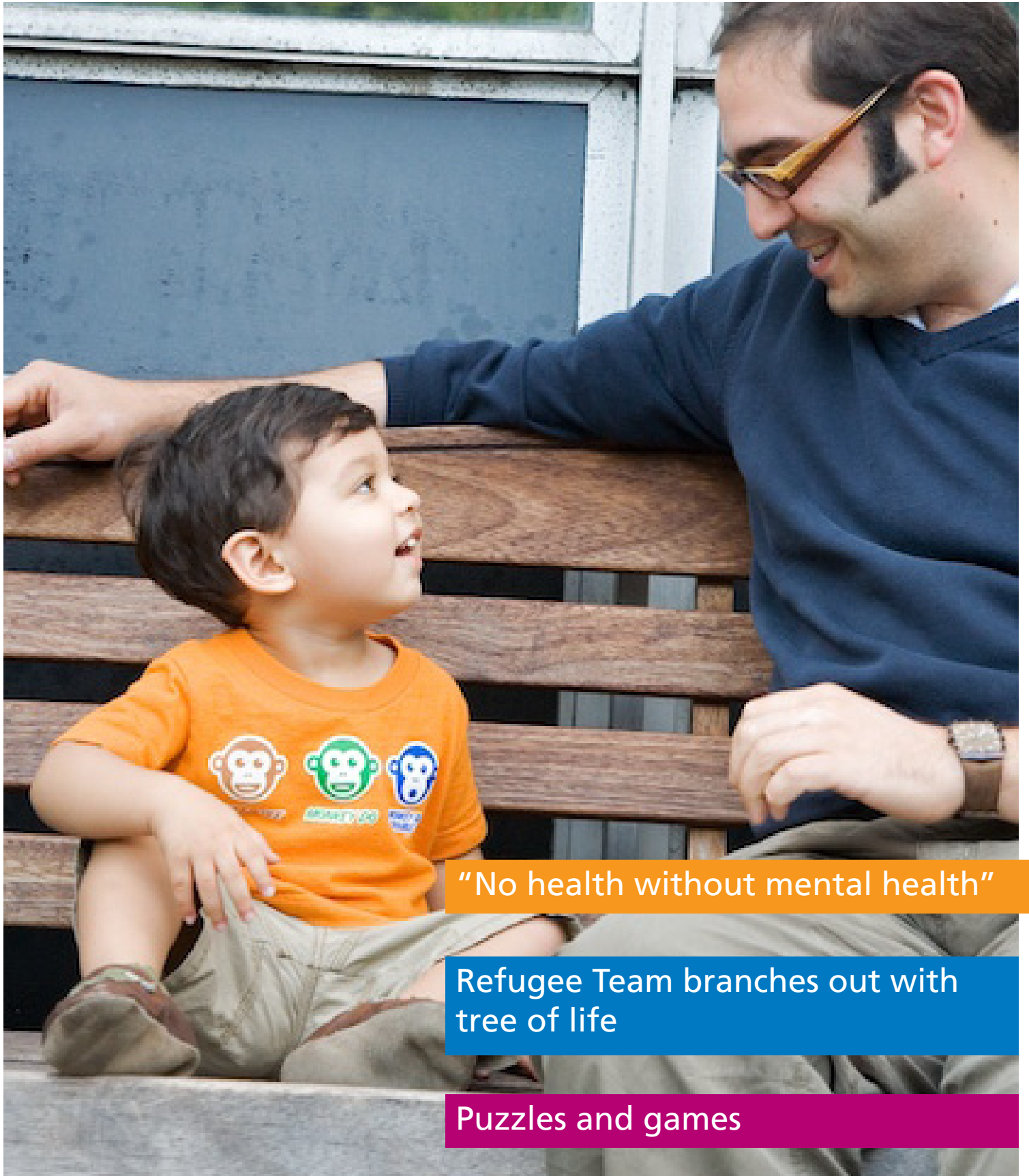


members' newsletter

Spring
2011



"No health without mental health"

Refugee Team branches out with
tree of life

Puzzles and games



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To become a member:

We have a new membership application form, which asks members to highlight the area of our work they're interested in, so that we can produce material and run events for our members.

If you are already a member, you can contact the Trust Secretary at trustsecretary@tavi-port.nhs.uk, to let us know your interests and we will update your records.

