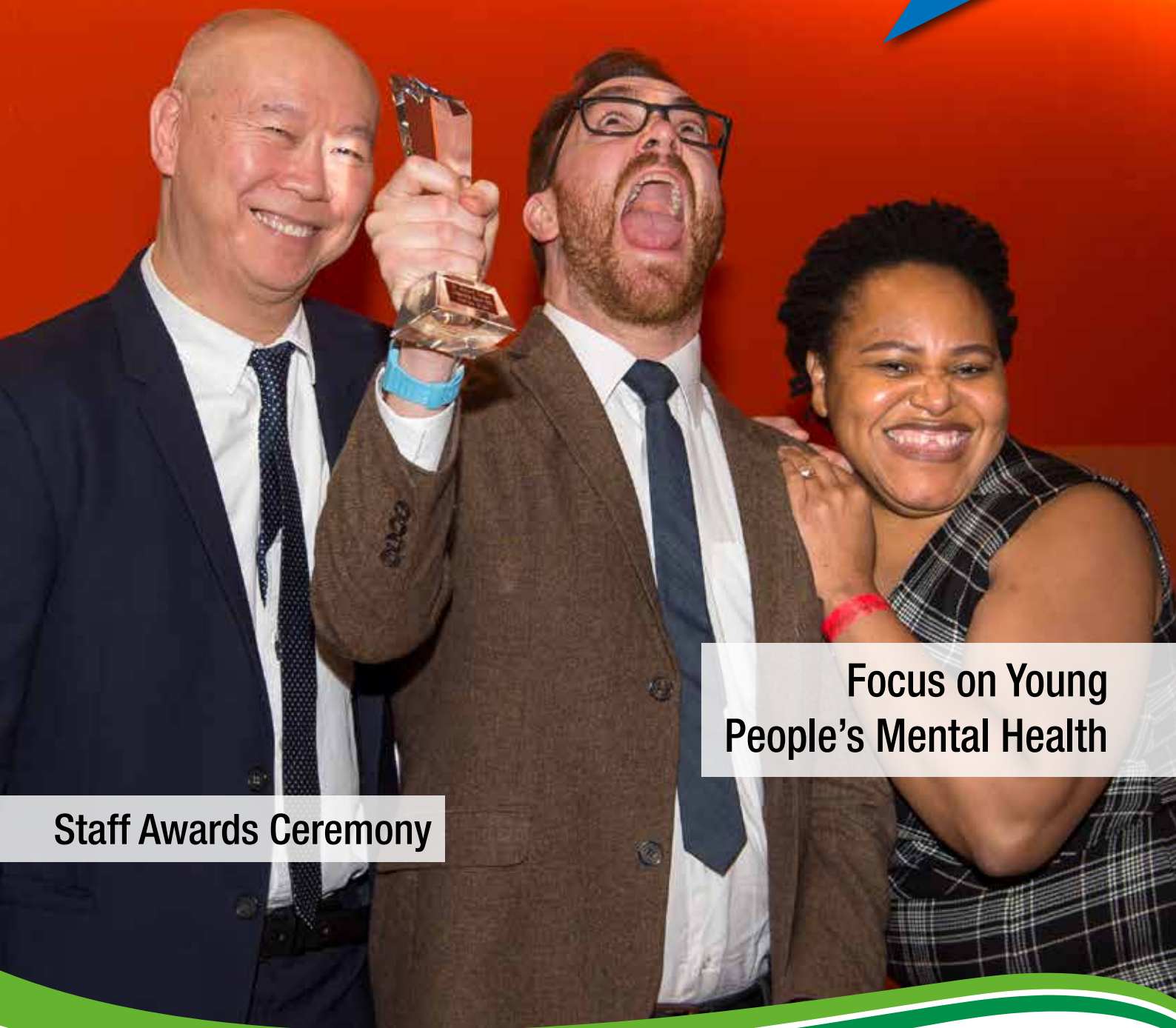


Spring 2019

TRUSTtalk

Magazine for staff, members, volunteers and people who use our services



Staff Awards Ceremony

Focus on Young
People's Mental Health

We care We respect We are inclusive



East London
NHS Foundation Trust



Dr Navina Evans

Chief Executive **FOREWORD**

I am still glowing with pride from our Staff Awards Ceremony which happened on 12 February. I was just blown away by the incredible tributes and stories of the winners, and the warmth and support from colleagues when the winners were announced. It was the first time that community health care staff in Bedfordshire, and the City and the Hackney Integrated Learning Disability Service have been to our staff awards event. I don't know about anyone else but my legs are still aching from the dance floor! Congratulations to everyone nominated. It shows that your work is noticed and appreciated.

And speaking of awards, you will see on the opposite page that Newham Housekeeper, Amanda Piper won the National Unsung Hero award.

The other big piece of news for the

Trust is that Marie Gabriel CBE, our Chair has been appointed as Chair of Norfolk and Suffolk NHS Foundation Trust (NSFT). ELFT has been 'buddying' with NSFT - which provides mental health and learning disability services across Norfolk and Suffolk – since 2017. I hope we can bring added value so that local people and NSFT staff can feel confident again about the care provided by local services.

We have been successful in gaining a new contract and from 1 April, we will be providing a primary care/GP service for homeless people in City and Hackney from The Greenhouse Practice. We have also been successful in retaining our contract to provide Primary Care and GP services to homeless people in Tower Hamlets, at Health E1 in Aldgate. I am really pleased that we are in a position to support some of the most vulnerable people in our communities and can link

them into other services locally that we also provide.

Our 'Think Family' event in January was attended by staff from all across the Trust. It was a very sobering event which highlighted that many of our staff are in a unique position to spot exploitation, modern slavery and other ways that vulnerable people can be victim to, and the subtle signs to look out for.

On page 14, you can read about our Volunteering Co-ordinator, Marie-Michelle Mousse. She is keen to add to her army of volunteers, and find good volunteering placements for people who are happy to give their time to the Trust and gain valuable experience in the process. Many health professionals in ELFT started out as volunteers (including myself!) so you never know where you might end up!

Dr Navina Evans

Flu Bugs at Large



THERE is nothing the HR team won't do to raise awareness of the risk flu, and the importance of staff having the flu jab to avoid passing flu onto vulnerable patients.

Reports of flu are increasing, with some hotspots in East London. Flu

vaccination is still being offered to high risk patients by GPs. The Trust continues to offer flu jab clinics to any staff who missed getting their jab. It's not too late to protect yourself and those around you.

Thank you to Diane Aston and Isabella Larkin (the faces just visible in these suits) for not minding feeling a bit silly to make an impact!

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Amanda Wins National Unsung Hero Award



Tracy Connellan and Amanda Piper

AMANDA Piper, Housekeeper and human dynamo at East Ham Care Centre has won the national Unsung Hero Award announced in Manchester on 1 March 2019. The Annual Unsung Hero Awards are the

only National Awards for non-medical NHS staff and volunteers who go above and beyond the call of duty. Amanda was utterly astonished to hear her name called out and her feet still haven't touched the ground!

