

Humber People

Getting involved, having a say, making a difference

Issue 26 - Free copy

Introducing...



healthstars



**KEEPING
WELL IN 2017**

**CRISIS PADS TO BE
AVAILABLE IN HULL**



@HumberNHSFT

**15,982
Members**

Foreword by the Chairman

Unless you've been hiding in a news-free zone, it will not have escaped your attention that the NHS is hot on the heels of Brexit on most news outlets' lists of prominent concerns.



Their focus is on the impact that the unprecedented demand for services is having on the ability of acute, mental health and community trusts to deliver front-line care.

Amid the acres of newsprint and hours of broadcast footage, it's easy to lose sight of the wonderful work done by staff.

Here at Humber, our workforce is not only rising to the challenges but innovating to improve our services for the people we serve.

We are, for example, fine-tuning our plans to open a new Crisis Pad in Hull, expanding the Trust's involvement in GP services, this time in Cottingham, developing our new CAMHS website, and launching a new online self-referral physiotherapy service.

I hope you will enjoy reading about these developments in this latest edition of Humber People, the first in what promises to be an exciting year.

I hope 2017 proves to be a happy and successful 12 months for you, your families, the Trust and the NHS as a whole.

Best wishes,

Sharon Mays

Chair

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Welcome from the Chief Executive



“ There's something for everyone in Hull this year ”

Endless slate-grey skies; steady rain or even snow; and the most Arctic of chills: winter can be a depressing time of year.

But not in Hull.

From Orchard Park to Bransholme, Sutton to Marfleet, the streets are buzzing with expectation.

For this year, for the first time in its history, Hull is the UK's City of Culture – a prestigious title which has given us all a boost.

Thousands have flocked to Queen Victoria Square, with some marvelling at The Blade, a 75ft wind turbine arm on display in the open air.

Others have stood open-mouthed in the Maritime Museum, awe-struck by the Bowhead installation, an audio-visual film of a Greenland Right Whale.

More have flocked to the newly-re-opened Ferens Art Gallery, eager to take in the full majesty of Pietro Lorenzetti's 14th Century masterpiece, Christ Between Saints Peter and Paul.

There's something for everyone in Hull this year, and it really does seem as if everyone is taking advantage.

“ No longer is Hull inaccurately described as “place at the end of the M62” but an inspirational magnet for visitors ”

The City of Culture designation has put Hull on the map. No longer is it the inaccurately described “place at the end of the M62” but an inspirational magnet for visitors from these shores and beyond.

There are multiple benefits, economic and reputational prominent among them. But it's the positive effect on the population's mental and physical health which really excites me.

It's not a link often made, but culture really can be a tremendous aid to improved health – and Hull has taken only weeks to make the point.

The dynamism of those driving the multi-million pound project provides an opportunity for everyone, including our service users, to show how they contribute to the city's culture – and we hope the Trust's involvement will aid this process.

If our patients, many of whom are extremely vulnerable, feel included and valued as a result, their mental and physical health will benefit.

Hopefully, the knock-on effects of this year's City of Culture will extend well beyond 2017 if Hull's rich calendar of events can be the foundation stone on which others are built.

Winter may well be here, but Hull has a spring in its step – and it's wonderful to see it giving everyone a lift.

Kind regards,

Michele Moran

Interim Chief Executive

Health Stars - Your charity supporting Humber NHS Foundation Trust

Health Stars works in partnership with Humber NHS Foundation Trust to enhance the services provided to people in our Trust.

Humber NHS Foundation Trust had existing funds allocated to charitable funds, in many funding pots, the majority of which sat unused.

By rebranding Health Stars, and creating Fund Zones, there is now a key focus on charitable funds and a keenness to ensure that we spend the funds that have been donated to us, either as a 'thank you', or as a legacy, in a way that is both useful and beneficial to service users and staff.



Additionally, in areas of the Trust where there are no charitable funds, funding applications and grants will be found to support current and planned charitable work.

