

Summer 2016

TRUSTtalk

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

Wellbeing Games

Meet Our Next CEO

Become a Member

#PersonalPixels Winners

We care We respect We are inclusive

East London
NHS Foundation Trust



Chief Executive FOREWORD

THE summer has got off to a good start with the news that the Trust's Quality Improvement (QI) Programme won the Education Team of the Year at the BMJ Awards. A number of teams and projects were shortlisted for other award categories too so congratulations to everyone on these achievements.

Additionally, a unique ELFT education support mental health team based at Hackney Community College were awarded the Times Educational Supplement Award 2016 for Support for Learners. The team's involvement with the college has meant that the success rate for students with mental health issues at the college has risen to 88.3 per cent, well above the national average.

May saw the official launch of a new Mental Health Academy and Recovery College for Bedfordshire and Luton. The scheme brings together the University of Bedfordshire with the Trust to support service users to develop skills and confidence as part of their road to recovery. (Page 5)

The ELFT workforce is to grow in size with the addition of over 300 staff as part of our successful bid for adult community health services in Tower Hamlets. ELFT is part of Tower Hamlets Together (formerly THIPP) who won the bid to provide these services in the borough. We already provide community services in Newham so there will be some synergies with services there. We are currently going through 'Due Diligence' process to check all elements of the contract. All being well, the new contract will commence on 1 October 2016.

The Trust has hosted a number of visits over the past few months. Jane Clegg, Acting Chief Nurse at NHS England (London region), visited the Mother and Baby Unit in May; Norman Lamb MP, paid a visit to the Tower

Hamlets CAMHS service in June, and the Trust hosted an Institute of Health Improvement Summer School which brought international visitors from all corners of the globe to the Trust to visit services, hear about the Quality Improvement programme and go along to the ELFT Wellbeing Games in the Queen Elizabeth II Olympic Park. It is heartening to see that the Trust's reputation is spreading as a place to visit to see innovation in action.

Our CQC assessment is now complete. I hope that staff made the most of the opportunity to speak up about the excellent work they are doing, and that the assessors got a rounded picture of the ethos of care in ELFT.

You will see on page 6 an interview with our new Chief Executive, Dr Navina Evans. I am delighted with her appointment and feel that the Trust is not only in good hands, but has an exceptional and exciting leader to embark on the next stage of its development.

As I come to the end of my ten year tenure here in the Trust, I want to thank every member of staff, past and present, for helping me, in my time here, to do the best I can for the communities that we serve. I would like to pay tribute to our Governors, past and present, who have ensured that the needs of patients are uppermost in our minds at all times. I would like to thank current and past members of Trust Board for their support, and of course, not forgetting the two remarkable Chairs I have worked with, Baroness Molly Meacher and Marie Gabriel.

I am proud of what we have all achieved to improve the health of the people in our care. I wish you all the very best for the future.

Dr Robert Dolan

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CQC Inspection Thank You



"A big thank you to everyone who has worked hard to prepare for the CQC visit and contributed their views about the organisation. We welcomed the inspectors on site 13 - 24 June and all core services have now been visited. We now look forward to the CQC's feedback and learning any lessons to improve further our care for patients."

- Jonathan Warren

Director of Nursing and executive lead

The inspection was structured around five key themes – are services safe, effective, caring, responsive and well-led. Their findings will be compiled in a report and used to give the organisation an overall rating. The report will then be published and available on both the CQC and Trust's website within three months.

Joint Working Success at Newham

The Trust joined partners from Newham CCG and London Borough of Newham to celebrate the delivery of the care certificate programme to 140 people working in care in Newham.



The care certificate is a set of standards that health and social care support workers apply every day as they provide care to patients. It was set up to ensure that the standards of care are consistent across all care providers. The care certificate in Newham has uniquely been delivered across healthcare boundaries by the three organisations. It was made available to staff from all health and social care providers in the borough including staff in community nursing, district nursing, general practice, care homes, Age UK and more.

"This programme has been a real step forward in driving up standards of care"

provided in the borough. It's been great to be able to offer integrated training to voluntary, community and private care providers so that standards for everyone being cared for in Newham can be of the highest possible standard. We hope that by providing this training our patients will have an even better experience."

- Sharon Saville-King,
Project Lead and Development Facilitator
for Practice Nursing

Congratulations to everyone who completed the care certificate and everyone involved in setting up the project.

Norman Lamb Visits CAMHS in Tower Hamlets



Norman Lamb MP, former minister for community and social visited Child and Adolescent Mental Health Services (CAMHS) in Tower Hamlets to learn about our Conduct Disorder Pathway and Schools Project. The project works in partnership with local schools and the Pupil Referral Unit to equip families with innovative and sustainable interventions to manage behavioural issues. The programme is targeted at parents but indirectly impacts on the young person's behaviour using de-escalation and reconciliation gestures helping them to rebuild a relationship with their child. He

heard from parents who had explained how the techniques had improved family relations and had helped them to understand their child's perspective and reflect on their own behaviours and responses. Norman praised the work of the team, he said:

"I found it very inspiring to hear from parents and young people today who have shared their journey with me, this programme combats family breakdown and changed the lives of the family that I spoke today. I have great admiration for the work that is being done here in Tower Hamlets."

Children Centre Launch New Beckton Park



A new children's centre was launched for local parents in New Beckton Park. Staff from the health visiting services attended the fun day to speak to parents about child health and the types of services that will be available at the centre.

The centre was opened by Councillors Ayesha Chowdhury, Tonii Wilson and Quintin Peppiatt and was well attended by local families and partner organisations. Attendees had the opportunity to speak to Clinical Team Leader, Lennette Opeodu, Nursery Nurse Marylene Williams and Health Visitor Angeline Murashiki about child health.

The Trusts Health Visiting Service works collaboratively with the children centres to promote health and wellbeing in children and families. They hold clinics, information sessions and workshops is part of the Healthy Child Programme.

Staff AWARDS 2016

Who do you think should be recognised for their unique contribution to healthcare?

Once again, it's time for the Trust to honour the excellent work carried out by staff. This is a chance to take a moment to think about who inspires you; who goes the extra mile; who are the innovators; who is the oil in the machine that makes everything run that bit smoother?

Anyone can nominate a team or individual. All we ask is that you provide examples to demonstrate why they are special and show how their work links to the Trust's values of improving service user satisfaction, improving staff satisfaction or helping the Trust maintain financial viability.

The deadline for entries is 31 July 2016. The winners will be announced at an 'Oscars style' grand event at The Troxy in Tower Hamlets free to all staff. This will be Friday 25 November 2016 so make a note in your diaries! We will be laying on free coaches for staff in Bedfordshire and Luton to come down to London and we are researching local hotel prices should you wish to treat yourselves and stay over.

