

Partnership People

70
YEARS
OF THE NHS
1948 - 2018

NHS
Surrey and Borders
Partnership
NHS Foundation Trust

04

News highlight
New funding for perinatal
mental health

10

Service spotlight
Meet our Acute
Therapies Team

06

**Celebrating 70 years of
the NHS**



Photo supplied by: Surrey History Centre



Welcome

Contents

- 03** News feature:
Substance misuse services
- 04** News highlights
- 06** News feature:
NHS70
- 10** Service spotlight:
Acute Therapy and
Diversional Activities
Service
- 11** Up close and personnel:
Sabihah Mughal
- 12** All about me:
Carole Baker
- 13** How are we doing?
In the news
- 14** Wellbeing:
Gardening can help you
feel better
- Members' offers
- 15** 60 seconds:
Jennifer Evans
Letters
- 16** What's on

Get in touch

Partnership People is published by Surrey and Borders Partnership NHS Foundation Trust

18 Mole Business Park,
Leatherhead, Surrey KT22 7AD
Tel: 0300 55 55 222
Textphone: 020 8964 6326
SMS: 07786 202545
www.sabp.nhs.uk

Surrey and Borders Partnership NHS Foundation Trust is a passionate provider of mental health, learning disability and drug and alcohol services

Welcome to our special celebratory issue of Partnership People to mark 70 years of the NHS.

I am sure many of you will agree that the NHS is a truly remarkable organisation and one of England's greatest institutions that we should all be proud to be part of, whether that is as a Foundation Trust member, a Governor or one of our dedicated workforce. Our special feature starting on page 6 plots the history of mental health and learning disabilities in the NHS over the past 70 years and includes some great insights into the early days with photos kindly provided by the Surrey History Centre.

We also have interviews with two inspirational individuals, Carole who has been involved with mental health services for a long time and has recently turned a corner in her recovery through helping others and Sabihah who is hoping to qualify as a mental health nurse in the future. These articles highlight the strength of these remarkable women and their generosity in helping others, which makes the NHS what it is today.

Looking to the future we have features on our new integrated substance misuse services for Surrey and also on our plans for transforming our adult mental health services, on pages 3 and 5 respectively. Both articles demonstrate how services are constantly evolving to meet the needs of local people within the limited resources available to us, and our need to be agile and responsive.

I hope you enjoy our NHS 70 birthday issue!

Stephanie Forster
Director of Marketing
and Communications



Tell us your news

communications@sabp.nhs.uk
youtube.com/surreyandborders
facebook.com/sabpnhs
@sabpnhs



New arrangements for drug and alcohol services

i-access, our community drug and alcohol teams based in Chertsey, Guildford and Redhill, are now delivering an integrated substance misuse service in partnership with Catalyst, a specialist non-profit organisation based in Surrey.



The integrated service launched on 1 April and was co-designed with our commissioners at Surrey County Council (Public Health). It brings together elements of adult substance misuse service provision which, until now, were separate.

New treatment pathways have been created so that people who need support with safer drug or alcohol use (for example, needle exchange) can access this more easily. People will still be referred to i-access via our central referral hub but once assessed, they will receive support without being discharged and re-referred between the organisations, thereby receiving treatment seamlessly.

i-access will continue to support people who need more intensive care planning or who need access to detoxification (the process of removing toxins from the body).

The Trust has had a close working relationship with Catalyst for some time; our i-access teams have worked alongside them for many years and other recent partnership projects include our Safe Havens in Aldershot, Guildford and

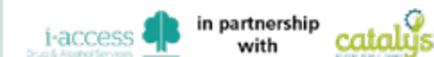
Woking. We are very pleased to be delivering this new partnership service with them.

Together, our main objective is to ensure that we maintain a stable, accessible and high quality substance misuse service that meets Surrey's needs within a reduced funding environment.

Katy Matthews, service manager, said, "We have worked closely with our partners to co-design the new integrated service and look forward to continuing to provide excellent drug and alcohol services in Surrey."

As Public Health funding has been reduced, the arrangements for drug and alcohol detoxification in Surrey have also been redesigned.

Windmill House, our inpatient detoxification unit on the St Peter's Hospital site in Chertsey, closed in June and we have introduced ambulatory detoxification (an outpatient model for individuals requiring detoxification), which we have experience of delivering successfully at our Pavilions service in Brighton. It will run from our clinic locations in Guildford and Redhill.



About ambulatory detoxification

- A person attends clinic every weekday morning
- They receive detoxification medication from a qualified nurse and join a support group run by a trained facilitator. If necessary, the nurse can give additional medication. People are given their night time / weekend dose to take away
- This takes 5-10 days, starting on a Monday

Anyone with complex needs who requires inpatient detoxification will receive their treatment at a specialist unit in Kent. i-access staff will arrange this for them, and their aftercare will take place back in Surrey.

Our home detoxification service (where people receive home visits from a nurse who supervises their detoxification) and community drug detoxification service (where people have regular appointments with a qualified worker who supervises their prescription) remain as they were.

i-access will comprehensively assess all those who require a detoxification and will ensure they receive the most appropriate option according to their individual needs.

For more information on the Trust's drug and alcohol services, please visit www.surreydrugandalcohol.com.



