



ADVANCING HEALTHCARE AWARDS UK 2017

ENTRIES TO THE GUARDIAN AWARD FOR INNOVATION IN MENTAL HEALTH

Innovation in mental health was a new category in the 2017 Advancing Healthcare awards programme. It was sponsored by The Guardian and attracted over 30 entries, the highest number of entries to a single category in the eleven year history of the awards. Many of the entries were from arts therapists, a part of the AHP family that we were particularly seeking to attract. The judges found selecting the best from such a remarkable range of entries an extremely hard task as there were so many excellent projects. We decided to showcase the work that AHPs are undertaking in mental health by publishing this listing of all the entries with contact details so it becomes a full resource for others working in this area of practice.

And the challenge for 2018? To attract even more AHPs working in mental health in settings throughout the UK. Thank you to all who took the time to enter this year.

Alison Dunn
Joint managing director
Chamberlain Dunn

WINNER AND OVERALL WINNER

Voice of release

Lynsey Grierson, clinical specialist occupational therapist South Eastern Health and Social Care Trust and Sheila Smyth, musical director, The Right Key

'Voice of Release' is an innovative singing for health project which gives high risk and vulnerable male and female prisoners a voice both inside the gates and outside. It seamlessly offers them a unique opportunity to find hope whilst in custody and continue in a Recovery Project in the community.

getlynsey@yahoo.co.uk therightkey@outlook.com

HIGHLY COMMENDED

NetPark Wellbeing Project

Emma Mills, NetPark mental health wellbeing coordinator, Metal Arts Organisation

The NetPark Wellbeing project invites participants living with anxiety, depression, social isolation and dementia to utilise outdoor spaces reflectively, exploring digital and traditional art. Walking in nature and undertaking new creative skills increases confidence, independence and social engagement. Our aim is to reduce the number of visits to GP/crisis teams.

emma.mills@metalculture.com

RUNNERS UP

Music Mirrors

Heather Edwards, music therapist, Music Mirrors and Amy Semple, project manager, dementia, Health Innovation Network, South London

Music Mirrors are brief toolkits of written life story with cues of sounds and music embedded to spark further personal memories. Written as emails with live web links, Music Mirrors are digitally portable and can be stored for free on the website www.musicmirrors.co.uk or shared with family or carers as needed.

heatheredwards.music@gmail.com a.semple@nhs.net

Wellbeing and Social Inclusion: The role of intensive Interaction

Victoria Goody, chief executive, Us in a Bus

We work with people with profound and multiple learning disabilities and complex needs (such as autism and sensory issues) to develop self-expression, social engagement and therefore inclusion and well-being. We are often the most profound and meaningful engagement that the person has in a week

victoria.goody@usinabus.org.uk

Whatever Works for You

Aisling Curran, occupational therapy manager (MH&LD,) Belfast Health & Social Care Trust

Mental health occupational therapy services in Belfast decided to co-produce a short film, "Whatever Works for You" with service users to showcase the many ways the Trust has been working at developing new and innovative approaches to support those with significant mental health issues into work, training and education.

aisling.curran@belfasttrust.hscni.net

ENTRIES

Recovery Coach Team

Emma Green, recovery coach coordinator, Cambridge and Peterborough Foundation NHS Trust

The Recovery Coaching Team is a recovery focused team for adults aged 17 and over, offering time limited, strengths led interventions that enable people to make their own choices and identify recovery goals that increase their independence and lead to a successful transition away from secondary mental health care services.

emma.green@cpft.nhs.uk

Dramatherapy in Early Intervention in Psychosis

Louise Combes, dramatherapist, and Alex Perry, psychologist, Aspire Community Links, Leeds

The first NHS-funded service to provide sustained group dramatherapy for people experiencing first episode of psychosis.