Health Stars works closely with the Trust to identify current and future projects, where it can add 'sparkle'.

Examples of current environmental projects are allotments for the Humber Centre and low stimulus environments in some of our inpatient units in Hull.

Updates for these projects will be in subsequent editions of Humber People.

HOW CAN YOU SUPPORT HEALTH STARS?

- Check out our Circle of Wishes page and hit 'like' for the projects you'd like to see come to life.
- Hold a fundraising event for Health Stars: we can provide marketing literature and support.
- Consider leaving a legacy in your will to Health Stars. This is one way for you to leave a lasting legacy to Hull and East Yorkshire.
- Follow us on Twitter, Facebook and Instagram to keep up to date with our latest developments and fundraising activities.



CIRCLE OF WISHES

Circle of Wishes is your opportunity to make a wish for something you'd like to see in one of the Trust's many services. Anyone can make a wish: patients, their families, staff members, or members of the Trust and we'll do our best to bring them to reality.

As we go to press, since the Circle of Wishes process was launched in August 2017 we have received 72 wishes, with 39 of these wishes already granted, and the majority of the others in the process of being researched, developed and funded.

To complete a Circle of Wishes request, simply go to <http://healthstars.org.uk/submit-your-wish/> and complete the short online form. We'll be in touch soon after to discuss your wish and how we can work with you, and the relevant parts of the Trust, to grant the wish.

What Health Stars doesn't support:

Equipment or services which should be funded by NHS core services

Requests for individuals in their own homes

Taxi fares or transport for individuals

Reimbursing costs for services or equipment already purchased or events which have taken place before the request has been made.

CHARITY SPONSORS

We've been busy developing links with local businesses to help us with our fundraising targets.

So far, we'd like to thank the following organisations for support, both financial and in kind:

- Sargent Electrical
- Coletta and Tyson
- Nippon Goshai
- Howdens Joinery

If you would be interested in further information about becoming a charity partner, please contact jennypreston@nhs.net.

FUNDRAISING IN 2017

Humber half-marathon
25 June 2017

Why not join team Health Stars and run the Humber half marathon?

We'll provide sponsorship forms, regular training updates and a team t-shirt in return for a commitment to raise money for Health Stars.

For more information, please email hello@healthstars.org.uk.



EXAMPLES OF WISHES WE HAVE GRANTED

- Christmas parties for patients
- Artwork for East Riding Community Hospital
- Camera for Humber Centre
- Books for chronic fatigue Service
- Football kits
- Drinking cups for the Stroke Team

Thirty-five wishes were granted in 2016 between August and December, from Christmas activities to football kits and outings for voluntary groups.

Sam Grey, the Trust's Volunteer Coordinator, said: "It's fantastic to see Voluntary Services being supported so well within the Trust and it's making a real difference to the people we work with."



"The Friendship group's trip to see Hull Truck's Christmas Treasure Island has helped to reach out to those who often experience social isolation and it's all down to Health Stars. We are incredibly grateful. We are now in the process of planning an events calendar for our volunteer groups for 2017, and are looking forward to working with Health Stars throughout the year."



CURRENT WISHES

- Allotments for the Humber Centre
- Aromatherapy gift bags for CAMHS patients
- Therapeutic garden areas
- Low stimulus environments



COMING SOON:

Look out for the following exciting developments for Health Stars:

- Introduction of staff lottery
- External launch of Health Stars

Keep up to date with Health Stars by following us on:

Facebook: @HealthStarsUK
Twitter: @Health_Stars
Instagram: Health_Stars

Governor Profile - Julie Hastings

Our Council of Governors includes representatives of local partnership organisations. They give up their time voluntarily and do not 'run the Trust'. The Trust is run by the Board but the Governors can influence their decisions and represent the views of our members.

We have 28 Governors and more than half of them are elected by local people.

In each edition of Humber People we'll be introducing one of our Governors so that you can find out more about them, starting with Julie Hastings who is a public Governor for the East Riding and is our Lead Governor.

