

CHESHIRE WIRRAL PARTNERSHIP

# LIFE

m a g a z i n e

## GAVIN'S STORY

HE SHARES HIS  
EXPERIENCE OF LIVING  
WITH A BRAIN INJURY.  
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# CWP APPOINTS NEW CHAIR AND SAYS A FOND FAREWELL TO DAVID EVA

Mike Maier has been appointed as CWP Chair following approval of CWP Council of Governors.

Mike was Deputy Chair for the Trust and a Non-Executive Director for 5 years. He took the reins as Chair from 1 June. To celebrate

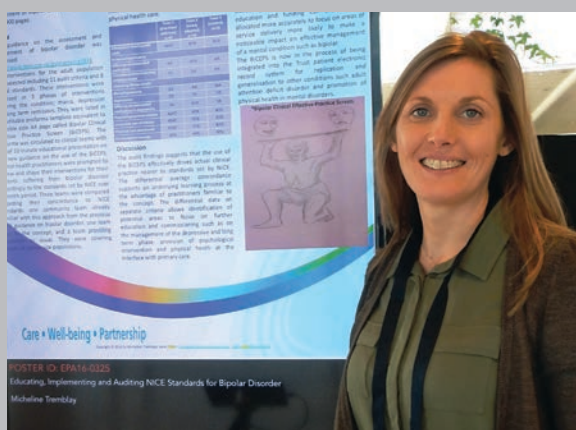
David's time as Chair, a celebration of learning and innovation was held at Sycamore House earlier this month.



## EUROPEAN CONGRESS OF PSYCHIATRY

Two practitioners from CWP had their work selected for presentation and publication at the European Congress of Psychiatry held in Madrid in March.

Sarah Palin, community psychiatric nurse and specialist practitioner, successfully submitted a poster on CWP innovation “BiCEPS” or Bipolar Clinical Effective Practice Screen. This work was showcased by Dr Micheline Tremblay Fellow of NICE (2012-2015) in a symposium entitled “Bipolar Disorder; From Detection to Intervention”.



## SPRINGVIEW SAFARI

Service users and staff based at Wirral adult mental health unit Springview were treated to a ‘safari’ experience after a recent visit from Home Safari Animal Encounters.

Throughout the day, patients across all wards were given the chance to spend time with a number of exotic animals – including a snake, a bearded dragon and a meerkat – as well as also enjoy the

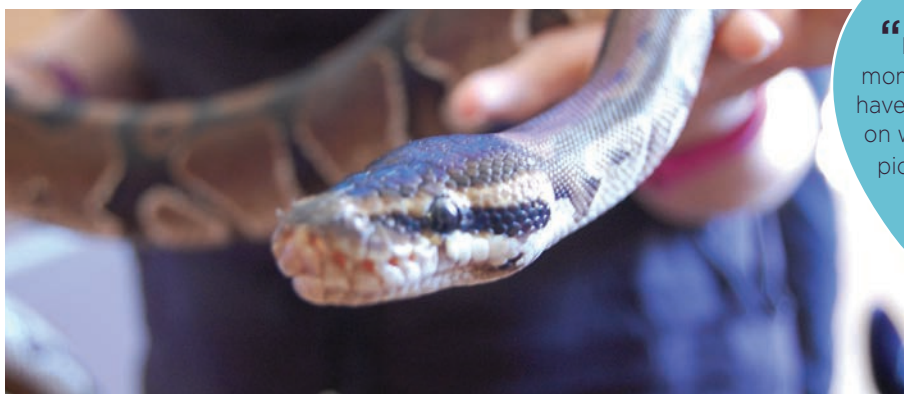
company of more familiar creatures such as a goat, a dog and a hedgehog.

Research shows that introducing animals into clinical environments can improve patient health and wellbeing, with the presence of animals often helping people to feel more comfortable, more able to communicate and motivated to engage with those around them.



“It was an enchanting moment and one I will never forget. I have always liked animals and to get hands on with some animals you only see in pictures was marvellous.”

**Patient at Springview**



# LEADING CHANGE ADDING VALUE

Launched by Jane Cummings, Chief Nursing Officer for England, the new national Nursing Framework 'Leading Change Adding Value', was celebrated across the Trust with over 40 nurses coming together to watch the live stream.



