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The Friends of Fulbourn Hospital Newsletter

Autumn 2015

In addition, a recent significant benefaction means that the Friends will be able to continue in an enhanced way to fund small projects which support those with mental health problems and those who care for them.

Raising Awareness—The Annual General Meeting with Dr Geraldine Strathdee

Raising awareness within the local community of mental health issues has always been an important part of the role of the Friends. I am therefore very pleased that Dr Geraldine Strathdee OBE, MRCPsych National Clinical Director, Mental Health, NHS England will give a talk on ‘Mental health time has come in England: what does that mean for users, carers and partnerships in care’ at our AGM on 22 October at 6:00 pm to 6:30 pm, which will be held at St James Church, Wulfstan Way, Cambridge.

Geraldine Strathdee is, in addition to her role with NHS England, a consultant psychiatrist in Oxleas NHS FT and Visiting Professor, Integrated mental health education programme at UCL. For more than 20 years she has held senior roles in mental health policy, regulation and clinical management, at national and London regional levels, and advised internationally on mental health service design and quality improvement, while working as a practising clinician. Her particular commitment is to the translation of policy and best practice evidence into front line routine clinical practice, empowering service users to reach their potential, and staff to maximise their time to care. She is passionate about the development of leadership competencies and using information to enable informed decision-making.

Forum Lunch Clubs

The Forum Lunch Club at St James Wulfstan Way continues to do its excellent work now joined by the newer Forum held in the Parish Centre at Little St Mary's Church in Trumpington Street.

A Message from The Chairman

The Future of Pottery at Deighton Ward

The change of focus by CPFT in the provision of support for people with early onset dementia to home based care has meant that their day care at Deighton Ward has ceased. One consequence of the closure of Deighton Ward has been the loss of their weekly pottery classes, from which, for well over 15 years, they have benefitted. The cost of this provision was initially funded by the Friends of Fulbourn and more recently from Deighton Ward's own funds. However I am pleased to report that an offer of funding for rest of this year from the Friends will enable the local charity Arts & Minds to step in at very short notice to take over the management of the group and fundraise for its longer term sustainability.

More Donations Received

Although this is a significant cost for the Friends to fund, recent generous donations have made it possible without limiting what we can do to support other needs. Two of those recent donations were a direct consequence of the donor having been the carer of someone who benefitted from the Friends work over a decade ago with people with early onset dementia.

New Pottery workshop for Young People with Dementia Christina Rowland-Jones sets out the proposals



In 2000 the Friends set up their Millennium Arts Project (MAP), which placed experienced artists-in-residence on hospital wards, in day-centres and the community, to provide patients with meaningful, pleasurable activities and intellectual stimulation, sadly lacking as a result of financial cuts. The success of this work exceeded expectations, attracting and retaining the interest of a large number of people, covering a range of mental illness.

In 2003 the Friends were asked to submit a funding application to the Department of Health, and proposed new work for those with young-onset dementia (now young people with dementia - YpwD), who until then had been offered day-care alongside the elderly. This provided specially-tailored workshops covering pottery, textiles, dance, and gardening. In 2004 the project won a 'Good Practice Recognition Award' from the Cambridgeshire & Peterborough Mental Health Trust.

Following the success of MAP a new charity, 'Arts and Minds', was set up by the Friends in 2005, to take forward and expand the work across the county, and in 2010 MAP left the Friends and merged with 'Arts and Minds'. Initially the Mental Health Trust continued to help fund the original work through endowment or ward funds, but a serious shortage of money led to it limiting its support and eventually most of the work ceased. One exception was the greatly valued pottery workshop run by Bob Race for young people with dementia, which has continued non-stop at the Deighton day-centre since its inception.

Very recently the Friends became aware that under a new model of care the Deighton was shutting, and the YpwD pottery workshop under threat of closure. The patients and Bob were heart-broken. The only alternative for its continuation was a possible, but unconfirmed merger with a charitable group for the elderly, which was not ideal for younger people. In a last-minute collaboration between the Friends and 'Arts and Minds' the Friends agreed funding until the end of the year for the continuation of the workshop in a city venue, on the understanding that 'Arts and Minds' would start immediate fund-raising for its continuation. Local evaluation of such work, backed by national research, shows the cost-effectiveness and wide range of benefits of involvement in arts activities for those with mental illness. The Friends are delighted that the YpwD workshops have re-started with a full-house of happy participants.

An update from the Chairman on the Bereavement Project

At any time in the past two years, several mental health service users have been supported by the 'bereavement project' funded by the Friends and delivered by trained volunteers under the leadership of John Nicholson, the senior chaplain for Cambridgeshire & Peterborough Foundation Trust. There have been two training and awareness raising courses held from which the volunteers were recruited. These courses were held with the encouragement of a network of key professionals

from organisations and charities across Cambridgeshire and Peterborough. The resultant cohort of professional volunteers maintains 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.