Julie Hastings – Lead Governor

I have been privileged to be involved with Humber NHS Foundation Trust since the beginning of its journey to achieve Foundation Trust status.

My first role was as a co-opted Governor representing the voluntary sector, which complemented my work for North Bank Forum, a voluntary sector infrastructure organisation. I am currently an elected Governor representing the East Riding and the Lead Governor for our Council of Governors. I also Chair the Remuneration, Appointment Terms and Conditions Group and work hard to maintain our Governor Forum meetings.



As Governors it is our role to hold the Trust to account. We're here to ask questions, to challenge when we disagree, to seek assurance that the Trust continues to strive to provide patients, carers and families with person-centred care of the highest standard.

Decisions reached from any of the four Governor groups (Remuneration Appointment Terms and Conditions; Audit; Strategy and Business Development; and Communication) are presented at the Council of Governors' meetings for discussion and approval. The work of these groups forms a cohesive backbone to enable and empower the work of your Governors.

Governors come from all walks of life, from doctors and nurses to carers and service users, and I believe that our combined experience enhances the knowledge and insight of the Governor team.

Book review: Joe Wicks Lean in 15

You can't fail to have noticed the floppy-haired Joe smiling up at you from the higher end of the best-seller lists for the last year. He's been the face of health and fitness with his mantra of hating diets and not spending every evening at the gym – an appealing thought. However, as the new year is a time for making changes, you might be wondering whether the books live up to their promise.

Each of the three books follow the same format, with three sections:

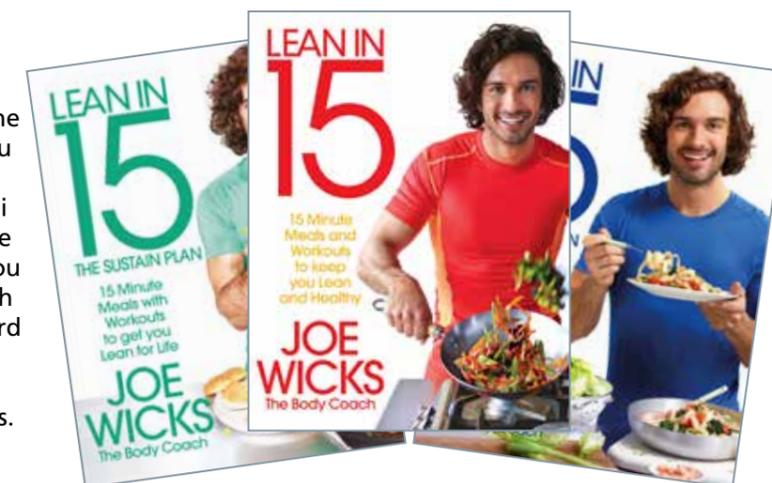
- Low carb recipes for rest days
- Post-workout recipes with more carbs
- Workouts you can complete at home

Joe claims that most of the recipes can be completed in just 15 minutes and if you're organised and have a bit of experience in the kitchen, they probably can be. Although you might need to consult your Joe to English dictionary occasionally (tender stem broccoli are called midget trees in Joe's world). There aren't many hard-to-find ingredients and you can get most meals prepped and served with nothing more than a knife, a chopping board and a couple of pans, so not much cleaning up required. The majority of the recipes are delicious too, and the portions are generous.

The one flaw with the books is that many of the recipes feed one person with some doubling up for two; so if you're catering for more, you need to remember to adjust the quantities.

The workouts are based around high intensity interval training or HIIT, a technique that uses short, intense bursts of exercise. It's simple enough and you don't need much equipment – some require nothing at all.

The great thing about Joe is that he doesn't advocate drastically restricting calories or cutting out food groups, but as with most health and fitness regimes, the most important ingredient is motivation and if you've got that, you're halfway there already!



