MENTAL HEALTH OF OLDER ADULTS AND DEMENTIA
CLINICAL ACADEMIC GROUP (CAG)

Our first Outcomes booklet launched at the opening of Granville Park, our new Lewisham Community Mental Health Team base

This year the CAG was proud to pull together, with colleagues from King’s Health Partners (KHP), our first Outcomes booklet. We launched this at our Granville Park open day with service users, carers, partners from other organisations and our Staff.

The booklet tells the story of the Mental Health of Older Adults and Dementia CAG which was one of the earliest CAGs in KHP to form. Our existing strong relationship between the clinical service and the Institute of Psychiatry, Psychology and Neuroscience, (IoPPN) has gone on to develop our vision to be a preeminent service in the provision of high quality and effective clinical care nationally. The Outcomes booklet highlights the impressive array of clinical and academic activity across the CAG and the dedication of those working for the benefit of our service users and their carers.


We hope that our Outcomes booklet illustrates not only what we have achieved but also our ambitious vision for how our services will continue to develop. We have the opportunity to lead the development of the next phase of integrated services for older people with mental health needs and new approaches in treating and supporting people with dementia. The CAG is well placed within KHP to work with clinical partners and our other stakeholders to develop and implement a Dementia Strategy for KHP. This will support the creation of effective integrated models of care for older people in South London, working with and learning from our service users, carers and staff.

The CAG has redesigned clinical services to provide more clinically appropriate and cost-effective models of care, including development of integrated memory services and crisis services in the community. At the heart of the CAG is the practical involvement and engagement of our service users and carers at all levels of our work. In this newsletter you will find many more examples of our work, research and involvement projects which make our CAG such a diverse and exciting place. We have also included some details about our CAG structure and the partners we work with to help explain the context of the environment we operate in. We hope you enjoy reading.

The CAG Executive Team
We have an ambitious and busy programme ahead for the next year and a half. We have set ourselves seven key priorities and outlined in each service area how we want to see improvements achieved. This is summarised for you below:

1. **Change CAG Management structure to speed up decision-making**

   Our structure requires some change as many of our current roles overlap and we need systems to support more decision-making to be made at team level. Key to this is the recruitment of our new Academic Lead and clarity of the working relationships with Service Director, Clinical Director and Academic Lead.

2. **Workforce development**

   We want to develop a strategy to support clinicians to be more knowledgeable about the structure of the NHS and Trust and to be more engaged in clinical leadership. This includes:

   - Supporting and training CAG managers, clinical leads and team managers to understand the range of agendas such as Involvement, Inclusion, and Equalities, so that they see these as part of everyday work.

   - Investing in the frontline workforce so that they are aware of a range of initiatives outside their immediate professional roles, working in partnership with local agencies, which includes negotiating with services outside the NHS. They need to be empowered to have those discussions and suggest ways forward for their clients.

   - Developing skills of frontline staff in supporting and working alongside carers, including those who they find challenging, being aware of resources for carers and to better understand and implement the new Care Act.

3. **Improve working relationships with Clinical Commissioning Groups (CCGs)**

   We will be setting up regular meetings with all four CCGs with clinical representation from our local teams, to agree borough level strategies in line with our vision for services and our care pathways, to review our performance against agreed targets and plan for future needs. We also aim to encourage CCGs to identify GP leads for our key clinical areas.

4. **Improve our services**

   We are on a constant journey of improvement and below are some of the targets we have set for our work:

   - **Care Pathways and Outcome Measures:** we will ensure that care pathways and associated outcome measures are embedded in clinical practice and performance of teams, to be monitored through the MHOAD Quality Governance (Effective) Committee meetings.

   - **Service user and carer involvement:** we will ensure that in all the work streams listed below there is active participation of service users and carers and that we make an effort to seek the views of those service users who will be affected by any potential changes to services.
In brief: CAG priorities

1. Change CAG Management structure to speed up decision-making
2. Workforce development
3. Improve working relationships with Clinical Commissioning Groups (CCGs)
4. Improve our services focussing on Service user and carer involvement and using Care Pathways and Outcome Measures
5. Simplify and standardise documentation
6. Support more clinically orientated and service evaluation research
7. Develop, with the Trust Commercial Team, a long term strategy regarding income generation

- **Inpatient/HTT/SCU services**: leadership of inpatient units will be reviewed to support improved multidisciplinary working with active service user/carer participation in day to day running of units, routine clinical outcome measurement and demonstrably shorter lengths of stay

- **Community teams**: within the next six months we will develop a five year plan for our Community Mental Health Teams (CMHT) - to include plans for how the service will work with the Care Home Intervention Teams, how compliance with the Care Act will be achieved, and plan how services will work with physical healthcare services and primary care, in line with the NHS Five Year Forward Plan

- **Memory Services**: we will implement the plan agreed – which is a centralised specialist service with more diagnoses being made in primary care

- **Liaison Services**: we will standardise our services through development and implementation of a Delirium care pathway and adherence to standard documentation

- **Psychology and Psychotherapy**: we aim to achieve greater efficiency by identifying more clinic space so that the proportion of service users seen in clinic can be increased (from 50% - to 75%). We also will develop a structure to support people with personality disorders across all our services

- **Care Home Intervention**: we plan to evaluate the services in all four boroughs and present findings to Clinical Commissioning Groups (CCGs). This will include working through South London Integrated Care (SLIC) to promote more joint working with physical healthcare teams.

5. Simplify and standardise documentation

6. Support more clinically orientated and service evaluation research

7. Develop, with the Trust Commercial Team, a long term strategy regarding income generation

Dr Daniel Harwood
Clinical Director

David Norman
Service Director
SUCAG go to Whitehall

In February this year Steven Pollock, the Department of Health’s Deputy Director of Policy Communications invited our SUCAG members up to department HQ at Whitehall for a joint learning event as part of their Connecting Programme. This is an initiative to encourage civil servants to get to know the reality of services better to help inform their strategy and policy discussion.

The outcomes we had for the day included:

1. For South London and Maudsley (SLaM) participants to understand more about what the department’s role is in certain policy areas
2. For Department of Health (DoH) participants to understand the role of the Service User and Carer Advisory Group
3. To share ideas and good practice
4. To connect with each other - services users, carers, SLaM staff, DoH communicators and policy makers through networking and discussion

What impact has our visit had?

In a world where we insist on seeing the statistical evidence and impact of everything we do, there’s nothing quite like a piece of qualitative feedback which demonstrates several outcomes in one, when Jane Rintoul, Director of Connecting and Engagement, noted that “your visit changed the conversations at the water cooler”.

The Power of Story—Nurse Council film project takes centre stage at the Cinema Museum Showcase

In February Poet Patrick, Lee opened our special show case of the Power of Story project with some of his poetry which can be read in full on page 8. The event saw the launch of the Nursing Council’s films, telling the tales behind why some of our most senior nurses came into the field of older adults mental health nursing. We also showed a film called ‘Ikigai’ (this is the Japanese word for ‘reason for being’). In this unique insight we asked each of our senior nurses, “What is your Ikigai?” Find out more by watching one of the films at https://www.youtube.com/watch?v=X2KPFrp6qVI

Captivated by tales of Ikigai
Service User and Carer Advisory Group (SUCAG)

The work of this important part of our CAG has grown from strength to strength and included so far:

- Completion of 20 CQC mock visits
- Taking part in many interview and assessment panels for staff
- Presenting at the Trust Conference
- Going to Whitehall to meet with DoH colleagues
- Conducting an Equality Impact Assessment visit to our out-patient therapy rooms and offering a recommended improvement plan

SUCAG summer party

In recognition and thanks for all the voluntary work that our SUCAG members do, we hosted a summer party for them at the Bethlem Museum of the Mind on 10th August. The Museum is an amazing collection of work, art, history and stories of mental health and the history of our organisation. Here we see our members captivated by just one of the interactive displays.

Partnership working

We have strengthened our links across the four boroughs by making sure we are part of each local Dementia Alliance. We have also worked with Age UK in each borough through community events at Millwall and Morrison’s in Peckham, the Mental Health Foundation through Power of Story and the Carers centres through Smile for Health events.

On 10th June we partnered with the South London Health Innovation Network (HiN) and Patient Opinion during Carer’s week to launch a new feedback project. This aims to capture the feedback of carers of people who have dementia through the Patient Opinion website. It is a year long pilot, funded by the HiN and targeted through our IoIK project. [https://www.patientopinion.org.uk/opinions?nacs=RV5](https://www.patientopinion.org.uk/opinions?nacs=RV5)

And finally, SUCAG would like to thank Mauricio Moreno from King’s College for donating a laptop for SUCAG presentations...trust us Mauricio, it will be put to excellent use!

