SEPT NURSE JACKIE REID CLOCKS UP 60 YEARS UNBROKEN NHS SERVICE

Bank nurse Jackie Reid has clocked up a remarkable 60 years unbroken service for the NHS.

Jackie Reid has been a nurse for the NHS since April 14, 1953 and continued working immediately following her retirement and has been working bank shifts in the Trust’s community diabetes team and for Southend Hospital diabetes team.

Jackie was a pioneer in setting up the first ever liaison nurse service between community and hospital nurses and went on to be the first in the country to run a revolutionary specialist diabetes nurse service in 1973. She has remained in this field for 40 years.

Mother of two Jackie started her training at Orsett Hospital in 1953 when she was 18 and did her district nurse training for nine months at the prestigious Queens Nursing Institute and worked in the community in Thurrock for ten years while also finding time to have and bring up her two daughters. Her calling was with working with people with diabetes.

She has continued to work in Basildon and Orsett hospitals and in the community and since retiring is more regularly at Southend Hospital and in community clinics - covering bank shifts four days a week.

Jackie said “It certainly doesn’t feel like 60 years has gone by and I have thoroughly enjoyed being part of the NHS during that time. Despite the many changes I have seen the NHS is still a wonderful organisation that I am proud to be associated with over such a long period of time”.

Chief Executive Dr Patrick Geoghegan OBE said “Jackie is a real inspiration and I am so proud to still be working with her. The Queen had her Diamond Jubilee recently and it’s only fitting that we mark Jackie’s Diamond Jubilee for the NHS in similar fashion. I first met Jackie when she was setting up one of our first diabetic clinics in 1980, and I am extremely proud of her achievements. I also believe without Jackie’s drive and determination to improve conditions for diabetic patients we would not be where we are today. Jackie must be congratulated and I hope she continues to provide what I believe is an exceptional service for patients who come into contact with her”.

Volunteers Needed

Our first group of dementia buddies is CRB checked and ready to start training. If you’ve got a few hours spare and would like to volunteer take a look at all the volunteer posts we have www.sept.nhs.uk/Patients-and-Carers/Volunteers.aspx

New SEPT Chief Executive announced

See Page 2
**Farewell after 40 Years**

In this issue of SEPT news, I am writing to let you know that after 40 very happy and fulfilling years in the NHS, I have decided that October 2013 is the right time for me to retire as Chief Executive of SEPT. I will still be working full-time and at full pace – as SEPT’s Chief Executive and not just as my last working day, but I wanted to make sure I told you about my plans as early as possible.

I have thoroughly enjoyed all my years with the NHS and have, like many of you, seen considerable changes over the past four decades; from my very first post at an NHS porter, then commencing my wide-ranging nursing career and for the past decade being Chief Executive of one of the very best NHS Foundation Trusts in the country. Throughout all these years, my greatest joy has been working with my wonderful frontline nurses, doctors, therapists, other clinicians, clinical and non-clinical staff, social care staff, and volunteers – in order to make such positive differences to the lives of our patients and their families. More recently it has been an absolute privilege to work with our governors and members who give their time to SEPT voluntarily.

As I am sure you will appreciate, retirement has been a huge decision for me to take, but truly believe that October is the right time for me and for SEPT, I will be leaving our Trust in the strongest position it has ever been in and I am confident that with the skills and dedication of our staff it will continue to go from strength to strength in the future. I wish to place on record my deep thanks for helping to make SEPT such a success and for helping me to rise to all the challenges we have faced together.

As you can see from the article below by Trust Chair, Lorraine Cabel, we haven’t wasted any time in recruiting and appointing a new Chief Executive to ensure consistent and stable stewardship of the organisation. I want to take this opportunity to congratulate Sally on her appointment and wish her success in her new post.

Please be assured that after October I will continue to watch SEPT’s progress with interest and I have every confidence in every member of our Trust on this or any other subject. Please send these to the Trust Secretary or membership@sept.nhs.uk.

I am always available to hear the views of any member of our Trust on this or any other subject.

The title of Queen’s Nurse

**New Medical Director**

The Trust has appointed Dr Michael Kacar as the new medical director. Dr Kacar replaced Dr Pauline Roberts who retired from the Trust at the end of April. Dr Kacar is a consultant psychiatrist and was previously working as an external independent assessor with the Trust’s Lead Governor in attendance. The decision to appoint the successful candidate was then approved by the Council of Governors. Lorraine Cabel said: “The field of candidates was strong, and I am pleased that we have appointed Sally as our new Chief Executive. She has the vision, drive and commitment to lead SEPT forward to our next exciting stage of development. This will build on our current reputation as a top performing foundation trust.”

**SEPT Hosted 2nd Annual Conference for Social Workers**

The second Annual Conference for Social Workers was held on Thursday, 14 February 2013 entitled ‘Back to Our Roots’. The full-day programme for all SEPT Social Workers looked at social work through different lenses – considering the impact of wider system reforms and what that means for Social Care and Health. The day was opened by Dr Patrick Geoghegan OBE, SEPT Chief Executive / Professor of Mental Health and Social Care, and included updates on progress made on the Trust’s Vision for Social Care, as well as looking ahead at the challenges and opportunities. Social Work faces.

