

The invisible wounds of war

It was the early 80s and Steve had just joined The Queens Regiment. He was 18.

"I enlisted without telling family or friends," he explains. "My first posting in 1982 was six months with the United Nations peacekeeping force in Cyprus. The Turkish army had invaded Northern Cyprus eight years earlier. While I was there we started exercises preparing for the Falklands War.

"This involved live firing, live grenades, escape and evasion techniques, amphibious landing, assaults onto beaches, and more. The full scale prep.

"But the war ended before we made it out there, so I was sent to Northern Ireland. It wasn't long after the Maze Prison hunger strikes."

Steve's time in Northern Ireland almost cost him his life.

"While I was there I saw both terrorists and security forces killed," he says.

"I was shot at four times. Twice it was so close I heard the crack and thump go past my ear.

"One of my colleagues was killed in a bomb explosion in the same place I'd driven past a few minutes earlier. A couple of hours before I'd been socialising with him."

There was one particular incident which Steve finds it very difficult to come to terms with.

"I witnessed the shooting of two terrorists, members of a pretty ruthless gang. One was shot dead, the other seriously wounded. He was still alive, just, and he was put into a civilian ambulance, but he too later died. I think, in hindsight, that was when the seed for PTSD was sown.

"The estate erupted in riots. Petrol bombs and bricks were thrown at us. I still don't remember exactly how things finished. I have a blank in my mind."

C&I's Nick Hawkes from the London Veterans' Service (LVS) explains that it's not uncommon for veterans to experience memory gaps.



Nick Hawkes

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I was shot at four times. Twice it was so close I heard the crack and thump go past my ear.



Steve Knight: Soldiering on with the help of the London Veterans' Service.

Help 24 hours a day, seven days a week The ILAT service

"I collapsed on the floor in front of my family. I had no energy. I wasn't eating. I couldn't eat. It was chaos in my head."

When Deborah Righelato collapsed, her family rushed her to The Whittington Hospital. She was suffering kidney failure.

Six months previously Deborah had come into the hospital for a bowel cancer operation. The procedure was successful, but when Deborah got home she didn't want to eat.

"The thought of food made me feel sick, and it wasn't helped by having a stoma bag too," she says. "Food turned my stomach."

The weight dropped off Deborah, but it came off too fast and she started to suffer health problems. That was when she was rushed to hospital. **Continued on page 3 ▶**



Helping hand: Madu Dhorajiwala, a C&I Specialist Liaison Nurse, at Deborah's bedside

STAND AND BE COUNTED

Could you be one of our new Governors?

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CEO Wendy Wallace

Message from the Chief Executive

A lot has happened since the last time I put pen to paper for C&I News.

We finished our financial year having delivered our plan, however it was also a difficult year due to pressures on our inpatient beds. We had to buy more beds from other providers in order to meet our promise that we will always find a bed for someone if they need it. We bought beds because there was a huge increase in demand, and because the number of referrals to our crisis teams quadrupled! In addition many of these people were new to mental health services. This increase is almost certainly due to a raft of factors, such as housing changes, increased debt and so on, which inevitably create significant stress. We have worked closely with our commissioners and we are delighted that we will be able to increase our bed capacity this year.

Recruitment too has been a focus for us. We have 65 new nurses arriving between now and mid-October which will further improve our levels of patient care and experience.

Another way we will be improving care and experience is by developing a new Clinical Quality Strategy which some of you have been helping us with. The strategy will shape the services we offer, and the sorts of treatments we provide. It will also help steer the development of C&I's St. Pancras Hospital site and ensure the development is led by service needs.

You will find lots of interesting developments in C&I News, some of these are fairly recent, such as the new enhanced liaison service at The Whittington Hospital. I am very proud of services like these as they will make a real difference to patients, as well as reduce their wait for treatment. Furthermore I'm pleased to say C&I is once again named as one of the 100 best employers in the NHS, according to trade healthcare publication the Health Service Journal, so there is much to look forward to as we continue improving services through 2015 and 2016.

We are also working more closely with London's Mental Health Trusts. Together we have formed a group to give Mental Health a unified voice across the capital so people suffering from mental health issues have the same opportunity for treatment as those with a physical health problem. Considering that one in four of the population suffers with mental ill-health, the sector does not receive 25% of the NHS budget.

I began this piece by talking of finances, and I will end doing so too. While we are in a good position financially we must be prudent, particularly in the current climate. Budgets are tight and we too have to make significant savings to the tune of six million pounds. This won't be easy. But as long as we all play our part in ensuring budgets are adhered to, we can give our service users the best quality care possible, and create a secure future for C&I.

My Story...

Caring for Bernadette

Terry is 72 and a full time carer for his wife Bernadette, who has dementia.



Still smiling: Bernadette's husband Terry

"I'll be honest, I thought I could cope. But my daughter noticed I wasn't doing so well.

"I have been with my wife for 55 years. Last October she was diagnosed with dementia. It's so sad, sometimes I feel like I have lost my soulmate.

"I was sad, at times I was angry. I didn't know why this was happening to me, I couldn't understand the rollercoaster of emotions I was feeling."

Three months ago Terry's daughter contacted C&I's iCope service when she realised he needed help.

