

CHESHIRE WIRRAL PARTNERSHIP

# LIFE

magazine

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**CIPR PRIDE AWARDS 2016 GOLD WINNER**



# £3.3M INVESTMENT IN MENTAL HEALTH SERVICES FOR NEW AND EXPECTANT MUMS

£3.3m is to be invested into developing specialist community services for pregnant women and expectant mothers across Cheshire and Merseyside.

With 20% of births in Cheshire and Merseyside involving some sort of mental health issue, the new funding is expected to help thousands of local women.

CWP will provide one of three local teams as part of the new Specialist Perinatal Community Mental Health Service. The new service will support women with serious mental health problems during pregnancy and in the first year after birth.

Our local team will help to improve early intervention in perinatal mental health care to prevent women and their children from experiencing potential problems in the future.

“This is brilliant news as I’m sure it can really help to change stigma around perinatal mental health and provide consistent levels of support to local women.”  
**Rebecca Brook**, from Macclesfield, suffered from perinatal depression.



## CELEBRATING A COMBINED 80 YEARS

With over 80 years’ service between them, CWP colleagues and couple, Pat and Mike Bedward, are celebrating their recent retirement and their 35th wedding anniversary.

Pat and Mike met at work in 1979 and married in 1981. Pat’s career began in 1976 at Barrowmore Hospital (formerly the Barrowmore Sanatorium & Colony for Ex- Servicemen). Mike joined the health service in 1975 as a cadet in Deva Hospital after giving up a promising start as a footballer due to illness. Both moved through the Trust to work in various roles with Pat finishing her career in Cherrybank Resource Centre as Clinical Lead and Mike as a specialist health facilitator for West locality.

Pat said: “I’ve worked with some of the same people I started my career with until retirement and I’m really going to miss them. We always pulled together and got through every change and challenge. They have provided support and influence throughout my life.”



## CWP LIFE IS GOLD STANDARD!

Our very own magazine, CWP Life, was awarded Gold for ‘Best Publication’ by the Chartered Institute of Public Relations (CIPR) at the North West PRide Awards Ceremony.

The magazine was commended as a great example of good practice with a comprehensive approach to research and planning and its simple, clear and engaging design.

One reader said about an article in an earlier edition: “Thank you for CWP Life... My mum is currently in hospital and it is suspected she has the early stages of dementia. We don’t know yet what services are available in the area or what my mum will need, now or later, so this article has been the start of our journey.”



## £30K BEING INVESTED INTO DEVELOPING LOCAL PEER-LED SERVICES

Health Education England North West has awarded CWP £30,000 to invest into new peer support roles across the Trust.

The money will be used to develop and deliver accredited training for over 30 peer support roles by the end of 2017. The support is in addition to clinical support from health professionals and will assist people with their recovery.

Simon Hough, CWP’s first peer support volunteer, co- chair of the Trust steering group and lead trainer, said: “I have lived with schizophrenia for most of my life so have first-hand experience that I can draw on to give hope and support to others. Being a peer support volunteer is massively rewarding and is also beneficial to my well-being. It has given me my confidence back and helps me to help others get the support they need.”



## WELCOME TRAINEE NURSING ASSOCIATES!

This month we welcomed our first ever cohort of Trainee Nursing Associates.

Eight new Trainee Nursing Associates will work in our hospital wards and community settings, whilst studying at the University of Chester as part of a two-year course.

Once graduated, Nursing Associates will bridge the gap between care assistants and registered nurses to ensure service users receive compassionate, person-centred care.

“It’s an honour to be part of the first cohort. I’ve had previous experience of working in both mental and physical health. Now I’m keen to develop my knowledge and transfer my skills so that I can deliver person-centred care.”  
**Allison Reed**, Trainee Nursing Associate  
Look out for their new blog at [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

## Wards sign up to dementia campaign

Our wards for people with dementia have signed up to ‘John’s Campaign’, which enables people to stay in hospital with loved ones suffering from dementia. Cherry Ward, Croft Ward and Meadowbank Ward have all pledged their support to the campaign so that people with dementia can receive the best possible care. The teams recognise the important role that families and carers play in caring for people during their hospital stay.

