

CONNECTED

Summer 2018



Celebrating success

70 years of mental health care

Helen Greatorex
35 years on...

Pet therapy
Canine comfort

Jack Green
Living the dream

As the NHS reaches 70 we take a look at how mental health care has changed over the decades. Our focus is on celebrating success and highlighting new, modern approaches to mental wellbeing, such as the use of pet therapy, read more on page 14.

It is always interesting to look back to see how we have progressed so we have started this issue in a reflective mood and have focussed on mental health changes throughout the decades. Two of our former patients, who have experienced mental health issues at various times throughout their lives are now in their seventies and give a personal account of their mental health care. See pages 6-9.

We welcome your feedback and hope that you enjoy the eighth edition of Connected.

Contact us by emailing: communications@kmpt.nhs.uk

Communications, Farm Villa, Hermitage Lane, Maidstone, Kent, ME16 9PH

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Telephone: 116 123 Email: jo@samaritans.org



Connected magazine:

Editor: Christina Shaw

Deputy Editor: Kelly August

Contributors: Laura Kennedy and Emma Heard

Photography: Alexa Kelly, Jamie Lerpiniere and Hayley Bagnall

Design coordination: Jane Pilkington

Design: madcreative, Kent

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WELCOME

It's fantastic that the NHS has been providing a service for 70 years now and even more so that, at long last, mental health is gradually gaining the recognition and funding it deserves. Mental health services have gone through a radical transformation over the past few decades – perhaps more than any other part of the health system, and this is something I've witnessed first-hand having trained as a Registered Mental Health Nurse and worked in mental health services for the past 30 years. In this edition we are taking a look back to compare and celebrate how much we have moved forward. Our Chief Executive, Helen Greatorex, trained as a mental health nurse at one of England's largest asylums, Friern Barnet, and writes an interesting account of her experience there and how much has changed on page 5.

I took on my new role as Chief Operating Officer for KMPT in October last year and have responsibility for the operational delivery of the trust's clinical

services. Over the past 30 years the model of mental health care has undergone a number of changes in light of emerging knowledge and developments in the social context of mental health care provision and it is a large part of my role to direct and support these changes. Mental health services are now largely provided in community settings with care provided by multidisciplinary mental health teams. There remains a need for some inpatient services but more and more mental health crisis care is also provided in the community through Crisis Resolution Home Treatment teams and Psychiatric Liaison teams.

Since arriving in KMPT much of my work has been focussed on a number of areas but especially that of ensuring our community mental health teams offer the best care they can within the resources available to them. Our community teams have made an enormous amount of progress in the past few months but realise that there

is much work still to do to ensure consistency of high quality care is achieved across all the services we provide.

These are exciting times for all mental health services and an opportunity to join up with other mental health providers in the local community to ensure we work together for the best interest of people who need our services. What I have noticed during my time working for the NHS is that change is more successful if it is embraced and acknowledged as positive progression. Let's move on; fully supporting the change that has already happened, celebrating our achievements and looking forward to another innovative decade for mental health.

Jacquie Mowbray-Gould
Chief Operating Officer



MENTAL HEALTH CARE THROUGH THE AGES

As the NHS celebrates 70 years, Connected has dived into the archives to share a slice of local and national mental health history.

For many years mental health care was provided by a system focused on hospitals and long-term care was mainly based in large institutions called asylums. In 1828 the Kent Justices of the Peace ordered an asylum to be built and the Kent County Lunatic Asylum opened at Barming Heath in 1933.

Sadly there was a lot of stigma attached to mental illness and patients admitted to asylums sometimes had the letters 'LU' attached to their clothing which probably stood for lunatic.

In 1948 and the founding year of the NHS, Oakwood Hospital in Maidstone replaced the Kent County Asylum. One former patient commented that the hospital up until the early 1950s was like a self-contained village with a service user's social club, pottery studio and the 'Acorn Club' for the elderly. Some clients had to be ready to go to occupational therapy or industrial therapy for a very early start each morning.

Steadily more care was delivered by community settings through multi-disciplinary mental health teams. From 1950-2010, the number of people with mental health issues that had to stay in hospital to receive treatment dropped by 84 per cent.

In 1954 the Percy Commission created by Winston Churchill's Government recommended that mental health treatment be part of the wider health system and integrated into the NHS. Five years later in 1959 the creation of the Mental Health Act aimed to treat mentally ill people as far as possible in the same way as patients affected by physical illness.

KMPT itself is more than 12 years old and was formed in April 2006 by a merger between East Kent NHS and Social Care Partnership Trust and West Kent NHS and Social Care Trust.

National campaigns such as 'Heads Together' and 'Time to Change' have encouraged the public to talk about mental health which has helped to reduce the stigma. Things have clearly changed but we know there is still a way to go.

NHS England has undertaken an ambitious programme to transform mental health services by 2020-21. As we look to the future, trusts like KMPT will continue to innovate and work with other organisations right across the sector to make a difference to people affected by mental ill health.

As our Chief Executive Helen Greatorex says "There's never a better time to talk mental health."

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“National campaigns such as ‘Heads Together’ and ‘Time to Change’ have encouraged the public to talk about mental health which has helped to reduce the stigma.”

THIRTY-FIVE YEARS ON.....

KMPT Chief Executive Helen Greatorex, looks back to celebrate how we have moved forward...

This October, I will have been working in mental health services for 35 years – exactly half the length of time that our beloved National Health Service has been in existence.

Over that time, I have witnessed the most enormous positive change, on an almost unimaginable scale.

I started out in 1983 as a student nurse in an old asylum, Friern Hospital, which had opened in 1851 at Colney Hatch in London. It had 1,250 beds and was the largest and most modern asylum in Europe. At one point in the 1930s it had grown to accommodate nearly three thousand patients. When it was built, it had the longest single corridor in Europe at over a mile long.

