

Manchester Mental Health

# matters

## Trust Awarded London 2012 Inspire Mark



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Jessica Williams Foundation Trust Project Director

## Welcome from Jessica Williams

Hello and welcome to the latest edition of Manchester Mental Health Matters. I am absolutely delighted to kick off this issue with some fantastic news, which is that we have now passed through the Department of Health stage of our Foundation Trust application. We have received official confirmation by letter from the Secretary of State for Health and now will enter the final Monitor phase of our application.

Monitor are the independent body that regulates FTs and they will be sending a team of representatives from London to look at our finances, the quality of care we provide and the way we run the Trust to decide whether we are ready to become an FT. This is expected to last around three months. It goes without saying that we are fully prepared for this visit and extremely confident that all aspects of the work we do will bear the closest scrutiny.

Getting this far is a fantastic achievement and I would like to take this opportunity to thank you for all your support since we started in October 2009. We are extremely grateful to those who have signed up friends/family as members, volunteered at roadshows, supported our Members Days or helped out in any way. We wouldn't have been able to get this far without you.

We will keep you up to date with the progress of the final phase of our application via the next edition of this newsletter, which will be sent out in January.

I would also like to thank everyone who attended and helped out at our recent TRY-athlon! event, which was a great success despite the weather. To find out more read the article on the right of this page.

Another recent exciting piece of news was the Trust being presented with the London 2012 Inspire Silver Award, mainly for FT events which have promoted physical health and mental wellbeing. The picture on the front of this newsletter shows me with NHS Chief Executive Sir David Nicholson, Trust Chief Executive Jackie Daniel and Olympic legend Jonathan Edwards.

Please see below for more information on what the Inspire Mark means for the Trust.

That's it from me for now so I hope you enjoy the holiday period and I look forward to giving you more good news in January!

## What is the London 2012 Inspire Mark?

The London 2012 Inspire Programme recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games.

The Trust was specifically chosen for the award for our work around the link between physical health and mental wellbeing, reflected in the Get Fit, Get Well and Rhythm in Mind events last year as well as our recent TRY-athlon event.

Foundation Trust Project Director Jessica Williams said: "London 2012 is generating such excitement across the UK that there could be no better time to get people engaged in physical activity and inspire them to carry it into their daily lives.

"I am delighted that the Trust has received the London 2012 accolade which highlights our determination to improve the health and well being of our service users, carers, staff and the population of Manchester.

"We will be supporting the Olympics throughout this year and up to the Games but will be pursuing our health and well being message for many years to come."

## Trust wellbeing event a TRY-umph!

More than 250 Foundation Trust members and local residents danced, cycled and walked their way to wellbeing at our TRY-athlon event in Wythenshawe.

The aim of our 2011 Members day was to get people moving in a variety of ways and it offered the free chance to try a number of different exercises including Zumba, Nordic Walking, Wii Fit and cycling.

People who tried two or more new activities were entered into a raffle with top prizes including Manchester City match tickets and a six-month pass for any council run gym. Attendees were also treated to an exhibition of street dance by Shockout Entertainment and browsed health and wellbeing stalls from organisations across Manchester. Healthy food was provided by the Trust's own Good Mood Food, which supports service users to take part in catering, including running a café at the Harpurhey Wellbeing Centre.

The Trust also gained 50 new Foundation Trust members (welcome to you!), who joined the 6300-plus members who have already signed up since the start of the application in October 2009.

Foundation Trust Project Director Jessica Williams said: "What a great day! An important message for health and well being was delivered in a fun, novel and accessible way. So many people told me how much they enjoyed the day and I know I certainly did!"