Luton Carnival Wellbeing Zone Success



A stream of visitors and a live radio broadcast helped make a Health and Wellbeing Zone at Luton International Carnival a complete success.

The Trust organised the zone in partnership with a host of other agencies to promote physical and mental health and wellbeing as part of the hugely popular carnival celebration on Sunday 29 May.

Tug-of-war, zumba sessions, art workshops and a skipping challenge were all among the activities for the party in Wardown Park. The mental health theme was enhanced with a chill-out tent manned by MIND BLMK and advice from the Our Minds Matter.

The Mayor of Luton, Cllr Tahir Khan, was among the visitors and BBC Three Counties Radio also broadcast from the zone. All the activities were free and promoting services working with people in Luton.



"The Health and Wellbeing Zone has proved a fantastic success. The emphasis has been on fun, energy and helping visitors learn more about how to stay fit and well in an engaging way. All agencies dedicated to helping people in Luton have worked together to make this happen and it is a testament to real teamwork."

- Gail Dearing, Associate Director of Social Care for Bedfordshire and Luton Mental Health and Wellbeing Services

Music Night



AN open musical jamming session was held to raise awareness of the help and support available from mental health services across Bedfordshire and Luton.

Carers, service users, charities, partner organisations and members of the public attended the event in Luton.

Tuesday's Garden play songs covering classic rock, rhythm and blues, alternative and modern pop.

The band is part of Music24, a Luton-based organisation working to offer music

therapy to a range of individuals including adults with learning disabilities, dementia and other mental health issues.

"We want to raise understanding about how you can look after your mental health and where to go if you can't solve problems on your own. This was a relaxed and fun environment where people can learn about mental health and ask any questions they may have."

- Julia Renton

Consultant Clinical Psychologist

Memory Services Accreditation Success



All seven dedicated Memory Assessment Service (MAS) teams across the Trust are celebrating after the quality of their work was officially acknowledged by the Royal College of Psychiatrists (RCP).

Sixty staff from Bedfordshire, Luton and East London came together for the first ever Trust-wide Memory Clinic Away Day in King's Cross. This was a good opportunity for colleagues to meet one another and present on their services and share good practice.

Attendees also heard from Deputy

Director for the Mental Health Care of Older People, Michael Henderson who presented on the Quality Improvement (QI) projects happening across East London that aim to streamline and enhance the assessment and aftercare pathways in memory assessment services.

Later, staff heard from QI leads Auzewell Chitewe and Genevieve Holt who gave a brief insight into QI methodology, and convened a session to help staff in each service identify an improvement aim.

Chief Nurse for London Visits Mother and Baby Unit



JANE Clegg, Acting Chief Nurse at NHS England (London region) visited the East London Mother and Baby Unit (MBU) at the City and Hackney Centre for Mental Health on 13 May 2016.

Her visit was timely, taking place just before the start of Mental Health Awareness Week which runs from 16-22 May. This year's theme is Relationships so it was fitting that Jane visited the MBU as the first relationship in a person's life is usually the one they have with their mother.

During the visit she had an opportunity to have a tour of the unit, meet with staff and meet with women currently patients in the unit. She also met with some families who have been supported in the past and was able to hear from them about their time in the unit and how they have been getting on since then.

The unit is located in Hackney and enables

pregnant women with new or existing mental health issues to get the mental health care they need during pregnancy and after delivery. The unit supports mothers who need admission to get the help they need whilst not being separated from their babies at a critical time in the baby's development.

The Chief Nurse was impressed with the ward and the moving stories of the mums she met. She said: *"It was wonderful to see how the staff of the Mother and Baby Unit are making such a difference to the lives of the mothers and babies they see and I am proud that London plays host to such a great service."*

Anyone who has concerns about their mental health or who is concerned about someone else should speak to their GP in the first instance. There is also a 24 Hour Mental Health Crisis Helpline which anyone can call: 020 8432 8020

Community Eating Disorder Service for Children and Young People

THIS July, will see the launch of the new Trustwide Community Eating Disorder Service for Children and Young People (CEDS-CYP).

The development is in response to a recent commissioning guide by NHS England entitled 'Access and Waiting Time Standard for Children and Young People with an Eating Disorder.' The document is based on research showing that timely access to a specialist team improves the outcome of eating disorders in under-18s, and offers detailed guidance on establishing and maintaining a high quality service. We are excited to be working alongside colleagues up and down the country to develop effective care pathways and innovative practice in youth Eating Disorder.

The CEDS-CYP will have its hub at Greatorex Street CAMHS in Tower Hamlets and there will also be staff based in the CAMHS teams in City & Hackney and Newham so that everyone can be seen close to home. The service will offer assessment and treatment to young people with a suspected or confirmed eating disorder, and we will also be working hard to promote awareness and early intervention in Eating Disorders in our communities.

Referrals to CEDS-CYP can be made by any professional by completing the CAMHS referral form, which has a new designated section on Eating Disorders. The team are also in the process of working on a self-referral pathway to make the service more easily accessible for young people and their families.

"There is a wealth of knowledge and experience of eating disorders within ELFT and we look forward to bringing best practice into the new service. We welcome contact from any of our colleagues who are interested in the service development or have ideas they would like to share with us."

- Dr Laura Fialko, Clinical Psychologist and Service Coordinator of CEDS-CYP

For further information, contact the service by emailing elt-tr.ELCEDS-CYP@nhs.net

You can also find out more about the service by visiting the website <http://camhs.elft.nhs.uk/>

Official Launch of New Mental Health Academy



A new Mental Health Academy and Recovery College for Bedfordshire and Luton was launched at the University of Bedfordshire in partnership with the Trust.

Free Recovery College courses will run from locations across Bedfordshire and Luton promoting wellbeing and offering relevant, real-life help and support for all. Courses will

be delivered in collaboration with service users, University staff, students and Trust staff.

An official launch was held at the University of Bedfordshire with former boxing and kickboxing champion fighter Matt Skelton, who spoke about the benefits of physical fitness for mental wellbeing. There were presentations from nurses and service users who spoke candidly about their journeys. The event was rounded off with an afternoon tea for student nurses.

"This partnership represents a chance to do something very special in Bedfordshire and Luton."

- Diane Hull, Deputy Director of Nursing and Recovery for Luton and Bedfordshire Mental Health and Wellbeing Services

The first courses will start in June, for more info email the RecoveryCollege@elft.nhs.uk

Meet Our Next CEO



Notepad in hand, questions at the ready. I'm about to interview the next CEO of the Trust, Dr Navina Evans. Suitably nervous, I am greeted with a warm smile. It's easy to forget that I am interviewing one of the most senior members of staff in the Trust. I step into her office; it's far from grey and corporate looking. It screams personality, eclectic art, daffodils, an ethnic rug and a noticeboard that tells me a little about her already. There's Elvis, 'I love Elvis' she exclaims, Morecambe and Wise, her favourite comedians. There's a postcard painting depicting a woman in a saree, 'it's one of my brother's pieces.' He's an artist.