Council of Governors Meetings

All Council of Governors meetings take place at Trust Headquarters. The address can be found below along with times and dates:

Address

Conference Rooms
Trust Headquarters
Willerby Hill
Beverley Road
Willerby
HU10 6ED

Thursday 16 March 2017 - 3:00pm

Thursday 20 July 2017 - 3:00pm

Thursday 12 October 2017 - 3:00pm

Thursday 11 January 2018 - 3:00pm

Trust Board meetings

Wednesday 1 March 2017
Conference Room, Trust Headquarters

Wednesday 29 March 2017
Conference Room, Trust Headquarters

Wednesday 26 April 2017
Wilberforce Health Centre, Storey Street, Hull

Wednesday 31 May 2017
Conference Room, Trust Headquarters

Future dates will be publicised on our website: www.humber.nhs.uk

or please call Katie Colrein on
(01482) 389132

Governor Elections

Our Governor election took place at the end of last year, and we are pleased to announce the following people were elected to join our Council of Governors from 1 February 2017.

- Public Hull: Helena Spencer (elected uncontested)
- Public Hull: Rob Hunt (re-elected uncontested)
- Staff: Craig Enderby (elected by ballot)

KEEPING WELL IN 2017

Keeping fit

Sometimes just the thought of exercising can make people want to hang up their trainers and curl up on the sofa. The cold weather, along with dark mornings and nights, can make it hard to keep motivated.

But keeping active can help boost your mood, strengthen your immune system and keep you in shape.

If you are not a member of a gym, don't worry. There are many ways you can keep fit for free, such as running, walking or using one of the many free exercise apps available to download onto your smartphone or tablet.

If you are new to exercising or want to take up running, then why not try the NHS Couch to 5k and Strength and Flex programmes which you can find at www.nhs.uk/livewell/fitness/Pages/Fitnesshome. These are guided programmes to help you build up your activity levels safely. Just remember to consult your health care professional before starting a new exercise regime if you have a long-term health condition.

Keep safe

If you're exercising after dark:

- keep to well-lit areas;
- wear bright and reflective clothing;
- ideally exercise with a friend and always tell someone where you're going;
- avoid listening to music while running outdoors. Not hearing what's going on around you can make you vulnerable;
- don't exercise in poor weather conditions such as rain or ice to avoid injuring yourself.

For more information about how to keep you and your family fit and well during winter and beyond, visit:

www.nhs.uk/livewell/fitness/Pages/Fitnesshome
www.nhs.uk/staywell • www.mentalhealth.org

Looking after your Mental Health

Here are some tips from the Mental Health Foundation to help keep you in good mental health too.

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Drink sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.

When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. Sometimes we all get tired or overwhelmed by how we feel or when things don't go to plan.

If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

7. Take a break

A change of scene or a change of pace is good for your mental health.

It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

#HealthyHumber

It can be tough to stay motivated. So if you do get out, why not inspire others? Post a picture of yourself exercising on Facebook, Twitter or Instagram and tag it #HealthyHumber and we'll share some of the best ones!

CUTTING DOWN ON ALCOHOL

Dry January may seem like a distant memory already, but you can make a commitment to cut down your alcohol intake at any time of the year.

We all know that drinking too much alcohol isn't good for us. Along with the inevitable hangover, drinking reduces the quality of your sleep, leaving you feeling tired and affecting your mood. It has also been linked to a range of long-term health problems including seven types of cancer, diabetes and heart disease.

Alcohol can also affect your appearance, leaving your skin looking dull and, with the same number of calories in the average pint of beer as a large slice of pizza, it's not good for your waistline either. A large glass of wine can do even more damage, with a 13% abv glass containing 228 calories.



To find out just how much you're drinking compared to the recommended amount and how that could be affecting your health, why not visit

www.drinkaware.co.uk

where you can take a quick quiz, find information and advice and a number of tools including calorie counters and unit trackers.



