



Sussex Partnership
NHS Foundation Trust



Heads On Heroes Award

NOMINATIONS

Our organisational strategy

Our vision is to improve the quality of life for the communities we serve through People, Prevention and Partnerships



People, prevention and partnerships

Heads On Heroes Award

NOMINATIONS

Awarded for an individual or team who has made an outstanding contribution to patient care and mental health during the pandemic through fundraising or volunteer work, including staff who have volunteered above and beyond their usual roles.

All nominations are printed as they were received.
In some instances, nominators asked to be anonymous.

Foreword from Sam Allen, CEO

Our Positive Practice in Extraordinary Times awards, held in March 2021, recognised and celebrated the incredible ways in which colleagues across Sussex Partnership rose to the challenges of the Covid-19 Pandemic.

This brochure is a record of all the award nominations, shining a light on exceptional contributions across our clinical and support services, from innovation and dedication to patient care, to outstanding teamwork and leadership. For these special awards we made a point of not having 'winners', instead recognising three commended nominees and one who was chosen as highly commended in each category.

The award submissions demonstrate that despite of, or sometimes in response to, the enormous challenges of the past year, colleagues have found new and inspiring ways of working, and everyone went above and beyond to help us stay true to our vision: improving the quality of life for the communities we serve through People, Prevention and Partnerships. On behalf of the Executive Team and Trust Board, I can't emphasise enough how proud, inspired and humbled we are to work alongside such caring and compassionate colleagues. You embody the true spirit and founding principles of the NHS.

Sam Allen, CEO
🐦 @samanthallen





Nominator:
Kate Stammers – Clinical Lead

Nominated Individual:
Eleanor Taylor

This was a new ‘pop up’ team that was set up as a response to COVID. We knew that we needed to reduce the number of young people who were attending A&E with a mental health need. Our acute colleagues were unsure that they could cope with the increased clinical demand of COVID.

We also wanted to protect young people from exposure to COVID. We set up a system where we asked clinicians to volunteer to be on call for the night to run a A&E diversion line. Referrers, who would otherwise send young people to A&E could call the line and get consultation and support. The clinician would aim to make a safety plan with the young person so that they could remain at home. A number of CAMHS clinicians offered to support with this - usually in addition to their full-time jobs.

Staff were so helpful and keen to support this. A WhatsApp group was created for all the volunteers and they would support one another on every on-call shift - with several team members replying to queries and making sure that the person on call did not feel alone. Staff went above and beyond their day jobs to cover this line.

Staff quote: “fewer young people are being admitted who have no medical need and are lower risk. It also means that follow up can be done at home which is more comfortable for patients and also reduces their risk around COVID-19. I think the majority of patients have had a responsive and quick service from A&E liaison and CAMHS duty”

Nominated Team:
Out of hours A&E Diversion line

Nominated Service:
Out of hours A&E Diversion line

Evaluation data showed that we received approx. 150 referrals - the line was successful in supporting 61% of young people to be diverted from attending A&E or to be discharged home in a timely manner out of hours when they would otherwise have had to be admitted to a ward to await follow up from the A&E Liaison teams the following day.

This was achieved through staff volunteering to give up their time to be on call and answer any calls. From this success we are now planning on fully resourcing this service so that young people have access to CAMHS support 24/7.

Amazing night ahead for this years @withoutstigma #positivepractice awards. A night to reflect on a challenging year, but one that has shone a light on the compassion, dedication and innovation of our admin professionals. Well done everyone that has been nominated.



Nominator:
Katy Lee, Ward Admin

Amber is ALWAYS raising money for the ward and thinking about how she can help. She did a sponsored walk to raise money for some PPE in the early days. She also raised money to ensure everyone was able to have a nice xmas in 2020.

Whenever a staff member is having a tough time she will always think about how she can cheer them up by buying them something special. She collects donations for the ward so ensure the patients don't go without. She is fab!!

Nominated Individual:
Amber Perrin, HCA Pavilion Ward

“ Well done to everyone for an amazing year of incredible achievements. ”



Nominator:
Dominic Ford, Director of Corporate Affairs

Nominated Service:
Acute Inpatient

The Heads On team has been an inspiration throughout the Covid-19 pandemic providing both practical support to people who use services and staff while addressing the inequalities highlighted by Covid-19 including those experienced by BAME communities and staff. The calibre of the Heads On team has been recognised in the leading role it plays with NHS charities in Sussex.

Nominated Team:
Heads On Team

“ It's been a real privilege working with you all over the last year. Thank you! ”

“ I'm getting excited. Does everyone have their party poppers ready? ”

Nominator:

Sarah Cramp, Matron

Shepherd House wanted to take up a physical challenge to support all our patients and staff to keep well and physically active during lockdown.

In collaboration it was decided to set a challenge to complete a walk/run from Lands' End to John O'Groats. Everyone would record distances on walks and runs and these would be added together. We had a map that plotted our distance over several weeks. It was a great team activity that supported staff and patient physical and mental wellbeing.