Events for Members of the Cambridgeshire and Peterborough Foundation Trust

If you would like to attend any of the events below please contact 01223 726768 or foundationtrust@cpft.nhs.uk

Unless stated otherwise if you are not already a member of the Trust we strongly encourage you to join. This enables you to support the work the Trust does, and also influence the work of the Trust through the Governors you help elect. See page 4 on how to join.

Wednesday 11 November 2015: AMBIT Talk

6:30-7:30pm, William Harvey Lecture Theatre, Addenbrookes Hospital, Cambridge CB2 0QQ.

Join Dr Dickon Bevington, CPFT Consultant in Child and Adolescent

Psychiatry as he discusses AMBIT, a multi-award winning approach to support teams working with highly complex young people who have multiple intersecting problems across multiple area of their lives.

Monday 16 November 2015: Mindfulness

1:30pm-2:30pm, The Sanctuary, Cavell Centre, Peterborough, PE3 9GZ

Wednesday 9 December 2015: Council of Governors Meeting

6pm-8:30pm, Conference Hall, Block 20a, Ida Darwin, Fulbourn, CB21 5EE

Our quarterly Council of Governors Meeting, where members of the public can attend and ask their questions.

Friday 18 December 2015: Mindfulness

1pm-2pm, The Chapel, Resource Centre, Fulbourn Hospital, Fulbourn, Cambridge CB21 5EF.

Monday 18 January 2016: Mindfulness

1:30pm-2:30pm, The Sanctuary, Cavell Centre, Peterborough, PE3 9GZ

Friday 19 February 2016: Mindfulness

1pm-2pm, The Chapel, Resource Centre, Fulbourn Hospital, Fulbourn, Cambridge CB21 5EF

Tuesday 23 February 2016: Obsessive Compulsive Disorder Talk

6:30pm-7:30pm, Learning Resource Centre, Long Road Sixth Form College, Long Road, Cambridge, CB2 8PX

Join Ashley Curry, a volunteer from OCD UK, as he talks about Obsessive Compulsive Disorder (OCD).

Tuesday 22 March 2016: Mindfulness

1:30pm-2:30pm, The Sanctuary, Cavell Centre, Peterborough, PE3 9GZ

Wednesday 11 May 2016: Children With Disability Talk

6:30pm – 7:30pm, Fletton Centre, Peterborough, PE2 8BY

Join Dr Venkat Reddy, CPFT Consultant Community Paediatrician, as he discusses managing children with disability.

Wednesday 28 September 2016: Autism Talk

6:30pm – 7:30pm, William Harvey Lecture Theatre Addenbrookes Hospital, Cambridge, CB2 0QQ

Join Dr Jo Holmes, CPFT Consultant in Child and Adolescent Psychiatry, as she discusses autism.

Wednesday 16 November 2016: Diabetes Talk

6:30pm – 7:30pm, Fletton Centre, Peterborough, PE2 8BY

Join Dr Anne Presst, CPFT Professional Lead Nurse Diabetes, as she discusses diabetes.

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT)

CPFT provides excellent community, mental health, learning disability and social care services to people of all ages in a significant number of sites across Cambridgeshire and Peterborough.

Originally CPFT was solely a mental health trust but in 2011 it expanded to provide children's community services in Peterborough and now it also provides integrated community services. This includes providing care for those with long term conditions such as diabetes, Parkinson's disease, epilepsy, multiple sclerosis and heart failure.

As an NHS foundation trust, CPFT must listen to the views and act in the best interests of its local population – the public, service users, carers and staff. It does this through recruiting and engaging members from its community, enabling these individuals to influence the future of the services provided by their local NHS organisation.

Members can elect individuals from their constituency to share their views with the Trust – these individuals are governors.

Membership is free and entitles you to all of the following optional benefits:

Engaging talks from our experts. Our upcoming talks include: Obsessive Compulsive Disorder, children with disability, diabetes and autism; Training courses; Mindfulness sessions

Participation in our consultations and surveys so you can influence services we provide and improve patient experience

A newsletter every 6 months

Discounts for hundreds of well-known shops and restaurants via the My Trust Benefit scheme

If you would like to join our 13 000+ members, fill in a form here: <https://secure.membra.co.uk/cambridgeshireapplicationform/>

Or call Lauren MacIntyre on 01223 726768.

Like us on facebook: www.facebook.com/cpftnhs

Who can join?

Anyone over the age of 14 who lives in Cambridgeshire and Peterborough, or in the Rest of England.

How do I sign up?

Signing up to our membership scheme couldn't be easier. We have an online application form that can be accessed here. If you would prefer a paper copy in the post, please contact the Foundation Trust office:

Freephone: 0800 376 0101 (from landlines only)

Phone: 01223 726768

E-mail: foundationtrust@cpft.nhs.uk

Write to: Corporate Governance Manager,
Elizabeth House, Fulbourn Hospital, Fulbourn.,
Cambridgeshire, CB21 5EF

If it isn't already in your diary: AGM 6.00 for 6.30 on Thursday 22 October 2015 at St James, Wulfstan Way. Speaker Dr Geraldine Strathdee OBE, MRCPsych National Clinical Director, Mental Health, NHS England

How to contact The Friends of Fulbourn Hospital

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