Reasons to celebrate!

Turnaround success
See page 3

Awards galore!
See page 4
Message from the Chief Executive

I’d like to welcome you to our spring issue of CPFT News.

So much has happened since the last issue so it is great to be able to update you on the exciting news you’ll be reading about in this newsletter.

Firstly, the biggest news to report is we are out of serious breach of our authorisation with Monitor, the Foundation Trust regulator. This news comes a month after the Care Quality Commission reported that CPFT was fully compliant in all its standards. These two declarations – covering both the governance of the Trust and the quality of the care we provide – puts us in a really strong position as we move forward.

This is fantastic news for the staff, patients and carers of our Trust - you can read more about it on page 3 (opposite), but I would like to take this opportunity to thank everyone associated with the Trust for their hard work, commitment and dedication over the past 12 months. It’s been a really difficult year and we’ve had to make some tough decisions, but the Monitor and CQC announcements are a great way to start 2013.

The real challenge now is to keep this momentum going, but I am positive we have the right staff to achieve this.

I was fortunate to attend CPFT’s first annual awards ceremony in Cambridge. A number of local and national companies sponsored this event, which meant we could put on a really great evening for those staff nominated. You can read more about it on page 4, but events like these are important for our staff. People are often quick to complain about the NHS but, quite rightly, some NHS staff deserve the plaudits and we should recognise and publicise the fantastic work they do with the people who need our care.

The NHS is seeing great change this spring - the introduction of a new Health Act means Primary Care Trusts no longer exist and their responsibilities have been taken over by the new Clinical Commissioning Groups. We are seeing clinical leadership at the heart of the local NHS and we will be finding new ways of working with them to make sure this Trust plays an important role in the system-wide approach to health and social care.

I hope you enjoy reading this latest issue. Hopefully the weather will have warmed and we can look forward to the summer months and plenty of new and exciting challenges.

Dr Attila Vegh
Chief Executive
CPFT sets record after regulator’s clean bill of health

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) has achieved one of the biggest turnarounds in NHS history. Less than one year ago, Monitor, the NHS regulator, put CPFT in significant breach – meaning it had serious concerns about the way the Trust was being run. These concerns meant patients and staff lost confidence in the Trust and had concerns about the quality of care they were receiving.

Chief Executive Dr Attila Vegh, who has only been in post for 15 months, instigated a huge turnaround programme and said the news was down to the enormous efforts by staff to drive improvements in care and restore confidence in patient opinion.

“‘This is a fantastic day for everyone who works at CPFT – from the most junior member of staff to the most senior executive. Every single person who works for this organisation has played a part in this amazing turnaround.

“It has been an extremely difficult year for everyone who works here. We have had to make some major changes. It has been a big learning curve for us all in the way we provide health care. But this has all been worth it. Twelve months ago, we could never have imagined we would be in this position today – and I have staff to thank for that. “The Trust has had to identify and improve the way the organisation is being run. We have introduced new initiatives such as ‘Stop the Line’, which empowers staff at all levels to highlight patient safety issues and deal with them quickly; we have streamlined our divisions from five to three and taken out a layer of management, putting clinical staff at the forefront of decision-making at the Trust; our in-patient and community teams had to compile weekly reports on their performance, and we have appointed a new clinical leadership to drive the Trust forward.

“All of this means patients can now come to us with the confidence that we are providing the highest standards of care possible. Quality of care is the driving force in every one of us and today’s decision means we are another step closer to becoming one of the top five mental and community healthcare providers in the country.

“I want to thank staff, patients and carers. This is just the start. Today’s news will hopefully convey the message to everyone in this county – if any of you need to use our services now or in the future, you can be confident you are being treated by the best staff and receiving the best possible care.

CPFT Chairman David Edwards added: “I am delighted with Monitor’s decision. I too would like to thank all the staff for their remarkable contribution to the turnaround programme. This decision puts CPFT in a strong position to look to the future with confidence and optimism about the role we can play in providing health and social care services in Cambridgeshire and Peterborough.”

Check on our quality progress

During the summer of 2012, more than 2000 CPFT staff came together at a series of meetings to discuss and plan for CPFT’s future.

