

Staffordshire and Stoke-on-Trent Adult Community Mental Health Transformation Newsletter

June 2022

Welcome

Welcome to this newsletter, focusing on the work taking place by local by health and care partners across Staffordshire and Stoke-on-Trent to transform the way adult community mental health care and support is provided.

What is the Community Mental Health Transformation Programme?

This forms part of a national programme set out in the [NHS Long Term Plan](#) to enable adults with severe mental illness to access care and support in a new, more joined up and effective way, regardless of their diagnosis or level of complexity.

This is about offering flexible and personalised care and support that responds to an individual's mental health needs and preferences close to home; while also increasing support for the wider factors that can impact wellbeing, such as employment, housing and physical health.

To do this, health and care providers are working more closely together, based within networks of GP practices (known as Primary Care Networks), alongside local authorities and voluntary and community organisations.

Find out more about the transformation by visiting [Together We're Better's Adult Community Mental Health Transformation page](#). You can also view [NHS England and NHS Improvement's short animated video about the transformation nationally](#).

Theme of the month – Health Inequalities

We're focusing each month on a different workstream within the programme and for this edition it's **Health Inequalities**.



Health inequalities are described by the King's Fund as the 'unjust, systematic and avoidable differences in people's health across a population and between specific populations'. Adopting a collaborative approach involving multiple partners, the workstream has been working to better understand the health inequalities that exist for groups of people with complex and enduring mental health problems within Staffordshire and Stoke-on-Trent, and to explore how changes can be made to help tackle these issues.

It has been doing this through the use of 'population health management', wherein data and analysis is being utilised to more fully understand how and why certain social groups may be more exposed to the risk of developing a serious mental illness.

The initial focus has been on younger adults, older adults, Muslim Eastern European communities, asylum seekers and refugees and men over 40. A range of engagement has taken place and, over time recurring themes have emerged in terms of identifying barriers of

access in mental health services; in particular communication, language, access, stigma, literature, systems and awareness.

The workstream has introduced a range of things to help enact change, including exploring training opportunities around cultural competency throughout local mental health NHS trusts, and is in the process of launching a health literacy 'how to' guide for services to help them look at the way they communicate, focusing on making the written and spoken language they use more accessible for patients.

It will also be directing more funding into small local voluntary sector groups to enable them to further improve access into mental health services and providing support in the community that will help people manage the problems that often contribute to poor wellbeing, such as housing and financial management.

It is now looking to broaden its work over the next 12 months and, to find out more you can listen to a podcast conversation with workstream leads Ben Hollands and Rachel Wooliscroft by either via the [MPFT Podcast](#) or [NSCHT Combinations Podcast](#).

Latest news

New partnerships formed by MPFT with voluntary and community organisations in South Staffordshire to support the transformation programme

A number of exciting new partnerships with voluntary and community organisations have been established as part of the transformation in South Staffordshire.

Contracts have been awarded by Midlands Partnership NHS Foundation Trust (MPFT) to several successful organisations, each for a period of three years, to provide services to help enable adults with severe mental illness to access care and support in new ways.

For more on this click [MPFT forms partnerships with voluntary and community organisations to support the transformation of adult community mental health care in South Staffordshire](#).

Mental Health Nursing Recruitment Event in Stafford – 18 July

Midlands Partnership NHS Foundation Trust is holding a Mental Health Nursing Recruitment Event on 18 July, at which the following is on offer:

- Interview slots available on the day
- Ask questions about career progression, development and relocation packages
- Find out about flexible working arrangements and opportunities in inpatient and community settings

The event on Monday 18 July runs from 10am-4pm at Stafford Cricket & Hockey Club, Brian Westhead Pavilion, Stafford, ST16 3WB. For more details, including registration, click [Mental Health Nursing Recruitment Event Tickets, Mon 18 July | Eventbrite](#)



The poster is for a recruitment event for mental health nurses. It features a woman in a blue uniform and a yellow background. The text includes: 'We are on the hunt FOR MENTAL HEALTH NURSES', 'Join our recruitment event', 'Monday 18th July 10am-4pm', 'Stafford Hockey Club, Brian Westhead Pavilion, Stafford, ST16 3WB', 'We have opportunities across Staffordshire, Shropshire and across the country For Mental Health Nurses and Nursing Associates', 'Interviews available on the day', 'Ask about career progression and development opportunities', 'Discover flexible working options', 'DON'T MISS OUT TO BOOK YOUR PLACE VISIT: <https://bit.ly/3HqD6Yb> OR USE YOUR PHONE TO SCAN THIS QR CODE', and the MPFT logo with the tagline 'Together we are making life better for our communities'.

New Survivors of Bereavement by Suicide (SoBS) groups launched in Staffordshire

Survivors of Bereavement by Suicide (SoBS) was formed 31 years ago by Alice Middleton MBE, following the loss of her brother to suicide. From the first meeting in Alice's front room in her house in Hull, SoBS has become the only national charity to offer peer support to adults who have been bereaved or impacted by a suicide loss. Their services are free and open ended and the charity has launched two new groups in Staffordshire.