“We are delighted with the framework, it's inspirational and centred on things we're concerned about at CWP. The 10 commitments are a brilliant vehicle for us to become much more person centred in our approach. This is an exciting time for us to really make a difference and it will help us to really concentrate on what matters to people.”

**Avril Devaney**, CWP Director of Nursing and Therapies

## CWP MAKES AN INTERNATIONAL SPLASH



Dr Ian Davidson, Consultant Psychiatrist, and Clair Jones, Strategic Lead for Complex Care, were recently invited to present some of CWP's key achievements at the International Forum on Quality and Safety in Healthcare conference in Gothenburg.

Ian and Clair presented about two successful CWP projects: the Trust's dedication to Zero Harm while tackling the rising pressures facing acute bed levels nationally; and the implementation of a new Autism Spectrum Disorder (ASD) service in Wirral and West Cheshire, which has increased diagnosis of ASD across the two areas by 400%.



## Shortlisted Patient Safety Awards

CWP has been shortlisted for two awards by the Health Service Journal (HSJ) in the 2016 Patient Safety Awards. The 'Locality Data Packs' were shortlisted in the Best Emerging Product/ Innovation in Patient Safety category and the CAMHS 4D Toolkit from [www.MyMind.org.uk](http://www.MyMind.org.uk) was also shortlisted for Best Emerging Technology.

## New ward names for Ancora House

The names for the wards at Ancora House have been chosen following a public vote of over 400 people. The names 'Coral and Indigo' topped the list with over a quarter of the votes.

The new £14m new unit for young people who have severe and/or complex mental health needs is being built in Chester and will provide inpatient and day patient services across Cheshire, Wirral and Merseyside.

## Mental Health Awareness Week

Happy, healthy relationships are fundamental to our health and well-being, and were the focus of this year's Mental Health Awareness Week. From 16-22 May, CWP took to Twitter to ask members of the public to share their 'relationship resolution' to promote good relationships and tackle the barriers to forming them.

## CWP launches new website

We have now launched our brand new website, [www.cwp.nhs.uk](http://www.cwp.nhs.uk). The site, which is available to everyone, has been co-produced with people who use our services and CWP staff. This means that the look, feel and content have all been informed by the feedback given by you.

We hope that our new website gives you a simpler, more user friendly online journey. You can now learn more about our services, explore our wide range of resources and keep up with our latest news and blogs. To help us continue improving, we'd love to know what you like or don't like about our new website – get online and check it out!

## CWP taking the 'Next Step' towards innovative care in CAMHS

Next Step cards, created by CWP, are a unique goal-based tool that supports healthcare or education professionals communicate with children and young people in a safe and structured way. Designed with both young people and mental health practitioners, the cards help young people to set and achieve their own mental health goals.

Next Step is already being used by a number of professionals locally, and we will soon be launching a special digital version. Find more information about Next Step at [www.MyMind.org.uk](http://www.MyMind.org.uk).





“We know that 50% of all chronic mental health difficulties are present before the age of 14, and 75% by 25. It's absolutely vital that we listen to our young people and build our services around their needs.”

**Sandra Renga**, CWP Wirral CAMHS  
Clinical Psychologist

## WIRRAL YOUNGSTERS HAVE THEIR SAY ABOUT THE FUTURE OF THEIR MENTAL HEALTH SERVICES

A group of young people using local child and adolescent mental health services (CAMHS) took part in a recent engagement session to make their voices heard in the future development of mental health services in Wirral.

The youngsters were asked to have their say about Wirral's Children and Young People's Mental Health Transformation Plan' – a local initiative led by Wirral Clinical Commissioning Group (CCG) based on 'Future in Mind', the government's new national strategy for child mental health.



“This is a positive and pro-active project, which helps develop skills for all those involved. I would like to thank all the staff and volunteers at CWP for supporting patients with their wide range of skills and experience, and the clear passion they have for their work”

**David Rutley**, MP

## LOCAL MP DAVID RUTLEY PAYS A VISIT

David Rutley, MP for Macclesfield visited several services in Central and East Cheshire to learn more about local services available.

On two separate trips, he met people who work or access services at Sunny Café and the Saddlebridge Unit in Nether Alderley as well as the Recovery College in Macclesfield, praising the 'passion' and 'commitment' of staff and volunteers.

