Message from David Dunkley, Service Director

Arts in Health Care Conference 2016 - The Art of Mentalizing: Communicating the Unknown

The CNWL arts therapies team organised this hugely successful international conference held from 20th - 22nd October at the beautiful Pratt Institute in New York. It was our first international Arts in Healthcare conference, which was stimulating, enjoyable and thought-provoking with an experienced and enthusiastic delegate group from countries across the world.

The excellent papers, workshops, poster presentations, films and exhibits made for such a rich conference experience. We hope that this conference will be the beginning of a fruitful network which will allow us to share and develop research, practice and theory and very much look forward to future events.

Thank you to all the hard work from the conference committee:

Dominik Havsteen-Franklin – Consultant in arts psychotherapies and conference lead
Linda Siegel – Lead at the Pratt Institute
Holly Dwyer - Arts Psychotherapist and Programmes Lead
Mario Eugster - Principal Arts Psychotherapist and Programmes Lead [below at Pratt Institute]
Claire Grant - Arts Psychotherapies Clinical Lead and Finance and Projects Lead
Donika Habipaj and Donna Norstrom - Business Leads
The idea of gardens as being therapeutic to our wellbeing is a long established one. The Victorians and Edwardians took this to a grand scale when they built the asylum system with vast grounds included in the plans. When the York retreat was established by the Society of Friends, principally William Tuke in 1792, it had gardens included and these were seen as being intrinsic to the wellbeing and recovery of those with mental health needs. Here at Horton a park land type landscape dominates with mature trees, shrubs, flower beds and grassy expanses giving a sense of space and tranquillity. This is the legacy from the now closed Horton Hospital that has been retained.

At the Cottages three gardens are still in place and the garden at Rose Cottage is the biggest. Over the years this garden has been used by service users in different ways which they have found both enjoyable and relaxing. Initially it was worked on an allotment style with vegetable beds and soft fruits grown. It later became an ornamental garden with small paths, flower beds, murals, and ornaments. This year a range of both fruits and vegetables were grown by services users. We are also fortunate to have some apple trees and a walnut tree. The produce has been used in the kitchens in cooking sessions and everything from apple crumbles to vegetable curries have been prepared with the help of service users.

This garden is also used for barbecues, games, and a place to relax. Some years ago we were visited by a former staff member who had lived at Rose Cottage and she informed us that the lawn at Rose Cottage had been used for croquet. To our amazement we found a croquet set in an outhouse. So in the summer the game is played on this same lawn followed by a cream tea. In summer, Sunday lunch is served on the lawn.

We are currently reassessing the usage of the garden and plans are being made for 2017. The area will be divided into five areas with different themes
1/ The lawn as described for activities such as croquet and seasonal meals.
2/ The fruit growing area
3/ The ornamental garden to be planted up with cut flowers and perennial plants + possibly hanging baskets.
4/ Creating a number of raised beds for the growing of vegetables each of which will be worked by individual service users or a group of service users.
5/ The patio to be planted up with containers of flowers.

Autumn for some is the closure of the garden year but in fact it is the beginning with the ground requiring preparation for the next spring. We are fortunate that several staff members are enthusiastic gardeners and enjoy sharing their enthusiasm, skills and knowledge with service users. So plans are being drawn up to commence work on the five stage plan outlined and to harness the resources needed to have a bountiful 2017 garden.

**MacMillan Coffee Morning at Horton**

Laura Murphy, Lead OT

Horton joined the “World’s largest coffee morning” on Friday 30th September 2016 to raise money for Macmillan Cancer Support.

We raised £82 from the coffee morning and an additional £80 from our charity bottle which meant a total of £162 went to Macmillan!!

A huge thank you to Iman Hamdi for organising and running the great event and to everyone that contributed by making cakes to sell, coming along and buying cakes and refreshments or simply donating money to this great cause.

We also had a visit from Terry Harper, Recovery and Wellbeing College peer trainer, who was running our ‘Planning the Life I Want’ course with our OT Jess the same day!

Iman Hamdi (left) and Terry Harper (right)

**Staff survey**

Dee Mullner, Strategic HR Business Partner – Goodall Division, Human Resources & OD

The staff survey is out and it would be great to get a good response from rehabilitation services. The survey runs until 2 December, with results being released on 16th December.

The survey can be completed confidentially online and tells us how you feel about working at CNWL. Many really good ideas have started here and many policy changes (especially around wellbeing, flexibility, the Employee Assistance Programme to name a few) came out of the Staff Survey so it’s a real way of bettering working conditions for staff.

And as an added bonus, there are 20 prizes available to staff who complete the survey. The prizes include five Christmas hampers, five iPads and 10 tablets. Following the close of the survey, Quality Health will randomly select 20 staff members to receive the prizes.

For more about the survey, please visit the Staff Survey dedicated page on Trustnet
Nurse Revalidation and Registration
Helen Willetts, Divisional Director of Nursing

There have been a number of nurses from Rehabilitation who have not re-registered with the NMC over the last couple of months. This has meant that they can’t practise as a registered nurse. Of course this impacts on their teams, patients and their own income as they have to practise as a support worker if a suitable post can be found or are as a worst case scenario unwaged. Because the NMC has changed the way in which nurses register and revalidate it now means that it takes weeks to get back onto the register. It is also a potential HR issue especially if the nurse was aware of the lapse.