Research suggests 20-50% of service-users cannot use talking therapies. Our 'wordless' approach has aided the most isolated to lead meaningful lives. More than 60% were in or seeking education or employment 6 months after treatment.

louise.combes@commlinks.co.uk; alex.perry@commlinks.co.uk

The Job Well Done Project

Elizabeth Sidaway and Marcelle Manning, senior occupational therapists, RDaSH NHS Foundation Trust

Job Well Done is a project developed to support people with mental health conditions involved in secondary services to maintain or develop vocational occupations. The vocational team offer job retention and support for individuals working towards their vocational aspirations. They wanted to provide their clients with a more practical, graded return to work plan to bridge the gap between discussion and activity.

elizabeth.sidaway@rdash.nhs.uk

Innovative Occupational Therapy within Mental Health Liaison Service, early discharge and improved patient flow

Janet Bevan, principal occupational therapist, Nataliya Williams, specialist occupational therapist, Cwm Taf UHB Royal Glamorgan Hospital

Occupational therapist in mental health liaison service, early discharge and patient flow for patients with cognitive impairment, from district general hospitals. The role looks at specific cognitive functional assessments, to determine a patient's level of functioning prior to discharge, and suitability of service requirements to meet individual needs.

Nataliya.Williams@wales.nhs.uk; Janet.Bevan2@wales.nhs.uk

In my shoes: developing a training film to help with the next steps

Sarah Harvey, occupational therapy lecturer, Canterbury Christ Church University and Lucie Duncan, allied health professional service line lead for community and recovery service, Kent and Medway NHS and Social Care Partnership Trust

Service users, carers, mental health staff, degree students, and university lecturers came together to produce an empathy raising film training package. The services users and carers prioritised collaboration and creativity, which they felt essential for staff to embrace in order to enable their recovery in mental health services. The project idea was developed following a need to improve care planning within mental health services. The care plan audit within the local mental health trust highlighted a need for an improvement in client-centred care plans and a clearer focus on mental health recovery.

sarah.harvey2@canterbury.ac.uk; lucie.duncan@kmpt.nhs.uk

Creative Heritage in Mind

Maggie Batchelar, art therapist, Norfolk & Suffolk NHS Foundation Trust and Juliet Lockhart, artistic director, LockARTS, Colchester

Creative Heritage in Mind was a partnership between heritage services, Norfolk & Suffolk NHS Foundation Trust (NSFT) and a community arts charity. This innovative project used historical artefacts in local museums to inspire a creative response and promote well-being. Participants said it took them 'on a journey of self-discovery'.

maggie.batchelar@nsft.nhs.uk; julietlockhart@gmail.com

Recovery Focussed Arts Therapies

Kimberley Lyemere, arts therapies, professional lead, Cambridge and Peterborough Foundation Trust

This project is a new cutting edge Recovery Focussed Arts Therapies Service, gaining increasing recognition from within our organisation, national professional bodies, and wider AHP network. Within it unusual, creative, collaborative and impactful approaches have been emerging, offering bridges to social inclusion.

kimberley.iyemere@cpft.nhs.uk

Shannon Clinic "Inside out" Vocational Rehabilitation Project

Nerice Mullan, lead occupational therapist, Belfast Health and Social Care Trust

The "Inside out" project is a vocational rehabilitation project within Northern Ireland's Regional Forensic Medium Secure Unit which provides vocational rehabilitation for those with a history of offending and mental ill health, offering service users the opportunity to participate in accredited vocational skills training courses within a regional secure unit.

nerice.mullan@belfasttrust.hscni.net

Willow

Ali Kelly and Dr Alyson Coleman, dramatherapists, NHS Croydon

Willow is a unique, bespoke bereavement service for children with life limiting/threatening conditions and their siblings.

The project is a direct response to all those families enduring the unimaginable task of living with types of cancer, degenerative conditions and numerous other illnesses meaning that the child is not expected to live until their nineteenth birthday. It is embedded within the Children's Hospital at Home Community (CHAH) paediatric nursing team and offers children individual or group dramatherapy and training/ support to professionals around the child.

alyson.coleman1@nhs.net

Physical Health In-Reach Hub for Mental Health Inpatient Units

Hazel Hendriksen and Cecelia Barber, AHP professional leads, 5 Boroughs Partnership NHS Foundation Trust

The physical health in-reach hub provides physical health assessments and interventions from dietitians, podiatrists, physiotherapists, speech and language therapists and a tissue viability nurse to inpatient mental health patients. The project set up the service to improve outcomes for service users and reduce risk associated with physical health conditions.

hazel.hendriksen@5bp.nhs.uk; cecelia.barber@5bp.nhs.uk

Music Therapy with Women in Prison who have a Personality Disorder

Frances Key and Jane Lings, music therapists, Nexus, and HMP Eastwood Park

We provide 1:1 and group music therapy for women living and working on a specialised personality disorder unit in the prison. The sessions allow for an agenda-free space where the women can connect to themselves and others more through music. Our aim is the improvement of overall wellbeing.

frances.key3@gmail.com; jane@lings.me.uk

Working without Words

Kate Pestell, head of arts therapies, NHS Lothian, Royal Edinburgh Hospital

In 2014 Edinburgh and Lothian Health Foundation made the bold decision to fund a head of arts therapies post for two years within NHS Lothian. The aim was to see if the arts therapies could demonstrate their value to the organisation and the people who use its services.