Although the closure of large asylums had started in 1983, there were still hundreds of patients at Friern, cared for in locked wards the size of small aircraft hangers, with little or no privacy. I walked the longest corridor most days, from one end (where the nurses' accommodation was) to the other (where the school of nursing was).

Whilst there were some elements of good, the oppressive environment, completely institutionalised practice and huge bureaucracy meant that looking after people as individuals was difficult in the extreme. When I look back it is hard to imagine an environment so devoid of personalised care.

Patients on the long stay or 'back' wards had no individual clothing

and instead, huge cupboards on the wards were full of 'stock' clothing, from which outfits would be selected by the nurses (and student nurses like me) for their patients. It seems impossible to believe now, that this included underwear. Patients didn't have their own underwear and instead had to make do with whatever they were given regardless of whether or not it fitted them.

There were still women on those wards who had been admitted because they had a child out of wedlock and I can remember too, people who had been admitted having been tortured in Nazi concentration camps.

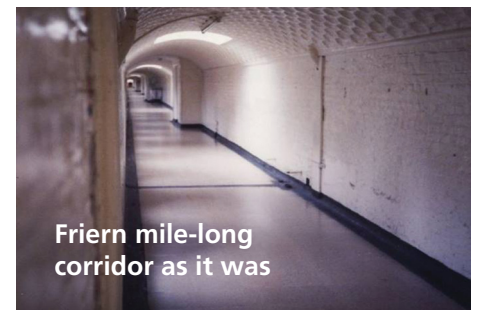
Tea was made in a huge tea pot, it looked like something from Alice in Wonderland and used one enormous single teabag. Milk and sugar would be added to the tea in the pot, there was no choice offered even of how someone liked their tea.

Roll forward to today and thank goodness things have changed. Instead of average lengths of stay measured in years, and spent miles away from home, disconnected from an ordinary life - we have modern mental health services with an emphasis on the needs of the individual. The very best care sees our multi-disciplinary teams' bespoke support to ensure that each person's uniqueness is not just managed, but celebrated and reflected in their care.

I firmly believe that there has never been a better time to work in mental health care. I believe too that it has never been as important to promote the rights of those we serve, or the responsibility of those of us who work directly

with patients, service users and their loved ones and carers to be uncompromising in our commitment to delivering excellent services.

Together, we can create a revolution and one that is long overdue. Learning disability, substance misuse and mental health services, as well as those who work in them have been marginalised and stigmatised for centuries. At last, that is changing and nationally, we are recognising that people are just people, whatever the challenges we face as individuals.



“There were still women on those wards who had been admitted because they had a child out of wedlock...”

SEVEN DECADES OF SUPPORT

A journey to recovery is never done in a day, for Michael Caselli it has taken a lifetime of mental health help and, being the same age as our National Health Service, Michael has experienced all seven decades of its support. What has been particularly noticeable for him is that there are now fewer stigmas attached to having mental ill health. He explained: "In those days doctors spoke to you as if you were not human, they talked around you and at you but not with you. Now it is very different and I genuinely feel like I am involved in a proper conversation."

Michael was signed off by the community mental health team last year and no longer needs to take any medication. Looking back, his first encounter with a psychiatrist was as a child when he had been referred by his GP for displaying signs of acute anxiety. He said: "I was asked to draw some pictures and drew an aeroplane bombing a tank. I remember the doctor asking me if I was the tank and me telling him that I was the aeroplane." He was sent to a convalescent home where he stayed for a month. Michael's second meeting with a psychiatrist was not long after when his mother took him to the GP as she thought he'd swallowed a plum stone. Again the GP noticed Michael's nervousness and referred him to a psychiatrist who wanted

to admit him to hospital; however, his mother thought that, as he was only 11, he was too young to be sent away.

Michael's episodes of mental ill health continued and he became delusional: "I used to think I was the only person in the world and everyone else was imaginary. For many years I thought I was a certain well known person, infamous for being unpopular and not well liked and I used to have outbursts where I'd shout and scream as if I was this person."

One of Michael's relatives advised him to go to Samaritans and he was referred to hospital. "At the time I was very skinny and thought there was an animal in my body taking all my food," explained Michael who was put on stelazine and diagnosed with paranoid schizophrenia with Klinefelter's Syndrome, however he was attacked by another patient so he discharged himself and went back to work. The hospital referred him to another hospital. He said: "I used to see a psychiatrist and he once came out to visit me as I was saying things that were not acceptable and very dangerous. Again I thought I was this well-known infamous personality and my psychiatric problems got worse when my mother died. My place of work was very supportive during the periods when I was unwell; they

were very good to me. I'd worked for them for over 32 years when I retired."

Michael has a lot of praise for the primary care mental health nurses who looked after his wellbeing until his recent discharge. Looking back Michael said: "The mental health professionals now attach a lot of importance to privacy, whereas years ago they didn't have much regard. Care for those with mental health issues has improved a lot with more care in the community rather than in a hospital, which is good. In the future it would be nice to see more places where those with mental ill health can go to take part in activities because it's not just about treating people when they are unwell, it's about keeping them well."

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“Care for those with mental health issues has improved a lot with more care in the community rather than in a hospital, which is good.”



Michael Caselli



APPRECIATING NHS CARE

Rita Daisy is full of vitality; she's chatty, gregarious and one of the most optimistic people you could ever care to meet. No one would ever think that this 72 year-old lady has had two very serious episodes of mental ill health and made several attempts to end her life.

The first time Rita became unwell was after the birth of her son, she explains: "I remember feeling really high; I'm always very excitable however this felt extreme. In those days mothers were kept in hospital for up to ten days after giving birth, and, as I was a partner in a business that my husband and I ran, I thought this would give me the break I needed before going back to work so I arranged to stay for the full duration."

