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News from South London and Maudsley
NHS Foundation Trust for staff and members

SLaM news

Autumn Edition



SLaM Nursing Awards
2010 - P11

A new Learning Centre
to replace Southwark
Training Centre - P18

Bedlam at the Globe

A fictional play about Bethlem Hospital hits the stage



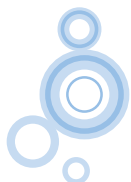
South London and Maudsley 
NHS Foundation Trust

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SLaM news



Autumn Edition

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If you have a news story or idea for SLaM News please call or email us.

Numbers in the newsletter are displayed using the internal format.

If you're calling from outside of the Trust please add: (020) 322 + Extn.



South London and Maudsley NHS Foundation Trust is part of King's Health Partners Academic Health Sciences Centre (AHSC), a pioneering collaboration between King's College London, Guy's and St Thomas', King's College Hospital and South London and Maudsley NHS Foundation Trusts. For more information, visit www.kingshealthpartners.org



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● Welcome

Welcome to the Autumn edition of SLaM News

This edition is packed with news from around the Trust. We're always keen to include a wide selection of content, so if you have a story you think may be of interest why not give us a call on **ext 82830** or email us at **communications@slam.nhs.uk** and we will consider it for the next edition.

Included in the regular round up of news and events in this edition, you will find the remarkable story of a project to improve Southwark's high rate of childhood mental illness (P11). The trial is only at the half way stage, but has been so successful the team responsible are pushing for it to be rolled out nationally.

Also in the news section are details of a new website with details of all of SLaM's national services, information about the Trust's innovative use of new tracker technology and also a colourful round up of events at this year's Bethlem Hospital Sunfayre.

This edition's cover story is on the world premier of Bedlam - a fictional play about Bethlem Hospital in the 18 Century. The Globe Theatre on London's Southbank will host the play and pages 12 and 13 include the chance to win one of three pairs of tickets to see the show.

Recognising the effort staff put in is an important role for any organisation and you might be able to spot one of your colleagues in the article on this year's Nursing Awards (P16).

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● Message from the Chair

Have your say about SLaM

This edition of SLaM News coincides with this year's Annual Public Meeting, which is a chance to get together and celebrate the achievements of the Trust. The event is taking place on Tuesday 14 September from 5.30pm and is open to all staff, patients, carers and anyone with an interest in local mental health services. The Board and I would welcome and encourage anyone with an issue to raise or something important to say to come along to the event which will be held at Glaziers Hall, London Bridge.

This year's APM also features a talk by Professor Robert Lechler, Executive Director of King's Health Partners. Robert will be giving a presentation on how our Academic Health Science Centre can make a difference to the health and well-being of people across south London. Professor Matthew Hotopf, Head of General Hospital Psychiatry, Institute of Psychiatry, will also be talking about how King's Health Partners can work better



together to combine both mental and physical elements of health for the benefit of patients. So why not come along and hear how King's Health Partners is going to transform the way we provide health care in the future.

An exciting development in the pipeline are the plans for a new Learning Centre to replace the existing Southwark Training Centre on the Maudsley Hospital site. I recently attended the launch event and the architects have some forward looking ideas on the kind of open and flexible training facility we all need. Continuous, high quality training is fundamental to the way we work and for providing effective, high-quality patient care. A new training facility – one that is appealing and encourages learning – will only help improve the service we can give to our patients.

The new Centre is also particularly important given the central role that education and training will play in King's Health Partners. A key objective of the Academic Health Science Centre is to transfer knowledge from academic research into clinical practice more quickly and systematically – and a new, high quality Learning Centre will put us in a strong position to achieve this.

I am also looking forward to attending the Globe Theatre to see Bedlam - the fictional play about Bethlem Hospital in the 18 Century. Although the characters and story lines are the playwright's interpretation of life at the hospital 200 years ago, the play will help to highlight how far the treatment of mental health issues has progressed – particularly in recent years. I believe that a special staff discount has been arranged for anyone who wants to see the play, so read on for more details.....

**Best wishes,
Madeliene Long
Chair**

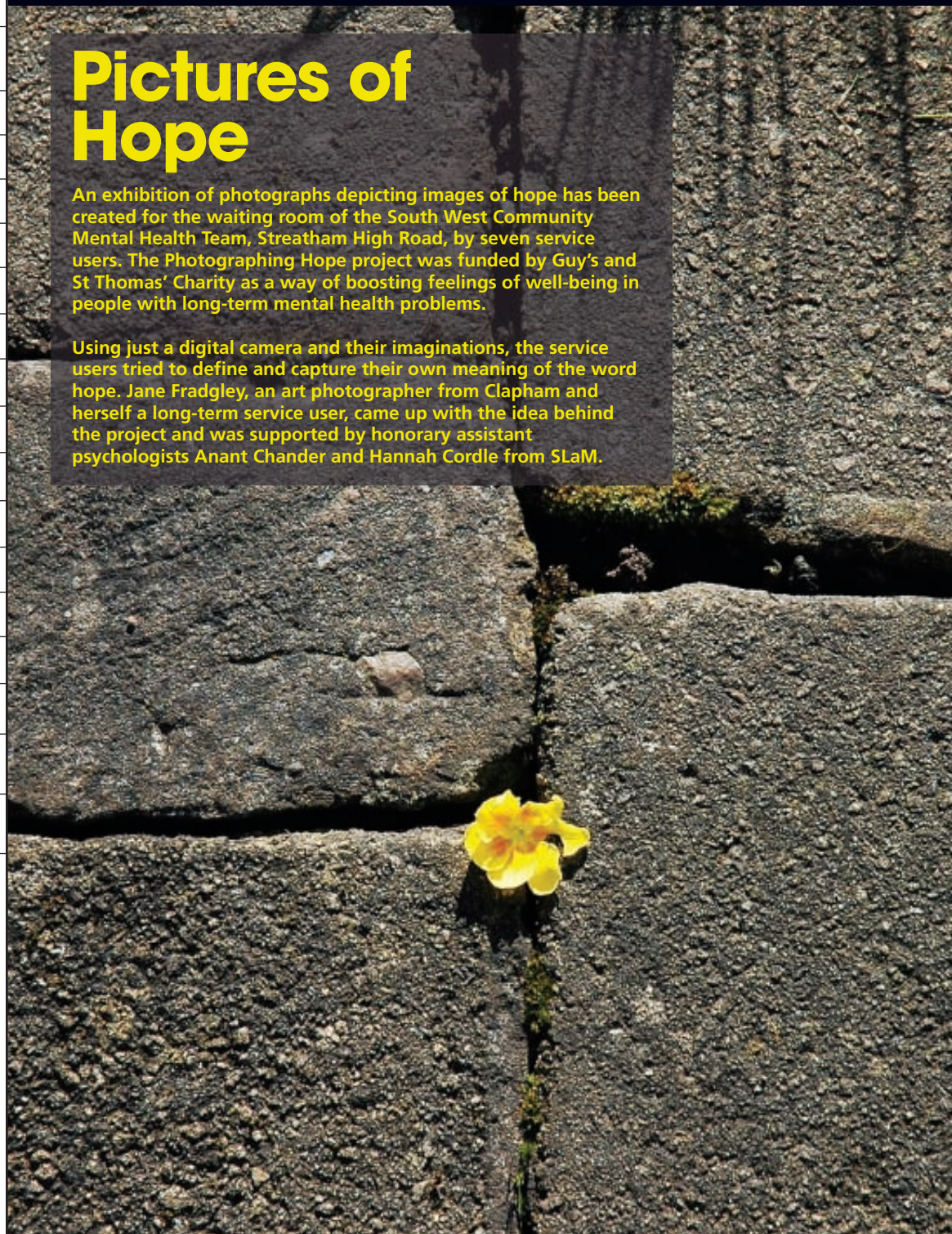
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● News in brief

Pictures of Hope

An exhibition of photographs depicting images of hope has been created for the waiting room of the South West Community Mental Health Team, Streatham High Road, by seven service users. The Photographing Hope project was funded by Guy's and St Thomas' Charity as a way of boosting feelings of well-being in people with long-term mental health problems.