To sign up as a member, contact the Trust Secretary for an application form.

Bid for better:

Do you have an idea that could improve the patient/service user experience? Enhance the physical environment? Make our services more accessible?

If so, we have awards of up to £250 for members of the Tavistock and Portman NHS Foundation Trust to support bids for equipment.

Visit our website for more information including how to apply, closing dates and details of successful bids.

non-executive directors

Thanks to Emma Satyamurti

It was with great sadness that we said goodbye in October to Emma Satyamurti, one of our Non-Executive Directors, who stepped down at the end of her term of office. Emma had been a member of our Board of Directors for seven years. During that time, her contribution has been both generous and of enormous help. Emma contributed significant expertise from her professional life as an employment lawyer. Beyond this, however, Emma has been an absolute pleasure to work with and I think contributed tremendously to the development and present culture that characterises our Board of Directors. Emma will be greatly missed, by me, and by all Board members I am sure, but also by the staff group with whom she had a substantial amount of contact.

-CEO Dr. Matthew Patrick

Welcoming Dr. McPherson

Ian's most recent role was as National Director of the National Mental Health Development Unit (NMHDU). This role involved the development of a number of high profile programmes, to include:

- Improving Access to Psychological Therapies
- Delivering Race, Age and Gender Equalities
- Social Inclusion and Social Justice.



A Clinical Psychologist by background, Ian has worked for most of his professional life in NHS management and mental health policy implementation and service development at a regional and national level.

What are Non-Executive Directors?

We have six Non-Executive Directors (NEDs) who sit on the Board of Directors. The Board of Directors is responsible for the governance, strategy and overall running of the Trust, and they meet on a monthly basis to authorise key decisions regarding the Trust.

NEDs are independent people who do not work for us but offer a broad variety of skills as well as a commitment to our values as a Trust.

The Board of Directors works closely with the Board of Governors in decision making.

For more information on the Board of Directors, or the Board of Governors, please visit our website.

annual general meeting

Our annual general meeting on Thursday 14 October 2010 was a great success, with a strong turnout from Trust staff, governors, directors and external guests.



If you would like to find out more about Grow2Grow, please contact the editorial team. Our next AGM will be in October 2011.

At the AGM, Clinical psychologist, Paula Conway, presented her new mental health initiative 'Grow2Grow', which offer therapeutically-supported work placements to vulnerable and disadvantaged young people aged 16-25 on a working farm in Kent. Project members are involved in caring for farm animals, growing organic fruit and vegetables, marketing their produce and working in a genuine social enterprise. This is continued with weekly therapy sessions which recognise achievements and address emotional and relationship problems.

Funded by the Big Lottery Fund and Ecominds (part of the mental health charity Mind), Grow2Grow is an example of innovation in the mental health sector that can help young people with mental health difficulties, young people leaving care and those who are struggling to access mainstream education, training or employment, to develop the skills, confidence and drive to overcome their difficulties.

Following Paula's presentation there was a lively discussion on mental health innovation and social enterprise, as well as a summary of the year by our Trust Chair Angela Greatley and Chief Executive, Matthew Patrick, where the implications of the new coalition government and public spending review were discussed, followed by an open discussion exploring points made in these talks.

- Kate Bermingham

camsden.co.uk launch

On Thursday 21st October the communications team and other members of staff involved with the Cam's Den website project visited Carlton Primary School for a launch event to mark the end of a two-year project to create an emotional wellbeing website for children in Camden.

The launch at Carlton Primary School involved a special 'Cam's Den' assembly, where Project Lead Dr. Sally Hodges and the website's animator Dan Good from Absolutely Cuckoo (who also created the characters for the hit CBeebies show Waybuloo) presented the Cam's Den puppets to an audience of enthusiastic children! After the assembly, children tried out the site, which proved to be a great success. After that we held a 'create a sock-puppet' session with the children, following the step-by-step instructions on a promotional DVD we created, courtesy of additional funding from the British Psychological Society. All in all it was undoubtedly a fun and rewarding day!

Project Manager Georgina Selby said: "An amazing day - it was a slightly nerve-racking task unveiling Cam's Den to our most important of critics: 200 7-10 year olds at a school assembly. If the clapping, singing and laughing is anything to go by it was a resounding success. I'd like to say well done and a huge thank you to everyone who was involved with creating the site, including our own clinical and non-clinical staff, NHS Camden, Camden local authority, design company Elmwood, animation company Absolutely Cuckoo and Redhouse Lane for completing the website build."