Her 'Everyday Hero Award' nomination was submitted by Tracy Connellan, Ward Manager on Sally Sherman Ward at East Ham Care Centre. She said,

"I have worked as a mental health nurse for 20 years and have never met a staff member like Amanda. She has worked for the NHS for years as a Band 3 housekeeper and every day goes beyond the call of duty. Her kindness and commitment to the patients we care for is gold standard."

Patients on the Sally Sherman Ward have dementia with often challenging behaviour. Amanda's calm and caring approach cuts through that ensuring that patients feel safe and calm. She has arranged funerals when there is no family, buys clothes when patients come with nothing, and arranges parties and special treats.

Tracy goes on, *"Her communication skills with our client group is amazing to watch. She is able to talk 'their language' despite the debilitating progression of dementia. She is our unsung hero quietly going about her job and going beyond the call of duty. We all say that we wish she would care for us when we grow old. She has a heart of gold."*

Amanda started out as a healthcare assistant in Goodmayes Hospital in 1986. She thought she would stay for a short period to see what the work was like – and she never left! She says, *"I love my patients. It is really rewarding to work with this patient group and their families. I feel so comfortable with them. Their world is so confusing and alarming. My job is to ensure the smooth-running of the ward so that there are no surprises, that they have what they need delivered with a smile and kindness. When you make a connection, it is the best thing in the world. Who wouldn't love this job."*

NB: The role of a housekeeper is to look after the environment that patients are cared in, including cleanliness, safety, food, bed linen, heating, ventilation, equipment, maintenance, replenishing stock, replacing worn or damaged items, etc. Amanda, as you can see, doesn't just go the extra mile. She goes the extra 10 miles!

Secretary of State for Health and Social Care Launches Staff Wellbeing Initiative



Prioritising the wellbeing of NHS staff in high pressure roles, who deal with trauma, distress and emotionally charged situations.

THERE was standing room only when the Trust hosted the launch of Health Education England's Staff and Learners' Mental Wellbeing Commission Report on 20 February.

The report was introduced by the Secretary of State for Health and Social Care, Matt Hancock. The report seeks to address the mental health and support needs of healthcare workers who work in high pressure roles, dealing with trauma, distress and emotionally charged situations.

Introducing the report, the Minister cited the story of a young doctor who took their own life as they felt so burdened and overwhelmed by the stress and responsibility of their work. He said, *"NHS staff deserve to know that they have nothing less than our full backing at all times and these measures will ensure NHS employees are supported with the day-to-day pressures of a job on the frontline of healthcare, as well as giving them a place to turn for targeted help during the toughest times."*

It introduces a new role, that of a NHS Workforce Wellbeing Guardian for each NHS trust, and nine Workforce Wellbeing Guardian Principles.

Health Education England

Professor Wendy Reid, Director of Education and Quality, Executive Medical Director, Health Education England, said HEE is very proud of the Report. She said, *"ELFT is an exemplar employer in the way staff are looked after and supported. But improvements can be made everywhere, and the NHS as a whole has to raise its game in delivering care to patients."*

ELFT Perspective

Chair Marie Gabriel said: *"As a Trust, we have been working hard to address the wellbeing of staff by introducing financial initiatives, health and wellbeing schemes, and having 'Joy at Work' as one of our QI projects looking at what makes for a good day, and makes people feel valued. So I very much welcome the recommendations of the HEE's Mental Wellbeing Commission Report."*

Mary Stackable, a Healthcare Assistant in Newham was one of the staff at the event. She said, *"It was good to hear that the emotional impact of our work is being talked about. Work can be such a busy time and we know from experience that many healthcare staff don't get a lunch break most of the time."*

Kim Goldsmith, Telehealth Assistant Practitioner was also present. She said, *"It's important to be able talk and vent about work in a safe place but where can you go? The report and the speakers today seem to appreciate the importance of caring for staff and supporting them. If staff are happy, it makes for a happy workplace and then you get happy patients/clients!"*



Newham Child and Adolescent Mental Health Service Open Doors Festival

EVER wondered what support CAMHS teams provide to families?

Wish you could have 20 minutes with a specialist clinician to talk about your issues as a parent, carer, young person, childminder, teacher, social worker or health visitor?

Are you a child or young person who would like to talk to someone neutral about difficulties with family relationships?



Newham's Child and Adolescent Mental Health Team (CAMHS/CFCS) decided to try a completely new approach and throw open their doors to anyone who wanted to talk to them during Children's Mental Health Week. (4-10 February 2019).

Families usually have to be referred to the Plaistow-based service via their school, nursery, GP, social worker or through self-referral, but not everyone reaches threshold to be seen. For one week only, the team were available to talk to anyone who wanted to pick the brains of a child specialist for 20-40 minutes and book themselves into immediate help and support through workshops and mini-interventions.

Trying Something Different

This was the first time the service had contemplated this unique approach. Consultant Clinical Psychologist, Dr Paula Corredor Lopez and Dr Nick Barnes, Psychiatrist and a team of 27 fellow Newham clinicians and Admin staff were interested to see if it was something local people would like and come along to.

Dr Corredor Lopez said, *"As a service, we are keen to improve accessibility so that more families can benefit from the service. We know that parents and young people do their best to manage the highs and lows of family life, and deal with bumps in the road along the way. However, it can sometimes be frustrating for families and referrers when the issues they face do not meet the criteria to be referred to the service or when families have to wait to get an appointment. So this was an opportunity to*

turn up and speak to a child specialist for 20-40 minutes or trial a group or activity".

Festival Time

The week was not without its problems. Strong winds meant that four marquee tents erected for the event collapsed and were unusable! But this did not deter the team and there were many highlights. One of these was an early evening Youth Panel discussion about Youth Violence with young people talking insightfully about the impact of violence on Newham residents.

The team hosted an incredible total of 23 stand-alone taster sessions, workshops and intervention groups for families to attend over the course of the week.

There was a fascinating 'Managing my Worries' boys group. (It just happened to be only boys that turned up.) Who worked brilliantly together as a group to co-produce a self-help 'Coping with Stress' poster, with all their ideas and drawings on it.

Throughout the week both the BeatBox Collective and Outsider Music joined the service to engage young people, family members and staff in creating their own music to raise self-esteem and inspire them to go on to continue to develop their own music and sounds.

Improving Access and Flow within CAMHS



of seven teams in five areas who took part in a learning system to improve access and flow within the Child and Adolescent Mental Health Services directorate.

Since June 2017, we have been using Quality Improvement to better understand demand and capacity, and to improve the quality of care we provide. Staff were asked to consider what matters to them and their service users, and were encouraged to use QI to make meaningful and impactful changes.

The seven pathway teams that participated met regularly to learn from each other and reflect on progress. Although leading and supporting this work across the directorate has been challenging at times, it's been fantastic to see teams come together in the spirit of collaboration, and to hear them talk passionately about how it has felt to make positive changes within their pathways.

Developing a Learning System to Support Improvement Work Across CAMHS

On the commencement of the 'Access and Flow' projects in CAMHS, we faced a simple question – with seven teams looking to improve, how can they work together?

We found teams faced similar challenges so considered the seven components that would support shared learning: clarity of your healthcare system; system level measures; explicit theory or rationale for system changes; appropriate segmentation of your patients;

sequential learning methods; multiple feedback loops and regularly scheduled learning events; and leadership to keep the organization focused on learning.

