

Notice of Meeting

Health and Wellbeing Board

Thursday, 24th March, 2016 at 9.30 am
in Council Chamber Council Offices
Market Street Newbury

Date of despatch of Agenda: Wednesday, 16 March 2016

For further information about this Agenda, or to inspect any background documents referred to in Part I reports, please contact Jo Reeves on (01635) 519486
e-mail: joanna.reeves@westberks.gov.uk

Further information and Minutes are also available on the Council's website at www.westberks.gov.uk



WestBerkshire
C O U N C I L

To: Dr Bal Bahia (Newbury and District CCG), Dr Barbara Barrie (North and West Reading CCG), Leila Ferguson (Empowering West Berkshire), Dr Lise Llewellyn (Public Health), Rachael Wardell (WBC - Community Services), Cathy Winfield (Berkshire West CCGs), Councillor Hilary Cole (Executive Portfolio: Adult Social Care, Housing), Councillor Lynne Doherty (Executive Portfolio: Children's Services), Councillor Graham Jones (Executive Portfolio: Health and Wellbeing), Councillor Mollie Lock (Shadow Executive Portfolio: Education and Young People, Adult Social Care), Andrew Sharp (Healthwatch) and Councillor Roger Croft (Executive Portfolio: Leader of Council, Strategy & Performance, Finance)

Also to: Jo Reeves (Policy Officer) and Councillor Gordon Lundie (Council Member)

Agenda

Part I

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Andy Day
Head of Strategic Support

If you require this information in a different format or translation, please contact Moira Fraser on telephone (01635) 519045.

Title of Report:	Joint Agreement in respect of operational arrangements for children and young people with Special Educational Needs and Disabilities (SEND) aged 0 to 25 years
Report to be considered by:	Health and Wellbeing Board
Date of Meeting:	24 March 2016

Purpose of Report: To inform the board on Joint Agreement between the Berkshire West CCG Federation, the Berkshire Healthcare Foundation Trust, the Royal Berkshire Hospital Trust, West Berkshire Council, Reading Borough Council and Wokingham Borough Council, in respect of operational arrangements for children and young people with Special Educational Needs and Disabilities (SEND) aged 0 to 25 years

Recommended Action: To note the report

Reason for decision to be taken: N/A

Other options considered: N/A

Key background documentation: N/A

Contact Officer Details	
Name:	Jane Seymour
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Implications

Policy:

Financial:

Personnel:

Legal/Procurement:

Property:

Risk Management:

Is this item relevant to equality?	Please tick relevant boxes	Yes	No
Does the policy affect service users, employees or the wider community and:			
• Is it likely to affect people with particular protected characteristics differently?		<input type="checkbox"/>	<input type="checkbox"/>
• Is it a major policy, significantly affecting how functions are delivered?		<input type="checkbox"/>	<input type="checkbox"/>
• Will the policy have a significant impact on how other organisations operate in terms of equality?		<input type="checkbox"/>	<input type="checkbox"/>
• Does the policy relate to functions that engagement has identified as being important to people with particular protected characteristics?		<input type="checkbox"/>	<input type="checkbox"/>
• Does the policy relate to an area with known inequalities?		<input type="checkbox"/>	<input type="checkbox"/>
Outcome (Where one or more 'Yes' boxes are ticked, the item is relevant to equality)			
Relevant to equality - Complete an EIA available at www.westberks.gov.uk/eia			<input type="checkbox"/>
Not relevant to equality			<input type="checkbox"/>

Executive Summary

1. Introduction

- 1.1 The Children and Families Act 2014 requires Local Authorities and Clinical Commissioning Groups (CCGs) to have joint commissioning arrangements for education, health and care provision for children and young people with SEN and disabilities (SEND) aged 0 to 25. This includes joint commissioning of services at a strategic level and joint commissioning of arrangements for individual children with SEN and disabilities through the Education, Health and Care assessment and planning process.
- 1.2 This document has been drawn up by the Berkshire West CCG Federation, West Berkshire Council, Reading Borough Council and Wokingham Borough Council. It covers joint arrangements for individual children and young people with SEN and disabilities. Strategic joint commissioning arrangements for the local population of children and young people with SEND will be covered in a separate agreement.

2. Identification and referral to the Local Authority of children with SEND

- 2.1 CCGs, NHS Trusts and NHS Foundation Trusts must inform the school or the Local Authority if they identify a child as having or probably having SEND.
- 2.2 In the case of children with lower level needs, notification should be made by the health professional to the school or early years setting.
- 2.3 The Local Authority should be informed about children who have severe and complex needs, which are likely to be long term, and who may require services from the Authority. In these cases, it is likely to be the paediatrician who will make the notification. Notification should be sent to
- the Pre School Teacher Counsellor Coordinator (West Berkshire Council);
 - the Principal Educational Psychologist (Reading Borough Council);
 - the Principal Educational Psychologist (Wokingham Borough Council).

This will allow the Local Authority to make suitable provision, such as allocation to a Pre School Teacher Counsellor, Portage worker, or equivalent, if necessary.

- 2.4 The relevant Health professional will obtain parental consent prior to making the notification.

3. Children with SEND who do not meet the threshold for an EHC Plan

- 3.1 The majority of children with SEND will have their needs met through local services, including local mainstream schools, without the need for an Education, Health and Care Plan. Schools and Colleges have resources allocated to them to meet the needs of children and young people with SEND. Only children with the most persistent and complex needs, who fail to make acceptable progress in spite of having access to the range of support which is routinely available to all children with SEND, will qualify for an EHC Assessment / Plan.
- 3.2 In meeting the needs of all children with SEND, with or without an EHC Plan, schools may need advice in respect of the child's health. In the first instance, guidance should be sought through the Local Offer which includes a range of resources and toolkits.
- 3.3 If specific advice from a health professional is needed, schools can either make referrals, with parental consent, or parents can make direct referrals to health services.

- 3.4 Where a child has a SEN or disability, but does not necessarily have an EHC Plan, health professionals who are involved with the child will seek to support the school or educational setting through the provision of advice, which may include guidance on the creation of a Health Plan, for children with complex health needs.

4. Provision of information and advice to families / contribution to Local Offer website

- 4.1 The services which are available to children and young people with SEND aged 0 to 25 years are known collectively as the “Local Offer” or the “SEND Local Offer”. The Local Offer includes services provided by Education, Social Care, Health and the voluntary and independent sectors.
- 4.2 Local Authorities have a duty to make all of this information available to parents and young people in one place. This must include a Local Offer website, although the information can also be made available in other ways too, such as help lines, leaflets and public events. The content of the Local Offer website is prescribed by regulations and must include information such as how services are accessed, referral processes and eligibility criteria, as well as a description of services.
- 4.3 Whilst Local Authorities have lead responsibility for developing and maintaining the Local Offer website, they are reliant on Health Commissioners and Provider Trusts to provide and keep up to date the relevant Health information.
- 4.4 The West of Berkshire CCGs, the Berkshire Healthcare Foundation Trust and the Royal Berkshire Hospital Trust will provide any information which is reasonably required by the Local Authorities for the purposes of maintaining a Local Offer website which meets statutory requirements. This will include updating data to take account of any significant changes and also responding to routine requests to update data which will usually be made annually.
- 4.5 Each of the local Health Provider Trusts will provide a named contact person with whom the Local Authorities can liaise in respect of Health data for the Local Offer. This individual will liaise with departments within their own Trust as necessary and will also promote the Local Offer with staff within the Trust both as a resource for professionals and as a resource to which parents of children with SEND can be signposted.
- 4.6 Each Local Authority has a SEN Information, Advice and Support Service (SENDIASS), the purpose of which is to provide independent advice and support to parents of children with SEND and to the young people themselves. This advice and information has to cover health and social care issues, in addition to SEN / Education issues. The Berkshire Healthcare Foundation Trust and the Royal Berkshire Hospital Trust will cooperate with Local Authorities and their SENDIASS services to provide information as required. RBH will provide the Local Authorities and SENDIASS services with contact details of the link paediatrician for the area. BHFT will provide Local Authorities and SENDIASS services with contact details of a link person in the Children and Young People’s Integrated Therapy Service. SENDIASS services may wish to refer parents to Patient Advisory Liaison Services (PALS) or seek advice from PALS on their behalf.

5. Contributing to Education, Health and Care (EHC) Assessments

5.1 Initiation of an EHC Assessment

- 5.1.1 An educational setting such as a school or college, or a parent/carer, can make a formal request to the Local Authority for a statutory Education, Health and Care Assessment to be initiated. A young person over statutory school age can also make such a request in their own right. On receipt of a request, the Local Authority will consider the evidence and will decide whether an EHC Assessment is warranted. If the criteria for an EHC Assessment are not met, and the request is refused, the parent (or young person if over statutory school age) will have a right of appeal to the SEN & Disability Tribunal.
- 5.1.2 Other professionals, such as Health professionals, cannot make a formal request for a statutory EHC Assessment, but they can draw a child or young person to the attention of the Local Authority. Any such notifications will be investigated by the Local Authority, but if an assessment is not started, the parents will have no right of appeal to the SEN & Disability Tribunal in these circumstances.

5.2 Reports for EHC Assessments and timescales

- 5.2.1 When a Local Authority decides to initiate a statutory Education, Health and Care Assessment, it may need advice from the following health professionals:
- Paediatrician, GP, Consultant, Health Visitor, Community Nurse, Speech and Language Therapist, Physiotherapist, Occupational Therapist, Child and Adolescent Mental Health Service (CAMHS), Community Mental Health Service. (This list is not exhaustive).
- 5.2.2 The Local Authority will provide written notice of the need for a report. The CCGs and Provider Trusts will ensure that reports are provided by the relevant health professional within 6 weeks.
- 5.2.3 Reports do not need to be written in a specific format, (although a template will be made available for professionals to use if they wish). Reports should be written in a way that they can be readily understood by parents and other professionals, and they should also lend themselves to incorporation within an Education, Health and Care Plan by detailing the child's strengths, difficulties, their aspirations, the outcomes they need to achieve and the provision required to meet those outcomes.
- 5.2.4 As far as is reasonably practical, the health professional producing the report should liaise with other professionals involved in the EHC assessment, to ensure that those involved in assessing the child are working effectively together and to avoid duplication in assessments. In some circumstances it may be appropriate to do joint assessments / visits with other professionals.
- 5.2.5 All information about children and young people will be shared subject to the appropriate consents from parents and young people.

5.3 Attendance at EHC planning meetings

- 5.3.1 An EHC Assessment will usually include a person centred EHC Planning meeting involving the young person, parents / carers, the school or college and other professionals involved with the young person. This meeting may be led by a Local Authority EHC Coordinator or by the school on behalf of the Local Authority. It is this meeting which will generate the Education, Health and Care Plan.
- 5.3.2 It is accepted that health professionals are not resourced to be able to attend all such meetings and that clinical commitments will often have to take priority. However, in cases where a health professional has a particularly significant contribution to make to the development of the EHC Plan, it is expected that they will

attend. For example, a speech and language therapist where the child's primary need is a speech and language difficulty.

5.4 Post 18 Assessments

- 5.4.1 Where health advice is needed for young people with SEND aged 18 to 25, it may need to be obtained from GPs or adult health services. Where this is the case, the advice will be provided on the same basis as advice for children aged 0 to 18, under the Health duty to cooperate with the Local Authority in respect of identification and assessment of SEND, and the Local Authority will not be charged.

5.5 SEND Resource Panels

- 5.5.1 Local Authorities will have multi agency panels which make decisions about the Education and Social Care content of EHC Plans. Health representation on such Panels will not usually be necessary, provided that there are clear and timely decision making processes in respect of Health resources in EHC Plans. (See Section 6).

6. Making decisions about Health provision in EHC Plans

- 6.1 CCGs have a duty under Section 3 of the NHS Act 2006 to arrange health care provision for the people for whom they are responsible to meet their reasonable health needs. Where there is provision which has been agreed in the Health element of an EHC Plan, health commissioners must put arrangements in place to secure that provision.
- 6.2 Health professionals who are submitting reports for an EHC assessment will indicate whether the health provision required by the child is available within existing commissioned resources. This will be stated in the professional's report. If so, the report can be taken as agreement that the provision will be made and funded by the CCG as part of its existing commissioning arrangements.
- 6.3 If a health provision is needed by a child and it is not available from within existing commissioned resources, the health professional concerned will indicate this within their report and will advise the Head of Children's Commissioning who will arrange for the case to be considered by the Berkshire West CCG Placement Funding Panel. Requests for funding can be made to the Panel, via the Head of Children's Commissioning, either by the relevant health professional in the provider trust, or by the Local Authority. Referral is made on a CCG proforma and must be accompanied by a report from a NHS clinician or clinicians. The proforma and the clinician's report must not contain any patient identifiable information apart from the child's DOB and NHS number. The Panel will consider the need for additional resources and will inform the LA and the provider trust of its decision within two weeks.
- 6.4 If agreement cannot be reached between the LA and the CCG on responsibility for provision, or a reasonable split of funding, it may be necessary to follow the Disagreement Resolution Process. (See paragraph 8).
- 6.5 If the health provision required for the child or young person comes within the remit of the Children's Continuing Healthcare arrangements, a request will be made for funding through the Children's Continuing Healthcare Panel.
- 6.6 The dispute resolution process in respect of health provision which falls within Children's Continuing Healthcare arrangements will be different from the dispute resolution process for health provision which falls outside Children's CHC arrangements. (See paragraph 8).

6.7 Where the CCG agrees to fund additional provision which is outside of their normal commissioning arrangements, the Head of Children's Commissioning will sign off the EHC Plan.

6.8 Where Continuing Health Care (CHC) provision is agreed by the CHC Panel, the relevant manager with responsibility for children's CHC arrangements will sign off the EHC Plan.

7. Designated Medical Officer Role

7.1 The West of Berkshire CCGs will appoint a Designated Medical Officer (DMO). This will be either a GP or paediatrician, or, alternatively a suitably qualified and experienced nurse or other health professional (in which case the role will be known as Designated Clinical Officer).

7.2 The DMO or DCO will liaise as required with colleagues outside of paediatrics in respect of young people with SEND aged 18 to 25.

7.3 The role of the DMO or DCO will be to

- act as a point of contact for CCGs and health providers through whom Health will notify LAs of children who have SEND
- act as a point of contact for Local Authorities and schools who are seeking health advice on children who may have SEND
- support schools with their duties under "Supporting Pupils with Medical Conditions" guidance (or arrange for this support to be provided)
- ensure that Health reports are provided for Education, Health and Care Assessments within statutory timescales
- Ensure relevant Health provision in EHC Plans is made

8. Dispute resolution between CCGs and Local Authorities in the event of disagreement about responsibility for provision in a young person's EHC Plan

8.1 In cases where the Local Authority and the CCG is unable to agree about responsibility for provision in an EHC Plan, the SEN Manager or Service Manager for SEND in the relevant LA will instigate the agreed dispute resolution process, as follows.

8.2 The matter will be referred to the Head of Service in the relevant Local Authority and the Head of Children's Commissioning for a decision. The decision reached will be binding on both parties.

8.3 If the Head of Service in the Local Authority and the Head of Children's Commissioning are unable to reach a decision, the matter will be referred to the Director in the Local Authority and the Director of Joint Commissioning at the CCG. The decision reached will be binding on both parties.

8.4 Decisions about health provision which comes within the remit of Children's Continuing Healthcare will be different. If the Local Authority disagrees with a decision about provision to be made for a child through Continuing Healthcare arrangements, the decision of the CHC Panel will be referred for dispute resolution through the CHC dispute resolution process. Currently, decisions made by the West of Berkshire Children's CHC Panel will be referred to the East of Berkshire Children's CHC Panel who will make a decision on the case which will be binding on all parties.

9. Complaints and mediation involving Health provision

9.1 Local Authorities have a statutory duty to provide an independent mediation service for parents of children with SEND. Parents must be offered access to the mediation

service in all circumstances which can be appealed to the SEN AND Disability Tribunal (SENDIST). For example, refusal to carry out an EHC Assessment, refusal to amend an EHC Assessment following an annual review or disagreement about the needs of the child or the provision as set out in the EHC Plan, including the placement.

- 9.2 The West of Berkshire Local Authorities currently commission Global Mediation to provide an independent mediation service, as part of a joint commissioning arrangement between 17 LAs in the SE of England. Each LA pays a contribution to the core costs of the service, plus an additional sum per mediation.
- 9.3 Under the SEND Code of Practice 2015, parents are entitled to access independent mediation not just in relation to the educational content of the EHC Plan, but also with respect to the social care and health content of the EHC Plan. If a mediation covers education, social care and health issues, the LA will arrange the mediation but the CCG will contribute 1/3 of the cost of the mediation. If a mediation covers just education plus health issues, or social care plus health issues, the LA will arrange the mediation but the CCG will contribute ½ of the cost of the mediation. In either case, the CCG will ensure that relevant health professionals participate in the mediation process.
- 9.4 If a mediation is entirely about a health matter, the CCG will usually make its own arrangements for independent mediation, which must be compliant with the SEND Code of Practice 2015. Alternatively, the CCG may ask the LA to arrange mediation through the LA's arrangements, subject to the CCG paying the full cost of the mediation.
- 9.5 Complaints which are specifically about Health provision will be dealt with by the relevant Health Trust through its usual complaints procedures.

10. Appeals to the SEND Tribunal which involve Health provision

- 10.1 Where appeals to the SEND Tribunal involve provision commissioned by the Local Authority from BHFT or the RBH, the Trust will arrange for an appropriate professional to produce any reports required for the Local Authority's case statement, attend any meetings required for Tribunal preparation and attend the Tribunal hearing. If this incurs cost over and above the service commissioned by the Local Authority, the Local Authority will consider reimbursement as appropriate.

11. Transition paediatric / adult health services

- 11.1 All Health professionals involved with children with SEND should contribute to supporting key transition points, including transition to adulthood.
- 11.2 The local Health Provider Trusts will have, or will develop, Transition Policies and pathways, setting out how young people with SEND will transition from paediatric to adult health services. Trusts will involve Local Authorities and families in the development and review of these policies and pathways. This will enable Local Authority staff to have a clear understanding of Health transition processes and be in a position to advise or signpost parents to relevant information. Transition policies and pathways will reflect relevant guidance including NICE Guidance and the SEND Code of Practice.

12. Contribution to conversion ("transfer") of Statements to EHC Plans and annual reviews of Statements and EHC Plans

- 12.1 Local Authorities are required to convert or "transfer" all existing Statements to EHC Plans by April 2018. This is happening on a phased basis, with priority for the

transfer process usually being given to children and young people who are at key transition points. Transfer of Statements to EHC Plans is usually done through a person centred planning meeting led by a Local Authority EHC Coordinator.

- 12.2 Children who are not yet due to have their Statement transferred to an EHC Plan will have routine Annual Reviews of their Statements, led by the school, until their transfer to an EHC Plan is due to happen.
- 12.3 Children who already have an EHC Plan (either as a result of transfer from a Statement, or because of a new EHC Assessment), will need to have an annual review of their EHC Plan. These review meetings will usually be led by the school.
- 12.4 It is accepted that health professionals are not resourced to be able to attend all such meetings and that clinical commitments will often have to take priority. However, in cases where a health professional has a particularly significant contribution to make to the development of the EHC transfer meeting, Annual Review of Statement meeting, or Annual Review of EHC Plan meeting, it is expected that they will attend (or, as a minimum, provide relevant information). For example, involvement of a speech and language therapist is likely to be necessary where the child's primary need is a speech and language difficulty.

13. Residential placements including in patient admissions

- 13.1 Where a health commissioner or provider trust is considering making a placement that includes an education commitment, or impacts on the child's education, they will consult the Local Authority prior to making this decision. This might include, for example, in- patient admissions as a result of mental health issues. If a placement has to be made in an emergency, and there is no opportunity for consultation, the health commissioner or provider trust will notify the Local Authority as soon as possible following the placement.
- 13.2 Where a child with an EHC Plan is admitted to hospital, the provider trust which made the referral will inform the Local Authority which maintains the Plan if the hospital stay has or is likely to exceed 6 days. Where the Royal Berkshire Hospital admits a child known to have an EHC Plan, hospital staff will inform the Local Authority if the hospital stay has or is likely to exceed 6 days. The Local Authority will then consider what arrangements need to be made for the child's education.
- 13.3 Where a Local Authority has no alternative but to place a child outside of its own area, and the child has significant health needs, the Local Authority will consult with Health colleagues to satisfy itself that the child's health needs can be met by local services in that area, and to ensure that any onward referrals are made where necessary.

14. Monitoring and Review of this Agreement

- 14.1 This agreement will be reviewed and updated on an annual basis.

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Beat the Street
Reading

Engagement
Overview 2015

Headlines

306,640
miles were
travelled



23,992
players (11%
of the population)
from Reading,
Burghfield, Mortimer,
Pangbourne and
Theale

13,161
adults
(6,658 in
2014)

10,831
children
(8,416 in
2014)



202 Beat
Boxes across
Reading town
and the
surrounding
villages



84 teams
signed
up to the
challenge

The Department
of Health wants
everyone to be active
for at least five days
each week. In Reading
running Beat the Street
for two years in a row
helped 20% more
people reach
the target

Eight out of ten
people said that
Beat the Street
helped them be
more active and
walk more



Overview

Beat the Street Reading 2015 ran between 29 April and 24 June 2015.

Beat the Street supports people to become healthier through activity by changing their daily habits to include more walking and cycling.

The Beat the Street campaign was funded by the NHS North and West Reading and NHS South Reading Clinical Commissioning Groups and Reading Borough Council. The campaign aims to promote healthier lifestyles for people of all ages. Together, the communities of Reading, Burghfield, Mortimer, Pangbourne and Theale travelled over 300,000 miles in eight weeks.

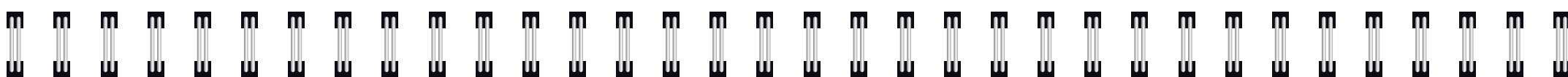
The Department of Health's target is for everyone to be active for at least five days each week. Beat the Street ran in Reading in 2014 and again in 2015. This helped more than half of people reach the target.



“Thanks to all those involved in this great scheme. Not only has it encouraged loads of children to walk more, but adults have played a key part too. I am a 67 year old grandfather and have never walked as much as I’ve done in the past few weeks. I will miss the Beat Boxes and some of the detours I have made to gain extra points for my grandson’s school, I fully intend to keep beating the streets of Caversham and Reading.”

Colin Pike

These benefits were mentioned by half of people who provided feedback at the end of the competition.



The competition ended at midnight on Wednesday 24 June. 23,992 players (11% of the population) travelled a grand total of 306,599.2 miles. This is a 63% increase in participants from 2014, when 15,074 people took part.

Feedback from over 800 people who completed the post Beat the Street survey included benefits of having fun, feeling healthier and getting fit, exploring the local area, feeling part of the community and spending time with friends and family.

Players and teams in Reading led the way in innovative ways to get moving: a school holding an outdoor learning week, a walking bus or evening walks for teams.

“Just wanted to say I think this scheme is a brilliant initiative, I walk a fair amount anyway (due to owning a dog!) but have really noticed a massive difference in the amount of people I’ve seen out walking over the last few days.

So lovely to see school children queuing to use a Beat Box and to see adults out walking, cycling or jogging to scan Beat Boxes of an evening! An excellent idea to get us all that little bit more active and to stop being so reliant on our cars! Well done."

Sally Fennemore

Winners

First place – Highest Total Points

The Hill Primary

First place – Highest Average Points

Yoga Reading

Second place – Highest Total Points

Theale Primary School

Second place – Highest Average Points

Reading College of Estate Management

Third place - Highest Total Points

Micklands Primary

Third place – Highest Average Points

Mortimer St Mary Junior School



Beat the Street Board

A Beat the Street Board comprising representatives of NHS North and West and South CCGS, Reading Borough Council Public Health, Transport and Sport and Leisure and Intelligent Health oversaw the creation of communication, engagement and delivery plans for the 2015 programme.

The aim was to engage 22,500 players and the target was reached with 23,992 taking part.

NHS Clinical Commissioning Groups

NHS issued letters to GP practices for distribution to patients with Long Term Conditions and provided weekly communication support included key quotes and driving the promotion forward.

All GP practices were sent marketing material promotional material including maps, posters, flyers and cards and the NHS Central Communications Team posted digital material on the GP screens in surgeries. Presentations were made to patient groups and GP practices to ensure awareness of the competition before it began.

Almost 20% of adults who played (2,538 people) joined through their GP surgery.

NHS also created a video from Dr Rupert Woolley explaining why it's important for patients to get active: www.youtube.com/watch?v=U-ZcDbYF5RM&list=PLiv_04Je-DSoeem3t_QVHEDdK1OrOING_

Reading Borough Council

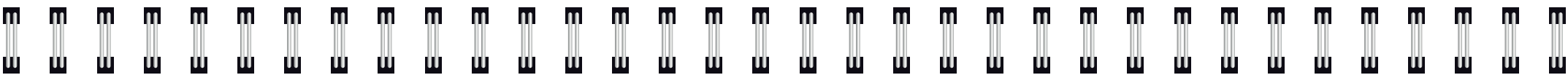
Reading Borough Council Communications Team supported by distributing materials to all council venues and promoting via internal and external media.

The mayor attended key events and lead councillors provided quotes of support throughout the campaign. Beat the Street attended or hosted double points Beat Boxes at key Reading Borough Council events throughout the competition.



Beat the Street worked with Readybike to encourage people to take up the cycle initiative.

Reading Museum hosted a Bonus Box during half term, the figures for all visitors over May half term week 2013 was: 2,673, in 2014: 3,976 and 2015: 3,498 so again a 50% increase in visitors which they attribute to Beat the Street.



Sponsors

Decathlon
Decathlon became the sponsor for adult prizes and provided daily 'lucky tap' prizes for residents of Reading, Burghfield, Mortimer, Pangbourne, Theale and Woodley during the 8 week challenge. Every day one player won a Decathlon voucher worth £25. The Beat the Street emailed the winner and they collected the voucher in store.

A Beat Box was positioned near the Decathlon shop and their role was promoted via our media partner the Reading Chronicle and via Facebook. Decathlon attended the launch event and were invited to the prize giving.



LEGO®UK
LEGO® Friends, LEGO® Elves, LEGO® City, LEGO® Chima and LEGO® Bionicle prizes were all on offer for the thousands of children taking part in the walking and cycling challenge.

The top two winning schools in each leader board received a share of £500 of LEGO® goodies. LEGO® also provided prizes for 'lucky taps' throughout the competition and support local events such as the Children's Meadow Madness.



“LEGO®UK is delighted to once again be partnering with Beat the Street. The initiative sends such a positive message to children of the importance of teamwork and community spirit, goal setting and a sense of pride at achieving those goals – all of which are values shared by the LEGO® Group.”
LEGO® Group spokesperson



Businesses

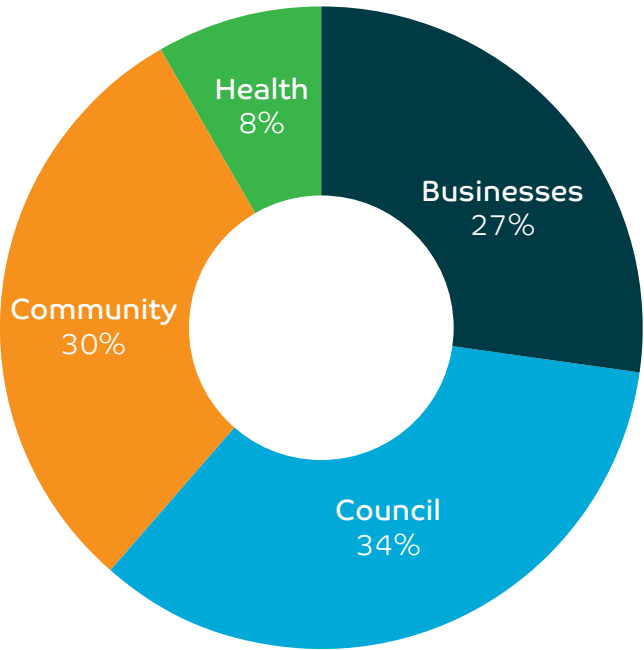
Reading UK CIC, the economic and development company for Reading, promoted the challenge to all its business members. It hosted the launch of Beat the Street and the final ceremony and gave permission for the signage throughout the town centre.

“Beat the Street is a very worthwhile initiative between the NHS and Reading Borough Council that engages a whole community.”
Bobby Lonergan, Reading BID Manager

Of 90 businesses contacted 11 created teams of 25 or more people. This represents a 12% take up or conversion rate.

Thames Valley Park held their own fund-raising initiative to support the Royal Berks Charity and promoted the initiative to staff via their Thames Valley Park Travel Plan programme.

Non-School Teams

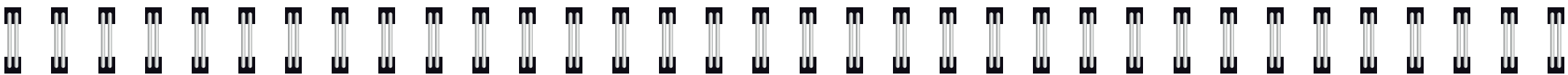


Voluntary Organisations

Voluntary Organisations were invited to take part and were contacted directly and via the Reading Voluntary Association.

Teams included Reading Swing Jam a non-for-profit dance organisation and Jelly Arts.

Beat the Street promoted local community events via Facebook to encourage players to take a trip by walking or cycling to different areas.



Schools

Fifty three schools took part including two secondary schools.

Schools received a comprehensive pack including banners, posters, flyers, cards, maps, parent packs, a DVD on how to play and certificates for every participating child. Parent packs were given to every primary school pupil and of the 14,000 distributed 6,680 (48%) were used.

Weekly newsletters were sent out to encourage schools to continue and get parents involved. Many schools reported arranging running/walking clubs and including Beat the Street in the curriculum.

Weekly LEGO® prizes were presented at assemblies to pupils each week along with a school newsletter. The prizes were awarded for a lucky tap so every child was eligible.

“We set up a teachers walking group and took pupils for walks which was a great way to spend quality time with them. Our Year 5 teacher used Beat the Street in maths, literacy and geography lessons to keep children engaged. This has been one of the best initiatives we have ever been involved in.”
Jo McArthur, Head of Mortimer St Marys



Events

Beat the Street operated with a complete calendar of over 50 events to support local initiatives and partners and keep people moving throughout the competition.

This included Reading Borough Council Children’s festivals, Reading Town Centre events and local festivals. Bonus boxes were also arranged throughout the competition to support people to visit new areas and ‘enjoy Reading’ and the villages. Bonus boxes were sited in all parks during the final weekend to encourage people into Reading and the villages’ green spaces. Reading Borough Council Health Walk leaders organised a walking bus and a GP practice walk during the competition.

Beat the Street worked closely with Open for Art event on 4 July to promote the weekend festival of art to the Beat the Street participants. A Beat Box trail was established next to art events to encourage people to visit the events. Finally the Beat the Street Prize presentation was held on the Saturday on a Creative People stage to encourage people to come down and celebrate.



Marketing material

A suite of marketing material was created using a ‘race to space’ theme.

This included the production of 60,000 RFID cards, 42,000 flyers and 110,000 maps.

Intelligent Health produced 14,000 parent packs for every pupil in primary schools. 6,680 (48%) of these cards were used. These contained an envelope, a letter on handy hints, a flyer and one RFID card.



This initiative is run by Intelligent Health on behalf of the NHS Clinical Commissioning Groups in Reading and Reading Borough Council Public Health. The game will take place in Reading, Burghfield, Mortimer, Pangbourne and Theale.



Media

The Reading Chronicle were the media partner for Beat the Street 2015 and produced 13 articles before, during and after the competition. The editor assigned a journalist for the project and provided a photographer and articles throughout.

LEGO® placed a children’s competition in the Reading Chronicle during the programme.

Get Reading also produced 11 online stories and were very supportive of the project.

BBC Radio Berks covered Beat the Street in 3 media reports and BBC South Today reported on the positive impact the programme was having on business in Reading, including the NHS staff team, with an article on 23 June 2015.



Social Media

A social media plan was established and updated weekly with NHS, RBC and Beat the Street posting, sharing and retweeting messages in an agreed format.

The Twitter feed had 733 followers by the end of the competition with daily tweets posted according to the Social Media plan. Funders messages were retweeted as appropriate and local events promoted.

Facebook had 3,118 likes and over 100 proactive posts throughout the competition. The Beat the Street team worked 7 days a week to support players, keeping them engaged and dealing with any issues as they arose.

The NHS produced a video showing Dr Woolley explaining the benefits of regular exercise. This is available on Youtube: www.youtube.com/watch?v=U-ZCdbYF5RM&list=PLiv_04Je-DSoeem3t_QVHEDdK1OrOING and was posted on Facebook, Twitter and sent to local media.

Beat the Street Reading Articles

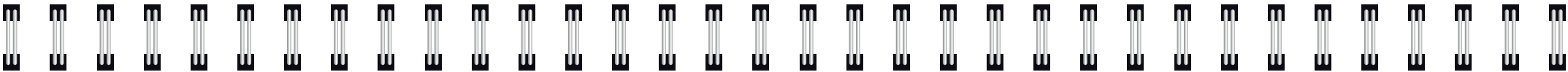
- Reading Chronicle: 13 newspaper articles
- Get Reading: 11 online articles

AVE (advertising value equivalent) is number of ad rate x columns: £95,097.60



Appendix
Media articles

	Source	Article	Date
1	Get Reading	Innovative Walking Challenge Beat the Street to return to Reading	16 February 2015
2	The Reading Chronicle	Pounding feet in street challenge	2 April 2015
3	The Reading Chronicle	Best foot forward to clock up £2,000 for charity	9 April 2015
4	The Reading Chronicle	Players all set for a new round of Beat the Street	16 April 2015
5	Get Reading	Beat the Street Reading: one week until blast off	23 April 2015
6	The Reading Chronicle	GP actively behind the Beat the Street campaign	30 April 2015
7	The Reading Chronicle	Reading Children’s Festival	30 April 2015
8	The Reading Chronicle	Cheat the streets	14 May 2015
9	Get Reading	Watch: brother and sister’s video promotes Beat the Street campaign	14 May 2015
10	The Reading Chronicle	Beating diabetes with Beat the Street	21 May 2015
11	Reading Museum	Beat the Street – Double Points this May Half Term at Reading Museum	22 May 2015
12	Get Reading	Beat the Street: Almost 10% of Reading’s population taking part in challenge	25 May 2015
13	Get Reading	Beat the Street Reading: bag double points at weekend events	12 June 2015
14	Get Reading	Beat the Street Reading: enjoy local parks and earn extra points	19 June 2015
15	Get Reading	Beat the Street Reading: Competition completes its race to space	27 June 2015
16	The Reading Chronicle	Town’s fitness bid reaches continent	2 July 2015
17	Get Reading	Beat the Street Reading: Participants presented with their prizes	7 July 2015
18	The Reading Chronicle	Beat the Street stars celebrate	9 July 2015



1 Get Reading
Innovative Walking Challenge Beat the Street to return to Reading
16 February 2015
www.getreading.co.uk/news/reading-berkshire-news/innovative-walking-challenge-beat-street-8658810

176 Shares
Innovative walking challenge Beat the Street to return to Reading
2015 16 FEBRUARY 2015
Beat the Street is back and it is promising to be bigger and better than ever
VIEW GALLERY
Last year walkers reached the moon, the year before it was the distance of twice around the world. With the innovative walking project, Beat the Street, set to return to Reading the big question on everyone's lips is what will this year's challenge be?
Beat the Street - run by Intelligent Health - will return to Reading from April 29 to June 24 with the support of Reading Borough Council, and the town's two Clinical Commissioning Groups (CCGs).
More than 15,000 people across Reading took part in Beat the Street 2014 and walked an impressive 244,557 miles in eight weeks - more than 6,500 miles past the end of this world's longest. Teams from 10 primary schools, the University of Reading and other community groups all competed for top prizes.
All the winners of Beat the Street
This year 210 Beat Boxes will be placed throughout Reading, Pangbourne, Mortimer, Theale and Burghfield. Organisers remain tight lipped about the full details of the challenge and prizes but has promised all will be revealed shortly.
Dr William Bird HBE creator of Beat the Street said: 'We are delighted to be able to run Beat the Street in Reading again and work with the council and CCGs to make physical activity a viable habit. Last year we had thousands of participants and another town Beat the Street

know we can do more.
'These have showed it helps improve health, travel and community engagement but most of all we found people really enjoyed the game. This year we want to get even more people playing and getting to know their town. This is a community challenge for everyone and we invite groups, businesses and individuals to get in touch and get involved in the eight week challenge.'
Beat the Street encourages everyone in the borough to walk, cycle or run as much as possible. Each walk is recorded using specially designed walking sensors, known as 'Beat Boxes', which attach to lampposts and other street furniture across the town.
Graeme Hoskins, Reading Borough Council's Lead Member for Health said: 'As a council we've committed to supporting our town's residents to get more active and combating childhood obesity is a major priority for us. I'm therefore delighted that we're able to invest in making Beat the Street bigger and better in Reading this year.
'It was a great success last year, being both competitive and fun. It really did encourage more Reading people to walk or cycle more, get a bit healthier and feel better as a result.'
The benefits of taking part
Aside from exploring the town and having fun, taking part in Beat the Street has huge health benefits that will save lives.
Last year's challenge to walk to the moon increased Reading's physical activity levels by 10 per cent. At the beginning of the competition, 35 per cent of people reported meeting the Department of Health's guidelines for levels of activity. By the end of the competition, this had increased to 45 per cent.
A fantastic 82 per cent of respondents in an evaluation of last year's programme felt the challenge assisted them in being more active, and 73 per cent said that it had helped them to feel healthier.
Pupils at Theale Primary School, Caversham taking part in last year's Beat the Street campaign
Figures from NHS England and Sport England released in 2014 show that every year in Reading 15 new cases of breast cancer are caused by inactivity, 684 cases of diabetes are caused by inactivity and 21 emergency heart admissions, each costing the NHS £30,000, are caused by inactivity.
The burden of disease and conditions attributable to inactivity in Reading is estimated at more than £2.6 million per year. Evidence from the report Walking Works, endorsed by Public Health England, highlights that physical activity is becoming a public health problem comparable to smoking.
An inactive person spends 57 per cent more days in hospital and visits their doctor 5.5 per cent more often.
Dr Rod Smith, Chairman of North and West Reading CCG said: 'We know that making exercise a part of a normal day has clear health advantages and this initiative makes exercise as fun as possible. Walking just half an hour a day, five days a week has major health benefits and can reduce the risk of developing certain illnesses such as heart disease, diabetes, cancers, dementia, depression and anxiety. Taking exercise also helps improve the health of those who already have these illnesses.
'I would encourage as many of our local people take part in Beat the Street as this year it promises to be bigger and better than before.'

2 The Reading Chronicle
Pounding feet in street challenge
2 April 2015

Chronicle, Thursday, April 2, 2015
Pounding feet in street challenge
THOUSANDS of feet will be pounding the pavements in this year's bigger and better Beat the Street challenge.
School children, GP surgeries and hospital staff will be challenged to collect as many points as possible as they swipe their cards at Beat Boxes put up all over Reading.
The initiative to get children, and their families, walking has grown in its second year and will include Woodley, Mortimer, Burghfield, Theale and Pangbourne.
Katherine Knight, marketing director of Intelligent Health that is organising the eight week event in conjunction with Reading Borough Council Public Health, Wokingham Borough Council Transport department, and the area's NHS through the Clinical Commissioning Group, said this year there will be daily prizes for swipers as well as prizes for the schools that accumulate the most points.
Ten points are collected on cards when they are swiped at two beat boxes within an hour time limit. The school and organisation with the most points win prizes.
Ms Knight revealed last year's Beat the Street saw more than 15,000 people take part and they walked 244,000 miles - enough to get them to the moon. This year the target is a massive 30,000 miles.
She said: 'This year there will be 202 beat boxes with an estimated 22,000 playing.
'It is the biggest mass participation events of its kind and it's really fun.
'We are encouraging people to walk and its a great opportunity to explore the Kennet, along the Thames, as well as the free events that are put on in the area like Waterfest, collecting points along the way.'
The initiative, that was trailed by Caversham schools in 2013 before last year's town-wide launch, is tasked with tackling obesity and showing families the benefits of becoming active.
Last year 85 per cent of participants said it made them feel more active with 18 per cent of people who classed themselves as inactive becoming active.
All Saints Junior and Primary School walked the most miles throughout the 2014 challenge, with Theale Primary picking up the villages award.
GP and creator of Beat the Street Dr William Bird said: 'Beat the Street will take Reading and the area from spring to summer - a perfect time to get out and about.'

