even angry. Your response may be to ignore them too or you might feel nervous about seeing them again, responses that mean the vicious cycle will then continue.

To address this it is possible to think realistically and positively about a situation rather than be negative in our outlook.

'Wearing' a positive thinking cap can help you to see a problem or situation differently and in a better light, meaning you feel differently and respond differently.

For example, if someone doesn't say hello, but you have your positive thinking cap on you might think: 'Maybe they didn't see me?' or: 'They must have had something on their mind?'. These thoughts would be likely to leave you feeling much more positive and calm and your response might be to then go over and say hello and check they are ok. You will then have broken the vicious cycle and can go on with your day feeling good about yourself.

If you are in a situation where you don't know why something has happened or why someone has behaved in a certain way then remain positive until you know!

The Wellbeing Project is a joint venture between Manchester City Council and the Trust. It involves the promotion of wellbeing in adults over the age of 55 living in the local community, through the delivery of the 'Be Well, Age Well' course. **For further information e-mail suzannah.clark@mhsc.nhs.uk or phone 0161 291 6971.**

Trust recognised for approach to recovery



Our Trust services have been identified as amongst some of the best in the country for promoting recovery as part of a national initiative endorsed by the Department of Health.

The Trust and Manchester City Council's Directorate for Adults have been chosen as one of just six demonstrator sites nationally. Being named as a demonstrator site means services in Manchester will serve as a beacon,

supporting and advising other organisations who are looking to embed a culture of recovery. The accolade is given in recognition of 'excellent progress made in successfully embedding a recovery orientation at an organisational level'.

Our Trust and Manchester City Council are the only organisations in the North West to be named a demonstrator site.

In My Shoes Project

Although questionnaires and surveys serve a valuable purpose, sometimes you need to try something a little different to get to the heart of people's stories.

That's why from mid-February to the end of March we ran the 'In My Shoes' project, gaining the views of more than 100 people in three different and original ways.

A VW Campervan with a video camera in the back visited our Annual General Meeting as well as inpatient and community sites and more than 50 people took the opportunity to let us know what we are doing well and where we can improve.

We will produce DVDs of the interviews to be shared with the Trust Board, at staff induction and at junior Doctor training.

We also ran art workshops and one-to-one written interviews to get feedback.

Associate Director for Service User and Carer Engagement Patrick Cahoon, who ran the project said: "I'd like to thank everyone who got involved in the project and shared their stories as they have really helped us to identify the issues that are important to service users and carers.

"Work is already underway to address many of the points raised but we will be drawing up a detailed action plan to make sure that we cover all the issues."



Tackling self-harm in Manchester

The UK has one of the highest rates for self-harm in Europe, with an estimated 400 people self-harming per 100,000 population.

People self-harm for different reasons but it is usually when they are feeling anger, fear or distress in order to deal with those negative feelings. It can also be a form of self-punishment for something they think they have done.

The Trust's Self-harm, Assessment, Follow-up and Engagement (SAFE) Team support people who self-harm in Manchester, providing assessment and therapy.

Most of the service users are referred after presenting at Manchester Royal Infirmary A and E with evidence of intentional self-harm. Others are referred by health professionals from other organisations.

The Team aims to make contact within 24 to 72 hours of presentation to offer an appointment. The speedy contact is due to the increased vulnerability of people who self-harm.

As part of admission an examination of the service user's mental state as well as self-harm and suicide risk assessments are carried out and a plan agreed.

To address the feelings that cause self-harm we offer Psychodynamic Interpersonal Therapy (PIT), which helps service users find different ways to deal with their difficult feelings. This can be done at the Rawnsley Building at Manchester Royal Infirmary or at the service user's home, depending on what they prefer.

The therapy explores feelings and the problems which may cause someone to self-harm in order to get the service user to express their emotions in a different way.

An important part of the work that the SAFE Team do is liaising with GPs and other services to make sure that there is consistent care for the service user and further support is available if necessary.

They also offer training in self-harm, assessment, management and treatment to nursing and medical staff and students as well as providing workshops for both statutory and non-statutory organisations.

For more information on self-harm and how to get help please go to <http://www.thesite.org/healthandwellbeing/mentalhealth/selfharm>

Stand up, speak up! Become a Governor

These are exciting times for mental health and wellbeing services in Manchester as we continue to improve quality of care and make the changes necessary to become one of the best providers of healthcare in the country.

To continue this progress we need passionate and committed people to help us shape the future by standing for election to our Council of Governors. This is your chance to express your views and represent your area, service users and carers and be the mouthpiece of the people who use our services, listening to their concerns and sharing them with the Trust.

As one of 14 elected Public Governors you will sit on the Council of Governors alongside elected Staff Governors and Appointed Governors from partner organisations such as

Manchester City Council. As a member of the Council of Governors you will be responsible for holding the Board of Directors accountable and advising them on strategy. Your powers will include appointing the Chair of the Trust and deciding the pay and allowances for the chair and other non-executive directors. The Council of Governors also approves the appointment of the Chief Executive.

Anybody aged 16 or over can become a Governor and the only requirement to stand for election is that you are a member of the Foundation Trust. We will not rule anyone out as long as they meet these requirements and are passionate and committed. Anybody who decides to stand will be offered all the support they need.

Service user or carer?

We are particularly keen for service users and carers to stand for election. No-one knows more about our services than the people who engage with them every day and your experience will be invaluable in helping us to improve.

Becoming a Governor could be an important part of your recovery.

Student looking to get into the NHS?

If you are a student who sees working for the NHS as a possible career path then becoming a Governor will look great on your CV and give you fantastic experience of how an NHS Trust operates. It will also give you valuable insight into what is important to service users. These are all great things to talk about in any possible job interview to give you a real head start on other job applicants.

Retired and want to give something back?

If you are retired and looking to put something back into the community then a Governor position would be ideal.

It is a great way to challenge yourself, learn new skills and meet new people while helping to improve life for mental health service users in Manchester.

Becoming a Governor

For more information on becoming a Governor please contact Laura Knobbs FT Administrator on 0161 882 1077 or e-mail laura.knobbs@mhsc.nhs.uk.

Why I became a Public Governor, Peter Rose, Salford Royal NHS Foundation Trust

“ I have been a Foundation Trust Governor at Salford Royal for nearly five years and find the role interesting, challenging, and demanding, but enjoyable. You get out what you are prepared to put in.

In my previous career I had no involvement in health care but after I retired I wanted to put my professional experience into an area that would benefit from it.

We are expected to take a full part in the meetings of the Governing Body and its sub-committees, where most of the detailed work is done, and to undertake training and get involved in the hospital by being aware of what it does. We may also attend Trust events such as lectures, members meetings and open days.

As an elected Governor I am the representative of my members and have to listen to their views on what they want the Trust to do as well as influence the strategic direction.

Although there are many duties and responsibilities it is an extremely rewarding experience, giving you the opportunity to feed back into the community some of the things that you have learnt and guide the paths of young people. ”



Peter Rose Foundation Trust Governor

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