

## **Cumbria LINK Governing Body Members October 2009.**

### **Neil Hughes**

I am fifty-one years` old and live at Bampton near Haweswater. I am a district councillor in Eden. For three years I was a member of Cumbria PCT PPI forum and its predecessor in Eden Valley. I attend Cumbria Action for Health, and have recently stepped down as a trustee of Eden Youth Work partnership, but remain on the board of the Citizens' Advice Bureau in Penrith. I have also undertaken a small amount of lay inspection work for the Healthcare Commission.

### **Janet Pitman**

My name is Janet Pitman, I am married and live in Dalton In Furness. I was a member of the PPI Forum for the Cumbria Ambulance Service. When the four Ambulance Services in the North West amalgamated in July 2006 and became the North West Ambulance Service, I was elected Chairman of the reformed PPI Forum for the North West Ambulance Service. I am a member of the Critical Friends Network for the North West Ambulance Service and also a member of the Patient Voice Group for Cumbria PCT. I am a Member of the National Association of Tangent Clubs. In my spare time I enjoy cooking and the Cumbrian Countryside.

### **Liz Clegg**

I live in rural West Cumbria and have 4 daughters, aged between 21 to 41. After several years as an unofficial taxi, I volunteered to drive for the Ambulance Service. 12 years ago and I helped set up the Muncaster Microbus Group volunteering to drive the bus. Unfortunately, I developed Diabetes and became insulin dependent and the 8 seater minibus was traded in for a 15 seat version. So I was unable to play with the bus and looked for other things to do. I became a member of the West Cumbria Community Empowerment Network as the representative for South Copeland and I also joined the West Cumbria Primary Care Trust Patient and Public Involvement in Health Forum. Through these interests I have learnt a great deal about public engagement and representation and listening to local people. I have particularly learnt how important community 'ownership' is and how powerful networks can be to improve services. My passion is ensuring equal access to good services of all kinds for all Cumbrian residents, whether urban or rural.

### **Jim Bradley**

Hon Secretary of Cumbria Mental Health Group

I was the first Chairman of Morecambe Bay Patient and Public Involvement Forum (the arrangement for the independent of involvement in Health Service between 2004 and 2007). This involved working through the principles of PPI forums to set up the working of the forum and developing our relationship with the Morecambe Bay Primary Care Trust which was very effective and indeed set precedents which have been used by NHS Cumbria to allow representatives of the public to keep in touch with the working of the governing board.

Since 2002 I have been involved with developing a service user and carer group to have an input into the developing of mental health and social care services. This work has involved creating opportunities for involvement and gaining an understanding as to how the governance and quality monitoring for both sectors

work. We have had significant successes in changing the outcomes from consultation processes.

Personally I had experience of major surgery which extends my knowledge of the working of the NHS.

The processes of this work creates tensions and I have had experience of this and work to display patience in resolving these tensions.

I look forward to offering this experience to the board of LINK to assist in the developing of the work of LINK across all sectors of health and social care and seeking to assist the developing the scope of Cumbrians involvement to achieve real results in improving services

### **Alan Alexander**

I am a retired Industrial Research Chemist having spent most of my working life in West Cumbria as a manager and trouble-shooter. I have wide range of interests including human rights, art, literature and politics. In my view our National Health Service is one of the most efficient in the world and a combination of resources and applying new clinical and methodological ideas will ensure it will continue to serve us all as our needs continue to grow.

### **Mr Chris Abbot**

Team Leader community first responders via Ambulance Service  
Base operator/co-ordinator Cockermouth Mountain Rescue Team

Previous experience of managing of a team of twelve, providing quality service to the public face to face, whilst in the banking profession.

Whilst part of two emergency teams I have experience in facing and dealing with the broad emotions of our fellow humans. Through the experience of life I feel I have an understanding of the needs and expectations of others.

### **Ms Jane Thompson**

Experience: After initially studying Catering Trades at City and Guilds 150 level, I went on to spend the next thirty five years in the hospitality business both managing and owning a number of restaurants and a hotel.