Speakers included Sue Berelowitz, the Deputy Children’s Commissioner, who spoke about “I thought it was the end of the world” – findings from the Interim Report into CSE (Sexual Exploitation in Gangs and Groups).

Delegates had the opportunity to network with colleagues enabling the sharing of good practice and to meet the newly elected Staff Governor for Social Work at SEPT.

Dr Patrick Geoghegan OBE said: “This is the second conference we have held specifically for our social workers and this year, for the first time, we are taking the opportunity to celebrate social work in SEPT by inviting nominations for social workers who have demonstrated professional excellence and best practice within their service area or across organisational boundaries. Social Work is exceptionally important to many of the people SEPT provides support to and this conference is a key part of our programme to develop the profession and their influence”.

**A note from your Governors...**

What part did we play in the appointment of the new Chief Executive?

I thought it would be of use and reassurance to let you know how your Governor have been involved with the recruitment process for the new Chief Executive. The process is clearly set out in law and was, led by Lorraine Cabel as Chair of the Trust, and all the Non-Executive Directors with the Council of Governors required to ratify the recommendation for the appointment. So to help Governors make an informed decision when approving the recommendation, on behalf of the Council of Governors, I have worked with Lorraine and agreed how Governors are involved in this key appointment and I am pleased to say that the process understands this.

The Council of Governors Nominations Committee, plus some additional Governors to reflect the wider interest within the Trust, were involved in stakeholder group meetings with the shortlisted candidates. This gave them the opportunity to ask questions which are relevant to the Council. The views of the group were then recorded and fed back to the interview panel. This process was led by Patrick Sheehan, as Governor Coordinator for Essex. As Lead Governor I was in attendance at all the formal interviews so that I could provide feedback on whether the candidates met the defined appointment criteria and also to provide assurance that the recruitment and selection process was robust. By establishing this process we hope that we have satisfied the legal requirement and that the Governors have maintained full involvement throughout, and were pleased to ratify the appointment with confidence that the appointment has been rigorously administered. On behalf of the Council of Governors may I congratulate the successful candidate, Sally Morris, and wish her well in her new post.

I am always available to hear the views of any member of our Trust on this or any other subject.

Prestigious Queen’s Nurses

The title of Queen’s Nurse by the Queen’s Nursing Institute (QNI) was reintroduced in 2006 to help promote high standards of community nursing and today’s Queen’s Nurses include community nurses, nurses in GP practices, nursing staff and others who are experienced in working in people’s own homes, in clinics, or in other community settings.

Chair, Lorraine Cabel, Announces Appointment of new Chief Executive

Lorraine Cabel, Chair of South Essex Partnership University NHS Foundation Trust, is delighted to announce that Sally Morris has been appointed as Chief Executive. Sally has previously held the position of Executive Director – Contracts and Specialised Services and Deputy Chief Executive at SEPT. Sally will formally take up the position on 8 October 2013.

This appointment is the culmination of a rigorous and robust recruitment process. The Trust engaged the services of independent recruitment consultants and advertised the post nationally. The interview process included informal meetings, key stakeholders – members of the Board, medical staff, governors, as well as patients, service users and carers. These were followed by a formal interview with a panel comprising the Trust Chair, Non-Executive Directors, and an external independent assessor with the Trust’s Lead Governor in attendance. The decision to appoint the successful candidate was then approved by the Council of Governors.

Lorraine Cabel said: “The field of candidates was strong, and I am pleased that we have appointed Sally as our new Chief Executive. She has the vision, drive and commitment to lead SEPT forward to our next exciting stage of development. This will build on our current reputation as a top performing foundation trust.”
Food First Team named for National Patient Safety Award

The Food First Project has been shortlisted for a national award for the 2013 Patient Safety Awards. The Food First project, which tackles dehydration and malnutrition in the elderly, was one of six finalist in the ‘Changing Culture’ category for the awards. The winners were announced on 9 July at Grosvenor House, London.

Cathy Forbes, Bedfordshire’s Food First Team Lead said: "Making nutrition and hydration a priority has huge benefits and has an enormous impact including reducing pressure ulcers, falls and infections. People who are dehydrated and undereated are more likely to develop or have infections"

The Patient Safety Awards are hosted annually by the Nursing and Midwifery Council (NMC) and the Healthcare Commission (HSC), and celebrate excellence in areas which arguably present the greatest challenge to modern healthcare.

The Food First team have also been shortlisted in the Advancing Healthcare Awards in the ‘Leading by results’ category, which is designed to encourage and reward achievements by an AHP or healthcare science support worker or technician.

Penrose Synergy - Floating Support in Luton

Penrose has been helping and supporting to those who are vulnerable, ex-offenders and people with mental illnesses for over 42 years.

In April 2011, Penrose were awarded the Luton Borough Council’s contract for its Generic, Complex Needs and Integrated Offender Management Floating Support in Luton. The Penrose Synergy Floating Support team opened the door to their Victoria House service.

