

Oxleas Exchange

CONNECTING THE PEOPLE OF OXLEAS NHS FOUNDATION TRUST

Please take a copy today

●●● Oxleas engages with employers at O2 event

Challenging stigma at work

Oxleas staff met with members of the South London Chamber of Commerce at the O2 in February to explore issues around employing people with mental health needs.

The event was organised by Work for Health, a partnership project based in Greenwich which focuses on improving the employment prospects for people with mental health needs. The partnership comprises Greenwich Local Labour and Business (GLLaB), Oxleas, Jobcentreplus, Greenwich Education and Training Advice for Adults (GRETA), and the Volunteer Centre Greenwich.

The event was attended by 74 members of the chamber representing local businesses. It was an excellent opportunity for developing awareness among local employers of the issues faced by people with mental health needs around employment.

Oxleas was represented among the speakers by Deputy Chief Executive Helen Smith and service user Neal Miessner. Helen said that employment is an important part of the recovery process for mental health service users. Emphasising the negative impact of stigma and



Left to right, Suzanne Foe, President of the South East London Chamber of Commerce, Councillor Denise Hyland, Helen Smith and Neal Miessner.

discrimination on this group, she said that employers, mental health organisations and employment services can all work together to remove barriers to employment. Neal spoke powerfully about how achieving work goals had a positive effect on his mental health. He stressed the importance of the support he has received from Horizon House, the trust's clubhouse, and encouraged employers to give other service users the opportunity to work.

Feedback from the event was very positive. Over 60 per cent of

participants said that their views on employing people with mental ill-health had been changed in a positive way. Catronia Toms, Oxleas' Head of Service, Occupational Therapy, said: "This event was a success in beginning the process of challenging the stigma attached to the employment of mental health service users. We look forward to working with our partners to continue this growth in awareness and hope it will improve the employment opportunities for our service users."

Caring for our carers

Oxleas held a trust wide carers health and information event at the Ripley Arts Centre, Bromley, in January.

Relatives, friends and partners of people using our services met with Oxleas staff and representatives from local carers' services to find out about their rights as carers and the support available to them.

The event was very well attended, with carers taking part in complementary therapy sessions, health checks and a question and answer session.

For more information, contact Helen Dunkley on 01322 625040 or helen.dunkley@oxleas.nhs.uk



Carers network at the Ripley Arts Centre.

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•••▶ Chief Executive, Stephen Firn and Chair, Dave Mellish

Supporting people to play a full part in society



Stephen Firn, Chief Executive



Dave Mellish, Chair

In January, we once again held focus groups in each of our three boroughs to get the views of members, governors and staff about the priorities for local mental health and learning disability services. We would like to thank everyone who attended and put forward their views on the most important things we should be focusing on in the coming year in order to improve our services. This feedback is extremely valuable and will inform our Annual Plan which is due to be published in May. Some of the comments from the focus groups are included in the report on page 5 of this issue.

1 April marks the start of the NHS year. This year is special as it is the 60th anniversary of the establishment of the NHS. Over the last six decades, services for people with mental health problems and learning disabilities have developed from a focus upon containment and treatment in institutions, to an emphasis on promoting recovery and independence. This represents a major shift in services from an emphasis on illness and disability to a National Health Service which

promotes health and wellbeing.

One of our continuing priorities for 2008/09 is to support people to recover from their problems and play as full a part as possible as active citizens in society. This means supporting people back into work, education and community activities such as sports and the arts. The value of education and occupation is apparent from the inspiring story told by Neil Harvey about his recovery from mental illness on page 6 of this issue. We are committed to work with local employers, as described in our cover story, to provide maximum opportunities for people with mental health and learning disabilities to get back into employment. We are therefore particularly pleased to welcome Joanne Ross to the trust as project worker supporting all aspects of our social inclusion work. As well as liaising with employers and other external organisations, Joanne will lead the very important work to help Oxleas become a model employer of people with mental health and learning disabilities. It is essential that we are seen to be doing all we can in this field if we are also to persuade and encourage other local

businesses and organisations to employ people with mental health problems and learning disabilities.

