



Involving you in a brighter future

Moving forward together.



A guide for service users, carers, staff and
the public about our application to become
an NHS Foundation Trust.



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centre spread



Cumbria is consulting online!

Read and see the opinions of Cumbrians on the changes Foundation status will bring and give us your comments on-line.

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We think it is important that we share our latest news, but please remember we are asking for your views on becoming a Foundation Trust only.

Introduction

"The Trust is changing the way it works. We want to know what you think about the changes and how you can have a greater say in our future.

"The Trust is applying for Foundation Trust status - this means that local people will have a greater say than ever before in the management and development of local health services - and for this reason we believe that this is a very positive step forward.

"Our Trust currently provides mental health and learning disability services for the people of North Cumbria. In autumn 2006 we anticipate that we will be working together with mental health services in South Cumbria - creating a new, county-wide specialist mental health organisation which we are proposing to call the 'Cumbria Partnership NHS Trust'.

"We believe in working closely with staff, service users, carers and partner organisations to develop and improve the range and nature of the services we offer. We are confident that we would be able to do this more quickly and effectively as an NHS Foundation Trust.

"If we are successful in our bid, our new Trust would draw its membership from four distinct groups; the general public, service users and carers, our staff and our partner organisations.

"Our Members would have a real influence over the development of the Trust's services and, if elected on to the Governors' Council, will be perfectly placed to advise the Board on key issues. We are also certain that our staff, the lifeblood of our organisation, would receive significant benefits such as learning, development and career opportunities.

"As a Foundation Trust we will continue to be a part of the 'NHS family', working to national guidelines, but our greater independence will provide us with an opportunity to adapt such policies to Cumbria, its geography and its people.

"We have quite a journey ahead of us - and we want you to be a part of it. Please tell us what you think of our proposals by responding to the questions and sending your reply on the pre-paid form provided in the centre of this document. Play your part in shaping the future of mental health and learning disability services in Cumbria.

"Share your ideas for the way in which a new, 21st century NHS Foundation Trust for the people of Cumbria should be run."



Bryan Betterton

Bryan Betterton, Chair



Stephen Dalton

Stephen Dalton, Chief Executive

What does the Trust do?

What is mental illness?

It is important to be sure what we mean by mental illness. Most of us cope well enough with our lives on a day-to-day basis. But there are times when we don't feel so well. We get fed up, lonely, disappointed; we become anxious or frightened. We feel misunderstood and let things get out of proportion.

These kinds of feelings are part and parcel of ordinary living. But sometimes they get on top of us - so much so that we find we can't get on with our lives. We can't concentrate and sometimes we can't get to work or school. We seem to be at odds - with other people and with ourselves. Our behaviour gets 'out of order' and we become restless, argumentative, even violent. We are not happy. We don't feel well.

When our lives become as difficult as this, we have mental health problems. They can be mild or severe - some get better quickly but sometimes they last a long time and people need a lot of help.

The term 'mental illness' refers to the extreme end of these difficulties when some people, at different times of their lives, become so confused and out of touch with reality that they can barely cope with everyday living.

Chances are you or someone you know will have been affected by mental health and learning disability issues.

It is in all of our interests to play our part.

What is a learning disability?

The document Valuing People describes a learning disability as:

- A significantly reduced ability to understand new or complex information, to learn new skills (impaired intelligence), with;
- A reduced ability to cope independently.
- Which started before adulthood, with a lasting effect on development.

This definition encompasses people with a broad range of disabilities.

Many people with learning disabilities also have physical and/or sensory impairments. About 2 people in every 100 might be found to have a learning disability; about 1 in 400 will have a very severe learning disability, often with additional physical and sensory disabilities.

around 300 people out of 1,000 will experience mental health problems every year in Britain

230 of these will visit a GP

24 of these will be referred to a specialist psychiatric service

102 of these will be diagnosed as having a mental health problem

6 will become inpatients in psychiatric hospitals

Who uses our services?