The staff team comprises of staff from existing floating support providers, who were previously involved in a variety of experience covering areas such as mental health, drug & alcohol support and disability.

The team support floating support to vulnerable individuals who are under the care of agencies such as health, social or any other service. Support is available to those who have learning disabilities,器 have a history of offending and those with a history of offending. Penrose have also recruited additional staff locally to complement the team.

So, what is Floating Support?

Floating support means - service meaning that the support is able to be provided within the client’s home - be it temporary accommodation, worker or technician, AHP or healthcare science support or support to a client in their own home – be it temporary accommodation, council owned or rented. Floating Support can also be offered home – be it temporary accommodation, council owned or rented. Floating Support is able to be provided within the client’s different agencies and departments and are currently working with over 480 service users. There are common primary and secondary support needs that our service users present with are issues with mental health - affecting appropriately an individual’s ability to deal with their own life, which means that the service user is able to take part in a variety of needs which the service user then floats off once the support needs have met.

What support does Penrose Synergy offer?

Penrose Synergy offers: Housing Related Support, covering areas such as -

- advocacy & communication – filling in forms accompanying to appointments;
- drug & alcohol support;
- signposting & referring to other agencies;
- support with mental health needs;
- general health & wellbeing;
- support for domestic violence;
- help with arts & crafts;
- daily living skills;
- social & emotional needs;
- family & carer support;
- support for older people;

The Synergy service works closely and in partnership with many organisations and agencies across Luton and beyond. Since July 2011 we have received referrals from 8 different agencies and departments and are currently working with over 480 service users. There are common primary and secondary support needs that our service users present with are issues with mental health - affecting appropriately an individual’s ability to deal with their own life, which means that the service user is able to take part in a variety of needs which the service user then floats off once the support needs have met.

Trust calls on community to talk about dying in West and South East Essex

SEPT held a remembrance event on Wednesday 15 May at St Margaret’s Hospice, to give people the opportunity to talk about dying and access resources to help them plan for it. The event was held as part of Dying Matters Awareness Week (13-20 May), was organised by the Southend and Essex Dying Matters Coalition to encourage people to talk openly about dying, death and bereavement.

The theme of Dying Matters Awareness Week 2013 was ‘Being Ready for it’, an action-focused call to action aimed at encouraging members of the public to talk openly about dying, take simple steps to make their end of life experience better, both for them and for their loved ones. The five steps are: 1. Make a will your future care and support • 4. Register as an organ donor • 5. Tell your loved one, will die as you might wish to die and how they can be included on your care plan. The event was also an opportunity to encourage people to talk about their wishes surrounding end of life care and how they can be included on your care plan.

The event was supported by Southend University Hospital and Southend Borough Council and local healthcare organisations to speak out about Dying Matters in south Essex. SEPT (Southend & Essex Patients Together) is a partnership between the Southend Area Health NHS Trust, Southend Borough Council and local healthcare organisations to speak out about Dying Matters in south Essex. SEPT is a registered charity registered number 258722. The remembrance event was held at the Civic Centre, Victoria Avenue, Southend, SS2 6ER to get information on how you can help the essential work done by SEPT as well as local community organisations who are helping people to talk openly about dying and death.

The Trust also joined forces with Southend University Hospital and Southend Borough Council and local healthcare organisations to speak out about Dying Matters in south Essex. SEPT are registered charity Number 01582 343230 or visit our website www.penrose.org.uk

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Under the category of ‘Community Health Services in Bedfordshire, along with Bedfordshire and Central Bedfordshire’ the Synergy service has successfully achieved the prestigious full UHCW ‘Baby Friendly’ status and are one of only 23 in the UK to win international recognition. The Synergy service has secured the Synergy Baby Friendly Fund and among the first in the Eastern Region.

The Award was presented by Sue Ashmore – Director of UHCW Baby Friendly Unit on May 23 at the Cafe in Central Bedfordshire Council, Priory House, Luton.

The Food First team have also been shortlisted in the Advancing Healthcare Awards in the ‘Leading by results’ category, which is designed to encourage and reward achievements by an AHP or healthcare science support worker or technician.

With our one year anniversary coming up in July, Penrose Synergy is around the concept of wellbeing.

One of the main focuses of the support offered at Penrose Synergy is around the concept of wellbeing. Wellbeing is defined as feeling good about oneself, and the support is able to be provided within the client’s different agencies and departments and are currently working with over 480 service users. There are common primary and secondary support needs that our service users present with are issues with mental health - affecting appropriately an individual’s ability to deal with their own life, which means that the service user is able to take part in a variety of needs which the service user then floats off once the support needs have met.

Penrose Synergy aims to support clients who are at crisis point, need advice and guidance, and may not have even their most basic needs being met – such as housing, food, support and someone to turn to if they are struggling to find anything to eat. So how can wellbeing be achieved? Over the last year, through direct work with service users, Synergy has identified in many different aspects of an individual’s life may need improving or enhancing, in order for well being to be achieved.