During this time I became involved closely with charity work. To begin with I organised a successful fund raising event for MacMillan Cancer Relief and Eden Valley Hospice in memory of a young girl who had worked for me and had died of cervical cancer.

After this, I was approached by the MacMillan area organiser and asked if I would like to take over as Chairman of the Carlisle Fund Raising Committee, which I was happy to do. During my tenure as Chair we went on to increase the level of fund raising from £5000 to £35000 in the first year and further increases continued as we raised awareness through many different events which were often held in my restaurant.

I began to realise how important it was, that as a successful business person I should try to give something back to society and those less fortunate than myself, so I became more involved in other charitable activities.

I set up an annual auction in aid of the Samaritans which was again held in my restaurant and which continued for many years after I moved on. I also organised many other smaller ad hoc events which raised money for a range of local charities.

My efforts became even more focused when my eldest daughter became ill during her final year at Cambridge University after suffering an acute psychotic episode, where she ended up spending seven months in a psychiatric unit.

Subsequent to this I spent eleven years supporting her through an illness which was eventually diagnosed as acute paranoid schizophrenia. Eventually my daughter died as an indirect result of her illness.

During this time I was approached by The Principal of Carlisle College who invited me to join the Board of Governors on the Personnel Committee, a post which I held for about four years.

As a carer to my daughter I gained much knowledge and experience with respect to her particular mental illness and in memory of Lisa and possibly as a consequence of my experience in charity work, I decided to set up a fund to raise money and awareness for sufferers of this and other mental illnesses. The Lisa Bertolotti Sanctuary Fund was set up, after invitation, under the umbrella of the Croftlands Trust and has gone on to organise many awareness and fund raising events. Currently we have raised about £100 000, much of which is being used to support the running of a resource centre for service users in Spencer Street, Carlisle.

Shortly after setting up the fund I was asked to join the Management Committee of Croftlands, a role which I have currently held for eight years. Because of this I decided to resign from the Governors at Carlisle College in order to direct my time and energy towards mental health issues.

In the last two years I have also done some hands on voluntary work at Spencer Street Resource Centre and have worked towards gaining a City and Guilds level 2 Certificate in Mental Health.

I have a great passion for education and have been involved with pupils from Trinity School who became involved in producing a play based upon my daughters' life and also a second group who designed clothes for a fashion event which I was planning. In the last two years I have become involved with sixth formers at Caldew School, having participated in classroom discussions regarding part of their curriculum which involves a double "A" level in Health Social Care, part of which is devoted to mental health. I have been giving them my perspective as a carer and fund raiser. My aim is to educate children in school and facilitate skills that they can use in understanding issues of their own mental health and that of others.

I would like to develop this further and possibly instigate a partnership between students at St Martins College and pupils at Caldew School with a view to improving

the experience of both groups. This is only a seed in my mind at the moment and I have only had the briefest of discussions with either party.

My ultimate aim is to reduce and eventually eradicate the stigma and lack of understanding which envelopes many of our cultural attitudes to mental illness.

I hope to continue to make a difference through my involvement with Cumbria LINK.

**Mr Paul Brown**

Director of Cumbria Drug Advisory Service (CADAS)

I have been working in the third sector in Cumbria for the last 18 years. I am passionate about services being delivered to the highest standards both statutory and Voluntary.

Before that I ran a small business in Cumbria for 5 years

I am an elected representative on the Third Sector Executive

CADAS is a member of Action for Health and is part of Carlisle Healthy Networks

I have recently joined the new Third Sector mental Health Forum

As Director of CADAS I have seen the organisation grow slowly...over the last 18 years.

CADAS has won the National Glaxo SmithKlineBeecham IMPACT award and also been highly commended for Innovation-Management-Partnership-Activity-Community and Targets.

I believe I have the experience, expertise and enthusiasm to add something to the Governing Body and help make Cumbria a healthier and more equitable place to live for all Cumbrians.

CADAS services are delivered Countywide.