For all teams combined, the number of days from referral to second appointment across all CAMHS teams has reduced by 22% and from referral to third appointment has reduced by 25%. The improvements seen across the teams continue to be maintained, with the changes in data aligning with teams' process mapping and testing changes in their pathways.

The QI team supported the running of a 6-weekly learning set bringing the teams together with the directorate leadership for co-learning and co-coaching. The content was designed with the CAMHS leadership in response to how teams were progressing, and was an opportunity to develop a learning community around the projects. Each project had the support of a local sponsor at Director level. These people ensured that teams were supported to overcome barriers, but also to create the right conditions for the improvement projects to flourish.

To learn more about the progress of each team visit the ELFT QI website: www.qi.elft.nhs.uk/stories

What is co-production? How can we boost people participation in Quality Improvement?

Come discuss these themes at the annual ELFT Quality Conference on Tuesday 14th May 2019. Tickets for staff, service users, carers and governors are free. Visit www.qi.elft.nhs.uk for details and registration.



Luton CAMHS Film Shortlisted for an Award

A powerful film produced by Luton CAMHS service users has been recognised through a national competition.

Their Behind the Mask project was among the final three nominees for the ICAP Charity Day Award as part of the 2019 Into Film Awards.

Their film follows Taylor, a young adolescent who suffers from mental health issues. Using a mask to conceal her inner emotions, we see her journey through a day of experiences that trigger her social anxiety, eventually leading to her breaking down to her parents and wishing to seek professional help.

The CAMHS team attended an Oscars-style red carpet event in March. They didn't win but were commended for their work. Well done!

Out of Hours Mental Health Support for Young People in East London

A new extended crisis service for young people will offer quick and easy access for young people or their families to speak with a CAMHS specialist nurse out of hours, with a focus on therapeutic assessment, working out the right follow up plan for each individual and moving to recovery as soon as possible.

In addition to the existing Monday to Friday 9-5 service, CAMHS nurses are now based out of hours in the Accident & Emergency Departments. The service will offer support to under 18s in mental health crisis. They are available Monday to Friday from 11am to 11pm, and at weekends and bank holidays from 10am to 2.30pm to advise, offer effective support to find safer ways of coping and sorting out problems.

Any young person attending the A&E departments at The Royal London Hospital, Homerton University Hospital or Newham University Hospital will be seen during these times.

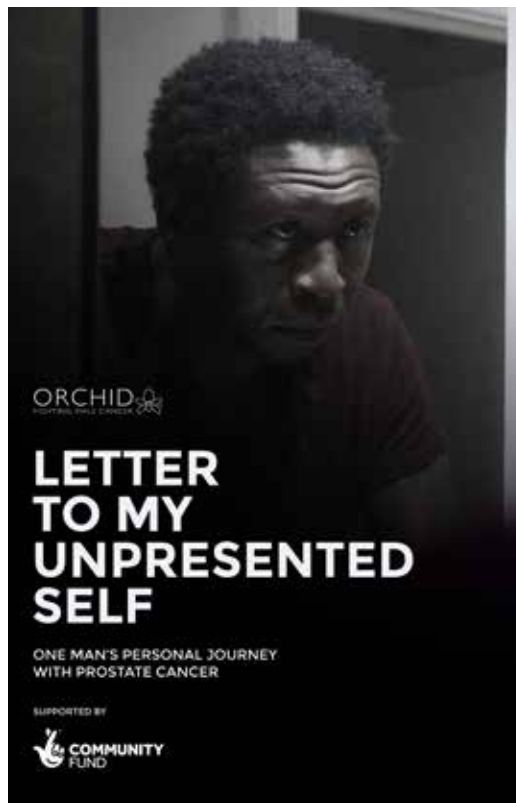
City & Hackney's Street Triage Team on TV

THE BBC TV News programme 'Inside Out London' featured the Trust's City & Hackney Mental Health Street Triage team in a report on 'Stress in the City' on Monday 11 February at 7.30pm.

The broadcast explored some of the unique pressures faced by people that work in the City of London, and what can be done to help people undergoing an emergency mental health crisis on the street.

The City & Hackney Street Triage Team work in collaboration with the City of London police, and having a mental health professional embedded with a police patrol during evenings and early mornings across the City has led to a marked reduction in the number of people detained under the Mental Health Act's Section 136' as well as allowing for a reduction in pressure on A&E staff.

Newham Prostate Cancer Support Group – Using Film to Fight Stigma



A group of 10-15 Newham men who are living with or recovering from prostate cancer are behind a film which aims to raise awareness and reduce stigma around prostate cancer. The film has been developed by the charity Orchid, who campaign to save men's lives from testicular, prostate and penile cancers through pioneering research and by promoting awareness.

The men form the Newham Prostate Cancer Support Group which meets each month. The group is supported and facilitated by ELFT Continence Specialist Nurse, Sabria Harve and Ali Orhan from Orchid.

The men shared their stories and experiences with the film makers who have

woven them a 15 minute short film which will be used as part of a training package to raise awareness with health professionals, and also with community leaders, faith leads and people who individuals might turn to if they suspect something is wrong.

Prostate Cancer – The Facts

Over 47,000 new cases of prostate cancer are diagnosed each year. An estimated 1 in 8 men will develop the condition in their lifetime. Unfortunately black men are more at risk of prostate cancer with an incidence of 1 in 4. Prostate cancer survival is improving and has tripled in the last 40 years in the UK with 8 in 10 men surviving for more than 10 years + after diagnosis. So the sooner men get assessed, the better.

Initial investigations may include a blood test to measure the level of a protein called Prostate Specific Antigen, arrange a scan, an examination or a biopsy under general anaesthetic. It is the thought of this that puts many men off coming forward.

Sabria understands this. *"The thought of any kind of investigation or invasive procedure is not something any of us relish. We worry about the embarrassment and if it will hurt. But healthcare staff know this and will do everything they can to make the whole process dignified, straightforward and quick! The men in our group say the investigation process and subsequent treatment was not as bad as they feared, and wish they had taken action sooner. None of us should risk our lives and 'die from embarrassment.' Just simply take the first step and talk to your GP."*

<https://orchid-cancer.org.uk/>

See the ELFT website for dates of the monthly Prostate Cancer Support Group. No need to book. Just turn up.



Newham Cardiac Rehabilitation Service Awarded Certification Status



NEWHAM'S Cardiac Rehabilitation Service (NCRS) have successfully achieved Certification Status. The team provide rehabilitation to people across Newham following a cardiac event such as an MI (heart attack), Angioplasty, Cardiac Surgery or Heart Failure. The team demonstrated they met seven standards of Cardiac Rehabilitation as stipulated by the British Association of Cardiac Prevention and Rehabilitation (BACPR), and audited through submission to the National Audit of Cardiac Rehab.

Data from their audit showed the diverse population of Newham who access the service in comparison to the rest of England and the positive outcomes their clients achieve.

