

CHESHIRE WIRRAL PARTNERSHIP

LIFE

magazine

INTRODUCING OUR NEW PERSON-CENTRED FRAMEWORK

Page 11

my person-centred pledge...
is to see the Person
not the illness.

ANCORA HOUSE
SCOOPS TWO AWARDS 4
MEET THE
WELLBEING HUB 7
BECOME A CWP
GOVERNOR 10



@CWP NHS
WWW.CWP.NHS.UK

CWP RANKED TOP FOR STAFF SATISFACTION

The Trust has been ranked top in a staff satisfaction table following the results of a national survey. CWP was ranked at the top of a league table for all mental health, learning disability and community Trusts based on feedback from staff who took part in the 2016 NHS Staff Survey. More staff at CWP recommended the Trust as place to work and receive care, and said that patient care was the Trust's top priority.

CWP chair, Mike Maier said: "Our staff are the heartbeat of our organisation, and so their views on the care they are providing and our

role as an employer are particularly important to us.

"It's particularly pleasing to know that my colleagues are happy with CWP's standards of care and would recommend our Trust as a place to work."

More than 420,000 staff at 316 NHS organisations completed the 2016 NHS Staff Survey – the biggest response rate in the survey's 14-year history.



BREAKFAST WITH SHEENA

Staff from across CWP have been joining Sheena Cumiskey, chief executive, for breakfast as part of a new initiative. Many staff have shared their ideas for improvement and good practice. Thanks to everybody that has joined so far.

"It has been wonderful to discuss topics important to staff and share ideas about the future in such an open and welcoming environment. At a time when it feels like uncertainty around the future of the NHS is never out of the headlines, it is particularly important that our staff know that their contribution is valued and understood."

Sheena Cumiskey, chief executive



CWP VOLUNTEERS HOLD CEREMONY IN THANKS OF THERAPY DOGS

Two volunteers from CWP took time to paws for thought when they hosted an event in celebration of local therapy dogs.

Clare Grimshaw and Pete Fleming, who, together with a group of passionate pooch lovers, started the charity Therapy Dogs Nationwide. The charity visit CWP inpatient units, Bowmere and Springview Hospitals, with their dogs to bring friendship and companionship.

The ceremony took place at Liverpool Anglican Cathedral and was attended by 34 dogs and their owners from around the region – all of whom volunteer their time to visit people in hospitals and care homes.

Research shows that introducing a companion animal to a care environment can result in a rise in patient health and wellbeing, with the presence of a cat or dog often helping people to feel more comfortable, more communicative and motivated to engage with those around them.

DEMENTIA CAFÉ AT CHESTER ZOO

People accessing CWP dementia services have been enjoying a relaxing coffee morning at Chester Zoo, courtesy of the Alzheimer's Society. Hosted at the Bembe Coffee shop, the sessions offer a dementia-friendly environment where people living with dementia and their carers can come along for a coffee and a catch up.

Emma McGee, specialist occupational therapist, explains, "We are really grateful to the organisations who facilitate this group. It is really good to get some of our patients out of hospital and into a different environment. Our patients always have a really good time and it is great to see them enjoy themselves. I would like to pay special thanks to our portering staff who assist us with transport."

The drop-in coffee mornings take place at Chester Zoo on the second and fourth Monday of each month from 10.30am.



CWP'S KENNY HENDERSON WINS UROLOGY NURSE OF THE YEAR 2017

Kenny Henderson has been awarded the British Journal of Nursing Award for Urology Nurse of the Year 2017, at Shakespeare's Underglobe Theatre in London.

The awards recognise and celebrate individual nurses who go above and beyond in delivering patient care, putting patients at the heart of their role - nurses who inspire and drive the profession.

New initiatives were developed in collaboration with consultants, specialist nurses and patients and two of the many identified goals were to bring care closer to people's homes and prevent hospital admissions.

Kenny, CWP community urology lead nurse, said: "I was pleased to make it to the three shortlisted finalists in my category but to have won is amazing and I am as proud as punch. It also reflects successful partnership working and the team's passion for patient centred care."



International recognition for CWP's work on 'prone position restraint'

CWP's approach to reducing prone position restraint has been published in the International Journal of Health Governance. A multidisciplinary team completed an initial audit of CWP's approach to using prone position restraint. The results informed a number of quality improvement projects which have significantly reduced the overall number of incidents of physical restraint. This is a fabulous example of how everyone has worked together using the Trust's Zero Harm principles.