Community events.....

During July we have been building some new networks to add to our list of partners we can call on to support service users and carers, these include:

- FORVIL- VCS- Federation of Refugees from Vietnam in Lewisham
- Stone End Day Centre. - Age UK Southwark
- Healthwatch Lewisham- Community Engagement
- Bethlem Museum of the Mind
- Older Persons Arts Network—OPAN

And as if all this wasn’t enough, one of our newest members, Barbara Richardson abseiled down our new Jubilee Wing to raise money for The Maudsley Charity. She did this on 27th June 2015 and raised an impressive £ 550.00. She is an inspiration to us all!
If Only I'd Known project gathers pace

If Only I’d Known (IoIK)—why the course exists.

“I cared for my husband who had frontal lobe dementia, diagnosed in 2003. He died in 2006. There was nothing to be done clinically and I was told to contact Social Services for any help I needed. We were pointed in the direction of the Alzheimer’s Society, who had a place at the memory clinic. With no help or advice coming from anywhere else at that time, their help and support was invaluable. From this I was recruited as a lay person onto an advisory committee with Lewisham Social Services and from there I came into contact with SLaM.

Along with other carers and ex-carers, we formed a group to get together and share our experiences of caring for a loved one with dementia. We had all learned to cope the ‘hard way’, on our feet, but by listening to the stories and experiences of other carers, through these snippets of information we have survived! So myself and my new friends at SL aM got together to pool our information; coping strategies and anything we could think of to help make life a little easier for a carer and so “If Only I’d Known” was born, because if only we knew at the start what we know now, our caring lives would have been much easier. Our course covers six weeks and is intended to cover all aspects of caring for a loved one with dementia but also, caring for the carer!”

Ruth Hards (IoIK & SUCAG Member)

So what have we achieved as a group?

In the Autumn of 2014, IoIK was piloted in the boroughs of Croydon and Lambeth in partnership with the local carers agencies. From the evaluations in our pilot sessions we realized that there was a real need for carer-to-carer support, backed up by one of our clinical team at SL aM. In 2014/15 our monthly sessions across Lambeth, Croydon and Southwark have reached 87 carers to date.

During Dementia Awareness week we ran one of our most popular sessions, “Care for the Carer” at a workshop in the dementia stakeholder event in Lewisham and then again at an International Alzheimer’s day at the Ortus Centre in May, attracting 33 new people. The knowledge of our work is spreading and our 8 trained and dedicated carers work tirelessly on their mission to ease the burden of caring by providing knowledge, support and that all important experienced listening ear.

We work in partnership with the local carers agencies, Age UK, Alzheimer’s Society and our own memory services. With their support we hope to reach even more people across all four boroughs during 2015 and 2016. Nirusha Nicholas - Recovery & Engagement Worker for Carers

In addition we have also presented IoIK to:

- South London GP Protected Learning Time Event—Millwall Football Club
- Southwark CCG
- World Alzheimer’s Day
- Carers Information Day in Croydon (over 400 attendees)
Other key dates for your Diary

- **SUCAG meetings**—Usually the second Monday of every month
- **CQC meeting SUCAG** 14/09/2015
- **World Alzheimer’s Day** 21/09/2015
- **CQC Trust wide inspection** 21-25/09/2015
- **Black History Month**—October 2015
- **International Older Persons Day** 01/10/2015
- **World Mental Health Day** 10/10/2015
- **Alzheimer’s Disease Awareness Month**—November 2015
- **SUCAG Christmas Party, at the Ortus** 17/12/2015

Please come along and have a mince pie!

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### Future IoIK sessions

**Lewisham If Only I’d Known Workshops**—91 Granville Park, First Floor Meeting Room, SE13 7DW

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop theme</th>
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<tr>
<td>Thursday September 17th, 2015</td>
<td>10:30-12:30</td>
<td>Talking about Dementia</td>
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<td>Thursday September 24th, 2015</td>
<td>10:30-12:30</td>
<td>Dealing with Social Care</td>
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<td>10:30-12:30</td>
<td>Health of the Person with Dementia – Physical</td>
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<td>Health of the Person with Dementia – Emotional</td>
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<td>10:30-12:30</td>
<td>Care for the Carer</td>
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<td>Thursday October 22nd, 2015</td>
<td>10:30-12:30</td>
<td>The Money Side of Things</td>
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**Croydon If Only I’d Known Workshops**—Croydon Carers Support Centre, 24 George Street, Croydon CR0 1PB

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<td>2pm-4pm</td>
<td>Talking about Dementia</td>
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<td>Monday 9th November, 2015</td>
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<td>Dealing with Social Care</td>
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<td>Monday 16th November, 2015</td>
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<td>Health of the Person with Dementia – Physical</td>
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<td>Health of the Person with Dementia – Emotional</td>
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<td>Monday 30th November, 2015</td>
<td>2pm-4pm</td>
<td>Care for the Carer</td>
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<td>Monday 7th December, 2015</td>
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<td>The Money Side of Things</td>
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For more information contact: Nirusha.Nicholas@slam.nhs.uk

Tel 020 3228 1625

Mental Health of Older Adults & Dementia Clinical Academic Group, (MHOAD), MHOAD Offices, 115 Denmark Hill, Maudsley Hospital. London SE5 8AZ

http://www.slam.nhs.uk/about-us/clinical-academic-groups/older-adults-and-dementia
Living with Memory Problems—Croydon workshop

We are delighted to be able to announce our most recent short film created by three of our members of the Croydon Memory Service. In this delightful film they speak about the reality of receiving their diagnosis, how they have coped and what is important to them in staying well and keeping connected with what matters to them most.

See this film now on the SLaM YouTube channel at https://www.youtube.com/watch?v=oycN-8r2BWs. This workshop originally ran alongside “If Only I’d Known” which the partners of the men attended to get support as carers.

Poet’s Corner

Patrick Lee

Trafalgar square has them;
Statue clumps; stilled lives in stone.
Erected too high to see their faces;
Nor they mine,
They gaze forever
At unreachable places.
Unblinking into
Their famous memorable pasts,
Overtaking death's facts.

Some with bronzed eyes under
stilled brow; weather soared,

Permanent curls and furs,
Frame heroic wounding sacrificial deeds.
Now bearing the weighty denatures
Of guano;

Remnants of birds - view - roosts;
Further Immortalized

by these late embalmings,
whilst I,? search an unlit plinth
and await a memory of me;
Bronze, Guano, and Concrete Free.

19.44 pm
Wheels for Well-Being

In early Summer 2014 I met with a disabled lady at a Lambeth Well-being meeting. She was a keen wheelchair cyclist and got me thinking this could be a great pursuit for our SUCAG members, hospital patients, their friends and families.

I researched Herne Hill velodrome who have a fantastic variety of circuits, 2,3 and 4 wheels and even a bike that can accommodate a wheelchair. I costed it out based on six people for ten weeks and submitted a bid to the “Smile for Health” fund. It was a winner and I am so glad it happened.

It has really taken off and we are still running it throughout the summer. Next year I intend to re-bid but incorporating other boroughs such as Lewisham.

You have to see the velodrome to believe it. There are disabled people, people with mental illness and cyclists with other disabilities such as autism and Down’s syndrome. It is interesting to see that when people get on a bike, their disability disappears and freedom appears. It’s very uplifting and I have never seen so many smiling faces.

Chris Saycell—SUCAG member

Other Smile for Health projects

Croydon Tea Dance

On 12th May members of the SUCAG group and other service users and carers met at Age UK Croydon to dance the afternoon away. This was funded through the Smile for Health bids and attended by one of the founding group members. It was great to see around 50 people enjoy this event.

Raising awareness of older adult mental health in the Military

We are currently planning an event to coincide with remembrance activities. Smile for Health helped us get some much-needed publicity materials to display for veterans to know how to contact our services.
Southwark Community Mental Health Team take part in innovative research

The CMHT in Southwark have been taking part in an exciting new research project aimed at developing the knowledge, skills and abilities of staff to work with people who have personality disorders. Team members Ivan Redman and Helena Znak, told us about this innovative approach.

The team identify people who have repeat patterns of behaviour which have been resistant to the current interventions and support available. These are often service users whose behaviour can sometimes be more challenging for staff to work with; for example self-harm or threats to others.