It was decided that we would ask for sponsorship to complete the challenge to give back to the Heads On COVID response fund. It was a wonderful challenge to all work together and really enjoyed by all. We were so happy to receive so much support from friends, carers and colleagues who supported and sponsored us to raise around one thousand pounds to Heads On.

Nominated Team:

Winchester and Test Valley CAMHS

I am nominating Karen because she is absolutely brilliant! She is the fount of all knowledge and the team would be lost without her.

When our team had no manager, Karen took on duties beyond her role but not beyond her talent and competence. She was (and still is) relied on by the team and by the senior management, whom also noticed her skills and quality work. Karen is dependable and works incredibly hard, supporting the whole team not just the admin team of which she is in charge.

Specifically related to Covid she has been instrumental in setting the team up to be able to function - ensuring everyone was prepared and equipped for working at home, set up, with the right equipment etc. Being the point of contact for ensuring the

Nominated Team:

Shepherd House

“**Congratulations everyone! Let's have a fun evening to celebrate all of the hard work that everybody has put in during this difficult time!**”

Good luck everyone.
#positivepractice
@samanthallen

Nominated Individual:

Karen Watts

building's safety and that those working in the office are able to feel safe and comply with regulations. Above and beyond!

I hope Karen can be recognised for being the rock of the Winchester and Test Valley team, especially during this most difficult of times.

Been so fantastic reading all the #positivepractice tweets from @withoutstigma so excited to be joining such a fabulous team there in September Party popper Congratulations to everyone tonight, you are all so inspiring to us #studentnurses.

Nominator:

Rivkah Cummerson, Youth Engagement and Participation Manager

Tor started working with us on participation projects as part of a year release from a psychology degree. This was an expenses only post and Tor was incredible. Completely passionate about service user voice and supporting people to have the best journey possible through services Tor was straight away coming up with ideas.

In addition, Tor had an incredible breadth of skill from excellent IT skills which meant she transformed all our printed communication with young people making it accessible, fun and engaging but also helping me with thinking an analysis by supporting the creation of useful spreadsheets and databases. With the support of Tor, we were able to create an incredible 'Impact' document to give to young people to illustrate just how significant their contributions are. And for the service Tor developed a searchable database of questions young people had written for interview processes so that other EBE's and managers could make use of them.

Tor's skills didn't stop there with her being a key member of our Download participation forum. The young people liked her confident but gentle approach to including and supporting them to have conversations. We were able to start working in small groups as well as large groups and Tor created stunning visual minutes of each session that were given to the members and sent to the CAMHS Instagram account.

The Coronavirus struck and all the placements were cancelled. I was horrified to think Tor's work would suddenly stop but she got in touch immediately and said she would like to continue as a volunteer. We haven't looked back and despite the monthly download group moving from meeting for 2hrs once a month to 2hrs every week Tor has continued to make space to support the young people through this terribly fragmented and isolating time.

Nominated Individual:

Victoria (Tor) Maxted

She is reliable, kind and thoughtful. She is thorough and takes initiative. It has been a true delight to work with her and we have all service, young people and me, benefitted hugely from all her ideas and energy.

Here is a link to the impact document Tor created for us:

www.canva.com/design/DADx172--m4/UiRQLXEVJA09UWvAvGMIA/view?utm_content=DADx172--m4&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

#positivepractice so proud of all of our team tonight!

Fantastic #PositivePractice virtual awards event @withoutstigma Congratulations to all commendations and a massive thanks to our Comms team for putting on such a great event Amazing to hear the thank you messages from a few famous faces too...

“**Everyone at SPFT - You Rock**”

Nominator:

Sarah Cramp, Matron

During lockdown we were looking at ways to be creative and enable us all to look after our wellbeing. We decided to incorporate this with raising money for the Heads on hardship fund to support the charity who have always assisted and supported us and to help those who may be in hardship due to the pandemic.

A virtual walk from Lands' End to John O'Groats was chosen and this was drawn up on a large map so we could all view our progress. We added up our miles from walks out/ running and using the treadmill. This gave us all a focus to work towards kept us active and allowed us to raise money.

Everyone participated one of our patients running 5k most days. It was a great team effort. We raised around £1000 for the charity. We are looking to repeat this with a virtual walk of the South down way.

Nominator:

Denise Codd, Admin

Nominated Individual:

Ellie Buchanan

Ellie is always there at reception waiting with a welcoming smile. On special days like Mother's Day and Valentine's Day she always decorates the reception with hearts and flowers that match the theme.

On days when we have things going on in the hall like Easter and Christmas she is always the first to offer help. We have become really good friends through work and she is always there to support when you are having a bad day and listen. She works really hard and tries to help everyone.

Nominated Individual:

Natalie Rowlands, Felicity Cassin, Hannah Cove

Making hot cross buns whilst enjoying the Sussex Partnership positive practice awards. Feeling very inspired by colleagues! #positivepractice

“ Great to hear voice of the service users! ”

Nominated Team:

Langley Green Admin

#positivepractice Hugh Bonneville- "You are the Best of Us!" That gave me the shivers. Congratulations to everyone who has had nominations

“ So proud to belong to the SPFT and NHS family!!! ”

Nominator:

Teresa Blunt, Professional Lead occupational Therapist

Nominated Individual:

Linda Bonavoglia

Linda has volunteered with the Therapy team at Woodlands to provide yoga sessions for our patients. She has attended weekly and during the first lockdown when she could not attend she worked really hard with the team to be able to provide these sessions digitally.