Your choice to opt out

From September 2017, CWP Life will become a digital first magazine. If you would like to continue to receive our award-winning magazine in paper form, please email cwpessential@cwp.nhs.uk There will also be an opt out button at the bottom of your email. To update your contact details, please log on to www.cwp.nhs.uk/membership

The Truth project

CWP is fully supporting a national independent Inquiry into Child Sexual Abuse led by Professor Alexis Jay, which was set up to look at the ways in which organisations in England and Wales have worked to protect children from sexual abuse and make recommendations to better protect children in the future. The Inquiry wants to hear from all victims and survivors who would like to share their experience.

The Truth Project has been established as a safe and secure way for people to do that and is one of the three core strands of the Inquiry that CWP has committed to support - victims and survivors may share their experiences with the Inquiry in writing or alternatively during a private session. Call 0800 917 1000 or visit www.iicsa.org.uk for more information.

Breastfeeding Friendly Scheme

The Breastfeeding Friendly Chester Scheme was launched in 2011 by a group of friends to promote Chester as a breastfeeding-friendly city. They did this by highlighting what facilities are available, beginning in cafes, restaurants and shops where breastfeeding mums would be welcomed. The scheme is endorsed by the National Childbirth Trust (NCT) who support volunteers and fund stickers for businesses to display to show their support of the initiative.

Laura Evans, CWP's infant feeding co-ordinator, provides support to the scheme which is part of a network of breastfeeding support available for mums in the area, including the Bosom Buddy Breastfeeding Support Chester and Ellesmere Port Facebook page and breastfeeding groups facilitated by the midwifery and health visiting service.

Developing Electroconvulsive Therapy (ECT) services in Cheshire and Wirral

CWP delivers ECT services to a very small number of patients across Cheshire and Wirral. The number of people receiving ECT services has reduced dramatically since the 1980s and it is now only used to treat severe mental health conditions, such as severe depression, mania and catatonia. A series of focus groups are being held in the coming months to talk about your experiences to help shape what services will look like in the future. To register your interest get in touch via pals@cwp.nhs.uk or call 0800 195 4462.

NICK DOESN'T LET AUTISM HOLD HIM BACK



Nick Robinson works in the Administration Team at Stanney Clinic, which provides a range of mental health services in Ellesmere Port. As well as maintaining the electronic patient record, Nick has many more strings to his bow.

He has Autism and ADHD but this hasn't stopped him from accumulating some particularly impressive achievements. Since 2013 he has become a Microsoft Office Specialist, also gaining his ECDL (European Computer Driving Licence) and successfully completed the NHS Leadership Academy Edward Jenner programme.

CWP team leader, Janice Stevenson said: "I have been Nick's line manager since 2012. I had no previous experience of working with anyone with autism and managing Nick has been an enriching experience but he has had to face some challenges. Nick is simply an inspiration to us all. He tackles obstacles with a cheerful disposition and is a great member of the team."

Nick says: "Janice has been really supportive of my learning and development; she always helps me and is amazing!"

Nick is celebrating his 40th birthday soon but won't be taking it easy, as a keen swimmer he will be undertaking his Royal Lifesaving Society UK pool lifeguard course!

CWP marked national Autism Awareness Week with a Twitter campaign and staff events across the trust highlighting the 'light it blue' campaign which helps with myth busting and challenging the stigma of autism.

VOLUNTEERING LEADS TO PERMANENT WORK FOR PETER...

Congratulations are in order for one of our Trust's great volunteers who has now secured more permanent work with CWP.

Peter Berry from Ellesmere Port has volunteered in a variety of roles for the Trust for the last 18 months including Human Resources and Occupational Health, working predominantly in an administrative role.

Peter's health has previously affected his capacity to work. However, shortly before joining us, he was declared fit to work and joined a work programme through Job Centre Plus.

"I just felt that I would have an interest in this sort of work, I really enjoyed the feeling of achieving something and it gave me something to look forward to every week." said Peter.

Lorraine Van Sluis, CWP voluntary services lead, said: "Peter has been a wonderful volunteer. He has been reliable, trustworthy and diligent. We have thoroughly enjoyed supporting him to achieve his goals."

