

Foundation Trust

Membership News

Issue 17 Spring Edition 2015

A right Royal occasion

The Trust welcomed Her Royal Highness, the Countess of Wessex GCVO, in November, to officially open Hopewood Park.

Her Royal Highness was greeted by Chairman Hugh Morgan Williams and met those who were involved in the construction of the Trust's new hospital in Sunderland.

Nine-year-old Roman Gilley (pictured), a pupil at the nearby St Paul's CE Primary School, was invited to present Her Royal Highness with a bouquet of flowers after she officially opened the £50 million development (see page 2).



Trust Governor receives top award



Deputy Prime Minister Nick Clegg hands Jack Wilson his Mental Health Hero award in Whitehall.

The Deputy Prime Minister has named a young Gateshead man as one of his Mental Health Heroes.

Jack Wilson 17, an Apprentice Youth Worker and Service User Governor for the Children and Young People's Service of the Trust, has been picked as the North East regional winner, following a countrywide search for the Mental Health Hero Awards. Jack is one of nine regional winners chosen by an expert panel as part of an initiative by the Deputy Prime Minister.

Jack said: "I never expected anything like it to happen to me. It means so much just to be nominated for this award let alone win it, I couldn't be any happier than I am right now."



FREE events for Trust Members

Why not become a Dementia Friend?

The Trust would like to offer its members the opportunity to attend a free Dementia Friends awareness session. Six sessions have been organised in Northumberland,

Newcastle and Sunderland during March and April. Information on how to apply to attend a free session is included in your covering letter and additional details about Dementia Friends is available on page 2.

www.nw.nhs.uk/getinvolved



Royal visit

(from front page)

Suzanne Miller, Hopewood Park's Service Manager, escorted The Countess of Wessex around Shoredrift, one of the new wards, where she met service users and staff.

Her Royal Highness was also introduced to Carer Governor Norman Hildrew, who was involved in the Hopewood Park project from the very beginning.



Eating disorders support



The Trust has launched a dedicated day service for people with severe eating disorders in Newcastle.

The service, part of the existing Richardson Eating Disorder Service (REDS), opened on Monday, 19 January at Benfield House, Walkergate Park Hospital.

REDS Consultant Psychiatrist and Lead Clinician Dr Sylvia Dahabra said: "This specialised service has been developed following consultation with service users, carers and their families in response to NHS England's national specification for adults with severe eating disorders, with high risk to their physical health.

In December, current and former service users, carers, their families and commissioners were invited to an open day to view the new unit's layout and discuss treatment options with members of the clinical team. The Benfield House unit offers treatment from 8am to 6pm, Monday to Friday. It contains a dining room and kitchen for use by the service users, as well as a group room, an occupational therapy room, a lounge and several smaller rooms for one to one therapy.

What is Dementia Friends?

Dementia friends is about giving people an understanding of dementia and the small things they can do that can make a difference to people living with dementia. People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. There are around 800,000 people with dementia in the UK, and the disease costs the economy £23 billion a year. By 2040, the number of people affected is expected to double.



As part of the Prime Minister's challenge on Dementia, the Government and the Alzheimer's Society spoke to people living with dementia to find out what they thought society needs to know, and subsequently created an awareness session called Dementia Friends.

Within NTW, we are working to share the Alzheimer's Society's key messages about Dementia through delivering the Dementia Friends awareness session to staff in the organisation. We have delivered the session to over 300 staff in the last few months; that means that over 300 people in NTW have a better understanding and some new ideas about how dementia affects the individual and those around them. There are champions in the Trust who voluntarily offer this session, because they believe in the messages that it delivers and want to share them with people who want or need this information. The sessions are open to all members, as dementia touches a lot of lives.

New Non-Executive Director is welcomed

The Trust has recently appointed a new Non-Executive Director to the Board. Neil Hemming, who was born and brought up in the North East and lives in Northumberland, started his term with the Trust on Thursday, 1 January. He replaces Ken Grey who has served the Trust and its predecessor organisations since 2003 and who was a huge asset to the organisation. The Trust wishes Ken all the very best for the future and thanks him for his tireless and selfless service.



