



**Cheshire and Wirral
Partnership**
NHS Foundation Trust

CENTRE FOR AUTISM, NEURODEVELOPMENTAL
DISORDERS AND INTELLECTUAL DISABILITY

CANDDID CONFERENCE

2019

DELEGATE PACK

Helping people to be
the best they can be



www.cwp.nhs.uk

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WELCOME



Dr Sujeet Jaydeokar

*Consultant Psychiatrist and
Specialty Clinical Director
CANDDID, Cheshire and Wirral
Partnership NHS Foundation Trust*

I'm delighted to welcome you to the inaugural conference for the Centre for Autism, Neurodevelopmental Disorders and Intellectual Disability. Launched in 2018, CANDDID is a centre of excellence which brings together education, training and research in the fields of neurodevelopmental disorders and intellectual disabilities.

This year's theme is 'Autism Spectrum Conditions' and we have a great line-up of speakers for you today. Thank you for coming along and supporting the beginning of an exciting new initiative.

A handwritten signature in blue ink that reads "Sujeet". The signature is written in a cursive style and is positioned below the main text block.

PROGRAMME

8.30am - 9.15am **REGISTRATION AND REFRESHMENTS**

9.15am - 9.30am **WELCOME AND INTRODUCTIONS**
*Sheena Cumiskey, CEO
 Cheshire and Wirral Partnership NHS Foundation Trust*

KEYNOTE SESSION 1

*Dr Sujeet Jaydeokar, Specialty Clinical Director, CANDDID
 Cheshire and Wirral Partnership NHS Foundation Trust*

9.30am - 10.00am **AUTISM AND TRANSFORMING CARE -
 WHAT IS THE FUTURE?**
*Dr Ken Courtenay, Consultant Psychiatrist,
 Barnet, Enfield and Haringey Mental Health Trust;
 Chair, Faculty for Intellectual Disability Psychiatry,
 The Royal College of Psychiatrists.*

10.00am - 10.30am **NEURODEVELOPMENTAL
 CO-MORBIDITIES IN AUTISM**
*Dr Dougal Julian Hare, Reader in Psychology,
 Research Director, South Wales, DClinPsy Programme,
 Cardiff University.*

10.30am - 11.00am **SENSORY REACTIVITY IN AUTISM AND
 LINKS TO ANXIETY AND RELATED
 MENTAL HEALTH SYMPTOMS**
*Dr Teresa Tavassoli, Lecturer in Development Psychology,
 University of Reading.*

11.00am - 11.20am **REFRESHMENTS AND POSTER VIEWING**

11.20am - 12.10pm **CONCURRENT SESSIONS**

SEMINAR 1 USING MINDFULNESS IN THERAPEUTIC SITUATIONS

*Dr Ceri Woodrow, Clinical
 Psychologist, Cheshire and
 Wirral Partnership NHS
 Foundation Trust*

SEMINAR 2 SENSORY PROCESSING IN PEOPLE WITH AUTISM - MAKING THERAPEUTIC SENSE

*Caron Coxon, Occupational
 Therapist, Cheshire and Wirral
 Partnership NHS Foundation Trust.*

WORKSHOP 1 POST-DIAGNOSTIC SUPPORT FOR PEOPLE WITH AUTISM - EXPERIENCES AND LEARNINGS FROM SERVICES IN TRAFFORD

*Jane Forrest, Autism Support
 Co-ordinator, Trafford; co-
 facilitated with Autism Peer
 Mentors Mark Simpson and
 James Muirhead.*

12.10am - 1.10pm **LUNCH**

1.10pm - 2.00pm **CONCURRENT SESSIONS**

**SEMINAR 3
WORKING WITH FAMILIES IN
SUPPORTING CHILDREN
WITH AUTISM**

*Penny Millington and Jenni
Butler-Meadows, Cheshire and
Wirral Partnership NHS
Foundation Trust*

**SEMINAR 4
USING COGNITIVE ANALYTICAL
THERAPY MODEL TO
UNDERSTAND AUTISM
SPECTRUM CONDITIONS**

*Dr Beth Greenhill, Liverpool
University, and Dr Rebecca
Swarbrick, Cheshire and Wirral
Partnership NHS Foundation Trust.*