Peter is one of 150 volunteers at CWP. If you are interested in becoming a volunteer, you can find out more by visiting www.cwp.nhs.uk or emailing volunteering@cwp.nhs.uk



ANCORA HOUSE DOUBLE AWARD WIN!

We celebrated a double award win at this year's Design in Mental Health Awards for our excellent work in developing Ancora House – our new purpose-built CAMHS unit in Chester.

CWP was named winner in the 'Project of the Year' and 'Service User Engagement' categories at the national awards in Birmingham.

Ancora House provides 26 beds across two wards, plus a four bed specialist area. The project was praised for including young people in all stages of development, from initial design through to opening.

Dan Allmark, head of capital and property management, said: "We're delighted to have won two awards at such a prestigious event, but we're really accepting these awards on behalf of all of the young people who helped to create such a fantastic facility.

"These awards recognise the input of everyone, including service users, CWP staff and our valued partners."



ASHLEIGH CLIMBS TO NEW HEIGHTS

Ashleigh, who is currently receiving care at CWP's Bowmere Hospital, decided to celebrate her 21st birthday in style by hiking up Mount Snowdon to raise money for PAPYRUS, the national charity for the prevention of young suicide.

Ashleigh, says: "I have been an inpatient in psychiatric hospitals since I turned 17, and struggled with various mental illnesses since I was 15. I am still fighting, and remain in hospital as it takes time to recover and recovery is a journey, everyone's journey is different."

One of Ashleigh's personal goals was to climb Mount Snowdon and because of the progress she has made at CWP, that goal became a reality.

Despite living with suicidal thoughts, she wanted to try and prove that, strength is about overcoming obstacles and to give a little bit back in return for the help she has received from people over the years.

Four members of staff accompanied Ashleigh on the three hour walk to reach the summit. Staff nurse, Emma Roberts, said: "As Ashleigh's key nurse I really wanted to support her and see her achieve her goal."

Ashleigh is now training to become a Young Advisor, helping to shape services for future generations. She added: "I'm raising money in the hope that even the smallest of donations can make a difference and that others suffering can receive the help they need to get through the darkest of times."



Annual Members' Meeting and Best Practice event – save the date!

Our Annual Members' Meeting and Best Practice showcase event will take place on 5 October at Macclesfield Town Hall. The day will also see the launch of our Big Book of Best Practice 2017.

Members are invited to join us at both events. Information regarding times and location will be circulated soon. We hope you can make it!

Voice recognition pilot

The Wirral Central Access Team (CAT) has recently explored speech recognition technology as a solution to make administrative tasks for clinical purposes more efficient.

The service has successfully piloted software called 'Quick Speech Recognition' which has enabled time efficiencies of one hour per clinician per day.

A business case has now been approved for the pilot and the team will be looking to launch the software as a long-term solution to help improve efficiency over the coming months.

CWP is starting well!

CWP has officially been named as the provider to deliver the Starting Well 0-19 Service from January 2018. Commissioned by Cheshire West and Chester Council (CWAC) the service aims to improve the outcomes of children and young people in West Cheshire to maximise their life chances. The service will specifically support early identification and prevention, risk reduction and health improvement. Val Sturgess, clinical service manager for Starting Well, says: "This is a great achievement and I would like to especially thank staff for all their hard work. Providing person-centred care to people who access our services is key to ensuring continued success."

GOOD news at Westminster Surgery

We are delighted to announce that Westminster GP Practice has been rated as Good by the Care Quality Commission (CQC) following a recent inspection.

Among the positives noted in the inspection were; an acknowledgment of the systems in place to avoid risks to patient safety and praise for the way services were planned to take into account the needs of different patient groups.

Perhaps most pleasing was that our patients said that they were treated with compassion, dignity and respect.

In addition to this, the CQC also made some suggestions on a couple of areas in which we can improve and we look forward to acting on these to improve our services.

Lessons from the vanguards – major report published

A major report, 'Mental health and new models of care – lessons from the vanguards', published jointly in May by the King's Fund and the Royal College of Psychiatrists includes a case study showcasing some of the work carried out by CWP as the main provider of mental health services in the West Cheshire Way vanguard. The work is focussed on how mental health needs and physical health needs are supported together to ensure we can deliver a more holistic and person-centred approach to care.

