

CHESHIRE WIRRAL PARTNERSHIP

# LIFE

m a g a z i n e

## BEST PRACTICE...

SHAUN FROM SUNNY CAFE SHOWCASES HOMEGROWN PRODUCE AT THIS YEAR'S BEST PRACTICE EVENT. PAGE 10

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"The newly refurbished ward will make it a very special place to be for families living with Alzheimer's and dementia in the future."

**Judy Round**  
Carer

# CROFT WARD TAKES A TRIP DOWN MEMORY LANE

Croft Ward welcomed friends and families of people living with dementia to officially re-open the newly refurbished 14 bed ward after £340k investment this summer.

The décor is themed 'Memory Lane' to provide a reminiscent environment in line with current thinking around improving outcomes for people with memory issues.

Judy Round, carer of her late husband, was invited to officially reopen the ward. The ward now has an open plan activity area, private bedrooms as well as a spacious dining room with doors opening onto a patio and garden area.



"I was very pleased to be able to visit Croft Ward and learn more about the improvements for dementia care in Macclesfield. It is important that people are able to access these type of services near to them, where they can keep in contact with family and friends. Croft Ward is a great facility, with dedicated and committed staff."

**David Rutley**  
MP for Macclesfield

# CRIMINAL JUSTICE LIAISON SERVICE

CWP is to extend their existing criminal justice liaison service following a successful bid to NHS England.

From 1 October, a number of CWP community mental health practitioners will be located as part of an extended team into Middlewich and Blacon police custody suites, and in Chester, Crewe and Macclesfield Magistrates Courts services. Mental health support will also be provided to Chester Crown Court as part of this new initiative.

The practitioners will be in place Monday to Friday (9am-5pm) to help support individuals who come into contact with local criminal justice services across Cheshire.

In line with national recommendations to ensure people with suspected mental health problems are assessed more quickly when they are held by police, this proactive and innovative service will enable CWP to provide a whole range of mental health services working in partnership with the Police and courts within Cheshire.



"We are proud to have won the grant from NHS England to provide this service, which will enable us to step in and provide the right support at the right time, in the right place by the right people."

**Gordon Leonard,**  
specialist forensic lead

# CWP INVEST IN WESTMINSTER SURGERY



NHS England has chosen CWP and Primary Care Cheshire, to manage services at the Westminster Surgery in Ellesmere Port.

The surgery offers GP services, provides access to community mental health services and delivers healthy living support including fitness, diet and nutrition, smoking and substance misuse advice.

The surgery will be refurbished and expanded to increase the size of the practice and modernise facilities in order to improve the treatment and care services offered to more than 2,000 registered patients.

# HEALTH AND CARE INNOVATION EXPO 2015

CWP were recognised for innovative practice during the Health and Care Innovation Expo event with NHS England choosing Wirral and West Cheshire as two of 29 national 'vanguard' sites to develop new models of joined up services with partners.

NHS England recently hosted the Expo 2015, welcoming around 5,000 people a day to the two day event in Manchester. There was a focus on the progress of the NHS Five Year Forward View and highlighting new models of care within the NHS.

Staff from CWP gave presentations on integrated care, the Cheshire Care Record and Well-being Coordinators.



Pictured at the Expo: Helen Cunningham, Emma Lea, Kate Granger founder of the #hellomynameis campaign and Julie Critchley.

## CWP CEO SHORTLISTED FOR HSJ AWARD

Sheena Cumiskey has been shortlisted in the Chief Executive of the Year Category at the 2015 Health Service Journal (HSJ) Awards in partnership with Celesio, to be held on 18 November at the Grosvenor House Hotel, London.

Sheena has also recently celebrated 32 years working in the NHS with 19 at executive level. She has been included in the two most recent HSJ top 50 chief executive lists and CWP has featured in the HSJ's top 100 best places to work for two years' running.

"I have the great pleasure of working alongside inspirational people, both within the Trust and amongst our many partners, who make my job very rewarding."

Sheena Cumiskey,  
CWP chief executive



## Be a Flu Fighter this winter!

Flu is a common infectious viral illness spread by coughs and sneezes. You can catch flu all year round, but it's especially common in winter and it's not the same as a common cold. Flu symptoms tend to start more suddenly, be more severe and last longer so it is important to protect yourself, your family and others by getting immunised.

The best time to have the vaccine is in the autumn, between September and early November.