Every two weeks the staff on this project have clinical supervisions as a group with our psychotherapist, Jo Van Den Bosch, and bring the cases to the sessions for discussion and joint learning. The aim is to try and shift the perceptions of clinicians to see beyond the presenting behaviour as challenging and with compassion get in touch with what life is really like for the people they are working with.

The research element of the project is that these action learning sessions are recorded by the psychotherapists, who will be analysing them as part of the overall data on this way of working. Helena told us about one of the cases the team shared and how by understanding some of the underlying causes of what, on the face of things, seemed quite bizarre and risky behaviour, enabled them to support the service user in a way which truly recognised her perception of the world and tried to find different approaches to supporting them to refocus on their recovery through it, not ignoring it.

Another member of the group, Community Mental Health Nurse Olu Ajayi said, “I find the experience of being part of this group very supportive and inspiring”. 
On Wednesday 28th July, an Open Day was held at the newly refurbished Granville Park. The building is home to all Lewisham Older Adults teams as well as Bromley & Lewisham Mind and Mind-Care.

All the teams in the building had stalls with members of staff who were on hand to answer questions and explain the service provided by their team. Leaflets and information sheets were available and all the stalls were well attended by guests and Trust staff alike. A buffet lunch was provided. As it was a lovely, sunny day guests felt encouraged to sit out in the garden.

Some 53 guests attended, including the local MP, Care Home Managers, GPs, Lewisham Social Service Teams and various other Older Adults Services and charities in the Lewisham borough. Also in attendance were consultants and senior managers from SLaM as well as several service users from the MHOAD SU (Service Users) CAG. One service user commented ‘It was good to have the stalls and to be able to talk to members of staff. They are so cheerful and forthcoming - you have a lovely (and lively) work community. The refurbishment is great in every way. Attractive decor, furniture and good facilities. May it may make your working lives a little easier. Nice for patients too!’

Celia Moreton-Prichard, one of our carers from the “If Only I’d Known Group”, tells us what she thought of the new building:

“I’ve lived in Granville Park since 1969 and remember when there was a busy coal-yard on the site of what is now No. 91; it has always been discreet – I didn’t even know it had been built as a care-home till a neighbour told me her husband was there. It is still discreet; I go past it every day and had no idea of the activity now going on inside till I was invited to an Open Day on 28th July.

It was a great surprise to find no fewer than seven different mental health services under one roof; I’d always imagined that a busy railway line right outside would be a noisy distraction, but the windows are so splendidly double glazed so that the trains slide past without any disturbance. We were warmly welcomed, fed and watered – many of us drifting out either on to the vine-covered loggia or into the small but pleasant garden while we ate. We then had a tour of the building and the amount of daylight in offices and a more-than-adequate kitchen must make for very pleasant working conditions. Our MP, Heidi Alexander, spent a good deal of time talking to many of the staff and guests, and she must have gone away with a most favourable impression.

I was invited to offer an opinion on two rooms intended for consultations and did so. The only two areas I could find fault with were two very small consulting rooms; other than that I’d be happy to work there, particularly as Maggie’s Café is just across the road! Maggie is a local celebrity and her all-day-breakfasts are legendary. Perhaps a couple of exercise bikes should be added to the equipment at No. 91, Granville Park to counter this?”
Our Hayworth Ward held its first Employee of the Year award on Thursday 21st May 2015. The award went to Carmel Mundt-Leach in recognition for her hard work, dedication and professional approach to delivering high quality inpatient care in the ward. Caroonah Kistamah came a close second.

The award is an innovative idea, implemented by the Ward Manager, Joanne Adewole. Joanne is very passionate about good work ethic and thinks that good practice should not go unnoticed. “As a manager, I recognise that all our staff give 100% to deliver excellent quality care for our patients. This was reflected from our excellent AIMS Accreditation from the Royal College of Psychiatrists 2014-2016, the 100% rating from the Practice Assurance Visit in 2014, the MHA CQC visit in July 2014 which gave positive feedback, PLACE visit in 2014. The recent good practice visit or ‘mock’ CQC visit in April 2015 also commended how well the ward was doing.

As a team it is good to celebrate ourselves and recognise the hard work that we have all done over the last year. Our patients are our number one priority, so it is essential that we give them a consistently high level of service.”

The ward staff voted for their preferred member of staff by writing down their choice anonymously in a ballot type system. The panel consisted of the ward Doctor, Occupational Therapist, Community Support Worker and Registered Mental Health Nurse. The results were tallied under the headings: “going the extra mile in their practice”, “professionalism” and “problem solving skills”. The results were tied to two members of staff receiving equal votes, with Joanne casting the final vote as a tie-breaker.

The ceremony was held on Hayworth Ward, with full participation from staff and service users. The award was formally presented to the recipients, with photographs being taken to mark the occasion. Head of Nursing, Lynne Carroll and Clinical Nurse Specialist, Eve Francis presented the awards. The CAG Modern Matron, Delores Williams was also present at the ceremony to support the ward. Afterwards there was lots of yummy food, contributed by the whole multi disciplinary team. The preparation for, and the ceremony itself, was testament to how Hayworth Ward staff continue to work together in a harmonious way.

Carmel said “It has been such an honour for us both to be voted as “The Most Professional Nurse” on the ward who “goes the extra mile”, by our peers and colleagues. To receive such an accolade from the people we work with every day is very special indeed. “It was so special to receive the trophy as I have received so much from working on Hayworth Ward, with such a superb team. It really does reinforce my decision to return to nursing in 2010, and that it was the right thing for me to do.”

Caroonah said: “Thank you for voting for me. It was such a surprise as I had not expected it as I am a junior nurse on the ward. As an ex-support worker I have gained so much experience by working with the team who have supported me throughout my journey to become a qualified nurse. This certificate will be an incentive for me to maintain good patient care.”
Some recent research by Rosalyn Tuerk (Clinical Team Leader) and Dr Justin Sauer (Consultant Psychiatrist) in 2014, looked at how people from our BME communities access and use our memory services and concluded that more should be done to consider how we can promote access to memory services for this group. This is something our “If Only I’d Known” and SUCAG groups are looking into in the next year.

The article can be read in full at [http://pb.rcpsych.org/content/pbrcpsych/early/2015/04/07/pb.bp.114.047753.full.pdf](http://pb.rcpsych.org/content/pbrcpsych/early/2015/04/07/pb.bp.114.047753.full.pdf)

Social Worker, Ruth Martin tells us about a new carers support group linked to Southwark and Lambeth Memory Services (SLMS)

“We ran an 8 week post-diagnosis support group for carers. The idea was that the group would provide information for the carers as a follow-up to the clinical feedback that the person they cared for would have received, but also peer support. This differs from other carers groups in the two boroughs (Southwark and Lambeth) because it has direct links with SLMS. A member of the SLMS team was present at the group to offer professional advice and assistance to compliment the valuable shared lived experience of the other carers. Other professionals/agencies were also invited to attend such as a solicitor, a dementia advisor (Alzheimer’s society) and a support worker from Health Watch Lambeth.

With an average of seven carers per session, feedback from the evaluation forms was that the groups helped people to feel supported and less isolated. There was also a general sense of relief that people could come to the sessions and be open and honest about their feelings and their sometimes quite challenging relationship with their loved ones. One carer stated: ‘It is obvious from the way people are ready to talk about their feelings about their circumstances that this support is needed.’

Going forward: We plan to use these pilot sessions to develop a proposal to outline the benefits of such sessions and suggest that carers groups are provided as part of SLMS standard post-diagnostic support provision. and we are currently in talks with the Alzheimer’s Society to explore the options for collaboration.” Ruth Martin.
Profiling the work of Dr. Tony Rao

Tony has been a consultant since 1998 and having worked with older people in wards and community mental health teams, Tony was struck by the amount of referrals that came through for people with alcohol issues. In 2003, of the 15 beds in a service Tony was overseeing, 8 people had alcohol problems.

Tony became increasingly interested in the emerging pattern of alcohol problems for the baby boomer generation, who are now part of the UK’s ageing population. In 2011 this led Tony to work with Ilana Crome, an Addiction Psychiatrist, on a project called “Invisible Addicts”. The aims were to

• Get better public health data
• Improve clinical skills
• Develop policy, integrating safe limits into practice
• Influence wider public health policy

Despite society’s warning signs, which Tony had been scanning the horizon ten years ago, there is still no specific service for addictions or alcohol focussed on older people. But what we know is that the impact of alcohol on your physical and mental wellbeing as you get older does bring a unique set of circumstances which have to be taken into account in the care, treatment and support people are offered. Regardless of the lack of dedicated service, Tony is determined not to give up on raising awareness of this important issue for older people within SLaM’s services. You can watch a short film which Tony was involved in through the link opposite. We have also included links to Tony’s research in this area.