News highlights



New online consultations to improve access to psychological therapies

Our Mind Matters service has expanded its provision of online appointments to allow people to access therapy in a more flexible and helpful way.

The service provides psychological therapies to people experiencing mild to moderate mental health conditions such as stress, anxiety and depression to help them regain their wellbeing.

Online appointments are now available using Skype for Business, as well as existing platforms; Big White Wall and SilverCloud. Therapy is delivered via video and audio, and the application can be used on laptops and smart phones, making access to therapy easier.

Dr Gisela Unsworth, Clinical Services Manager, said "Sometimes people feel too busy to think about how they can seek support. It's important that we find ways to help people manage their mental health before their feelings escalate."

The online sessions are provided by our expert clinicians and are available Monday to Friday 9am to 5pm (or up to 8pm in some areas) and Saturday 9am to 5pm.

To find out more or to refer yourself:

Telephone: 0300 330 5450

Email: rx.mindmatters-surrey@nhs.net

Website: www.mindmattersnhs.co.uk



St Peter's Hospital confirmed as second inpatient site

Following the opening of Farnham Road Hospital in Guildford in December 2015, our Trust Board, senior staff and a Project Implementation Team have been looking at where our second hospital should be located as part of our work to improve our mental health hospital services for people in Surrey and north east Hampshire.

In April, our Trust Board approved a strategy to redevelop the mental health facilities on St Peter's Hospital site in Chertsey as our second hospital location. Plans are being drawn up to undertake extensive refurbishment of premises, funded by the sale of surplus land on part of the site.

The delivery team we would like to work with to plan, design and carry out this refurbishment has been selected and we are hoping to receive Board approval for the business case later this year.

We have been making some short term improvements at the Abraham Cowley Unit, which houses one older adult and three working age adult wards. We have installed better lighting following feedback from the Care Quality Commission, and have fitted new windows to address some safety concerns.



New funding will improve perinatal mental health support in Surrey

Perinatal mental health care will significantly improve for women and families in Surrey following our successful partnership bid for £3.9 million funding over three years from NHS England.

Approximately 10-20% of women will experience mental health problems during pregnancy. This investment will support the implementation of Surrey's Local Maternity Services Transformation Plan (2016) which aims to enhance local experiences of maternity services by taking a whole system approach to improving access, as well as supporting the mental health and wellbeing of new and expectant mothers.

The new service, which is due to launch in autumn 2018, will work with specialist midwives within general hospitals, and health visiting teams in the community. Preconception advice will be offered to women with current or past serious mental illness who are planning a pregnancy, as well as antenatal and postnatal support.

Dr Helen Rostill, Director of Innovation and Development at Surrey and Borders, said: "This money is a great opportunity to make a really positive difference to new and expectant mums within Surrey."



New therapeutic garden opens at Abraham Cowley Unit

Councillor Iftikhar Chaudhri, Mayor of Runnymede, officially opened our new therapeutic garden which was created following a kind donation from local landscaping contractors, Kingston Landscape Group, and landscape architects, Outerspace.

The garden is part of the Acute Therapy and Diversional Activities Service, based at the Abraham Cowley Unit on the St Peter's Hospital site in Chertsey which provides a combination of therapy programmes and leisure activities for people staying on the inpatient wards.

Steve Evans, Kingston Landscape Group, said: "I regularly drive past the unit and saw the garden looking sorry for itself. I thought it would be a nice gesture to make the space somewhere that people who need to regain their wellbeing can enjoy."

Jonathan Warren, Acting Chief Executive at Surrey and Borders Partnership, said: "Research shows that spending time in pleasant outdoor spaces can improve the confidence and wellbeing of people with mental health issues - this garden is such a lovely gift."



Transforming Adult Mental Health Services

We are embarking on an ambitious programme to review key areas of our current services for adults with mental ill-health across Surrey and north east Hampshire.

We will be putting more emphasis on earlier interventions, recovery, improving the quality of support and managing our resources more effectively. This will help to bring us in line with the requirements of the Five Year Forward View for Mental Health published by NHS England to provide people with the right care, at the right time in the right place.

- 1. Single Point of Access** – our plans to launch our Single Point of Access for crisis mental health care are now being expanded to cover all adult mental health referrals.
- 2. Acute Care Pathway** – we are reviewing the current journey for people who are admitted to our wards to ensure our use of inpatient beds is appropriate and to decrease delayed transfers of care. This will reduce the need for using beds outside of our locality.
- 3. Supporting People with a Personality Disorder** – work is underway to ensure we are fully and consistently implementing our Strategy for People with a Personality Disorder across all community teams. This includes focusing on positive risk taking and alternatives to admission.
- 4. Rehabilitation Services** – currently we provide a single rehabilitation service, Margaret Laurie House, and we are reviewing its function and determining the model that would best suit people's needs today.
- 5. Care Pathways** – we are reviewing our existing treatment for specific mental health conditions and ensuring we are providing the best, evidence based treatment to people.
- 6. Integrated Primary Care Hubs** – as part of the Sustainable Transformation Partnerships work, we are working with primary care colleagues to establish Integrated Care Partnerships to provide more joined up care between physical and mental health.

