

Mersey Care NHS Foundation Trust  
The Life Rooms  
Evered Avenue  
Walton  
Liverpool  
L9 2AF

20 Feb 2019

**To whom it may concern**

Following a request from Pauline Rowe I am pleased to be able to share a little of what Pauline has been doing over a number of years as she has worked with the Service Users and Carers supported by Mersey Care NHS Foundation Trust.

Between 2009 and 2013 Pauline worked with the Sudley Project, an arts and poetry programme and a collaboration between ourselves, National Museums Liverpool and artists Sue Williams and Steve Rooney. The programme provided our community based service users with the opportunity to express themselves and develop their confidence and skills around writing and art

In 2013 Pauline was appointed Mersey Care's first Poet-in-Residence in 2013 a role she continues to this day. During her work with us Pauline has delivered hundreds of creative writing workshops including work with our Memory service, older adults, Early Interventions services, the Personality Disorder service and in Medium and Secure services working on both acute wards and with community mental health teams.

In addition to the workshops Pauline has produced publications, run regular writing groups, and annual events such as National Poetry Day and National Writing Day initiatives involving both staff and service-users. She has also written poems as special commissions especially for International Women's Day. Pauline's commitment to providing creative opportunities to our service users is self evident and means that when we are thinking about additional short programmes or events of a creative nature Pauline is likely to be one of the first people we think about being involved. Current examples of this would be the use of a piece of bespoke poetry created by our patients and staff with Pauline through a number of workshops to be used within the architecture of our new medium secure hospital, or talking to Pauline first around the possibility of a summer Arts Festival for members of our latest Life Rooms, community social inclusion and recovery hubs.

As well as Pauline's personal skills and attributes which she brings to her creative programmes she also provides a space for friendships to develop for people who, due to their ill health, often have more limited networks than those not living with mental health conditions and who may not be ready for mainstream groups. Pauline is very sensitive to the needs and situations that our service users sometimes manifest, a skill which not everyone has. The aim of the trust around Arts and Health has been to offer opportunities for our service users for moments when they are not a mentally ill person or their diagnosis but rather a human being who wishes to explore and express themselves through the use of art in all its forms. Pauline is superb at creating both the environment and sharing her skills and knowledge to enable them to do this.

If you require any further information please do not hesitate to contact me.

Yours faithfully,

Berenice M Gibson (Mrs)  
Programme Support Manager, Arts & Wellbeing  
Social Inclusion and Participation Team