

# Chester World Development Forum

## Minutes of the Forum Meeting held on Tuesday 10 March 2020 at The Unity Centre



Prior to our regular agenda we welcomed

**Linda & Stewart Shuttleworth**

*Talking of their involvement with the charity “Jamie’s Fund”, supporting the development of mental health care in Uganda.*



### Background

In 2010, 3 staff (of which Linda was one) from Cheshire and Wirral Partnership NHS Trust visited Kisiizi Hospital in south-west Uganda to explore the possibility of developing a mental health partnership.

In low income countries like Uganda, Government health provision is limited, especially in mental health, and the government relies on Private Not for Profit (PNFP) health facilities to fill the gaps. In Uganda, these tend to be faith based, the majority of which belong to either a Protestant or a Catholic Christian network,

and one or two other hospitals, such as the Islamic or Jewish ones.

The figures are stark. UK health spending is about £3000 p.a. per person, with 10% of the budget allocated for mental health. The equivalent in Uganda is about £6, with 1% for mental health. There are painfully few psychiatrists or clinical psychologists in public service, the mainstays of service delivery being mental health specialist nurses and clinical officers (PCOs)

Kisiizi happens to be a Church of Uganda hospital, part of the Protestant medical bureau, and it functions as a district hospital for a densely populated rural upland area. Unusually for a non-government hospital, it already had a mental health ward, which was very dilapidated.



People came every day to be seen as outpatients, and there were weekly clinics to outlying Health Centres. Uganda has a strong tradition of community activism, and locally this took the form of 5 active ‘Patients Associations’, which provided peer support, advocacy for rights, and small loans to start income generation activities. The members of these Associations were vocal and proud, and were a living testimony to a sceptical community that mental ill health could be recovered from and lived with.

Patients’ Associations



Mental Health Ward

### How the CWP – Uganda Link Developed

Kisiizi-CWP partnership activity took shape in regular exchange visits, in which small multidisciplinary staff teams spent 2 weeks at a time with the Kisiizi staff, delivering training and supporting service development. We were pleased to be able to host Nancy Mwebesa, Psychiatric Clinical Officer, leading the Kisiizi service, to visit our services in NW England



Nancy Mwebesa's visit

### The Setting up of Jamie's Fund

Meantime, in 2011, four intrepid cyclists undertook a sponsored 5 day ride from Entebbe, near the capital city Kampala, to Kisiizi. Four year old Jamie Devaney came to Uganda with his Mum (CWP's Director of Nursing) to support his Dad on the ride and to see the elephants. Tragically, he picked up an aggressive infection very early in the trip, and despite everyone's best efforts, died in Africa. His parents established Jamie's Fund in his memory, with the object of helping to improve mental health care in Uganda. The charity enabled the group to fundraise for infrastructure, such as a vehicle to support the outreach clinics, and the building of a new Mental Health Centre at Kisiizi, with separate wards for men and women, and safer spaces for people when they were very disturbed in their behaviour. There was also space for daytime activities and quiet rooms for consultations.



Vehicle to support outreach clinics



New Mental Health Centre at Kisiizi

The centre was opened on a great celebratory day in 2017 by Jamie's parents with music, dramas, visiting dignitaries, speeches and food, in a way that you don't quite see in the NHS in England...

### Beyond Kisiizi

The Jamie's Fund charity then began to take stock, wondering how much sustained difference they had made in terms of staff and service development through these annual short term visits, and realising that they had perhaps reached a limit. They needed a new approach, moving away from the traditional model of visiting 'experts'. They were already developing relationships with the Ministry of Health, with the people at the Uganda Protestant Medical Bureau headquarters in Kampala, and with two other Church of Uganda hospitals in the south west. These hospitals, Bwindi and Kagando, were already community-facing, taking their mental health services out to where it was needed. Some funding was still coming in to Jamie's Fund after the big building project was completed, and the group made it available for salary support, training, transport and communications, to enable skilled Ugandan staff to deliver locally appropriate services.



The World Health Organisation (WHO) has developed a training scheme (mhGAP) to enable non-specialists to identify and know how to manage common presentations of mental ill health. In August 2018, Jamie's Fund paid for Ugandan tutors to deliver a 5 day mhGAP Train the Trainer course at the training hospital, Butabika, Twenty two Ugandan staff from 9 PNFP hospitals across the country attended, and were inspired. Apart from the content of the training, they valued the opportunity to share and support each other, and have continued to do that since, so that staff, who had been working in isolation, now support each other to work for better services.



