

## LHCP Stakeholder bulletin, October 2023

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### **The months ahead with Vanessa Smith, Chief Nurse at South London and Maudsley NHS Foundation Trust**



We know that the winter months are a particularly difficult time for the NHS and social care, which is why it is important that we are making sure we have plans in place to prepare for all eventualities. Co-created with our clinical teams, system partners and support services, our Winter Plan responds to the numerous anticipated challenges such as increased demand and the impact of flu and COVID on both patients and staff. We have started our vaccination programme for patients and staff and would encourage everyone to talk to their local pharmacist or GP about getting vaccinated to stay protected.

We will shortly be making changes to the crisis services we provide with a view to reducing the number of people attending A&E for mental health.

We will be launching a dedicated specialist telephone-based service aiming to get people with immediate mental healthcare needs to the right place for their care and support quickly. The pilot NHS 111 for Mental Health (NHS111 MH) service is being run by the three mental health trusts serving 12 boroughs working in partnership (The South London Mental Health and Community Partnership of Oxleas, South London and Maudsley, and South West London and St George's). The new South London hub will deliver NHS111 MH, 24/7 for all-ages (including Children and Young People) and will triage callers, and then provide professional mental health support by phone if appropriate; signpost people to other services; or transfer people to their local Trust Crisis Lines.

The Hub will also deliver a new dedicated telephone helpline service for all urgent mental health queries and advice for Police Officers across south London. The pilot Section 136 (S136) helpline will offer specialist mental healthcare input to Police Officers before they apply S136 orders and will manage all referrals. This forms part of joint NHS and Police working to help reduce Police time, and enable quicker management of potential Section

136 referrals, including helping avoid unnecessary referrals by advising and signposting to alternative services where appropriate.

We will also be officially opening our new crisis house in Lewisham. The crisis house, which aims to treat people close to home and avoid unnecessary hospital admissions, is being jointly run by South London and Maudsley NHS Foundation Trust and the Richmond Fellowship, a charity with over 17 years' experience of providing mental health crisis services. It offers 24/7 community response services for people in distress as an alternative to inpatient hospital admission.

When we launched our five-year strategy, Aiming High; Changing Lives in 2021, we committed to updating everyone at least twice a year on the progress being made against our five ambitions. On Wednesday 11 October from 5.30-7.30 we will be holding the latest Strategy in Action event. This event will mark World Mental Health Day and Black History Month and will focus on the work we are doing to become an anti-racist organisation. It will also include our Annual Members Meeting where the annual report and accounts will be presented. The event is open to anyone - If you would like to attend – either in person or virtually – [you can register here](#).



Finally, we will shortly be welcoming our new Chief Operating Officer, Ade Odunlade. Ade has been Chief Operating Officer of Derbyshire Healthcare NHS Foundation Trust since 2021, having previously worked at Central and North West London NHS Foundation Trust as Managing Director of one of the Trust's three divisions, leading a large service providing mental health, learning disability and perinatal services across a number of London Boroughs. A mental health professional with extensive experience in clinical leadership, clinical transformation, workforce development and learning and development, we look forward to welcoming Ade to the Trust.

### **Lewisham's care leavers set to benefit from free prescriptions from autumn**

For many young people, leaving care can present multiple difficulties – including financially when they become unwell. Evidence has emerged that during the cost of living crisis, more people are unable to afford NHS prescriptions charges and are therefore going without the medicines they need.

In Lewisham, the local ICB team together with London Borough of Lewisham and the South London Pharmacy Alliance have been working to identify funding, an easy process and publicity to offer free prescriptions to care leavers. Care leavers aged between 18 and 25 who are not otherwise eligible will be able to apply for a 12 month Pre-Payment Certificate that will entitle them to free prescriptions through that time regardless of numbers of episodes of illness or medications required. It is hoped that this will alleviate the cost and worry of receiving regular or one-off medications amongst Lewisham's care leavers, and reduce the disproportionate health inequalities experienced by this cohort. The Pre-Payment Certificate would normally cost £111.60 for 12 months.

