



Headlines



Eileen announced as Interim Chair

Eileen Milner has become the Trust's Interim Chair, succeeding Julie Spence who stepped down after nine years, the maximum amount of time she could serve in the post.

Eileen, who joined the Trust as a Non-Executive Director in September last year, said: "I am very excited to take up this role. I have a long-standing interest in mental and community health and I am delighted and honoured to be associated with CPFT."

At the last Council of Governors meeting in June she also said that among her goals and ambitions are to support the Trust to reduce health inequalities.

During a career which has spanned the public and private sectors, Eileen was formerly the Chief Operating Officer of the Care Quality Commission and led work across the NHS on whistleblowing and Freedom to Speak Up.

She is Chair of Bradford Children and Families Trust and on the board of Ofqual, the regulator of qualifications in England. Eileen was formerly Chair of Council at the University of Bradford, and Chief Executive of the Education and Skills Funding Agency.

Bringing mental health support to the streets

CPFT is leading a ground-breaking initiative in which Trust staff ride alongside police in specialist patrol cars to provide mental health support to people in crisis has been shortlisted for a national award. The project is among the finalists in the Excellence in Mental Health Care Award in the 2023 NHS Parliamentary Awards.



Two cars are currently on patrol in the area, and by adding a trained NHS mental health specialist to 999 police callouts this enables people in mental health crisis to receive immediate specialist care. The scheme also significantly decreases the amount of time police officers spend at each incident.

To read more about the NHS Parliamentary Awards and see the full shortlist through CPFT's social media platforms listed at the end of this newsletter.

How are CPFT responding to growing waiting lists and demand for services?

As you will probably be aware there are numerous backlogs of NHS waiting lists. This work is monitored by the Patient Tracker List Group for all the directorates. There had been a reduction of children and young people waiting for mental health assessments with a 18.2% reduction since July 2022 and Saturday and evening services have been included. The number of older people waiting for a mental health assessment service had an 8.9% annual growth and there was a focus on improving memory assessment waits by increasing staff numbers. The number of adults and older people waiting for a physical health intervention had a waiting list of 10.5% annual growth noting an overall 29.9% reduction in total waiting over the NHS standard 18 weeks and additional staff had been included into this team. The number of adults waiting for a mental health assessment had a 55.5% annual increase and continued to grow. 58% of those waiting are for the Attention Deficit and Hyperactivity Disorder and the Autism Spectrum Service, which needed more specialist staff and the Trust was working with the Integrated Care Board to try and improve this situation and was exploring different models of care.

If you want to read the most up to date data on waiting lists, please search the Public Board papers under Board of Directors meetings title on the Trust's website [The Board of Directors | CPFT NHS Trust](#)

Researchers using music to reduce distress on dementia wards

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) is launching a major study with Anglia Ruskin University (ARU) to investigate how music therapy can reduce distress on NHS inpatient wards for people with dementia. The MELODIC (Music therapy Embedded in the Life of Dementia mental health Inpatient Care) project is led by ARU's Cambridge Institute for Music Therapy Research and CPFT, working in partnership with Humber Teaching NHS Foundation Trust and Dementia UK.

This study is supported by £148,057 of funding from the National Institute for Health and Care Research (NIHR) Research for Patient Benefit Programme.

The new 18-month project will involve creating a programme of music therapy which will then be piloted on two NHS mental health wards. Finding ways to manage distress without drug treatments will benefit patients and NHS staff, and support improved quality of life for people living with dementia.

This found a significant reduction in distress behaviours – which can include shouting, grabbing, pushing, hitting, kicking and spitting – on days when patients were provided with in-person group music therapy compared with no music therapy. Activities included singing familiar songs, supported by the music therapist on piano or guitar, and playing percussion instruments.

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 **14 September at 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. The meeting will be followed by the **Annual Members Meeting 6.00pm – 8.00pm**.

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 20 September 10.00 – 12.30
Wednesday 29 November 10.00 – 12.30

Participation and Partnership Forum

The Participation and Partnership Forum is CPFTs 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'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

Head to Toe charity

Supporting the health and wellbeing of our patients and staff

Head to Toe is the charity of Cambridgeshire and Peterborough NHS Foundation Trust. We are proud to provide additional support and services that enhance the incredible work of our healthcare teams. By supporting Head to Toe, you can help take care and treatment to another level: [Our charity | CPFT NHS Trust](#)

Donate to Head to Toe if you wish

We know our NHS staff are amazing. By supporting Head to Toe, you can help take care and treatment to another level:

[Donate to Head to Toe charity | CPFT NHS Trust](#)

Cambridgeshire and Peterborough Integrated Care System (ICS)

ICS **good news stories** – the ICS website is a good starting place for good news/impact stories [News and events | CPICS Website](#). There's also a regular stakeholder newsletter, which you can sign up to. Their communications team's email is cpicb.comms@nhs.net.

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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Please do share CPFT information through your social media platforms:

