



Dear colleagues,

As we move towards Mental Health Week, International Nurses Day, and Equality, Diversity and Human Rights Week, we are delighted to announce a week long thank you event for all our hard working colleagues.

Timed to coincide with these key diary dates, we will spend five days from May 10, celebrating everyone here at LSCft. I look forward to sharing photos, case studies and videos with you over the next couple of weeks, and hope you join me in sending a heartfelt thank you to our nearly 8,000 strong workforce of everyday heroes.



Caroline Donovan,
Chief Executive, Lancashire and South Cumbria NHS Foundation Trust

Trust's Wellbeing Project Given the Green Light

Our amazing team at the Recovery College has received project funding to continue its great work with the Lancashire and South Cumbria community for the second year running.

New and existing service users will now have access to mental health programme, **Phoenix Rising** launching in June this year.

Following the huge success of 'The Phoenix Project' in 2020, the range of free, online and interactive workshops accessible from home is a collaboration between the Trust, **Lancashire Wildlife**

Trust, Green Close, **Mandala**, and **The Gathering Fields** and aims to improve wellbeing through visual art, nature, mindfulness and creative workshops.



Recovery College senior operations manager for LSCft, Suzie Smith said: "It's important now more than ever to provide services and programmes for those struggling with their mental health.

"This collaboration is such a great opportunity to bring different elements of art, nature, mindfulness, creativity and mental wellbeing into one space."

For more information on **Phoenix Rising** or Green Close and eligibility, contact Sue Flowers on sue@greenclose.org

Supporting Staff Wellbeing

Health and wellbeing is one of our top priorities at LSCft, so it's fantastic to see positive feedback about two of our Health and Wellbeing Champions.

Our Health and Wellbeing Champions have been established to actively promote and support colleagues to take part in activities and look after with their wellbeing.

Helen McDonald, Health and Wellbeing Champion, West Lancashire CAMHS,



received praise from team member Laura Croughton, Specialist Community Nurse ADHD.

Laura said: “Thank you for taking on board the teams request to participate in a mindfulness exercise at the end of the working week. I thoroughly enjoyed it. I feel that the team will agree with me that this is something that should be offered moving forward.

“It felt that 15 minutes of mindfulness and de-stressing will make a world of difference to the team. As always, you listened and did something about it. Thank you.”

Helen also received feedback from another member of staff: “Just wanted to say a huge thank you for the wellbeing session you provide every Wednesday morning and the additional mindfulness sessions you have provided when requested.

“Wellbeing and mindfulness are things we talk about all the time in CAMHS but you putting this into action makes such a positive difference to my personal feeling of wellbeing.

“Thank you - I think this is exactly what the Trust is looking for its teams to experience from its wellbeing practitioners and is well worth investing in.”

Ellie Bourne, Health and Wellbeing Champion at Fylde and Wyre CAMHS, received praise from the Fylde and Wyre Integrated CAMHS and CPS, and the Blackpool CPS team:

“Ellie has been a shining light in the trying times we have all experienced recently, she continues to be a beacon of positivity and always supports the team to see the ‘good’ in a difficult situation.

“Ellie has implemented many Health and Wellbeing activities including a walking group after work, conducting ‘emotional wash-ups’ so we aren’t taking any stressors home and putting on yoga sessions in the morning before work.

“Ellie truly has invested her time in other people’s wellbeing and this has made a real difference to our staff morale. Thank you.”

Good news, good practice and transformation

Celebrating Experience of Care Week

Our Experience and Engagement Team have shared fantastic feedback about our services, and how the team support us to gather this feedback. It is then used to enhance the experiences of our patients and services users, as part of Experience of Care Week, which took place between 26-30 April.

Recent comments about our services from the FFT has included:

- They are reliable and always helpful and caring
- Always made to feel at ease
- Very friendly and approachable
- Grateful for the service provided, especially during Covid

Paul Jebb, Associate Director of Nursing, Patient Experience & Engagement, highlighted the importance of the week: “This national week has given us chance to highlight and explore how we make a difference to our patients, service users and carers, as well as how we make a difference to each other’s experience of care in our day to day work.”

Ribblemere Recognised by Perinatal Quality Network

Our **Perinatal Team** is celebrating after the announcement that Ribblemere Mother and Baby Unit has received an accreditation with the Royal College of Psychiatrists, Perinatal Quality Network (PQN) for its work with patients.



The PQN standards for Mother and Baby Units’ contain 248 standards.

By achieving accreditation, Ribblemere has successfully demonstrated that they have consistently delivered high quality care to women and their families.

Peter Bonnick, Specialist Perinatal Mental Health Service Manager at the Trust said: “I am so proud of the accreditation and the work and care that has gone in to achieving it.

“Since opening in November 2018, we have been able to ensure women that require hospital admission are not separated from their babies, supporting them to continue bonding in a safe place significantly closer to home.

“A huge thank you to our wonderful team; without them, this would not have been possible.”

For further information on PQN standards [click here](#).

Covid-19, you're nobody's friend – A Personal Experience from a District Nurse

Beverley Le-Moine, District Nurse Team Leader for the Blackburn North Team, has shared her personal experience as a nurse shielding at home over the past year.

Please take the time to read this fantastic and insightful poem:

New career, new home, all within the month of March, then Covid-19 hits us with some force

Confined to our homes, mine was not by choice, alone and isolated, am I about to lose my voice?

The sun begins to shine, it's warm, hot and bright and little did we realise that Covid would bring such a fight

My daily routine is becoming withdrawn, but I'm loving watching the horses running the fields out alone

The birds in the trees twittering away, they can see me at my weakest and see the tears roll down my face

I'm hoping that this pandemic quickly passes us by, but it's the start of July and the figures are remaining high

Family have appeared, on the doorstep they pop, with face masks and hand gels, the shopping they drop

I'm back in work, I'm fresh out the door, the team look so sad, they're so busy and can't take no more

Then like a flash of light, Boris is back on TV, the figures are up, so its isolation again for me

They're promising protection and I know they mean well, but I'm feeling so fraught its making me unwell

Christmas has arrived, let the festivities begin, can't wait to see close family and share a large glass of gin

There's turkey & tinsel, mistletoe and wine, there was laughter and joy even if for a short time

Then back with a bang, Covid is so high, and all the high riskers have to re-shield and hide

Spring has now sprung, snowdrops are in bloom, then Boris announces, a lift will be soon

It's here at last, back to work I go, but my wellbeing is shattered and I'm feeling so low

However I am thankful, I'm healthy and well, some families have suffered right to the end

Covid-19, you're nobody's friend.