## Redesigning mental health services for adults and older people in East and South Cheshire

Later this year CWP will be launching a public consultation about the future of adult and older people’s mental health services in Central and Eastern Cheshire. A start date for the 12 week consultation period is yet to be confirmed, but please be assured that the process will be widely promoted alongside a programme of events for you to attend. Please visit our website [www.cwp.nhs.uk](http://www.cwp.nhs.uk) for more information on how to have your say and get involved.

## Electroconvulsive Therapy (ECT) services in Cheshire and Wirral

CWP delivers ECT services to a very small number of patients across Cheshire and Wirral. The number of people receiving ECT services has reduced dramatically since the 1980s and it is now only used to treat severe mental health conditions, such as severe depression, mania and catatonia. A series of focus groups are being held in the coming months to talk about your experiences to help shape what services will look like in the future. To register your interest email [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) or call 01244 397393.

## Help us to keep improving care

Starting this month, CWP will carry out its annual community mental health survey to ask what people think about the care they receive and understand what CWP does well, and what could be improved.

Taking part in the survey is voluntary, and all answers are confidential. If you have any questions about the survey, please contact PALS on 0800 195 4462. Findings will be published by the Care Quality Commission later this year.

## CWP doctor appointed Autism Champion for England

Dr Ian Davidson, Consultant Psychiatrist for CWP, was appointed to the role of Autism Champion late last year by The Royal College of Psychiatrists to support the national ‘Think Autism’ programme.

‘Think Autism’ a cross-government strategy led by the Department of Health and supported by NHS England, is set to dramatically improve the lives of people living with autistic spectrum disorder (ASD) and their families, who face many barriers to accessing healthcare services.

## Mental Health Summit

People with an interest in mental health care from across Cheshire West and Chester came together for an inaugural Mental Health Summit.

Following the publication of the national Five Year Forward View plan for Mental Health, over 70 people who access mental health services, their carers and families discussed local priorities with representatives from voluntary, health and social care organisations. The possibility of establishing a Mental Health Partnership Board for the borough is being explored.

# STUDENTS CELEBRATE ONE YEAR OF EMOTIONALLY HEALTHY SCHOOLS



East Cheshire school children celebrated one year of the Emotionally Health Schools pilot, which supports the health and wellbeing of young people across the borough.

The project, set up by East Cheshire Council in partnership with CWP, Visyon, Just Drop In and The Children's Society, has worked to improve links between schools and mental health services for young people.

Group work with students and teachers on resilience, facilitated reflection and mental health awareness have helped several schools feel more confident in responding to the emotional needs and mental health of their students.

**“The Emotionally Healthy Schools project has taught us that there is no such thing as ‘normal’ as everyone is different and we all think and feel in different ways.”**  
**Harry Clayton, 13, Middlewich High School**

The Emotionally Healthy Schools project has been extended for a further two years, in line with the government's commitment earlier this year to improve mental health support in schools.



## CWP JOINS FORCES WITH CRUCIAL CREW

To help understand more about children's awareness of health and well-being, CWP has teamed up with a local 'crew' of school children.

The 'Crucial Crew' scheme teaches children about important issues, such as online safety, road safety, health & wellbeing, fire safety and basic first aid.

As a provider of local services for children, CWP will work alongside crucial crew to improve awareness of help and support available to young people such as the school nurse and online resources at [www.mywell-being.org.uk](http://www.mywell-being.org.uk) which now includes counselling through online chat.

## YOUNG MUSICIAN'S CHARITY GIG RAISES FUNDS FOR WIRRAL CAMHS

A talented young musician from Wirral has donated over £2,000 to Wirral CAMHS service following a charity gig at The Grosvenor Ballroom, Liscard.

Cal Ruddy, a 21 year-old singer songwriter and former user of CAMHS, arranged the event - which saw over 200 people attend - in support of the service close to his heart. Cal, who has Asperger's Syndrome and struggles with depression and anxiety, presented CWP with a cheque for £2,310.

Cal said: "I would like more people to recognise Asperger's Syndrome/Autism as a hidden disability. Music is a healer - it can cure anything and has made me realise that anything is possible. I'm not ashamed of where I've come from - I'm extremely proud and thankful. I would like to thank absolutely every person that has helped me and my family to raise the for Wirral CAMHS. The support they have given me has been second to none."



## SPRINGVIEW KNITS FOR AGE UK

Staff and patients based at Springview mental health unit in Wirral have knitted an astonishing 532 mini hats for Age UK.