The majority of people who use our services do so as outpatients - seeing a range of people including psychiatrists, psychologists, psychiatric nurses, social workers and others. These specialists provide help with a wide range of problems including depression, anxiety, schizophrenia and dementia. A small number of people use our inpatient services when they are particularly unwell, but increasingly people are successfully treated closer to home.

"I have a Bipolar Disorder and back in 1989 I was so ill I ended up in Carleton Clinic. It was here I had to come to terms with having a mental disorder, no one likes to admit they have any kind of mental disorder as it is not understood by many people even in today's society, although it is getting better.

"Over the years I have seen lots of changes. Perhaps the most radical change has been reducing the number of people that are hospitalised, and they are now cared for in the community. At first I was dubious and thought this would not work but I can now see some of the benefits. One being that a service user is able to take more control of his/her life, whilst at the same time knowing they can ask for help from the Mental Health Trust when the need arises. Also I am a firm believer that society should accept people as they come and they are never going to do that if segregation takes place."

Janet (Service User)

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Learning disability services in North Cumbria

North Cumbria Mental Health and Learning Disabilities NHS Trust works with Social Services and independent sector partners to provide community services for people with learning disabilities who have mental health needs, those who might get into trouble with the police and those whose behaviour makes it difficult for them to live ordinary lives. We also work with GPs and hospitals to ensure that people with learning disabilities get their health needs properly met when they use ordinary health services. We have a small unit where people with severe mental health and behavioural problems can be safely assessed and have treatment plans developed when their problems make it too difficult for us to do this in their own homes.

There are about 210,000 people with severe learning disabilities in England, and about 1.2 million with a mild or moderate disability

facts



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Mental health and learning disability services in Cumbria

In the north of the county, North Cumbria Mental Health and Learning Disabilities NHS Trust provides specialist mental health and learning disability services for people who need more care than their family doctor can provide alone. The Trust was established on the 1st April 2001 and serves a population of 320,000 - essentially those living in the district council areas of Carlisle, Eden, Allerdale and Copeland.

In the south of the county, mental health services in South Cumbria are currently provided by Morecambe Bay Primary Care Trust, serving a population of around 200,000 in the Barrow and South Lakeland areas. It comprises two Local Government District council areas in South Cumbria: Barrow (68,500) and South Lakeland (137,000).

It is anticipated that in Autumn 2006 services in South and North Cumbria will come together - creating a new Cumbria-wide specialist Mental Health Trust. It is not envisaged that learning disability services in South Cumbria will be transferred.

Bringing services together in North and South Cumbria

Many NHS Trusts are changing their boundaries to serve their local population more effectively. This is what the Government means by creating a 'patient-led NHS' and that's why we are considering bringing together mental health services in North and South Cumbria. The new Trust would share a cross Cumbria approach with many of our key partners such as the Cumbria County Council, Children's Services, Social Services and the Primary Care Trust.

We recognise that there will be a lot of work to do in building a unified mental health service for the people of Cumbria - but we believe strongly that one specialist Trust for the people of Cumbria will serve them well.



Partnership

The proposed name for the new Trust is '**Cumbria Partnership NHS Trust**' (Cumbria Partnership NHS Foundation Trust if our bid is successful). The word 'partnership' is an important one for our Trust and we believe the name acknowledges the relationships that we have with our service users, carers, local voluntary organisations, staff and other key partner organisations. We would welcome your views on this (comments must be received on the new name by 31st August 2006).



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Do you think that the name 'Cumbria Partnership NHS Trust' is appropriate? See centre pages to tell us what you think.

What makes us special?

Our staff - both North Cumbria Mental Health & Learning Disabilities NHS Trust and Morecambe Bay PCT have recently been awarded 'Practice Plus' status for their Improving Working Lives programme. This means that we are constantly trying to make the Trust a 'better place to work' by talking to our staff and acting on what they say. Each year, our staff are nominated for (and win!) both regional and national awards that recognise their hard work, dedication and commitment.

A Trust for the people of Cumbria - the possible creation of one new county-wide specialist mental health service will mean better services for the people of Cumbria. Some of our key partners (such as Social Services) already work across the county - and by joining them we will be able to work more effectively together. Bringing staff from North and South Cumbria together will enhance existing skills and expertise.



