

Participation and Partnership Forum



Dominic Stenning, (Chair) Peterborough

I've accessed mental health services from a young age and believe if we are to improve services, we must include those using them as equal partners in service redesign and quality improvement. I've worked nationally with NHS England and speak at various events. I'm also a guest lecturer at Anglian Ruskin University. I prefer to work locally though and I'm very proud of the projects I've worked on in partnership with CPFT. I'm also a practicing Jedi.



Ian Arnott – Peterborough. I have experienced several episodes of severe depression and anxiety in the last 15 years and was treated successfully with ECT by CPFT. Between 2008 and 2016 I was one of the elected Governors of the Trust for Peterborough, and although much has improved over the years I believe that CPFT need to put the patient at the heart of its work and hopefully the PPF should help with this.



Maggie Barker - Peterborough

I am a CPFT link Governor to the PPF. My interests mirror my volunteering for CPFT: Pets as Therapy dogs and creative and green care wellbeing for patients, carers and staff. The delivery of 'Heart and Soul' and Equality Inclusion and Diversity Champion projects. As well as listening to patient pathway stories to influence change and continued improved in patient-staff experience.

Sarah Balchin – Peterborough



Shamim Siddique - Peterborough

I joined the participation and partnership forum because I want to be involved in ensuring the voices of people who have received services are communicated and heard by CPFT. I have of course used the services myself and I am well aware of how important it is to communicate with the Trust as a service user. I am looking forward to working with CPFT to ensure improvements are made where they are needed the most.



Mick Langley – Cambridge

All through my life I have I have tried to make others aware of my experiences to see if it would be any help for them. Almost 5 1/2 years ago I had a massive Stroke and was very lucky to survive. After 4 months in Hospital I returned home and found out what it was like and what help was available. This is no different for many other people leaving Hospital with many different disabilities, so I just want to help to make things better for others in the future.



Lorna Evans – Cambridge

I believe in hope, empowerment and social inclusion. I am a qualified Peer Support Worker with a background as a higher education lecturer and academic manager in Canada, Japan and the UK. I aim to develop mutually empowering relationships through the co-production of services. I advocate recovery-focused care as well as better awareness of the value of lived experience, reduction in stigma, and the adoption of a strengths- and rights-based approach through peer support.



Mark Mason – Cambridge

I am happy to be a member of the PPF because it is a valuable opportunity to give feedback to service providers from service users. I have lived with MS for more than 20 years and have things to share about its impact upon physical and mental health.



Nicola Blackmore – Huntingdon

I feel privileged to be a member of the PPF. I am a service user, carer and volunteer with many years' experience working in education. I hope to help build upon the wonderful work already undertaken by Forum members in partnership with the CPFT to ensure that the patient's voice is heard in an open, compassionate and collaborative way and to develop services to provide better health for all.



Daljit Saini – Huntingdon

I was diagnosed with bipolar from back in the 80s in Derbyshire. When moving to Cambridgeshire in the early 90s I found my aim, purpose and direction again through my involvement. My first role in mental health was facilitating Bipolar UK support groups from 1996, the group I used to attend for support. Then my involvement in Universities and CPFT projects and with other organisations too plus community projects. This all helped my recovery process too. Giving hope and support to others in similar circumstances to get involved. And the work continues making a real difference together.



Jules Gibson-Rudkin - Huntingdon

Through my own recovery journey, professional life within Social Care, and my time at the Recovery College, I have learnt the true value of 'experts by experience' and collaborative working; The PPF embodies both and has the essential skills to help develop the future of CPFT. Our inclusive approach and shared understanding enable us to work together to understand the diverse needs of our communities, and most importantly to recognise their strengths.

Les Dixon - Fenland



Jackie Tevlin – Huntingdon

As a mother, daughter and wife I have been caring for over three decades. In my mid-twenties, I was diagnosed with Crohn's - a serious, incurable bowel disease and have become expert in my own illness. My husband was diagnosed with primary progressive MS in 2004 and I am his main carer 24/7. Life isn't easy but we make the most of everything that comes our way - including my contribution to this invaluable group!



Bob Bragger – Fenlands

I am the current Chairman of the MS Society Cambridge and District Group and a full-time carer for my wife that has progressive MS. I hope to bring my experience working with patients that suffer from neurological conditions combined with a lengthy background in managing national businesses to assist the PPF.