



MAY 2022 NEWS BULLETIN

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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 for full details of all our clinic bases.

Derbyshire clinic: Swadlincote

Unit 10, Rinkway Business Park,
Rink Drive, Swadlincote, DE11
8JL

Tel: 01283 244 173

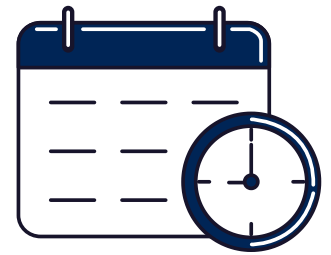


Service updates

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 59 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 **20 days** with the assessing therapist. We are currently receiving an average of **134 referrals** per working day (as of April 2022).



MYTHS AND FACTS

MYTH:

Loneliness is an older adult issue.



FACT:

Whilst many older adults report feeling lonely, so do Gen Z and millennials. A study in the US found these generations had a greater proportion of lonely individuals.



This Month's Spotlight: Mental health and loneliness

LONELINESS IS A KEY DRIVER IN POOR MENTAL HEALTH

Mental health awareness week runs from the 9th to the 15th of May and focuses on the impact loneliness has on our wellbeing. Loneliness affects millions of people around the UK and unsurprisingly research suggests the pandemic has exacerbated this (Mental health in the pandemic, 2020).

To tackle this, we can 1. raise awareness of the links between poor mental health and loneliness. 2. Provide safe and welcoming spaces to support each other. 3. Inform the community of the local organisations equipped to address loneliness and 4. foster our own meaningful connections, reach out to an old friend, a neighbour, or a colleague.

To see the local initiatives, please visit [Derbyshire county council/tackling loneliness](#).

For Nottingham, please visit [Ask Lion/feeling lonely](#).

As an NHS approved provider of therapy, we can help manage the psychological impact, to get in touch visit our website or refer directly as a GP or HCP. Contact details can be found at the bottom of the bulletin.



Sleep group

CBT FOR INSOMNIA

We will be running a group delivering CBT for insomnia (CBTi) for individuals who identify as having a primary sleep difficulty or insomnia.



This will be conducted via remote delivery (video), so it can be accessed at a location convenient to clients and it will be an evening group. Sleep difficulties have a significant impact on mood and functioning and contribute to significant distress for those experiencing them.

NICE guidelines recommend CBTi for individuals experiencing insomnia so please encourage clients to consider self-referring for this effective intervention.

Research indicates CBTi is an effective treatment for 50-70% of patients, with lasting effects. Clients are able to identify their interest during the self-referral process and will receive an assessment to ensure this intervention will meet their needs.



Staff bio - Christiana Vasiliou

SAY HELLO TO CHRISTIANA, ONE OF OUR CLINICAL LEADS

I have worked for Trent PTS since September 2020; I joined the company having worked in IAPT for over 10 years. I joined Trent PTS as a Clinical Lead and I have been embedded with the Anderson House team since I started.

I am trained as an Integrative Counsellor and I am BACP accredited; I have also completed EMDR training and I have a special interest in trauma. As an Integrative therapist, I use a variety of techniques and skills to suit my client's needs but always fitting within the IAPT brief model.

Having worked in primary care for over a decade I have witnessed first-hand the effect our physical health has on our mental health and vice versa. This was the reason I decided to get involved with the long-term conditions pathway and make connections with our physical health colleagues in order to expand access to psychological services. I currently lead the Nottingham Cardiac Rehab pathway and also the COPD pathway.



Help-seeking behaviour in older adults

A FOLLOW UP TO OUR PREVIOUS NEWS BULLETIN

Following on from the previous bulletin, students from the University of Nottingham reported some interesting findings regarding older adults and increasing IAPT referrals.



We should be particularly mindful of the language we use when we discuss mental health with older adults, certain terms can evoke stigma and thus act as barrier to accessing care. Recommendations suggest we should use the word 'wellbeing' and refer to terms like 'feeling low/lonely/worried' to support this demographic. To accommodate for this, the students created resources for social media using this terminology, we hope to distribute these in the near future and welcome additional referrals from this group. Thank you to the students of the University of Nottingham, we appreciate your work on this.

Supporting the neurodiverse staff community

We have launched a neurodivergent community group on Yammer. This is an internal group for staff that identify as neurodivergent in some way (autism, ADHD, dyslexia, dyspraxia, or any other neurodivergence). This group is simply a safe space for staff members who are neurodivergent. It's a place to network with other neurodivergent staff, share experiences, and a place for humour.



The aim of this group is to create a sense of community in the workplace and give those who may struggle at work due to their neurodivergence a space to express themselves to others who understand. Alongside this, new resources regarding neurodiversity are now accessible on the Equality, Diversity, and Inclusion Resource Hub. This is for staff should they want to educate themselves on specific neurodivergent conditions to better understand their colleagues and clients.

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.



WHY NOT FOLLOW US ?

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Search for: @trentptsiapt

@ Email us: enquiries@trentpts.co.uk

Our website: www.trentpts.co.uk

Derbyshire: 01332 265659
Chesterfield: 01246 387498
Nottingham: 0115 8963160