Over the next year, Tony has offered to work with the Involvement Team to develop some resources to support staff to identify, assess and signpost safely any appropriate service users or carers with alcohol or substance abuse problems. The resources will include:

• A specific leaflet for older adults on working with people who have alcohol and addiction problems
• Some information for our service user and carers groups
• Developing some training packages which can be delivered locally and in services
• Being the ‘go to’ resource to help any of the staff across the CAG who are struggling to find positive solutions when working with people who have problems with alcohol.

Rahul Rao (2013): Outcomes from liaison psychiatry referrals for older people with alcohol use disorders in the UK, Mental Health and Substance Use, To link to this article: http://dx.doi.org/10.1080/17523281.2012.754785

To watch a Channel 4 Documentary on this important subject, click on this link below http://www.channel4.com/news/hidden-alcoholic-drink-problem-older-younger-aged-teenager

Dr Rao also recently featured in the Guardian at http://www.theguardian.com/society/2015/aug/24/over-65s-unsafe-alcohol-consumption-drinking-study
The aim of the paper I wrote was to outline the journey undertaken as a senior nurse returning to academic learning, as part of a collaboration between a large mental health NHS Foundation Trust and London South Bank University. It captures the personal experience, achieving a level of personal as well as professional development. In the paper I share the lessons learned that I hoped would stimulate and support others at whatever stage of their learning journey to continue to see things freshly and remain open to the new possibilities for improved personal growth and enhanced practice delivery.

My personal journey started in 2011, when I embarked on further academic studies as a mature student, working full time within a busy NHS organisation in London. During the course, my role changed, as the organisation went through major restructuring process. As a nurse manager it was an expectation that I would be leading others through a process of internal change, whilst maintaining and stimulating excellent evidence-based nursing care that respects and responds to the needs of our service users, families and their communities.

At first I was really anxious and overwhelmed with thoughts of being inadequate, and how I would deal with failure, in front of my family, friends and colleagues. However, I knew that I was undertaking this course to develop myself professionally, and to improve and sharpen my skills and powers of self-insight. I felt challenged by the level of academic writing, the process of academic referencing, finding my way around the large University library and what felt like limitless online resources. I knew I needed to be organised and seek the support of those around me.

Indeed I received considerable encouragement and support, not only from my team, but also from the lecturers. Despite the time constraints and lack of confidence in tackling new academic skills, I was able to achieve passes for my assignments, and this really boosted by confidence. The ability to critically reflect as a senior clinical nurse returning to academic learning is an experience that provides opportunities for enhanced personal and professional growth.


At the start of 2015 on a cold week in January, six staff, a carer and a service user all took part in a digital storytelling workshop run by Patient Voices. The aim of these workshops is to support staff in what is known as ‘reflective practice’. This is where they can look back on their work and try and distill their values and practice into one short film which captures an important moment in their professional experience. Importantly for this workshop one of the carers at Greenvale was also able to take part. Here is what she said about the experience:

“it was really one of the most rewarding experiences I’ve had, I really felt our story was finally told and could now be used to help people learn from the experiences my family had.”

Susan Scarsbrook.

You can see Susan’s film “The Book of Stephan” at [http://www.patientvoices.org.uk/pos.htm](http://www.patientvoices.org.uk/pos.htm)

Another workshop is planned this time with staff from Chelsham House later this year.
JOAP Case study Publication by Helen Shearn, Head of Arts Strategy

Journeys of Appreciation Project (JOAP) re-starts later this year!

JOAP is an innovative, multi partnership cultural programme with partner museums and galleries, engaging older adult in-patients with mental health problems and dementia and staff across South London and Maudsley NHS Trust. JOAP was funded with the generous support of the Maudsley Charity to encompass monthly visits with tailored workshops facilitated by the staff and volunteers at the partner museums and galleries, including:

- The Horniman Museum and Gardens [http://www.horniman.ac.uk/](http://www.horniman.ac.uk/)
- Tate Modern and Tate Britain [http://www.tate.org.uk/](http://www.tate.org.uk/)

After a pause to evaluate the success of this project, Helen Shearn, SLaM's Head of Art Strategy has been busy pulling our museum partners back together for the next evaluation of JOAP.

Here is what some of the service users who took part said:

“The wards are one confined space for all with some acutely ill patients. We need to make changes.”

“There is no life there on the ward.” “I don’t want to go back there”, “I want to go home.”

“I feel very human today at Tate”.

“Never mind the meds”

“I feel secure here at the Tate”

The first visits are scheduled for Autumn and start at the Cinema Museum.

Psychology & psychotherapy

Jo Van Den Bosch (Trust Advisor for Arts Therapies and Drama Psychotherapist in our CAG) has completed her training in Transference-Focused Psychotherapy (TFP). This is an evidence-based treatment for personality disordered patients. After a gruelling four hour viva and observational assessment, Jo passed her examination meaning that she is now the Trust's first qualified TFP therapist and unique in her clinical application of this approach to working with older people.

Jo has been formally accredited by Weill Medical School of Cornell University in New York, as a TFP psychotherapist, supervisor and trainer in the modality. We look forward to using Jo’s knowledge and expertise in working with older personality disordered patients as we strengthen our service delivery for this care pathway in MHOAD services. Jo is now member of the International Society for TFP and is on their very select list of teachers and trainers.

Well done Jo!
We were delighted to work with the inpatient team on our Aubrey Lewis 1 (AL1) Ward to get some new photos of them for their notice board. Our SUCAG member and professional photographer Annie Pownall, spent the day on the ward with Helena Taylor-Knox, (Power of Story Project Officer) taking pictures. We were really pleased that some of the service users and carers agreed to have their pictures taken as we joined in the gardening group run by our Occupational Therapist Claudia Anderson.

The gardening group on AL1 ward was launched in April 2015 by the ward Occupational Therapist. The group is held weekly, in a peaceful space leading from the lounge area where people can enjoy gentle, social exercise whilst gardening. The aim of the group is to provide an opportunity for developing skills, form social connections, and provide a source of meaning and purpose. Research tells us that gardening has been found to have positive effects on both mental and physical health.

The group has been a real success on the ward with high attendance. The group has brought people together, formed relationships and instilled a real sense of achievement and pride in what has been grown. More recently we have been enjoying the produce and incorporating this into food preparation and cooking groups.

We are currently looking forward to a volunteer from the London Wildlife Trust joining us in September. She will be offering an eight week ‘Potted History’ project which focuses on combining gardening and reminiscence.

Joanna Ecclestone, Potted History Project Officer, from London Wildlife Trust together with volunteers has been supporting Chelsham House during the summer period in the creation of a sensory garden. This project started in June and has been running once a week for eight sessions. Patients and staff have been involved in the gardening. Joanna will soon be supporting AL1 with their garden too and here’s what she told us about the project:

“Potted History, is a Lottery Funded gardening and reminiscence project run by London Wildlife Trust in South London for older people with particular support needs, including dementia. It brings a series of activity sessions designed to stimulate senses and memories and engage people with nature, such as making bird feeders, sowing seeds, planting up herbs and making lavender bags.

We, (myself and trained volunteer helpers), usually run the groups in day centres, residential care homes or other community venues then Isobel Porcel Rojas invited me to run one at Chelsham House over the summer. We haven’t run these groups in an inpatients setting before so it was very interesting for us to see how the staff worked with patients, and to tailor the activities to suit the abilities, interests and needs of the patients. We were well supported by OTs and support workers who hopefully also came away with new ideas of therapeutic things to do with groups in an outdoor setting.

Some participants were keen gardeners, others said they’d never been that interested, but during and after the sessions they generally said they enjoyed being outdoors, doing something new and different.”
Dr Daniel Harwood became Clinical Director of the Clinical Academic Group in May 2015. Dan tells us that the focus of the role for a Clinical Director is understanding what is going on in service development and professional practice. Along with David Norman, the Service Director, Dan is also responsible for advising the CAG Executive Team on national trends and good practice and how we can learn from this: “Clinical leadership is more than the medical and clinical leadership; it’s how we work with other professional leads in nursing, occupational therapy, psychology and involvement. As a multidisciplinary department we have to make sure we recruit and retain really good staff across all disciplines and levels of the service.” Dan highlighted some of the big themes that will dominate the focus of the CAG leadership over the next few months and years including:

- Re-configuring memory services—moving more into the community and being based within primary care. A key role will be supporting and training GP’s and providing expert advice through our Clinical Nurse Specialist roles
- Integration—with Local Authority partners and other healthcare providers, including strengthening our care home support team in Lambeth and Lewisham
- Responding to the NHS five year forward view and in particular addressing long-term health conditions
- Changing inpatient services in light of the need for fewer specialist care beds and greater focus on keeping people out of hospital. This will mean strengthening our Home Treatment and Community Teams.

