

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

SEPT
2022

Welcome to the latest stakeholder newsletter for the [Community Mental Health Transformation Programme](#) which is delivered to you by Staffordshire and Stoke-on-Trent Integrated Care System (ICS), Midlands Partnership NHS Foundation Trust (MPFT) and North Staffordshire Combined Healthcare NHS Trust (NSCHT).



The aim of the newsletter

We will be regularly updating you on the key developments and news from this programme, which will 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, you can watch it [here](#).



LATEST NEWS

Help us create a co-production logo!

As part of the [Community Mental Health Transformation Programme](#), we are looking for your help in designing a co-production logo for Midlands Partnership NHS Foundation Trust and North Staffordshire Combined Healthcare NHS Trust. This logo will be co-produced by staff, service users and their carers.

What is co-production?

There are many definitions of co-production. The UK's public participation charity [Involve](#) define it as:

"The term co-production refers to a way of working where service providers and users work together to reach a collective outcome. The approach is value-driven and built on the principle that those who are affected by a service are best placed to help design it."

In the spirit of co-production, the overall design and choice of final logo will be voted for by service users and panel members later this year. If you have any questions, please use the email address below.

Please submit your logo design by post or email by Friday 7 October 2022

Email: MH-Transformation@mpft.nhs.uk

Post: FreePost RSR5-YTLU-UBBY, FAO Veronica Emlyn, Volunteer Coordinator, Harplands Hospital, Hilton Road, Stoke-on-Trent, ST4 6TH (Please include a note with your contact information when sending your design by post. We will be in touch if your design is shortlisted.)

CO-PRODUCTION LOGO BRIEF:

We're looking for your help in designing a co-production logo. This will be used across all co-produced materials from North Staffordshire Combined Healthcare Trust and Midlands Partnership Foundation Trust - printed and online.

In the spirit of co-production, the overall design and choice of the logo will be up to service users and panel members through a voting process.

The aim: The logo needs to express the meaning of co-production as defined below.

'Co-production is a way of working that involves people in developing health care services. This shares power and responsibility with decision making so it works for everyone.'

Colours:



Please include these colours



Optional colours

Fonts:

Stick to easy to read fonts like these:

Co-production
Co-production
Co-production
CO-PRODUCTION
Co-Production
Co-Production

Avoid script or graphic fonts like these:

Co-production
CO-PRODUCTION
CO-PRODUCTION
Co-Production
CO-PRODUCTION

Graphics: You create your own graphics or find free graphics online - www.freepik.com has lots available.

Size: We would like a main rectangular logo and a simple square version. Please keep in mind that the logo may be on a wide variety of materials in different sizes so avoid making text too small.

MAIN LOGO SIZE GUIDE:



ICON:



ALTERNATE VERSIONS:



LATEST

NEWS

New severe mental illness (SMI) annual physical health check leaflet available from Combined Healthcare

Combined Healthcare has produced a leaflet (previewed right) on the importance of annual SMI (severe mental illness) physical health checks, as part of the Community Mental Health Transformation Programme. It has worked with the mental health charity Rethink Mental Illness to produce the Trust's version of the leaflet which is available [here](#).

Have you listened to the latest podcasts?

We release regular podcasts with information about the Community Mental Health Transformation Programme. You can find MPFT's podcast here, or by searching 'MPFT Podcast' on Google Podcasts, Apple Podcasts and on Spotify. For Combined Healthcare's, please click here or search 'Combined Healthcare Podcast' on Google Podcasts, Apple Podcasts and on Spotify.

Community Mental Health Transformation

Take the first steps for your physical health

If you have a severe mental illness (SMI) you are entitled to an annual physical health check.

You have a severe mental illness if you have a diagnosis of schizophrenia, schizoaffective disorder, bipolar affective disorder or other psychoses. People on lithium medication are also entitled to this review.

Some aspects of living with SMI mean that people are more likely to develop physical health problems.

Everyone's situation is different, but we know that good mental and physical health go hand in hand.

A full health check is an important first step towards taking ownership of your physical health.

What is a physical health check?

People living with SMI are at a greater risk of developing health conditions such as diabetes, stroke or heart problems. The annual physical health check is really important to help to detect any issues as early as possible and help you access the support you might need.

At your physical health check you should expect the following:

- **Blood pressure** – your blood pressure will be checked.
- **Electrocardiogram (ECG)** - a simple test to check your heart's rhythm and electrical activity.
- **Blood glucose** – a blood sample will be taken for a blood test, where the level of glucose (sugar) in your blood will be checked.
- **Height and weight** – your height and weight will be measured.
- **Blood lipid** – a blood sample will be taken for a blood test, where the level of cholesterol in your blood will be checked.
- **Smoking** – you will be asked whether you smoke.
- **Alcohol** - you will be asked how much alcohol you drink.
- **Screening and immunisation programmes** – you will be asked if you have taken part in these programmes.
- **Medication review** - your medication will be reviewed and changes made if necessary.
- You'll also be asked other questions about your general health.

Leaflet translations available on request



'Get involved' page now on MPFT website

MPFT has added a new web page to help service users and their carers get involved in the Community Mental Health Transformation. This web page holds information about how they can get involved, and where to find out more about the transformation programme. Visit the page [here](#).



Recruitment update

Recruitment for Year 2 of the Transformation Programme is underway – keep an eye on both Combined Healthcare and MPFT recruitment web pages if you're interested in any forthcoming opportunities.

For Combined Healthcare roles please visit [North Staffordshire Combined Healthcare NHS Trust](#)
For MPFT roles please visit [Midlands Partnership NHS Foundation Trust](#)

Where to find more information

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



North Staffordshire

- Combined Healthcare 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.
- Combined Healthcare social media – Combined Healthcare posts regular updates on the transformation programme across its [Twitter](#), [Facebook](#) and [LinkedIn](#) accounts.
- Combined Healthcare 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 ICB website [here](#).

Southern Staffordshire

- MPFT podcasts - several Community Mental Health Transformation Programme podcasts are now 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 ICB website [here](#).
- 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

