

Foundation Trust News

December 2009

We've done it



The Trust has an early Christmas present - after months of hard work, our application to become an NHS Foundation Trust has been approved by Monitor. The independent regulator confirmed our authorisation as an FT with effect from December 1.

This new status comes after many months of work by staff from across the Trust. They have devised service development strategies; contributed to marketing, workforce and estate strategies, recruited members, and introduced new systems and processes to assure Monitor that we can operate successfully as an FT.

Achieving FT status is a real testament to all the efforts our staff have put in – and a result of the support you have offered by signing up as a member.

But the hard work isn't over. Now we have become an FT we have to deliver on the opportunities that FT status brings. As an FT we:

- Are more accountable to local people through our membership represented by a Council of Governors
- Can more easily make changes and modernise to improve our services
- Can make savings or borrow money to invest in our services

And in future issues of Foundation Trust News we'll be telling you how we're making the most of these opportunities to improve local services for local people and ensure we have a bright future as a successful FT.

Jules Preston MBE
Chairman

Dr. Gillian Fairfield
Chief Executive

In this issue

Welcome to the fourth issue of our Foundation Trust (FT) newsletter for members. In this issue we've got news on:

- Our success in achieving FT status
- Your newly elected governors
- Public consultation around future sites for services in Sunderland and South Tyneside
- Extra funding to improve hospital accommodation across the Trust
- Our latest membership recruitment activities.

In each issue of Foundation Trust News we also feature a profile of one of our services – and this month it's our older people's services. We hope you enjoy this issue, but if you have any comments or ideas on what you'd like to see in future issues then please let us know.



What do you think?

Sunderland and South Tyneside residents are being asked for their views on where to put local mental health hospital services in the future.



For many years, local people have heard about plans to replace the ageing mental health inpatient services on the Cherry Knowle Hospital site in Ryhope.

Now we, and NHS South of Tyne and Wear are asking local people for their views on four site options for how the adult and older people's mental health services, currently based at Cherry Knowle Hospital, Ryhope Hospital, wards 1 and 2 at Palmer Hospital in Jarrow and ward 18 at South Tyneside District Hospital, should be spread

across three sites:

- Ryhope Hospital
- Monkwearmouth Hospital
- Part of the South Tyneside District Hospital site

The public consultation on the site options runs until the end of December, and the views of local people will be taken into account in deciding where best to site the services in Sunderland and South Tyneside. Construction work on replacement buildings is expected to start in 2011 and be complete by summer 2013.

For more information about the site options and how to give your views go to www.sotw.nhs.uk or www.ntw.nhs.uk

£1.3m to improve services

The Trust is working on improving much of its hospital accommodation after receiving an extra £1.3m from the Department of Health.

The extra funding from the £100m Privacy and Dignity Fund is being used to help transform mixed sex accommodation into single sex. This is in line with the national priority for the NHS to make sure that male and female patients do not have to share toilets, bathrooms or sleeping accommodation.

We were already working hard to update much of the hospital accommodation on our 160 sites across the region, but the extra money means that we can do the work much more quickly than we originally planned.

Dr. Gillian Fairfield, Trust Chief Executive, said: "People often feel at their most vulnerable when they are in hospital, and being cared for in mixed sex accommodation can be deeply distressing. This funding is helping us to ensure that patients are treated with the dignity and privacy they rightly expect."

The extra cash has helped to fund a range of improvement work, including

better bathrooms, bedrooms and day rooms, new flooring and redecoration, at a number of sites including:

- Units on the Cherry Knowle and Ryhope Hospital sites in Sunderland
- Wards 1 and 2 at Palmer Hospital
- Ward 18 at South Tyneside Hospital
- Akenside and Castleside at Newcastle General Hospital
- St. Nicholas Hospital
- The Grange in North Tyneside
- Swalwell and Eighton units in Gateshead
- Woodlands Lodge in Hexham
- Ward 31a at the Royal Victoria Infirmary
- Silverdale unit in Newcastle.



Mental health 5-a-day

The Trust marked this year's World Mental Health Day by linking our successful Happiness is... activity with the national Mental Health 5-a-day campaign.



The Government think tank, Foresight, has suggested that people should adopt five simple activities to promote their mental well being. They are:

Connect

develop relationships with your family, friends or people in the community

Be active

take up a new hobby or just go for a walk

Be curious

take notice of your surroundings, how you and others feel

Learn

new things, whether it be languages, a dance or recipes

Give

help others, through giving or volunteering

**Your
Mental
5 Health
a day**

This advice mirrors what the people of the North East have been telling us makes them happy, with relationships with family and friends topping the region's Happiness is...Top Ten.

To mark the link up between the Trust's Happiness is ... activity and the national Mental Health 5-a-day campaign, we have re-branded our membership recruitment trailer (see above) and devised a series of posters that we're rolling out across all the our buildings.



Your Governors

As an FT we are no longer accountable to the Department of Health, but instead we are accountable to our membership through a Council of Governors made up of elected and appointed members.