Dan told us “I’m not in favour of overly grand plans that come to nothing. I want to see small, effective and simple approaches that lead to practical improvements in our services. It’s a great time to be in older persons services with all parties recognizing that our ageing population is a priority. Our CAG is ideally placed to be the leader on this agenda as we have been working in a multidisciplinary, multi-service way for a long time. Understandably, change can make staff anxious but I see it as a positive, as if we don’t change, we may not have these services in the future. I hope the changes will result in better staff morale, more service users and carers being involved and much better quality evidence on what we do and whether it really makes a difference”

Dan’s role also takes him into some of the wider strategic projects of the Trust such as King’s Health Partners Dementia Strategy and the London Strategic Network on dementia.

After being inspired by a GP during a talk at Bristol University, Dan did his degree in medicine. “I was always attracted to neurology and mental health and felt these two areas would see the greatest advances in our lifetime. As a doctor, without addressing mental health, you miss 50% of someone’s distress”. Dan went on to work in general medicine in Ipswich before moving to the Neurology Department at Bart’s and then completing his psychiatry training in Oxford, where he conducted research on suicide in older people. He then did a year at the Bethlehem and Maudsley Hospital, (as it was then), before moving to the Isle of Wight as a consultant for 13 years, before returning to SLaM and our CAG.
What’s happening across the rest of the Trust

- **New Chair, Roger Pafford joins us**
- The Trust gets prepared for a full inspection of our services in September
- A new Health and Wellbeing Advisor to work with staff
- The latest edition of SLaM news at http://www.slam.nhs.uk/

**New Chair starts in January**

Roger Pafford joined the Trust Board as the new Chair in January this year and has spent his first few months visiting services, commissioners and chairing both the Board and the Council of Governors. You can read Roger’s full message in the latest edition of SLaM news on our website. He concluded his opening message there by saying

“looking ahead, across the organisation we are getting ready for a visits from the Care Quality Commission (CQC) in September. The independent regulator will be checking that our services are safe, effective, responsive, caring and well led. The visits are our chance to publically demonstrate that SLaM can provide consistently excellent services”.

Roger visited our CAG earlier this year. We look forward to welcoming him back to find out more about what we do in our older adults services.

**CQC takes the spotlight at August’s Leadership Council**

In addition to the work being done across the Trust, CAG leaders met on 6th August as part of the on-going readiness checks for our services. The main focus was how we can support the teams to talk openly with CQC Inspectors to demonstrate:

- What we do well and how we do it
- What we know we need to improve and our plans to do so
- What our service users and carers think about the quality of our services
- What staff feel and think about how we run our services

Managers and leaders will be discussing the inspection with their teams in preparation and throughout the visits. A CQC Inspector is also going along to meet SUCAG on 14th September.

**New Health and Wellbeing Advisor joins the SLaM team**

We are delighted to welcome Abdul Choudhury to the SLaM team and he has been based at 115, (Older Adults & Dementia CAG Building on the Maudsley site) for the past few months. He has really got to know some of our services very well and is keen to hear from staff about what the Trust can do to improve the health and well being of everyone who works in our services. If you have any ideas or suggestions, please contact Abdul at Abdul.choudhury@slam.nhs.uk
Research extract from the 10th Alzheimer’s Disease Open Day

The ARUK Network Centre at King’s brings together basic and molecular researchers with clinical scientists that are interested in Alzheimer’s disease and related dementias. Recent genetic studies have shown connections between some forms of dementia and motor neurone disease, and many of our scientists work on these related neurodegenerative diseases. The ARUK Network Centre also networks us with other groups around the UK. All these groups, and all the researchers you will meet today, are trying to accelerate translational research. That is research that takes findings from basic science and turns it into something that is useful for patients – it might be a drug, a test, a preventative approach or a better way of managing services. In all cases, the aims and objectives of our research are to see an end to the suffering caused by neurodegeneration.

In today’s Open Day you will see some examples of how this progress has been made. There will be examples of research in Alzheimer’s disease, and much of this will concentrate on trying to understand the changes seen in the brain of people with these diseases. We also would like to include some information for the carers: family members and friends who support a person with dementia and who are essential pillars of the care system. We hope you all enjoy the day.

Speaker: Lizzie Glennon is a Postdoctoral Research Worker at the department of Basic and Clinical Neuroscience at the Institute of Psychiatry, Psychology and Neuroscience, King’s College London. She studied Biochemistry at the University of York and did a PhD at Leeds which involved researching how genes might be involved in Alzheimer’s disease and where she won the first UK “3 minutes thesis competition”. Lizzie also runs the Alzheimer’s Research UK London supporters group.

Speaker: Emma O’Brien is the Science Communications Officer at Alzheimer’s Research UK.

The following summaries of existing research and practice are included:

- Professor Peter Giese - How do neurons die in Alzheimer’s disease?
- Dr Petra Proitsi - Dr Petra Proitsi
- Dr Jackie Mitchell - What can mouse behaviour teach us about Alzheimer’s disease?
- Dr Amy Pooser and Dawn Lau - How can we treat dementia?
- Professor Clive Ballard - Clinical trials in Alzheimer’s Disease
- Dr Claire Troakes - Brain Tissue Donation for Research into Neurodegenerative Diseases
- Helena Taylor-Knox - Working with Carers
- Rebecca Brendell, Alison and Katie Langford - Clinical Trials in Dementia
- Natalie Gottlieb and Leon Askman - Neuroimaging - A peak of the brain
- Alan Stepto and Daniel Solomon - Using the fruit fly Drosophila in the study of human neurodegenerative diseases
- Matthew Wade and Tong Guo - Using cell models to study Alzheimer’s disease
Professor Peter Giese - How do neurons die in Alzheimer’s disease?

In Alzheimer’s disease there is substantial death of neurons in the brain that not only incapacitates the patient but also ultimately kills. Currently, there is no treatment that can prevent neuronal death in Alzheimer’s disease. To develop a successful treatment first one needs to understand as to why neurons die in the disease. A lot of previous research has focussed on the examination of pathological hallmarks, amyloid plaques and neurofibrillary tangles. However, it has emerged that these pathologies are unlikely to be toxic to neurons. Instead it appears that there is loss of connections (synapses) in the early stages of the disease. This degeneration might lead ultimately to neuronal death. Professor Giese presented some highlights of his work which aims at understanding the processes involved in degeneration of synapses in Alzheimer’s disease.

Karl Peter Giese, Dr. sc. nat., Professor of Neurobiology of Mental Health, Deputy Head of Department. Department of Basic and Clinical Neuroscience. Institute of Psychiatry, Psychology and Neuroscience, King’s College London

F1000 Member (Cognitive Neuroscience), Section Editor, Brain Research Bulletin. Associate Editor, Frontiers in Neurodegeneration

Dr Petra Proitsi - Alzheimer’s disease: Is it in your genes?

Alzheimer’s disease is very complex disorder where one’s risk is affected by both environment and genetic makeup. Late onset Alzheimer’s disease usually begins after age 65. It is much more common than early onset Alzheimer’s disease and its inheritance follows a very complex pattern. Scientists have shown that around 60% of an individual’s risk of having Alzheimer’s is attributable to genetics. In our group we study DNA from individuals and identify variations in the DNA. We then compare these variants in those with Alzheimer’s with control individuals who have not developed the disease. At the same time we try to take into consideration environmental influences in order to assess their impact on Alzheimer’s disease and how they interact with genes.

In recent years new technologies for gene hunting have allowed us to identify new genetic variants (there are currently >20 established genes) that increase an individual’s risk by a very small amount. Having one of these variants will not have a big effect but taking all the variants into account may explain the genetic contribution to risk. Additionally two more rare genes have been recently identified which have a greater contribution to the disease risk. Finding these genes and taking into consideration environmental influences will hopefully increase our understanding of the disease process, and may help to identify people of high risk and point to good drug targets. In the talk Dr Proitsi went through some methods we use to evaluate the effect of genetic and environmental risk factors, illustrated with some examples to create “risk scores” to demonstrate the impact of genes and environment on Alzheimer’s Disease risk.

