

Oxleas Exchange

CONNECTING THE PEOPLE OF OXLEAS NHS FOUNDATION TRUST

Please take a copy today

●●● Oxleas clinic wins at London Health and Social Care awards

Heath Clinic wins Safety in Care award



The Heath Clinic Team proudly display their award at the ceremony in London

An Oxleas clinic has won a top award and the trust was a finalist in three other areas. Heath Clinic, the challenging behaviour unit at the Bracton Centre, our medium secure unit, came top in the Safety in Care category at the London Health and Social Care Awards. Methods used by the clinic have enhanced patient care and improved patient safety. The awards aim to celebrate the dedication and professionalism of health and social care staff and give them the recognition they deserve. They also allow the sharing of ideas for the benefit of patients, service users and staff. Clinic leader Dr Dominic Beer, one of the founders of the National Association of Psychiatric Intensive Care units, said: *"The whole team is delighted by this award, which has recognised the hard work that goes on day in and day out at the clinic and most importantly the benefits gained by patients."* The clinic will now go forward to the national Health and Social

Care Awards which are being held in July to mark the 60th anniversary of the NHS. George Greener, chair of NHS London and chair of the judging panel said: *"All the finalists should be congratulated on their excellent work. The winners have shown outstanding achievements against our judging criteria and I and the judging panel wish them well in the national awards in July."* Oxleas also produced finalists in three other categories at the awards. The trust managed an impressive four finalists out of a total of 26 throughout the capital, selected from 220 nominations. The three other Oxleas' finalists were:

- Greenwich Child and Adolescent Mental Health Services specialist looked after children team in the **Improving Access** category.
- The trust's Project to Improve Access to Information in the **People's Experience** category.
- An art therapy project in conjunction with Tate Britain in the **Success in Partnership Working** category.

Cathy Karia is our Nurse of the Year



Cathy Karia has won the trust's Nurse of the Year Award. Cathy is the manager of Camden Ward at Woodlands, our inpatient unit in Bexley. Cathy (pictured above receiving her award from Malcolm Rae) was selected from six nurses who presented their work at the trust's fifth annual Nursing Conference. For more about the nursing conference see page 3.

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

Quality services and staff are a winning combination



Stephen Firn, Chief Executive



Dave Mellish, Chair

It is always a pleasure to write this column, especially when there are so many positive things to report. Since the last issue, the quality of our services and the commitment and expertise of our staff has been recognised in a number of ways.

We were delighted to see the Heath Clinic pick up the Safety Award at the London Health and Social Care Awards (see front page). Congratulations to Dr Dominic Beer and all the team at the clinic and also to the three other finalists from Oxleas. It was a notable achievement that four out of the 26 finalists selected from across the NHS in London were Oxleas Services.

Congratulations also to staff from Goddington and Avery Wards. The high standard of care provided in these acute in-patient wards has been recognised by an 'excellent' rating in the scheme run by the Royal College of Psychiatrists (see page 3). There are only five wards in the country with an excellent rating which is testimony to quality of care in Goddington and Avery and shows the extent of their achievement.

It is also a pleasure to see the results of investment into improving and developing new local services. The refurbished and renovated Upton Centre was officially opened in April (see page 3) and this will make a difference to people working in or using our older adult services in Bexley. We are also pleased to have opened the new William Morris Day Service for people with personality disorders and the new training facilities for service users at the Memorial Hospital (see page 7).

The stigma and discrimination suffered by people with mental health problems often leaves people feeling isolated and unable to play an active part in society. In Oxleas we are committed to challenging this discrimination. We have therefore signed up to the Mindful Employer initiative (see page 5) and we are working to provide better support to ensure our services are a safe and inclusive place for people with mental health problems to work. We are also trying to tackle discrimination in other ways. We have launched the Write way

campaign (see page 4) to praise good media coverage and speak out against negative reporting of mental health issues. We will be working with the local and national press to promote understanding of mental health issues. Please contact our Communications Department (contact details on the back page) if you have ideas for positive stories or experiences that could be used in the campaign. We do hope many members will sign up and join us in this initiative.

Finally, we always remember that our most important resource is our staff. It is particularly pleasing, therefore, that the results of our recent staff survey (see below) show that, compared to other mental health trusts, our staff feel positive about working for the organisation and feel properly supported and valued. Our thanks to them for all their hard work and commitment throughout the year which has been instrumental in our recent successes.