We are working with staff, people who use services and carers and commissioners to ensure we make the right changes to our existing services. More details are available at www.sabp.nhs.uk/adulttransformation



70
YEARS
OF THE NHS
1948 - 2018

Celebrating 70 years of the NHS



Sport and arts gave some occupational therapy at the Netherne (1958)



Pharmacy staff at the Netherne (1958)



Surrey's mental health history

In the Victorian and Edwardian eras, local authorities and philanthropic organisations embarked on the mass construction of large hospital campuses. These grand buildings were to create a form of care for the growing numbers of people with mental ill-health.

In 1948 the NHS took over responsibility for the nation's 100 asylums for people with mental illness or a learning disability, and eleven of these were in Surrey.

Hospitals housed up to 3000 patients and employed up to 12,000 staff. The five hospitals in Epsom were described as the world's largest cluster of hospitals for the mentally ill.

Before advances in modern psychiatry and therapies, work and recreation were the main mental health treatments. Patient labour ran farms, kitchens, laundries and workshops, making the asylums almost self-sufficient.

Hospitals were isolated from wider society and patients had little personal privacy or freedoms. They slept on wards in close proximity,

kept to a strict routine and, until the 1960s, wore uniforms.

People were admitted on many grounds that would not be acceptable today – including promiscuity, homosexuality or births out of wedlock – and many were never discharged. Meanwhile physical restraint, including padded cells, was used to contain people who were self-harming.

The first decade of the NHS saw continued growth in admissions, reaching a peak in the mid-1950s where mental health beds made up 40% of all NHS beds.

From the late 1950s, civil rights campaigners began to voice concerns about patients' dignity, human rights and quality of life. Many others saw

"I have been working in the NHS for 43 years and what stands out was the successful closure of the large institutions for people with a learning disability. My abiding memory is the first wrecking ball blow to the St. Lawrence's hospital building that ended over 100 years of institutional care. It demonstrated how much services for people with a learning disability have moved on and how they now strive to ensure person centred care and equality is delivered. My hope for the future is that we continue to challenge inequalities in healthcare and ensure reasonable adjustments are made so everyone can access the healthcare they need"

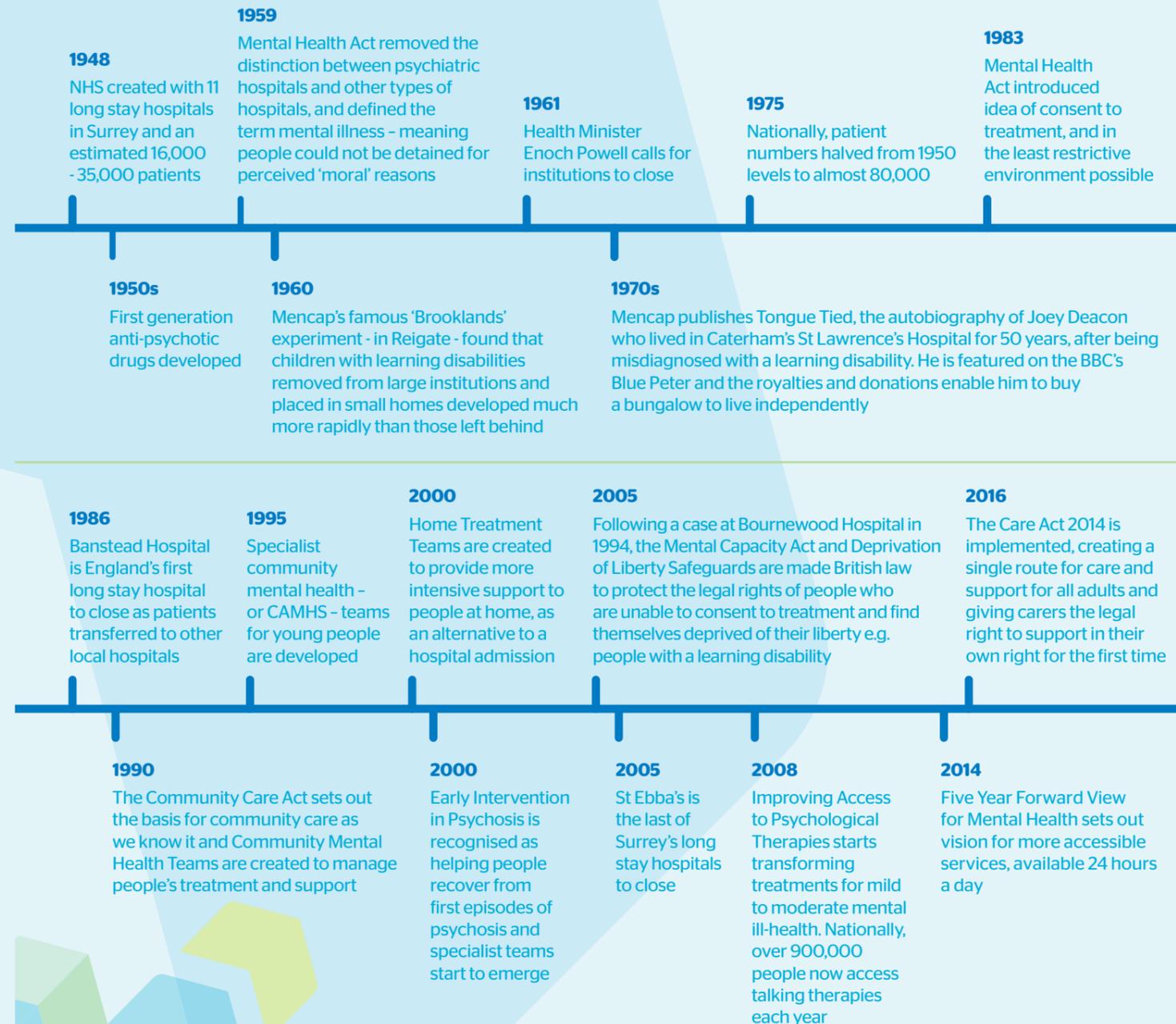
Phil Boulter, Consultant Nurse

that detaching people from society removed their sense of who they are, making them 'institutionalised', and contributing to their ill-health.