Kate.Pestell@nhslothian.scot.nhs.uk

'Outside the box': museum-based art psychotherapy

Ali Coles, art psychotherapist and Fiona Harrison, honorary art psychotherapist, 2gether NHS Foundation Trust, Gloucester

Young adults with complex mental health difficulties used museum objects to help with exploring and expressing their feelings and experiences – like a 'springboard', as one participant put it. This museum-based NHS art psychotherapy group also challenged the stigma of mental illness; 'I could be a person, not a patient.'

ali.coles@nhs.net; feonna@googlemail.com

Creative Groups Music Therapy

Emma Lamberton, communications manager, Coram, London

Our Creative Group sessions met the needs of families who had attended Stay and Play sessions that lost funding. Families could self-refer, and groups had a therapeutic, child-led approach which actively welcomed and supported children with and without special educational needs and disabilities from a vulnerable section of the community. We worked with our early years' coordinator, senior music therapist and a volunteer support worker to coordinate the child-led music therapy focused groups.

emma.lamberton@coram.org.uk

Community Living Skills Team

Sarah Reynolds, team leader, Nicola Taylor, clinical specialist occupational therapist, Lancashire Care NHS Foundation Trust
The Community Living Skills Team is an occupational therapy led service that supports adult service users with complex mental health needs who require a period of intensive rehabilitation within their own homes and local community, to maintain their independence or to prevent acute inpatient admission.

sarah.m.reynolds@lancashirecare.nhs.uk; nicola.taylor@lancashirecare.nhs.uk

Mental Health Information Station

Jane Sutherland, lead occupational therapist, NHS South West Community Mental Health Team

The 'Mental Health Information Station' is a weekly drop-in service for anyone affected by mental health problems. It acts as a source of support, information and sign posting. The service team is led by NHS occupational therapists working in partnership with mental health nurses and third sector agencies.

Jane.X.Sutherland@nhslothian.scot.nhs.uk

Using a Pets As Therapy (PAT) dog (Jed) alongside Occupational Therapy

Rebecca Wint, occupational therapist, St Georges Crypt, Leeds

The occupational therapy project at St Georges Crypt is a year long pilot project aiming to meet the occupational needs of people who are homeless and vulnerable. Many have mental health problems and are difficult to engage. A 4 legged OT assistant, Jed, transforms their engagement and experience of intervention.

rebecca.wint@stgeorgescrypt.org.uk

The safe (two dimensional) space where we meet

Louise Higgs, art psychotherapist and Christopher Peckham, clinical lead art psychotherapist, Resources for Autism, London
Within 1-1 art therapy sessions for young autistic children, alongside using art materials, I introduced an inverted laptop camera, developing a 'safe-enough' two dimensional space, on screen, in which client and therapist could explore Self and 'other' together. This led to significantly improved levels of self-awareness and social interaction.

Louise@resourcesforautism.org.uk; Chris3@resourcesforautism.org.uk

Thumbswood Mother and Baby Unit Music Therapy Project

Karen Gold and Helen Mottram, music therapists, Hertfordshire Partnership University NHS Foundation Trust

Thumbswood is unique among specialist UK perinatal in-patient psychiatry units in providing weekly music therapy groups for mothers and babies, in which a highly trained therapist sings and plays with mothers with severe post-natal mental illness and their babies, to subtly support and develop the delicate attachment relationship between them. Babies pick out their own mothers' voices within 12 hours of birth. Mothers and others communicate with babies and manage their feeling-states musically, with their voices.

karen.gold@newnham.org; Helen.Mottram@hpft.nhs.uk

Camden Supported Housing Art Therapy Workshops

Ruvani de Silva, communications manager, and Edward Bbira, senior art therapist, Coram, London

Coram's qualified art therapists provide accessible workshops for homeless and vulnerable young people in Camden, aged 16-25, who live in the supported housing. They can be difficult to engage and may have specific needs. Our workshops aim to boost their self-esteem and offer them a positive experience of care.