Dr Petra Proitsi obtained an MSc in Human Molecular Genetics at Imperial College London before completing her PhD and working as a post-doctoral fellow in the Neuroscience department here at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. She subsequently obtained an MSc in Medical Statistics at the London School of Hygiene and Tropical Medicine. After a two-year stint at the Department of Psychiatry at Hong-Kong University she is now a post-doctoral fellow at King’s College investigating metabolomic and genetic changes associated with the risk of Alzheimer’s Disease.
Dr Jackie Mitchell - What can mouse behaviour teach us about Alzheimer’s disease?

Progressive memory loss is a defining feature of Alzheimer’s disease and other dementias, hence modelling this aspect of disease is vital in increasing our understanding of it. Several genes and proteins have been identified as being altered or mutated in Alzheimer’s disease, and altering these in mice enables us to investigate the effect of these proteins and genes in a number of behavioural tests that can be used to assess memory and learning. Using mouse models also allows us to look at changes that occur in the brains of these animals before the onset of memory loss, allowing us to identify what factors may cause the disease, and hence provide targets for the development of new therapies.

In her presentation Dr Mitchell talked through how mouse models might be used to provide new insights into the onset and progression of Alzheimer’s disease, and demonstrate some of the behavioural tests that we use to assess mouse memory. She also showed some short films of some mouse behavioural tests, and demonstrate the difference between normal mice, and those with a genetic mutation that results in Alzheimer’s disease like symptoms.

Jacqueline Mitchell received her BSc in Neuroscience from the University of Nottingham, and then undertook a PhD at Kings College London. In 2004 she came to the Department of Neuroscience at the Institute of Psychiatry to investigate mouse models of Alzheimer’s disease. Jackie moved to the Department of Clinical Neuroscience in 2010 to study mouse models of frontotemporal dementia and motor neuron disease. She has recently received a 3 years research funding award from the Motor Neuron Disease Association.

Professor Clive Ballard - Clinical trials in Alzheimer’s Disease

As the age of the population increases, dementia is becoming increasingly frequent in western countries. Already there are more than 800,000 people with dementia in the UK and the number is likely to double in the next 30 years. Our group is adopting a variety of scientific approaches to understand the basis of key symptoms in people with dementia, to determine the mechanisms underlying dementia and to develop new treatments, with a particular emphasis on non-Alzheimer’s dementia such as those related to stroke, Parkinson’s Disease and Downs Syndrome.

Clive Ballard is Professor of Age Related Diseases, Director of the Biomedical Research Unit for Dementia at the Institute of Psychiatry, Psychology and Neuroscience, co-Director of the Wolfson Centre for Age Related Diseases at King’s College London and served as Director of Research for the Alzheimer’s Society between 2003 and 2013. He has published widely in the areas of dementia with Lewy bodies/Parkinson’s disease dementia, vascular dementia and neuropsychiatric symptoms in people with dementia, including more than 25 influential clinical trials in this area. He has recently being elected Fellow of the Academy of Medical Sciences.
Dr Claire Troakes - Brain Tissue Donation for Research into Neurodegenerative Diseases

Donation of brain tissue for research is a precious and unique gift. A large amount of important information can be obtained by examining the brain of a person with dementia after their death. The tissue provides an essential resource for neuroscience researchers in the battle to design new research strategies and develop future treatments for neurodegenerative diseases.

The MRC London Neurodegenerative Diseases Brain Bank at the Institute of Psychiatry, Psychology and Neuroscience was established in 1989 and has become a leader in the field of brain banking. As well as providing essential tissue samples to scientists here at the Institute we regularly receive requests for samples from leading research centres throughout the UK and abroad. Since the majority of these studies can be carried out on a small amount of tissue, each donated brain provides a large number of samples for many research groups. As no patient is exactly the same, tissue from all diseases affecting the brain and from all patient groups is needed. Donations from patients who have previously undergone in depth assessments as part of clinical studies are also particularly valuable. Donations from people without any disease of the brain are also always needed to compare disease processes to. Claire Troakes received her BSc from the University of Southampton and completed the MSc Neuroscience degree at the Institute of Psychiatry, Psychology and Neuroscience. She then undertook a PhD at Newcastle University. Claire is currently the Coordinator of the Institute of Psychiatry Brain Bank and a Lecturer in the department of Clinical Neuroscience. Claire oversees all aspects of tissue donation, collection and distribution to researchers as well as carrying out research into tissue banking methods and neurodegenerative disease.

Helena Taylor-Knox – working with carers

The aim of the Mental Health Older Adults and Dementia (MHOAD) Service at the South London and Maudsley NHS Foundation Trust (SLaM) is to deliver high quality services to people aged 65 years and over with dementia or severe and complex mental health needs and also people under the age of 65 who develop dementia. Within the MHOAD Clinical Academic Group (CAG), a group of carers and ex-carers have developed a unique approach to supporting the carers of people looking after someone who has been newly diagnosed with dementia. The group are supported by one of the clinical team from the CAG’s services to help people begin to think and plan around the journey that lies ahead of them. Helena Taylor-Knox gave an overview of the programme and introduced the workshop for carers “If Only I’d Known”.

Helena Taylor-Knox is part of the Older Adults and Dementia Service at the South London and Maudsley NHS Foundation Trust (SLaM) and manages the Power of Story Project.
Clinical Trials in Dementia

Rebecca Brendell - Dementia Research Project Manager - Leads the field team of Research Workers and oversees recruitment to the study portfolio.

Alison Farrand - Research Worker - Coordinates screening and recruitment for the Deep & Frequent Phenotyping study.

Katie Langford - Research Worker Coordinates screening, recruitment and follow-up for longitudinal studies.

"The Biomedical Research Centre, Dementia Unit (BRU-D), coordinate a number of research studies surrounding Treatment, Prevention and Improvement of Clinical Practice for dementia.

Treatment
A majority of our treatment studies involve ‘re-purposing’ medications; trialling new uses for licensed drugs. The AFFECT study will look at the use of the blood pressure lowering medication amlodipine to investigate whether it can benefit people with vascular dementia. It is thought this medication, has neuro-protective properties.

Prevention
Including ‘controls’ (people without dementia or cognitive impairment) in our research is essential. Studying ‘healthy’ ageing of the brain will help us understand why some people develop dementia and others do not. Studies such as PROTECT & TOMMORROW will support research into dementia prevention.

Improvement of Clinical Practice
A number of our studies look to improve treatment within clinical practice for dementia. The Deep & Frequent Phenotyping study investigates biomarkers associated with Alzheimer’s disease to see if they better enable decision-making around potential therapies. Studies such as ATTILA look to improve quality of life for people living with dementia whilst SHAPED aims to improve NHS guidelines."

OTHER ON-GOING RESEARCH PROJECTS

Natalie Gottlieb and Leon Askman - Neuroimaging - A peak of the brain

Natalie Gottlieb is a second year PhD student in the department of Neuroimaging, at the IoPPN. Her project focuses on multivariate image analysis of structural MRI scans, and their use in a clinical setting, for the diagnosis of dementia and Alzheimer’s Disease. She received her undergraduate degree in psychology and neuroscience.

Leon Aksman is a second year PhD student in the Department of Neuroimaging. His research involves developing new analysis techniques for diagnosing early-stage neurodegenerative disorders, such as dementia and Parkinson’s disease. He has an undergraduate degree in electrical engineering and a master’s in aerospace engineering.
Matthew Wade and Tong Guo - Using cell models to study Alzheimer’s disease

Tau protein is the main component of the neurofibrillary tangles found in Alzheimer’s disease brain. To study changes in tau protein, one of the techniques we use is to culture nerve cells and cell lines in an incubator under carefully controlled conditions. We can then change the environment of the cells, for example using pharmacological agents, to investigate how changes in tau protein affect its release from cells, which we believe occurs prior to tau spreading around the brain. We are particularly interested in how phosphorylation, which is the addition of the chemical phosphate to tau protein, affects tau release. This work might help us to identify ways to stop tau spreading across Alzheimer’s brain, thereby slowing the progression of disease.

Tong Guo finished his Bachelor and Master Degrees in Wuhan University, China, and then began studying for a PhD at the IoPPN in 2013. Focusing on Alzheimer’s disease and related neurodegeneration, he aims to elucidate how truncated tau is involved in the onset of Alzheimer’s disease.