The report highlights how a variety of CWP's mental health services are working with physical health care teams and Age UK to deliver integrated care. Dr Anushta Sivananthan, CWP medical director, gave a presentation highlighting some of the emerging themes and lessons learnt so far from this approach at a one-day conference held at the King's Fund earlier this month. You can download the report from the King's Fund's website at www.kingsfund.org.uk

MY STORY...

After years of accessing a number of mental health services, Claire has learnt how to manage her Obsessive Compulsive Disorder (OCD), anxiety and depression thanks to the help of staff at The Wellbeing Hub.

"I really struggled with my mental health from an early age and remember my school nurse arranging my first appointment with a psychiatrist. I was just six years old and had become painfully thin and suffered from terrible nightmares.

Throughout childhood and into early adulthood I managed by using my own self-taught coping mechanisms, often at great distress to myself.

By the age of 30 I was happily married for a second time and enjoyed a fabulous wedding day in the summer of 1990.

But the winter that followed was hell. I suffered from a nervous breakdown and was admitted to hospital in Manchester, where I remained an inpatient for five months.

After two years of follow-up visits
I decided I wanted care closer to my new home in South Cheshire.

I spent a number of years accessing different local services but didn't feel I was getting the right care for me.

That all changed in January 2016 when I met Sophie, a remarkable lady working for The Wellbeing Hub at CWP.

We worked so hard together to improve my wellbeing and quality of life. Sophie was always willing to help me face my demons and has helped me understand my reactions,

thoughts and feelings. I quickly gained complete confidence in her.

The counselling sessions have been really helpful and together we have discovered how I use my OCD as a coping mechanism to suppress my extreme anxiety.

Sophie has given me huge insight into my thoughts, feelings and reactions. I don't feel so isolated and afraid and now, whenever I experience dark times, I hear Sophie's words of advice challenging my thoughts.

I feel like there is a glimmer of light at the end of a very long, dark tunnel.

I'm coming to the end of my time with Sophie and whilst I still feel anxious at times, I know I've come a long way and now have a better understanding of who I am, which obviously makes me feel incredibly proud.

I honestly think I would've slipped through the net had I not persevered in my search, through my GP, and found Sophie and The Wellbeing Hub.

The service has been a lifeline for me and I can't thank the team enough for their support."

Please note the names and images used in this story have been changed.

MEET THE TEAM...

THE WELLBEING HUB

The Wellbeing Hub is our new service combining Improving Access to Psychological Therapies (IAPT) and Gateway services in South Cheshire and Vale Royal.

The Hub is available for anyone over the age of 16 in South Cheshire and Vale Royal who would like support with managing their emotional health and wellbeing.

The team includes experienced mental health nurses, psychological therapists and psychiatrists, who provide treatment and support following assessment. They can refer people to other services if necessary.

Contact the Hub for free, easy access mental health support and talking therapies from our friendly team.

TALK TO THE TEAM:

**South Cheshire
Delamere Resource Centre
45 Delamere Street
Crewe
CW1 2ER
01606 555 263**

**Vale Royal
Vale House Resource Centre
High Street
Winsford
CW7 2AS
01606 555 211**

The Wellbeing Hub operates 8am – 8pm Monday to Friday.

For help in a crisis please contact your local GP or access the mental health Out of Hours service at your local Emergency Department.

For more information search "Wellbeing Hub" at cwp.nhs.uk



**Sarah Peers
Deputy Clinical Service Manager**

I'm the service manager for access services, including the Wellbeing Hub. We aim to offer quality, effective, timely services for people experiencing a range of mental health issues.

My role is to work with commissioners and NHS England to develop services that best meet the needs of local people.

**Lorraine Haynes
Specialist Therapist**

I work with people who have previously accessed our lower-level support but feel they still require more intense therapy.

Many of the people I work with have experienced trauma or have a complex history. It's really rewarding when people benefit from our one-to-one therapy sessions. There's no better feeling than when you've helped someone to turn their life around.

**Kate Granger
Cognitive Behavioural Therapist**

I provide therapy to people experiencing common mental health problems, such as post-traumatic stress disorder, depression and anxiety.

Using Cognitive Behavioural Therapy (CBT), we focus on thoughts, feelings and behaviour to help people overcome their difficulties.