3 The Reading Chronicle
Best foot forward to clock up £2,000 for charity
9 April 2015

Best foot forward to clock up £2,000 for charity
BEAT The Street is counting on participants to smash the challenge so it can donate to a Berkshire charity.
This year the initiative, which aims to get Reading walking, will donate £2,000 to The Royal Berkshire Cancer Centre if participating teams travel more than 300,000 miles and complete the eight-week challenge.
Marketing director at Intelligent Life, Katherine Knight, said: 'Every step anyone makes matters. This is truly a challenge which involves the whole community.'
Ian Thomson, charity manager at the Royal Berkshire Cancer Centre, said: 'We are delighted to be working with Beat the Street, just to work with them is an absolute joy.
'This is a huge amount of money and literally every penny helps.
'A lot of people say: 'Oh I only have a pound, that will not help,' but it does. For example, we produce therapy putty which comes in different strengths and is used by our stroke patients to help their nerves. A pot of this putty costs 85p.'
Mr Thomson said: 'As a local charity we are always looking to work with people in the community because the people in the community will benefit from our services.'
A number of businesses have already backed Beat the Street this year, including The Reading Business Improvement District, Broad Street Mall and the Oracle.
Ms Knight, said: 'We are all walking and cycling to make Reading a healthier place and we are thrilled businesses are getting behind the challenge.'
Bobby Loneragan, Reading BID Manager, said: 'Beat the Street is a very worthwhile initiative between the NHS and Reading Borough Council that engages a whole community.
'Reading Business Improvement District hopes even more participants than the 15,000 in 2014 will take part this year.'
From April 29 to June 24 Beat the Street will be rolled out across Reading and West Berkshire. Teams will be given a card to swipe at the 202 Beat Boxes around the area.



4 The Reading Chronicle
Players all set for a new round of Beat the Street
16 April 2015

Players all set for a new round of Beat The Street



Fit kids: All Saints Junior School children were among those who got involved last year; below, Herbie and Hettie Sykes; right, Samuel Knight taking part in the challenge

BEAT THE Street will be rewarding participants with daily and overall prizes throughout the campaign beginning at the end of this month.

To encourage players to take part in the walking and cycling challenge, LEGO and Decathlon will be donating prizes.

From April 29 to June 24, players will earn points by tapping Beat Boxes as they travel round the town.

LEGO will provide prizes for 'lucky taps' throughout the competition and also support events including the Children's Meadow Madness.

The top two winning schools in each leader board will receive a share of \$500 of LEGO goodies.

A spokesman for the LEGO Group said: "LEGO UK is delighted to once again be partnering with Beat the Street. The initiative sends such a positive message to children of the importance of teamwork and community spirit, goal setting and a sense of pride at achieving those goals – all of which are values shared by the LEGO Group."

The sports retailer Decathlon will also be donating daily spot prizes during the eight-week challenge.

Every day one player will win a Decathlon voucher worth £25 and the

five players that have travelled the farthest will win a £175 voucher.

Katherine Knight, marketing director at Intelligent Health, said: "I think it is really wonderful that Lego and Decathlon are coming along to support such a big community initiative. It sends a very strong message out that this is a fun event and the prizes will encourage people to keep going."

Thames Valley Park has already signed up to the scheme. Laura Jacklin, travel coordinator, said: "We encourage a lot of people to look for alternative methods of transport to and from the park. When Beat the Street approached us and said it was a walking campaign, we jumped at the chance to get involved because it's one of the aims of our travel plan."

"There will be several beat boxes in the park to help encourage lunchtime walkers to get involved."

The scheme is being funded by NHS CCG North and West and CCG South in partnership with Reading Borough Council.

This year the initiative hopes that participants will be able to walk, run or cycle 300,000 miles, so it can donate \$2,000 to The Royal Berkshire Cancer Centre.

5 Get Reading
Beat the Street Reading: one week until blast off
23 April 2015
www.getreading.co.uk/news/reading-berkshire-news/beat-street-reading-one-week-9097414

Beat the Street Reading: one week until blast off

100% 15 APRIL 2015 · UPDATED 12:50, 15 APRIL 2015 · BY NARADINA ADAMS

The race to space returns to Reading from April 29 to June 24

11 Shares

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VIEW GALLERY

Representatives from the whole community turned out to kick start Reading's race to space.

Beat the Street - run by Intelligent Health - will return to Reading from April 29 to June 24 with the support of [Reading Borough Council](#) and the town's two Clinical Commissioning Groups (CCGs).

The unique challenge is aimed at getting the whole community more active and launched in [Reading](#) town centre on Wednesday, April 22.



Beat the Street 2015

This year's target is to travel as a town for eight weeks into space. If the town reaches 300,000 miles a £4,000 donation will be made to The Royal Berkshire Cancer Centre.

More than 15,000 people across Reading took part in [Beat the Street 2014](#) and walked an impressive 244,557 miles in eight weeks - [more than 6,500 miles past the moon](#).

This year's challenge will be played across Reading, Bagnfield, Mortimer, Pangbourne and Thatcham.

Each walk is recorded using specially designed walking sensors, known as 'Beat Boxes', which attach to lampposts and other street furniture across the town.

Players can also win prizes from Decathlon for themselves and their community team.

To play residents can pick up a Beat the Street card from a local GP practice, Reading Museum, local library or council leisure centre from Friday. Students can also collect cards from the [University of Reading](#) Students Union.

Players can monitor their progress at reading.beatthestreet.me

Get Reading
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Follow @beatthestreet1

6 The Reading Chronicle
GP actively behind the Beat the Street campaign
30 April 2015

Chronicle, Thursday, April 30, 2015

www.readingchronicle.co.uk

GP actively behind Beat The Street campaign

A GP is championing healthy living in Reading following the official launch of Beat The Street last week.

Dr Rupert Woolley, the Clinical Commissioning Group's lead GP for the Beat the Street Campaign, is urging residents to sign up.

He said: "Our bodies are designed to be active and we know that physical activity is now known to improve 23 long-term conditions. Medical evidence shows that exercise is a more important contributor to good health than, for example, a person's weight, as it reduces risk across a range of conditions including diabetes, hypertension, certain cancers and dementia."

With the aim of developing long-term healthy lifestyles, Beat the Street is jointly funded by the NHS North and West Reading and NHS South Reading Clinical Commissioning Groups, and Reading Borough Council's Public Health Team.

He said: "According to government statistics, 40 per cent of the UK population is getting less than 30 minutes' physical activity per week and I urge people in Reading and the surrounding area to avoid being part of that statistic."

"As a GP, I like to encourage my patients to take greater control over managing their own health – and Beat the Street helps them do exactly that."

Dr Woolley added: "Exercise doesn't have to be onerous – it means walking to the shops instead of driving, or going out for lunch – on foot – rather than eating at our desk. It simply means moving around more – and this initiative makes exercise as fun as possible."

Sign ups for the walking campaign went live on Wednesday last week, and walking cards have already been distributed throughout the town.

There are multiple walking routes which will enable participants to log the distance covered by tapping their Beat the Street card on the Beat Boxes on the route.

The card activates when tapped against a Beat Box from April 29, tapping another within an hour records the journey.

During the eight-week campaign it is hoped participants will walk or cycle more than 300,000 miles in order to donate £2,000 to the Royal Berkshire Cancer Centre.

For more information visit <http://reading.beatthestreet.me/>



'I like to encourage my patients to take greater control over their own health'

Healthy options: Dr Rupert Woolley is urging residents to sign up for Beat the Street

7 The Reading Chronicle
Reading Children's Festival
30 April 2015

Your handy guide to what's happening

Reading Children's Festival 2015

Saturday 16 May - Sunday 31 May 2015

Beat The Street

Join the whole town in a race to space and take part in a fun walking and cycling game. Everyone is invited.

Reading needs you to help walk or cycle together 300,000 miles into space to release money for the Royal Berkshire Cancer Centre!

Win LEGO spot prizes for kids and Decathlon prizes for adults, have fun and get moving.

One small step for you, one giant leap for Reading!

This initiative is run by the NHS North and West and South Reading Clinical Commissioning Groups and Reading Borough Council

How To Play

Pick up a Beat the Street card from your local GP practice, library, museum or Reading Borough Council Leisure Centre from end of April.

You can register there as well as online for yourself or as part of a team in order to be in with a chance to win a whole host of prizes.

Swipe your card against a Beat Box fitted to 200 lamp posts across Reading, find another and repeat! The Beat Boxes will be across Reading, Woodley, Bagnfield, Mortimer, Pangbourne and Thatcham.

Go between Beat Boxes by walking or cycling, swipe your card and each journey takes Reading closer to the target.

Registered cards can win a spot prize with a lucky swipe.

You can carry on swiping your Beat The Street cards after Children's Festival is over, right up until the competition finishes on June 24th

LEGO Friends **LEGO Elves**

For further info or to follow your progress visit www.reading.beatthestreet.me alternatively see coverage in the Reading Chronicle.

Any queries email: team@beatthestreet.me
@BeattheStreet1

Chronicle, Thursday, May 14, 2015www.readingchronicle.co.uk

Cheat the streets!

Outrage as parents beat the system in their cars

Georgina Campbell


A COMPETITION has spiralled out of control as cheaters try and scam the Beat the Street challenge in order to win the monetary prize. Outraged parents have come forward, calling out players who drive up to the Beat boxes across the town so that their children can hop out and swipe their cards, defeating the object of the healthy lifestyle campaign.

Kristian Gustavsson, had just finished visiting the Beat box at Blessed Hugh Farringham with his family when he saw a car drive up to the box.

The father-of-three said on social media: "The young daughter got out of the car, hit the box, then got back into the car and drove off. Not quite in the spirit of the game, on the surface of it."

A Caversham mum of two primary school aged children said she found it "outrageous" that adults would stoop to cheating.

She said: "I was out one day with



Card number 987654

reading.beatthestreet.me

The school with the most points will win a prize at the end of the eight-week competition.

Katherine Knight, marketing director of Intelligent Health, said: "The prize is improving your health, so the people who are cheating are cheating themselves. They are a minority, but we will ensure that they do not spoil the competition for those who are playing properly."

She added: "We will be wiping their cards, so that it will have an impact on their team. We will be writing to schools to remind people that the challenge is about the community coming together and about getting active."

Nearly 20,000 players have signed up to the competition, and there will be another opportunity to sign up to the challenge at Meadows Madness on Saturday from 11am to 4pm.

At the Children's Festival at Forbury Gardens, there will be a Beat the Street stand and a Beat box which will earn players double points and LEGO prizes. For concerns about the cheaters, contact team@beatthestreet.me

Street challenge: parents have been outraged by players trying to cheat in the competition

the girls and just saw somebody swipe several cards all together at the same time and they were on their own.

"My children questioned that and know about cheating."

"I think there will always be cheating involved when there is money and prizes to be won and I think it's a shame."

Reports of a car almost knocking pedestrian players over as it made a turn after driving up to the box were also aired on social media.

The purpose of Beat the Street is to encourage residents to walk, or cycle to Beat boxes, where they collect points that add up to overall and daily prizes.

9 Get Reading
Watch: brother and sister's video promotes Beat the Street campaign
14 May 2015
www.getreading.co.uk/news/local-news/watch-brother-sisters-video-promotes-9256709

9 News Local News Caversham


Watch: brother and sister's video promotes Beat the Street campaign

20:04 14 MAY 2015 BY RACHEL YAGHOUBI

The video made by the nine-year-old has been viewed more than 1,300 times.

145 Shares

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A brother and sister have made a video to encourage others to walk and cycle to school as part of the Beat the Street campaign.

The short film made by nine-year-old Tara Sirha, has been watched more than 1,300 times.

The Thameside Primary pupil edited the footage of her three-year-old brother Neel as part of her school's involvement in the campaign.


The footage shows Neel, who goes to New Bridge Nursery, riding his balance bike along the footpath in Caversham, promoting the campaign which encourages walking and cycling as healthier means of getting around.

Their mother Sami Singh, of Greenview Road, posted the video on community Facebook group [Caversham Gossip Girls](#), where it has racked up more than 1,000 views in the first two days.

She said: "Since the video my husband and I have both been trying to use our cars less.

"We used to drive the kids to school each morning but now we walk. It's so lovely with all the sunshine we've had lately.

"It's amazing how much time you save, you just don't realise it. Especially with the level of traffic you see in rush hour, I really can't see any downsides to walking."



Tara and Neel Sirha are taking part in the Beat the Street campaign

10 The Reading Chronicle
Beating diabetes with Beat the Street
21 May 2015

Chronicle, Thursday, May 21, 2015

Beating diabetes with Beat the Street

A DIABETIC found the extra encouragement she needed to live a healthier lifestyle when she took part in Beat the Street.


Ellis Baty was diagnosed with Type 2 diabetes and found that making small changes her lifestyle were a real help in managing her condition.

The 54-year-old said: "Type 2 diabetes runs in my family. My lifestyle before the diagnosis wasn't very good. For example, I would 'binge exercise' — I would do next to no activity for the whole year and then spend a few weeks training for a half marathon."

She added: "Up until a year ago I was overweight, however, the Beat the Street initiative has been great for me and has really motivated me to make lasting changes to my lifestyle."

Ellis, from Pangbourne, works for Reading Citizens Advice Bureau, and is taking part in the eight-week walking campaign, after speaking with Dr Rupert Woolley, the lead GP for the project.

She added: "I was also quite stressed. Driving to work meant that I would spend a lot of time stuck in traffic and I would get flustered and stressed even before I got there. I now rarely use the car — I either cycle or use public transport."



Streetwise: diabetic Ellis Baty who has found inspiration to maintain a healthier lifestyle through Beat the Street

"I'm now more relaxed, less stressed and generally happier in myself. By making sustainable adjustments to my diet and by increasing my exercise levels, I have managed to bring my diabetes under control."

Dr Woolley said: "For someone with Type 2 diabetes, it is particularly important that they are careful about the foods they eat and take regular exercise to maintain a sensible weight.

In up to 80 per cent of cases, the condition can be delayed or prevented. It is important that everyone understands the risks,

so they can reduce their chances of developing the condition."

He added: "By picking up a card and taking part in Beat the Street you, too, can take the first step in maintaining good life habits."

Beat the Street is funded by the Reading Clinical Commissioning Groups and Reading Borough Council.

To take part, residents swipe their cards against a Beat Box in the town, points turn into prizes, including daily spot prizes and overall community team prizes.

For more information, visit <http://reading.beatthestreet.me/>

11 Reading Museum
Beat the Street – Double Points this May Half Term
at Reading Museum
22 May 2015
www.readingmuseum.org.uk/news/2015/may/beat-street-double-points-may-half-term/

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Reading

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You are here: Home > Beat the Street - Double Points this May Half Term at Reading Museum

Beat the Street - Double Points this May Half Term at Reading Museum

Join us to 'Beat the Street' this half term at Reading Museum - we will have a special double points beat box arriving this Friday ready for you to collect even more points!

The Beat the Street challenge is taking place between 29th April – 24th June 2015 and we have cards and maps that you can also pick up from the Museum.


A fun challenge for the community of Reading, Burghfield, Mofimer, Pangbourne and Thame to see how far they can travel around the town and surrounding villages and onwards into space!

Beat the Street has been commissioned by the NHS and Reading Borough Council. Fifteen thousand played in Reading in 2014 and 60,000 in the past 3 years.


To play just use a card like an Oyster card, which is tapped against special Beat Boxes positioned on lampposts throughout the town. Tapping more than one Beat Box records a journey and every journey a player makes adds to their total and the overall team and town total.

How far can you go?

Date updated: 22 May 2015



Beat the Street 2015



Tap here

Related Websites:

Beat the Street website

<http://reading.beatthestreet.me/>

Reading Borough Council does not necessarily endorse or recommend any of the links or services above. Please note, when you follow these links you will leave this site.

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12 Get Reading
Beat the Street: Almost 10% of Reading's population taking part in challenge
25 May 2015
www.getreading.co.uk/news/reading-berkshire-news/beat-street-10-per-cent-9326407

Beat the Street: Almost 10 per cent of Reading's population taking part in challenge

COMPETITORS WALK, CYCLE AND RUN AROUND TOWN, ACCUMULATING POINTS FOR A MORE ACTIVE LIFESTYLE

195 Shares

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Nearly 22,000 people – virtually 10 per cent of Reading's population – are taking part in the Beat the Street challenge around the town and villages.

The competition aims to help people raise their activity levels, while reaping the benefits of a healthy lifestyle.

Participants have already travelled over 150,000 miles in three and a half weeks by walking, cycling and running around the area.

Dr Rupert Woolley, GP lead for the project on behalf of the Reading CCGs (Clinical Commissioning Groups) said: "We know that people who do more than 150 minutes of activity a week dramatically reduce their risk of developing certain health conditions, including diabetes, heart disease, cancer and dementia.

"We also know there is a positive link between doing light exercise and good mental health.

"I would urge all participants to keep on going and remember that it's never too late to develop good exercise habits."

To encourage people to continue getting out and about during half term there will be a Bonus Beat Box worth double points installed in Reading Museum from Saturday, May 23 until Sunday, May 31.

There will also be four extra Beat Boxes around Black Swan Lake in Caversham, Wokingham.

To watch the town travel into space, visit readingbeestreetnews. To pick up a card visit libraries, leisure centres or a local GP. There are 202 boxes all over the villages and Reading.



Clamping down

Beat the Street have been cracking down on cheating by investigating any instances and wiping cards of those who have been found cheating.

Any instances of suspicious activity will also now receive a 100 point deduction.

Beat the Street has written to all schools and Beat the Street staff will be visiting Beat Boxes around the town to encourage people to embrace the fun and spirit of Beat the Street, play fairly and benefit from being more active.

Get Reading Like Page Follow @getreadinguk

13 Get Reading
Beat the Street Reading: bag double points at weekend events
12 June 2015
www.getreading.co.uk/news/reading-berkshire-news/beat-street-reading-bag-double-9423104

Beat the Street Reading: bag double points at weekend events

Reading Water Fest, Woodley Carnival and East Reading Festival are just some of the events involved

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People have the opportunity to earn double Beat the Street points at free community events in Reading this weekend.

Saturday and Sunday's jam-packed itinerary of fun and free activities has been made even more exciting by the prospect of earning extra points for the innovative walking challenge.

More than 23,000 people in Reading, Burghfield, Mortimer, Pangbourne and Theale are playing Beat the Street and together they have already walked 210,000 miles.

The Mayor of Reading, Councillor Sarah Jackson said: "There are many great free events on over the summer and Beat the Street can help support a few by encouraging residents to walk and cycle and enjoy the variety of activities on offer.

"I am a huge fan Beat the Street and will have my card with me when I attend some of these events."

Reading Water Fest, Woodley Carnival and East Reading Festival are just some of the events where players can earn double points.

Dr Rupert Woolley, GP lead for the project on behalf of the Reading CCGs said: "The double points weekend is a great incentive for people to continue with the health gains they've already made.

"I would encourage everyone to keep on going and to take practical steps to make exercise a daily habit.

"So why not get out in the sunshine and take the dog for an extra walk, or perhaps get off the bus or train a stop early. It really is as easy as missing a single TV show."

Double points bonus boxes will be at the following locations:

Reading Water Fest at the Duck Race stand in Chestnut Walk

Whitkington Sports Trail, beat box 156 by the lake

Reading Amateur Regatta, beat box 199 by the playground near Riverside Sports Centre

East Reading Community Festival, beat box 80 in Politer Park

Woodley Carnival, in Woodford Park

To redeem the extra points one other box must be tapped first.

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14 Get Reading
Beat the Street Reading: enjoy local parks and earn extra points
19 June 2015
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Beat the Street Reading: enjoy local parks and earn extra points

From Friday until Sunday there will be 10 Beat Boxes converted to double points in parks throughout Reading and surrounding villages

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Reading Beat the Street 2015 launch

With five days to go and 25,000 miles to travel, Beat the Street is encouraging residents to enjoy local parks this weekend to earn double points.

From Friday, June 19, until Sunday, June 21, there will be 10 Beat Boxes converted to double points in parks throughout Reading and surrounding villages.

The special beat boxes are:

- 80 (Politer Park)
- 95 (Prospect Park)
- 177 (Elbow Park)
- 28 (Pangbourne)
- 175 (Burghfield)
- 12 (Mortimer)
- 36 (Theale)
- 111 (Hickory Park, West Reading)
- 22 (Christchurch Meadows)
- 145 (Clayfield Copse, Emsay Green)

More than 25,000 residents of Reading, Burghfield, Mortimer, Pangbourne and Theale are now playing Beat the Street and together they have walked over 274,138 miles.

Councillor Graeme Hoskin, lead member for health at Reading Borough Council, said: "It is fantastic to see the Beat the Street doing so well again this year and only 25,000 miles away from reaching the 300,000 mile target.

"Reading's parks and open spaces remains popular and I'd encourage as many people as possible to get out this weekend and take advantage of the double points on offer."

Dr Rupert Woolley, lead GP for the project on behalf of the NHS Reading Clinical Commissioning Groups (CCGs) is urging all those taking part in this year's scheme to carry on with their efforts.

He said: "As a society we pay a lot of attention to weight – but did you know that exercise has an even wider positive effect on good health?"

"Research shows that on average, an inactive person spends 37 per cent more days in hospital and visits their doctor 1.5 per cent more often compared with someone who exercises regularly.

"Exercise helps everyone – and it doesn't need to be difficult. Just half an hour walking or other aerobic exercise makes all the difference."

The competition will, and at midnight on Wednesday, June 24, so there's still time to get out and about, to get past the 300,000 mile target.

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15 Get Reading
Beat the Street Reading: Competition completes its race to space
27 June 2015
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Beat the Street Reading: Competition completes its race to space

Together, the communities of Reading, Burghfield, Mortimer, Pangbourne and Theale travelled a grand total of 306,599 miles

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Beat the Street 2015

Reading has succeeded in its out of this world mission to walk 300,000 miles – the distance from the town to space.

Together, the communities of Reading, Burghfield, Mortimer, Pangbourne and Theale travelled a grand total of 306,599 miles in eight weeks playing the innovative walking and cycling challenge.

Beat the Street – run by localities Health – ran from April 29 to June 24 with the support of Reading Borough Council and the town's two Clinical Commissioning Groups (CCGs).

The unique challenge is aimed at getting the whole community more active.

Dr Rupert Woolley, lead GP for the campaign on behalf of the Reading Clinical Commissioning Groups said: "I'd like to congratulate everybody who's taken part in Beat the Street this year, making Reading and the surrounding villages healthier places.

"Whatever your reason for taking part, I would like to thank everyone for contributing to reaching the target.

"The trick now is to make regular exercise a daily habit and to weave it into our daily routines.

"Exercise helps everyone – and it doesn't need to be difficult. Just half an hour walking or other aerobic exercise each day makes all the difference."

Prizes:

By reaching the target, £4,000 will be donated to The Royal Bels Charity – the Royal Berkshire Oxfelds will donate £2,000 to the Berkshire Cancer Centre, while £2000 will go to support children's cancer services at the Beatebe.

Mark Goff, who is the director of fundraising at Royal Berkshire Charity said: "We're extremely grateful to everyone who has helped raise £4,000 for our cancer and children's services.

"It will enable us to buy the latest equipment for these services, which will make a big difference to our patients."

Local people are invited to attend an official Beat the Street prize presentation on Saturday, July 4, from 12.30pm outside the Town Hall, in Baginbun Street.

The donation to The Royal Bels Charity will be presented, as well as awards to the six winning teams in Beat the Street 2015.

The six winning teams will share prizes totalling £3,000 between them.

The top two winning schools – The Hill Primary School, in Caversham, and Mortimer St Mary's Junior School – will receive a share of £500 worth of LEGO goodies.

Tim Beavan, deputy head of The Hill Primary School said: "We are absolutely thrilled and delighted to win the Beat the Street competition.

"It is an initiative that the whole school community has embraced with enthusiasm and great spirit and one that has gathered pace for each of the past three years since the competition's inception."

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July 2, 2015www.readingchronicle.co.uk

Town's fitness bid reaches continent

Georgina Campbell

A CAMPAIGN to get people fit and healthy that started in Reading has been so successful that it is now rolling out across the country — and even overseas.

More than 100,000 people have taken part since Beat the Street was founded in Reading last year, and 1.5 million miles have been walked.

Now campaigns have been set up in Wiltshire, Hampshire, Hertfordshire and Italy.

Katherine Knight, marketing director of Intelligent Health, said she hopes the scheme will also be rolled out in Scotland this autumn.

She said: "Enthusiasm for Beat the Street has been overwhelming this year. There has been a 63 per cent increase in participants from 2014.

The competition was launched in Reading but is now being rolled out over the UK and Europe with people walking 1.5 million miles this year alone."

The campaign's scheme, in Stevenage, Hertfordshire, saw a sixth of the population taking part.

The competition, which ended in Reading last Wednesday, saw 11 per cent of the town travel 300,000 miles in eight weeks.

The highest points winners for Reading this year were, The Hill Primary, on Peppard Road, Theale C.E. Primary, on Church Street and



Tops: some of the team from winning group Yoga Reading who achieved the highest average

Micklands Primary, on Micklands Road. Tim Bevan, deputy headteacher at The Hill Primary, said: "We are thrilled! I always do gate duty before school, and I would even have parents coming up to me saying: 'How are we doing Mr Bevan? Where are we on the leaderboard?' The whole school embraced the campaign."

Yoga Reading topped the highest average chart, with the College of Estate Management at Reading University and Mortimer St Mary's Junior School, on The Street, coming second and third.

A jackpot of \$3,000 will be shared between the six winning teams and the top two winning schools in each leader board will also receive a share of \$500 of LEGO goodies.

The campaign will also donate \$4,000 to The Royal Berkshire Charity, with the Berkshire Oddfellows donating \$2,000 to the Berkshire Cancer Centre, while \$2,000 will support children's cancer services at the Royal Berkshire Hospital NHS Foundation Trust.

Mark Goff, director of fundraising at Royal Berkshire Charity, said: "We're extremely grateful to everyone who has helped raise \$4,000 for our cancer and children's services. It will enable us to buy the latest equipment for these services, which will make a big difference to our patients."

A prize-giving ceremony will be held in the Town Hall Square this Saturday, where visitors will be able to make party streamers at Jacksons Corner before the ceremony at 12.30pm.

17 Get Reading
Beat the Street Reading: Participants presented with their prizes
7 July 2015
www.getreading.co.uk/news/local-news/beat-street-reading-participants-presented-9594856

9 NewsLocal NewsReading Borough Council

Beat the Street Reading: Participants presented with prizes at commemorative ceremony

3000, 7 JULY 2015UPDATED 12:01, 6 JULY 2015BY ROBIN WYKE

Prizes were presented to Beat the Street challengers at Town Square in Blagrove Street after collectively covering 306,599 miles in eight weeks

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The Beat the Street prize presentation celebrated the efforts of the 23,992 residents who took part in Beat the Street.

Challengers who had walked hundreds of thousands of miles across Reading in just eight weeks celebrated their efforts at a prize presentation on Saturday.

A total of 23,992 people from Reading, Basingstoke, Maidenhead, Slough, and Twickenham walked and cycled 306,599 miles when they took part in the Beat the Street challenge.

Many of the tireless travellers attended the prize presentation for the challenge at Town Square in Blagrove Street, Reading on Saturday, July 4 to commemorate their outstanding achievement.

Children made willow streamers at Jacksons Corner with the help of charity jellies, before The Royal Berkshire Charity was presented with two generous donations and the six winning teams that surpassed the most miles during the challenge were handed prizes.



After participants surpassed the initial target of 300,000 miles, £4,000 was donated to The Royal Berkshire Charity.

Loyal Royal Berkshire Oddfellows donated a further £2,000 to the Berkshire Cancer Centre, and £2,000 was given to support children's cancer services at the hospital.



The six winning teams shared prizes totalling £3,000 between them.

Councillor Graeme Meakin, Reading's lead councillor for health, said: "I'd like to congratulate everyone who took part in this year's Beat the Street campaign, especially to the overall winners at The Hill Primary School.

"I'm delighted it proved to be such a popular scheme with an amazing 63 per cent increase in the number of participants this year.

"Not only has the campaign raised a fantastic amount of money for The Royal Berkshire Charity, it has also encouraged people to walk, cycle and run more which I hope will continue long after the scheme has finished."

The Hill Primary School, in Caversham, and Mortimer St Mary's Junior School were named the top two winning schools and received a share of £500 worth of LEGO goodies.

Beat the Street ran between April 29 to June 24. The project was jointly funded by the NHS North and West Reading, NHS South Reading Clinical Commissioning Groups and Reading Borough Council's Public Health team.

It used technology developed by Reading-based health IT company, Intelligent Health, and was designed to get residents more active and reap the benefits of a healthier lifestyle.

Dr Rupert Woolley, lead GP for the campaign on behalf of the Reading clinical commissioning groups said: "I'd like to congratulate everybody who took part in Beat the Street this year, making Reading and the surrounding villages healthier places.

"Whatever your reason for taking part, I would like to thank everyone for contributing to reaching the target.

"The trick now is to make regular exercise a daily habit and to weave it into our daily routines. Exercise helps everyone and it doesn't need to be difficult, just half an hour walking or other aerobic exercise each day makes all the difference."

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18 The Reading Chronicle
Beat the Street stars celebrate
9 July 2015

Chronicle, Thursday, July 9, 2015Tele-Ads: READING (0118) 955 33333

Beat the Street stars celebrate



Winners: children from The Hill Primary School in Caversham Park Meads, who scored the most collective points

Top teams receive walking prizes

Georgina Campbell

AFTER walking the equivalent of a trip to the moon and back, Beat the Street participants celebrated their successful efforts last weekend.

Participants gathered in the town square to cheer on the prize-winners of the eight-week walking campaign.

Youngsters waved the rainbow streamers they had made as part of the council's Open Artweek, as the presentations were made.

More than 25,000 residents answered the call to get active, passing the combined total target of 300,000 miles.

As many as 45 per cent were children, and even a dog was out pounding the streets.

In total 34 teams were involved, and 10 per cent of the participants came through GP surgeries.

Dr Rupert Woolley, lead GP for the project on behalf of the NHS Reading Clinical Commissioning Groups, said that the scheme has already benefited many patients.

He said: "This year we are delighted that so many adults took part in the competition, because they are most at risk of developing diabetes and heart disease."

"At my surgery in Pangbourne we sent letters out to our patients to encourage them to get involved in the scheme and I've been flooded with messages from them."

"One man has even lost two stone since he started Beat the Street. I really hope we will be able to do it again next year."

Founder Dr William Bird said the origin of the campaign was the 'Sunning Walk' he organised in 1986.

He said: "I was so pleased that after all this time the campaign has really taken off. Although our focus is to get people physically active, studies have shown that loneliness is one of the causes of heart disease, so the campaign is also about getting people out and about in their communities, and meeting new people."

Presenting the awards on Saturday was Mayor of Reading Cllr Sarah Hatcher.

She said: "I've been out beating the street to and from work and I've been out with my two young sons. It encourages you to explore the area where you live."

As a result of passing the target distance, the Royal Berkshire Cancer Charity received £4,000.

Berkshire Oddfellows donated £2,000 to the Berkshire Cancer Centre, while £2,000 will go to support children's cancer services at the Royal Berkshire Hospital.

Dr Thompson, who received the donations, said: "Thank you so much for your generosity. You are our local heroes."

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Dr Thompson, who received the donations, said: "Thank you so much for your generosity. You are our local heroes."



Second places: children from Theale Primary School



Third: children from Mortimer Primary School



Highest average: Yoga Reading topped the highest average chart as a team



Runners-up: College of Estate Management, with their dog, topped the second best score per person

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What do people get out of Beat the Street?

Feedback from Reading



July 2015

Key messages

Beat the Street aims to inspire people to walk more. People scan a card or key fob onto 'Beat Box' scanners located around the community to show they have walked to the boxes. The goal is to reach a target number of miles, and earn points that add up to win prizes for local groups.

Between 29 April and 24 June 2015, 24,036 people from Reading, Burghfield, Mortimer, Pangbourne and Theale took part, walking a total of 306,640 miles.

All 6,515 people who provided an email address when they registered were invited to provide feedback at the end of Beat the Street and 887 people did so (14%).

The main findings from the survey were:

- The most commonly reported **benefits of Beat the Street feeling more healthy, getting fit, exploring the local area, having fun, spending time with friends and family and feeling part of the community.**
- **Eight out of ten people thought that Beat the Street helped them be more active (84%),** walk more than usual (78%) and feel healthier (78%).
- Two fifths said Beat the Street helped them take the car less (42%).
- Seven out of ten people said Beat the Street encouraged them to get out more (72%) and six out of ten said they went to different places during the competition (61%).

- Six out of ten people said they felt more involved in the community because of Beat the Street (63%).
- People with long-term conditions were just as likely as others to report benefits from Beat the Street. Two fifths of these people said Beat the Street helped with their conditions (39%).
- **The proportion of people meeting the Department of Health's physical activity target increased from 40% at the beginning of Beat the Street to 48% at the end.** This change was statistically significant, meaning it is likely to be the result of Beat the Street rather than chance. The number of days per week that people reported walking also increased. Two thirds of the people who were least active at the beginning of Beat the Street had increased activity by the end.
- Eight out of ten people said they would try to continue changes they had made (78%).
- **Nine out of ten people said they would recommend Beat the Street** to friends and family (91%).

The survey suggests that people were positive about Beat the Street. They thought improving technical issues could make the initiative even better, and said it was an excellent idea and should be continued.

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Beat the Street: Reading

Beat the Street is an innovative way of encouraging people to walk more. 'Beat Box' scanners are located around the community. People can earn points by scanning their Beat the Street card of key fob on scanners to show that they have walked between the boxes. Individuals and teams compete to see whether they can reach a target number of miles, achieve the most points and win prizes for their community group or school.

Between 29 April and 24 June 2015, 24,036 people living in Reading, Burghfield, Mortimer, Pangbourne and Theale took part, aiming to travel 300,000 miles into 'space'. Over the eight week period 84 teams logged 306,740 miles.

In total, 8,758 people registered online to participate and the rest (15,278) were children who were took part through participating schools.

Of those who registered online, 6,515 provided an email address so they could be followed up later. These people were invited to provide feedback at the end of Beat the Street.

This report summarises registered participants' feedback about the impacts of Beat the Street based on the survey responses.

Collecting feedback

Inviting people to provide feedback

When they first registered online, people were asked for some background information and about their walking habits. This acted as a 'baseline' about activity before Beat the Street.

To test any changes over time, an online survey with seven questions plus demographic questions was developed with the support of an independent evaluation team. The survey explored what people thought they got out of Beat the Street and any reported changes in their physical activity levels. All 6,515 people who provided an email address were emailed a link to the online survey immediately after Beat the Street ended. They were given two weeks to respond. A prize draw was offered as an incentive. In total, 887 people shared their views, giving a response rate of 14% of the total with valid email addresses.

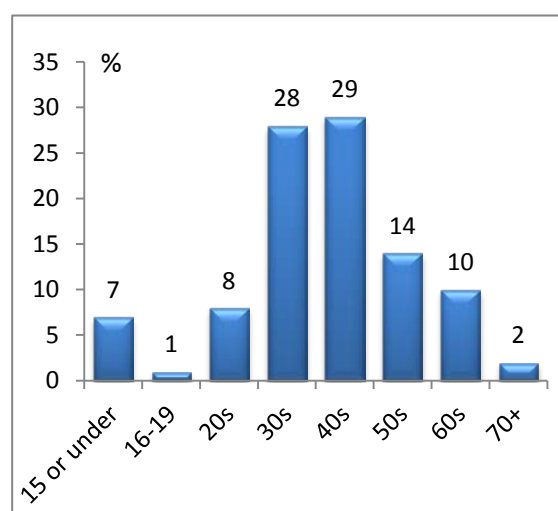
Response rates for online surveys are typically in the region of 10% to 15%, so the response rate for Reading Beat the Street is about average.

All of the feedback was analysed by an independent team.

People who provided feedback

A good mix of people of different ages provided feedback (see Figure 1).

Figure 1: Age groups of people surveyed



Note: 887 people provided feedback.

Most people who provided feedback were women (74%). Four out of ten people that registered for Beat the Street were men (39%). This shows that men were well represented in the initiative, but were less likely to provide feedback.

At registration, 12% (1,038 people) said that they had a long-term medical condition. At the end of Beat the Street, 200 people with a long-term condition provided feedback (23% of responses). This included 32 people with diabetes, 17 people with heart disease, 4 people with COPD and 147 with other long-term conditions.

Benefits of Beat the Street

What did people gain?

People were asked to reflect about anything they gained from taking part in Beat the Street. Eight out of ten people said that Beat the Street helped them in some way (81%).

In total, 689 people gave examples of how Beat the Street helped them or what they did differently as a result. The most common feedback was:

- walking more often
- walking, running or cycling longer distances
- walking instead of taking the car
- exploring different parts of Wiltshire
- spending time together as a family
- engaging socially with others
- increased fitness or weight loss

“It made us go on our bikes on lovely evenings and weekends. We met new friends who have similar aged kids to ours.”

“Encouraged me to walk, rather than jump in the car. I enjoyed collecting the points that went towards something useful.”

Box 1 provides further examples of people’s verbatim feedback.

In a closed-ended question, the most commonly reported ‘main benefits’ of Beat the Street were:

- feeling more healthy (mentioned by 55% of participants)
- getting fit (54%)
- exploring the local area (51%)
- having fun (48%)
- spending time with friends or family (44%)
- feeling part of the community (42%)

About half people who provided feedback mentioned these benefits (see Figure 2). Men and women and people from different age groups all selected the same top benefits of Beat the Street. Two fifths of people who had long-term conditions said Beat the Street helped with these conditions (77 out of 200 people, 39%). There was no difference amongst people with various types of conditions.

Delving further into the perceived benefits of Beat the Street, **eight out of ten people agreed that Beat the Street helped them be more active (84%)**, feel healthier (78%) and walk more than usual (78%). Seven out of ten said Beat the Street encouraged them to get out more (72%) and six out of ten felt more involved in the community (63%, see Figure 3). Women and men, people from different age groups and people with a long-term condition all said they gained similar benefits.

Box 1: Examples of people's descriptions of the benefits of Beat the Street

Examples of increased activity

"Focused the whole family on more walking less driving, got the whole family and school members acting as a community and working together."

"I've not walked anywhere since my children were small! During Beat the Street I've walked over 170 miles and feel so proud of myself."

"Beat the Street encouraged me to be more active by walking to school rather than being driven and contributing to global warming."

"Did loads more walking than I have ever done. I intend to continue even though the scheme has ended."

"It surprisingly made us more punctual as we often gave ourselves more time to get somewhere to get a few extra Beat Boxes and then turned up early for events (not our normal habit with three boys to get out of the house!). It made us consider more whether it was worth getting the car out for local journeys."

Examples of health benefits

"Both my wife and I did the walk together and we both have lost weight. Now my wife walks all the time instead of catching the bus. I have bad knees but walking over a mile everyday has helped the knees. "

"It helped me get motivated to do a lot more walking and feeling so much fitter than I have for a very long time. This has also really helped me by lifting my mood, and I have also lost some weight which is another bonus!"

"I have been trying to lose weight and have lost over a stone since this started."

Examples of social benefits

"During the competition I thought it was really fun as me and my mum where both doing exercise and spending more time together."

"Friends set up a weekly walking group which we will continue after Beat the Street ends."