With our one year anniversary coming up in July, everyone at Penrose Synergy is very proud of the dedicated and diverse service that has been developed. Penrose Synergy would like to thank their partner agencies for their continued support, and of course to our service users, whose invaluable involvement and feedback is the very heart of the Synergy service.

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PESTLE analysis of Southend University Hospital

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The support workers engage closely with the other elements of support in the lives referrals from 8 different agencies and departments and are currently working with over 480 service users. There are common primary and secondary support needs that our service users present with are issues with mental health - affecting appropriately an individual’s ability to deal with their own life, which means that the service user is able to take part in a variety of needs which the service user then floats off once the support needs have met.

What support does Penrose Synergy offer?

Penrose Synergy offers: Housing Related Support, covering areas such as -

- housing & tenancy support – support with accessing appropriate housing;
- debt management, accessing welfare benefits and the impact on housing;
- helping tenants and private landlords;
- accessing housing;
- making referrals for accommodation;
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**First Quarter Progress Report**

**Staff Wellbeing**

The Employee Experience team is promoting different initiatives to encourage SEPT staff to work towards a healthier lifestyle. There have been live web chats on physical activity with the Trust’s activity coordinators. Also, a variety of articles have appeared in staff publications promoting the benefits of healthy eating and exercise plus tips on lifestyle changes.

Gone on to lose a further 8lbs since then.

Certificate and goodie hamper for losing the weight.

New Year on lifestyle changes.

in staff publications promoting the benefits of healthy eating and exercise plus tips on lifestyle changes.

The Employee Experience Team is keen to hear from any members of staff who would like to have their story included in future bulletins. Have you lost weight recently? How have you accomplished your goal? Are you exercising more? If so, what are you doing and what are the benefits?

When the NHS Pedometer challenge in 2012 was advertised it was just after I had started a weight loss programme with NHS Weight Watchers, and because my partner had got a two year work contract abroad and I needed something else to focus on. So the challenge would be a project I could organise to help me focus on my own goal.

I had 10 volunteers and had suggestions for our team name and unanimously decided on Wickford Wanderers.

Karen was motivated by being able to sit on theme park rides with her children, she had to fly and watch rather than join in. Having the step count in front of her on the phone already given via email, knowing the weight we were aiming for, was the same change in lifestyle for all just stating that worked. Karen is not the same person she had previously been eating rather than thinking. She plans her meals and cooks from scratch a change in lifestyle to one that is sustainable and for us.

Karen was named team leader to do the paperwork, advising each other of the challenge criteria, keeping the score and calculating our team’s total. As “team leader” I was determined to get as many steps as possible for the team.

During the first week of the challenge I used the lift! All over the second week and went out twice a day. I didn’t realise how competitive I was until once I knew the challenge was on. That first year I used to go out for a walk, come home and feel a little bit of the health and wellbeing whilst I was keeping to the car. I was interested. I had 10 volunteers and had suggestions for our team name and unanimously decided on Wickford Wanderers.

The Employee Experience team encouraged staff to take part in extra activities each day. I was better how we could really work hard, how small changes can make a difference, it can really help you stay focused.

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Personal budgets are about people being in control of the support they need to live the life they choose. A personal budget is an amount of money that the Council allocates to a person to meet their social care needs, once they have been assessed as needing social care services. Personal budgets are given to people to arrange and pay for the services, including equipment, which will help them meet their care needs. Personal budgets might also be called cash payments, direct payments, individual budgets and resource packs.

The money is for people to use to arrange the services, including equipment, which have been identified to meet their needs. The money is allocated to meet social care needs and may include assistance with personal care tasks, shopping, cooking, hygienic equipment and materials to make cards for special occasions. When I do my cards it supports my own mental health. I love the placement. I can’t wait to make more.

Without the budget I would not have been able to pay for something else. It started small, with friends asking me to make cards for special occasions. One of the things they taught us on the course was to take a picture and make cards for special occasions. None of the things we do can take much of my time and I have been invited on school trips and I go to work. I can’t wait to make more cards for special occasions. At Christmas time, I made lots of cards and I raised money for charity.

The personal circumstances change, people may need to notify their local council as soon as possible who will reassess their needs. If appropriate, they may reclaim any unused support needs. In response the provision of self-directed support is currently being rolled out to people in receipt of services provided by local authorities or funded by themselves, with full choice and control over their social care needs and support needs. By bringing together the recovery approach and personalised support offered by self-directed support with the personalisation reforms for local authorities and SEFT, have set a challenging agenda for its staff to work in a different way moving away from managing people’s care arrangements to supporting and enabling people to focus on what they need to support them in moving forward.

A young service user in his second year of college, accessed music and singing lessons in London. He reported that since starting the lessons, this made a great improvement to his mental health, confidence, self-esteem and motivation in school.