**Beverley Breeze
Wellbeing Hub Team Manager**

I coordinate the nurses and therapists within the team so that we are able to provide an effective primary care mental health service. I manage rotas, lead team meetings and ensure the team access correct training and development opportunities.

**Jacqui Nevin
Consultant Clinical Psychologist**

I'm responsible for the quality of The Wellbeing Hub's clinical services. I provide staff supervision, plan new initiatives and monitor research and best practice. I also have an important clinical role which allows me to spend time with patients.

**Becky Lunt
Psychological Wellbeing Practitioner**

I deliver a low-intensity version of CBT to help people with mild to moderate anxiety or depression. I spend a lot of my time leading group therapy or goal setting sessions with people who access our services.



**Nichola Martin
Mental Health Nurse**

I'm new to the team and I'm really excited to start working with such a dynamic, experienced team.

**Sam Armstrong
Mental Health Nurse**

As a Single Point of Access service, we receive referrals from GPs and the public. Our job is to assess each case and either provide assessments or signpost to the most appropriate mental health service.

**Dawn Parker
Administrator**

I offer admin support to clinicians and handle telephone enquiries from the public and other services.

INTERNATIONAL NURSES' DAY

CELEBRATING NURSING

On 12 May, CWP joined hundreds of organisations around the world in celebrating International Nurses' Day!

CWP Life takes a look at International Nurses' Day and our different nursing roles across the Trust...

A day in the life of a Community Nurse

Hello my name is Anna Bennett. I've been a nurse at CWP for more than ten years and I'm pleased to say that no two days have ever been the same.

As clinical lead for the Ellesmere Port South Community Nursing Team, I lead a team of dedicated nurses who care for more than 100 local people every day.

Our main role is to look after people who are housebound by visiting them in their home and providing them with the care they require to remain fit and healthy.

Each of our community nurses will visit around a dozen patients each day. It is my job to coordinate the team so that we are able to provide effective care to as many local people as possible.

Although I'm in a managerial role, I'm still able to complete a number of community visits myself, which is great as this is the best part of my job! I'm a real people person, so to me there's nothing better than meeting new people and being able to help them.

Whilst out in the community we offer wound care, diabetic treatment, catheter care, chemotherapy support and palliative care. This means that we support a range of patients. Some may require a one-off visit, whilst others require months of support.

As well as home visits, we also offer regular clinics at Stanney Lane Clinic in Ellesmere Port.

Balancing all of this work can be challenging but overcoming these challenges can be really satisfying, especially when we do it as a team.



Nursing Associates Blog

In January, CWP welcomed eight trainee nursing associates as part of a new initiative by Health Education England designed to help get more people into nursing.

CWP trainee nursing associate, Kerry Roberts, tells us about her first few months on the job...

I had already worked for CWP for two years in the Primary Care Mental Health Administration and Clerical Team when I decided to apply for a role as a trainee nursing associate.

My journey to become a nursing associate began at the end of January 2017 with a week-long induction at the University of Chester's Riverside Campus, before starting my first placement with Broxton Community Care Team District Nurses.

The nursing team at Broxton are very supportive of the new nursing associate role and have made me feel very welcome, which has made the switch from admin to nursing a lot easier.

I've been on placement for six weeks now and I have learnt so much from everyone within the multidisciplinary team. I now know how to dress wounds and ulcers correctly and have a good understanding of international normalized ratio (INR), which is used to measure blood clot rates.

On Wednesdays I join the other trainee nursing associates for teaching sessions at the University of Chester. These weekly sessions are really educational and give us a great opportunity to get together and discuss our placements.

The support from staff at both CWP and the University of Chester has been amazing!

I am really enjoying my time as a trainee nursing associate and I can't wait to use the skills I have learnt so far in my next placement.

Read more trainee nursing associates Blogs at www.cwp.nhs.uk

International Nurses' Day

International Nurses' Day was recognised by our teams across Cheshire and Wirral, with celebrations, activities and messages of thanks for nursing colleagues.

Our Community Nursing Teams led the way in Ellesmere Port, where more than 50 local nurses enjoyed a celebratory lunch, cake and a quiz alongside their wider healthcare team.

Ellesmere Port matron, Sarah Ellison, said: "International Nurses' Day is a brilliant opportunity to celebrate the continued hard work of all of our healthcare staff.

