

Issue #5 | October 2016

Cheshire and Wirral Partnership **NHS**  
NHS Foundation Trust

CHESHIRE WIRRAL PARTNERSHIP

# LIFE

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Cheshire and Wirral Partnership NHS Foundation  
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# ANNUAL MEMBERS' MEETING

Our Annual Members' Meeting once again took place alongside our Big Book of Best Practice Event as part of a fantastic celebration highlighting our achievements over the last 12 months, and outlining our plans for the future.

More than 100 people attended the meeting at the Floral Pavilion in New Brighton on Thursday 22 September.

Attendees were introduced to our new governors, as well as our new Chair Mike Maier, before being shown two inspirational videos made by our governors and young service users.

The event closed with the annual 'Going the Extra Mile' awards, which recognise the work of volunteers, involvement representatives, teams and individual staff members who have gone above and beyond their role.

Turn to page 10 to read more about our Big Book of Best Practice.



## SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH IN WIRRAL

Over 60 people attended an awareness raising event hosted by Wirral Child and Adolescent mental health services (CAMHS) to mark World Mental Health Awareness Day (10 October).

Local projects that promote the mental health and wellbeing of young people in the community were showcased, shining a light on how Wirral CAMHS is working with local partners to help young people and their families.

Presentations included CAMHS support to schools and communities and developing resilience in young people (Team of Life). It also saw the official launch of CWP's Next Step Cards – a goal-based outcomes resource that supports young people's mental health and wellbeing.



## SUICIDE PREVENTION

CWP marked World Suicide Prevention Day (10 September) with a Suicide Prevention Workshop, drawing over 100 attendees with speaker, Angela Samata, former head of Survivors of Bereavement by Suicide (SOBS) and presenter of recent BBC documentary Life After Suicide.

Dr Anushta Sivananthan, consultant psychiatrist and medical director at CWP, said: "In the UK, there is a suicide attempt every 20 minutes and 70% of people who die by taking their own life are not in touch with mental health professionals - take that first positive step towards help, even if that means simply talking to a loved one."

"World Suicide Prevention Day can be the catalyst to an incredibly important conversation. Talking and sharing our stories is not the whole answer, but it's such a positive first step. Be honest and open - it's okay not to be okay."  
**Angela Samata**



## BE A FLU FIGHTER THIS WINTER!

This year all CWP staff have been given the opportunity to have their flu jab.

Flu vaccines were made available to all staff earlier this month and we will continue to hold flu clinics throughout the rest of the year.

A recent report from Public Health England estimates that flu kills around 8,000 people in England every year.

The flu jab is the best form of protection against the potentially life-threatening disease.

Non-staff members can get the flu jab from their local GP.



**Did you know?**  
Untreated perinatal mental health problems cost the UK £8 billion per year.

**Local perinatal care 'ahead of the curve' as funding announced**

Local mental health services for new and expectant mothers have been given a boost following a national £5m fund to develop perinatal community services. The fund, set up by NHS England, is part of a £365m plan to expand perinatal support to an extra 30,000 women a year by 2020.

Tania Stanway is a Consultant Psychiatrist at CWP and Chair of the Northwest Coast Perinatal Mental Health Clinical Network. She said: "As mental health problems are the second leading cause of death amongst women in the perinatal period, this funding is fantastic because it will result in improved care and mental health support for thousands of women during this critical time in their lives".

The network, which includes CWP, has agreed a region-wide mental health care pathway specifically for new and expectant mothers. It has also benchmarked the provision of services across the region and is liaising with Health Education England to establish a plan to develop the workforce in relation to perinatal mental health issues.



## REDESIGNING MENTAL HEALTH SERVICES FOR ADULTS AND OLDER PEOPLE IN CENTRAL AND EASTERN CHESHIRE

CWP will soon be embarking on a public consultation exercise about the future of adult and older people's mental health services in Central and Eastern Cheshire.

Sheena Cumiskey, Chief Executive, says: "At this stage, we are working through the range of potential options on which we will consult and do not yet have a confirmed start date for the public consultation.

"It is important to stress that no decisions have been, or will be made, until the consultation and engagement work has concluded and the Trust has had the opportunity to consider an independent analysis and report of the findings, which will be produced by Chester University."