Gone fishing

A fishing group has been set up at St George's Park in Morpeth and is making a 'reel' difference to people with mental health issues in Northumberland.

The group has been helped with a donation of fishing gear from Shakespeare Fishing in Alnwick. Clinical Team Leader at Newton Ward, Andy Severs, said: "The fishing group has already helped our service users with their recovery, built up their confidence and self-esteem, as well as supported their rehabilitation, so this fishing equipment will be appreciated now and in the future."

The fishing group has received eight new rods, reels and other fishing paraphernalia.

Dave McCartney from Shakespeare Fishing said: "We at Shakespeare are passionate about grass roots angling and bringing new participants into our sport. When we heard of the fantastic work that the ward does, and combining this with fishing, we wanted to support the initiative as much as possible. We hope that the equipment we have donated will help the ward for years to come."

Charitable funds boost

Staff News



Many thanks to all our staff who have helped to raise over £2,000 to make our patients' lives better.

Throughout December, staff across the Trust raised the money for our SHINE Fund through Christmas fayres at St Nicholas' Hospital in Newcastle and Hopewood Park in Sunderland, a Christmas Jumper Day and quizzes.

Ailsa Miller, NTW's Charitable Funds Lead said: "Charitable donations allow us to purchase little extra comforts for some of our service users. Charitable donations do not replace the money we receive to fund care, but they can help us to provide a little bit extra for those we care for."



Service users and staff at Hopewood Park also helped to raise over £100 for the Save the Children Christmas Jumper Day. Prizes were awarded to service users and staff across all wards for the best and most ingenious examples of festive fashions.

Father Christmas also supported the fundraising activities by visiting the Christmas fayre at Hopewood Park, while the children from St Paul's C of E Primary School presented a programme of festive tunes for staff and service users.

To make a donation or if you would like more information, tel: (0191) 223 2756 or email: charitablefunds@ntw.nhs.uk. For more information on fundraising, tel: Pauline Burglass on (0191) 213 7235.

Governor elections 2014 Results



Governors' News

Five new Governors have been elected into the following constituencies:

| | | |
|---------------------------|-----------------|-----------------------------|
| Service User Governors in | Adult Services: | David Twist and Fiona Grant |
| Public Governors for | Gateshead: | Julia Allison |
| | Northumberland: | Bill Scott |
| | Sunderland: | Keith McCririck |



Pictured left to right,
Back row: David Twist, Keith McCririck, Bill Scott
Front row: Fiona Grant and Julia Allison

All five commenced their three-year term of office on 1 December 2014 and attended their first meeting on 9 December 2014.

NTW Chairman, Hugh Morgan Williams, said: "I am looking forward to working with our new governors and keen to listen to their opinions as we move forward. Our governors make a vital contribution to the Trust and help us to make important decisions and shape how the Trust develops to meet future needs for our service users, carers and the people of the North East."

There will be an opportunity for members to come along and meet some of NTW's governors at the upcoming membership events.

Sweet Conversation



Looking back, the two people who most influenced me as a young person were my husband's mother, and someone I worked for. She was a home-maker; he was a head-teacher. Despite the differences in educational attainment, job descriptions and life-styles, they were bound by a common humanity: a love of the preciousness of everyone. In addition, they were quite (quite!) clear on matters of love, truth and justice. Spontaneous, natural and joyful conversations ensued.

Conversation is a meeting of minds with different memories and habits.

These sweet conversations are long-remembered not just for the wisdom imparted, but also for the humour shared, this conveyed by the twinkling eyes (of the one) and the quizzical lift of an eyebrow (of the other). On them, I tried everything out for size as I delicately explored the art (and science) of classroom teaching. For the entire 25-year span of my teaching career, I was encouraged, supported and counselled by gifted mentors. They also listened attentively ... with eyes, ears, heart (and mind).

When minds meet, they don't just exchange facts: they transform them, reshape them, draw different implications from them, and engage in new trains of thought.