Sunny Café is a working café where people who access CWP services are able to learn and develop new skills as part of their recovery. They have taken on all elements of the café, designing the menus, preparing and delivering food. Fresh produce is used from the nearby allotment which is also tended to by the service.

# SAY HELLO TO ACCESS SEFTON

Staff from Access Sefton, talking therapies service in Southport and Bootle, will be attending local groups throughout the Summer to share what the service can offer.

Anyone over the age of 16 living in Sefton can speak to the team about their mental health, including relationship issues, anxiety, depression and more. The service is provided by CWP in partnership with Insight Healthcare. Call 0151 955 3200 to speak to someone.



## GREENWAYS AIMS HIGH!

Greenways Assessment and Treatment Unit has received national recognition for delivering high-quality care for adults with learning disabilities.

The unit was presented with a certificate after meeting AIMS (Accreditation for Inpatient Mental Health Services) standards set by the Royal College of Psychiatrists.

The accreditation assessed the quality of facilities, staffing, care, patient safety and treatment processes at the inpatient unit off Chester Road, Macclesfield.



## Save the date! AMM and Best Practice event 2016

Our Annual Members' Meeting and Best Practice showcase event will this year take place on 22 September at the Floral Pavilion in New Brighton, Wirral.

Similarly to previous years, the Best Practice event will see the launch of our Big Book of Best Practice, while our AMM will include a look back at key highlights from 2015/16 and focus on our aspirations and challenges for the year ahead.

Full details of the day will be circulated very soon.

## Brain injury clinic recognised internationally

A trial clinic which helps people with multiple diagnoses of mental health and acquired brain injury has received international recognition at this year's World Congress on Brain Injury. The staff members behind the clinic were asked to attend the 11th World Congress on Brain Injury in the Netherlands, and an abstract of their research will be published in the international journal 'Brain Injury', the official journal of the International Brain Injury Association, (IBIA).

## Westminster Surgery

Westminster Surgery in Ellesmere Port has officially reopened following a makeover to make more clinic space and waiting areas for patients, doubling the size of the surgery. To celebrate the re-launch, the team invited the community to find out more about what is on offer, as well as 'go back to basics' with free health checks.

## Dementia Friendly Hospital

As part of the Dementia Action Alliance's 'Dementia Friendly Hospital Matching Project', Ward Manager, Christine Turnbull, and Modern Matron, Carys Jones, invited representatives from Birmingham and Solihull Mental Health NHS Foundation Trust to visit Bowmere Hospital in March to share examples of good practice within dementia services.

## We Care

To mark Carers Week in June, fun and inclusive activities were organised to let carers know that 'we care'. In Chester, Pine Lodge and Maple Ward held a 'Taster Day' for parents and carers which included 'self soothe' activities as well as a mindfulness session followed by cake and coffee made by the young people.

At Greenways in Macclesfield, families and carers were invited to afternoon tea with display of craft work and baking skills being showcased by people who access learning disability services at the unit. In Wirral a new Carers' Workshop begun this month, arranged through Wirral Eating Disorder Service. Local charity, Wired also hosted Carers' Awareness Training Sessions.



# MY STORY...

## LIVING WITH AN ACQUIRED BRAIN INJURY

In December 2011 while I was playing 5-a-side with friends I fell against the wall as someone tackled me. I banged my head against the wall, fractured my skull, knocked myself out and landed on my forehead. I don't remember anything until I woke up in hospital the next day. As a result of my accident I now have an Acquired Brain Injury (ABI).

It's almost four and half years since my accident and I have learnt a great deal in that time about my ABI and how to manage it. At times it has been a slow learning curve, but overall I have made progress. It took me a while to realise that there are consequences to sustained concentration; whether that's a meeting at

work, socialising with people I don't know particularly well or having guests at our house.

All of these activities require concentration for over an hour, which means I'll

need a rest afterwards because if I try to keep going and ignore my headaches or tiredness then the fall will be bigger.

What is a fall, a blip, an episode? An unreasonable verbal outburst, headaches, exhaustion, not being able to follow conversations, inflexibility of thought and a selfish lack of empathy. The blips are becoming less frequent over time and now I am aware of when I am being inflexible and unreasonable, I feel awful afterwards and am quick to apologise.