Until the launch of the consultation, CWP cannot share proposals at the present time or comment on the opinions expressed so far. However, please be assured that the consultation launch will be widely promoted and there will be a 12 week period for people to feed their views into the process.

Please visit our website [www.cwp.nhs.uk](http://www.cwp.nhs.uk) for more information how to have your say and get involved.

## Stoptober

This October people are being urged to sign up for Stoptober and quit smoking for good.

In February 2014, CWP launched its Nicotine Management Policy and has since worked to become the first smoke-free mental health trust in England. The Trust supports patients with a range of Nicotine Replacement Therapy (NRT) during their stay in hospital, followed by on-going support at home, to help people to stop smoking for good.

Last year, 500,000 people managed to quit smoking during October. If you would like support to quit, contact your local stop smoking service by calling FREE on 0800 043 5134.

## Have your say in the NHS Staff Survey 2016

All CWP staff have been given the opportunity to take part in this year's NHS National Staff Survey.

The survey is an opportunity for healthcare staff to provide anonymous feedback on their service so that we can recognise where teams are performing well, and identify what we can do better.

Last year's responses have been used to form part of Trust and locality development plans, with staff feedback playing an important role in the way we develop services to benefit staff, service users and carers – don't forget to complete and return to have your say.

## Young people muck in at local riding centre

Aeron Gates, specialist occupational therapist, is supporting young people to develop their interest in equine care with positive results for their health and wellbeing.

The group has been learning about caring for horses, and the practical skills this requires, as well as developing their confidence and self-esteem.

The sessions, held at Wirral Riding Centre, were made possible by CWP Charity funding.

Aeron says: "The therapeutic use of horses is a well-documented intervention that promotes good physical, emotional and mental well-being. The structured programme supports people to become increasingly independent, confident and develop practical skills they can use in further education or employment."





# AUTISM SCREENING TO IMPROVE CRIMINAL JUSTICE SYSTEM

CWP forensics department have teamed up with the National Autistic Society (NAS) to improve screening for autism at Cheshire's custody suites and prevent those with learning difficulties from re-offending.

The partnership plans to implement screening measures whereby everyone who enters the custody process is assessed for autism using a tailored questionnaire. Individuals who require support will then be referred to the most relevant team.

“We’ve chosen to work with CWP because they have already shown numerous examples of good practice, as well as a real commitment to improving circumstances for autistic people.”

**Clare Hughes**  
Criminal Justice Manager

CWP Special Forensic Lead Gordon Leonard says: “It’s all about identifying autism at the earliest possible opportunity, so that adjustments can be put in place to support people during their time within the criminal justice system”.



# PERSON CENTRED FRAMEWORK

Our Person Centred Framework is a new set of overarching principles that ensure person-centred thinking runs through everything we do.

The initial principles were designed in partnership with people who access our services, involvement representatives, volunteers, staff and members of the public at an event held in June 2016. A second workshop that will begin to populate the framework with person-centred approaches and tools took place on the 18 October 2016.

We’re aiming to launch the framework in January next year.



# RECOVERY FESTIVAL CELEBRATES MENTAL HEALTH WORK

Patients at Lime Walk House in Macclesfield shared their work with friends and family as part of the unit’s Recovery Festival.

The festival featured live music, a BBQ, cake sale and raffle to raise £440 for CWP Charity. Patients also displayed arts and crafts and hosted carnival stalls in the Macclesfield sunshine.

More than 50 people joined service users and staff at Lime Walk House, which offers assessment, rehabilitation and therapies for mental health patients from across Cheshire.

**Andy White**, from Crewe, has been a service user at Lime Walk House for more than two years. He said: “Events like today are fantastic because they bring staff, service users, friends and family together.”



# FREEDOM TO SPEAK UP



**Sir Robert Francis** published a report into the “Freedom to Speak Up” (FTSU) review to help foster a culture of safety and learning in which all staff feel safe to raise a concern.

Two key elements included the appointment of a local FTSU guardian in each Trust, Andrea Hughes, Associate Director of Nursing and Therapies, is CWP guardian supported by non-executive director Rebecca

Burke-Sharples. A national FTSU guardian for the NHS, Dr Henrietta Hughes, takes on the national role from October 2016.

“We have an open culture at CWP which challenges the norm and want to encourage change and ensure our staff have the confidence to speak up. We are looking for staff ambassadors to make a lasting difference - contact me on 01244 397662.”