Led by Occupational Therapy Assistant Leah Russell, the team have been knitting since October to achieve their incredible total. All the hats have now been sent to soft drink giants, Innocent, who will in turn donate 25p per item to Age UK as part of their Big Knit campaign.

Sim Viney, Brand Manager at Innocent, said: "It's the people behind the Big Knit that make it such an amazing campaign. Year after year thousands of people knit us little hats that we sell on our smoothies. The team at Springview should be really proud."



## YOUNG PEOPLE 'TAKEOVER' CWP

Young People in Cheshire and Wirral were given the opportunity to work alongside CWP staff and share their ideas on mental health services as part of CWP's fourth annual 'Takeover Challenge'.

Services offering mental health support for children and adolescents showcased their work, whilst young people hosted a question and answer session alongside Trust senior management.

CWP's 'Takeover Challenge' also included arts and crafts sessions and a 'Bake-Off' event to raise money for Children in Need.



**“This year's Takeover Challenge provided a really good platform for young people to address the big issues, and to get answers directly from the people managing services.”**  
**Joe Sealey, 19, from Tarporley**

### CQC re-inspection, even better!

Following a re-inspection of services in October 2016, CWP has again demonstrated continued improvement to care.

The Care Quality Commission (CQC) first rated the Trust as 'good' overall and 'outstanding' for care after an inspection in June 2015. Five services were identified to have some areas requiring improvement which the CQC re-inspected and found improvements. The CQC also inspected East Cheshire Substance Misuse Service for the first time which also received a rating of 'good'.

### Young Carers Awareness Day

Staff and young people supported Young Carers Awareness Day (26 January) with a special cake sale in support of local charity Cheshire Young Carers.

There are over 700,000 young carers in the UK who are under the age of 18 and help look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

According to the Carers' Trust, one in 12 secondary aged pupils are young carers, with the average age being just 13.

### CWP care recognised in CWAC Adult Safeguarding Awards

Suzanne Tyzack, Social Worker was awarded Runner Up – Primary Care Mental Health Team at the Cheshire West and Chester Council Adult Safeguarding Awards.

### Share your experience of being a member

As a Foundation Trust, CWP is accountable to the local community through its members. Becoming a member is the first level of involvement with the Trust and means you will receive regular information from the Trust, including event invites.

This year, CWP will refresh its membership strategy to make sure that members, the Board of Directors and the council of governors are working together effectively. If you would like to share your experience of being a member, or have any suggestions for improvement, email [governor@cwps.nhs.uk](mailto:governor@cwps.nhs.uk)

### Commitment to person-centred

In March, CWP will launch its unique 'person-centred framework' that is made up of tools and approaches to help people to practically apply person-centred principles in everyday life.

There are eight overarching principles for the framework that celebrate and support people as unique individuals with their own strengths, abilities needs and aspirations. For more information search 'person-centred framework' at [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

### Continuous reduction of avoidable pressure ulcers in the community

The numbers of avoidable pressure ulcers occurring in West Cheshire has been significantly reduced thanks to a dedicated team of CWP staff.

Last year, the number of stage 3 and 4 pressure ulcers that were deemed avoidable dropped from 14% to 9%. There were no avoidable pressure ulcers reported for a run of six months during 2016.

CWP staff are committed to working towards Zero Harm, making continuous improvements in the care to deliver safe and effective care. For more information about Zero Harm, visit [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

# MY STORY...

## For Carl, understanding how to take ownership over his own health helped shaped his path towards recovery – today he uses this journey to support others.

I first began to feel unwell when I was at university, where I experienced severe bouts of depression and anxiety. I eventually ended up in intensive care following an overdose. Back then, for me and those around me at least, it felt like a taboo subject, so I never really talked about it.

After university I began my formal accountancy training, but continued to struggle with depression. I told myself this was just due to the high-pressure nature of the course.

Over the next few years, I struggled for stability and found myself in and out of hospital. I didn't know it at the time, but in addition to bipolar disorder I was also living with ADHD. I wasn't taking my medication consistently, which of course added to my feelings of imbalance.

My accountancy career was also having a damaging effect on my health so I had to leave it behind, but I was desperate to work. After a long struggle without employment, I got a job with a disability recruitment organisation. This is where my journey of providing support through lived experience began.