Also in 2018, UPMB health facilities responded to a survey which the group helped to send out, and many expressed the wish to develop their mental health services. Four of the Jamie's Fund Trustees visited in November of that year. Two travelled in eastern Uganda, and two went west, visiting the 3 services already known, and 9 that were new. It was really encouraging to find services growing in the existing partnerships, due to the energy and commitment of good local staff. And to visit other places where one or two nurses or medical clinical officers were keen to notice and treat the mental ill health they found in their general and maternity services. So by the end of 2018, new relationships had developed with eight health facilities in Uganda, six of whom are now actively working with Jamie's Fund, in addition to the original three.

About 25% (£72,000) of the fund's total charitable fundraising has covered all of this transformative work, which is why the trustees are resolved to continue to focus on community-facing services in Uganda, rather than get involved in building more wards. As it happened, their first partners were all part of the Uganda Protestant Medical Bureau network. As well as getting to know staff at the Bureau, they were careful to develop a relationship with the Uganda Ministry of Health, to make sure that what they were doing was in alignment with government priorities. Incidentally, the entire Mental Health Department in the Ministry fits into one small office!

The other major non-government group of hospitals is the Uganda Catholic Medical Bureau. The trustees were really keen to start working with them, and supported them to send out a similar survey to their hospitals and health centres, enquiring about their interest in developing mental health services. In the latest visit in September/October 2019, they were able to meet the leadership at the Bureau for the first time and learnt that they had identified mental health as one of their priorities, and that they were fully supportive of this approach.

### **The Jamie's Fund Model Develops**

So Jamie's Fund has gone from strength to strength, from working with one to three to nine to potentially 27 hospitals and health centres in Uganda. It is still a very small charity, of seven Trustees and four or five advisors and helpers. They seem to be able to make a little money go a long way, because they are all volunteers and are facilitating enthusiastic Ugandan staff to deliver the training and services. More than simply funding, they have learned the value of a face to face relationship with their partners, of a sustained personal presence. They are seeing mental health coming up the agenda, nationally and internationally, and Uganda responding to that.

### **In the last year supported by Jamie's Fund**

- mhGAP training has now been rolled out by the original 22 trainers to 223 staff in 9 locations, at an average cost of £145 per person (residential) and as little as £60 non-residential. One course included 4 local police.
- 4300 members of 19 churches have received mental health community sensitisation messages, raising awareness of the issues.

- 3 staff have begun Psychiatric Clinical Officer (PCO) training, at a cost of about £1500 per person p.a.
- Service leaders in 5 health facilities have met to explore the possibility of establishing Drugs Banks.
- 22 new community clinics across 3 locations.
- 2019 CPD training course, Butabika, September 2019, 31 staff attend.
- A survey of the UCMB health facilities has identified 24 potential new partners, of which 17 were visited in September 2019 (as well as 10 existing partners).

### **How has Jamie's Fund done this?**

- 7 Trustees, plus 4 to 5 advisors and helpers, all voluntary, meeting own expenses.
- Total expenditure to Sept 2019=£291,184 of which
- £206,000 Kisiizi Mental Health unit build and £13,064 Kisiizi vehicle purchase and maintenance
- £72,120 funded all the other developments

### **Conclusion**

These partnerships are clearly very effective in making big differences to mental health services in Uganda. There is still much work to be done as there is still a stigma to mental health in some quarters of Uganda. But there is community and family support which is very important. Linda and Stewart Shuttleworth are retired NHS Clinical Psychologists but finding themselves in a second career!

For further information or if you would like to make a donation please contact:

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## CWDF BUSINESS MEETING

- 1 **Welcome:** Terry Green chaired the meeting  
**Present:** Terry Green, Bernard Payne (St Columba's Third World Group), John Tacon, Ann McCarthy (CAFOD), Linda and Stewart Shuttleworth, Tony Walsh and Tom Ormiston (EP J and P Group), Vicki Jenner, Elizabeth Bott (CAMCC), Brian Rowe (Chester Friends of Palestine), Katy Rowe (Chester Christian Aid), Lindsay Cussons and Margaret Lord (Bahai's), Pam Price (Church Action on Poverty), Angela Macquiban, Diane Williams (Quakers) and Mark Rideal (CND)  
**Apologies:** Prior apologies from Gill Miller, Heather Swainston, Gerald Grant and Sue Bownas
- 2 **Minutes/ notes of Forum meetings, and matters arising:**
  - Forum of 14<sup>th</sup> January 2020: (previously circulated, including note of Colin Watson's talk on Climate Change issues) – no issues arising
  - Chair to report on key issues covered in Committee meetings held on **3<sup>rd</sup> February** and **2<sup>nd</sup> March 2020**.
    - Re-design of CWDF information leaflet. Committee decided that a smaller flyer was needed to hand out at events plus the leaflet needed an overhaul. A few committee members met and agreed a format for the new flyer. This now in the hands of a designer. The updating of the leaflet will follow.
    - Prospective one-day conference on **"The Diet Crisis, can we feed the world sustainably?"** - date of Sat 31<sup>st</sup> October at the University has been suggested. Initial thoughts are to have speakers from 2 big food-producing companies such as Unilever and Iceland followed by workshops from NGOs. Before the committee takes this any further we need a mandate from CWDF members to go ahead. All present at the meeting agreed that committee should go ahead.
- 3 **Treasurer's report, including progress with 2020 subscriptions:**