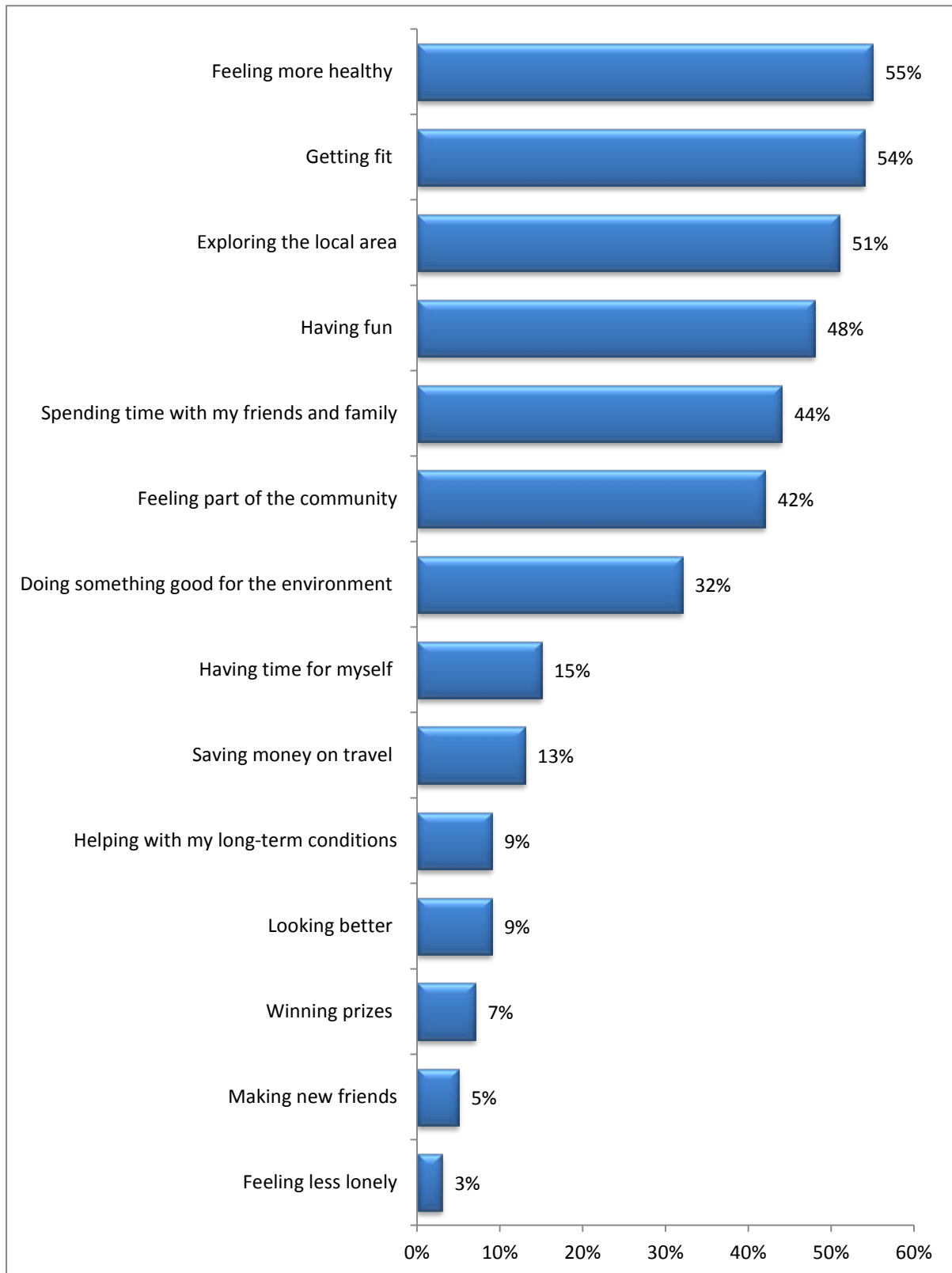
"I regularly went walking around Reading with my colleagues, which was a great way to know both my colleagues and Reading a bit better!"

Examples of exploring the area

"Extra activities involved spending a couple of free afternoons exploring other areas of town (not usually on our radar) and of course tapping the Beat Boxes on the way."

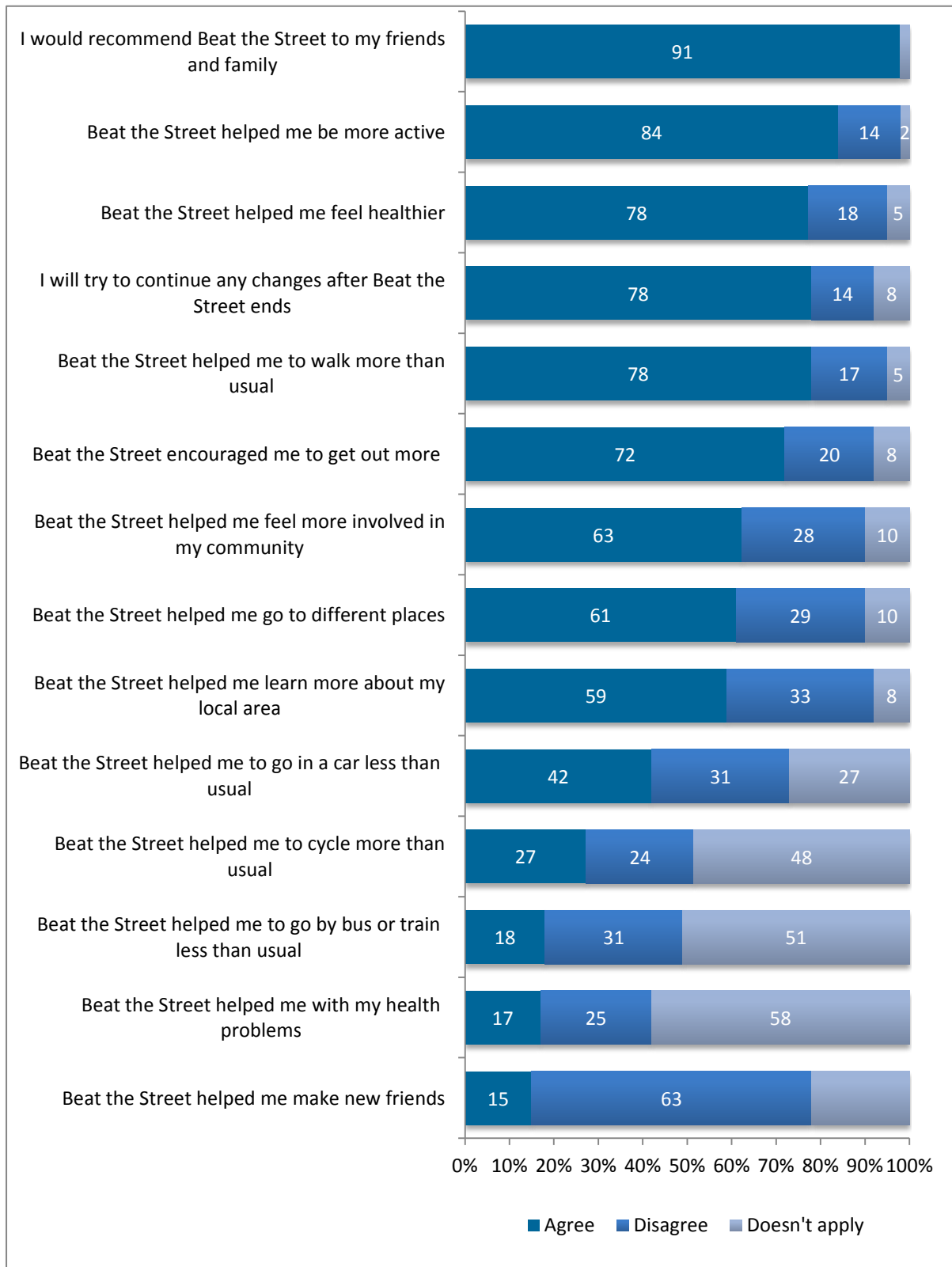
"I explored new areas of Reading that I had not been to before, and had a lot of fun."

Figure 2: What are the main things you got out of Beat the Street?



Note: 887 people provided feedback about the things they gained from taking part in Beat the Street. They were asked to choose benefits from a list supplied. Percentages add to more than 100% because people could select as many options as they wished.

Figure 3: Extent to which people agreed or disagreed that Beat the Street had benefits



Note: 887 people provided feedback.

Did people's activity levels change?

People were also asked whether they had made tangible changes to how much they walked.

Immediately after Beat the Street ended, **eight out of ten people said Beat the Street had helped them to walk more than usual** (78%) and one quarter said Beat the Street had encouraged them to cycle more (27%). **Two fifths said Beat the Street had helped them travel less by car** (42%) and one fifth said they had taken the bus or train less than usual (18%). Bearing in mind that taking the bus, train and car were not applicable for all people, these proportions were even higher when recalculated only for those for whom it was relevant.

At the beginning of Beat the Street, people said that they walked an average of almost four days per week. By the end of the competition this had increased, with people walking an average of five days per week (see Table 1 and Figure 4). One third of people said they were walking seven days per week.

The Department of Health recommends that adults should aim to be active daily and that over a week, activity should add up to at least 150 minutes (2.5 hours) of moderate intensity activity. This averages 30 minutes of physical activity at least five days per week for adults. The target is 60 minutes a day for those under 16.

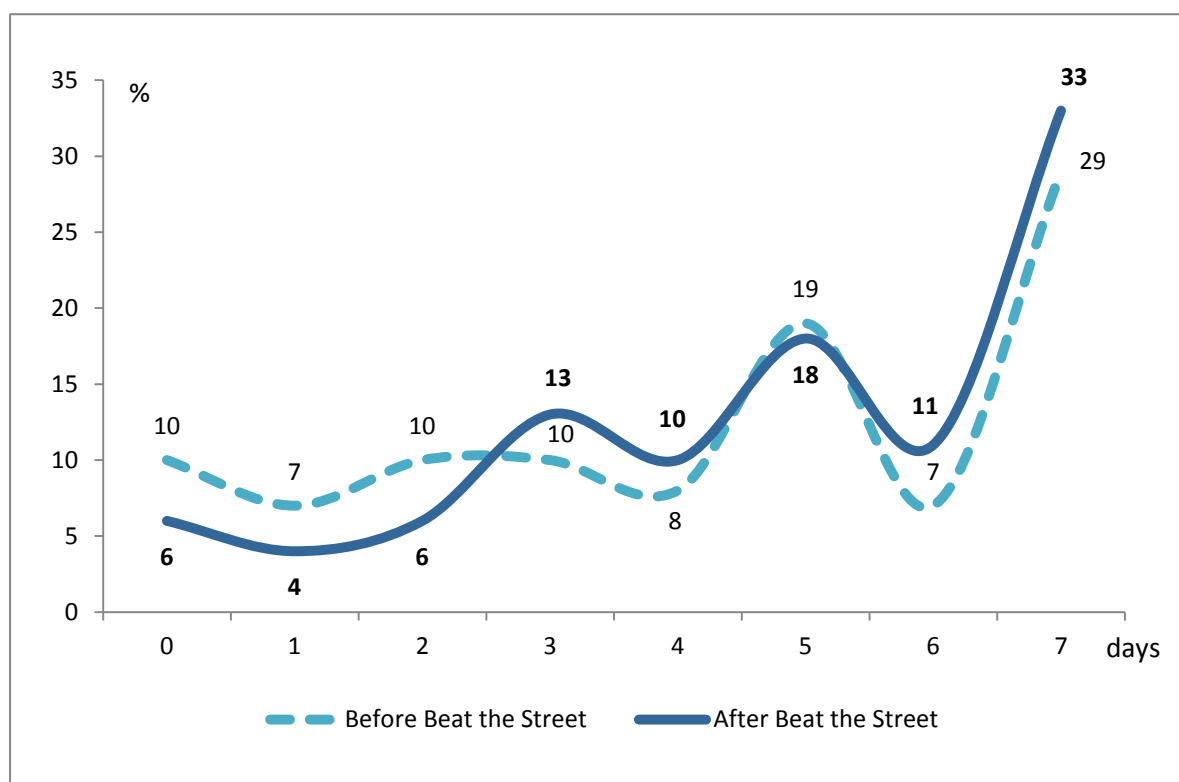
Figure 5 illustrates how many days per week adults reported undertaking 30 minutes or more of physical activity (or 60 minutes for under 16s). On average, people reported undertaking this level of physical activity on four days per week at the beginning of Beat the Street and this remained the same at the end.

However, there were changes in the proportion of people who met physical activity targets. **Four out of ten people were reportedly achieving the Department of Health's activity level targets when they registered for Beat the Street and this increased to five out of ten by the end of the initiative (from 40% to 48%).** This is a statistically significant difference, meaning it is not likely to have happened by chance.

Eight out of ten people said they would try to continue the changes they had made after Beat the Street ended (78%).

There were no major differences in these trends according to whether participants were women or men or their age groups. People with long-term conditions were just as likely as others to report increased walking. There was no difference in benefits amongst people with different types of long-term conditions.

Figure 4: Number of days people walked for 15 minutes or more in the past week



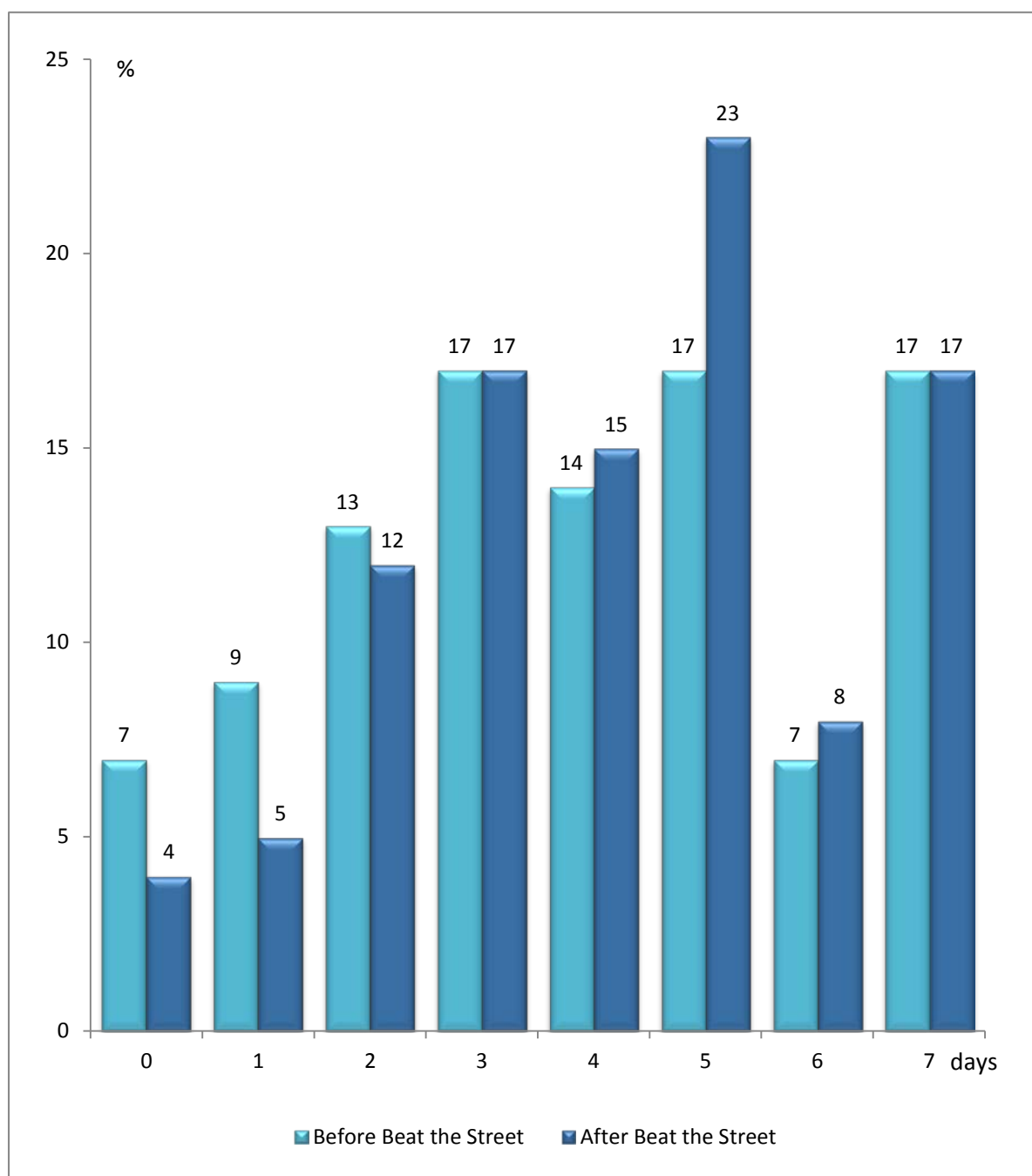
Note: Participants were asked 'In the last week, how many days did you walk for 15 minutes or more? The 15 minutes does not have to be all at once.' 8,758 people provided 'before' information at registration and 887 people provided 'after' data at the end of Beat the Street.

Table 1: Days per week where people used various modes of transport

	Time period	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Walking, scooter or skateboard	Before	10%	7%	10%	10%	8%	19%	7%	29%
	After	6%	4%	6%	13%	10%	18%	11%	33%
Bicycle	Before	64%	12%	8%	4%	3%	4%	1%	5%
	After	57%	12%	7%	7%	5%	6%	3%	4%
Bus or train	Before	62%	14%	7%	4%	2%	6%	1%	3%
	After	52%	18%	10%	6%	2%	9%	1%	2%
Car or other vehicle	Before	20%	11%	15%	11%	8%	13%	5%	18%
	After	13%	14%	18%	14%	8%	12%	7%	14%

Note: Participants were asked 'In the last week, how many days did you walk, cycle or use these other types of transport for 15 minutes or more? It is ok if you did more than one thing each day. The 15 minutes does not have to be all at once.' 8,758 people provided 'before' information at registration and 887 people provided 'after' data at the end of Beat the Street.

Figure 5: Days in the past week where people did 30 minutes or more of physical activity



Note: People were asked 'If you are 16 or older, in the last week, how many days have you done 30 minutes or more of activity that got your heart pumping? You might have walked fast, danced, cycled, played sport, exercised or done other things. The 30 minutes does not have to be done all at once.'

If you are under 16, in the last week, how many days have you done 60 minutes or more of activity that got your heart pumping? You might have walked fast, danced, cycled, played sport, exercised or done other things. The 60 minutes does not have to be done all at once.'

'Before' data were collected from 8,758 people at registration. 'After' data were collected from 887 people at the end of Beat the Street.

Making detailed comparisons

Comparing averages and proportions before and after Beat the Street gives an overall picture of trends, but it is also important to look at what happened with individuals. Of the 887 people who completed a follow-up survey, 425 provided a valid Beat the Street card number that could be matched with their individual registration data (48%). This allowed us to compare the information these people provided before and after Beat the Street. This is a more robust type of analysis, but had a smaller number of people to work with.

This analysis reinforced the positive findings from the general trends. People for whom we could match data walked for 15 minutes or more an average of four days per week at the beginning of Beat the Street. This had increased to five days per week at the end of Beat the Street (see Figure 6).

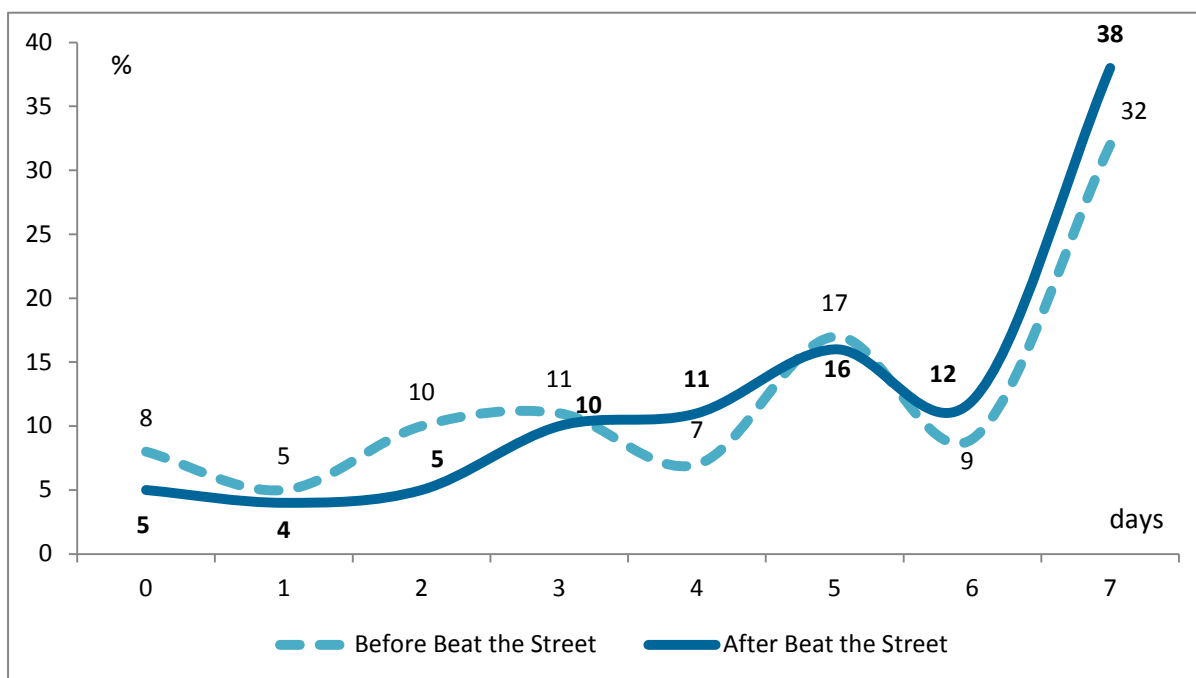
There was an important change in those who walked least at the beginning of Beat the Street. Looking at those who said they walked zero to two days per week at registration shows that this group walked a lot more by the end of Beat the Street (see Figure 7). These people changed from walking an average of one day per week to an average of four days per week at the end of Beat the Street. Two thirds of people in this group said they walked on three or more days per week by the end of the initiative (66%). This suggests that **Beat the Street may have encouraged those who were most inactive to walk more.**

People with 'matched' before and after data had similar trends to the entire dataset regarding how many days they were active for 30 minutes or more. People reported an average of just under four days per week with activity at the beginning of Beat the Street and just over four days per week at the end. The proportion of these people meeting the Department of Health's physical activity target of at least five days per week increased from 41% at the beginning to 52% at the end (see Figure 8). This is a statistically significant difference, which means it is not likely to have happened by chance.

Once again there were positive changes when considering those who reported the lowest levels of overall activity at the outset. Half of the people who said they were physically active on zero to two days per week at the start of Beat the Street had increased their levels of activity by the end of Beat the Street (54%). The average increased from one day per week at the start to three days per week at the end of Beat the Street (see Figure 9). This suggests that Beat the Street had a positive impact on those who were least active.

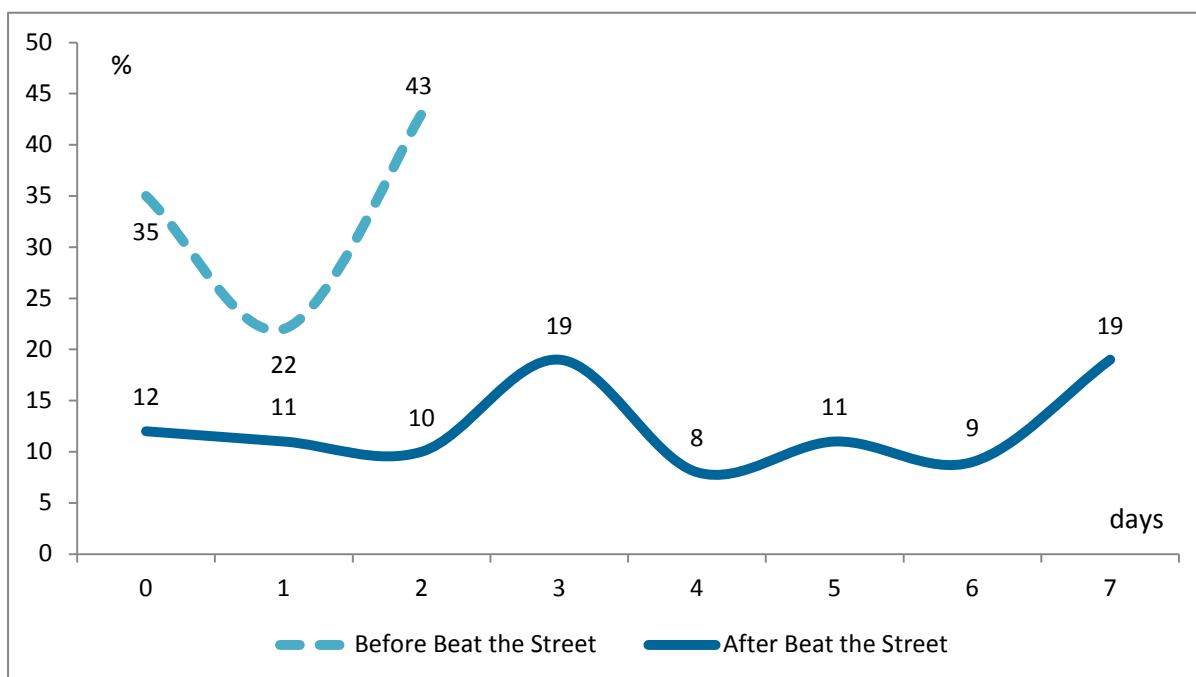
The benefits were equally evident amongst people with long-term conditions. There was no variation in outcomes amongst people with different types of long-term conditions.

Figure 6: Days people walked for 15 minutes or more in the past week (matched pairs)



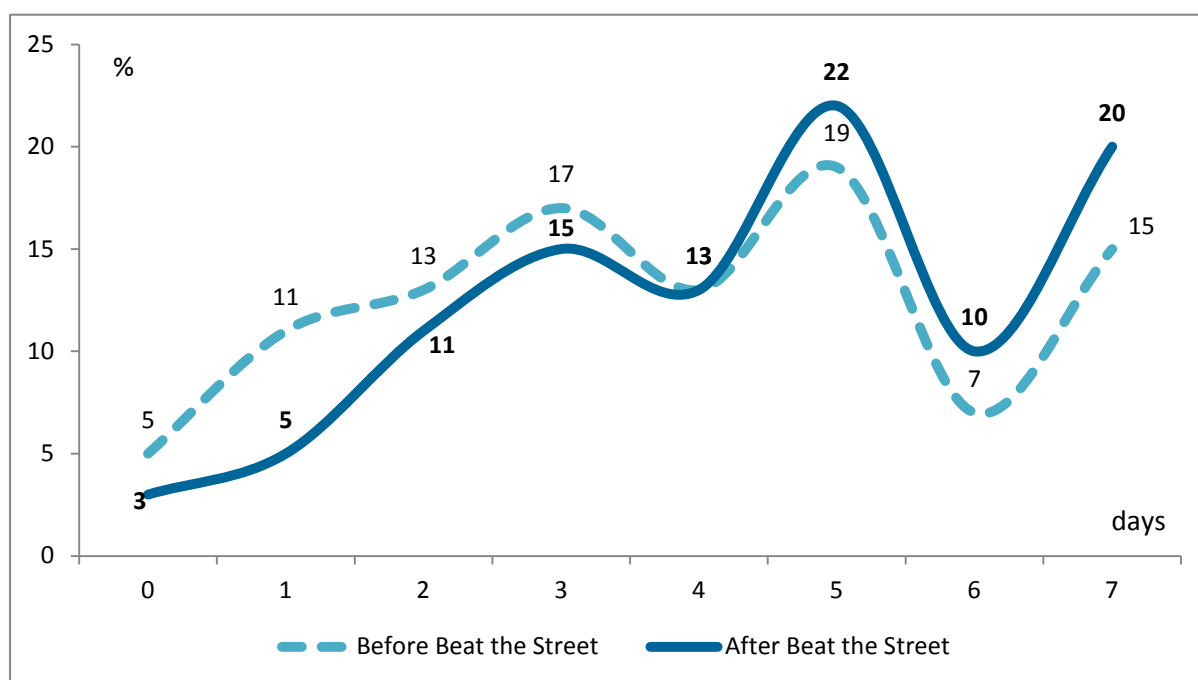
Note: Data are based on 425 people who provided their Beat the Street card numbers so we could match their information before and after Beat the Street.

Figure 7: Days walked for 15 minutes or more in past week amongst those walking 0-2 days at start



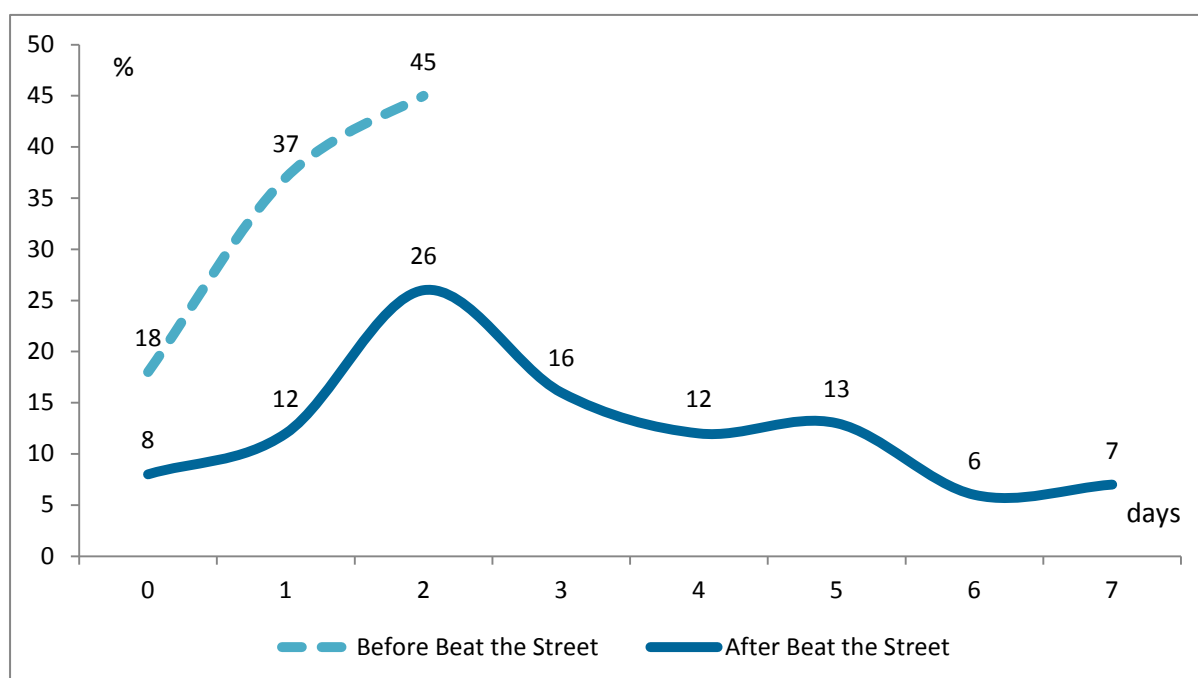
Note: Data are based on the 100 people whose information we could match before and after Beat the Street and who had walked 0-2 days per week at the beginning of Beat the Street.

Figure 8: Days per week people did 30+ minutes of physical activity (matched pairs)



Note: The question wording is listed under Figure 5. This is based on 425 people who provided their Beat the Street card numbers so we could match their data before and after Beat the Street.

Figure 9: Days per week of 30+ minutes of physical activity amongst those active 0-2 days at start



Note: Data are based on the 124 people whose information we could match before and after Beat the Street and who did 0-2 days per week of physical activity at the beginning of Beat the Street.

Do changes last?

In about six months the Beat the Street team will follow up participants to see whether the changes people reported at the end of the initiative were sustained over time.

Some important data are already available about whether people continue to report increased physical activity because Beat the Street ran in Reading in 2014. A total of 3,748 people registered online at the beginning of Beat the Street in 2014 (with many more taking part through schools). Of those who registered in 2014, 2,563 (68%) registered again in 2015. This is based on matching people's email addresses. Other people may have also registered again, but for the purposes of this analysis email addresses were used to match data from 2014 and 2015. Where an email address was used more than once per year (for instance in the case of an organisational email address), secondary matching was undertaken based on name and other identifiers.

The fact that two thirds of people who registered in 2014 did so again in 2015 suggests that people enjoyed the programme or felt it was worthwhile because they wanted to continue to participate.

In 2014, three out of ten people reported achieving the Department of Health's physical activity target when they registered. By the end of Beat the Street in 2014, this had risen to almost five out of ten people.

We wanted to see whether this change was sustained so we looked at activity at the start of Beat the Street in 2015. We compared people who had taken part in Beat the Street 12 months ago to those who had not.

At the beginning of Beat the Street in 2015, 46% of those who had taken part before reported meeting the physical activity target compared to 40% of people who had not taken part before. This may seem like a small difference, but it is statistically significant. This means it is not likely to have happened by chance. We can be relatively confident of the results because data were available from almost 9,000 people completing the 2015 registration form. The results suggest that people who took part in Beat the Street in 2015 seemed to have maintained the gains they made in 2014.

At the end of Beat the Street in 2015, the trends were even more positive. Both people participating for the first-time and those who had taken part before were more likely to be meeting the physical activity target at the end of Beat the Street – but past participants had even greater gains than first-timers.

Figure 10 illustrates the trends clearly. It shows:

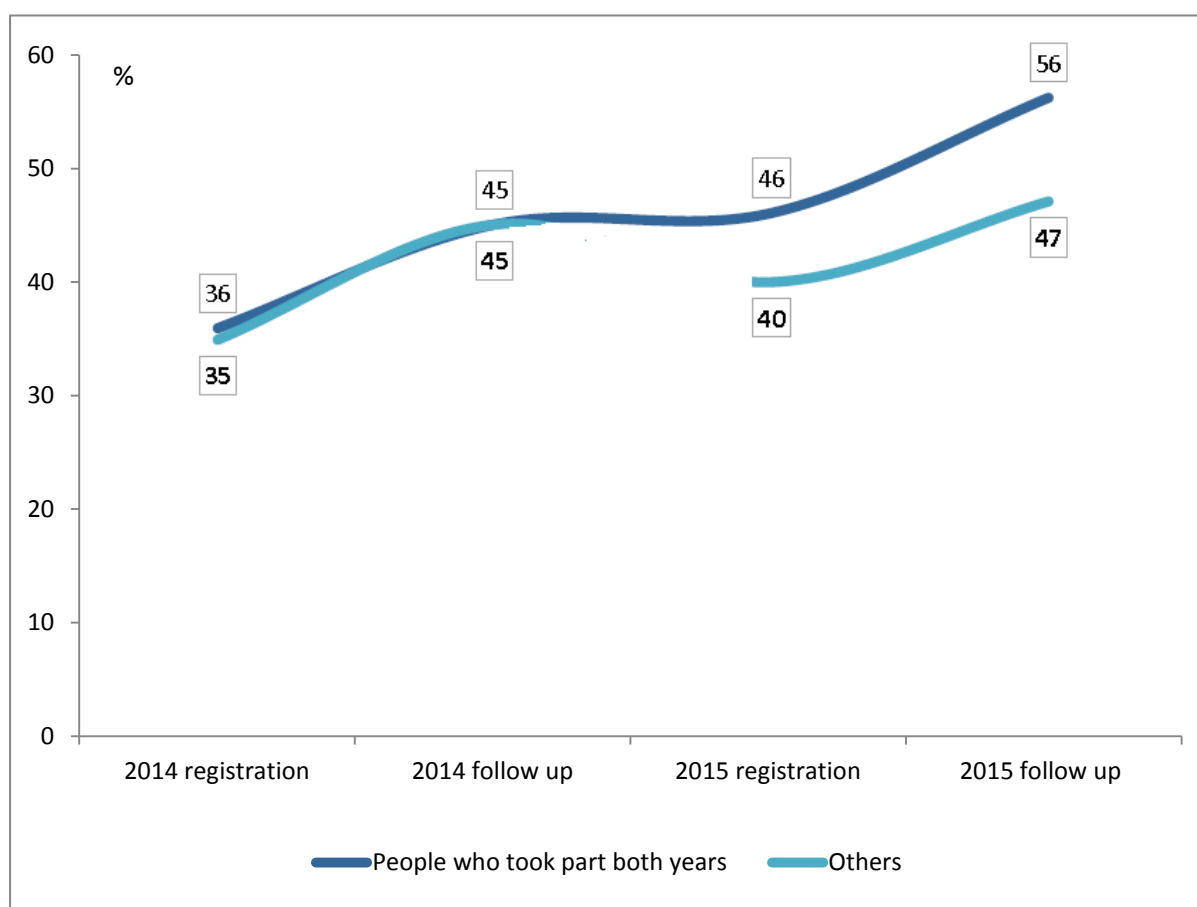
- Beat the Street may help people make some immediate changes to their physical activity levels [improvements seen in 2014]
- These changes may be sustained one year later [higher 'baseline' score in 2015 if people took part before]
- With repeated participation in Beat the Street, activity levels may increase even further [past participants continued to increase activity in 2015]

The implication is that **running Beat the Street over the course of several years may help people to embed new physical activity habits**. People who have taken part in the past continue to increase their reported levels of physical activity year on year.

Table 2: Examining the sustainability of changes in physical activity after Beat the Street

	At start of Beat the Street in 2014 (n = 3,748)		At end of Beat the Street in 2014 (n = 1,048)		At start of Beat the Street in 2015 (n = 8,758)		At end of Beat the Street in 2015 (n = 887)	
	Took part both years	Took part only in 2014	Took part both years	Took part only in 2014	Took part both years	Took part only in 2015	Took part both years	Took part only in 2015
Data available (n)	2,563	1,185	755	293	2,563	6,195	146	741
Average days per week with 30+ minutes of activity	3.5	3.4	4.1	4.1	4.1	3.8	4.6	4.1
Proportion meeting Department of Health target of five days activity or more	36%	35%	45%	45%	46%	40%	56%	47%

Figure 10: Proportion of people meeting Department of Health's physical activity target



Note: The number in the dataset at each time period is listed in Table 2 above.

Suggestions

The overall impression from the survey is that people enjoyed Beat the Street and thought they got a lot out of it.

Almost everyone said they found it easy to get a Beat the Street card (96%) and said they would recommend Beat the Street to friends or family (91%). There was much positive feedback.

"Beat the Street was really fun and I managed to get over one hundred miles! I hope that Beat the Street comes back next year! Also, I think that there were SO MANY beat boxes that I managed to get around town more!"

"I liked the competitive element. The fact that the points accrued were immediately visible online was great... It did get people talking in the workplace and it was a fun incentive to be involved in."

The Beat the Street team are always eager to hear suggestions for development. In total, 558 people responded to an open-ended question about this (see Box 2). The most common suggestions related to:

- having more Beat Boxes or distributing them in a wider range of locations
- increasing publicity so more people know about the competition
- providing more regular communication by email to keep people engaged, including 'congratulations' messages when people reach a certain score
- running the competition for longer or repeating, including during the school holidays
- thinking of ways to avoid 'cheating' such as people driving to Beat Boxes or using multiple cards
- providing a clearer map online and allowing co-ordinates to be downloaded
- using an app so phones could be used to scan on boxes as well as cards
- using key fobs as well as cards
- responding to queries promptly, particularly about boxes not working or points not being recorded
- having Beat Boxes a different colour from lamp posts
- having Beat Boxes lower on lamp posts for younger children to reach
- improving the website so people can see their score and how they rank easily

Box 2: Examples of people's suggestions for ongoing development

Suggestions about publicity and communication

"Beat the Street could be much better advertised a few weeks before it commences. When the cards are given out a map could be given out with the card."

"I found I had to e-mail quite a few times about boxes that were out of order so maybe keep checking so that doesn't occur. Also the maps you gave out weren't very clear. Maybe next year print a list of where the boxes are to make them easier to find."

"I would have liked a certificate with my points and distance on it."

"It would be nice to get a 'congratulations' when you reach a certain score! (Maybe incorporate into the web app.) Or maybe have more incentives for children eg different scores relate to different levels - bronze, silver, gold, (or further subdivisions)."

Suggestions about Beat Box placement

"Boxes were in many locations placed too high on lamp posts for children to reach also many occasions boxes were not working."

"I found that sometimes we were taking busier routes than we normally would, in order to be able to tap the boxes. Sometimes we had to cross busy roads in less ideal positions as well. I understand why the boxes are located mainly on busy routes, but for very small children I'd be happier if some quieter, more back street routes, could be included."

"I think encouraging e-mail updates showing how far you've travelled with a table which shows how far you've travelled alongside those who have travelled the top 10 distances and also information showing the most different routes walked/ridden. Suggested walks/rides including information on points of interest, where the boxes are and how far the route would be."

Other suggestions

"The previous fobs were better as attachable to school bags / keys / key rings etc."

"Whilst I appreciate that they are designed to be a bit of fun and incentivise physical activity, I feel the way the competitions and prizes work is really unfair. This has the effect of disenfranchising and demotivating large numbers of competitors. The vast majority of teams don't have a chance with the total points competition."

"Found it unfair that some schools were taking children out of school to do beat the street and some were not! Would be fairer if points for school children were only allocated out of school hours!"

"Maybe we should all be given targets for our own school, like aiming for small planets towards the big moon. It would be good to get some small treat if the school aimed for their own targets instead of against each other."

Summary

Feedback from over 800 people who provided email addresses when they registered for Beat the Street suggests that people got a lot out of taking part. The most frequently reported benefits were having fun, feeling healthier and getting fit, exploring the local area, feeling part of the community and spending time with friends and family. These benefits were mentioned by half of people who provided feedback at the end of the competition.

Eight out of ten people said that Beat the Street helped them be more active and walk more. It is acknowledged that people who did not respond to the survey may have had a different experience. However, the positive feedback from those surveyed provides a strong case that many people gained a considerable amount from Beat the Street.

The proportion of people meeting the Department of Health's physical activity target for adults increased from 40% at the beginning of Beat the Street to 48% at the end. This change was statistically significant, meaning it is likely to be the result of Beat the Street rather than happening by chance. The average number of days that people reported walking per week also increased.

People who were least active at the beginning of Beat the Street reported changes by the end of the initiative.

Importantly, improvements may continue over time. Those who took part in 2014 and again in 2015 were more likely to be meeting the Department of Health's physical activity target than those who participated for the first time in 2015.