"The team consistently goes above and beyond their duty to make a positive impact on the lives of our patients and their families.

"We want our staff to feel valued because they make an immense difference every day."



Trainee nursing associates impress Health Education England

Senior officials from Health Education England were impressed by Cheshire and Wirral's Nursing Associates programme after visiting local NHS Trusts last month.

Trainee nursing associates, lived experience connectors and senior staff from CWP and the University of Chester explained how the programme had been developed and tailored so that local nursing associates are able to deliver person-centred care.

Health Education England, chairman, Sir Keith Pearson, said: "Today's visit has enabled us to meet some local trainee nursing associates and hear how partnership working has supported a successful pilot programme.

"It's been pleasing to see that the person-centred aspect in the initial programme bid has transferred to the people we've been talking to today."

Avril Devaney, director of nursing, therapies and patient partnership, who is leading CWP's Delivery Group, said: "It's been great to show Health Education England how person-centred we are as a Trust.

"Today's visit has been a fantastic opportunity to showcase our good partnership working across Cheshire and Wirral."



CWP is the lead organisation for the new programme. Wirral Community NHS Foundation Trust, North West Boroughs Healthcare NHS Foundation Trust, Warrington and Halton Hospitals NHS Foundation Trust, Wirral University Teaching Hospital NHS Foundation Trust and East Cheshire NHS Trust are also supporting trainee nursing associates as part of the pilot.



Become a governor



WE NEED YOU! BECOME A CWP GOVERNOR

If you are 16 years old or over and have been a member of the Trust for at least 12 months, then you may be interested in becoming a Governor for CWP.

The Council of Governors links the Trust to its patients, service users, staff and stakeholders.

No specific qualifications are required to be a Governor, however, commitment to the role and a desire to make a difference is key.

WHAT DO GOVERNORS DO?

Governors play an important role in making the Trust publicly accountable for the services it provides and are responsible for representing the interests of members to the Trust's Board of Directors as well as holding our non-executive directors to account.

Governors get involved in a wide range of things, including:

- Keeping people informed about the challenges faced by CWP and getting their support to help manage these challenges by being a champion and an ambassador for the Trust
- Speaking out on behalf of CWP members and sharing those views with COG and representing their particular constituency by finding out what people think of their services and how they could be improved

The role is voluntary and Governors are elected for a three year term of office.

HOW DO I BECOME A GOVERNOR?

We are due to hold our annual election very soon. 13 seats will be available during this election process, as follows;

- 6 Public Seats (1 x Wirral, 2 x Cheshire West and Chester, 2 x Cheshire East, 1 x Out of Area)
- 4 Service User / Carer Seats
- 3 Staff Seats (1 x for Clinical Psychology, 1 x Non-Clinical, 1 x Medical)

As a member of the Trust, you should have received information to inform you of the election process and advise you on how to nominate yourself should you be interested in becoming a Governor.

The notice of election was issued following the General Election on 8 June 2017.

For more information contact the Corporate Affairs Team on: 01244 397381.



Chris Lynch, Service User & Carer Governor

If you have used services, get involved and help shape the trust for those that will use it in future. There are so many ways to get involved, each brings its own unique rewards.

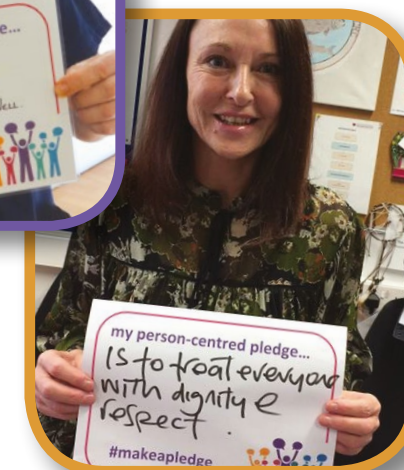
Person-Centred Framework

We recently introduced our Person-Centred Framework – a new set of principles that ensure person centred thinking runs through everything we do.

To introduce the framework, members of our Board visited services to share ideas around person-centredness.

Person-centredness means connecting with people as unique individuals with their own strengths, abilities, needs and goals. Our framework is made up of tools and approaches to help apply person-centred principles in everything we do. Co-produced by people who access services, their carers, families and staff colleagues, the eight overarching principles celebrate and support us all as unique individuals.