Their evaluation showed that after completing their cardiac rehab classes:

- 74% said they exercised for over 150 minutes weekly (NHS recommends 30mins daily for 5 days of the week =150mins).
- Post cardiac event people often have high levels of anxiety and depression. These were significantly reduced post Cardiac Rehabilitation.
- Completion rate was 76% compared to an England Specific average of 63%.

The team attribute this to being proactive and adapting their service to meet patient needs. They believe they are the only Cardiac Rehab Service in London to provide an evening class which allows younger patients who have returned to work, a chance to attend the session on their journey home. They also provide home visits and clinic appointments.

	White	S.Asian	Afro Carib	Other
Newham	26.6%	53.1%	7.2%	13.1%
England average	84.3%	6.6%	1%	8.1%

Think Family - Modern Slavery



STAFF from all across London, Bedfordshire and Luton came together on 31 January at ELFT's 'Think Family' Safeguarding Conference to share learning about Safeguarding both adults and children.

Modern Slavery

A speaker from the charity Unseen UK spoke about modern slavery. The term Modern Slavery encompasses slavery, servitude, human

trafficking to exploit someone, and forced or compulsory labour. The speaker spoke about who can be a victim, what methods of control can be used on a victim, what questions to ask potential victims and when to call the Unseen Helpline. She stressed that healthcare staff were in a unique position to identify potential victims of modern slavery and suggested questions to ask to gain a clearer understanding.

County Lines

A speaker from Empower, Safer London, spoke about County Lines explaining how young people and vulnerable adults can be easily drawn into selling drugs and being exploited by sophisticated criminals. County Lines involves a gang usually made of young men from a large urban area travelling to smaller locations (such as a county town) to sell Class A drugs. Violence is used to establish and secure the drug line and to remove competition.

Staff also had an opportunity to attend workshops on Female Genital Mutilation, Prevent, Domestic Abuse and Thinking Family around Parental Substance Misuse. Feedback from staff was that it was a useful and stimulating day which has increased their knowledge and equipped them to watch out for signs of exploitation.



STAFF AWARDS CEREMONY

THE Trust's 2019 Staff Awards Ceremony took place on 12 February at The Barbican. This year's event attracted 900 staff from all corners of the Trust. The event aims to acknowledge staff who go the extra mile to make things run more smoothly for service users and colleagues – and after this year's event, it is clear that staff go the extra 10 miles!

Nominations are submitted in the four preceding months. They are then reviewed by a judging panel made up of service users, directors and partner organisation representatives.

A Definite Scottish Flavour

From the moment Compere and Chief Medical Officer Dr Paul Gilluley waltzed onto the stage wearing a kilt to the rousing sound of bagpipes playing Scotland the Brave, the audience was clapping along and cheering along.

#ELFTin1Voice

This was a lovely introduction to the #ELFTin1Voice choir who opened the event by singing 'Because I Knew You, I've Been Changed' from the musical Wicked, to a background montage of a year of ELFT in pictures. You can see a recording of this on YouTube. Just put '#ELFTin1Voice' in the search field. As we go to print, the clip has had 1300 hits.

"Luckiest Chief Executive in the NHS"

Chief Executive Dr Navina Evans welcomed everyone to the Staff Awards ceremony and highlighted key achievements since the last Staff Awards. She said that the ELFT family had grown with the addition of Bedfordshire Community Health Services, City and Hackney Integrated Learning Disability Services and Tower Hamlets Talking Therapies.

In her address, she noted that the NHS had passed its 70th anniversary last year and paid tribute to ELFT staff who continue the legacy of the NHS each and every day. She spoke about the launch of the Trust's new strategy which made this an exciting time to work in health and social care. And she acknowledged that Chair Marie Gabriel had been awarded a CBE, which triggered a round of applause. She concluded by saying that she was inordinately proud of the staff in ELFT and felt she was the "luckiest Chief Executive in the NHS."

Thank You to Professor Alan Simpson

Before moving to the award presentations, Compere Dr Gilluley paid tribute to Professor Alan Simpson who was in the audience, lately of City University, who has had a long collaboration with ELFT. Professor Simpson has just moved to become Professor of Mental Health Nursing at Kings College and will be working with South London and Maudsley NHS Trust – which drew playful boos from the audience.

Acknowledgement of Staff Response Following Bedford Fire

Next, compere Dr Gilluley acknowledged Kathy Giles, Julia Mead and Dr Kate Corlett who responded to a serious incident which took place on 3 January 2019 when a disused building in Bedford Health Village caught fire close to a number of ELFT's inpatient units. Dr Corlett was the director on call who initiated the Trust's response. Kathy and Julia went straight to the site to assess the situation and support staff and patients while the fire service tackled the fire. Dr Gilluley noted that the Trust and local services plan for such untoward incidents but it was a credit to these three and all the staff on duty that night that services continued as usual during this difficult event.

Well Done to Barts Health on CQC Assessment

Before proceeding, Dr Gilluley also acknowledged that neighbouring trust, Barts Health, had just heard earlier in the day, that they had come out of special measures for quality in their recent CQC assessment. He said this was great news for their staff who have worked hard to address this, and for local people.



AWARD WINNERS

THEN it was on with the show. The award winners are listed below. All were surprised and humble in their response. Shock and joy were the main emotions of the night!

Improvement to Quality of Service Award

Abigail Beddows, Community Children's Nursing Team

The audience heard that Abigail has played a principle role in developing national guidelines on weaning babies and children off oxygen therapy onto air, following a prolonged period in an incubator or supported breathing. This was an area of great need, as no national guidance existed, resulting in many different practices and local approaches.



L-R: Jonathan Warren, Abigail Beddows, Prof. Alan Simpson

Service User Award

(an award voted for by people who have used ELFT services)

Winner Adrian Sabo, Wardown CMHT was described as ... a breath of fresh air. Compassionate, understanding and determined to find the right solution to support those in his care.



L-R: Adrian Sabo with Craig Donahue and Sandra Erskine

Commissioning Award

Lola Kehinde, Continence Lead Nurse
The audience heard that Lola knows that where there is a physical illness or recently acquired disability, there will be a person behind the diagnosis trying to adapt, to adjust, perhaps despairing of ever being back in control, and grieving for their previous life.



L-R: Selina Douglas and Anit Chandarana with Lola Kehinde

Apprentice of the Year Award

Katie Close
Katie wasn't at the event to pick up her award, but was described as hungry to learn - she not only masters new skills, but takes it to the next level. The presenter said that the NHS and ELFT are lucky to have been the launch pad for this talented youngster.

Chair's Award

Mr Jitu Patel, Receptionist and Administrator at the Newham Assessment and Brief Therapy team.
Reading out the citation, Chair Marie Gabriel said Jitu "always has a smile on his face no matter how much pressure he is under, and a strong believer that a cup of tea will solve most problems and calm any situation. A man after her own heart!."



L-R: Marie Gabriel and Susan Masters with Jitu Patel

Dr Robert Dolan Leadership Award

this award is named in honour of ELFT's previous Chief Executive, Dr Robert Dolan who sadly died in 2016.
There were two joint winners for this award. Patrick Grove, Service Manager and Clinical Psychologist, Deancross, Tower Hamlets.
The audience heard that Patrick provides outstanding leadership at a clinical, service and teaching level and exemplifies the best in public sector working in health. He also makes terrific sourdough bread which goes down well with his team.