If someone else has paid for it, I have kept me going and made me feel worthwhile. The placement has made me stick to it, doing the maths and English has been like a breathing exercise. I found it hard to relax and this has helped me. Without the budget I could not have gone back to learning. Without the budget I could not keep new clients. "Doing GCSEs helped me in more ways than one, especially because I was doing the course, they diagnosed me as having Asperger’s and I enabled me to look back at my childhood and understand more about myself. You know that I didn’t feel happy at school because my Dad helped me and the service user, drawings up a care plan and purchasing services to meet needs - are all transformed through personal budgets. Users should have their own needs, with or without support, play a full part in drawing up a wide-ranging support plan, rather than a narrower care plan, and be able to choose how much care and the services they want.

The money is for people to use for the services, including equipment, which have been identified to meet their needs. The money is allocated to meet social care needs and may include assistance with personal care tasks, shopping, cooking, hygienic equipment and materials. A service user reported that it gives her the freedom to go where I want, to be able to go on, I might go to University, or train for something else.
South Essex Recovery College

A Recovery College offers hope, control and opportunity to people living with mental health conditions.

- **Hope** - it is possible to move forward on a journey of recovery, even when a patient has ongoing symptoms.
- **Control** - building recovery-focused self-management tools such as personal recovery plans and advance statements enables individuals to take back control and act in self-management of conditions.
- **Opportunity** - patients will learn new skills - coaching and mentoring will be core in the Recovery College’s work. Children had great fun applying bandages and listening to each other’s hearts.

- **People with mental health disorders and disabilities have a higher risk of developing poor physical health and of dying earlier compared to the general population.** SEPT has set up a new in-clinic breast clinic in Brentwood to support and encourage this trend.

**SEPT’s IT Department together with a number of other departments has instigated a ‘green-switch’ on its stationery procurement in an attempt to be a ‘Good Corporate Citizen’**. In total over 375 products will be part of this initiative, as not only will it significantly reduce the Trust’s stationery costs by over 25%, but it will also be leading on its environmental responsibility.

- **Shortlisted in Care Integration Awards**

**SEPT Procurement Going Greener**

From April 2013 the Trust will be implementing a green-switch on its stationary procurement in order to meet the high standards set out in its Sustainable Development Management Plan 

& Implementation framework and take further steps to be a Good Corporate Citizen. SEPT will be the first NHS Trust nationally to implement this approach.

This means an automatic switch is being instigated to purchase the most sustainable/low carbon product available. In total over 375 products will be part of this initiative, as not only will it significantly reduce the Trust’s stationery costs by over 25%, but it will also be leading on its environmental responsibility.

Service users spoke highly of their access to health promotion provided by the specialist nurses. There is particular praise given to the ‘Health Idol’ initiative to improve wellbeing. This was commended by the peer review team.

In relation to the environment, the peer review team were equally impressed with the indoor and outdoor facilities at the service. The team noted a calm and relaxing environment of all on the wards they visited during the tour of the unit. The team also commended the flats in which patients are accommodated.

The team were also impressed with how well relational security is embedded at the service the efforts made by the unit to adopt the new ‘My Pathway’ concept, ‘Shared Pathway’ Service users reported that their input into their care plans have improved significantly since the start of My Shared Pathway. The enthusiasm and motivation of the staff at the service was commended by the service users and the visiting peer review team.

Report Editor Iham Sabah said, “Innovatively this review focuses more on criteria that were not met of partially met than the many areas of achievement highlighted and clearly some of the criteria represent real practice and it is highly unlikely that any service would meet all. Staff should not be disheartened when criteria are not met as this demonstrates a positive approach to further service development. It is also notable that there have been no serious untoward incidents from Brockfield House since the last peer review.”

Dr Patrick Gregorhegan OBE said, “This is an interesting review and clearly demonstrates the opposing commitment and dedication of SEPT. staff to provide a high quality care environment to patients which is ranked amongst the best in the country.” Brockfield House is a hard working staff at Brockfield House!”

SEPT will use the results of reviews to develop action plans to achieve year on year improvement and will share these results with key groups locally, including health and local authorities, those making referrals to their services and local and user groups.

**Healthcare**

- **Healthy Servings**

**Saffron Walden Celebrates Nurses Day**

To celebrate International Nurses Day Saffron Walden Partnership Foundation Trust’s (SEPT) Sister Honour from Saffron Walden Community Hospital visited Saffron Walden nursery school to show the children how to dress wounds, apply bandages and use a stethoscope.

The children had great fun applying bandages and listening to each other’s hearts.

- **International Nurses Day**

**Brentwood Drop in Service**

People with mental health disorders and disabilities have a higher risk of developing poor physical health and of dying earlier compared to the general population.

SEPT has set up a new in-clinic breast clinic in Brentwood to support and encourage this trend. Patients can walk in and have a physical check-up can urgently ensure that any abnormality in the breast is detected early.

The focus of the event was to launch ‘My Shared Pathway’ . The enthusiasm and motivation of the staff at the service was commended by the service users and the visiting peer review team.

- **International Nurses Day**

**Shortlisted in Care Integration Awards**

- **SEPT**

- **SEPT** has been shortlisted in the cancer care category of the Care Integration Awards 2013. This is a great achievement highlighting the value of the service and demonstrating the ongoing commitment and quality of the service.