New website for children suffering with mental health issues launched

In autumn, we launched a new website that aims to help people understand more about the services available to young people in the region struggling with their mental health. The website has been designed to appeal to young people themselves and is written in a way that is easy to understand for everyone. It features a wealth of information not only for young people themselves, but also parents and carers along with professionals working with children and young people.

Mental health can be a difficult topic to discuss and those difficulties can be amplified when talking to children and young people who may struggle to understand the concept. The area of the website aimed at young people talks them through what mental health is and gives them information about what to be aware of and what to look out for. Young people can get advice about what to do if they want to speak to someone anonymously, but they can also find out detailed information about the CAMHS services and what happens when they are referred, in order to demystify the process and explain how to make a referral.



The new site will be constantly updated with new information

It's all designed to reassure young people and reduce any anxiety they may be feeling

Nikki Titchener and Karen Warwick are the service managers for the Trust's CAMHS services in Hull and East Riding at the Trust who have developed the website. Nikki said: "We often find that young people don't know what to expect. On the site we've aimed to spell out what will happen at every stage of the referral process. We've also explained what it's like coming to your first session, how you might feel and what that session might involve. It's all designed to reassure young people and reduce any anxiety they may be feeling."

There is also a 'frequently asked questions' section that young people may find useful, especially if they are about to begin accessing CAMHS services.

For parents and carers, there is a section of the site explaining what signs you can look for if you are concerned about a young person's mental health and emotional wellbeing. There is also a section on CAMHS and what to expect, along with practical advice on what to do if your child doesn't want to attend and how you can get help and support for yourself. In addition, there is an explanation of what the different people who work in CAMHS do, from psychiatrists and psychologists to nurses, administrators and more.

For professionals, the site aims to make the referral process easier by providing an online referral form along with information on what to do if you're worried about a child.

Nikki continued: "The new site will be constantly updated with new information and our blog page will be a great opportunity for people to learn more about CAMHS and the services that are available. We hope that it will take away some of the apprehension that people may feel about accessing our services."

THE NEW CAMHS WEBSITE IS LIVE NOW AT: camhs.humber.nhs.uk

Staff Member Focus

Dave King - Forensic Nurse



What is forensic nursing?

'Forensic' means 'pertaining to the law'. In the UK that means working at the interface of mental health services and the criminal justice system (prisons, courts, police stations, etc.). For me, that entails working in a medium secure unit with mentally disordered offenders. Many are transferred from prison and many more are ordered by courts to be detained for treatment. Some of their offences are very serious, which means that a great deal of attention must be paid to the security of the hospital. This attention to security allows us to deliver the necessary assessment, care and treatment interventions required to support the patients on their recovery journeys. That's my nutshell version – I am sure that others are available.

How did you get into forensic nursing?

A happy combination of being in the right place at the right time, having the right qualification and a little bit of knowledge. I was working as a staff nurse at Humber Lodge, a two-ward challenging behaviour unit, at De La Pole Hospital, which closed in 1996 - the same year as the Humber Centre opened. This new forensic unit had an additional third ward, providing the opportunity for a 'G' Grade Charge Nurse post. I had just completed the Diploma in the

Care of the Mentally Disordered Offender at Rampton Hospital, so that got me as far as the interview, where I was able to articulate that 'risk is an actuarial concept, whereas danger is a propensity for harm'. And the rest, as they say, is history.

I really find it satisfying to spend time with carers, gaining a better understanding of their needs and experiences

What is a typical day like for you as a forensic nurse?

My role tends to be as flexible as they come. There are some set routines, but a lot of my time is less predictable, involving the unexpected and unusual situations that arise within the service. This is one of the things that I like best about my job – variety and challenge, with the opportunity to work in a variety of settings.

What do you find most rewarding about your job?

Currently, I get the most satisfaction from working with the carers of patients of our service. I facilitate a group that meets every other month. It's only for two hours, but I (and colleagues) really find it satisfying to spend time with carers, gaining a better understanding of their needs

and experiences and listening to their feedback. It helps us to keep improving the service that we deliver.

What do you find most challenging about your job?