Balance £500.56 as of end February. More subs have come in but money paid in has not yet cleared. 2 meetings in the Unity Centre have yet to be paid for plus payment for the new flyer (design and printing costs). By end of March balance could be down to approx £350. JT encouraged people to pay their subs asap.
- 4 **Brief review of any recent local events arranged by our members:**

JT reported on Fairtrade events in CWaC on behalf of Fairtrade Steering Group. The Neston group held a big fashion show (with Chifundo), a coffee morning and are having further activities this week. There were also some activities at the University. Heather Swainston held a stall at Watergate House, which houses a number of company offices. There was a Fairtrade display in Waitrose, which looked great – but JT didn't really think the headline message of "Fairtrade" was made clear enough so he gave feedback to a senior 'partner' in the store. He welcomed the idea of having one of the CW&C Fairtrade Borough pop-ups on the display next year.  
Next meeting is on Monday 16<sup>th</sup> March at 10.30.  
In Ellesmere Port, Tony Walsh held a coffee morning and invited the Mayor. Their group did a survey of supermarkets to see how many Fairtrade goods they could find and quite a few items still on sale. Co-op came out best.

*Please note that all the following dates were as discussed at the Forum meeting. In the light of the corona virus pandemic all have had to be cancelled or postponed. Details of any revised arrangements will be circulated as and when available*
- 5 **Arrangements for forthcoming events/ relevant activities, including:**
  - **Sat 21<sup>st</sup> Mar - Sustainable Chester Fair - Sustainable Fashion.**

11.00am - 5.00pm, Rowton Hall Hotel. Organised by Eco Communities/ Friends of the Earth Chester & District

- **Fri 27<sup>th</sup> Mar – Q & A Session with Chris Matheson MP**  
6.00pm – 7.30pm in The Unity Centre. The Forum's first opportunity to meet Chris Matheson since his re-election at the December 2019 general election
- **Tues 21<sup>st</sup> Apr – “Is Africa developing? Challenging some popular perspectives?”**  
4.30pm – 5.30pm, Best Building, University - Lecture by Prof Tony Binns, arranged by Gill Miller on behalf of the Geographical Association.
- **Tues 28<sup>th</sup> Apr – Film “On Her Shoulders”**  
6.00pm -7.30pm in Storyhouse. Documentary film about the plight of the Yazidi women and children victimised by ISIS. Screening in association with Chester & Wrexham Amnesty International
- **11<sup>th</sup> -17<sup>th</sup> May - Exhibition and Conference “Our Journey to Sustainability”**  
Organised by Chester Sustainability Forum in association with Chester Cathedral. Displays by local groups, including CWDF. Diane Williams gave us an update – there are now 30 exhibitors. Leaflets are being produced to hand out to people. Other events are also going on – eg's: Friday evening production in Storyhouse and Monday evening workshops
- **Tues 12<sup>th</sup> May – CWDF Forum AGM**  
6.45pm – 9.00pm The Unity Centre. Prior to the AGM business we'll be hearing from Stephen Maund, providing an update on community development projects in Malawi.
- **Any Further Events/ Activities** that should be added to the CWDF Diary?

KR: Christian Aid petition to be signed – copies available at tonight's meeting. Christian Aid has teamed up with CAFOD and Tearfund to introduce a Year of Prayer for climate justice Trevor Dennis, chair of Chester Christian Aid Committee, will be giving a series of 4 talks with music on Tuesdays in March to raise money for Christian Aid

BR: CFoP next meeting is on 27<sup>th</sup> March, Room 204, Riverside Campus. BR apologised for the clash of dates with CWDF's meeting with Chris Matheson. CFoP try to communicate what it's like for people living under occupation in West Bank and as such have organised this event to fit in with visitors from a town near Ramala who have been offering peaceful resistance against the occupation.

TW: £2,000 has been raised for CAFOD from quizzes held in Ellesmere Port. Also reported on an interesting article in MouthPeace, (The Justice and Peace magazine produced by The Archdiocese of Liverpool Justice and Peace Commission and Diocese of Shrewsbury Commission for the Promotion of Peace, Justice and Social Responsibility) about Israeli soldiers uprooting olive trees in the West Bank

**6 Issues from around the table/ AOB: none**

**7 Date of next Forum meeting:**

**Tuesday 12<sup>th</sup> May, 6.45 for 7.00pm at The Unity Centre**

Speaker Stephen Maund, Malawi community development update.  
To be followed by **CWDF AGM**