We are also looking forward to a terrific event we have organised to further promote social inclusion and the involvement of service users in physical activities. This has been organised in conjunction with The National Social Inclusion Programme and will take place at Charlton Athletic Football Club on 20 May 2008. The event will be opened by Ivan Lewis MP, Minister for Care Services. Sessions will cover work to promote employment and vocational activity; sports and mental health; and participation in the arts and other community activities. Charlton Athletic have kindly allowed us to use their pitch for two hours and a match will take place involving both service users and staff. We have a number of free places available for service users and carers for this exciting event. Anyone interested in attending should contact Phil Garnham on phil.garnham@oxleas.nhs.uk or 01322 625700 ext 5904.

•••▶ Trust staff train police in mental health awareness

Partnership with police benefits service users

Social workers and nurses from community mental health teams (CMHT) and complex needs teams delivered mental health awareness training to over 350 police officers and police community support officers in Bromley in the second half of 2007.

Following the successful training of 120 response officers, the police requested that training was extended to the safer neighbourhood teams and new recruits. Fourteen lively sessions using a mixture of video clips, quizzes, exercises and legal information were delivered at police stations and at the Warren, a training centre at West Wickham. Barbara Godfrey, Lead Social Worker in the Bromley Complex Needs

Team, said: "This is an extremely important project that has helped nurture a much better understanding between the trust and the local police. We have received tremendous co-operation from Bromley police and look forward to a strengthened relationship in the future."

All officers now have contact names and telephone numbers for duty desks in all CMHTs and complex needs teams across the borough. Feedback has been positive and there has been an increase in police contacting teams for help and information. Inspector Martin Hills from Bromley Police said: "Through the training sessions, police officers and mental health professionals were able to gain a better insight into each

others' roles and were able to discuss the common issues and challenges involved in dealing with mentally ill people. The training sessions are an indication of the importance Bromley Police and Oxleas place on working effectively together and I'm very grateful to those people at Oxleas who delivered the training and helped to make this happen."

The scheme continues with training for new recruits at Orpington Police Station in late March. For more information, contact Barbara Godfrey on 020 8466 6880.



Inspector Martin Hills.

News in brief

**Nursing conference in May**

The trust is holding its fifth annual nursing conference on 9 May at Eltham Palace. The event will include a series of presentations and workshops plus the Oxleas' Nurse of the year award. Please note that high heels will not be allowed in order to protect the fragile flooring. For details and to book your place, contact Linda Flatt on 01322 625753 or linda.flatt@oxleas.nhs.uk

**What's the story?**

Shift, a Government funded initiative to tackle stigma and discrimination around mental health issues, has published a new handbook to help the media improve public understanding of mental illness. *What's the story? Reporting Mental Health and Suicide* gives practical advice to the media on covering suicide, mental illness and violent crime by psychiatric patients. For more information and to download a copy, go to: www.shift.org.uk/mediahandbook

**Memorial on TV**

Memorial Hospital and Highpoint House featured in a Channel 4 Time Team programme broadcast in February. *Blitzkrieg on Shooters Hill* looked at how Shooters Hill was chosen as a last ditch defence against the expected Nazi invasion in the summer of 1940.

**Recycling update**

In the last quarter of 2007, the trust saved the equivalent of 55 trees. This equates to 5,930 kg of CO2 prevented from being released into the atmosphere. We recycled 25 per cent more material between October and December than in the third quarter of 2007.

●●●▶ Exploring the power of words on a child's development

Wordfood in international film festival

A film produced by Inspirational FilmWorks, a group of Greenwich service users, was screened as part of the eighth International Disability Film Festival in February. The festival was held at the British Film Institute (BFI), Southbank, London.

Wordfood was chosen by festival organisers London Disability Arts Forum who were looking for "exciting vibrant films that challenge perception and combat stereotypes, both stimulate debate and give new voices a chance to be

heard."

Wordfood explores the impact that parents/carers' words can have on a child's self-esteem and mental health, and looks into the child's future to predict the kinds of problems they may suffer as a result. It was first screened in October 2005 at Tate Modern to celebrate World Mental Health Day.