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Wards at the Luton and Central Nursing Officer for the NHS in Chief Nurse Visit

organisation that has several

A Wolverhampton carer’s

The Trust hosted over 50 Carers

exercise and eating healthily will

help them undertake their roles

skills to help them to cope with

Your Health, Your life is a free

for Carers in both Essex and

(SEPT) are running a new course

For more information or book

emotions and planning for the

challenging conversations,

The course specifically address

of carers and help direct people

for showing her some of the

and Community Health and

patients in the Trust’s approach

could see clear benefits for

Sir Keith, Chair of Health Education England, said: “It was an

Sir Keith heads up Health Education

Sir Keith Pearson, Chair of Health Education

could be seen as an important

care in a patient’s own home

Carers

Open Arts Studio is a

The day included a display

wellbeing through self-

the beginning of March

confidence and self-esteem

in Brentwood for people

Carers

The Trust’s Open Arts team

The Contraception and

Other SEPT teams that gave

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open.arts@sept.nhs.uk

the importance of the NHS Constitution is entrenched

The Open Arts team are

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Carers

Other SEPT teams that gave

New Opportunities in Support Services

Government on NHS: nursing

Our Chief Executive, Patrick

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Community, Southend Cohesion

Champions organised a free event

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Young People Get Gold

Young people in south Essex

Young People Get Gold

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CaSH service can receive

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Other services if required.

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Executive Director of Integrated Services – Essex and Suffolk, Malcolm McCann, Director of Integrated Services for Essex and Suffolk;泡沫

Colleagues from Employee Experience, Communications and the Trust Secretary’s

Colleagues in Suffolk

important communities realise

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Hadleigh Old Fire Station.”

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What is music therapy?

Music Therapy is a psychosocial, evidence-based intervention that can be effective for people of all ages with a variety of conditions. It uses musical experiences to improve a person’s physical, emotional, social and cognitive health and well-being. Music Therapy can have a positive effect on a variety of conditions, including but not limited to:

- Alzheimer's Disease
- Autism Spectrum Disorder
- Cancer
- Depression
- Dementia
- Diabetes
- Emotional and behavior disorders
- Grief
- Heart Disease
- HIV/AIDS
- Multiple Sclerosis
- Parkinson's Disease
- Post-Traumatic Stress Disorder
- Stroke

Music Therapy is used in a variety of settings, including hospitals, nursing homes, home health care agencies, schools, community centers, and residential care facilities. It can be provided by trained music therapists who have completed a 2-year undergraduate degree and a 2-year graduate degree, as well as a supervised clinical internship.

Music therapists work with clients of all ages and abilities, providing a wide range of services, including:

- Assessment and diagnosis
- Group and individual therapy sessions
- Consultation and training for other professionals
- Music-based interventions for classroom and community settings

Music Therapy can be effective in promoting a sense of well-being, reducing stress, improving mood, and enhancing overall quality of life. It can be used in conjunction with pharmaceutical treatments and other therapies to provide a holistic approach to care.

How does music therapy work?

Music Therapy works on multiple levels, utilizing the following principles:

1. **Cognitive:** Music has the ability to engage the brain, increasing cognitive function and improving memory and concentration.
2. **Emotional:** Music can elicit a range of emotions, from joy and happiness to sadness and sorrow, helping clients express and process their feelings.
3. **Social:** Music provides a platform for social interaction, collaboration, and communication, fostering a sense of community and belonging.
4. **Physical:** Music can influence the body, reducing pain and anxiety, improving physical function, and facilitating movement.

Music Therapy can be delivered in various formats, including:

- Individual sessions
- Group sessions
- Family therapy
- Community-based programs

Music therapists use a variety of techniques and instruments, such as:

- Singing
- Instrument playing
- Listening
- Movement
- Songwriting

Music therapists work collaboratively with clients to identify their needs and goals, and tailor the therapy to their specific requirements.

How does Music Therapy address anxiety?

Music Therapy can address anxiety through various methods, including:

- Providing a safe and supportive environment
- Encouraging self-expression and creativity
- Promoting relaxation and stress reduction
- Enhancing self-esteem and confidence

Music Therapy can be used as a standalone intervention or in conjunction with other therapies, providing a holistic approach to anxiety management.

How does Music Therapy address depression?

Music Therapy can address depression through:

- Enhancing mood and feelings of well-being
- Reducing symptoms of depression, such as hopelessness and helplessness
- Fostering connections with others
- Providing a sense of control and purpose

Music Therapy can be an effective tool for managing depression, promoting emotional well-being, and improving overall quality of life.

How does Music Therapy address social isolation?

Music Therapy can address social isolation by:

- Encouraging social interaction and communication
- Promoting a sense of belonging and community
- Providing opportunities for shared experiences

Music Therapy can be particularly beneficial for individuals who are experiencing social isolation, helping them to connect with others and feel more engaged in their community.

How does Music Therapy address motor difficulties?

Music Therapy can address motor difficulties by:

- Improving motor coordination and control
- Enhancing motor skills and movement
- Providing opportunities for physical activity

Music Therapy can be an effective intervention for individuals with motor difficulties, helping them to improve their motor function and overall mobility.

