

# Laura Hyde Foundation BACCN Conference 16-17 September 2019



Welcome!

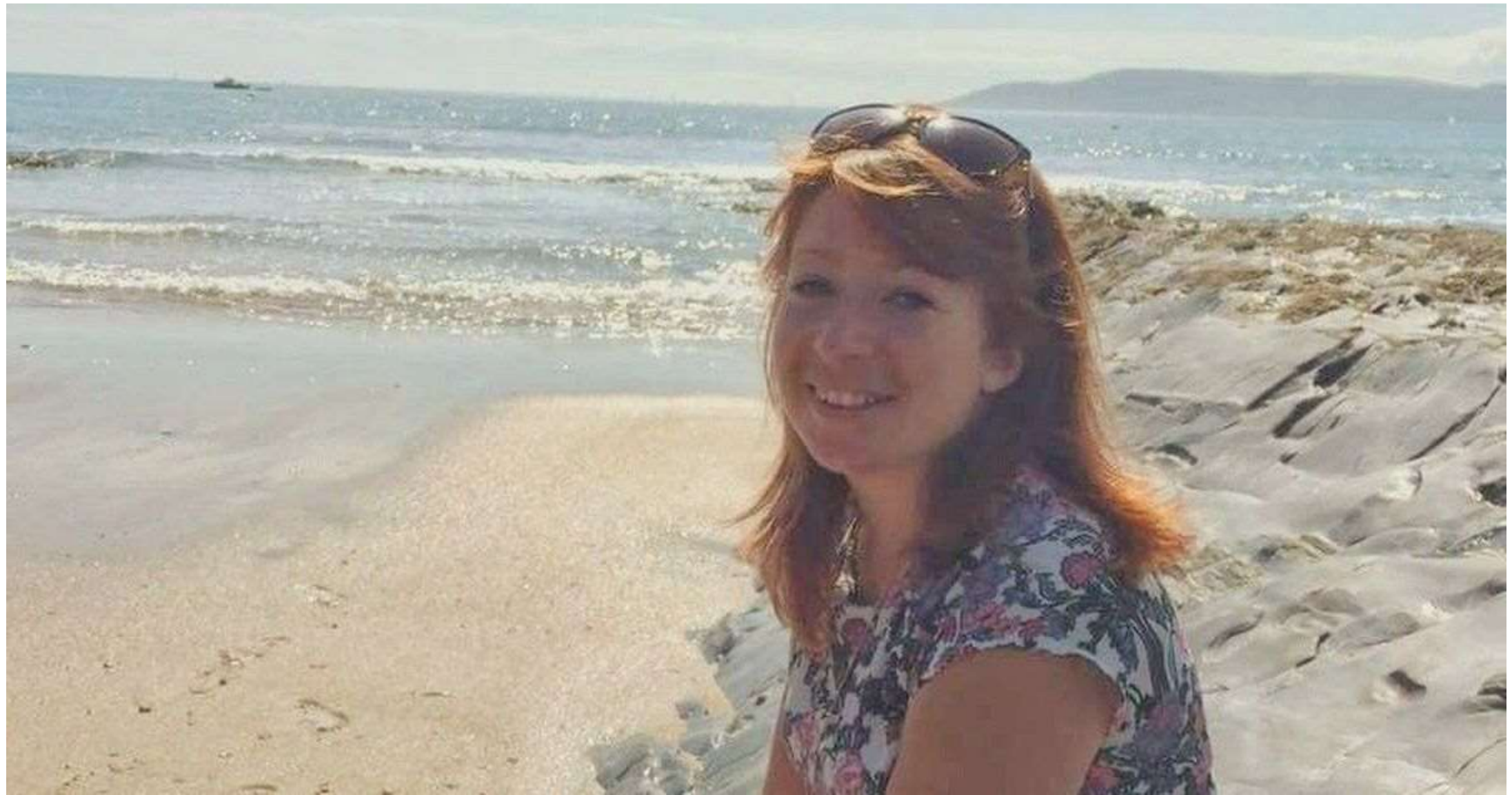
#caringforthosewhocareaboutus



# Where have we come from?

Liam Barnes – Trustee Chair





# Ensuring Laura Lives On...

Mirroring Laura's selfless nature and desire to help other people, the Laura Hyde Foundation has been set up to ensure that those who care for us are cared for also.