You can read all about our Person-Centred Framework on our website at www.cwp.nhs.uk.





Dr Fiona Pender gets a distinction!

Congratulations to Dr Fiona Pender, clinical director at CWP Wirral CAMHS for completing and gaining a distinction in her Ashridge Masters Degree in Leadership (GenerationQ).



Collection for Cheshire Foodbanks

CWP Board support team decided to donate to the Cheshire foodbanks earlier this year and asked staff to join them. Sam Johnson, receptionist at Redesmere is pictured sorting out the collection boxes with chief executive, Sheena Cumiskey. In an acknowledgement letter from the charity, they thanked us for our donation totalling 124.58 kg of food. Well done everyone!

Ancora House young people go green

Young people in Ancora House often visit the Countess of Chester Country Park, to take part in treatment, therapy and exercise sessions and decided they would like to give something back. Working with the Land Trust and the conservation volunteers, they arranged a tree planting day. They dug deep alongside staff to plant several trees, including silver birches and oak trees.



Congratulations

Congratulations to Gemma Donovan, clinical lead at Bowmere Hospital, on completing her MSC Advance Practice in Mental Health Dementia Care at the University of Manchester in September 2016.



Marathon man

Ian Davidson, consultant psychiatrist and CWP's autism champion completed the London Marathon raising money for the Mental Health Foundation – well done Ian!



Graham takes the batteries out of his alarm clock

Deputy clinical service manager, Graham Jones is retiring after joining CWP in 2005. He has spent 35 years working for the NHS. Trish McCormack, general manager, said "Graham carried out his job with enthusiasm and humour and he will be greatly missed." He is now looking forward to throwing his work shirts away, along with his alarm clock batteries and getting his jeans and T-shirt on!

Twiddlemuffs

Thanks very much to the ladies at Needlework2 from the University of the 3rd Age for knitting some lovely twiddlemuffs presented to Cherry Ward, Bowmere Hospital. Pictured are Colin Jones and Sarah Townson.



Congleton Home Treatment Team

The team received their well-earned Going the Extra Mile award on Thursday 25 May, for their superb work looking after their out-of-hours support line. They often talk to people who are in crisis and offer invaluable support. Their compassion is outstanding and can have a huge impact on vulnerable people during difficult moments in their lives.



Exceptional Croft Ward

Croft Ward in Macclesfield was named winner of the Trust's Going the Extra Mile Award for April. The nomination described the team's efforts as "exceptional in recent months, ensuring the wellbeing of all patients and their families". CWP chief executive, Sheena Cumiskey, presented the award and said: "You should all be very proud of the teamwork you have displayed in order to ensure our older inpatients receive safe and effective care."



Going above and beyond

Janice Stevenson, team leader at Stanney Lane Clinic was awarded a Going the Extra Mile award for her role in the document scanning solution for the CWP West child health records project. Despite the challenges of the project, Janice always remained positive and played a crucial role in the successful delivery of the initiative, continually going above and beyond her duties.

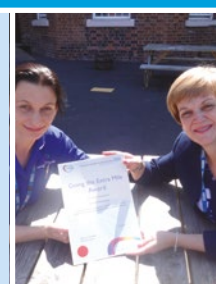
LD staff present at national conference

The Royal College of Psychiatrists Spring Conference gave CWP staff Angela Southern and Amanda Perrin, from our Greenways Unit in Macclesfield, an opportunity to share good practice around the care we provide to people with learning disabilities. Consultant psychiatrist, Mahesh Odiyoor also hosted a presentation on transforming care for people with learning disabilities.



Justyna Olejniczak from Beech Ward

Justyna Olejniczak, mental health nurse received her Going the Extra Mile award in May. She was honoured for her outstanding work, working as a translator for a service user on Willow Ward. Taking multiple phone calls and regularly making herself available to ward staff, she did all of this on top of her regular duties at Beech Ward.



Care and compassion

Karon Crocombe, support worker for the Criminal Justice Team, received her Going the Extra Mile Award for her great work 'cross covering' her team. She has also been supporting new members of the team on a daily basis. Karon has been working across two sites, in Chester and Middlesbrough, whilst doing this, has consistently been recognised for her care and compassion.



CWP Life – share your news

In a 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 pack 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 via CWPessential@cwps.nhs.uk or 01244 397400.



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.