Throughout my unstable periods, the care I received from CWP services and staff was fantastic. If I was in crisis, the Home Treatment Team would support me through my immediate situation, while also ensuring that my home environment was suitable to help my recovery. Staff from the Community Mental Health Team always made me feel like I had control over my own care, so I could make the right choices for me. I have no doubt that without their amazing support I would have spent a lot more time in hospital, and my recovery process would have been much longer. I'm extremely grateful for all the support I received from staff.

Once I felt steadier I decided to use my experiences of supporting others by getting more involved with CWP. I helped set up

the Trust's West Recovery Action Group and the West Recovery College, and have also supported countless interviews and service audits.

I'm really passionate about helping others move forward. Helping them understand that, over time, you don't have to be stuck in a system. There's a whole different world of support out there – whether that's getting involved in things like the Recovery College or other groups out there, or even just being open and honest with loved ones and neighbours. The worst thing you can do is shut yourself off to the world.

Today, I work as a Lived Experience Affiliate for Advancing Quality Alliance (AQuA), so in many ways I've come full circle.

I've had many difficult moments over the years with my illness, and continue to need support from CWP at times. But a lot of good has come from it too. My experiences have helped me understand people in a way I never would have otherwise. And every day I feel like I'm contributing to the wellbeing of other people just like me.



WIRRAL CRISIS RESOLUTION HOME TREATMENT TEAM

**Sean Boyle**, lead mental health practitioner, says: "Where we can, we support people at home so that their normality and social routine is not disrupted. Caring for someone in their normal environment also helps us to understand the person more, their strengths and what is important to them."

**Richie Banahene**, clinical lead, says: "Any one of us could find ourselves in crisis one day. We work alongside the person and their family/carers to decide the most effective way to support them. Sometimes we will admit people to hospital if their condition is not manageable in the community, but we assure them that we will do all we can to get them home and well as soon as possible."



**Dawn Harvey**, team manager, says: "It's rewarding to work with a group of professionals who keep people safe and help them get back to their optimum self. It can be a challenging job at times and it's important to support one another as a team."

**Debbie Laidlaw**, mental health practitioner, says: "Every morning we have a daily meeting where we discuss who we need to see that day and allocate visits. Visits can be at hospitals, outpatient clinics or at home so we're out and about a lot. It's really rewarding to see someone who was acutely unwell to become well again and live independently."

**Carole Pennington**, support worker employed by Social Services, says: "We work long shifts of 12 hours which means we spend a lot of time together! We are a close team and I find shift working is good for work-life balance. No day is ever the same and the variety and interaction with other professionals mean I am constantly learning."

**Toni Hale**, approved mental health professional (AMP), says: "AMPs are social workers and have the responsibility of completing mental health act duties and assessments. Some people have really complex circumstances and lots of social stresses adding to their crisis so it's not always a quick fix. We need to work closely with other services to bridge gaps in the system such as autism and transition between young people and adults."

**Barbara Jones**, domestic assistant, says: "I work across a lot of departments at Stein Centre so I'm part of lots of teams really. It's important to me to make public areas nice for patients and visitors."

## MEET THE TEAM...

# WIRRAL CRISIS RESOLUTION HOME TREATMENT TEAM

A 'crisis' is when someone is severely unwell and feels unable to cope and their normal networks are not enough to support them. Common reasons for crisis include feeling suicidal, experiencing psychosis or depression.

We are a 24/7 service, delivered by a team of health and social health professionals who provide rapid assessment to people during a mental health crisis. At any one time, the team support up to 40 people in the borough.

Our aim is to provide an alternative to hospital by getting to people as quickly as possible and providing intensive support at home or in the community. When people are admitted to hospital, we also aim to support people's safe discharge at the earliest opportunity.

We work as a 'virtual ward' working across disciplines and organisations to help people to become well and independent again.

On Wirral, there are a small number of community crisis beds within supported living accommodation. This means that even when someone home might not be the best place them whilst in crisis, an alternative to hospital is still available within the community. Experience has shown that this approach helps people to develop coping skills and maintain independence.

**Cheryl Bradbury**, manager of the accommodation, says: "We have long stay tenants and so it has a real home feel, it's less formal than hospital and others who stay here offer an element of peer support."

Since launching the community crisis beds in 2014, 324 people have accessed them, avoiding over 2,000 days in hospital.

