

Foundation Trust News

September 2009



We're On Our Way

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

In this issue

We've got news on:

- Governor election process,
- Our 7,000th member signs up,
- A new health event we're planning to roll out,
- Progress on two of our major new developments,
- Recent award success for our services and staff,
- Our latest membership recruitment activities,
- New membership benefits.

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

Since the last issue of Foundation Trust News we've taken a big step forward in our plans to become an NHS Foundation Trust - The Secretary of State for Health has supported our application to become an FT.

The decision came a number of months after we first submitted our application to the Department of Health. We know that many of you will have been frustrated by the delay, which had nothing to do with our application but was as a result of increased work at the department.

The Secretary of State's support means that we can now move forward with our application, and over the last couple of weeks we have been working hard to update and finalise our integrated business plan, which is a key part of our application.

During August we submitted our application to Monitor, the independent regulator of FTs, and it will then begin a process of assessing our readiness

to operate as an FT. Subject to Monitor's approval we could be authorised as an FT in December.

To operate as an FT we need to set up our Council of Governors to represent our members and partner organisations, and at the same time as submitting our application to Monitor we will begin the governor election process. You can find out more about that on page 2.

We would like to take this opportunity to thank all our members for giving their support to our FT plans, and we look forward to working more closely with you in the coming months.

Jules Preston MBE
Chairman

Dr. Gillian Fairfield
Chief Executive



Shining a light on involvement

Electing Our Governors

When we become a FT we will be accountable to a Council of Governors made up of elected and appointed representatives of our public members, service users, carers, and staff as well as partner organisations.

Now we've got the go ahead to submit our FT application to Monitor, the independent regulator, we can begin to plan our governor elections.

Many members have been eagerly waiting for news of the start of the governor elections to be able to nominate themselves as a public, service user or carer governor. However we were unable to start the elections until we moved into the Monitor assessment phase of our application.

We've appointed the Electoral Reform Society to independently manage the election process for us and below is the election timetable we're now working to.

DATE	ACTION
Tuesday, September 8	Notice of election sent to all members
Wednesday, September 23	Deadline for receipt of governor nominations
Monday, September 28	Final date for governor candidates to withdraw their nominations
Monday, October 12	Notice of polling day published
Tuesday, October 13	Voting packs sent out to all members
Monday, November 2	Closing date for voting
Tuesday, November 3	Election results provided to the Trust for publication

By following this timetable we hope to have a Council of Governors established well in advance of our earliest authorisation date of December 1, 2009.

If you'd like to know more about being a governor or the election process then contact the FT office.

Panel Members

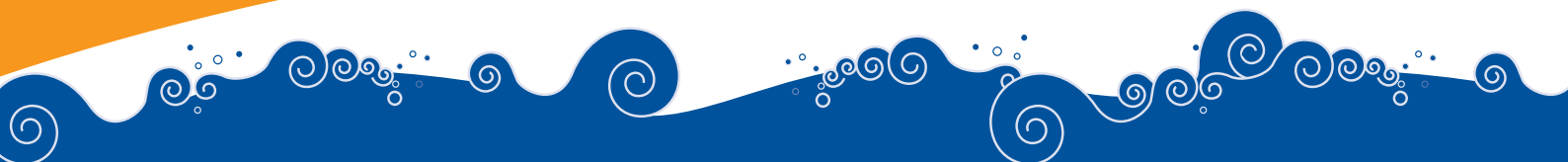
Thank you to everyone who has expressed an interest in becoming a panel member following an article in the last issue of Foundation Trust News. We had a great response from our members, and the team that manages our volunteer panel members is now working their way through all the responses.

Summary IBP

Our integrated business plan (IBP) sets out how we will develop our services over the next five years, and it's a key part of our FT application. We're currently working on a summary of the plan, and copies will soon be going out to all members.

Annual meeting

We will hold our annual general meeting at 5pm on September 30 at the Marriott Gosforth Park Hotel. If you'd like to come along and find out more about the Trust call Adele Joicey on 0191 223 2990 to reserve a place.



Dorothy - our 7,000th Member

Sunderland MIND's Project Manager Dorothy Gardiner received a warm welcome when she signed up to join our FT.

Dorothy, who has been involved with MIND for nearly 17 years, became the 7,000th person to become a member and Trust chairman, Jules Preston, presented her with a basket of fruit to celebrate the membership milestone and the continuing working partnership between the trust and Mind.

He said: "As the country's largest trust providing mental health and learning disability and other specialist services, we hope many thousands of people from all over Northumberland, Tyneside and Wearside will join our Foundation Trust."

"We are delighted that Dorothy has become our 7,000th member. The trust has always worked closely with MIND, not only in Sunderland but across our whole area, and we look forward to continuing and developing that important partnership when we are a Foundation Trust."

The Sunderland branch of MIND, which was set up over 35 years ago, provides advice, support, information and a free counselling service. It is one of many local branches of mental health charities across England and Wales.



