



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

MAY
2023

Welcome to this latest newsletter for the [Community Mental Health Transformation programme](#).

The programme is delivered by the Staffordshire and Stoke-on-Trent Integrated Care Board (ICB), NHS mental health providers (Midlands Partnership University NHS Foundation Trust and North Staffordshire Combined Healthcare NHS Trust), primary care services, local authorities, and voluntary, community and social enterprise (VCSE) organisations.



We will be regularly updating you on the key developments and news from this programme, which seeks to transform the ways in which adult community mental health care and support is provided across Staffordshire and Stoke-on-Trent. To find out more about the Community Mental Health Transformation, NHS England has created a short animation, which you can watch by clicking [NHS Community Mental Health Transformation - YouTube](#).





A chat with Wavemaker: Latest episode of the CMHT podcast

The Community Mental Health Transformation Programme podcast is a joint initiative between North Staffordshire Combined NHS Trust (NSCHT) and Midlands Partnership University NHS Foundation Trust (MPFT). Colleagues from each of the Communications teams meet with guests to discuss various areas of the transformation to provide a more in-depth insight.

For May, Molly Mansfield, Communications Officer for Combined NHS met with grant recipient Wavemaker from round two of The Community Foundation grants. This grant round focused on projects that support the development of resources which support the transition from Child and Adolescent Mental Health Services (CAHMS) to adult mental health services aimed at young adults (16-25) and their family/ carers.

In the podcast, Molly discusses with her guests the ways in which Wavemaker plans to support young adults going forward and more information about how this will look in regards to the lasting effects of the transformation programme.

To find out more about Wavemaker you can visit their website here:

www.wavemaker.org.uk

Listen to the podcast

You can listen to this episode and other Community Mental Health Transformation Programme podcasts via either the Combined Combinations podcast channel or through the MPFT Podcast.

- Listen to Combined Healthcare's Combinations podcast at [Combinations Podcast](#)
- Listen to [The MPFT Podcast](#)





Round two of Community Mental Health Transformation Programme grants awarded

More than £100,000 has been awarded to community and voluntary schemes supporting young adults with mental health issues across the county.

This marks the second round of grants made by The Community Foundation on behalf of North Staffordshire Combined Healthcare NHS Trust (NSCHT) and Midlands Partnership University NHS Foundation Trust (MPFT) as part of the transformation programme.

The following community and voluntary groups have received grants for projects aimed at supporting 16-to-25-year-olds:

North Staffordshire

- Wavemaker - A series of workshops for young adults transitioning from Children and Adolescent Mental Health Services (CAMHS) to adult mental health services in North Staffordshire and Stoke-on-Trent.
- Port Vale F.C. – Delivery of support projects and awareness campaigns to support young female adults experiencing mental ill health.
- Staffordshire & Cheshire Equine Assisted Psychotherapy (SCEAP) - Using horse assisted therapy to support young people who are transitioning into adult services.
- ReCast - Creation of a support hub within their gardens, supporting young people with serious mental illness.

Southern Staffordshire

- Sporting Communities - To provide a wellbeing service for young people aged 16-25 who exhibit mental health issues. Support will include an innovative VR experience.
- Wavemaker - A series of workshops for young adults transitioning from CAHMS to adult mental health services in Southern Staffordshire.

Steve Adams, Chief Executive of The Community Foundation, said:

"We are delighted to be working with North Staffordshire Combined Healthcare NHS Trust and Midlands Partnership University NHS Foundation Trust to target and help young adults across the county with a severe mental health illness that substantially interferes with, or limits one of life's major activities. The community groups awarded in this round have some fantastic projects to deliver and we are excited to hear about their impact."

Liz Mellor, Chief Strategy Officer, NSCHT, said:

"We are so pleased to announce the recipients of this second round of grant funding. The schemes and programmes run at each of the organisations will provide support in a way that relates to young adults and will be developed in partnership with users of services, enabling them to inform on the type of support they need and value.

"This second round of grants provides us with the opportunity to develop further our partnerships with local charities and organisations, ensuring that targeted support and care is enhanced even further through the work of the Community Mental Health Transformation Programme."

Lisa Agell-Argiles, MPFT Operations Director for Unplanned Care and Mental Health said:

"We're delighted to be working together with our local voluntary, community and social enterprise organisations to target and help young adults to access support from mental health services; this will ensure that we work in a more joined up, focussed and holistic way to help support the young adults of Staffordshire to maximise their life opportunities."





Primary Care Mental Health team to introduce a further 13 Mental Health Practitioner roles

The Primary Care Mental Health Team at North Staffordshire Combined NHS Trust (NSCHT) continues to expand with recruitment underway which will see the team bolstered by an additional 13 Mental Health Practitioners as part of the transformation programme.