Using just a digital camera and their imaginations, the service users tried to define and capture their own meaning of the word hope. Jane Fradgley, an art photographer from Clapham and herself a long-term service user, came up with the idea behind the project and was supported by honorary assistant psychologists Anant Chander and Hannah Cordle from SLaM.



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SLaM thanked for supporting troops in Afghanistan

Representatives from the Ministry of Defence visited the Maudsley Hospital in June to present a war painting to SLaM's chief executive Stuart Bell as a thank you for giving a member of staff leave to serve with British troops in Afghanistan.

The member of staff, Naren Mehta, is pharmacy purchasing and IT systems manager at the Maudsley Hospital and has been in the Territorial Army for 33 years (serving with 256 (City of London) Field Hospital Volunteers). He returned from a four month tour of duty in Afghanistan in January 2010.

Colonel Peter Gilbert TD RAMC (V), who presented the painting to Stuart Bell, was commanding the UK hospital squadron at Camp Bastion in Afghanistan while Naren served there.

Colonel Gilbert said "Naren coordinated ambulances and emergency response teams and he was a crucial part of the team. This

presentation is about saying thank you to SLaM as an employer for allowing Naren to deploy and thank you to his line managers for taking the reduction in staff and covering Naren's work while he was serving. The Territorial Army volunteers are absolutely crucial to us and ongoing support from Trusts like SLaM is desperately important to our work."

Naren said: "The operational tour in Afghanistan was very challenging but incredibly rewarding. I had the role of watchkeeper at Camp Bastion, Helmand Province. As a watchkeeper, I was the eyes and ears of the hospital complex and very much involved in communication and coordination with Fire Service, Air Control Tower and our Field Ambulance troops."

The painting is the work of Tom Kelly, a war artist from Liverpool, and is titled "Safe Return". It shows an emergency response helicopter and troops attending a wounded soldier.

Policeman on site

The Maudsley Hospital now has its own full-time Police Constable, David Kerridge-Smith. David began working at the hospital in July and is tasked with setting up the Safer Neighbourhood model for the site.

The hospital campus will become David's 'patch', and the patients, staff and visitors his local community. David plans to spend time with

this community establishing their policing priorities and working to address them.

David is featured in this edition's 'What am I doing here' so you can find out more about him on P31. You can also read a full interview with David on the News section of the Intranet.



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● News in brief



Hundreds of visitors attended, including local MP Bob Stewart. The tiny Archives and Museum building alone had 300 visitors viewing an exhibition of the cats of Louis Wain. Michael Phillips and staff organised talks in the Education Room on 'Bethlem Patients in the 1850s followed by historical site tours.

Bethlem 'Sunfayre'

The Bethlem Hospital Sunfayre lived up to its name this year - Saturday 10 July was a day of glorious sunshine without a cloud in the sky. And the event had something of interest for everyone.

Lots of stalls and more children's amusements than ever, including rides, slides, trampolines, face painting and a queue for the ice cream van that was never ending. The barbecue proved popular as ever and the

refreshment marquee was constantly busy as the Bromley Concert Band and 'Sound Minds' played live music throughout the afternoon. Teams of staff and local residents had great fun taking part in 'It's a Knockout' and the Shirley Locals proved invincible yet again. Meanwhile, the chapel was a haven of peace and tranquillity as the complementary therapists were kept busy giving free massages, reiki sessions and reflexology.

One visitor's experience was not uncommon: "I've lived locally for years, and drive past the site all the time, but I never realised it was such a fascinating place with so much history. There should be more days bringing the community in!".

A huge thank you to everyone involved and to SLaM Charitable Funds for providing the funding.



Made a difference

Congratulations to the last two quarterly winners of the Made a Difference awards - Jerome Carson (Winter) and Yvonne Quarry (Spring).

Made a Difference is the Trust's

award scheme that recognises and rewards the hard work and dedication of staff that have gone above and beyond their role. The scheme is also an opportunity for patients, relatives and colleagues to show their appreciation for the care, support or assistance provided by an individual.

Jerome, (pictured) who works in South West Lambeth was nominated for "The impact he has made over the last

three years, leading in promoting recovery."

Yvonne, who works on Eden Ward, Lambeth Hospital was nominated for always doing extra things for patients including helping them with benefits, going beyond her job description and really making a difference for both patients and staff."

You can nominate staff by completing a 'Made a difference' nomination form or contacting Pearl Pienaar 82442.

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Buddi and the BBC

There was national television, radio and online coverage of the Trust's innovative use of new tracker technology to help patients with a risk history go on leave safely. The BBC were invited in to the medium secure unit at River House to look at the Trust's innovative use of the 'Buddi' tracker devices.

Prof. Tom Fahy did five back-to-back interviews starting with the Today Programme and delivered a clear message that the technology was an extra support for existing rigorous clinical and risk assessment procedures.

"It gives us confidence, about the patient's whereabouts and that they're complying with their leave conditions. That enhances trust and allows us to progress leave and discharge arrangements more effectively," he told the BBC. He also reiterated that most people with mental health problems are

more likely to be victims than perpetrators of crime.

"We built a relationship with the BBC team over time and knew they would report fairly and be sensitive to our patients," said the Communications Department's Lorcan O'Neill. "So, we were able to reassure the public and to assert that leave is a necessary part of recovery and reintegration into the community – while offering insight into an under-reported area of healthcare."

The tracker uses three technologies to pinpoint a patient's location – satellite positioning, mobile phone and radio. It was developed with input from patients at River House, whose suggestions included introducing a vibration reminder for them half an hour before their leave is up. Since introduction the number of breaches of leave has halved.

New SLaM national service website aimed at mental health practitioners

Mental health professionals can now access information about SLaM's national services through a new website that includes a secure online referral system. The website, aimed at mental health professionals and commissioners, feature profiles of our experts and comprehensive information to help navigate SLaM's services. The website is also regularly updated with news and blog posts.

Each adult and child and adolescent mental health service (CAMHS) is profiled online, with information on individual care options, eligibility criteria, interventions and outcomes. The website also features a number of case studies profiling the experiences of former SLaM patients and carers. You can visit this new online resource at www.national.slam.nhs.uk



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● News in brief



New Memory Service for Lambeth and Southwark

Residents of Lambeth and Southwark will soon benefit from an improved service to detect and diagnose the symptoms of dementia early.

From December, people who approach their GP with concerns about dementia will be referred to the nine-strong Southwark and Lambeth Integrated Memory Service, to be based in Rotherhithe.

The new service will treat the increasing number of people

expected to suffer dementia because of an ageing population – a figure expected to double in the next 30 years - with 4,500 people currently affected in the two boroughs.

Dementia also costs local health and social services more than heart disease, stroke and cancer put together a figure expected to treble over the same period.

The service will focus on early intervention and diagnoses of dementia, which lets people take advantage of treatments that can help with the condition. This allows people to plan their care before the condition worsens - dramatically improving their

quality of life - largely by preventing institutionalisation. It is also a cost effective way to manage treatment of the disease.

The new service will link the existing specialist clinics at St Thomas's and Kings College Hospitals, community mental health services, health centres and care homes across both boroughs and will work closely with the Alzheimers Society to provide support to people diagnosed with dementia. The service has been funded by investment provided by Lambeth and Southwark Primary Care Trusts.

Coming soon to a desk near you...