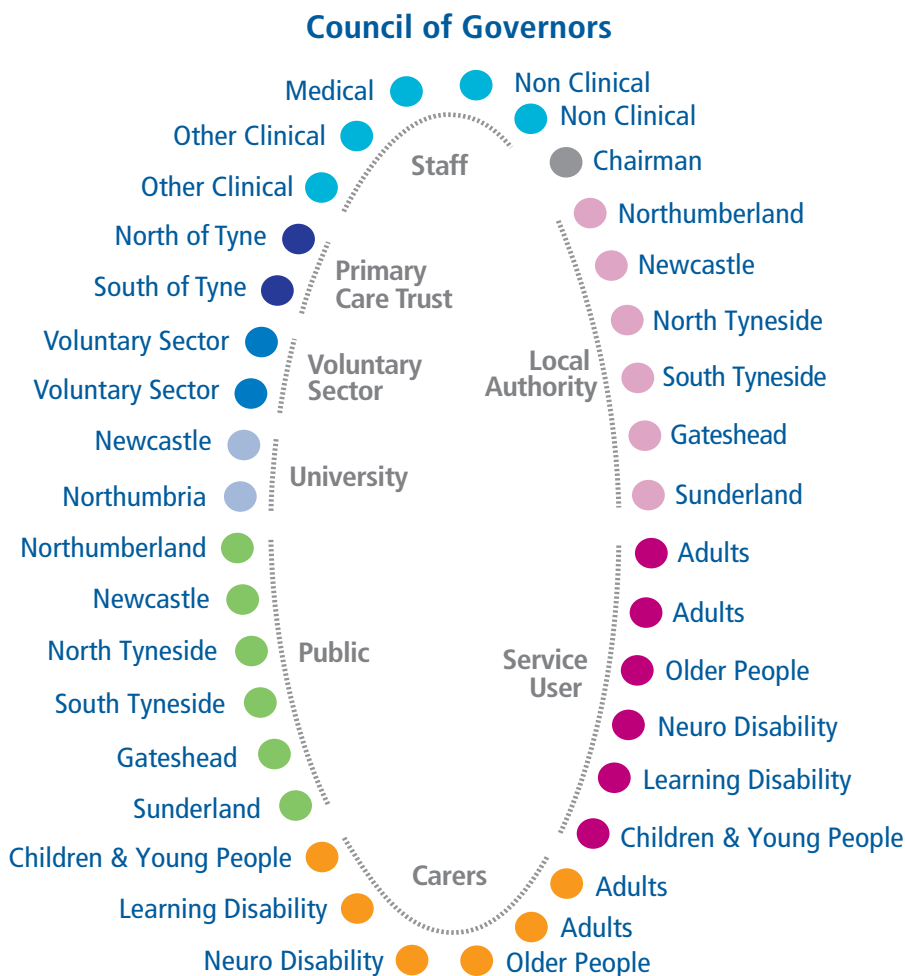
Over 70 people recently put themselves forward for election as governors to represent fellow service users, carers, public and staff members. In a small number of seats just one eligible person put themselves forward for the posts so they were appointed without needing to stand for election, the rest were chosen by members in each class.

Your public governors are:

Clare Mills
representing Northumberland
Oliver Wood
representing Newcastle
James Finan
representing North Tyneside
Thomas Bentley
representing Gateshead
Raymond Staward
representing South Tyneside
Jane Hall
representing Sunderland.

Your service user governors are:

Alisdair Camerson
and Elizabeth Hicks
representing adult services
Andrew Davidson
representing learning
disability services
Russell Bowman
representing neuro-disability
services



Your carer governors are:

Ann Clark
and Norman Hildrew
representing adult services
Anneva Spark
representing older people's services
George Hardy
representing learning
disability services
Janet Fraser
representing children and
young people's services
Richard Tomlin
representing neuro-disability
services.

They will join a number of elected
staff governors and governors
appointed by partner organisations.
They are:

Staff governors:

Alan Currie
representing medical staff
Paul Veitch
and Nigel Atkinson
representing clinical staff
Billy Anderson
and Keeley Brickle
representing non-clinical staff

Partner governors:

Dave Willis
from North Tyneside
Primary Care Trust
Patricia Harle
from Sunderland Teaching
Primary Care Trust
Prof. Barry Hirst
from Newcastle University
Brendan Hill
from Voluntary Organisations
Network North East (VONNE)
Simon Reed
from Northumberland
County Council
Mary Foy
from Gateshead Council
Norma Wright
from Sunderland City Council
Liz Longfield
from Newcastle City Council.

We are still awaiting nominations
for governor representatives
from North Tyneside and South
Tyneside Councils.

In future issues of Foundation
Trust News we'll keep you up-to-
date with all that your governors
are involved in, and how they are
representing your views.

If you'd like to contact a
governor please do so via
the FT office – full contact
details on the back page of
this magazine.