•••▶ 2007 staff survey shows year-on-year improvement

Staff survey is best ever for trust

Oxleas is a good place to work – and that's official. The results of the latest nationwide NHS staff survey put the trust in the top 20 per cent in 11 out of 26 categories. We also came out top among mental health trusts in London.

The survey, which is organised annually by the Healthcare Commission, plays a key role in informing them about the quality of care delivered by trusts. This year's survey shows that Oxleas has improved on last year's excellent results giving us our best results ever.

Highlights show that the trust's employees are happy in their work and enjoy a good work/life balance, with high quality training and supportive managers.

The 2007 survey asked trust staff a number of questions about their work and conditions. Oxleas came out in the top 20 per cent of mental health trusts nationally

in a number of areas. These included the quality of work/life balance and job satisfaction. This is the fifth year running that Oxleas has been rated amongst the top performers for positive feeling in the organisation and the number of staff who want to stay.

The trust scored above average or average in the categories of staff using flexible working options and the amount of work pressure felt by staff.

The survey also asked a range of questions relating to specific mental health training, including the Care Programme Approach (CPA), medication information, psychological therapies and support for carers. The trust scores were above average for all of these questions.

Oxleas was placed in the bottom 20 per cent of mental health trusts for the

availability of hand washing materials and the percentage of staff working extra hours. However, the survey was carried out before the installation of hand washing facilities at ward entrances and an associated publicity campaign. It is confidently expected that the trust's position in this area will improve in future.

A random sample of 740 Oxleas staff were asked for their views – out of a total payroll at the time of 1,854 people.

Oxleas Director of Human Resources and Organisational Development, Simon Hart, said: "The staff survey reveals a continued year-on-year improvement in the results. It is encouraging for the organisation and reflects positively on the amount of work and the input that has taken place. Of particular importance is the evidence of specific mental health training in response to the results of the earlier patient survey."

It ain't what you do it's the way that you do it!

In the immortal words of girl band Bananarama – “it ain't what you do - it's the way that you do it ... and that's what gets results”. It was this philosophy that helped Cathy Karia and her team land the 2008 Oxleas' Nurse of the Year award. Cathy is the manager of Camden Ward at Woodlands in Bexley. Amidst the splendour of Eltham Palace, Cathy's presentation, on Dementia Care Mapping, may not have been as slick as some of the others, but it came from the heart. It was pictorially impressive too, with before and after pictures of how the lives of patients had been improved on the ward, which cares for people aged over 65 with dementia.

Delegates saw photos of old fashioned institutional chairs, dull menus, a bland dining area and clinical corridors. These have been replaced by colourful homely chairs and leather bound interesting menus on restaurant standard tables - that Cathy said would make Gordon Ramsey eat his heart out. The corridors now boast a Hall of Memories with pictures of movie stars through the years. Meaningful activities like a weekly

cinema club, with a sweet shop were another way of breaking down the barriers caused by dementia.

Camden Ward has worked to develop a person-centred approach to care, using an evidenced based tool called Dementia Care Mapping (DCM), in a bid to improve care. DCM aims to enhance the experience of patients by increasing staff awareness of what dementia patients are trying to communicate and increase the recognition of patients' emotional and physical needs.

Cathy told *Exchange*: “I am really thrilled that we have won this award. The entire team deserve credit for the work they have done.”

Before presenting Cathy with her award, Malcolm Rae OBE, Joint Lead for the Acute Care Programme of the National Institute for Mental Health (England), said: “Nursing services in Oxleas are the number one in the UK – the benchmark for other services to live up to. The Oxleas Nursing Conference is the first of three events I now put in my diary every year – the others being the Edinburgh Festival and the Royal College



The six shortlisted for Nurse of the Year (left to right) Rosemary Oji-Boukanga (Oxleas House), Sarah Wegener (Green Parks House), Donald Conteh (Greenwich ASC Team), Cathy Karia (Woodlands), Shaun Gallagher (Bracton Centre), Mark McManus (Bromley ACT Team).

of Nursing Conference.