All existing telephone handsets across the Trust will be replaced within the next two years as the system is updated with more functions including:

Caller display – telling you the number calling before you answer.

Hot desking – log in to your extension wherever you are in the Trust.

Conference calling – hold conference calls both internally and externally - reducing meeting and travel time.

Active directory – the phone system has its own built in telephone directory.

WHY CHANGE?

At the moment the Trust is using a number of different phone systems. Some of these are extremely old and costly to maintain. Having one new system will make maintenance easier and will save 90% on running costs.

WE NEED YOUR HELP

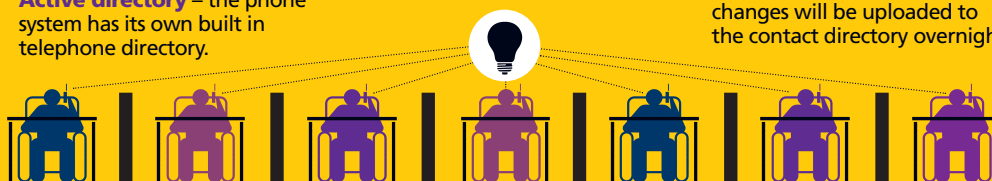
To make caller display and the contact directory work properly we need to get the Trust Outlook directory as up to date as possible. This is where we need your help. When you join the Trust an IT

account is created for you. The information held in the account is based on what is provided on your application form.

Over time your details may change. Some of those changes are picked up automatically but others aren't. We're asking people to check their contact details and update them if they are wrong. It's easy to do. On your computer go to:

Start > Search > People > People in your address book and type: your last name, your first name [i.e. smith, john] and press enter.

Double click on your name and update your information. The changes will be uploaded to the contact directory overnight.



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Caroline Penney,
Specialist
Trainer

Twenty four parents from Southwark received awards at the House of Lords in July as part of a successful 'parent-run' project to tackle Southwark's high rate of childhood mental illness.

The Empowering Parents and Empowering Communities (EPEC) project trains parents in basic psychology so they are then qualified to run eight-week-long 'Being a Parent' courses for other parents in their community.

The 'Being a Parent' courses are aimed at local parents with children experiencing mental health and behavioural problems – particularly parents who find specialist hospital services difficult to access. Parenting skills taught include acknowledging feelings and developing empathy towards your child, giving descriptive praise, non-directive play and understanding the needs behind your child's behaviour.

Twenty four parents have been trained

as 'peer facilitators' in the last twelve months and have already run 23 'Being a Parent' courses with 198 parents completing the course so far.

And the results – being evaluated by the Child and Adolescent Mental Health Service Research Unit, Institute of Psychiatry – show a significant reduction in child-behaviour problems reported by parents. Moreover, the improvement in behaviour compares favourably with trials involving professional therapists.

The two year pilot project is based around the fact that effective, early intervention in a child's mental health problems – particularly by parents – can lead to dramatic improvements in their condition. The parents also find the courses less stigmatising and more effective because they are run by local people in similar circumstances to themselves.

Southwark was chosen as it, like many inner city areas, has twice the national rate of severe childhood mental health problems. The project is run by SLaM's Centre for Parent and Child Support and is funded for two years by Guy's and St Thomas' Charity with a £225,000 grant and by the London Borough of Southwark.

The House of Lords event was arranged to showcase the results and benefits of extending the project nationally.

Caroline Penney, Specialist Trainer, Centre for Parent and Child Support, said: "The parenting skills we're passing on are having a real impact on the mental health of children in Southwark. By rolling this project out across the country we think we can significantly reduce the number of children suffering poor mental health."

Power to Southwark's parents

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● Cover feature

Bedlam at Shakespeare's Globe Theatre

The world premier of Nell Leyshon's play 'Bedlam' hits the stage on 5 September and will be the first work by a female playwright to be performed at the famous Globe Theatre. The fictional work is based on her interpretation of life at the Bethlem Hospital in the 18th-Century. Here's how the Globe Theatre describes the play:

"The city's ancient hospital for the insane is under the supervision of the prejudiced Dr Sidney Carew and his imbecile son, whose interests lie in containing rather than curing their patients. But with the arrival of the lovely

country girl, May, and the appointment of a more enlightened and sympathetic governor, this inhuman regime starts to crumble, along with the sanity of the asylum keepers themselves.

"Employing a cast that includes doctors (some mad), patients (some sane), a homicidal painter and a hypochondriac poet, and set against an anarchic backdrop of binge drinkers, gin sellers and ballad singers, Bedlam combines dance and song with scenes of lust, violence, absurd comedy and unexpected romance."

Leyshon, who won the 2005 Evening Standard's Most Promising Playwright Award, has been working closely with the Trust to get a glimpse of life both then and now. "Nell visited the pre-discharge forensic service at River House and met with patients and staff to develop the script" explains Tim McInerney, Consultant Forensic Psychiatrist at River House who has been working with Nell. The clinical team and patients have had the opportunity to work with the cast and director in developing an accurate portrayal of mental illness and clinical care through an afternoon workshop at River House.

"The production team want to ensure that the portrayal of people with mental health problems is truthful and reflective. Patients and staff were delighted to help and are looking forward to seeing the play in September."

Tim will also be giving a talk at the Globe on the 16th Sept along with the Playwright Nell Leyshon. The talk will be about the play and the involvement of the Bethlem Hospital.



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Tickets

Staff across King's Health Partners are able to book best priced tickets (normally £35) for the reduced price of £25. You can book tickets online at: www.shakespeares-globe.org using the promotion code **pcdbedlam25** or call **020 7401 9919** - quoting the same code. Play runs from 5th September to 1st October. For more information about the play visit the Globe Theatre site www.shakespearesglobe.org/theatre/annualtheatreseason/bedlam/

Bedlam at Shakespeare's Globe Theatre Competition

You can also win a pair of tickets for the show (between 27 Sept and 1 Oct) by answering the following question: **What year was the original Bethlem Hospital founded?** Send your answer along with a contact number and Bedlam Comp by email to communications@slam.nhs.uk by 21 September.

People who have entered the competition on SLaM's Intranet site will only have this entry considered.

Exhibition

Until 1 October the Globe Theatre will also be hosting the exhibition 'Portraits: Patients and Psychiatrists' by Gemma Anderson, co-organised by Tim McInerny. The exhibition was recently on display at Bethlem Royal Hospital's Art Gallery before moving to the Freud Museum. The exhibition also featured on Radio 4's All in the Mind (you can listen to it here: www.bbc.co.uk/iplayer/console/b00sp1rz).

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● Reviews

Bringing SLaM to Book



Occasionally we feature a book written by a SLaM staff member on the back cover, but so many have rolled off the press in the last few months that we have given them a higher profile. All of the books featured are useful guides for people working in mental health and beyond.



Finding your way through the Mental Health Act Maze

Following major revisions in 2007 to the Mental Health Act 1983 (MHA), staff working in mental health have had little in the way of practical, user friendly guidance to steer them through this complex area - until now.

SLaM has completely revised 'The Maze – A Practical Guide to the Mental Health Act 1983 (amended by MHA 2007)'. The popular guide was originally published by SLaM in 1987, with three subsequent reprints, but has not been printed again since 1999 when the Government announced plans to revise the MHA.

The book follows the approach of its predecessors and distils complex terminology into a practical, easy to use format. Copies can be ordered via slamlearningsolutions@slam.nhs.uk for £14.95 each.



New National Services Directory

The National Services Directory is a comprehensive hard copy guide of all SLaM mental health services which are available to adults across the United Kingdom in 2010-11.

The directory includes information about the treatments provided, who is eligible for them and the expected outcomes. All national individual care options are listed, as are the costs.

