

Newly elected Public Governor, Cambridgeshire, Zoie Yape

I am currently studying A-level courses in Biology, Chemistry, and Psychology. After college, I aim to study medicine at university and hopefully work for the NHS as a physician. I volunteered as a CPFT observer Public Governor because I believe that this would help me gain the knowledge and experience needed to serve the community better. I want to understand how the NHS Trust works and contribute ideas on ways the quality of services can be improved for its service users. I am here to hold the Trust to account through questioning the Non-Executive Directors. I will act as a link between the Trust and the community. I hope to create an impact and make a difference in people's lives.



Join the free CPFT Member online event about a scheme run by Cambridgeshire Police and CPFT which provides mental health help and support when the police are called out to people in crisis. It takes place on Wednesday, 27 November (5.30pm-6.30pm). Email the foundationtrust@cpft.nhs.uk for the meeting link.



The Children's Commissioner Dame Rachel de Souza has met with **the Cambridge Children's Hospital project team and partners.**

They told her all about the project and how the new hospital will support children and families across the East of England. CPFT's Medical Director Dr Cathy Walsh and Chair Eileen Milner joined the discussions.

Help beat eating disorders

CPFT is supporting national research to learn more about the genetic and environmental links to eating disorders and help to develop better treatments.

The [EDGI \(Eating Disorders Genetics Initiative\) Study](#) with King's College London has been designed in collaboration with Beat, the UK's eating disorder charity, and patients and service users.

Anyone aged 16 and over in the UK who has experienced an eating disorder is invited to take part and can sign up in four steps at edgiuk.org.

Please say you heard about the study from CPFT to help our researchers and share the link to help others take part.

New perinatal team celebrates launch



Staff from the Perinatal Trauma and Loss Service – a new team offering mental health support to women who have experienced the death of a baby – have hosted a launch event.

Dr Zoe Rawlings, Principal Clinical Psychologist, and Beena Padmanabhan, Admin Lead for the PTLS and the Trust's Perinatal Mental Health Team (pictured) proudly showed off a special cake made for the occasion at the Resource Centre, Fulbourn.

The service is open to women, initially in the Cambridge and Ely areas before expanding to include Peterborough, Huntingdon and Fenland in 2025, who have lost a baby during any stage of pregnancy or within the first year of the baby's life.

For more information about the Perinatal Trauma and Loss Service visit their [website page here](#).

How to get involved

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 Microsoft Teams 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, 25 September (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'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 gain experience 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 is also a regular stakeholder newsletter, which you can sign up to. Their communications team's email is cpicb.comms@nhs.net.

Diabetes UK

Day: Monday, 25 November

Time: 1pm-2.30pm

Title of meeting/event: Diabetes and Mental Health- A free online event from Diabetes UK

Your contact details: helpline@diabetes.org.uk

Event intro: Nebahate Ejupi, NHS CBT Therapist and Long-Term Health Conditions Lead at Community Living Well (London) and Westminster Talking Therapies, will discuss how diabetes can affect your mental wellbeing.

If you are living with or affected by diabetes, please join us for this free, online event.

Hyperlink: Register your place: <https://orlo.uk/P6qmx>

Member E-Bulletin feedback

Please do email general questions and constructive feedback about this e-bulletin and if you want to suggest a topic for the Annual Member's Meeting in September:

foundationtrust@cpft.nhs.uk

Trust Secretariat

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT)

Elizabeth House

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Fulbourn

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CB21 5EF

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

Please do share CPFT information through your social media platforms.