Terry adds, "I do the cooking, the shopping and more. And my wife still says 'You don't care about me', which hurts so much.

"The situation became really difficult, especially when everything I do is for her".

To get help Terry went along to the C&I iCope team. Some of the techniques he learnt by working with iCope's dementia carers intervention have made it easier for him to manage.

The team provides talking therapies that help reduce levels of emotional distress for a carer. The therapy covers using relaxation, changing unhelpful negative thinking, and strategies to try and change difficult behaviours in the person they are caring for.

Alice Malzfeldt, Psychological Wellbeing Practitioner, has been working with Terry.

"I don't have enough lovely things to say about Alice," he says. "These sessions give me the chance to discuss the things I have been finding difficult, and we try and find coping techniques and solutions.

"Alice gave me a CD of meditative clips to play. I have found it really helpful and when Bernadette says things which can be hurtful, I am in a better position to handle it.

"Three months ago I couldn't cope, then along came iCope and now I feel like I can cope."

Across the UK today 6.5 million people are carers, supporting a loved one who is older, disabled or seriously ill, so it's important we have the right support available for you.

Find out more about our services at www.candi.nhs.uk.

Our values in practice – Professional

In each edition of our newspaper we take a look at one of C&I's six values.



The professionals: Malachite Ward

We've already explored our first three: Welcoming, Respectful, and Kind. Now it's time for our fourth value, Professional.

Being Professional means we demonstrate our expertise and knowledge so service users feel safe in our care.

Malachite Ward is one of our wards at the Highgate Mental Health Centre. As an inpatient service the focus of the team is on

rehabilitating patients to ensure a sustained recovery and return to the community.

Alan Bartlett is Malachite's ward manager: "Earlier this year we were awarded with a national quality and safety of care accreditation from the Royal College of Psychiatrists," he says.

"We value professionalism on the ward. It is not only about our qualifications, it is about honesty,

integrity and the care and respect we show our service users. This is why I believe we achieved the high standard of this accreditation. It's also important we develop our skills because it helps us provide a safer and more efficient service, and ensures we learn from any mistakes.

"The accreditation proves we have high standards of care on the ward and, as a team, practice all of C&I's values."

At C&I we are: Welcoming | Respectful | Kind | Professional | Positive | Working as a Team

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24 hour help, seven days a week: C&I's Integrated Liaison Assessment Team (ILAT).



The ILAT service

Help 24 hours a day, seven days a week

Staff at The Whittington Hospital recognised something wasn't quite right with Deborah and called in C&I's Integrated Liaison Assessment Team (ILAT). The team are based at nearby Highgate Mental Health Centre and spend time in A&E as well as on the wards.



Madu

Madu Dhorajiwala is a C&I Specialist Liaison Nurse. "When I first met Deborah I recognised she had a very low mood," she explains. "Her mood was verging on depression. In my brief intervention I tried a variety of psychological support and talking therapy. It's a gradual process and Deborah responded really well."

And with Madu's help Deborah became her old self. "I am over the moon," she exclaims. "I'm now eating jacket potato and cheese and getting my taste buds back. I feel energetic again."

Deborah is just one of many people whom the ILAT service helps 24 hours a day, seven days a week at Whittington Health.

Lucinda Donaldson is a consultant psychiatrist based in the team. She says some people are surprised to find they come into hospital with a physical problem, and end up being diagnosed with a mental health condition.



Lucinda

"It's important to educate patients that physical and mental health are inextricably linked," explains Lucinda. "We are an extra resource to help care for the patient. For example, people with depression have a lower threshold for pain, so if we treat the depression they feel less pain."

"In addition, with many long term conditions such as heart disease or diabetes there is a high rate of mental illness as well. And if you have cardiac disease and a mental illness then this worsens prognosis and the patient is more likely to die at an earlier age. So we help these people and, like our colleagues in acute care, help enhance people's physical health and mental wellbeing."

Around 60% of acute hospital beds are occupied by older people, and up to two thirds of these patients have cognitive impairment, such as dementia and delirium.

"Some people may be admitted for a medical problem like pneumonia and may suffer psychiatric symptoms such as hallucinations," says Susan Hay, ILAT's Old Age consultant. "Older people can have delirium or confusion due to an infection, and we help give them the right care to improve cognition and enable them to be



Susan

A&E," says Lucy Parker, A&E Locum Consultant at Whittington Health.

"There are those people who say 'I have a mental health problem, I want to see a psychiatrist'. There are those who have a disordered behaviour and we don't know whether that behaviour is due to a physical illness, such as severe pain, or a mental health issue, so we examine them first and then refer them to the MH team. Then there are those who have self-harmed in some way, and even if they appear lucid we ask the MH team to work with them. They have more time to explore some of the hidden agenda with these patients. It provides a safety net."

There is also another group of people who come to Whittington Health's A&E.

"The Whittington Hospital A&E department is considered a designated place of safety by the police," adds Lucinda. "If the police bring in someone under section then we assess them straight away to find out what is going on. Sometimes we have to admit them to hospital or sometimes we can discharge them if they are not suffering from a mental illness."

"The ILAT service at The Whittington Hospital has been a real success," says Aisling Clifford, Associate Director of C&I's Acute Division. "It has reduced patients' length of stay in hospital, and also reduces their likelihood of readmission. It also saves Whittington Health money and provides a better patient experience."

C&I is now looking at bringing in a similarly fully integrated service with the backing of commissioners to UCLH and the Royal Free hospitals.

discharged home sooner."

Staff from ILAT also work closely with colleagues in the Emergency Department.

"There are a number of different ways we use the Mental Health, or MH team in



Lucy



It's important to educate patients that physical and mental health are inextricably linked

News in brief



Electronic Patient Records

On 7th September C&I changes its Electronic Patient Record (EPR). C&I keeps and updates patient records electronically, rather than using paper.

The new system is called Carenotes, and will provide us and you with a much better service. It will improve the quality, efficiency and security of our patient care.

The Carenotes system was chosen because it best meets our immediate needs and also enables us to keep up with any technology advances in the future.

If you would like to know more about what we are doing, or you would like a copy of our 'EPR Update Briefing' please contact Carenotes@candi.nhs.uk.

Islington CCG commissions new C&I service

Islington Clinical Commissioning Group has given the go-ahead for a GP primary care mental health service for the Borough.

A successful C&I pilot run in five GP practices showed that patients were keen to engage with mental health services when they were based at their local GP practice. During the pilot C&I had a team of consultants, nurses and psychologists working alongside the practices. The team offered expertise, advice, training and consultation to doctors and practice staff, and saw patients for comprehensive mental health assessments. The service helps patients with a broad range of mental health issues which GPs are having difficulty managing. The five practices which took part in the pilot were: The Rise; Archway Medical Centre; Andover; St. Johns Way; and, The Gooding Practice.

The service will continue within these five practices, and a planned roll out will begin with three GP practices in South Islington. It's hoped the service will be available to all practices by April 2016.

MINDING THE GAP

Caring for Younger People

C&I is partnering with local specialist organisations to launch a new service, Minding the Gap, which aims to fill the gaps in support that currently exist for young people aged 16-24. The service has been designed in collaboration with teenagers and young adults and will offer a holistic approach to improving wellbeing and mental health.

Calling all Nurses: Ready for revalidation?

If you're a nurse then make sure you're on board with revalidation.

The Nursing and Midwifery Council are launching a new system in October this year.

The first thing you will need to do is register on the NMC website. This will ensure you'll be part of the revalidation system. Remember if you don't revalidate, you won't be allowed to practice.

Contact caroline.harris-birtles@candi.nhs.uk for more information and watch out for the revalidation briefings during summer and autumn being advertised around the Trust.

Sciences Research & Noclor Scholarships

The MSc in Mental Health Sciences Research at UCL starts in September and provides practical and stimulating training in cutting edge research evidence and research skills. Course director Sonia Johnson is looking for clinicians of any profession who are interested in developing as research or clinical academics.

Details may be found on the course website:

www.ucl.ac.uk/psychiatry/study-here/researchmentalhealthsciences

Contact s.johnson@ucl.ac.uk for more information.

Contact Noclor Research Support Service for scholarships for staff working in North London Trusts.

A word from one of our MPs

Tulip Siddiq
MP for Hampstead and Kilburn



“As a former Governor on the Board of the Camden and Islington NHS Foundation Trust, I know all too well about the outstanding work of Trust staff, and the daily pressures you face.

“As one of your MPs, I am determined to ensure you get all the help you need to meet C&I’s ambitions and maintain already high standards of care. Please don’t hesitate to get in touch if you feel I can help you in delivering on your priorities for the future.

“Time and again, when I served as a Governor of the Trust, I was reminded of how important it is to have a good-quality mental health service.

“I know the NHS has done excellent work expanding mental health provision for adults, not least through the IAPT programme. But I am particularly impressed by the pioneering work C&I is doing, in partnership with other organisations, to improve young people’s mental health provision.

“Three quarters of mental health problems actually begin in childhood. Too many young people receive treatment in adult wards, and children’s mental health services receive just 6% of mental health funding.

“I know that Minding the Gap, an excellent new service which C&I is providing with its partners, is aiming to give 16-24 year olds a leading role in developing their own tailored mental health support. The Government needs to give the NHS the support it needs to ensure outstanding services like Minding the Gap can thrive, and also help build the connections with local schools and civil organisations to reach out to those in need of support.

“In short, we need to move towards an integrated, “whole person” health and care system that offers parity of esteem between mental and physical health – not just for adults, but for young people as well. I will do all I can to support the Trust in meeting this goal.”

Stars in their Eyes!



A feast of a celebration:
Star of the Month Sara Tiplady with her team



Each month we celebrate C&I’s Star of the Month. The award commends a member of staff or team who puts our values into action.

Service users, carers and professionals can nominate any member of staff who has made an outstanding contribution to patient care, or to service improvement.

The C&I Stars of the month we have been celebrating so far are Sara and Chryssa.



Star: Sara

Sara Tiplady is Manager of the Focus Homeless Outreach Team.

Her nomination explains how Sara works with some of Camden’s most vulnerable people, ensuring their wellbeing and interests are kept at heart.

Sara says, “It was lovely to be nominated by a member of my team and I hope it raises the profile of what we are doing with homeless people with mental health problems.”

Chryssa Chalkia was our next star of the month. Chryssa is an Assistant Practitioner at the Recovery Centre, Isledon Road, Islington.