Navina has been with the organisation since 1997. She began her career in child and adolescent psychiatry and paediatrics. Navina has held a number of senior positions including Clinical Director for CAMHS, Director for Mental Health and Honorary Senior Lecturer and Associate Dean at The London Medical School. In April, the Trust confirmed her appointment as the next CEO and she is expected to take over from Dr Robert Dolan in August. She is 'extremely proud to take on this role' and credits Dr Dolan as a 'true inspiration and a formidable leader, supporting and leading ELFT through so much over the last few years'. Navina is keen to build on Robert's work in her own style, with a creative flare and a focus on innovation. Over the last few weeks, staff submitted a range of questions that you wanted to ask Navina. Here is what she had to say.

What do you think the Trust's strengths are? Simply it's fantastic staff.

What is your proudest moment in the Trust so far? Every year at the Staff Awards Ceremony, I feel so proud. The atmosphere, the stories and of course John Wilkins' performance, the memory still makes me smile.

What areas do you think the Trust needs to

develop to continue to be a high achieving Trust? I want to focus on improving staff satisfaction which will lead to continuously improving service user and carer satisfaction.

What are your three immediate priorities you will be looking at addressing?

- 1) I will address the concerns raised in the staff survey, namely discrimination and concerns around career progression. More than half of our staff are from BAME backgrounds, and I find it upsetting that a significant number have experienced discrimination. We are planning to focus on the Workforce Race Equality Standard framework to tackle this and I will enlist the support of Yvonne Coghill NHS England Director for Workforce Race Equality Standard Implementation to help me.
- 2) Embedding Quality Improvement in everyday work for all of us – we've made great strides, and I'm looking forward to it becoming part of everyday business.
- 3) Bringing our Bedfordshire and Luton colleagues' closer together - It's hard to believe it's been over a year since they joined us. We've achieved a lot and we will continue to work hard to bring us all together.

In what ways do you plan to keep your finger on the pulse to know the views of staff, governors, members and patients?

I love talking! I will spend time with anyone who will talk to me and tell me what is really going on. The exec walkabouts have been enjoyable and a valuable opportunity to get out and about and hear what staff think. I am proud that we are developing an open culture and will always encourage people to speak out confidently.

What will be different under your leadership? Robert took the organisation to a safe and stable place, and from that we can be creative and innovative. I will continue his good work in my own style. So watch this space.

How are you going to ensure that we improve the health outcomes of our staff?

I hope that I will get lots of ideas and support from staff to make this a priority for the Trust. We know that there is a link between staff wellbeing and patient care - if staff are happy and healthy, you will get the best from them. I have already been given some ideas by colleagues such as discount gym memberships, walk to work schemes and group facilitated staff support. And let's not forget the emotional and psychological support, for all staff including our colleagues in community health services.

How will research be supported in the

Trust? There is some great research being carried out in the Trust. I want to use these findings to bring tangible benefits to our communities. I want to explore greater service user involvement in our research strategy.

Are there any plans for the Trust to expand further afield? There is a lot of thinking within NHS England and NHS improvement about how to address health and social care needs of the future. This may involve change in how providers work together. It is difficult to predict what will happen in the future. We are actively engaged in local discussions and will keep staff informed of any developments.

I understand Navina is a real music fan and also a bit of a festival goer. Is she going to be able to fit in any festivals this year, and are there any she can recommend? Yes, I am going to the Green Man and End of the Road festivals. See you there.

What was your first ever job? Saturday job in Topshop, it was the 1980's and I spent all my money on clothes... 'new romantic' was the trend.

Who or what has been the greatest influence in your career so far? My father.

How do you relax? I love to read, go to art galleries, and concerts. A lot. My favourite novel of all time has to be Wuthering Heights. Orhan Pamuk is one of my favourite authors; he's a Turkish novelist and winner of the Nobel Prize for literature. He writes beautiful books, I'd recommend 'My name is Red'.

What is the most interesting place you've visited and why? I could go to India repeatedly, because of the beauty, all of my senses are brought alive and I always change as a person in some way afterwards.

Who would be your dream four guests at a dinner party? I really enjoyed this question, what a dream. I'd have Michelle Obama because she is strong, stylish and not afraid to have fun. Next would have to be Nadine Gordimer, who is fiercely clever and not afraid to get angry. Add Grayson Perry into the mix... he is simply brilliant. I love the way he talks, the way he challenges the norm in a very comfortable way and his work is fabulous. And finally Atul Guwande, because he seems a wonderfully humble and compassionate doctor who thinks about people all the time. I'll cook Malaysian food.

If given a chance, who would you like to be for a day? My teenage-self again. I had so much fun. Whilst I was diligent and well behaved I also knew how to get away with things, there's an art to that.

- Interviewed by Edil Ahmed, External Communication and Engagement Officer

Trust Wins Education Team of the Year



THE Trusts Quality Improvement (QI) Programme has received the Education Team of the Year at the BMJ Awards.

The award was won in recognition of the QI programme, a Trust wide initiative that aims to deliver continuous improvement by equipping staff with the knowledge and skills to set up quality improvement projects.

Celebrating Equality and Diversity



THE fifth Equality, Diversity and Human Rights Week took place in May. We ran a range of activities including raising the Rainbow Flag, national dress day and a video podcast from Trust Chair, Marie Gabriel.



National Dress Day



We serve some of the most culturally diverse areas in the country which is also reflected in our workforce. Staff celebrated our cultural diversity by wearing clothes that represent their nationality and culture.

Supporting Patients and Staff During Ramadan

Ramadan is the Islamic holy month of fasting and reflection for Muslims which many patients and staff will observe. Information is available on the intranet for staff to print to give to patients, particularly those who have health conditions or who have medication that will be affected by fasting. Arrangements have been made for food to be served to inpatients after sun down.



Sign Up to the Newham Recorder Anti Mental Health Stigma Pledge

The Trust has joined up with the Newham Recorder on an 8 week mental health Minds Matter campaign. The campaign aims to get people talking to shed the stigma and support people to talk openly. You can sign up to the anti-stigma pledge via this link: www.newhamrecorder.co.uk/news/health/mindsmatter/pledge

Changing Lanes

CHANGING Lanes is a specialist community based service working across North East London. The service has been commissioned to help a specific identified population of ex-offenders with severe personality difficulties to rebuild their lives in the community. The service name was chosen by service users. Changing Lanes comes under the umbrella of the Millfields Medium Secure Personality Disorder Unit at the John Howard Centre in Hackney. The unit has provided this inpatient service for over 10 years so have invaluable experience with this patient group.