To watch the video of Cam's Den launch, [click here](#).

"no health without mental health"

On 2 February 2011, the Government published its strategy for mental health in England: 'No health without mental health: A cross-government mental health outcomes strategy for people of all ages.'

There were six objectives outlined in the strategy:

1. More people will have good mental health

More people of all ages and backgrounds will have better wellbeing and good mental health and fewer people will develop mental health problems - by starting well, developing well, working well, living well and ageing well.

2. More people with mental health problems will recover

More people who develop mental health problems will have a good quality of life - greater ability to manage their own lives, stronger social relationships, a greater sense of purpose, the skills they need for living and working, improved chances in education, better employment rates and a suitable and stable place to live.

3. More people with mental health problems will have good physical health

Fewer people with mental health problems will die prematurely and more people with physical ill health will have better mental health.

4. More people will have a positive experience of care and support

Care and support, wherever it takes place, should offer access to timely, evidence-based interventions and approaches that give people the greatest choice and control over their own lives, in the least restrictive environment and should ensure people's human rights are protected.

5. Fewer people will suffer avoidable harm

People receiving care and support should have confidence that the services they use are of the highest quality and at least as safe as any other public service.

6. Fewer people will experience stigma and discrimination

Public understanding of mental health will improve and, as a result, negative attitudes and behaviours to people with mental health problems will reduce.



To view the complete **No health without mental health** strategy and the accompanying documents, please [click here](#) to visit the Department of Health website.

refugee team branches out with tree of life

The Refugee Team has been busy this year with the new implementation of the innovative 'Tree of Life' project. This project is the result of the Refugee Service's latest development of their methods for working in the community, and has already proven to enhance their CAMHS outreach work within the Refugee Service.

So, what is the 'Tree of Life'?

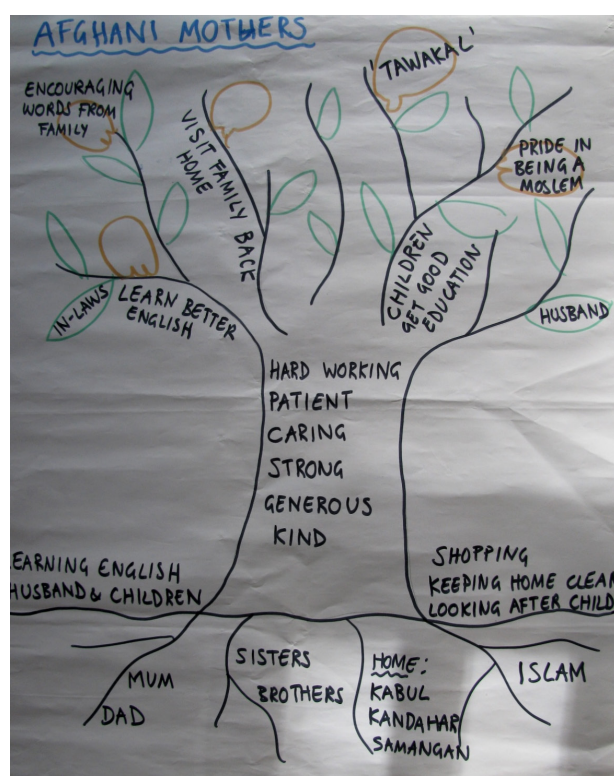
The 'Tree of Life' is a therapeutic tool, which uses the image of a tree as a creative metaphor to help people narrate their lives and feelings in an accessible way. The creative concept of the Tree encourages people to be able to narrate their stories effectively within the safe and secure environment that it promotes.

Where does this concept come from?

'The Tree of Life' concept was initially created by Nczelo Ncube (REPPSI) and David Denborough at the Dulwich Centre, who devised this new approach to aid their work with children affected by trauma and loss.

How has the 'Tree of Life' been used so far by the Refugee Team?

The Refugee Team have been using this concept in a variety of different settings within the community, to help both adults and children struggling to adjust to life as refugees in the UK. Below are some cases seen by the refugee team.



Afghan Mothers

This was a group session held in a school setting. The aim was to give the Afghan mothers the opportunity to discuss the difficulties that they constantly struggle with as a result of living in such a different culture. The Refugee Team found that the 'Tree of Life' encouraged the mothers to be more active in demonstrating their own thoughts and feelings throughout the session.



