

ELFT Bedfordshire OT Newsletter

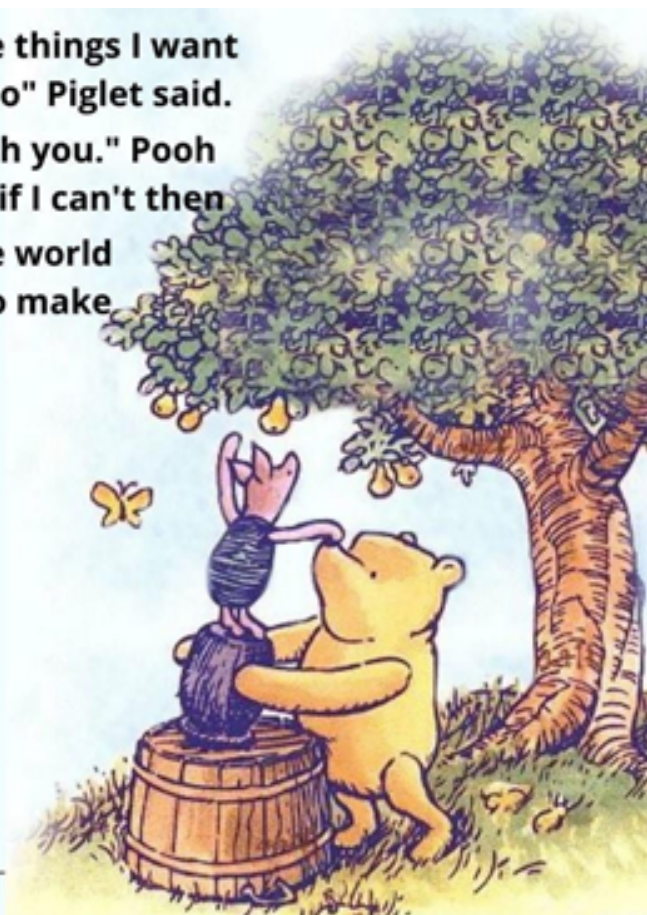
Interim Chair: Eileen Taylor | Chief Executive: Paul Calaminus

Issue 1

September, 2022

Welcome to our first edition of the Occupational Therapy Service Newsletter

"I can't do the things I want and need to do" Piglet said. "Then I'll teach you." Pooh replied, "And if I can't then I'll change the world around you to make it easier."



#OTWeek2021
#OTsForEquity
@keirwales
@KeirHardingOT

Who is the newsletter for?

This newsletter is for you all to know more about the Mental Health Occupational Therapy services in your local areas.

- People who access our service
- Carers and family members
- Staff

How often will it be published?

Each OT service will publish a newsletter bi-monthly.

The bi-monthly newsletter will cover the following services:

Luton Community, Luton Inpatient, Bedford Community, Bedford Inpatient, Older Adults Community, Older Adults Inpatient, Service for People who have a Learning Disability, and Specialist Services.

What IS OT?

Occupational Therapy (OT) provides support to people whose health prevents them doing the activities that matter to them. We work with individuals to identify goals that can support them to maintain, regain or improve their independence.

See link for more information: www.rcot.co.uk/about-occupational-therapy/what-is-occupational-therapy

Quote of the month:

*There is something you must always remember...
you are BRAVER than you believe,
STRONGER than you seem, and SMARTER
than you think.*

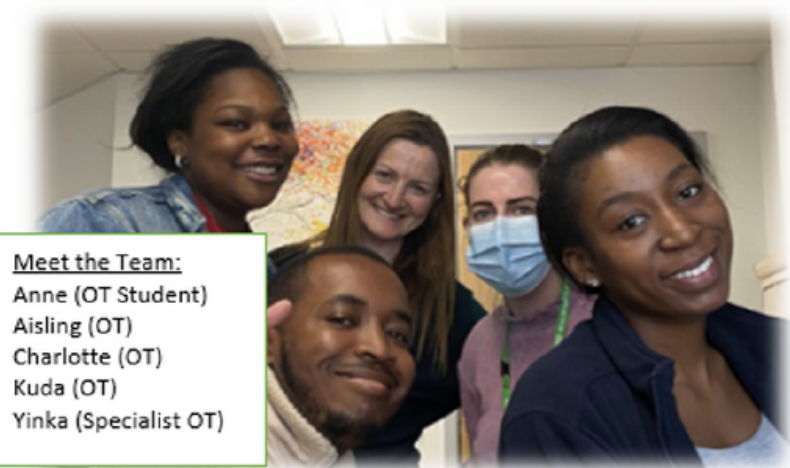
(A.A. Milne)

About our team

We care. We respect, We are inclusive

We work closely with other professionals to deliver holistic interventions.