The team would like to thank everyone who attended the service launch, on 23 May 2016 at the team base, 26 Shore Road, Hackney, E9 7TA, particularly the service users for their contributions toward the well received presentations and hospitality.

What is Changing Lanes?

Changing Lanes is a service that is committed to helping service users to not reoffend. The core function of the service is to undertake specialist risk assessments, which assist colleagues in the risk management of the service user. There is an emphasis in aiming to undertake assessments in partnership with the service user and the involvement of the key partner agencies.

The Team consists of psychologists and clinical practitioners with differing professional backgrounds e.g. psychotherapy, occupational therapy, probation. The team structure and function is different to Community Mental Health Teams. The team is non-medically led and service users are not routinely under the Care Programme Approach.

The team will work closely with local services and agencies for offenders with severe personality disorder – including the National Probation Service (London Division), Multi-Agency Public Protection Panels, the London Pathways Partnership (of which we are a member) and community mental health teams.

You can contact CHANGING LANES on 020 8510 4940 for any enquiries and to request a brochure about the service.

WELLBEING GAMES SUCCESS

Summer of Sport, Bringing People Together



THIS summer, like it or not, we are going to be exposed to wall-to-wall sport! The Euro 2016 football tournament starts on 10 June and continues to 10 July. Wimbledon starts on 27 June for two weeks. There is a summer timetable of cricket and then the Rio Olympics start on 5 August and run for three weeks, followed by the Paralympics from 7-18 September.

These events are a great way for patients and staff to connect with world events, enjoy a little inter team banter and feel a sense of national pride in their own heritage. Going by previous years, ELFT will enter into the spirit. Decorating inpatient areas and use key matches and events as a focal point for ward activities.

Sport is a great way to get fit, manage mood and mental health issues, but most of all, enjoy social contact and camaraderie with others.

Users and their carers were treated to a day of sports activities and events in Queen Elizabeth Olympic Park at the annual Wellbeing Games.

Designed to bring people together through sport and raise awareness of the importance of physical health, the games included taster sessions in yoga, boxing, zumba, football and badminton. Held at the Copperbox Arena, the games attracted patients and carers from the three boroughs surrounding the Olympic Park: Tower Hamlets, Hackney and Newham.

Cooking demonstrations from Bags of Taste, a food education charity showed service users how to cook health meals for under £1. Food educator, Alicia said, "Nutrition is important for good mental wellbeing, our students learn how to cook popular meals that are healthy. We know that debt is also associated with mental health so learning how to cook meals for under a pound can help people."



"I know that physical health is as important as my mental wellbeing. Today, I got the opportunity to try out different activities and get on the road to improving my physical health."

- Service User, Jane from Newham

Open Day at R3 Redbridge, Recovery & Reintegration Service



REDBRIDGE
RECOVERY
REINTEGRATION

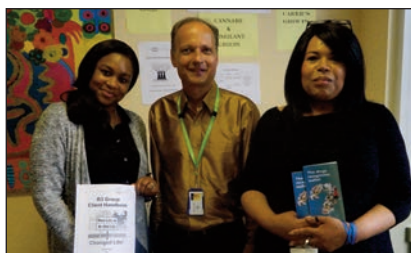
AN open day was held to showcase the work of the R3 drug and alcohol services in Ilford.



There were plenty of useful tips and measurement tools to take away such as the alcohol unit calculator, leaflets and practice guidance on how to get started on the road to recovery.

"This was a great opportunity to showcase the range of treatments available and encourage those who have difficulty with alcohol and drugs to drop in or come and talk to our friendly staff. We can support people to make the life changes that they want to make, our service is confidential and non-judgemental."

- Sharon Hawley, Service Manager



Integrated Care Update

Plans Announced for New Community Health Services in Tower Hamlets

IN April, the NHS Tower Hamlets Clinical Commissioning Group announced the successful bidder to provide community health services in the borough. Subject to due diligence and agreement of final contract documentation, the successful bidder is Tower Hamlets GP Care Group Community Interest Company, which is the lead provider for the Tower Hamlets Integrated Provider Partnership (THIPP) Consortium. Or Tower Hamlets Together as it is now known. The CHS Consortium also includes Barts Health NHS Trust and ELFT, and the wider Tower Hamlets Together partnership includes the Council.

The value of the proposed community health services contract is £33m per year. As part of the new contract, ELFT will provide community services for adults in Tower Hamlets as well as mental health services. This will involve the transfer of approximately 300 whole time equivalent staff from Barts Health to ELFT.

"This is a tremendous opportunity for the Trust to participate in implementing a new model of care for Tower Hamlets residents, with a more integrated whole person care approach across mental and physical health, organised around GP practices, delivering improved outcomes for patients and carers."

- Richard Fradgley

ELFT Director of Integrated Care

£3.95million funding boost for Tower Hamlets Health and Wellbeing

At the end of May, NHS England announced that Tower Hamlets Together had been successful in its bid for continued funding to support the development of new and innovative ways to care for local patients. The partnership will receive a total of £3.95million over the next 12 months which will be used to further strengthen the way health and care services work together to improve the experience and outcomes for patients. The learnings from this will be used as a blueprint for NHS organisations in other parts of the country to overcome some of the challenges outlined in the NHS Five Year Forward View. NHS England has allocated a total of £112million to 47 vanguard sites across the country.

Hackney Integration

In Hackney, a stakeholder event took place for local people on Tuesday 28 June at St Joseph's Hospice. The event informed local people about the work that is going into planning for health and care services for the next 5 years.

It was a chance to talk about the priorities and opportunities for further engagement. The event provided information about the challenges and the key themes of the Sustainability and Transformation Plan (STP) and the local Five Year Plan for Hackney.

All in a Name

THIPP has been renamed Tower Hamlets Together to provide a clearer and more immediate explanation of the Tower Hamlets partnership and its ambition. The Tower Hamlets Together Partnership consists of the GP Care Group, Barts Health and East London NHS Foundation Trust (also working as part of a consortium to provide community health services), Tower Hamlets Council and the Tower Hamlets Clinical Commissioning Group. You may spot this blue logo around the borough which signifies when all five organisations are involved in a service or project, including the NHS Tower Hamlets Clinical Commissioning Group.



Getting Help in a Crisis in City and Hackney



KNOWING where to get help in a mental health crisis can be a minefield. We've joined forces with Mind to launch a trio of services available 24 hour a day that will offer immediate support to people in crisis or in distress, but also follow up with a range of interventions.

24 Hour Crisis Helpline

The helpline is for people of any age who may have long term psychological issues or who have had a sudden crisis such as a shock, bereavement, relationship issue, etc. They offer confidential expert advice and guidance support and referrals to local services if needed. Contact the helpline on 020 8432 8020.

