



**Cambridgeshire and
Peterborough**
NHS Foundation Trust

CPFT Member E-bulletin, Autumn 2022

Headline



The Windsor Research Unit (WRU) is one of the UK's top performing research units. It has a successful record of delivering high quality research and clinical trials to time and target for leading international companies, academic institutions and organisations. We have a new Head of Research Dr Ben Underwood.

The Unit is part of Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), one of the top three NHS trusts in the country for mental health research. Our team supports hundreds of studies and helps thousands of volunteers access new treatments and therapies every year.

If you are receiving care services from CPFT or look after someone who does, you may be invited to take part in one of our [research studies](#). You can also work with researchers to explore and [shape new research ideas](#) and improve the quality of our research.

Taking part in a research study is always voluntary, your confidentiality will always be respected, and you can withdraw from a study at any time, without having to explain why and with no impact on usual care and treatment.

Public Governors, Peterborough

If you have any questions and issues you want to raise with them about the Trust please email stating who the question is for at foundationtrust@cpft.nhs.uk and it will be forwarded to them, the Lead Governor and the Trust Secretariat.

Rick Harris, Public Governor, Peterborough

Main areas of interest in the Trust:

My focus within the Trust is exploring how feedback from patients, carers and Trust staff are heard and responded to by CPFT.

This includes patient and staff surveys, how complaints are handled and how initiatives put in place to respond to such feedback are implemented and measured. I also have a particular interest in accessibility to CPFT services, including speed and timeliness, capacity of provision and equal access for all.

Ian Arnott, Public Governor, Peterborough

Main areas of interest in the Trust:

Mental health services for adults and older adults both community and inpatient and the quality of the care and treatment offered to service users.

I also am interested in the finances of the Trust.

News/ Information

The **Older People Adults and Community** directorate in Cambridgeshire and Peterborough Foundation NHS Trust is a dynamic, vibrant and diverse. We employ a wide variety of professions who work within our services in the community. We deliver these services in our inpatient wards, in people's homes and in our many clinic bases. No two days in the community are ever the same and this means that staff often work with different health and social care professionals including GPs and primary care staff to provide the best care for our patients. We employ over 1,600 staff. We deliver more than 800, 000 clinical contacts annually, and have an active caseload of 50 000 patients at any one time.

CPFT is running a youth mental health study called **Digitech** with the University of Manchester. **Young adults aged 16-30** who are currently receiving treatment/care

for a mental health condition are invited to take part in a 10-15-minute survey to share their views on the possible uses of smartphones and health apps for helping to improve physical health. Participants' contributions will help explore new ways of improving physical health in youth mental healthcare and services in future. If you would like to participate or get more information about the study, please follow or share this link for people to take part: <https://redcap.link/AppSurvey2021>. When asked where you heard about the study, please state CPFT.

For general news about CPFT please always go to:
[News | CPFT NHS Trust](#)

How to get involved

Please participate, if you can, in the meetings of the **Council of Governors**, which are open to Members and the public, online via Zoom. Anyone can attend and the next one will be Thursday, 8 December (5.30pm-7.30pm). You just need to contact the Trust Secretariat Team at foundationtrust@cpft.nhs.uk to register your interest and request the Zoom meeting link a day before the meeting latest.

Join the Public Board Meetings

The CPFT Board of Directors is made up of Executive, Non-Executive Directors, led by a Non-Executive chair and they meet bi-monthly. The Board is responsible for ensuring that the Trust is accountable to the public for the services it manages <https://www.cpft.nhs.uk/board-of-directors/>

Meetings are held via Zoom until further notice. Papers are on the website a week before and links to the meeting are provided then too. If you have questions about these meetings contact us, at the latest, the day before the meeting at corporateoffice@cpft.nhs.uk

The next meetings will take place on:
Wednesday, 30 November, 10am-12.30pm
Wednesday, 25 January, 10am-12.30pm

Participation and Partnership Forum

The Participation and Partnership Forum is CPFT's forum for people who have used its services. Anna Tuke, Associate Director for Involvement and Partnerships is responsible for the Participation and Partnership Forum. Please contact anna.tuke@cpft.nhs.uk, for further information and the link for the meeting.

CPFT wants to work with people to ensure that our services are the best that they can be. To do this we need to hear from people who use our services, their families and carers to understand how we can work with you to create the best services.

If you are interested in getting involved in this work, we are holding our second online event on 1 December from 5pm to 6pm. For further information or to receive the invite as a diary invite, please contact anna.tuke@cpft.nhs.uk

CPFT's Voluntary Services

Volunteers are recruited from the communities we serve including people who are retired, students, employed and unemployed. Volunteering presents many opportunities for people to use and enhance their skills or share their knowledge, develop a sense of purpose or increase their self-confidence, and it offers opportunities to learn and gain experience in many areas of CPFT. Talk to one of our Voluntary Services team, register your interest in a role or discuss an opportunity, please contact the team at Volunteers.CPFT@cpft.nhs.uk

Events

Former CPFT Governor Ash Curry is to give a lunch time, talk about his experience of **Living with Obsessive-Compulsive Disorder (OCD)**. The online *Lunch and Learn* session organised by the Equality, Diversity and Inclusion team takes place on **Tuesday, 6 December** from 1.15pm to 2.30pm. Ash has experienced OCD since early childhood but has learned coping strategies and is now in full recovery. To book a place please contact edi@cpft.nhs.uk

Head to Toe Charity: 5km inflatable obstacle course

Head to Toe is looking for teams to take part in an inflatable 5 km obstacle course race in **Peterborough** on **Saturday 10 December** to raise funds for the charity. We have joined forces with the world's biggest inflatable run. Registration is free and the suggested fund raising target is £100 per team. For more details go to www.cpft.nhs.uk/inflatable-5K and email laura.semple@cpft.nhs.uk

The next interesting **Member Event** for you is a talk given by Dr Jaco Serfontein called 'Transforming Adult Eating Disorders Service' on **Wednesday, 22 February 2023** from 5.30pm to 6.30pm. Contact the Trust Secretariat Team at foundationtrust@cpft.nhs.uk to register your interest and request the Zoom meeting link.

Member E-Bulletin feedback

Please do email with constructive feedback about this e-bulletin at foundationtrust@cpft.nhs.uk

Kind regards
Trust Secretariat

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<https://www.cpft.nhs.uk/>