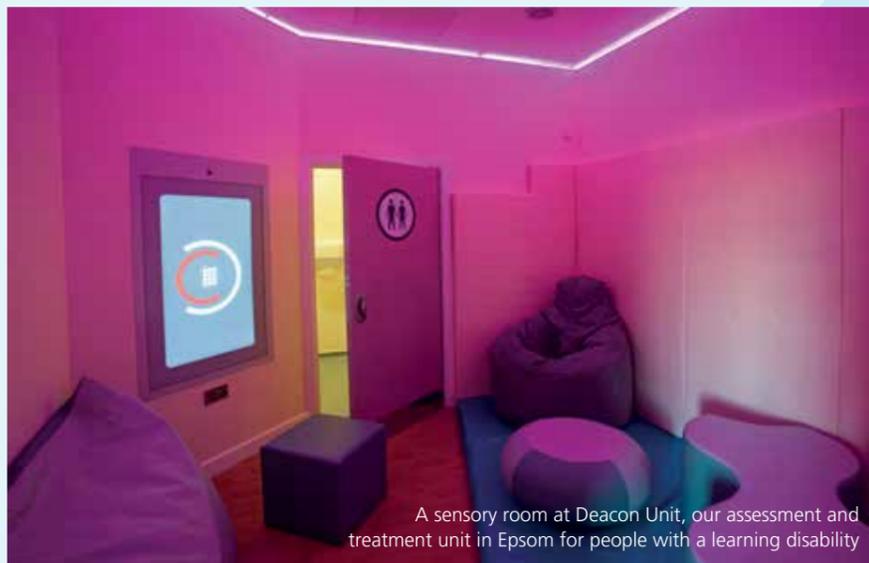
It wasn't until around 30 years later, with advances in medicines and the introduction of new community services that these hospitals could finally close.

70
YEARS
OF THE NHS
1948 - 2018

70 years of NHS mental health care



Mental health services today



A sensory room at Deacon Unit, our assessment and treatment unit in Epsom for people with a learning disability

Community care

Community services have evolved since the introduction of Care in the Community in the 1980s, when people were discharged from hospital back under the care of their GP or an outpatient clinic.

Wide ranging NHS and voluntary sector community services have developed and over 98% of the treatment and support we provide to people is in the community.

Community services are made up of specialists including doctors, nurses, psychologists, occupational and other therapists who together provide people with bespoke plans of care depending on their individual needs.

Partnership working

One in six adults has a mental health condition and we work in partnership with other organisations to enable people to access the treatment and support they need.

Our mental health practitioners work with social care, general hospitals, GPs, care homes, schools, the police, the criminal justice system and prisons.

Recovery focused

With the right support, people can and do fully recover – even from a serious mental illness. Early help has shown to make a difference and this year NHS England is funding specialist services to help new mums with mental ill-health get the support they need.

Intensive support at home

Our Home Treatment Teams are available 24 hours to provide support to people at home.

For people with learning disabilities, our Intensive Support Service provides short term support that prevents placement breakdowns, which may otherwise lead to months or years of hospital care.

These services complement our community teams who support people with serious mental illness and learning disabilities.

Modern hospital care

For the times when people still need round the clock support, we host around 2000 inpatient admissions a year to provide people experiencing a mental health crisis with access to intensive supervision and specialist therapies.

Urgent help

Our mental health crisis helpline supports people during evenings and weekends along with five mental health Safe Havens that we run in partnership with third sector organisations.

Talking therapies

Around 5000 people experiencing mild to moderate mental health conditions access our Mind Matters talking therapies each year. The service accepts self-referrals and treatment is provided over the phone, face to face, through a web chat or Skype video conferencing.

Recovery College

Our Recovery Colleges equip people with the skills and knowledge to recover well and prevent relapsing.

Courses are developed and delivered with our recovery coaches, who are experts by experience. They all have lived experience of mental or physical ill-health.

Involving people

Services work best when they are designed with the people who access them.

Our Safe Haven and CYP Haven mental health drop in services and our Recovery Colleges are designed and run in partnership with people who have accessed local mental health services and their carers.

People can have their say about how we do things through our Forum of Carers and people who Use Services, Carers Action Group and CAMHS Youth Advisors. We really value the hours of time given voluntarily to help us improve.