L-R: Dr Amar Shah and Paul Calaminus with one of the winners, Patrick Grove, who is also on our front cover with his colleagues Dr Tennyson Lee and Louise Manonga

Jo Meehan, Service Manager, Bedfordshire CAMHS, was the second winner of the Robert Dolan Leadership Award. She was described as one of the most busy people in the Trust who always has her finger on the pulse and a smile on her face. Energetic, passionate - a great role model.

The next day, Jo tweeted, "I dreamt last night that I had won an award. And then I woke up in the morning and found my trophy on my bedside table!"



Jo Meehan (joint winner)

Team of the Year Award

The City & Hackney Street Triage Team
The audience heard that the Street Triage team have worked tirelessly with the police to work in a different and new environment which can be volatile and unpredictable. They have brought the two big organisations together to work with efficiency, professionalism and above all to provide a better service to vulnerable and people in crisis.



L-R: Lorraine Sunduza and Philip Turner, Luton Healthwatch with the City and Hackney Triage Team

Working in Partnership Award

The Bedfordshire and Luton Adult Community Eating Disorders Service
The team have formed a collaborative joint working partnership with a voluntary organisation, service users and staff to develop a stepped-care model for people with an eating disorder. Their work has been recognised as an example of best practice by the NHS England East of England Eating Disorders Clinical Network.



L-R: Sheila O'Connell and Richard Fradgley with the Eating Disorders Service

Employee of the Year Award

Emma Furlong, Forensic Services, was sadly unwell and not able to come to the Staff Awards. But she had a mini presentation the next day. Emma was described as hard working, efficient, professional and regularly goes above and beyond the call of duty. She has been a leading light on a steering group to tackle Sexual Aggression and Violence to address the under reporting of sexual violence by staff at work.



Emma Furlong

Unsung Hero Award

Jayne Adams, Occupational Therapist Assistant for Older People on Columbia Ward, Tower Hamlets.



L-R: Ken Batthy and Mason Fitzgerald with winner Jayne Adams

The audience heard that Jane has the unique power of empathy for the people with dementia that she works with. She quickly wins their trust and has a lovely reassuring way about her. As well as encouraging a wide variety of activities on the wards, she makes time to be with people and encourage them to relive their memories.
Jayne partied the night away after the ceremony and didn't let go of her trophy and certificate all night!

Inclusion Award

Safia Raga, Life Skills Recovery Worker, Bevan Ward in City and Hackney, was described as never complacent, continually thinking about ways to help services users feel integrated into their community, with the long term aim of reducing readmission.



L-R: Jenny Kay, Winner - Safia Raga, Dr Mohit Venkataram

Support Services Award

Curtis Reece, Clozapine Clinic, Forensic Services
Curtis is regarded as a role model for other nurses and is credited with promoting an interest in physical health among colleagues more accustomed to focusing on mental health needs.



L-R: Steven Course, Curtis Reece, Shane DeGaris

Chief Executive Award

Rayhana Umariji, Senior Administrator, Newham Community Health Services.
Navina said, "Rayhana is a special member of staff who offers so much to so many people in different ways - she has been described as the 'go to' person and the 'oracle' of the team for her excellent work skills, reliability and contribution to the team."
Sadly, Rayhana wasn't at the Awards Ceremony to collect her award so her manager, Julia Callus, caught up with her in private to present her with her award. Rayhana has requested that her photograph is not published in Trusttalk but said she is really touched to have received the award.



WHAT THEY SAID...

@ELFT_NHS

f East London NHS Foundation Trust

Here is a selection of messages and feedback the Trust has received since the Staff Awards.

“ One of those rare nights when you truly feel you are part of one of the biggest and warmest families in the world! And this family gives all it can and all it has, to those who need us most!

“ A great night, good food, fabulous choir, amazing staff awards, and some excellent dancing and drinking opportunities. What more could anyone want!

“ What a night! Since four of our team were in the choir, we got together today to watch the video. Beautiful. Thanks to all who worked so hard to organise the night.

“ Beautiful evening celebrating the Trust's dedicated, hardworking staff.

“ Fun times at the #ELFTawards. Congrats to all the winners and congrats to everyone who made it into work the next day!

“ Awesome evening of celebrations! The choir was amazing, the flash mob smashed it and the dance floor was buzzing.



REMEMBERING STAFF WHO HAVE SADLY DIED

Our Staff Awards is also a time for us to remember colleagues who have died since our last awards event. Dr Gilluley read out the names to resounding applause from the audience as they took a moment to reflect on the contribution of the following staff:

Adetola Oni	Carolyn Martinez
Colin Gallagher	Gilla Gelberg
Yvonne Stanbury	PJ Conroy
Rhodalyne Poku	Dr Sutharsan Raju
Rob Pickard	



Diane Aston, the woman behind the scenes





ELFT Apprentices Bag Jobs

ANSAAR Ola and Lauren O'Sullivan were offered permanent contracts as an Administrator at East Ham Care Centre in Newham (Ansaar) and as a Referrals Co-Ordinator at the John Howard Centre in Hackney (Lauren) after undertaking a one year programme to train them to qualify.



Above: Lauren O'Sullivan and Ansaar Ola

ELFT Apprenticeship Programmes are designed to grow and develop skills needed for the future of our services. They often result

in permanent roles offered to the apprentices within the service where they did their apprenticeship.

Lauren came across the ELFT apprentice scheme by accident, *"I found it really intriguing as I never knew the NHS even offered apprenticeships, so when I came across it one day whilst job hunting, I just knew I had to go for it and apply."*

Ansaar found the Trust friendly and helpful from the start. He said, *"Since the first day at the job I've felt welcomed by all members of staff I have encountered. At the beginning of my apprenticeship I felt a little nervous but I was raring to go and wanted to learn how to do the job as quick as possible."*

He found balancing college work and the day job manageable thanks to his team.

"The team always allowed me the chance to take time off to focus on my assignments and apprenticeship related tasks. They have

always given me the flexibility to prioritise my apprenticeship to complete any assignments due."

The chance to be paid while learning on the job appealed to Lauren. *"University never appealed to me. My mum actually always told me to go into Admin. Looking more into the apprenticeship route I liked the idea of being in the workplace and getting paid whilst you learn."*

Ansaar recommends apprenticeships to anyone setting out on their career. *"I chose to work as an apprentice at ELFT because I wanted a new and exciting challenge. It has been a very enjoyable experience and would recommend working for ELFT to anyone interested."*

Lauren agrees. *"I have learnt so much in my journey so far. I am just a completely different person to who I was when I first started."*



IMPROVED EXPERIENCE OF CARE



The Newham Mental Health Crisis Line Launches

HEALTH service professionals, representatives from charities, support groups and Newham Council all came together to help launch the Trust's Enhanced 24hr Mental Health Crisis Line for Newham residents on Friday 8 February at St John's Church in Stratford.

Introducing the launch, ELFT Associate Clinical Director Dr Charlie Musters described how the new service has three main aims: "to provide ease of access, to give people a better experience, and to move towards a seamless model of provision, so that people get the help they need in one place.