**Andrea Hughes**

## Cheshire Care Record

The Cheshire Care Record has been shortlisted for the Health Service Journal Awards in the “Enhancing Care by Sharing Data and Information” category.

The Cheshire Care Record is the only summary electronic shared record in the country that holds data across primary, acute, community, social, mental health and cancer care providers to provide a detailed view of a patient.

## Mental health training youngsters

An education programme being delivered in 10 local high schools is encouraging teenagers in Wirral to help support each other’s mental health and wellbeing.

The programme, led by CWP, is training sixth form students to deliver educational sessions about mental health awareness to younger pupils. Following the training, each sixth form mentor receives a recognised qualification in mental health first aid.

Analysis into the peer education programme’s impact has revealed a large rise in both young people’s awareness of mental health issues and their understanding of what support is available in the community.

## Early intervention in psychosis

Our Psychosis services are among the best in the country, according to the Early Intervention in Psychosis (EIP) Audit.

CWP was ranked fifth best in the country for allocating care and engaging with patients within two weeks of their first episode of psychosis. Two out of three CWP patients displaying signs of psychosis are seen in less than two weeks, compared to just one in three nationally.

CWP was also named amongst the top five NHS Trusts for offering Cognitive Behavioural Therapy, physical health checks and physical health interventions to patients.

## 5-19 Health and Well-being Service – live chat coming soon!

Our 5-19 Health and Well-being Service will soon be launching its live chat service, building on the success of the online email launched earlier this year. The innovative site launched in December 2015 and provides advice and information about health and well-being for young people, parents and professionals. The online chat will enable young people who live or go to school or college across Cheshire West and Chester to have a confidential, real time chat with a health professional about any health or wellbeing issues.

## Building the right support

NHS England is due to launch a consultation around medium and low secure beds for people with learning disabilities in the North West. This is in line with the national plan to transform care that was published October 2015 by NHS England, the Local Government Association and the Association of Directors of Adult Social Services.

## New provider of community health services in Central Cheshire

A new local health partnership has been awarded a major £27 million pound contract to provide a range of physical community health services for people across South Cheshire and Vale Royal.

Central Cheshire Integrated Care Partnership which is a newly-formed partnership between CWP, the South Cheshire and Vale Royal GP Alliance (covering 30 local GP practices), Mid Cheshire Hospitals NHS Foundation Trust. From 1 October, the partnership will provide services such as district nursing, physiotherapy, podiatry and speech therapy.



# MY STORY...

## MUSIC HELPED TIDY THE MESS IN MY MIND

Jay Robinson tells his story of how support from CWP services took him from the brink of suicide to soulful song-writing.

With help from CWP staff, the 36-year-old has now recorded his first album, titled 'Midnight Streets'...

My Asperger's and OCD mean that I often think at 100 miles per hour, but struggle to communicate in social groups. These traits, combined with depression and alcoholism, led to a three year period where I was causing trouble and thinking suicidal thoughts on a daily basis.

It was during these dark times that I listened to lots of music, and even began writing my own songs.

I found the whole process of song-writing very touching and my first few tracks, 'A Little Drink' and 'I Used to Love', were even given commendations in the UK Songwriting Contest.

But whilst music was able to affect me emotionally, it wasn't lifting my overall mood.

In 2012 I went to see my GP, who referred me to CWP's Occupational Therapy Team. This marked a real turning point for me.

The Occupational Therapists at CWP helped me to develop my confidence and communication skills and before long I was starting to feel a lot better about myself.

It was during one of my sessions that I was told about the Trust's Recovery Colleges, which provide relaxed, social settings for people to be creative and learn new skills as part of their recovery.

The team created a Recovery Action Plan, based around my individual needs and plans for the future, and I began attending a number of different groups.

I've been amazed by the standard of the courses on offer at my local Recovery College and have found everything so easy simply because the staff are so lovely.

The Recovery College recognises that everyone has some sort of secret talent so they encourage people to look within themselves, to think positively and to get creative.

Given my musical background, I used the support of the team to start writing music again and I'm so proud that I have now recorded my very own album.

Music has helped tidy the mess in my mind and I honestly think I wouldn't be here today if I wasn't able to express myself through my song-writing.

I've been so inspired by the work of CWP staff that I have signed up to become a volunteer at the Recovery College.

