

Issue #13 | September 2019

Cheshire Wirral Partnership



Cheshire and Wirral
Partnership
NHS Foundation Trust

LIFE

magazine

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GUEST BLOG:

MIKE MAIER

CWP CHAIR



These past few years at CWP have been some of the best of my life and I am delighted to announce that I have been reappointed as chair by the Council of Governors for another three years.

Receiving the news that I will be staying with #TeamCWP is truly an honour. During my first term as chair I have had the opportunity to visit services, attend staff meetings and meet many service users and carers, all of whom are eager to share their experiences and discuss ways they feel we can improve our services. One thing that is always very clear is that our staff live the values of CWP and embed them into everything they do. In particular, one of my favourite roles as chair is awarding colleagues with the monthly Going the Extra Mile Award.

The last three years have been increasingly challenging in terms of demand on services but the Trust has consistently achieved good or exceptional ratings from various sources (including the CQC) and has met its financial targets, so being able to meet with our staff and discuss their achievements is truly a privilege!

Another chance to do this was via our recent annual Recognition Awards. I was very excited to have attended the event where around 200 members of staff were recognised for their exceptional service, either through

length of service or through outstanding practice. It continues to be a real highlight of my calendar!

"Having worked across the UK and on three continents CWP is unquestionably the best organisation I have worked for."
Mike Maier

As we increasingly work towards more integrated care, I understand better how highly our services are regarded by our partners in Cheshire and Wirral and look forward to continuing my work as chair to help people to be the best they can be. Having worked across the UK and on three continents, CWP is unquestionably the best organisation I have worked for.

Poppy pilot for military veterans

CWP has partnered with the Poppy Factory to provide support for unemployed military veterans with mental or physical health problems who are trying to find a job.

Veterans accessing the Stein Centre in Birkenhead can speak to an employment consultant about career planning, training opportunities and application advice.



The service is a three-year pilot delivered in partnership with the Trust, Wirral University Teaching Hospital and NHS Wirral Clinical Commissioning Group.



Bards of Bowmere

"As she contemplates the vastness of the beauty all around her, the coldness of the air tingles her nose with smells of fauna. An open space to steal the heart..."

This is a passage from one of the many poems being put together by adult mental health service users at Bowmere Hospital in Chester. Over the past year, service users from Juniper and Beech Ward have been coming together for expressive writing classes. The sessions are organised by occupational therapists, with support from retired teacher and volunteer Andrew Myers.

Loretta Pinna, occupational therapist, who runs the sessions said: "It has been brilliant to see people who access services talking in a different way and rewarding to see their ideas being drawn out. We have found that literature can act as a stimulus and allow people to express themselves. For some people, this is really important."

Westminster surgery secures 'Good' rating

Westminster Surgery, one of three CWP GP practices, has been rated "Good" overall by the Care Quality Commission (CQC) following a recent inspection. The findings, published by the national regulator, contained a number of positive highlights for the surgery.

Jean Pace, acting head of operations for Neighbourhood Based Care, said: "The result of this CQC inspection was very pleasing for the Trust and I would like to commend the team at Westminster Surgery for their work to secure this rating. Most importantly, it gives a clear indication of the compassionate, person-centred care we pride ourselves on at CWP, that we provide for our patients."

Trust tops table for staff surveys

CWP has topped the Health Service Journal North West mental health table, based on three years of national NHS Staff Survey results, for staff recommending it as a place to work or receive care.

Sheena Cumiskey, chief executive, said: "I am pleased that staff rate the Trust so highly. Results like this give me confidence that we are making strides in our ambition to help people to be the best they can be, whether that be service users and carers, colleagues or partner organisations."

CWP finalist for Prestigious Provider Prize

CWP has been selected as a finalist in the Health Service Journal Awards mental health provider of the year category.

The awards, taking place on in early November in London, are one of a number of accolades that the Trust has enjoyed in 2019. CWP chief executive, Sheena Cumiskey said: "This is a testament to the hard work of all the people who make CWP special."

Schools mental health programme set to continue

The Emotionally Healthy Schools programme, which enhances mental health support for young people in East Cheshire schools, will continue for at least another two years.