When she was able to attend face to face she was happy to provide two sessions as our ward was split into males and females and groups could no longer be mixed to minimise the risk of cross contamination between wards. She was willing to change into scrubs and wear PPE. She was willing to do whatever would work for patients.

She has also contacted the Trust and is working with them around possible staff sessions for the future. The patients are extremely grateful for her sessions and that she continually strived to deliver them, when so much of their usual activity programme had to be adapted or taken away during Covid.

Nominated Team:

Worked with Woodlands therapy team as a volunteer

Nominated Service:

Yoga sessions for Woodlands patients

“ Yay! Proud to work at SPFT! Brilliant work everyone! Fabulous evening. ”

Wow! what an incredible treat to hear the soulful sounds of the @HouseChoir and @Beverleyknight sharing their song Optimistic which is so apt the moment

It was a moment of reflection @SPFT @samanthallen @AHP_SPFT_CPD #PositivePractice #Optimistic #NHSheroes #COVID19

Lovely evening thank you @withoutstigma and congratulations to all the amazing nominees, commended & highly commended individuals and teams. #positivepractice awards. #MentalHealthMatters

Nominator:

Rachel Duke, Head of Charity

Sam Allen has always been hugely supportive of Heads On, regularly fundraising at events such as Walk for Wards since the charity was established. In 2021 she took this to the next level, walking 5k every day of January 2021, at a time when our services were under extreme pressure and the country had just entered another national lockdown. I don't know of any other NHS chief executive supporting their charity in this way at the current time, not only supporting us to develop and grow but using her own networks to fundraise for our Covid-19 emergency relief fund.

Sam raised £1,950 which is a phenomenal achievement and will be used to reopen the Heads On hardship bursaries scheme, supporting service users facing financial hardship due to Covid-19.

I know Sam found the walks tough, to keep going out in all weathers and prioritise something which took her away from her desk and work as chief exec. She didn't miss a single walk. She is an inspiration in caring leadership and thoroughly deserves to be nominated as a Heads On hero, despite her status as the boss!

Nominator:

Antonia Shepherd, Admin Support, Vaccination Team

I would like to nominate Ian Puttock for the Heads On award. He took part in the virtual New York Marathon in November 2020, successfully completing the tough challenge of running around the 400m track at Worthing Leisure Centre 105 times in order to run the race distance of 26.2 miles. Not only did he do this in under 4:30 but he raised the magnificent sum of £1,196 for Heads On's Covid-19 Urgent Relief Fund. This fund has provided vital support to service users and staff facing financial difficulties during this Covid crisis.

We are hugely grateful that Ian chose to support Heads On when he set himself the marathon challenge. His cheerful and positive approach to running, challenges and raising money is an inspiration to us all!

Nominated Individual:

Sam Allen, CEO

All ready for tonight's positive practice awards
@withoutstigma
#positivepractice

“Great to hear voice of the service users!”

Nominated Individual:

Ian Puttock

“This has been really uplifting - thanks everyone!”

Good luck everyone.
#positivepractice
@samanthallen

Nominator:

Lucy Howell, Occupational Therapist

Nominated Team:

East Sussex Rehabilitation Pathway – Hastings Hub

The FIG project owes our thanks to our amazing peer volunteer Wendy. Week in, week out, throughout lockdown, Wendy would visit the allotment, regularly watering, keeping the weeds at bay, developing and tending to the site.

She has led the creation of a Covid safe space for staff and service users to meet outside during lockdown, to continue meaningful engagement and therapeutic space in the community at a time when restrictions meant risks were too high to meet indoors. Wendy has been crucial to the success of the allotment, supporting staff and services users gain confidence and enjoyment of this outdoor space, at a time when people are struggling with their mental health.

Wendy has been volunteering throughout lockdown while keeping her self-employment business going, home schooling her children and successfully completing her Level 3 diploma qualification in Principles of Garden Planning, Construction & Planting through the Royal Horticultural Society (RHS). Wendy's passion for gardening is infectious to both service users and staff, and she continues to inspire us all to as she shares her knowledge and experience she has gained on the therapeutic power that nature brings. We are so grateful and privileged to have Wendy on our team, she has been our lockdown hero.

Nominated Individual:

Wendy Gregory

Nominated Service:

East Sussex Rehabilitation Pathway, Future is Green (FIG) Allotment volunteer.

@withoutstigma really enjoying hearing all the great work and outstanding initiatives going on across our trust. Feeling inspired
#positivepractice

#PositivePractice wonderful to see SPFT Positive Practice in Extraordinary Times Awards celebrating so many individuals and teams who have worked their socks off this year!

Amazing to see so many supportive celebrities at the #positivepractice awards, including the lovely @realadamdeacon @withoutstigma

