


Issue 8 July 2021

A slight delay...

Well, we thought it may happen, a pause to Stage 3 of the Government Roadmap. Following the recent announcement, Prime Minister Boris Johnson has confirmed a four-week delay to the final lifting of England's restrictions. After two weeks, the government will review the data to see if the risks have reduced. It is now expected that England will move to Step 4 of the Government Roadmap on 19th July 2021.

Let's all stay positive, we are all in this together, it has been such a long time coming with the 19th of July just around the corner.

We all know that keeping physically active can support our mental well-being and being physically active doesn't have to mean joining a gym, a five-a-side team, or buying expensive equipment, just increasing how active we are is a small step that can make a big difference, this may be going for a short walk, popping to the shop, or a quick 10 minute work-out in our living rooms.

This Summer we have lots of inspiration to keep moving and keep active. Euro 2021, the Tokyo Olympics, Wimbledon Tennis Championships, Rugby union to name but a few!

But more locally, there are lots of ways we can stay fit and healthy. For some ideas, no matter how big or small, visit our website at <https://www.cntw.nhs.uk/services/a-weight-off-your-mind/physical-activity/>

Whatever your plans are for July, I hope it is a fruitful one, with lots of activity, being outdoors and enjoying some sunshine. "Stay safe and take care of each other."

Corporate Affairs Team
Cumbria, Northumberland, Tyne and Wear NHS FT

Happy birthday
NHS

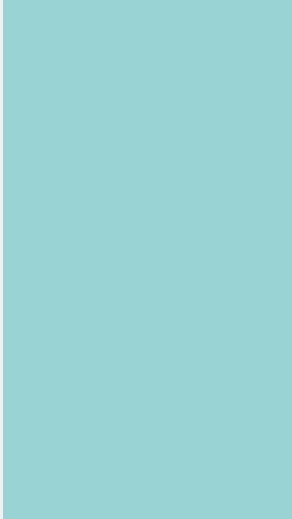
Happy Birthday NHS 73 years old: 5th July

July 5th, 1948 was an historic moment in our country's history. It was the day our pioneering National Health Service (NHS) was born, bringing free healthcare to everyone. We have treasured it ever since, but never more so since March 2020 when the Coronavirus pandemic gripped the UK and utterly changed all our lives.

2020 was most challenging year in NHS history. Over the last year the NHS has stepped up in ways never seen before to work out how to deliver services differently following lockdown, recruit tens of thousands more staff, returners and volunteers and even build hospitals to respond to the COVID-19 global pandemic.

The NHS could not have achieved this without the commitment and skills of our people. And we are thankful for the recognition they have received. But the unprecedented challenge facing the NHS would have been made all but impossible without the help and support of countless individuals and organisations around the country, the key workers, from bus drivers and refuse collectors to care givers and shop workers. And the public too, who embraced the lockdown measures to help protect the NHS and their communities, whether by staying at home, helping their neighbours with the shopping, maintaining social distancing or washing their hands more often.

The NHS is grateful to the nation for its efforts – great and small.


Trust Psychiatrist to provide Olympics Mental Health Support

A local NHS Psychiatrist is among a team of clinicians who will provide mental health support to Team GB athletes during this summer's Tokyo Olympics.

Alan Currie, who works for Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW), was selected for the role as a result of his work with the mental health panel of the English Institute of Sport.

As part of the advisory role, Alan has been involved in developing Team GB's mental health strategy for the Olympics. He and two other mental health clinicians will be on call on the days leading up to the Games, during the competition, and in the days afterwards.

"There are a number of things we have to prepare for in the lead-up to the Games," Alan explained.

"There may be athletes who have had mental health problems in the past, so we need to help teams plan and accommodate for that. Someone with an existing problem may have a relapse and they're away from their usual support network, whilst other people might experience a mental health problem for the first time."

Alan will be there to support teams de-escalate a mental health crisis, provide a debrief when they come home and assess whether an athlete will need to continue with some form of treatment.

The Olympics is already an extremely high-pressure environment and due to the pandemic, there will be additional stresses for athletes and support teams in Tokyo.

They will be in isolation and won't be able to mix with teammates and share their successes and failures. Normally athletes will enjoy spending time in the village after competing but will have to go straight home.

This is something new Alan and colleagues have had to consider. He added: "There's also the possibility of testing positive for Coronavirus. An athlete might qualify for a final and then have a positive test and is unable to compete. We will need to deal with the emotional fallout of that and that a potentially once-in-a-lifetime chance is gone."

Alan says Team GB are ahead of the game when it comes to the mental health of athletes, having seen a shift in focus in the last five years.