"Helping people through a mental health crisis means listening to what they are saying, and then helping to ensure there is a rapid access to support. Too often in the past we may find that people are expected almost to be experts in how to navigate care provision themselves, meaning they can 'ricochet' between services."

"Our new 24hr crisis line telephone service is designed to be an improvement on that."

Diane Ball, Operational Lead for the new service, explained how until

now, provision for emergency mental health support was usually dealt with in Accident and Emergency departments.

"That is not good enough. An A & E environment is not suitable for mental health care. A nurse will know how to respond to someone with a broken leg, but they are not necessarily an experienced mental health professional."

"The hope is that over time the 24hr 7 days a week telephone crisis line will transform into a dedicated 24hr mental health assessment centre, where a variety of public health professionals are on hand to support people through mental health emergencies."

Vicki Randall, a specialist support worker from the substance misuse intervention project Change, Grow Live, asked what can be done to ensure that people with addictions get the help and support they need.

"The mental health crisis line is there for everyone in Newham", responded Diane.

"But some situations people find themselves facing are not necessarily mental health crises – they may have debt worries or housing problems, and in those cases, people that feel bad will need practical support from their peers."

"This new service is designed to ensure that people do not get lost inside the system, because then things can get worse. We will now have mental health specialists available around the clock in order to direct people to the service they need."

The Enhanced Newham 24 Hour Mental Health Crisis Line is available on 020 7540 6782.



Recovery at ELFT

ASSOCIATE Director of People Participation, Paul Binfield, and Clinical Lead for Recovery, Jane Kelly, are the dynamic duo charged with supporting ELFT's approach to mental health and recovery, focusing on the individual's ambition and goals, rather than symptom management.



Paul Binfield

What do your roles involve?

Paul: Using my own lived experience and knowledge of recovery. My main objective is to try and change the conversation from one of clinically led recovery to one of empowerment, social justice and to help shift traditional power dynamics.

Jane: This is so complex and I think the title of my role is misleading – as the Clinical Lead I promote the move away from the model of managing symptoms and risk, to the ethos of involvement and empowerment. Indeed anyone who has been on one of the training days knows the focus of the day is to support clinical staff in working in a more reciprocal creative ways with others, looking at how we build resilience and how we break down the barriers to working together. It is essential that conversations should be led by the service user and about what matters to them.

What attracted you to this area of work?

Paul: This is the area of work I have been trying to champion for all my time here. It is dear to my heart and I have a great passion for real Recovery.

Jane: Similar to Paul – within my clinical experience I have always ensured that the reciprocal relationship I form with others is the most important part of my role. I am so curious about others and really like to get to know people and what is important to them. Being known as a really good nurse and a fairly decent human being is an important part of my identity that I am proud of. It's about using this passion to influence change.

Why has the Trust opted to approach Recovery in this way?

Paul: Although I applaud the Trust for trying to address the lack of real Recovery, I still struggle with the concept of clinical leadership in regards to the Recovery agenda. In my view this work should be led by people with personal and lived experience of Recovery and that should be supported by clinicians but not led by them. So I have to say that I don't entirely agree with the Trust approach but I want to make the best of it and take it forward.

Jane: This is a co-produced role and an equal partnership in taking forward the Recovery agenda. While in a co-produced role the partners bring different experiences, skills and knowledge to the table – the shared passion to make a difference is what will drive change.

What are your main priorities in the coming six months?

Paul: My main goal for the first six months is looking at how we can use Dialog+ to really

understand what are the social determinants of poor mental health like loneliness, economic inequality and social justice. This is the main driver for me.

Jane: I am currently working with Service users and Carers in an area of Bedfordshire – the agenda is being driven by them with regards to what services they want, to support recovery and resilience. My role is to offer my experience of service design, governance and business planning to support making their dreams a reality. Like Paul it's about working with local communities and supporting them in designing and developing local services that help to minimise the impact of inequality on health care.

What does success look like?

Paul: Success for me would be when we can honestly decide we don't need these posts anymore as people are talking with their service users, trying new things, looking to the deeper social meaning of Recovery. I would strongly recommend people look to the Unrecovery model designed by 'Recovery in the Bin', if they want a deeper understanding of Recovery.

Jane: Yes - a future where it is just custom and practice to work with others to ensure that they know they have the right to lead the life that matters to them is what we thrive for. I believe we need to stop dancing around each other and start dancing together more.

Modou Coker with Jane Kelly





Buurtzorg Neighbourhood Care Team Shared Learning Event



70 healthcare professionals including GPs, nurses, occupational therapists, researchers and colleagues from within and outside of east London came together on 31 January for a Shared Learning event to review the impact on the Buurtzorg Nursing Care Team (NCT) pilot in Tower Hamlets. The shared learning event was an opportunity to evaluate the impact of the pilot.

What is the Buurtzorg Model?

The Buurtzorg model of care was developed in the Netherlands and trialled in Tower Hamlets for 18 months. It consists of self-managed neighbourhood teams who provide all the care to a group of patients in a village or registered with a GP practice. Families are able to call the team direct rather than a messaging service between 8am-8pm. Members of the team provide all care.

Patient/Family Views

Key benefits identified by patients was that they loved having a smaller group of nurses providing their care. They were able to develop relationships and nurses were able to spend more time with them. Patients liked being able to phone for help direct to the team. They felt calmer and trusted that worries would be addressed, as the small team of nurses were knowledgeable about their situation and care needs.

A carer spoke about the intimate experience she and her husband had received and the confidence they had felt every step of the way as he neared the end of his life. She said, *"They felt supported and held. It felt different straightaway."*

Staff Perspective

The NCT nurses reported a high level of personal satisfaction working to this model. They liked having more time to spend with patients to understand them and appreciate the things that were important to them. They learnt not to take over, but to take on board the patient's point of view. Take time to explain the rationale for interventions, and work with the individual to reach a compromise and improve health management.

They felt that they were able to pre-empt unnecessary hospital admissions and use of ambulance services by being more responsive, spending time with the individual and resolving and managing acute health needs in the home. Some nurses felt they had to undertake more non clinical duties that would be the responsibility of a manager under the traditional model of community nursing.

Evaluation

Researcher Mirza Lalani found an increase in patient satisfaction and joint working. A report from Frontier Economics noted that providing community nursing the Buurtzorg way was indeed more expensive than the conventional model of care by almost £200 per day. However, they surmised that there were benefits to the overall health economy with a reduction in using ambulance, emergency and hospital services and thought such factors made the approach cost effective.

Next Steps

Ruth Bradley, Director of Nursing for Community Health, stated that some of the positive indicators could be continued under the current community nursing model such as organising teams around populations, building on developments for integrated and well-coordinated care, having a team phone number, and flexible ways of working for improving patient and staff experience. A working group is currently being formed to take forward the learning from the pilot and some of the findings from the evaluations.

Thank you to everyone involved in sharing their experiences.

Marie Gabriel CBE to be Chair of Norfolk and Suffolk Trust

MARIE Gabriel CBE has been appointed as Chair of Norfolk and Suffolk NHS Foundation Trust (NSFT). Marie has replaced the acting NSFT Chair Tim Newcomb and will continue in her role as Chair of ELFT.