Her nomination was from a carer called James who explained how Chryssa had provided outstanding care to his partner. “My partner at that time was feeling very low and anxious. Chryssa supported her to re-engage, and ensured she felt respected and understood.”

Chryssa says she felt ‘humbled’ and certainly wasn’t expecting the accolade.



Star: Chryssa with the Isledon Road team and service users

Building Recovery

“I’ve been in care for 14 years and this is the best place I’ve had. I have my own flat and it’s nice and spacious. I like the facilities here, the freedom and the privacy.”



Robert Justin

Robert Justin is 44 and has been at Tile House for more than two years.

Tile House helps people live independently in 15 self-contained flats, with clinical and housing staff on hand to provide help when needed. It was the first of its kind in the UK and has been developed by C&I, One Housing, and Camden Borough Council.

Stephen Smith, Team Manager, explains, “Traditionally for this model, there would be four or five different care co-ordinators, all in different offices, and they would visit maybe once every 2-4 weeks. At Tile House the care co-ordinator is on site and able to develop a really positive working relationship with the residents so it’s genuine integrated working.”



Tile House has saved the NHS nearly £900,000 in mental health services since it began in 2012.

People often come to Tile House after years of living in care homes. Service users stay for around two years, sometimes longer, until they are able to live independently and other housing becomes available.

Michelle Ginnelly, Deputy Manager and Clinical Lead, says, “Prior to coming here many people would have had everything done for them. So coming to Tile House, and having your own flat, is such a big move. We help them develop everyday skills, like maintaining their accommodation, cookery, paying bills, budgeting money, social etiquette, learning more about managing their own mental health and some of them are moving on to managing their own medication.”



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Spotlight: Post-traumatic Stress Disorder (PTSD)

Remembering: Steve and wife Maria at the Cenotaph 2014.



The invisible wounds of war

Soon after being discharged from the army, Steve's wife Maria recognised there was something wrong.

"He became overprotective," she says. "He would take cover if a car backfired, or a firework was set off. He'd check under the car for potential bombs. He felt the IRA would know he was an ex-soldier and would be targeting him, even on the mainland."

These symptoms can be typical among veterans.

"Soldiers are trained to be extremely safe, careful, and constantly alert to danger," says Nick. "But, they can have 'cumulative exposure' from repeated or ongoing danger. For veterans it's rarely a 'one-off' traumatic incident that causes PTSD. This means that hyper-arousal and hyper-vigilance are problems linked to the chronic stimulation of the fight or flight response. This can manifest itself in irritability, anger and aggression, recklessness, poor sleep, poor concentration or being easily startled.

"The nature of conflict also means that some veterans experience guilt long afterwards. When they look back they see things in a different light and realise they weren't as invulnerable as they thought they were. And the danger they faced can suddenly, unexpectedly, hit home. Many tell us they didn't even realise there was anything wrong, let alone PTSD."

When Steve left the army he joined the London Ambulance Service (LAS).

"I spent the next 13 years in the LAS involved in accident and emergency work. I basically went from one frontline to another frontline. It was hard.

"I had to deal with people who'd set themselves alight. There were hangings, shootings, stabbings, people under trains, cot deaths, horrific road accidents, you name it, I saw it!

"It came to a point where the very last job I did with the LAS had similarities to that incident in Northern Ireland, both young men, both now dead. After I finished doing the job, I experienced a "flashback" and went into shock.

"I rang my wife as a blubbing wreck. She kept asking 'What's wrong? What's wrong?' I was saying 'I just can't do it anymore'."

It was 1998 and Steve was diagnosed with PTSD and was subsequently discharged from his job.

"I had five counselling sessions via my GP where I basically cried my eyes out. Then for the next 12 years I was in the wilderness. I had no help at all, I self-medicated. I didn't understand what was wrong with me. There just wasn't any guidelines or real expertise with dealing with PTSD back then."

In 2010 Steve finally sought help from the Royal British Legion, Combat Stress, and C&I's London Veterans' Service.

Nick adds, "It's not completely clear what Steve's initial treatment was, but ordinary counselling is not usually enough for PTSD. You really need Trauma Focused Cognitive Behaviour Therapy or Eye Movement Desensitisation and Reprocessing (EMDR).

"Before coming to C&I, Steve found some of the memories overwhelming. We have tried to stabilise him by educating him about trauma, and emotion management. In fact he's never explained what happened to him in detail, and we think he's in the right place for this treatment now."

"It comes in peaks and troughs," explains Steve. "Just when you think you're over PTSD, you take another fall. Just when you think it's plain sailing you take another dive. Sometimes all I feel is the emotional pain and torment, and can't think of anything else. It's at those times it seems easier to get off the ride. I have felt suicidal many times. I feel anxiety and fear. Fear of myself, afraid of what I might do. I see everyone as a potential enemy and hence isolate myself from society. Sleepless nights. Hot and cold sweats. The nightmares. Low self-worth. Confusion. Lack of motivation.

"The only reason I am still here today is because of my wonderful wife Maria. So many marriages fail because of PTSD, but if you get the right help then you can save it."

Steve's behaviour also affected his two children, as Maria explains.