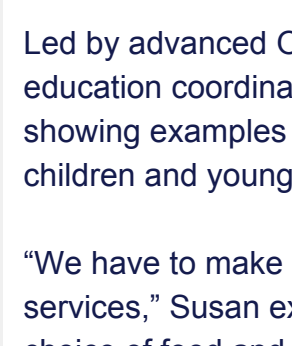
"This will be the first Olympics since Team GB's mental health panel has been in place, something not every country has," Alan said.

"If you have a cardiac condition there should be a cardiologist on hand to consult, we are taking the same approach to mental health by having mental health clinicians available in the same way any other specialist may be."

Alan says he is looking forward to the challenge. "It will be hard work but very rewarding. It's a real privilege to work with athletes who are high-achieving, high-performing individuals who have dedicated a lot. It's an honour to support them in some way, however indirect it might be."

Alan has worked as a mental health consultant for over 20 years and has always had an interest in mental health and elite sport. His Master's research was in athlete mental health and he has done consultancy work for a number of sports organisations. Alan is founder and former chair of the Royal College of Psychiatrists Sports and Exercise Psychiatry Special Interest Group (SEPSIG). In 2019 he joined the International Olympic Committee (IOC) mental health working group and became chair of the Scientific Committee of the International Society for Sports Psychiatry (ISSP) in 2020.

Alan currently works as a consultant for CNTW's RADS service (Regional Affective Disorders Service), which provides specialist care and treatment to people with difficult to treat mood disorders. CNTW is a leading provider of mental health and disability services in the North East and north Cumbria.


The Art Hub

For many people with a learning disability and their families, getting creative was a way to stay connected and positive through the challenges of last year. Part of Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW), the Art Hub is based at Northgate Hospital in Morpeth.

Made up of three artists and an activities facilitator, the Hub works with mental health service users with learning disabilities. They participate in a range of activities from traditional drawing and painting to digital art and animation, sculpture, creative writing and music.

Eric Rothwell, Artist at the Hub, said: "Having a participatory Art Hub helps service users gain experience in many different art disciplines. Art gives them an opportunity to communicate, express themselves and learn and develop skills.

"Working on an art project gives service users a sense of achievement and helps give them a focus for recovery in a meaningful way."

The work of the Art Hub has been a great success. Service user artwork has been on display in hospitals and galleries across the region. Their work has also been shown at exhibitions at Woodhorn Museum, BALTIC, Gateshead Library Gallery and London's South Bank Centre, to name a few. Service users are referred to the Hub by the wards, nursing or occupational therapy teams who feel they might benefit from doing something creative.

Work at the Art Hub is award-winning, with service users winning many Koestler Awards over the years. The awards celebrate all forms of art created by ex-offenders, secure patients, and detainees. They aim to challenge negative stereotypes and help people lead more positive lives by motivating them to participate and achieve in the arts.

Eric added: "Recently, a service user won a gold award for drawing. This was done through perseverance and you could see a real development in his drawing over time. When he found out he'd won gold, he jumped for joy!"

CNTW is a leading provider of mental health and disability services. Northgate Hospital is home to many of the Trust's learning disability services as well as some mental health departments. It provides a range of services including medium and low secure, autism services and assessment and treatment for patients with learning disabilities.

SAMARITANS

Talk to Us #WeListen

Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

Whether it's a virtual chitchat, or a picnic in the park, Talk to Us is one of the ways we raise awareness that we're here – for anyone who needs someone to listen, 24/7, without judgement or pressure.

For more information click [here](#)

Ferdene recognised with Investing in Children Award

Ferdene in Prudhoe, part of Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW), has been awarded an Investing in Children (iC) Award which celebrates examples of imaginative and inclusive practice with children and young people.

One of 500 members across the UK and Ireland, Ferdene had to demonstrate how dialogue with young people has led to changes in the service. Service users also had to provide evidence for the unit.

Led by advanced Occupational Therapist, Susan Graham and specialist activities education coordinator Eddy Wilkinson, Ferdene was required to submit a report showing examples of where improvements have been made after listening to the children and young people on the unit.

"We have to make sure our service users are included in the design and delivery of the services," Susan explained. "For example, the young people said they wanted more choice of food and a greater range of activities which were taken on board."

The process involved an assessor visiting the wards who spoke to the young people, peer supporters and teachers from Newcastle Bridges School.

Young people at Ferdene have been involved in a number of initiatives including interviews for CNTW's new Lotus Ward and the Trust's CEDAR project.

Susan has stressed the importance of young people having their say. "If we want them to engage in services, asking their opinion is a must. Whether it's on an individual level, discussing their own care plans, or helping with changes in the wider service.