- The **Stafford** group can be contacted via email at stafford@uksobs.org or by calling 07946 527834
- The **Lichfield** group can be contacted via email at lichfield@uksobs.org or by calling 07946 527606

People in Burton-upon-Trent can access the existing Swadlincote group via email at swadlincote@uksobs.org or by calling 07399 552142

As well as the groups, SoBS runs a national helpline open seven days a week from 9am-9pm and have an email support team contactable at email.support@uksobs.org. They also run a number of virtual support services, including the Punjabi speaking Women's Group, the men-only bereavement service a national Zoom support group. For more information visit <https://uksobs.org>.

Improving health literacy

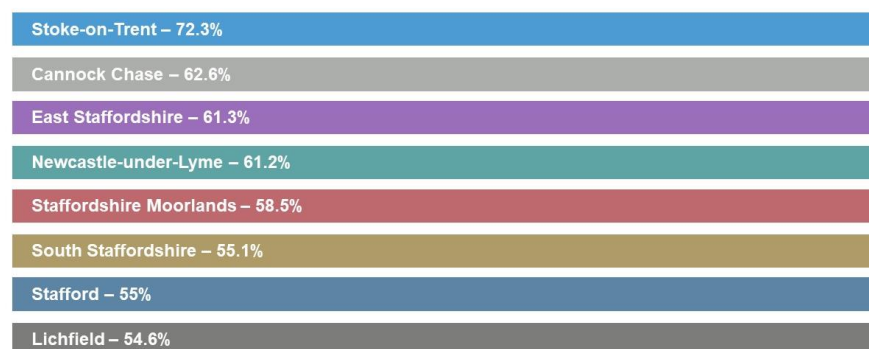
Health literacy is about a person's ability to understand and use information to make their own, informed decisions about their health. This can be affected by their level of skill, knowledge and confidence, as well as how health-related information is provided to them.

About half of the UK working population have a reading age of 11 years-old or younger and across Staffordshire and Stoke-on-Trent, the percentage of 16-64-year-olds with low health literacy and health numeracy can be seen in the picture.

People with lower health literacy are likely to have:

- More difficulty managing their medication
- A higher prevalence of long-term health conditions; also long-term conditions are more likely to be limiting
- More unhealthy behaviours; e.g. alcohol, poor diet/obesity, smoking
- Fewer healthy behaviours; e.g. good diet/normal weight
- A lower response to public health living campaigns

Percentage of people aged 16-64 with low health literacy and health numeracy:



As part of the transformation programme, work is underway to develop a Health Literacy Guide for community mental health services across Staffordshire and Stoke-on-Trent to

assist with how they communicate with anyone accessing these services, as well as the information they provide. Watch this space.

Recruitment

Discover more about job opportunities with [North Staffordshire Combined Healthcare NHS Trust](#) and [Midlands Partnership NHS Foundation Trust](#).



Wellbeing Groups with Stoke City and Port Vale FCs

North Staffordshire Combined Healthcare NHS Trust's (NSCHT) Support Time and Recovery Pathway team support directly in the community, through initiatives such as the Communities Together hubs based around Stoke-on-Trent where members of the community can link in with the team and partnership agencies all in one place.



The team is proud to have launched two Wellbeing Groups in partnership with Stoke City FC and Port Vale FC, where people can attend to play sports to remove barriers and open up conversation.

Involvement updates

Care Coordination Workshop

Midlands Partnership NHS Foundation Trust (MPFT) is holding a workshop to discuss opportunities in South Staffordshire for improvements around care co-ordination processes for clinicians, service users and carers which includes the review of the Care Programme Approach (CPA).



The workshop will be held on **Friday 1 July from 3pm-4.30pm on Microsoft Teams**.

If you are interested in attending or would like more information, please contact Fiona Moore at fiona.moore@mpft.nhs.uk

Share your experiences

Service users, carers and anyone interested in mental health are being sought to get involved in shaping the transformation. Examples include sitting on an interview panel, or taking part in meetings to offer your views - there are lots of ways to get involved.



If you would like to be involved with the transformation programme, or if you have any questions, you can get in touch by emailing:

- cmhtransformation@combined.nhs.uk – if you live in North Staffordshire
- MH-Transformation@mpft.nhs.uk – if you live in South Staffordshire

Where to find information

Find out more about the transformation by visiting [Together We're Better's Adult Community Mental Health Transformation page](#).



- For news, information, links to podcasts, social media and other details relating to work taking place in North Staffordshire, visit the [Together We're Better's North Staffordshire Adult Community Mental Health Transformation page](#).
- For news, information, links to podcasts, social media and other details relating to work taking place in South Staffordshire, visit the [Together We're Better's South Staffordshire Adult Community Mental Health Transformation page](#).

Get in touch

If you have any questions relating to the transformation programme or feedback on the stakeholder newsletter and what you'd like us to cover, please email:



- cmhtransformation@combined.nhs.uk – if you live in North Staffordshire
- MH-Transformation@mpft.nhs.uk – if you live in South Staffordshire