The care I have experienced from CWP has been absolutely fantastic. I hope that by joining the team as a volunteer I'll be able to help others in the same way that CWP has helped me.

You can listen to 'New Chapters, New Horizons' by Jay Robinson on the CWP YouTube channel. Search 'CWP NHSFT' at [www.youtube.com](http://www.youtube.com)

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

# MEET THE TEAM:

## CENTRAL AND EAST RECOVERY COLLEGE

We provide a wide range of educational and self-care workshops to support people from across Central and East Cheshire as part of their recovery.

Our Recovery College follows an adult education model and aims to deliver a curriculum which contains responsive, recovery-focused workshops.

All of our workshops, where possible, are co-produced and co-delivered by people who have experience of physical and mental health conditions, together with partnerships within CWP and our local community.

We also provide courses for carers, and a whole host of health and wellbeing activities to support the physical and mental wellbeing of staff and service users.

### Contact us

**Crewe and Winsford**  
Delamere Resource Centre  
Delamere Street  
Crewe  
CW1 2ER  
01270 655234

**Macclesfield**  
Jocelyn Solly Resource Centre  
Victoria Road  
Macclesfield  
SK10 3JE  
01625 505647

We also have recovery services in West Cheshire and Wirral. For more information search 'Recovery Colleges' at [www.cwp.nhs.uk](http://www.cwp.nhs.uk)

West Cheshire: 01244 385 022  
[cwp.recoverycollege@nhs.net](mailto:cwp.recoverycollege@nhs.net)

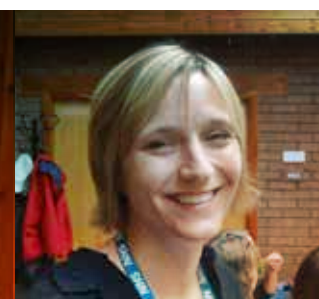
Wirral: 0151 488 7250  
[educationforwellbeing@cwps.nhs.uk](mailto:educationforwellbeing@cwps.nhs.uk)



**Tracey Williamson**  
Recovery College Team Manager

I'm delighted to lead such a forward-thinking team who are compassionate about delivering a person-centred service.

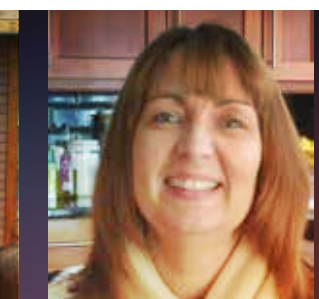
I'm the team manager, and I'm happy to support every member of the team, but what makes me most proud of this team is that everyone pulls together to help each other.



**Toni Stokes**  
Expert Patient Programme Lead

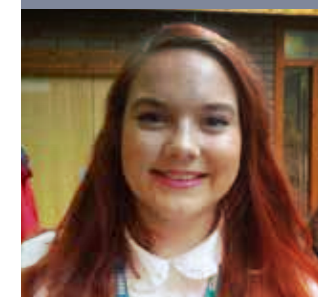
I co-ordinate our Expert Patient Programme to ensure there is active involvement from volunteers and those with long-term health conditions.

We aim to give people as much choice as possible when it comes to their recovery, so that they can go on lead better lives.



**Vivienne Banks**  
Recovery College & EPP Tutor

I lead the co-production, design and delivery of a broad range of recovery-focused courses and workshops. Living with mental ill-health isn't easy and I feel very privileged to work in a setting that promotes opportunities for independent learning, discussion and discovery.



**Emma Pickup**  
Recovery College & EPP Tutor

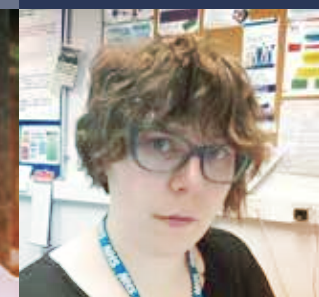
My role is to lead and develop courses alongside service users and volunteers so that our service best meets the needs of people in various stages of their recovery.

I enjoy working collaboratively with such a wide range of people and get great satisfaction from helping people with their recovery.



**Sarah Auty**  
Recovery College Administrator

I help our course tutors to set up an appropriate environment for people to benefit as much as possible from the time spent with the team.