Congolese Boys

This group session was held in the boys' secondary school and thus created a space within their community for them to feel able to communicate their feelings.

*"Here we can vent our feelings," they said.
"...we can talk about our feelings, around school."*

Feedback from the session thus demonstrated how the 'Tree of Life' enabled each pupil to express their feelings and consequently recognise the resources that they can use to help them cope in the future.

The success of this group has led to another group being formed at the same school with Years 7 and 8 students and is being co-facilitated by students that were part of the first group.

Somali Youth

Members of the Refugee Team are currently working alongside the voluntary sector, Somali Youth Development Resource Centre, to support the Somali youth who attend the youth centre. The 'Tree of Life' has proven to be similarly effective here, helping the young people to deal with difficult feelings arising from trauma, loss and dislocation.

What is the result?

The 'Tree of Life' is a highly effective concept that we have been using and has greatly boosted our outreach and community work. It has given the refugees that we have worked with a platform to confidently and clearly express their feelings within a safe environment and has greatly encouraged their awareness of the resources available to them to help them cope in the future. This has given our clients an increasing sense of comfort and community support, which is an important step towards improving their sense of belonging within this country.

In a greater context, the 'Tree of Life' has proved so popular that it is now being used in a wide range of countries and situations – not only with children, but with parents, grandparents and other groups of adults.

What about future projects with the Refugee Team?

A future project will aim to help a group of Afghan boys in a secondary school.

For more information on the Tree of Life and the projects we have, or are currently delivering, please contact the refugee team.

Neelam Kumar
Educational Psychologist – Refugee Team

Please contact the refugee team on 020 8938 2507 for more information.

200 friends on facebook, but do you feel lonely?

Some suggest that the current trend of collecting friends by the hundred, on social networking sites like Facebook is a prime example of how 'connected' we are trying to be, yet we are struggling to enjoy a happy or meaningful life. The recent film 'The Social Network' suggests that the founder of Facebook, a young student, struggled to maintain relationships in the real world. He used the internet as a way to deal with feelings that he couldn't manage in 'real life'.

Rejected by his girlfriend, he immediately logs on to his blog and writes comments about her for all the world to see. Then, fuelled by a wish to be popular, and by envy of his best friend's exclusive college club membership, he leaves college to work on the Facebook project. Immersed in an online world, he loses all those close to him. Extreme perhaps, but the film is not without compassion towards him. He is a lonely, introverted character. His attempts at relating to other people fail. Many of us can understand how that feels.

Socially we may also feel inadequate at times, or lack the capacity to connect.

"Do we just need more friends?"

Do we need to get out more?"

It is often clear that the number of friends a person has, or the fact that someone is in a relationship (or not), is not the key to understanding a person's sense of aloneness or isolation.

Of course friends and relationships play a very important role, and if someone has no social or community network it's likely they'll suffer from 'loneliness' (and maybe the closely related feelings of depression and anxiety).



We may think we'd be a lot happier if we had more friends, or had a better job, or lived in a place that had more of a 'community feel' about it. But all this focus on the outside world and what it does or doesn't provide might be missing an important point. The character in the film is surrounded by people and potential friends. But he couldn't make use of what was around him.

"What if the 'inside' matters just as much as the 'outside'?"

What if how you experience the world has more to do with loneliness than who you've got around?"

If you struggle to feel connected, you might be interested in how counselling and therapy tries to help people who feel lonely or unhappy. The focus of the work in therapy is on our internal world. What does that mean? Who

we are on the inside, our feelings and thoughts. Feelings we are aware of, and those we are not. How we make use of what we have, and how we respond and manage when things are missing and when we experience losses.

Anyone who has suffered a loss knows just how hard it can be to feel in contact with the world and with themselves. To some degree, everyone has suffered losses and changes and disappointments. If you struggle to manage these feelings, it can lead to terrible feelings of isolation and suffering.

Therapy is about understanding how someone manages these feelings. Over time, some of these patterns of feeling and relating can alter. Making contact with others may be very painful. We may shut off from connecting if our experience has been traumatic, or disappointing, or dangerous. We may lack confidence in ourselves or trust in others.

