

Chester World Development Forum

Minutes of Forum meeting held on Tuesday 19th July at The Unity Centre and via Zoom

Prior to the business meeting we welcomed:

Linda and Stewart Shuttleworth: (retired Clinical Psychologists): Mental Health and Learning Disability, Cheshire and Wirral Partnership NHS Trust to talk about “Jamie’s Fund and Uganda”

Linda and Stewart last spoke to CWDF in March 2020 and were hoping to visit Uganda again soon after that but Covid put a stop to that. They were finally able to return to Uganda in March of this year.

They began by giving a quick recap of why Jamie’s Fund was set up:

- Cheshire and Wirral Partnership NHS Trust is based next to the Countess of Chester hospital where both Linda and Stewart worked as clinical psychologists.
- In 2010 CoC already had an established link with Kisiizi hospital in Uganda and Linda and two senior colleagues managed to visit it on behalf of CWP with a view to exploring the possibility of setting up a mental health partnership.
- Kisiizi is an independent hospital in SW Uganda affiliated to the Church in Uganda and had established links with Western charities for some much needed funds. Charity funding is crucial in Uganda – in the UK £300 a year spent on mental health per head of population but in Uganda 6p.
- Kisiizi was unusual because it had a mental health unit. The care was second to none but the fabric of the buildings was poor. It had an outpatient clinic but people could wait hours to be seen. Monthly visits were made to run busy mental health clinics in some outlying Health Centres.
- Near the hospital were several patient associations which gave collective support so in Ugandan terms, mental health provision was fairly well developed.



Kisiizi Hospital



Buildings in disrepair

Relationships became established and a programme of exchange visits arranged. A Community mental health vehicle was purchased following a sponsored bike ride in 2011. Very tragically, during one of the exchange visits, the son of UK visiting staff (Jamie) died and his parents wanted to do something in his memory and that is how the fund came to be set up.

CWP – Kisiizi partnership continued to be developed with:

- MH professionals visits
- Clinical case discussions and
- professional consultation (MH, LD and epilepsy)
- Teaching on requested topics
- Training in psychosocial interventions and management of aggression
- Training in psychological therapies and occupational therapies
- Support in data collection and service development

Initial fundraising was for “things” – a vehicle so that health care professionals could get to far places. The main project however was to build a new mental health unit and this was achieved in 2017.



Beyond Kisiizi – new partnerships developed in 2 more hospitals – Bwindi CoU and Kagando CoU in SW Uganda - coupled with new working practices. Both Bwindi and Kagando were already taking their mental health services out to where it was needed and they were invited to apply for funding to support how they wanted to develop services to meet local mental health needs. People with mental health issues were hidden away in sheds.

In 2018 WHO mhGAP training scheme (to enable non-specialists to identify and know how to manage common presentations of mental ill health) began. Ugandan tutors delivered 5 day mhGAP “Train the Trainer” course at Butabika, funded by Jamie’s Fund.

22 staff from 9 CoU hospitals across the country attended and were inspired to form a strong mutual support group. Outpatient clinics were established and help became much more community based.

A survey was carried out with UPMB (Uganda Protestant Medical Bureau) health facilities and it was clear that many wished to develop their mental health services. 8 more partners were established.

The Jamie’s Fund model further developed into facilitating the growth of community focused services by:

- Recognising that relatively small resources can make a big difference.
- Supporting Ugandan trainers and health staff to deliver teaching and services.
- Working with enthusiasts!
- Building relationships, being actively present, facilitating, as well as...
- Part funding some salaries, training, motorbikes, laptops, clinic furniture, portable solar panel, community sensitisation.

By late 2019 supported by Jamie’s Fund:

- mhGAP training had now been rolled out by the original 22 trainers to 223 staff in 9 locations, at an average cost of £100 per person. (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 began Psychiatric Clinical Officer (PCO) training, at a cost of about £1500 per person p.a.
- 22 new community clinics across 3 locations were established
- 2019 CPD training course, Butabika, September 2019, 31 staff attend.
- A survey of the UCMB (Catholic) health facilities had identified 24 potential new partners of which 17 were visited in September 2019 (as well as 10 existing partners).