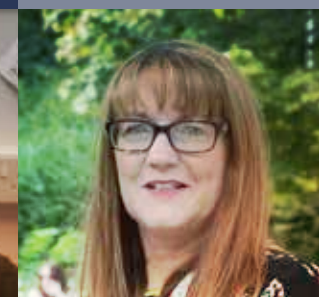
**Rachel Price**  
Recovery College Administrator

I manage the day-to-day administration of courses at Crewe Recovery College. Every day is different because the services so many people from a variety of different backgrounds.



**Sarah Fallon**  
Recovery College Administrator

I work to promote our Recovery Colleges so that people are aware of the options available to them during their recovery.



**Allison Reed**  
Health and Wellbeing Trainer

My role bridges the gap between physical and mental health. Our health and wellbeing sessions show staff and service users that physical exercise and activity can lead to better mental health.



# FUTURE IN MIND...

## A new approach which dares to be different!

Last month we opened Ancora House, a national £14m state of the art centre for young people. Providing inpatient and day patient care (also known as Tier 4 services) the centre is located in Chester but provides specialist services across England.

The two-storey building is the result of a shared vision of CWP and young people. Since the outset, young people have been instrumental in the creative design and cutting edge development of the centre.

It has 26 beds across two wards, plus a four bed specialist area and an "outstanding" Ofsted education centre all under one roof. There are also visiting areas, an exercise room, multi-faith area and private gardens complete with a chicken house.

The scheme has been delivered by Villicare LLP, a joint venture between CWP and Ryhurst, with extensive focus on innovation and engagement with the young people.

"I can see how much effort the Trust has put into introducing young people in design of the space – it's absolutely great!"

40 solar panels installed

Over 53,000 bricks used in the construction

"Really impressed with the design and philosophy of working with service users. Looking forward to working with staff and service users".

1,253m of underground drainage pipes

Over 580 tins of paint used

"Patients definitely at the heart of this service".

## A place of refuge, hope and support...

"Ancora House will be the anchor for developing innovative services for young people and their families to best meet their needs." **Anjan Mandara, CWP CAMHS clinical director**

"As a young person who has experienced the need for inpatient care, I can see how much better Ancora House meets the needs of those young people with mental health issues. In my opinion having a positive environment to recover in is crucial and can ease the difficulty of being away from home at such a challenging time in your life." **Bella Cope, CWP young advisor**

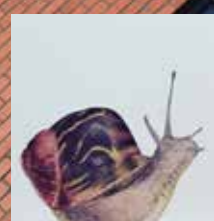
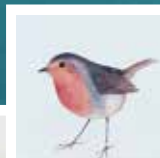
"Ancora House is a credit to the commitment of everyone involved in the project but in particular to the Trust for their courage in daring to be different." **Chris Tonge, general manager of Villicare**

"This centre will address the national agenda to provide increased mental health care and support for young people and we anticipate that it will become a best-practice facility, benefitting from the latest green technologies." **Tim Welch, CWP director of finance**



Instagram – follow us  
@cwpmymind

Another exciting development across our CAMHS and Starting Well services is the launch of our very own Instagram account. You can now follow us @cwpmymind for the latest pics and news. Visit our website [www.cwp.nhs.uk](http://www.cwp.nhs.uk) to download a brochure of our collaborative journey.





## CWP SHOWCASES “WHAT GOOD LOOKS LIKE”

Over 200 users of CWP services, staff, partners and members of the public joined us at our recent Best Practice event at the Floral Pavilion Theatre in New Brighton.

The event was an exhibition of the most innovative, exciting and inspiring work carried out by the Trust over the past year to ensure the best possible outcomes for people who access services, their carers and families.

Over 35 different services from across CWP's footprint showcased their achievements at the event, with projects including:

- Wirral's Complex Needs Service significantly reducing self-harm and admissions to A&E
- the Crewe Recovery Team's partnership with Crewe Alexandra FC to encourage healthy living and social inclusion
- young people's involvement in the development of CAMHS new build Ancora House.

Dr Anushta Sivananthan, CWP Medical Director, said: "I'm absolutely thrilled that we have an event that allows our nurses, doctors and therapists to share our achievements with the wider community.

Knowing what good looks like is vital to improving all areas of the NHS, and it's so important that we are able to share learning gained from the achievements of others. That's what our Best Practice event is all about."