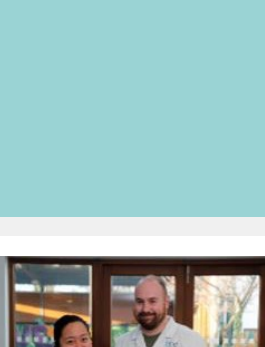
"Asking their opinion helps them feel recognised and valued by staff who care for them."

In the report, one service user was asked about his experience on the unit. He said: "Everyone is extremely nice. They always listen and speak in a caring way and try to do the things you ask."

For Susan, gaining the award is recognition of the hard work both staff and service users have put in. The award will last for a year and will need to be renewed.

Investing in Children (iC) is an initiative that promotes the human rights of children and young people. It has developed a range of different ways in which children and young people are supported to say what they want to say, and help to improve services used by them, by discussing their ideas with those who run the services.

Ferdene, based in Prudhoe, provides inpatient assessment and treatment for young people with complex health, behavioural and emotional needs including those with a learning disability. It provides living accommodation, educational, therapeutic and leisure spaces.


National Schizophrenia Awareness Day 2021: 25 July 2021

National Schizophrenia Awareness Day, marked on 25 July every year by the charity Rethink Mental Illness, explores what it means to live with this much misunderstood and often stigmatised mental health condition.

In England, approximately one adult in every 100 will live with a diagnosis of schizophrenia.

By shattering some of the myths and breaking the stigma and prejudice which surrounds this diagnosis, Rethink Mental Illness continues to provide support and community for people living with schizophrenia and their loved ones.

On National Schizophrenia Awareness Day, which coincides with the founding of the charity nearly 50 years ago, Rethink Mental Illness shines a spotlight on the condition and the dedicated work to improve the quality of life for people living with schizophrenia and their carers.

For more information click [here](#)


CNTW are Recruiting NOW new opportunities to #JoinUs

Due to a number of exciting service developments we have a range of new opportunities for Registered and Non-Registered Nursing Staff, Allied Health Professionals and Peer Supporter roles across our inpatient and community services.

We have opportunities across our Trust footprint which covers Northumberland, North Tyneside, North Cumbria, Newcastle, Gateshead, South Tyneside, Sunderland, and Middlesbrough.

Look out for our virtual open days taking place across our localities in the coming weeks or to find out more about the vacancies follow us on Twitter @cntw_jobs or our website by clicking [here](#)

Sudden Cardiac Arrest – free eLearning workshop

Following the events that unfolded on the pitch during the Euro2020 Denmark V Finland match on Saturday 19th June, many will agree that the quick actions of those around Christian Eriksen undoubtedly helped saved his life.

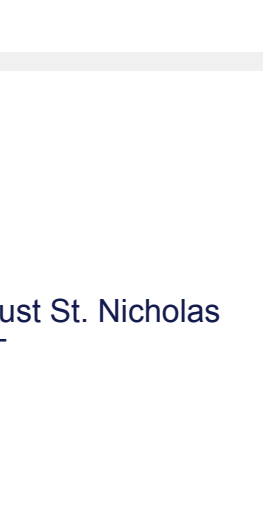
To help equip more people with similar potentially life-saving skills, UK Coaching, in partnership with St John Ambulance, Resuscitation Council UK and the Joe Humphries Memorial Trust have developed an e-Learning workshop which is packed with immersive and scenario-based learning, practical information and tips to help respond quickly and appropriately to a sudden cardiac arrest.

The workshop is fully funded by Sport England, takes around 30 minutes to complete and gives access to the Sudden Cardiac Arrest Digital Learning Toolkit upon completion.

For more information click [here](#)

If you need urgent help, call 24 hours a day, 7 days a week

North Tyneside and Northumberland Adults - 0800 652 2861 Children and young people - 0800 652 2861 Text number for people who are Deaf and/or have communication difficulties - 07887 629 277	North Cumbria Adults - 0800 652 2865 Children and young people - 0800 652 2865 Text number for people who are Deaf and/or have communication difficulties - 0779 565 6226
Newcastle and Gateshead Adults - 0800 652 2863 Children and young people - 0800 652 2864 Text number for people who are Deaf and/or have communication difficulties - 07819 228 548	Sunderland and South Tyneside Adults - 0800 652 2867 Children and young people - 0800 652 2868 Text number for people who are Deaf and/or have communication difficulties - 07889 036 280



Caring | Discovering | Growing | Together

Free Mental Health and Wellbeing Resources

The 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

Caring
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