For more information, contact Frederica Joseph, Senior Community Bridge Builder, on 020 8269 4152.



Inspirational FilmWorks.

●●●▶ Award for Pharmacy

Training nurses in medicines management

Oxleas Pharmacy has won an award in a scheme to improve nurses' competence in medicines management.

The Medicines Management programme is coordinated by the National Prescribing Centre (NPC) and participating trusts train nurses to standards

of medicines management specified by the NPC.

Pharmacist Ayesha Ali led the project, which was based in Oxleas House. She said that the £4,700 award would be used to help roll-out the project across the whole trust.

●●●▶ Minister opens children's centre

Ed Balls hears from Greenwich CAMHS

Secretary of State for Education, Ed Balls, officially opened the Brookhill Children's Centre in Woolwich in January.

Children's centres replace Sure Start projects supporting parents with children under five in Greenwich.

Oxleas was represented at the event by members of Greenwich Child and Adolescent Mental Health

Services (CAMHS). They presented information about the trust's consultation and training to partners in Sure Start, voluntary agencies and children's centres. This included adult led play sessions, parenting workshops and the Under 5's Counselling Service.

For more information, contact Pete Brown on 020 8331 7100.

●●●▶ Voucher scheme for childcare

Are you paying for childcare?

Childcare vouchers are available to all permanent Oxleas employees (or employees on fixed term contracts of at least one year duration) with parental responsibility. They can be used to pay for all registered childcare for children up to the age of 16.

You can join however much

you earn and if you work full or part time, but you must join for at least one year.

If you are interested in joining the scheme, please contact Karen Sharp for further information on 01322 625700 ext5862 or email: karen.sharp@oxleas.nhs.uk

●●●▶ Dual diagnosis

Dual diagnosis conference

Around 60 service users, carers and mental health professionals attended a dual diagnosis conference at the Churchill Theatre, Bromley, in January.

Dual diagnosis refers to people with mental ill-health who also use illicit drugs or alcohol.

Hosted by SUITE, the Bromley Advocacy Project's service user involvement team, the event looked at the impact of mental ill-health and substance use on the lives of service users and carers.



Justine Trippier captures comments at the event.

Justine Trippier, Oxleas Nurse Consultant, Dual Diagnosis, said: "The day was very useful to begin a dialogue with service users and carers about what they would like to see in a dual diagnosis strategy and what issues are unique to them in Bromley."

●●●▶ Outreach in Bromley

Mural symbolises hope

Bromley mental health art group, Credo, has joined forces with the Bromley Community Drug Project to create a piece of ceramic community art.

The work symbolises the individual's journey from adversity to creativity.

For more information, call Jan Lovett on 01689 862296.



Living our values

Last year, after wide consultation with service users and staff, our governors approved six core values that would help the trust meet the needs of our service users and carers. Much progress has been made and over the coming months we will be running features on how each value is being exemplified in the trust. Our first feature, on Being responsive, focuses on the work of Dr Iris Rathwell and her team.



Dr Iris Rathwell, who heads up a small Child and Adolescent Mental Health Services (CAMHS) team in Greenwich, is no supporter of bureaucracy or red tape. She is proud of the fact that her team, based at Highpoint House, puts the needs of those in its care first. They provide mental health services to children and their families living in the borough of Greenwich.

A resident of Greenwich herself, Dr Rathwell, who is Albanian by birth, has worked for the trust for two years, though has been employed in the United Kingdom since 1994. She told *Exchange*: "We like to think we are extremely responsive to outside agencies and the parents of our patients. A recent example of this was when a nine-year-old boy, who was not in the care of Oxleas, was due to be discharged from the ward he was on.

"Technically Oxleas should not have got involved in the boy's care until he had actually been discharged from the ward. But myself and the rest of the team decided this boy needed our help before that, so we responded quickly with meetings with colleagues from the other agency to plan for his future care. This greatly improved the care this patient received.