The overall message is that people taking part in Beat the Street thought it was worthwhile. People were eager for Beat the Street to run again. It helped to increase the amount of walking that people reported doing and helped people feel more part of their community. Those with long-term conditions were just as likely to report these benefits as others. People with diabetes, heart failure, COPD and other long-term conditions all reported being more active as a result of Beat the Street. Two fifths of these people said that Beat the Street helped them with their conditions.

Eight out of ten people said that they **planned to continue any changes** they had made after Beat the Street ended. The Beat the Street team will follow up in about six months to see whether any changes are sustained.

Berkshire Healthcare NHS Foundation Trust

Quality Account 2016- Q3 Update Report

What is a Quality Account?

A Quality Account is an annual report about the quality of services provided by an NHS healthcare organisation. Quality Accounts aim to increase public accountability and drive quality improvements in the NHS. Our Quality Account looks back on how well we have done in the past year at achieving our goals. It also looks forward to the year ahead and defines what our priorities for quality improvements will be and how we expect to achieve and monitor them.

About the Trust

Berkshire Healthcare NHS Foundation Trust provides specialist mental health and community health services to a population of around 900,000 within Berkshire. We operate from more than 100 sites across the county including our community hospitals, Prospect Park Hospital, clinics and GP Practices. We also provide health care and therapy to people in their own homes.

The vast majority of the people we care for are supported in their own homes. We have 171 mental health inpatient beds and almost 200 community hospital beds in five locations and we employ more than 4,000 staff.

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Quality Account Highlights 2016

Trust community Services (both physical and mental health) are highly valued by our patients. Results from the patient Friends and Family Test during the past year indicate that greater than 95% of respondents are either extremely likely or very likely to recommend these services to a friend or family member.

It is also evident that Trust community inpatient services, minor injury services and walk-in centres are highly valued with that than 90% of respondents stating they are likely to recommend these services during the year.

The Trust has delivered on its commitment to become smoke free across all of its sites.

The Care Quality Commission undertook a planned inspection of the Trust in December 2015. During this time, we hosted 120 CQC inspectors from a wide range of professions as well as experts by experience. Inspectors visited a vast range of our services in mental health, community services, learning disability and the Trust out of hours service-

Westcall. The Trust is awaiting the final CQC report following the inspection.

The Trust has demonstrated that 100% of NICE Technology Appraisals and greater than 80% of all NICE Guidance have been implemented across the Trust.

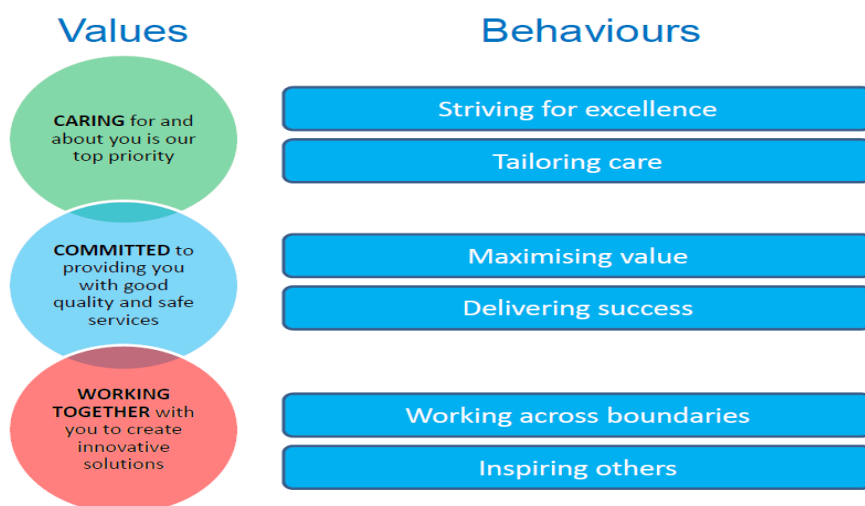
The Trust has introduced a more systematic and detailed method for logging information about and investigating whistleblowing concerns.

Many successful improvements have been implemented by services throughout the Trust, examples of which are included in this report.

The Trust has set quality priorities for 2016/17 relating to the following areas:

- Reducing patient falls
- Pressure ulcer prevention
- Implementation of NICE guidance and guidelines
- Patient experience priorities relating to the Friends and Family Test, learning from complaints and the Patient Leadership Programme
- Suicide prevention

To be updated in Q4 with latest data, and following results of the National Staff survey



1. Statement on Quality

The Trust has continued to deliver highly effective, safe, efficient and equitable care for its patients throughout the year. Such care is reinforced by an organisational culture that embraces the Trust's values- *caring, committed and working together*- all of which are embedded within the Trust appraisal system for staff. Additionally, the principle of working together is extended through collaboration with external health, social care and third sector organisations to enable the delivery of practical solutions to complex health and social care challenges.

Evidence available from patient Friends and Family Test results and the Trust's own patient satisfaction survey demonstrate that the services we provide are highly valued by our patients. This enforces our commitment to ensure that the care we provide is not only of a high clinical quality, but also that patients have a positive experience of our services. We aim to maintain and improve on these results and have set an ongoing priority in this area for the 2016/17 year.

Patient safety remains of paramount importance to the Trust. Throughout the year, the Board has received reports on a variety of patient safety metrics, several of which are shared in this report. Trusts must also learn from experience when things go wrong and we now have increasingly robust governance, patient safety, incident reporting and patient experience systems that highlight areas for learning and improvement. In addition, the trust have implemented a policy encouraging a culture of openness when things go wrong (the Duty of Candour) as well as a more systematic and detailed method for logging information on and investigating whistleblowing concerns (Freedom to Speak Up). The Trust will continue striving to deliver safe care, with priorities relating to the reduction in falls and reduction of pressure ulcers set for the following year.

The clinical effectiveness agenda for the trust has increased during this year with progress being made in the areas of clinical audit and research. Clinical audit has allowed us to measure our care against current best practice leading to improvement, whilst our involvement in research has helped to inform future treatment and management of patients. In addition, the Trust has met its target of implementing 100% of relevant NICE Technology Appraisal Guidance

and greater than 80% of all relevant NICE Guidance and Guidelines. We will aim to maintain this level of compliance and have set a further priority target for this.

In October 2015, the trust became smoke free across all of its sites. A staff smoke free policy has been implemented with many staff also taking the opportunity to reduce their tobacco intake or quit smoking altogether. Patients in the community are now asked to abstain from smoking whilst we provide their treatment, with staff helping to ensure that our grounds are smoke free. Our final milestone was realised when we became smoke free on our mental health wards at Prospect Park Hospital. Patients are being supported through this by being offered nicotine replacement therapy whilst on the wards and are given access to stop smoking services if they would like to be supported in making a serious quit attempt during their stay.

The year has also seen numerous other service improvement projects being initiated throughout the Trust. Improvements have been evident across the board, with cross-service and multi-agency improvement work also being undertaken. This report highlights some of the improvements that have been made and demonstrates our commitment to improve services across the whole of the Trust.

Our involvement in primary care management has proven successful during the year. Following our management intervention last year, the Priory Avenue GP Practice was taken out of special measures by the CQC. Resultant improvements to patient care and the processes adapted to enhance the delivery of primary care have been noticeable and highly commended by the Patient Participation Group.

Finally, the Care Quality Commission (CQC) undertook a planned inspection of the Trust in December 2015 during which time we hosted 120 CQC inspectors from a wide range of professions as well as experts by experience. We are awaiting the final inspection report from the CQC.

We are committed to continue ensuring that the people of Berkshire receive amongst the best care in the country for physical and mental health problems. At Berkshire Healthcare NHS Foundation Trust we are determined to play our part in making sure that this is the case.

This quality account is a vital tool in helping to support the delivery of high quality care. The information provided in this report is, to the best of my knowledge, accurate and gives a fair representation of the current services provided

Julian Emms CEO

SIGNATURE OF CEO

To be updated in Q4 to take account of latest data, CQC report and results from national patient survey

2. Priorities for Improvement

2.1 Priorities for Improvement 2015/16

This section of the Quality Account details Trust achievements against the 2015/16 priorities and information on the quality of services provided during 2015/16. The priorities support the Trust's quality strategy (Appendix A) to provide accessible, safe, and clinically effective community and mental health services that improve patient experience and outcomes of care through the following six elements:

1. Clinical Effectiveness – Providing services based on best practice
2. Safety – To avoid harm from care that is intended to help
3. Efficient – To provide care at the right time, way and place
4. Organisation culture – Patients to be satisfied and staff to be motivated
5. Patient experience and involvement – For patients to have a positive experience of our service and receive respectful, responsive personal care
6. Equitable – To provide equal care regardless of personal characteristics, gender, ethnicity, location and socio-economic status.

2.1.1 Patient Experience

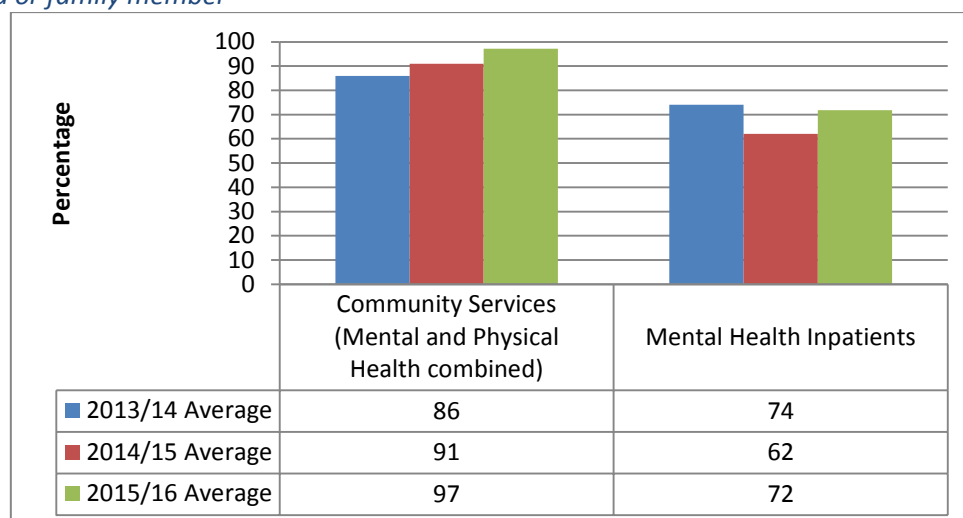
The Trust has continued to report on the Friends and Family test results and on the Trust's own internal patient satisfaction survey throughout the year. By doing so, the Trust aims to demonstrate continuing improvement. Learning from complaints and improving national survey results also remains a priority for the Trust. Achievement in relation to each of these areas is detailed further below.

Patient Friends and Family Test (FFT)

Figures 1 and 2 below demonstrate the Trust's achievement in relation to the patient Friends and Family Test. The figures demonstrate that Trust community services (both physical and mental health) are highly valued with over 95% of people surveyed likely to recommend them. Additionally, Trust

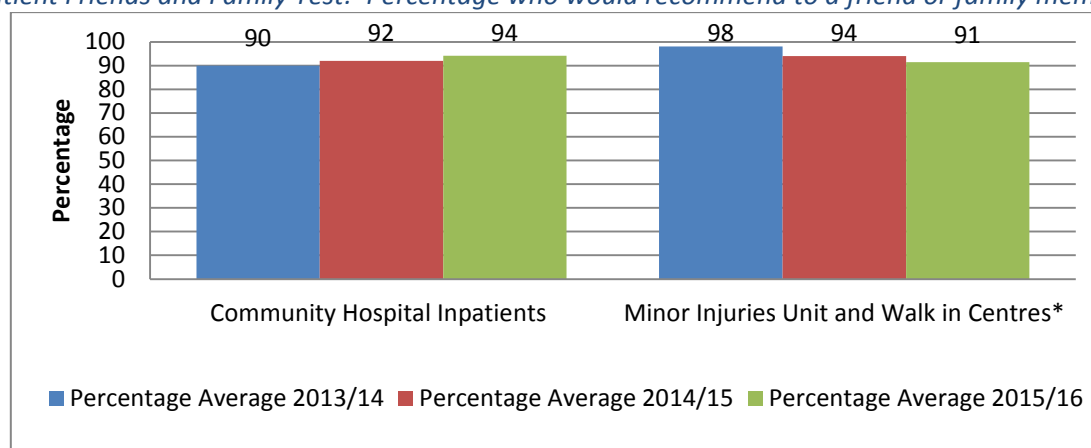
community inpatient services, minor injury services and walk-in centres are valued with over 90% of respondents recommending such services. For mental health inpatients, the percentage recommending services has reduced in the third quarter following increases in the first and second quarters of the year.

Figure 1- Patient Friends and Family Test: Percentage of Patients Extremely likely or very likely to recommend the service to a friend or family member



*MH figures for 2014/15 are for Nov 2014-March 2015 due to the change in national methodology. 2015/16 figure is for Q1- Q3. Source: Trust Patient Experience Reports

Figure 2- Patient Friends and Family Test: Percentage who would recommend to a friend or family member.



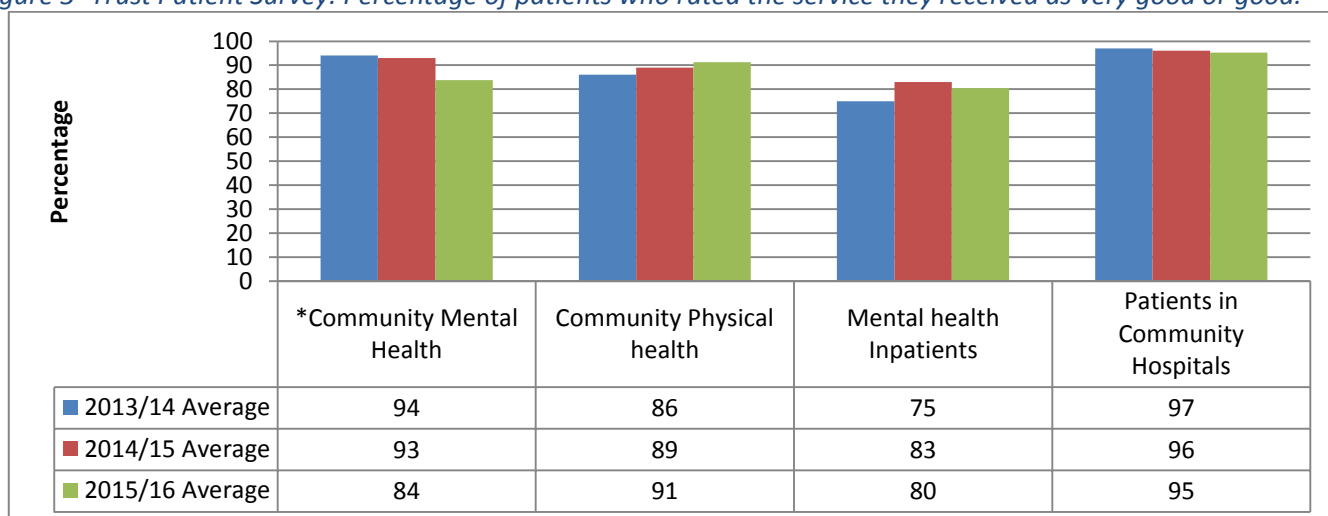
* 2013/14 figures are for Minor Injuries Centre only. 2014/15 figures onward include Slough Walk in Health Clinic. There has also been some change in the methodology to ensure visitors report in higher numbers and anonymously. 2015/16 Figure is for Q1- Q3. Source: Trust Patient Experience Reports

Trust Patient Satisfaction Survey

In addition to the patient Friends and Family Test, the Trust has also carried out its own internal patient satisfaction survey throughout the year to further ascertain and assure levels of patient satisfaction. Figures 3 and 4 below demonstrate the Trust's

performance in relation to this survey. It can be seen that during the 2015/16 financial year, a total of 9244 service users and carers have provided feedback through this survey programme, with 90% of people giving a good or better than good rating of the care they received.

Figure 3- Trust Patient Survey: Percentage of patients who rated the service they received as very good or good.



*2012/13 Community mental health results only include learning disability and older people's services as data for adult and children services are unavailable. Community Mental Health Teams and Electroconvulsive therapy included for 2013/14. 2015/16 Figure is for Q1- Q3. Source: Trust Patient Experience Reports.

Figure 4- Trust Patient survey: Total number of responses to internal patient survey over the year. (2015/16 YTD)

	Total Number of Responses	Total Number of Good or Better Responses
Community Mental health	1114	934
Community physical health	7641	6972
Mental Health Inpatients	450	362
Community Inpatients	1025	976

Source: Trust Patient Experience Reports.

Carer Friends and Family Test (FFT)

A Friends and Family Test for Carers has been created and has been distributed to services from February 2015. This allows carers the opportunity to share their experience with us in a dedicated way. Whilst this is not mandated within the Friends and Family national

guidance, the Trust recognises the crucial role that carers have and the value of their feedback.

In Quarter 3, the Trust received a total of 15 Carer FFT responses (73 in Q2) from all services. All 15 respondents replied that they were either very likely or likely to recommend the Trust services

Learning from Complaints

The Trust has continued to respond to and learn from complaints during the year. Figures 23 and 24, shown in part 3 of this report, show the number of complaints and compliments received by the Trust.

During quarter three we achieved a response rate of 85% within the agreed timescale with the complainant. This is a drop from quarters one and two. The complaints team have worked with the clinical directors to improve this situation and are hopeful that quarter four will show improvement. Services on average took 32 days to investigate and respond to complaints. Many complaints are responded to much quicker if they are less complex. This is a slight increase in our responsiveness. Of complaints closed during quarter three, just under 52% were upheld or partially upheld.

The highest numbers of complaints during this financial year have been received by mental health inpatients, child and adolescent mental health services (CAMHS) and community mental health teams.

Services receiving the highest number of complaints in quarter three were:

- Mental health inpatient services where there are no trends identified currently
- Community nursing is starting to feature within complaints more frequently so this is being monitored more closely. The service is far exceeding its commissioned levels of activity and is experiencing difficulties in recruitment. The trust is in discussions with commissioners about reviewing this service.
- Crisis response and home treatment team have received 11 complaints within this financial year. In 2014/15 the service received 19 in total. The Trust is hopeful that at the end of this financial year we will see fewer complaints overall for the service because of the focused work led by the Chief Operating Officer in light of the additional funding agreed by commissioners this year. East of Berkshire services still receive more complaints than the west of Berkshire services.

CAMHS services have been highlighted this quarter because they have received 23 complaints so far this year compared with 21 for the whole of 2014/15. This means that CAMHS is the service with the highest number of complaints for this year however of the 23 complaints received 19 were for West of Berkshire services whereas in 2014/15 the two localities, Bracknell and Reading, received the highest number of complaints. The Director of Nursing has asked the management team to investigate what is happening in the West of Berkshire because we are seeing a change that requires action. Access to treatment and waiting times continue to be the greatest reasons for complaint.

The main themes from the formal complaints received were care and treatment, attitude of staff and waiting times for treatment and communication. This continues the trend we have seen in previous quarters. Each service takes complaints seriously and implements new ways of working if appropriate. If a staff member has been directly named, they are involved in the investigation and its findings and action taken if required. The service and staff directly involved in the complaint are asked to reflect on the issues raised and consider how they will change their practice.

The number of posts placed on NHS Choices about our services continues to increase with 12 negative and 8 positive comments during the quarter. The negative comments cover staff attitude, communication and service capacity so very similar to complaint trends. It is good to see positive comments as well being placed though. The system the trust has in place means that we are able to respond quickly to each post.

It is good to note that the trust has not received notifications from the Parliamentary Health Ombudsman Service (PHSO) that they intend to investigate any new complaints; one complaint is open to investigation and another with an action plan requiring completion.

2015 National Community Mental Health Survey

The Trust uses national surveys to find out about the experiences of people who receive care and treatment. The results of the annual National Community Mental Health Survey were published in October 2015.

This year's survey allowed for comparisons to be made with the 2014 results as there were only minor amendments made. The survey contained 33 questions (the same number as in 2014) which were categorized within ten Sections. Each question was scored out of a total mark of 10.

Patients were eligible to receive the 2015 survey if they had been seen by community mental health services between 1 September 2014 and 30 November 2014. Surveys were sent out to 850 patients meeting this requirement between February and July 2015, with responses received from 245 people (30%).

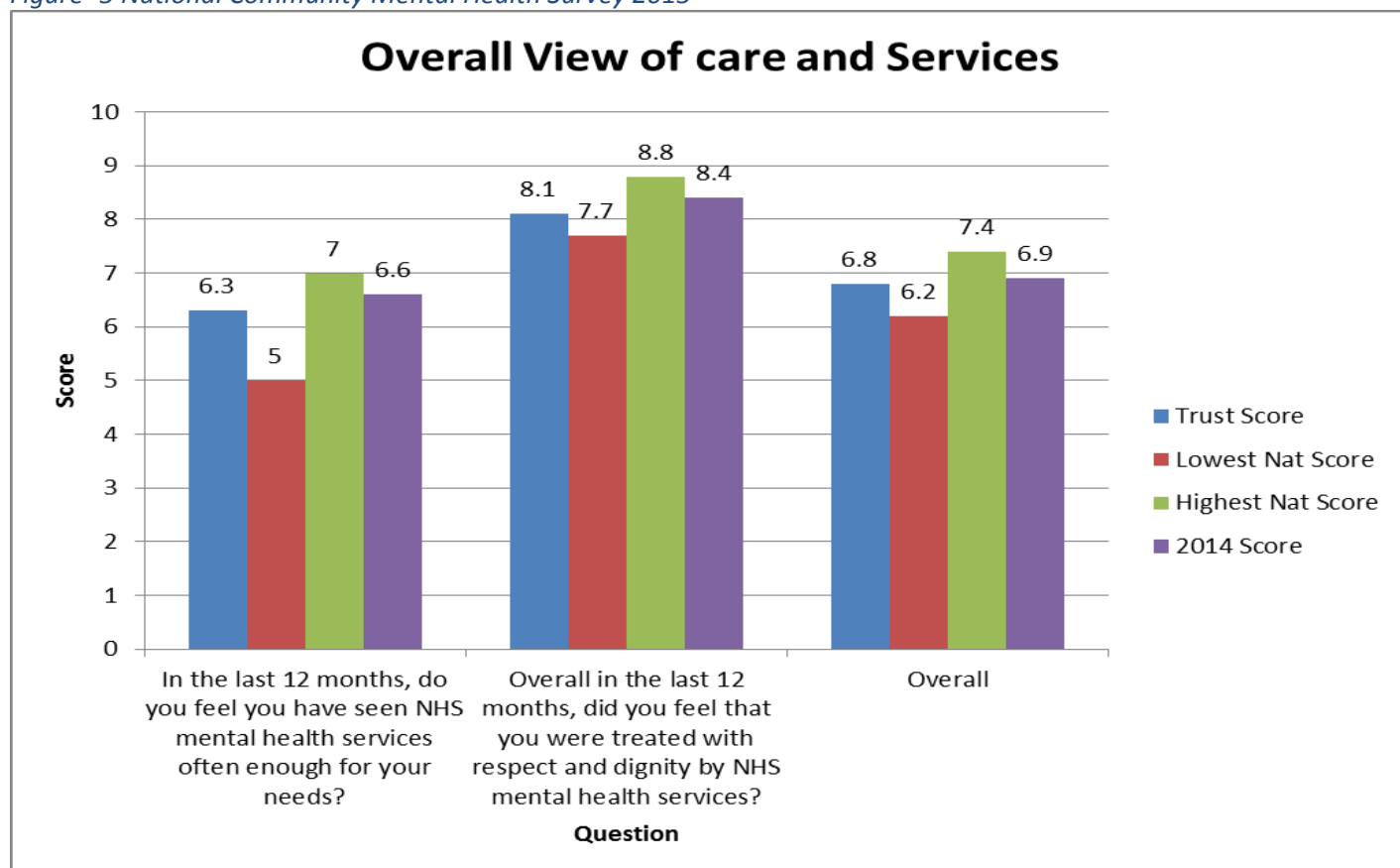
Out of the available 43 scores (including section scores), the Trust achieved 42 results that were ranked as about the same as the majority of other participating trusts.

For one question, the Trust received the lowest score: 'In the last 12 months, did NHS mental health services give you any help or advice with finding support for finding or keeping accommodation?'

These results are consistent with a deep-dive survey that was undertaken in the last financial year and an ongoing action plan is being implemented as a result.

Figure 5 below gives an overview of scores for the Trust in relation to respondents' overall views of the care and service they received and their overall experience. The 2015 Trust scores are compared with the highest and lowest scores achieved by other trusts this year, and with the comparable Trust score for the equivalent question in 2014

Figure -5 National Community Mental Health Survey 2015



Source: Trust Results from National Community Mental Health Survey 2015

2015 National Staff Survey

One of the Trust's patient safety priorities for 2015/16 was to achieve staff survey results that were amongst the best 20% of similar Trusts in relation to relation to errors, near misses, incidents and concerns (Questions 18 and 19 of the survey). Figure 6 below details the results of the 2015 staff survey in relation the stated

priorities, together with other results including those relating to the staff experiencing harassment, bullying or abuse from staff in the last 12 months and those believing that trust provides equal opportunities for career progression or promotion.

Results are due for publication on 23rd February 2016, and will be published in the Q4 update report.

Figure 6- 2015 National Staff Survey

Question ref.	Question	Trust 2013 %	Trust 2014 %	Trust 2015 %	National average for all mental health trusts 2015 %
Q12a	Care of patients / service users is my organisations top priority (agree or strongly agree)	71	73	TBC	
Q12b	My organisation acts on concerns raised by patients and service users (agree or strongly agree)	75	78	TBC	
Q12c	I would recommend my organisation as a place to work (agree or strongly agree)	62	62	TBC	
Q12d	If a friend or relative needed treatment, I would be happy with the standard of care provided by this organisation (agree or strongly agree)	69	71	TBC	
Q5a	I look forward to going to work (often or always)	58	59	TBC	
Q5b	I am enthusiastic about my job (often or always)	71	74	TBC	
Q8g	How satisfied am I that the organisation values my work (Satisfied or very satisfied)	44	47	TBC	
Q11c	Senior managers try to involve staff in important decisions (agree or strongly agree)	41	41	TBC	
Q11d	Senior managers act on staff feedback (agree or strongly agree)	38	41	TBC	
Q18a	My organisation treats staff who are involved in an error, near miss or incident fairly (agree or strongly agree)	54	51	TBC	
Q18b	My organisation encourages us to report errors, near misses or incidents (agree or strongly agree)	90	88	TBC	
Q18d	My organisation blames or punishes people who are involved in errors, near misses or incidents (agree or strongly agree)	9	10	TBC	
Q18e	When errors, near misses or incidents are reported my organisation takes action to ensure that they do not happen again (agree or strongly agree)	67	67	TBC	
Q18f	We are informed about errors, near misses or incidents that happen in the organisation (agree or strongly agree)	48	51	TBC	
Q18g	We are given feedback about changes made in response to reported errors, near misses and incidents (agree or strongly agree)	48	51	TBC	
Q19b	I would feel secure raising concerns about unsafe clinical practice (agree or strongly agree)	71	78	TBC	
Q19c	I am confident that my organisation would address my concern (agree or strongly agree)	55	65	TBC	

Source: 2015 National Staff Survey Table A3.2: Survey questions benchmarked against other mental health/learning disability Trusts

2.1.2 Patient Safety

Throughout the year, the Trust's aim has been to foster an environment where staff are confident to raise concerns about patient safety. Learning occurs with respect to errors, incidents, near misses and complaints across the organisation. Initiatives to achieve this have been implemented during 2015/16. The Trust has continued to engage with and contribute to cross organisational initiatives such as the patient safety collaborative.

The Trust has also signed up to the 'Sign up to Safety' pledges and through this has committed to put safety first, continually learn, be honest and transparent, collaborate in learning and support staff to help them understand and improve on when things go wrong.

In order to assure patient safety, the Trust has continued to monitor a range of quality indicators on a monthly basis alongside the daily staffing levels. Progress is reported on the following indicators:

1. Community wards
 - Developed Pressure sores
 - Falls where the patient is found on the floor
 - Medication related incidents (Detailed in part 3 of this report)
2. Mental health wards
 - AWOL (Absent without leave) and absconson (Detailed in Part 3 of this report)
 - Patient on patient physical assaults (Detailed in Part 3 of this report)
 - Seclusion of patients
 - Use of prone restraint on patients

Further information on Trust patient safety thermometer metrics, including the number of patients surveyed and the incidence of various types of harm are included in Appendix D.

Pressure Ulcers

The Trust collects data on pressure ulcers data to measure its incidence and to make improvements in this area. Figures 7 and 8 below give an overview of the number of developed pressure ulcers on inpatient wards and in the community during the last twelve months. In addition, the rate of new pressure ulcers across the Trust, detailed against the national rate, is shown in Appendix D.

Figure 7 shows that, in the twelve months to the end of December 2015, there have been 21 Category 2 and 1 avoidable category 3&4 pressure ulcer on Trust inpatient wards. This compares with 39 category 2 and 5 avoidable category 3&4 pressure ulcers during the whole of the 2014/15 financial year.

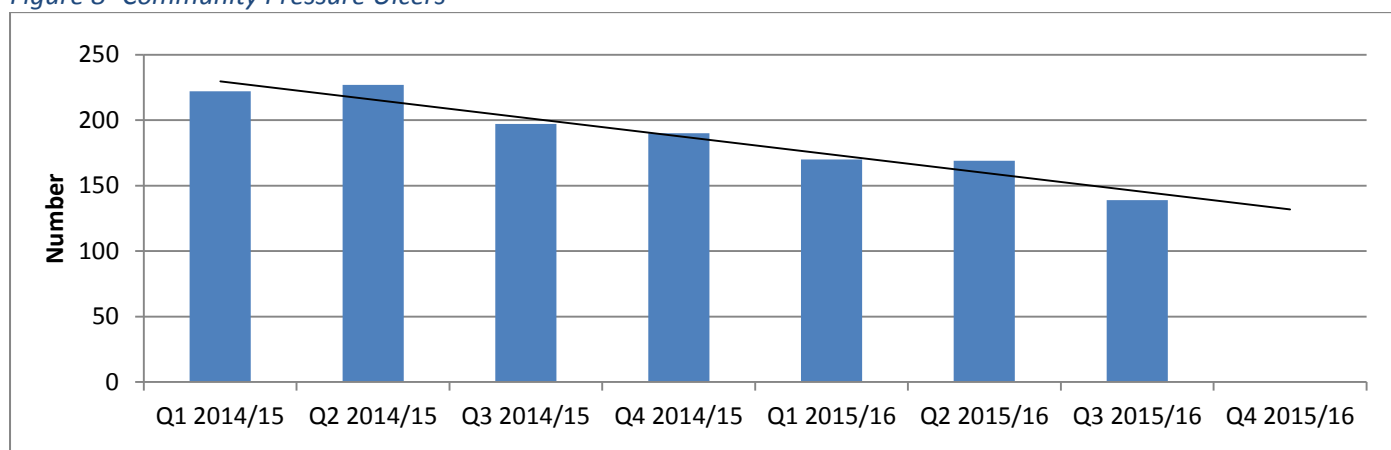
Figure 8 show a reduction in the trend of number of community pressure ulcers since April 2014/15.

Figure 7- Overview of Developed Pressure Ulcers on inpatient wards during the last 12 months.

	2014 - 2015			2015-2016									
Developed Pressure Ulcers	Q4			Q1			Q2			Q3			Total
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Category 2 PU	4	4	3	0	3	3	1	1	0	1	0	1	21
Cat 3 & 4 PU Avoidable	0	0	0	0	0	0	1	0	0	0	0	0	1
Cat 3 & 4 PU Unavoidable	1	0	0	0	0	0	1	1	1	1	0	0	5
Grand Total	5	4	3	0	3	3	3	2	1	2	0	1	21

**This is not all the PU events on the wards as we separate developed within our services and those inherited from other services. These are just the developed. We currently do not investigate developed category 2s so these cannot be identified as avoidable or unavoidable. Source: Trust Pressure Ulcer Reports.*

Figure 8- Community Pressure Ulcers



Source: Safety Thermometer

Falls

Figure 9 below details the number of falls that have resulted in harm for the Trust during the last 12 months. This data has been obtained from the Trust Safety Thermometer data. Five falls resulting in harm occurred in October 2015, with one in November

2015. However, eleven falls resulting in harm were recorded in December 2015. The Trust mean number of falls resulting in harm per month is 6.8. The number of falls calculated per 1000 bed days is contained within part 3 of this report.

Figure 9- Falls resulting in harm: All services, inpatients and community.

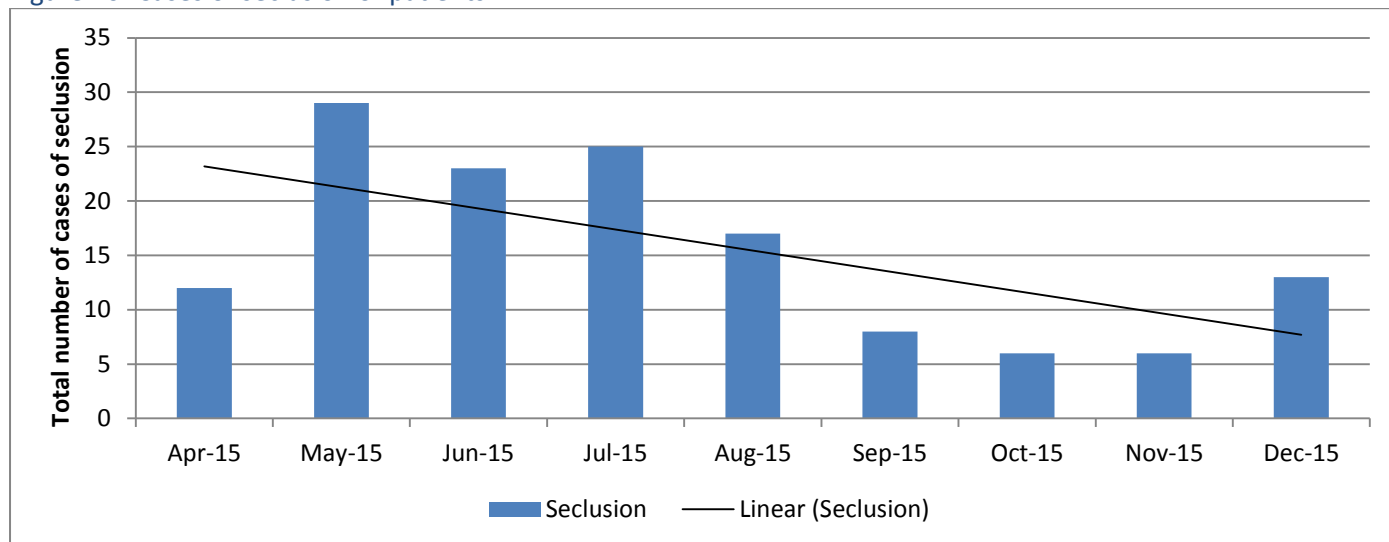


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Seclusion of patients

Figure 10 below shows the monthly number of cases of seclusion of patients during the year. As can be seen, there is a general downwards trend in the monthly number of secluded patients between April 2015 and December 2015.

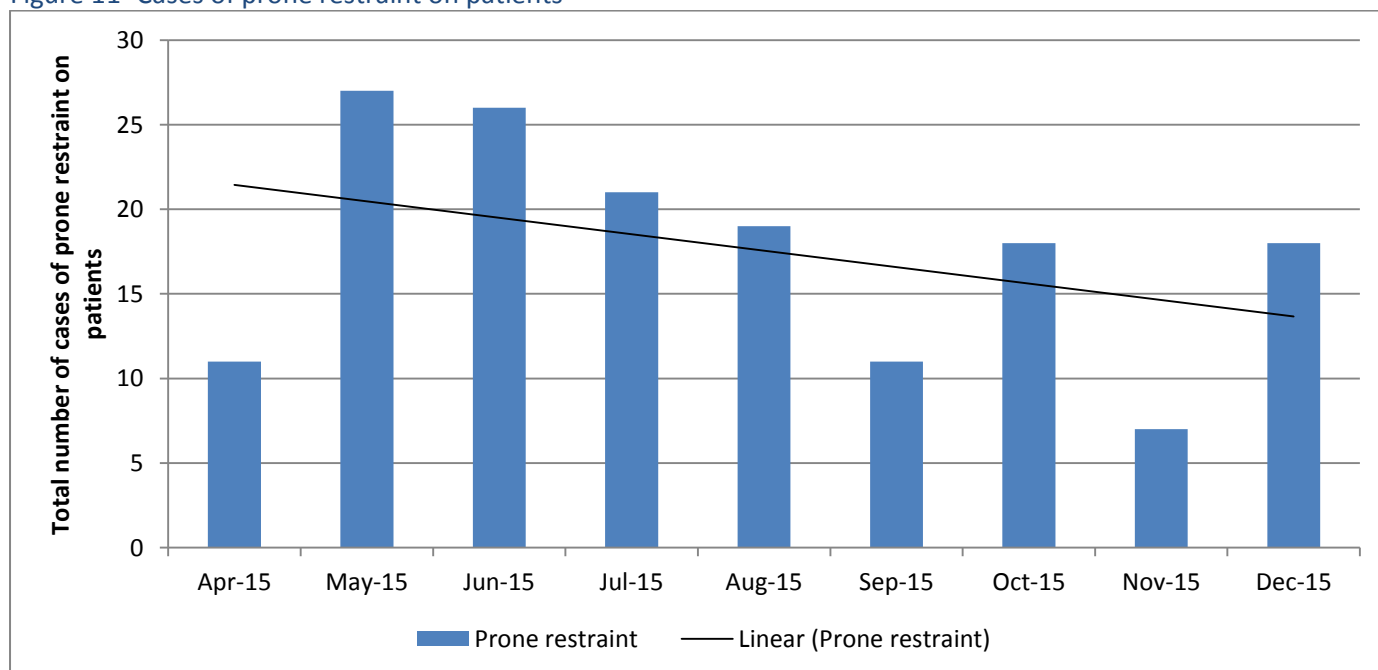
Figure 10- Cases of seclusion of patients



Use of prone restraint on patients

Figure 11 below shows the monthly number of cases of prone restraint on patients during the year. As can be seen, there is a general downwards trend in the monthly number of cases of prone restraint between April 2015 and December 2015.

Figure 11- Cases of prone restraint on patients



Quality Concerns

The Quality Committee of the Trust Board identify and review the top quality concerns of the organisation at each meeting to ensure that appropriate actions are in place to mitigate them. They are identified through some of the information sources provided within this account together with intelligence received from performance reports, our staff and stakeholders.

Our quality record is good and the trust has recently undergone a CQC comprehensive inspection with the results due to be received by the trust in February and published towards the end of March 2016.

CQC

In January 2016 a CQC warning notice was received regarding our High Dependency Unit (two beds) on Sorrel Ward at Prospect Park Hospital. This related to not meeting the standards required in trust policy regarding long time segregation and the Mental Health Act Code of Practice 1983, patient care plans and gender separation. Actions are in progress to rectify these issues by the end of February 2016.

Locked Wards

Our inpatient assessment and treatment unit for people with learning disabilities and psychiatric intensive care unit are both locked units managing very challenging and vulnerable patients, who frequently assault staff. Both of these units continue to experience high turnover of staff and agency use and therefore potentially provide a poor patient experience. Regular supervision is in place along with recruitment plans. Professional leads are working closely with staff to ensure standards of practice are maintained. Both wards are robustly monitored by Executive Directors.

Shortage of adult nursing and therapy staff

Mental and physical health inpatient and community services are now affected by shortages of nursing and therapy staff, which has resulted in increased agency staff use. This has a potential impact on the quality of patient care and experience, and increases our costs. A variety of mitigations are in place including 'over recruitment' and workforce redesign. Our plans to increase the use of framework agencies and develop

an internal bank along with the embedding of e-rostering will also help us with effective distribution of resources.

Berkshire Adolescent Unit (BAU)

The BAU has provided tier 4 child and adolescent mental health services since July 2015. The unit has struggled to recruit permanent staff and has had a number of challenges implementing new ways of working and adapting the environment. A comprehensive action plan has been developed and implemented with the number of beds open reduced currently. New nursing and medical ward leadership has recently been appointed.

Interface between CRHTT, Common Point of Entry and Community Mental Health Teams.

Ensuring a smooth transition between components of our mental health services is a high priority, as we recognise the level of risk that this presents, particularly when services are busy. Short term initiatives to address this issue are being led by Executive Directors, alongside medium to longer term work to improve our understanding of and response to demand and capacity risks.

Mental Health Act (MHA) Code of Practice Compliance

The CQC comprehensive inspection and previous CQC MHA inspections has shown that our staff do not always adhere to the Code of Practice which may result in patients not knowing their rights and therefore potentially receive harm as a consequence. A training and audit programme is underway and plans for a MHA inspector role within the trust are in development.