**WORKSHOP 2
THE AUTISTICA INSIGHT
GROUP: INVOLVING AUTISTIC
PEOPLE AND FAMILIES IN
RESEARCH**

*Dr Lorcan Kenny, Discover Lead,
Autistica and Bethan Davies,
Insight Group co-ordinator,
Autistica.*

2.00pm - 2.20pm **REFRESHMENTS AND POSTER VIEWING**

KEYNOTE SESSION 2

*Dr Mahesh Odiyoor, Strategic Clinical Director, CANDDID,
Cheshire and Wirral Partnership NHS Foundation Trust.*

2.20pm - 2.50pm **SUICIDE AND AUTISM SPECTRUM CONDITIONS**

*Dr Sarah Cassidy, Assistant Professor, School of Psychology,
University of Nottingham.*

2.50pm - 3.20pm **AUTISM AND CO-MORBID MENTAL
ILLNESS - CHALLENGES AND PATIENTS**

*Prof Taj Nathan, Cheshire and Wirral Partnership NHS
Foundation Trust and University of Chester.*

3.20pm - 3.50pm **AUTISM AND VULNERABILITY**

*Clair Haydon, Occupational Therapist and Consultant in
Neurodevelopmental Disorders,
Cheshire and Wirral Partnership NHS Foundation Trust.
With special guest Gordon Cairns.*

3.50pm - 4.00pm **KEYNOTE SESSION 2**

*Dr Faouzi Alam, Medical Director,
Cheshire and Wirral Partnership NHS Foundation Trust.*

**JOIN US ON SOCIAL MEDIA:
@CANDDID1**



BIOGRAPHIES

IN ORDER OF APPEARANCE

Sheena Cumiskey, *Chief Executive*

Cheshire and Wirral Partnership NHS Foundation Trust

Sheena has had a career spanning over 30 years in the NHS, with 20 years at Chief Executive level. A former Chief Executive of both commissioning and provider organisations, Sheena has worked at strategic and operational levels within the NHS. Sheena was named CEO of the Year at the 2015 Health Service Journal (HSJ) Awards and currently holds a position within the HSJ's Top 50 CEOs.



Dr Sujeet Jaydeokar

Consultant Psychiatrist and Specialty Clinical Director

Dr Sujeet Jaydeokar is a Consultant Psychiatrist for Cheshire and Wirral Partnership NHS Foundation Trust. He is also a Clinical Director for the Learning Disabilities, Neurodevelopmental Disorders & Acquired Brain Injury Care Group within CWP. He, along with Dr Mahesh Odiyoor, was instrumental in setting up the Centre for Autism, Neurodevelopmental Disorders and Intellectual Disabilities (CANDDID). He is a Fellow of the Royal College of Psychiatrists and is also the Financial Officer on their Executive Committee. His particular areas of interest are in Service Development and the phenomenological aspects of Autism.

Dr Ken Courtenay FRCPsych MRCGP

Consultant Psychiatrist in Intellectual Disabilities, Barnet, Enfield and Haringey Mental Health NHS Trust

Dr Ken Courtenay completed his higher training in the Psychiatry of Intellectual Disability in St. George's Hospital Medical School London with The Professor Baroness Sheila Hollins. Dr Courtenay works as a Consultant Psychiatrist with adults with Intellectual Disabilities in Haringey, London in a community service. His clinical interests are in mental health in people with Intellectual Disabilities and neurodevelopmental disorders, such as Autism and ADHD. Since 2018, he has been the Chair of the Faculty of Psychiatry of Intellectual Disability in the Royal College of Psychiatrists.



Dr Dougal Julian Hare, BSc (Hons) MSc (Econ) MSc ClinPsyD
Reader, Cardiff University

Dr Dougal Julian Hare attended Keswick School before going to Durham University to read psychology. Following post-graduate studies in social psychology at the LSE, he moved into clinical psychology and undertook clinical training and further research studies at the University of Leeds. He has worked around the UK as a consultant clinical psychologist for the NHS and in the charitable and private sectors, specialising in working with people with intellectual and developmental disabilities with specific interests in behavioural phenotyping, metabolic disorders, syndromic autism, catatonia and sleep. He is currently Reader in Clinical Psychology at Cardiff University, where he is Research Director for the South Wales clinical psychology training programme.



Dr Sarah Cassidy
Assistant Professor, School of Psychology
University of Nottingham

Dr Sarah Cassidy is an Assistant Professor at the University of Nottingham. She currently leads a research program exploring mental health problems, suicidal thoughts and suicidal behaviours in autistic adults. She works in partnership with the autism community, those bereaved by suicide, and leading autism and suicide prevention charities, to identify research priorities, and campaign for changes to policy and practice, to better understand and prevent suicide in autistic people. Her research is currently funded by the Economic and Social Research Council, Autistica, and the International Society for Autism Research.

Dr Ceri Woodrow
Clinical Psychologist

Cheshire and Wirral Partnership NHS Foundation Trust

Dr Ceri Woodrow qualified as a Clinical Psychologist from the University of Manchester in 2009. She has worked with people who have intellectual disabilities since qualifying and has a keen interest in clinically focused research to enhance clinical practice. She is currently researching the Dynamic Support Database Clinical Support Tool in relation to its inter-rater and face validity. Currently she is a Professional Advisor for Psychology within CWP and has the pleasure of working at 'Greenways', an inpatient assessment and treatment unit for people with intellectual disabilities and complex challenging behaviour.





**Cheshire and Wirral
Partnership**
NHS Foundation Trust

LAUNCHING IN SPRING 2019

All new CANDDID training for family members, unpaid carers, support workers and personal assistants of people with learning disabilities, autism or both.

Centre for Autism, Neurodevelopmental Disorders and Intellectual Disability



Helping people to be
the best they can be

Better training, better support, better lives

The all new CANDDID training modules have been funded by the Local Workforce Action Board via the Cheshire and Mersey Transforming Care Partnership which are aimed at family members, unpaid carers, support workers and personal assistants who support children, young people or adults with learning disabilities, autism or both.

Accessed via the CWP Virtual Academy on Moodle, training is provided via interactive online modules, supported by facilitated sessions and is free to access for parents, family and other unpaid carers and each aims to provide practical advice, solutions and tips. There is a small charge for paid staff who will gain a certificate on completion.

Topics include:

- **Communication**
- **Law, Ethics and Safeguarding**
- **Stopping Over-Medication of People with Learning Disabilities**
- **Healthcare for people with learning disabilities or autism**
- **Family and carers as partners**
- **Supporting children and young people**
- **Preparing for adulthood**

The first modules will go live in Spring 2019

For more information, visit www.canddid.nhs.uk/training or to register please email cwp.canddid@nhs.net or call (01244) 397717



Caron Coxon

Occupational Therapist

Cheshire and Wirral Partnership NHS Foundation Trust

Caron Coxon is a Specialist Occupational Therapist at Cheshire and Wirral Partnership NHS Foundation Trust working in the Wirral Community Team for Adults with Learning Disabilities. Caron has worked for the NHS for 15 years and has a post graduate certificate in Sensory Integration.

Jane Forrest

Autism Support Co-ordinator

Cheshire and Wirral Partnership NHS Foundation Trust

Jane has worked for over 30 years in and around services for people with autism and their families. Jane's current role in the NHS centres on the implementation of the National Autism Strategy in Trafford. Jane has also been involved in the development of the Greater Manchester (GM) Autism Strategy and has worked with colleagues across GM on projects and training packages. Much of Jane's work is about raising awareness of the needs of autistic adults and their families with service providers and commissioners, and building partnerships with local agencies to ensure that Trafford is a more autism friendly place. Jane also supports the Trafford autism diagnostic service to deliver post-diagnostic support groups and is particularly proud of the work they have done in partnership with autism peer mentors.



Mark Simpson

Autism Peer Mentor

Cheshire and Wirral Partnership NHS Foundation Trust

57 years of age, chartered accountant and chartered taxation practitioner, Mark runs his own tax consultancy business in Warrington. He was diagnosed on the autism spectrum in March 2016. He acts as a peer mentor on post-diagnosis groups. Married with two teenage children, he spends leisure time commentating on Altrincham FC and acting as an athletics field official.