Walk-in Crisis Café

As well as offering a welcome cuppa, the Crisis Cafe is a safe, supportive and therapeutic place for anyone struggling and not coping with life. The Café is at 15a Homerton Row next to the Homerton University Hospital site and is open from 6pm-9pm Monday to Thursday, and from midday to 4pm on Saturdays. Call 07938 554 298 or email wellbeingnetwork@cityandhackneymind.org.uk

Service User Network (SUN)

The Service User Network is for people who experience emotional and psychological distress. The Network can also support family, friends and people who support someone with mental health issues. To find out more, contact the SUN on 07508 842 688 or email SUNreferrals@elft.nhs.uk

Psychological Interventions in People With HIV Disease: Considering the Challenges in the Fourth Decade of the Epidemic

By Dr Tomas Campbell, Head of Psychology & Health, with P Rohleder, S Beadle, & T O'Keefe



Major advances have been made over the last twenty years with regard to the medical treatment and care of people with HIV (PHIV) but the disease remains an important global health issue. While the success of

anti-retroviral medication suggests that HIV is under medical control this obscures the considerable challenges that people living with HIV continue to face.

We suggest that HIV also remains highly stigmatised and this issue is an important factor that increases poorer mental health, complicates the development of effective coping strategies and affects adherence to highly active anti-retroviral medication (HAART).

Most interventions have sought to change stigmatizing attitudes through mass media campaigns, education about HIV transmission

and of the introduction of anti-discriminatory laws. Meanings and impact of stigma should be placed at the heart of any psychological intervention for PHIV.

We propose that the issue of HIV stigma should be more actively targeted in psychological interventions and its associations with disclosures difficulties, medication adherence and poor coping should be elaborated. Finally, in the fourth decade of HIV we need to place the supporting of good mental health firmly alongside effective medical interventions in order to ensure that PHIV have the best psychological, emotional and medical quality of life possible.

Excerpted from Campbell T, Rohleder P, Beadle S & O'Keefe T (2015) Psychological interventions in people with HIV disease: Considering the challenges in the fourth decade of the epidemic In: Watson RR (Ed). Health of HIV Infected People: Food, Nutrition and Lifestyle with Antiretroviral Drugs, Vol. I, 551-569. Academic Press, Elsevier

Mental Health Research in East London - Half day Conference 5 October 2016

Are you interested in the latest mental health research taking place in the East London? The Trust will be holding its annual half-day conference to showcase more than a dozen projects ranging from epidemiological studies to clinical trials and qualitative work undertaken in East London. In addition, partners supporting research in the Trust will be on hand to answer your questions at stalls set up during the break. The fast-paced conference will be held from 14:00 to 17:00 in the Robin Brooks Centre at St Bartholomew's Hospital, West Smithfield, London EC1A 7BE. Details and registration at www.elft.nhs.uk/research #ELFTResearch

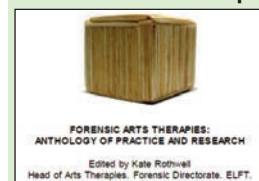
Celebrating our Nurses



Staff across the Trust celebrated International Nurses Day on 12 May which coincides with the birthday of Florence Nightengale, the modern founder of Nursing.

Nurses make up the largest group of healthcare professions with around 690,000 nurses and midwives in the UK alone. This day is an opportunity to recognise and celebrate their hard work and commitment to patients. Trust nurses and their colleagues marked this day by hosting individual parties with their patients, families and colleagues.

Forensic Arts Therapies Book



Five staff from ELFT forensic services have been involved in writing chapters for a book: *Forensic Arts Therapies: Anthology of Practice and Research*. It has been edited by our very own Kate Rothwell, Art Psychotherapist Head of Arts Therapies in Forensic Services. The book is the comprehensive work of 31 authors and includes chapters by Lorna Downing, Rose Hall, Jessica Collier, Tony Gammidge and now qualified arts therapies trainees May Maung, Laura Scott and Roanna Bond from the ELFT Forensic Directorate. The book costs £24.99 available from Amazon. However, contact kate.rothwell@elft.nhs.uk who can arrange a price reduction.

Medically Unexplained Symptoms Conference Success

PATIENTS with medically unexplained symptoms (MUS) often have unmet health needs due to the complex nature of their issues. The Trust's pilot project funded by Shine 2014 looked to find innovative solutions to meet the needs of these patients in Newham. Following this work, the Trust has been awarded further funding to enable the findings from the pilot to be shared across the wider NHS.



In May, a one day state of the art symposium for primary and secondary health care professionals was held. Over 150 people attended the event at the St Bartholomew's Hospital, hosted by ELFT, attendees heard from international and local experts on the innovative and integrated care pathways for patients with medically unexplained symptoms.

The Trust will be looking to carry out a number of activities throughout 2016 to share learning, knowledge and skills with clinicians. A website has been launched with online resources and tools for clinicians who are working with patients with medically unexplained symptoms. You can hear from the international and local experts and review findings from the Trusts local research pilot in East London by visiting the website (see below).



Associate Medical Director, Professor Frank Röhrich is leading this work on behalf of the Trust, for more information visit <http://mus.elft.nhs.uk/>

#PersonalPixels Photography Competition Winners



Winner: Staff Category Gurinder Lall
That feeling when... you can walk alone without fear



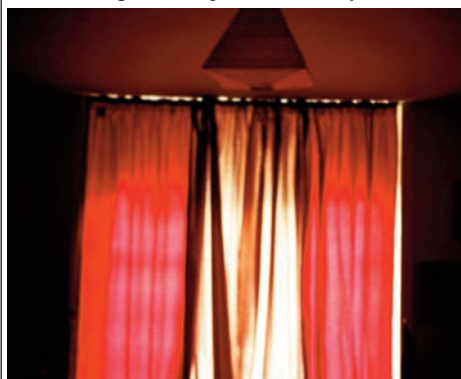
This picture was taken last year on Halloween night at about 4am. Me and my friend had watched the mist rolling in and out all evening and when we got to my street the mist had filled the air and the street lights reminded me of old black and white films. My friend went ahead of me down the middle of the street and I took the photo. When I look at the photo it gives me the feeling of having the confidence and strength to walk alone without fear.

#PersonalPixels, the Trustwide Photography Competition was the first project the new Arts and Wellbeing Group ran to highlight how the arts can promote recovery and wellbeing. The response from staff and service users was amazing! Over a 100 photographs and accompanying text descriptions were received linking to the competition theme of *"That feeling when..."*

An esteemed group of judges had the unenviable task of choosing winners and runners up. Marie Gabriel who chaired the panel said, *"The creativity and imagination evident in all the entries gave us a wonderful opportunity to be challenged further to think about how mental health links us all - whatever our situation or circumstances."*

When put together, the twelve photographs and texts which were awarded prizes, represent a very interesting photography collection that has wide representation of promoting mental health awareness.