UPMB

UCMB



Trainees

And then there was Covid – But the Fund was able to continue funding training and service developments, including 4 more staff to start on their PCO training. (PCOs are Psychiatric Clinical Officers, who are often the leads of MH services.)

The “team” also developed a model for one day Mental Health Sensitisation events for the local community. COVID had made a major impact on mental health in Uganda which saw a considerable increase in drug and alcohol problems.

In March 2022, 6 of the supporters went back to Uganda including Linda and Stewart who ended up in the west of the country. The aim was to get an update on developments and find out what they would like in future. They first visited NKOZI hospital where the mental health service was working really well. The hospital had taken what Jamie’s fund had to offer and made it really work.

NKOZI HOSPITAL



Rushere Community Hospital



They then visited Rushere Community Hospital where they had a trained mental health nurse but gave her no time to work on mental health. They wanted an ex-Covid ward to be completely set up as a mental health ward before they would set up proper services and they wanted Jamie’s fund to fund this - clearly very different ways of working.

Ibanda hospital wanted them to see the “epicentre” – rented accommodation for those suffering with mental ill health. This was very much a self help group. Linda and Stewart didn’t quite know what to make of it as it was a very different way of working but loved their optimism and enthusiasm.

Other hospitals visited were Holy Family Virika, Kabarole and RWESANDE. The latter had 2 mental health staff but 1 of the staff was also dealing with leprosy and malaria so not much time was devoted to mental health. St Paul’s Health Centre at Kasese was seeking help to convert an old building into a mental health clinic. They really valued the link with Jamie’s fund. Kilembe Mines Hospital had relocated into an empty kindergarten building in the town, after being destroyed by floods.



Old building awaiting renovation



Kasase Hospital staff

The last hospital to be visited was at Kagando where Linda and Stewart visited some of the outreach clinics. Sadly they found the staff could be overwhelmed by the number of patients turning up to these and worked together on possible solutions



Kagando Hospital



PCO Trainees

Linda and Stewart then returned to the congested capital city, Kampala and met some of the trainees being supported by Jamie’s Fund.

Activities to date supported by Jamie’s Fund (Mid 2022)

More people are now treated in or near their own communities because

- mhGAP : 56 trainers have now trained 826 non specialist health staff
- 21 Community Leaders Sensitisation events have been held in 14 locations with 680 attendees
- 7 trainee PCOs, one of whom completed and returned to parent hospital to start work
- More Continuous Professional Development planned

How has Jamie’s Fund done this?

- Total expenditure to date (mid 2022) =£474,639 of which
- £206,000 Kisiizi Mental Health unit build and £13,064 Kisiizi vehicle purchase and maintenance
- £196,000 funded all the other developments

For more information - linda.shuttleworth@jamiesfund.org.uk



Business Meeting

- 1 **Welcome:** Terry Green chaired the meeting
Present: Terry Green, John Tacon, Gill Miller, Vicki Jenner, Ann McCarthy, Linda and Stewart Shuttleworth, Diane Williams, Peter Speirs, Rose and Mike Johnson, Kathryn Gornall and Sean English
Bernard Payne, Angela Macquiban, Katy and Brian Rowe via Zoom
Apologies: Lindsay Cussons and Heather Swainston
- 2 **Minutes and matters arising:**
 - Committee meeting 11th July:
 - Just to report back on issue raised by BP at AGM - BP had asked whether there had been any response from the government to TG's letter re the proposed increase in nuclear weapons. TG felt that, given the present political turmoil, it would not be worth resending at present. Letter will be resent in due course
 - Issue of Barclays Bank and investment in fossil fuels was also discussed. Suggestion that invite someone from Barclays to speak at a Forum meeting?
 - AGM of Forum 10th May: Investment in fossil fuels by Barclays – Suggestion that we write to Manager of Chester Branch and then follow up with lobby group
- 3 **Finance update:**

JT estimates that we have £334.11 in the bank and he holds £27.29 in petty cash, giving a total of £362.40. It is difficult to be precise as the bank statement will not arrive until the end of the month.
- 4 **Website/Social Media update:**

