



The Mental Health and Wellbeing Awards 2024



Nomination Outstanding contribution to the mental health and wellbeing sector

Peter Woodhams

Their role/job title (if individual): Carer Consultant

Their organisation (if different from your own): The Meriden Family Programme

Provide a short summary (max 150 words) of the individual and their contribution for use if your nomination is shortlisted.

Peter Woodhams is a Carer Consultant who has worked in collaboration with the Meriden Family Programme for over 16 years. Over the years, Peter has been able to share his personal experience of supporting his son, diagnosed with Schizophrenia, on a wide variety of training programmes and educational forums. His family benefited from Behavioural Family Therapy (BFT) early in their journey and Peter has passionately advocated for the routine implementation of Family Interventions ever since.

On retiring from a role in industry, Peter became actively involved in working with mental health services and has worked with Meriden as a Carer Consultant on a part time basis since April 2008. He has also worked on three NICE Guidelines as a Carer Representative and has supported the development of family friendly mental health services across the UK, Ireland, and Canada.

Introduce the context of the entry in the space below

Peter has worked tirelessly over the years to support the routine implementation of Family Interventions for those families impacted by mental health issues, especially those living with Schizophrenia and Psychosis. He describes his own family receiving Behavioural Family Therapy when his son was accessing mental health services - and that it "saved their lives".

Following his retirement, Peter has actively promoted the use of family interventions in a wide variety of contexts. He is a regular contributor to the Meriden Behavioural Family Therapy (BFT) training, its Training Trainers programme and the national 12-month course in Family Interventions for Psychosis and Bipolar Disorder. He has co-produced and delivered training in carer education and support (the "Caring for Carers Group" programme), as well as carer awareness training and sessions on understanding confidentiality in a family context. Peter is currently working with Meriden to co-produce the recovery for carers content of their new website.

Peter has promoted BFT in talks and conferences across the country and has consulted with a variety of international locations, travelling to India, Japan, Ireland and Nova Scotia to name but a few! He was also active in his work with the Commonwealth Fellowship scheme – supporting colleagues develop services to support families in Uganda and Nigeria.

As such, I feel that Peter has made an outstanding contribution to the mental health and wellbeing sector over the years and would be most deserving of this award.

Please confirm the following for the nominated service (enter n/a if not appropriate):

Is it regulated by appropriate bodies (e.g. CQC or OfSTED)?

n/a

Is it a registered charity or a registered social enterprise?

n/a

Does it have a safeguarding policy/risk assessment/clinical governance policies and procedures (including the protection of staff's wellbeing)?

n/a

It is GDPR compliant?

n/a

Is there any action being taken by a regulator against you?	n/a
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Describe in the space below how do they go above and beyond the expectations.

Given that Peter is now in his second decade of 'retirement', it is clear that he has gone above and beyond all expectations. His passion and commitment to supporting carers and families within mental health services is inspiring and has no doubt influenced the clinical practice of many hundreds of BFT practitioners. Peter is always keen to be involved in each and every one of our training programmes and continues to share his story and experience.

Each of our training courses and individual sessions are fully evaluated and we have at least 15 years of evidence to support the fact that students and delegates value his contribution and the importance of hearing from people with real, lived experience.

Describe how their work has had an impact on others (e.g. testimonials).

As much as we professionals advocate for the use of Family Interventions, trainees and delegates will always value hearing from someone with lived experience. Peter's ability to describe his own journey as a Carer, and how BFT was such an important aspect of his own family's recovery is so very impactful and really resonates with many who hear his story.

Direct quotes from the feedback analysis of our Family Interventions for Psychosis & Bipolar Disorder training (2022):

"It was inspirational to hear a lived experience of a carer".

"Peter Woodhams' story about his family's experience was crucial to bring the training to life."

"It was great to hear Peter talk about the impact of BFT within his family".

"Having a carer consultant attend and give his and his families experience of BFT was the highlight of today for myself as it really showed the positive impact [of] family work".

"Carer perspective presentation was so helpful and powerful! Very relevant to the course".

"Fantastic being able to hear from two carers and their perspectives on their involvement with services and also the impact caring for a person with mental health problems has had on them".

"Hearing lived experiences of carers really helps to empathise with them, and reiterates the importance of their own recovery/recovery as a family unit as well as the service users recovery".

How is the impact sustained over at least two consecutive years? This might include data, testimonials, feedback or other types of evidence.

As previously mentioned, Peter has worked with us since 2008 and has been actively involved in all aspects of our work. He has contributed to our Behavioural Family Therapy training since that time and has been involved in the design and delivery of our national NHS England funded Family Interventions in Psychosis and Bipolar Disorder training since 2020.

Please return the entry to awards@rootofit.com before 30th May 2024.