The Trust’s simple goal: To turn CPFT into a top five mental and community healthcare provider.

Staff contributed hundreds of ideas at these meetings - from there, we chose four objectives to help us achieve our ambition.

- To be top five in patient safety
- To be top five in patient experience
- To be top five for engaged staff
- To be top five for value for money

These objectives formed our “Quality Diamond” and will set out how the Trust progresses in all areas of care quality over the next 18 months.

You can see how we’re doing on our Diamond pages on our website at http://www.cpft.nhs.uk/about-us/quality-diamond.htm

We are keen to share our progress with you to demonstrate our commitment to improving all areas of our organisation.
What a night!
First CPFT Staff Awards ceremony is a huge success

Individuals and teams from Cambridgeshire and Peterborough NHS Foundation Trust have been honoured in the organisation’s first staff awards.

The ceremony was held to recognise the dedication and achievements of staff following a year of incredible change and improvement.

Dr Attila Vegh, Chief Executive of CPFT, said: “This Trust has come a long way in a very short space of time – and none of it would have been possible without our fantastic staff.

“Earlier this month the Trust was declared fully compliant in all standards by the Care Quality Commission and the awards evening has been the perfect way to applaud the efforts of some of our most dedicated staff members.”

David Edwards, Chairman of CPFT, added: “Every day our staff help to make an enormous difference to the lives of our patients. Their commitment is truly outstanding and I am delighted that the Trust has been able to recognise their remarkable work.”

PATIENT SAFETY AWARD
Sponsored by CSE Healthcare
Psychiatric Intensive Care Unit, Peterborough
Highly commended: REV (Respect, Enable, Value) Team; John Hawkins, General Manager,

PATIENT EXPERIENCE AWARD
Intensive Support Team, Gloucester Centre, Peterborough
Highly commended: Lynda Tickell, Modern Matron; Community Paediatric Physiotherapy Team, Peterborough

STAFF ENGAGEMENT AWARD
Sponsored by Serco
Sharon Johnson, Ward Manager
Highly commended: Kate Brown, Physiotherapy Team Leader; Shama Kanwar, Community Development Worker

PRODUCTIVITY AWARD
3-3-3 Team
Highly commended: Advice and Referral Centre, Peterborough; Prevention Management Violence Aggression (PMVA) Team

GOVERNANCE AWARD
Elaine Young, Modern Matron, Highly commended: Nichola Brookes-Jones, Associate Director of Performance and Information Management; Project Management Office, Fulbourn Hospital

RESEARCH, INNOVATION AND EDUCATION AWARD
Sponsored by Mills & Reeve
Dr Emilio Fernandez
Highly commended: Alison Winter and Amy Cumsins, City Care Centre, Peterborough
Dr Valerie Voon, Consultant Psychiatrist

KAREN BELL RECOVERY AWARD
Peer Employment Project team, and the Recovery College East team

CHIEF EXECUTIVE AND CHAIRMAN’S AWARD FOR OUTSTANDING PERFORMANCE
Cambridgeshire Child and Adolescent Substance Use Service (CASUS) Team, Cambridge
Highly commended: Caerus Team, Ida Darwin; Cedars Recovery Unit, Fulbourn Hospital
Some of the CPFT staff who have clocked up 1490 years’ service in the NHS were honoured at the annual staff awards event in February.

Chief Executive Attila Vegh and Chairman David Edwards presented the awards and paid tribute to the work and achievements of our long-service heroes.

“Both CPFT and the NHS as a whole are honoured to have such committed and passionate staff working for us. They continue to show the utmost professionalism and we would like to thank them all on behalf of the Trust for the making the lives of the people we help so much better.

Pictured above: David (left) and Attila (right) with Ruth Pugh, Veronique Zimmerman, Jenny Whitby, Rosemarie Neville, Linda Hanraads and John Hawkins.

The Ministry of Defence has announced that CPFT will continue to provide local in-patient mental health care for serving military personnel in the eastern region, following a competitive tendering process.

CPFT works in partnership with seven NHS Trusts around the country (led by South Staffordshire and Shropshire NHS Foundation Trust) to provide this service, which is based from a special unit at The Cavell Centre in Peterborough, to MoD staff. CPFT has been providing this service since 2009 and, over the past three years, has provided high-quality and effective in-patient care that is tailored and sensitive to the specific needs of armed forces personnel serving worldwide.