Referrals to our Occupational Therapy (OT) service are made via the Mental Health Team (CMHT), inpatient OT's, Crisis team and Early Intervention Team (EIS).



Meet the Team:
 Anne (OT Student)
 Aisling (OT)
 Charlotte (OT)
 Kuda (OT)
 Yinka (Specialist OT)

Luton Community Mental Health Occupational Therapy Team

Achievements

- Vision board Workshop
 - Online Seated Yoga
 - Back to Life Group
- Staff Awards Nomination: 'Because of You' (Blended Team Huddle)
- OT's participated in creating Crisis Cards and CMHT welcome packs for staff and service users



What's New

SAVE THE DATE!

Back to life group: 7th - 28th September 2022 (See recovery college in Helpful links.)

World Occupational Therapy Day: 27th October 2022

OT Week: 21st - 25th November 2022

Vacancies

B6 Luton CMHT OT

Recruited

B6 Luton Transformation OT

Compliments

Back to life group: "Service user enjoyed the workshop and helped with patient's recovery"

Stockwood CMHT: "Amazing OT team, efficient and response towards caseload"

Social Prescriber: "Collaborative feedback working with OT. OT was professional and communicated well in order to engage client".

Care coordinator: "I observed your manner in which you support patients as very compassionate and caring and you displayed with trust values throughout your interaction I feel I have learnt a lot about OT and this has been really helpful for my role. Again, you were very thorough in your assessment and findings and communicated this to me throughout the assessment process."

Want to become an OT?

Check out the apprenticeship route:
www.rcot.co.uk/degree-level-apprenticeship-occupational-therapy

Exercise, Facts and Activity Ideas

Facts

September, 2022

Activity

A smoothie recipe for a boost in your day.



1. Pick your choice of fruits (chop fruits)
2. One cup of frozen berries
3. Yogurt and milk OR one cup of juice
4. Add to the blender
5. Honey and ice (optional)
6. Blend Blend Blend
7. ENJOY!



Exercise

Join locally led walking group, which gives an opportunity to socialise, discover new friends and interests.

Lea & Icknield (Luton) Ramblers
Every Sunday and some
Wednesdays
www.ramblers.org.uk



Don't forget to tweet us!

@Elftot

www.elft.nhs.uk



Why Water Is Important?

Your body functions best within a certain temperature range, and when you get too warm, it needs to cool off. There are a couple of ways your body accomplishes this cool-down. First, blood vessels dilate to increase blood flow to the skin. This allows excess heat to radiate away from your body.

Then, you start to sweat. Evaporation of the sweat cools the skin, which in turn helps to cool the whole body. But excessive sweating can lead to dehydration.

You sweat more when the temperature's hot, especially if you're working or exercising outdoors. Drinking water helps replenish the fluids lost by excessive sweating. If you don't get enough water, you may become dehydrated, and the combination of hot temperatures and dehydration can lead to serious heat-related illnesses.

Signs of dehydration:

- Thirsty
- Dry mouth
- Headache
- Dizziness
- Dark Yellow Urine

If you have any of these symptoms it's time to reach for your water bottle!

Feedback and Helpful Links

September, 2022

Helpful Links

Action for Happiness Calendar

<https://actionforhappiness.org/calendar>



MIND

<https://www.mind-blmk.org.uk/how-we-can-help/luton/> contact number - 01582 380002



Recovery College

<https://www.elft.nhs.uk/services/bedfordshire-and-luton-recoverycollege>



Penrose Social interest group

<https://socialinterestgroup.org.uk/our-services/roots-to-recovery/> contact number - 01582343230



Active Luton

<https://www.activeluton.co.uk/>



Feedback

To give us feedback on our OT service, please use the QR Code



Training we have recently received:

- Recovery through Activity Training with Sue Parkinson
- Trauma Informed Care Training with ELFT
- Resilience and Wellbeing Training
- Mental Health First Aid Awareness with MIND

You said, We did.

Quality Improvement (QI) Project:

OT Therapy Agreement Contract was reviewed and rewritten as part of the OT QI project in Luton. Feedback from service users focus group was incorporated and changes were made in regards to, the language used. The agreement form is much more collaborative and captures both staff and service user expectations including goals.

NHS
East London
NHS Foundation Trust
CRISIS CARD

Outside of business hours the following options are available:

1. Call 111, option 2 as the first point of contact if experiencing a mental health crisis
2. Mind BLMK are offering a drop-in Crisis Café Monday to Sunday 5-11pm (46-56 Dumfries Street, Luton, LU1 5BP)
3. Samaritans are available 24 hours a day on 116 123

If the options above do not resolve the crisis and immediate support is needed to remain safe, please call 999 or attend A&E.