To request a copy of the directory, contact the SLaM Clinical Marketing Department on **020 3228 8591** or email marketing@slam.nhs.uk

You can also contact the Marketing Department for a hard-copy directory for all Child and Adolescent Mental Health Services (CAMHS), along with booklets for individual services.

Books by SLaM's addictions team



what's Your reason: a practical guide to recovery is a practical, step-by-step workbook designed to help those recovering from alcohol or drug addiction.

It has been written by Consultant Clinical Psychologist Dr Rob Hill and staff in SLaM's psychology inpatient addiction team and aims to help those recovering from an addiction to live the life they want - the essence of recovery.

The book would also be a useful tool for anyone working in addictions either as the basis for key-working sessions or as a supplement to one-to-one therapy sessions.

Copies cost £5 and can be obtained from communications@slam.nhs.uk



Applied Cognitive and Behavioural Approaches to the Treatment of Addiction

is a practical guide to the psychological treatment of all substance abuse and focuses on Cognitive Behavioural Therapy (CBT) interventions, which have

the strongest evidence base for effectiveness in treating addictive disorders.

Above all, the book reveals how CBT is invaluable in enabling clients not just to stop drug and alcohol use, but to make the necessary changes vital to sustain their recovery.

Aimed at specialist nurses, drug counsellors and IAPT teams, the book can be bought on Amazon for around £20.

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How much do you know about Adult ADHD?

When you hear the acronym ADHD, images spring to mind of hyperactive children and exhausted parents trying to control them. You rarely think of an adult suffering from ADHD and the challenges they face are not common knowledge.

The fact is that ADHD or, to use its full name, Attention Deficit Hyperactivity Disorder, affects around eight per cent of the UK adult population. Because it is only in recent years that the condition has become recognised in adults there has been little help available to people over 17 who are struggling to control their symptoms.

Because of this SLaM staff in Croydon set up the UK's first Adult ADHD community service. The pioneering Croydon ADHD service, which started seeing patients in April 2009, is the first service of its kind in the UK because it provides help

in a community setting rather than from a hospital.

ADHD is a behavioural condition. Symptoms include concentration problems, hyperactivity and being impulsive. It develops in childhood and is often mistaken as only affecting children. However, research suggests that 80% of children diagnosed with ADHD continue to experience symptoms during adolescence and 67% into adulthood.

The new service is for people aged between 17 and 65 who are living in Croydon and offers mentoring, help with employment or training, advice about physical health, family and relationship counselling or just simply someone to talk to about the challenges they are facing with ADHD.

The results have so far been fantastic; 75% of service users have reported an improvement in the severity of their

symptoms since coming into contact with the service and 40% have either stopped or reduced medication but still have improved symptoms.

One 18 year old from Croydon who uses the service said:
"I was diagnosed with ADHD nine years ago and was referred here from the children's service when I was 17. I come to talk to my helper (Mavis) about any problems I'm having with my ADHD. Mavis gives me ideas to help me concentrate; sometimes I wear headphones and listen to music while I'm trying to do a job at home because it helps me focus. I find that my concentration is improving gradually and I hope to stop taking the medication eventually."

Angela Moore, Clinical Team Leader for Croydon Adult ADHD Team said:
"Before this service was set up there was a huge need for help for adults with ADHD in Croydon. It's fantastic that we were able to work with Croydon PCT and CAMHS to set up this service.

"Often people don't know themselves that they have ADHD because there is a lack of understanding about the condition. It's very brave for people with ADHD to continue studying as it's a huge challenge to overcome problems with concentration. Adults with ADHD may also have problems with relationships, finding employment or keeping a job."

This year ADHD Week runs from 19 to 26 September and aims to raise awareness of the condition. If you think you have the symptoms, ask your GP for an assessment.

Read more about Angela in We Love This City (P30).



Shorayi Nyamupanda
(Clinical Coordinator)

Angela Moore
(Clinical Team Leader)

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● Events

Valuing nurses: The 2010 SLaM Nursing Awards ★

Nurses are vital to the NHS yet they often don't get the recognition they deserve. Their jobs are almost too essential for them to stop and take note and reward the excellent work being carried out across the country. However on April 22 SLaM's nursing directorate took time out to celebrate the tremendous achievements of the nurses working at our Trust.

Over 120 people attended an event at Glaziers Hall where SLaM's chief executive Stuart Bell and chair Madeliene Long presented nurses with awards for excellence.

Hilary McCallion, director of nursing and Education, opened the event and spoke, with obvious pride, about the work of nurses at SLaM. "It's an absolute joy and pleasure to see you all here and it shows nursing is alive and well at SLaM. There have been huge improvements on the wards in the last few years and we are constantly looking for ways to continue to improve our patient care."

Nurses make up nearly half of SLaM's workforce and their front line work shapes the experience of our service users. It is a sign of the how our nurses are valued that the event was attended by several members of the Trust Executive, Board of Directors, Non Executive Directors, Service Directors and the Members' Council. Extra seats had to be summoned in order to accommodate all the attendees who had come to celebrate the occasion with colleagues. There was a jubilant atmosphere and the nurses were clearly proud and pleased for each other.

Several awards were presented including the Director of Nursing's Award chosen by Hilary and awarded to Diane Russell from Bethlem Adolescent Unit. Hilary described Diane as "an individual I've been so impressed with every time we have had

contact she's been supportive, professional and epitomises everything that nursing stands for."

There was also a poignant presentation made in memory of Lizzie Yanful, the ward manager at AL2 who died in October 2009 after a short illness. Sarah Burleigh gave a presentation about Lizzie and showed huge respect and feeling for a colleague who was described as 'special' and 'a natural nurse'. She said she had a 'tangible warmth and capacity for care', she 'touched everyone who knew her'. The award was created to celebrate her life and work. Lizzie's daughter came to present the award which went to Marilyn Lambert, team leader of Chelsham House for her commitment and dedication to the care of older adults over many years.



Top right:
Diane Russell,
winner of
Director of
Nursing
Award

**Bottom
right:** Hilary
McCallion,
Director of
Nursing

Bottom left:
Edward
Burrowes
receiving
award for
North
Croydon
CMHT

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- ★ Nurses are the biggest staff group in the Trust.
- ★ They provide care 24 hours a day, 7 days a week.
- ★ Along with nursing support staff, nurses have more contact with patients than any other professional group.
- ★ Often, when people using SLaM's services describe 'excellent care', they are talking about the way nurses have spoken and behaved with them

Nursing Award List 2010

- 1 Accreditation of Inpatient Mental Health Services**

Accreditation with excellence:	John Dickson Ward Clare Ward Gresham 2 Ward
Accreditation:	Luther King Ward ES2 Ward Ruskin Ward Leo Ward Llyod Still Ward
- 2 Innovation Award: Certificates**

	1. Snowsfield Ward	
	2. Ruskin Ward	Yasmeen Beebejaun
	3. ES2 Ward	
- 3 Peat Oscars**

1. Award	Acorn Lodge	Mandy Sarhane (Team Manager)
2. Certificate	Chelsham House	Marilyn Lambert (Team Manager)
3. Certificate	Inglemere	Karen Da Silva (Team Manager)
- 4 Going the Extra Mile Inpatient Award**

1. Winner:	Thames Ward	Alma Trozado (Team Manager)
2. Highly Commended:	McKenzie Ward	Susan Vickery (Team Manager)
3. Commended:	AL1 Ward	Geoff Ward (Team Manager)
- 5 Going the Extra Mile Community Award**

1. Winner:	North Croydon CMHT	Patricia Clarke (Team Manager)
2. Highly Commended:	South East Lambeth MHOA CMHT	Browyn Dewing (Team Manager)
3. Commended:	Lambeth CAMHS	Jane Padmore (Team Manager)
- 6 Inpatient Team of the Year**

1. Winner:	AL1 Ward	Geoff Ward (Team Manager)
2. Highly Commended:	Bethlem Adolescent Unit	Dianne Russell (Team Manager)
3. Commended:	Tyson West 2 (Eating Disorders) Ward	Vimbai Egaru (Team Manager)
- 7 Community Team of the Year**

1. Winner:	Croydon Forensic Team	Ian Tero (Team Manager)
2. Highly Commended:	Enhanced Recovery Team Lewisham	Dhiren Bohorun (Team Manager)
3. Commended:	North Crest Southwark CMHT	Wendy Dewhurst (Team Manager)
- 8 Lizzie Yanful Award:**

Marilyn Lambert, Chelsham House
- 9 Director of Nursing Award**

Dianne Russell, Bethlem Adolescent Unit

Hilary McCallion also mentioned that we have 'thirteen 5 Star hotels' in the Trust – referring to the results of the Patient Environment Action Team (PEAT) inspections – where thirteen wards scored top marks.

1. Acorn Lodge	6. Spring Ward	9. Foxley Lane
2. Bill Yule Unit	7. Tyson East 1 Ward / Bethlem Adolescent Unit	10. Heather Close
3. Brook Ward		11. Inglemere
4. Chaffinch Ward		12. Selhurst Road
5. Chelsham House	8. Ann Moss	13. Woodlands

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● Feature

The Maudsley Hosp

We all need to keep one eye on the future and SLaM is working on plans to develop the Maudsley Hospital campus in to a state-of-the-art hospital. The plans are only at the concept stage, but two developments - a new Learning Centre and Windsor Walk - are underway and form two pieces in the blue print to develop the entire site.

The Maudsley Hospital Master Plan

As the public's expectation of healthcare facilities has evolved over the years, the Maudsley Hospital's haphazard arrangement of buildings has been left behind. But, as reported in SLaM News (April 2009) plans are on the drawing board to create a new Maudsley Hospital – a hospital that better reflects its reputation and the improvement in society's attitudes toward mental health.

When the original hospital opened, the two ward buildings – now the main entrance to the Hospital -

The first piece in the plan: a new Learning Centre

SLaM Charitable Funds – the registered charity that manages SLaM's historical legacy and financial donations (see box) – has just been given the go ahead to invest in a new Learning Centre to replace the existing Southwark Training Centre.

Kumar Jacob, Chair, SLaM Charitable Funds Committee, said: "As I'm sure many of us know, the existing building on the site, Southwark Training Centre, was poorly designed. It was built in the 1970s and there is not enough light or open, flexible space. The building is just not suitable for today's multi-media learning and teaching methods."

So Charitable Funds has been talking to the Trust's clinical services over the last 18 months to get a view on the kind of training facility they need. And the concept design and model (pictured) are the results so far.

The message from clinical services was that any new building had to be appealing and encourage learning – qualities which should ultimately lead to better patient care. The new centre will therefore be an intelligently designed, high-quality facility that will act as a hub for teaching and learning within SLaM and the Institute of Psychiatry.

The centre will also help SLaM achieve a key objective of King's Health Partners - to transfer knowledge from academic research into clinical practice more quickly. Staff from all partner

organisations will therefore be able to use the centre. And it will also be open and accessible to the public - helping to develop our ties to the local community and raise awareness of the work we do.

"We're currently busy asking the local community what they think of our plans. We'll give all staff the chance to have their say once the design has been worked up a bit more": continued Kumar.

More information about the consultation and how you can have your say will be available on the SLaM website shortly. SLaM Charitable Funds hope to submit a planning application to Southwark Council later this year.

SLaM Charitable Funds is a registered charity and manages financial donations to SLaM. It invests in projects and offers grants to people or groups who have designed a project around mental health. The project should benefit service users, staff members or improve service provision. It could also be a research project capable of leading to innovative mental health services.

Although the two organisations work closely together to promote mental health, SLaM Charitable Funds is organised and run separately from SLaM NHS Foundation Trust (the Trust is the corporate trustee of Charitable Funds). Read more at www.maudsleycharity.org.uk



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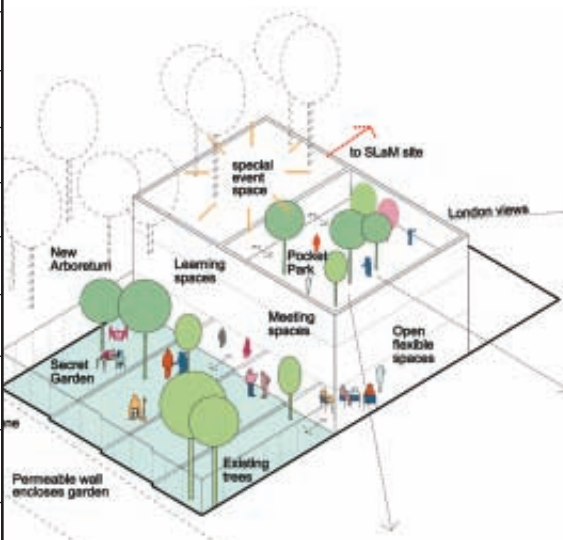
ital of the Future

looked onto a large south facing private garden for patients. An increasing demand for the Hospital's services saw new buildings spring up across the site until the last new buildings were built in the 1990s. This left the site much as it is today, but the development was sporadic and never coherently planned.

As many of the existing buildings edge toward the end of their useful life, the hospital continues to face increasing demands for

treatment space. This makes it essential to make long-term redevelopment plans for the site.

The plans are at an early stage and at present only contain a 'vision' for the layout of the site - including a tree lined avenue from the Denmark Hill end through to Grove Lane. However, two major developments are underway and have been factored in to the overall plan. A new Learning Centre and refurbished Windsor Walk look set to change the local landscape in the near future.



Model of Learning Centre

Windsor Walk

Planning applications to refurbish the derelict buildings on Windsor Walk, the road running beside Denmark Hill station, have been submitted to Southwark Council.

Two of the properties between 6 to 11 Windsor Walk will be sold to raise revenue and the remaining four will be leased to the Ronald McDonald charity. The independent charity provides free 'homes away from home' near hospitals for families whose children are undergoing long-term treatment. The accommodation lets families stay close to their child and maintain a degree of normal family life. The properties will be used for parents whose children are being treated at King's College Hospital. If all goes to plan the refurbishment should be complete by the end of 2011.

The other unused properties on 16 to 20 have been sold to the Fetal Medicine Foundation - a charity working to improve the health of pregnant women and their babies through research and training. The charity will work closely with Kings College Hospital to provide gynaecological services on behalf of the NHS.

Ever been caught in a queue to get through the door or up the stairs at Denmark Hill Station? Read about plans to develop the station in the next edition of SLaM News.

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● Feature

Recovery Film

Michelle McNary - film maker with experience of using mental health services tells her story

SLaM's new website is playing host to a remarkable new film by Michelle McNary. The 16 minute film explores the concept of recovery and what it means through the personal experiences of four people who have been diagnosed with schizophrenia. Here is Michelle's story.....

"In 2000 I experienced a psychotic episode and was sectioned and hospitalised for six months. The doctors tried a number of anti-psychotic medications, but they did not alleviate the symptoms. My condition did improve following six ECT treatments and I was able to engage in conversation without being distracted by my symptoms. My consultant then suggested we try a drug called Clozapine, which was so effective I was discharged from hospital two weeks later.

"I was then assigned a social worker and was given a care plan to help me on my journey of recovery. He encouraged me to find ways of keeping myself occupied and engage in meaningful activities.

"I had completed an HND in film making in 1997, but due to my declining health I could not find work in the industry. I still had a burning desire to make films and, despite having schizophrenia, I enrolled in a MA course in filmmaking in 2003 - less than two years after leaving hospital. The high

levels of medication I was taking made the course a challenge, but I remained focussed and successfully completed the course.