12 months in Surrey and north east Hampshire

40,000 people of **all ages** are **seen** each year

2000 hospital **admissions**

2500 **employees**

10 **care homes** for people with a **learning disability**

1.3 million population **served**

5000 people access **talking therapies**

210 **mental health beds** in 2016/17

140 **teams** at **40** **locations**

Average length of stay:

1950 **863 days**
2017 **c.50 days**



We check physical health as well as supporting mental health needs



In 2015 we opened four wards and new therapy spaces at Farnham Road Hospital

The future of mental health care



Services run by people who use services and carers

Researchers are predicting that the peer support role will evolve into mental health services being completely designed and run by people who use services and carers. People will decide their own treatment and professionals will provide information.

Source: The Mental Elf

Virtual mental health care

Care is increasingly being provided using artificial intelligence to reduce physical interventions. This supports people to match their care to their lifestyle and enables staff support to be targeted where it is most needed.

We are conducting research into how devices – such as monitors and sensors – can be used to monitor the health of people with dementia or complex needs at home, 24 hours a day.

This is offering reassurance to carers and supporting people to stay independent for longer.

New knowledge

Thirty years ago, few people had heard of autism and ADHD. Today we have specialist services to support people with these conditions.

New areas of expertise include our Foetal Alcohol Spectrum Disorders clinic, which specialises in diagnosing behavioural conditions caused by being exposed to alcohol in the womb. This is the first NHS clinic of its kind.

“In 10 years’ time we will be able to see the new advances in care due to results from today’s clinical trials”

Dr Ramin Nilforooshan,
 Consultant Psychiatrist

Looking at the whole person

Mental health is becoming more integrated with physical healthcare and social services. We expect for mental healthcare to be part of a wider system of earlier support to address factors in people’s social environment, such as parenting support, and educational or employment needs.

Becoming the norm

Campaigns like Time to Change have helped to get people talking about mental health but there is still more to do.

Research shows that many employers would still not recruit someone with mental health issues.

Further education will reduce discrimination and improve everyone’s understanding of how to stay mentally healthy.



Service spotlight

Acute Therapy and Diversional Activities Service

Juliet Wort, occupational therapist and service manager, talks to us about how the therapy and activities provided by the acute therapies team help people staying on our inpatient mental health wards to engage in their recovery and prepare for their discharge.



What do you do?

The service provides therapeutic groups and individual therapy to people staying on our inpatient wards, people being treated on the Psychiatric Intensive Care Unit (PICU), and also to people who are under the care of our Home Treatment Teams.

We deliver a variety of therapies, including music therapy, psychology, occupational therapy, fitness, and leisure activities such as photography, music, art, baking, creative writing, play reading and more.

Our aim is to engage people so that they feel more involved in their recovery. We give them the opportunity to take part in enjoyable activities during what can be a distressing time in their lives. The service is open to anybody on the ward who wants to get involved, and we are very adaptable so that as many people as possible can take part.

The psychology groups are skills based, so we might look at coping skills, anxiety management, or understanding emotions and relationships. We offer practical

mindfulness on a daily basis, and our occupational therapy groups focus on recovery through activity.

Everything we do is about skill building to help people feel more capable and confident as they prepare to be discharged. We help people develop a toolkit of skills to manage their mental health and give them the confidence to better cope with the rest of life.

“It’s important to a person’s recovery that they are able to discover new talents and take part in meaningful activities that stabilise their wellbeing”

What is different about your service?

Our service is different because our staff are weaved through all of the wards, PICU and Home Treatment Teams, offering a unique consistency. I think this gives us a better understanding of a person’s interests and needs more broadly and means that we are better able to offer continuity.

On an inpatient unit it can be easy to lose concept of time. Our work orientates people to the time and place and helps them establish a routine, which is a healthier way of living and engaging in our world.

We restructured a few years ago and new roles were introduced to address physical health and fitness and I think we are making a positive contribution to improving the physical health of people on our wards.

Who works here?

We are a diverse team with broad ranging skills. Our administrator is our back bone! We have a music therapist who comes in once a week to run groups or work with people individually, supported by another member of the team. Our activity co-ordinators have individual skills and bring unique elements to the team. There is our psychology staff, who provide assessments, and our fitness and wellbeing instructor. The occupational therapists engage people in meaningful activities, and together, we work with people to identify their needs when they are preparing to be discharged and ensure they have the support they need to live independently.

What’s the future?

We are keen to expand our gardening group so we are hoping to purchase some raised beds and a shed to store our kit. We continually listen to requests for new activities people would find interesting to broaden what we offer.



Up close and personnel

Sabihah Mughal



Sabihah is an outreach worker with the Criminal Justice Liaison and Diversion Service.

Her role is to prevent people from reoffending by providing support to those detained, signposting them to relevant services such as substance misuse, mental health, housing or education, which have been identified as potentially contributing to their offending behaviour.

•• I’ve been working with the Criminal Justice Liaison and Diversion Service (CJLDS) since August 2016 but I only started as outreach worker in February 2017 so it’s quite new and I’m still learning! My employment with the Trust began in 2012, so I’ve been around awhile.

Both of my parents have physical health needs and I am their main carer. When I finished college I needed flexible work to fit around my caring responsibilities so I started with an agency as a residential care worker. I delivered palliative care to 0-18 year olds, before working with people with complex needs, learning disabilities and challenging behaviours.

I did an agency shift on Blake ward at the Abraham Cowley Unit and really enjoyed it. One of the nurses suggested I apply for a health care assistant role and I started not long after. It was a completely new and slightly scary experience as I had little knowledge of working on mental health wards and they can be challenging environments. This opportunity allowed me to gain valuable experience – and has definitely made me stronger both personally and professionally.