Despite not feeling right it wasn't until her son was four months old that she started to display signs of being mentally unwell: "I was worried all the time about what I had to do to look after the baby and realised that I simply couldn't cope. I was taken into hospital and given Electro Convulsive Therapy (ECT). The diagnosis was puerperal psychosis and after three years I felt a lot better, however, during this time I hadn't bonded well with my son.

"Seven years later when my son was only ten I went through divorce. Most people would find that extremely traumatic but I didn't become unwell again, I just got on with life."

Everything ticked along for Rita during the 15 years following her divorce. Her dad helped her with general maintenance of her house and she focussed on looking after,

and building, a strong relationship with her son and going out to work. Then in 2000, at the age of 55, she became unwell again. She explained: "Three traumatic events occurred during the course of that year; my mother died, I lost a friend to breast cancer and another died with a brain tumour. As well as this I was experiencing difficulties in my job, everything had become computerised and I felt that I had no value. I went to the doctor who gave me anti-depressants and by January 2001 I wasn't eating or drinking. My brother said that I spent my days curled up in a foetal position, my body had shut down but I don't remember much about it."

Rita does remember being taken into hospital again: "I don't think that the anti-depressants helped as I tried to take my own life several times and was in and out of hospital over the next five years receiving ECT treatment until eventually my brother put a stop to it as he thought I'd had too much."

It wasn't until she started to receive care in the community that she was diagnosed with bipolar. Initially she was put on a high dosage of a drug used to treat the condition and this was gradually reduced. Rita saw a psychiatrist who asked her to visit him on a monthly basis, she said: "He was fantastic and really understood how I was feeling." Rita is also impressed with her current GP who has written a personal care plan for her, she explained: "The GP is very good at looking after both my mental and physical health. The care plan that he has written tells my son what to look out for in terms of my mood changes so that he knows when to call for help.

The plan also outlines how I should be looking after myself including having a good diet and taking exercise, which is all good. I stopped my medication two years ago now and feel great."

Rita has taken part in a London research programme to help health professionals find out more about those with bipolar. She also regularly attends KMPT patient and carer consultative committee meetings as she likes to have her say.

She said: "I was a secondary modern school girl who left school at 15. My ambition was to work for Boots, which I did as soon as I left school. I really enjoyed it there and most of the friends I have now are the ones I made at Boots all those years ago. Our age group were born to parents who didn't have any National Health Service, (NHS), so our age group really appreciate what is provided and don't over-use the services. I dislike taking tablets and strongly believe that prevention is better than cure and it is all about good physical and mental balance. I've got good genes and a family to care for me when I've been mentally unwell. I feel that I have been lucky and have led a charmed life."

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"I strongly believe that prevention is better than cure and it is all about good physical and mental balance."

FROM HOSPITAL TO PARLIAMENT

Mental ill health doesn't discriminate and affects people of all backgrounds. People like Jody Nash who had a successful career working in the city for international banks until mental ill health took its toll.

Occupational therapy is helping people like Jody to achieve their life ambitions and has been supporting people affected by mental ill health long before the introduction of the NHS. In 1925 Peg Fulton was the first occupational therapist to work in the UK where she practiced at the Aberdeen Royal Psychiatric Hospital. Occupational therapy plays a key part in care with one third of the 37,000 strong occupational therapy workforce working in the NHS mental health services.

"I was just 18 when I began working in finance. The pressure was constant but my job was rewarding in lots of ways. Aged 25 I experienced severe depression but didn't know what it was at the time.

"Eventually I was diagnosed with bipolar affective disorder and spent some time away from work," explained Jody adding: "When I look back I can see there was a lot going on all whilst working full time. My Nan died, I became engaged then our home was burgled. We also moved and started a complete renovation of our new house. I think my mental ill health was my body's way of trying to slow me down. Sadly my relationship broke down but I started rebuilding my life with the help of friends and family.

"Six years later I suffered a relapse as I had taken on too much and not allowed enough time for myself. I left my job to concentrate on getting better. I sought therapy which helped me through my

divorce. It took a long time to get well.

"Sadly I had a third relapse and in November 2016 I was hospitalised. I spent a month as an inpatient at Priority House in Maidstone. It sounds such a cliché but I had hit rock bottom. In a way the experience strengthened me, although I didn't feel strong at the time. I realised that I needed to take control of my illness.

"It was whilst at Priority House that I came across occupational therapy for the first time. Before I was admitted I had no idea what they did which is ironic as they ended up being the people who kept me going.

"Occupational therapy gave me hope that I could still do things. It especially tapped into my creative side. Every day I looked out for the activities listed on the whiteboard. I loved the arts and crafts activities and over the festive period I made Christmas cards as well as coasters and pottery. We also did mindfulness and gentle exercises in the gym. Our sessions helped patients enjoy simple activities together.

"Once I left Priority House I was under the crisis team and then worked with my psychiatrist and care coordinator. One day I saw a job taster programme advertised on KMPT's website, which is delivered by the trust's occupational therapy led Vocational Rehabilitation Service.

"Initially I hadn't thought of working in healthcare but I was keen to help people like myself who had experienced difficulties with their mental health. I met the Job Taster Coordinator, Glenna Campbell and was placed at the

Rosebud Centre in Birling which is a 10 bedded rehabilitation centre. There I shadowed an occupational therapist for 10 weeks. I loved the variety of the work which included menu planning, exercise to music and group work. I was so inspired by this work and the experience that I enrolled on an occupational therapy degree course at Canterbury Christchurch University and have just finished my first year.

"It is partly thanks to occupational therapy that I found my spark again and I can look forward to a bright future. My advice to anyone who is offered support from an occupational therapist is to work with them as they can help you to get your routine back.

"The Job Taster Programme was such a positive experience for me. It was the stepping-stone I needed to allow me to consider an alternative career to the one I had known for 15 years. Being at the Rosebud Centre gave me access to a new working environment and helped facilitate my career change from banking to healthcare aged 36!"