Dorothy, pictured receiving a fruit basket from Mr Preston and Sharon Brennan, membership officer, said: "It is important that we all work together to ensure high quality services for individuals and that doesn't just mean ticking boxes. It's about genuine partnerships."

Members Get Discounts

All our FT members can now benefit from a range of discount goods and services, previously only open to NHS staff.

As an NTW FT member you can now access the Red Guava Benefit Scheme, which offers a host of discounts for a wide range of local and national shops and services. Simply log onto the Red Guava website - www.redguava.co.uk - using the user name - FOUNDATION - and password - MEMBER

The login and password will be changed on a regular basis to ensure that only genuine FT members have access to the benefits and services on offer.

Should Red Guava find that the scheme is being abused in anyway they reserve the right to change the password, or remove the suppliers' details without notice. Please refer to the terms and conditions of the website for more information.



Investing in New Services

As an FT we will have more freedom to save and invest in our services – and work is already underway on two major new developments.

Woodland View gets the green light

NHS North East, the local strategic health authority, has given us the go ahead to start building Woodland View, a new £27m centre of excellence on the Prudhoe Hospital site.

The 40 bedded centre will be the first in the country to integrate services for children and young people with mental health problems and/or a learning disability.

These regional services recently moved into temporary accommodation at Prudhoe Hospital from the Fleming Nuffield Centre on the Royal Victoria Hospital site.

Operational director Bruce Dickie said: "We're very proud of the current services, but they are provided from outdated buildings. We need a new building that is purpose built and specifically designed around the needs of children and young people."

Work will start on the regional centre later this year and should be complete in 2011.

New specialist centre almost complete

Our new assessment and treatment centre for people with learning disabilities is set to open in Hebburn in the Autumn.

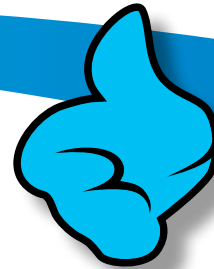
Work is almost complete on the centre that will provide a service to adults from South Tyneside and Gateshead who currently have to travel to Prudhoe or Northgate Hospitals for assessment and treatment.

Service users, carers and staff have been heavily involved in developing plans for the centre that will care for up to 12 people.



Award Winning Staff

Our aim is to improve the well being of everyone we serve by delivering services that match the best in the world. Many of our services and staff already provide excellent services – and they're winning awards to prove it.



Health and Social Care Awards

Our Early Intervention in Psychosis Team in Northumberland won the coveted mental health and well being prize at the regional health and social care awards.

The team cares for 14 to 35 year olds experiencing their first episode of psychosis. Staff demonstrated their success by reduced hospital admissions, and service users increasingly returning to work or education.

Our adult urgent care management team was also runner up in the leadership for improvement category of the same awards for engaging services users, carers and staff in the development of a three year adult urgent care strategy.

Best of Health Awards

A trust team and two of our staff were honoured in the first Sunderland Echo Best of Health Awards.

Brooke House DREEM Team in Houghton-le-Spring carried off the Mental Health Team of the Year Award for its innovative approach to rehabilitation for people with long term severe mental illnesses.

The Mental Health Nurse of the Year award went to Lynda Wright, a staff nurse with our older people's day service based at the Poplars, Cherry Knowle Hospital, and Ray Lamb, a supervisor at the garden centre on the Cherry Knowle Hospital site, jointly shared the excellence award for unsung heroes of local NHS services.

Special honours:

- Bluebell Court adult mental health ward at St. George's Park received the national Star Wards Full Monty Award for outstanding achievement in implementing all 75 Star Wards ideas for improving inpatient care.
- The Young People's Unit at Prudhoe Hospital took third place in the Bright Ideas NHS Innovations North Awards for "Recipe for Success", their way of working with young service users to plan and cook their own meals.
- The dystonia and spasticity nail care care clinic at Walkergate Park were specially commendation in the Bright Ideas NHS Innovations North Awards for developments in hand and nail care.
- Caroline Parnell, our head of corporate affairs, was short listed for the Communicator of the Year Award from the Association of Healthcare Communicators.
- The Trust's new look website – www.ntw.nhs.uk – was short listed for the best website award from the Association of Healthcare Communicators.



Focus on... **Adult Mental Health Services**



Our community and hospital-based adult mental health services make up the largest part of the Trust's services, caring for people in Northumberland, Newcastle, Gateshead, North Tyneside, South Tyneside and Sunderland.

In line with other adult mental services across the country, our services have seen significant change and improvement over recent years due to the development of the National Service Framework for Mental Health.

These changes have resulted in a broader range of treatment and services being developed, the majority of which are in the community. In the past, someone with a mental health problem would often need to spend some time in hospital for assessment and treatment.

We developed many inpatient or hospital based services, including services at our main sites:

- Cherry Knowle Hospital, Sunderland
- St. Nicholas Hospital, Newcastle
- St. George's Park, Morpeth.

We also have smaller inpatient units at South Tyneside Hospital and the Queen Elizabeth Hospital in Gateshead.