Trust Staff

Service user and carer involvement - We are proud of the strong and positive development in the involvement of service users. A great many service users and carers are actively and regularly involved in both North and South Cumbria in training staff, planning and designing services, recruiting staff, monitoring the Mental Health charter and other areas. They are really making a difference to the way services in the Trust are run, and in many cases improving their own lives at the same time. For example, several service users have moved on to employment after gaining valuable experience through their involvement activities. In the south, the Mental Health User and Carer Forum has played a central role in the development and delivery of services and in the north, at least 150 further service users and carers have been involved by their input at other events over the last year. This input is invaluable and is a vital part of improving our services for the future. Membership under Foundation Trust status can only strengthen this.

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We are financially stable - the NHS is going through a period of great change and is facing many challenges. The Trust is facing these challenges whilst remaining a secure and stable organisation.

We have big plans for the future - in North Cumbria, the Trust has worked hard to create a plan to improve our services in the future. Our 'modernisation' programme has been publicly endorsed and supported by the Strategic Health Authority and the County Council's Health & Wellbeing Scrutiny Committee. Work is already underway on a new Learning Disabilities Treatment and Assessment Unit in Carlisle and more projects (totalling £18 million) are planned for the future. In the South, Morecambe Bay PCT have established a service vision jointly with service users, the County Council and other partners. This is being actively translated into new services and new ways of working. They bring that experience into the new Trust and we will build on it for the future.



10% -
Percentage of children living in England who will experience mental disorders at some time between the age of one and sixteen

facts

We have strong partners - we are committed to working in partnership with all of our key stakeholders, including Primary Care Trusts (PCTs), Social Services, education, other local authority sectors, the voluntary sector, prisons, universities and other healthcare providers, the Strategic Health Authority, Patient and Public Involvement Forum and Overview and Scrutiny Committee. The PCTs are the main commissioners of our services and we work closely with them to ensure that our core services and future developments fit in with their Local Delivery Plans.

We are creating new ways of working

- in the last year we have introduced a number of new initiatives as a result of Government guidelines. Sometimes, in the case of our Crisis Resolution and Home Treatment Teams, we have to adapt these guidelines to suit the unique geography of our county. Our service users tell us they want to be treated as close to home as possible and we are committed to providing local care for local people.

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Award winning projects include:



The CHES Team

Care Home Education and Support Service (CHES)

This unique service was set up to provide specialist mental health support to both staff and clients in local care homes. After only three years in operation the team have won five national and regional awards.

By 2020, the World Health Organisation estimates that mental health problems will be second only to heart disease as the second largest international health burden

you know it!

facts

Positive Action

This was an innovative partnership project in Barrow designed to engage neighbourhoods and identifying things that had a negative effect on mental health and to design solutions. It has resulted in a challenging local action plan reflecting what local people want.



Personality Disorder Pilot

The Trust was one of only eleven in the country to be selected to develop new user-friendly ways of working with those with diagnosable personality disorder. The project includes an outreach service, a therapeutic community supported out of hours by a dedicated user-led website, weekly relationship groups and a comprehensive range of multi-agency training.

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"Being involved as a Service User means sitting side by side with the professionals, talking, discussing, laughing, sharing ideas - whether it be using my knowledge of how a leaflet should be written, or helping the Trust to do things better. My help is sometimes useful for the Trust, but just as importantly it gives me a feeling of accomplishing something, being wanted and needed. I now have an enthusiasm for life, whilst knowing that my nurses and doctors are always there for me. Whatever the weather - my sun shines today." **Margaret (Service User)**

New Ways of Working

This project (in association with National Institute of Mental Health in England) in Barrow piloted ways of making better use of the specialist skills of psychiatrists. It has formed an important contribution to helping GPs play a more active role in ongoing care of people with serious mental illness.

Schizophrenia CD Rom and Website

This project (in association with the National Institute of Mental Health in England) provides a wealth of information (tailored to the needs of local people) on schizophrenia. It has proved invaluable for service users, carers, staff and partner organisations.