In May 2018 Jody was invited to attend a prestigious event at the Houses of Parliament on 16 May organised by the Royal College of Occupational Therapists to celebrate their report: 'Getting My Life Back: Occupational therapy promoting mental health and wellbeing'. KMPT's vocational rehabilitation service was highlighted as an example of best practice.

KMPT has launched its first ever strategy, 'Rebuilding lives. Enable, Transform, Influence 2018-2021 for Allied Health Professionals which include Occupational Therapists.

Together we are committed to supporting more people like Jody.

Jody Nash





ON BOARD WITH ROD ASHURST

Please give a brief summary of your career history

I held many roles in BT plc over 33 years, starting in sales then moving to commercial, business development and became Vice President of Business Operations, which was another name for a Chief Operating Officer. Originally from the north of England I have lived and worked in mainland Europe and have lived in Kent for the last 18 years. I have developed various local links including being on the board of the Trinity Theatre and Arts Centre in Tunbridge Wells for a period of six years and I am still an ambassador for Trinity.

Why did you join the KMPT board?

Whilst looking at various Non-Executive Director (NED) options, I was drawn towards applying to KMPT because I have two close family members who have been users of mental health services, albeit in other parts of the UK, and so I knew a little about the excellent work that can be done in the sector.

What do you feel you bring to the board?

I am not a health professional but we already have a wealth of experience amongst the executives, as well as some of my NED colleagues. I have skills such as commercial, financial, working in competitive environments and with partners and managing diverse groups.

What changes have you seen in mental health care over the years?

During my six years with KMPT the main direction of change has been the move towards trying to support a greater number of people in the community. Where people do need to spend a period staying in wards, we have made great strides in reducing the number of out of area placements, which is much better for the patients and their carers. I believe that there is a better understanding amongst the public that anyone can have mental ill health and that we need the same priority as with physical health.

What do you think should be our future focus?

Quite simply, recruiting, retaining and developing great people to provide our many excellent services. As chair of the Workforce and Organisational Development committee, I take a keen interest in how we are doing in terms supporting our staff, providing development opportunities and I feel strongly that we should give quality constructive feedback in supervision and appraisal sessions. There are a number of exciting developments such as improvements in our level of effectiveness in the community teams, our mother and infant services, research and working in partnership across our entire community.

One of the great joys for me is to be involved in our celebration of success in the KMPT Awards when I have been privileged to be a judge and also present some prizes. It is always a highly inspirational event and can be very moving and I am very sad that I was out of the country for the event this year, though I still judged a category.

CANINE COMFORT AT KMPT

It's easy, isn't it, to forget some of our most precious memories, only to recall them, with thoughts of 'how could I possibly have forgotten?' when similar experiences or situations jog our memory. Stored somewhere super safe, most dog owners will be able to re-live a sense of deep relaxation when thinking about stroking their furry companion and it's a fact that a dog can bring real health and well-being benefits to those around them.

It wasn't until recently that organisations homed in on the health benefits of having a dog around those who have physical or mental health needs. In 1983, Lesley Scott-Ordish was barking up the right tree when she founded the charity, Pets As Therapy (PAT). Now the largest organisation that provides a visiting service in hospitals, hospices, nursing and care homes and a variety of other venues across the UK, PAT has encouraged thousands of volunteers to share their dogs and other furry friends with people in need.

Pet therapy has been used for several years at KMPT. More recently, the trust board made a decision to increase the number of therapy dogs visiting patients on wards so, as well as Molly the Collie (featured in Connected Summer 17 edition), various dogs of all shapes and sizes can now be seen across the trust. The one thing they have in common is the comfort and stress-relief they can bring and it is hoped that soon every ward and patient area will have its own therapy dog.

Meet the team so far:

Leah

It was a friend who told dog owner, Peter Brown, about pet therapy dogs as she thought it would be something Peter would like to do, so he decided to explore the possibilities and has never looked back! His dog, Leah the Lurcher, has just turned ten and has been bringing stress-relief to service users at the Ethelbert Road unit in Canterbury for a couple of years now. Peter said: "She brings patients out of themselves; many of them seem to perk up when Leah arrives and love to brush her and give her treats."

Hugo

Loved by all, staff and patients alike Hugo, the Bichon Frise, has been working his canine magic for over five years at the Grove in Ramsgate. At only nine months old, Hugo was young to become a therapy dog but owner, staff nurse Jackie Osbourne, knew what she was doing as her previous dog, a German Shepard, also took part in pet therapy. Jackie said: "Hugo is special because he seems to know when people are a bit sad and will sit with them until they are feeling better. He is an ideal animal to take onto the ward as he doesn't shed his fur. Patients say that he makes them feel relaxed and encourages those who don't feel like taking exercise to go for a walk. I am so proud of him."

Continued page 16...





Betsy with service user

CANINE COMFORT AT KMPT

Babu

Orchards Ward in Maidstone is privileged to have Babu, the Irish Wolfhound, visit on a regular basis. Babu is five and a half and has been a therapy dog for most of his life having passed the compliance test, which all therapy dogs must take, at only one year old.

Babu is a gentle giant and loves everyone he meets. His owner, volunteer Shane Malhotra said: "He's a real softie, everyone he meets loves him and he has had people crying on his shoulder. It's great to be able to share Babu with others, it gives me a feeling of having done something worthwhile and of course I love showing him off, I'm so proud of him. It is the bond of trust between us that underpins the whole exercise - I trust him to do the best he can and, in return, he trusts me to never willingly put him in a situation he can't cope with. I am so honoured to own such a wonderful animal who is confident that I will always look after him in the way he looks after me."



Frankie

Two year-old Dachshund, Frankie, is owned by Senior Occupational Therapist, Natasha Hope. Natasha works on Jasmine Ward at Darent Valley Hospital, which specialises in dementia. She originally got Frankie to help her seven year-old autistic son cope moving from a special school to mainstream secondary school and to help calm him down when he experiences meltdowns. Dachshunds are known for their placid temperaments and being family companions which make them great therapy dogs.

It was whilst Natasha was off sick from work after experiencing mental ill health herself that she trained Frankie to become a registered therapy dog. This helped to aid her own recovery and give her something to focus on. She said: "Frankie qualified as a therapy dog last year and her first time on the ward has gone down a treat. Her presence lifts the mood of the ward and everyone's faces light up. She brings calmness to the patients and helps to distract them for a few minutes. However, she's not opposed to shredding the odd toilet roll at home!"





Betsy

Beautiful Betsy trained as a guide dog but didn't quite make the grade, however it's top scores when she's on the Trevor Gibbens Unit where her owner, Sarah Bailey, works as a psychologist. Sarah has just started introducing 18 month old Betsy to the wards as she has only just become registered. Sarah, who is very interested in pet therapy, is hoping that Betsy will add a new dimension to service users' lives, she explained: "Some patients have leave but they don't have any incentive to go out, I am hoping that taking Betsy for a walk will motivate them. A dog can also fulfil a patient's needs in ways that we can't, for example, through touch. Often a patient will just want to sit and stroke Betsy, which is absolutely fine with her!"

Rocky

Rocky, an eight year old cross-breed, became a therapy dog by accident when his owner, Peer Support Worker, Gill Ashington, was in mental health crisis. Gill said: "Rocky stepped up as the one to keep me alive. I think if he hadn't come into my life when he did, just over six years ago, I wouldn't be here today. He gave me the reason to get up and keep going because he needed me. There will never be another Rocky for me and how special is that? As I am employed by the trust as a Peer Support Worker, he also helped in my return to work in 2015 so it was then that he became a therapy dog." It's easy to see why Rocky is so popular at Rivendell where he works as he is a real character, he loves creature comforts such as blankets and cushions and enjoys camping but will only sleep inside the sleeping bag. He's not only cute but clever too as he recognises essential words like custard creams! As well as being a therapy dog, Rocky goes to scouts and has become very popular with the young people.



Molly

Molly the Collie is a therapy dog at the Frank Lloyd Unit in Sittingbourne, which specialises in dementia. She is owned by Sarah Wale, Deputy Ward Manager on the hearts Delight ward, who said: "Molly lights up the lives of staff, residents and visitors. It is such a joy to see residents' reactions when they see Molly and the lift in their mood is incredible. One of the wonderful things about a therapy dog is that residents don't need to talk and many get real comfort from just brushing or stroking the dog."



LIVING THE DREAM?

Are you living your childhood dream? Are you one of the lucky ones who go to work everyday knowing this is all you've ever wanted to do? 26 year old Jack Green was doing just that from the age of 18. Everyone believed he was living 'the dream'. Little did they know, Jack's world would start crumbling at the same time he was being hailed by the world as one of Britain's top 10 athletes.

Jack is a pure Kentish boy, born in Maidstone and moved to Folkestone at the tender age of five. Up until the age of seven, his dream was to be a zoo keeper.

While he's never stopped loving animals, once he took up sports he realised he was pretty good at this athletics thing and decided this would be his future.

"I thought, hang on, I'm really quite good at this! So that's how sport came into my life. Thanks to my family for pushing me in that direction and of course thanks to my genetic ability."

Jack chose to go to his local comprehensive where the physical education (PE) teacher was a former British athlete. "I've been incredibly lucky, I've always had people

around me who love sport from my family, Trevor Rodwell (my PE teacher) and my coach June Plews."

After leaving school he turned his attention to studying Sports Science at Bath University. "Whilst at university and all of a sudden I was a professional athlete surrounded by world champions and medallists. I went into a group of six who all made it to London 2012 which is pretty impressive."

Jack came in fourth at the Olympics in front of a home crowd and was ranked 10th in the world. "It was supposed to be everything I had



dreamt it would be but actually it felt just like any other race. I really struggled to come to terms with that.”

He admits 2012 was the start of a really dark personal time. He knew something was wrong but just couldn't quite put his finger on it. “My self-worth was tied to the track. It was a real issue. If I didn't run well on the track, I considered myself a failure. I'm male and a sports person so we're seen as robotic machines. I knew something was wrong with me but not once did I think it was mental health related. I had always been

that person who thought - you're being soft, get on with it and 'grow a pair'.

“Not knowing what it was, I decided to change everything. I moved into a house I couldn't afford, got a great car, changed how I trained, my nutrition, what I was eating – everything. I kept thinking if I changed one thing and it went click, I would go back to being 'normal' – one of the best athletes in the world instead of feeling not right.”

In 2013, Jack's coach started to pick up on his changing behaviour.

Jack denied anything was wrong and continued his training. The following week he didn't finish his race and his coach spoke to him again. “At that point I was really struggling. I couldn't leave the house without wanting to jump in front of a car. I hated myself, hated life and there was no colour. I was tormented because I had all the wonderful things happening in my life but this was accompanied by these strange feelings. It wasn't how it should have been.

Continued page 21...



You're not alone...

Many sports personalities have been open about their mental ill health. Here's just a few:

- Duncan Bell, rugby
- Frank Bruno, boxing
- Stan Collymore, football
- Kelly Holmes, athletics
- Graeme Obree, cycling
- Ronnie O'Sullivan, snooker
- Victoria Pendleton, cycling
- Jonathan Trott, cricket

LIVING THE DREAM?

"I went to the British Athletics' Chief Doctor who diagnosed me with depression and was admitted to the Priory for six weeks. Suicidal at the age of 21 and an Olympian."

This was Jack's defining moment, when he began to realise he needed help and started to recognise periods of anxiety from his younger years. He took 18 months out of sport to relax and 'figure things out'. He worked with psychiatrists who helped him understand how he viewed things and allowed him to just talk. This time helped him become aware of how he reacted to different situations, his mind-set and recognise some of his triggers. It was a long process and he knows this learning will continue for the rest of his life.

Fast forward five years and Jack is using his mental health experience to help others. He is currently in talks with publishers to write a book in the hope someone will draw strength from it. Even if it's just one person, he knows it will be worth it. "I do a lot of talks in schools, universities and corporate organisations where there is a high pressure environment. I've had students come up to me and share their stories for the first time as they suddenly realise they're not the only one who has these thoughts and feelings. It's incredibly moving and motivates me to do more.

"I now just want to help as many people as I can as I know it's the most important thing in life. By helping others, you're helping yourself – it's a win win.

It's not just those who have their own personal experience of mental ill health Jack wants to help, it's also those who will at some point in their lives care for someone who is desperately ill. Understanding mental health and reducing stigma is just as important.

"One in four people have mental health issues and in a pressured environment it's one in three. If someone had come into my school and started talking about mental health, I would have said 'that's nice mate but that's not my problem'. You're lucky if you're not the one in four or one in three, that's brilliant. The point is there is going to be someone you know, someone you care about who will be, so it is your issue, it's everyone's problem."

Jack's journey hasn't been easy and there have been times when he feels going public with his story has really affected his career but he's determined to change how everyone tackles mental health from within sport and outside of it.

And what does the future hold? "I don't know! I take each year as it comes. People ask if I'm going to the 2020 Olympics and I just don't know. I'll tell you when I'm there! I can't plan any more than one year as so much can change.

"The most important thing is that I'm alive and at one point I didn't want to be. If I can share things along the way including that I still struggle now and I'm still 10th in the world and keep that in check then that's the aim. It's more important than having

a certain amount in the bank, driving whatever car and living in whatever house. Mental ill health puts everything into perspective; I had no perspective before, whereas I do now.

"One of the most interesting questions I've ever been asked is 'if you could go back and get rid of depression so you've never experienced it - would you?'. My answer is no. If I could not have depression but have the lessons I've learned along the way then yes but only if I could keep those important lessons with me otherwise I would rather have my experience. I'm a lot better person frankly. I wasn't very nice before, I was brutal and aggressive because that's what was demanded of me in the sport. Now I'm a lot better, a lot nicer. I still have those elements so I can perform on the track but I use them at the right time.

"I came fourth in the commonwealth, missed a bronze medal by 200th of a second and a silver medal by 800th. I'm a successful world athlete and I have depression."

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"Mental ill health puts everything into perspective."

DETOX CENTRE'S SAVE LIVES

- MARIA AND BEN'S STORY

For Maria it was a case of 'do or die'. She owes her life to a detoxification centre similar to KMPT's Bridge House in Maidstone, Kent. That was over ten years ago, today her chances of survival would be greatly reduced as Bridge House is now the only remaining detox unit in the south of England. Maria explained: "Now addicts get picked up off the streets and are either taken to a police cell or to the nearest emergency department. They may get treatment for the physical issues associated with their addiction; however an addict needs holistic treatment – both physical and mental intervention – to be able to address their dependency." For Maria it is all about focussing on recovery. She said: "I wish I wasn't an addict but I'm so grateful that I'm an addict in recovery. I am passionate about recovery and want to use my experience to help others." Maria's addiction started at the age of 12 when she smoked marijuana and realised it helped her escape from herself. She said: "I felt uncomfortable with the natural me. I'd had a traumatic experience during my childhood that stayed with me, it refused to go away."

Throughout her teens, Maria rapidly progressed from marijuana to sniffing gas and correction fluid, to acid, cocaine and ecstasy. Finally, at the age of 18, she became addicted to heroin and crack. The habit became extremely expensive and she started doing everything she told herself she would never do so that she could afford her next fix. Maria explained that she never 'cleaned up' properly until the age of 33 and this was thanks to a detoxification unit. Now in her forties, fit, well and looking

forward to the future, she hopes her experience will help convince those who are reducing services for those living with addictions that these vital detoxification centres save lives.

In Ben's case it wasn't an unsettled upbringing or a traumatic event that sparked his addiction. He explained: "My issues began long before I started drinking. As a young teenager I was very withdrawn and solitary and always felt very different like I was on the outside looking in. The first time that I had two pints of lager my life went from being black and white to colour. I felt that I could be sociable and had never felt like this before. My drinking increased and grew out of control very quickly. I had phases of using drugs but the alcohol was constant. I did know that this wasn't right and sought help thinking that I had a depressive illness. I knew that I was deliberately avoiding spending time with people who were good for me. Medical professionals agreed that I was depressed and put me on anti-depressants, then I decided to self-medicate and took the anti-depressants all at once because that way I could really feel the effect. Eventually I decided I should stop drinking and confided in a friend who suggested that I went to Alcoholics Anonymous (AA). Instead I went to an alcohol service in the community because I thought it would give me the same advice as the AA however their advice was 'There is no need to stop drinking, just modify your intake.' This didn't work for me, I knew that I was an alcoholic because I have no off switch.

"In my late 20's I finally went to AA and it was a revelation. I felt that people there could read my mind

and I also felt that I could identify with them. The AA leader said to me: 'You've always felt different, haven't you?' I asked him how he knew and he told me because he did too. He signed off that first session with the words: 'I hope you find the peace you are looking for.' These words have stayed with me and the people I met that day at AA became my friends.

"My last drink was a month long. People close to me conspired to save my life and I ended up in Medway Hospital. People were dying around me and I don't think they had the greatest hopes for me. When I left I hugged the consultant, he did so much for me and I've never touched a drink since then. After hospital I went to AA meetings and despite myself, developed a new way of thinking. Within the first six months of me being sober three people I'd known died from alcoholism. People I'd known before had died but I was numb with alcohol in those days, to experience this when I was sober was an eye-opener. Then a close friend of mine died and maybe she wouldn't have if she'd had access to a service like Bridge House. I've met people who desperately want to get sober and they cannot by themselves. Some of us cannot do without services like Bridge House."

Bridge House is a nine-bedded unit which has qualified staff always on shift including full-time addiction psychiatrist, Dr Annie McCloud who has 20 years' experience and Bridge House Manager, Joe O'Rourke, who set up the service 27 years ago. The unit is able to manage complex detoxes and routinely carries out physical health screening, mental health assessments, risk assessments and recovery-orientated recommendations for aftercare.

A man with short hair, seen from behind, wearing a dark leather motorcycle jacket. He is standing on a cobblestone path in a park-like setting with trees and a brick building in the background. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. A quote is overlaid on the back of his jacket.

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“I knew that I was an alcoholic because I have no off switch.”



THE POWER OF YOGA

Ask yourself what image yoga conjures up and you may picture a person relaxing in a tranquil setting as they bend in unusual poses. Yoga practice has spread globally and its power to help change lives is now being used to support people with mental ill health.

Yoga is increasingly being used to support people with mental ill health including psychosis and anxiety. Evidence suggests mindfulness as well as yoga can be a helpful way for people with these conditions to understand and connect with their body and mind, which can support better recognition and control of emotions. Yoga can also provide exercise that may help to improve physical health and reduce psychosis and anxiety symptoms.

As well as anecdotal feedback about yoga's benefits to support mental ill-health there is emerging evidence about its benefits in more unusual environments. Following the September 2011 terrorist attacks in America, psychiatrists used movement and breathwork as part of a debriefing. Increasingly researchers are investigating the use of complementary approaches for treatment of post traumatic stress disorder (PTSD).

Here across the trust we are using the power of yoga and mindfulness to improve patient experience, support recovery and upskill staff. The trust recently implemented an innovative, two day training programme incorporating yoga

and mindfulness for Community Care Group staff within the Early Intervention in Psychosis team.

The mastermind behind the initiative is Becky Bew, Care Coordinator for Early Intervention in Psychosis (EIP), who herself regularly practises yoga and is a passionate advocate of how it could benefit service users. Becky took her idea to Collette Chamberlain, EIP Service Manager, who could see the value of the initiative to both staff and patients.

Laura Kennedy spoke to Becky about her passion for supporting people affected by mental ill health through the power of yoga and her hopes for how it can be used to strengthen practice: "I have seen from previous work and personal experience how powerful yoga can be for improving both physical and mental health. I believe there is huge scope for yoga and mindfulness to be used within the service, including exploring its use with patients in a hospital setting.

"One of the positive outcomes we are hoping to see is an increase in clients socialising and being more integrated into their community by accessing local yoga classes and groups. It's also a gentle way of introducing physical exercise to those patients who may not have done any exercise or stopped exercises when they became unwell. NICE guidelines promote physical exercise, alongside the therapeutic work and medication."

The training was delivered jointly by Dr Laura Madeley, a Clinical Psychologist who specializes in neuropsychology and sleep disorders at Guy's and St Thomas' NHS Foundation Trust and Chris Stookes, a certified yoga teacher.

Staff who attended the training will now use yoga and mindfulness to support service users, particularly those affected by anxiety. The techniques learned can be incorporated into care plans and therapeutic activity to support people's recovery.

As well as benefits for patients, the initiative is also another way that the trust is taking positive action to support the mental and physical well-being of its staff. The NHS is critically dependent on a healthy and engaged workforce with good mental and physical wellbeing. Learning from the training is being shared with other parts of the trust to help share how yoga can support the recovery of even more service users.

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“One of the positive outcomes we are hoping to see is an increase in clients socialising.”

BEN AND THE LOUNGE APP

How many apps do you have on your smart phone? Ever wondered how they are created? There is enough code and algorithms behind the scenes to make your head whirl. Technical wizard, Ben Emanuel, however sees it as clear as day.

Ben has always had a passion for computers and until he became ill, he worked in a number of high profile positions in London putting his expansive knowledge into practice. Now he has taken his talents and put them to work at KMPT's Lakeside Lounge in Maidstone. Working with Bob StClair-Baker, he has brought the café's stock taking and order system into the 21st century.

Lakeside Lounge is a community café (led by Bob and a devoted team of volunteers), developed to help service users challenge their existing skills while creating new ones – all of which they'll take into the community when they leave the Trevor Gibbens Unit (TGU).

Ben has developed an app which is used in the café on an android tablet. Orders are taken at the counter using the tablet and staff in the kitchen can start work immediately with orders appearing on a secondary device the moment the transaction is completed. That was the original intention of the software but now the capabilities have expanded. The application can generate reports so that Bob can calculate stock; they will be able to determine the products that are their best sellers with just the touch of a button; they can make their products more flexible whilst maintaining their costs and of

course the system will help identify reports to help with VAT and tax returns when the time comes.

Ben explained: "If you go into any restaurant in Maidstone, you will see waiters take orders with an iPad or tablet, not a notepad and pencil! It's not only easier for orders to reach the kitchen this way, there are so many ways doing things electronically can help the smooth running of a business."

Commenting on the technological advancement, Bob said: "Lakeside Lounge is here predominantly to give patients the opportunity to expand their skills. They work here and mix with the community which helps them transfer those skills when they leave. This project has enabled Ben to use his capabilities to create something amazing for us. It has also given us the opportunity to take a look at the service we offer and improve upon that. We can now also help ensure the café is making a profit which will make the café and the opportunities available for patients more sustainable.

"It's been a fantastic project for both us and it's been a real pleasure working with Ben. I'm sure he's found it a little challenging working with someone who isn't as technically minded as he is but he has a very natural ability to make something very complicated, easily understood."

The development has been a real success in terms of functionality and becoming award winning. Ben was nominated for the Community, Social or Vocational Initiative category in the National Service

User Awards (forensic) and was delighted to walk away with the winning trophy at a ceremony in Coventry.

Ben has always had a talent for computing. After leaving school he went on to study computing at college, which he admits was a little different in 1991! He worked hard, but also played hard which took its toll. He was admitted to the TGU in 2016 but recognises he has been unwell since 2000.