“The judging panel found it difficult to separate the nominees. We observed fun, humour, team work, drive, pioneering work and pride in the presentations. All the nominees are ambassadors for the trust. And the biggest winners are the public that Oxleas serve.”

Carer's strategy

Oxleas has consulted with carers and stakeholders to develop a Mental Health Carers' Strategy.

Each of the boroughs already has a multi-agency carers' strategy to guide the planning, commissioning and delivery of services.

The trust's new strategy will build upon these and set out the specific actions for Oxleas to support mental health carers better.

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

Mayor opens refurbished Upton Centre

The Mayor of Bexley, Cllr. Nigel Betts, was on hand to unveil a plaque commemorating the refurbishment of the Upton Centre in Bexleyheath in April. The building, which first opened as a cottage hospital 124 years ago, has been given a fresh, new, modern look inside, while maintaining its unique character on the outside. The Upton Centre is the base for community mental health services for older adults in Bexley.

The Mayor, who was welcomed by Oxleas Chair, Dave Mellish, said: “It gives me great pleasure that you have invested in these wonderful facilities for local people.”



The Mayor with staff from the Upton Centre

Aims accreditation proves Oxleas wards amongst the best

Goddington Ward at Green Parks House, our inpatient unit in Bromley and Avery Ward at Oxleas House, our inpatient unit in Greenwich, have both been recognised as excellent in the Accreditation for Acute Inpatient Mental Health Services (AIMS) scheme.

Run by the Royal College of Psychiatrists' Centre for Quality Improvement, AIMS identifies and acknowledges wards that have high standards of organisation and patient

care, and supports and enables others to achieve these.

Acute psychiatric wards can be challenging environments for staff and patients alike and the AIMS accreditation proves that Oxleas has two of the best.

The rating of excellent is even more impressive when you look at the statistics. Avery and Goddington are among only five wards in the entire country have attained the excellent standard.



The Goddington Ward team

●●●▶ Being a MINDFUL EMPLOYER is the Write way



One letter makes a point 100 letters make a difference

We have all seen negative coverage of mental health issues in the media including extreme examples such as The Sun's headline "BONKERS BRUNO LOCKED UP." In recent years the media's coverage of mental health issues has improved considerably, however there is still a long way to go. Media coverage of mental health issues plays a significant role in feelings of isolation and exclusion.

The Write way campaign aims to create a group of local people prepared to tackle stigma and discrimination by actively engaging with the local and national media and to positively promote mental health awareness.

The campaign will support and praise positive coverage of mental health issues and encourage people to voice their opinion when there is negative coverage. This will be done via email so we would like you to sign up for the campaign by emailing writeway@oxleas.nhs.uk

We will be working with our local media to run a campaign to promote mental health awareness across our boroughs. We are looking for creative ideas for articles that they may be interested in. If you have any ideas for events or local services that we could ask them to cover or if you have had mental health problems and would be willing to talk to the media about your experiences please email us.

Join our campaign to overcome stigma and discrimination
Email writeway@oxleas.nhs.uk

●●●▶ Joanne Ross, the trust's new Social Inclusion Project Worker

A support network for real opportunities

Joanne Ross hasn't a moment to spare. For the last three and a half years she has been juggling family life with her PhD (Doctorate) on participation in work for people with health conditions and disabilities. Astonishingly, during this time, she has also found time to write a book called *Occupational Therapy and Vocational Rehabilitation*.

This follows 15 years working as an occupational therapist (OT) in mental health, including a spell at Oxleas, and three years teaching OT at Canterbury Christ Church University.

As if all this wasn't enough, Joanne returned to the trust in March this year in a new role as Social Inclusion Project Worker, with just one year to get lots of things going. She is, however, upbeat about her new job and says that it fits well with her PhD: "This job allows me to put my PhD into practice. People with mental ill-health and learning disabilities face significant discrimination in relation to social inclusion and employment and my role aims to tackle this within the trust. It's a one-year post which will look at increasing opportunities for social inclusion including work placements within the trust itself."

Joanne explains that for these opportunities to become a reality, support structures need to be put in place first: "The issue is sustainability. We already have

transitional employment placements in the trust for members of Horizon House, but we need to look at other models of work too. We need to identify what in-work support people may need, whether they are on placements or working full time. Over the coming year, a priority will be to develop policies and procedures to recruit people and support them.