Service Users, Carers and Health Professionals attending the Launch

Dementia Awareness

This was an award-winning training programme in South Cumbria designed to increase the level of understanding of awareness, particularly in residential care settings.



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Our Plans

With involvement from the people who use our services we have developed plans for the next few years. These plans fall into five main areas of work:

- A better experience for service users
- A culture of involvement
- A good place to work
- A mentally healthy community
- A good organisation



A better experience for service users

We want our services to be the best they can be. We want to build a culture where people are supported to make a real choice over the type of care available and where and when they receive that care. This means the right expertise available where and when it is needed in the safest and most accessible environment.

- Models of care for people with mental health problems have changed dramatically in the last few years to focus more on community-based care. We already provide very successful intensive home care as an alternative to hospital admission and plan to extend this in the future. We will also be looking at where we provide services currently and reviewing accessibility for all adults and older people with a mental health problem.
- We know we need to provide better access to talking therapies (an opportunity for people to talk in a way that helps them understand themselves better). We will therefore be looking at how to achieve this to offer better choice and shorter waiting times.
- We plan to develop and improve services for children and young people with mental health problems by bringing together the different teams that deal with children and young people so they can work more effectively together.
- We want to develop our service for people with a learning disability and a mental health problem, including introducing a new, purpose-built Treatment and Assessment Unit in Winter 2006/7.



A culture of involvement

Do you have any views or comments about our plans for the future? See centre pages to tell us what you think.

We already have really valuable service user and carer involvement in our services and want the community and those people with an interest in mental health to become more involved in developing and shaping the future of services.

- Build the membership of our Foundation Trust to be truly representative of our service users, carers and staff.
- Governors will be elected and supported to represent the views of Members and to actively take part on the Governors' Council.
- Governors and Members will work with us to develop their role.

"It is important that we have the opportunity to become involved in the planning and delivery of the services that the Trust delivers. I believe that we, the service users and carers are the true experts. We can contribute an enormous amount of knowledge and experience to enable the Trust to evolve and develop in a way that will truly benefit everyone who receives a service." **Sue (Carer)**



Trust Staff receiving NVQ Certificates

A good place to work

We want to give everyone who works for us the opportunity for self development, with real participation and involvement in the Foundation Trust. We will:

- Continue the Improving Working Lives programme to make the Trust a better place to work.
- Encourage all staff and others who work for the Foundation Trust to become Members and consider becoming a Governor.

Good mental health

When someone has a mental health problem or learning disability their whole life can be affected. The effects of stigma and discrimination mean that some people find it hard to get a job, somewhere to live or a social life. Good mental health services need to challenge stigma and discrimination and work with people to get the best out of life.

We want to work with our community to promote social inclusion and tackle stigma at every opportunity.

- We will work with our partners, particularly Cumbria County Council to promote integrated care.
- We want to strengthen our partnerships with GPs and primary care organisations.
- We want Members and Governors to work with us to tackle stigma, for example through our 'Media Minders' programme which encourages positive reporting of mental health issues in the media.

A good organisation

We want to be a very good organisation, demonstrating value for money in our services and developing better systems for managing our finances, information and performance. We will reshape our workforce by developing new roles and improving care through better management of this key resource. We will:

- Work with commissioners to agree longer term contracts, securing investment for the future of mental health and learning disability services.
- Develop our performance reporting to enable us to provide accurate information on the things that matter, setting out how money has been spent and the effectiveness of services.
- Continue to develop a fit-for-purpose and flexible workforce.

As a successful Foundation Trust we can build on our strengths to take our vision and goals forward. We want to create a modern organisation with a strong local identity and the freedom to change and develop, with the involvement of Members and Governors.

Why do we want to become a Foundation Trust?

We believe that our establishment as an NHS Foundation Trust would bring real benefits to our local community.

