



# JUNE 2022 NEWS BULLETIN

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## Service updates

### WAIT TIMES AND PROCEDURES

Our dedicated admin team will make contact within **24-36 hrs**, [Mon- Fri, following receipt of referral] to book the client's assessment appointment. Our current wait time is **60 days**, although some clients may get an appointment sooner.

There is **NO** internal wait time following assessment, and clients are normally seen again for treatment within **15 days** with the assessing therapist. We are currently receiving an average of **147 referrals** per working day (as of May 2022).



## MYTHS AND FACTS

**MYTH:**  
Mental health problems are permanent.



**FACT:**  
Each individual's experience with mental illness is different. Some may feel as though they have fully recovered, some may not and some may experience episodes. The take home message is that recovery means different things to different people and this journey is personal and not always linear.



## THERAPIES OFFERED

All our clinics are fully open for face-to-face therapy following COVID-safe procedures. We still offer virtual appointments based on choice and if this is more convenient for the client, the therapist will discuss preferences and clinical needs with the patient, at that time. Currently around 70% of clients are booked in for face-to-face appointments. We closely monitor patient choice through the Patient experience Questionnaire.

## LOCAL CLINICS

Trent PTS have a number of clinics situated across Derbyshire, Chesterfield, Nottingham City, and Nottingham South. These clinics are located on the high street and readily accessible places. Visit [www.trentpts.co.uk/locations](http://www.trentpts.co.uk/locations) for full details of all our clinic bases.

### Derbyshire clinic: Long Eaton

49 Derby Road, Long Eaton,  
NG10 1LU

Tel: 0115 822 1255



# This Month's Spotlight: Men's Mental Health



## MEN'S MENTAL HEALTH MATTERS

Society has long portrayed males as needing to be strong, dominant and not show emotions. This may lead to men finding it harder to open up and indicate they are struggling with their mental health. We know that men report lower levels of life satisfaction than women and have higher rates of suicide. Men are three times more likely than women to die of suicide. Higher rates of suicide are found in men with lower incomes, gay men, veterans and those from BAME communities.

There still remains stigma around mental health difficulties, particularly within males. Men are much less likely to access psychological therapy than females (only 36% of referrals are for men). They may struggle to talk about their mental health, with many saying they would not feel comfortable speak to a GP or professional.

On Men's Health Week and beyond, we'd like to encourage you to open more conversations with men about their mental health. At Trent PTS we can help. We offer a range of therapies at various locations and remotely, with evening sessions available for those who need to access sessions around work commitments. Any male aged 16+ in Derbyshire or 18+ in South Notts can self-refer via [www.trentpts.co.uk/self-referral](http://www.trentpts.co.uk/self-referral). There are other organisations that support men's mental health such as CALM [www.thecalzone.net](http://www.thecalzone.net) and Andy's Man's Club which have drop-in talking groups across the country [www.andysmansclub.co.uk](http://www.andysmansclub.co.uk).



## MindDistrict

At Trent PTS, we are currently working in partnership with Minddistrict. Minddistrict is an online platform that aims to support an individual through their recovery from Depression. In May 2022, we began the pilot of the programme in service. Our aim as a service is to ensure we offer our clients dynamic treatment options that are unique and innovative, and to improve access for clients who may struggle to engage with face-to-face or telephone appointments.



Minddistrict allows clients to work independently at their own pace through a designated online programme tailored at managing symptoms of Depression. Therapists are able to adapt the client's treatment package and offer additional programmes such as modules on managing sleep, relaxation and communication and additional resources such as thought records and activity diaries to fill in. The system allows flexibility as reviews take place online and clients do not have to be present at the same time as their therapist for feedback. Once feedback is given, a client is able to log on and progress further through the programme.

Clients are able to leave any questions in the 'chat' function of the programme, which the therapist will answer at their next scheduled appointment time. Once a client has completed the programme, they will continue to have access to it independently to reconsolidate their learning at a later date. Clients presenting with mild symptoms, who require a more flexible approach would be suitable for the programme following an initial suitability assessment. We are excited by this new opportunity and look forward to sharing our findings and client feedback in future newsletters.



## Nottingham Community and Voluntary Services (NCVS)

Nottingham Community and Voluntary Services (NCVS) has a new Community Engagement Co-Ordinator focusing on mental health support. Kashmeera will be working to promote mental health awareness and wellbeing amongst adults and working to improve access and understanding of NHS Talking Therapies (IAPT services).

The IAPT service is free to all those in Nottingham City and Kashmeera is keen to make links with voluntary and community groups, particularly those from South Asian and

other BAME backgrounds, with the aim of increasing knowledge about free Talking Therapies and IAPT support. She is keen to attend events, meet volunteers or community leaders and share information about Talking Therapies and mental health services. Future events may include IAPT providers discussing therapies options and signposting attendees.



Last month saw a mental health awareness session take place at The Indian Community Centre Association (ICCA), people from a range of backgrounds, many from South Asian heritage, attended the event and heard about the importance of good mental health and how to access free support for self-referral. The three City IAPT providers participated and contributed by providing materials in relevant languages and communicating in parts, in some Asian languages. The session also provided an opportunity for Q&A. Some questions were collected ahead of the session, allowing participants to consider what they wished to know but didn't necessarily feel comfortable asking.



Kashmeera is looking to host more mental health awareness events and is keen to hear from groups wanting to know more about free support available on the NHS and engage with Talking Therapy providers to learn about options for help. For more information, please email [KashmeeraG@NCVS.co.uk](mailto:KashmeeraG@NCVS.co.uk) or call 07933 136 750.

## Staff bio - Placement students

### RACHAEL MCKENNA

Since starting at Trent in September I have enjoyed creating the EDI Hub on our HR system to explore a wide range of issues and raise awareness of cultural competency in mental health care. I hope it helps us to create a safer and more inclusive service. I will be finishing my placement in June and starting my final year of BSc Psychology at Nottingham Trent where I hope to continue research into mental health alongside Diversity and Inclusion work.



### IMOGEN WONG

I started Trent in the role of clinical project officer which means I work to improve the service for both patients and staff, this could be anything from creating psychoeducational materials to updating our social media platforms. I also work on projects to support increases in referrals in the older adult community, and I write these monthly news bulletins too! I have learnt a great deal at Trent and will miss the team dearly. I look forward to completing my degree and pursuing a career in clinical psychology.

### CHARLOTTE WARD

I've been working at Trent PTS since July and have provided wellbeing calls to NHS staff with Long COVID, leading the Social Media team and creating resources and infographics for service-wide use. I have enjoyed this experience immensely and look forward to starting my final year at NTU to finish my BSc of Psychology with Criminology and hopefully continue working within mental health and the clinical psychology field.



## Who do we work with?

Trent PTS accepts clients aged 16+ in Derbyshire and Chesterfield, (we will work with 16 and 17 yr olds where clinically appropriate) and aged 18+ in Nottingham. We have locations as north as Clowne and Buxton, and as south as Swadlincote.



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