Acute Adult Mental Health Inpatient Bed Occupancy

Bed occupancy has been consistently above 90% since August 2015. Patients have high acuity, there is disruption for patients who are on leave with concerns about where they will go on their return and patients are being placed out of area (this increases suicide risk on their discharge). There are clear weekly processes in place to mitigate risks.

Freedom to Speak UP

Whistleblowing cases are defined as cases where the member of staff has raised a concern under the Trust Whistleblowing policy or have referred to the complaint as 'blowing the whistle'.

In the period January to November 2015, the trust has received 11 whistleblowing concerns raised by staff of Berkshire Healthcare NHS Foundation Trust. All but one was raised anonymously. All were received in writing. The number of cases in 2015 appears to be higher than the previous years, which is expected following the introduction in December 2013 of the new approach and policy on raising concerns, where staff were encouraged to do so and the mechanisms for voicing issues was clarified and widely communicated.

Of the 11 concerns raised, seven have been investigated and closed. The remaining 4 are still open, and are being investigated. The time taken to investigate and close a case varies considerably. This is to be expected bearing in mind that most are raised anonymously and this generally entails a wider group of people being interviewed.

Following recommendations from our internal auditors, the Trust has introduced a more systematic detailed method for logging information centrally about whistleblowing concerns. The challenge continues to be ensuring that information about all cases is communicated centrally whilst keeping management of the issues at the appropriate level

2.1.3 Clinical Effectiveness

During 2015/16, the Trust prioritised the implementation of NICE Guidance to ensure that the services it provides were in line with best practice.

NICE Guidance

NICE guidelines, technology appraisals and quality standards provide valuable evidenced-based information on clinically effective and cost-effective services. The Trust has continued to demonstrate 100% compliance with technology appraisals and the performance target of 80% of all relevant guidance being implemented is now also being met.

At the end of Quarter 3 2015/16, progress against these targets was as follows:

Figure 12 NICE compliance December 2015

Trust Performance Target	Target (%)	Score (%)
1. Compliance with NICE Technology Appraisals	100	100
2. Compliance with all NICE Guidance	80	83

Source: Trust NICE Guidance Compliance Update Reports

Other clinical effectiveness activity, including that relating to service improvements, clinical audit and research, is reported later in this report

2.1.4 Health Promotion

The Trust has committed to deliver on its priorities to become smoke free, to increase awareness of diabetes amongst patient and staff and to improve monitoring of physical health risk factors amongst patients with mental health problems. An update on each of these priority areas is detailed below.

Smoke Free

On 1st March 2015 our first major milestone was achieved and the staff smoke free policy came into effect, many staff have used this as an opportunity to reduce their tobacco intake or quit smoking and we are hoping to publish some of their positive stories onto the smoke free teamnet intranet pages.

To support the staff smoke free policy we have updated the job description template, there is now reference to this in all adverts and the interview checklist now includes a reminder to advise applicants of the smoke free policy. A new paragraph will be included in terms and conditions.

Any staff with queries about going smoke free can contact a dedicated Trust e-mail address for advice. Business cards have been printed for staff and managers to give to colleagues as a reminder of the key elements of the policy and where to get support if required.

On 1st July 2015 we achieved our second milestone and all staff should now be asking our community patients to abstain from smoking whilst we provide

their treatment/ care and will also be ensuring that our grounds are smoke free. To achieve smoke free in our grounds we are asking staff to advise their patients, and anyone that they see smoking that we do not allow this on our sites. We have leaflets / business cards to support any conversations that staff will have with patients, carers and visitors. To support the campaign new signage has been put up on the main Trust sites and posters designed. The policy is available on the intranet.

Smoke Free Life Berkshire have been working very hard to support our campaign and have ever

increasing visibility with new clinics for staff, patients and the public being held at various Trust locations.

On 1st October 2015 we reached our final milestone and became smoke free on our mental health wards at Prospect Park Hospital. Patients are being supported with this by being offered Nicotine replacement therapy whilst on the wards and access to Smoke Free Life Berkshire if they would like to be supported in making a serious quit attempt during their stay. Outcomes from this project will be reported in the Q4 report.

Diabetes Awareness

Several initiatives have been undertaken during the year to raise awareness of diabetes amongst patients and staff.

For patients, awareness Initiatives in East Berkshire includes:

- Diabetes Education & Awareness for Life (DEAL) structured group education for people newly diagnosed with Diabetes. These run regularly across East Berkshire and are facilitated by Diabetes Specialist Nurses and Dietitians.
- DEAL PLUS. These group sessions run once/twice a month and are for people who have had diabetes for greater than 1 year
- CHOICE. Group diabetes education for people with type 1 diabetes (run quarterly)

- Weekly Gestational Diabetes Education Group sessions

In West Berkshire Xpert Diabetes Group Education Sessions are run for type 2 diabetes.

The Diabetes Project Group have also been running initiatives for Trust staff during the year, including:

- Production of awareness posters
- Information on the Trust intranet and payslip leaflets helping staff to 'know your risk' of diabetes and signposting them to other resources.
- Diabetes education sessions for healthcare and social care professionals to help raise their awareness of diabetes.

Monitoring of physical Health Risk Factors amongst patients with mental health problems

There has been an increased focus on ensuring that patients with mental health problems also have their physical health risk factors monitored. This focus has been enhanced through delivery of a related CQUIN.

In Trust mental health inpatient settings, training has been disseminated on the importance of monitoring physical health symptoms. The CQUIN slide show has been circulated, with training also being delivered by request. This has been sent out for teams to utilise in their staff meetings.

Training focuses on where assessment and interventions should be recorded and for each of the following:

- Smoking status;
- Lifestyle (including exercise, diet alcohol and drugs);
- Body Mass Index;
- Blood pressure;
- Glucose regulation (HbA1c or fasting glucose or random glucose as appropriate);
- Blood lipids.

Importance has also been placed on recording where the assessment has been refused and that it is important to continue attempting to collect the information. CQUIN results are published In Q4.

2.1.5. Service Improvements

In addition to improvements resulting from the priorities detailed above, services have undertaken additional initiatives to improve the quality, safety and experience of care provided to patients. Details of some of these improvements are detailed below.

1. Community Health Services for Adults

The End of Life Care Team have undertaken a full service review against the new recommendations relating to caring for dying adults detailed within 'One Chance to Get it Right'. As a result, the trust Individualised End of Life Care Plan was launched across community services, with monthly audit in place to review its usage and implementation. Policies related to this area have also been revised, and End of Life Awareness Training has been delivered.

The Diabetes Centre/ Teams have been involved in several initiatives to improve the quality of the service provided. Some of these are included within the Health Promotion section of this report above, with additional initiatives undertaken as follows:

- The West Berkshire Diabetes Team implemented the 'Optimisation of Insulin' programme. This is a bespoke package of education and one-to-one advice for patients with high HbA1c results putting them at further risk of complications
- Trust Inpatient Diabetes Specialist Nurses in East Berkshire have:
 - Introduced Hypoglycaemia boxes for use in the acute trust (Frimley Healthcare NHS Foundation Trust)
 - Supported the preceptorship programme for newly qualified staff nurses at Frimley Healthcare NHS Foundation Trust.
- The time and location of the Gestational Diabetes Mellitus (GDM) education sessions have been changed in line with patient and staff feedback.
- The development of the hypo-ambulance project will mean that patients will automatically be referred to Diabetes Specialist Nurses following paramedic callout/ A&E admission for hypoglycaemia.
- The Update on Glucometer Project has informed staff and patients of what glucometers to use based on patient and staff feedback, the clinical evidence base and cost.
- In addition, services continue to be updated in line with the latest NICE Guidance in this area.

The Podiatry Service has introduced wound care sandals to the community teams so that patients have quick access to them. These sandals aim to improve off-loading of forefoot wounds and reduce wound healing times. The team have also fully implemented a wound care template across the service to support clinicians with monitoring wounds, thus leading to better wound outcomes for patients. In addition, new guidance has been devised for clinicians regarding the admission process/ home visits for patients with acute foot conditions. This will support emergency admission and access to appropriate care for the condition.

The Berkshire Community Dental Service has held regular locality meetings throughout the year which include service improvement. One resulting improvement has been the introduction of designated members of staff with responsibility for specific areas such as cross-infection control, radiology, referral waiting lists and audits. The Service have also been able to reduce the costs of using agency dental staff at weekends by implementing a rota for permanent staff to work at Dental Access Centres on Sundays and bank holidays. Finally two articles have been published which have raised the profile of the team in a positive way.

The East Berkshire Mobility Service has been working hard throughout the year to maintain a successful service and have held group meetings addressing service improvements. The team also monitor the delivery of the wheelchair service by a provider organisation. This is achieved by receiving regular updates, monitoring delivery times and submitting incident reports if patients' appointments have to be cancelled due to non-delivery of wheelchairs.

The East Berkshire Musculoskeletal (MSK) Physio Service have launched an additional service offering appointment times on Saturday mornings and also extending clinic hours to 7pm at some sites. Patients are also now able to book their appointment online and chose the time and site of their appointment. Rehabilitation classes are now more varied and allow for better access to and types of rehabilitation. An antenatal class is also being planned to allow the service to respond more quickly to that patient group.

The West Berkshire Integrated Pain and Spinal Service was launched in September 2015 and consists of specialist physiotherapists and physiotherapists in the community receiving regular support from the Royal Berkshire Hospital pain and spinal consultants. Patients with acute spinal pain or long standing pain which has been fully investigated can be referred by their GP to the service. Following assessment, there are a range of options available for the patient including; MRI and direct listing for injections, psychology treatment, physiotherapy treatment, pain management classes and education sessions. Initial feedback from patients has been very positive with patients attending the pain programme showing an improvement in their outcome scores, and feeling more confident in dealing with their pain.

In addition, the service has won the British Society of Rheumatology's 2016 Emerging Best Practice Award for its work in helping people with musculoskeletal and chronic pain problems. The British Society of Rheumatology highlighted the project's success as a result of the collaborative approach taken through engaging with a wide range of stakeholders in its development, as well as its co-ordinated MSK, rheumatology and pain service on a large scale.

The Bracknell Leg Ulcer Service was commissioned as a pilot in September 2014 as it was identified that there was a lack of equity in service provision across the CCG. The aim was that the district nursing service and primary care would work together to improve quality of life for people with or at risk of recurrence of venous leg ulcers through the delivery of clinically effective care and advice. The service worked with practices that chose to provide their own leg ulcer management within the service specification in order to secure the best possible outcomes for patients and their carers.

After a challenging start during which time many lessons were learned, the pilot became a commissioned service in April 2015. Four GP surgeries have opted to manage their own leg ulcer services and these are supported by the clinical lead who offers advice regarding assessments and treatment plans as well as ensuring that required competencies are assessed and met.

The remaining surgeries refer their patients with straightforward non-healing leg wounds to the tier 2 leg ulcer service.

The Trust runs five leg clinics per week in the CCG area across 2 sites (Great Hollands Health Centre and Skimped Hill Health Centre). A timely and

individualised wound management and healing service is delivered with a maximum wait of 10 working days for initial assessment and commencement of treatment. The target of 50% of patients being seen within 5 working days is currently being met. All patients are contacted within 3 working days of receipt of referral; GPs are also sent acknowledgement of referrals within that time framework. Onward referrals are made if required to the specialist leg ulcer clinic or to secondary care. Since the start of the pilot only one patient has been admitted to hospital as a direct result of his leg ulcer.

Patients undergoing treatment for their leg ulcers report the improvement of symptoms such as pain, exudate and odour. This is achieved through the provision of "best practice" treatment in accordance with clinical evidence and guidance which is delivered by appropriately trained and experienced clinicians who are able to demonstrate high rates of wound healing through skilled care and advice. Care is always patient-centred from initial assessment through to discharge to promote long term care and reduce the risk of recurrence.

The service aim is that a minimum 70% of venous ulcers should be healed within a 12 week period across the service. In November 2015 the average healing time was 9 weeks across both local Trust and practice nurse led clinics.

To ensure requirements are met monthly reports also monitor the total number of referrals, patient satisfaction on discharge, the rates of recurrence, infection rates and PROMs (Quality of life)

Reading Community Health Services. A key feature of work for these services has been the development of integrated working across a range of services and organisations to improve the patient experience:

- Care Coordinators amalgamated with the Community Matron Service in June 2015 with the aim of combining their respective resources and experience to develop and deliver an improved MDT format to South Reading CCG surgeries. MDT meetings are held weekly, new assessments are presented and current patients reviewed. Core members of the group are Community Matrons, Case Co-ordinators, Social Workers and Age Concern (Wellbeing Project), representing the voluntary sector. The data produced from the first three months of MDT activity demonstrates the significant positive impact this type of intervention has generated. Next steps will be to develop the

MDT group to include the patient, family, significant other and carers in the process and expand partnership working with a wider range of voluntary groups.

- The Care Homes Support Team has delivered a number of training sessions to care homes across the West of Berkshire to improve the quality of life for people. The team was expanded to respond to needs identified with the care homes resulting in an Occupational Therapist, Physiotherapist and Speech and Language Therapist being recruited to the team in June 2015. The therapists have been addressing ways to enhance the current support provided by focussing on key areas to improve patient experience. These include; falls audit to reduce falls within care homes, seating and positioning for comfort, contracture prevention and promoting appropriate posture for eating drinking and swallowing and advising staff on correct diet and fluids to reduce the risk of aspiration.

The West Berkshire Locality Intermediate Care Team, together with the West Berkshire Local Authority Maximising Independence Team have embarked on a journey to help facilitate a simpler, more efficient and safer discharge process for patients requiring any type of personal care at home. The guiding principles of this pathway were that; there should be only one referral to a joint pathway with no need to decide between health and social care, the pathway should allow the team to work with patients at home to achieve their full potential, the team can accept care plans from the assessor in hospital, joint commissioning of care is in place and social workers in hospital can be used for fine-tuning if needed.

The team have now started using this new process and have a joint health and social care administration team to process all referrals from any hospital. The team continue to work in joining up other areas of staffing to enable joint working across organisations.

Highclere and Donnington Inpatient Units at West Berkshire Community Hospital have been working towards the development of a single inpatient unit. Historically, Donnington Ward provided care for patients requiring rehabilitation with Highclere ward providing sub-acute medical care and end of life care. This resulted in the skill sets of both sets of nursing teams being very different. Each ward housed a vast amount of experience and knowledge but this was not disseminated throughout the unit which in turn was

not conducive to effective bed management when placing patients. In January 2015 all staff commenced a rotation programme giving them experience of working in areas of nursing that were new to them. This has resulted in a workforce with extended skills and has provided a more flexible option for patients being admitted to the unit. Feedback from staff has also been positive. In addition, following patient feedback indicating that patients did not always understand what different medications were specifically for, the wards have implemented the MAPPS system allowing them to share medication-related information with the patient. This has resulted in very positive feedback from patients.

2. Primary Care, Minor Injuries Unit and Walk-in Centre

The Slough Walk In Health Centre has consistently achieved over 85% in the Quality and Outcomes Framework (QOF). Action plans are also in place with Trust community services to support patients with mental health problems, those that misuse alcohol and drugs, those with long term conditions and also children.

Priory Avenue GP Surgery. The Trust entered into a contract with NHS England to manage this primary care service out of Special Measures. With the right leadership and support to showcase the skills within the practice, the journey has taken Priory Avenue out of Special Measures and from 'Requires Improvement' to a 'Good' CQC rating within 9 months of the Trust being awarded the interim contract. The improvements to patient care and the processes adapted to enhance the delivery of primary care have been noticeable and highly commended by the Patient Participation Group.

The Minor Injuries Unit (MIU) based at the West Berkshire Community Hospital has worked with the Royal Berkshire Hospital (RBH) to establish a Virtual Fracture Clinic to offer patients a safe and effective process in the assessment of fractures. Using secure technology, patient notes can be sent securely to the RBH trauma team. Every week day morning a consultant orthopaedic surgeon and two specialist orthopaedic nurses at the RBH review all the notes and X-rays received since the previous clinic and telephone the patient to give them advice on their injury, arrange follow with the most appropriate clinic

or arrange admission of surgery. This stops the need for patients to travel to a clinic only to find they need to return to see a particular specialist or have surgery. It also reduces the number of missed appointments and provides a safety net for any patients who may, under the old system, have waited several days to see a specialist only to find they needed urgent intervention or a change in treatment.

The MIU has also introduced a Telemedicine Referral Image Portal System (TRIPS), allowing for a secure way to make referrals with photographic evidence to the Burns Unit at Stoke Mandeville Hospital. Once the referrals and photographs are received and reviewed, the team at Stoke Mandeville will phone back the MIU practitioner with advice on whether the patient needs to be seen by them at once at Stoke Mandeville, in clinic, or to suggest a dressing that the patient can have that would prevent them needing to travel to Stoke Mandeville.

3. Community Health Services for Children, Young People and Families

The Children and Young People's Integrated Therapy Service (CYPIT) have continued to design, implement and evaluate the Speech and Language Therapy model of service throughout Berkshire.

Pre-school children and their families are now able to access drop in clinic sessions locally if they have concerns or queries regarding their child's speech and language development, without the need for a referral or pre-arranged appointment. These children and families no longer have to wait to access this service as they had to in the past.

The service also provide a school offer across mainstream schools in Berkshire, where the needs of the children in each school are jointly discussed with education staff and the therapist and a joint action plan is created to meet the ongoing needs of the school population as a whole.

In line with the success of these service developments, CYPIT are now focusing on aligning occupational therapy and physiotherapy services across Berkshire. The service has also created and implemented an integrated report and therapy plan template on RIO and is developing a clinical outcome measure to enable them to demonstrate the impact of CYPIT intervention moving forward.

The School Immunisation Team was established following the changes to and separation of

commissioning of immunisations and school nursing. In addition, the Trust won the tender to deliver the seasonal childhood flu programme to children in years 1 and 2 in all primary care schools across Berkshire. As a result, teams were established in East and West Berkshire, with both reporting into an Immunisation Service Lead

The team have recruited a number of new staff, and have given them the supervision and the mandated NHS England approved training to deliver immunisations. Alongside the pre-existing immunisation schedule, the team have delivered flu vaccinations across almost 300 schools in Berkshire over a period of 40 school days. This was a mammoth task undertaken by committed staff, resulting in the team surpassing the uptake target they were set.

Health Visiting and School Nursing Teams have continued to implement service improvements throughout the year.

In Slough, improved health assessments have been introduced for both Health Visiting and School Nursing teams. Improvements have been made to include the voice of the child as well as strengthening the family and environmental factors, helping the practitioner work with the family. Preceptorship has also been implemented for newly qualified Health Visitors and School Nurses to help develop the knowledge and skills acquired during the formal training process.

Health visiting teams in Slough have also been trained to use the Solihull Approach in their work with children and families. This approach supports parents in understanding their child and promotes emotional health and wellbeing in children and families. In addition a new health visitor bloodspot screening service has been embedded for babies under the age of 1 year who have moved into the area and have no written record of screening for the nine conditions.

Reading Health Visiting service have developed an intranet message book that enables administrative staff to add messages which other staff can then access remotely. The method offers a clear audit trail and means that if staff are absent from work their messages can still be actioned by other members of the team. This has reduced the need for staff to return to base and has quickened the process for responding to messages. The message book has been adopted and rolled out across Berkshire in all children's services. In addition, the Reading Admin Support Team (RAST) has been developed. As a result,

the clinic clerks working across Reading have been bought together on the Whitley site to enhance the reception and improve the basic admin support to the Health Visiting teams. This team required up- skilling to be able to offer the Health Visiting teams consistent practical support to ensure that the service was able to meet their needs. A training package consisting of basic IT and customer care skills was also developed, has been further enhanced in Wokingham and is now a Learning and Development package for admin staff. This service is fundamental to the smooth running of the Health Visiting service in Reading and gives the Health Visitors more clinical time.

Health Visiting teams in West Berkshire have changed the way that parents can book their infant/child into developmental clinics. This change was introduced due to the wide geographical area covered by West Berkshire and lower than expected uptake on developmental checks. The system for parents has now been centralised with one number to call. Depending on personal circumstances, parents and children now have a greater choice of when and where to attend appointments.

The Berkshire School Nursing Service have launched a Facebook page providing current health and wellbeing information for young people and sharing information on local services and public health events.

School nursing teams in Slough have implemented a School Nursing Service Manual that covers the Healthy Child Programme 5-19 years and locally commissioned services. It also includes up-to-date information on the management of medical conditions in schools

4. Services for People with Learning Disabilities

Services for people with learning disabilities continue to be focused on ensuring the best care is provided in the right place.

As a result, during this year we have been rolling out our easy read care plan and outcome measure to help ensure that we are focussing on the right things for people and that our service is making a difference. This has been particularly challenging in our inpatient services as we need to be able to support people with a wide range of needs and circumstances, but the

team have been developing their skills and confidence in using the new documentation and this is helping us to improve how we involve people using our services and their families more in their care.

Meanwhile, our staff working in the community have broadened their opportunities to connect with people by working together with existing community groups and activities and providing specific training sessions and clinics to promote healthy choices. An example of this is the “Fit for Life” event in Wokingham where 61 people with learning disabilities attended a joint event hosted by Wokingham Partnership Board and supported by our Learning Disability Dieticians to learn about how small changes can make a positive difference.

5. Mental Health Services for Adults

Slough Community Mental Health Team (CMHT) and Slough Borough Council have worked together to provide a new service called Hope College.

Hope College is a new way of delivering educational courses and activities to people with mental health difficulties, using the Recovery College model approach. The model is primarily a group of values which aims to move away from medicalising mental illness into symptoms and problems and helps the client focus on their strengths and goals. It is very much led by the client rather than traditionally a clinical team leading the care.

Hope is a very important element to embed within the recovery model which emphasises the importance of motivation and managing expectations of the client and their families. Self-management and personal discovery is encouraged and techniques to empower the client to learn how to manage their own wellbeing are very important (Shepherd et al, 2008). Students’ friends and family are also welcome to participate in the courses and activities available through the college.

The purpose of the college is to provide hope, opportunity and control for every student as they embark on their recovery journey. We are now in the second term of the college and we ensured that we thoroughly evaluated the first term to continue to improve.

“I much prefer the College and the courses which are on offer. Before I would go to the drop in (day centre) once a week but wasn’t really going anywhere. Now I

feel that I am achieving and learning something which is great". (Service User)

A volunteer peer support programme is also in place. This programme offers a unique service for past service users to use their own experiences of mental health problems to support others. If clients feel able to manage their mental health and feel ready for the challenge, they can apply to attend a ten-week volunteer induction course. Each week covers a topic to prepare for the role as a peer mentor. Topics include communication skills, boundaries and safeguarding. Once they have completed the course, they are invited to become a peer mentor. This role includes:

- Providing support and encouragement to others attending Hope College
- Helping to develop ideas for new services – co development
- Facilitating or co-facilitating groups and courses.

As a one-to-one volunteer peer mentor, clients will feel ready to use their experiences to support other service users, attend meetings once a week to offer emotional and practical support, share experiences, and support the clients to meet their objectives and personal goals.

A monthly 'open space' mental health forum is also offered. This forum is co-facilitated by peer mentors and the ethos of the forum is that everyone is equal and everyone is heard and listened to. The forum uses different ways to engage the client group which often includes breaking off into smaller groups to answer questions and generate ideas.

Hope College is being thoroughly evaluated and each and every course or workshop run is evaluated using several different methods including; Warwick Edinburgh Mental Wellbeing Scale (WEMWS), anonymous questionnaire style feedback forms and verbal feedback as a group using flipcharts. We feel that by having various mediums of feedback this caters to all the needs and level of functioning within the client group.

Reading Community Mental Health Team (CMHT) have reviewed their model of care during the past year to ensure timely allocation with a focus on early intervention and treatment for people newly referred into the service. A multidisciplinary focus on new referrals has enabled quicker access to the right type of treatment using most relevant interventions by the

best placed practitioner to provide this treatment. The team have integrated their resettlement and reablement team with the main CMHT to support enhancing recovery focused work for people with longer term mental health problems and are working with the local authority and health colleagues across the whole of West Berkshire to develop a Recovery College. This exciting development is being led by IMROC (Implementing Recovery through Organisational Change), a nationally recognised group who have supported a number of organisations in the UK to co-produce more recovery focused services with people who have experienced mental health difficulties. We are looking forward to developing this further in the coming year.

The team have been particularly successful in delivering a co-produced carer support programme. This has been designed and delivered by staff and carers who have experience of supporting people with mental health problems and has been of real benefit to the loved ones of people receiving mental health services within the CMHT. We intend to continue this programme in the coming year.

Another success has been the introduction of the Individual Employment and Support Employment Service (IPS). This national model aims to support people with a mental health diagnosis into paid work and already this dedicated service is proving to be successful in the Reading locality with 60 people being referred into the service in the first six months of it starting, way above target figures set at the start of the project.

Trust Older Peoples Mental Health Services. The Trust was awarded a grant by Health Education Thames Valley and Health Education England to develop and deliver Tier 1 Dementia Awareness Training for all staff. From a starting point of 5%, greater than 50% of all staff have now completed one of the Tier 1 training options.

Health Education Thames Valley and Reading University are also developing an App of an abridged version of the Trust's Dementia Handbook for Carers suitable for use on mobile phones and tablets. The handbook is also available freely on the Trust website. In addition, Dr Jacqui Hussey, Consultant- Old Age Psychiatry, has won the TVWLA Inspirational Leader of the Year and has been progressed through to the national final (National result due in March 2016)

Memory Clinics in the trust have been working towards accreditation/ reaccréditation with the Memory Services National Accreditation Programme (MSNAP).

- Reading Memory Clinic was awarded an 'Excellent' accreditation rating by MSNAP this year and has also received an Outstanding Achievement Award.
- Wokingham Memory Clinic was accredited two years ago and retained its excellent rating for assessment and diagnosis and psychosocial interventions. They are preparing for their next peer review.
- Bracknell Memory Clinic was also accredited two years ago and retained its excellent rating for diagnosis and assessment. They are also preparing for their next peer review.
- Windsor and Maidenhead Memory Clinic and Newbury Memory Clinic are both due an accreditation visit in the next financial year, and preparations are well underway for this.
- Slough Memory Clinic will have their accreditation visit on 7th April 2016. In addition, following service user requests, a culturally adapted version of Cognitive Stimulation Therapy (CST) was delivered in Punjabi at Slough Memory Clinic between May and August 2014. To our knowledge, this was the first time CST had been delivered in a non-English language within a UK memory clinic. In a live, symbiotic manner, Punjabi group members led the adaptation process of the CST programme to suit their cultural requirements. Following on from Punjabi CST, we have run a set of Dementia Information Groups, culturally and linguistically tailored to our Punjabi community, in order to raise awareness about the illness.

Windsor Ascot and Maidenhead Older Peoples Mental Health Team and Windsor and Maidenhead CCG (WAM CCG) have undertaken a highly successful improvement project with the aim of improving care for people living with dementia and their carers. The aim of this project was to:

- Re-design services for patients with dementia and their carers in line with NICE guidance and other best practice
- Develop a dementia strategy for agreement between the Trust, WAM CCG, The Royal Borough of Windsor and Maidenhead and all other stakeholders including patient consultation
- Improve recognition of dementia in all settings, and ensure appropriate services and support once dementia is recognised

- Improve dementia care in care homes, increasing knowledge by staff of psychological based approaches, reducing use of antipsychotics, decreasing hospital admissions and using NICE Quality Standards to guide the aims of care.

Windsor Ascot and Maidenhead did have traditional services of three day hospitals and little community development which resulted in little access to services for people with dementia and a disincentive for primary care services to identify dementia.

As a result of the project the following improvements have been achieved:

1. The new services have identified more people with dementia earlier. This has resulted in improved rates of diagnosis of dementia, going from third worst national rates to better than average rates in two years. The work led to the service becoming a finalist for a Health Service Journal award in 2014.
2. Services for people with dementia across all care sectors have been re-designed with the emphasis of care shifted to community settings.
3. More support has been offered to patients with dementia and their carers. An innovation grant was awarded by Windsor and Maidenhead CCG for the establishment of Cognitive Behavioural Therapy for carers groups. A further grant has been awarded to continue this work.
4. A fund was awarded to improve dementia services in 17 care homes. This has resulted in new state of art facilities and many homes have seen such positive results for residents, families and staff, that additional investments are now being made
5. A separate programme was initiated with the aim of reducing the use of anti-psychotics in care homes by reviewing all individuals on such medication. This was linked to a pilot in three care homes of staff training in the use of psychological based approaches. The pilot led to reductions in the use of anti-psychotics, increase in staff knowledge and reduced admissions to hospital. This was presented at the National Faculty for the Psychology of Older People and Royal College of General Practitioners conferences in 2014, and is being rolled out to all 48 care homes in the area this year as part of a "Harm Free" programme.

The success of the project has resulted in it being listed on the National Institute of Health and Care Excellence (NICE) website as an example of shared learning.

<http://www.nice.org.uk/sharedlearning/living-with-dementia-%E2%80%93-improving-care-home-care>

As a result, Dr Chris Allen, Joint WAM CCG Lead Dementia/Consultant Clinical Psychologist BHFT was asked to present the project to the NICE Conference and Patient Safety Conference in 2015. The work has also been shortlisted for a National Patient safety Award in 2015.

The team is also implementing a project to help community nursing staff in Windsor and Maidenhead manage patients with physical and psychological problems. This will involve three elements:

- An Increasing Access to Psychological Therapies (IAPT) Older People Specialist and Assistant Psychologists working one day a week for three months with more complex clients, using a Cognitive Behavioural Therapy transdiagnostic manual developed by Professor Jan Mohlmann specifically for older people.
- A training workshop with community nurses about identifying psychological problems, assessment and approaches that can be used.
- A referral pathway to IAPT and Trust Psychology services for patients for whom our community nurses require input.

Bracknell Community Mental Health Team for Older Adults (CMHTOA) have reconfigured and integrated the CMHTOA and the Home Treatment Teams (HTT) following a formal consultation process. This integration has enabled the delivery of a model by one team resulting in significant benefits in the patient experience and continuity of care, as their care and treatment is delivered by one team over a seven day period.

Following implementation in March 2015, monthly meetings were arranged to discuss any issues arising with most of the feedback being positive. This has included; more staff to share the weekends, dedicated Community Psychiatric Nurse (CPN)/ Duty/ HTT, increased use of diary, morning handover meetings, easier allocation to CPN from HTT caseload, team working/support, continuity of care and positive patient feedback. Overall, the team has done very well with adopting the new way of working and have been very supportive of each other.

West Berkshire Older Peoples Mental Health Team, based at Beechcroft have embedded pilot projects from 2014 into their best practice service model. These include the addition of a sixth session to their Understanding Dementia Course for Carers that concentrates on the wellbeing of the carer

themselves, and four dates per year when carers can attend a discussion session on end of life care planning. In addition, the team's weekly memory clinic accreditation meetings throughout the year have generated multiple service improvements including aligning clinic schedules and admin team roles, sound proofing of consulting rooms and streamlining the role of the memory clinic nurse to support timely reviews and more efficient recording of information. Current pilot programmes include offering the carer an opportunity to be heard prior to the client appointment and initiating a two-week post-diagnostic follow-up carer support phone call when required. Ideas from 2015 will be further developed in 2016.

Younger People with Dementia. In the west of the county, commissioners have approved a joint business case presented by the Trust and Younger People with Dementia Charity (YPWD) to fund a model of care for these patients and their carers. The funding has allowed for the Trust to recruit an Admiral Nurse for this group of patients. Admiral nurses are specialist dementia nurses who give expert practical, clinical and emotional support to families living with dementia to help them cope. Funding was also made available through this business case for the YPWD charity to deliver age-appropriate workshops for younger people with dementia and their carers in the west of the county. In support of this, an engaging workshop was delivered to the 'Get Physical' half day interactive event, in which Dr Jacqui Hussey described her experiences starting new enterprises like psycho-education groups for patients and carers.

A pilot rollout for this project in East Berkshire is also underway with the aim of demonstrating the need for such a service in this area of the county and funding has been approved by the East Berkshire CCGs to continue this beyond the pilot stage.

The project has achieved national recognition as a model of best practice and the Royal College of Psychiatrists have recently awarded the service the award for 'Team of the Year: Older Age adults'.

Older Adult Mental Health wards, following successful and internationally recognised implementation of the Safe wards programme, have commenced data collection in pursuance of accreditation from the Royal College of Psychiatrists. In reducing falls, Assistive technology has been introduced into the older adult wards including alarms and high/low beds and looking to implement the Fall

safe programme as part of the falls prevention best care group (Oxford Academic Health Science Network).

In-patient Mental health services have developed and are running a bespoke focused in-patient preceptorship programme for newly qualified nurses. The programme was developed and is facilitated by the Nurse consultant. The programme runs over a period of a year and it helps to support nurses in their first year of qualifying as mental health nurses. The programme also tackles dilemmas and ethical issues for nurses whilst educating them about quality and wider trust strategies. It focuses on developing nurses' skills and focuses on building the resilience needed for in-patient wards. The programme also educates and develops important modern nursing skills such as service improvement skills and introduction to models of improvement (patient safety collaborative work). As part of the programme the preceptees are supported and encouraged to deliver a service improvement project which they present to senior leaders in May 2016. The programme also aims to retain staff on in-patient wards and mostly attracts newly qualified nurses to come and work in Prospect Park Hospital. It tackles the difficult aspects of in-patient nursing and the emotional impact and burn out working on busy in-patient wards potentially can have on nurses. Reflective practice and the use of action learning sets are at the centre of the programme to develop skills, resilience and emotional intelligence. The programme also focuses on leadership and empowerment skills that each nurse needs in today's ever changing NHS.

Safe Wards is a project driven by 16 years of research creating a dynamic model of what drives conflict and containment on acute mental health wards. Researchers investigated the ways staff can act so as to produce an environment which will reduce the frequency of these events, and make wards safer place (Bowers et al 2013).

All in-patient wards in Prospect Park Hospital have successfully implemented the Safe Wards initiative. In addition to this Prospect Park Hospital have been recognized for the progress they have made with Safe wards by the Department of Health, and safe wards official website. Both older adults' wards, Rowan and Orchid, continue to excel with embedding interventions. They are both presenting their work to many conferences across the country and continue to have both national and International visitors. On the official safe wards website both older adult wards

continue to be presented as excellent wards to visits for safe wards implementation. A lot of positive feedback is gathered by both service users and carers.

The Occupational Therapy Team, Mental Health Inpatients have expanded their service to span 7 days a week. One Occupational Therapist and an Occupational Therapy Assistant provide a variety of meaningful, therapeutic group activities across all 7 mental health wards at Prospect Park Hospital. Therapeutic activities are planned and facilitated following suggestion and feedback from patients in morning meetings and community meetings and individual therapy sessions. Activities that are provided for patients either take place in the ward environment, therapy centre, or hospital gym. Group sessions have included; reminiscence therapy, cooking, creative activities, physical activities such as yoga and gym sessions.

This service improvement has received overwhelming positive feedback from patients and therefore has contributed to improving the overall patient experience during inpatient admissions at Prospect Park Hospital. It has also impacted out-of-hours safety as there has been a reduction in incidents occurring on weekends. Although there are many contributing factors to the occurrence of incidents, this data provides further evidence that engagement in meaningful activity, and routine and structure plays a positive role in preventing and reducing them.

Sport in Mind/Sport England- Get Health Get Active Project. The Trust is working collaboratively with local charity Sport in Mind who have received funding from Sport England for their 'Get Healthy Get Active' Project in 2015. The project, currently in its infancy, aims to set up and facilitate up to 33 weekly sporting sessions; 5 sessions per Berkshire locality, and 3 for mental health inpatient services. The project spans over 3 years and aims to improve the well-being of participants; psychologically, physically and socially. The programme will be delivered in a safe and supported environment where participants' mental health conditions will not pose a barrier to participation. Sporting sessions will include; yoga, badminton, football, walking and tai chi. The service evaluation aims to measure whether physical activity participation has a positive impact on participants' overall activity levels and mental wellbeing.

Drama Sessions, Pilot on Orchid Ward at Prospect Park Hospital. In January 2016, Occupational Therapy staff at Prospect Park Hospital started a pilot of drama

sessions with local theatre, Reading Repertory. 10 weeks of drama sessions are being delivered to the patients on Orchid Ward by Reading Repertory staff, collaboratively with the Occupational Therapist and Occupational Therapy Assistant on the ward. If successful, we are looking to increase the amount of drama sessions offered to inpatients at Prospect Park Hospital. There is increasing literature available which supports the positive role the arts, including music, dance, theatre, visual arts and writing plays, has in supporting health and wellbeing, and because of this the inpatient therapy team at Prospect Park Hospital are looking to maximise the opportunities to engage in activities such as these in the near future.

The Reader Organisation, Tea and Tales, Prospect Park Hospital. For the past three years we have been working with The Reader Organisation to deliver reading aloud sessions for patients at Prospect Park Hospital. The Reader Organisation's mission is to 'create environments where personal responses to books are freely shared in reading communities in every area of life'. Our patients commonly state that due to their mental health, they have been too unwell to be able to open a book, yet finish reading one, which is one of the reasons why these sessions are viewed as of high importance within the multidisciplinary interventions offered to patients during their treatment and recovery at Prospect Park. Over the last year the 'Tea and Tales' reading sessions have been delivered for the patients on the four acute wards, and Rowan Ward at Prospect Park Hospital. These shared aloud reading groups provide a place for participants to find their own thought as stories and poems are read aloud in a friendly, relaxed and informal environment. Participants can listen, or take turn to read and there is no pressure either way. Everybody is welcome, readers and non-readers alike, it certainly is not an English lesson! People are encouraged to come along and relax and enjoy the words. Excitingly, we have been able to train some staff at Prospect Park Hospital to 'read to lead' and deliver reading aloud sessions themselves, this means that all seven inpatient mental health wards at Prospect Park Hospital will now have the sessions delivered, including on the intensive care unit. We have received vast amounts of feedback from patients on how the sessions have positively impacted their lives and care they have received, including; 'I have not been able to read alone for several years. Since attending the group I am able to follow text now. Please continue – it is invaluable to our health

and well-being as it offers friendship, which is missing in lives of some of the members'

Another patient stated that when they were in hospital it didn't feel right somehow, but here in the group with all of us she feels she can say anything and she won't be judged.

Reducing Failures to Return project on Bluebell Ward

This quality improvement work on Bluebell ward aims to decrease "failure to return" from agreed leave.

The project work sits within the patient safety collaborative work lead by the Director of Nursing and reduces risks associated with failing to return from agreed leave. As a result of this work, Bluebell Ward have now sustained 90% of patients returning back on time to the ward from a start of 20% before starting the work- an impressive improvement.

The Mental Health Crisis Resolution and Home Team (CRHTT)

have been running weekly Carers Support groups in the evening both in the east and west of Berkshire. They run 4 sessions as follows:

Week 1: Mental Health – Services and sign-posting

Week 2: How you can help in a CRISIS?

Week 3: Promoting Recovery and Independence

Week 4: Promoting Recovery and Independence

The feedback from carers has been excellent. The service is currently running the 4th Cohort which is proving to be very popular with improved outcome for both Carers and Service Users.

Rowan Ward Staff Supervision Pilot Project. The Ward Manager and Deputy Ward Managers on Rowan Ward are undertaking a pilot project to improve the quality and consistency of staff supervision, and to embed peer review of documentation within the supervision process. Work has been started to ensure that the ward supervision structures and key individual tasks are clearly identified within the Deputy Ward Managers Supervision sessions and to ensure that there is a consistent approach to what is required in terms of peer review of documentation, specifically with the registered nurses on Rowan Ward. This work is being supported through governance meetings which run every other week, alongside Orchid Ward senior nurses. The peer review process will focus on the quality of the risk summaries, care planning and progress notes for each registered nurse's key Patients.

This project is still in its infancy, however, the ground work has commenced and this will continue over the coming months

2.2 Priorities for Improvement 2016/17

The Trust has set the following priorities for 2016/17 in the areas of patient safety, clinical effectiveness, patient experience and health promotion:

2.2.1 Patient Safety

Falls

During 2016/17, the trust will aim to reduce the number of falls experienced by patients. The Trust Falls Strategy was written and ratified in the autumn of 2015. This was in response to the recognition that our falls focus and assessments were not standardised across all our wards and that numbers were at times high both in the mental health and community wards with no real understanding as to why that was. Before the strategy there was no action plan to remedy this. As a result, quarterly meetings of a trust wide falls group are now held, keeping falls high on the agenda across mental health and community services as well as defined falls champions on each in-patient ward.

Patients admitted to Trust inpatient wards have complex needs, both physically and mentally, and it is well recognised that there is no one solution that will reduce the amount of falls. Many of the reasons people fall are out of our control (comorbidity) but equally many of the reasons people fall can be learnt about and practice changed. We know from data collected that the peak times that people fall are soon after breakfast, lunch and supper as well as in the middle of the night. Most falls occur in the toilet or bathroom. Fewer falls happen at the weekend (families are around to help).