We will always:

- Challenge the employers to deliver positive change
- Provide tailored mental health support, collateral and advice unique to the emergency services

## Our Mission Statement

*The objective of the Laura Hyde Foundation is to ensure that all medical and emergency services personnel have access to the best mental health support network available.*

*Our carers need caring for too.*



# Our Achievements so far





## Some of our 2018 achievements...

- Started formation of resilience training module for Medical Students at Warwick University and 13 other establishments
- Promoting/Sponsoring Wellbeing Events at Swindon and Derriford Hospitals
- Held 18 different fundraising events ranging from cake sales to Halloween fun days to half marathons!
- Awarded corporate sponsorship from THB and gained donations from WHSmith, NFU Mutual and others



# Some of our 2018 achievements...

- Delivered 3 pieces of charity collateral including our successful poster
- Created links with major charities The Samaritans and MIND
- Appointed our first celebrity patron Adam Kay
- Officially recognised in 19 trusts as a supported charity
- Created formal alliance with Gloucestershire NHS trust
- Developed our first promotional video with singer James Morrison backing



**The Laura Hyde Foundation**  
Caring for those who care about us

The Laura Hyde Foundation is dedicated to focusing on mental health awareness and assistance for medical and emergency services workers.  
Do your part in providing support to your family, friends or colleagues by taking these 3 simple steps:

**LISTEN**  
Ask how they are and actively listen to what they say, noting non verbal cues also.

**HELP**  
Offer practical support if applicable or signpost them to the appropriate resources.

**FOLLOW UP**  
Check back in with them to make sure they are being supported.

If you would like to know more about the Laura Hyde Foundation then please visit any of the following channels and get in touch with us.

[laurahydefoundation.org](http://laurahydefoundation.org)  
[justgiving.com/crowdfunding/laurahydefoundation](https://www.justgiving.com/crowdfunding/laurahydefoundation)

LauraHydeFoundation

thelaurahydefoundation

LhFoundation

#caringforthosewhocareaboutus  
Registered charity number 5118624



# Adam Kay – LHF Patron

*"I am honoured and absolutely humbled to have been asked to become a patron of the Laura Hyde Foundation. I passionately believe that we need to do so much more to look after the mental wellbeing of our healthcare professionals.*

*This is now more important than ever, with the NHS under unparalleled strain, and its staff under greater pressures than ever. Stories like Laura's are unbearably tragic and far too frequent*

*It's time to do more to care for the carers"*



## Some of our 2018 website/social media achievements...

Over 1,000 active social media followers

86,408 visits to [laurahydefoundation.com](http://laurahydefoundation.com)

Over 200,000 people reached

77,164 post likes

1.2k Facebook post shares

846 post comments

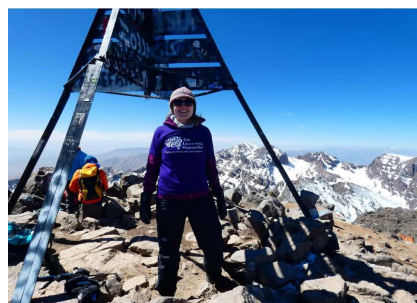


# Some of our 2018 fundraising activities...

Sean Sweeney ran  
13 half marathons  
in 13 days!



Lynsey Hellier  
scaled North  
Africa's highest  
mountain (Mt  
Toukbal)



Held our flagship  
running event at  
the Great South  
Run with 21  
runners!



Matthew Owen  
participated in a  
Charity Sailing  
Competition



The  
Laura Hyde  
Foundation  
Caring for those who care about us

# Laura Hyde Foundation – Gloucestershire NHS Trust CEO Video







# Laura Hyde Foundation Video





# The Clinical View

Jennifer Hawkins – Clinical Lead & Trustee



# LHF Clinical View

## Why we need change ?

Stress is believed to account for over 30 per cent of sickness absence in the NHS, costing the service £300-400 million per year

Compared to the general population and other professional groups, doctors have higher rates of mental illness.

Nurses and doctors are among occupational groups at increased risk of suicide.

*Office for National Statistics (ONS) figures for England and Wales*



# LHF Clinical View

## Why implement an effective health and wellbeing strategy?

- It's the right thing to do
- It boosts productivity
- It makes good business sense
- The cost of not acting can be significant
- It values and promotes a diverse workforce
- Psychological health and safety is inherently linked to improved patient care.

**You matter as much as your patients**







The  
Laura Hyde  
Foundation

Caring for those who care about us

The Next 6 months – What does it look like?



# Objectives

- Deliver some key note speaking slots across the hospital trust network including the BACCN conference alongside our celebrity ambassadors to raise awareness
- Ensure that local hospital personnel have access to a fit for purpose mental health support network including a relatable self-help guide
- Expand our website based forum capability so people can engage with like-minded individuals online
- Work with local nursing trusts to provide free literature as part of their employee handbooks
- Expand our services nationally
- Extend our reach into the paramedic sector



# 2019 Fundraising Events

Official charity running events  
in 14 different locations with  
over 70 runners

2019 BACCN Conference  
and Fun Run

5 Open Water Swimming  
Challenges

1 Charity Ball and 2 Charity  
Quiz Nights

23 Charity Bake Sales

Land's End to John  
O'Groats Cycle Ride



# Media Coverage





# INVESTIGATES: NURSES' SHOCKING SUICIDE TOLL

# They work all hours but would be better off at McDonald's. That can't be right

**EXCLUSIVE**  
BY ALAN SELBY

**MORE than 300 nurses have taken their own lives in just seven years, shocking new figures reveal.**

During the next year, one was committing suicide EVERY WEEK, as they cope to late sleep into the NHS.