"The majority of people diagnosed with mental ill-health do not have access



to employment. It's a big challenge, but the trust has already signed up to the MINDFUL EMPLOYER initiative. This is a network of public, private and voluntary organisations committed to support and assist employers in the recruitment and retention of staff who experience mental ill-health. The aim

is to make Oxleas a safe and inclusive place to work for people with mental ill-health and to build relationships with local employers."

Joanne is keen to emphasise, however, that social inclusion is not just about jobs, but includes opportunities to participate in the life of the community such as volunteering, education, training and social activities:

"People with mental ill-health and learning disabilities face practical barriers to inclusion around housing, money and transport. They may also have personal barriers like a lack of confidence and physical ill-health. Our challenge is to help them overcome these barriers by providing a support network that creates real opportunities for social inclusion as well as employment. I'm pleased to say we are already looking at practical ways to do this. There will be easily accessible resources for staff and service users on ways to increase community participation. We will be developing a discharge pack for people leaving our services aimed at combating social isolation. There will be mental health awareness training resources for staff to use within the community and information on the intranet for clinicians. We will also build up our links to other organisations like Jobcentre and Connexions."

Becoming a MINDFUL EMPLOYER

As part of the trust's commitment to support people with mental ill-health into work, Oxleas has signed up to the MINDFUL EMPLOYER initiative. This aims to increase awareness of mental health at work and provide support for businesses in recruiting and retaining staff.

When an applicant applies for a job with Oxleas they usually do so online. Applicants are asked if they have a disability that they wish to declare. This part of the application form is confidential and is not shared with the recruiting manager. If they declare a disability and they meet the person specification for a job they will be guaranteed interview under the two tick disability scheme.

The disclosure of a mental or physical disability is a very personal decision and the current level of disclosure at the job application stage is very low. Oxleas Director of Human Resources and Organisational Development, Simon Hart told *Exchange*: "The sign up to MINDFUL EMPLOYER demonstrates our commitment to supporting applicants and employees with mental health problems. We hope that embedding the principles contained in the charter will enable applicants and employees to feel confident about disclosing their mental health disability."

The MINDFUL EMPLOYER charter is a voluntary agreement and is part of the social inclusion work plan which relates to the trust as an employer. It will help us to identify where we need to improve support. For example, one of the aims of the charter is to

support managers within the trust to effectively manage employees with mental health problems.



"We hope that embedding the principles contained in the charter will enable applicants and employees to feel confident about disclosing their mental health disability."

Simon Hart, Director of Human Resources and Organisational Development

As part of the pre-employment checks, applicants are asked to complete a confidential occupational health questionnaire. If mental health issues are declared, the occupational health team assess the type of support that might be needed and if there any requirements for reasonable adjustments in line with the Disability Discrimination Act (2005).

In most cases reasonable adjustments can be made in discussion between the applicant, occupational health and the line manager. Occupational health will also take advice from an applicant's GP and any other healthcare professionals involved.

Dialogue between occupational health and a job applicant is entirely confidential and widening the discussion to include the line manager can only be done with the person's consent.

Sometimes occupational health will not be able to provide health clearance for someone because of their mental health issues. This may result in a conditional offer of employment being withdrawn. This is very rare, and would not happen without a thorough examination of the issues involved.

Recruitment episodes involving applicants who have declared a disability can take time to resolve. However, the recruitment team is committed to working closely with applicants, line managers and occupational health to ensure that applicants declaring a disability as a result of mental health problems are supported as well as possible throughout the recruitment process.

●●●▶ The MINDFUL EMPLOYER Charter for employers

As an employer we recognise that:

- People who have mental health issues may have experienced discrimination in recruitment and selection procedures. This may discourage them from seeking employment.
- Whilst some people will acknowledge their experience of mental health issues in a frank and open way, others fear that stigma will jeopardise their chances of getting a job.
- Given appropriate support, the vast majority of people who have experienced mental ill-health continue to work successfully as do many with ongoing issues.