In order address this priority, the Trust will take the following action:

1. In 2016 we plan to introduce bespoke assistive technology equipment into all our inpatient wards that will alert nursing staff when at risk patients are moving around so enabling staff to assist as required. This will be in the form of bed, chair and movement sensors as well as a new sensor for the WC (being developed for the Trust) maintaining patient dignity but alerting staff.
2. We are also working closely with the Oxford Academic Health Science Network (OAHSN) across the Thames Valley to implement evidenced-based

ways of reducing falls in our services. This may be as simple as:

- Replacing bins with push pedals with open topped bins, thus reducing the need for the patient to stand on one leg to dispose of paper towels
- Leaving the light on/ putting a light sensor in the WC, so that the patient does not become confused with the pull cords or embarrassed they will pull the wrong cord and resulting in them using the WC in the dark.

There is unfortunately not one easy answer to this challenge.

Progress against this priority will be monitored as follows:

1. We will evaluate the use of the assistive technology after 3 months of use, adapting as required.
2. We will monitor and work to maintain the number of falls to under the set required per 1000 bed days metric and also be able to accurately understand why there are peaks in the numbers through close monitoring of patients who are at higher risk.
3. We will continue to link with the OAHSN and review what our neighbours are doing and implement changes as appropriate.

Pressure Ulcer Prevention

The aim of the Pressure Ulcer Prevention priority is to provide the best care to patients through prompt and thorough risk assessment, education of patients and carers, and early intervention to ensure prevention of pressure damage in the first instance.

In pursuance of this aim, the Trust will demonstrate continuing improvement during the year, maintaining the level of performance against current indicators on avoidable developed pressure ulcers and improving the quality of the reporting of tissue damage.

When people in our care develop pressure ulcers this is considered to be a harm. Pressure damage can have an enormous impact on the individual, causing discomfort or pain and delaying rehabilitation or discharge. In some cases this can be severe and have lasting effects. Since the launch of our 'Under Pressure' campaign and strategy in September 2013 there has been a sustained reduction in the development of unavoidable pressure ulcers across the trust and the Trust aims to ensure continued provision of the best and safest care to patients.

Current interventions to ensure sustained best practice include completion of the Waterlow risk assessment and MUST scores on admission and development of an appropriate action plan where a risk is identified.

The Trust currently monitors all developed pressure ulcer incidences of category 2 and above. Category 3s and 4s (and category 2s on inpatient wards) are investigated as serious incidents and deemed either avoidable or unavoidable, to ensure a root cause is identified and lessons are learnt. The Trust currently uses 90 days as a target for celebrating the achievement of being free from any developed pressure damage on the wards. This has proven very successful in embedding the Trust goal of embedding a change of attitude towards pressure ulcers. Nearly all community health service inpatient wards have achieved at least 90 days free from developed pressure ulcers.

Current quality schedule indicators with reductions of 15% and 20% have been challenging following on from the significant improvements already made and mostly these are on target for 2015/16 where they are achievable. However, as part of this priority, the Trust would like to see these targets maintained and this will require continued improvement work.

In order address this priority, the Trust will take the following further actions.

1. The Pressure Ulcer Prevention Champion network will continue to be supported by the tissue viability team with four educational days through the year providing an effective resource, continuing to undertake small improvement projects linking to the safety collaborative and the work of the Oxford Academic Health Science Network.
2. Improvement projects will be undertaken and include the piloting of a 'MOPS' tool to assist with distinguishing between moisture and pressure, and closer monitoring of Category 1 pressure ulcers, which is expected to impact on the development of category 2s.

Progress against this priority will be monitored as follows:

1. The number of pressure ulcers will be monitored against Quality Schedule targets
2. Pressure ulcers will also be monitored through the Classic Safety Thermometer with a focus on

harm-free care. Work is almost complete with the rollout of the eHealth system which is an easier method for clinicians to collect data and the Trust expects that improved validation using this system will be demonstrated through an increase in Harm Free care.

2.2.2 Clinical Effectiveness

NICE Guidance

The aim of the NICE Guidance priority is to maintain the Trust achievement of 100% compliance with technology appraisals and greater than 80% compliance with all NICE Guidance during the year.

NICE guidelines, technology appraisals and quality standards provide valuable evidenced-based information on clinically effective and cost-effective services.

In order address this priority, the Trust will take the following actions.

1. The Trust will continue promoting the implementation of NICE Guidance by ensuring that it is identified, assessed and implemented in a timely manner. All guidance will be prioritised and assurance will be sought through expert opinion and clinical audit.

Progress against this priority will be monitored as follows:

1. The level of compliance with NICE guidance will be reported at the Trust Clinical Effectiveness Committee meetings.

2.2.3 Patient Experience

The Trust patient experience priority will focus on the Friends and Family Test, learning from complaints and participation in the Patient Leadership Programme. Further information on each of these priorities is detailed below.

Friends and Family Tests

We will continue to promote and encourage the Friends and Family Test, integrating this wherever possible into our existing internal patient survey programme. We introduced the Friends and Family Test for Carers in 2015 and will continue to promote

this throughout the year because we recognise the crucial role that carers have and value the feedback that they can provide.

Progress against this priority will be monitored as follows:

1. Monthly monitoring of patient friends and family Test results
2. Monthly monitoring of carer's friends and family test results

Learning from Complaints

Sharing learning from complaints will remain a priority for the Trust.

Progress against this priority will be monitored as follows:

1. Monthly monitoring of the number of complaints and compliments received
2. Monthly monitoring of the number of complaints that have been acknowledged within 3 days
3. Monthly monitoring of the number of complaints that have been resolved within an agreed timescale of the complainant
4. Quarterly patient experience reports to share learning from complaints

Patient Leadership Programme

The Trust will continue to improve on how we involve patients and carers in the development of our services. In pursuance of this, the Trust are going to take part in the Patient Leader Programme collaboratively with the Royal Berkshire Hospital NHS Foundation Trust with the aim of establishing a group of people that have received training and support to work with us to design and change patient services for the better.

Progress against this priority will be monitored as follows:

1. Recruit to the role and to engage patient leaders in developing services

2.2.4 Health Promotion

Suicide Prevention:

The aim of this priority will be to work with staff to prevent suicide through enhancing skills in assessment, interventions, and recording of risk for people who are managed within secondary mental health services.

In order address this priority, the Trust will take the following further actions.

1. A training programme will be developed to complement current generic risk training and will focus specifically on suicide prevention and skills development in this area. The programme will focus specifically on clinical engagement with people who express suicidal feelings and behaviours, management of risk, and documentation of risk assessment.
2. During 2016/17 all staff working in secondary mental health services that have not undertaken additional training will have access to this additional suicide training.
3. A robust audit process will be implemented to monitor risk record keeping

Progress against this priority will be monitored as follows:

1. Uptake of training on suicide prevention by staff
2. Results of the audit of risk record keeping to be reported through the Trust Suicide Steering Group chaired by the Director of Nursing
3. Monthly suicide numbers with associated rolling 12month figures will be reported.

2.2.5. Monitoring of Priorities for Improvement

All priorities detailed above will be monitored on a quarterly basis by the Trust Quality Assurance Committee as part of the Quality Report and the Board of Directors will be informed of performance against agreed targets. We will report on our progress against these priorities in our Quality Account for 2017.

2.3 Statements of Assurance from the Board

During 2015/16 the Trust provided 61 NHS services. The Trust Board has reviewed all the data available to it on the quality of care in all 61 of these NHS services. The income generated by the NHS services reviewed in 2015/16 represents 100% of clinical services and 92% of the total income generated from the provision of NHS services by the Trust.

The data reviewed aims to cover the three dimensions of quality – patient safety, clinical effectiveness and patient experience. Details of a selection of the measures monitored monthly by the Board which are considered to be most important for quality accounting purposes are included in Part 3. These incorporate more than three indicators in each to the key areas of quality.

2.4 Clinical Audit

The Trust uses clinical audit to systematically review the care that it is providing to patients against best practice standards. Based upon the findings of audits, the Trust makes improvements to practice where necessary, to improve patient care. Such audits are undertaken at both national and local level, and a summary of progress during this year is detailed below.

National Clinical Audits and Confidential Enquiries

During 2015/16, 10 national clinical audits and 2 national confidential enquiries covered NHS services that Berkshire Healthcare Trust provided.

During 2015/16 Berkshire Healthcare NHS Foundation Trust participated (or is due to participate) in 90% (n=9/10) national clinical audits and 100% (n=2) national confidential enquiries of the national clinical audits and national confidential enquiries which it was eligible to participate in.

The national clinical audits and national confidential enquiries that Berkshire Healthcare NHS Foundation Trust was eligible to participate in during 2015/16 are as follows:

1. National Clinical Audit and Patient Outcomes Programme (NCAPOP) - Long Term Conditions (LTC) 009 Chronic Kidney Disease in Primary Care
2. NCAPOP - LTC002 Diabetes (Adult)
 - a. Includes National Diabetes Primary Care (2013/14 & 2014/15),
 - b. Includes Diabetes in Secondary care (2013/14 & 2014/15),
 - c. Includes Diabetic foot care
3. NCAPOP- Older People (OLP) 008 Sentinel Stroke National Audit Programme (SSNAP)

4. NCAPOP - OLP009 Falls and Fragility Fractures Audit Programme (FFFAP)
 - a. Includes Fracture Liaison Service Database
5. NCAPOP - National Audit - National Chronic Obstructive Pulmonary Disease (COPD) Audit Programme
 - a. Includes COPD Rehab
6. Non- NCAPOP - National Audit - Prescribing Observatory for Mental Health (POMH) - Topic 13b: Prescribing for ADHD in children, adolescents and adults
7. Non- NCAPOP - National Audit - Prescribing Observatory for Mental Health (POMH) - Topic 14b: Prescribing for substance misuse: alcohol detoxification.
8. Non- NCAPOP - National Audit - Prescribing Observatory for Mental Health (POMH) - Topic 15a: Prescribing for bipolar disorder.
9. Non-NCAPOP - National Audit of Intermediate Care
1. NCAPOP - MTH003 Mental health clinical outcome review programme: National Confidential Inquiry into Suicide and Homicide for people with Mental Illness (NCISH)
2. NCAPOP - WCH005 Child health clinical outcome review programme:
 - a. Includes Children with chronic neurodisability
 - b. Includes Adolescent Mental Health (tbc)

Did not participate in:

1. National Audit - UK Parkinson's Audit (previously known as National Parkinson's Audit).
 - a. A decision was taken not to participate in this audit, due to the fact that previous audits had shown 100% compliance in all areas of relevance.

The reports of 4 (100%) national clinical audits were reviewed in 2015/16. This included 2 national audits that collected data in 2012/13, 2013/14, 2014/15 that the report was issued for in 2015/16.

- POMH – Topic 12: Prescribing for people with a personality disorder
- National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (In-Patient Suicide under observation) (2014)
- National Confidential Inquiry into Suicide and Homicide by people with Mental Illness (Annual Report) (2015)
- POMH - Topic 9c: Antipsychotic prescribing for people with a learning disability

The national clinical audits and national confidential enquiries that Berkshire Healthcare NHS Foundation Trust participated in, and for which data collection was completed during 2015/16, are listed below (in Figure 13) alongside the number of cases submitted to each audit or enquiry as a percentage of the number of registered cases required by the terms of the audit or enquiry.

The reports of all the national clinical audits were reviewed in 2015/16 and Berkshire Healthcare

Foundation Trust intends to take actions to improve the quality of healthcare which are detailed in Appendix B.

Local Audits

The following gives a summary of the number of local clinical audits registered with the Trust and a comparison during this financial year, and compares this with the previous financial year.

- Registered – (106 last year) 118
- Completed- (87 last year) 102 (may have started in previous year)
- Active – (170 last year) 143 (may have started in previous year)
- Awaiting action plan – (21 last year) 10

The reports of 57 local clinical audits were reviewed by the Trust in 2015/16 and Berkshire Healthcare NHS Foundation Trust intends to take actions to improve the quality of healthcare provided which are detailed in Appendix C.

(NB: Projects are only noted as ‘completed’ after completion of the action plan implementation, which is why there are more local projects ‘reviewed’ than total ‘completed’).

Figure 13- National Clinical Audits and Confidential Enquiries Undertaken by the Trust

NCAPOP Audits	
Diabetes (Adult) ND(A), a. Includes National Diabetes Primary Care, b. Includes Diabetes in Secondary care, c. Includes Diabetic foot care.	a. 2013/14 audit Data collected February – June 2015 191 patients submitted, across 1 teams. Report due December 2015 (delayed) 2014/15 audit Data collected July - September 2015 218 patients submitted, across 1 team. Report due December 2015 (delayed)
	b. 2013/14 audit Data collected May – June 2015 1519 patients submitted, across 1 team. Report due December 2015 (delayed) 2014/15 audit Data collected July - September 2015 1534 patients submitted, across 1 team. Report due December 2015 (delayed)
	c. Data collection continuous 46 patients submitted, across 1 teams. 23 with 1 st assessments before 10 th April, data uploaded by 31 st July 1 st Report due March 2016 23 patients submitted with 1 st assessments after 10 th April, data upload deadline tbc.
Sentinel Stroke National Audit Programme (SSNAP)	Data collection continuous 339 patients submitted for January –December 2015, across 1 service. 1st Report due March 2016

NCAPOP Audits	
Falls and Fragility Fractures Audit Programme (FFFAP) a. Includes Fracture Liaison Service Database	a. Facilities audit - Data collected September – October 2015 across 1 service Report due March 2016 Patient Audit due to collect January – September 2016
Chronic kidney disease in primary care	<i>Project noted as relevant to primary care – to be confirmed for SWIC, etc. (TBC when audit to start)</i>
National Chronic Obstructive Pulmonary Disease (COPD) Audit Programme a. Includes COPD Rehab	Data collected January – July 2015 77 patients submitted, across 2 services Report due February 2016
1. NCAPOP - MTH003 Mental health clinical outcome review programme: National Confidential Inquiry into Suicide and Homicide for people with Mental Illness (NCISH)	Data collection continuous
2. NCAPOP - WCH005 Child health clinical outcome review programme: a. Includes Children with chronic neurodisability b. Includes Adolescent Mental Health (tbc)	a. Registration only at this stage b. Registration only at this stage
Non-NCAPOP audits	
Prescribing Observatory for Mental Health (POMH) - Topic 13b: Prescribing for ADHD in children, adolescents and adults	Data collected May 2015 219 patients submitted, across 7 teams. Report due in October 2015
Prescribing Observatory for Mental Health (POMH) - Topic 14b: Prescribing for substance misuse: alcohol detoxification.	Data due for collection January 2016 Unknown number of patients to be submitted, across unknown number of teams. Report due August 2016
Prescribing Observatory for Mental Health (POMH) - Topic 15a: Prescribing for bipolar disorder.	Data collected October 2015 137 patients currently submitted, across 6 teams. Report due March 2016
National Audit of Intermediate Care	Data collected June-July 2015 12 service elements included. Report received December 2015.
Other audits reported on in-year (data collected in previous year(s))	
Prescribing Observatory for Mental Health (POMH): Topic 9: Antipsychotic Prescribing for people with Learning Disability	Data collected March 2015 Report received August 2015
Prescribing Observatory for Mental Health (POMH): Topic 12: Prescribing for people with personality disorder	Data collected June-July 2014 Report received January 2015
National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (In-Patient Suicide under observation) (2014)	Data collected ongoing Report received July 2015
National Confidential Inquiry into Suicide and Homicide by people with Mental Illness (Annual Report) (2015)	Data collected ongoing Report received August 2015
Did not participate in.	
National Audit - UK Parkinson's Audit (previously known as National Parkinson's Audit)	Decision made January 2015 Clinical Effectiveness Group

Source: Trust Clinical Audit Team

2.5 Research

The number of patients receiving NHS services provided or sub-contracted by Berkshire Healthcare NHS Foundation Trust in 2015/16 that were recruited during that period to participate in research approved by a research ethics committee was as follows:

703 patients were recruited from 78 active studies, of which 588 were recruited from studies included in the National Institute of Health Research (NIHR) Portfolio and 115 were from non-Portfolio studies.

Figure 14- R&D recruitment figures 2015/16

Type of Study	No of Participants Recruited	No of Studies
NIHR Portfolio	588	47 (of which 12 are PICs)
Student	97	20
Other Funded (not eligible for NIHR Portfolio & Own Account (Unfunded)	18	11

Source: Trust R&D department

2.6 CQUIN

A proportion of the Trust's income in 2015/16 was conditional upon achieving quality improvement and innovation goals agreed between the Trust and the Clinical Commissioning Groups (CCGs) through the Commissioning for Quality and Innovation payment framework. Further details of the agreed goals for

2015/16 and for the following 12 month period can be found in Appendix E & F.

The income in 2015/16 conditional upon achieving quality improvement and innovation goals is £3,716,110. The associated payment received for 2014/15 was £3,549,929.

2.7 Care Quality Commission

Berkshire Healthcare NHS Foundation Trust is required to register with the Care Quality Commission (CQC) and its current registration status is registered without conditions.

The Care Quality Commission has not taken enforcement action against Berkshire Healthcare Foundation Trust during 2015/16.

The current quality intelligence draft report which has replaced the CQC Quality & Risk Profile can be found at: <http://www.cqc.org.uk/Provider/RWX>.

Berkshire Healthcare NHS Foundation Trust is subject to periodic reviews by the Care Quality Commission and the last review was in 7th-11th December 2015. We are awaiting the final report from this visit which we anticipate will be available for the public and our staff at the end of February 2016 /beginning of March 2016 following finalisation of the quality assurance process between the CQC and the Trust. Once finalised, the trust's CQC rating grid will be published, alongside how the Trust plans to address any areas that require improvement or are inadequate, and by when we expect it to improve.

As mentioned in the quality concerns section above, In January 2016 a CQC warning notice was received

regarding our High Dependency Unit (two beds) on Sorrel Ward. This related to not meeting the standards required in trust policy regarding long time segregation and the Mental Health Act Code of Practice 1983, patient care plans and gender separation. Actions are in progress to rectify these issues by the end of February 2015 with the action plan being monitored by the Director of Nursing. Some actions have already been completed, with the remainder in progress.

During the planned visit in December 2015, the Trust hosted 120 CQC inspectors from a wide range of professions as well as experts by experience. Inspectors visited a vast range of our services in mental health, community services, learning disability and the Trust out of hours service- Westcall. There were also a few unannounced visits during that week as well as the following week, when the inspectors went to sites, wards and teams to clarify their thinking and check up on changes they had asked us to make the previous week. There was some very positive feedback given by the lead inspectors to the Trust executive board about the engagement of our staff with them and the organisation of the inspection.

Berkshire Healthcare NHS Foundation Trust has not participated in any special reviews or investigations by the CQC during the reporting period.

In addition to the announced inspection in December 2015, the CQC has carried out two unannounced Mental Health Act (MHA) monitoring visits on Trust wards during 2015/16. The CQC is required by law to make such visits to provide a safeguard for individual patients whose rights are restricted by law. These MHA monitoring visits were carried out on Sorell Unit (a psychiatric intensive care inpatient unit at Prospect Park Hospital) in August 2015 and on the Campion Unit (a learning disabilities inpatient unit at Prospect Park

Hospital) in September 2015. There was no enforcement action taken against the Trust as a result of either of these visits.

The Care Quality Commission also visited the GP practice Priory Avenue on 29th July 2015 which was taken on by the Trust when in 'special measures'. The practice was taken out of 'special measures' following this inspection.

2.8 Data Quality and Information Governance

The Trust submitted records during 2015/16 to the Secondary Uses Service (SUS) for inclusion in the Hospital Episode Statistics which are included in the latest published data.

The percentage of records in the published data which included the patient's valid NHS Number was:

100% for admitted patient care

100% for outpatient care

The percentage of records which included the patient's valid General Practitioner Registration Code was:

100% for admitted patient care

100% for outpatient care

100% for emergency care (Minor Injuries Unit)

Information Governance

The Trust score for 2015/16 for information quality and records management assessed using the Information Governance Toolkit was 66% and was graded as satisfactory (Green). To be updated in Q4

The Information Governance Group is responsible for maintaining and improving the information governance Toolkit scores, with the aim of being satisfactory across all aspects of the IG toolkit for Version 13.

Data Quality

The Trust was not subject to the Payment by Results clinical coding audit during 2015/16 by the Audit Commission

The Trust has taken the following actions to improve data quality.

The Trust has invested considerable effort in improving data quality. An overarching Information Assurance Framework (IAF) provides a consolidated summary of every performance information line and action plans.

Data quality audits were carried out on all lines that were rated as low ('red') quality in the IAF. The findings of these data quality audits were shared with the Data Quality Group and the Trust Senior Management Team

The key measures for data quality scrutiny mandated by the Foundation Trust regulator Monitor and agreed by the Trust Governors are:

- 100% enhanced Care Programme Approach (CPA) patients receiving follow-up contact within 7 days of discharge from hospital
- Admission to inpatients services having access to crisis resolution home treatment teams
- Delayed transfers of care

2.9. Duty of Candour

Berkshire Healthcare NHS Foundation Trust have an 'Open Communication (Being Open) a Duty to be Candid' policy that supports our culture of openness when things go wrong. To promote and help embed this policy face to face training has been provided, there is also a page on our intranet where staff can access information, flow charts and advice.

The patient Safety Team monitor incidents reported on our incident reporting system (Datix) to ensure that where incidents meet the requirement for formal Duty of Candour that this is undertaken. Our process for formal Duty of Candour include meeting with patients and families, apologising for their experience, explaining the investigation process, inviting them to be involved in the investigation and then sharing the report and findings when the investigation is complete. We also ensure that support is offered to patients, family and carers as appropriate.

3. Review of Performance

3.1 Review of Quality Performance 2015/16

In addition to the key priorities detailed, the Trust Board receives monthly Performance Assurance Framework reports related to key areas of quality. These metrics are closely monitored through the Trust Quality Governance systems including the Quality Executive Group and the Board Audit Committee. They provide assurance against the key national priorities from the Department of Health's Operating Framework and include performance against relevant indicators and performance thresholds set out in the Compliance Framework. The data source for all information within this section is the Trust Performance Assurance Framework unless otherwise stated.

Patient Safety

The Trust aims to maximise reporting of incidents whilst reducing the severity levels of incidents through early intervention and organisational learning. Organisations that report more incidents usually have a better and more effective safety culture.

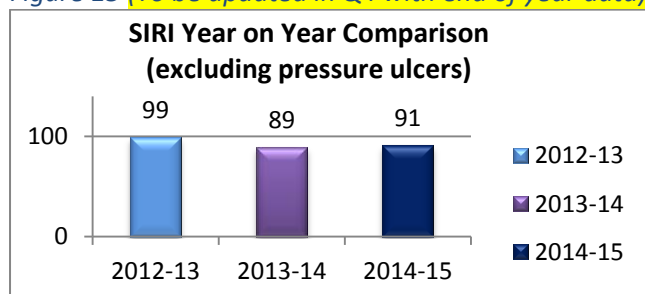
Never Events

Never events are a sub-set of Serious Incidents and are defined as 'serious, largely preventable patient safety incidents that should not occur if the available preventative measures have been implemented by healthcare providers'. The Trust has not reported any never events between Q1 and Q3 2015/16.

Incidents and Serious incidents requiring investigation (SIRI)

Figure 15 below shows the numbers of SIRIs reported in comparison with the previous two financial years. The chart shows that the overall annual numbers of SIRIs have remained fairly consistent.

Figure 15 (To be updated in Q4 with end of year data)



Source: Trust Patient Safety Team

The significant features represented in Q3 2015/16 Serious Incident (SI) reporting are:

- **Suicide cases:** 2015/16 continues to have a high rate of suicide and suspected suicide cases, comparable with national trends. By the end of Q2, the trust had equaled the number of suicides reported in total during 2014/15. In Q3, there were a further 7 SIs reported as suspected suicides. There have been no inpatient suicides although a patient who was informally admitted to Daisy ward at Prospect Park Hospital was found dead at home after failing to return from an agreed 4 hour period of Section 17 leave. The suspected suicide cases have occurred across localities and services. 43% of them were SIs reported by Mental Health Inpatient and CRHTT and 29% were reported by WAM CMHT.
- **Unexpected Deaths:** 35% of all SIs reported in Q3 (excluding pressure ulcers) were unexpected deaths (7 in total).
- **Falls:** There were 2 SIs relating to patient falls in Q3. They both occurred on Rowan Ward.
- **Pressure Ulcers:** 3 pressure ulcer SIs were reported in Q3, which is a reduction on the 4 reported in Q2. All were Grade 4 and reported by Community Nursing Services from West Berkshire, Reading and Bracknell. There continues to be a reduced trend compared with overall reporting in 2014/15.
- **Inpatient Pressure Ulcers:** There were no inpatient pressure ulcers meeting SI criteria in Q3.

Key themes identified in SI investigation reports approved in Q3 are as follows (Note: this is a discussion of learning from investigations completed and approved by commissioners in Q3)

The main theme that has been identified following completed investigations in Q3 is:

- Documenting complete risk assessments using the appropriate tool in Rio – more than one investigation has highlighted that risk assessments are not always reflected in the Rio risk assessment tool; in many but not all cases the risks and the management plan are documented within the progress notes but there is a varying degree of detail within the progress notes and where the risk is not documented in the tool it is not always easy for clinicians to find.

The following areas, some of which have been seen previously and discussed in earlier reports, are highlighted in SI cases from Q3:

- Clinical decision making regarding discharge – patients are being discharged from mental health services without review/discussion from a wider Multi-Disciplinary Team (MDT) or a senior member of staff.
- Communication with GPs especially on discharge - full discharge letters are not being sent in a timely manner to the GP. GPs are also not being consistently informed of changes in treatment/responsibility of care.
- Patients who are difficult to engage – this continues to be a theme. There needs to be improved communication between the GP, other health professionals and other services when a patient appears to be disengaging so that a greater

understanding of their situation is obtained and appropriate risk mitigation / crisis contingency plans are agreed.

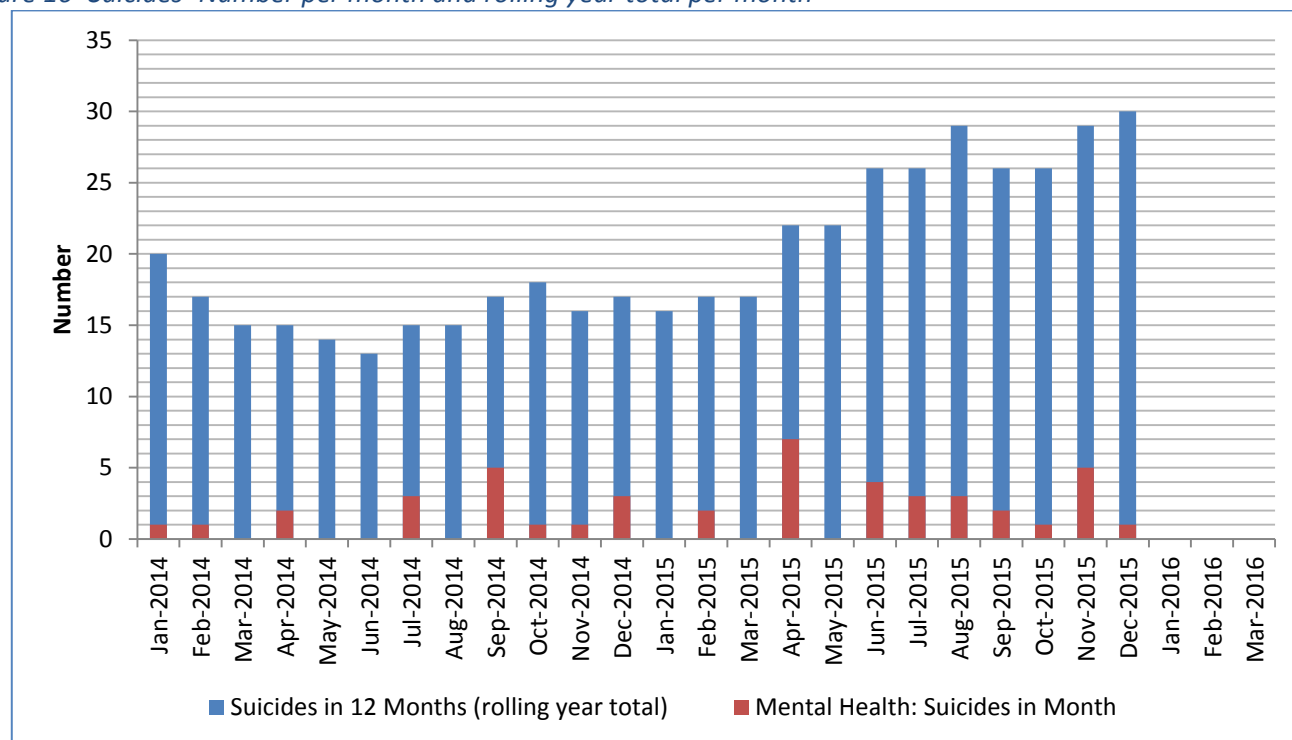
- Carer / Family Involvement – this continues to be a theme. Some carers/next of kin report a lack of support for themselves when their family member is receiving mental health services. There needs to be quicker signposting of carers into support structures and a review of the arrangements of the carers' assessments.
- Risk Assessment – increased levels of risk are not always being discussed or escalated with a supervisor
- Interface between BHFT services – psychiatry outpatient appointments are managed and processed differently across different localities resulting in an inconsistent approach to how and when patients receive an appointment.

Suicides

Figure 16 below shows the number of suicides reported per month, together with the rolling 12 month figure. In 2014/15 there were 17 suicides during the year. During the third quarter of 2015/16

there have been 7 suicides, compared with 8 in Q2 and 11 in Q1. All recorded suicides have occurred in the community and there have been no suicides in any of our inpatient facilities.

Figure 16- Suicides- Number per month and rolling year total per month



Source: Trust Performance Assurance Framework

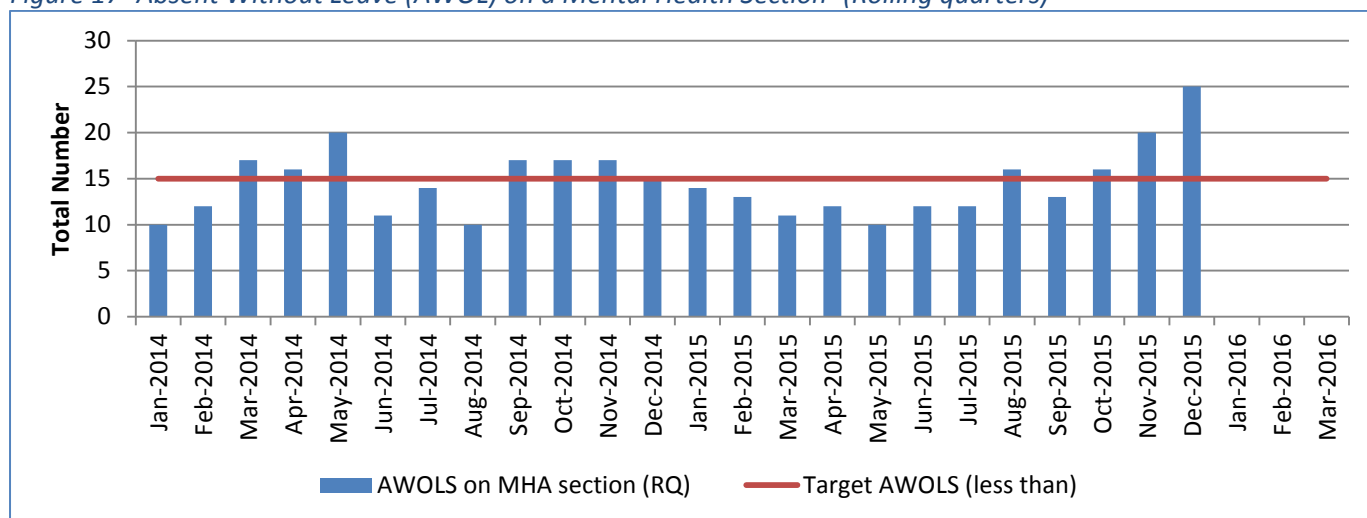
Absent without Leave (AWOL) and Absconsions

Figures 17 and 18 below detail the number of absconsions on a Mental Health Act Section and the number of patients absent without leave on a Mental Health section. The definition of absconding used in the Trust is different than AWOL, in that this refers to the patients who are usually within a ward environment and are able to leave the ward without

permission. There appears to be a correlation with the occupancy levels on the wards.

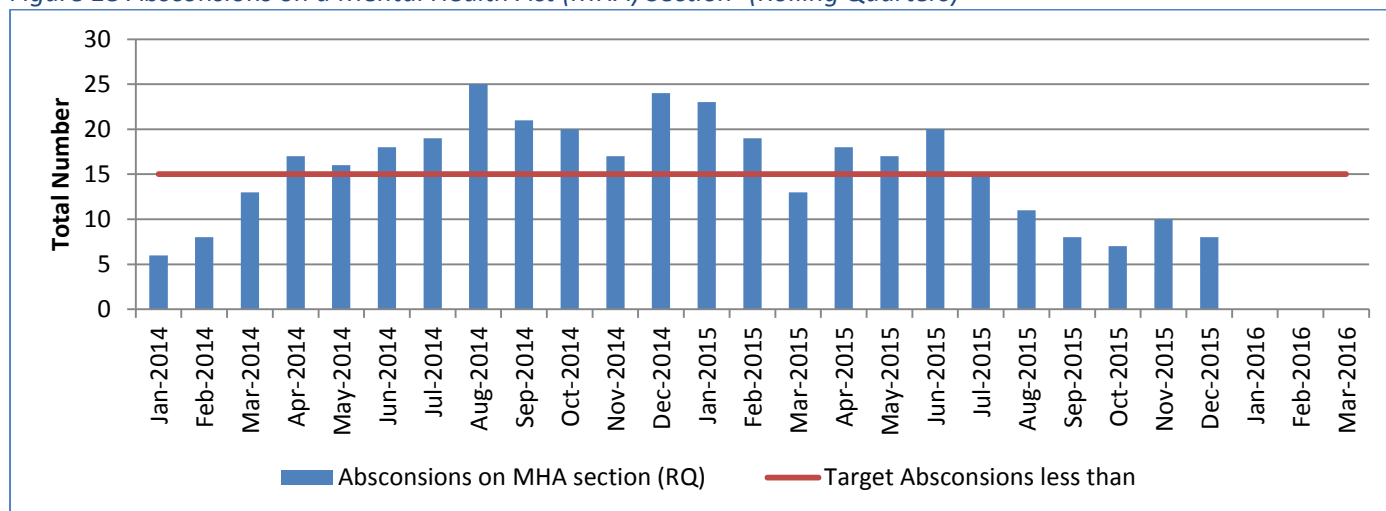
As can be seen there have been fluctuations in patients AWOL from the ward and in episodes of absconding. There has not been any clear trend in these areas although there were increases in numbers AWOL for November and December 2015. (The figures shown for each month are rolling quarters)

Figure 17- Absent Without Leave (AWOL) on a Mental Health Section- (Rolling quarters)



Source: Trust Performance Assurance Framework

Figure 18 Absconsions on a Mental Health Act (MHA) Section- (Rolling Quarters)



Source: Trust Performance Assurance Framework

A number of initiatives have been considered to help reduce the number of absconsions;

1. To make sure all the fences were in good repair, bolt down garden benches away from fences [so that they could not be moved to the fence to assist

with absconding and instigate a regular checking programme of the fences / garden areas.

2. Tighten the function and process for having a dedicated member of staff out on the ward at all times. This person must be additional to the member of staff doing intermittent and general observations.

3. Extra vigilance within outside areas [garden/courtyard].
4. Implement regular slot in staff meetings where staff discuss and reflect on physical and relational security issues. This includes as a minimum: discussion of boundaries, therapy, patient mix, patient dynamic, patient's personal world, physical environment, visitors and other external communication and may be facilitated by the See, Think, Act Relational Security Explorer

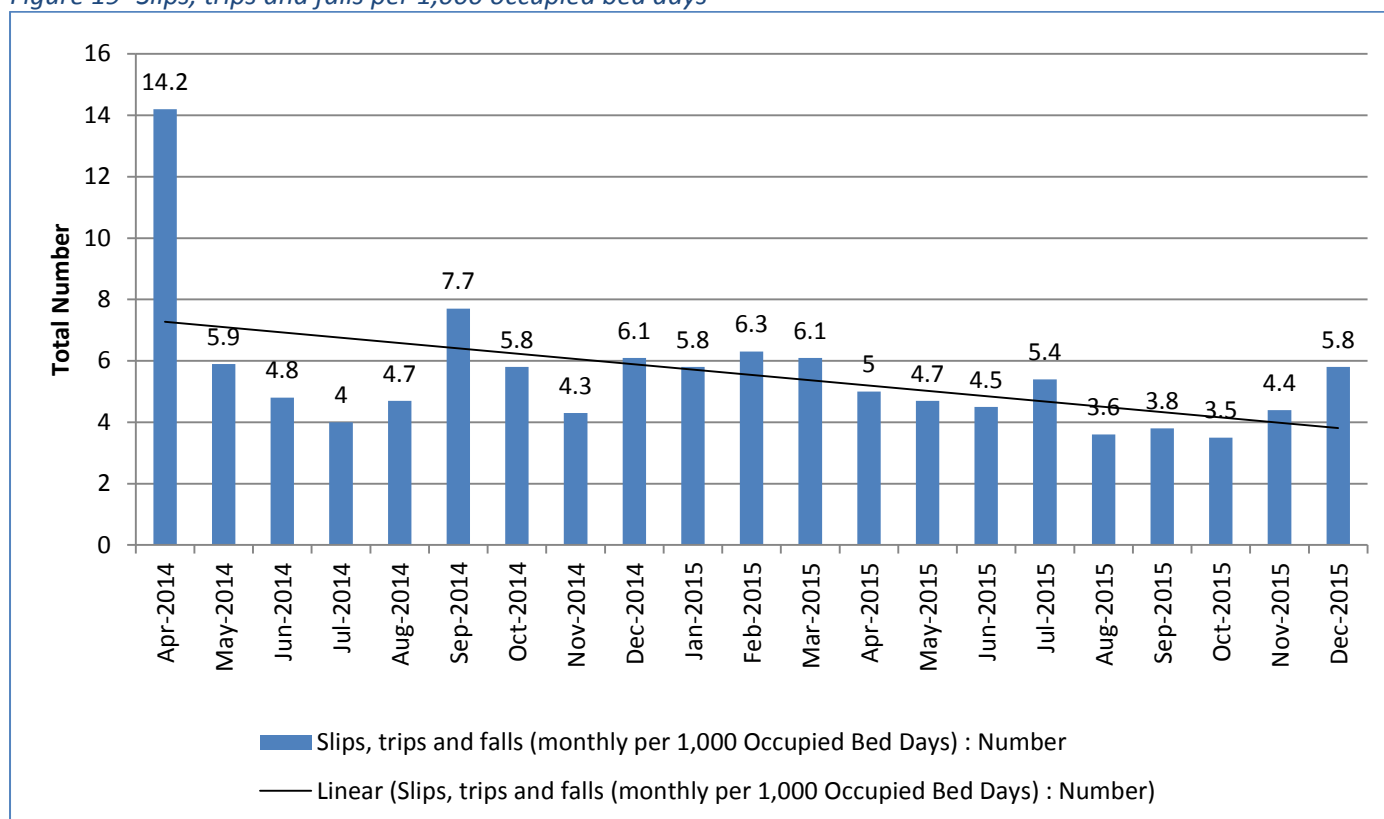
5. Robust risk assessment and management plan on admission to focus on AWOL and Absconsions. Implement anti-absconding interventions - all staff to complete the workbook training sessions on: rule clarity; signing in and out book; identification of those at high risk of absconding (targeted nursing time for those at high risk); promoting contact with family and friends; promotion of controlled access to home; careful breaking of bad news; contact cards; post incident debriefing; MDT review following two absconding episodes.

Slips, Trips and Falls

The number of slips, trips and falls per 1,000 occupied bed days is detailed in figure 19. As can be seen, the trend in falls is generally on the decline. However, falls continue to be above the target per 1,000 bed days on a number of our mental health and physical health wards. The 'Falls Safe Plan' is in place on all wards. Actions have included examining whether further

assistive technologies may reduce the number of falls and changes to staff working hours as falls on the ward tend to occur between the hours of 6pm to 10pm. Since February 2015, the wards have been monitoring cognitive impairment of clients who have experienced a fall and whether the fall was witnessed. Future monitoring will include when the patient was last checked prior to the fall.

