



Dear colleagues,



Everyone at the Trust has been left devastated this week by the death of our colleague Dr Saman Sacharvi and her 14-year-old daughter Vian, who were found dead at their home in Reedley, near Burnley, last Thursday, October 1.

Yesterday, Lancashire Police charged a man with two offences of murder and a further offence of arson being reckless as to whether life is endangered. You can read the official Lancashire Police statement [here](#).

Dr Sacharvi was a Doctor who had joined the Trust in 2017. She had worked with a number of teams but was most recently based in Daisyfield, Blackburn, with the community perinatal mental health service. She was known to many colleagues and service users and was a very well-liked and respected member of the team.

Dr Sacharvi was approachable, dependable and helpful and went out of her way to support people. She had personally delivered prescriptions to women who were self-isolating during the coronavirus pandemic. People said she was a joy to work with, that she was kind and that she had a lovely manner and smile.

As a Trust we are doing everything possible to support those that worked closest to Dr Sacharvi to help them come to terms with this devastating news. We have provided condolence books at key places she worked to allow colleagues and service users to remember her and these will be passed to her loved ones when the time is right.

If you have been affected by this terrible incident, there is support available which includes:

- A Mental Health Crisis Line, staffed 24/7 by trained clinicians who are able to support, assess and refer people to services on 0800 953 0110
- If you want to talk we have a wellbeing line staffed by volunteers with lived experience, which can be reached Monday to Friday 7pm – 11pm and Saturday to Sunday 12pm – Midnight on **0800 915 4640** or text **'Hello' to 07860 022846**
- A list of organisations across the area offering support that has been put together by Lancashire and South Cumbria Integrated Care System (ICS) is available on our website [here](#).

Anyone with information is asked to contact police as soon as possible through the Major Incident Portal [here](#) or on 101, quoting log 0429 of October 3rd. Alternatively independent charity Crimestoppers can be reached anonymously on 0800 555 111 or at [crimestoppers-uk.org](http://crimestoppers-uk.org).

**Chief Executive Caroline Donovan is on leave this week. Her personal introduction will continue when she returns.**

## Weekly headlines

**COVID-SECURITY** We continue to focus on our part of the intense national and regional response to the Covid-19 pandemic. It remains a very challenging time globally and we continue to follow all national Government advice on staying as safe as possible with a range of local lockdown restrictions with the Trust's area. The North West and Lancashire in particular continue to report some of the highest infection rates in the UK. Our incident room, which includes a team of people concentrating on the needs presented by the pandemic, remains in place to manage outbreaks, issues, concerns and ensure critical updates are shared.

**TEST AND TRACE APP** All Trust sites have a distinct QR code poster in place to support the NHS Covid-19 Test and Trace app and enable patients, visitors and contractors to check into our premises and log it as part of their personal history.

Please download the app and support all efforts to control the virus and save lives. It can be downloaded [here](#) on your Apple IOS device or [here](#) if you are using an Android platform.

The data will be used alongside traditional contract tracing to notify users if they come into contact with someone who later tests positive for coronavirus. The app will connect your phone with other phones nearby, allowing it to record the time and distance you have spent near to anyone, even if you don't know them. This means it can alert you if that person later tests positive for Covid-19. It also allows people to report symptoms, order a test and check in to venues and it helps the NHS trace individuals that may have the virus. To watch a video about how the new app works click [here](#).



**Using the app is the fastest way to see if you are at risk from Covid-19. The quicker you know, the faster you can alert and protect your loved ones.**

**STAFF AND THE NHS APP** There has been a lot of feedback from staff about downloading and using the national NHS Covid-19 app whilst at work. To clarify staff will pause the app whilst at work – this is because if they cannot social distance, they will be wearing personal protective equipment (PPE) so that the risk of spreading the virus is mitigated. For this reason, staff don't need to give the names of colleagues or service users to the Test and Trace process.