Winner: Service User Category
That feeling when...your world is private



I showed one of my photographs of curtains to a friend who said it reminded him of a depressed brother who hadn't opened his curtains for 20 years. Curtains are familiar to us. But when photographed in a certain light, or from a certain perspective, they can seem dark and threatening. They keep our worlds private. Private from other people's view.

The collection will be shared across the Trust as a pop-up gallery in coming months. The winning entries from the three categories – Staff, Service Users and Children and Young People are all available to see in this edition of Trusttalk and the runners up are available on the Trust website.

Stephen Sandford Arts Therapies Lead for the Trust who helped initiate the project said *"Being able to acknowledge our emotions and feelings is key to our understanding of our individual mental health experiences. This project has really helped to raise awareness by using the arts. Thank you to everyone who got involved, including the children and young people who made the competition a project for their school."*

To find out more about the Trust Arts & Wellbeing Group please email Stephen.Sandford@elft.nhs.uk

Winner: Schools Category
That feeling when... you are accepted



This represents the bonds of friendship. It shows that true friends don't judge, they don't just see what is on the outside, but they see all of you, and accept the bad with the good.

Get Your FREE Parents' Guide to Child Health



EVERY parent or carer wants what is best for their growing baby and to give them the best start in life. Almost all babies, toddlers and children will get common childhood illnesses like chickenpox, colds, sore throats and ear infections. Most issues are simply an everyday part of growing up, often helped by a chat with your midwife or health visitor.

Our guide will help you to learn how to care for your child at home, when to seek advice from a health visitor/call a doctor and when to contact emergency services. Download our guide for parents on birth, child health & common health illnesses and guidance for what to do when your baby/child is ill. You can download your guide here: www.elft.nhs.uk/Get-Involved/Child-Health

FOR HEALTHCARE LEADERS
HSJ **Highly Commended in the HSJ Value Awards**
VALUE IN HEALTHCARE CONGRESS & AWARDS
The Trust was shortlisted in the HSJ Value Awards for Training and Development and Community Redesign amongst 500 applicants. Well done to both teams for shortlisting which in an achievement in itself. Congratulations to the training and development for being highly commended in their category.



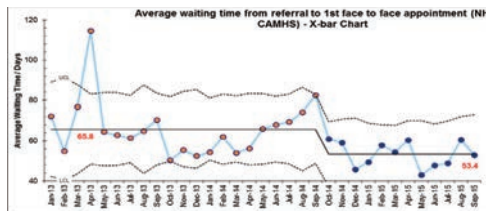
Update from the QI



ELFT's mission is to provide the highest quality mental health and community care in England. Quality Improvement projects in East London have been driving this mission since 2014 and now Bedfordshire and Luton services are getting ready with their first QI projects. Our fifth wave of Improvement Science in Action (ISIA) training starts in September and over a 6 month period these QI projects will develop as staff, service users and carers equip themselves with the skills for improvement.

All our QI project teams are working to **Reduce Harm** by 30% every year, and provide **Right Care, Right Place, Right Time**. Since 2014, through Community Health Newham's QI work we have seen a 66% reduction in grade 2 pressure ulcers. Now there is an additional focus on reducing Grade 3&4 pressure ulcers. Within Newham Mental Health Services, they have achieved an 80% reduction in numbers of "Non-attendance of appointments" (DNA's) within Newham Secondary Care Psychology Services. In

Children's Services, waiting times for Newham Child and Family Consultation Service has been reduced from 66 to 53 days, a reduction of 20%. Fantastic projects such as these are continuing across the Trust with many looking to scale up and spread their work. Examples of spreading projects are; Service user Self-Catering, from Woodberry Ward in Forensics to other wards in the directorate. One staff member commented, *"It has given service users a sense of empowerment in terms of learning new skills."* Clerkenwell Ward has seen a 67% reduction in violence per 1000 occupied bed days. They are spreading their tested methods to other wards. As a strategic partner of the Institute for Healthcare Improvement (IHI), ELFT recently hosted the IHI Summer Camp. During this annual 3 day



event, international strategic partners get together to share and develop their approaches to QI in healthcare and learn from hosting organisations. ELFT prepared a co-themed agenda based around the integration of Mental and Physical Health Services; and Creativity and Service User involvement. Attendees visited various Trust sites, met with QI project teams and heard from presenters from ELFT and other partner organisations. The QI Team at ELFT would like to thank all those who contributed and presented during the event; you made the event so memorable and successful!

QI at ELFT are very excited to announce the launch of a new innovative web platform; QI Life. It is the new online home for all QI Projects at ELFT. The platform is designed to save Project Teams time and also keep all their QI Project resources in one place, easily accessible and amendable. Best of all teams can access the platform wherever they are; review and develop their projects on the go!

Find out more on QI, training and QI Life on our website: qi.elft.nhs.uk

Discovery Project Celebrates 20th Year of Service

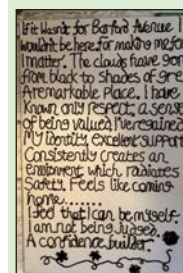


THIS year marks the 20th year of The Discovery Project, a community based group psychotherapy day project for adults experiencing psychosis. One of the things about the project that we are most proud of is its enduring relevance. Since its inception, Discovery has kept at its heart recovery principles that are very familiar to us now, including hope, empowerment, inclusion and the lived experience. As a Discovery service user put it, *"it's like another pair of eyes in order to see your own life again clearly"*.

In the spirit of self-discovery, service users, staff and trainees plan to use this anniversary year as a time for celebration and also as an opportunity for rejuvenation, culminating in a re-launch in the autumn. Dr Karl Marlowe, Clinical Director for Adult Mental Health in Tower Hamlets, reflecting on his own time as a psychotherapist with the project, told us that he *"looked forward to the next innovation from this unique work that delivers psychological interventions to people with psychosis with The Discovery Project continuing to be an invaluable resource to increasingly recovery orientated community services"*. We look forward to inviting you to the re-launch and hope that many of you who have participated in the service over the years will join us.

Please direct Discovery referral enquiries to Dr Rhona Howitt (Clinical Psychologist & Lead for the Discovery Project) on 020 8121 5416 or 07944 012501, rhona.howitt@elft.nhs.uk

Service User Led Arts Exhibition



AN exhibition showcasing work by mental health service users was held at Barford Avenue Centre for Mental Wellbeing, Bromham Mill near Bedford to raise awareness of mental

health. The exhibition included arts and crafts workshops such as Jewellery making, Textiles, Zen Doodling for Mindfulness for children and adults. The event coincided with Mental Health Awareness Week and was well attended by service users, their families and staff.