Figure 19- Slips, trips and falls per 1,000 occupied bed days



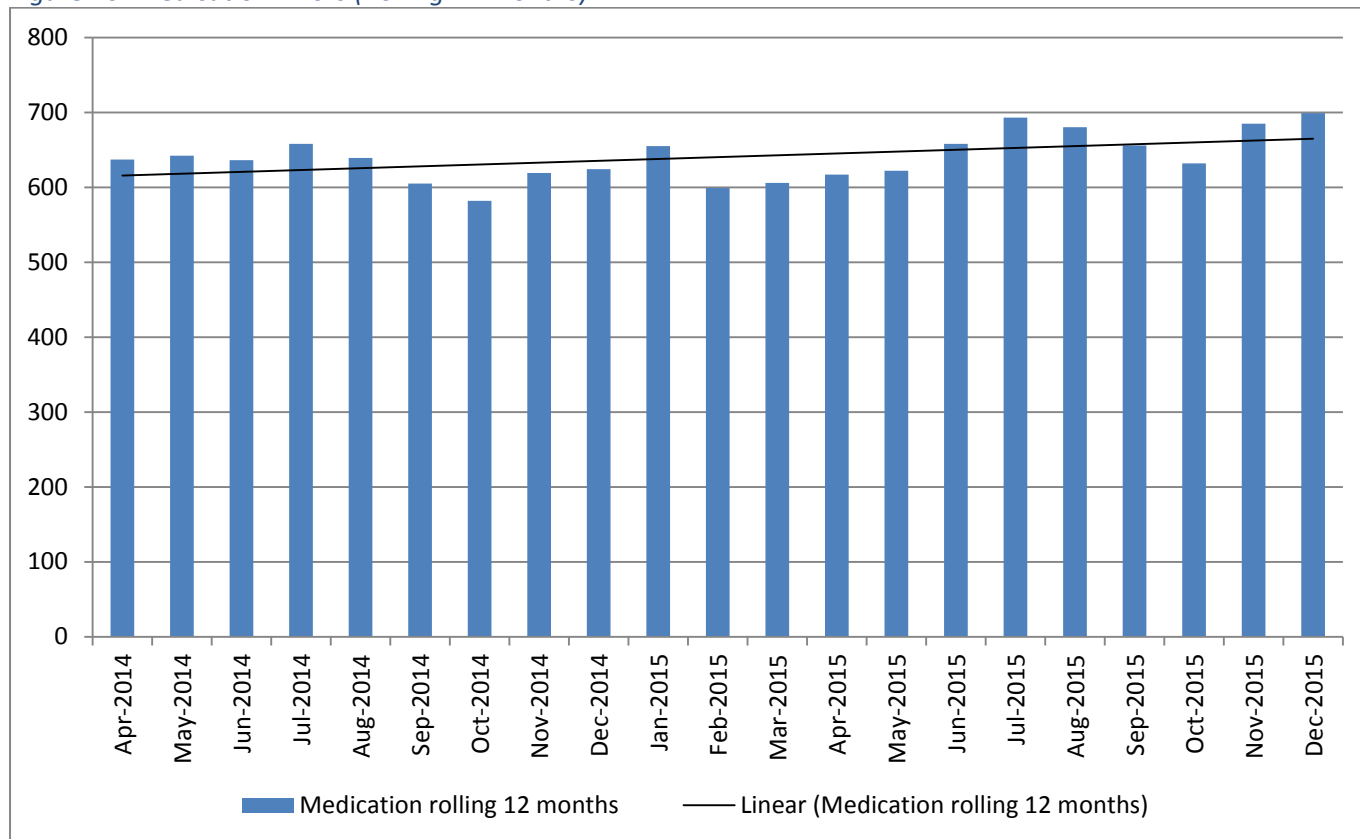
Source: Trust Performance Assurance Framework

Medication errors

699 medication errors were reported in the 12 months to the end of Q3 2015/16. In the course of Q3 there were 239 medication errors reported.

There were two incidents reported as moderate. Both of these incidents were inherited from outside of the Trust. Figure 20 below details the total number of medication errors reported in rolling twelve month intervals

Figure 20: Medication Errors (Rolling 12 Months)



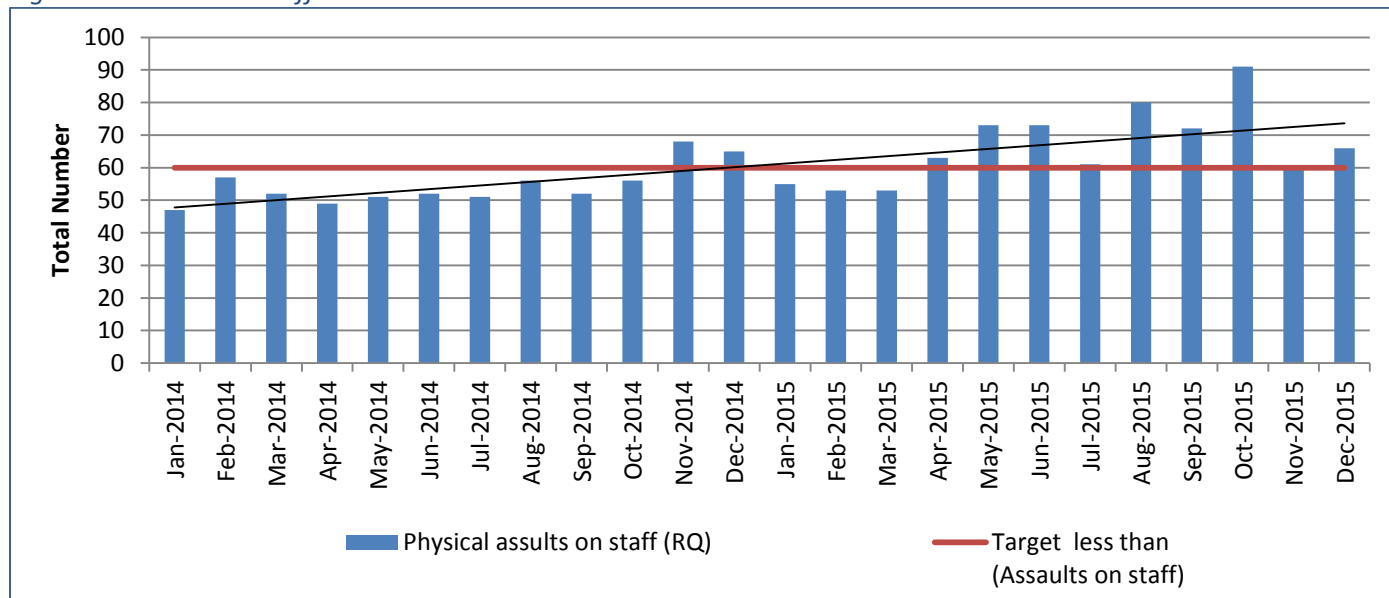
Source: Trust Performance Assurance Framework

Patient to Staff assaults

Figure 21 below details the number of patient to staff assaults recorded in the Trust each month. There have been fluctuations in the level of physical assaults on staff by patients with an increase in trend over time.

Often these changes reflect the presentation of a small number of individual inpatients.

Figure 21- Patient to staff assaults



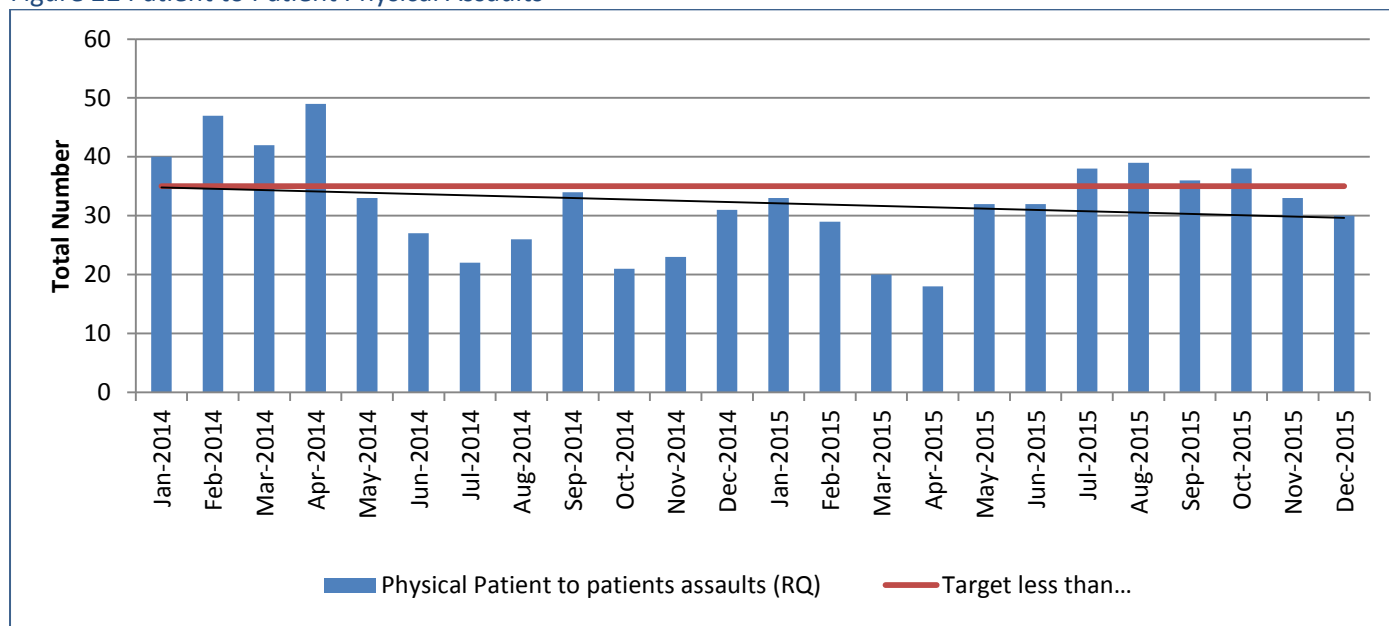
Source: Trust Performance Assurance Framework

Patient to patient physical assaults

Figure 22 below details the number of patient to patient physical assaults recorded in the trust each

month. As can be seen, the level of patient on patient assaults appears to fluctuate with a slight downward trend in the past two years.

Figure 22 Patient to Patient Physical Assaults



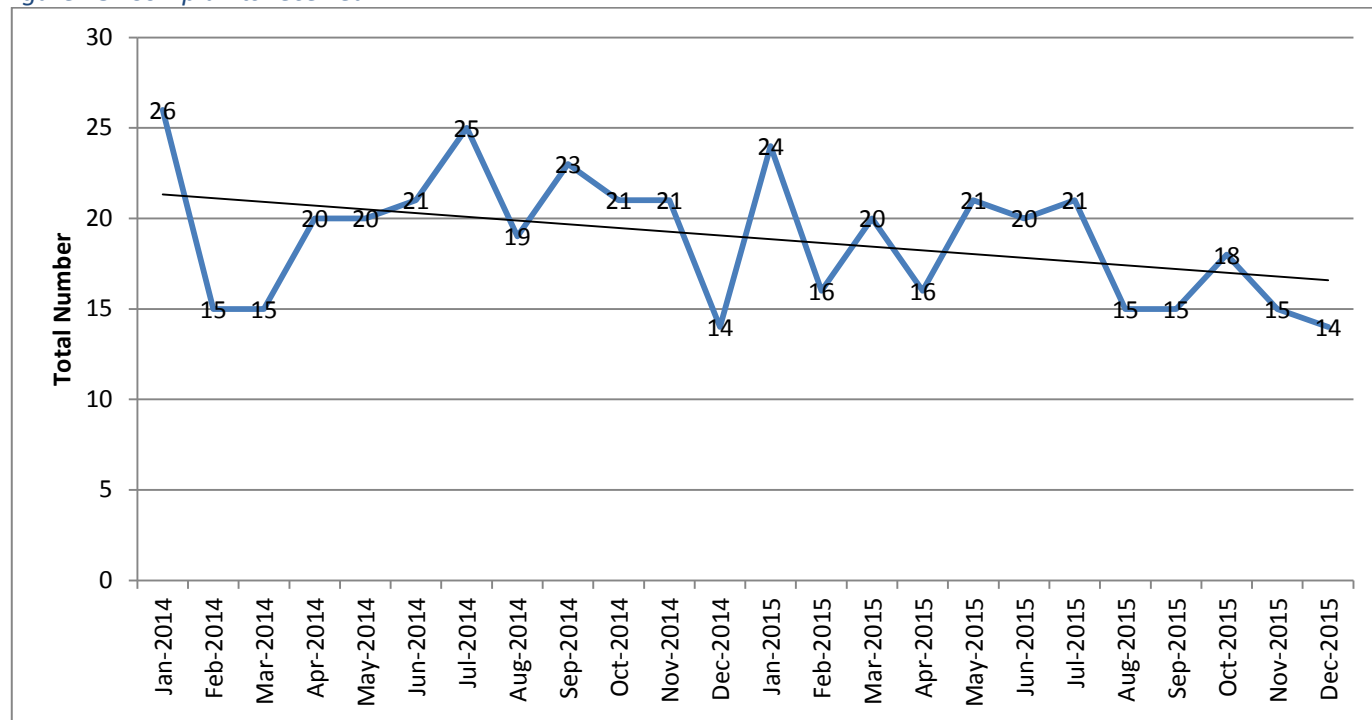
Source: Trust Performance Assurance Framework

Complaints and compliments

Figures 23 and 24 below detail the number of complaints and compliments received by the Trust throughout the year. As can be seen, there is a downward trend in the number of complaints

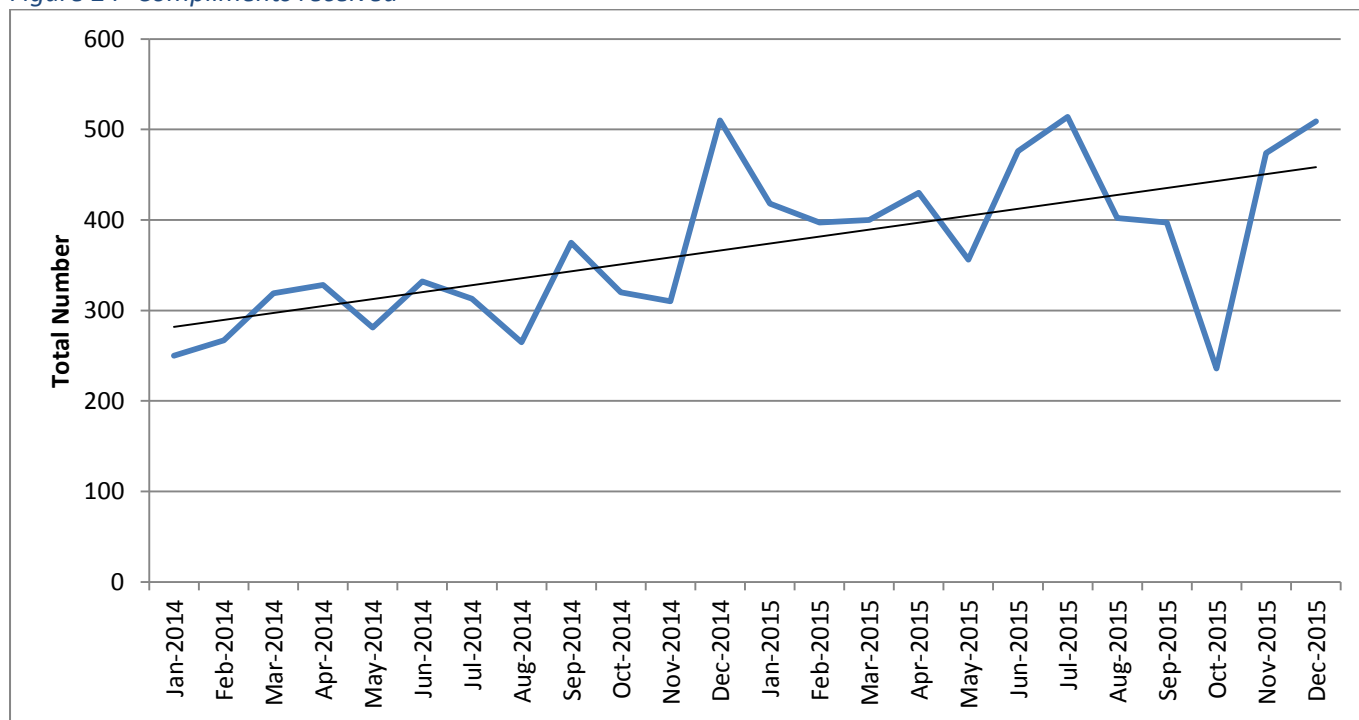
received since January 2014, and an upwards trend in the corresponding number of compliments. Information on learning from complaints is recorded in Section 2 above.

Figure 23- Complaints received



Source: Trust Performance Assurance Framework

Figure 24- Compliments received



Source: Trust Compliments Reports

3.2 Monitor Authorisation

Performance in relation to metrics required by Monitor, the Foundation Trust regulator, has achieved the required targets for Q3. This relates to mental health 7 day follow up (98.5%), delayed transfer of care (1.4%), community referral to treatment compliance (99.6%), Care Programme Approach review within 12 months (96.3%) and new early intervention in psychosis cases (99 YTD).

Figure 25	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16 Q1	2015/16 Q2	2015/16 Q3	National Average 2015/16	Highest and Lowest
The percentage of patients on Care Programme Approach who were followed up within 7 days after discharge from psychiatric in-patient care during the reporting period	98%	96%	95.8%	98.2%	98.7%	99.3%	98.5%	Not yet published	Not yet published

Berkshire Healthcare trust considers that this percentage is as described for the following reasons:

In line with national policy to reduce risk and social exclusion and improve care pathways (CQC 2008) we aim to ensure that all patients discharged from mental health in patient care are followed up (either face to face contact or by telephone) within 7 days of discharge, this is agreed and arranged with patients prior to discharge to facilitate our high level of compliance.

Berkshire Healthcare trust has taken the following actions to improve this percentage, and so the quality of services:

Berkshire Healthcare trust meets the minimum requirement set by Monitor of 95% follow up through the implementation of its Transfer and Discharge from Mental Health and learning Disability In-patient Care Policy. In addition the data is audited as part of the independent assurance process for the Quality Account and any actions identified through this are fully implemented to ensure that we maintain our percentage of compliance.

Source: Trust Performance Assurance Framework

Figure 26	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16 Q1	2015/16 Q2	2015/16 Q3	National Average 2015/16	Highest and Lowest
The percentage of admissions to acute wards for which the Crisis Resolution Home Treatment Team acted as a gatekeeper during the reporting period	100%	94%	97.6%	97.7%	96.7%	97.5%	97.6%	Not yet published	Not yet published

Berkshire Healthcare trust considers that this percentage is as described for the following reasons:

Crisis resolution and home treatment (CRHT) teams were introduced in England from 2000/01 with a view to providing intensive home-based care for individuals in crisis as an alternative to hospital treatment, acting as gatekeepers within the mental healthcare pathway, and allowing for a reduction in bed use and inappropriate in-patient admissions. An admission has been gate kept by the crisis resolution team if they have assessed the patient before admission and if the crisis resolution team was involved in the decision making-process, which resulted in an admission.

Berkshire Healthcare trust has taken the following actions to improve this percentage, and so the quality of services, by:

The Trust Admissions policy and procedures provides a clear framework to ensure that no admissions are accepted unless via the urgent care service and has increased our percentage compliance

Figure 27	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16 Q1	2015/16 Q1	2015/16 Q3	National Average 2015/16	Highest and Lowest
The percentage of MH patients aged— (i) 0 to 15; and (ii) 15 or over, readmitted to a hospital which forms part of the trust within 28 days of being discharged from a hospital which forms part of the trust during the reporting period	9%	12%	13.3%	11.1%	8%	8.2%	8.1%	Not yet published	Not yet published

Berkshire Healthcare trust considers that this percentage is as described for the following reasons:

The Trust focusses on managing patients at home wherever possible and has fewer mental health beds for the population than in most areas. Sometimes the judgement to send a patient home may be made prematurely or there may be deterioration in the patient's presentation at home due to unexpected events.

Berkshire Healthcare trust intends to take the following actions to improve this percentage, and so the quality of services:

Further work will be done by the relevant Service Improvement Group to work on the high level of readmissions, to identify why the trust has seen an increase and to identify actions to reduce it.

Source: Trust Performance Assurance Framework

Figure 28	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16	National Average 2015/16	Highest and Lowest
The indicator score of staff employed by, or under contract to, the trust during the reporting period who would recommend the trust as a provider of care to their family or friends	3.55 65%	3.61 64%	3.76 69%	3.79	Not yet published	Not yet published	Not yet published

Berkshire Healthcare trust considers that this data is as described for the following reasons:

The Trust's score is better than average and improving year on year. Possible scores range from 1 to 5, with 1 indicating that staff are poorly engaged (with their work, their team and their trust) and 5 indicating that staff are highly engaged. Advocacy of recommendation along with staff involvement, and staff motivation are strong indicators of the level of staff engagement with in the trust.

Berkshire Healthcare trust has taken the following actions to improve this data, and so the quality of services, by:

Implementing a five year Organisational Development strategy which has at its heart the achievement of high levels of staff engagement and through that high quality care and service delivery. The specific objectives of the strategy, to be implemented in stages over five years are: To enable every member of staff to see how their job counts, to listen and involve staff in decisions that impact their areas of work, to provide support for their development, and to develop our clinical and managerial leaders. In this, Berkshire Healthcare Trust has signed up to the national Pioneer initiative – Listening into Action – aimed at engaging and empowering staff in achieving better outcomes for patient safety and care.

Source: National Staff Survey

Figure 29	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16	National Average 2015/16	Highest and Lowest
Patient experience of community mental health services indicator score with regard to a patient's experience of contact with a health or social care worker during the reporting period	-	6.8	7.2	6.9	6.8	About the same as similar Trusts	6.2-7.4

Berkshire Healthcare trust considers that this data is as described for the following reasons: The Trusts score is in line with other similar Trusts

Berkshire Healthcare trust has taken the following actions to improve this data, and so the quality of services, by:

Being committed to improving the experience of all users of their services. Data is collected from a number of sources to show how our users feel about the service they have received. Actions are put in place through a number of initiatives to improve both an individual's experience and if required to change the service provision.

Source: National Community Mental Health Survey

Figure 30	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16 Q1	2015/16 Q2	2015/16 Q3	National Average 2015/16	Highest and Lowest
The number of patient safety incidents reported *	3995	3661	3754	3642	881 *	940 *	944 *	N/A	N/A
Rate of patient safety incidents reported within the trust during the reporting period per 1000 bed days *	19.7	30.2	32.7	31.4	32.3 *	30.9 *	23.0 *	Not yet published (**)	Not yet published
The number and percentage of such patient safety incidents that resulted in severe harm or death *	29 (0.7%)	42 (1%)	33 (0.9%) *	49 (1.3%)	16 (1.8%) *	7 (0.7%) *	14 (1.5%) *	Not yet published (**)	Not yet published

Sources: *= Trust Figures **= NRLS report published MONTH 2016, covering DATES

Berkshire Healthcare Trust considers that this data is as described for the following reasons:

The above data shows the reported incidents per 1,000 bed days with the targets set based on average reporting for the year. In the NRLS most recent report published in April 2015, the median reporting rate for the cluster nationally was 32.82 incidents per 1,000 bed days (but please note this covers the 6-month period April-September 2014, for which period the NRLS gives the BHFT rate as 53.97 incidents per 1,000 bed days). High levels of incident reporting are encouraged as learning from low level incidents is thought to reduce the likelihood of more serious incidents.

Overall Incident reporting volume is in line with previous years.

The percentage of such incidents resulting in severe harm or death is slightly higher than in previous years, but is proximal to the national rate for the cluster of 1.0% shown in the most recent NRLS report, published in April 2015.

Berkshire Healthcare Trust has taken the following actions to improve this percentage, and so the quality of services, by the following:

Hosting Serious Incident learning events and online resources for clinical staff.

Figure 31 Annual Comparators	Target	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16 Q1	2015/16 Q2	2015/16 Q3	Commentary
Patient Safety									
CPA review within 12 months	95%	97.6%	97.9%	96.4%	96%	95.1%	98.0%	96.3%	For patients discharged on CPA in year last 12 month average
Never Events	0	1	0	0	0	0	0	0	Full year- <i>Source Trust patient Safety Report</i>
Infection Control (MRSA bacteraemia)	0	1	0	0	0	0	0	0	Full year
Infection Control (C.difficile due to lapses in care)	<6 per annum (reduced from <10)	15	5	5	0	0	1	0	Year to date C. Diff due to lapses in care
Medication errors	Increased reporting	574*	562	614	606	658	656	699	Cumulative total year end (15/16 Quarterly data is rolling year)
Clinical Effectiveness									
Mental Health minimising delayed transfers of care	<7.5%**	3%	1.1%	2.6%	1.5%	1.27%	1.22%	1.4%	Average percentage in year (15/16 Quarterly data is quarter to date total)
Mental Health: New Early Intervention cases	99	155	154	136	124	33	71	99	Year to date (15/16 Quarterly data is cumulative year to date for 15/16).
A&E: maximum waiting time of four hours from arrival to admission/transfer/discharge	95%	99.6%	99.9%	99.9%	99.5%	99.4%	99.0%	99.4%	Year average
Completeness of Mental Health Minimum Data Set	1) 97% 2) 50%	1) 99.6 2) 97.9	1) 99.8 2) 98.6	1) 99.8 2) 97.8	1) 99.6 2) 99.2	1) 99.7% 2) 99.6%	1) 99.7% 2) 99.8%	1) 99.7% 2) 99.2%	New Monitor target for Identifiers 97% for 2012/13, target for 2011/12 was 99%. (Figure is last 12m average)
Completeness of Community service data Referral to treatment information Referral information Treatment activity information	50% 50% 50%	- - -	- - -	70% 67% 99%	72.3% 62.4% 98.0%	71.9% 62.0% 96.9%	72% 62% 97%	72.1% 61.8% 96.9%	Year-end average (new 2013/14) (Figure is last 12m average)

Bolstering the internal governance and scrutiny of serious incident reports, their recommendations and action plans.

Implementation of strategies to address common findings in serious incident reports, including clinical record keeping and triangulation of patient risk information.

Source: Trust Performance Assurance Framework, except where indicated in commentary

Figure 31 Annual Comparators	Target	2011/ 12	2012/ 13	2013/ 14	2014/ 15	2015/16 Q1	2015/16 Q2	2015/16 Q3	Commentary
Patient Experience									
Referral to treatment waiting times – non admitted -community***May 2013 - Updated figure to include Slough WIC	95% <18 weeks	99.9%	99.9%	98.1%	99.8%	100%	99.6%	99.6%	Waits here are for consultant led services in East CHS, Diabetes, and Paediatric services from referral to treatment (stop clock). Notification has been received from NHS England to exclude Sexual Health services from RTT returns last 12 month average
RTT (Referral to treatment) waiting times - Community: Incomplete pathways	92% <18 weeks	-	-	99%	100%	99.2%	99.2%	100%	Year-end average (new 2013/14)
Access to healthcare for people with a learning disability	Score out of 24	22	22	Green 22	Green 21	Green 21	Green 20	Green 21	
Complaints received	<25 per month	232	250	193	244	56	51	47	
Complaints	100% Acknowledged within 3 working days	100%	91.3%	93.3%	100%	100%	92%	98%	
	90% Complaints resolved within agreed timescale of complainant			64% (82%)	92 %	95%	87%	85%	2014/15 note change to indicator previously 80% Responded within 25 working days (% within an agreed time)

Source: Trust Performance Assurance Framework, except where indicated in commentary

*Community Health services joined the Trust**Delayed transfers of care (Monitor target) is Mental Health delays only (Health & Social Care), calculation = number of days delayed in month divided by OBDs (Inc. HL) in month. New calculation used from Apr-12

3.3 Statement of directors' responsibilities in respect of the Quality Report

The directors are required under the Health Act 2009 and the National Health Service Quality Accounts Regulations to prepare Quality Accounts for each financial year.

Monitor has issued guidance to NHS foundation trust boards on the form and content of annual quality reports (which incorporate the above legal requirements) and on the arrangements that foundation trust boards should put in place to support the data quality for the preparation of the quality report.

In preparing the Quality Report, directors are required to take steps to satisfy themselves that:

The content of the Quality Report meets the requirements set out in the NHS Foundation Trust Annual Reporting Manual 2015/16 and supporting guidance; The content of the Quality Report is not inconsistent with internal and external sources of information including:

1. Board minutes and papers for the period April 2015 to May 2016
2. Papers relating to Quality reported to the Board over the period April 2015 to May 2016
3. Feedback from the commissioners dated May 2016
4. Feedback from governors dated April 2016
5. Feedback from Local Health watch organisations dated April 2016
6. Feedback from Overview and Scrutiny Committees dated April 2016
7. The trust's complaints report published under regulation 18 of the Local Authority Social Services and NHS Complaints Regulations 2009, dated May 2016
8. The national patient survey dated October 2015
9. The national staff survey dated February 2016
10. The Head of Internal Audit's annual opinion over the trust's control environment dated April 2016
11. CQC Intelligent Monitoring Report April 2016

The Quality Report presents a balanced picture of the NHS foundation trust's performance over the period covered; the performance information reported in the Quality Report is reliable and accurate; there are proper internal controls over the collection and reporting of the measures of performance included in the Quality Report, and these controls are subject to review to confirm that they are working effectively in practice; the data underpinning the measures of performance reported in the Quality Report is robust and reliable, conforms to specified data quality standards and prescribed definitions, is subject to appropriate scrutiny and review; and the Quality Report has been prepared in accordance with Monitor's annual reporting guidance (which incorporates the Quality Accounts regulations) (published at www.monitor-nhsft.gov.uk/annualreportingmanual) as well as the standards to support data quality for the preparation of the Quality Report (available at www.monitor-nhsft.gov.uk/annualreportingmanual).

The directors confirm to the best of their knowledge and belief they have complied with the above requirements in preparing the Quality Report.

By order of the Board

Date

.....

John Hedger Chairman

Date

.....

Julian Emms Chief Executive

Quality Strategy 2014 - 16

Aims: To provide accessible, safe and clinically effective community and mental health services that improve patient experience and outcomes of care.

Vision: The best care in the right place: Developing and delivering excellent services in local communities with people and their families to improve their health, well-being and independence.

1. Clinical Effectiveness

Aim: Provide services based on best practice.

Agree: To follow relevant NICE guidance and implement our policies and procedures as set out by the Trust.

We will also use quality improvement tools for example clinical audit and participate in research and development.

3. Efficient

Aim: To provide care at the right time, way and place.

Agree: To review our services to ensure they're well organized and cost effective.

5. Patient Experience and Involvement

Aim: For patients to have a positive experience of our service and receive respectful, responsive personal care.

Agree: To ask and act on both positive and negative patient feedback.

Engaging people in their care, supporting them to take control and get the most out of life.

The six elements of our Quality Strategy

2. Safety

Aim: To avoid harm from care that is intended to help.

Agree: To build a culture of patient safety by being open, honest and transparent with incidents and complaints, ensuring lessons are learnt and shared.

4. Organisation Culture

Aim: Satisfied patients & motivated staff.

Agree: listen and respond to our staff, and provide opportunities for training and development.

6. Equitable

Aim: To provide equal care regardless of personal characteristics, gender, ethnicity, location and socio-economic status.

Agree: To provide services based on need.

Healthcare
from the heart of
your community

Performance and outcomes: Outcome measures and performance against the six objectives identified will be identified through the Quality Account Priorities, CQUIN and Quality Schedule, and monitored by the Quality Executive Group and Quality Assurance Committee.

Appendix B National Clinical Audits Reported in 2015/16 and results received that were applicable to Berkshire Healthcare NHS Foundation Trust

National Audits Reported in 2015/16	Recommendation (taken from national report)	Actions to be Taken
NCAPOP Audits		
National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (2736)	<p>Approximately 5,800 people die by suicide in the UK each year. Of these 1,638 (28%) are in contact with mental health services in the 12 months prior to death. 153 (9%) of the 1,638 mental health patients die by suicide on in-patient wards.</p> <p>There were on average 18 suicides by in-patients under observation per year in the UK over a 7 year study period. Ninety-one per cent of deaths under observation occurred under level 2 (intermittent) observation.</p> <p>Compared to in-patient suicides generally, patient suicides under observation were associated with personality disorder, alcohol and drug misuse, detention under mental health legislation and death in the first 7 days following admission.</p> <p>A third of suicides under observation occurred off the ward. The commonest location for a death by suicide on the ward was the patient's bedroom and the most frequently used method was hanging.</p>	The report has been circulated for information to PSQ meetings. This work is also feeding into the Trust processes on safe staffing.
National Confidential Inquiry into Suicide & Homicide for people with Mental Illness (2780)	<p>As part of its core work the Inquiry examines suicide, and homicide committed by people who had been in contact with secondary and specialist mental health services in the previous 12 months. It also examines the deaths of psychiatric inpatients which were sudden and unexplained. Previous findings of the Inquiry have informed national mental health strategies, and continue to provide definitive figures for suicide and homicide related to mental health services in the UK. The report sets out national information on suicide, and this summary is supported by local information. The current suicide rate (2011-13) in the UK is 10.1 per 100,000; for Thames Valley 9.0 and for Berkshire localities between 7.0 (WAM) and 9.0 (W Berks). Suicides in contact with mental health services have increased nationally, reaching a 10 year high, but even more so in Berkshire. Changing risk patterns across England for suicide, which are likely to be present in Berkshire also, particularly relate to middle aged males, CRHTT services, the importance of family involvement and attention to the physical health needs of mental health patients.</p>	A full Summary Report was shared via QAC. This is in turn reported to the board where full discussions took place. Further work is being undertaken to raise the profile of this with community mental health teams and the crisis response and home treatment team.
Non-NCAPOP audits		
None		

National Audits Reported in 2015/16	Recommendation (taken from national report)	Actions to be Taken
Other audits reported on in-year (data collected in previous year(s))		
POMH - Topic 12: Prescribing for people with personality disorder (June 2014) (1340)	This re-audit aimed to present data on prescribing practice for people with a personality disorder in acute psychiatric inpatient settings, and compare this with 2012 results. The Trust showed good practice for the prescribing of Z-Hypnotics with 0% cases of the medication being prescribed for more than 4 weeks. The Trust had a high compliance rate of 100% for evidence of documented medication review. Therapeutic response and a patient's view of treatment were considered at review more often than side effect and adherence to treatment. Areas for improvement centred upon documentation for reasons for prescribing the antipsychotic medicine, crisis plans, and patient's involvement in their crisis plan. NICE guidelines state all medication is to be documented and the reasons stated if medication is continued for more than 4 weeks, the Trust identified 22% cases where the duration had not been documented. This finding was also reflected in those patients who had been prescribed Benzodiazepines	For in-patients, WRAP will address the standard that there is a written crisis plan and there is evidence that the patient's views have been sought in its development. The prescribing of medication if longer than 4 weeks and how it is to be documented and recorded will be promoted via presentation at Academic Meetings and Medical Staffing Committee. Pharmacy is to monitor prescription of Z-Hypnotics and ensure stopped after 7 days on TTA.
POMH - Topic 9c: Antipsychotic prescribing for people with a learning disability (2629)	This audit was a supplementary audit for a quality improvement programme, addressing the use of antipsychotic medication in people with a learning disability. BHFT provided data from 4 participating teams, which involved reviewing 56 patient records. The audit was measured against 3 standards:- 1: The indication for antipsychotic medication should be documented in the clinical records. 2: The continuing need for antipsychotic medication should be reviewed at least once a year. 3: Side effects of antipsychotic medication should be reviewed at least once a year. BHFT was found to have excellent compliance, and in some cases the Trust was above the national average. However, Trust compliance has decreased from the previous audit in documenting evidence of assessment of EPS and blood pressure.	A lot of work is currently being done in the Trust to improve physical health monitoring and intervention, involving training of staff and purchasing equipment. There is a potential to that this could be rolled out to the LD service. The audit results have been presented to the LD governance group and a follow up meeting has been arranged with the relevant staff to formulate actions to increase compliance in monitoring EPS and blood pressure.

Appendix C Local Clinical Audits Reported in 2015/16:

	Audit Title	Conclusion/Actions
1	Audit on the completion of multi- disciplinary team meeting forms used in the Crisis Response and Home Treatment Team (1962)	<p>The multidisciplinary team meetings are held weekly in the Crisis Team and Home Treatment Team. MDT meetings are a key part of care planning, if these do not happen effectively, then the patient may come to harm. This project was undertaken after a SIRI investigation following the death of a patient. As an outcome of this investigation it was found that the MDT meetings were not recorded and hence, an audit was conducted across the six sectors (localities) of the Trust to identify the current practice of completing these forms. The audit identified that MDT forms were not completed in full and localities across BHFT were not following the same process in documenting the MDT meetings. It was further identified that medical records contained notes deemed as unnecessary and no benefit to patient care.</p> <p>A lack of accurate and timely clinical documentation for a patient under the care of a Crisis Resolution Home Treatment Team exposes both the patient and BHFT to unnecessary risk.</p> <p>Actions: The Trust's CHRTT MDT form is to be redesigned. Existing and new staff are to be updates on risks surrounding poor quality documentation. Progress is to be monitored with a re-audit to be undertaken in February 2015.</p>
2	MH CQUIN(prt1) National Audit (2094)	<p>The national CQUIN included a new national indicator on improving physical healthcare to reduce premature mortality in people with severe mental illness.</p> <p>Basic data analysis on the six screening measures and interventions shows a wide variability in which screening and intervention measures patients received. There was no consistency, and a low overall percentage score reflects this. For example all patients were screened for their smoking status but 14% did not have an intervention documented (for those recorded as smoking).</p> <p>Action: A significant action plan was implemented, which linked with many actions from the NAS audit, which will lead to significant improvements in this area.</p>
3	Audit of anti-infective prescribing on BHFT inpatient wards (Antibiotics) (2015) (2648)	<p>This audit was a re-audit and part of the Quality Schedule for 2014/15. The last Trust wide antimicrobial audit was performed across all inpatient settings in November 2013 as part of the annual audit programme. It highlighted which audit standards of good antimicrobial prescribing and stewardship required significant improvements. The re-audit looked at whether relevant cultures were being taken, if drug charts recorded drug allergies, the route of administration, the dose and frequency of the drug, the stated course length and the indication and if treatment prescribed was in line with Trust guidelines. The re-audit confirmed that some improvements had been made since the previous audit.</p> <p>Action: The report findings are to be disseminated to the next IPCSG and DTG, and an action plan is to be developed.</p>
4	Audit of clinical practice standards in the Psychological Service for People with Learning Disabilities 2014. (2060)	<p>This audit looked at the Psychology Service performance against its record keeping standards. Good record keeping and attainment with standards of clinical practice is important to maintain, to ensure safe and effective provision of services. The results were compared to the previous audit. The Trust failed to achieve 100% in 4/5 standards with a decrease in performance in the standard to maintain a continuous record of risk issues and actions in RiO progress notes.</p> <p>Action: Findings and recommendations were discussed by the by the team and an action plan has been put into place. Those areas deemed necessary to re-audit will be carried out in 2016.</p>
5	JD/QIP Re audit-bone density scans for female eating disorder patients referred to BAU Eating Disorder Service (2064)	<p>Amenorrhea for over 6 months is correlated with an increased risk of osteopenia and osteoporosis which must be monitored and recorded, so appropriate treatment can be started. The objective of this re-audit was to reassess how closely the BAU eating disorder service was adhering to the NICE guidelines and whether there had been any improvement since the recommendations put forward in the last audit. For 4/7 standards the Trust achieved 100% compliance.</p> <p>Action: The Trust will continue to review compliance with standards via re-audit once measures have been implemented.</p>

	Audit Title	Conclusion/Actions
6	Clinical characteristics of adolescents referred for anxiety (1630)	Adolescents with anxiety are under-researched and little is known about their clinical characteristics compared to children/adults. The finding that children and adolescents with anxiety disorders have distinct clinical characteristics has clear implications for treatment. The risk is that if best practice/latest evidence is not followed, we may persevere with treatment that is not as effective as it could be. The Trust has been carrying out diagnostic assessments since July 2012 on referred adolescents. The findings were published in a peer-reviewed journal. Action: The Report has been published in the Journal of Affective Disorders 167 (2014) 326-332.
7	JD/QIP - Audit of quality and timeliness of full discharge summaries for patients on adult wards (1924)	The objective of the audit was to evaluate the quality of discharge summaries according to a set of criteria informed by published audits on similar topics, as well as research into GP preferences concerning discharge summary information content. It was highlighted that different wards were using different templates for discharge summaries and discharge summaries were not being uploaded to RiO in a timely manner. There is potential risk as the period following discharge is a time of high risk for patients, with increased rates of suicide reported, with disruption of continuity of care associated with dramatically increased risk. Action: Audit results have been presented and will be circulated to medical staff and ward managers.
8	Audit of assessment letters sent to GP's by Clinical and Counselling Psychologists in Community OPMH Services (2724)	This audit supports other BHFT initiatives aimed at improving documentation as well as providing evidence to be shared with commissioning organisations who have previously wanted to ensure good communication between services and GPs. This audit addresses this through an audit of assessment letters to GPs written by clinical and counselling psychologists in BHFT Older Peoples Mental Health Services in each of the Trusts localities. The Trust was fully compliant across the four service standards. Action: No further action required.
9	Physical health monitoring post rapid tranquillisation (2244)	Rapid tranquillisation (RT) is when medicines are given to a person who is very agitated or displaying aggressive behaviour to help quickly calm them. The risk with RT is that it may cause loss of consciousness, loss of airway, respiratory and cardiovascular collapse. BHFT has a protocol in place which specifies the necessary physical health monitoring that should take place post RT. The aim of the audit was to document compliance to BHFT RT protocol. For each of the seven standards, the Trust was not 100% compliant. It was identified that there is a substantial shortfall between the standards set in the audit and the practice within the Trust. Action: To be raised in the DTC, to consider whether the physical health monitoring post RT needs to be added to the Trust "risk register." To raise awareness of the findings of this audit and to ensure guidance on RT is up to date and reflect practice as per the updated NICE guidelines.
10	Audit of Records on RiO for Patients Conditionally Discharged under S.37/41 of the MHA (2728)	Following an enquiry in 2014 by the Ministry of Justice to Berkshire Healthcare NHS Foundation Trust it became clear that, although Local Authorities are responsible for the provision of Social Supervision of patients conditionally discharged under Sections 37 and 41 of the Mental Health Act, BHFT is seen by the Ministry of Justice as the lead agency in Berkshire for such supervision. The audit was to ensure that effective governance arrangements for this group of patients are in place. If patient's records do not actively reflect the information around risk and other areas effectively, then patients may be at risk. The initial audit found evidence of good practice and high compliance rates in the management of conditionally discharge patients. However, the re-audit showed deterioration in the timeliness, completeness and quality of the clinical records. Action: An action plan has been agreed to improve case management processes, with a review to be undertaken six monthly.
11	Retrospective Audit on Neuro-imaging in Charles Ward inpatients (1576)	The audit aimed to measure the current practice of assessment and management of people with suspected dementia against the NICE Clinical Guidelines 42 in an Old Age Psychiatry inpatient setting. Guidelines advocate the use of radiology in combination with history to aid diagnosis and management of patients with dementia. The audit highlighted the fact that patients with possible dementia /cognitive impairment may remain undiagnosed or not accurately diagnosed if they do not have a full examination that includes a brain scan. Action: Relevant recommendations have been made and all actions completed.