CWP is joining the national Flu Fighter campaign with the aim of supporting more of our clinical workforce to be immunised in the run up to winter. Look out for a clinic near you or contact Occupational Health for a voucher to redeem at your local pharmacy or supermarket.

## New single point of access referral model for CWP Wirral

Following a recent review of referral methods into CWP Wirral services, a new open referral model - providing a single front door into all Wirral services - is set to launch in the near future.

This new referral model is designed to ensure that access for service users is consistent, simple and efficient. Benefits include quicker assessment and better response to patient needs as well as less duplication for everyone.

## Podiatry service redesign

Between December 2014 and March 2015, CWP and West Cheshire Clinical Commissioning Group conducted a full, three month, joint public consultation into proposed changes to Podiatry Services, delivered to the people of West Cheshire.

Changes to the service will begin in November. To improve the service for those who have high level medical and complex foot health needs, people assessed as having low level needs will be discharged from the service and provided with self-help information, details of non-NHS providers and contact details for how to get help with benefits. If their medical circumstances change, they will be re-assessed. To read more about the consultation please go to [www.cwp.nhs.uk](http://www.cwp.nhs.uk). Please contact our PALS team on 0800 145 9962 if you have any queries or concerns.

## PLANTING THE SEEDS OF RECOVERY IN CREWE

A group in Crewe have been enjoying the fruits of their labour thanks to an allotment project helping people in recovery. Allotments and community gardens can improve people's quality of life, help curb exclusion, increase physical exercise and encourage a nutritious diet.

Other allotment patrons have been helpful providing spades, forks and several hand tools as well as sharing tips and ideas about making the most of the plot.



## WEBSITE WINS HSJ VALUE IN HEALTHCARE AWARD

CWP has won the 'Value and Improvement in Communication' category at the 2015 Health Service Journal (HSJ) Value in Healthcare Awards for its pioneering Child and Adolescent Mental Health Services website, [www.mymind.org.uk](http://www.mymind.org.uk).

This award is the latest in a long list of accolades for CWP's website for young people. MyMind.org.uk was recently crowned winner at the iNetwork Innovation Awards, as well as being highly commended at the 2014 HSJ and Positive Practice in Mental Health awards (PPMH) for innovation in the CAMHS category, and they have also been shortlisted for this year's PPMH awards in the social media category.

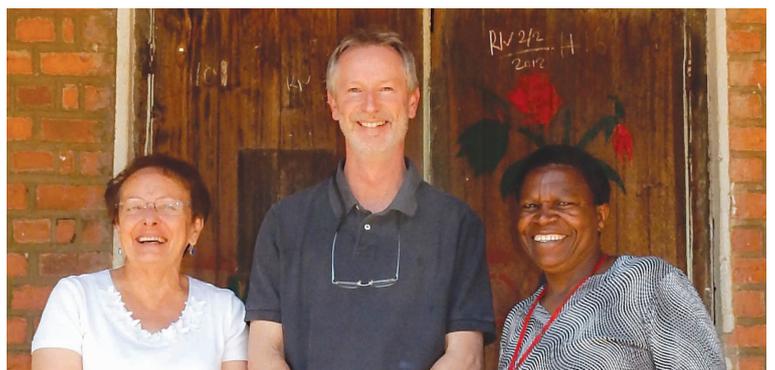
## KISIIZI MENTAL HEALTH HOSPITAL COMES ON LEAPS AND BOUNDS

Dr Maureen Wilkinson and Dr Andy Cotgrove, from CWP, visited Kisiizi hospital to further develop their new mental health ward. Kisiizi is the only faith based hospital with a mental health inpatient ward in Uganda which CWP has supported since 2010.

Dr Wilkinson says: "We have

secured dedicated clinic space, meaning people no longer have to sit out in the baking heat for their consultations."

To follow their progress or support CWP's charity, visit [www.cwp.nhs.uk/get-involved](http://www.cwp.nhs.uk/get-involved) or follow the blog on [www.kisiizi.wordpress.com](http://www.kisiizi.wordpress.com)



## CWP CELEBRATES THE LAUNCH OF £14M NEW BUILD FOR YOUNG PEOPLE



Local Chester MP Chris Matheson took up the challenge and joined young people in creating a colourful piece of artwork to celebrate the launch of building work on 'Ancora House' – the new NHS child and adolescent mental health service in Chester.