"This is great news for the borough's young care leavers," says Jessica Arnold, Director of Delivery in the Lewisham ICB team.

She adds: "Many of those who have experienced care are in a vulnerable position, and this has been compounded by the cost-of-living crisis. If someone requires medication –

particularly over a long period of time – the cost can be significant. But thanks to this initiative, we can make a tangible difference to the lives of care leavers at a time when they become poorly.”

In Lewisham, more than 120 care leavers could potentially benefit from the scheme, which has been made as accessible as possible by offering both Council support to apply and an option to self-apply.

Simon Whitlock, Head of CYP Joint Commissioning at London Borough of Lewisham, also commented, “We know that life can be very challenging for a care leaver, but initiatives such as this represent support when young people need it most.”

### **Nearly £90k awarded to community groups in Lewisham to tackle food insecurity**

Lewisham Council and Lewisham Local have jointly awarded nearly £90,000 to support community food projects in Lewisham during the cost-of-living crisis.

19 projects across the borough were awarded grants totalling £89,017 from the Food Justice Community Grants Fund that was launched by Lewisham Council and Lewisham Local earlier this year.

Funded by Lewisham Council’s Public Health team and funds raised through Lewisham Local’s Cost of Living Crisis Appeal, the grant fund was set up to help address challenges facing food-giving projects across the borough due to the cost-of-living crisis, such as an increase in demand from residents experiencing food insecurity, decreasing donations and increasing food prices.

The Food Justice Community Grants are part of a wider effort across the borough to tackle food injustice, which is when people don’t have reliable access to enough affordable, nutritious and healthy food. This includes the launch of a Food Justice Action Plan earlier this year to tackle the increase in food injustice exacerbated by the cost-of-living crisis.

For more information [visit Lewisham Council’s website.](#)



*(pictured: Cllr Campbell, Cabinet Member for Communities, Refugees and Wellbeing, with staff and volunteers at RM-UK – one of the organisations that received a grant).*

## **New service for unpaid carers in Lewisham**

Do you know someone who cares, unpaid, for a friend or family member? Perhaps you have caring responsibilities of your own? If so, please consider seeing what help is available from Lewisham Council's new dedicated service for unpaid carers. It's called Maximising Wellbeing of Unpaid Carers and provides free help to anyone who is caring - supporting them to maintain their health, independence and wellbeing.

Anyone who is an unpaid carer can access:

- information, advice and guidance
- emotional and practical support
- access to financial support and advice
- peer support
- free training courses

The service is run by Imago, a specialist charity that provides similar services across London. Please help us to spread the word about the support on offer for those who need it, or to contact them call 0300 373 5769 or email [ucwellbeing@imago.community](mailto:ucwellbeing@imago.community).

[More information about support for carers is available from Lewisham Council's website.](#)

## **SLaM Annual Members meeting and Strategy in Action update event**

On Wednesday 11 October from 530-730 South London and Maudsley NHS Foundation Trust will be holding the latest Strategy in Action event. This event will mark World Mental Health Day and Black History Month and will focus on the work the Trust is doing to become an anti-racist organisation. It will also include the Trust's Annual Members Meeting where the annual report and accounts will be presented. The event is open to anyone - If you would like to attend – either **Online** via Microsoft Teams or **In person** at the Grand Palladium, Forest Hill, Lewisham, SE23 2NE (*Refreshments and a light buffet will be served from 4pm - registration in advance required*)

Register now on [Eventbrite](#) or email [Strategy@slam.nhs.uk](mailto:Strategy@slam.nhs.uk) if you have any questions.

## **You're invited to the launch of Lewisham's autism strategy**

Save the date! Lewisham Council is launching a new autism strategy for the borough on Thursday 12 October, 12-6pm, at St Laurence Community Centre in Catford. The strategy aims to ensure the London Borough of Lewisham is an autism-inclusive borough and our autistic population are able to thrive and feel welcome and safe within the borough.