**VISTING RESTRICTIONS** Visiting arrangements for our inpatient settings remain restricted whilst we continue to see increasing levels of infection in our communities. The arrangements currently in place recognise that patients can feel especially vulnerable whilst in our care and that seeing their family and friends is an important part of their recovery. We

will continue to allow visitors in line with our guidance for ward teams, covering preparation for visits and advice on measures during and following visits.

This advice is Trust-wide, irrespective of the general, local restrictions the public has to adhere to in some areas of the county. Also, there are some general points below:

- All visitors need to be from within the household or support bubble of the patient
- All visiting should be prearranged with the ward
- Staff should ask if visitors have symptoms or have had a swab in the last 14 days
- Visiting needs to be allocated throughout the day – to ensure that multiple visits are not taking place at the same time
- Staff should remind visitors in advance of the importance of wearing a face covering on entering the hospital and complying with good hand hygiene practice and social distancing

We want you to stay safe. The most basic ways you can do this remain the most effective. Please remember to:

- Social distance
- Please don't enter any of our settings without a face mask
- Wash your hands regularly

Respect the environmental assessments which have been carried out across all Trust premises, resulting in guidelines for the number of people who can be accommodated at any time

**UPDATE ON CLINICAL SUPERVISION POLICY** Clinical Supervision is recognised as a core component of professional support for practice and there is consistent evidence that effective Clinical Supervision impacts positively on the professional development as well as the health and wellbeing of those being supervised. This is clearly really positive not just in supporting colleagues at work but also the people they are treating. In recognition of these clear benefits, the Trust has updated the Clinical Supervision Policy to enhance the quality of supervision provided. The update means that Clinical Supervision remains essential for all clinical staff irrespective of their role, area of practice or years of experience but will be carried out every six weeks as a minimum as opposed to every 12 weeks. The change will be phased in over the next five months and be fully implemented by January 31, 2021.

**NEW DEMENTIA GUIDANCE** New guidance has been published to help address the needs of people with dementia during the COVID-19 pandemic. It was developed with a broad range of stakeholders including primary care, VCSE (including Alzheimer's Society) and the Department for Health and Social Care. This resource can be used by clinicians, service managers, care homes as well as carers and others, alongside the existing dementia wellbeing pathway. In addition to identifying key considerations, it also provides links to a wide range of resources.

**LEFT STRANDED REPORT** The Trust has been very clear about its ambitious to improve services for people with a learning disability or autism, as well as ensuring their families and carers are support too. It is clear that the Covid-19 pandemic has created an unprecedented challenge for individuals, communities and governments across the UK. With some groups impacted more than others. A national review of the impact on people with autism has now been published and you can read it here. We are keen to understand and learn from what has happened and its impact on autistic people and their families, to ensure they aren't left stranded in this way again.

**NON-EXECUTIVE DIRECTOR (NED) NEWS** The Trust is on the lookout for a new Non-Executive Director (NED) to join the Board.

The vacancy has arisen as Debbie Francis (pictured left), who has made a really valuable contribution during her two years with the Trust including as chair of the Audit Committee, will leave in December after securing a new professional role. We would like to offer Debbie a huge thanks for everything she has done and the service she has provided to the Trust and wish her every future success.



We are now recruiting for this role which will be advertised locally in the press and shared via the Trust social media channels. If you would like to be considered or know someone who would be a great NED, please do get in touch.

**WORLD MENTAL HEALTH DAY – SATURDAY OCTOBER 10, 2020** The Trust will be marking World Mental Health Day with a range of activity. As part of our awareness raising, a number of staff, some of whom were former service users, have opened up to highlight how issues can strike anyone at any time, as well as how hope and recovery are possible.

The theme of the day is ‘mental health for all’ and staff from the Trust wanted to demonstrate support by sharing that they have been there too and to encourage others to come forward and seek help.