The programme is delivered in partnership with local charities Visyon, Just Drop In, Clasp, Kooth and lead school Middlewich High School. It brings together colleagues from health, education and the voluntary sector to support schools throughout the area and has won the contract to continue until 2021.

Celebrating one year of Starting Well

The Starting Well 0-19 Service celebrated one year of the service with a special meeting at the National Waterways Museum in Ellesmere Port.

Staff from Cheshire West and Chester Council (CWaC), elected councillors and members of the wider community joined in the celebration, focussing on recent achievements. These include; better integration of teams and new partnerships, enhancement of the service's online chat tool for emotional health and positive Care Quality Commission (CQC) feedback.

Val Sturgess, head of clinical services for Starting Well, said: "The service aims to deliver a high-quality, preventative service to improve the health and wellbeing of children, young people and their families across Cheshire West and Chester. We have been delighted with the level of support from partners over the first year of Starting Well and the progression of integration between ourselves and partners.



"I'm very proud of what the service has achieved in its first year. The event provided an opportunity for members from eight advisory boards across the three localities to come together and celebrate success as well as explore areas for improvement."



Podiatry launch new technology

Staff and local partners came together to launch a new system aiming to revolutionise treatment of diabetic foot ulcers.

Held at Fountains Health Centre in Chester, the event was attended by West Cheshire Clinical Commissioning Group and Diabetes UK to see the new three dimensional scanner in operation.

Lucinda Mercer, CWP biomechanical lead and specialist podiatrist explains: "We believe that the new scanner will reduce the risk of ulceration in low, medium and high-risk patients. We have already seen some incredibly positive outcomes since adopting the system and we are optimistic that this will continue."

Royal college accreditation

Oaktrees Ward, the Trust's specialist inpatient unit for people with eating disorders based at Springview Hospital, in Wirral, was recently accredited by the Royal College of Psychiatrists' Quality Network for Eating Disorders (QED) following a comprehensive review of patient care.



As part of the accreditation process, the service identified areas of particular achievement and areas for improvement.

Following this, a peer review team – made up of three professionals and people with lived experience – carried out a ward visit in order to share best practice and encourage innovation. Oaktrees will hold its accreditation status for the next three years.

CWP shows its Pride



Philip Makin, equality, diversity and inclusion co-ordinator for CWP, said: "The day was such a brilliant demonstration of how seriously CWP treats equality, diversity and inclusion as both an employer and a service provider. The fact that so many people from so many teams within CWP, including Board members, volunteers and governors were celebrating along with representatives from partner organisations and LGBT+ support groups sends out such a powerful message to people."

The event was CWP's second Pride celebration of the year, with the first taking place at Delamere Resource Centre in Crewe.



Crowds of people recently gathered at CWP's Trust Headquarters in Chester to watch chief executive Sheena Cumiskey raise the Pride flag in honour of the Trust's commitment to equality, diversity and inclusion.

Sheena said: "I was delighted to see so many people come together to celebrate and show their support to the LGBT+ community. It is our goal at CWP to help people be the best they can be and equality and diversity play a huge role in this."

Ancora House wins national award

At this year's National Children and Young People's Mental Health Awards, Ancora House was announced as the winner of the 'Inpatient Care' category.

The service was praised for including young people and their families/carers in all stages of development from initial design to continued improvement of services.

Clair Josting Moulder, participation lead at Ancora House, said: "I was proud to nominate Ancora House as the team works hard to support young people on their recovery journey, sometimes through very challenging times. We also work collaboratively with young people, parents and carers to help improve their experience of hospital care."

Sheena Cumiskey, chief executive at CWP, added: "I am exceptionally proud that Ancora House has received this award. The unit is a great example of co-production that continues to go from strength to strength."



Ancora House, which opened in Chester in 2016, provides inpatient and day patient care (known as Tier 4 services) for children and young people with severe and/or complex mental health conditions.

The unit's short-stay school provides education and support for young people receiving treatment and has been rated as Outstanding by Ofsted.

Are you joining us at the 2019 Annual Members' Meeting and Best Practice event?