Referral to the service can be made through any health or social care professional including your GP, social worker or community mental health team.

"The team gave me a lot of reassurance and even when they weren't calling in, the fact I could contact them if needed, gave me a lot of courage to continue."

# BUILDING THE RIGHT SUPPORT

## Transforming Care for people with learning disabilities and / or autism across Cheshire and Wirral

By March 2019 the Government wants to spend more money on services in the community and less money on hospitals.

In line with the national strategy, 'Building the Right Support', Cheshire & Merseyside has a local plan to set out how local health and social care services will be transformed for people of all ages with a learning disability and/or autism, including those with a mental health condition. The drive is to develop better home and community-based support and reduce unnecessary hospital admissions by 2019.

CWP is part of a Cheshire and Merseyside-wide Partnership to transform care which is made up of clinical commissioning groups, local authorities, providers and NHS England.

Transformation funding is being invested across Cheshire and Wirral to develop community-based intensive support services to support people to live more independently at home and in the community, rather than in hospital.

Around 21,000 people have a learning disability in the Cheshire and Wirral area, almost 2% of the population. Around 40% of people with learning disabilities are known to experience mental health problems at any point in time.

Consultant Psychiatrist, Sujeet Jaydeokar, says: "A learning disability affects the way a person understands information and how they communicate - it affects everyday life for the person and their family. Some people can have multiple conditions such as epilepsy, physical health problems, autism, and other developmental and mental health problems."

**Andy Styring**, Director of Operations, says:

*"We are committed to developing improved*



*services and support with local people who access services, their families and carers. Whilst there are some things that we must do nationally, there is scope for us to make sure local services are designed in a way to meet our locally specific needs. We are working alongside people with learning disabilities to co-produce and deliver a new 'stepped' model of support that will take all needs into consideration and enable people to live more independently in their local community.*

*Proposals for service change will be publicly consulted on and widely promoted later down the line; however we want to ensure that people who are closest to the services have their say at the earliest opportunity to help inform proposals."*



## CONFIRM AND CHALLENGE



Speaking Up Speaking Out (SUSO) in Macclesfield is a not-for profit organisation run with and for adults with learning disabilities and additional needs.

Working alongside health and social care professionals, SUSO is helping to champion the voices of people with learning disabilities and/ or autism.

**Jenny Carter**, a self-advocate with autism, is a Director at 'Together All Are Able' in Wirral and one of the leads for self-advocacy in Wirral. She is part of the 'confirm and challenge' group and attends the monthly delivery hub meetings.



Jenny says:  
*"I get most of my support from family and friends – keeping busy and sticking to my routine helps me to manage and stay in control. I also like to use Twitter and Facebook. Me and my friends created 'Together All Are Able' to support ourselves and others to advocate for themselves. I'm a lifelong member of Learning Disabilities England and member of the National Co-production Advisory Group which is part of Think Local Act Personal. Transforming Care is important because it gives people more choice of care and helps people who don't need to be in hospital to get home."*

CWP provides home-based and community services for people with learning disability and/or autism, but also delivers services from:



### Annual health checks

The National Institute of Clinical Excellence (NICE) has published a new quality standard to ensure that people with learning disabilities have their mental health checked annually.

### Outstanding services

CWP is rated 'outstanding' for hospital services for people with learning disabilities and/or autism and 'good' for community services by national regulators, the Care Quality Commission.

For latest information on Transforming Care and how you can get involved, please visit [www.cwp.nhs.uk](http://www.cwp.nhs.uk)



**Save the date:**  
 World Autism Awareness Week: 27 March – 2 April 2017  
 Learning disability Awareness week: 19 to 25 June 2017

- Low secure
- Assessment and treatment
- Respite (short breaks)

# MEET THE CHAIRMAN

## MIKE MAIER

**Mike Maier first joined CWP as a Non-Executive Director back in 2011 and during the summer last year was appointed as Chairman. Here Mike gives us an insight into his first six months in post...**

I feel extremely privileged to be Chairman at the Trust. It is an important role which involves being both the coach and challenger to the Board – making sure that we have properly informed discussions about the issues that really matter and keeping quality patient care at the heart of all our decisions.