Currently, there is a strong drive to minimise restriction in secure (and other) settings. This calls for a major culture shift for many patients and staff. We are already seeing the benefits of this, but it's not a straight-forward process. It's about getting the right people in the right place to deliver the right care. Training, policy change, patient and carer involvement, and more, are very positive things, but it's fairly challenging.

What is the one thing most people find surprising about your role?

That I don't spend very much time taking fingerprints or DNA samples. Oh, and that I am actually a nurse.

What are your hopes and aspirations for the NHS in the future?

My big hope is that there will still be an NHS in five years' time; that it will still deliver healthcare for all, free at the point of delivery. But these are strange times – let's see what 2017 brings first, shall we?

STAFF AWARDS 2016

The inspiring and innovative work our staff do across the Trust every day to improve the lives of our patients and service users was celebrated at our annual Staff Awards on 1 December 2016 at Willerby Manor Hotel.

This year, we had 11 categories in which staff could nominate themselves or a colleague. We also had the Patient Choice Award, which gave patients, their families and carers a chance to nominate a member of our staff or team which had gone the extra mile to provide outstanding care.

We are pleased to announce this year's winners are:

Team of the Year - Mental Health Services

New Bridges Inpatient Unit – Occupational Therapy and Activity and Clinical Team

Team of the Year - Children's and Learning Disability Services

Granville Court

Team of the Year - Specialist Services

Humber Centre Mural Painting Team

Team of the Year - Community and Older People's Mental Health Services

East Riding Community Respiratory Team

Team of the Year - Corporate Services

Voluntary Services

Innovation and Progress

Hull and East Riding Child and Adolescent Mental Health Services

Improving Patient Dignity and Respect and Safety - sponsored by Scamp Security

Jacob Penkethman – Homeless Foot Clinic Service

Working in Partnership with other Agencies - sponsored by Clark Weightman

Pocklington Health and Social Care Hub

Delivering Compassionate Care

Huntington's Disease Team

Rising Star - sponsored by Citycare

Dr Jade Smith

Outstanding Team of the Year

Granville Court

Patient Choice Award

East Riding Pulmonary Rehabilitation Team



In addition, there was also the Chairman's Award which was won by Steve Taylor and Karl Tamminen (pictured above) for their vision, ambition, drive and commitment to create a mural in our Humber Centre (pictured right) to mark its 20th anniversary. The mural was created in a connecting part of the Humber Centre called The Street, largely due to the facilities based along it, such as the laundry, canteen and shop.



This year our event was sponsored by Konica Minolta, along with Citycare, Clark Weightman and Scamp Security who each sponsored an award.



STAFF Awards

HUMBER NOTICEBOARD

Crisis pads

Back in November we were delighted to be able to announce that we had **successfully bid for over £350,000 of funding** from the Department of Health to provide a new crisis pad service in Hull.

The crisis pad will be a new service that will be **supported by our new 24/7 rapid response team** and will offer people experiencing crisis or distress access to a calm, safe environment providing support or therapeutic interventions and, where necessary, rapid access to a suitably qualified practitioner who can assess their needs.

It will operate from a base in Hull **seven days a week from 8pm- 2am**. People in East Riding will also be able to access the service and telephone support will be available.

Director of Adult Mental Health Claire Holmes said: "There is limited support available for people experiencing a mental health crisis out of hours across Hull and the East Riding and people often rely on emergency services including accident and emergency departments, which are not always the most appropriate ways to get help.

"The crisis pad and the new rapid response service will seek to address this."

It is anticipated that the crisis pad will be operational by April 2017.

Delivering better healthcare with GPs

Humber NHS Foundation Trust is increasingly delivering primary health services in the community and in the past 10 months has taken over management of four GP practices in our region. In April we took over Market Weighton GP Practice and six months later, Hallgate in Cottingham. On New Year's Day the Trust also acquired Field House Surgery in Bridlington and The Chestnuts, again in Cottingham.