Local Graffiti artist Kieron showed young people spray paint techniques and together they created a mural on the hoardings surrounding the building site. The design depicts the name chosen by young people: 'Ancora', a Latin noun meaning hope, refuge and support - which describes the aims and objectives of the unit.



## NEW RAPID COMMUNITY SERVICE IN WIRRAL

CWP has been chosen to provide a Rapid Community Service in partnership with two care homes in Wirral. The new, integrated healthcare model is designed to provide a 24/7 support to patients outside of hospital to the people of Wirral.

The service will provide 40 new beds that either do not require immediate hospital admission or are in the process of transitioning from hospital back into the community for the next 5 years.

## Telehealth supported Self Care launches

The Supported Self Care Champion Project encourages greater independence for people living with multiple long-term health conditions and complex needs.

The telehealth initiative aims to empower patients in Cheshire to better manage their own health.

For more information on the project, visit [www.philips.co.uk](http://www.philips.co.uk) and follow the conversation on twitter @PhilipsHealthUK and @CWP NHS

## NHS staff survey 2015 - have your say

Soon it will be time to complete this year's NHS Staff Survey. It is a great chance for colleagues to tell us what we do well and where we can improve NHS organisations use the results to review and improve experience so we can provide better patient care. We also use the results to improve local working conditions, and provide public accountability on levels of quality and safety.

For more information visit [www.nhsstaffsurveys.com](http://www.nhsstaffsurveys.com).

## CWP supporting your recovery

CWP's Recovery Colleges have released their autumn timetables for their free courses designed to enhance your well-being. The courses are open to individuals 18+ who use services delivered by the Community Mental Health teams, their family and friends, and CWP staff who work within secondary care services.

Find out more about your local recovery college by visiting [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

## Stoptober 2015

From 1 October, it will be illegal to smoke in a car or other vehicle with anyone under the age of 18 in. This law will apply in England and Wales.

As October not only sees a change in the law but the launch of the annual Stoptober campaign, why not get ready for the change by seeking local support to stop smoking?

Call the Quit4Good Stop Smoking Service Cheshire West and Chester on 0800 043 5134 or text quit4good to 60777.

Visit [www.stoptober.smokefree.nhs.uk](http://www.stoptober.smokefree.nhs.uk) for more information.

# STARTING WELL...

**Mental health problems are the leading cause of death for women in the first year of their child's life. This startling fact highlights the importance of perinatal mental health and support for new and expectant mums.**

Health visitors, school nurses, community mental health teams, GPs and psychiatrists are all part of the bigger picture when it comes to promoting better mental health.

CWP offer a range of services across Cheshire and Wirral to support mums and families to support them to be the best they can be. We have Children

and Adolescent Mental Health Services (CAMHS) across our Trust footprint, as well as good links with local organisations. Here are some of the staff from a variety of roles involved in supporting people in our communities to have the best start in life.



Ann Buckley, Annuncia Skeldon and Dr Helen Sharp.

If you would like to tell your story, contact the Communications and Engagement Team on 01244 397393 or [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk)

**Annuncia Skeldon, team manager of the Parent and Infant Mental Health Service (PIMHS). CWP's PIMHS team is based in Wirral.**

"Pregnancy and early infancy can invoke overwhelming anxiety as well as excitement for some parents, and we know that the first two years of a child's life are crucial for their development. The quality and content of the relationship with their parents is central to this, and we offer support to parents who may be experiencing difficulties.

Our team is made up of a child mental health therapist, team manager and a consultant clinical psychologist. We focus on supporting the relationship between the parent and infant, from unborn babies to infants up to the age of two.

Some of the families we work with are also experiencing adult mental health issues. We work closely with them to understand their concerns, and work with other professionals to offer a full package of support to the families."

**Tania Stanway, consultant psychiatrist; locality clinical director for Cheshire East; chair, CWP Perinatal Mental Health Clinical Network; chair, Perinatal Mental Health Special Interest Group, Cheshire and Mersey Clinical Network for Women and Children. Cheshire and Mersey representative on Perinatal Mental Health Clinical Reference Group.**

"Sitting on local, regional and national network groups has enabled me to make some great connections which stand us in good stead when it comes to sharing specialist knowledge as well as identify funding opportunities.

At CWP we have good multiagency pathways for care in the perinatal period. We are taking part in national research which will allow us to continually develop and improve the service we can offer, in order to make things better for mums and their families.

