



February 2021

Welcome to your February Newsletter

Covid vaccination

With COVID-19 restrictions now becoming the new way of living, there is new hope with the roll-out of the Covid-19 vaccine. The vaccine has already reported over 6.6 million people within the UK have received the vaccine from the top four priority groups that are people over the age of 80, residents in care-homes and their carers, frontline health workers and clinical extremely vulnerable people which is really encouraging. CNTW is working extremely hard to carry out vaccines to all our staff and patients and we are proud to say, over 7000 of our staff and patients have currently received their first dose of the vaccine within the first four weeks of the Trust's Vaccination Programme.



Month of Love

As it is February, love is in the air so let's all spread the love and not the virus and turn this into a pandemic of self-love and self-care!

Remember self-care is vitally important too, there's nothing wrong with putting yourself first. Self-care starts with doing what you love. This is a time like no other to bring hope, togetherness and kindness to improve our quality of life and well-being. As well as self-care, it's also an opportunity to do good by doing everything we can to help others feels good. Showing kindness to others and checking in with one another (albeit remotely!) is one way to keep us all connected.



World Cancer Day: A leading international awareness day

World Cancer Day every **4 February** is the global uniting initiative led by the [Union for International Cancer Control \(UICC\)](#). By raising worldwide **awareness**, improving **education** and catalysing personal, collective and government **action**, we're working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equal for all - no matter who you are or where you live.

Created in 2000, World Cancer Day has grown into a **positive movement** for everyone, everywhere to unite under one voice to face one of our greatest challenges in history.

This year's World Cancer Day's theme, **'I Am and I Will'**, is all about you and your commitment to act. We believe that through our positive actions, together we can reach the target of reducing the number of premature deaths from cancer and non-communicable diseases by one third by 2030.



COVID-19: Story by Kelly Jackman, Communications Assistant

Everyone dreads a phone call in the middle of the night, but for me it was literally a life changing moment. In September 2004 I was given a second chance at a normal life with a new kidney. It was like I had been playing the lottery every week for two years and my numbers finally came up.

I was only 21 and being able to live my life again after so many restrictions was awesome! No being tied to a dialysis machine three days a week, no more renal diet, no one litre daily fluid limit and I could finally book a holiday that lasted more than two nights. However, I do have to start my mornings with a cocktail of immunosuppressant's and other wonder drugs but I personally feel like this is a small price to pay for getting my life back. Suddenly, March 2020 hit and literally changed everything! This gift of life that gave me my freedom and made so many other amazing things possible for me, was now trapping me in a category that absolutely petrifies me... **clinically extremely vulnerable**.

Now, I like to think that I have the personality of an easy going, fun and bubbly person but those that are close to me know that I also live with crippling anxiety from time to time. At the beginning of the pandemic I found it extremely hard especially with the constant stream of terrifying information on the news and social media...(I actually had to stop watching it). On top of that I was receiving information from the Government via text, email and post reminding me to shield because I am at highest risk of becoming very unwell if I caught Covid19 (as if I would forget!). Government advice was for me to use a separate bathroom, bedroom and living space from my family. I live in an upstairs two bedroom flat, how was that going to work? The overwhelming fear of it all left me scared to even hug my daughter and at one point my fiancée and I were sleeping top to toe, so we didn't breathe on each other!! It sounds ridiculous now but the fear at the time was unreal. People were advised to exercise for an hour a day but I was told I literally couldn't leave my front gate! I felt so isolated.

As time has gone on I feel like I am learning to exist better in the world we all live in. I remember getting to New Year 's Day and feeling relieved that I had literally survived 2020. Even though we are currently living with a growing infection rate, I still think that 2021 has had a promising start. For me the roll out of the Covid vaccine is a sign of hope that better times are coming for us all.

I have been lucky to get my first coronavirus jab and the decision for me was a no brainer. I have always put my faith in our NHS and it has saved my life more than once. The vaccine not only protects me, it will protect the people around me and hopefully it's that huge first step to getting my freedom back.

I know that my story is just one in millions of other people's stories who have really struggled throughout 2020. Although it has been horrific, the year has also taught me a lot about resilience, patience and gratitude. I am very grateful that my family and I are still here and healthy, that I am still able to do a job that I love and that I have the support of many fantastic people around me. I am also relieved that my girlfriend still wants to live with me and my constant neediness that's developed over the year lol!

I am sure we all still have some tough times ahead and I am currently just taking each day as it comes (even when it seems each day rolls into one). I am really looking forward to getting my second jab and encourage anyone who is offered a vaccination to take it – I really want to be able to hug again.



LGBT+ history month

LGBT+ History month is an annual month long observance of LGBT+ History this incorporates the achievements of and the history of LGBT+ rights and civil rights movements.

It was founded in 1994 in America by a Missouri high school teacher called Rodney Wilson. He believed that a month should be dedicated to the celebration and teaching of LGBT+ history. His idea caught on and it is now celebrated in Hungary, UK, Canada, Brazil, Greenland, Berlin, Australia, Hungary and Ireland with some variation on the actual date.

Every year since the launch of the CNTW LGBT+ Network, we have held events to commemorate the day. The last public engaging event we held was in 2019 which was Stonewall's 50th Anniversary which commemorated the start of the civil rights movements that have afforded us the equal rights we have today and showed what more still needs to be done.

This year we have planned around the pandemic and are holding an online event with guest speakers with the theme Mind, Body and Spirit.



National Apprenticeship week

"Build the Future" is the title for the 2021 National Apprenticeship Week (NAW), which will take place 8 – 14 February 2021. NAW aims to encourage everyone to consider how apprenticeships can help individuals to build the skills and knowledge required for a rewarding career.

The annual weeklong celebration of apprenticeships, now in its fourteenth year, takes place across England and will highlight the impact apprenticeships can have on communities, local businesses and regional economies and how they all benefit from the impact of apprenticeships.

The themes within the week are:

TRAIN - we will promote how CNTW recruits apprentices, and how we use them to future proof our workforce and careers through apprenticeships;

RETAIN – how we have adapted our processes and link with workplaces to retain apprentices, gaining the skills and knowledge needed by the Trust, and seeing apprentices thrive, whilst having impact;

ACHIEVE - a real return on investment from apprentices; realising the business benefits of apprenticeships, with apprentices progressing in their chosen careers.

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](#).

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 or you can call our Membership office on 0191 2456827.