Today victims' families call for vital early mental health training and support for young nurses – and an end to a 'bullying and toxic culture' in the health service which leaves them afraid to ask for help in their darkest moments.

One mum – whose teenage nurse daughter



right. There's a bullying you wouldn't expect in the NHS. During her training, Lucy wasn't paid. Her 'gruity' covered her 'gruity' accommodation leaving her with £6 to live on a month.

'In top of those 12-hour shifts at hospitals she was working at a pizza restaurant and a care home,' says Liz, of Kidderminster, Worce. 'I can't bring Lucy back. All I can do is make sure there's change as a legacy for her.'

In 2016, nurse Ann Beckett, 54, killed herself after becoming stressed at work at the Royal Stoke University Hospital.

The 51-year-old had made two previous suicide attempts that saw her referred to

**DESPERATE**

NHS staff must never be compromised.

The call is backed by the Royal College of Nursing (RCN) which says the Government and NHS do more to step up to 34 nurse suicides a year. RCN chief Dame Denise Kinosh said

more of one or scarce than other professions.

The family of Laura Hyde – an A&E nurse at Derriford Hospital, Devon, who took her life at 27 in August 2008 – want mental health training for nursing students and a 24-hour helpline at every trust.

after themselves. Lucy, 29, who was the daughter of Liz and Barnard, committed suicide in 2017 while training in Liverpool.

Liz, 61, said a 'toxic culture' meant younger nurses never asked for help, afraid mental health issues would be a hit on their record.

**STRESS**

For a solution if there were a mental health?

The 21,700 cost-cutting at work was not good enough, and conditions were getting worse for overworked nurses with a national shortage of 40,000, Cress Kinnear said. 'The Government and all NHS bosses must take a detailed look at why female nurses are much more likely to take



SELFLESS Campaign in Laura's name wants help for nurses



**MOVING** Georgia on BGT

**Alesha is all a-buzz over little singer**

BY KAREN BOCKETT

AMALTESI singer aged 10 was sent straight into Britain's Got Talent live shows by judge Alesha Dixon.

She was so impressed by Georgia King singing her own song that she hit the golden buzzer.

Georgia has a standing ovation. Alesha said: 'That's how you do it.'

She said: 'It takes a lot to really move me and you absolutely floored me. Your vocal capability, your lyrical capability, you're 10 years old, this is unbelievable, you're a star. I love everything about you.'

Another act to see the judges was DC Dave Wood and his reread poetry blog, who was stabbed during his life.

Sirius Cornell kept as he battled three judges between Dave and an offender working a knife.



PROUD Lucy meets Queen at hospital, but died months later



**DOTING DAD** Covid

**Sid hit roof if my little Eric**

**Safety Plan that could help to save more lives**

COMMENT

responsibility with high expectations.

having the confidence to talk to someone

difficult circumstances. And like many others in healthcare, nurses may avoid talking about stress, mental health and suicide.

Female nurses may have a greater

As well as backing NHS work pressure, nursing students should be taught more about dealing with the emotional burden of caring for others.

wouldn't come from Sirius.

'A message that makes him stand out is how things the Christmas name might be too much.'

The TV boss, 58, said

## Sunday Mirror



CLOSER NEWS REPORT

# WHY ARE SO MANY NURSES TAKING THEIR OWN LIVES?

**'TOXIC CULTURE' 300 'overworked' NHS nurses killed themselves in the last seven years sparking calls for urgent probe**

Shocking new statistics show that female nurses are more at risk of suicide than any other profession. Closer investigates the unique pressures on our carers...

**F**or the last two years, Liz de Oliveira hasn't felt a moment's peace. In February 2017, her 'bright, bubbly and caring' daughter Lucy took her own life at just 22, while training to be a nurse. What makes it so difficult for Liz to come to terms with is that, in her view, the tragedy was preventable – if only Lucy, who died at her student accommodation, had been given more support. Lucy was in her second year of training when she started to struggle. At the time, she was working three 12-hour shifts at the hospital, while holding down a job as a waitress, a care-home worker, doing training shifts on the ward and studying full-time.

**PRESSURE** Liz, 61, a former barrister who lives in Kidderminster, says, "She was absolutely exhausted and under a lot of pressure. But there was a 'toxic culture' within the NHS that made it difficult for her to ask for help. She was afraid that mental health issues would be a blot on her record. With every fibre of my body, I wish I could

bring Lucy back. I'm speaking out in the hope there are changes as a legacy to her."