"This was a great opportunity to just how talented our service users are. We want to raise awareness about mental illness, reduce the myths and stigma that surround this and also promote recovery through art."

- Paul Feary, manager of Barford Avenue

Meet The New Head of People Participation



CONGRATULATIONS to Paul Binfield who has been appointed Head of People Participation. Paul has worked with the Trust for over 8 years championing service user and carer involvement across the Trust.

We met with Paul to hear about his plans for people participation, his proudest moments so far and how he plans to take it to the next level.

How did you get involved with People Participation (PP)? I first got involved with PP as a Newham service user around eight years ago. I began working on a project helping the Trust and the local authority to skill up service users and increase their involvement. I've seen a lot of changes over this time, including the expansion of the team and PP across the boroughs. It's great to see how well received People Participation has been and how much staff value service user and carer input.

What is your proudest moment working for PP? I enjoy seeing our service users grow in confidence, develop skills and move on into employment or education. We have supported so many people and saying goodbye is always difficult, but it's fantastic to see people move on into the next phase of their life. On a personal note, as someone who has at times struggled with my mental health, I am proud that after a period of unemployment I have been working successfully for eight years, grown a team and kept it together.

What is on your wish list for PP? I want the pathway into employment to be more robust. We know how important education or employment is for mental wellbeing. I want mental health services to take education more seriously.

What has been your favourite project at ELFT so far? It has to be the DLR project. We are going to increase social inclusion for local people and skill up an entire organisation on mental health awareness. This is an exciting initiative that has never been done before so watch this space.

How does the Trust compare with others nationally for integrating patients and carers into an organisational strategy? What are we doing well and what can we improve on?

I didn't realise that our PP work was out of the ordinary until I had the opportunity to present our work to international health care providers. I found that this work wasn't being done; many are nowhere near what we do on a consistent basis. I am proud that we are

leading the way in this area.

Name four dream dinner party guests? I'd have Stephen Fry, Stephen Hawkins, Frankie Boyle and Christopher Hitchens. And throw in some hearty food like a traditional roast dinner or a stew and you've got one interesting dinner party.

What is your hidden talent? I love science, physics and mathematics. It's quite nerdy but there you go...

How do you relax? It's something that I struggle with but I like walks, films and shopping. I do like a good Saturday morning shop at Westfield; I have three vices when it comes to shopping: watches, shirts and trainers.

Who would play you in a Hollywood movie? Well it would have to be someone funny, I'd say Billy Murray.

You've presented at world conferences sharing your PP work, how have you found this? For me, I am happy to speak about my mental health; I know for others it can be a bit reticent. I am a staff member who has at times struggled with my mental health which is not out of the ordinary. Being on the world stage makes sense to me, we have a duty to share what we do and it is the best way to learn.

Raising Concerns at Work

The Trust wants to ensure that we provide the best patient care. So staff have been advised of the channels available if they have concerns with a flow chart to guide staff on how to proceed if they need to escalate a concern.

Governors' visits to ELFT services

In May, a group of governors visited the Luton Adult Inpatient Services. Governors were accompanied by John Wilkins, Managing Director and Deputy CEO, Michelle Bradley, Director of Mental Health and Wellbeing Services in Bedfordshire and Eugene Jones, Director of Mental Health and Wellbeing Services in Luton.



Luton Governor Mary Phillips wrote about her experience of this visit:

We found a very welcoming and relaxed atmosphere at all sites with good support available for patients

and staff. Feedback is encouraged and valued from all involved and everyone aimed to work together creating a positive patient experience and improved relationships. Managers felt they could be innovative whilst

staff could now develop their careers. There were various occupational therapy sessions taking place and emphasis placed on recovery within the unit as well as in the community and also support for carers. Governors also visited the Diabetes Specialist Nurse (DSN) Unit in Newham. The DSN unit team leader Shamaa Rahman introduced the service and all team members.

The DSN team then delivered a presentation to explain how the service operates and answered questions from the governors.



Staff governor Olusola Ogbajie told us more about this visit:

"We had a good experience with the team of specialist adult, mental health and paediatric nurses. The team is responsible for care of all diabetics in Newham. They

demonstrated fantastic engagement with patients through flexibility with their day, evening and weekend services. More so, they run telehealth services to provide adequate and timely support for patients in the comfort of their homes. They engage with a team of youth service users who on their own are enthused and supportive to each other. They offer extensive educational support for patients to prevent the disease and promote good health for those who are suffering from diabetes. The DSN team has recently engaged in Quality Improvement projects and aims to continue to improve their services to enhance integration of care in the community. They were encouraged to recruit members among their clients into Trust's membership to enable them to air their voice and make further contributions to how their health services are delivered." The governors said they learned a lot from both visits and are looking forward to visiting more ELFT services in the coming months.



Governor Elections 2016 are on their way!

Are you interested in becoming an ELFT Governor?

GOVERNORS represent the interests and views of our members, users of our services and the public. They also hold non-executive directors to account for the performance of our Trust board.

Members and staff can nominate themselves to become governors. We will be holding our Governor Elections in the next few months and writing to eligible members and staff in due course inviting them to stand in our Governor Elections 2016. Members and staff interested in standing would need to have an interest in working positively with ELFT to help us to provide better services for local people. Governors are required to meet six times a year. The role is a voluntary; however governors receive expenses and training.

Currently the following seats on our COG will be up for election (this may change nearer the time of the elections). To be eligible to stand, you must be a member of ELFT, be aged 16 or over and live in one of the constituencies holding vacant seats or work for the Trust to stand as a staff governor.

Constituency and Number of Vacant Seats

- | | |
|------------------|------------------------|
| ② Newham | ① Bedford |
| ③ Tower Hamlets | ② Central Bedfordshire |
| ① City of London | ② Staff |
| ③ Hackney | |

To find out more about becoming a governor, email: membership@elft.nhs.uk or call us on 0800 032 7297.



Look Out for Our New Membership Form

We would like to say a big thank you to Jamal Haig for designing artwork made up of smiley characters on the front cover of the new form. Jamal is currently working with the Membership team as a Membership Administrator and taking part in the Trust's apprenticeship programme where he is also studying towards a business admin qualification.

Members play a key role at ELFT in helping us to develop our plans to improve services. Members are invited to consultations and events to give views about our services. If you haven't already joined as a member, contact the Membership Office (see below).

To staff working for the Trust, we would like to display the new forms at Trust sites as well as asking staff to encourage users of our services to join as members. If your Trust site has not received the new membership forms, please get in touch with the Membership Office.

