



Dear colleagues,

During Mental Health Awareness Week we celebrated the contributions our staff make to everyone across Lancashire and South Cumbria, as part of our inaugural Thank You Week. It was inspiring to see highlighted the incredible work our teams do every single day, which makes such a difference to those in our care. The response from those outside the Trust shows our work is greatly appreciated.



This week we also celebrated International Nurses Day. It was fantastic to see our nurses receive their goodies and gifts. Our virtual event was joined by two particularly special guests, Andrea Sutcliffe, CEO of the NMC, and Ruth May, Chief Nursing Officer for NHS England. Ruth surprised our Chief Nursing Officer, Maria Nelligan, with a Chief Nursing Award, which is truly well deserved. Maria has had an outstanding career in the NHS and her drive, energy and enthusiasm during her 30 years is second to none.

I am proud to work alongside such passionate and dynamic colleagues and took huge delight in seeing all the stories and pictures across our social media.

Caroline Donovan,

Chief Executive, Lancashire and South Cumbria NHS Foundation Trust

Good news, good practice and transformation

Nurses Day – 12 May

Nurses Day gave us the opportunity to highlight the work of our amazing nurses and showcase some initiatives and teams that are making a real difference to the lives of our service users, including:

- A thank you to Julie Cryer at the Bamber Bridge District Nursing Team for her compassion and infectious energy, her commitment to developing junior staff and students which is so important to develop the future nursing workforce
- A perinatal mental health service user thanking our team, saying “This team will never know the true extent of how thankful I am for their help. With a clear strategy put in place, lots of support and not one shred of judgment, I slowly began my journey to recovery.”
- A thank you to Tracy Livesey, Team Leader at Shorelands Older Adult Service in Blackpool for her fantastic work developing a clinic at a special unit to help relieve pressures on clinicians and consultants across specialist nursing home teams



Mental Health Awareness Week

As the lead mental health provider in the area, Mental Health Awareness Week gave us the opportunity to share our expertise in caring for people’s mental wellbeing.

Our proactive approach to media saw local press highlight the thanks from ex-Premier League footballer Clarke Carlisle for how our staff helped save and positively change his, and others, lives.

Clarke said: “I want to say thank you to every single one of you working for the Lancashire & South Cumbria NHS Foundation Trust.

“I know people are acknowledging what you’re doing now, it’s almost as though they think you’ve just started to work hard, but you have been synonymous with my journey from 2017 and I know that you’ve been working incredibly hard for decades.

“Whether it was at Blackburn hospital, where I was in psychiatric care, or the fantastic workers at Strand House in Preston with my outpatient care and my therapy and counselling – what you’re doing on a daily basis is changing lives and helping people like me to become well, and stay well.

“I thank you from the bottom of my heart.”

We also shared positive feedback from a previous service user for Myplace. Myplace is an eco-therapy partnership between LSCft and Lancashire Wildlife Trust, aims to improve mental health in young people and adults by giving them the opportunity to connect with nature, learn new skills and build up resilience.

Connor Hudson, who now works at Myplace, said: "Myplace has helped me in more ways than I can actually count, but one of those has been to help me connect with nature.

"For me, being outdoors really helped with letting go of all the stresses and negative thoughts that go on inside my head.

"I wouldn't have had that option of having nature as an escape if it wasn't for the Myplace project."

As an organisation, our staff wellbeing is key so internally we shared simple tips to help improve mental health, including signposting to the NHS's Better Health resources.

Mental Health Urgent Assessment Centre opens in Blackpool

In conjunction with in collaboration with Blackpool Teaching Hospitals, we have launched a new Mental Health Urgent Assessment Centre (MHUAC) in Blackpool.

It has been established as a safe and calm assessment space for service users who are experiencing urgent mental health needs and have no coronavirus symptoms or physical injuries.

The centre has three purpose built assessment rooms for service users and their carers. With access to highly trained mental health nurses, consultant psychiatrists, support workers, and trainee nursing associates, service users will be assessed, supported and treated as required.

The MHUAC at Blackpool, is one of several mental health urgent assessment centres being created across Lancashire and South Cumbria. It complements the unit in operation at the Royal Preston Hospital and Royal Blackburn Teaching Hospital, which will shortly be joined by another unit at the Royal Lancaster Infirmary. There are already colocation of mental health services providing a dedicated facility in the Furness General Hospital in South Cumbria.

It is part of a range of measures the Trust introduced to support people with mental health challenges as quickly as possible.

Sophie Clayton nominated for Queen's Nursing Institute Prize

Sophie Clayton, Health Visitor student at Darwen Children's Centre, has been nominated for the Dora Roylance Memorial Prize from the Queen's Nursing Institute.

The academic prize is offered for outstanding students who have completed the Specialist Community Public Health Nursing (SCPHN) Health Visitor programme.

Naomi Quinn, Team Leader at Darwen Children's Centre, said: "Only one student can be nominated for this so Sophie has done extremely well.

"This is even more impressive given the circumstances she has worked in over the last year.

"She is absolute joy to have in the team and credit to the service. Sophie has also provided some lovely feedback about her time with us."