Highlighting the pressures of this profession is vital. More than 300 nurses have committed suicide between 2011 and 2017 – in the worst period, one nurse every week was taking their own life. Shadow Health Secretary Jonathan Ashworth has dubbed the figures "alarming", as they are 23 per cent higher than the national average.

Dame Donna Kinair, Chief Executive and General Secretary at the Royal College of Nursing, says, "These figures are a cause of great concern to the nursing profession. Nurses have long been considered a key high-risk group for suicide, due to the strain and level of responsibility of their role. But our members repeatedly say that their employers ignore or disregard mental health issues. They feel they 'should cope', but our counselling service gives support when



Liz's daughter Lucy took her own life aged just 22

**'SHE ADMITTED TO ME THAT SHE WAS EXHAUSTED AND DEPRESSED'**

nursing staff are unable to, including with suicidal thoughts. There has been a decrease in the wellbeing of the nursing profession and workplace. Nursing staff experience high levels of stress, a shortage of colleagues and long working hours." Liz, who also has a son, Alex, 27, says, "When I heard Lucy was dead, I screamed. I will never be the same again. "She always put others first, even from a young age. When

she was just seven years old, she brought a friend home whose mum had died and whose father was a drug addict. She was bullied at school and Lucy wanted to help her. She became an honorary member of our family.

"Nurses are very caring, and with that comes sensitivity. It's very hard to take a step back when you're doing something that involves things like looking after very ill

children. There was a child on the ward who Lucy formed a close bond with. Then one day she came in and he'd died. She was understandably upset but she wasn't offered any help, and was given the impression it was just 'part of the job'.

"Nurses should get counselling as a matter of course – that way there would be no stigma attached to asking for it." Liz continues, "[Lucy] desperately needed support. Instead she was paid next to nothing and expected to work gruelling 12-hour shifts. There was a lot of responsibility



REAL LIFE

on her shoulders. To make extra money, she worked as a waitress, typically not getting home until 1am, and then would often need to be up at 4am to start her journey back to the hospital.

"She admitted to me that she was exhausted and depressed, but she didn't want to mention it at work, as she was worried about it jeopardising her getting a full-time job once she had finished her studies. The week before she died, she came home. I suggested she stayed with me and take a break, but she wouldn't. The last thing she said to me was, 'I love you, Mum.'"

**SUPPORT**

"I miss her so much. I tried to give her support, but she needed it at work, too, and sadly she didn't get it. "I desperately want more help for nurses. When you're exhausted, you don't have the same mental strength – and nurses work for long hours under huge pressure. My daughter would have been an amazing nurse. I'm not the only one who has missed out by her death – the profession has, too."

By Mel Fullinfield & Amy Rowland

'THEY FELT THEY WERE BEING TREATED LIKE ROBOTS'



Liam Barnes, 35, from Stratford-upon-Avon, set up the Laura Hyde Foundation in 2018 to honour his cousin Laura, a nurse who took her own life in 2016, aged just 27.

He says, "It's heart-breaking to hear about the high suicide figures among nurses – but, sadly, I think it's just the tip of the iceberg. "Laura was my cousin, but she was more like my sister. She was the most selfless person I've ever met, always taking care of others. So, it was no surprise when she became a nurse in the Royal Navy before going on to be an A&E nurse at Derriford Hospital in Devon. "She worked so hard, without complaint, and always had a smile on her face. The hours were gruelling, though, and she often looked tired when I saw her.

"Then in 2016, she broke up with her boyfriend. It hit her hard but, instead of taking time off, she carried on working the long hours. "Then on 8 August 2016, Laura took her own life. We were devastated. I kept in touch with her nurse friends, and it was obvious there was no help out there for them, even though they were regularly exposed to stress and trauma as part of their everyday roles. "We set up the Laura Hyde Foundation in March 2018 to provide support and counselling information to nurses, doctors, paramedics, firemen and police officers. In the first week, the contacts had 1,000 hits. And the messages we were receiving from nurses were all very similar – that they felt like they were being treated like robots and that

they were exhausted. "Without a doubt, I think the environment Laura was working in contributed to her death. Constantly exposed to regular trauma, nurses forget to look after themselves, and the long hours don't help. "The NHS needs to ensure they staff are looked after. We are campaigning for mental health training for nursing students and a 24-hour helpline at every Trust. "It's determined that no one's help will be on and we can help other vulnerable people like her."

For help and more information, go to [www.laurahydefoundation.org](http://www.laurahydefoundation.org)



Liam has set up the Laura Hyde Foundation to offer support



## Newsroom



**In Laura's name: the charity that aims to prevent suicide among nurses**

Analysis

# Nursing Standard



# Closing Statement



# What we need from you

- Continue raising awareness of what we do and who we are
- Continue to suggest how we can help and further our services
- Challenge your employers to support you
- Look after your colleagues
- Look after yourselves