Benefits for our service users and carers

By having a real say in what we do, both now and in the future, service users and carers would enjoy:

- improved services and facilities for all age groups
- tailored services in place of traditional structures
- easier access, reduced waiting times and more choice
- earlier identification and intervention, reducing potential long-term effects
- better care taking into account family needs

Benefits for our staff

One of our main aims as an NHS Foundation Trust would be to become a better employer. We would offer benefits such as:

- innovative working practices
- extended learning and development opportunities
- special benefits packages
- opportunities for wider engagement in decision making
- encouraging trade union membership and supporting union representative development
- supporting engagement of staff in the local community



5 key differences

NHS Foundation Trusts are different from existing NHS Trusts in five important ways. They:

- have new freedoms to decide locally how to provide patient care
- are accountable to local people who can become Members and Governors
- have real involvement by service users and carers, local people and partners through a Governors' Council
- are authorised and monitored by a nationally appointed independent regulator for NHS Foundation Trusts
- are able to retain financial surpluses and borrow

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Benefits for the local community

As a new organisation, we would make the most of the freedom of NHS Foundation Trust status for the benefit of our communities. We would:

- aim to develop services that are ahead of their time
- seek to enhance employment opportunities for local people
- provide opportunities for the local economy to invest in services
- introduce local democracy within the NHS
- develop real community engagement

Benefits for our partner organisations

Further development of partnerships in new and innovative ways would enable stakeholders to:

- engage in the development of our business plans and service development strategies
- manage and develop services together with us
- become less reliant on external providers as we would be able to provide more local services

We would be ever conscious of the pressures on the local economy and would work in partnership with our key stakeholders to ensure that any new ventures complemented and enhanced existing services. We would also explore new ways to manage and share risk with our key partners. Investment proposals would be aimed at longer term, sustainable benefits.

Positive Foundation Trust experiences

Gateshead Health NHS Foundation Trust Case Study

“As Governors, we really feel we are contributing towards planning for the future, improving the patient experience and that the Trust is listening to its community”

Working with the Board of Directors, Governors contributed to work across the Trust to develop the Top 10 priorities for the Annual Plan. Members are being surveyed for their views through a questionnaire. Five working groups covering key topics, each with an Executive and Non-Executive Director, are making sure Members' views drive the changes. Everything is being fed back through the Council of Governors and will be debated at Members' constituency meetings in November.



How the Foundation Trust will work

The Trust believes that it is the right of every person living in the local area to be involved in the planning and delivery of mental health and learning disability services.

People with severe mental illness or living with a learning disability want to live fulfilling lives with self determination and choice and we want our staff to work with them, and with their relatives and friends to help them to achieve that.

As a Foundation Trust we will need to establish a new way of running the organisation. The legal requirements centre around three main components:

- Members
- Governors' Council
- Board of Directors

We have some freedom to decide the exact make-up of these components. Our initial plans are set out in this document.

What is a Member?

All local people, service users, carers and staff would be eligible to become Members. The proposed lower age limit is 14. Membership is free and Members will receive regular updates on the Trust. Members are also able to vote for Governors.

Members are organised by groups or 'constituencies'. Each constituency can then have a number of 'classes'. Our three suggested constituencies are:

- Public Constituency
- Service User and Carer Constituency
- Staff Constituency

Each constituency then elects Governors to represent them.

What is a Governor?

Governors are elected (by Members) from the membership. It is proposed that the Governors' Council will meet 3 or 4 times a year. Governors work closely with the Board of Directors, providing advice and making recommendations. The proposed lower age limit for Governors is 16.

**We now have
a million people on
Incapacity Benefits
because of mental
illness**

facts

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What can Members do?

Members have real influence on the way in which services are developed. They can vote and stand in the elections to the Governors' Council and have the right to be consulted on key developments. They can attend Members' meetings and will receive a membership welcome pack.

As a Member, it will be up to you how much you get involved. The contribution you make can fit around your lifestyle and interests. You might be satisfied to receive information and vote in elections; you might want to attend meetings and other Member events. At some point you may wish to stand for election to the Governors' Council.

At some point in our lives, mental health and learning disabilities are likely to touch our own lives or the lives of those we love. Please take this unique opportunity to join the Trust and have your say.