I've had five jobs at three different organisations and throughout that time I was able to access the support of CWP Acquired Brain Injury Team. This support was invaluable. I would be seen on a regular basis and be able to speak to the Occupational Therapist (OT) in between sessions if I needed to. She'd regularly meet with me AND my manager to look at how I could be supported to do my job to the best of my ability. This meant that my employers had someone who could explain my condition and its effects in a clear, effective manner and the OT would offer sensible solutions to my headaches, fatigue and increased anxiety. For example working from home, buying a recording device to record meetings, and at one job starting an hour earlier so that I could concentrate properly without distraction.

Last year I took a job that didn't work out and it affected my mental health while I was there. It was difficult at times to know whether my low mood was because of my mental ill health or because of my ABI. I spoke to the OT a lot about it, especially the blurred boundaries but acknowledging that there is a problem is always the first step to recovery. Sometimes I do feel as though I talk about my ABI too much to colleagues and friends but if I don't explain they wouldn't understand that noisy enclosed spaces irritate and hurt my brain, I can't block

out "background" sounds and sights and that sometimes I really, really need some quiet time.

I still can be friendly, outgoing and even witty when I'm relaxed. I'm not embarrassed about my ABI. I had no qualms about wearing big ear defenders while I was watching my son at his gymnastics class one week. The echoes from the children's excitement and the parents' chatter in the sports hall was too much so I put them. When a parent asked me about them I explained. Over time I've been able to go to concerts, football matches, family parties and was best man at my friend's wedding. I now know I will need to factor in downtime in the following days for me to recuperate. That's hard sometimes when there is a family party or event at the weekend when I have a busy week at work the next week, but planning helps. Throughout this time I owe a lot to my wife, Bec, for her understanding, patience and love.

Recently, as part of my work I was interviewed someone about how they took charge of their own health and social care. They said:

**"I've got a brain injury and sometimes I have bad days because I have a brain injury but others days I have a bad day just 'cos people do, everyone has a bad day. It took me a long time to realise that and you have to pick yourself up the next day and carry on."**

It's become easier to distinguish between the two types of bad days and that's meant that my outlook has improved and I've become more positive about my ongoing recovery.



Gavin Owen works for Healthwatch Stockport.

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

# MEET THE ACQUIRED BRAIN INJURY TEAM

We provide assessment, treatment and support to people who have an acquired brain injury across Wirral, Cheshire, South and Vale Royal. The team works with people who have had a traumatic brain injury such as a stroke, encephalitis, meningitis, or anoxic brain injury as an adult.

The service provides inpatient assessment and treatment at Clatterbridge Hospital, Wirral. Community services across the area

include neuropsychology and vocational occupational therapy. We can help with behaviour management, mood and anxiety issues, cognitive assessment and rehabilitation. We also offer support for families, access to community activities, fatigue management and return to work.

Referral is accepted from any source with the consent of the individual being referred – people can also self-refer.



**Bernie Walsh**  
Clinical specialist occupational therapist for vocational rehab

Our aim is to assist people to achieve their vocational goals within the limitations of their ability and community. It is a privilege to assist people to achieve goals despite the many obstacles they are faced with.



**Rebecca Buxton**  
Case manager, Wirral

I am a registered mental health nurse by profession but have moved into ABI in the last 4 years. I am often one of the first members of the team to meet with people and their carers during the initial stages of assessment, in their home. I feel privileged to be a part of a team that empowers and enables people to live independent lives in the community.



**Esther Sobogun**  
Assistant psychologist, Wirral

My role involves helping people understand their brain injury and provide effective strategies to achieve optimum level of recovery. What is great about my job is the fantastic team that I work with and seeing the progress people make.



**Anne Mansfield**  
Team secretary

I am often the first point of contact for the service and although I communicate with people regularly, I may not always get to meet them face to face!



**Janette Marsland,**  
Vocational rehab occupational therapist

My role is to support people back into their place of work. We help people to build up their work based skills, support meetings with their employer as well as advocate and advise reasonable adjustments required to help promote a positive and realistic return to work - which for some of our clients can be very daunting.