"I like to put patient care first and worry about the paperwork later - if that's what it takes to help people. We are extremely flexible and accessible. It's the way things

should be. We visit patients at their homes where necessary and work closely with Greenwich Primary Care Trust and other agencies.

"We deliver mental health services for young people up to the age of 18 who are suffering from emotional difficulties and behavioural problems. These might, for example, be school based or family based problems. Sometimes patients are more seriously ill and suffer from depression or more serious psychiatric illness. At times medication does need to be administered and as a Doctor of Medicine (MD) I can do that."

Dr Rathwell's particular speciality is in the field of autistic spectrum disorders and learning disabilities, though her team also handles Complex Neuro-Developmental Disorders (Complex Attention Deficit Hyperactive Disorder (ADHD), Tourettes Syndrome etc).

The multidisciplinary ADHD clinic in Woolwich is run jointly by CAMHS and the community paediatric service. The CAMHS clinicians include a child psychiatrist, a family therapist and a child psychologist. Dr Rathwell said: "When a clinician either in the community or within the Woolwich locality suspects that a child may have ADHD, the parents and teachers complete screening questionnaires and a multi-disciplinary assessment takes place.

"This is followed by a feed-back session. If the need for other assessments is identified, for example, to assess the child's social communication skills, then there is a direct and easy access to borough-wide specialist services. These include the Greenwich Learning Disability and Autistic Spectrum Disorder CAMHS and the paediatric Joint Communication Clinic. Other services in the borough are available if treatment is necessary.

"This is initiated by the ADHD clinic with regular follow-ups and can either be continued there or by the community paediatricians by following shared care protocols with them and the general practitioners."

The 40-year-old clinician concluded: "Being responsive is one of the most important aspects of working in mental health. This

adaptability is essential when dealing with children with specific problems like challenging behaviour. Our psychologists can work with children on a one-to-one basis if necessary. This sort of focused treatment can go a long way to help increase a patient's independence and control anger."

Why our values are important to us

Many things we do at work follow set procedures or we know what to do because we have faced a similar situation many times before. But what happens when we are in a situation we haven't encountered before – how do we know how to act then?

This is where the trust's values come into action.

- User focus
- Excellence
- Learning
- Being responsive
- Partnership
- Safety

It is these six values that guide us all and help us to know the right thing to do when there are no rules to follow.

If all our staff put these values into practice in our everyday decision-making and behaviour, then we will have a really positive impact on the experiences of the people using Oxleas' services.

Focusing on local priorities

In January we invited local people, our governors and members to meet and discuss the trust's annual plan at focus groups in each of our three boroughs.

Those attending were given an overview of the annual planning process and the priorities for 2008 to 2009. This emphasised four main priorities arising from service user feedback:

- support to carers and families
- information on treatment, especially medication
- better involvement in care planning
- better relationships with professionals.

This was followed by group discussions and workshops where members were asked to comment on the trust's priorities. Around 78 people either came along to the focus groups or wrote in with their comments and suggestions. Overall, response to the trust's priorities was very positive.

Feedback from the focus groups was presented at the Council of Governor's Meeting on 13 March and the agreed priorities will form the basis for the final version of the annual plan.

Here are some of the comments gathered at the focus groups:

Carers and families

- Will additional staff be employed to cater for families and carers?
- Access 24/7 is still important to users/carers for advice and support - who will provide it?
- This is most important as carers often become casualties themselves

Information on treatment

- How do people find out about medication?
- Communication between Oxleas and charitable groups and carers is poor
- Leaflets are needed on new services before they start

Care planning

- Have a clear care path
- Does care planning cover people with dementia?
- How will you bench mark?

Relationships

- They don't read the letters of complaint
- A short time with clinicians cannot create a relationship
- Can we change our clinicians if we don't get on?

Talking therapies

- We need many more therapists and female psychiatrists
- I found cognitive behaviour therapy wonderful
- How about training service users and carers for counselling?

Delivering care

- Reduce delayed discharges to help free beds
- Keep people out of hospital with excellent services in the community
- Make crisis team contacts readily available

Clinical effectiveness

- Need to explain negative sides of medication
- GPs need educating
- Add early onset dementia
- Young people's services need increasing

Governors and members

- More active role for governors
- How are governors getting information from their constituents?
- How can members be effective if they are not users or carers?

▶▶▶ More news from Oxleas Exchange

Mental illness masterclass for GPs

In March, GPs from across Bexley, Bromley and Greenwich attended Oxleas' first primary care mental health masterclass. Focusing on depression, the event covered developments in the management of the condition and useful assessment tools for GPs. Trust Clinical Director of Services Geraldine Strathdee led a debate on effective treatment highlighting the causes of depression as well as the symptoms of the condition. Keith Miller, Director of

Psychological Therapies, gave an update on the Improving Access to Psychological Therapy programme.

Bexley GP Elizabeth Cameron found the masterclass useful. "The presentations were very worthwhile and it was great to hear that we will be getting more access to cognitive behavioural therapy - I am sure our patients will benefit," she said.

Future masterclasses are planned. On 11 June, Oxleas will be hosting an event on

personality disorder and, on 15 October, the focus will be unexplained medical symptoms. The events, which are open to anyone working in primary care in Bexley, Bromley and Greenwich, are being held at the Holiday Inn, Bexley from 6.30pm to 9pm.

To book places or for copies of the presentations, please contact us on **01322 625034** or email rhiannon.adams@oxleas.nhs.uk

••• Exchange talks to Neil Harvey about his recovery from mental illness

Go ahead and do it!

Neil Harvey has schizophrenia. He also has a rewarding full time job and an active social life. This is the story of his journey to recovery.

Neil was diagnosed with schizophrenia in 1984 and spent the next six months in hospital. He returned to work following discharge and remained well until, in 1991, he decided he no longer needed medication. However he soon became ill and returned to hospital for another five months.

Following a series of cleaning jobs, Neil returned to education in the mid 1990s, gaining certificates in English, Mathematics and IT. He thinks that taking a positive attitude was crucial at this time: "You have to take a risk or two to move forward and gain things. I wanted to better myself and get a good job." Neil became a member of Horizon House, the

trust's clubhouse, and had two work placements with Marks & Spencer (M&S) in Bromley. He believes that the education and skills he had gained gave him the confidence to successfully apply for a job with M&S in his own right in 1999.

"Irene Cotterell, a support worker at Horizon House, helped with my CV, but I wrote my own letter and went by myself to the interview. I dressed smartly and stayed positive. I think that's really important in a job interview. You should be honest and realistic, but never put yourself down. And if you don't get the job, don't give up. It's all about determination. I applied for over 30 jobs until I got the job with M&S."

Neil was recently promoted to a job in the Operations department and feels that his job has benefited him in several ways: "There's lots of communication at work and it's

good to mix with people. The work is quite physical and that helps to keep me fit. And the money I earn has enabled me to develop various interests. I have regular holidays in Europe and like to travel around the UK too. I go to stately homes, art galleries and pop concerts. I travel alone, but I meet many people and enjoy socialising with them." He also attends a social group on Monday and Thursday evenings at Stepping Stones in Bromley: "It's important to have someone to talk to and have a laugh with, and I like to go out for a drink with friends once in a while."

Neil will remain on medication for the rest of his life, and sees a psychiatrist every six months to discuss his wellbeing and medication. He thinks that one of the main obstacles faced by recovering people is the physical side-effects of their medication: "Day-to-day it can be a struggle,

and doctors don't always take into account that patients know what is happening to them and how they feel, for instance they may have dizzy spells. But my condition hasn't held me back. My advice to other people in similar situations is you've only got one life, so don't be put off or let people put you down. If you want to do something, be determined and go ahead and do it!"



••• Oxleas consults Greenwich service users

We are listening to you

Around 70 Oxleas service users, carers, clinicians and staff met for a third consultation at the Greenwich YMCA in February.

The consultation for service users and carers built on similar events last July and December. It aimed to give information about our services to the local people that use them and the opportunity to say how services can be improved. Everyone received a copy of the Service User Consultation Action Plan for 2008 which was based upon the comments and ideas received from last year's consultation events.

