



[Click here to watch Nick's SHU welcome!](#)

Welcome to the first edition of our new e-newsletter **Southern Health Update** - designed to give you a brief but regular slice of news from Southern Health.

SHU includes updates on key areas of work within the Trust, the challenges we face, successes we've enjoyed, the progress we have made and the feedback we have received. You can expect to hear from us every other month and we hope you find these updates useful.

A recent communications audit, which we undertook with key stakeholders such as yourself, told us that we could do better when informing and involving you in our plans - and so I very much hope this new information channel goes some way to addressing this.

If you have any suggestions and feedback or would like more information about anything you read, please do get in contact with us. We would love to hear from you. Alternatively, please visit our [website](#) or follow our social media accounts on Twitter, Facebook and Instagram to receive more regular news from us.

Thank you,
Dr Nick Broughton, Chief Executive



Austen House Opens Soon!

At the end of the month we will be officially opening Austen House - our **new low secure unit for children and young people** with specialist mental health needs (CAMHs).

Currently, there is a real national shortage of inpatient beds and so the 14-bedded unit will open as the only NHS low secure CAMHs unit in the South of England. This means some of the most vulnerable young people in our society can be supported closer to home.

The new unit has been designed with the input of young people and is set to include state-of-the-art education facilities, an art studio and sensory room, a shop (to be run by the patients), outside multi-use games area and a private area for families and carers to be with their loved ones.

We've worked hard as a Trust over the past year to recruit the extra staff we need to run the unit and we'll be opening with more than 62 nurses and 30 more staff in roles such as social work, pharmacy, occupational therapy and psychology.

Austen House forms a key part of our wider plans to develop our Secure Forensic Mental Health and

Learning Disabilities Services – which also includes a new learning disabilities residential unit opening in the spring of next year.

To attend the **opening on 30 September**, contact [Natalie Duffy](#). You can also watch our #KeepingUpWithCAMHS vlogs about the progress of the new unit [here](#).

Beaulieu Ward Reopened

Western Community Hospital's Beaulieu Ward successfully reopened to patients at the beginning of the summer.

The older people's specialist dementia ward underwent a £350K refurbishment to make the ward dementia friendly and single sex compliant, to help maintain the privacy and dignity of our patients.

A concerted recruitment campaign was also undertaken during the renovations to ensure the ward reopened with a full complement of staff.



Grant and Heather Join the Team

We have now successfully appointed our new Chief Operating Officer, after the recent departure of Barry Day. We're delighted that Grant Macdonald will be joining us in the autumn, from Central North West London NHS Foundation Trust where he is a member of the Executive Team working alongside Clare Murdoch, the National Director for Mental Health.

We're also pleased to announce that Heather Mitchell has joined our Executive Team as Director of Strategy and Infrastructure Transformation. Some of you may already know Heather from her time with West Hampshire CCG. Her role is focused on how we work within the wider health and care system, as there is a real necessity for organisations to work more collaboratively now and in the future.



Mid and North Hampshire Division	
Parklands Hospital	Beechwood Ward, Elmwood Ward, Hawthorns 1 and Hawthorns 2.
Alton Community Hospital	Anstey Ward
Avalon House	Community hub (DPMH, CMH), health clinics, community care

Portsmouth and South East Division	
Elmleigh Hospital	Inpatient service for male and female with functional mental illness.
Gosport War Memorial Hospital	Rose Ward, Poppy Ward, Same Day Access Service, Ark Royal Ward and Sulfan Ward
Fareham Community Hospital	Continence Service
Petersfield Community Hospital	Roman Ward, Cedar Ward, Laurel Assessment Unit, Out Patient/physiotherapy and Minor Injuries Unit

Southampton Division	
Antelope House	Trinity Ward, Saxon Ward, Haman Ward, PICU and Crisis Lounge.
Western Community Hospital	Basoulet Ward and Barrywood Ward.
Crowlin House	Social care unit providing residential care for adults with mental illness.

South West Division	
Moorgreen Hospital	Willow Ward, Stoneham centre, Southampton Intensive support team
Romsey Hospital	Radiology, orthopaedic clinic, MSK, rehab ward
Fordingbridge Hospital	Ford Ward, physiotherapy, orthopaedic clinic and occupational therapy
Lymington New Forest Hospital	Downsp-Ward, Longbeach Ward, frailty, MSK and radiology
Melbury Lodge	Kingsley Ward, Mother and Baby unit and Stefano Oliveri unit

Specialist Division	
Bluebird House	Medium secure forensic inpatient CAMHS unit for young people with complex mental illness.
Southfield	Low secure forensic unit for adults with serious mental illness.
Austen House (previously Woodhaven)	Low secure CAMHS unit providing care for young people with mental illness.
Ravenswood House	Medium secure unit providing care for adults with serious mental illness.
Leigh House	Inpatient CAMHS service for young people with acute mental illness.
Learning Disability services	Forensic service at Willow Ward.
Children's services	School nursing, health visiting and family nurse partnerships.



