

# Foundation Trust News

June 2009



**Welcome** to the second issue of our Foundation Trust newsletters for members, which aims to keep you up to date with our progress towards achieving Foundation Trust status.



## In this issue

we have news about:

- our Council of Governors
- how we're recruiting more members and what you can do to help,
- what we've done to influence new national policy,
- improving accommodation for some of our services.

In each issue of Foundation Trust News we also feature a profile of one of our services – and this month it's our drug and alcohol 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.

## Moving Forward

Over the last few months we've put a tremendous amount of work into developing our application to become an NHS Foundation Trust (FT).

We've completed our integrated business plan, which sets out our plans for how we will develop our services over the next five years. We have also updated our long term financial model to ensure that despite the challenging economic climate we will be able to continue to have a sound financial base from which to provide quality services from good standards of accommodation.

Our FT application has won the backing of the local strategic health authority, which recommended to the Secretary of State for Health that our readiness to be an FT should be assessed by Monitor, the independent regulator of FTs.

We are currently waiting to hear about the timescales for moving forward to the Monitor assessment phase.

This is an exciting time for Northumberland, Tyne and Wear NHS Trust, and by being a member you're supporting our efforts to improve local mental health, learning disability and neuro-rehabilitation services. Thank you!

**Jules Preston**  
Chairman

**Dr. Gillian Fairfield**  
Chief Executive

Shining a light on involvement



# Setting up our Council of Governors

Before we can be authorised as an FT we must set up a Council of Governors.

Our Council will be made up of a mix of elected and appointed governors. Appointed governors will represent our many partners in local authorities, primary care trusts, universities and voluntary organisations. We have already asked them to think about who they would like to represent them on our Council.

Once we begin to work with Monitor on our FT preparations we will be able to start the process for getting elected governors to represent our public members, staff, service users and carers. Over the last few months we've held a number of public meetings where members interested in becoming governors have been able to hear more about what the role is about.

If you weren't able to get to one of the meetings and would like to know more then check out our leaflet, 'A Guide to becoming an NHS Foundation Trust Governor' on the trust's website [www.ntw.nhs.uk](http://www.ntw.nhs.uk) or call our FT office.



# Seeking Panel Members

The Trust is looking for volunteers to play a key role in caring for people with mental health problems.

People detained under the Mental Health Act have the right to have their detention reviewed or ask to be discharged from hospital. Their cases are heard by a panel led by a non-executive director, and made up of independent members of the public, who are responsible for deciding whether a patient should continue to be detained under the Act.

We are now looking for more panel members to take on this responsible role. Although a voluntary role, we offer training and expenses to panel members who take part in reviews.

People interested in becoming panel members should be able to demonstrate some of the following qualities:

- ☐ an interest in mental health
- ☐ commitment to public service
- ☐ experience of voluntary organisations
- ☐ ability to analyse complex problems
- ☐ confidence to question and challenge sensitively
- ☐ ability to work as a member of a team

If you're interested in applying to be a panel member contact Adele Masterton, corporate affairs manager, on 0191 223 2990 or email [adele.masterton@ntw.nhs.uk](mailto:adele.masterton@ntw.nhs.uk)



# New Horizons

As one of the largest trusts of its kind in the country we try to influence local and national policy on the services we provide. We believe becoming an FT will help us to do more of this – and ultimately improve services.

Recently we were delighted to host the first leg of a nationwide tour by Prof. Louis Appleby, the National Director of Mental Health for England, who is travelling the country talking to service users, carers and staff about what should be in a new strategy for achieving mental health and well-being across England.

Prof. Appleby said: "It's almost ten years since the introduction of the National Service Framework for Mental Health, which was the catalyst for a transformation of mental health services. I've been charged with building on the good work started by the NSF and together with many of our stakeholders we are developing New Horizons, a united, dynamic and renewed vision for mental health services in England."