In August 2016 I applied for a secondment to the CJLDS, working in the Surrey Police contact centre. If a call handler or custody sergeant suspected that a person’s behaviour was linked with a mental health or learning disability issue they made a referral to me. I would check if the person was open to services, and if they were I notified the relevant team or care coordinator. If they weren’t but I agreed that their behaviour could be rooted in mental health or a learning disability I would write to their GP. The aim of this integrated role was to reduce Section 136 admissions (part of the Mental Health Act that allows police to detain a person in a place of safety if they believe they are a risk to themselves or others) and I’m really proud that admissions did decrease.

When the secondment was due to end my manager at the CJLDS approached me and asked if I would consider the outreach worker role, and here I am.

I love the variety. Recently I was passing the Lighthouse in Woking and it caught my attention because they support people who are facing homelessness by running a foodbank and offering practical help to jobseekers. I’m always looking for ways to learn about services I can signpost to so I popped in. They happened to be running an event and it turned into a great learning and networking opportunity.

One of the most rewarding things is seeing a change in people. When someone who has been genuinely unwell has benefitted from the support I’ve offered – even though it’s been hard for them – and they have made positive progress and turned a corner in their life, that’s a real highlight and makes the job worthwhile.

My ambition is to qualify as a mental health nurse and continue to work in the criminal justice setting. I’ve completed my QCF Level 3 and will shortly be working on obtaining my Care Certificate. ••

“The Criminal Justice Liaison Diversion Service covers Surrey’s police custody suites and magistrates courts to work with adults who have come into contact with the criminal justice system. It’s a really fantastic team to be part of and I really look forward to going to work every day”



All about me: Carole Baker

Carole is a volunteer with our Recovery College. She facilitates courses, helps with admin and recently developed her own Recovery College course on Money Management.



How did you come to be in your current position?

I've had Borderline Personality Disorder for 43 years. I was in a bad place, experiencing continuous cycles of severe depression and anxiety - which led to me attempting suicide.

Whilst in my psychiatrist's waiting room one day I saw a Recovery College leaflet. It caught my interest but it took me a long time to pluck up the courage to ring and enrol. I'd never spoken openly about my condition, so when I attended my first course (Managing Intense Emotions) I sat absolutely sobbing.

There was so much that other people were suffering from that was the same as I was going through. It was such a relief to meet these people, who were just like me, and to know that actually it's ok to feel the way I did because there

are other people who feel it too. It made me understand I wasn't alone.

My natural persona is to be very caring, I'm a good listener who is always supportive of other people and I think Colette, senior recovery coach, saw this in me. She encouraged me to become a facilitator - although my first response was "I couldn't possibly do that". She believed in me, persevered and made me realise I could.

Eventually I found the courage to complete the volunteer process, which in itself built my confidence because it made me feel included, I felt like somebody again. I hadn't worked for ages, but suddenly I was engaging again and doing something constructive.

What does your role involve?

What doesn't it include!? I do whatever is needed: admin, printing, one-to-ones with new students. I meet people who are nervous and help them find the courage to walk through the door.

All volunteers are encouraged to co-facilitate courses, which I do in partnership with a mental health professional. I love doing this, especially the Managing Intense Emotions course because it's where I started, and it made such a difference to my life.

I've developed a course on Money Management, which I'm very proud of and I can't wait for this to be rolled out next term. I also help the team deliver lectures to colleges and hospitals - it is so rewarding to be raising the profile of mental health.

Describe a time when you really made a difference?

I feel like I make a difference every day. Colleagues have said that my bubbly and positive attitude energises them and I know I make a difference to the students I speak to because I can say "I understand in a way that a professional might not". Recently a student was trying to describe her anxiety; she said "it's all around here" and pointed at her stomach. I could tell her I'd experienced it and I knew those feelings of knots that stop you from eating and it was fantastic for her to know that there was somebody else who understood.

The Recovery College volunteers recently won Volunteer of the Year at the staff CARE awards because of the behind-the-scenes support we provide; 1842 hours of donated time supporting the delivery of 140 courses. This demonstrates the difference that not just I, but all the volunteers, make.

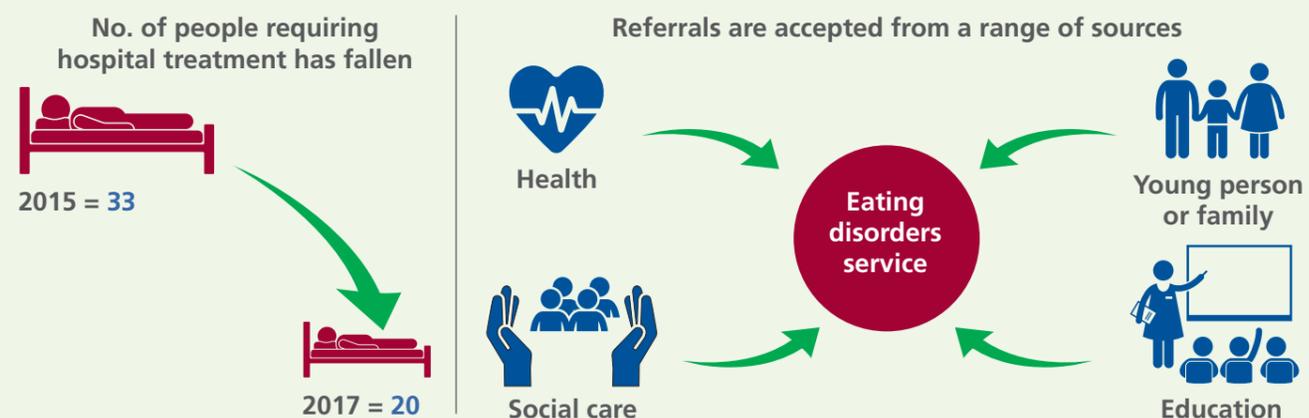
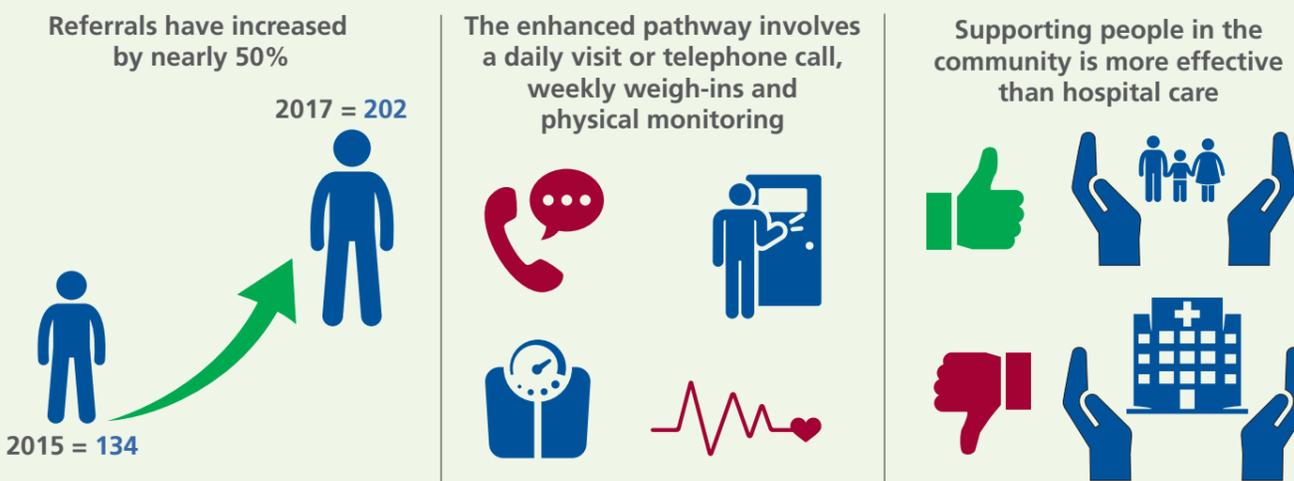
Who inspires you?

Colette Lane, senior recovery coach. She is an incredible teacher and supporter of us all when we are struggling, even though she's often struggling herself. She is my benchmark and I aspire to be like her. We all love her to bits.



How are we doing?

Our Surrey-wide eating disorders service provides specialist assessment and treatment to children and young people. Referrals have increased since 2009 but thanks to a carefully designed pathway the number of hospital admittances has reduced.



In the news

Dementia support in the home

[British Medical Journal](#)

Our innovative project into how technology can benefit people with dementia was featured by the British Medical Journal.

People with dementia are being supported to live safely at home thanks to internet connected devices which monitor their health and feed data to healthcare professionals who alert medical services when necessary.

What defines FASD and the importance of early diagnosis

[Adoption Today](#)

Dr Raja Mukherjee, Consultant Psychiatrist and FASD expert, spoke to Adoption Today about our national FASD clinic and the need to improve awareness of this condition.

Additional funding for specialist mental health care in Surrey hospitals

[NHS Choices](#)

In partnership with The Royal Surrey County Hospital and Ashford and St Peter's Hospitals NHS Foundation Trusts, we have been awarded additional funding from NHS England which will allow the expansion of our psychiatric liaison services from April 2018.



Wellbeing

Gardening can help you feel better

Gardening has a positive effect on our mental health and can significantly improve our emotional wellbeing.

Looking after plants gives us a sense of responsibility

Caring for a garden is a good way to learn how to look after and respect other living things. We feel pride and ownership – and we develop an enthusiasm for keeping our plants alive.



Gardening brings out our nurturer

Horticulture is a great equaliser. For those with mental health problems being able to take part in something so transformative can boost self-esteem.

Focusing on the outdoors keeps us connected to other living things

Gardening can help us to be less insular. The social aspect has been shown to benefit people on mental health units because it focuses on collective skills rather than individual symptoms.

The rhythmic nature helps us relax

Gardening is escapism. The peacefulness allows us to switch off and let our thoughts wander, which helps us find solutions to problems as we can think more clearly.

Nature releases happy hormones

Being outdoors is great exercise – and what's good for the body is good for the mind. A gardening session can release excess energy so we sleep better.

Gardening provides us with a sense of control

Controlling your plant beds and borders can be an extremely satisfying experience.

It's easy

You don't need loads of space or money. A hanging basket or a few window ledge plants can still lift your spirits, and old ice cream containers act as great plant pots!