The priority for all the practices is to continue to provide high quality and sustainable primary care medical services supported by a skilled multi-disciplinary team that meets the needs of all the registered patients at each practice.

The offer our Trust makes to all the practices we manage is to support them to meet the challenges being faced by all parts of the health service – how to provide better patient care. We are specifically supporting our GPs with opportunities for them to use their medical expertise and leadership to benefit patients, while also supporting the surgeries' practice management and back-office teams, so freeing up clinical time to care.

Additionally, our Integrated Health and Social Care Hub Team is working with the team at Pocklington Group Practice, the local authority and neighbourhood care services to deliver quality health care in that area too. In December the team was recognised at the Trust's 2016 Annual Staff Awards with the accolade 'Working in Partnership with other Agencies'.

Dates for your diary...

-  **No Smoking Day: 8 March**
-  **Nutrition and Hydration Week: 13-19 March**
-  **World Health Day: 7 April**
-  **Parkinson's Awareness Week: 10-16 April**
-  **Mental Health Awareness Week: 8-14 May**
-  **Carers Week: 12-18 June**
-  **World Suicide Prevention Day: Monday 10 September**
- Annual Members Meeting: Wednesday 13 September**

Patient and carer recruitment

We are committed to working in partnership with patients and carers, and involving people who use our service in the recruitment of staff is one way of doing this.

We hope that **involving patients and carers will strengthen our recruitment practice** by helping staff recognise the value we place on patient and carer experience.

If you are a patient or carer of someone who is currently receiving or who has received a service from the Older Peoples Mental Health Service (Hull or East Riding) or our Community Services in Whitby, North Yorkshire and are interested in being involved, **we would very much like to hear from you.**

For further information about how you might be involved and the support available to you please contact:

Patient and Carer Experience team on (01482) 301776

Puzzle and Quiz Solutions

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

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

1. 1 December
2. -27.2 °C
3. 9 March 2017
4. Raymond Briggs
5. New York
6. France. Chamonix
7. The Stoat
8. 4
9. Tom Jones and Cerys Matthews
10. Battle of the Bulge

Puzzle Page

If you are feeling a little peckish, why not get stuck into this healthy eating word search? Find the answers straight across, backwards and diagonally. Answers on page 15.

Sudoku

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

BREAD
 CEREAL
 CHEESE
 EGGS
 FISH
 FRUIT
 GRAINS
 LOW SALT
 MILK
 NUTS
 OATS
 PROTEIN
 SEEDS
 SMOOTHIE
 VEGETABLES
 WATER
 WHOLEGRAIN
 WHOLEMEAL
 YOGURT

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

Quiz

1. What date is used to mark the start of the meteorological winter?
2. What is the coldest temperature ever recorded during a UK winter?
3. When is the last day of winter in 2017?
4. Who wrote The Snowman?
5. In which city did Kevin McCallister get lost in Home Alone 2?
6. In which country were the first Winter Olympic Games held?
7. Which British animal is brown in summer and white in winter?
8. How many medals did Great Britain win at the 2014 Winter Olympics in Sochi, Russia?
9. Which Welsh pop stars sang Baby It's Cold Outside in 1999?
10. Which name is given to the battle that took place in severe winter conditions in the Ardennes between 16 December 1944 and 25 January 1945?

Useful Contacts

Humber NHS Foundation Trust
Main Switchboard: 01482 301700
HNF-TR.ContactUs@nhs.net
www.humber.nhs.uk

Patient Advice and Liaison Service (PALS):
 01482 303966 or HNF-TR.pals@nhs.net

Accessing Mental Health Services

If you have a Hull GP:

Depression & Anxiety
 (Let's Talk – lead provider CHCP CIC):
 01482 247111

Secondary Mental Health
 (incl Crisis referrals):
 01482 336161

If you have an East Riding GP:

Emotional Wellbeing:
 01482 335453

Single Point of Access Mental Health:
 (incl Crisis referrals)
 01482 301701

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