

Dear Members,

Thank you for your interest in our Trust.

Your 'Trust Matters' bulletin follows, including information on:

- The Latest Governors' Bulletin ([click here to access](#))
- Norfolk News - New mother and baby unit update
- NSFT to make STOMP pledge
- World Diabetes Day event in Great Yarmouth
- Faith and Diversity Exhibition in Suffolk

New mother and baby unit update

New mothers with serious mental health problems will soon be able to receive specialist inpatient treatment closer to home when a new unit being developed by our Trust opens its doors early next year.

Work on the £4m Kingfisher Mother and Baby Unit (MBU), which is being created at Kingfisher House at Hellesdon Hospital, is progressing well, with the unit on track to welcome patients in late January.

Once complete, it will ensure mums and their babies can stay together while the mother receives inpatient care for conditions such as severe postnatal depression, serious anxiety disorders and postpartum psychosis. The unit will also accept women in late pregnancy who require acute psychiatric inpatient care.

Work to create eight en-suite bedrooms, each of which will be identified by a different flower design on the door, is nearing completion, while staff have consulted with service users to choose a muted, homely and welcoming colour palette for the walls.

Service users have also helped choose the furniture for the unit, all of which complies with the latest infection control guidelines and is designed to promote safety for those with challenging behaviour who are at risk of harming themselves or other people.

Staff at the MBU will also work closely with colleagues in our Trust's Community Perinatal Team, which provides specialist care within the community to women with conditions such as severe postnatal depression, bipolar disorder and psychosis.

Our Trust will pledge to play its part in reducing the over-medication of people with learning disabilities and / or autism during a special conference taking place next month.

NSFT to Make STOMP Pledge

NSFT will host the STOMP (stop over-medication of people with a learning disability, autism or both) event in Diss on Thursday, 15 November. Its aim is to raise awareness of the risks of over-using psychotropic medicines, which can affect the mind, emotions or behaviour, so that people with learning disabilities and autism can stay well and enjoy a good quality of life.

During the day, our Trust will also develop its own local version of the national STOMP pledge, which encourages the NHS to only use psychotropic drugs for the right reason, in the right amount and for the shortest time possible, while making sure they seek alternatives wherever they can. This is because the long-term use of antipsychotic drugs and antidepressants can lead to significant weight gain, organ failure and, in some cases, death.

David Gerrard, who is joint pharmacist lead for STOMP at NHS England, will also talk in more detail about the national programme, while service users and carers from Norfolk and beyond will share their personal stories.

Sue Bridges, NSFT's Professional Lead (Learning Disabilities / Autism), said: "We are really pleased that our Trust is supporting this important national initiative. Reducing the overuse of medication is everyone's responsibility, and can play a huge role in helping people with learning disabilities and autism to stay well and enjoy a good quality of life.

"It is really important that people only receive psychotropic medication when all other approaches have been considered, and that both the individual and their families or carers need to be involved in the decision-making and are aware of the potential side effects."

The STOMP pledge was launched in June 2016 has been supported by the Royal Colleges of Nursing, Psychiatrists and GPs, as well as the Royal Pharmaceutical Society, the British Psychological Society and the Challenging Behaviour Foundation (CBF).

So far, more than 60 providers supporting nearly 60,000 people with a learning disability, autism or both have signed up to this pledge to take action to stop over-medication.

For more information on the national pledge, visit <https://www.england.nhs.uk/learning-disabilities/improving-health/stomp/>

World Diabetes Day event in Great Yarmouth

A drop-in event will be held in Great Yarmouth on World Diabetes Day next month to provide advice and support for people with the condition and the families and friends who care for them.

Many organisations are working together on “You, Me & Diabetes”, including our Trust, East Coast Community Healthcare (ECCH) and Carers Matter Norfolk.

The event will be opened by Tony Osmani, Chair of the Board of Directors of ECCH, and will take place at The Kings Centre, 30 Queen Anne’s Road, Southtown, on Wednesday, 14 November between 10am and 4pm.

NSFT Carers Lead Howard Tidman said diabetes was a major community health concern.

“You, Me & Diabetes will be the first event of its kind and is a great example of various services working together in a more integrated way than in the past for the greater public good,” he said.

“As well as people living with a diagnosis of diabetes, we’re encouraging carers to come along, partly because they are often more likely to neglect their own health concerns in favour of those they care for.

“It’s also wrong to think of diabetes as purely a physical health condition because there is plenty of evidence to show that people with mental health issues are more susceptible to diabetes – and vice versa.

“For example, it is believed that some medications taken by people for mental health conditions may affect their endocrine system, while a

survey that Diabetes UK published last year found that three in five people living with diabetes experience emotional or mental health problems, such as depression, anxiety and eating disorders, as a result of their condition.”

Among the other organisations taking part in the day are James Paget University Hospitals NHS Foundation Trust, the Norfolk and Norwich University Hospitals NHS Foundation Trust (NNUH) and Great Yarmouth and Waveney Clinical Commissioning Group (CCG).

Among the speakers will be Maggie Heels, Consultant Nurse for Diabetes at NNUH; Dr Jo Randall, consultant in diabetes and endocrinology at the James Paget Hospital; and Helen Stephen, Education and Training Lead at Cambridgeshire company, DUET Diabetes.

Other speakers include Dr Sarah Fish, a clinical psychologist who works with the diabetes and weight management services at NNUH (“Engaging with young people living with diabetes”); Jessica Adcock, Advanced Medicines Optimisation Pharmacist with Great Yarmouth and Waveney CCG; and Dr Vivek Agarwal, a consultant psychiatrist based at Hellesdon Hospital, whose talk will be called “Why are people with mental ill health more susceptible to diabetes?”

The day will also include a “marketplace” of advice stalls where anyone who drops in between 10am and 4pm will be able to pick up information on a wide range of issues, including healthy eating and retinal screening.

* Anyone wanting more information about You, Me & Diabetes should contact Howard Tidman. Tel 07557 290169 or email howard.tidman@nsft.nhs.uk

Alternatively, contact Sarah Steele. Tel 01603 629211 or email educationandtraining@carersmatternorfolk.org.uk

Faith and Diversity in Suffolk

NSFT Chaplain Kate Holmes will be holding an inter-faith exhibition in Endeavour House Ipswich on November 13th and 14th. The exhibition marks Inter-Faith week and will be open to the public from 2.00 – 4.00 pm.

See flier below for full details:



Faith and diversity in Suffolk

An exhibition for Inter Faith Week

In Endeavour House, Ipswich
Tuesday, 13 November and
Wednesday, 14 November

From 11am to 4pm
Open to the public 2 to 4pm

Supported by various belief groups in Suffolk,
including; Bahai, Buddhists, Christians, Hindus,
Humanists, Jews, Muslims, Quakers and Sikhs.

A collection of logos representing various faith groups, including the Bahai symbol, a Buddhist wheel, a Christian cross, a Hindu Om symbol, a humanist figure, a Jewish Star of David, a Muslim crescent and star, a Quaker oak leaf, and a Sikh Khanda.