Thursday 3 October, 11.30am-3.00pm
Floral Pavilion, New Brighton, CH45 2J5



Your invitation to CWP's Best Practice event and Annual Members' Meeting

The Best Practice event is a showcase of the most innovative, exciting and joined up work by CWP over the past year to ensure the best possible outcomes for people who access services, their carers and families.

The day will also see the launch of the Big Book of Best Practice 2019/20.

This is your chance to hear from the Board about the Trust's performance and our ambitions for the future.

- Best Practice Event: 11.30am-12.30pm
- Annual Members' Meeting: 1.00-3.00pm

To RSVP in advance of the event, please contact the Communications team via: cwp.info@nhs.net or call 01244 397400

Light refreshments and lunch will be provided. Please specify any dietary requirements when registering.





Farewell to Avril

CWP's Avril Devaney MBE, the country's longest serving NHS mental health nursing director, has retired after 17 years at the Trust.

Inspired by a family member with learning disabilities, Avril became a registered mental health nurse in 1986. She first received national recognition for her work in 1999 with The Queen's Nursing Institute Award for Innovation after enhancing mental health support in police custody suites.

Becoming CWP's director of nursing, therapies and patient partnership in 2002, Avril is recognised for her work in

in 2004, Avril is passionate about person-centredness and helping people to be the best they can be regardless of their circumstances.

She has been the Trust's link with mental health services at Kisiizi Hospital in Uganda since 2010, founding the Jamie Devaney Memorial Fund to support mental health services in Uganda and create a lasting legacy for her son Jamie, who died during a family holiday and fundraising trip there.

In 2014 Avril received an honorary MA from the University of Chester and in 2015 was recognised as a Nursing Times Leader.

In 2016 she was awarded with an MBE for "services to Nursing of People with Mental Health Problems", and in 2019 was awarded the Chief Nursing Officer's Gold Award for life long contribution to nursing April 2019.

Avril said: "It has been an absolute pleasure to work for CWP. I have been fortunate to meet many amazing people over the past 17 years who have inspired me to do all I can to improve opportunities and support for people to live full lives. I am grateful for the opportunities that I have been given to make a difference and I will continue to be a supporter of the people and the work of CWP."

Avril has been succeeded as director of nursing, therapies and patient partnership by Gary Flockhart – who previously was CWP associate director of nursing and therapies.

"I have been fortunate to meet many amazing people over the past 17 years"

tackling health inequalities including harm to people with mental health conditions caused by smoking and led work for CWP to become the first Trust to implement the NICE Smoke free guidance in 2014.

Having pioneered the Trust's Challenging Stigma campaign



CWP stars win three NHS Parliamentary Awards

The NHS Parliamentary Awards are a national celebration of the work of NHS staff up and down the country and are nominated by local Members of Parliament, recognising outstanding contributions to health and care in their communities.

Entries were open to all NHS Trusts in the North West with three out of the ten regional winners from CWP:

- Andy Styring, director of operations, won the Lifetime Achievement Award;
- Stephanie John, Wirral learning disability community team, won the Care and Compassion Award;
- CWP's Next Step Cards, young person's mental health initiative, won the Future NHS Award.

All winners attended a ceremony at the Palace of Westminster where they were greeted by MPs and met Matt Hancock, secretary of state for Health and Social Care, and chief nurse, Ruth May.

Sheena Cumiskey, chief executive, said: "Well done to our Parliamentary Awards finalists. Andy Styring's lifelong dedication to the NHS, Stephanie's drive to improve outcomes to patients, and the Next Step Cards initiative for its passion to help increase the dialogue between healthcare professionals and children. They are all deserving of national recognition."

CWP director of operations, Andy Styring, who won the regional Lifetime Achievement Award, said: "I am delighted to receive this award which I accept on behalf of all individuals who support people with learning disabilities and mental health problems.

"I have worked all my career to empower people to live independent lives through choice and involvement, ensuring people get the right care, in the right place, at the right time."



Maddy Lowry, programme director for Transforming Care in Cheshire and Merseyside, commented: "Andy has brought a wealth of experience to our discussions about how to shape future services, building on a long career working in mental health.

