



Issue No2. January 2021

## Welcome

Happy New Year and welcome to your January CNTW Membership Newsletter. For those of you who have signed up over the Christmas period to be part of CNTW membership, welcome!

I hope you all had a lovely and safe Christmas and New Year and managed to spend some quality time with friends and family, albeit virtually. Who would ever have thought stepping into 2021 we would also be stepping into another national lockdown and despite a difficult start to the year, we are hopeful better times are upon us.

With the approval of COVID-19 vaccines, this is hugely positive and a way out of this pandemic. So by February 15th Prime Minister, Boris Johnson mentioned the NHS is committed to offering a vaccination to everyone in the top four priority groups including older care home residents and staff, everyone over 70, all frontline NHS and care staff and all those who are clinically extremely vulnerable.

What we are now seeing is the NHS, wider public sector and voluntary bodies working together more than ever before and building effective relationships that should stand in good stead for the future.

However difficult 2020 has been, however difficult the months ahead maybe, the recovery is the ideal chance to reshape society and lets all not forget - we are all in this together.



## Dry January

This January will be pretty different to previous years. Many of us have spent 2020 feeling stressed, anxious and worried and some of us might have developed drinking habits we would like to break. Dry January offers the perfect opportunity to do just that!

Going alcohol-free for 31 days of the month of January can bring huge benefits; see your skin get brighter, your mind calmer, sleep more soundly and with more sleep comes more energy, weight loss and of course your bank account that little bit fuller. It will also give a sense of achievement, simply achieving something you found difficult can help boost your confidence and give you a feeling of success and great benefit to your mental wellbeing.

[NHS Dry January](#)



## Covid-19

January 11<sup>th</sup> was a landmark moment in CNTW with the roll out of our Covid-19 vaccinations to staff and patients. We will be striving to vaccinate as many people as we can over the coming weeks and months.

We want to take an opportunity to thank not only all of our staff who have continued to deliver vital services during the pandemic, but also to other key workers across the region and each of every one of you for helping to keep you, your families and loved ones and everyone in our local communities safe by continuing to stick to the national guidance.

For the latest NHS information and advice about Coronavirus (COVID-19) see below.

[Read More](#)

## Free Mental Health and Well-being Resources

Our Patient Information Centre has produced some free mental health and wellbeing resources. All resources are available to download below.

[Read More](#)



## Children's Mental Health Week

Children's Mental Health Week campaign hopes to raise awareness of the benefits of getting children support at the earliest possible opportunity, and to encourage parents to talk openly with children about their feelings and getting help with the theme 'Express Yourself'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. Encourage your child to do the things that help them when they're finding things difficult. This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.

The last year has been extra stressful, especially if you're a parent. As we enter another lockdown over the first two months of 2021, it's normal and entirely understandable if you're feeling overwhelmed frustrated, worried or exhausted about the situation.

You might be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. If you're struggling, you are not alone.

[Find out more](#)



## Cedar Programme

We are pleased to announce that in November 2020 funding was confirmed and the Trust has full Department of Health and Social Care and HM Treasury approval for the CEDAR Programme.

The CEDAR Programme: Care Environment Development and Re-provision was established by the Trust in autumn 2017, to review the best way of utilising and developing its buildings and estate to deliver outstanding patient services. In 2018 a successful funding bid for £54.2m was made to government for three major building projects as part of CEDAR: a new MSU at Northgate for all the Trust's adult secure services; new acute in-patient wards for Newcastle and Gateshead in the Bamburgh Clinic buildings and relocation of all CYPS inpatient wards to Ferndene Unit at Prudhoe.

In early October, it was confirmed that the CEDAR Programme was named as one of the Government's new 40 hospitals as promised in their manifesto.

The CEDAR team has been working hard with operational colleagues, service users and carers, to develop design options and clinical models leading to the preparation of a business case that seeks NHS agreement to go ahead. The estimated cost of all building and enabling work is just over £72m, with land sales and Trust reserves being added to NHS funding to foot the bill.



## Governor Bio

Bob Waddell is the Trust Procurement and Logistics Manager and has worked in the NHS for over 41 years. He has been a Governor for Non-Clinical Staff since 2012.

"I decided to stand as a Governor as I am proud to work for the NHS and I truly care about the quality of service which it provides. As staff are the biggest and most important resource which the Trust has, I think that it is important to make sure that their voices are heard and I saw the role of Governor as a really good way to make this happen. I was very fortunate to be elected and have been elected twice since which makes me the longest serving member of the Council of Governors. This is my final term allowed under the constitution though and it also ties in nicely with my impending retirement and I feel ready to step aside at the end of it and hand over to someone else and give them the same opportunity which I have had.

We are really fortunate in this organisation as the Trust really values the contribution made by the Governors and makes sure that they are fully able to carry out their role. As a Governor I attend meetings of the Trust Board and also other committees in order to provide assurance to the Council of Governors and our members. I am also a member of the Nominations Committee who are the people responsible for appointing the Chair and Non-Executive Directors on behalf of the Council of Governors. This is a really interesting role and obviously a very important one".

***"Being a Governor is one of the most interesting and rewarding things which I have done in my entire career and I would urge anyone who is interested to put themselves forward for election."***

## Support us by becoming a Member

Members and Governors are at the heart of our organisation. Members support CNTW on a voluntary basis and provide us with feedback, local knowledge and support.

By becoming a member you will be able to have a greater influence in how the Trust develops and will receive information and feedback through monthly newsletters, Annual Members meeting, which takes place in July and much more!

The Governors, with the support of our members, ensure our work is in keeping with our Trust values.

## Not a member?

To receive regular copies of this newsletter, sign up for membership!

Either visit our website, [www.cntw.nhs.uk/membership](http://www.cntw.nhs.uk/membership), e-mail, [members@cntw.nhs.uk](mailto:members@cntw.nhs.uk) or send your name and address to the Membership Office, **FREEPOST CNTW MEMBERSHIP** (no stamp required)



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