For more information on our Foundation Trust application please contact Laura Knobbs on 0161 882 1077 or e-mail [laura.knobbs@mhsc.nhs.uk](mailto:laura.knobbs@mhsc.nhs.uk)



Street dancers Shockout Entertainment proved a big hit at the recent TRY-athlon members' event

# Becoming a Governor

Becoming a Foundation Trust will enable the people who use our services to make their voices heard at the highest level. To do this we need members to step forward and stand for election as Governors. If you are passionate about health and wellbeing services and committed to making a difference in this city then this could be an opportunity to help shape Manchester.

Becoming a Governor can be a really fulfilling role regardless of your age or background, as thousands of people volunteering for their NHS Trusts across the UK have discovered. You can give something back to your community, learn new skills, improve your CV and meet new people. Hopefully the following section tells you more about what would be involved.

**What does being a Governor involve?** 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.

Council of Governor meetings will be held approximately four times a year and there will be other meetings you can attend such as the Annual Members' Meeting. How much you do over and above this, such as joining other committees and representing the Trust at national events, is up to you.

**Who is eligible?** 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. You can do this by going to [www.mhsc.nhs.uk/ft](http://www.mhsc.nhs.uk/ft) and filling in the online form. Hard copies of the membership form will also be made widely available before the start of the elections.

You do not need any special skills, qualifications or particular understanding of the Trust to stand as a Governor. No one will be ruled out as long as they believe in our vision and values (see page 6).

If you decide to stand you will be offered all the support you need and there will always be members of staff available to explain any aspect of the process to you.

**Service user or carer?** While Governor positions are open to anyone over 16 who is a member of our Trust, we are particularly keen for those with lived experience to stand for election. We really value the experience of those who have used our services, or care for someone who has or may continue to do so. Your experience will be invaluable in helping us to improve.

**Get in touch!** If you would like more information, please come along to one of our sessions in the New Year, which will be advertised on our web site. If you would prefer an individual session then please contact Laura Knobbs, FT Administrator who will arrange an informal chat with Jessica Williams, FT Project Director. Contacting us does not mean we expect you to stand and you will not be asked to make any commitment until you are absolutely certain that the role is right for you.

You can contact Laura on 0161 882 1077 or e-mail [laura.knobbs@mhsc.nhs.uk](mailto:laura.knobbs@mhsc.nhs.uk).

## Why I became a Governor: Steve Cook, University Hospital South Manchester NHS Foundation Trust (UHSM) Public Governor

Father of four Steve Cook explains why he became a Governor of his local hospital:

“ I am a retired father of four, ex-school governor and secretary of local and county bowling leagues. I have lived in South Manchester all my life. We have seen the hospital grow over the years and my family have benefited from some of the services provided. My children were born here and have been looked after by UHSM when needed. My father was treated here when he came to the end of his life. He received the most professional treatment and was respected throughout his time here. I just felt that I would like to give something back and joining the team was an ideal opportunity. ”



*Steve Cook Public Governor at University Hospital South Manchester*

# Our vision and values

Our vision is to improve Manchester's mental health and wellbeing through partnerships. We want all our Governors and members to share this vision and our key values.

## Respect and dignity

We value each person as an individual, respect their aspirations and commitments in life and seek to understand their priorities, needs, abilities and limits. We take what others have to say seriously. We are honest about our point of view and what we can and cannot do.

## Commitment to quality of care

We earn the trust placed in us by insisting on quality and striving to get the basics right every time: safety, confidentiality, professional and managerial integrity, accountability, dependable service and good communication. We welcome feedback, learn from our mistakes and build on our successes.

## Compassion

We find the time to listen and talk when it is needed, make the effort to understand, and get on and do the small things that mean so much – not because we are asked to but because we care.

## Improving lives

We strive to improve health and wellbeing and people's experiences of the NHS. We value excellence and professionalism wherever we find it – in the everyday things that make people's lives better as much as in clinical practice, service improvements and innovation.

## Working together for patients

We put patients first in everything we do, by reaching out to staff, patients, carers, families, communities, and professionals outside the NHS. We put the needs of patients and communities before organisational boundaries.