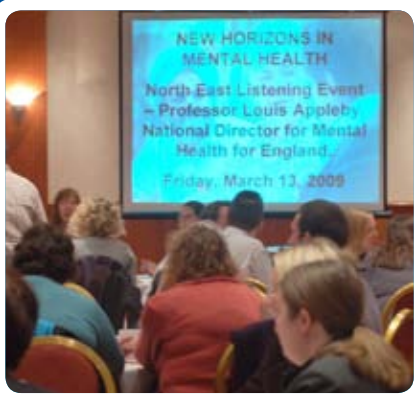
"Getting mental health right benefits the whole of our society, both financially and socially – and it's something we should all be concerned about. One in four people will experience a mental health problem at some point in their lives and along with the personal cost to relationships, jobs and physical health, mental health problems are costing the nation an estimated £77bn a year."

Over 130 people from as far a field as Northumberland and Teesside attended the listening event organised by the Trust and Prof. Appleby said: "The North East event was excellent – with people really passionate about seeing improvements in mental health care and well being continuing. The event has set the standard for the other listening events that will be held across the country, and what the people of the North East have told me will really help to shape the renewed strategy for mental health services in England."

Dr. Gillian Fairfield, Trust Chief Executive, added: "The NSF for mental health has undoubtedly had a tremendous impact on mental health services over the last ten years – it's helped to unlock funding, and driven the development of a comprehensive range of community services across the country. So it's a great privilege to be involved in shaping the future vision for the important services we provide in this area."

Some of the themes to come out of the event included:

- Greater involvement for mental health service users in decision making and the provision of services,
- Continuing to break down the barriers faced by many people with mental health problems,
- Ensuring the Government continues to see mental health as a priority,
- The need for continued investment in mental health services.



**You can read all the feedback from the event by logging on to our new-look website – [www.ntw.nhs.uk](http://www.ntw.nhs.uk)**

You can also have your say on what should be in the New Horizons document by emailing [newhorizons@dh.gsi.gov.uk](mailto:newhorizons@dh.gsi.gov.uk) or by writing to New Horizons, Department of Health, 217 Wellington House, 133-155 Waterloo Road, London

# Making our buildings better

As an FT we will have more financial freedom to save and invest in our services – and we want to use these freedoms to significantly improve many of the buildings from which we provide services.

We have a strong track record of constructing award winning new buildings, and refurbishing older accommodation to a very high standard. In recent years we've built St. George's Park in Morpeth, and Bamburgh Clinic and Walkergate Park in Newcastle.

We are committed to re-providing the services we provide from the ageing Cherry Knowle Hospital site in Sunderland, and across the trust we're working on over 100 schemes to improve much of our accommodation.

Recently we've seen the official openings of two completed projects – psychiatric intensive care units at The Dene in Sunderland and Greentrees in Newcastle.

The trust has spent £320,000 on refurbishing The Dene, which cares for up to eight adults. As well as ensuite bedrooms, modern and comfortable lounges for both men and women, a games room and small gym, the new-look unit on the Cherry Knowle Hospital site also now boasts a new "place of safety" facility for people detained under the Mental Health Act when found in an agitated or disturbed state in a public place by police.

Previously people needing a "place of safety" would have been taken to a police station or to units in Gateshead or North Tyneside for assessment, but the new facility means that Sunderland people can now get quicker access to assessment and the care they need.

The Dene was officially opened by Mayor of Sunderland, Coun. Mary Smith who said: "It was a great pleasure for me to re-open this unit for the people of Sunderland. Since one in four people will suffer from mental illness at some point in their lives it is crucial we offer the best quality services available to those in time of need."

The Greentrees unit on the St. Nicholas Hospital site in Newcastle was opened by Prof. Louis Appleby, the National Director of Mental Health for England, caring for up to 14 adults the unit also boosts similar high quality accommodation as The Dene and a new "place of safety" facility.

The unit is part of a re-development project at the hospital which was short listed for a Royal Institute of Chartered Surveyors (RICS) North East Renaissance Award.

