



Registered Charity
No.273281

The Friends of Fulbourn Hospital Newsletter 2014 No.1



A Date for your Diary now

Annual General Meeting
11 November 2014
6.00 for 6.30 at
St James, Wulfstan Way

Speaker Aidan Thomas
Chief Executive
Cambridgeshire and
Peterborough Foundation
Trust

A Message from the Chairman

As this newsletter makes clear the Friends continue to find ways in which they can helpfully support those with mental health problems and those who care for them. In recent times our role has been to provide a mixture of established and new projects which although small in scale make a real difference to those who benefit from them. Our members' subscriptions and other donations, such as the collection at last Christmas's Carol Singing by some members of Collegium Laureatum, enable us to initiate and fund new projects like our Bereavement Support project. We always welcome new members who wish to take part in existing activities or to suggest new ones. We continue to explore ways in which to raise awareness within CPFT and the community of the role that we do and could play. Recently John Nicholson from the Chaplaincy, Lauren MacIntyre, Corporate Governance Manager, and Andrea Grosbois, Communications Manager, have been very helpful in that regard. We are therefore very pleased that Aidan Thomas the CEO of CPFT has agreed to speak at our AGM on 11 November at 6:00pm to 6:30pm about his vision for the future role of the Friends.

Meaningful Activities

A few members of the Committee have been meeting regularly with the Chaplain, John Nicholson, to discuss ways in which we can support activities which John is sponsoring, either financially or by providing volunteer support.

The main project is to restore **the garden** behind the Chapel. This provides a peaceful, enclosed space, but while it was originally well laid out and planted, it has been neglected in recent years and is in need of a make-over. Three of the committee spent a morning doing some basic clearing up and wholesale removal of weeds, which at least makes it useable. We have, however, engaged the support of Janet Jephcott

of Anglesey Abbey to provide expert advice and help, and she is enlisting the Cambridge National Trust Volunteers to come and do some of the heavy work.

We shall want to buy new plants and garden furniture, and we need funding for this, so if you are prepared to make a gift towards these costs, we would be most grateful. John has started a regular monthly **film show**, "Film Friday", in the Chapel. The evergreen comedians, Laurel and Hardy prove popular. The Friends are supplying refreshments in the form of soft drinks and popcorn to help create a festive cinema atmosphere. There has been a successful **afternoon tea**, and also a **musical event** in the garden and



The Garden

we are planning other small events of a similar nature.



Forum Lunch Clubs

It is now over twenty years since the first planning meetings were held to discuss the idea of setting up a Lunch Club for older Academics/ Professionals with mental health issues . The reason for this was because the day care then available was inappropriate for their needs and sadly, in many areas this is an ongoing issue to-day. Forum, which meets at St. James' Wulfston Way, has been quietly successful because it continues to be well planned by an excellent and cohesive team of like minded helpers who offer socialisation for a short period each month in an environment which is relaxed and informal, with the provision of a hot two course meal, followed by talks/lecture style/music/poetry. . We have a wide range of speakers /musicians who offer their time freely and we are very grateful to them for helping us to maintain a high standard of entertainment. We are also grateful to those who cook for us and who plan the meals the week before we meet. At each meeting we do really try to

remove as many 'labels' as possible so that each person who comes to the Lunch is welcomed as an individual who is interesting ,and so is interested , and their disability can be put aside for the time that they spend with us. A second Forum Lunch Club has now started at Little St. Mary's in Trumpington St. and is based on the same principles as the original Forum, except that it is run by their congregation as a form of outreach to the local community. As they become more established they are pleased that their numbers are growing and that they too are becoming a valued resource in this University City. The Forum style of Lunch Club is a model which could easily be replicated elsewhere .It is a simple but effective means of enabling those who rarely socialise because of mental/physical disability to be able to enjoy the opportunity to meet with others on a regular basis in an environment with meets their very specific needs.

Tish Berkley
Forum Co-ordinator
At St James, Wulfstan Way

Telephone Cambridge 425074
E-mail berkley1@waitrose.com



Mind Your Body: Walk for wellbeing run for recovery

Join in the fundraising event on Saturday 11 October 2014 – the day after World Mental Health Day – to raise awareness of mental health and much-needed funds for our CPFT charity.