What can Governors do?

The Governors' Council advises the Board of Directors on the strategic planning and delivery of services. Their job is to use their experience to help the Trust understand the views of local people. They will also ensure that members have the opportunity to play an active role in the Trust's future.

More officially, their role is also to appoint the chairman and non-executive directors to the board and to receive and approve the Trust's annual report, accounts and the auditors' report.

Public Constituency

We propose that all public Members will live in the six local authority areas where the Trust receives its referrals. These six areas include Barrow and South Lakeland - we anticipate that the Trust will assume responsibility for all mental health services in these areas in October 2006. These services are currently provided by Morecambe Bay Primary Care Trust.

Our six areas will be:

- 1 Allerdale
- 2 Barrow In-Furness
- 3 Carlisle
- 4 Copeland
- 5 Eden
- 6 South Lakeland

NB: Please see the table on page 18 to find out how many Governors will represent these areas



Service User and Carer Constituency

We feel that service users and carers need a distinct voice in the Trust's future. They are at the very heart of our organisation.

Service users and their carers can often have a long relationship (over a period of years) with mental health and learning disability services. Service users and carers also often have a major say in their treatment and care regimes; we therefore feel that

the more formal membership relationship that a Foundation Trust offers is the logical next step.

Membership status of an NHS Foundation Trust will strengthen efforts to provide service users and carers with a meaningful voice.

Service user membership is open to anyone who has received services from the Trust in a community setting or has been treated at a Trust site as an inpatient in the last five years. Carer membership is open to anyone who has been a carer to a person who has used the Trust's services in the last five years.

Are we correct to set a lower age limit of 14 for membership? See centre pages to tell us what you think.

Are we right to propose the opt-out arrangement for staff membership? See centre pages to tell us what you think.

Membership of the Public and Service User and Carer Constituencies is open to anyone over the proposed age of fourteen. This is in line with the lower age limit for the Early Intervention in Psychosis Service in Cumbria.

We hope to recruit an initial membership base (including public, service users, carers and staff) of 5,000 Members over a three year period.

NB: Please see the table on page 18 to find out how many Governors will be representing these categories.

IMPORTANT

Service users and carers can **choose** to become a member in either the public constituency or the service user and carer constituency.

Staff Constituency

Do you have any comments on the proposals for Staff Members and Governors? See centre pages to tell us what you think.

We propose that all staff working at our sites have the opportunity to become Members of the Foundation Trust. Staff will automatically become Members but will have the opportunity to opt-out of membership should they wish.

We propose that staff from the following geographical areas elect Governors for their areas:

- North/East (Carlisle and Eden)
- West (Allerdale and Copeland)
- South (Barrow and South Lakeland)

NB: Please see the table on page 18 to find out how many Staff Governors will be representing these areas.

A geographical breakdown of Staff Governors will ensure that all Trust areas are represented.



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We propose that the Governors' Council be made up of 37 Governors from the following groups:

Public Constituency	Governors
Carlisle	3
South Lakeland	3
Allerdale	2
Copeland	2
Eden	1
Barrow-in-Furness	2
Total	13
These allocations reflect the population of each area.	