## Everyone counts

We use our resources for the benefit of the whole community, and make sure nobody is excluded or left behind. We accept that some people need more help, that difficult decisions have to be taken – and that when we waste resources we waste others' opportunities. We recognise that we all have a part to play in making ourselves and our communities healthier.

# Best job in the world!

Since the transfer of Manchester Community Health staff from Manchester Primary Care Trust, we have inherited a whole host of people doing incredibly varied jobs. Stephen Hoy is a Community Health Trainer for the Trust and Manchester United Football Club. Here he gives us a unique view into his working week.

**Monday – Great results** I am based at the Cliff training ground at Broughton. This is where Manchester United were based when they won the treble and the place is steeped in history. To name a few players who have been here, George Best, Bobby Charlton and more recently David Beckham and Cristiano Ronaldo.

On Mondays I do most of my work at the Health and Wellbeing Centre in Harpurhey. I have three clients lined up for interview where weight loss is a concern to all of them. At the last meeting I set them all a small individual goal and today is the follow up to see if this has been achieved. All three have surpassed their goals and implemented other changes we had discussed. Seeing their faces glow with pleasure makes this work so rewarding.

I then go to Cheetham Hill where I'm to meet a new client with mental health issues with one of the support workers from the Health and Wellbeing Centre. The client's priority is to stop smoking, I arrange a meeting with Manchester Stop Smoking Team at one of their drop ins on Harpurhey Market and also set the client a goal to focus on for the following week.

**Tuesday – Collaborative working** Tuesday is the start of three days of working for the Manchester United Foundation which is the charity arm of the club. The day begins with meetings to discuss an annual report for our Premier Health Project which is run from the Forum in Wythenshawe. Our projects are aimed at men who are unemployed, on probation, have or have had mental health issues, people on YMCA courses or ex-offenders. Myself and two Foundation coaches put on football sessions, one of which is for Manchester Mencap (the learning disabilities charity) whose members are fantastic. We started with six members and now have over 50!

The afternoon session is with the Premier Health group which is designed to lift members' self-esteem and confidence levels through interaction and physical activity. This has worked really well and has resulted in 21 members gaining employment in the past 15 months.

**Wednesday – It's a goal!** Today is the Imagine Your Goals (IYG) project aimed at misconceptions around Mental Health. It is funded by Sports Relief and is run in conjunction with the Time-To-Change campaign. The IYG project is run on a similar basis to the other projects, we have football, a weight management group and an indoor curling session. As a co-ordinator it is my job to oversee everything and to work with the coaches. The coaches do a brilliant job of organising their sessions to suit all levels of fitness.

On this project we work with people who have or have had mental health issues, the idea is to give them a focus and to make it fun so they can look forward to coming here to the Cliff in a safe environment, make new friends, seek help or advice or just have a chat.

**Thursday – Bright idea!** Over to Edale House, one of the Trust's Inpatient sites where we have set up a regular training session for patients unable to leave the unit. This has proved to be a stepping stone for when patients leave the ward to join our projects in Wythenshawe or at the Cliff.

In the afternoon I head over to Wythenshawe Forum for our Premier Health group, where we inform them that a lucky seven will have the opportunity to play in a football tournament at Everton. The group are excited and there is definitely an enthusiasm to please the coaches as they will be picking the lucky seven.

**Friday – Health Trainer** Today I'm back in my role as a Health Trainer where my tasks are pretty much set for the day. I go to Edale House where I predominately spend my time on Grafton Ward. I work closely with the staff there to provide one-to-one interviews with patients who want to make lifestyle changes in and around healthy eating and activity, this is where I am able to link up some of the work I do with the MUFC and my Health Trainer role.

In the one-to-ones I try to motivate clients to increase or in most cases start some activity either in the gym at Edale or on one of the Foundation projects. All clients are given the opportunity to attend events with the Foundation, this linking up has proved invaluable in many cases, as it gives clients a chance to carry on their progress when they leave the unit.