Linda Pearce, Social Inclusion Manager, said: "We are listening to you and we try to push through your ideas and make changes. Our objectives are all based upon comments that you have made in the past – but please tell us if there are areas where you feel we still haven't got it right."

Commenting on the importance of information, Linda said that Oxleas plans to improve its website in the coming year. She

said that as many service users and carers do not have their own computer, the trust plans to increase the availability of computers in reception areas.

Dr Ify Okocha, Consultant Psychiatrist, explained how the trust can improve services: "There are four things we must do. We must improve the quality of the care we provide; we must improve the quality of the information we provide; we must enhance care planning and we must improve our relationships with service users."

An example of how the trust is listening to service users is Julie, who sits on Oxleas recruitment panels.

She said: "I have been on the panel for posts ranging from nurses in the community to consultant psychiatrists. I benefit from the social interaction and mental stimulation and my participation on the panel gives service users a valued voice in the trust. I have always felt that my perspective as a service user is listened to."



Service user Jack Allonby enjoys a head massage from Mahendra Siyani during the lunch break.

New lease of life for the Upton Centre

A former cottage hospital situated in a building full of old world character and charm - which is now used to look after the mental health of older people in Bexley - has been refurbished.

It has been given a fresh, new, modern look inside, while maintaining its unique character on the outside.

Oxleas, which runs the Upton Centre in Bexleyheath, has spent £350,000 over the last year to upgrade the building which first opened as a cottage hospital 124 years ago.

Anne Waterworth, Service Manager at the centre, said: "The refurbishment work commenced in April 2007 and was completed toward the end of the year. This was a fairly lengthy programme due to the work having to be carried out in three phases. The centre had to remain operational throughout and staff and patients were extremely flexible and co-operative when having to move to different parts of the building through each phase.

"We now have a splendid new communal area around a newly equipped kitchen and dining facility. Plans are also in place to upgrade the garden area. The aim is to provide a patio area, vegetable plot, greenhouse/shed and planting areas."

The Upton Centre is the Community Mental Health Team (CMHT) base for the Bexley

Older Adult Service. Staff working in the CMHT include: community psychiatric nurses; occupational therapists; psychologists; psychiatrists; social workers and team secretaries. There are three CMHTs, working in the north, south and centre of the borough. A lot of the work done by the team is carried out in a patient's own home, but a number of out patient clinics, including the Memory Service, are held at the Upton Centre.

The centre's facilities are also used twice a week by the Day Hospital. This service provides intensive support to people to assist them in their recovery from mental illness. There is also a Carer's Education and Support Group Programme for carers of people with dementia twice a year.

The Mayor of Bexley, Cllr Nigel Betts, will be on hand to officiate at the centre's refurbishment re-opening celebrations on Monday 28 April.

This is all a far cry from the day in March 1884 when the then Bexley Cottage Hospital opened its doors to the public for the first time. Its first patient was a 62-year-old woman who was admitted suffering severe scalds to both legs after falling into an open fire. A few weeks later she was discharged as cured. This unidentified woman was the first of many thousands of people who have

received treatment at the Upton Road site over the last 124 years.

In 1994, the building's use was changed and it became a psychiatric day hospital. While the type of treatment given to patients attending the Upton Centre has now changed, the philosophy of serving the local community remains as high in 2008 as it did in 1884.



▶▶▶ Helping survivors of abuse to lead independent lives

Bromley Woman's Service turns five

The Bromley Woman's Service celebrated its fifth anniversary at the Ripley Arts Centre, Bromley, on 5 February.

The service helps sexually traumatised women, in particular survivors of childhood sexual abuse, to live independent lives. Many have developed mental illnesses related to their experiences such as chronic post-traumatic stress or borderline personality disorders. Services include individual or group psychoanalytic psychotherapy, art psychotherapy and a new psychotherapy service for couples. There is also a moving-on group for women discharged after their treatment.