Prof. Appleby, said: "This is a tremendous facility and something the trust should be justifiably proud of. Good environments in which to care for people are very important, but equally important are the staff and here I've met a team who are dedicated, enthusiastic and have a passion for delivering the best possible care. They set a tremendous example to services both here and in other parts of the country."



The opening of The Dene unit



Focus on...  
**North of Tyne  
Addiction  
Service**

The North of Tyne Addiction Service brings together the trust's addictions services from Newcastle, North Tyneside and Northumberland. In 2008 it received a total of 3,235 referrals to help people with drug and/or alcohol misuse problems.



# What does the service do?

North of Tyne Addiction Service offers open access to any adult in the area with addiction problems, including

- ☐ opiate (heroin) misuse
- ☐ alcohol misuse
- ☐ crack/cocaine misuse
- ☐ stimulant problems
- ☐ polydrug problems
- ☐ benzodiazepine problems
- ☐ solvent misuse

This means that the service can assess an individual's needs and then, working alongside other agencies in the area, provide a wide choice of specialist treatments in line with clinical guidelines from NICE.

These include:

- ☐ Centre based drug stabilisation and alcohol detoxification programmes
- ☐ Hospital inpatient drug stabilisation and alcohol detoxification programmes
- ☐ A range of pharmacological interventions
- ☐ Harm reductions interventions, such as needle exchange, Hepatitis B immunisation, Hepatitis C testing and other blood borne virus testing/advice
- ☐ A range of therapies provided by trained and experienced staff
- ☐ Home/community alcohol detoxification programmes
- ☐ Community outreach/interventions

The service aims to support and enable adults with drug and alcohol misuse problems to live a more productive and healthier lifestyle, and so reduce drug related harm to individuals, their families and carers, and the local community.

The services' bases throughout North of Tyne, as well as in Newcastle, Blyth, Ashington, Hexham and Berwick, are staffed by a range of specialist practitioners including consultant psychiatrists, clinical psychology staff, community psychiatric nurses, social workers and specialist midwifery staff.

Supervised alcohol detoxification/ assisted withdrawal programmes and drug stabilisation programmes are delivered from the Trust's unique detoxification facility at Plummer Court in Newcastle and from inpatient beds at the city's Freeman Hospital.