VJ and BP continue to update the website but we are still looking for someone who could give the website a “new look”
- 5 **Future CWDF and related events:**
 - Tuesday 13 September: CWDF Forum meeting at The Unity Centre, 7pm. Dr. Mark Bendall, Senior Lecturer in the University of Chester Department of Social and Political Science will talk about “Challenges in Global Politics: Mis-use and Mis-governance
 - Saturday 24 September: CWDF will be present at the opening event of the ‘Great Big Green Week’ in Grosvenor Park, Chester from 11am to 4pm. Do drop by and have a chat with us, our volunteer to join our rota for the day. Contact Ann McCarthy if you can help.
 - Tuesday 08 November: CWDF Forum meeting.
We have arranged for Paul Tacon to give a talk, via Zoom, on “The Impacts of Climate Change on Migration”. Paul works in the Migration Team based at the Geneva head-quarters of the International Labour Organisation. This meeting will be in conjunction with the University of Chester Department of Social and Political Science, and will be held on the university campus at 7pm. Details of the venue will be confirmed in the next Diary update.
- 6 **CWDF Diary:**
 - Chester Friends of Palestine special meeting on 29th July at 7pm in Unity Centre. Ayed Abu Eqtaish from *Defence for Children International - Palestine* will be speaking about 'Defending Palestinian Children.' *Defence for Children International - Palestine* promotes and protects the human rights of Palestinian children.
 - Saturday 06 August: Hiroshima & Nagasaki Flower Memorial at The Bandstand in The Groves, Chester, 8pm.

Organised by Chester Peace Vigil, this annual event is to remember all those who died and suffered as a result of the atomic bombs dropped in 1945, in the firm belief that it must never happen again.

7 AOB: Update from Mike Johnson on City of Sanctuary Group

Introduction

- City of Sanctuary is a national charity with over 100 local groups. The Chester group was launched in November 2018.
- We promote a culture of welcome and hospitality for refugees and asylum seekers (i.e. sanctuary seekers).
- In the Chester area other agencies (e.g. CHAWREC at the Unity Centre) provide direct support to sanctuary seekers, so our focus is on awareness raising and providing an alternative positive narrative.

Refugee Week

- We arrange and coordinate a series of events in June to mark Refugee Week.
- This year the events included:
 - 'Messages for Thought' – pieces of material embroidered with a message to stimulate thought and discussion. These were made by individuals and several craft groups and were displayed throughout the city including in the Cathedral gardens and Grosvenor Park and on the suspension bridge.
 - Displays at the Cathedral, Wesley Church and the SHARE shop.
 - A Sunday service at the Cathedral with a particular focus on Refugee Week.
 - An innovative theatre production of 'White Rabbit Red Rabbit at the University Kingsway campus performed by Matt Baker.

Places of Sanctuary

- We continue to engage with local organisations who are looking to become a 'Place of Sanctuary' by 'learning' about the issues, 'embedding' this learning in their organisation and 'sharing' with others.
- Currently there are four 'Schools of Sanctuary' in the area with two more interested in working towards their award. We are also working with the University of Chester, Cheshire West & Chester Council, and the Cathedral as they journey towards their accreditation.

Strategic Meeting for Local Organisations

- In 2020 we initiated a forum for organisations that support local refugees and asylum seekers. The quarterly online meetings provide an opportunity to share updates, discuss local issues and initiatives, and also provide networking opportunities.
- The online leaflet summarising the local support that 15 organisations provide can be found at <https://www.livewell.cheshirewestandchester.gov.uk/Services/3461>

Further Information

- For further information on City of Sanctuary please explore our web pages at <https://chester.cityofsanctuary.org/> and the national website at <https://cityofsanctuary.org/>

Terry Green thanked Linda and Stewart for their very interesting and inspiring presentation and commended Jamie's Fund for its work which has clearly had a significant impact on mental health care in Uganda.

Following the meeting, CWDF donated £50 to Jamie's Fund

8 Date of next meeting: Tuesday 13th Sept 7pm in the Unity Centre