

Central & North West London NHS Foundation Trust

Fellowship Summary

CNWL has been working in partnership with Mirembe National Mental Health Hospital in Tanzania since 2010 and we are currently helping them to establish a new community based mental health service.

Since 2020 2 new international healthcare partnerships have been established in Zimbabwe and one in The Gambia with the Gambian Ministry of Health and Tanka

Tanka Hospital. This Professional Fellowship will enable candidates from eligible Commonwealth countries (3 Tanzanian colleagues and 2 Gambian colleagues) to visit CNWL's community and inpatient mental health, substance use and Health & Justice services, to have exposure to UK practices, and develop contacts with CNWL staff for further mentoring/liaison support. Training opportunities will be provided during the programme. The expected impact of the programme will be enhanced clinical expertise and practice and a strengthened management team to improve the quality of mental health and substance use services in their own countries.

Weblink for Candidates

<https://www.cnwl.nhs.uk/>

Eligibility Criteria

Multi-disciplinary staff members of our international healthcare partnerships in Tanzania and the Gambia who are involved in the development of in-patient and community mental health and substance use services.

Candidates will be senior members of the management and clinical teams, and who have the roles and capacity to have influence in effecting change at an organisational level.

Candidates will be selected by the senior management team at Mirembe Hospital and the Ministry of Health in the Gambia.

We hope to recruit a balanced group of males and females and professionals.

Proposed Programme Dates

15 March 2026 to 25 April 2026

Proposed Activity

The programme will last for 6 weeks for each candidate starting in mid-March 2026 until the end of April 2026.

Week 1

Orientation to CNWL NHS Foundation Trust, particularly mental health and substance use services and other services in London Introduction to key members of the CNWL Senior Management Team and the Partnership and Community Engagement Team.

Introduction to hosts in community and in-patient mental health and substance use teams.

Week 2 -5

1-week Placements in community and in-patient mental health and substance use teams, either in pairs or trios, partnered to ensure sharing between Tanzanian and Gambian colleagues Visits to external third party/voluntary organisation partners.

Attendance at clinical and management meetings In-house training events individual meetings with clinicians and managers Visiting patients in the community together with team colleagues, with prior consent from patients, as observers Training events - CNWL Training & Development team and Recovery College courses.

External training events and conferences as available and relevant.

Week 6

Write up reports and plan of action for return home to Tanzania and The Gambia.

Make presentation to CNWL colleagues.

Make final visits.

Specific attention will be given to placements in community mental health, substance use and forensic teams, and as opportunities arise, primary care settings and voluntary organisations which have close working relationships with CNWL.

Fellows will be given the opportunity to develop ongoing mentoring relationships with CNWL staff. This is intended as a two-way mentoring partnership to share perspectives and approaches to the practical delivery of mental health care, and particularly in regard to cultural and belief influences, which will be of benefit to both organisations.

We also expect, and will encourage, our Fellows to develop a working relationship with one another so that they can share their common issues and develop a South-South networking relationship on their return to their own countries.

Priority Theme

Strengthening health systems and capacity