**Dr Lisa Hulmes**  
Consultant clinical neuropsychologist, Wirral

I see people during their stay at Clatterbridge Hospital and provide community follow-up. I help clients to understand how the brain injury has affected their cognitive functioning and provide ongoing support to them and their family. It's rewarding to see people flourish and do well after experiencing a difficult and unexpected and often life changing event.



**Dr Crawford Thomas**  
Consultant clinical neuropsychologist, Cheshire and Wirral

I provide the clinical direction for the service and have the privilege of seeing people during their stay in hospital, neuro-rehabilitation centres & those living in the community on the Wirral. Whilst the team are fantastic, we should be measured against the ways our clients inspire us, which on numerous occasions is simply jaw-dropping!



**Beth Fisher**  
Service manager

I have the privilege of working with a team of dedicated clinicians that want people to get the help they need so they are able to meet the challenges of living life with a brain injury. No two working days are alike - our clients and carers are truly inspiring people.

Contact the team on 01244 389252.

We work closely with our local charity Head Injured People in Cheshire - [www.hipincheshire.org.uk](http://www.hipincheshire.org.uk)

# ZERO HARM AND

Continuous improvement of care to reduce error and protect people from avoidable harm



## STOP

DON'T RUSH IN



## THINK

WEIGH UP THE RISK,  
BENEFITS AND OPTIONS



## LISTEN

HEAR THE VIEWS OF OTHERS

CWP is a high performing organisation doing well in all sorts of external benchmarking. We recognise that the only way to stay high performing is to improve quality on a continuous basis.

The CWP Zero Harm campaign was approved and set up in 2014 to encourage, facilitate, support and promote quality improvement, whether done by individuals, teams, services or as a Trust.

It relies upon the 6Cs and 'no decision about me without me' as underpinning principles and so is an open and co-produced approach to quality improvement. We know that person to person interactions are key and so invested in training in things like 'human factors' as well as collaborating with multiple partners and being part of the Advancing Quality Alliance (AQuA) network. This has improved the confidence and skills of people in delivering quality improvement.

# STOP THINK LISTEN

### What is 'human factors?'

We know that people are unique and by no means perfect, so we accept that people are 'human' and look to understand how we can improve our systems and processes to support people to minimise risk and chances of error.

Sharing  
ideas

Prevention

Safety

Best  
Practice

Innovation



# QUALITY CARE

The commitment to promoting a 'Zero Harm' culture has been highlighted as a key priority by CWP in the Operational Plan 2016/17 with the ultimate aim to deliver safe, quality care.

Our priorities for quality care:

- Patient safety
- Clinical effectiveness
- Patient experience

## Most improved Trust for flu vaccination uptake

CWP is one of the Top 5 most improved trusts with a total of 51.5% of people being vaccinated against flu last year, a 17% increase. Be sure to get your flu jab from October to protect yourself and others from becoming seriously ill.

## Going the Extra Mile Award

Do you know someone who is worthy of recognition for going the extra mile to provide an excellent level of service? If so, why not nominate them for a CWP Going the Extra Mile Award. You can nominate individuals or a team to shine a light on their fantastic work or by informing the Patient Advice and Liaison Service who will make sure the good feedback is delivered to them: call 0800 195 4462 or email [pals@cwps.nhs.uk](mailto:pals@cwps.nhs.uk)



*"I urge everyone, no matter your role to report the negative, share the positive and to iron out variation so that we can achieve consistent standards and make sure people experience the same level of care. Really listening to others as well as your own gut feelings and instincts is so important to keeping the interests of the person you are supporting at the centre of decisions."*

**Anushta Sivananthan, Medical Director for Quality and Assurance**



*"I am delighted and continually amazed when going out to talk to teams and services by their commitment and ingenuity in finding ways to learn and improve."*

**Ian Davidson Expert Clinical Champion for Zero Harm**

Improvement

**Best Practice Event**  
**22 September, New Brighton Floral Pavilion.**  
Join us for CWP's third Best Practice Event where colleagues are invited to showcase innovation and share experience and learning. As with previous years, all exhibitions will feature in the Big Book of Best Practice.

Risk management

Clinically driven

Learning

## Member



Register your interest in the Trust and get regular news and information.