As an employer we aim to:

- Show a positive and enabling attitude to employees and job applicants with mental health issues. This will include positive statements in local recruitment literature.
- Ensure that all staff involved in recruitment and selection are briefed on mental health issues and the Disability Discrimination Act, and given appropriate interview skills.
- Make it clear in any recruitment or occupational health check that people who have experienced mental health issues will not be discriminated against and that disclosure of a mental health problem will enable both employee and employer to assess and provide the right level of support or adjustment.
- Not make assumptions that a person with a mental health problem will be more vulnerable to workplace stress or take more time off than any other employee or job applicant.
- Provide non-judgemental and proactive support to individual staff who experience mental health issues.
- Ensure all line managers have information and training about managing mental health in the workplace.

For further information about MINDFUL EMPLOYER go to www.mindfulemployer.net



Progression in partnership

In the second of our features on our values in practice, we look at Partnership, speaking to Senior Community Bridgebuilder, Frederica Joseph about the Progressions Workshop in Greenwich.

A groundbreaking workshop to tackle social exclusion in Greenwich reached its successful conclusion in March.

The brainchild of Frederica Joseph, Senior Community Bridgebuilder in the Recovery Team, the Progressions Workshop ran over thirteen weeks for service users who were likely to be discharged from care. Staff from several Oxleas teams worked with local partners to better prepare service users for discharge by helping them to learn new life skills or refresh skills they already possessed. Service users were referred to the workshop by their care coordinators.

Frederica, who coordinated and organised the workshop, explained that the focus was on moving on and recovery: *"When service users are facing discharge back to the care of their GP they are often very anxious about how they will cope. We wanted to avoid the 'revolving door' situation where discharged clients are referred back to the trust due to societal, environmental or social engagement issues. In other words, a lack of basic life skills that is preventable. The aim was to equip service users with the basic information that would empower them to deal with issues as they arose and also to let them know they were not alone. Moving on can seem scary, but it can be very positive too."*

"Through the workshops, service users acquired the tools and information that enable them to make confident choices on their journey to recovery."

Key to the aims and success of the

workshop was partnership working with service users and the following local organisations: Greenwich Community College, Greenwich Welfare Rights, Greenwich Teaching Primary Care Trust, Greenwich Trading Standards, Greenwich Leisure Limited. Facilitators from these organisations joined Oxleas staff at the two and a half hour weekly workshop. In this way, clients were introduced to a range of local and community based projects.

Frederica said that the intention was to help bridge the gap between people with mental health experiences and the mainstream community:

"It was really important to bring in skilled facilitators from outside the trust so that clients could get used to engaging with different organisations and individuals. The format of the workshop varied each week according to the topic. For instance, the healthy lifestyles session involved a 30 minute workout followed by group exercises and a lecture, while for healthy eating we had a practical demonstration of preparing food."

Frederica is delighted with the success of the workshop: *"Attendance was excellent."*

Our values are important to us



Partnership



Frederica Joseph, far left, with colleagues from the Recovery Team

The workshop was a real partnership and we are now planning to run it twice a year with the next one starting in September."

For more information, contact Frederica Joseph on 020 8921 4152 or email frederica.joseph@oxleas.nhs.uk

Opportunity Fund opens door for one-off trust projects

Opportunity knocks for trust projects

At just a year old, the trust's Opportunity Fund (OF) has already benefited many people within Oxleas. It was set up in 2007 by the board to fund great ideas and initiatives in a planned way throughout the year.

Richard Page outlined the purpose of the fund, initially set at £1million, and some of the projects it has benefited: *"This fund is for projects outside the normal planned expenditure that will put the trust in a better position to improve the services we deliver. The only stipulation is that expenditure must be for one-off projects."*

"The money can be spent on items such as equipment, assets, temporary staff, start up costs, transitional costs, consultancy and project management."

However, it is the little things that

sometimes can be so important to both patients and staff. That is why part of the OF - £100,000 - has been allocated as a minor expenditure fund. Richard explained that some of this money has been used to pay for CAHMS toys, a video camera, fridges for staff, even pliers.

Since its inception, the OF has helped more than 20 projects within the trust, from £4,500 for pet therapy at the Bracton Centre to £200,000 for LEAN thinking schemes.

Richard explained that perhaps one of the most important benefits of the OF is the protection it now offers the trust: *"The OF builds flexibility into the system. It means we don't have to make short term decisions that might affect the long term running of the trust."*

Staff applications for money from the fund

should initially be sent to Richard. The proposal will then be assessed by the executive team. It should include a brief description of the project and how it would advance trust priorities. It should also outline the amount of money required, how it would be spent, who the project manager is and the timescale involved. Applications also require a sponsoring director.