"I had begun Cognitive Behavioural Therapy (CBT), which I found particularly useful in my recovery as it gave me alternative ways of looking at a situation and promoting a positive attitude to life. I knew I needed to have more interaction with people because having a mental illness can be isolating, so I began working for SLaM on an ad hoc basis. This helped me to regain my social skills, confidence and self-esteem.

"Then a meeting with my psychologist Jerome Carson, changed the direction of my life. Jerome suggested I make a documentary about how people recover from mental illness. I was aware that gaining finance may be a problem, but I managed to get funding from SLaM Charitable Funds, thanks to help from staff within the Trust.

"My film "Recovery" is a powerful study of living with mental illness focusing on the concept of recovery. I wanted the film to be insightful and original, so I approached the interviews with an open mind and let the service users tell their own stories. Their experiences touch you and they come across as recovery heroes rather than victims of mental illness, which could easily have been the case.

"This is my first documentary and I hope to successfully promote the often unique way individuals approach their recovery. Above all, I want my film to give people hope."



Dolly, James and Ben, who all feature in the film

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● Events



Do you care?

Nearly 17,000 people are registered as caring for someone with mental illness in Croydon, Lambeth, Lewisham and Southwark. And over 100 of them, along with staff and volunteers, attended SLaM's Family and Carers' Listening Day at Prospero House, London Bridge in June.

The event was an opportunity for carers to say what they thought about SLaM's services and the feedback is being used to help shape the design of new or improved support services for carers. Feedback will also be communicated to frontline staff.

Prof. Hilary McCallion, Executive Director of Nursing and Education, said: "It's no good just providing a range of services and then turning our back on carers - thinking that's it, our job is done. Good services change constantly in response to feedback from people who use them. That's what our Carers Listening Day is all about - getting feedback so we can improve the way we help and support carers."

Concerns raised by carers include:

- 1 That it can be difficult for carers when they first encounter mental health wards or services - if possible staff could show more empathy.
- 2 More must be done to tell carers about the range of help and support available to them, both within and outside of SLaM.
- 3 Carers did not like being passed from person to person and would prefer one staff member to deal with their issue if possible.
- 4 Staff should listen to the common sense of carers and involve them in the care more - as it is likely that they know the person being cared for better than anyone.
- 5 Staff should help and show carers how to complain if they want to - as complaining could ultimately lead to improvements in service.

Carers at last year's event – the first ever – said they wanted a Carers' Handbook to help them find the help and support they need. The new 44 page book was launched at this year's event and explains how staff will help carers, includes a mental health jargon buster and a directory of support services available in Croydon, Lambeth, Lewisham and Southwark.

The handbook is now available on the carers' section of SLaM's new website or by calling 020 3228 2597



Facts and figures about carers

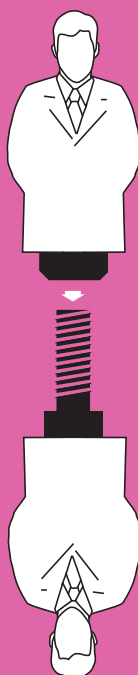
- Carers provide regular, unpaid support to people with mental health problems and can be a family member, partner or close friend.
- Three in five people will care for someone at some stage in their working life
- 58% of carers are women, 42% are men
- Six million carers in UK'
- 2.3 million people become carers every year
- Nationally, the care they provide saves the economy the equivalent of a second National Health Service - £87 billion a year

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● CAG

Better integration between the research and clinical elements of healthcare is a key aim of King's Health Partners and Clinical Academic Groups (CAGS). While better integration is easy to say, it can be hard to see how it can be done in practice. The real life example below is just one way it might be achieved...

A New Way of Integrating Clinical Practice and Research



Traditionally, when research is implemented in a clinical environment there tend to be two separate teams: the clinicians and the researchers. Each team works separately without bothering each other. The problem with this way of working is that researchers come to clinical services to access clients, but need the help of clinicians - the experts at this task. And clinicians would like to be involved in the latest research, but rarely get the opportunity.

But, as part of the first CAG secondment experience, these boundaries have become blurred. Within the new Addictions CAG some clinicians became part-time research assistants. And this, in turn, has seen some of the latest research become part of the normal clinical service routine – a key aim of Academic Health Science Centres.

The idea started following a trail in 2009 when only a third of the required sample enrolled in a study. The study looked at the benefits of giving family members of opiate users training on how to respond to an overdose.

Instead of following normal practice and employing a new research assistant to boost numbers, the Addictions CAG created three part-time clinical research secondments from within the addictions clinical teams. The idea being that the clinicians' knowledge of and proximity to 'clients' could help boost recruitment to the trial.

By January this year three part-time secondments were in post with each working on the trial one day a week over four months - mainly on the

recruitment of participants and delivering the overdose training sessions.

The seconded clinicians recruited participants through their own and colleagues' case loads, by approaching potential participants in waiting rooms, placing posters and flyers in key areas and by reminding their teams about the research they were participating in. And, after four months, the idea worked and the total sample size for the trial was recruited.

However this new, integrated way of working did not just boost numbers. It was also a rare opportunity for clinicians to be involved in research and it equipped them with useful new skills that could be put to good use on the patients they see day to day. The change in work patterns was also seen as 'motivating', as was the opportunity to engage in a new area of work.

And the service itself benefited. Not only did service users and carers receive the latest 'contingency' training should someone suffer an overdose, but the project was noted as being forward thinking and was perceived as adding value to the addictions service as a whole.

Overall the experience was an excellent opportunity for clinicians and researchers to maximise each other's skills. The experience shows how a 'coalition' between clinicians and researchers is possible and, in the words of Anna Williams, project coordinator, "It's now difficult to think of clinical research done in any other way."

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● Letters

Some Positive Feedback

A letter the SLaM News team read recently moved us so much that we thought it would be good to publish some of the positive feedback that has been sent to our teams or staff members. Feedback like this is important, but all too often the good news never leaves the team or unit it was sent to. Well now is your chance to change this. If you have, or are aware of, any positive feedback sent to a team or staff member why not send it to us at communications@slam.nhs.uk. The comments could be from patients, carers or perhaps someone who was trained or mentored by the team.

Extract from comment from Andrew - former patient - to staff at the Affective Disorders Unit, Royal Bethlem Hospital

"I started to see that you have a desire to do the best you can. In my experience this is rare. Many people I have encountered have no desire to do a bad job, but they are not that interested in doing the best job either. You are different. It seems that you are investing a little of yourself in each patient and there is continued thought and effort to help them improve. To find this attitude amongst so many, is extraordinary. But I find that here, you have a culture of it..... I see evidence continuously of you working together for the good of everyone, patients and staff. This attitude has both enabled me to improve and inspired me to try harder."

Email from SLaM Chief Executive, Stuart Bell, to staff at Affective Disorders Unit

I think this is a fantastic thing to have said about you, and I would really like to be able to use it more widely as an inspiration to the Trust as a whole - this is the sort of culture we absolutely should aspire to and it is very gratifying to have it, and its value to healing, recognised.

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'Nabat' Somaliland

The orange desert shimmering below Mary-Jo Doyle's small aircraft could not be further from her Maudsley base. But the mission to improve mental health care, deliver clinical training and overcome stigma was the same.

Somaliland is a self-declared republic, still awaiting international recognition. Now relatively stable it has a backdrop of decades of civil war, poverty and patchy infrastructure. It's also a place where people have shown great resilience and the basic greeting 'nabat' means 'peace'.