"He has made services better for people across Cheshire and Wirral by working to invest in community infrastructure to support individuals at home to avoid hospital admission.

"Andy brings optimism and a remarkable can-do attitude to everything he does. Where others might say: "we could" Andy will say: "we will, let's work out how".

"Andy has made services better for people across Cheshire and Wirral"
Maddy Lowry
 programme director for Transforming Care in Cheshire and Merseyside

Mike Amesbury MP (Weaver Vale) said: "I was delighted to nominate Andy for his NHS Parliamentary Award and his recognition is richly deserved."

"I was hugely impressed to hear about the work he has been doing which has had a tremendous impact not only on my constituency but the wider area also."

Stephanie John, CWP clinical support worker, won the regional Care and Compassion Award: "Knowing I made such a positive difference to someone's life is something that will stay with me and I'm so lucky to be in a career where making those differences is a part of my day-to-day."

"CWP are well known for their innovative approach to patient care"
Chris Matheson MP

Rt Hon Frank Field MP (Birkenhead) said: "I am really, really pleased that Stephanie has been recognised for her outstanding contributions to our NHS. It was a pleasure to nominate her, and even more so to see her efforts being celebrated with this Award."

CWP's Next Step Cards mental health initiative won the regional Future NHS Award. Dr Fiona Pender, CWP consultant psychologist also commented saying: "Created by mental health experts and local young people, Next Step Cards is a tool to enable safe and structured conversations with young people who may be struggling with their emotional health and wellbeing."

"This resource takes mental health support out of the clinic and into school and community settings".

Chris Matheson MP (City of Chester) gave his thoughts saying: "CWP are well known for their innovative approach to patient care and so I am delighted to see that the Next Step system has won this National Award."

Rt Hon Esther McVey MP (Tatton) said: "I was also impressed by Next Step Cards and the innovative way they took the idea of a game of cards and turned it into 52 unique scenarios, representing a mood, thought, action or goal, with the aim of starting safe and structured conversations with young people about their emotional health and wellbeing."

MEET THE WINNERS

ANDY STYRING



Andy was nominated for always "...putting patients at the heart of everything he does, supporting them to achieve their own aspirations; not 'doing to' but working alongside people." Andy has made an invaluable contribution to the Trust being rated as 'Outstanding for Caring' in the last two inspections by the Care Quality Commission. He is very much a coach and challenger to the Board, always looking for ways to improve services for patients.

STEPHANIE JOHN



Stephanie was nominated for supporting a lady who fell and fractured her ankle and, due to having a mild learning disability was unable to follow mainstream physiotherapy advice. Stephanie's input has turned this lady's life around. She is now accessing the community and her self-esteem has increased because she can now use her bathroom and bedroom. Without Stephanie going the extra mile this lady would still be socially isolated.

NEXT STEP CARDS



Next Steps is a tool designed by mental health experts at CWP and local young people to enable safe and structured conversations with young people who may be struggling with their emotional health and wellbeing. The cards are currently used by Child and Adolescent Mental Health Service practitioners within CWP, as well as a range of teachers, social workers and nurses in the area and beyond www.nextstepcards.co.uk



Dementia care at CWP

CWP has a number of services that aim to enable people living with dementia to live the best life they can.

One in 14 people over the age of 65 have dementia. There are also more than 42,000 people with dementia in the UK under the age of 65.

Dr Sadia Ahmed, clinical director and consultant psychiatrist, says: "Almost all of us know someone affected by dementia, for example, a family member, friend or colleague.

That is why it's so important to have high-quality, responsive and caring services to help people be the best they can be."

What is Dementia?

The word 'dementia' describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language.

These symptoms have a variety of causes, as dementia develops when the brain is damaged by diseases. The most common cause is Alzheimer's disease, but there can be other reasons for dementia developing in a person.

Older People's Memory Service

The Trustwide service provides assessment, diagnosis and treatment

work, commitment and pride the team takes in providing quality care. We continue to strive to improve the service we provide in all areas."



for people with memory problems as well as offering support to families and carers.