Ben is most definitely now focused on his future. He started a Masters in computing in 2015 and is close to finishing it with one module and a research project to complete. "I will use the basis of the Lakeside Lounge project in my Masters and everyone I've worked with is happy to be interviewed and help me with my project. Everyone has been great and openly recognised my skills. It all started with a conversation with my occupational therapist, Lilly, and it went from there."

Ben is now looking for work so that he can put his skills to good use. He's passionate, highly skilled and a proud advocate for mental health. What more could you want.

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"It all started with a conversation with my occupational therapist, Lilly, and it went from there."



Ben Emanuel and Bob StClair-Baker



THE CHANGING FACE OF NURSE EDUCATION

Careers in caring have always been part of Ottilia Dopo's family values. As a young nurse in Africa her mother's training was done on the job and there was no option to go to university.

She's now retired and watching her daughter go down a very different route. Nurse training has evolved world-wide and Ottilia was offered her first position at KMPT after graduating with a BSc in nursing. She was recruited via the national nursing Fast Track application and explained: "I was a student at Canterbury Christchurch University and graduated in 2017. Mary Mumvuri, Executive Director of Nursing and Quality, gave a presentation at a student conference about nursing careers which inspired me to join KMPT. One of my children has a learning disability and, when he was growing up, I frequently spent time with him at A&E. These experiences gave me a great deal of empathy with patients and their families. I wanted to give something back to the NHS which had supported my own family.

"I joined the trust's Crisis Resolution and Home Treatment, (CRHT), team in December 2016 where I started a Band 5 role as part of a fast track programme working towards a Band 6 position. I was part of a group of 15 people who took part in a robust perceptorship programme. I love my job and really enjoy seeing patients recover in their own environment. Being part of the fast track scheme really motivated me as I knew I was always working towards the next step of my career."

The modernisation of nurse education also includes apprenticeship roles called Nursing Associates, and a pilot programme which started in 2017. Andrew Dickers, KMPT Lead Nurse for Education and Development has overseen their introduction into the trust and with 35 years of nursing experience himself, he has seen many of the changes to nurse education first hand.

Nursing Associates are trained to work alongside registered nurses and as part of the pilot the trust carefully recruited 10 Healthcare Assistants (HCAs) for the two year programme. Following successful completion of the programme the cohort will be offered Band 4 roles within the trust.

With the launch of a three year nursing strategy, the delivery of nursing practice is changing very rapidly, and KMPT is proud to be developing its nursing workforce to nurture future talent like Ottilia.

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"I love my job and really enjoy seeing patients recover in their own environment."

OASIS DEMENTIA CAFÉ

It all started with a simple idea from a student. Lauren Glock wanted to do more for her community so suggested to one of her teachers at the Oasis Academy that they should hold a dementia café. Years later, the café is a huge success and a shining light in the community.

Paul Murray was the man who helped the students make it a reality nearly five years ago. The café has gone from strength to strength and is more popular than ever. "Lauren was in year 12 when she bounded up to me one day and said 'Sir we should do something in the community for people with dementia'. I found it really hard because of my own family experiences with the disease but it was harder saying no to someone with such enthusiasm."

20 people came to the first event; they now have between 70-100 people turn up from all over the county every time. "It's become ever so popular and it's all down to the children. They put so much effort into each spectacular event it's absolutely fantastic."

People travel from Sittingbourne, Maidstone and Faversham to join the children in making crafts, singing and dancing. In preparation for the wedding of Prince Harry and Meghan Markle, the school held a fabulous celebration which included guests from St Edwards Primary School, their school therapy dog Bryn, Anita Brunt from Sheppey Matters who helped guests make floral displays and of course delicious home-made cakes – all of which everyone thoroughly enjoyed.

Everyone was delighted to receive the Mayor of Swale Councillor Samuel Koffie-Williams who

joined the event as his first public engagement since his appointment. Together with Paul Aspin, Chair of the Academy Council, they received a cheque on behalf of the school from the local Tesco store after staff raised funds for the cafe.

More than 200 children from Oasis Academy are now dementia friendly trained and for each event at least 30 children eagerly join in the activities. Their next event will be held on 5 July and will be NHS70 and summer themed.

The pictures speak volumes and of course the increase in numbers of those attending is a significant measure but there is nothing more important than the smiles of those who join the events that say the events are a huge success. From dancing to crafts and making conversation – every little drop of love, compassion and thought feeds through to make the ultimate dementia café.



Next steps!

Oasis Academy continues to extend a hand out to the community as they have now held their very first Sunday lunch event at Rumours Café, a local mental health driven venue in Sheerness. The lunch events are a similar approach to the Spare Chair Sunday campaign. Paul said: "Sunday dinner is traditionally a family time but some older people do not have any family around them so it can become just another day lost in an already lonely week. The children will be volunteering in their own time so it really shows just how dedicated they are to helping our community."



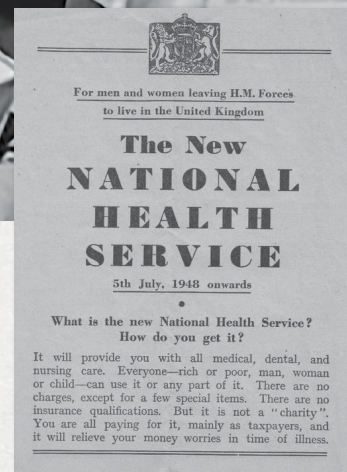
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- Specific shifts
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- Secondments
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You will benefit from

- £1200 new hire bonus
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- A recruitment and retention premia (medium secure units)
- A wide range of training and development opportunities
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What are you waiting for?

We are currently recruiting Band 5 and 6 nurses. Take a look at the opportunities at KMPT and your first step towards a fantastic career! <http://jobs.kmpt.nhs.uk/>