Research (and anecdotal evidence) informs us that public speaking sits near the top of life's most feared challenges. This brings me to today's innovative young people, friends who stand tall and straight to speak out on issues often in variance with the 'conventional wisdom' in matters related to health and wellbeing. Their immediate task is to hone to perfection a powerful method of communication, the art (and science) of public speaking. As they go about learning their craft, they are also practising listening and conversational skills. Inevitably, they are the creators and collaborators of a changing world - each and every one making a difference.

Conversation doesn't just reshuffle the cards: it creates new cards.



Marian Moore
Governor for Older
People's Services



My name is Lucy Reynolds and I'm the Service User Governor for Neuro Disabilities.

I am finding my role very interesting and I have enjoyed learning about the different areas of the Trust. The role as governor is diverse and it can be busy. We attend meetings, visit different wards, and I have recently started to chair Consultant interview panels. I am also a member of the Walkergate Park Service User Forum which is a very proactive group, supporting their service users.

I am very interested in the rights of both people with physical and learning disabilities, as well as people with mental health issues. I am studying towards a PhD in 'Ethics and the representation of disability in the British press'.

In my doctoral research, I am exploring the attitudes that both disabled people and non-disabled people have towards disability and disabled people. I hope that my research helps to raise more positive attitudes towards disability and disabled people.

Prize Draw Winners

In our previous edition, members were invited to comment on our website and to be entered into a prize draw.



Thank you to the following winners, who each won £25 INTU Metrocentre shopping vouchers:

Ms Tracy Richardson, North Tyneside

Mr P D, Newcastle

Mr S P, South Tyneside

Voucher winner Tracy said, "I was delighted to be the winner of a £25 INTU voucher after completing a recent on-line survey from the NTW Trust newsletter. I've never won anything like this before so it was a lovely surprise and came just in time for the January sales!"

Following a series of membership recruitment events, **Miss A H of South Shields** was the name successfully picked out of a hat by our Chief Executive John Lawlor.

Membership News

**Annual Members' Meeting
– 22 July 2015 –
a date for your diary**

More information will appear in the next edition of the membership newsletter, including details on how to register your attendance.

Not an e-mail reader but still want to enter any future draws?

- Do you receive your newsletter by post but have an e-mail address?
- Would you consider receiving future editions by e-mail?
- Have any of your details changed, eg moved house, new mobile number?

If you answered yes to any of the above, please inform the Membership Office by any of the following ways:

Tel: (0191) 223 2903, E-mail: members@ntw.nhs.uk
or Post: FREEPOST NTW MEMBERSHIP (no stamp required)

Free Events for Members:



Dementia Friends Awareness Sessions in Newcastle, Northumberland and Sunderland during March and April.

The sessions will help you to understand a bit more about dementia, and the little ways you can help.

All Trust members are eligible to attend a free session. Please see your covering letter for how to reserve a place.



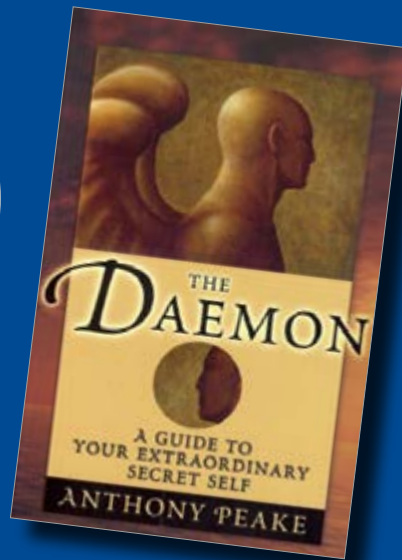
If you would like to contribute a comment to or make a suggestion about this newsletter, please contact the membership office on (0191) 223 2903.



Please recycle your newsletter copy

www.ntw.nhs.uk/getinvolved

Service Users' Segment



ABOUT A BOOK

As recommended by Marian Moore, Service User Governor, Older People's Services.