Landing in the capital Hargeisa, Mary-Jo, a clinical nurse specialist with SLaM's Behavioural Genetics clinic was there to deliver mental health training to the country's first cadre of degree level general nurses. The country has 3.5 million people and no psychiatrists. The main inpatient unit at the back of the city's acute hospital has anything from 70 to 100 people and few trained staff, although well-led by an extraordinary charge nurse called Maryam. Community services are almost non-existent.

Facing 16 final year nursing students, Mary-Jo's first challenge was to be understood

– their English was excellent but American. They quickly moved on to discuss mental health challenges on the ground – the aftermath of war; widespread social and problem use of the stimulant drug Khat; and the effects of polygamy on women's mental health. There were interesting cultural differences too – e.g. self-harm in Somaliland tends to be burning rather than cutting.

Students learned about assessment, hearing voices, practical care planning; and were taken on their first visit to the psychiatric ward, to meet patients and overcome their fear of the unknown. Later, gaining confidence, they would mix with more unwell people.

"You have shown us something that was hidden," one told Mary-Jo, promising to return after graduation. All showed a marked increase in



Mary-Jo teaching students

understanding of mental health and a new appreciation of the need to get past stigma.

Education and training is a two-way street and Mary-Jo found that she too came away with something. "Just being with people, holding their hand, offering students advice in how to deal with practical problems like getting a patient to eat, really reminded me why I went into nursing in the first place. It's about caring for people, not abstract theory and targets and that's something I took back with me."

Mary-Jo's visit in May was through King's THET Somaliland Partnership – a collaboration between our King's Health Partners academic health sciences centre and the Tropical Health in Education Trust. Many colleagues across here and at partner organisations contribute to this work. You can find out more on the web at:

www.kingshealthpartners.org/khp/multimedia/audio-video/ For a guide to delivering mental health in low income countries, Mary-Jo recommends Where There is No Psychiatrist: A Mental Health Care Manual by Vikram Patel.

Somaliland – Facts

- Population: 3.5 million
- Languages: Somali, Arabic and English
- Religion: Islam
- Average life expectancy: male – 50 female – 55
- More than 73% live in poverty
- More than 78% have no access to healthcare
- Just 61 doctors and 222 nurses in whole country, (1 doctor per 20,278 and 1 nurse per 5600)
- Thousands suffering post-traumatic stress syndrome from civil war

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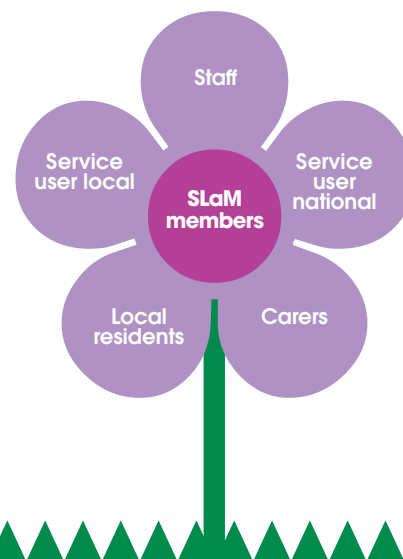
● **Members' Council News**

Who are SLaM Members?

As an NHS Foundation Trust we are a membership organisation. This means that service users, carers, staff and anyone with an interest in our mental health services can have a say in how the Trust is run.

Members are divided into different categories and include staff, carers, service users in both local and national regions, and local residents.

If you are a service user, carer or member of the public you can show your support for mental health services by signing up. You can complete the simple form on our website: www.members.slam.nhs.uk



In focus - Make Me Smile campaign

Now in its second year the Make Me Smile campaign has proved popular with individuals and organisations seeking funding to benefit service users.

“The campaign idea is simple, we want to give you money” explains Paul Mitchell, Trust Secretary. “Bids are invited for anything up to £750, the only conditions are that the bids are relevant to, and benefit, at least two service users and aren’t for anything illegal.”

In 2009 the Trust themed bids around a number of categories including complementary therapies, peer support and activities away from clinical settings. Over 75 bids were received, 45 were awarded funding.

The campaign has got some bold aims; the key messages are around spreading awareness and reducing the stigma as well as raising the profile of Trust Membership and involving the Members’ Council in practical initiatives to improve the well-being of the communities served by the Trust. “We take membership seriously, we want our members to realise that there are some

great benefits to being a member and this is just one of them”.

In June the Members’ Council held a feedback and presentation session for funding applicants. It was a chance to hear some stories from people who had benefited from the project as well as an opportunity for bidders to talk about the application process, what worked well and what didn’t.

Jenny Scorer was one of the successful bidders for funding. Jenny heard about the Make Me Smile scheme through Mind in Croydon and bid for funding. “I was absolutely delighted to win my bid with my compatriots for Day Skipper Sailing Theory and Practical courses, in which we get certificates after passing our exams.” said Jenny “The course will further my experience in sailing. It has been in my blood since first sailing to Cowes on the Isle of Wight when I was 11 years old.

“I have been a manic depressive, now called bi-polar affective disorder, since I was 19 years old. I was eventually diagnosed with the condition in 1994 at the age of 33. After being admitted to Bethlem Royal Hospital for seven



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● Members' Council News



weeks, I was invited to join the Fairfield Club, run by Mind in Croydon and have been going there for the last five years. Within one month of joining in 2005 I went sailing with the London Sailing Project (now known as the Rona Trust) which is a charitable organisation. A lot of people sail through Mind in Croydon.

"The yachts are about 65 – 75 feet long and berth between 16 and 20. I am sure you can appreciate that yachts of this size demand discipline, knowledge and good team work to sail them.

"It's an incredibly satisfying and thrilling thing to do. It is also educational and good for my mental well-being. We come back feeling confident and good about ourselves and feeling that we have achieved so much.

"I achieved my Competence Crew Certificate two years ago and this Royal Yachting Association Day Skipper Theory course is far harder, but very interesting and educational. Sometime during the autumn months will be the Day Skipper Practical course which includes doing night sailing

and I am very much looking forward to this.

"Chris, who is often our Skipper when sailing is tutoring us for free and we just pay his travel expenses and course materials, as he is giving his time free of charge. If we were to pay commercially it would more likely be upwards of £300 for each course per person. There is enough funding left to pay for the practical course.

"Sailing gives us very good memories that even sustain people whilst in hospital knowing they can sail again with Rona. It also makes us feel good about other aspects of our life.

"For instance, one person has never studied before and is succeeding very well. Even knock backs are easier to deal with because of the good experiences in sailing.

"We go sailing every year as it is important to have something to really look forward and back upon. These feelings really do sustain us.

"Being able to do these courses is all thanks to the Make Me Smile campaign, otherwise this opportunity would never have arisen."

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Green Shoots

Green Shoots is a Make Me Smile sponsored campaign which launches this autumn. Gabriel Ibarra is the photographer and artist behind the campaign which aims to produce a calendar of nature scenes from around the Trust and beyond.

The project will include a night time photo safari in the grounds of Bethlem Royal Hospital and events being held until summer 2011. Green Shoots focuses nature's inspiration, with subjects

including, sunsets, landscapes, plant life – or anything in the spirit of nature that brings moments of joy.

Anyone can take part and submit photos. The event is being coordinated through Helen Shearn, Southwark Arts Development Manager, for more information call 83263 or email helen.shearn@slam.nhs.uk. Look out for more information in the next edition of SLaM News.



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● Staff stuff

No quality without an action

What is it?

A document which describes our legal responsibilities, commitment and plans to tackle inequality, eliminate discrimination and harassment and promote equal opportunities for everyone who uses our services, their families or who works within the Trust. The document's formal title is 'single equality and human rights scheme and action plan 2010 – 2013', and it brings together the previous individual plans we had in place for race, disability and gender.

What's in it?