Our Organisational Restructure

We are in the process of restructuring our organisation to create clinically-led, integrated mental health and physical health services across Hampshire. This reflects the national drive for greater integrated care and will bring the greatest benefits to the people we support.

In December 2018, we sought the views of our stakeholders about our new operational structure. We used the feedback to shape our new structure which now consists of five distinct divisions:

- Three integrated geographical divisions (also known as 'Integrated Care Partnerships'), which bring together secondary mental health, community physical health services, mental health hospitals and community hospitals - aligned to the developing ICPs across geographical patches.
- One division which provides secondary mental health services only and will align with other providers to mirror the model in the three larger geographical divisions.
- One specialist division with oversight of specialised forensic services, learning disability services, children's services and public health services.
- Our physical health specialist services (such as diabetes, MSK, tissue viability and heart failure) will now be integrated within one or more geographical divisions.

In April, we appointed five clinically-led divisional leadership teams and their next-in-line appointments will be announced later this month. Going forward, they will be prioritising their relationships with local primary care networks, NHS Trusts and the voluntary sector.



CQC: an update



Our Focus on Quality Improvement

It's been over a year since we had our last CQC comprehensive inspection. The inspection showed that we had made progress in many areas with over 70% of our services rated as good or outstanding. There were areas that we needed to improve and we have plans in place to address these.

In October/November 2019, we will be welcoming further inspections from the CQC, including a Well-Led inspection and interviews. Although not a comprehensive inspection, we expect the CQC to visit a number of our teams and services. As a key stakeholder you may be approached by the CQC to share your views with them.

If you would like an update on our progress and further information on our services, please contact Tracey McKenzie on 023 8087 4009.

To support organisational transformation, Southern Health has developed a Quality Improvement Programme.

It's been set up to support a shift in culture, giving our employees the autonomy and confidence to make changes when they know it will benefit patients, and involving them in developing these changes.

Staff members, who have gone through our quality improvement methodology training, are now taking a leading role in transformation projects across the Trust, as well as providing support and training to others.

Find out more about the projects underway [here](#) or follow the team on Twitter @SHFT_transforms.



#prepare2prevent self-harm and suicide

Advice and support for everyone	When you need to talk to someone or need urgent help:
Download the Stay Alive app - available on Google Play or the app store	Call NHS 111 - mental health support 24/7
Watch the 'save a life' suicide prevention training video - www.zerosuicidealliance.com/training	Call Samaritans on 116 123 or email jo@samaritans.org
Visit www.hubofhope.co.uk for support in your area	Text SHOUT on 85258 24/7 service www.giveusashout.org
	In an emergency, always call 999.
	You matter.

Produced by Southern Health NHS Foundation Trust

Every Life Matters!

At Southern Health, we all firmly believe that 'Every Life Matters' and so, to coincide with this month's World Suicide Prevention Day, we launched our 'Life Cards' and encouraged people to be prepared to prevent a suicide.

The 'Life Cards' signpost people to key organisations that offer advice, help and support to people who are having suicidal thoughts. They also link to free vital resources and suicide prevention training to equip people with the skills and confidence that could help save someone's life. The cards fit discreetly into wallets, phone pouches, card holders, pockets and bags allowing people to have the resources to hand, when and where they need them.

Life Cards will be available to pick up at reception desks in every main NHS Hospital across Hampshire and are free to the general public. Our staff will be distributing them amongst patients and carers and, with the support of our partners, we'll also share the cards with colleagues in emergency services, and hopefully the military, RNLI, Coastguard and South West Trains (who sadly come into contact with people contemplating suicide).

Access a range of tools and resources to help someone prevent suicide [here](#).



Mental health boost for NHS 111

Expert advice and support for young people and adults with mental health problems is now available, as a 12 month pilot scheme, via the NHS 111 helpline across Hampshire and the IoW.

Mental health nurses from Southern Health are working alongside colleagues from South Central Ambulance Services handling calls from people experiencing mental health problems in a new Mental Health Triage Service. Police officers, GPs and other health professionals are also able to call 111 to seek timely advice and support on a patient or a person in their care.