Please let Colette or I know if any nurses or teams need an update on the changes in registration or revalidation or need a reminder of the process, I will be happy to chat about any issues or visit teams and there is really good information on trustnet and a revalidation pack on LDZ.

Many thanks to all
Helen Willetts helen.willetts@nhs.net or colette.conway@nhs.net

World Mental Health Day
Gillian Buckley [Manager] and Oscar Joseph [Activity Co-ordinator]

On 10th October 2016, World Mental Health Day was celebrated by the clients from Kenton House and Lodge with an exhibition in the Kingswood reception of creative writing, posters, gifts, and balloons.

The clients wanted to express their views using creative writing.

The first thing was to find the subject matter. Following the group casting their votes and further discussions, they decided that the title would be:-
“ARE WE THAT DIFFERENT”? and “A FEW OF MY FAVOURITE THINGS”

Are we that different?
The group devised some questions and then answered them. They then compared their answers to see how similar or varied they were to each other. They included their favourite politician, sports person, singer and actor etc.

Next clients expressed views around “What are my favourite things that makes me feel content and happy”

The group began by each member taking a line from a poem stating “our favourite things”. It summarised how each member had similar dreams and thoughts. This included family, happiness, socialising, faith, good health and financial security amongst others. The group acknowledged that it did not matter how different our social or cultural background were, we all had some thoughts in common and enjoyed sharing these.

On behalf of all involved, I would like to say thank you to all involved in the Creative Writing group and allowing their work to be displayed at the exhibition.

Managerial supervision - Trust policy
David Dunkley

Some feedback from the recent CQC inspection is that there was inconsistency in the recording of supervision. All supervisors are asked to check the trust policy again to ensure it is being followed.

Thank you
http://trustnet.cnwluk.local/Documents/Clinical_Managerial_Supervision_Policy.pdf
The new ICT roll-out for Roxbourne Complex has been completed with all users who attended site migrated and all transformed clients deployed.

**Outstanding issue/Comments**
- 9 users were not transformed because they weren’t on site, however the champions have taken the responsibility of working through the welcome pack with them
- Wi-Fi Access points in Roxbourne House are due to be configured on Monday by a network engineer who has been booked to attend
- The legacy telephony still needs to be removed from site but this is awaiting the arrangement by the site of physical installation of network points in the two effected clinic rooms.

We would like to take this opportunity to thank everyone involved for their support the roll-out of this site, especially the site co-ordinator and champions who have worked tirelessly in support of their colleagues to get them all up and running on the new IT equipment:

- Imran Hasan
- Tejal Patel
- Shireen Rahim
- Marie Newman
- Phillip de Burgh

A big thank you to all of you from the roll-out team!!!

All rehabilitation teams will receive the new ICT equipment in the next few weeks. Any questions to Donna Norstrom, lead administrator donna.norstrom@nhs.net

**New Divisional Medical Director appointed for Goodall**

Dr Paul Hopper has been appointed as the new Medical Director for Goodall.

Dr Con Kelly said “I am delighted to announce the appointment of Dr Paul Hopper as Divisional Medical Director for Goodall Division. Paul, who joined CNWL just over one year ago, is an old age psychiatrist covering Redwood inpatient ward at St Charles Hospital and also Clinical Lead for the Older Adults Clinical Network which has done impressive work under his leadership. He brings a wealth of experience having been a Clinical Director in his previous Trust and he has a particular interest in integrated care which will be fit very well with the innovative plans of Goodall Division.”

**SMG Bulletin October 2016**

**Green Pen**

Green pen October edition 2016.pdf
## Rehabilitation SMT Members

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<td>Deputy Service Director</td>
<td>Sara Pountney</td>
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<td>Service Manager &amp; Safeguarding lead</td>
<td>Sarah Farooq</td>
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<td>Service Manager &amp; Lead Nurse</td>
<td>Harrison Aibangbee</td>
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<td>Lead Consultant</td>
<td>Shirish Bhatkal</td>
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<td>Lead Arts Therapists</td>
<td>Paula Hedderly- Brent</td>
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<td>Laura Knight - K&amp;C</td>
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<td>Claire Grant- Westminster</td>
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<td>Diane Eagles – Older adults</td>
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<td>Lead Occupational Therapist</td>
<td>Geraldine Vacher</td>
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<td>Lead Pharmacist</td>
<td>Joanna Taylor</td>
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<td>Lead Psychologist</td>
<td>Tez Tesfa-Michael</td>
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<td>Lead Administrator</td>
<td>Donna Norstrom</td>
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<td>Business Manager</td>
<td>Jeanette Sullivan</td>
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<td>Personal Assistant to Service Director</td>
<td>Jason Adams</td>
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## Further Information

All staff in the rehabilitation service and arts therapies are encouraged to give any feedback to David Dunkley and the Senior Management Team.

Local teams are also asked to provide information on local events, developments and care quality to members of the Rehabilitation Senior Management Team or to:

**Jason Adams - PA to Service Director**

Telephone- 020 8937 4297  E-mail- jason.adams@nhs.net