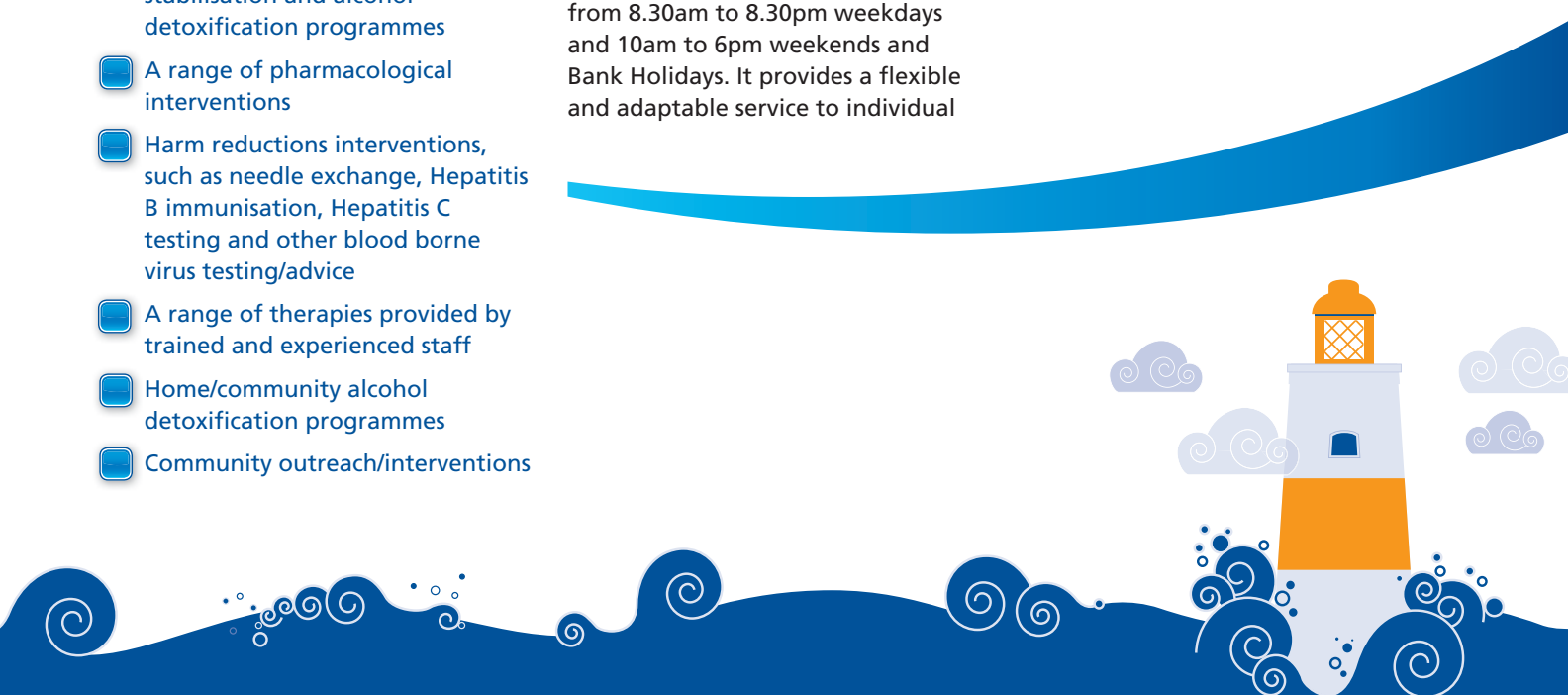
The centre based detoxification facility at Plummer Court is open every day except Christmas Day from 8.30am to 8.30pm weekdays and 10am to 6pm weekends and Bank Holidays. It provides a flexible and adaptable service to individual

who need immediate access to addiction treatments in a supported environment.

Our addictions service is always looking for ways to improve and recently it got extra funding for three new post to support people with alcohol problems in Newcastle and North Tyneside.

Some of the people the service supports also have mental health problems, and the service will soon launch a dual diagnosis DVD and podcast to further develop staff knowledge and skills, and also to educate other health staff as well as patients, their families, and carers.

Addiction services in Gateshead, South Tyneside and Sunderland are provided by other organisations.



# Membership Meter

Our membership meter shows our progress in recruiting FT members so far.

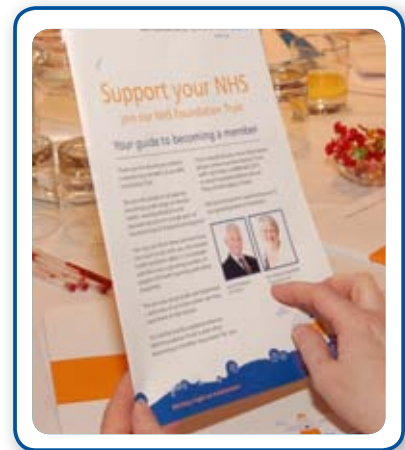
We currently have 6,759, public members, and 6,844 staff members. But we want more members to make sure our FT membership is really representative of the area we serve.

We have set ourselves the target of 9,000 public members by the time we become an FT later this year and 14,000 – one per cent of the population we serve – by the time we've been an FT for a year.

To make sure we hit those targets we're regularly out and about across Northumberland, Tyne and Wear inviting members of the public to join our FT. But we also want more service user and carer members and all of our services are encouraging the people we support and their families to sign up too.

You can play your part too by encouraging your friends and relatives to become members. It's free and easy to do – and as you know they can be involved as much or as little as they like. They can sign up via our website [www.ntw.nhs.uk](http://www.ntw.nhs.uk) or call any of the FT team for a membership for, an easy read version is available too.

Also if you know of an event or organisation in your area that you think our recruitment team should visit then we'd love to hear from you.



## FT Team Contact Details

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