"Our marriage hung by a thread. But I loved Steve, and we have always been able to talk. But when he was at his worst, it was extremely difficult to cope with.

"My family couldn't understand why I stayed with him, and the kids found him really difficult at times, because he was constantly stopping them going out.

"They knew he loved them, but his fear of what might happen to them was making things intolerable. He was so over protective."

Steve has been receiving treatment from the London Veterans' Service trauma clinic at St Pancras Hospital and is now in a much better place. If you or your family recognise any of these issues with your friends or loved ones, please get in touch as we offer services that can help families as well as individuals.

For more information please contact the LVS on **020 3317 6818** or veterans@candi.nhs.uk.



Ready for action: Steve as a young soldier



I sincerely sympathise with ALL who suffered in the troubles on both sides. May we all, eventually find our own inner peace!

- Steve Knight

The Way Ahead - Art in War and Peace



We're delighted that the St Pancras Conference Centre Gallery, St Pancras Hospital, will be taking part in the 100 year commemorations of the Great War.

The Gallery will be displaying artwork produced by veterans and serving men and women at a special exhibition this Autumn 2015

Called 'The Way Ahead' the exhibition will provide an immersive experience which will raise awareness about the struggles veterans and serving men and women face during war and peace, as well as revealing the value of the arts as a therapeutic and healing form of practice.

Please contact Peter Herbert at theartsproject1@gmail.com for further information and for viewings.

Invitation

The launch of 'The Way Ahead' is at the St Pancras Conference Centre Gallery, 4 St Pancras Way, NW1 OPE. It begins at 5:30pm with guest speakers, live music and refreshments.

RSVP Peter Herbert (see email contact above).

News in brief

Living well with dementia

A new five year study is looking to help transform dementia care and support.

The MARQUE study – an acronym derived from “Managing Agitation and Raising Quality of Life in Dementia” – is being conducted throughout England. Its aim is to increase knowledge about dementia and agitation and how people can learn to cope with it.

If a person is agitated it means they do purposeless activities, such as not being able to sit down, walking up and down, taking things in and out of drawers, shouting out the same thing over and over again.



Prof. Livingston

Professor Livingston, who combines her clinical work at C&I with her academic work at University College London, is MARQUE's chief investigator. “Dementia, at the moment, is an unbeatable problem. You can do things to help, but people inevitably get worse. So I began to think differently

about it – about how people could learn to live with it, rather than fight it all the time, and that's why we are running this study, to understand what we can do better.”

Hip Hip Hurray for Netherwood

One of the UK's leading dementia experts, Dr Nori Graham, praised C&I's Netherwood Day Centre as it celebrated 25 years of helping people with dementia in the community.

She told C&I News, “I used to go around the world saying there is no centre like this one. It's quite unique in its architectural features and its wonderful staff that help families.”



Dr Graham

A day in the life of ... Assistant Psychologist Peter Isebor



Dementia is a complex condition, which causes people to become confused easily, so simple tasks like making a cup of tea can become worrying and stressful for them. This creates many concerns, not only for people who have dementia but also for their family and carers who increasingly have to do more and more to support their loved one. Our services such as the Islington Memory Assessment and Treatment Service are here to help. If you know anyone who has dementia and lives in Camden or Islington visit our website and find out how we can help you at www.candi.nhs.uk.

For information about the START program please see www.ucl.ac.uk/psychiatry/start. With support, people with dementia can continue to live a safe, active and meaningful life.

60 Seconds with...

Vincent Kirchner

Medical Director



Vincent Kirchner

Tell me a bit about your background Vincent.

I was born in South Africa and studied medicine there before coming to the UK in 1996. At medical school I really enjoyed my psychiatry placements, and even though I took a few jobs in A&E and paediatrics I realised psychiatry was the field for me as I felt I could really make a difference.

What on earth made you want to leave sunny South Africa for rainy old England?

At the time there was a real lack of opportunity for psychiatrists who wanted to work in the public sector. Services were poorly developed in my home country and the NHS seemed an amazing organisation offering exactly what I wanted to do.

Are you pleased you made the journey?

Yes, definitely. It's been a tremendous experience. I have met fantastic people and seen some wonderful services. I admire the desire for the NHS to continuously improve what it offers patients. On a personal level moving countries was an adventure, but it was also tinged with difficulty because I was leaving family and friends behind.

Do you enjoy being at C&I?

Yes, very much. I joined the Trust as a Consultant Psychiatrist in 2000. I then became Lead Consultant in Mental Health Care of Older People, and eventually

C&I's Medical Director in 2015. I still continue my clinical work with older people as I love that so much. My aim is to make things better for patients and for staff and to ensure they consistently receive a good experience and effective treatment. I would like staff to feel they're valued and have the skills to do and enjoy their work. I'm always looking for new ideas.

So, do you ever get to go back to South Africa?

Yes I try and visit twice a year to see my parents. And I like to go to Brazil as well.

That's exotic!

It's a lovely place, but the main reason I go is because my partner is from Sao Paulo.

Very jet set Vincent! How's your 'fala Portugues'?

Muito bem, obrigado. I am actually learning some Portuguese so I can speak to the in-laws. They don't speak any English and when I go there I want to know what's going on. Besides, the Brazilians are really friendly and speaking to them in their own language is a lot of fun. Até logo!