**Saturday – Market day!** Up bright and early to set up our stall on Harpurhey Market which is run by Manchester Stop Smoking Services. We have a stop smoking advisor and I work in my Health Trainer role. This gives the public a chance to have a chat about health issues in a friendly setting to seek advice or pick up literature on a whole range of different services on offer within the NHS. Working with a stop smoking advisor provides a good link to clients who want to stop smoking but are afraid of putting on weight in the process, it's like a one stop shop for all kinds of smoking-related issues.

*I hope I haven't bored you all too much but I get carried away telling people about what we do!*



Community Health Trainer **Stephen Hoy**

## Healthy winter recipe

### Mushroom and tarragon pate

- 50g unsalted butter
- 2 shallots, finely chopped
- 1 leek, finely chopped
- 2 garlic cloves, crushed
- 100g chestnut mushrooms, finely chopped
- 100g shiitake mushrooms, finely chopped
- 2 tsp wholegrain mustard
- 2 tbsp crème fraîche
- 3 tbsp chopped fresh tarragon, plus extra to garnish
- 1 French stick; extra virgin olive oil; mixed salad leaves, to serve

### Method

1. Heat butter in a large frying pan. Add shallots, leek and garlic, then gently fry for 7 mins until softened.
2. Increase the heat, add the chestnut and the shiitake mushrooms, then cook for 10 mins, stirring, until the juices have evaporated and the mushrooms are tender. Stir in the mustard and crème fraîche, then season well. Cook for a further 2 mins then stir in the chopped tarragon.
3. Preheat the grill. Cut the French stick into diagonal slices, drizzle with a little olive oil, then grill until golden. Spoon the hot pâté on to the toasts, garnish with the extra tarragon, then serve with salad leaves.

## Coping over the festive holidays

This time of year can be stressful with presents to buy, events to arrange, dinner to cook and much more. To help, Trust Psychologist Dr Steve Eccles has put together some useful tips.

**Plan ahead:** Plan what you want to do over the festive period and be realistic in terms of finances and time. Can you work with others to achieve what you would like and still meet other people's wishes? It is useful to identify the things you are likely to find stressful and plan how to deal with them.

**Get organised:** Make a list of the things that you need to do to prepare and gradually work through it.

**Budget:** Work out your budget before you start shopping and be sensible. Think about the number and cost of presents and food and drink and stick to it. Planning ahead can help you shop around for the best bargains and stay within your budget. Perhaps you can decide on limits to the cost of presents with your family.

**The 'perfect' festive period:** There is no such thing as the 'perfect' festive period and striving for it will just put you under pressure. Learn to accept the limits that time and resources will place on your situation.

**Contribute:** Getting out and helping other people, whether family, friends or neighbours, or even volunteering for a local community group can be very rewarding especially at this time of year.

**Be assertive:** Try to be more assertive. If you need help and support from other people ask for it. If you really don't want to do something you can always say no. Remember that you do not have to please everyone around you all the time.

**Be healthy:** The festive period is often a time of excess. So it is important you look after your physical health. Drink plenty of water, eat healthily, make sure you get enough sleep and get some exercise. If you do drink alcohol, do it in moderation and make sure you have regular breaks from drinking and over-indulging in food to give your body a chance to recover.

**Have a break from all the chaos:** Make space over the holidays to do something you enjoy and that helps you relax, whether taking time to read a book, listen to music, go for a walk or have a nice relaxing bath. These short breaks can really help you "recharge your batteries".

**Loneliness and isolation:** If you are likely to be isolated or lonely over the festive period plan how you will deal with it. Can you arrange to visit or contact family or friends? If not plan how you will organise your time and keep yourself occupied.

**It will pass:** Remember the festive season is only for a short period of a few days so if you find yourself getting anxious remind yourself that it will soon pass and the New Year and your usual routines will start again.