The document sets out what we are required to do by law including the Race Relations (Amendment) Act 2000, Disability Discrimination Act 2005, Equality Act 2006. It highlights the information we collect on issues such as the ethnicity of our workforce, and describes the infrastructure we have in place to support equalities work. It also includes an action plan which describes what we plan to do over the next three years.

What are the objectives?

The seven objectives, and examples of what they mean in

1 Leadership and corporate commitment - SLaM is committed to promoting equality and human rights and eliminating discrimination.

This includes a commitment to routinely conduct equality impact assessments, something we are required to do by law. And it is about ensuring that when we change services or introduce a new policy, we consider the impact in relation to gender, sexual orientation, disability, age, race and religion / belief.

2 Collaboration and partnership - SLaM maintains mechanisms for continued engagement and involvement both internally and externally.

This includes plans to run events to involve other organisations we work with, voluntary groups, patients and their families, as well as the wider public in our work on equality.

5 Delivering high quality services - using a range of process to improve practice and knowledge of staff both in relation to service users and the wider community.

We will help people with mental health problems get access to employment, education, training or voluntary work.

6 Data - improving the quality and use of information for all six equality areas to identify where inequalities exist and to seek continuous improvement.

We are going to conduct a full staff census so that we have a comprehensive and up to date profile of the workforce according to gender, sexual orientation, disability, age, race and religion / belief so we can make sure we address the needs of all staff.

How do I find out more? The full document is published on SLaM's website - 'how we work' / 'equality'. You can also contact Kay Harwood, Head of Planning and Equality on 020 3228 1665 or at kay.harwood@slam.nhs.uk

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equality - plan for change

practice, are...

3 Continuous improvement and innovation - SLaM works to ensure equality and diversity underpins service delivery, planning, policy innovation and commissioning.

One objective we have set in this area is to the level of bullying and harassment reported in our annual staff survey. In the most recent survey, 30% of staff reported that they had experienced this from patients or relatives and 21% had from colleagues.

4 Accessibility and choice - SLaM works to enable everyone to access services equally and to offer choice in access to services and treatment equitably.

We'll make sure that patients and their families have access to good quality information in a range of formats.

7 Challenging perceptions – overtly tackling discrimination and prejudice at service and Trust level and the wider external environment.

One of the things we will do is to develop a clear statement, which will be included in recruitment information, which sets out what we expect from staff in terms of their behaviour.



The Freedom of Information Act - we're all responsible

Are you aware of the Freedom of Information Act (FOIA) and how it affects you and all the information you hold? Would you know what to do if you received a request for information under the FOIA? Are you aware of the penalties for the Trust and for individuals if found to be non-compliant? Complete this module for a full overview of the Freedom of Information Act 2000.

You can access the Freedom of Information e-learning programme at the following link, alongside other Information Governance training modules:

<http://slam.nhslearn.com/>

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● Q&A



We love this city

Name: Angela Moore
Job title: Clinical Team Leader for Croydon Adult ADHD Team

What's your favourite neighbourhood?
Bromley.

Most memorable night out?
Yet to come.

Your personal London landmark?
Big Ben

Your favourite building/landmark?
The British Museum.

How would you spend your ideal day off in London?
Greenwich Market
Horniman Museum
Shopping in Regent Street
Lunch with friends in Soho
Boat ride on the Thames
Cutty Sark

Your favourite fictional Londoners?
Delboy Trotter from Only Fools and Horses.

Most hated building?
The Elephant and Castle shopping centre- the elephant to be specific.

Where would you take a visitor to London?
London Aquarium
Fashion and Textiles Museum
St Paul's Cathedral
Changing of the guards
Kew Gardens
Madame Tussauds
Borough Market

Favourite London film, book or documentary?
London transport documentary, aired by London Transport Museum.

Best view in London?
View from the London Eye.

Favourite open space?
Hyde Park.

Most interesting shop?
Zara.

Favourite pub, bar or restaurant?
Mezzo in Soho.

The worst journey you've had to make in London?
Being stuck on a London Bridge to Sevenoaks train for up to three hours.

Which time period in London, past or future, would you like to go to?
1990s

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What am I doing here?

Name: PC David Kerridge-Smith

Interview by Bethan Davies



What does your job involve?

Bringing the Safer Neighbourhood scheme to the hospital. This involves creating a community between the patients, staff and myself. I want to act as a sign of safety and comfort for everyone, taking into account the priorities deemed important by those in the community and doing the best I can to help all.

Where did you work before SLaM?

For 23 years I worked in a response team in and around London but then decided to get involved in an action group in the Met called the Diversity and Citizenry Focus Direct. This involved using focus groups and advice teams to establish whether or not we were meeting the obligations under the Discrimination Act.

Why did you choose this career?

I just woke up one day 30 years ago and decided that this was my path in life and it's all I've ever wanted to do since. It was the idea that I could stand up and make a difference rather than just sitting around watching the world go by. The job security and pension aren't bad either!

Now working at SLaM I am able to act as a link between the staff and patients with the police. I want to use my position to break down any communication barriers between the two.

What do you like best and least about your work?

There is the obvious positive that you really are making a difference to somebody's life but this doesn't happen very often, only four times in my career as a police officer. It's those moments that you realise that the actions you took either saved or changed someone's life.

The negatives come in the form of someone who, however hard you try, will never change. You can give them all the advice and encouragement in the world but they will still end up doing the same stupid stuff time and time again, because they never learn.

What are your career goals?

I'm reaching them right now. Everything that I've been through in my career as a police officer has been done with pride and achievement.

If you weren't doing your current job what would you be doing?

I haven't ever wanted to do anything else. I'm perfectly content with what I've got.

When you're not working what do you like to do?

Well I'm currently occupied with moving house but other than that I like to catch a play in town or read a book. I'm also doing a distance learning course in theology, just to broaden my horizons.

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● Exhibitions/competitions

Bethlem Art Gallery programme Sept/Oct:



Mescaline painting

Phantasmagoria

Selected from the Bethlem Museum's Reserve Collection showcasing artworks produced in the late 1930's by British Surrealist artists as part of a series of experiments undertaken by Dr Eric Guttman and Dr Walter Maclay at the Maudsley Hospital. While studying 'depersonalisation' and the artwork of schizophrenic patients the doctors invited professional artists to use the hallucinogenic drug Mescaline, with the intention of creating works that would give visual representation to the experience of 'experimental psychosis'.

Exhibition runs until 10th Sept

Wednesdays to Fridays (11am - 6pm) and
Saturday 4th Sept (11am - 6pm)

The Bethlem Tapestry

An exhibition to show the culmination of a six-month collaborative project involving patients, staff, volunteers and carers from the National Psychosis Unit at Bethlem Royal Hospital. The tapestry is comprised of images and text made by the participants depicting experiences, thoughts and feelings in their daily lives over the period of the project.

Opening event: Wednesday 22nd Sept (3pm to 6pm)

Exhibition continues: 23rd Sept to 15th Oct

Wednesdays to Fridays (11am - 6pm) and
Saturday 9th Oct (11am - 6pm)

Unescorted #2

Unescorted showcases the creative talent of detained patients from SLaM's River House and Bridge House. Alongside traditional psychiatric treatments, arts technicians enable patients to engage in creative activities through the simple process of identifying and nurturing hidden talents. The freedom of expression that creativity allows offers a poignant counterpoint to the restrictions that detention imposes.

Opening event: Wednesday 27th October
(3pm - 6pm)

Exhibition continues: 28th Oct to 19th Nov

Wednesdays to Fridays (11am - 6pm) and
Saturday 6th Nov (11am - 6pm)



Image from the
Unescorted #2
exhibition

Competition results

Congratulations to Kane Coxon, Psychosocial Therapist from River House who correctly answered the last competition question - Benjamin Britten was born in 1913. This edition's competition - a chance to win tickets to see Bedlam at the Globe Theatre - is on page 12.