Pet therapy at the Bracton Centre

New lessons grow out of old nursery

The old Hilltops Nursery at Memorial Hospital has had a comprehensive makeover. It is now set to be a centre of excellence within Oxleas – giving service users the chance to learn new skills and gain recognised qualifications.

Run by Focal Point, which carries out special needs training and ground maintenance services for the trust, the facility will extend the City & Guilds horticultural training presently available at the Bracton Centre.

But it is the infectious enthusiasm of the Focal Point team that has been a major part of the success of this project. Managing Director, Roy Turner, said: "It's been hard work getting this project up

and running but it's been well worth it. We now need to get the message across to the rest of the trust that we are here and what is available."

Focal Point director, John Weatherley, said: "This sort of project is great for patients. They get out of a clinical environment and into the fresh air. The work gives people a taste of real life again."

Don't let Roy and John's MD and director level titles fool you. They are very much at the muscle end of the operation and get stuck in – using their hands. This is true too of fellow director Kim Weatherley and trainer Daniel Turner.

Daniel's speciality is bricklaying and he will be offering courses in building walls and laying

slabs etc. He said: "I hope the lure of bricklaying will attract people into getting involved and help them develop a very useful skill."

Another facility the team has developed is a 1,000 metre 'trim trail' – that can be used by both patients and staff. The well marked trail snakes through Memorial's peaceful grounds and boasts a climbing frame and hurdles that can help keep you fit.

Oxleas Project Manager and supporter of the scheme is Colin Cope. He said: "This is a tremendous project that will really be a great benefit to service users. The trim trail is a great idea. Its maintenance and upkeep will be carried out by service users and will form part

of their training – and will involve no extra cost to the trust."

Other facilities on site include a large polytunnel area, greenhouse and a log cabin style classroom/meeting room. Storage tanks also collect rain water, reducing water usage.



Focal Point mix it at Memorial

William Morris Centre is up and running

The William Morris Centre, based in the grounds of the Bracton Centre, has opened. It forms part of the wider outpatient forensic psychological therapy service and offers a day service for men and women who have a personality disorder and an associated risk of anti-social behaviour.

The Team Co-ordinator is Nikki Jeffcote, Clinical Lead - Personality Disordered Offender Service, who has joined Oxleas after five years at West London Mental Health Trust and 16 years in the NHS.

The Centre is in newly-refurbished premises in Sycamore House, and comprises a number of individual and group rooms, a kitchen and dining room, and a garden.

Nikki said: "Our aim is to provide a service

to patients who are in a lot of distress themselves. We will provide a day service on Wednesdays and Fridays. The programme will help people manage their own stress and deal with difficult situations.

"We have a strong and experienced multi-professional team including psychology and psychotherapy staff, a senior nurse and an occupational therapist. Our service is available to clients from Bexley, Bromley and Greenwich, and we want to build close relationships with our borough-based colleagues."

Referrals can be made by a care coordinator, responsible clinician or offender manager. They should be made in writing to the Psychology Department, Bracton Centre, Bracton Lane, Dartford,

Kent DA2 7AF. However, you can call the psychology secretary on 01322 297151 to discuss a referral.



The William Morris team

Service user magazine plans expansion

Head Occupational Therapist at Greenwich Complex Needs Recovery Service, Tracey Edwards, doubles as a glossy magazine editor.

It's all part of Open Page - a publication produced with the help of her colleague Kate Fletcher and an enthusiastic group of service users in Greenwich.

The editorial team meets regularly at the Trinity Church Community Centre in Burrage Road, Woolwich, and produce Open Page every three months.

But now Tracey is keen to develop the magazine further. She told Exchange: "I'd like to increase service user



Members of the editorial team, left to right: Simon Pearce, Tyrone Singh and Dayan Bratby

involvement in the magazine and perhaps attract more people to the project. I would also like us to get more involved in the community at large.

"Perhaps we could interview local personalities, councillors or get involved in local theatre reviews. Presently we produce 100 copies each quarter. I would like to see this number grow."