Alan Stepto and Daniel Solomon - Using the fruit fly Drosophila in the study of human neurodegenerative diseases

During the last two decades, research using the genetically amenable fruitfly has established Drosophila melanogaster as a valuable model system in the study of human neurodegeneration. These studies offer reliable models for Alzheimer’s, Parkinson’s, and Motor Neurone Diseases, as well as models for Trinucleotide Repeat Expansion Diseases, including Ataxias and Huntington’s disease. As a result of these studies, several important signalling pathways have been shown to be deregulated in models of some diseases, suggesting that two or more initiating events may trigger disease formation in an age-related manner. Moreover, these studies also demonstrate that the fruitfly can be used to screen chemical compounds for their potential to prevent or ameliorate the disease. This, in turn, can directly guide clinical research and the development of novel therapeutic strategies for the treatment of human neurodegenerative diseases.

Daniel Solomon studied for an MSc in Neuroscience at the Institute of Psychiatry, before undertaking a PhD in the Drosophila laboratory at the IoPPN. His work involves using the fruit fly to investigate protein toxicity implicated in C9ORF72-related amyotrophic lateral sclerosis and frontotemporal dementia.

Alan Stepto joined the Institute of Psychiatry’s Neuroscience department in 2012 to begin a PhD researching C9ORF72-related frontotemporal dementia using the fruit fly, Drosophila melanogaster. Prior to this he studied Biology and recently completed a Masters degree in Systems Neuroscience at the University of Bristol.

Matthew Wade and Tong Guo - Using cell models to study Alzheimer’s disease

Tau protein is the main component of the neurofibrillary tangles found in Alzheimer’s disease brain. To study changes in tau protein, one of the techniques we use is to culture nerve cells and cell lines in an incubator under carefully controlled conditions. We can then change the environment of the cells, for example using pharmacological agents, to investigate how changes in tau protein affect its release from cells, which we believe occurs prior to tau spreading around the brain. We are particularly interested in how phosphorylation, which is the addition of the chemical phosphate to tau protein, affects tau release. This work might help us to identify ways to stop tau spreading across Alzheimer’s brain, thereby slowing the progression of disease.

Matthew Wade studied Biomedical Science at Sheffield University and spent a year of his degree working at AstraZeneca to gain a solid foundation in laboratory skills, working in the field of diabetes. Having graduated in 2013, he then began studying the transmission of tau protein in Alzheimer’s disease at the IoPPN. His motivation to study Alzheimer’s disease stems from his interest in neuroscience gained during his degree, his recognition of the vast gaps in our knowledge of neurodegenerative diseases, and the impact that dementia has had on his family. Through collaboration with industry as part of his project, he hopes to identify potential therapeutic targets in Alzheimer’s disease as well as uncover more of its fundamental biology.
Our structures

The Structure of the Trust

The Executive Team of our Clinical Academic Group

Turn the page to find out and how to contact our services and our
We are delighted to announce a few key appointments which have taken place over the last year including:

- Patrick McGuinness who is our new Associate Director for Inpatient Services
- Nicola Gower who is the new Service Manager for Community Services

And

Rebecca Lambert, who will be joining us soon as the Head of Occupational Therapy and Recovery.

Congratulations all and welcome to your new posts!
# Inpatient care
Our service provides 24-hour care for anyone with a diagnosis of dementia or adults aged 65 and over with ongoing mental health problems living in the boroughs of Croydon, Lambeth, Lewisham and Southwark. We have a total of 60 inpatient beds across our 3 wards: Aubrey Lewis 1 (Maudsley Hospital), Chelsham House (Bethlem Royal Hospital), Hayworth Ward (University Hospital Lewisham).

The majority of people who receive treatment on our inpatient wards are there voluntarily in the same way that people who are physically ill can be admitted to hospital. We also assess and treat patients who are under compulsory treatment orders under the Mental Health Act 2007.

## Wards
- Aubrey Lewis 1, Maudsley Hospital
- Chelsham House, Bethlem Royal Hospital
- Hayworth Ward, University Hospital Lewisham

## Specialist Care Units
We have two specialist care units. They are Greenvale (adjacent to Streatham Common), and Ann Moss (in Bermondsey). We treat patients who need specialist support, ongoing assessment and review for their mental and physical health care.
- Ann Moss, Southwark
- Greenvale, Lambeth

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<td>020 3228 2761</td>
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<td>Chelsham House, Bethlem Royal Hospital</td>
<td>020 3228 4373</td>
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<tr>
<td>Hayworth Ward, University Hospital Lewisham</td>
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## Liaison Services
It is common for patients who are admitted to general hospital for treatment because they are unwell, to have the mental health part of their care to be overlooked. Our Mental Health of Older Adults and Dementia Clinical Academic Group offer liaison services across four boroughs, Croydon, Lambeth, Lewisham and Southwark. We have four liaison teams.
- Guy’s Hospital and St Thomas’ Hospital
- King’s College Hospital
- University Hospital Lewisham
- Croydon University Hospital

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<td>Greenvale, Lambeth</td>
<td>020 3228 8650</td>
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<td>Ann Moss, Southwark</td>
<td>020 3228 8010</td>
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<td>Guy’s Hospital and St Thomas’ Hospital</td>
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<td>020 3299 5854</td>
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<td>University Hospital Lewisham</td>
<td>020 3228 0212</td>
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<tr>
<td>Croydon University Hospital</td>
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## Psychology and Psychological Therapy Services
We offer a range of different psychological assessments and therapies including cognitive behavioural therapy (CBT), couple and family therapy (FT), psychodynamic psychotherapies and advice on how to understand difficulties and develop better ways of coping. There is no ‘one size fits all’ treatment, so it is important to complete a proper assessment of patients and carers’ needs before offering treatment. As well as psychologists and psychotherapists working as part of the multidisciplinary teams (e.g. inpatient and specialist care wards and the Care Home Intervention Team), we have two psychology and psychotherapy teams which cover Croydon and Lewisham and Lambeth and Southwark, respectively, and who see people in hospital, at home or in local clinics.

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<td>Croydon/Lewisham</td>
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<tr>
<td>Lambeth/Southwark</td>
<td>020 3228 0012</td>
</tr>
<tr>
<td>020 3228 8650 (Lewisham)</td>
<td>020 3228 6928 (Lambeth &amp; Southwark)</td>
</tr>
</tbody>
</table>

## Home Treatment Team (Lambeth & Southwark, Croydon setting up for the near future)
This team offers short-term treatment for people over the age of 65 with severe mental illness. We understand that most people prefer to be treated at home with the support of family and carers, especially when facing a crisis. Members of the team can help with practical everyday needs like shopping, getting meals ready or helping patients manage your medication effectively. We can arrange occupational therapy services or psychological therapies and treatments. It may be an introduction to community services and resources would be helpful for example clubs, day centre and voluntary groups.

<table>
<thead>
<tr>
<th>Home Treatment Team</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lambeth &amp; Southwark</td>
<td>020 3228 2304</td>
</tr>
</tbody>
</table>

## Care Home Intervention Team
This specialist team support patients who have particularly challenging behaviour who are aged 65 years and over with mental health problems and anyone with a diagnosis of dementia living in a residential or nursing home or who attend a day centre. They also provide training and support for care staff to develop their skills and knowledge to improve the quality of care in residential homes.

<table>
<thead>
<tr>
<th>Care Home Intervention Team</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lambeth &amp; Southwark</td>
<td>020 3228 8672 (Lewisham)</td>
</tr>
<tr>
<td>Croydon/Lewisham</td>
<td>020 3228 6928 (Lambeth &amp; Southwark)</td>
</tr>
</tbody>
</table>

## Service user and carer advisory group (SUCAG)
This is an ‘umbrella’ group which enables service users, relatives and carers (past and present) to discuss views and feedback to inform the development and delivery of our Mental Health of Older Adults and Dementia Clinical Academic Group (MHOAD CAG) services. If you would like more information about getting involved with any of our groups or projects or on how to become a volunteer please contact: Nuala Conlan Involvement and Participation Lead email: nuala.conlan@slam.nhs.uk

<table>
<thead>
<tr>
<th>Service user and carer advisory group</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUCAG</td>
<td>020 3228 1638</td>
</tr>
</tbody>
</table>
### Community Mental Health Team

Heavers Resource Centre, 122 Selhurst Road, London SE25 6LL  
(Croydon North)

The Croydon Memory Service, also based at Heavers, provides borough based specialist assessment, investigation, early diagnosis and treatment for anyone over the age of 65 or anyone under that age where dementia is suspected.

#### Other agencies

There are many partner agencies and services provided across Croydon. Rather than list them all we have selected Age UK, Alzheimer’s Society your local Carer’s Group and Croydon Council. All of these organisations have a wealth of information about where to get the right support and advice in Croydon.