In Harry Potter there is a witch who owns a magic book "you can't stop reading". Anthony Peake apparently had met this witch and tickled her secret out of her to produce a brilliant and mind boggling book. To my mind, Anthony Peake is a writer and philosopher worth pursuing. A quick dive to the bookcase and right on cue I found his latest book, my perfect re-read at this time of the year and (even) at this time of my life.

In his book, Peake expands on the proposition that all consciously aware beings consist of not one but two separate consciousnesses. The first is the everyday consciousness, and the second is that of The Daemon, a higher being that seems to possess knowledge of future events. Of course, this is only the essence of Peake's theory, one that you might like to examine for yourself. Integral to this book are the stories of many famous artists, poets, politicians, musicians and scientists who have felt 'a force outside themselves'. This includes Winston Churchill, Byron, Goethe, Jean Cocteau and many others.

So, mentioned here is news of an extraordinary book for and about extraordinary people - people like you (and me)! C. S. Lewis summed things up for book lovers everywhere when he said, "You can't get a cup of tea big enough or a book long enough to suit me".

Without further ado, I hereby hand you over to Anthony Peake. Enjoy a good read.

PEAKE, ANTHONY (2008), *The Daemon: A Guide to Your Extraordinary Secret Self* (pub. London, Acturus Publishing Ltd)

Carers' Corner

Gateshead



Gateshead Carers' Centre

For more information please contact:
11 Regent Terrace, Gateshead, NE8 1LU
Tel: (0191) 490 0121
Email: enquiries@gatesheadcarers.com

Gateshead Crossroads supporting Mental Health Carers



NTW staff have developed a rolling programme of educational sessions aimed at both informing mental health carers and addressing common concerns. Subjects covered will include diagnoses, medication and welfare benefits. The first session is to be delivered in March. For up to date information on venues and times please telephone Mental Health Carer Support Workers: Angela Dalby or David Harper at Gateshead Crossroads on (01207) 549780.

Information about available support for carers in Gateshead has been supplied to the Carer Support Workers from Sunderland and South Tyneside who staff the Carers Hub at Hopewood Park Hospital. It is anticipated that a similar relationship will be established when in future a Hub is established at St George's Park Hospital, so that carers can be supported where they live, wherever the person they care for is receiving treatment.

Northumberland

Carers Northumberland's South East office is moving to 107 & 109 Station Road, Ashington, Northumberland, NE63 8RS (where Wansbeck CVS has its offices).

We will be moving at the end of February 2015. The new premises will enable carers to drop in for advice, information or even a coffee and a chat. For more information please contact: (01670) 320025.



Anyone can be a carer; they come from all cultures and walks of life and can be of any age

North Tyneside

Caring for carers in North Tyneside

At North Tyneside Carers' Centre, we understand the demands of providing unpaid care and support. We know how exhausting a caring role can be. Our professionally trained team offer information, advice and guidance which is individually tailored.

We also provide:

North Tyneside Carers' Centre offers a wide range of services including:

- One to one emotional support
- Support groups
- Social activities and events
- Advocacy
- Training to help with a caring role e.g. first aid
- Regular newsletters and information about local and national issues affecting carers.
- Support through the carer assessment process
- Support for carers in employment or those wishing to return to work/employment/training
- Carer respite service
- Counselling and Aromatherapy
- Carers Forum
- Support for young carers

HOW TO CONTACT US

The centre is open from 9.00am–5.00pm, Monday to Friday. On the second Tuesday and 4th Thursday of the month we are open until 8pm.

Tel: (0191) 643 2298

Web: www.northtynesidecarers.org.uk

Email: enquiries@ntcarers.co.uk



Newcastle

General Election: Carers Forum Do our local politicians know what's important for carers in Newcastle?

Join us to help put carers on the agenda in the lead up to the general election in May 2015.

We have invited all three Newcastle MP's to come along to listen to carers and answer any questions you may have. So join us and other carers to have a say. Let's make sure our politicians know what's important for carers in Newcastle!