Just the other week I visited our substance misuse service in East Cheshire to get greater operational insight into the challenges and opportunities we face in delivering the best possible service to our communities. Here we work with partners to offer support to people to help them make positive changes and to enable them to become, and remain, drug and alcohol free.

I think it's only when you walk around our services and talk to people, that the statistics, and targets we spend so much time analysing at the Board really come to life. In my few months as Chairman I have been amazed and inspired by so many people - and despite the pressure, it's still the case that there is deeply held belief and passion for patient care and safety and I am very proud of how we are maintaining these standards.

One of my other key responsibilities as Chairman is to appoint Non-Executive Directors. I am delighted to welcome Andrea Campbell and Edward Jenner who are joining us with a wealth of experience and knowledge. You can read more about them below.

You may have heard of Sustainability and Transformation Plans or STPs in the news recently. This is where NHS organisations and local councils across the UK have come together to develop proposals to deliver the Five Year Forward View - the national vision of better health, better patient care and improved efficiency. Our Chief Executive, Sheena Cumiskey is leading the work on mental health across Cheshire and Merseyside.

The Board will be monitoring the work of our STP closely as it looks to develop greater collaborative working to manage demand for services more effectively and improve how patients experience care. Importantly, it will also open up opportunities to bid for additional funding allowing us to develop more innovative services. As you can see, it's an exciting time to be part of CWP!

To read more about Mike, see 'our Board and Governors' at [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

## MEET CWP'S NEW NON-EXECUTIVE DIRECTORS

Andrea Campbell and Edward Jenner have been appointed by the CWP Council of Governors as new Non-Executive Directors for the Trust. Andrea replaces Fiona Clark who completed her final term of office at the end of 2016 after 13 years' service.



Andrea joins CWP from Calderstones NHS Trust and has previously worked for Sefton Health Authority and the Department of Health specialising in personality disorder and secure services.



Edward has over 17 years' experience as a Non-Executive Director across financial and public sector organisations and extensive experience chairing Audit, Risk and Compliance Committees.

## MEET YOUR GOVERNORS

Governors have an important role in making the Trust publicly accountable for the services it provides. They are elected by CWP members or appointed by one of our partnership organisations and form the Council of Governors. Appointed governors represent stakeholder organisations such as our local councils or charities. Governors are responsible for representing the interests of members to the Trust's Board of Directors. Members can be patients, service users, staff and the general public.

You can contact your governors to share your views and experiences, so that they can represent local community voices and at the Council of Governors.

### Contact us

If you are interested in becoming a governor and would like more information, or would like to contact an existing governor:  
Telephone: **01244 39143**  
Email: [governor@cwp.nhs.uk](mailto:governor@cwp.nhs.uk)  
Visit: [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

If you would like to contribute an article for a future magazine, contact the Communications and Engagement Team on **01244 397393** or [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk)

### PUBLIC



**Mike Robinson**  
Cheshire West



**Peter Wilkinson**  
Cheshire East



**Richard Agar**  
Wirral



**Rob Robertson**  
Deputy Lead Governor  
Cheshire West



**Rob Walker**  
Deputy Lead Governor  
Cheshire East



**Stanley Mayne**  
Wirral

### STAFF



**Jill Doble**  
Therapies



**Kathy Bullen**  
Clinical psychology



**Phillip Mook**  
Non-clinical



**Janie Shaw**  
Nursing



**Deepak Agnihotri**  
Therapies



**Ken Edwards**  
Nursing

### APPOINTED



**Cllr Phil Gilchrist**  
Wirral Council



**Maurice Lea O'Mahoney**  
Staffside



**Pam Smith**  
West Cheshire CCG



**Cllr Carol Gahan**  
Cheshire West and Chester Council



**Graham Pollard**  
University of Liverpool

### SERVICE USER AND CARER



**Anna Usherwood**  
Lead Governor  
Cheshire East



**Ann McGrath**  
Cheshire West



**Brian Couch**  
Cheshire East



**Charlotte Arrowsmith**  
Cheshire East



**Chris Lynch**  
Wirral



**Ferguson McQuarrie**  
Wirral



**Gladys Archer**  
Cheshire West



**Gordon (Gus) Cairns**  
Cheshire West



**Emma King**  
Cheshire West



**Michael Brassington**



**David Bull**



**Keith Millar**



### Nurse wins 'Inspirational Leader' award

Lead Nurse and Clinical Director for Substance Misuse Services, Linda Johnstone, was named 'Inspirational Leader' at the 2016 NHS North West Leadership Academy Recognition Awards.