To help kick off the event, CWP were joined by guests Angie and Tony Russell, Co-Directors of the Positive Practice in Mental Health Collaborative, a multi-agency organisation with a membership of over 80 professional bodies aiming to raise the national profile of mental health.

Tony Russell said: "What an inspiring event, we believe it's important to identify and share best practice in mental health. We therefore commend CWP for their excellent work and are proud to have them as key members of the Positive Practice in Mental Health Collaborative."

CWP's Best Practice event was inspired by the Trust's Zero Harm campaign. Zero Harm's key message is 'Stop. Think. Listen', which involves supporting everyone to deliver the best care possible, as safely as possible to reduce avoidable harm.

For more examples of excellence, check out the Big Book of Best Practice 2016/17 online [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

## THE BIG BOOK OF BEST PRACTICE 2016/17







### Going the Extra Mile Awards

Congratulations to Aoife Coyne (pictured), Jane Manley-Price, Richard Banahene, Ronald Porritt, Lesley Gledhill and the CRAC team on being awarded CWP's Going the Extra Mile Award.



### Annual Awards

Congratulations to our overall winners at the Annual Going the Extra Mile Awards 2016 Geoff Ball, Rachael Scullion, Aoife Coyne and the CRAC team (pictured).

### Skills for Health

This year CWP has taken on a number of placements through the Skills for Health Academy, which aims to help unemployed and disadvantaged adults move into employment. Stephen Lambert (pictured) spent some time with the patient and carer experience team.



### Young Advisor Award

Claire Evans, Participation and Engagement Lead, has been named National Lead of the Year at the Young Advisor Awards 2016. The award comes two years after CWP became the first NHS Trust to sign up to the national Young Advisors scheme, which gives 15 to 24-year-olds the chance to influence decision-making and improve community services in their area.



### Hattrick for Comms team!

Jennie Atkins and Nicola Jones recently completed the Mary Seacole Programme, whilst Rachael Edwards completed her apprenticeship and achieved a level 4 diploma in Public Relations from the Public Relations Consultants Association (PRCA).



### Thank you to Jenny Moss

Catherine Rudd, Sharon Watson and Jane Vincent would like to say a big thank you to Jenny Moss, clinical nurse specialist at Eastway Learning Disability Team for her dedication and support mentoring the trio to develop in the new role of Associate Practitioner.

### CWP celebrates with PRIDE

On Saturday 1 October CWP staff attended Chester PRIDE to provide support and promote services. CWP has sponsored PRIDE for a number of years.



### 120 years of Health Visiting

CWP Starting Well Services invited staff to celebrate 120 years of Health Visiting on the 6 September. The celebration included tea and cakes and provided information on Health Visiting through the years.



### Jump for Jamie

Jamie's Fund held a sponsored 60ft abseil from the tower of St Mary's Church in Flintshire on the 10 September to raise money for the rebuild of Kisii's Mental Health Unit and to honour Jamie's memory.



### Walk for Dementia

Siobhan Vincent (Patient and Carer Experience Co-Ordinator), Liz Matthews (Associate Director of Patient and Carer Experience) and Simon Matuszewski (Mental Health Nurse) took part in a Memory Walk to raise funds for the Alzheimer's Society.

### Health for Life

Chief Executive Sheena Cumiskey joined local healthcare leads to launch regular health and wellbeing activities at the Countess of Chester Country Park.

The 'Health for Life' programme aims to demonstrate how being more active and spending time outdoors can help people's wellbeing by reducing stress and improving mental health.



### Moving on...

Amanda Miskell, Consultant Nurse, Infection Prevention and Control and Professional Nursing Advisor for CWP West has been appointed as Consultant Nurse - Deputy Director in Infection Prevention and Control at North Staffordshire Combined Healthcare. Good luck!



### Congratulations to Martin Dowler

Martin Dowler, Knowledge Manager, has completed his Postgraduate Certificate in Geographical Information Systems awarded by the University of Leeds. The qualification builds on the practical application around the producing of mapping data to support clinical and management projects within the Trust over the past 7 years.



### Thorn Heys raises funds for Macmillan Cancer Support

Patients and staff from Thorn Heys learning disability respite unit in Wirral recently raised over £250 at a 'summer lights' fundraising event for Macmillan Cancer Support. The event was supported by patients, carers, family members and colleagues from Ashton House Learning Disability Community Team.



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.