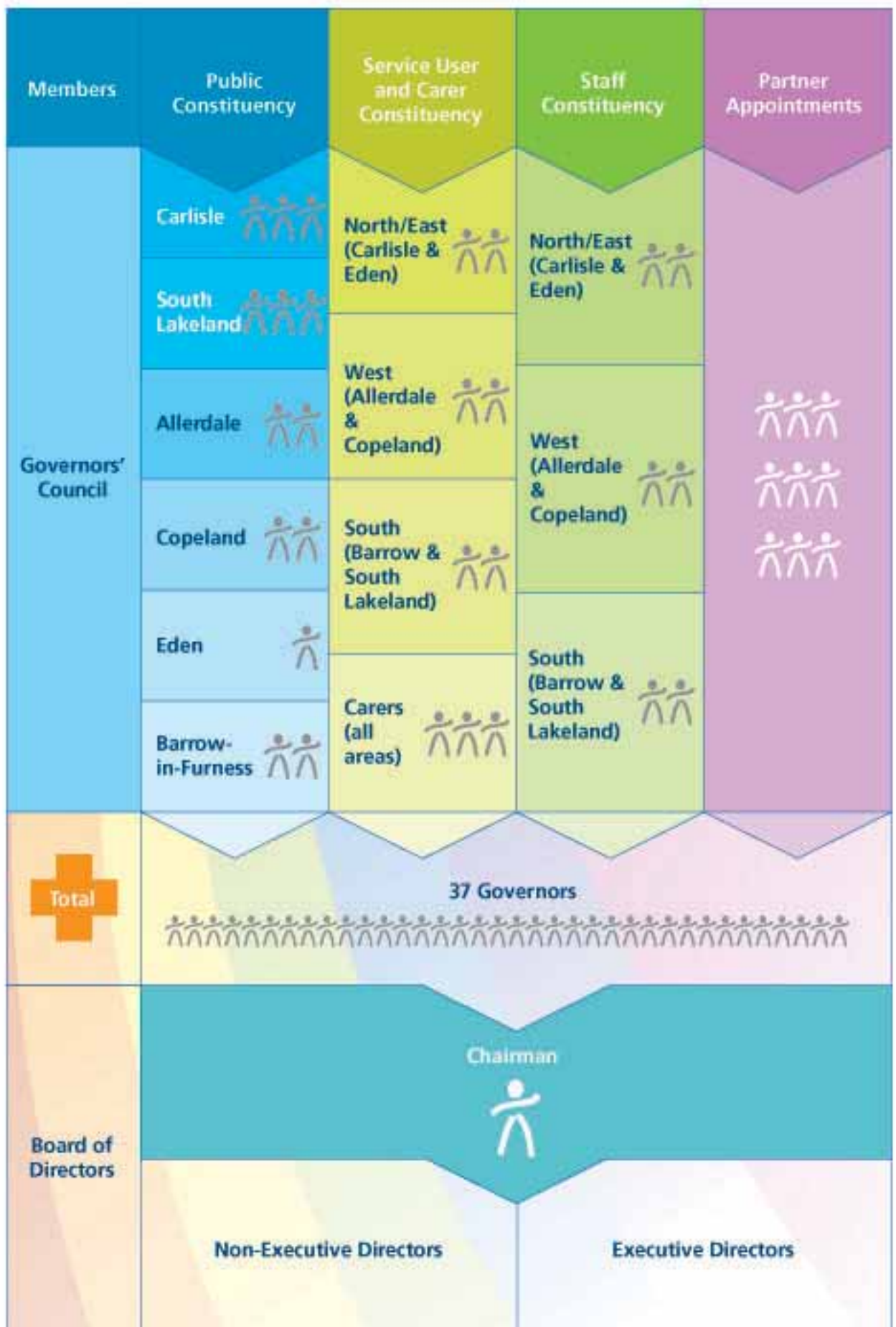
Service User and Carer Constituency	Governors
Service Users - North/East (Carlisle and Eden)	2
Service Users - West (Allerdale and Copeland)	2
Service Users - South (Barrow and South Lakeland)	2
Carers (all areas)	3
Total	9
This model will ensure that representation comes from all areas. We are keen to encourage representation from all services.	

Staff Constituency	Governors
North/East (Carlisle and Eden)	2
West (Allerdale and Copeland)	2
South (Barrow and South Lakeland)	2
Total	6

Partner Appointments	Governors
Cumbria PCT	1
Cumbria County Council	1
Education Partner	1
Business Representation	1
Community and Voluntary Groups	2
Acute Trusts	2
Patient and Public Involvement Forum	1
Total	9

Total	37
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How the Foundation Trust might work



Working with partners

Together with Governors elected by our public, service user and carer and staff constituencies, several chosen partner organisations will appoint representatives to serve on the Board (see previous page). We believe these representatives will provide an invaluable source of advice to both Governors and Directors on the Trust's future plans and will continue the Trust's excellent record of successful partnership working.



Staff and patients celebrate VE Day.