Calling potential governors

We want to make sure that all
our services are represented
on the Council by both service
users and carers. Unfortunately
on this occasion no one
eligible to be a governor put
themselves forward to be
the service user governors
representing older people and
children and young peoples
services.

In Spring 2010 we will again
go out to these services to
encourage members to stand
for the Council of Governors in
a bye-election. If you're eligible
to be a governor representing
other members in these classes
please think about standing
for election – make sure your
voice is heard on our Council of
Governors!

For more information
about becoming a
governor contact our
FT office.



Focus on...
**older people's
mental health
services**

According to the Department of Health around 5% of people over 65 have dementia and 10 – 15% have depression – so it's important that older people and their carers have the mental health support and services they need.



With the numbers of older people rising promoting good mental health among our ageing population is vital because there are clear links between someone's emotional well being, their level of independence, and survival.

Our older people's services provide assessment, treatment, rehabilitation and ongoing care to older people in Northumberland, South Tyneside, Sunderland, Newcastle and the Longbenton area of North Tyneside. Services in other parts of North Tyneside and Gateshead are provided by other local NHS organisations.

We care for older people with organic mental health problems, generally related to the ageing process such as dementia and Alzheimer's Disease, and functional mental illnesses, which can develop at any age such as depression, bi-polar disorder or schizophrenia. The older people we care for are also often physically frail.

But the care we provide isn't limited to older people, we also offer support to younger people diagnosed with early onset dementia.

We have a range of inpatient services based at:

- The Centre for the Health of the Elderly at Newcastle General Hospital
- Silverdale in Newcastle
- Ashgrove at St. Nicholas Hospital in Newcastle
- St. George's Park in Morpeth
- Woodlands Lodge in Hexham
- South Tyneside District Hospital
- Palmer Community Hospital in Jarrow
- Monkwearmouth Hospital in Sunderland

■ Cherry Knowle Hospital in Sunderland.

But we also work in the community supporting people in their own homes, as well as residential and nursing homes. Our challenging behaviour teams are just one example of how we're working closely with carers as well as staff in residential and nursing homes to help them cope with the complex mental health needs or challenging behaviour that some older people in our care have.

Our Newcastle challenging behaviour team's approach to this important area has been so successful that in 2008 they were shortlisted for the prestigious Nursing Times Team of the Year, and recently they were named the Alzheimer's Disease Society's Team of the Year at the national dementia conference.

We are always looking for ways to improve the service we provide to local older people, and as part of our work to become an NHS Foundation Trust our staff have developed a five year development plan for our services.

This includes the need to work in new ways and in all environments, with a particular focus on making stronger links with GP practise to help the early diagnosis of older people with depression or anxiety disorders. We will also take on board the recommendations made in the national dementia strategy, and work to improve how we diagnose mental health problems and help

people in the early stages of their illness.

The key aim of our five year plans is to continue to modernise our services, both in terms of moving into to new purpose-built facilities and developing more specialist community support for older people in line with national guidelines.

In Newcastle we will carry on with our work to change continuing care service to better meet the needs of people with specialist long term care problems. In South of Tyne we will change our day services to improve early diagnosis and community support, and in Northumberland we will improve our hospital services by investing in specialist community challenging behaviour services.

In partnership with adult mental health and learning disability services we are working on plans to replace the ageing Cherry Knowle Hospital in Sunderland and provide new hospital facilities for people living in Sunderland and South Tyneside.

FT status will give us greater opportunities to invest in facilities and services that best meet the needs of the people we support, and I am excited about what that will mean for our older people's services.

Tim Docking

Acting Director of Older People's Services



On the up

Since the last issue of Foundation Trust News we have had a big push to recruit more members. We'd set ourselves the target of recruiting 9,000 public, service user and carer members by the time we were authorised as an FT – and we've smashed that target.

We now have 10,286 members thanks to the tireless efforts of our staff, who have worked hard to ensure we have a membership that is representative of the area in which we provide services.

Over the last few months we have:

- Ran a week of road show recruitment events in town centres across the region to mark World Mental Health Day
- Visited universities and colleges
- Ran a pilot healthy living event in Morpeth that we will now roll out to libraries across Northumberland

We've also had a particular focus on signing up people from those areas where we want a more representative membership, including Northumberland, North Tyneside, and Gateshead, as well as encouraging more older men to join us.

We may have hit our authorisation target but the work doesn't stop, we are now working towards recruiting 14,000 members - 1% of the population we serve - by December 2010.

Over the coming months we will target our recruitment efforts on increasing the number of service users and carers in our membership, starting with recruiting more adult carers.

If you're involved in any clubs, societies or organisations that would be interested in hosting a recruitment event please contact Sharon Brennan.



MP supports our Foundation Trust

Ronnie Campbell, MP for Blyth Valley, has shown his support for the Trust by signing up as a member at a recent recruitment event.

Ronnie is a supporter of NHS Foundation Trusts and he said of our application: "I am very pleased that your Trust is applying for Foundation Trust status – you are doing a fine job."

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