To this end Tracey said she is now looking for volunteers to help her move Open Page on to the next level. If you think you could help her please contact Tracey on 020 8836 8572 or email

Tracey.Edwards@oxleas.nhs.uk

•••► More news

Marathon efforts raise thousands

Jan Pyne, team secretary, forensic/complex needs at the Bracton Centre, completed the London Marathon in 5:23:26 – and is hopeful she has raised up to £500 for the Darent Valley Hospital Heartbeat Appeal. Jan, who has run in the event five times, ran with her daughter Katie who also raised over £1,000 for charity.

Former Pinewood House and Erith Centre receptionist, Jayne Maynard, finished the course in 4:40:25. She has raised an outstanding £2,800 for Leukaemia Research, including a £1,000 donation from Initial Hospital Services.

Michael Bennett, a Community Psychiatric Nurse and team lead in Orpington Community Mental Health Team, raised

around £1,500 for the Motor Neurone Disease Association. This was Michael's second successive London Marathon and he completed the course in 3:49:40. He told *Exchange*: "It was once again a fantastic experience. The atmosphere and crowd support make the day a very special and unique occasion."



Jan Pyne (right) with her daughter, Katie



Michael Bennett, relaxed at 13 miles!

Helping staff live life to the full

With Oxleas signing up to the MINDFUL EMPLOYER programme (see pages 4 and 5) the trust is offering its staff online cognitive behavioural therapy (CBT) in the supported environment of the Occupational Health Department.

CBT is an evidence based and structured form of psychotherapy that aims to alter the unhelpful thinking and behaviour that can often occur during times of distress.

The online course, developed by a psychiatrist with many years experience of using CBT, is called *Living Life to The Full*. It has been tried and tested in a research programme in Bexley involving clinicians from Oxleas.

Anyone can access Living Life to The Full and the programme of support for free on the internet at www.livinglifetothefull.com

The advice from the trust's own psychologists and Occupational Health Department is that it is helpful to do this in an environment where support and guidance can be available. As a result, we have made arrangements with our occupational health team for the service to be offered at Oakhurst. Employees can contact occupational health to make an appointment to access the programme in a confidential environment. This can be done during work time (in agreement with your manager) or during evenings or Saturday mornings.

To find out if this is something you feel may assist you, have a look online. Staff who would like to discuss this further can call the Occupational Health Department on **01689 833589**.

A poem for Exchange

Former Oxleas governor Bob Bedwell sent *Exchange* this moving poem about his experience of mental illness. Bob praised the trust for the role it played in his recovery: "I received the cream of NHS care at the Upton Centre, as the poem expresses."

If you have written a poem you would like to share, please send it to Communications at the address below.

THE PHOENIX RISES AGAIN

Mental illness visited me once again
It came with a vengeance this time though
Anxiety was its mate, I nearly went insane
It showed no mercy, just a deadly blow

Locked away inside myself I began my sentence
No more freedom of spirit within for me
Doors shut, curtains drawn I had no defence
No more peace and serenity; true reality

Even God didn't seem to be around
Had I lost touch with him forever?
Or was he there, making no sound?
Had I been the clay and the potter clever?

Then the tide began to turn but was I ready
Better respond and pocket my pride
When I did, all nice and steady
I started to feel better inside

Like minded folk I found myself with
And staff all heaven sent
Helped me see what they can give
Every lady and gent

Now I can rise like the phoenix
Rising out of the ashes of depression
Now with strangers I can mix
With my new facial expression

By Bob Bedwell

NHS 60th

Do you remember life before the NHS?
How have things changed over the years?

If you have recollections or stories about using NHS services or working within the NHS please send them to *Exchange*. We will feature them in the next issue to celebrate the anniversary.

Staff Recognition Awards 2008

Nominations open in June for the annual Staff Recognition Awards. If you know of a member of Oxleas staff or an Oxleas team that deserves recognition, please nominate them. Nomination forms are available at any of our sites or on our website www.oxleas.nhs.uk

•••► Win a CD competition!

We are giving away a CD of your choice courtesy of **NHSDZCOUNTS**
www.nhsdiscounts.com

To enter, just answer the following questions:

1. How much did Jayne Maynard raise for charity in the London Marathon?
2. Where do the Open Page Magazine team meet?

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

Congratulations to Jutta Deist who won the last competition.

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