In 2019, the West Cheshire memory service enjoyed their tenth consecutive year running of accreditation by the Memory Services National Accreditation Programme (MSNAP).

Susie Green, the service's clinical lead, comments: "This is an excellent achievement and reflects the hard

Inpatient services at Bowmere Hospital

Some people with dementia may need to be admitted to an inpatient unit, such as Cherry Ward at Bowmere Hospital in Chester for a period of treatment and assessment. Here, occupational therapists offer therapeutic services for service users and carers.

Helen Birkill, occupational therapist, says: "In occupational therapy, we adopt a very holistic approach providing services for people with dementia. It helps people realise that what they have to say is important."

Among the activities are gardening, baking and chair-based exercises. Additionally, the OTs organise trips to Chester Zoo, hairdresser visits, pampering sessions for service users and a monthly hymn service.

My Story

Angela Sharif

Angela shares her experience as a carer for her mother who lives with dementia



My name is Angela Sharif. I am a 58 year-old pharmacy technician from Great Sutton. I care for my mother who is a patient on Cherry Ward in Bowmere Hospital, Chester.

Growing up, I was very close to my mum. I know everybody says it, but no mother and daughter could be closer. My dad had polio when I was young and my mum kept the family together. She's always been a 'doer' and is really loyal to people she loves.

She worked full time as well, as a canteen manager at Shell refinery, before she retired. Mum also had an active social life and loved to go dancing.

However, in 2010, we both noticed something wrong. She was having significant problems with her memory. She even asked me once "I have alzheimer's don't I?" and so I called the doctors.

When she took the memory test in 2010, she passed. She took the test three more times each year. In 2014,

they noticed that her score was getting lower. Mum was diagnosed with mild cognitive impairment.

"They have done fantastically well for her."

Following scans later in 2014, doctors diagnosed her with mixed dementia and gave her medication. In May 2018 mum came to live with me. It was a challenging time, our main difficulty being the agitation that she was experiencing.

She lived with me for a year and would also go to a day centre three times a week but her agitation worsened. The day centre sent her home saying they couldn't handle her. We didn't know what to do because we needed mum

to attend the day centre, as I work. So we contacted mum's mental health consultant for help.

I wanted her to be prescribed more medication, but the doctors told me it would not be clinically appropriate. So, in April 2019, she was referred to Cherry Ward in Bowmere and she has been there since. The staff have done a great job. My mum still gets agitated but can be given medication when required. They have done fantastically well for her.

My advice to any other carers of people living with dementia would be that a solid relationship with who you care for is vital. It can feel like your life is on hold at times and it can be challenging. I would also say that support from those closest to you is invaluable. In the beginning it can feel like a lonely path you are taking with your loved one.

My relationship with my mum has definitely been a help. She really is a great person, has feelings and she deserves to be looked after. As does everybody.



CWP celebrates stars with remarkable recognition

Every year #TeamCWP go above and beyond in their provision of outstanding, compassionate, person-centred care.

This summer saw the third edition of the CWP Recognition Awards at Ellesmere Port Civic Hall to celebrate the outstanding achievements of staff, volunteers and partners.

Speaking at the event, recently retired director of nursing, therapies and patient partnership, Avril Devaney, said: "Today is a celebration and an opportunity to thank the people who contribute to CWP, helping us to be the best we can be."

Dr Maureen Wilkinson compered the event and gave a fascinating insight into her work developing mental health services in both Malawi and Uganda, Africa.

In 2018, service users and staff from the Winsford Child and Adolescent Mental Health Service (CAMHS), had recorded a special version of "This is Me" from Hollywood blockbuster, the Greatest Showman, for World Mental Health Day.

The song is considered an anthem for celebrating people's differences. The performance earned the choir a well-deserved standing ovation. Service users and staff also raised placards depicting defiant lyrics from the song such

as "won't let them break me down".

Further entertainment was provided by the Wirral Harmony Choir. The choir, which includes some CWP volunteers ran through a catalogue of classics to entertain the audience. The main business of the evening was handing out prizes

"It's been fantastic to be able to recognise everybody's brilliant contribution and have fun at the same time."
Sheena Cumiskey

to the worthy winners. Once again, huge congratulations to all those who were nominated, shortlisted and won awards this year.

