



**November 2017**

Welcome to the latest edition of Members Inform, bringing you news from across the Trust. If you're not seeing the kind of updates you'd like from these emails, let us know! Our contact details are at the very end.

### **Welcome to Dr Nick Broughton, our new Chief Executive**



We are delighted to welcome Dr Nick Broughton as our new Chief Executive. Nick started on 6 November and was previously Chief Executive at Somerset Partnership NHS Foundation Trust. He is a psychiatrist by background and is very much looking forward to leading our organisation.

Nick says " I firmly believe that we will be able to ensure that Southern realises its undoubted potential and becomes an outstanding provider of mental health, community and learning disability services. To do this we will ensure that delivering care of the highest quality is our overarching priority and the needs of those who use our services are always the focus of what we do".

We are hoping to arrange for Nick to come to one of the future Medicines for Members events in 2018, so watch this space.

### **Medicine for Members - Managing Stress**

Our next event will be held on Tuesday 12 December at Petersfield Community Hospital, 6.15pm-8.15pm. The theme will be managing stress and will be hosted by our iTalk therapies service. iTalk is a free psychological therapy service for people suffering from depression and anxiety, that is run in partnership between Southern Health and Solent Mind.

You are invited to attend and welcome to bring along family and friends who you think may be interested in this subject. We just ask that you let us know if you are planning to attend by [registering for a place via Eventbrite](#).

### **Flu Vaccinations**

Every year the flu vaccination is available to help protect adults and children at risk of flu and its complications . Flu can be more severe in certain people, such as anyone aged 65 and over, pregnant women, children and adults with an underlying health condition or with a weakened immune systems.

You can get your NHS flu jab at your GP surgery, local pharmacy offering the service and your midwifery service for pregnant women. Our school nursing teams are also vaccinating children in schools across Hampshire who are in reception class and school years one, two, three and four using flu nasal sprays.

We would recommend you visit the NHS [website](#) to find out more about the importance of flu vaccinations.

## News from across the Trust

### Successfully retained MOD contract

We are delighted that we have been successful in retaining the contract to provide specialist inpatient care for the Ministry of Defence. This contract demonstrates our in-depth knowledge, expertise and compassion in helping serving personnel deal with a mental health crisis, something the inspectors recognised when they came to visit the ward earlier this year.

The specialist services comprise of a six-bedded ward at Parklands Hospital in Basingstoke, treating around 85 Army, Navy and Air Force personnel every year. Manned by a dedicated team including a consultant psychiatrist, lead nurse, psychologist and junior doctor, the service treats a range of conditions from post-traumatic stress disorder, adjustment disorder and panic disorder to schizophrenia, depressive conditions and bi-polar.

More information is available on our [website](#).

### Remembrance Sunday

Across Hampshire our community hospitals took time out to remember and pay tribute to those who gave their lives in the two World Wars and subsequent conflicts. We commemorate those who sacrificed their lives and also show our support to those serving today.



### Six new mental health beds open locally for young people

In response to a national shortage of beds for young people who need mental health care in a low secure setting, we have opened six new beds at Bluebird House, Southampton.

Mayura Deshpande, Clinical Services Director, explained: “There is currently a well-documented national shortage of low secure mental health beds for adolescents. As a result, we were recently approached by NHS England to provide new beds as an urgent measure to address this. I’m proud to say that our team responded to the request at pace and we have been able to open the beds within a very short timeframe due to the hard work of my clinical colleagues.

“As a Trust, we have considerable expertise in treating young people with complex presentations. Young people admitted to our new low secure service will get the best possible treatment, education and rehabilitation. In addition, the new beds will significantly increase the availability of highly specialist care for children across the South. The work forms part of our longer term plans, working with NHS England to further increase the capacity of these highly specialised services for children across the country – with a particular focus on being able to support more people from Hampshire within the county.”

Read more about this on our [website](#).

### Recruitment open days

We are hosting three recruitment days this month! There are many opportunities available for Registered Adult and Mental Health Nurses, Therapists, Carers and those considering a return to nursing. Please spread the word!

