



Issue 1: December 2020



Welcome to our membership newsletter

Christmas time has always been the season of friends and family, spending quality time with loved ones, showing them that you care. But in 2020, our Christmas season is going to look a little different than it has in recent years, thanks to COVID-19 pandemic.

With local restrictions still in place that prevents many of us meeting our nearest and dearest face to face, staying connected to those that mean the most is vitally important. As you all will be aware, areas not in Tier 4 may see a maximum of two other households 'your Christmas bubble' on Christmas Day, which will be a personal judgement for individuals to take, being mindful of the risks to yourself and others, particularly those who are vulnerable.

Lives have been turned upside down by the pandemic. Work is different, any social life has ground to a halt. Social distancing is suddenly a word that we know and hear daily and the majority of us will be doing Christmas shopping online than browsing the aisles of our favourite shops.

The pandemic is challenging us in ways we could never have imagined from unprecedented amounts of family time to home-schooling to working remotely – or being furloughed and not working at all. These sudden changes in the way we live

coupled with uncertainty can feel overwhelming, but we know that it is helpful for everyone do everything they can to stay positive.

When we finally say goodbye to 2020, there will be a lot of people who won't be at least sorry to see this year go! But with the new vaccine we do have every reason to hope for better days in 2021.



Ken Jarrold, Chairman re-appointment

The Council of Governors has re-appointed Ken Jarrold as Chairman of the Council of Governors and Board of Directors for a second term of office, expiring in January 2024.

Fiona Grant, Lead Governor, and Margaret Adams, Deputy Lead Governor and Co-Chair of the Nominations Committee said “we were delighted that Ken was re-appointed as Chairman of CNTW. It was a unanimous decision by the full Council of Governors and is a testament to the confidence the Governors have in Ken. He has demonstrated kindness, compassion and a level of professionalism the Governors can rely on and refer to, whenever they need it.”

John Lawlor said “It is really great news to hear that Ken has accepted a second term as Chairman of both the Council of Governors and the Board of Directors of CNTW. Ken’s passion for and focus on what is in the best interests of our service users and carers, together with his unstinting desire to make CNTW a great place to work have been key in keeping us moving forward as a trust. I am very much looking forward to working closely with Ken as Chair and myself as CE to help CNTW to become the very best we can be.”

Ken said “being the Chair of the Council of Governors, and Chair of the Board of Directors, is the greatest privilege of my working life.

We are sure you’ll join us in congratulating Ken on his re-appointment and the opportunity to work with Ken to provide the best possible services we can.

Winter wellness campaign

Our Trust has launched its Winter Wellness campaign to raise

**There's light
at the end
of the
tunnel**

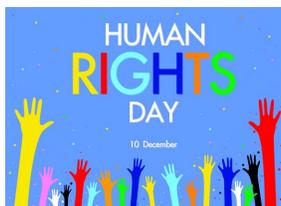
Mental health self help
is available
c17v.nhs.uk/selfhelp



awareness of mental wellbeing this winter. While the festive period can be a time of fun, it is also common for people to feel lonely, worried or stressed. This year even more so, as we come to the end of one of the most difficult years many of us have faced. We want people to know no matter how negative a situation is, help is at hand.

As part of the campaign, we will be sending information leaflets and posters to a number of locations across the North East and Cumbria, including GP surgeries, libraries and job centres.

Read more about the winter wellness campaign [here](#).



Human Rights Day

World Human Rights day was on 10th December and marks the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights. The theme this year is:

Recover Better - Stand Up for Human Rights

“This year’s Human Rights Day theme relates to the COVID-19 pandemic and focuses on the need to build back better by ensuring Human Rights are central to recovery efforts. We will reach our common global goals only if we are able to create equal opportunities for all, address the failures exposed and exploited by COVID-19, and apply human rights standards to tackle entrenched, systematic, and intergenerational inequalities, exclusion and discrimination”. United Nations 2020.

A Human Rights working group consisting of staff and service users has been focussing on the underlying principles of Fairness, Respect, Equality, Dignity and Autonomy (FREDA). This is a complex topic that affects us all. We need to make sure that we all have a clear understanding of what Human Rights means in everyday life, at work and at home. We also need to understand that we all have unconscious biases, and we need to be able to recognise and reflect on those, in a non-judgemental way.

The British Institute of Human Rights has lots more useful information:

<https://www.bihar.org.uk/resources-for-service-providers>



Free mental health and wellbeing resources

Our patient information centre has produced some free mental health and wellbeing resources. All resources are available to download or order [here](#).



Christmas message

CNTW would like to wish you, your loved ones and fellow colleagues a safe and very Merry Christmas. Stay positive and find sometime for having fun and smiling. Thanks to today's modern technology which we are all heavily reliant upon these days it is easier to keep in touch with your loved ones through FaceTime, Zoom, or other mobile apps. It is challenging under current restrictions however we will get through this together. It is the spirit of togetherness that gives us hope.

Merry Christmas and Happy New Year!

Membership

Not a member? To receive regular copies of this newsletter, sign up for membership! Either visit our website www.cntw.nhs.uk/membership or e-mail members@cntw.nhs.uk



Caring
Discovering
Growing
Together



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