The project aims to improve the response to people in mental health crisis, and reduce unnecessary or inappropriate admissions at hospital emergency departments. The new service is a collaboration as part of the Sustainability and Transformation Partnership (STP), and has been made possible through joint investment from commissioners, local authority and police partners.



Art project kicks off at Bluebird House

At the start of the year, we were one of just five UK trusts to win funding for an exciting arts project organised by national charity 'Hospital Rooms' – and the project has now got underway!

Bluebird House was selected for a £45,000 project to transform the 10-bedded unit with artworks by world-class artists, in collaboration with the unit's staff and young patients.

Bluebird House is the second child and adolescent mental health unit to be selected by Hospital Rooms and the first collaboration with Southern Health. The unit offers round-the-clock nursing care and schooling to adolescents with severe mental health problems who may have come into contact with the criminal justice system.

An exhibition celebrating the completion of the project will open to the public in Southampton early next year.

Recent Events



Annual Members' Meeting



Southampton Pride: #HowRUToday?

We recently hosted our **Annual Members' Meeting** at The Ark in Basingstoke – asking attendees “what’s important to you?” The event focused on how the Trust has been transforming services by engaging with patients and carers over the past year – and there were displays from more than 20 services.

During the evening, The Alzheimer’s Society’s ‘Singing for the Brain’ choir entertained and demonstrated the power of music in supporting those living with dementia. There were also presentations about our new suicide prevention campaign and the successful Chat Health text messaging service, used by our school nursing and health visiting teams.

Those who identify as LGBTQ+ are nearly twice as likely to experience a mental health problem. As a result, we were keen to attend **Southampton Pride** recently to provide mental health advice and support.

We hosted a stall inside Southampton Guildhall, where staff posed the question ‘HowRUToday?’ to Pride-goers, with the aim of opening up a conversation about mental health. Clinicians were available to talk to those who recognised they need support, and contact cards (with vital information on 24/7 support) were handed out.

In partnership with our patients

We are committed to working together in partnership with the people who use our services. We want to make sure our services are high quality and are delivered in a comfortable, caring, compassionate and safe environment for them. To support this, we produce regular reports that outline some key patient insight information. You can download the reports [here](#)

Have you seen our latest Trust magazine? Read it [here!](#)



SHU JOURNAL

EDITION 2

SUICIDE PREVENTION
EVERY
LIFE
MATTERS

WE'RE ONLY A
TEXT AWAY

KEEPING UP WITH
CAMHs



Awards Season!

We're delighted that a number of our teams have been shortlisted for awards in recent weeks.

Our **Community Diabetes Team** has been shortlisted for an HSJ Award this year - in the 'Community or Primary Care Service Redesign' category. This was for their WISDOM project (West Hampshire Improving Shared Diabetes Outcome Measures) which has supported GPs and practice nurses to improve diabetes treatment, with measurable improvements in just over a year.

Our **Frailty Support team** in the New Forest are also finalists for a LaingBuisson awards in the 'Health Care Outcomes' category. They were shortlisted for their integrated way of working alongside Hampshire County Council's reablement team, South Coast Ambulance Services and third sector organisations. The team have saved over 1,000 GP home visits and enabled over 1,200 people to be assessed and managed at home, rather than in hospital.

In addition, the Trust has been shortlisted for '**Outstanding Commitment to Sustainable Service Development**' at the prestigious Royal College of Psychiatrists Awards. A number of our teams have volunteered to implement initiatives to reduce local air pollution – and, after just five months, the teams have saved 16,481 kgCO₂e from their business travel and 5,735 kgCO₂e from commuter travel.

And finally, our North and West Hampshire **Respiratory Service** has been awarded runner up for 'Respiratory Team of the Year' at the Association of Respiratory Nurse Specialist Conference. The team was rewarded for its high quality treatment of patients with pulmonary conditions.

Would you like to become a member of our Trust?

We're always striving to improve. As a member, you can help us do this.

We want to hear your experience of our services.

We want to know how you think we should develop services further.

Find out more about becoming a member [here](#).

Southern Health NHS Foundation Trust provide community health, specialist mental health and

learning disability services for people across the south of England. Covering Hampshire, we are one of the largest providers of these types of service in the UK. We employ around 6,000 staff who work from over 200 sites serving a population of around 1.3 million people.

To contact us, email: communications@southernhealth.nhs.uk.

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OUR VALUES