Chris Oliver, Chief Operating Officer and Deputy Chief Executive for the Trust, said: “It’s essential that as a Trust we understand the needs of our service users and sometimes a part of that understanding comes from our own experiences. Any one of us can need care in this way. The care we give comes from our hearts and minds, the places we find strength and resilience and I’m proud of our staff for being so open on World Mental Health Day to encourage others to seek help if they need to.”

In addition to this campaign, colleagues from across the Trust will be using social media to raise awareness, as well as appearing on local radio on Saturday to talk about the services and support on offer for anyone who needs it. If you want to listen in to the interviews, please click [here](#) for Radio Lancashire and [here](#) for Rock FM.

### **THIS WEEK IS DYSLEXIA WEEK**

The Trust has marked Dyslexia Week with a range of activity. It is estimated that one in every 10 people has some degree of dyslexia. While the condition does affect reading and writing ability, it also affects how people carry out sequences or the organisation of tasks and it can have a significant impact on a day-to-day basis.



As part of Dyslexia Week 2020, Teresa Lean, Advanced Clinical Practitioner with our Integrated Frailty Service, has opened up on her dyslexia diagnosis and is now encouraging others not to let the learning disorder hold them back. Teresa, pictured below, recorded her personal story and revealed how it

contributed to other conditions she has dealt with. You can see Teresa speaking about her experiences with dyslexia [here](#).

Here are some common myths around dyslexia:

- Reading and writing letters backwards is the main sign of dyslexia
- Dyslexia doesn't show up until primary school
- Children or adults with dyslexia just need to try harder to read
- Dyslexia goes away once kids have learned to read
- Dyslexia is a vision problem
- Dyslexia is caused by not reading enough at home



You can find out more about dyslexia and getting a diagnosis [here](#).

**BLACK HISTORY MONTH IS HERE!** The Trust has launched month-long celebrations to mark Black History Month and will recognise and loudly celebrate the outstanding contribution people of African and Caribbean decent have made to our country and our Trust over many, many generations.



A Living Library of videos featuring Black Asian and Minority Ethnic (BAME) colleagues telling their stories will be shared each week throughout the month. Our first video tells the story of Martin Sullivan (pictured above) who works as an expert by experience at Guild Lodge, Preston, after once being an inpatient. You can watch Martin's inspirational story [here](#).

A traditional Jamaican curry was also cooked live for colleagues from around the Trust as part of the Black History Month celebrations by Lancashire-based Chef Jean Lindsay, who once cooked for singers Nina Simone and Ziggy Marley.



Watch out for our weekly updates on Black History Month and do join the celebrations online using the hashtag #BHM

## Good news, good practice and transformation

### RECOVERY COLLEGE AND GUILD LODGE JOIN FORCES FOR FESTIVE ARTWORK

Lancashire Recovery College has joined forces with the Occupational Therapy Team at Guild Lodge secure mental health service in Preston for a stirring artwork display that's sure to unlock a few hearts this Christmas.

Veil will be a piece of art featuring up to 4,000 keys which will hang across the main areas of the Harris Museum, Preston, and is being created by staff and service users from the Trust. It is initially due to be in place from the end of November until Christmas.

The Recovery College has had to move away from its home location of The Harris and go digital with its courses and offerings during Covid-19 but Recovery College manager Suzie Smith is working on the project with Art Instructor Simon Wess and Occupational Therapist Mark Love, who are both artists and work at Guild Lodge.



Service users are co-producing the artwork under direction from Simon as part of their occupational therapy sessions. A representation of how it might look, with keys hanging down around museum visitors is pictured right. The sessions form part of a service users care plan and therapeutic intervention in their recovery from mental illness. More specifically, the project provides a bridge between the community and Guild Lodge and promotes dialogue around mental health.

The key, Simon says, is a metaphor for both security and possibility. "At Guild Lodge service users are cared for within a locked environment with a focus on recovery from mental illness but the key is a symbol of a service user's life. Philosophically, a key is also a dream-like object, one of wonder, possibility and chance. It is both a symbol of freedom

and security simultaneously. A key is also a very relevant metaphor for the current global lockdown restrictions of the coronavirus pandemic.”