60 second interview

Jennifer Evans

Jennifer is secretary to the Director of Workforce.



anyone else or worry about what they are doing.

Today there is such a celebrity culture that people often feel an enormous pressure to conform to what they perceive as the correct way to look or behave. I think we all too easily forget that there is nothing wrong with being unique and yourself!

Where is your favourite place in the world?

It's not very exotic, but my favourite place in the world is Anglesey, North Wales! As a child we had a static caravan at Silver Bay in Rhoscolyn, every school holiday would be spent there and the full six weeks in the summer. I have such fond memories of full days spent on the beach looking in rock pools, learning to swim in the sea and endless days exploring the headland. Not an iPad or TV in sight!

As an adult I still think there is nothing better than spending a day exploring the coast followed by a lovely meal and a glass or two of wine.

Who would you want to play you in a film?

Of course my first choice would be Charlize Theron but I think realistically I am more of an Amy Schumer!

What is your best piece of advice?

I think the best piece of advice I have ever been given is 'strive to be the best version of YOU'. Just focus on being the best version of yourself that you can be every day and don't compare yourself to

Which three famous people would you invite to dinner and why?

Will Smith because I think he would be hugely entertaining and recently he has started posting motivational videos on social media which I find very uplifting. Barak Obama for obvious reasons! I have just started to take more of an interest in American politics and I think Barak would have some amazing behind the scenes stories. John McCarthy, the British journalist who was kidnapped in 1986 by Islamic Jihad terrorists and held hostage for more than 5 years in Lebanon. I have been fortunate enough to attend an event where he was speaker but I would love to hear more over dinner.

Tell us something about you that we didn't know?

I am a British Horse Society qualified riding instructor with an HGV and trailer licence!



Members' offers

Save over 40% on adult and children's entry to Legoland, Windsor

With the summer holidays fast approaching, planning exciting days out for the family can be expensive. Cut the cost of entertaining the kids with this offer from Legoland Windsor, which gives over 40% discounts on adult and children day entry tickets.

If your brood are too old for Lego, then similar discounts are available on attractions such as Chessington World of Adventures, Thorpe Park and Alton Towers.

To find out more visit www.healthservicediscounts.com and search for Theme Parks. These offers end in January 2019, and are subject to availability. Terms and conditions apply.



Letters

Parent Infant Mental Health Service

I can't thank you enough for the support I have received; I don't think I would have coped without it. Hopefully it has made me a better mum than my own mother was and is. There will be hard days ahead but at least I know there is help out there if I need it. Asking for help was the best thing I did.

Maria Matias, Health Care Assistant, Abraham Cowley Unit

You do a wonderful job. You never lose your patience and you are so kind and understanding. Although I'm pleased to be going home soon it will be scary for me and I will miss you.

Marina Bartko, High Intensity Therapist, Mind Matters

I have been really low, over worried, depressed and probably a little crazy over the last seven months but Marina helped me find a positive way of looking at things. People like her make the world change.



What's on?

Awareness Days

24 July

International Self Care Day

<http://isfglobal.org/international-self-care-day>

28 July

World Hepatitis Day

www.worldhepatitisday.org

1-30 September

World Alzheimer's Month

www.alz.co.uk/world-alzheimers-month

9 September

Foetal Alcohol Spectrum Disorders Awareness Day

www.fasday.com

9 September

National Dementia Carers Day

www.nationaldementiacarersday.co.uk

10 September

World Suicide Prevention Day

www.iasp.info/wspd2018

21 September

World Alzheimer's Day

www.alzheimers.org.uk

Meetings

12 July

Public Board Meeting

2pm-4:30pm, Trust Headquarters,
18 Mole Business Park, Leatherhead KT22 7AD

12 September

Public Board Meeting

2pm-4:30pm, Trust Headquarters,
18 Mole Business Park, Leatherhead KT22 7AD

20 September

Council of Governors Meeting

2pm-4:30pm, Trust Headquarters,
18 Mole Business Park, Leatherhead KT22 7AD

Members' Events

Wednesday 26 September 2018

Members' Day

10am-2pm, Trust Headquarters, 18 Mole Business Park,
Leatherhead KT22 7AD

Our annual Members' Day will bring you up to date with our developments over the past year, and help you learn more about the Trust and the services we provide through a range of market place stalls and workshops.

Due to popular demand, we are again holding this annual event at our Trust Headquarters. Come along to help celebrate how the Trust has developed over the past year and meet key staff members and Governors, who are all keen to share their knowledge with you.

Lunch and refreshments will be provided.

This event is free to attend, and is open to members, non-members and staff. To book your place, please contact us:

Tel: 01372 216158

SMS text: 07786 202545

Email: engage@sabp.nhs.uk

FoCUS: Forum of Carers and people who Use our Services

- Do you use any of the Trust's services?
- Do you care for someone who uses the Trust's services?

If so, why not join our Forum of Carers and people who Use our Services as one way of having your say about the way we do things and help us improve services.

There is the opportunity to meet up with other people at local area group meetings and to get involved in the work of the Trust.

An independent part time service user involvement facilitator is also available to support people to get involved.

To find out more contact Lucy Finney on:

Email: lucy@lf-solutions.co.uk

Mobile/SMS: 07727 273242

Twitter: @Focus_SABP

Facebook: www.facebook.com/focus.sabp