<table>
<thead>
<tr>
<th>Agency</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| Age UK | Croydon, 81 Brigstock Road, Thornton Heath CR7 7JH | 020 8683 7100  
Email: aukc@ageukcroydon.org.uk  
Website: [http://www.ageuk.org.uk/croydon/](http://www.ageuk.org.uk/croydon/) |
| Alzheimer’s Society | Heavers Resource Centre, 122 Selhurst Road, South Norwood SE25 6LL | 020 8653 2818  
National Helpline: 0845 300 0336  
Email: croydon@alzheimers.org.uk  
Website: [www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)|
| Carers Support Centre | Carers Support Centre, 24 George Street, Croydon CR0 1PB | 020 8649 9339  
Website: [http://www.carersinfo.org.uk](http://www.carersinfo.org.uk) |
| Croydon Council | Croydon Council, Bernard Weatherill House, Mint Walk, Croydon CR0 1EA | 020 8726 6500  
Email: Referral.team2@croydon.gov.uk  
Website: [http://www.croydon.gov.uk/healthsocial/adult-care/carers/](http://www.croydon.gov.uk/healthsocial/adult-care/carers/)  
Welfare Benefits Hotline |
| | | Freephone 0800 731 5920 |
Our local and partner services in Lambeth

<table>
<thead>
<tr>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>South London and Maudsley NHS Foundation Trust</strong></td>
</tr>
<tr>
<td><strong>Community Mental Health Team</strong></td>
</tr>
<tr>
<td><strong>The Southwark &amp; Lambeth Memory Service</strong> provides borough based specialist assessment, investigation, early diagnosis and treatment for anyone over the age of 65 or anyone under that age where dementia is suspected. The Gatehouse (Lambeth and Southwark) Ann Moss Way. SE16 2TH</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Other agencies</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>There are many partner agencies and services provided across Lambeth. Rather than list them all we have selected Age UK, Alzheimer’s Society your local Carer’s Group and Lambeth Council. All of these organisations have a wealth of information about where to get the right support and advice in Lambeth.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Agency</th>
<th>Address</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age UK Lambeth</td>
<td>Third Floor, 336 Brixton Road, London SW9 7AA</td>
<td>020 7095 5720</td>
</tr>
<tr>
<td>Alzheimer’s Society</td>
<td>6 Sancroft Street, Kennington, London SE11 5UD</td>
<td>020 7735 5850</td>
</tr>
<tr>
<td>Carers Hub Lambeth</td>
<td>336 Brixton Road, London SW9 7AA</td>
<td>020 7346 6800</td>
</tr>
<tr>
<td>Lambeth Council, Lambeth Adults and Community Services</td>
<td>Phoenix House, 10 Wandsworth Road, London SW8 2LL</td>
<td>020 7926 5555</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Website</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td><a href="http://www.ageuk.org.uk/lambeth/">http://www.ageuk.org.uk/lambeth/</a></td>
<td><a href="mailto:info@ageuklambeth.org.uk">info@ageuklambeth.org.uk</a></td>
</tr>
<tr>
<td><a href="http://www.alzheimers.org.uk/">http://www.alzheimers.org.uk/</a></td>
<td><a href="mailto:lambeth@alzheimers.org.uk">lambeth@alzheimers.org.uk</a></td>
</tr>
<tr>
<td><a href="http://carershub.org.uk/">http://carershub.org.uk/</a></td>
<td><a href="mailto:connect@carershub.org.uk">connect@carershub.org.uk</a></td>
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<table>
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<tr>
<th>National Helplines</th>
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<tbody>
<tr>
<td>020 7095 5720</td>
<td>0845 300 0336</td>
</tr>
<tr>
<td>020 7735 5850</td>
<td>020 7346 6800</td>
</tr>
<tr>
<td>020 7926 5555</td>
<td>034 5302 231</td>
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<table>
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<tr>
<th>Welfare Benefits Hotline</th>
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<tbody>
<tr>
<td>034 5302 231</td>
<td>020 7926 5555</td>
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</table>
Our local and partner services in Lewisham

<table>
<thead>
<tr>
<th>South London and Maudsley NHS Foundation Trust</th>
<th></th>
</tr>
</thead>
</table>
| **Community Mental Health Team**  
91 Granville Park, Lewisham, SE13 7DW | 020 3228 9310 |

**The Lewisham Memory Service (also based at Granville Park)** provides borough based specialist assessment, investigation, early diagnosis and treatment for anyone over the age of 65 or anyone under that age where dementia is suspected.  
020 3228 0939

### Other agencies

There are many partner agencies and services provided across Lewisham. Rather than list them all we have selected Age UK, Alzheimer's Society your local Carer's Group and Lewisham Council. All of these organisations have a wealth of information about where to get the right support and advice in Lewisham.

| Age UK Lewisham and Southwark, Stones End Centre, 11 Scovell Road, Southwark, London SE1 1QQ  
Email: info@ageuklands.org.uk | 020 7701 9700 |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Website: <a href="http://www.ageuk.org.uk/lewishamandsouthwark/">http://www.ageuk.org.uk/lewishamandsouthwark/</a></td>
<td></td>
</tr>
</tbody>
</table>

| Lewisham Carers Centre  
Waldram Place, Forest Hill, London SE23 2LB  
Email: info@carerslewisham.org.uk  
Website: [http://www.carerslewisham.org.uk/](http://www.carerslewisham.org.uk/) | 020 8699 8686 |
|------------------------------------------------|--------------|

| Lewisham Council, Fourth Floor, 1 Laurence House, Catford Road SE6 4RU  
Email: community.services@lewisham.gov.uk  
Website: [http://www.lewishammylifemychoice.org.uk/](http://www.lewishammylifemychoice.org.uk/)  
Welfare Benefits information:  
|------------------------------------------------|--------------|

| 91 Granville Park, Lewisham, SE13 7DW  
Email: info@mindcare.org.uk  
Website: [http://www.mindcare.org.uk/](http://www.mindcare.org.uk/) | 0845 300 0336 |
|------------------------------------------------|--------------|
Our local and partner services in Southwark

South London and Maudsley NHS Foundation Trust

Community Mental Health Team
Marina House, 63-65 Denmark Hill, Camberwell, SE5 8RS
020 3228 0570

The Southwark & Lambeth Memory Service provides borough based specialist assessment, investigation, early diagnosis and treatment for anyone over the age of 65 or anyone under that age where dementia is suspected. The Gatehouse (Lambeth and Southwark) Ann Moss Way. SE16 2TH
020 3228 6920

Other agencies
There are many partner agencies and services provided across Southwark. Rather than list them all we have selected Age UK, Alzheimer’s Society your local Carer’s Group and Southwark Council. All of these organisations have a wealth of information about where to get the right support and advice in Southwark.

Age UK Lewisham and Southwark, Stones End Centre, 11 Scovell Road, Southwark, London SE1 1QQ
Email: info@ageuklands.org.uk
Website: http://www.ageuk.org.uk/lewishamandsouthwark
020 7701 9700

Alzheimer’s Society
6 Sancroft Street, London SE11 5UD
Email: southwark@alzheimers.org.uk
Website: http://www.alzheimers.org.uk/site/custom_scripts/branch.php?branch=0&branchCode=13564
020 7735 5850 National Helpline: 0845 300 0336

Southwark CARERS
3rd Floor, Walworth Methodist Church, 54 Camberwell Road London SE5 0EN
Email: http://www.southwarkcarers.org.uk/get-in-touch/contact-us/
Website: http://www.southwarkcarers.org.uk/
020 7708 4497

London Borough of Southwark Council, 132 Queens Road London SE15 2HP
Welfare Benefits information: http://www.southwarkadvice.org.uk
Email: casc@southwark.gov.uk.
020 7525 3324
Get Involved

We are hoping to expand the number of service users and carers involved in helping us grow and improve our services. This does not have to be attending meetings, this could be simply taking part in a focus group, completing a questionnaire or just telling us your story about your experience our services.

To give you an idea of the range of things we do, our service user and carers group put together a short film, which you can see on-line at [http://video214.com/play/5uhQ0isSwfr9DpQjf0BNUw/s/dark](http://video214.com/play/5uhQ0isSwfr9DpQjf0BNUw/s/dark)

**Why not?** Give us a call or write to us at the address opposite and we will make contact and arrange to tell you more.

---

Dear Team,

I am interested in getting involved in the work you do. Please could someone contact me:

Name:

_________________________________________

Contact Telephone:

_________________________________________

To: The Involvement Team,

Mental Health of Older Adults and Dementia Clinical Academic Group
115 Denmark Hill
The Maudsley
London
SE5 8AZ