If you would like to find out more about Vincent or you have any service improvement suggestions then please do get in touch with him at

Vincent.Kirchner@candi.nhs.uk.

My name is Peter Isebor. I work as an Assistant Psychologist in the Islington Memory Assessment and Treatment Service (MATS). I have been working here since April 2014, to support carers of people who have dementia in the community.

I would consider myself a “people-person”. I love what I do, and it was my mum who got me interested in Mental Health (MH) as she is an MH nurse.

My main role is to facilitate START (Strategies for Relatives) which is Cognitive Behavioural Therapy (CBT) for carers of people living with Dementia. CBT is a talking therapy that can help people manage problems by changing the way they think and behave. The therapy helps my client understand behaviours associated with dementia and manage their own feelings of stress.

My day usually starts, probably like most of us, with checking my inbox. After that I complete a number of assessments, meet carers to deliver CBT, and then take part in supervision, training and meetings.

During an assessment I aim to capture what the carer is finding difficult with their role and how START is able to support them. Asking questions about challenges, strengths, resources and hopes is a way to gather important information about what fits for the carer. It sets up the work we do together in a useful and sensitive way.

In Services for Ageing and Mental Health (SAMH) we have a number of other teams who specialise in different aspects of care. Our assessments help us work out which of these teams may also be able to support the particular individual. Supervision helps me to think about this process, and with my supervisor and team, make decisions about how best to proceed in supporting the carer.

With any assessment we also talk with carers sensitively about safety concerns. For example, it is a common concern that the person with dementia might leave the house and get lost or leave the gas on. We often address these concerns by putting families in touch with other relevant services such as the Community Mental Health Team, GPs, Social Services, Occupational Therapy, and the London Fire Brigade who can help to increase safety.

Part of our job is ensuring the carer is clear about the agreed plan. We send them a letter which summarises our conversation, gives details of the first appointment and information on how they can access other help where necessary. We make sure that other professionals involved in the client's care are kept informed of what we are doing too.

After assessment is completed I then arrange to meet carers for START sessions. This can be at home, or at Camden Recovery Service for Older People or even over the telephone. There are different challenges which arise during START sessions. For example, people often ask different questions about what is going to happen as dementia progresses. This is often because of the stories they might have heard from others or heard in the media. We want to help them manage their anxieties and discuss the realities of the disease and its impact. While dementia is complex, it is a condition which you can live well with - and it is important other people know and understand this too.

Working as an Assistant Psychologist delivering the START intervention in the memory service I have learnt that a small change can really make a big difference.

24-carrot gardening at Camden Mews



Pick of the crop: carrots from the Camden Mews

Our Community Recovery Service for Older People at Camden Mews is delighted with the green-fingered expertise it has on tap.

The service runs a weekly gardening group for clients who come to the Mews, with the group helping to develop and maintain the building's courtyard garden.

Gardening can have a positive impact on physical, mental and emotional well-being.

Service Manager Andrew Kingston, who has a qualification in Horticultural Therapy explains, "Pretty much everybody has an appreciation of plants and the natural world around us, but many people who use this service have very limited opportunities to experience the pleasure of the outdoors.

"There's always something new happening, even in a relatively small garden like this one, and working out here gives our clients an opportunity for physical exercise, mental stimulation and shared experiences, even when the squirrels dig up our carefully nurtured leek seedlings!

"We've grown all sorts over the last three years – peas, sweetcorn, cucumbers, strawberries and tomatoes, and last year we made our own pickled beetroot. People who've rekindled their enjoyment of gardening here have gone on to get involved in mainstream gardening projects when they leave the service."



Barry: green fingers at Camden Mews

Barry, who has been coming to the centre for three months, explains, "Since I have been here I find gardening encouraging. A feeling comes over me of fulfilment because I feel like I am doing something valuable and I get a bonus at

the end when the flowers come out in bloom or the vegetables have been growing. I look forward to coming here, and being outside in the sunshine."

The Gardening Group is always after new cuttings and plants – please contact Andrew on 020 3317 4740 if you have any you'd like to donate to the group.



Andrew tending the plants

Get Involved: C&I's 2015 Council of Governor Elections

STAND AND BE COUNTED



Leisha Fullick

Leisha Fullick, Chair of C&I, on why we need Governors

Governors are vitally important. They hold us to account. They make sure we are accountable to our service users, staff, stakeholders, people in the community, local authorities and the voluntary sector.

All the key people we have to work with in order to be a successful Trust are represented on our Council of Governors (CoG). So I see this as a crucial element in how C&I can deliver good services, because we get lots of feedback through this body, which is extremely important and extremely valuable.

It's a very interesting role because you end up working with such a wide cross-section of people. Mental health is a hugely important issue in our community, and becoming a Governor gives you a chance to make a contribution to improving it.

How do Governors make a difference?

The essence of being a Governor is learning about the Trust and asking the right questions. For example, our Governors have done an awful lot of work around the food that our inpatients are given. In addition, they also have other really serious responsibilities, like appointing the non-Executive Directors, my role as Chair, and ratifying the appointment of the Chief Executive.

What sort of time commitment is involved?

As a Governor, you're expected to come to the CoG meetings, which take place once a quarter. There is also a joint meeting between the Trust Board and the CoG a couple of times a year and that's very important because together the Board and the CoG provide the overall governance for C&I.