These additional roles will further enhance the mental health offering across Primary Care Networks in North Staffordshire and Stoke-on-Trent, working alongside existing Senior Mental Health Practitioners and Support Time Recovery Workers.

The roles will work to improve the mental health and wellbeing of patients providing access to quality mental health assessments, advice, information, guidance, support and interventions closer to home.

The team have also recruited to a newly created post for a Senior Mental Health Practitioner to offer early intervention and prevention in relation to self-harm. The practitioner will deliver one-to-one interventions as well as offer group coping skills sessions to provide clients with the tools to help manage and regulate their emotions. This will provide early interventions and is available to all practices within North Staffordshire and Stoke-on-Trent's 13 Primary Care Networks.

The team's commitment to delivering the best care for patients and ensuring pathways are established to best support their journey continues at a pace - embodying NSCHT's value of being 'Proud to care'.

The Mental Health Practitioner roles are being released in waves – current available roles can be viewed via NSCHT's website, under '[Join our Team!](#)' or by viewing the [article with more information on the ARRS Team and what they do](#).

MPFT participation opportunities - 'Patients Know Best'

Daniel Bacon, Participation and Co-production Coordinator at Midlands Partnership University NHS Foundation Trust (MPFT) recently held a variety of workshops and review sessions exploring 'Patients Know Best', a digital platform that helps patients store all of their most important medical and health records in one place where they can be easily accessed by themselves or any medical professional. This allows access to the person's entire health care history within seconds.

The Digital Solutions project team have made significant progress as a direct result of everyone's contributions to date and have a few final slots available for any service users still wishing to get involved and contribute toward the work of digital solutions in healthcare. A limited number of one-to-one and group sessions are available with the option to give your feedback either in person or online, depending on your preference. You will be eligible for a £20 involvement fee for your feedback.

No prior knowledge of Patients Know Best is necessary to get involved, but if you would like some background information on what an involvement session would focus on please click [What is Patients Know Best - An Introduction - YouTube](#)

If you are interested in adding your perspective to this, or have any questions on the above then please get in touch by emailing Daniel Bacon at Daniel.Bacon@mpft.nhs.uk.



Update from Stoke Social

In the April issue, you may have seen an overview on the partnership between North Staffordshire Combined Healthcare NHS Trust (NSCHT) and Stoke City Football Club, through the Stoke Social club for older adults. This was set up to combat social isolation in older people, as part of the transformation programme.

NSCHT has released a video to provide a further insight into the Stoke Social initiative, with members of the group sharing their experiences of the group.

The Communications team at NSCHT also interviewed the service lead and a representative from Stoke City Football Club Community Trust to hear their thoughts about how beneficial the initiative has been. Take a look at the finished video to hear their positive feedback about Stoke Social - [An introduction to Stoke Social \(youtube.com\)](#).

For a more detailed overview of the social club, please visit the News section on NSCHT's website to [read an article](#) published last month.

For those wanting to find out more about the group, please visit [Stoke City FC - Health & Wellbeing](#).



Where to find more information

There's lots of work going on to transform community mental health services in North and Southern Staffordshire. Here's where to find key information to keep you updated with progress:



North Staffordshire

- North Staffordshire Combined Healthcare NHS Trust (NSCHT) podcasts – the Trust regularly produces its 'Combinations' podcast, with many topics on the Community Mental Health Transformation programme. You can find all podcasts on [its SoundCloud page here](#) as well as by searching for the Combinations podcast across many other podcast channels.
- NSCHT social media – Combined Healthcare posts regular updates on the transformation programme across its [Twitter](#), [Facebook](#) and [LinkedIn](#) accounts.
- NSCHT news pages – visit Combined's '[Latest News](#)' page on its website for regular programme updates.
- Transformation in North Staffordshire also has its own section on the [Staffordshire and Stoke-on-Trent Integrated Care Board website here](#).

Southern Staffordshire

- Midlands Partnership NHS Foundation Trust podcasts (MPFT) - a number of Community Mental Health Transformation programme podcasts are available via MPFT's [podcast channel](#), these episodes will provide a helpful introduction to the community mental health transformation. Further related podcasts are due to follow, you can find previous podcasts by searching for the MPFT podcast on Spotify, Google Podcasts, Apple Podcasts and a range of other channels, and all podcasts relating to the community mental health transformation can be found on the [Staffordshire and Stoke-on-Trent Integrated Care Board website](#)
- MPFT social media – the Trust has dedicated social media pages to provide information and updates relating to the transformation. You can follow MPFT on [Twitter](#) or like its [Facebook page](#) for updates.

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:

- North Staffordshire - cmhtransformation@combined.nhs.uk
- Southern Staffordshire - MH-Transformation@mpft.nhs.uk