Where? Newcastle Carers, 135-139 Shields Road, Byker, Newcastle upon Tyne, NE6 1ND

When? Friday, 17 April 2015, 10.30am-12noon. Free tea/coffee refreshments will be provided.

Tel: (0191) 275 5060 for more information and/or to let us know you are coming.

Also at the Centre

Mental Health Carers Support Group:
Second Thursday of every month
10.30am-12.30pm.

Newcastle
Carers

South Tyneside

Hebburn "drop in" Carer forums are a great place to meet with other carers, find out new information and keep links with the staff at CAST. For those carers living in the area of Hebburn, a new "drop in" is being offered at The Glen Medical Group. Carers are invited to come along for an informal coffee morning between 10 am-12 noon on the following dates: **Wednesdays 4 March, 6 May, 1 July, 2 September, 4 November** at The Glen Medical Group, Glen Street, Hebburn, NE31 1NU.

Male Carers "drop in" Not all male carers are able to attend our Male Carer trips out and about. Therefore, we will be starting a Male Carers "drop in" on the last Wednesday of the month from 1.30 – 3.00 pm, on the following dates: **25 March, 29 April, 27 May, 24 June, 29 July, 26 August, 30 September and 28 October** at 1 Beach Road, South Shields, NE33 2QA. This will be an informal setting; we have a pool table, cards and dominoes and refreshments will be provided.

If you're interested in attending our first drop in or need more information, please give Linda a call on (0191) 454 3346. or visit www.stcarers.org.uk. We look forward to seeing you!



Carers' Corner

A Carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability

Sunderland

Sunderland Carers' Centre

Sunderland Carers' Centre celebrates 21st Anniversary - 2015 marks the 21st anniversary of Sunderland Carers' Centre. We are looking to organise a number of events to take place throughout the year to celebrate Sunderland Carers' Centre and most importantly carers in Sunderland. We would like to involve many of the people who have been associated with the Carers' Centre over the last 21 years in our celebrations, including individuals and organisations that helped found the Centre, our patrons, our existing and past Board members and our key partners, funders and commissioners. There will be special events to give carers of all ages the opportunity to celebrate too.

Graham Burt, Chief Executive Officer, said "As well as commemorating the journey and achievements we have made at Sunderland Carers' Centre, the anniversary will enable us to further raise awareness about carers and how we help and support carers in the city."

Sunderland Carers' Centre offers a confidential information, advice and support service to carers throughout the city of Sunderland. For more information please contact: Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF Tel: (0191) 549 3768 or email info@sunderlandcarers.co.uk

HOPEWOOD PARK - Carers Information Hub

The Carers Information Hub at the Barton Centre, Hopewood Park Hospital, was officially opened on 'Carer's Rights Day' 28 November 2014.

The official opening was jointly carried out by John Lawlor, Chief Executive of NTW NHS Foundation Trust and The Mayor and Mayoress of South Tyneside. The event was well attended by carers and staff from Mental Health Concern Carer Support South Tyneside, Sunderland Carers' Centre, NTW, South Tyneside CCG representatives and Third Sector Organisations.

The Carers Hub will support carers, families and friends, providing them with the opportunity to talk in confidence about their situation and look at what help is available to them. The Hub is also open to staff for information and advice. The Hub opening times are:

Mon 1.00-4.30 pm, Tues 1.00-5.00 pm, Wed 2.00-7.00 pm, Thurs 1- 4.30 pm

Outside these times, carers will be able to receive support from hospital staff on the wards or can contact the Carers services on (0191) 5493768 or (0191) 4936917



Did you know that you can now tweet us? We have over 3,000 followers on twitter – it's a great way to find out what is going on in the Trust.

Follow us:



www.ntw.nhs.uk

email: ftnewsletter@ntw.nhs.uk



If you would like to receive regular copies of this newsletter, become a member! Either visit our website, www.ntw.nhs.uk, e-mail members@ntw.nhs.uk or complete this request slip to receive a membership application form.

Name:Address:

and send to The Membership Office, **FREEPOST NTW MEMBERSHIP** (no stamp required)