It costs just £5 to enter and you can

challenge yourself to walk, skip, hop or run 3km, 5km, or 10km around Grafham

Water, near Huntingdon, and raise money at the same time. Children under the age of five can enter free of charge. More details are on the



Aidan Thomas
Chief Executive
Cambridgeshire and
Peterborough
Foundation Trust

The Bereavement Project

For some years there has been considerable concern about people with an enduring mental health condition, who reach a point when they have to face up to the ageing, and inevitable loss of the close family carers who have been offering loving support, usually for many years.

Equally ageing carers themselves worry about bereavement support which might be available for their relative, before, during and following their death... Not everybody has younger family members, who not only live near enough but are prepared to support somebody with a mental illness through the trauma of close family bereavement.

The Friends has therefore initiated a new 'bereavement project' to be run by the Friends' Management Committee. Gina Jolley has been developing the Project in collaboration with John Nicholson, the senior chaplain for Cambridgeshire & Peterborough Foundation Trust. Gina here describes how this project is progressing.

A coordinated team of professional volunteers and a steering group meet regularly and discuss issues of the unmet need within bereavement in the community for mental health users once their primary carers are no longer around. With the

encouragement of a network of key professionals from organisations and charities across Cambridgeshire and Peterborough specific training compassionately led and managed by John Nicholson is being provided. The cohort of professional volunteers now developed has maintained a close bond and continues to meet, share knowledge and maintain their continuous professional development to help those in need at a difficult time in their lives. The dedication, commitment and enthusiasm from all those involved are inspiring.

The Friends management committee is working on the funding for the cohort's voluntary working structure and coordinates the steering group. Every step is taken to ensure good practice thus providing a concrete and secure foundation for the future quality of care for all those who seek and use the services in the future. We want to create a bereavement service that helps people in our mental health community when they experience grief, particularly the loss of their significant carer and also support the primary carers who experience significant loss if their loved ones with mental health illness pass away. You can learn more about the project at a meeting which will be held on 22th September 2014 at 7 p.m. in Little St Mary's Parish Centre, Trumpington St, Cambridge CB2 1QG?

**Are you a member of “the Friends”?
See the membership form provided.
Members help by volunteering in
running the activities described in this
Newsletter, and by providing funds to
help in the ways it describes. Do join
“the Friends”.**

Cambridgeshire & Peterborough Foundation for the Arts & Mental Health

A local charity making a real difference to peoples lives and playing a major role nationally



‘Arts & Minds’ is a leading arts and mental health charity for the UK, based in Cambridge. It developed out of the Millennium Arts Project (MAP), which was established and run for many years by the Friends of Fulbourn Hospital, as long-term supporters of the Friends will remember. We aspire to a world where people have the confidence and self-esteem to lead fulfilling lives.

Weathering the recent and ongoing financial hardships within both the health, arts and voluntary sectors has been a ‘triple whammy’, but we have managed to steer a successful course thus far. We continue to deliver projects across the county, with an increasing focus on community-based mental health and arts projects. Our work, and associated research, is having an impact nationally and was recently tabled in ministerial meetings at national government level.

How to get in touch with “the Friends”

**Contact Tim Wheatley,
Membership Secretary
30 The Levels, 150 Hills Road
CAMBRIDGE, CB2 8PB**

Telephone 01223 246079

E-mail

tim.wheatley@btinternet.com

Our website is currently being renewed

There is real optimism amongst UK colleagues that we are closer to being taken seriously than ever before. Arts & Minds are proud to be at the forefront of that change.

Ongoing work includes :

Michaelhouse Chorale – Weekly choir sessions at Michaelhouse, Trinity Street, Cambridge. A diverse group including people with a range of mental health problems, carers and friends.

Inside Out – Working with children and families at the Mental Health Trust’s The Croft, in partnership with Anglesey Abbey, this environmental art project has had a profound impact on those involved. We are soon starting work on improvements to their low stimulation space.

Arts on Prescription – Nationally significant research has enabled us to build this core service, providing visual arts activities for people with mild to moderate mental health problems. Delivered in four centres across the county it has proved effective in reducing depression and anxiety for over 70% of the participants.

Gavin Clayton – Executive Director

Email : mindsarts@gmail.com

**Bereavement Project:
Public Meeting now
7.00 p.m.
22 September 2014
at Little St Mary’s
Parish Centre in
Trumpington Street
opposite
Pembroke College
Note change of date**