The event was opened by the trust's Consultant Lead Adult Psychotherapist Maggie Schaedel, who set up The Woman's Service with Kay Beaumont. She described how the service has developed and noted achievements including winning the Partnership Award in the 2005 Oxleas Staff Recognition Awards. She then developed a

conversation with the audience of around 50 people and special guest Susie Orbach, a high profile psychotherapist and author of the groundbreaking *Fat is a Feminist Issue* (1977).

Susie is currently working with the Department of Health and was impressed by the treatment the trust offers to survivors of childhood sexual abuse. She thought that the Woman's Service could be used as a model for women's services across the NHS.

The group looked at the future of the Woman's Service and discussed ideas around forming closer links with child and adolescent services or possibly working within a wider network which includes the onlookers involved in childhood sexual abuse. Maggie said: "We work with the dark side of human experience which can be deeply troubling. But our work can also

inspire and sometimes help to sustain a sense of hope."

For more information, call the Woman's Service on **07818 453184**.



Maggie Schaedel, right, with Susie Orbach.

More news from Oxleas Exchange

Calling women footballers!

Emma Bull, a sports instructor based at the Bracton Centre, is looking for women footballers to take part in a Football Fun Day at the Bracton on 22 May – and to play regularly beyond that.

The Football Fun Day will start at noon and there will be music and a BBQ to add to the action on the field. A representative from Charlton Athletic will be on hand to referee the games.

For more details, contact Emma on 01322 294300 ext 7609 or email: emma.bull@oxleas.nhs.uk



Emma Bull.

Postural care for learning disabled people

An event to share knowledge about postural positioning and care for physically and learning disabled people is being held at the Danson Youth Centre, Bexleyheath, on 25 April from 10am to 3.30pm.

Sponsored by the Department of Health's London Valuing People Support

Team, the event has been organised by the parents of two profoundly disabled young people and is supported by the Bexley Learning Disability Team.

To book a place, please call Alex or Val on 020 8269 3345/7 or email alexandra.lejeune@bexley.gov.uk or valerie.king@bexley.gov.uk

User focused monitoring

Let your voice make a difference

We are building a group of users to research Oxleas' services in Bexley, and influence their development.

We are looking for interested and enthusiastic service users to become involved in this project.

No experience necessary.

Appropriate training and support will be provided.

Some payment may be available to project members.

If interested, please contact **Debbie Mayes** at the Crayford Centre (Tel: 01322 521162) or **Chris Gillmore** at the Erith Centre (Tel: 01322 356113).

Or come to an open meeting on:

Wednesday 7 May 2008 at 3.00pm

At the Bexleyheath Centre, Emerton Close, Bexleyheath.

Refreshments will be provided.

Win a CD competition!

We are giving away a CD courtesy of NHSDiscounts.com

To win a CD of your choice, just answer the following questions:

1. What was the name of the film shown at the Disability Film Festival in February?
2. What birthday did the Bromley Woman's service celebrate in February?

The answers can be found in this issue of *Exchange*. Please send or email your entries to Communications at the address below.

Congratulations to Mr B Miller who is the winner of our January competition. The correct answers were:

1. 7 December 2007
2. All new House of Tiny Tearaways

NHSDISCOUNTS
www.nhsdiscounts.com

The right information

The success of the trust's Information Prescriptions (IP) Pilot project was highlighted at the National IP Conference at TUC Congress Hall, London, in March. For more information, contact David Shaer on 020 8466 6880.

Company donates sculpture to the trust

Removals company Grayline has donated a sculpture by world famous artist Keith McCarter to the trust. Grayline not only donated the large bronze sculpture, but also delivered and installed it at no cost to the trust.

The sculpture, left, now graces the garden of the Bracton Centre, our medium secure unit.

Bill Stewart, Clinical Nurse Manager at the Bracton, said: "The sculpture is on permanent display on the campus, and adds to the quality and positive experience of this environment."



Please send us your letters and news stories. You can contact the Communications Team at: exchange@oxleas.nhs.uk or call 01322 625754 or write to us at: Communications, Pinewood House, Pinewood Place, Dartford, Kent DA2 7WG.

If you prefer to receive Oxleas Exchange by email, please email us at: exchange@oxleas.nhs.uk