In the face of loss, we may shut off to protect ourselves. This is often learned very early on in life. It can protect us – if faced with a death or change, we may need to close off in order to process things and deal with the feelings. But repeated loss, change and fearful events can mean we shut off much more than we connect, and can lead to feelings of loneliness and isolation. This can then mean that we cannot be reached by the world outside and what it can offer.

So it's not that the external world is irrelevant, but that reality can become altered by our internal world.

Perhaps in reality we have friends that care about us, but we can't feel it. Each of us will have a different capacity to be connected on the inside. Some people are pretty resilient and can take a few disappointments and still feel that the world is alright. For others, the slightest failing in ourselves or others feels devastating. We can experience the world as a very hostile or unfair place.

"None of us will ever have a perfect set of friends, the most amazing partner, the best job."

But therapy can help us to be able to take the knocks of life a little more easily. To build upon having a worthwhile sense of self, and to see the world as less unfair, hostile or threatening.

It can be that the perceptions we hold of what will make us feel happier might need changing, rather than getting those things themselves. How one sees oneself can become a self-fulfilling prophecy, but working to make internal changes can often lead to a more helpful, healthy cycle. After all, we have no control over most situations but what we can modify to a certain extent is how we respond.

It can lead to life feeling more meaningful, because our capacity to feel the connection to things, and to reach out toward things that can offer genuine pleasure, is increased. The less disconnected we are on the inside, the more connected the world outside feels. Even the realisation that no-one feels happy all the time, that everyone feels lonely to some degree, can help us to feel less isolated.

-Debbie Lampon



write for our newsletter

Write an article about any aspect of mental health that interests you, from a personal or professional point of view.

Write about a mental health campaign or group that you have been involved with or admire: e.g. Time to Change, Young Minds.

Be interviewed by a member of our communications team about your experience of mental health care (this can be on an anonymous basis if you prefer).

Write about the current government's approach to mental health – have they got it right? What should they be doing differently?

Write a review of a book, TV Programme, film, play or piece of music that addresses mental health issues.

We also welcome art, photography, poetry and short story submissions that have a mental health link.

Some guidelines for writing your piece:

Write for your audience

Who are you writing for? What will be meaningful to them? Consider what they need to know, providing clear, useful information.

Key messages

Is there one key point that you wish to convey? If so, include it as soon as possible in the piece. It may be useful to repeat this key point during the piece, and/or in the conclusion, taking care to avoid excessive repetition.

Structure

Present the information logically in a clear structure that is easy to follow. Any short story or news item should have the main points of the story in the first paragraph, with subsequent paragraphs providing more explanation. **Try to limit the length of your submission to a maximum of 350 words.**

Break up the text

Use short paragraphs. Bullet points can be used to break up text. Use subheadings if appropriate.

Who?

Explain the people and the relationships clearly, who is doing what and why.

Why?

Explain the reasons, highlighting key points of interest.

Where?

Use correct locations and names

What?

Give a brief, succinct overview of what is happening.

When?

If it is a news piece, use a precise date. If it is likely to have a shelf life, use the month or year.

As editors, we reserve the right to edit the final draft of all submitted work.

For more information, contact our editorial team which consists of both Trust governors and staff.

Editorial Team
Ph: 0208 938 2228
Email: gselby@tavi-port.nhs.uk



puzzles & games

science quiz

garden birds wordsearch

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

BLACKBIRD; BLUETIT; JAY; NUTHATCH;
 PIGEON; ROBIN; SONGTHRUSH; SPARROW; STAR-
 LING; WAGTAIL; WAXWING;
 WOODPECKER; WREN

(Words are up, down, diagonal and backwards)

solve this puzzle...

6. There are three houses: one is red, one is blue and one is white. If the red house is to the left of the house in the middle, and the blue house is to the right of the house in the middle, **where is the white house?**

1. tornado; 2. uranus; 3. monkey; 4. ostrich; 5. thermometer; 6. in Washington D.C.

1. Another name for a twister is:

- Earthquake
- Tornado
- Wind
- Flood

2. The seventh planet from the sun is:

- Earth
- Uranus
- Mars
- Jupiter

3. A squirrel monkey is a type of:

- Squirrel
- Lizard
- Monkey
- Panda

4. It is a bird born out of the largest egg in the world

- Sparrow
- Hen
- Turkey
- Ostrich

5. An instrument to measure temperature is called:

- Hydrometer
- Thermometer
- Gyrometer
- Tempometer