People generally prefer to be cared for in their own homes, wherever possible, and across the country NHS trusts like ours are increasingly expected to provide a wide range of community support to help people remain in their own homes for assessment and treatment, or return home more quickly after a hospital stay. This means that fewer people now need hospital care, but those who do often have very complex or challenging needs.

The community support available includes crisis intervention, home treatment and early intervention teams, and we are now looking at how we can further tailor community

mental health services to more effectively meet the individual needs of the people we support.

As a result of the growth of community services fewer people now need inpatient care, and this has given us the opportunity to look at how we can improve the hospital care we provide.

Recently we made some big changes to the way our adult services are structured. Previously services were grouped together geographically, but now they work together in three distinct areas that reflect the different journeys people make through our services. This means that all our planned care services, urgent care, and rehabilitation services now work together across the Trust, learning from each others expertise and good practice, and ensuring that wherever someone is cared for they can expect the same standard of care. For example, our rehabilitation services have worked together across the Trust to look at what aids recovery and how staff can better support people towards recovery.

Earlier this year our services expanded to include exercise therapy staff, providing a range of support to our service users. Exercise can help to reduce anxiety, depression, aggression and the side effects of some medication, as well as improve self esteem.

The service aims to help people who need either hospital or community support to build exercise into their daily lives. Based at the Tranwell unit in Gateshead, which boasts a well-equipped gym, the service expanded its facilities last month with the opening of a similar gym at our Bede Unit on the South Tyneside Hospital site.

We have made significant investments in improving the environments of our hospital-based services, such as the redevelopment of Greentrees psychiatric intensive care unit at St. Nicholas Hospital. This building work has also given services the opportunity to look at how they work and make changes to improve care.

We have given our commitment to re-provide the services currently housed in out-dated buildings at Cherry Knowle Hospital in Sunderland. As an NHS Trust we are limited in the ways we can fund that development, but as an FT we will be able to save money to invest in the new build and more easily borrow money to fund this much needed development.

While we work on plans to replace the hospital we are still investing in existing buildings to make sure that local people who need care now get it in the best possible environment. Earlier this year we re-opened the Dene psychiatric intensive care unit on the site after

major refurbishment work, and we're currently carrying out similar work on the site's adult wards.

A key feature of our adult mental health services is our efforts to listen to and involve our service users and carers in the development of services. We have recently consulted on proposals to introduce an innovative day service at the Tranwell unit in Gateshead as a direct result of service users and carers telling us what they want.

We hope that as we encourage more service users and carers to join our FT membership we will have another way of involving people in key decisions about the Trust and its services.



Healthy Living Event

Shopping vouchers, complementary therapies, fruit baskets, health checks, mental well-being information, free gifts, a children's colouring competition and much more were on offer at our first health living event.

The Trust organised the event at Sunderland Library, which brought together Sunderland Teaching Primary Care Trust, Sunderland MIND, and Sunderland City Council.

Over 50 people signed up as members of our FT as well as taking advantage of mini-health MOTs with blood pressure checks, and soothing hand, foot or neck massages courtesy of Sunderland MIND therapists.

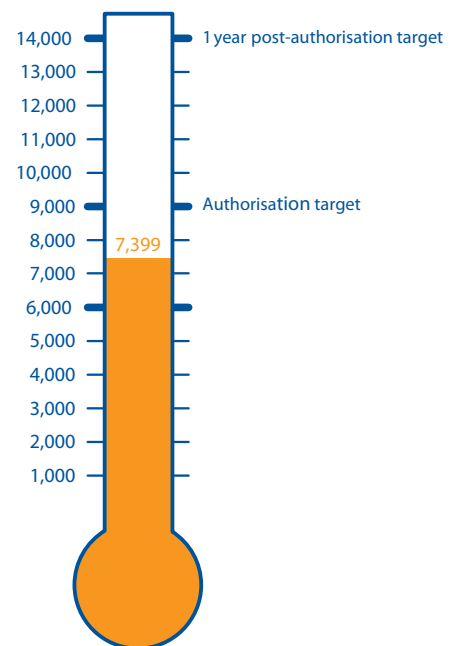
The event was so successful with local people that we're looking at rolling it out to over venues across the NTW area. If you've got an idea of where we could run a healthy living event, please contact our FT team.



Membership Meter

We currently have 7,399 members – and we're recruiting more every day as we work towards our target of 9,000 public members by the time we are authorised as an FT.

We've got a host of recruitment events lined up over the coming months, from Newcastle Mela on September 26 to a week of town centre events across the area in October to mark World Mental Health Day. If you'd like to help us recruit more fellow members, even if you can only volunteer for an hour or two, our FT team would love to hear from you.



FT Team Contact Details

Sandra Good, Programme Director, Tel: 0191 223 2865 sandra.good@ntw.nhs.uk

Andrew Nicholson, Project Manager, Tel: 0191 223 2745 andrew.nicholson@ntw.nhs.uk

Sharon Brennan, Membership Officer, Tel: 0191 569 9557 sharon.brennan@ntw.nhs.uk

Adele Joicey Corporate Affairs Manager, Tel: 0191 223 2990 adele.joicey@ntw.nhs.uk