You can watch a video about the project by clicking the screen on the left.

Most keys in Veil are white with a touch of gold for a Christmas ‘feel’, like snowflakes and Christmas gifts. Gold leaf and paint represents the Japanese art of ‘Kintsugi’ putting broken pottery pieces back together with gold, built on the idea that in embracing flaws and imperfections, you can create something even stronger and more beautiful.



Some keys are painted black, yellow, orange, blue, green and pink to encompass and encourage equality and unity within the world. These colours also represent the LGBT+ and BAME communities.

**Do you have any old keys?** If so, there will be a box at reception/control at Guild Lodge so please do drop in any unused keys you may have to help with the project.

**PAULINE GETS A HERO’S REWARD** Pauline Holloran, an Occupational Therapist for West Lancashire Children’s Therapy team, based at Ormskirk District General Hospital, has been honoured with a gift from Box4heroes to thank her for her hard work with a family she supports.

The Barrie Wells Trust has an initiative called Box4Kids, which children are nominated by hospital and hospice staff to attend a VIP day to a sporting or entertainment event in the comfort and luxury of an executive box. With Box4Kids events unfortunately on hold due to Covid-19, the Barrie Wells Trust has branched out into a new initiative called Box4heroes. This is essentially a reversal of Box4Kids, by which children nominate their Hero from a hospital or hospice.



Pauline was nominated by a family she works with and said she is: “a truly amazing lady who has been with them since day one and supported them through everything. They can’t wait to see you again!”

The Barrie Wells Trust awarded Pauline with a hamper full of tea, coffee, biscuits and sweet treats, along with a certificate to acknowledge her nomination as a Box4Kids Hero.

Pauline said: “I am delighted to be nominated for this award from such an amazing family. It has been a privilege to be able to support them and be part of their lives. I will treasure my certificate and letter.”



### CYCLISTS ENJOY A CHAIN REACTION

Senior Staff Nurse Oliver Field and Health Care Assistant David Moss (pictured below) have started running introduction to cycling days for people at the Scarisbrick unit at Ormskirk District General Hospital. The first course was well attended by a mixture of doctors, nurses, occupational therapists, support workers, students and service users. David and Oliver attended a British Cycling course in Manchester last month to attain their ride leadership awards



Oliver said: "The people who attended the course were a mixture of differing levels of cycling abilities, from a doctor who had never ridden a bike before to others who had not ridden since childhood and avid riders.

"Since the first course we have been able to facilitate inclusive bike rides with some of our service users who are wanting to do

activities to help with their physical and mental health and wellbeing.

"We are receiving some incredible feedback from our service users, who have used our cycling initiative and who are actively seeking us out when we come on to shift to facilitate more riding activities, which in turn is very rewarding and makes us proud of what we are attempting to achieve."

The free course, which can lead to a cycling proficiency award, was provided by Lancashire County Council's Go Velo activities group, with Lancashire Police providing free bikes and Halfords making them safe to use.

### PAULA'S MEMORY WALK IN AID OF CHARITY A

newly-qualified mental health nurse at The Harbour, Blackpool, has completed an Alzheimer's Society Memory Walk, raising £150 for the charity.

Paula Somner (pictured right) made the decision to support the Alzheimer's Society on her 9-mile walk along the beautiful coastal St Annes coastal path to Lytham Green and back via Witch Wood as the Wordsworth Ward has become close to her heart.

Paula said: "I chose to do the Memory Walk as I was deployed to Wordsworth Ward for male dementia for the Covid-19 extended placement to finish my nursing degree. I had already been successfully interviewed for a nursing post on Wordsworth on completion of the degree. We all work together to promote awareness and provide much needed support for service users and their families and carers. My grandmother also had a diagnosis of Alzheimer's in her final years of life."



If you are interested in doing your own Memory Walk, you can find out more [here](#).