In addition we have Governor working groups, which currently comprise service user and staff experience and quality, the St Pancras site development and membership. Each Governor joins one of these groups and they look at a particular issue in depth and report back to the full Governors meeting on what they're doing.

What sort of people can become Governors?

There's no particular qualifications you need, but you have to be willing to go to meetings, get to know our organisation and be ready to give your opinion. We want as broad a representation as possible and the more good people we get the better, so please apply.

About this year's elections

C&I's 2015 Council of Governor elections began in July and provide a opportunity for those who want to make a difference at C&I to do so either by standing as a candidate, voting, or both.

To vote or stand as a candidate in the elections, you must be one of the following:

- A public member, living in Camden (3 seats available)
- A public member, living in Islington (4 seats available)
- A service user member (4 seats available) or
- A staff member (3 seats available)

If you are not currently a member but want to join, or if you are not sure whether you have joined yet, please call 020 3317 7115 or complete our online membership form at <https://secure.membra.co.uk/CANDIAApplicationForm/>. Note that eligible staff are automatically members of the Trust and do not need to apply.

How will the elections work?

Electoral Reform Services (an independent electoral services company) will run the process on behalf of the Trust, using the Single Transferable Vote voting system, where members rank candidates according to their order of preference. **This year, C&I will be introducing electronic voting, giving members the choice to participate online as well as by post.**

The first stage of the process will involve a call for nominations. All members will be sent a nominations pack explaining how to stand as a candidate. This will be followed by a second stage where all members will be sent a voting pack which includes a ballot paper, information on the candidates and instructions on how to vote.

How do I find out more?

Throughout the process, information about the election and the role of Governors will be available on our election microsite, which can be accessed at www.votebyinternet.com/candi_elections2015.

The Trust will be holding an information session on the role of Foundation Trust Governors at 5.30pm on 3 August in the Conference Hall at St Pancras Hospital, 4 St Pancras Way, NW1 0PE. C&I's Chair, Chief Executive and some of the Trust's existing Governors will be there and will be able to tell you about the work of the Council of Governors and answer any questions you may have. If you would like to attend please contact membership@candi.nhs.uk or call 020 3317 7115.

In addition, throughout the election please feel free to contact jonathan.fisher@candi.nhs.uk with any queries you may have.

Key Governor election dates for your diary

Election information site opens
Wednesday 1 July, 2015

Notice of election / nominations open
Wednesday 15 July, 2015

Information on becoming a C&I Governor event
5.30pm, Monday 3 August
Conference Hall at St Pancras Hospital

Deadline for nominations
5pm, Wednesday 12 August, 2015

Summary of valid candidates published
Thursday 13 August, 2015

Final date for candidate withdrawal
Monday 17 August, 2015

Notice of poll published
Thursday 3 September, 2015

Voting packs despatched
Friday, 4 September 2015

Closing date for receipt of votes
5pm, Tuesday 29 September, 2015

Notification of results
Wednesday 30 September, 2015

Election results will be published on the Election microsite on 30 September 2015 and new Governors will begin their terms following the Annual Members' Meeting on Thursday 8 October 2015.

2015
Council of Governor Elections



Our Fun Page...

This is our quiz and history page. Please feel free to test your general knowledge, and pit your wits in our word search and Sudoku puzzles.

C&I News Quiz

Below is your eclectic mix of quiz questions by C&I's Grand Quiz Master! To get you going the first two questions are based on information in your C&I newspaper.

1. Name all our six values?
2. One of our wards at the Highgate Mental Health Centre is named after a gemstone. What is the ward called (a)? And for a bonus point what colour is the gem (b)?
3. Who was the third president of the United States?
4. Who wrote the adventure novel, 'The Thirty-Nine Steps'?
5. Who directed the film Jurassic Park?
6. (a) In which city would you find the statue of Christ the Redeemer, and for an extra point (b) what is the name of the geographical feature it is situated on top of?
7. What type of energy does an object possess due to movement?
8. What happened to Wimbledon's tennis balls in 1986?
9. What is Barrack Obama's middle name?
10. Which Arabic city means "Victorious" in Arabic?
11. What is the better known stage name of Robyn Fenty?
12. What do you eat if you have Bombay Duck at a restaurant?

No peeking! But the answers are below.

Word Search

Physical activity is the theme for our word search this edition. Can you find all the hidden words in the grid?

L	T	N	I	R	P	S	O	B	T	N	J	C	M	Z	E	E	Y
Y	L	Q	J	G	O	L	F	A	O	J	O	K	A	S	N	U	
N	K	A	G	M	Y	U	Q	X	G	L	B	M	Q	O	E	R	H
S	W	Q	B	S	M	P	P	G	N	H	L	P	L	U	N	T	J
X	W	N	V	E	L	Y	I	V	S	L	J	E	T	X	M	U	A
O	G	I	G	N	S	N	N	U	R	Q	L	T	W	V	U	D	G
U	T	W	M	M	G	A	A	R	T	N	L	I	P	I	L	O	T
P	Y	N	P	M	Y	L	B	S	H	I	C	T	D	M	N	F	G
Y	B	G	U	R	I	K	G	H	R	B	E	I	R	Z	U	C	C
E	C	A	R	N	E	N	Y	H	O	F	Q	O	E	W	A	J	S
E	T	A	R	A	K	S	G	Q	W	T	P	N	P	T	M	Y	I
T	A	B	E	Z	O	L	Y	M	P	I	C	S	C	C	Y	F	N
L	L	A	B	T	E	K	S	A	B	I	C	H	V	H	Q	O	M