Have we allocated the correct number of Governors to each constituency/organisation? See centre pages to tell us what you think.

Is the Governors' Council the correct size? See centre pages to tell us what you think.

Have we identified the correct categories of partner organisations? See centre pages to tell us what you think.

There are six million carers throughout the UK. Their support is worth £57 billion a year, equivalent to a second NHS.

facts

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Next steps and contact details

Our public consultation will commence on Monday 24 July 2006 and will last for 12 weeks. Our formal application to the Department of Health will follow shortly after we have consulted on the proposals contained in this document.

This means that we may be a Foundation Trust as soon as Spring 2007.

We have included a membership form (in the centre of this document) which we would like you to complete in anticipation of our application to become a Foundation Trust.

Whatever happens with the application, your feedback will not go to waste and our application will simply be deferred to a later date. We are committed to the principles of community participation and the Foundation Trust initiative and firmly believe that our Trust could flourish with greater financial freedom and public, service user and staff involvement.

Consulting with you

We will be holding a Foundation Trust Roadshow from 29 August - 2 September in locations across Cumbria. The exact dates will be advertised in the local press and on the website in the coming weeks.

We are aiming to consult with as many people as possible and we recognise that it may not be convenient for everyone to attend a meeting. We will therefore be consulting in town centres across the county, holding focus groups and conducting telephone interviews with key stakeholders.

We are also consulting on-line - visit www.cumbriaconsults.com to give us your comments and sign up as a member.

If you would like more information about any of these activities, please contact us on the details overleaf.

Talk to us



We will be holding public events (see next page). This is a chance to meet us and ask us any questions. There is no need to book, just turn up at the session most convenient to you.

Foundation Trust Roadshow

Our team will be in the following towns on these dates.

We look forward to meeting you and answering any questions you may have - phone us for more details on exactly where we will be.

Barrow -	Tuesday 29th August 2006
Kendal -	Wednesday 30th August 2006
Penrith -	Thursday 31st August 2006
Workington -	Friday 1st September 2006
Carlisle -	Saturday 2nd September 2006

Invite us to a meeting

We would be delighted to attend any local meeting to discuss these proposals with members of our local community. If your group would like a presentation, please contact **Deborah.prince@ncumbria.nhs.uk**

You can write to us:

Deborah Prince
Head of Communications
Carleton Clinic
Cumwhinton Drive
Carlisle
Cumbria
CA1 3SX
Tel: **01228 602458**

You can email us:

Email us at **foundation.trust@ncumbria.nhs.uk**

You can phone us:

Please call our 24 hour Foundation Trust answerphone on **01228 603890** and leave your comments

Look at our website:

Cumbria is consulting online!

Here and see the opinions of Cumbrians on the changes
Foundation status will bring and give us your comments on-line.
Go to **www.cumbriaconsults.com**



After the consultation period

All comments must be received by 5pm on 13th October 2006.

We will use your views and comments in our final application to the Secretary of State in October 2006. The timetable for Foundation Trust status is as follows.

October 2006	Consultation ends
November 2006	Full application to the Department of Health
January 2007	Secretary of State approves/declines application
January 2007	Independent regulator starts 'fit for purpose' scrutiny
Spring 2007	Final decision from independent regulator about the success of our application

Our Promise

We promise to communicate regularly with Members and listen to what you have to say.

We want our Members to help us make the right decisions about our services and our future; to support the work we do and to represent us in their local communities.

We will endeavour to make the membership as representative of the local community and service users as possible. We appreciate that everyone has something to contribute and sincerely hope to attract people from all walks of life - different ages, backgrounds and experiences.





How to contact us

North Cumbria Mental Health and Learning Disabilities NHS Trust

Trust Headquarters

Carleton Clinic

Cumwhinton Drive

Carlisle

CA1 3SX

Tel: **01228 602000** (main switchboard)

Fax: **01228 602470**

Email: **foundation.trust@ncumbria.nhs.uk**

Involving you in a brighter future

North Cumbria
Mental Health &
Learning Disabilities NHS Trust