At the heart of this is making our services easy to access. We can support people whether they have used our services before or not. We also have links with well-established local groups that are often a haven of support and are great ways to meet people in a similar position."



Dr Tania Stanway



Vince Gibbons with the Winsford 5-19 team

**Vince Gibbons, school nurse with the 5-19 Health and Well-Being Service is based in Winsford. CWP's 5-19 service is available across West Cheshire.**

"Our role has changed greatly over recent years. While it is a position you would expect to evolve to meet the expectations of current clinical evidence and of the new generations of young people, the work undertaken by school nurses in 2015 is almost unrecognisable from previous generations.

These days we are involved with everything from complex child protection cases, through to health assessments of children in care and the more traditional immunisation sessions to protect young people against the likes of flu, human papilloma virus (HPV) and meningitis.

Every day is different and when we are not conducting 'drop in' sessions to advise young people with their health and well-being face-to-face in schools, we may be making referrals on their behalf to colleagues in health specialities including community paediatrics, audiology, continence and CAMHS. And yes, we do still come across the occasional outbreak of head lice from time to time!"



## Elaine Hanzak is from Helsby and Shares her story...

@elainehanzak

"I had my much-wanted baby, Dominic, in April 1996. I had always loved children – my chosen profession was special needs teaching. The pregnancy and birth were meticulously planned yet were not as envisaged - there were several complications and, had it been 30 years ago, we may not have survived. On becoming a mother, I realised that babies have their own agenda and haven't read the same books!

I had high expectations of myself. I breastfed and felt solely responsible for feeds - constantly on the go, like a hamster in a wheel. When Dominic slept I then busied myself and declined any offers of help. I intended to return to work 5 months later with everything perfect. I put unnecessary pressure on myself.

In reality I never relaxed and was increasingly sleep deprived. I was ashamed to admit to the health visitor I was struggling. The week before I was to go back to teaching, Dominic was hospitalised with viral septicaemia and was a very ill baby. I didn't make it back to work then ... I felt like I was drowning. My moods peaked and troughed. I was absolutely exhausted yet rarely slept. My GP recommended that I took antidepressants short term and I attended a support group. I agreed that I had postnatal depression through reading the symptoms in a magazine.

Just before Christmas, I spiralled out of control. I felt like a tsunami had hit me – waves of hatred and exhaustion came over me and I wanted to harm my baby. I self-harmed, cutting myself (which I had never done before). I left our home in the early hours, wearing just my nightie even though it was raining. I was found on the church doorstep where I attended a mums and tots group – I wanted the peace of mind that I saw in others there.

My first Christmas as a new mum was spent in a mental health hospital. For two months I welcomed the safety and support it offered as I could not function anymore. One treatment I received was electro convulsive therapy (ECT) which I believe put me back on track. I feel that had I admitted earlier that my thoughts and feelings were far from my usual self and accepted assistance, I may not have become so ill.

I have spent the last ten years speaking, learning and spreading awareness of perinatal mental illness, with the purpose of making early parenthood happier for others. There is hope.

My best advice for new parents is that if you feel your thoughts and feelings are not 'you', seek assistance - it is an illness. Ask for help as, contrary to your belief, people feel great for helping and love to share the experience of a new baby."

You can find out more about the services CWP provides in your area at:

[www.cwp.nhs.uk](http://www.cwp.nhs.uk)

[www.mymind.org.uk](http://www.mymind.org.uk)

Follow us on Twitter @CWP NHS or @MyMindFeed

# MENTAL HEALTH: CWP AND THE #FUTURENHS

**Sheena Cumiskey**, CWP chief executive



**To support the national Five Year Forward View for the NHS in England, a new strategy specifically for mental health is due to be published this autumn.**

The strategy has been developed by a Mental Health Taskforce made up of health and care leaders, people using services and experts in the field to bring together personal experience, clinical and economic evidence. Over 20,000 people have provided their views to the taskforce to develop the first strategic approach to improving mental health outcomes for people of all ages in the health and care system.

But what will that mean for CWP? It is really encouraging that NHS England is setting out a national strategy to ensure mental health services are on par with physical health. We need to continually to challenge ourselves to raise the bar by learning from experience, welcoming feedback from external and internal

sources and striving for excellent care that we would feel more than happy for ourselves or loved ones to access.

The top priorities for 2015 – 2020 reflect the recommendations made to Government by the Mental Health Policy Group in their ‘Manifesto for Mental Health’ published for the general election earlier this year.