## Volunteer



Work alongside staff to help deliver a service and support peers.

## Involvement representative



Use your experience to help develop services.

## Governor



Oversee how the Trust is run.

If you're interested in getting involved or would like to find out who your local participation worker is, visit:

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

01244 397393

or email [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk)

## CONTACT A GOVERNOR

Governors play a key role in representing the local community at the Trust through listening to the views of members.

Members of CWP are also welcome to come along and observe our Council of Governor Meetings. Upcoming dates for the year are:

- **Monday 25 July 2016,**  
**13:00 – 17:00**  
at Sycamore House, Ellesmere Port
- **Wednesday 14 September 2016,**  
**13:00 – 17:00**  
at Romero Centre, Macclesfield
- **Thursday 1 December 2016,**  
**10:00 – 14:00**  
at Ellesmere Port Civic Hall
- **Thursday 19 January 2017,**  
**13:00 – 17:00**  
at Ellesmere Port Civic Hall

If you wish to contact one of our Governors or have any general queries about being a Governor or attending the meetings, please email [governor@cwp.nhs.uk](mailto:governor@cwp.nhs.uk) or call the Corporate Affairs Team on **01244 397 381**.



# MAKE A DIFFERENCE AND GET INVOLVED

We are committed to involving patients, carers and the public in the work that we do. By working together we can improve local services and ensure that the best quality of care and treatment is provided.

## VOLUNTEERS' WEEK 2016

**V**olunteers' Week 2016 marked a special celebration for CWP as our first cohort of trainee volunteers completed our new Peer Support Training Programme. The new, in-house programme, which officially launched in April, takes eight weeks to complete and teaches volunteers about coaching, goal-setting and sharing experiences, as well as in-depth training on what it is like to volunteer on an inpatient ward.

Volunteers' Week also recognised the fantastic contributions of volunteers throughout the Trust over the past 12 months.

Our CWP workforce includes more than 150 volunteers who support a range of services across all localities. CWP volunteers offer a valuable resource on our wards, as well as in reception areas, community clinics and our Recovery Colleges.

To register as a volunteer please email your CV to [volunteering@cwp.nhs.uk](mailto:volunteering@cwp.nhs.uk)





# REFERENCE INVOLVED



## WELCOME TO OUR NEW PARTICIPATION WORKER



**Peter Dillon, Wirral**

Supporting people who access services in Wirral by listening to your experiences of CWP services to develop and improve the support we provide.

**Email:** peter.dillon@cwps.nhs.uk

**Phone:** 0787 989 6908



## FERGUSON (FERGIE) MCQUARRIE

**Service User and Carer  
Governor from Wirral**

### ***What inspired you to volunteer to become an NHS governor?***

Initially, I was a service user of Cheshire and Wirral Partnership and after receiving great care I was an active volunteer on behalf of the Trust for eight years.

During my time as a volunteer I heard a lot about the work of the governors but didn't know what they actually did.

I was inspired to become a governor three years ago when I was curious to find out what the title governor really meant.

### ***What have you found most rewarding about the role?***

Acting as governor is rewarding because you're always learning. I've learnt so much about our services, patient needs and the Trust as a whole. I now have an understanding of how a big NHS organisation works to meet the needs of local people.

### ***How do you feel you have made an impact as an NHS governor?***

I think my previous experience as a service user has been able to make a difference because people have listened to my views on how I think certain services should function.





### A marathon achievement!

Elaine Ross, Ward Clerk at Springview Hospital started running in October 2013 and ran her first half marathon in March 2014. She had caught the running bug and since then has completed several 10ks, a further four half marathons and Hellrunner in October. Her ultimate challenge was the London marathon a month before her 58th birthday which she ran on behalf of SENSE, the charity which supports deafblind adults and children. She has raised the total of £1,684.



### Alex Haydock named as Queen's Nurse

Alex Haydock, clinical nurse specialist with CWP West CAMHS 16-19 service has been named as a Queen's Nurse in recognition of the difference he makes to young people's lives. He joins his wife, Deborah, who works at the University of Chester to become only one of two known Queen's Nurse couples in the country.