If you would like information about being a Trust member, or if you would like to join as a member, contact the Membership Office at:

✉ membership@elft.nhs.uk

☎ 0800 032 7297

You can also join online by going to the 'Membership' section at www.elft.nhs.uk



Volunteers Week 1-12 June - Thank You

THE Volunteers' Week BIG CELEBRATION took place in early June. The Trust benefits from the time and energy of many local people who freely give their time up to support patients and staff in a range of ways. So staff were asked to make sure they took a moment to say a BIG Thank You to any volunteers who help their service to go the extra mile. A BIG thank you to all our volunteers.

New Volunteer Coordinator

WELCOME to Elena Trivelli who is the interim lead on volunteering in the Trust. She has extensive experience in volunteering and has previously worked in the homeless sector.

Volunteering is a great way to develop your skills and experience to support your career aspirations and to do something meaningful and interesting in your free time to help others. For information about the latest roles, contact Elena Trivelli on Elena.Trivelli@elft.nhs.uk

Introducing new staff governor Simon Marsh



NEW staff governor
Simon Marsh joined our Council of Governors in April 2016. Here is Simon's profile:

I have years of experience working in community development, researching need and then enabling and supporting people develop and run local groups as required. I also worked with dementia clients for 7 years. Currently in a forensic rehabilitation ward I am able to feed back to the service users the Trust Governors perspective and the reverse, relate directly to the Governors what life is like on the wards for service users and staff, thus contributing to greater understanding and hopefully progressive developments for the Trust.

Want to Receive our Trusttalk e-magazine by Email?

If you receive 'Trusttalk' by post, but would prefer us to send it to you by email, simply let us know by emailing your name and address to membership@elft.nhs.uk



Join Us

at our AMM and or AGM to be held on

Monday 19 September 2016

2:30pm – 5:00pm – **Annual Members Meeting** (Food and refreshments at 5:00pm)

6:00pm – 8:00pm – **Annual General Meeting**
At The Bishopsgate Institute, 230 Bishopsgate, London EC2M 4QH.

There will be a presentation of our Annual Report and Accounts, Information workshops where you can learn about current developments at the Trust, updates from our governors, a chance to find out more about our services and much more.

To book your place, email membership@elft.nhs.uk and tell us your name, address and contact number or call us on 0800 032 7297.



Core Artists Explore the British Museum



A group of printmakers from Core Arts have been visiting the British Museum over the last two years in an exciting new partnership, exploring the collection culminating in a display of art works at the British Museum and an exhibition at Core Arts. Core Arts, a mental health charity based in Hackney, works

closely with the Trust, and promotes positive mental health through art.

"This was an excellent opportunity for Core Artists. We even got to see an original Rembrandt etching. It has been a real boost to my self esteem to show my work in such a prestigious place where thousands will see it. The opening nights both at the British Museum and Core Arts were a real success. I got to talk to some well known artists like Gavin Turk and someone even bought my work."

- Ben Gooch, artist

The partnership will continue for a further year with Core artists from the Ceramics department exploring the collection and culminating in a further display at the British Museum in 2017. To download the free exhibition catalogue please go to our website www.corearts.co.uk

Core Artists at the British Museum - Alex Ingram, Ben Gooch, Gary Molloy.

Tower Hamlets Dementia Development Programme



In Tower Hamlets, over 30 staff from local care homes and sheltered accommodation came together to celebrate completing the Tower Hamlets Dementia Development Programme delivered

by ELFT Occupational Therapist Jennie Gulrajani.

The event was hosted for all twelve care setting in Tower Hamlets and included residential, nursing and extra care sheltered housing staff. Staff presented on how the project had impacted their work with many describing significant shifts in staff confidence and skills when working with people with dementia.

"The hard work and dedication from all staff involved has made a positive difference on people with dementia living in care settings. The feedback from the homes today and during the programme has been great and I wanted to say a big well done and thank you to all of the care home staff involved, it has been a pleasure to work with you all. I look forward to continuing to work together to provide the best person centred care for people with dementia in care settings in Tower Hamlets."

- Jennie Gulrajani, Occupational Therapist and project lead

FINAL WORD from the Chair



In June we welcomed CQC inspectors on site to get a first-hand view of our services from our patients, their carers, families and a staff perspective. This was a great opportunity to benchmark what we are proud of and show the inspectors how good we are doing as a Trust. I'd like to say thank you to all the staff who have worked so hard in the run up to the inspection and who have contributed their views. I am proud to see that so many staff embraced this visit as an opportunity to showcase our strengths but also to reflect on how we can continue to improve.

We will receive our rating and a

report on the findings within three months of the inspection. I look forward to their feedback and learning any lessons to improve the care of our patients.

In the last edition we announced the retirement of our CEO, Dr Robert Dolan, and I do hope that most of you were able to attend his leaving tea. Dr Dolan is an outstanding leader, who has worked tirelessly to raise the standards of care for patients, carers and staff over the last 10 years. He will be greatly missed. I thank him for making ELFT the successful organisation it is today. I can only assure him we will take care of his legacy.

And as we say farewell to Dr Dolan, we have been working closely with our stakeholders including patients, Governors, staff, Non-Executive Directors and partner organisation to find our next leader. The recruitment process concluded in April and we announced the appointment of Dr Navina Evans as the new CEO who will take over from Robert in August.

Dr Navina Evans is currently our Deputy CEO and Director of Operations and brings the right combination of experiences,

expertise and values to lead the Trust on to the next stage of our journey. Her appointment also makes us the first Trust in the country to have two Black and Minority women leading an NHS organisation. I am proud that we are leading the way in this area.

We are an ambitious and successful organisation and I know that Dr Evans will lead us well on our next period of development. You submitted your questions to Navina, find out about what she had to say on page 6.

Summer has arrived there has been a lot of activity around the Trust. The annual Wellbeing Games at the Olympic Park was a success. It was great to see so many patients, carers and families attend the games. From zumba to football, this was a great opportunity to bring people together through sport and raise awareness of the importance of physical health alongside mental wellbeing.

The People Participation Awards were a personal highlight for me, a ceremony to celebrate the service users, carers and volunteers who have made a special contribution to the Trust. Service users are an essential component of our multi-

disciplinary teams and help us to be the best. We had over 50 nominations and reading through the submissions was one of my favourite activities as it really illustrated the energy and enthusiasm our patients have for the Trust. I had a wonderful evening celebrating with service users and want to thank our patients who are always so willing to give up their time to help us to improve.

I was thrilled to hear that the Trusts Quality Improvement (QI) Programme has received the Education Team of the Year at the BMJ Awards. We have made great strides with our QI work, empowering staff and service users with the tools to make improvements. Congratulations to all, I know that this is down to the energy and creativity of staff and our service users who have shown such perseverance and commitment to continuously improving our services.

And lastly, the nominations for staff awards have opened, on page 3 you can find information on how to submit. Have a think about who embraces our values, who steps out of their role to go above and beyond? Enjoy your summer!