

# Members' Newsletter February 2020



Camden and Islington  
NHS Foundation Trust



## Message from C&I's Lead Governor

First of all, I would like to take this opportunity to wish all our Members a very Happy New Year! I hope you all had a good festive season and are looking forward to 2020. It has been a busy few months and there is much to report since the last Members' Newsletter. Here are some highlights.

## Annual Members' Meeting

In October, we held our Annual Members' Meeting at the Wellcome Collection on Euston Road attended by about 60 members at which we said farewell to outgoing Governors and welcomed our newly elected Governors. Professor Sir Simon Wessely gave an interesting speech about the process of the review of the Mental Health Act. We also had the formal part of the meeting featuring the usual reports from our Trust Chair, CEO and Finance Director. Our Medical Director presented the Quality Report and there was a short video explaining the plans for the St Pancras redevelopment, the new facilities at the Whittington site and community hubs. The atmosphere was positive and the meeting ended with our Trust Choir singing three songs. I think this was the best Annual Members' Meeting I have attended since I became a Governor!



## Farewell to Our Former Chair and Welcome to Our New Chair

As you may know, one of the Council of Governors' statutory functions is to approve the appointment of the Trust Chair. Ms Leisha Fullick (left) came to the end of her of office on 31 January 2020, following her outstanding contribution and inspirational leadership with which she has supported the Governors in her six and a half years as C&I's Chair, and I'm sure I speak for all when I say she will be greatly missed. Following a rigorous recruitment and selection process, I am delighted to inform you that Ms Jackie Smith (right), a current C&I Non-Executive Director (NED), has been appointed to succeed Leisha. Jackie has been outstanding as a NED of the Trust and she brings more than 30 years' experience in public service. Ms Fullick said, "Being Chair of the Trust has been an extremely busy and rewarding role, one that I have thoroughly enjoyed". We look forward to working with Jackie who said, "I am very much looking forward to leading the Board and Council of Governors as we approach the next phase of our plans for a new hospital. I am also very keen to continue working closely with our external partners to provide the best possible care for our service users."



## CQC Inspection Outcome

The CQC inspection report was published on 28 January 2020 and we are delighted to let you know that C&I has retained a 'Good' rating overall with the CQC recognising many areas of outstanding practice. There are a number of 'must-do and should-do actions' which the Trust is focusing on.

If you have not given us your email address, please do so using the details below so we can communicate with you more effectively and reduce costs:  
E-mail: [Membership.BSO@Candi.nhs.uk](mailto:Membership.BSO@Candi.nhs.uk) | Phone: 020 3317 7368

We welcome your input and feedback so please sent this to:  
[trust.secretary@candi.nhs.uk](mailto:trust.secretary@candi.nhs.uk)

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### St Pancras Transformation Update

The Governors' St Pancras Transformation Working Group, led by Monika Schwartz, has continued to meet discuss the plans for this exciting venture. You will have seen that the Trust has appointed a development partner for the St Pancras site who will undertake and oversee the development. The Trust is planning to move its existing inpatient services from St Pancras to a site behind the Whittington Hospital but retain other clinics, offices and research facilities at St Pancras. Exciting times ahead!



### Governors' Service User Improvement Fund



Governors are responsible for a 'Service User Improvement Fund' to improve service users' experience by delivering care and wellbeing activities that are not available through existing services or other channels. Amongst other projects, we have continued to support the Trust Choir, which is managed by Peter Leigh of Key Changes, and 'Dance for Joy' classes, which are delivered by David Brown, Vital

Danza's choreographer offering free dance classes customised for service users, carers and staff that are customised to each individual and help increase their mental and physical wellbeing.

### Our Recent Mental Health Matters' Event

Around 50 people turned up to our Mental Health Matters' event on 30 October 2019 to discuss how mental health services should change to meet the needs of people from black and minority ethnic (BME) backgrounds. Guest speaker, the campaigner and social commentator Patrick Vernon spoke about how important it was for health service providers to recognise and address the reasons why there is a greater proportion of people from BME backgrounds with mental health issues.



**Join us for our next Mental Health Matters event on 27 February 2020 where we'll discuss how well local services meet the needs of LGBT+ people and some of the challenges that are faced when finding the right help. The event will be held from 17:30 at St Pancras Hospital.**



### A Mental Health Approach in Gangs, Youth Violence and the Police

Governor Olga Cecilia Farach helped organise a successful event on 7 January 2020 at the British Psychological Society. One of our Non-Executive Directors and a former Chief Superintendent in the Metropolitan Police, Dalwardin Babu, was the guest speaker and

addressed queries such as what the police can do to reduce youths' gun and gang violence, what is currently being done, what understanding can a leading practitioner share with psychologists, what can psychologists and the community learn about managing thought-provoking behaviour from crime, and the awareness needed for the reduction from specialists.

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### Art Exhibition

A colourful and fascinating exhibition of knitted and crocheted artwork was launched on 25 October 2019 until 10 January 2020 at the Gallery, St Pancras Hospital. Called "The Gently Explosive Art of Yarn Bombing and Other Acts of Stitchery", the pieces showcase designs created by 25 local artists. Yarn Bombing, sometimes referred to as 'Guerilla Knitting', can be used to get a social or political message across or simply add colour to a bland environment. It hit the headlines recently when a group of Yarn Bombers created an entire air ambulance crew - complete with helicopter - out of wool!



### Opening of the Feel Good Garden

We are delighted to announce the opening of the Feel Good garden which is now flourishing at Highgate Mental Health Centre after being transplanted from the Chelsea Flower Show last year. Boasting of therapeutic benefits of horticulture, the space is already being used by service users and staff who do a wide variety of activities there, as well as some gardening or simply relaxing, sitting and chatting.

### Workshops Support Carers of People Living with Dementia

Towards the end of 2019, C&I hosted a series of workshops for carers of someone living with dementia and for those interested in learning more about dementia. Marijke Post, Senior Service Manager at C&I, delivered four out of the five workshops on behalf of Islington Carers Hub – part of Age UK Islington. The workshops covered information on what dementia is, the experience of living with dementia, how to support behaviour and communication, dementia support and treatment, and planning ahead – looking at the effects of caring for someone with dementia and information about legal matters such as Lasting Power of Attorney and Advance Care Planning.



### Dates for your diaries:

**'Mental Health Matters'** - How LGBT+ people experience local services and what effect that has on their mental health and wellbeing  
17:30, Thursday 27 February 2020  
Conference Hall, St Pancras Hospital, NW1 0PE

Public Board Meeting  
14:00, Thursday 26 March 2020  
Conference Hall, St Pancras Hospital, NW1 0PE

Council of Governors' Meeting  
17:00, Tuesday 19 May 2020  
Conference Hall, St Pancras Hospital, NW1 0PE

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