CPFT Chief Executive Dr Attila Vegh said: “It is a great privilege for CPFT to be re-awarded this contract. We will continue to work to deliver the best possible service to our military men and women. The new contract will include some exciting innovations, including a mental health “app”, which has been specially developed to offer mental health information to personnel from the army, navy and air force, which will be rolled out shortly.”

Surgeon Vice-Admiral Raffaelli, Surgeon General, added: “The armed forces continue to work hard to ensure there is good awareness about mental health issues that may affect serving personnel and to ensure that the most appropriate care is available for those that do require treatment.”

Ely Adult Mental Health Services, part of CPFT, have moved to a brand-new home at the Coveney Centre, in the Princes of Wales Hospital, after the closure of the old Croylands site.

The Coveney Centre received its first patients on in January, and there has been a very positive reaction to the new facilities from staff and patients.

Team Manager Christine Robertson said: “The Coveney Centre is an excellent facility for the work we do with patients. It has appropriately sized rooms for our one-to-one sessions (pictured below), and is fully wheelchair accessible.

“Being based at the Princess of Wales means that Ely’s mental health services are better integrated into the wider healthcare community, as well as being more convenient and easily accessible for patients.”

The move to the Coveney Centre was well planned to ensure there was no disruption to patient’s treatment, with the new facility ready to receive patients a few days after the closure of Croylands.

The services being provided by Ely Adult Mental Health Services include psychological therapy sessions, psychiatric treatment, mental health assessments, and the service runs a once-a-month carers group.

New mental health centre opens in Ely
Pamper day at the partnership

The Family Nurse Partnership (FNP) team in Peterborough treated their service users to a Festive Client Pamper Day.

The FNP works with young teenage mums and dads - helping them throughout pregnancy and preparing them for family life afterwards.

The event was held at Brook Street College and all the young mums, partners and family members were invited to come along. The afternoon was a huge success with many attending and really enjoying the experience.

The clients were given the opportunity to have a hand massage, their hair styled, their nails painted or they could have a go at making their own Christmas decorations (pictured right).

Raffle prizes were kindly donated by local shops and individuals. Fire service and police representatives attended the event to talk about the home and personal safety.

All in all it was a lively, inspiring and happy event which both the clients and team thoroughly enjoyed.

Music therapy fund boosted by £100k

A recent private donation to CPFT’s charitable funds has resulted in a greater availability of music therapy services for children in the county.

The £100k donation by a private donor, whose own son was helped through music therapy, has been used to found Richard’s Music Therapy Fund, enabling music therapists at The Croft Child and Family Unit in Fulbourn to provide out-patient treatment for children and their families in the county who are experiencing difficulties accessing treatment through existing services.

Richard’s Music Therapy Fund enables Croft music therapists to take referrals from music therapists in the county who have long waiting lists. The child and parent may then be invited to attend two 30-minute assessment sessions. If music therapy is considered an appropriate intervention, the child will visit the Croft for weekly sessions with one of the music therapists.

Health minister praises work of health visitors

Health Visitors from CPFT were applauded by Health Minister recently.

Dan Poulter MP, Under-Secretary of State for Health, praised the work of Rowena Harvey, Professional Lead for Health Visiting, and Angela Rees, Service Manager for Universal Children’s North, at a Department of Health event in London.

The CPFT staff took part in a presentation that outlined the progress made on a new early intervention programme to help vulnerable families. Rowena also gave a very moving presentation of her leadership journey from the rostrum to the 200 delegates who attended.

The Minister said he was “extremely impressed with the work that you are doing and how you presented it”.

The poster presentations reported on the projects undertaken by each Early Implementer Sites (EIS) site across the UK demonstrating innovative delivery of the Healthy Child programme.

Photo: (l-r) Angela Rees, Dan Poulter MP, Rowena Harvey

“My family nurse is amazing. She’s always there to help and support me when I’m upset and confused. She’s wonderful”

“My family nurse is understanding, very helpful and has helped me prepare for the joys of parenthood”

FNP client quotes
Staff and patients swap “fags for swag”

No Smoking Day 2013

Service users, relatives, carers and staff took advantage of a range of activities at Fulbourn Hospital in March designed to encourage smokers to quit. The theme of this year’s 30th No Smoking Day was “Swap Fags For Swag” to highlight the economic – as well as the health – benefits of giving up smoking.

Smokers were invited to check their carbon monoxide levels and find out how quickly their levels can improve by not smoking a cigarette, and to take part in smoking quizzes, play bingo, and swap their cigarettes for lottery tickets to be in with a chance of winning a prize. During the day there was also an opportunity to find out more about how to manage on a budget with sessions from Occupational Therapy staff and a member of the Citizens’ Advice Bureau.

Throughout the day the Physiotherapy Team, in collaboration with the City Council Sport Development Officers, were available to answer any questions on how exercise can help wellbeing, and advise on what exercise opportunities are available while in hospital and what services there are out in the community. There were also gym taster sessions for those keen to get started.

Comic Relief at CPFT

Young people and staff from Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) joined the fun as they raised more than £600 for Comic Relief.

Visitors to the Phoenix Centre in Fulbourn were offered the chance to have their cars washed, nails painted or take part in a series of quizzes. Also on offer were cakes and pastries, which were made by young people at the Darwin and Phoenix Centres, along with a host of top raffle prizes.

Mary Ward, teacher at the Phoenix Centre, said: “We’ve been doing lots of things to raise money for Red Nose Day. We even had a ‘Onesie Wednesday’ when some of the staff and our young people wore their onesies - including one of our male student nurses who wore a bright-pink one. Our aim had been to raise £500 so I really have to thank everyone for their generosity.”

Teacher Mary Ward and staff nurse Gill Mellusco trying the cakes at the Phoenix Centre
Do you want to have a say in the way your local health services are run?

Now’s your chance - become one of our Governors!

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) needs new Governors.

We are a leading-edge provider of integrated community, mental health and learning disability services working in partnership with commissioners, local authorities and voluntary sector organisations. We are also a University of Cambridge Teaching Trust and member of Cambridge University Health Partners (Academic Health Science Centre), working collaboratively with the University of Cambridge Clinical School. We are a partner in the local Collaborations for Leadership in Applied Health Research and Care (CLAHRC), and are proud of our extensive portfolio of research projects.

Our Governors are fundamental to the development and progress of CPFT - they make a real difference and voice the words of your local constituency.

CPFT’s Council of Governors guide and inform the work that we do. Governors reflect the views of CPFT’s members and help us to decide what sort of services it should be offering to local people.

Working alongside the Trust’s Board of Directors, CPFT’s Council of Governors collectively hold the Directors to account and ensure that the interests of the Trust’s members are taken into account.

Governors also meet with people in their local community or staff group, to help report back on what happens at Council of Governor meetings, and to listen to ideas and opinions from members of the public and staff.

Interested?

If you think you’d like to stand as a Governor, you need to get your nomination form from Customer Services Electoral Reform Services Ltd, The Election Centre, 33 Clarendon Road, London N8 0NW from 23 April 2013. Your completed forms must be received at the address above by noon, 8 May 2013.

The phone number is 020 8365 8909 or e-mail caroline.hinchcliffe@electoralreform.co.uk

If you would like more information about the role of Governors, please contact Rebecca Moore, CPFT’s Membership and Governor Manager, on 01223 726768 or e-mail foundationtrust@cpft.nhs.uk.

CPFT Board meeting dates

**Board of Directors**

Meeting dates in public below. They start at 9am and finish by 11.30am. Please check our website for confirmed venues.

- **5 June 2013**: Elizabeth House, Fulbourn
- **3 July 2013**: Elizabeth House, Fulbourn
- **7 August 2013**: Elizabeth House, Fulbourn
- **4 September 2013**: Elizabeth House, Fulbourn

**Council of Governors**

- **12 June 2013**: 5.30pm-7.30pm, Elizabeth House, Fulbourn.
- **11 September 2013**: 5.30pm-7.30pm, Huntingdon (venue to be confirmed).

www.cpft.nhs.uk