- Wednesday 22 November 2017, Alton Community Hospital, 10.00am-4.00pm
- Friday 24 November 2017, Romsey Hospital, Eric Rankine Suite, 10.00am– 4.00pm
- Saturday 25 November 2017, Lymington New Forest Hospital, Main Entrance (atrium), 10.00am-4.00pm

For more information please visit our [website](#).

### Keep warm, keep well this winter

As we enter the winter months, cold weather can be bad for your health, that's why it's important to look after yourself and others around you, especially if you are in the high risk groups. Very cold weather can affect anyone, but you are most vulnerable if:

- you're 65 or older
- you're on a low income (so have limited heating)
- you have a long-term health condition, such as heart, lung or kidney disease
- you're disabled
- you're pregnant
- you have young children (newborn to school age)
- you have a mental health condition

Visit the [NHS website](#) to find out more.

### West Hampshire - Non-emergency patient transport changes

South Central Ambulance Service NHS Foundation Trust are now providing a patient led telephone booking line for all patients registered with a West Hampshire Clinical Commissioning Group GP. This booking service will enable patients to place their first booking for non-emergency patient transport service (NEPTS) to take them to their first outpatient appointment. Eligibility is strictly enforced to safeguard the service for the most vulnerable patients. Assessment will be undertaken by NEPTS staff. If the patient is not eligible for NEPTS then other options for consideration would be public transport, transport provided by a voluntary organisation and if affordability is an issue for them, financial assistance may be available via the Healthcare Travel Cost Scheme.

For more information please visit [What's changing](#) webpage.

### Brighter Life Lite One-off workshop Petersfield Hospital 24 November at 1030am

Did you know that depression affects around 22% of men and 28% of women over the ages of 65? Yet despite this it is estimated that 85% of older people with depression do not access any of the support available. That is why italk, the free psychological therapies service delivered by Southern Health NHS Foundation Trust and Solent Mind, is running a FREE one-off workshop for the over 65s at Petersfield Hospital on 24 November at 10.30am. Called Brighter Life Lite, the workshop will cover the ideas behind Cognitive Behavioural Therapy (CBT), as well as providing top tips to help maintain a positive mood, combat anxiety and improve wellbeing as we age.

For more information on the workshop visit: [www.italk.org.uk/news/brighter-life-lite-workshops-return/](http://www.italk.org.uk/news/brighter-life-lite-workshops-return/)  
To book a place call or email the office on 023 8038 3920 or [info@italk.org.uk](mailto:info@italk.org.uk) and quote 'Brighter Life'

### Feedback focus

We are always so pleased to receive positive feedback from patients, service users and their families regarding our services we thought we would share them with you. Here are just a few from the last month.

*"The Health Visitor was so lovely and welcoming and I felt I could ask her anything. I don't think you could improve the service. I was very proud about how the NHS and their staff have provided me with a service throughout my whole pregnancy and post-partum."* Health Visiting Team - Gosport, Alver and Lee

*' Thank you so much for all your help. I feel like I have improved and sometimes your insights are like you see through me. With the help you have given me I am more positive about the future and thanks to you I have the tools to defeat the bully once and for all. Thank you.'* IAPT/ I-Talk

*" We would like to say a very special thank you to all the team on Chichester Ward for the wonderful care and kindness given to our mother while in your care. She is now looking forward to returning home."* Romsey ICT



**Managing Moods Workshops** - designed to teach you some Cognitive Behavioural Therapy based Guided Self Help to manage symptoms of anxiety, depression and stress. More information on the workshops and where they are being held is available on the iTalk website

**Every Wednesday** - Tree of Life cafe, 3-5pm, Caffè Nero, Winchester - the cafe is a partnership project that is supported by Southern Health and promotes wellbeing and good mental health, come along to relax and unwind, get advice or make new friends

**Tuesday 28 November 2017** - Trust Board, 1pm - 4pm, Conference Room, Sterne 7 Tatchbury Mount, Calmore Southampton, SO40 2RZ (lunch is available from 12pm)

**Tuesday 30 January 2018** - Council of Governors, 2pm-5pm, Development and Training Centre, Tatchbury Mount, Calmore Southampton, SO40 2RZ