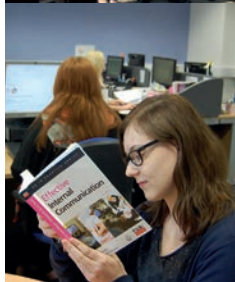


### CEO thanks Estates and Facilities

Sheena Cumiskey shared lunch with staff from Estates and Facilities to thank them for their support during last year's CQC inspection. They were nominated by their colleagues and won the quarterly team Going the Extra Mile Award for their unwavering support to clinical services prior to and during the inspection, as well as their dedication every day.

### Rachel Gu walks 70m for Trust charity

20-year-old teaching assistant Rachel Gu undertook a mammoth 70m walk to raise money for the Child and Adolescent Mental Health Services (CAMHS) that helped her overcome a series of mental health issues. Accompanied by her two dogs, Rachel walked from her home in Liverpool to Chester over the course of five days and raised over £700!



### National Apprenticeship Week

Young people developing their careers throughout the trust celebrated National Apprenticeship Week (14 – 19 March) by posting a self-made video sharing their experiences of the apprenticeship programme.



### Chester District Nurses run Race for Life

A group of district nurses from CWP's Chester Community Care team recently took part in the Delamere Forest Race for Life in honour of former colleague Isobel Lyall, who died of a brain tumour in January.

The group raised almost £2000 for charity, and will be splitting between the Brain Tumour Research Trust and the Brains Trust to help fund medical research and support for those affected by brain tumours.

**Nurses Day celebrations**  
To mark the centenary International Nurses' Day (12 May) Nurses in North and South Community Care Teams in Ellesmere Port came together for a 'bring & share' lunch, a fun nursing quiz and were treated to a cake shaped like a nurse, provided by one of the nurses, Rebecca Arner. Each nurse received a "Nurses Survival Kit" to celebrate their day.



### Dementia Awareness Week

Staff and patients on Cherry Ward at Bowmere Hospital started Dementia Awareness Week by trying something new and making pizzas as a sensory activity. Dementia is a progressive disease that can include memory loss and difficulties with thinking, problem-solving or communicating.



### Regional leaders for Infection Prevention and Control

Two members of CWP Infection Prevention and Control Integrated Service have been chosen by the National Infection Prevention Society (IPS) to speak. Helen Davies, Specialist Nurse, has been chosen as the Educational Officer role for the North West Branch. Amanda Miskell, Consultant Nurse, is a member of the Educational and Professional Development Committee, and has been asked to speak at their national conference again this year.



### CWP staff Go the Extra Mile

Nursing Director Avril Devaney met with Joanne Atkinson (Occupational Therapist), Maria Yuen (Lead Occupational Therapist) and Cathryn Woodall (Advanced Physiotherapy Practitioner) to thank them for their excellent work and present them with their award. Pictured, Maria and Avril.

### #Helping Hands

For National Child Exploitation Awareness Day (18 March), staff across the Trust took to social media to raise awareness of CSE as part of the national Know and See campaign. Staff were asked to think about the work they do and how they respond to CSE, write this on their hand, take a picture and post on social media using the hash tag 'Helping Hands'.



### Mary Seacole Graduate

Congratulations to Kate Sharp on receiving her Mary Seacole Leadership Award through the NHS Leadership Academy. She is pictured with Helen Cunningham, Yvonne Ball and Liz Stewart who spoke on the day about 'life beyond Mary Seacole' having graduated a year ago.



### Un-Wise Decision Wall

In support of Mental Capacity Act Action Day (15 March), CWP invited staff, patients and visitors to think about decisions they'd made for themselves or on behalf of others to raise awareness of the Mental Capacity Act 2005. Numerous display boards with information about the Mental Health Capacity Act, and a 'Wall of Unwise Decisions', were put up around the Trust for everyone to participate in.

### CWP Life - share your news!

In a recent survey of CWP Life, you told us that you would like to see more stories about staff and people who use CWP services. Our aim is to cram this magazine full of people who are linked to the Trust to share news and useful information. Most importantly, we want to share your stories of health, wellbeing and recovery to bust myths, raise awareness of conditions and the support available as well as provide hope for others experiencing similar issues. If you have an idea for an article or would like to share your story, please contact CWP Communications and Engagement Team on [info@cwp.nhs.uk](mailto:info@cwp.nhs.uk) or 01244 397393.



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.