ELFT has been 'buddying' with NSFT - which provides mental health and learning disability services across Norfolk and Suffolk - since it was placed into special measures for the second time in 2017.

Marie, has been Chair of ELFT since October 2012, and has more than 20 years of experience in senior roles within local government and the third sector.

She said: *"It is a huge honour to be joining NSFT as Chair and to be strengthening the support provided by ELFT. I truly look forward to working with staff, service users, carers, partners and Board colleagues on our journey out of special measures, building on what the Trust does well and drawing on ELFT's successful improvement experience."*

Hats and Chocolate for the Homeless

A patient on Fothergill Ward at East Ham Care Centre in Newham has been knitting hats for the homeless. Her hats have been going to a local homeless charity called Lola's Homeless. A representative from Lola's Homeless came to visit the avid knitter, who doesn't want to be named, to personally thank her. Additionally, the Newham Telehealth Service are collecting chocolate for the Newham homeless community to pop in their pockets. To contribute, call 020 8536 2335 or drop your items in Reception at Vicarage Lane Health Centre, Vicarage Lane, Stratford, E15 4ES

Paintings in Hospitals in Hackney

The City & Hackney Specialist Psychotherapy Service unveiled a collection of prestigious artwork in February at Vivienne Cohen House in Hackney. The art is being loaned and installed by the charity Paintings in Hospitals, which is celebrating its 60th anniversary this year. Paintings in Hospitals is an arts-in-health charity whose mission is to provide artwork loans and creative workshops for people that live, work and visit hospitals and health centres in the UK.



Volunteering in ELFT



THE Trust has a team of volunteers who freely provide their time, energy and skills to support the work of the Trust and support the people we look after. They gain valuable experience and a sense of 'giving back' to their communities. And the Trust gets the benefit of additional input to make the patient's journey smoother and add value.

Marie-Michelle Mousse

leads this army of volunteers. She is keen to source more placements, and attract more volunteers. Marie-Michelle is responsible for running selection processes, running background checks, providing training, sourcing placements and supporting individuals while they volunteer. Read on to find out more about Marie-Michelle and volunteering in the Trust.

Why did you want to be a Volunteer Co-ordinator here at ELFT?

The NHS is a fantastic institution with great principles and values, and I'm pleased to be part of it. My father worked for the NHS all of his working life and was an inspiration. Since working for the Trust I have met amazing people such as or incl. volunteers, service users and staff.

I feel I have come at an exciting time where the role and service has plenty of scope for development. We have a small but great volunteer base in Bedford, Newham and Tower Hamlets, and slowly building up in Hackney and hopefully Luton.

Have you volunteered yourself?

I started off my social care life by volunteering as a Personal Assistant, working with a person who had multiple sclerosis in their own home as a volunteer carer and companion. I essentially volunteered full time, and the charity offered accommodation and expenses. It was really hard physically and mentally as the shifts were long. However it was rewarding and a way of getting the necessary experience in order to start my career in social care.

What types of volunteer roles are there?

ELFT offers quite unique volunteer roles and opportunities, which I think are really exciting. We currently have Volunteer Classroom Assistant, Librarian roles at Trust Recovery Colleges, Dance Movement Volunteer at Mile End. Occupational Therapy support groups, such as Knit and Knatter, Out of Hours Activity Group and Activity Volunteers at East Ham Care Centre.

Currently we are advertising for Step Up Volunteers for a health and activity programme with people with learning disabilities in Tower Hamlets and a Non Violence Resistance Parenting Programme parent facilitator Volunteer for Hackney CAMHS.

There is a well-established volunteer service at Newham Centre for Mental Health where there have been after-hours groups running for 6 years+. The volunteers facilitate a variety of social and creative group activities, such as bingo and decorating cakes.

Volunteers do not replace paid staff, so they do not do admin roles or roles that require manual handling or personal care. Also service users cannot volunteer in the service they attend.

You can see there is plenty of scope and potential for volunteer roles so get in contact if you are interested in coming on board, contact elft.volunteerenq@nhs.net or call Marie-Michelle on 020 7655 4019.

Managers who have a position or role that would make a good volunteer placement, get in touch: elft.placements@nhs.net

Care Minister Caroline Dinenage Visits Occupational Therapy Service in Tower Hamlets

ON 21 January, the Royal College of Occupational Therapists and the Tower Hamlets Occupational Therapy service were delighted to welcome Caroline Dinenage MP to Mile End Hospital.



The visit was arranged by the Royal College of Occupational Therapists (RCOT), to showcase how occupational therapy-led services are improving the health and wellbeing of the community people in Tower Hamlets.

Lead Therapist, Alex Hadayah, led the visit and outlined approaches and models of rehabilitation that OTs work to. She was joined by occupational therapists, allied health professionals colleagues and senior managers alongside RCOT Chief Executive Julia Scott and Karin Orman, Lead Professional Adviser from RCOT.

They were somewhat upstaged by Kingston, a Canine Partner dog, who attended with his owner Jackie, who talked about how her life had been changed by having an open-minded OT who listened to what she felt she needed.

The Minister heard how occupational therapy has been a key driver of significant health and wellbeing improvements in the Tower Hamlets community, supporting key work streams in areas such as keeping people out of hospital, supporting people with complex needs to live independently, and primary care. The occupational therapy approach, treating the whole person and enabling them to do the things that are important to them, has been pivotal to the culture change at Tower Hamlets - from 'What's the matter with me?' to, 'What matters to me.'

It was noted that close working between all the health and social care organisations in the borough through the Tower Hamlets Together collaborative had reduced barriers and enabled system-working rather than silos where people did not feel empowered to step out.

The Minister got a lot from her time in the department. She said:

"Occupational therapists are vital in helping people to fulfil their daily lives, by keeping them out of hospital and helping them to live independently at home. I'd like to thank the Royal College of Occupational Therapists for enabling me to see first-hand the brilliant work the Tower Hamlets Together team do to improve the wellbeing of their community."



MEMBERS

Your Views Help to Shape Our Services



ELFT members, service users, carers, stakeholders and staff came together at their local consultation events held in February 2019 for Tower Hamlets, City and Hackney, Newham, Bedfordshire (Bedford and Central Bedfordshire) and Luton to hear current information about our services in their area and took part in roundtable discussions facilitated by Governors and staff including Borough Directors where we asked:

1. What are we doing well?
2. What should we do more of?
3. What should we stop doing?
4. Where do we need to improve?

The purpose of the local consultation events is to gather feedback to help identify what ELFT should be focussing on in the year ahead and to ensure ELFT's services are developed to meet the needs of local people.

The Trust would like to thank everyone who attended to give their views. Your views are important in helping us to strive for continuous improvement in everything we do.

The themes identified from each local consultation event were presented at a Trust Wide meeting on 12 March 2019 and will be taken forward in our Annual Plan for 2019/2020.

Stakeholders Lunch Meetings

(Formerly known as Members Working Lunch Meeting)

These meetings provide a great opportunity for all of our stakeholders which includes our members, staff, service users, carers and anyone with an interest in our services to hear up to date information about Trust services, meet and hear from Governors and participate in open discussions. If you have not been to your local meeting, do come along to find out more about your local services.