ruvani.desilva@coram.org.uk; edward2@coram.org.uk

Using serious games to work with service users who experience schizophrenia

Martin Fitzgerald, head occupational therapist, and Gemma Kirk, senior occupational therapist, Pennine Care NHS Foundation Trust

Patients who experience schizophrenia often disengage from treatment. Disengagement can increase risk of relapse and prolong illness. In collaboration with patients we have been designing and implementing serious games that help patients to learn about their illness and their recovery; thus supporting engagement, long-term recovery and discharge.

martin.fitzgerald@nhs.net; gemma.kirk@nhs.net

The Hub

Keir Harding, lead therapist. Cheshire and Wirral Partnership Trust

We provide a space for people at high risk of suicide and self-harm to advise and support each other. Recognising that 'expert' advice has not helped in the past, we use peer support to accept people as they are and help them get the life they want.

keir.harding@cwp.nhs.uk

The Art Psychotherapy 'Gallery Group'

Sharon Jeffrey, art psychotherapist, NHS the State Hospitals Board for Scotland

The Art Psychotherapy 'Gallery Group' was a 12 session, integrated psychotherapeutic and creative arts, project-based venture which utilised the existing resources, skills and expertise of the art psychotherapist and arts and craft instructors to encourage, inform and support participants in a forensic mental health setting to communicate via artistic mediums.

sharonjeffrey1@nhs.net

United Voice Choir for LYNFEST

Christopher Weston, head occupational therapist, specialist inpatient services and Katy Gaul, music therapist, Bradford District Care Foundation Trust

Moorlands View United Voice Choir comprises of service users and staff. Playing many regional events, their songs, delivery and collaborative approach are powerful motivation to many. In June 2016 United Voice members' staged LYNFEST – music arts and crafts festival for BDCFT forensic, acute, rehabilitation and elderly inpatients and carers.

christopher.weston@bdct.nhs.uk; katy.gaul@bdct.nhs.uk

Hospital Rooms - Phoenix Unit

Hannah Spreadbury-Troy, occupational therapist, South West London & St George's Mental Health NHS Trust, Phoenix Unit, Springfield University Hospital and Tim A Shaw, co-founder, Hospital Rooms

Hospital Rooms were engaged to commission world class artists to co-produce 10 high quality, compliant artistic and therapeutic environments in genuine partnership with mental health service users and practitioners for the Phoenix Unit, a secure psychiatric unit for people with schizophrenia. They also programmed tailored artistic workshops for service users.

Hannah.Spreadbury-Troy@swlstg-tr.nhs.uk; info@hospital-rooms.com

Songs for You

Jessica Kent, arts for health lead, South Staffordshire and Shropshire Healthcare NHS Foundation Trust

Songs for You is a creative singing project developed through consultation with clinical staff, service users and carers, professional artists and volunteers to become a vital lifeline for those people with dementia and their carers looking to benefit from stimulating and enriching activities to share with their partner.

jessica.kent@sssft.nhs.uk

Improving mental health in adolescent girls through dramatherapy

Deborah Haythorne, project director, Roundabout, Croydon

A Roundabout dramatherapy project with a state secondary school for girls. The project offers a highly specialised form of intervention: a psychological therapy in which performance arts are used within the therapeutic relationship. The project works with students with autism (ASD), with mental health needs, and sensory needs.

info@roundaboutdramatherapy.org.uk

Art Talking 2

Susan Holmes and Peter Brown, senior therapists, Art Therapy Yorkshire

ArtTalking2 is a unique combination of studio art therapy and community engagement. Through collaboration between our therapists and the group members we have developed a vital positive approach to mental health and chronic disengagement in society. This has become hugely significant to members who are now driving the project on.

sueholmes@arttherapyyorkshire.org.uk

London Art Therapy Centre

Hephzibah Kaplan, director, London Art Therapy Centre

London Art Therapy Centre (LATC) is a unique, innovative social enterprise providing high quality art therapy to children, teenagers and adults in a bespoke art therapy environment in Kings Cross. Accepting both funded and self-funding referrals, people can now independently and directly contract art therapy at this specialised group practice.

hephzi@arttherapycentre.com

For further information about the Advancing Healthcare awards email rachael@chamberdunn.co.uk

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