James Muirhead

Autism Peer Mentor

Cheshire and Wirral Partnership NHS Foundation Trust

James is an autism acceptance advocate with particular interest in the Pathological Demand Avoidance profile of autism and also LGBTQ+ diversity within the autism spectrum. He is also a keen amateur archaeologist and local historian.



Penny Millington

Team Coordinator/Case Manager

Cheshire and Wirral Partnership NHS Foundation Trust

Penny Millington is a Learning Disability Nurse working as the Team Coordinator/Case Manager for East and Cheshire LD-CAMHS service. Penny also has an additional qualification in Positive Behaviour Support.



Jenni Butler-Meadows

Team Co-ordinator

Cheshire and Wirral Partnership NHS Foundation Trust

Jenni has worked for CWP for 17 years, first in Adult Learning Disability Services and then in the Learning Disability Child and Adolescent Mental Health Service for the past 12 years. Jenni is the Team Co-ordinator for the West Cheshire area and she also works directly with young people and families.

Dr Beth Greenhill

Joint Clinical Director and Liverpool Experts by Experience (LExE) Lead

Doctoral Programme In Clinical Psychology

Liverpool University

Dr Beth Greenhill works with people with learning disabilities in her role as a clinical psychologist for North West Boroughs Healthcare NHS Foundation Trust. Beth is also joint Clinical Director of the University of Liverpool's Doctorate in Clinical Psychology and the lead for working with Experts by Experience within the programme. Beth's research and clinical interests include sexuality, applying human rights in health care and clinical risk-sharing partnerships, primarily with people with learning disabilities. Beth is a trustee for Liverpool Mencap and is involved in campaigns for social justice, including those for the rights of LGBT+ people.





Dr Lorcan Kenny

Discover Lead, Autistica

Lorcan joined Autistica in October 2018 from the Centre for Research in Autism and Education (CRAE) at University College London (UCL). At UCL Lorcan conducted research on the life experiences of autistic people, their parents and their teachers, before completing a PhD. Lorcan's research focused on the everyday planning and organisational difficulties autistic people often describe, how young people felt when they were excluded from school, what young people liked and what they found challenging about living in a residential special school and how autistic people want to be described. Lorcan is passionate about making research findings accessible and ensuring that autism research matters to autistic people and their supporters.

Bethan Davies

Insight Group Co-ordinator

Autistica

Bethan co-ordinates Autistica's research network Discover, which includes running research and community engagement events and managing the Autism Insight Group. She joined the charity in August 2018 and is excited to work with autistic people and their families and bring them and their life experiences to the forefront of Autism Research. Bethan also currently volunteers for Samaritans which is something she is very passionate about and has recently started delivering Autism training to local branches.



Dr Rebecca Swarbrick

Clinical Psychologist

Cheshire and Wirral Partnership NHS Foundation Trust

Dr Rebecca Swarbrick works with people with learning disabilities in her role as a clinical psychologist for CWP. Rebecca works with people who have Autism and a Learning Disability and have come into contact with forensic and criminal justice services and her work in this role focuses on enhancing people's lives through strength based approaches. Her clinical and research interests also include the cultural factors within hospital settings, sexuality for differing groups, clinical risk sharing and risk mitigation and the experience of clinicians who experience mental health challenges.



Dr Teresa Tavassoli
Lecturer in Developmental Psychology
University of Reading

In 2007 Dr Tavassoli completed her psychology training in Germany at the University of Constance before finishing her Ph.D at the University of Cambridge. From 2016-2017 Dr Tavassoli has worked at the University College London (UCL), and started as an Assistant Professor at the University of Reading in 2017. Dr Tavassoli's research is dedicated to deepening our understanding of sensory reactivity in autism spectrum disorder (ASD) and its variation across the entire population.

Professor Taj Nathan
Director of Research and Clinical Effectiveness
Cheshire and Wirral Partnership NHS Foundation Trust
University of Chester

For the past 18 years Professor Taj Nathan has worked as a Consultant Forensic Psychiatrist in the North West of England. Since 2005, Taj has held the honorary post of Senior Research Fellow at the University of Liverpool. In 2015, he was additionally awarded the title of Visiting Professor at Chester Medical School, University of Chester, and then in 2018 he was appointed Adjunct Professor at Liverpool John Moores University. He is currently the Director of Research and Clinical Effectiveness at Cheshire Wirral Partnership NHS Foundation Trust.