Commenting on their win, Merseyside Police chief constable Andy Cooke said: "It is wonderful that the



valuable service provided by Constable Nigel Mosely and Constable Gemma Glover, alongside a mental health practitioner, has been recognised by Cheshire and Wirral Partnership NHS Foundation Trust.

"Constable Mosely and Constable Glover have shown great diligence in sharing the knowledge they have gained while running this service with other colleagues."

Winners 2019

Annual Going the Extra Mile

Paul Bailey

Outstanding Contribution to Patient Care

Josephine Worthington

Outstanding Contribution to Clinical Support Services

Tim Jenkins

Outstanding Contribution to our Communities

Emma McGee

Outstanding Contribution to Research, Innovation and Quality Improvement

Dr Sujeet Jaydekar

Outstanding Contribution through Leadership

Tracey Williamson

Outstanding Contribution to Volunteering

Margo Burrows

Learner of the Year

Sue Grave

Apprentice of the Year

Stephanie Coulson

Mentor of the Year

Debbie Laidlaw-Baker

Outstanding Contribution from our Partners

PC Glover and PC Mosely (Merseyside Police)



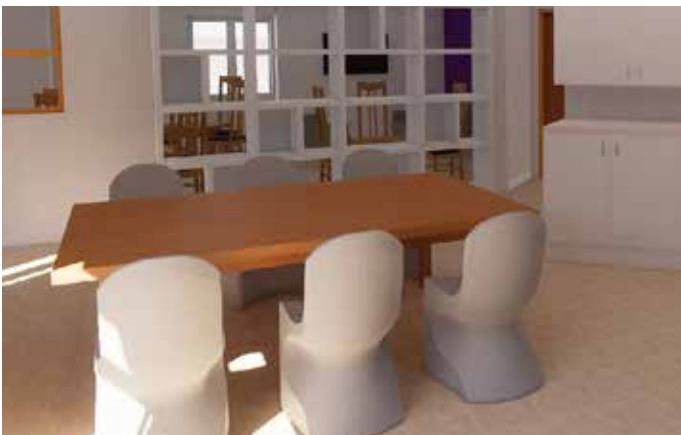
BUILDING BETTER CARE TOGETHER

Earlier this year, following a period of public consultation, the NHS approved plans to improve the care of more than 7,000 people with serious, long-term mental health problems. Enhanced community services will include a new dementia outreach service and 24/7 crisis care, alongside improved hospital facilities.

Here, we outline the £4.5m investment programme to modernise inpatient facilities at Lime Walk House, Macclesfield, and the new dementia care unit, showing how feedback from people who access services, carers and CWP staff are bringing the plans to life.



“We want to allow people the freedom and the confidence to use their full abilities”
Dr Sadia Ahmed



Lime Walk House

Later this year, Lime Walk House will reopen as a specialist 26-bed, mixed gender unit for people with acute mental health needs. The renovation will facilitate access to open gardens and a courtyard, with all en-suite bedrooms. The developments will meet current guidance from the Care Quality Commission regarding dignity and privacy, better meeting the needs of patients with physical disabilities or complex physical health needs.

Feedback from service users, carers and staff is provided via a Building User Group (BUG).



understand and navigate your way around, especially in a hospital environment. Patients can experience sensory, mobility or cognitive impairments, all of which can affect functioning, behaviour, independence, and ultimately, quality of life.

"Understanding the needs of our patients at the build and design stage is the first step towards creating a supportive environment, keeping them safe from dangers such as falls. We also want to allow them the freedom and confidence to use their full abilities."

Following University of Stirling guidance, the ward will use evidence-based and internationally recognised best practice.

Darren, explains: "We know from experience that the colour and imagery are really important. For example certain floor colours and patterns can be perceived as a step by some patients, making them reluctant to enter different rooms or try to physically step out - increasing their risk of falling.