How does Music Therapy address emotional well-being?

Music Therapy can address emotional well-being by:

- Enhancing emotional expression and regulation
- Facilitating emotional processing
- Promoting emotional healing and growth

Music Therapy can be used to address a wide range of emotional issues, helping clients to better understand and manage their emotions.

How does Music Therapy address cognitive issues?

Music Therapy can address cognitive issues by:

- Improving cognitive function and memory
- Enhancing problem-solving skills
- Providing opportunities for intellectual stimulation

Music Therapy can be an effective intervention for individuals with cognitive impairments, helping them to improve their cognitive function and overall mental health.

How does Music Therapy address pain?

Music Therapy can address pain by:

- Providing a distraction from painful sensations
- Enhancing relaxation and stress reduction
- Fostering a sense of control over pain

Music Therapy can be an effective intervention for individuals experiencing pain, helping them to manage their symptoms and improve their overall quality of life.
L’s story
L is 56 and currently an inmate in Robin Pinto’s forensic setting for adults who are detained under the Mental Health Act 1983.

As part of L’s rehabilitation programme, a trip was made to a range of therapies and activities and recently we wrote a poem about his experiences of Mental Health. He agreed to speak, and you can see him in the latest issue, having some really great insights into his life… past and present.

L describes his life almost in football terms, as a game of two halves. Up until 16 and while he was working at the club this had been his life as normal. But thanks to Nick Richards, a SEPT Doctor, he is now a fairly ordinary life. But then he was 40, he led what most people would recognise as a fairly ordinary life. He was 40, he led what most people would think of as a game of two halves. Up until 16 and while he was working at the club this had been his life as normal. But thanks to Nick Richards, a SEPT Doctor, he is now a fairly ordinary life.

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But thanks to Nick Richards, a SEPT Doctor, he is now a fairly ordinary life.
Healthy Heart Group for Patients in West Essex

Patients with high cholesterol, high blood pressure or a family history of heart disease are being encouraged to come along to a Healthy Heart group.

The Healthy Heart group is led by a dietitian, last two hours and are held across Harlow, Epping Forest and Uttlesford

You only need to attend one session and you'll come away from the informative and interactive session with an understanding of:

- risk factors in heart disease
- healthy eating and lifestyle measures to lower heart disease risks
- healthy eating for a healthier heart
- health profiles and what the numbers mean
- cholesterol lowering changes
- better blood pressure
- understanding food labels - dispelling myths
- setting goals for a healthier lifestyle

The groups launched on 1 April with sessions being held at Whatham Abbey Health Centre, Nuffield House, Harford and Saffron Walden Community Hospital

For more information, further dates or to book a place call 01279 872318.

Newly Refurbished Churchview House Officially Opened

On 15 May Chief Executive, Dr Patrick Geoghegan OBE, was joined by retired SEPT director Euan Macintyre at the official opening of Churchview House in Laindon.

Churchview House is our new ten bedded needs-led rehabilitation unit set up to support early discharge from our inpatient units for patients. Working closely with the community mental health team, the team at Churchview aim to discharge the patients in their care within 6-8 months

When you enter the building you are struck by the light and airy environment with the community mental health team, the team at Churchview aim to discharge the patients in their care within 6-8 months.

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The kitchen has access to a contained garden area where patients can enjoy some relaxation, providing opportunities to build our patients’ confidence in supporting themselves in each other and regularly enjoy nature walks and involvement in sporting activities

The Leigh Children and Family Centre

Leigh Children and Family Centre held a coffee morning to celebrate their recent Ofsted inspection which judged them as good with outstanding features

Light refreshments were provided and activities were also provided free of charge for children attending with their parents.

The coffee morning celebratory event provided an exciting opportunity for both parents and service professionals to meet the team who are responsible for running the Leigh Children and Family Centre, find out more about what the centre has to offer as it heads up to the Summer holidays and leave comments or suggestions they may have.

The Leigh Children and Family Centre is based at Darlington School, Parkton Drive, Leigh on Sea, Essex.

Chairman, Norman Petts, suggested supporting SEPT’s medical equipment. This year Breathe Easy Southend saw a record number of people join the lung disease charity to raise money and awareness.

One person in seven in the UK is affected by a lung disease, whether its asthma, COPD or lung cancer. Many of our members have been treated by nurses from SEPT’s Rapid Response Team and cannot speak highly enough of the help and support they were given. They often自来 nurses to people with breathing difficulties and had limited numbers available and we were delighted to be able to increase that number

The British Lung Foundation has more than 200 Breathe Easy groups around the UK and also offers support and advice via its helpline, on 0845 850 5050 or visit www.blf.org.uk/breatheasy

Many of you will be aware in your working lives and, perhaps, in your home lives too, that we have so many older people living in our communities who are desperately lonely. They may be quite well and able to do most things for themselves, but have very little meaningful contact with other people and so often have no-one to ask about things that worry them or to chat over things with them.

Loneliness is a very sad way to be living out your final years and, I believe, it is a problem on our society that many of our older people feel so lonely and isolated. Imagine having no one you can just ring up at any time and ask about things.