Linda's teams have provided health support for sex workers, the homeless and victims of sexual assault, as part of a number of ground-breaking initiatives.



### CWP celebrates over 3,000 years of staff service

Over 100 staff who had worked for CWP for 20 years or more were invited to join our Chief Executive and Chair at a recent Recognition of Service event. Together, attendees had achieved an astonishing 3,004 years of service in the NHS.

### CWP staff 'go the extra mile'

Congratulations to Simon Everall, a staff Nurse from Bollin Ward, Millbrook unit (pictured receiving his award from Chief Executive Sheena Cumiskey) and Karen Glitheroe, a Mental Health Liaison Nurse at Leighton Hospital, who have both recently received CWP's going the extra mile award.



### Congratulations to Professor Sharma

Professor Vimal Sharma, has been recognised at a national conference for his book titled 'mental health training for health professionals, global mental health assessment tool'.

The book was published by the Indian Psychiatric Society and released at their 69th Annual National conference. The training development is in partnership with Chester University.



### Skills for Health

Last year CWP took on a record number of placements through the Skills for Health Academy. The North West Academy offers 14 week pre-employment programmes to help adults move into employment through college training and work experience within the health sector. Pictured: Carol Baker, Alison Rawbone and Lesley Powell who completed 10 week placements.



### Celebration of Recovery a huge success

More than 100 people attended Cheshire East Substance Misuse Service's Celebration of Recovery at Clonter Opera Theatre in Congleton. The event showcased interactive stalls and a theatre production before premiering an inspirational video highlighting the service's recent work with local people.

### Presentation to the Macmillan Team at Chester FC

The family of Robert Flynn who had been looked after by the Macmillan Specialist Community Palliative Care Team, recently presented a cheque for £2,000 to Claire Buys, CWP Clinical Specialist Nurse who received it on behalf of Macmillan at Chester Football Club at half time.



### Millbrook Going the Extra Mile Award

Millbrook staff, as well as colleagues from Estates and Facilities and other neighbouring teams in East Cheshire, have been awarded an Extraordinary Going The Extra Mile Award for their professionalism and commitment in managing a fire at the Millbrook Unit last year.



### Charity Sleepout for Wirral's Homeless raises over £11,000!

Fifty people, including Alison Jones from the CWP Communications and Engagement Team, gave up their homes for a cold and very wet night on the streets to raise money for Charles Thompson's Mission in Birkenhead. The Mission opens its doors to more than 70 people five days a week.



### Cheshire 'Innovation Scout' award

Claire James, Associate Director Effective Services, has been presented with a silver Innovation Scout award for her work to support a culture of innovation by the Innovation Agency – the Academic Health Science Network for the North West Coast. Alongside colleagues at CWP she has led new approaches to commercialise products developed in-house such as 'Next Step Cards' and 'Team of Life'.

### Wirral staff support homeless over Christmas

CWP's Wirral Homeless Service distributed 118 wash and toiletry packs to homeless shelters in the area, following a donation campaign from Wirral staff in the build up to Christmas.

Shelters included YMCA night shelter, Ark hostel, Rosebrae Hostel, Forum Housing, Refuge and Charles Thompson's mission. Congratulations to everyone who made this possible!



### Tier4Fears win the Ancora Cup

An inaugural Ancora Cup football match was held to celebrate the completion of Ancora House. Team Tier4Fears consisting of staff from CAMHS played against the estates and facilities team involved in the new build.

It was a freezing cold night but a brilliant game played, final score 7-6 to Tier4Fears - winning goal was scored by Alan Woodward.



### Springview unit does its bit for lost heroes

Staff and patients at Wirral mental health inpatient unit Springview commemorated lost war heroes by holding a poppy-themed social event, donating all proceeds to Birkenhead's British Legion.

Patients helped staff bake cakes to sell and made decorations such as poppy tea lights, bunting and wreaths. Families, carers and members of the public were invited to attend on the day, with over £240 being raised.



### Mary Seacole achievement

Paul Soper, occupational therapist, successfully completed the Mary Seacole programme in Healthcare Leadership with the NHS Leadership Academy.



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 as well as Trafford, Warrington, Bolton and Sefton.