"We are always thinking about how we can use the design of the building to stimulate memories and based on feedback from carers, are also using bedroom doors with printed vinyl to emulate traditional front doors which appear beaded and painted in bold colours."

The yet-to-be-named unit will also feature garden space with raised beds, digital photo frames in bedrooms, occupational therapy areas for activities, such as creative writing and reminiscence artwork. If you or someone you care for would like the opportunity to contribute to the BUG, please get in touch via: cwp.pals@nhs.net.

Both units are due to open in December 2019.

Darren Passey, senior project manager, explains: "The BUG really is where the building comes to life. Here we get all of the people together who will be using Lime Walk House day-in, day-out and discuss practicalities; considering how we, as the project team, can make the building the best it can be for everybody and improve functionality. The insight from service users and carers provides invaluable perspective alongside expertise from the clinical teams."

Dementia care unit

At Macclesfield District General Hospital, the ward formally known as CARS will become the new specialist dementia care unit. The standalone, 15-bed mixed gender unit will benefit from a significant redevelopment to prepare for the relocation of the existing dementia inpatient service from Croft Ward at the Millbrook Unit.

Dr Sadia Ahmed, consultant psychiatrist and clinical director, says: "Having dementia makes it more difficult to



CELEBRATING THE FUTURE OF MENTAL HEALTH NURSING



Chief nursing officer for England Ruth May recently joined CWP at the VIP opening of the Wirral Birch Centre.

Marking her 100th day in post, Ruth joined aspiring mental health nurse, Maddison Ormond-Donnelly, to formally open our home for Wirral Child and Adolescent Mental Health Services (CAMHS).

"Avril has done so much for nursing and mental health nursing."

Ruth May
chief nursing officer
NHS England



Maddison, whose mum Amy works in CWP's Birkenhead Community Mental Health Team, captured the hearts of the Duke and Duchess of Sussex when she shared her ambitions to become a mental health nurse during their recent Royal visit to Wirral.

During the event, Ruth presented director of nursing, therapies and patient partnership, Avril Devaney MBE with a lifetime achievement award in mental health nursing.

Ruth, who first worked with Avril when she was chair of the National Mental Health Director's Forum, said: "This



is only the fourth gold Chief Nursing Officer badge I've given out so far and I'm awarding it to Avril in recognition of the contribution she has made to our profession, in particular in mental health."

"I frequently sought Avril's advice when we worked together and she was always able to advise me – as well as challenge me! I'm so grateful for what Avril has done for nursing and mental health nursing, not just locally, but also nationally and I wanted to recognise that with this award."

Continuing the celebrations, Ruth then presented CWP's deputy head of clinical services Nicky Robinson with a special silver award for services to young people's mental health at CWP.

Nicky said: "I was totally surprised and absolutely delighted to be presented with the Award for Nursing Excellence from Ruth."

"Being a nurse is one of the proudest achievements of my life and what made achieving this award even better was receiving it at the opening of the Birch Centre amongst children and young people who are involved with CAMHS and the highly skilled colleagues I have the pleasure to work with."

"This was truly a magical event that will stay with me forever."

Also in attendance on the day were Maddison's classmates from St Joseph's Primary School and young people from the Wirral SEND group, who kicked things off with an inspiring 'flash mob' dance performance.

Following the event, Ruth joined a group of nurses from across the Trust to hear about nursing initiatives at CWP, where she presented nurse consultant, Claire Maidment, with a silver award for her work in leading the Family Nurse Partnership.



CANDDID CONFERENCE 2019: AUTISM SPECTRUM CONDITIONS

Over 170 health professionals from all over the UK came to Chester to take part in the first inaugural conference for the Centre for Autism, Neuro-Developmental Disorders and Intellectual Disability (CANDDID) recently.

CANDDID, based in Chester, and hosted by CWP brings together, education, training and research in the fields of neuro-developmental disorders and intellectual disabilities.

National thought leaders discussed autism spectrum conditions and encouraged a wider conversation about how people of all ages live with autism and how it can affect their lives on a daily basis.