Booking is required to help us manage catering numbers.

Email elft.membership@nhs.net or call us on 0800 032 7297

Luton Stakeholders Lunch Meeting

Tuesday 26 March 2019, 1:00pm – 3:00pm at Tokko Youth Centre, 7 Gordon Street, Luton LU1 2QP

London Stakeholders Lunch Meeting

Wednesday 10 April 2019, 1:00pm – 3:00pm at Main Hall, Professional Development Centre, 229 Bethnal Green Road, London E2 6AB

Bedfordshire Stakeholders Lunch Meeting

Thursday 30 May 2019, 1:00pm – 3:00pm at The Forest Centre, Station Road, Marston Moretaine, Bedfordshire, MK43 0PR

Get in touch with Membership

If you are not already a member of ELFT, you can join online at www.elft.nhs.uk/membership or email elft.membership@nhs.net or call us on 0800 032 7297. Providing us with your email address when you join as a member will mean we will be able to send you more information about our meetings and events. If you are already a member, please get in touch with us to make sure we have your current email address.

New Hackney Governors Talk About their Role

WE interviewed two of our new Hackney Governors who have been in post since November 2018 to find out what they think about their role so far. Beverley Morris and Caroline Diehl, although in post for a just a few months, have been very active and told us they have already learnt so much. If you are interested in becoming a Governor, please contact the Membership Team at elft.membership@nhs.net or call us on 0800 032 7297.



Beverley Morris, Hackney Governor

Why did you want to become a Governor?

To try and help families who have loved ones with mental health issues.

What's been the most surprising thing you have learnt so far as a Governor?

It's not as easy as I thought it was going to be.

What has been the most fascinating fact or knowledge you have gained since becoming a Governor?

How dedicated the staff are to ensure that they get it right, and how they listen to the Governors.

What is the best part of the role?

Learning new and interesting things and sometimes being able to make a difference.



Caroline Diehl, Hackney Governor

Why did you want to become a Governor?

I've lived in Hackney for 35 years and want to support Mental Health activity in the borough, particularly to raise

awareness of available support and how to access it, and to support the voluntary and community sector's work with mental health.

What's been the most surprising thing you have learnt so far as a Governor?

I've been surprised, and inspired, by the range, breadth and quality of work that ELFT delivers, and the great management team.

What has been the most fascinating fact or knowledge you have gained since becoming a Governor?

There are two areas: one is the Recovery College concept – I'd never heard of these, and loved my visit to the Tower Hamlets Recovery College, where Governors learnt about the range of support and engagement available. I'm looking forward to visiting the Hackney Recovery College soon. Secondly I'm really impressed by the Quality Improvement work that ELFT does, and the way that it can be initiated and led by any member of staff, and supported by expert staff.

What is the best part of the role?

Definitely the people working and volunteering across the organisation – including my wonderful fellow Governors. In only a few months I've met an incredible range of very knowledgeable, wise, passionate, articulate, fun and super-interesting people, from all ages and backgrounds. Lucky me!



FINAL WORD from the Chair

SPRING is approaching, the air is turning warmer and the beautiful daffodils and crocuses are starting to bloom. Spring is a time for new growth and for a refresh of what we have; giving everything we have a new sparkle. Spring is actually the season that most reminds me of ELFT, for many reasons.

The pleasant warmth reminds me of ELFT's welcome, of its commitment to care and recovery, the smiles we share and the support we give to one another. The flowers remind me of the diverse beauty of all those who make up ELFT; our service users, carers, staff, Governors and Members. We are individually glorious but together, progressing towards our shared ambition, we are a wondrous display of colour that is 'outstanding'.

The sparkle is our drive and commitment to continuous improvement. This 'Spring Clean' does not mean getting rid of what works; it means enhancing, finding new uses and

methods so that we get better results. It may mean that we can stop doing some things that no longer benefit us.

The increasingly longer and brighter days represent our desire to think about more than the present and beyond the traditional boundaries of our work as we strive to 'improve the quality of life for all we serve.' This is a mission without limits.

The Spring-like quality of ELFT was in abundance at the Staff Awards Celebration, from the singing to the dancing! However, it is also evident every time I visit a ward, chat with a receptionist in our community services, sit down with my Council of Governors, debate new solutions with our service users and carers and even in the midst of a Board discussion.

Navina may be the luckiest Chief Executive in the NHS, I am the luckiest Chair!

I am proud of how we are so willing to spread our approach and learn from others by

fostering new friendships and collaborations. In recent months this sharing approach has seen us develop alliances with colleagues from as far afield as Belfast, Derbyshire, Devon, Kent and Medway, the Isle of Wight, not to mention the fast developing relationship with our friends in Norfolk and Suffolk. All of these initiatives are very much a two-way learning process, a genuine exchange of knowledge from which everyone involved benefits and which can only lead to a greater quality of care for the people we work alongside every day in all our services.

A final question for all of our ELFT family; service users, carers, staff, Governors, Members and our external colleagues - how will you put a 'spring' in your own step, as we turn from the winter season into spring?

Enjoy the next 3 months.

Marie Gabriel
@MarieELFT

Changes to Wards in Bedfordshire

In recent times, there has been an increase in the number of men who need to be admitted for psychiatric care in Bedfordshire and Luton, and a reduced demand for female admission beds. So a review of the number of male and female beds across Bedfordshire and Luton was undertaken and two wards have swapped over.

Willow Ward in Oakley Court, Luton has become an 11 bedded female-only ward. Onyx Ward at Calnwood Court has become a 20 bedded male-only ward.

There are no changes to the overall number of beds available but the change allows for additional male beds so that males can have care and treatment closer to home, close to their social networks.

LGBTQ+ Month

Ethnic Minorities Coming Out - A Documentary Photographic Exhibition



AS part of LGBTQ+ Month in February, a digital photography exhibition by social documentary photographer Sonalle featured in LGBTQ+ activities in Newham.

The exhibition/installation was one of a series of events which took place across the Trust.

Through the images of 'Ethnic Minorities Coming Out', the photographer sought to delve into the complexities of how ethnic minority LGBTQ+ people reveal their sexual orientation for the first time to themselves and those around them, portraying both the positive and negative.

A quote which forms part of the exhibition set the scene: 'Theoretically, sexuality should be one part of a person; not their whole personality. If you take that part and put it aside, you should be fine. Unfortunately, that's not how it works. It's like living a dual life.' Ai Vee

The production of these images was funded by Unltd & Arts Council England. You can view the images here: <http://www.sonalle.com/>

Sad News: RIP Eric Cato



A former ELFT public Governor, Eric Cato, who represented Hackney, sadly passed away on 11 February 2019.

Eric was a regular and vocal attendee at Governor meetings and ELFT's AGM. Eric brought to his role a great passion for his causes, and a strong belief that it was his job to challenge authority wherever possible.

Eric was embedded in his community and had been working hard for years as a volunteer in many roles to make the lives of his fellow Hackneyites just that little bit better - when he left ELFT's Council of Governors, he was elected as Governor to Homerton University NHS Foundation Trust, a role he held until his death.

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