The reason I am highlighting this is because I am supporting the establishment of a brand new national charity called the Silver Line, of which I am now a Trustee and soon will be Chair. It was founded by Esther Rantzen CBE to provide advice, information, friendship and vulnerable to isolated and vulnerable older people across the UK. Silver Line is a standalone group dedicated to helping older people (similar to Children) to be staffed by a network of trained and supported volunteer Silver Line Friends – which is where you come in!

‘’I would be really pleased if as many of you as possible could contact me to register your interest in being considered as a volunteer Silver Line Friend for the helpline. You would get training and plenty of organised support and would only be asked to commit a few hours a month to help older people who contact the helpline. Your voluntary hours can be done at a time and from a place convenient to you. There will be no cost to you – we just need a few hours of your time.

We really hope to have the national helpline set up by Christmas 2013 as this is one of the very worst times of the year for lonely older people.

As you have probably gathered, this is a very personal campaign for me and it is in one which I will be fully involved, in a voluntary capacity, for my retirement later this year.

If you are interested in helping to make a real difference or to the quality of life for older people in this country, please send an email to patrick.geoghegan@sept.org.uk and I will arrange to send you information on how you can get involved.

SEPT Community Drug and Alcohol Service and Maintaining Adherence Programme (MAP) Service Moves

An exciting, innovative and successful disease-management model focusing on improving the treatment for patients with schizophrenia, affective and bipolar disorders.

SEPT has worked hard to ensure that clinical services re-located are maintained in central Southend. Over the last few months staff and patients have been consulted on the proposed changes to service location and SEPT have written to all service users of clinical services previously provided at the Taylor Centre to advise them of the new arrangements.

Our multi-disciplinary team are on hand to advise and support our clients at this new location.

The Maintaining Adherence Programme (MAP) is an exciting, innovative and successful disease-management model focusing on improving the treatment for patients with schizophrenia, affective and bipolar disorders. Piloted and evaluated in partnership between SEPT and Janssen. MAP has delivered considerable reductions in hospital admissions and proved more efficient. Patients rate the programme exceptionally highly.

Patients are individually assessed for their risk of failing to observe their treatment programme; families and carers are involved and any approaches tailored to the patient. The programme includes: group Psycho-education for patients/families, specialist support through tailored activities, telephone/text reminders, Shared Decision Making and quarterly reviews.

Professor Patrick Geoghegan OBE, said: “I’m delighted James Duddridge MP has taken time out of his busy diary to commemorate the move of our services. I am also pleased that we were able to keep our promise to our patients and the people of Southend by keeping the services transferred from the Taylor Centre in new buildings that are convenient to central Southend”
Free driver training is being offered to 16 to 24-year-olds

in Central Bedfordshire and Luton to help young drivers stay safer on the roads and reduce the number being killed or seriously injured.

A full day session including five different workshops is being held at the Millbrook Proving Ground on 7 July, with 96 places available for youngsters who live in Central Bedfordshire or Luton.

The MORE 16 and MORE Drive courses are run by Bedfordshire Police and the Three Shires Driving School, organised by highways contractor Amey and funded by Central Bedfordshire Council and Luton Borough Council.

Since this young driver training programme was launched in 2010 more than 500 youngsters have participated.

Cllr Brian Spurr, Executive Member for Sustainable Communities and Services at Central Bedfordshire Council, said: “Collision statistics tell a bleak story. In Central Bedfordshire and Luton between 2009 and 2011 almost 30 per cent of drivers and 36 per cent of passengers killed or seriously injured in road traffic accidents were aged between 17 and 24. Delivering the MORE 16 and MORE Drive courses is part of our commitment to reduce road collisions among this age group.”

MORE 16 is aimed at 16-year-olds to provide their first experience of driving. Parents can attend for advice on choosing a driving instructor and guidance when helping their teens practise. A high-speed passenger ride with a Millbrook pro-driver with competition history in motorsport such as rallying or racing is available to all parents that attend.

MORE Drive offers 17 to 24-year-olds who have already passed their driving test the chance to drive on a skid pan and experience ABS braking systems. It also includes practising emergency stops at speed to demonstrate varying stopping distances.

Rebecca Bailey, who attended the last MORE Drive course, said, “During the recent bad weather my car skidded while I was on a roundabout. Before attending MORE Drive I wouldn’t have known what to do but thanks to the knowledge I gained from the course I could control the skid and drove away safely.”

The five workshops included on the day are:

• Driving skills
• Distractions
• Collision investigation and causation factors
• What to look for when buying a used car
• Vehicle maintenance

Cllr Dave Taylor, Portfolio Holder for Transportation at Luton Borough Council, said: “MORE 16 and MORE Drive are a great way for our young people to learn new skills and improve their driving ability. It would be wonderful if as many of our young drivers as possible could attend.”

The courses are free for 16 to 24-year-olds living in Central Bedfordshire and Luton. All participants must complete an application form prior to attending. To request an application form or for more information on either MORE 16 or MORE Drive, email roadsafety@amey.co.uk.