	Audit Title	Conclusion/Actions
12	Audit of Urinary Catheter Care Bundle - Community Services (March 2015) (2842)	The aim of this clinical audit was to assess compliance of documentation with the standards set out in the Trust policy through review of documentation on the catheter care bundle. The audit included all patients with a catheter who received care from BHFT healthcare workers in the community setting. The audit found 5 criteria where 100% compliance was achieved; there were 6 areas where compliance had improved since the initial audit and 4 criteria where compliance was lower in comparison to the 2013/14 audit. Action: An agreed action plan to improve documentation and understanding of the care bundle.
13	School Nursing RK Assessment Audit (2588)	Good record keeping is an integral part of clinical practice and is essential to the provision of safe and effective care. This audit has been undertaken as part of BHFT School Nursing Sub Group following the implementation of new assessment templates across all six localities. The aim of the audit was to assist with the quality assurance and development of the School Nursing assessment process and recording. The audit identified training needs across staff with regards to fully completing assessments and updating all required fields on RiO and general record keeping training. Action: Staff training has been agreed in the relevant areas, the assessment form has been modified to ensure all data is captured. There is to be continuous evaluation of the School Nurse assessments.
14	An evaluation of psychiatric admissions from the RBH (2722)	The aim of the audit was to evaluate whether the increase in funding for Psychological Medicine could produce savings by decreasing the number of unhelpful admissions to Prospect Park Hospital. The audit confirmed that Psychological Medicine continues to be an important factor in decreasing unhelpful or damaging admissions from RBH to Prospect Park and thus ensuring appropriate care is given to 'high risk' patients only and potentially impacting on saving of costs.
15	JD-QIP - Psychiatric In-patient Patient Physical Health Assessment Audit (1791)	There is increased morbidity and mortality among patients suffering from mental illness. Physical healthcare is a key issue to be reviewed amongst this patient population. The Royal College of Psychiatrists recommends that all patients admitted to a psychiatric hospital should receive a full physical examination on admission, or within twenty-four hours of admission. A snapshot audit was carried out at Prospect Park Hospital in Reading, which highlighted that The Royal College of Psychiatrist's recommendation, along with Trust guidelines regarding physical examination were not being met, with only 78 out of 111 patients (70.3%) undergoing an examination during their admission. A psychiatric inpatient physical health assessment sheet (PIPHAS) was designed and introduced, providing a quick and standardised approach to the documentation of a physical examination. Following introduction of the PIPHAS form there was an increase in the number of patients undergoing physical examination on admission to hospital (75 out of 100 patients, 75% - an increase from 70%). Action: The project highlighted the requirement to implement the PIPHAS form, and its impact then evaluated.
16	JD/QIP Service evaluation of Memory clinic's telephone activities in WAM (2052)	The purpose of this service evaluation was to check if the memory clinic's service demand is beyond the memory service's remit. The main reasons for telephone contacts were clarified and action required following those calls was noted. This was to help identify the most common problems arising between appointments and the resources required. It was highlighted that follow up actions and the length of telephone calls place an impact on the work load of memory services which is likely to increase over time. Action: Action is to be agreed.
17	JD/QIP Provision of information (written and verbal) to patients at PPH when commenced on drug treatment (2101)	The Royal College of Psychiatrists stipulates in their guidance that patients should be provided written and verbal information on the treatment they are receiving. The purpose of the audit was to explore medical records over a wider range of time to see if when changes to medication are being made that this is accompanied by provision of information both in verbal and written forms. The main finding was that when new psychotropic medication was prescribed it was not documented whether the patient had received any written information although in some cases verbal information was provided. Those patients that lacked capacity were not provided with any information about the drug. There is a risk to patients who are not provided with information, that they be less likely to be compliant with their medication. Action: Action is to be agreed.

	Audit Title	Conclusion/Actions
18	Can known use of data logging increase hearing aid use (1833)	It is presented in literature that patient knowledge of data logging improves accuracy of self-reported Hearing Aid use. The aims of this study were to investigate whether patient knowledge of data logging increases daily amount of Hearing Aid use, and leads to more accurate estimates of self-reported Hearing Aid use. The study concluded that patient knowledge of data logging does not influence Hearing Aid use; and new Hearing Aid users are relatively accurate with their estimates of self-reported Hearing Aid use; irrespective of whether they are aware or unaware of data logging verification. Action: The audit report has been shared to CEG.
19	Annual Service Activity Report for The Psychological Service for People with Learning Disabilities (2013-2014) (2059)	The Psychological Service for People with Learning Disabilities in Berkshire completed a report of its activities annually since 2008. The aim of this report was to summarise the activities of the Service for People with Learning Disabilities (the Service) over the course of the period starting on 1 April 2013 and finishing on 31 March 2014. This identified projects undertaken, referral patterns and client related activities and Service evaluation (i.e. HoNOS-LD, PES). It is noted that no risks were identified to the Trust from this report, by the authors Action: A number of agreed recommendations to manage the referral process more effectively have been put in place.
20	LD Services; Re-Audit: People who Present Severe Challenging Behaviour: Positive Behaviour Support ICP - April 2015 (2188)	The aim of this re-audit was to demonstrate that good practice recommendations are used with people whose behaviour challenges. The audit included the process of assessment and intervention. Overall, the audit demonstrated areas of excellent practice with findings in the 90 - 100% compliance range. However, the audit highlighted that there are still areas where achieving consistent practice has proved difficult. Action: These areas will be followed up within the Clinical Audit Action Plan 2015/16.
21	MSNAP Audit of communication,& assessment of consent and capacity of patients attending Wokingham Memory Clinic (2696)	Wokingham Memory Clinic achieved an excellent rating by the Memory Services national accreditation Programme (MSNAP). This audit was to monitor that the service is maintaining excellent standards in terms of verbal and written communication and assessment of capacity and consent. Only new patients were assessed. 100% compliance in all of the standards was met. Action: No further action is required.
22	Quality schedule audit of referrals to Memory Clinic and compliance with NICE and MSNAP standards (2697)	The Prime Minister's Challenge on Dementia issued in 2012 set out an ambitious programme of improvements to be made to dementia care over a three-year period, including improved diagnosis rates. The aim of the audit was to look at the percentage referred with mild and moderate dementia and MCI as a reflection of timely diagnosis. All of the standards were met in the audit. Action: Findings of the audit report were to be disseminated to the OPMHS Clinical effectiveness Group.
23	JD/QIP - Rapid Tranquilisation in older adults - re-audit (March 2015) (2691)	The use of rapid tranquilisation in older adults at Prospect Park was audited in 2013. Our compliance with the standards set out by the Trust were reviewed, and we only reached 100% compliance in 3 out of 11 of the standards. This is a re-audit, to identify whether there have been any changes to our practice since instating the following action plan one year later. The audit identified slight improvement in the results of the re-audit in comparison with the previous audit, despite an action plan having been implemented that involved numerous clinical staff. Action: An action plan has been put in place with the setting up of a steering group in order to develop actions to bring about improvements.

	Audit Title	Conclusion/Actions
24	JD/QIP - Referrals and outcome audit (April 2013) (1438)	NHS England became responsible for commissioning CAMHS inpatient beds nationally from April 2013. Prior to April 2013 this was done on a population basis (Primary Care Trust/ Specialised Commissioning Group). The Berkshire Adolescent Unit was not included in the national bed stock. The audit sought to identify the number of patients referred to all services at BAU, what services were offered and to identify whether the implementation of the NHS England inpatient network would have any short term impact on the Trusts referral pattern. The audit found a percentage of missed appointments and unnecessary appointments being made. In addition, the need to educate staff about pathways was highlighted. It was suggested that pathways may need amending to ensure that non-applicable patients are prevented from continuing to receive appointment and that the existing pathway is appropriate. Action: An action plan has been agreed to improve appropriateness of referrals, and DNAs, and a re-audit is scheduled once all actions have been implemented.
25	An audit of model fidelity in Crisis Resolution Teams (1559)	This fidelity measure was developed from research evidence, government and expert guidelines, a survey of CRTs in England and interviews with all key CRT stakeholder groups. The risk of non-compliance may mean services are not cost effective. BHFT's overall score was 101, with the maximum score possible being 195. Actions: A number of agreed action plans –around staffing and assessment - for CRT have been developed.
26	Quality Schedule Audit into failed patient self-taken tests on the East Berkshire Chlamydia Screening programme (2227)	The CSP is responsible for developing effective self-taken test kits for Chlamydia & Gonorrhoea aimed at the under 25 population of East Berkshire. The audit identified that the instructions on the test kits need to be clearer, the need to review the method of testing requests via primary care and other clinical areas and to review clinical and non-clinical training standards to make sure IR is included. Action: The highlighted findings have resulted in a number of agreed actions. These include pictorial representation, and electronic ordering systems.
27	Evaluation of 'One chance to get it right' (scoping of end of life care). (2289)	The philosophy underlying "one chance to get it right" (OCTGIR) is that providing end of life care is everyone's business. Structured around 5 priorities all focussing on supporting the dying person and their families and carers, the five priorities of care are– dying recognised, excellent communication, with involvement and support of patients and families, and that patients have an individual and holistic plan of care. Following the audit of 34 Recommendations from One Chance To Get It Right (OCTGIR) an action plan was developed highlighting the main areas of development. The BHFT EOLC group will continue to develop a BHFT EOLC policy and BHFT Individualised EOLC plan. A review of training needs and EOLC training that is available needs to be undertaken. Action: Action is to be confirmed.
28	JD/QIP - Audit of driving safety advice given to patients at Prospect Park Hospital (2450)	National Driver and Vehicle Licensing Agency (DVLA) guidelines recommend that patients fulfilling certain criteria are legally obligated to report themselves if they believe they are unfit to drive. Driving when medically unfit is against the law and continuing to drive may pose a significant risk of danger to self and to others. It is good practice that staff are meant to advise patients on their driving fitness, and are encouraged to report patients if they continue to drive when they should not be. This should then be documented in notes for accurate record keeping. The purpose of the audit was to assess staff awareness of DVLA guidelines and to review documentation for evidence of driving advice given to patients. The audit found that 100% of staff surveyed did not give advice to patients within the last six months. Action: An agreed action plan is to be confirmed.

	Audit Title	Conclusion/Actions
29	Infection Control: Hand Hygiene Facilities (2784)	Following a gap analysis of NICE Quality Standard 61- Infection Prevention & Control the need for a review of hand hygiene facilities through an audit was identified. A total of 1841 hand wash bins were assessed and were fully complaint against the audit tool. The main area of non-compliance associated with cleanliness of the hand wash areas. Action: Agreed action is to be confirmed.
30	Monitoring allocation of complex & routine ADHD cases in ADHD pathway in CAMHS since NGC (Aug 2013) (1553)	The aim of the project was to study workload allocation on ADHD pathway and to establish if guidelines for ADHD pathway, NGC (next generation care) are followed. The project findings led to the below advisory recommendation. Action: Clinicians in ADHD pathway are to check their cases and allocate to appropriate clinicians in the ADHD pathway. If needed, they will discuss this with their supervisors.
31	Resident Experience Audit (Papist Way) (August 2013) (1556)	The decision has been made to close this project despite not receiving an update on whether actions were achieved due to this now being old data, the audit lead having left the Trust, and Papist Way since having been outsourced. (Old project following update)
32	Re-audit of compliance with Trust guidelines on monitoring patients receiving Antipsychotics (1573)	The was a re-audit and the aim was to optimise the physical health of inpatients prescribed on-going antipsychotics; and to ensure that relevant investigations are offered to inpatients receiving on-going treatment with antipsychotics. The Trust was fully compliant with all the audit standards.
33	Audit to Ensure the Quality of Preliminary Discharge Letters from MH Inpatients to GPs (1575)	This audit aimed to assess the effectiveness of the use of electronic preliminary discharge letter, to improve communication and reduce errors when discharging patients for psychiatric inpatient units to the community. The audit found that despite implementation of a new form to resolve issues of poor communication and errors, the form was not being fully completed, thereby continuing to lead to potential risks on discharge due to lack of information regarding safeguarding, named care coordinator and psychiatrist, and long term and depot medication details. Action: Action is to be agreed.
34	Re-Audit: People who Present Severe Challenging Behaviour. Formulation Planning Process (April 2014) (1715)	This is the fourth cycle of this audit and its aim was to demonstrate that good practice recommendations were used in the assessment and intervention for people who present challenges to services. The audit resulted in the Winterbourne Interim Report which advocates as best practice the use of Positive Behaviour Support. Recommendations from the report were presented to the Learning Disability governance meeting and a completion of an audit action plan. Action: The action plan included implementation of the outcome measures in the team, and improvement to DOLs processes. The audit was repeated in April 2015.
35	JD/QIP - Audit of quality and timeliness of full discharge summaries for patients on adult wards (1924)	The objective of this audit was to evaluate the quality of discharge summaries according to a set of criteria informed by published audits on similar topics, as well as research into GP preferences concerning discharge summary information content. There were some areas of significant improvement compared with the previous audit. The audit found that different wards were using different templates for discharge summaries. Action: An action plan is in place, which includes sharing of findings, and work on the discharge summary template.

	Audit Title	Conclusion/Actions
36	Blood transfusion bed side audit (2506)	The aim of the audit was to ensure that BHFT's blood transfusion practice is in line with the required National Standards. The initial audit was carried out in October 2012 and January 2013. Re-audits were undertaken during November and December 2013, January 2014 and March 2014. The 2014-15 audit was carried out in February and March 2015. The Trust was fully compliant with twenty-two of the twenty-eight standards the service was measured against. Action: A number of agreed actions have been discussed and implemented, around the transfusion care pathway.
37	JD/QIP - Audit of Clinic Letter to Patients/Relatives in the Slough Joint Memory Clinic (2685)	It is important for patients or their carers to be well aware of what has been discussed in clinics and what the plans are and has been a standard that all patients should have access to the letters sent to the GPs. The aim of this audit was to assess the current standard of writing clinical letters to patients or carers in the Slough Joint Memory Clinic and whether it met the local Berkshire Healthcare Trust Guidelines and national guidelines. The Trust was fully compliant. Action: No action is required.
38	Delirium NICE Quality Improvement Project (2726)	Delirium, also known as 'acute confusional state', is a common clinical syndrome characterised by disturbed consciousness, cognitive function or perception which has an acute onset and fluctuating course. Its prevalence tends to rise with increasing age. It is a serious condition that may be associated with poor outcomes if not effectively identified and managed. BHFT hosts a number of wards that manage patients that are at risk of or have been diagnosed with delirium. The aim of the project is to improve the outcome and experience of patients at risk of or diagnosed with delirium by ensuring that best practice is followed in line with NICE Quality Standard 63- Delirium (July 2014). 100% compliance was achieved for prescribing appropriate medication for patients with delirium and the diagnosis of delirium was communicated to their GP on discharge. Areas for improvement were based upon assessment of delirium on admission, assessment of all clinical factors within 24hs of admission and ensuring that tailored interventions were given to patients to prevent delirium. Recommendations to address the findings have been made and include the delivery of delirium awareness training for all relevant inpatient wards/units and the development of a patient information leaflet that can be given to all patients diagnosed with delirium, as well as their family members. These recommendations have been written into an action plan attached to the main report.
39	Evaluation of Falls Risk Assessment Tool at Oakwood (2870)	Oakwood has a high instance of patient falls in comparison to other wards within BHFT. The ward has felt this links directly with the environment and there has been continual work on reviewing instances and evaluating what measures can be put in place to reduce falls. This is also now reflected trust wide on the quality schedule where there is an expected reduction required in number of falls across community hospitals as a whole. The consequences of falls are high for patients and staff and therefore it is a priority to continue to look at ways to reduce further instances. A wristband trial as a falls prevention tool was put forward as an opportunity to reduce incidence of falls on Oakwood inpatient ward. However, this did not provide any additional benefits for patient or staff – therefore this will not be continued. The review found that there was poor compliance with the falls prevention care plan. The main areas are lying/standing, blood pressure (BP) and urinalysis not being completed. Action: An agreed action plan has been put in place.

	Audit Title	Conclusion/Actions
40	High Dose Antipsychotic Audit 2015 (2661)	<p>In 2010, Berkshire Healthcare NHS Foundation Trust (BHFT) introduced high dose antipsychotic guidelines and a monitoring form, following less favourable local results in a national POMH-UK re-audit on the prescribing of high dose antipsychotics. Soon after introducing the guidance, the Trust POMH-UK high dose antipsychotic audit results showed marked improvements and BHFT were considered a high performing organisation. This audit looked at the rate of compliance to the high dose antipsychotic monitoring guidelines in BHFT by reviewing all inpatients at Prospect Park Hospital. Data was collected in February 2015. The findings from the audit highlighted that there is significant room for improvement across all the set standards. Areas of concern included, poor documentation, lack of documentation surrounding the prescribing of high dose antipsychotics for a patient and what monitoring is required and lack of appropriate monitoring (and documentation of monitoring) i.e. whether the nurses are made aware of the patient being prescribed high dose antipsychotics and what monitoring they are required to undertake. Better communication (verbal and written) is needed to ensure that nursing staff are aware when increased monitoring is necessary for particular patients.</p> <p>Action: Non-compliance needs to be swiftly addressed as significant levels of risk exist for patients prescribed these medications if not properly monitored.</p> <p>As a result of the audit a number of agreed action plans have been put into place to increase compliance in this area.</p>
41	Audit of Cardio-metabolic Risk Screening for Patients on Anti-psychotics in the Slough Pathways Outreach Team (2871)	<p>The aim of the audit was to ensure cardio-metabolic risk parameters are being monitored at least annually and interventions provided if positive risks are identified for patients with psychosis on antipsychotic drugs in an assertive outreach team. The National audit of Schizophrenia 2014 (NAS2) was used as a comparison tool. The results show that apart from smoking and blood pressure, a higher percentage of patients in SPOT were screened for BMI (body mass index), glucose and lipids than the NAS2. Similarly, apart from BMI, interventions were offered to a higher percentage of SPOT patients compared to the NAS2 sample for smokers, abnormal glucose, lipids and blood pressure with a 100% standard being met for glucose and blood pressure.</p> <p>The audit found that barriers to screening and conducting the audit cantered upon problems accessing the data easily, lack of an integrated form in RiO to document information and problems accessing information via primary care. It was highlighted that in terms of training of staff it is ensured any change in guidance for diabetes, cardiovascular health and lipid modification is updated and communicated. It was found that it would be helpful if a systemised approach within the team to provide the necessary screening at the right time. Organisational change is essential to facilitate improvements in monitoring by reviewing RiO documents, training and working towards shared care protocols for physical health monitoring of patients with psychosis between primary and secondary care.</p> <p>Action: As a result a number of agreed action plans have been discussed implemented.</p>
42	Audit of Crisis Resolution Home Treatment Team for Unlicensed Use of Antipsychotics (2144)	<p>The Crisis Resolution and Home Treatment Teams (CRHTTs) often manage complex patients in the community who require intensive pharmacological treatment and often have changing and complex psychotropic medication needs. The audit followed the auditable process of ensuring that upon referral to the CRHTT, patients' GP Summaries or Summary of Care Records (SCRs) are obtained and uploaded to the patients notes in a timely manner to assist with the safe and effective treatment of the patient; medicines reconciliation on admission to mental health acute wards is a routine part of care co-ordination and admission to CRHTT and other mental healthcare teams; all prescribing should be recorded appropriately. The audit found some areas for improvement with regards to GP summaries or SCRs not being available, no documented evidence of health checks and monitoring requests and issues regarding patient safety and the extent of the patient notes for clarity and communication to other healthcare professionals.</p> <p>Action: An action plan is in the process of development.</p>

	Audit Title	Conclusion/Actions
43	Audit of Intravenous therapy practice in community hospital wards with BHFT (2078)	This audit was carried out to look at clinical practice relating to IV therapy delivered within the community hospitals. As well as providing assurance of the compliance to external and internal standards of the IV therapy that is being delivered. The data collection was for 3 months beginning of November 2014 until the end of January 2015. The audit results showed that work is required in most areas to ensure 100% compliance with all standards is achieved. Areas identified were to establish why some wards were not giving IV therapy, to Improve prescribing of all aspects of the treatment plan and improve correct usage of VIP score. Action: A re-audit of the IV practice is to be arranged.
44	JD/QIP - Assessment and Management of Pain in patients with Dementia on a psychiatric inpatient ward at Prospect Park Hospital (2727)	The aim of the audit was to improve care that patients with dementia receive when they are admitted to a psychiatric ward, by ensuring their pain is effectively managed. The audit measured: 1. Percentage of patient days where there has been a documented pain assessment from patient's notes, drug cards and observation charts over a time course of the previous 2 weeks. 2. Percentage of drug charts that have appropriate step up analgesia prescribed for nurses to administer in case of moderate to severe pain. 3. In cases where moderate to severe pain documented, percentage that have follow up documentation to say pain has resolved or further investigation of cause is required. Key Findings from the Report were that pain is not assessed regularly as recommended by guidelines in the findings of this audit; if a pain assessment is documented, it is often only when the patient verbally volunteers the information; when patients do complain of pain, they are not routinely re-assessed and patients are not all prescribed appropriate step up analgesia. Action: An agreed action plan has been agreed and implemented for pain to be assessed via a pain assessment tool when observations are being recorded, intervention of analgesia if there is severe pain and doctors to prescribe PRN analgesia for all patients.
45	Re-audit of Records on RiO for Patients Conditionally Discharged under S.37/41 of the MHA Report Audit (February 2015) (2955)	This is a second re-audit looking at the progress made since the first re-audit which suggested deterioration in the timeliness, completeness, and quality of the clinical records. Recommendations and oversight of implementation of this was put in place at the time. 10 records per locality were audited. Overall, the findings were positive and a significant improvement on those of the previous audit. The overall findings were reported through Quality Executive Group, and were fed back to individual localities directly. The audit will be done on a yearly basis and provide a governance trail. Action: An action plan is in development.
46	UN Nations International Children's Emergency Fund (UNICEF) BFI Standards - Slough Locality (2837)	This audit has been undertaken as part of BHFT Health Visiting service, East localities working towards gaining full accreditation Baby Friendly Status. The audit aimed to give a baseline for all the health visiting areas that clients attend where they may receive breastfeeding assistance or have the need to breastfeed their baby within these areas as well as key areas that the service refers them to such as audiology. The baseline audit demonstrated excellent standards of practice across all BHFT sites and Children Centres with only minor additions needed to meet the full requirements for the environment. Action: An action plan is in development.
47	Annual Service Activity Report for the Psychology Service for People with Learning Disabilities 2014-2015 (2718)	The aim of this service evaluation was to review the activities of the Psychological Service for People with Learning Disabilities in Berkshire over the course of the period starting on 1 April 2014 and finishing on 31 March 2015. Following the previous Annual Service Activity Report, the Service actioned the recommendations agreed, the review established that the service has implemented these actions effectively. However, the completion of HoNOS to measure the outcome in all cases involving an intervention at assessment and closure is low at 39.3%. Action: The service will continue to update the referral spreadsheet, complete the HoNOS-LD measure and will continue to monitor and review referrals.

	Audit Title	Conclusion/Actions
48	Consent to ECT Re-audit (2290)	This was a re-audit to monitor the current standard of obtaining ECT, to ensure BHFT adheres to the national guidelines for compliance and to ensure all patients have a capacity assessment and relevant documentation prior to ECT to ensure consent is valid. The re-audit showed that the Trust has 100% compliance against all the standards. Action: No action required.
49	ECT clinical Global impression scale survey (2288)	ECT Department at Prospect Park Hospital is responsible for the provision of ECT treatment to all BHFT patients. This department has been assessed and awarded excellence status by RCP ECTAS (Royal College of Psychiatrist- ECT Accreditation Service) and has maintained this status for seven years, last awarded in March 2014. The review was to evaluate the ECT treatment response and efficacy of treatments in treatment studies of patients with mental disorders. The results showed that 95% of patients showed clinical improvement according to this survey. The Trust will continue to evaluate ECT treatment using CGI survey and will repeat the survey annually. Action: No action required
50	JD/QIP - Audit of driving safety advice given to patients at Prospect Park Hospital (2450)	This audit aimed to assess the level of information given to patients by staff at Prospect Park Hospital and to assess the level of staff awareness of DVLA guidelines. DVLA guidelines recommend that patients fulfilling certain criteria are legally obligated to report themselves if they believe they are unfit to drive. Driving when medically unfit is against the law and continuing to drive may pose a significant risk of danger to self and to others. The audit established that 73.3% of doctors and 36% of nurses were aware of DVLA guideline. 47.5% of the total 40 surveyed gave driving advice to patients at least once before discharge. No one had given advice to 100% of their patients within the last 6 months. As a result a teaching session for medical staff, nursing and support staff is to be implemented. Action: An agreed action plan has been put in place, via a teaching session, to place posters in clinical areas, distribute leaflets and re-analyse the data within 3 months after the changes have been implemented.
51	JD/QIP - Audit of recording of capacity and monitoring of time taken to complete clinic letters (2596)	This audit looked at clinic letters of patients seen by CMHT clinicians, assessing which patients attended the clinic and how quickly the letter was sent to their GP. When clients are seen at the CMHT by clinicians, the letter written to the GP details important information on their progress, mental state examination, risk assessment and future management plan, including any medication changes. The standard for all clinic letters to be communicated within 3 working days was set at 100%. The audit found that 68.3% of clinic letters were communicated to the GP with 3 days, 31.7% of clinic letters were sent later between 4 and 24 days. Action: An agreed action plan is in place, with the use of DOCMAN for those GP surgeries that have access to this, for all letters that contain medication changes or other changes in the client's risk or management plan are to be faxed to the GP. A re-audit is planned for the following year.
52	JD/QIP A clinical audit on Driving and Dementia (2080)	The aim of this project was to evaluate the documentation of the proportion of patients who are taking memory enhancing medication and documented as driving, who have not been advised to inform the DVLA when they should have been. The audit showed that 29% of patients were found to have no documented evidence of their driving status or any information on driving given. Action: The results of the audit have been presented and a re-audit was due in six months' time.
53	Management of Young People in the sexual health service (2694)	The audit aimed to review the management of those aged 18 and under within the sexual health service and to ensure that BHFT performance is within the recommended guidelines. Data was collected over a two month period July-August 2014. The review established that a larger proportion of young females attend the clinic than males, STI screening was completed for only 48% of people and a CSE risk assessment pro-forma was completed in only 35% of cases. In addition a fully electronic system needs to be implemented as the current system is outdated and is producing inaccurate data. Action: An agreed action plan has been put into place.

	Audit Title	Conclusion/Actions
54	Re - audit of use of Dementia Assessment Integrated Care Pathway in Learning Disability Services (2692)	This re audit was to look at the use of the Dementia Assessment Integrated Care Pathway on referrals received by the service in 2014. People with learning disabilities are at greater risk of developing dementia than the general population. The Trust did not meet 100% compliance for completion of the 12 areas included in the Dementia Assessment ICP. Action: An agreed action plan has been put in place covering feedback of the results to key clinicians, training for relevant teams on using the ICP, and uploading of the ICP paperwork onto RiO.
55	Compliance with faculty audit standards for emergency contraception provision (2104)	The aim of the audit was to assess if women are offered emergency contraception for the prevention of unplanned pregnancy. Clinically the FSRH guidelines should be followed and standards adhered to. Only 50% of women presenting for emergency contraception were offered an IUD. In addition, better use of the pro-forma is required to document cycle length. Action: An action plan is currently under review.
56	Management of Gonorrhoea in the sexual health service. (2625)	National service standards for sexual health services in UK have defined a set of quality outcome Indicators that have been adopted by Berkshire commissioners as benchmarks for East Berkshire Sexual Health Service. Standard 14 relates to Percentage of people who are NAAT (nucleic acid amplification test) positive for Neisseria gonorrhoea who have a culture performed. This audit is required on a quarterly basis. The compliance rate is 90%. The audit achieved a 93% compliance rate. Action: No further action is required.
57	The impact of the 2011 BASHH PEPSE guidelines - local re-audit (1881)	The re-audit aim was to review documentation of partners HIV treatment status following the institution of an updated PEPSE prescription proforma, and secondly, to compare PEPSE outcomes to BHIVA/BASHH auditable standards. The re-audit results showed an increase in compliance rates across the standards. Action: No further action is required.

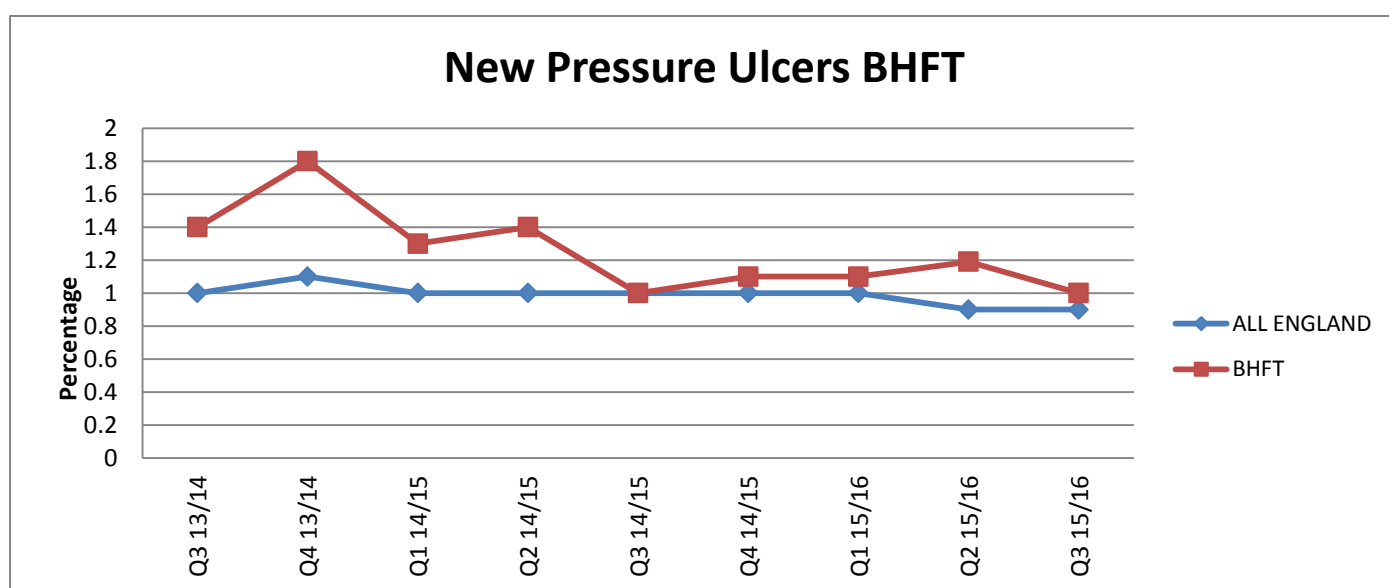
Appendix D Safety Thermometer Charts

Below are the figures for the year on the number of patients surveyed

Data capture period	Number of patients surveyed	Harm free care in Berkshire Healthcare	Harm free care nationally
Q3 2015/16	3819	94.4%	94.2%
Q2 2015/16	3960	93.2%	94.2%
Q1 2015/16	4093	93.4%	94%
Q4 2014/15	4089	93.2%	93.9%

Source: Trust Safety Thermometer Reports

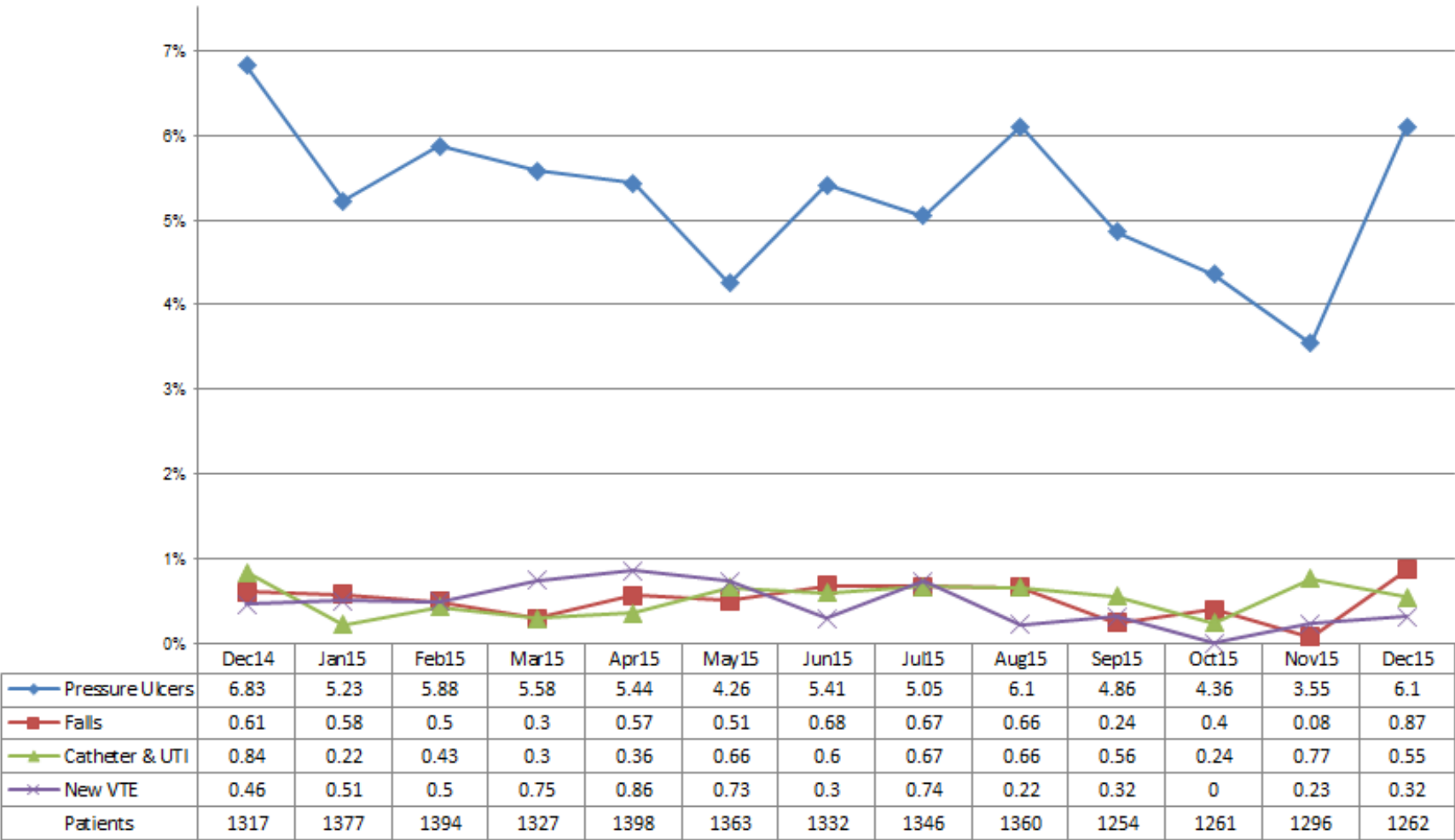
When compared nationally the data shows that the Trust has a higher percentage of *new* pressure ulcers, but the gap is closing as can be seen below.



Source: Trust Figure- Safety thermometer, All England Figure- HSCIC Pressure Ulcer Reports

Types of harm

The chart below splits the types of harms across the whole organisation. Pressure ulcers remain the highest harm



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 Source- Safety Thermometer

Appendix E CQUIN 2015/16

Indicator Number	Indicator Name	Description of indicator
Local 1	Children's transition (physical and mental health)	<p>BHFT children's services will, where relevant to the needs and wishes of young people, work jointly with internal and external services in supporting global transition to Adult services in accordance with national guidance described in 'Moving on Well', through multi agency participation in Person Centred Health Care Plans.</p> <p>This would include all BHFT professionals involved in the care of young people taking responsibility for referral of identified physical and mental health conditions to appropriate services linked to their specialities.</p> <p>The role of Health Plan Coordinator will be agreed according to the criteria within 'Moving on Well' and based on the identified 'most significant area of need'. The end outcome of this programme, and that which will be measured, will be an increase in the percentage of young people who report the transition process as having been a positive experience.</p>
Local 2	Hydrate	<p>To ensure that patients hydration is given a high priority and its importance is understood by staff as well as patients and carers. Information regarding importance of hydration will be readily available on the ward and discussions will be had with patients/carers on admission, throughout their stay and prior to discharge. All patients will have a risk/ needs assessment and care plan if risk identified. Where this identifies a need for supervision and support to achieve sufficient hydration, a user friendly chart to monitor intake will be implemented. It is important that patients and their carers understand the reasons for adequate hydration. Therefore the purpose of the hydration chart is to provide some patient ownership where possible with the aim that they will understand the importance of hydration and maintain their fluid intake following discharge. A staff education programme will be undertaken by the Trust in order to support the launch of Hydrate. This CQUIN will include patients on all community health and older adult wards.</p> <p>In quarter 4 the Trust will communicate any learning from the project with staff working in the community.</p>
Local 4	Smoking Cessation	<p>To improve the physical health of Mental Health inpatients (Prospect Park) by offering Nicotine Replacement Therapy (NRT) to those patients who have been identified as being smokers, and to provide NRT to those who agree to commence this treatment within 2 hours of admission to an</p>

Indicator Number	Indicator Name	Description of indicator
		inpatient area. This is an option to assist in abstinence of tobacco whilst on the ward. This will exclude Learning Disabilities and those who lack mental capacity to make the decision.
Local 5	7 Day working	<p>1.The treatment plan of all new admissions under a section will be reviewed, on the phone, by the on-call Consultant between 5pm and 12 midnight, 7 days a week (this includes adult and Older Adult patients and also those admitted under section MHA)</p> <p>2. Weekend medical cover will be enhanced with Consultant/ Specialty Doctor presence on site at PPH between 9 am and 5pm to</p> <ol style="list-style-type: none"> 1. review all new admissions under a section (patients admitted after midnight) 2. ·provide medical input to CRHTT for decisions about appropriateness of admissions to PPH 3. ·prescribing for CRHTT patients where clinically required 4. ·medical input, as required, for APOS and seclusions

Appendix F BHFT draft CQUINs 2016/17

Please note that these are only the agreed Local CQUINs, mandated CQUINs and the associated value of all CQUINs are still to be finalised. **To be added at end of Q4**

Appendix G Statements from Stakeholders

To be added at end of Q4

Appendix H

**INDEPENDENT AUDITOR'S REPORT TO THE COUNCIL OF GOVERNORS OF BERKSHIRE
HEALTHCARE NHS FOUNDATION TRUST ON THE QUALITY REPORT**

To be added at end of Q4

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