We have seen and heard countless stories in the news and in our professional networks around the stigma surrounding mental health, access, quality of care and the important of prevention and we can now celebrate that these priorities are being formally recognised and nationally driven.

## TOP PRIORITIES FOR MENTAL HEALTH 2015 - 2020:



#FUTURENHS

# BREAKING DOWN STIGMA



An interview with **Julie Sheen**  
**@JulesSheen**

Julie Sheen, CWP West mental health nurse and West Cheshire Clinical Commissioning Group patient leader, talks to CWP Life about her own lived experience of mental ill health, her voluntary community roles and the importance of parity of esteem.

**Julie, you've recently been listed in the HSJ Top 50 Patient Leaders – how did it feel to be officially recognised for your efforts?**

To make such a prestigious list was of course a huge honour but also a shock! In addition to my roles with CWP and the CCG, I help coordinate local third sector mental health support groups Chester Plus and Rethink Mental Illness.

I have my own lived experience with mental ill health, which is why ensuring that patients are part the wider health conversation means so much to me, but to be recognised like this really fills me with confidence that the direction I'm going is the right one.

**You've been asked to speak about the NHS 5 Year Forward View at a HSJ summit in November. What key messages would you say are important in shaping the future of mental health services?**

As both a nurse and a patient leader, my role is to give people who use mental health services a voice when it comes to the shaping of services. A hugely important aspect to this is challenging the misconception that mental ill health and physical ill health are not equally significant.

Ensuring parity of esteem is vital to the NHS's latest mental health strategy. As mental health nurses we strive to do this, but there is always room for improvement and moving this agenda into the public domain will encourage everyone to get involved in the conversation.

**How can people get involved and take part in this conversation at a local level?**

There are lots of ways to get involved – you just need to realise that your view counts. The first step on my journey was joining CWP and taking part in the Trust's involvement activities. But speaking to mental health practitioners, attending local forums and patient support groups, linking in with your local Healthwatch group and even contacting your local MP are also really direct ways of contributing to the local health economy that can make a difference.

**You recently organised a 'Breaking Down Stigma' conference at Chester Town Hall – how did that come about?**

I did organise the conference, but it was very much a service user-led event. The theme of this year's World Mental Health Day is 'dignity', and this was also the inspiration for our event.

The idea for the event grew out of the service user support groups that I coordinate. We asked people what they thought was important to say and the best ways to say it. With the help of CWP, West Cheshire CCG, Cheshire West and Chester Council, Chester University and NHS England we were able to arrange a full day event with some amazing speakers and performers.

The day had a great balance of service user, carer and health professional contributions. It was a wonderful example of a person-centred approach to healthcare supported by integrated support from key community partners.

## What next?

Both our Recovery Strategy and Involvement Strategy are due for review in 2016 and a lot has changed culturally and in practice since they were first written.

To learn from our experience so far and take a fresh look at involvement and recovery, including our challenging stigma agenda, we are holding an Open Space event on 28 November. It will give us a chance to agree the direction we would like to go in.

If you would like to find out more and to get involved please call 01244 397393 or email [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk)

# BEST PRACTICE EVENT AND ANNUAL MEMBERS' MEETING

Sheena getting to know Digby, the Pets As Therapy dog.



Well done to all those nominated for this year's Annual Going the Extra Mile awards!

## This year's Best Practice event and Annual Members' Meeting was hosted by the Crowne Plaza in Chester.

The first part of the day featured the launch of the Big Book of Best Practice 2015/16, with over forty staff exhibits showcasing their innovative work. Service users, staff and the public were welcomed to see some of the many examples of best practice happening across the trust.

The Big Book of Best Practice is part of the Trust's #CWPZeroHarm campaign. Zero Harm's key message is Stop Think Listen - a concept that involves supporting everyone to deliver the best care possible, as safely as possible and in doing so reducing unnecessary avoidable harms.

You can follow what happened on the day on Twitter #CWP2015 or visit [www.cwp.nhs.uk](http://www.cwp.nhs.uk) to download a copy of this year's Big Book of Best Practice.

Anushta Sivananthan, consultant psychiatrist and medical director, says: "I was absolutely delighted to welcome our staff, members and external colleagues to our third annual Big Book of Best Practice. It is always fantastic to see how staff at CWP embrace sharing innovation, improvement and good practice to deliver high quality care."