Anyone is welcome to attend and there will be free workshops throughout the day to build awareness and knowledge around supporting people with autism. You'll also be able to hear the Mayor of Lewisham and Cabinet Members talk about the next steps in the journey to make Lewisham an autism-inclusive borough.

For more information please contact [autismpartnership@lewisham.gov.uk](mailto:autismpartnership@lewisham.gov.uk)



## Lewisham and Greenwich NHS Trust wins major EDI award

Congratulations to the workforce team at Lewisham and Greenwich NHS Trust, who won the Mills & Reeve award at the HPMA Excellence in People Awards for leading in equality, diversity and inclusion on Tuesday 19 September. The awards celebrate the work of people professionals across the UK.

Meera Nair, Chief People Officer, said: “We were so pleased and thrilled to win this award, which represents the efforts of many colleagues at the Trust. Ensuring we have an inclusive working environment is a priority for us at LGT. We have made a lot of progress including doubling our representation of minority ethnic groups in senior leadership roles, maintaining London Living Wage accreditation and receiving our Disability Confident Employer accreditation.”



To celebrate the progress made, the Trust is putting on an event for LGT colleagues called Celebrating Diversity, which takes place from 4 to 31 October. There will be discussions, speeches and talks hosted by LGT's executive team and featuring a line-up of distinguished guests including Baroness Doreen Lawrence OBE, David Olusoga OBE, Jamie Hale and Jake Graf.

## Dr Siobhan Gee appointed co-clinical director of Mind and Body Programme at King's Health Partners

Dr Siobhan Gee, South London and Maudsley's interim deputy director of pharmacy has been appointed co-clinical director of the Mind and Body Programme at King's Health Partners.



Siobhan started her new role in September 2023, jointly held with Dr Mike Dilley, consultant neuropsychiatrist in brain injury at King's College Hospital NHS Foundation Trust. They join Professor Mark Edwards on the leadership team. Mark has been appointed as academic director alongside his role as professor of neurology and interface disorders at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) at King's College London. Together, the new leadership team will work with the programme team to refresh and refocus the programme's strategic approach and long term goals. Initial priorities are to grow the Mind & Body Improvement Network to deliver national and international impact; create a new research collaborative to lead the way in the integration of mental and physical healthcare; and continue to build on and further develop partnerships across King's Health Partners and south east London.

## Medicines Optimisation team engagement

The Lewisham LCP Medicines Optimisation Team has recently attended a number of local events to promote services designed to support patients by reducing health inequalities and creating capacity in General Practice for the management of more complex care. Around 285 people were engaged with at Sevenfields PCN Health Fair on 24 August, the Downham

Health and Wellbeing event on 20 September and the Golden Agers coffee morning at South Lewisham Health Centre on 8 September. Services discussed included:

- **Pharmacy First Scheme** – where Community Pharmacists can support patients through the cost-of-living crisis to ensure they are able to access over the counter treatment and professional advice, free of charge, where clinically appropriate.
- **Community Pharmacy Blood Pressure Check Service** – where Community Pharmacists can offer opportunistic blood pressure checks and Ambulatory Blood Pressure Monitoring Fitting to not only improve diagnosis but to ensure patients can have their blood pressure managed sooner which should result in a reduction in heart attack strokes and various potentially life-threatening health conditions. Further information regarding the Community Pharmacy Blood Pressure Check Service is available [here](#).
- **Vitamin D Scheme** – where Community Pharmacists can support, children under 4 years, pregnant patients or patients who have recently given birth to access vitamin D free of charge. A lack of vitamin D can lead to conditions where bones are not formed correctly which can cause bone pain. Further information regarding the Vitamin D Scheme is available [here](#).



## Lewisham Health and Care Partnership

Lewisham Health and Care Partnership (LHCP) aims to achieve a sustainable and accessible health and care system, to support people to maintain and improve their physical and mental wellbeing, to live independently and have access to high-quality care, when they need it. [Find out more here.](#)

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If you have any feedback or would like to subscribe to this bulletin contact [lhcpcommunications@selondonics.net.uk](mailto:lhcpcommunications@selondonics.net.uk)

The next issue will be published in December 2023