Dr Mahesh Odiyoor MBBS, MRCPsych, MD
Strategic Clinical Director, CANDDID
Cheshire Wirral Partnership NHS Foundation Trust

Mahesh is a Consultant Psychiatrist in Psychiatry of Intellectual Disabilities at Cheshire and Wirral partnership NHS Foundation Trust (CWP). He is part of the teams at Greenways Assessment and Treatment unit, Macclesfield and Eastway Assessment and Treatment unit, Chester which have been rated as "Outstanding" by CQC. Mahesh is currently the Strategic Clinical Director of the Care Group for people with Learning Disability, Neurodevelopmental disorder and Acquired Brain Injury at CWP. He is also the Strategic Clinical Director at the Centre for Autism, Neurodevelopmental Disorder and Intellectual Disability (CANDDID) which has been set up with the aim to promote training, teaching and research in the areas of Autism, ID and other NDD.



Clair Haydon

Occupational Therapist and Consultant

in Neurodevelopmental Disorders,

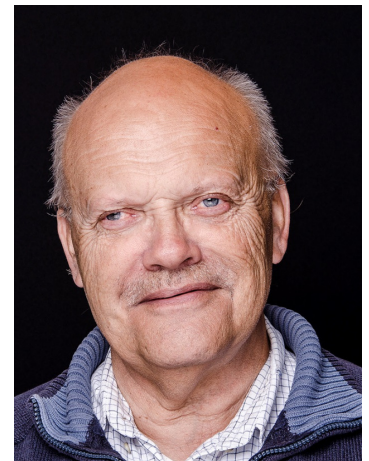
Cheshire and Wirral Partnership NHS Foundation Trust

Clair is a Consultant Occupational Therapist in Adult Neurodevelopmental services in CWP and co-founded and leads the Adult Autism assessment and diagnostic service. Clair has worked within mental health services for the past 20 years, with people with complex needs and multiple co-morbidities including neurodevelopmental disorders, and people who have had frequent or extended inpatient stays. Clair has expertise in rehabilitation, co-founded and developed the complex recovery assessment and consultation (CRAC) service.

Gordon Cairns

Special Guest

Gordon (Gus) Cairns is 72 years old and was diagnosed with Autism aged 70. Gus is a volunteer with CWP's Autism Strategy Group. Gus is also a Service User / Carer Governor at Cheshire and Wirral Partnership and has several more volunteer roles across West Cheshire. Gus is a Community Inspirer with West Cheshire Poverty Truth Commission 2, and a Community Director with Avenue Services NW LTD.



Dr Faouzi Alam

Medical Director, Effectiveness, Medical Education and

Medical Workforce / Caldicott Guardian

Cheshire and Wirral Partnership NHS Foundation Trust

Born in Lebanon, Faouzi moved to Latvia and graduated as a medical doctor in 1996. He moved to Russia and lived there for five years to complete his post-graduate course in renal medicine. He moved to the UK in 2001. Faouzi was inspired by his research into psychosis in patients receiving haemodialysis and decided to change direction. He trained to become a psychiatrist, before taking a job within CWP. He is now the consultant in the early intervention in psychosis team. With over 20 years' experience as a doctor, Faouzi was appointed as joint medical director in October 2013. He is the Responsible Officer and the Trust's Caldicott Guardian.

VISIT OUR NEW WEBSITE:

WWW.CANDDID.NHS.UK

**CANDDID
Research**



RESEARCH

CANDDID is working towards becoming a leader in research for Autism, Neurodevelopmental Disorders and Intellectual Disability. Find out what our research aims are on our website.

**CANDDID
Education**



EDUCATION

We are looking to develop collaborative relationships with local universities on Education and Research. The Centre for Autism, Neurodevelopmental Disorders and Intellectual Disability is working towards an MSc in Neurodevelopmental Disorders and eventually offer PhD-level programmes.

**CANDDID
Training**



TRAINING

Thanks to funding from the Local Workforce Action Board and Cheshire and Mersey Transforming Care Partnership, CWP in partnership with parent-carers, is developing a suite of training packages for family members, other unpaid carers, support workers and personal assistants. The first modules will launch in Spring 2019.



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