The Annual Members' Meeting followed, attended by over 100 guests, and allowed CWP's various stakeholders to keep abreast of the changes in Governors, constitution and reflect on the last twelve months.

After the year's review and formal business, it was the debut of CWP's latest video featuring the stories of many who have used our services. Check it out on our YouTube channel [www.youtube.com/CWPNHSFT](http://www.youtube.com/CWPNHSFT)

The event closed with a celebration of our volunteers, involvement reps, teams and individual staff members who were recognised for 'Going the Extra Mile' over the last twelve months.



Dr Anushta Sivananthan, Chris Matheson MP and David Eva, CWP chairman.

**Check out all our pictures from the Best Practice event and Annual Members' Meeting online at [www.cwp.nhs.uk](http://www.cwp.nhs.uk)!**



Just some of this year's excellent submissions to the Big Book of Best Practice.



**Wirral Harmony Singers**  
CWP Education for Well-being's 'Wirral Harmony Singers' performed an afternoon of music to celebrate the 35th anniversary of Wallasey Central Park's walled gardens.



**Recycling with CWP**  
Our Waste Action Reuse Portal (aka WARpit) so far has delivered cost savings of £127,302, carbon savings of 56,023kg and avoided 22,544kg of waste!

**Cake for Kisiizi**  
Tracie Haskell, advanced practitioner and Natalie Larvin, consultant nurse for acute care have held cake sales at various CWP venues to raise money for their upcoming trip to Kisiizi hospital. They will be visiting Uganda to carry out family work on the mental health ward.



**CWP staff 'Go the Extra Mile'**  
Staff have had plenty to celebrate as Harry Moore, Tom Murphy, Mike Goode, Northgate Community Nurses Care Coordinator Admin and the Crisis Support Team, Maple Ward were all recently recognised in the Going the Extra Mile awards.



**Juniper Ward embrace Carers Week**  
Staff on Juniper Ward, Bowmere Hospital held an afternoon tea and bingo on Sunday of Carers Week (8-14 June). It gave service users and carers a chance to spend time with their loved ones.



**Award celebrations at AMM**  
Staff, involvement representatives and volunteers who have made a significant impact to involvement and volunteering were recognised at this year's Annual Members' Meeting. This year's overall team award was presented to the Community Learning Disability Team, Wirral.

**Supervision success for Stephanie**  
Stephanie Danziger, primary mental health worker in Macclesfield CAMHS, has recently completed her Postgraduate Certificate in Supervision Skills at the University of Manchester and graduated in June.



**Leadership for today. Leadership for tomorrow**  
Earlier this year Julie Critchley, CWP West service director graduated from the Nye Bevan programme. The programme develops senior leaders and accelerates individuals into executive roles. Julie is pictured receiving her certificate from Simon Stephens, NHS England chief executive.



**Patient Leader in mental health**  
Julie Sheen, a lived experience adviser for CWP since 2009 and a mental health nurse with the Trust since 2014, has been named as part of the HSJ's first ever 'Top 50 Patient Leaders' list. Hurray for Julie!



**Promoting independent living**  
Gary Williams, Expert Patients Programme development officer, manned a stand for Cheshire Independent Living Awareness Day at a summer event in Nantwich to provide information on the Expert Patients Programme.

**Avril named in Top 100 Nursing Times Leaders**  
Avril Devaney, director of nursing, has been included on the The Nursing Times 'Leaders 2015' list, which recognises and celebrates nurses and midwives who are inspirational role models in their profession.



**CWP named one of the best places to work**  
The Nursing Times and the Health Service Journal, in partnership with NHS Employers, named CWP as one of 120 'Best Places to Work' in the NHS for 2015.



**Thank you and happy retirement**  
To Theresa Murphy who retired from her position of domestic assistant at St Catherine's Health Centre earlier this year. Hope you are enjoying your rest! Goodbye and good luck.



**Moving on to new ventures**  
Maria Nelligan, associate director of nursing and therapies, has been appointed as the executive director of nursing and quality at North Staffordshire Combined Healthcare NHS Trust. Farewell and good luck Maria!



CWP is a Foundation Trust that provides health services for local people in partnership with other organisations. Our services include mental health services, learning disability services, substance misuse services and physical health services. We have services across Cheshire and Wirral with a range of specialist services within Liverpool, Bolton, Warrington, Halton and Trafford.