Dr Sujeet Jaydeokar, specialty clinical director and consultant psychiatrist, said: "It was pleasure to welcome all the delegates to the conference and I was pleased with

"It was a fabulous day. I enjoyed listening to the range of clinicians speaking"

Dr Ken Courtenay
Royal College of
Psychiatrists

the overwhelmingly positive response to the day. Dr Ken Courtenay, consultant psychiatrist in London and chair of the Faculty of Intellectual Disabilities for the Royal College of Psychiatrists, said: "It was a fabulous



day. I enjoyed listening to the range of clinicians speaking and valued hearing first hand patient experience.

"I've learnt so much, especially on the issue of suicide in people with autism. I am very hopeful about the future of CANDDID and I congratulate CWP for hosting such



an interesting, informative and successful conference."

If you would like to learn more about CANDDID visit: www.canddid.nhs.uk

Gordon's Passion for Volunteering

We speak to CANDDID guest speaker, and CWP volunteer Gordon Cairns about his recent accolade

Gordon, congratulations on your recent award! Older Volunteer of the Year! How does it feel to get this recognition?

"I'm still shocked! I wasn't expecting it – I didn't know someone had nominated me so it was a complete surprise.

"It was all secret until the day – I didn't know what it was about! Cheshire West Voluntary Action came to visit me at Blacon Library.

"They took a photo of me and gave me a special painting by a local artist. I'm bowled over."



Why do you think volunteering is important?

Volunteers are the lifeblood of Britain. If we didn't have them, 9/10ths of things wouldn't get done! Look at the numbers of volunteers you see in shops. For me, it gets me out of the house and thinking about positive things, which supports my mental health. I know what it's like to be in a cycle of depression and anxiety and volunteering with such great people keeps my brain exercised and my thoughts positive.

If you are interested in getting involved at CWP visit: www.cwp.nhs.uk or contact cwp.volunteering@nhs.net.

Starting Well Nurse

Claire Maidment has recently been appointed to the role of consultant nurse for Starting Well. Claire is the fourth line of nurses in her family in Chester, and the service is excited to have her on board!



Super Sarah inspires as apprentice

Sarah Jones is a 45-year-old mother of three from Wirral. She is an apprentice decorator for CWP and is currently the only female maintenance worker at the Trust. "I've always enjoyed decorating, my mum taught me how to hang wallpaper. I recently I decorated the Portside Children's Centre. I really would recommend this career!" If you would like to learn about apprenticeships at CWP, visit: www.cwp.nhs.uk.



Farewell to Colin Jones

We recently said farewell to ECT nurse Colin Jones, who retired after 48 years' with the NHS. His retirement bash at Bowmere Hospital and was attended by grateful colleagues and also CWP director of nursing, therapies and patient partnership, Avril Devaney.



Initiative wins prestigious award

The National Record Locator Service (NLR), which is led nationally by NHS Digital and used by CWP in partnership with North West Ambulance Service – won the Digital leaders' 'Public Sector Innovation of the Year' award.



Pharmacy Awards

The Trust's pharmacy team were shortlisted in an incredible FIVE categories at the prestigious Health Service Journal Patient Safety awards in July.



Future nurse inspiration

People from all over Cheshire and Wirral came along to Cheshire Oaks recently to celebrate International Nurses Day. The event was an opportunity to inspire nurses of the future with fun, informative activities, including teddy triage.

Commended communications

The Trust's annual Big Book of Best Practice was highly commended in the Communications Initiative category at the prestigious Health Service Journal Value Awards earlier this year.



Chief of NMC visits CWP

Philip Graf, chair of the Nursing and Midwifery Council (NMC), and Andrea Sutcliffe, chief executive of the NMC came to CWP to discuss future nursing standards in June, at an "all ears" event.



Going the Extra Mile round up

Huge congratulations to...



Louise Phimester
Eastway



Lisa Carden
Liaison Psychiatry



Coral Ward
Ancora House



Marley Whelan
Patient and Carer Experience Team

CWP is a Foundation Trust that provides health and care services for people in partnership with other organisations. Our services include mental health, learning disability, community physical health and all-age disability care. We have services across Cheshire and Wirral as well as Trafford, Bolton, Halton, Liverpool and Sefton.