- BALL
- BASEBALL
- BASKETBALL
- BAT
- CATCH
- COMPETITION
- GOLF
- JOGGING
- JUMP
- KARATE
- LOSE
- OLYMPICS
- RACE
- RUGBY
- RUN
- SPRINT
- SWIMMING
- TEAM
- THROW
- WIN

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

	8	5			7	3		6
3		2						
4	6			2	1	9		
7			8	1				
8		1	4		3	5		9
				9	2			8
		4	2	7			3	1
						6		7
9		8	1			4	5	

Solution:
Websudoku.com easy puzzle #9,690,338,577

Quiz Answers: 1.Welcoming, 2.(a) Malachite, (b) Green, 3.Thomas Jefferson, 4.John Buchan, 5.Steven Spielberg, 6.(a) Rio de Janeiro (b) Corcovado mountain, 7.Kinetic Energy, 8.They turned from white to yellow, 9.Hussain, 10.Cairo, 11.Rihanna, 12.Fish

Trust's Tales

History in the Making



The history of St Pancras Hospital began in the harsh conditions of the Dickensian workhouse, but its name only came into existence in 1938. This coincided with the road that runs beside the hospital being renamed from Kings Way to St Pancras Way in 1937.



Examples of the Victorian architecture remain but the buildings haven't escaped unscathed. During World War II the male admissions block and the administration block, built in the 1890s, were damaged by a high explosive bomb. No one was hurt but the buildings had to be demolished.

The hospital has also been the birthplace of healthcare innovations. It became part of the NHS in 1948, and in 1949 it began treating people with conditions ranging from parasites to malaria and leprosy as the Hospital for Tropical Diseases was based here, in what we now call the Huntley Centre.

In a ground-breaking development, a memory clinic opened at St Pancras Hospital in 1983 as a pilot run by the Geriatric Research Unit at University College London. It was the first of its kind and aimed to identify the causes of memory impairment in older people, and the early detection of dementia.

The Bladder and Bowel Foundation, the UK-wide charity for people with bladder and bowel problems, also has its roots at St Pancras Hospital when a group of people came together to decide how they should work together to raise awareness and provide support for patients.

The NHS evolved over the years and the site came under the control of Camden and

Islington Community Health Services NHS Trust – becoming its headquarters in 1993 – and later Camden Primary Care Trust (PCT).

Camden and Islington Mental Health and Social Care Trust came into existence in 2002 and became the first Care Trust in the country to become a Foundation Trust in 2008, now known as C&I. The Trust was based at St Pancras Hospital and when PCTs were abolished in 2013, C&I took ownership of the site.

Plans for the development of the site into a modern mental health facility are being drawn up so that St Pancras Hospital can continue to play a key role in the local community and continue to make history.

C&I News – First pasta the post

Kateryna Murray-Rochard, from HR, took C&I news on a trip to the continent when she completed the Rome Marathon recently.

Kateryna said, "I ran a marathon a few years back, but I did a lot of walking in that one, so I was hoping to do better this time. And I am really pleased to say I did."

Top marks to Kateryna who managed to even read a copy of her C&I news at the end of the run.

Kateryna won a £25 M&S voucher for her photo, and of course the fame of being in our newspaper! If you want to take part in the C&I News selfie competition then please send your picture to communications@candi.nhs.uk and you could be our next lucky winner.



Run away winner: Kateryna in Rome

Upcoming Trust events

Tuesday 4 August – Medicine for Members, Talks by our Experts:
"Integrating hospital care: looking after people's physical and mental health" (a joint event with UCLH)
6 - 8pm Education Centre, 1st Floor, 250 Euston Road, London, NW1 2PG

Thursday 13 August – The Way Ahead
5:30pm - 8:30pm. The launch of the new veterans art gallery exhibition at St Pancras Hospital (SPH), 4 St Pancras Way, NW1 0PE (see page 5). Live music, guest speaker, and refreshments.

Sunday 13 September – C&I Community Fun and Open Day
11am - 4pm. All welcome. Find out more about what C&I does as a Trust and enjoy our free family entertainments, such as free bouncy castle, live music and games in Jubilee Gardens, next to SPH.

Thursday 8 October – C&I's Annual Members Meeting.
This year, prior to the meeting, we will be holding a Recovery Showcase, an event which will showcase our services. There will also be a Special Guest Lecture as well. Highbury Suite, Emirates Stadium, Hornsey Rd, London N7 7AJ
Recovery Showcase 3pm - 5pm
Refreshments and sandwiches 4:30pm - 5:30pm
Lecture 5:30pm - 6:30pm
AMM 6:30pm - 7:30pm

For a full list of Public Board Meetings and Governors meetings please see our website.

C&I News

Have you got a story?

If you have a story idea for C&I news or would like to give us feedback then please email communications@candi.nhs.uk

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