NHS
Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust

Issue 5: April 2021

Welcome to our Membership e-Newsletter

We are getting closer…

This month sees the opening of non-essential retail, long awaited and very overdue hairdressers, libraries, community centres, gyms, holiday lets, campsites and hospitality venues serving people outdoors. We are slowly but surely coming out of lockdown and we all hope this will be the last with the majority of regions in England continuing to show a decrease in the spread of COVID-19. We must continue to stand together to tackle what is the greatest public health challenge of a generation, support each other to stay safe, healthy and well.

I hope everyone had a wonderful Easter and for some, Easter may have looked a little different this year with the unlikely scenario that everyone in your circle was fully vaccinated by April 4th), precautions were still necessary for everyone's safety and this continues to be the case as the warmer weather and sunny days are approaching, many of us may be hoping to get out and enjoy it, so please still remember Hands. Space. Face. Fresh Air.

Please do get COVID-19 tested when needed. Get vaccinated when offered. Stay positive and find some time for having fun and smiling. It is challenging operating under the current restrictions however we will come through this together.

April 2nd World Autism Day

World Autism Awareness Day (WAAD) aims to put a spotlight on the hurdles that people with autism and others living with autism face every day. As a growing global health issue owing to its increasing exposure in the press and common knowledge, autism is an issue that is only gaining more understanding and WAAD activities are planned every year to further increase and develop world knowledge of children and adults who have autism spectrum disorder (ASD).

What's more, World Autism Awareness Day goes one step further to celebrate the unique talents of those with autism, while putting a huge focus on the warm embrace and welcome that these skills deserve through community events around the globe.
Read more about World Autism Day: Click Here

Parkinson's Awareness Week 2021 April 11 - April 17

Parkinson's Awareness Week kicks starts on World Parkinson's Day- Sunday 11th April 2021 and ends on Saturday 17th April. As there is no cure for Parkinson's, this is an annual opportunity to raise awareness and much needed funds to support people with living with the condition, to improve quality of life and to ensure that people live better for longer.

This year, the theme will be Mental Health in Parkinson's and Parkinson's Care and Support UK will be launching the first ever Parkinson's Mental Health Support Hub, exclusively for people affected by Parkinson's. Up to 50% of people with Parkinson's will suffer from Anxiety or Depression at some point during their illness. These conditions are often overlooked and undiagnosed. Living with Anxiety or Depression with Parkinson's will worsen symptoms such as tremor, stiffness, sleep problems and pain and much more. When left untreated, Anxiety and Depression reduces quality of life.

Read more about Parkinson's Awareness week: Click Here.

CNTW supports New Regional Staff Wellbeing Hub – *open to all health and care workers*

The Staff Wellbeing Hub has been set up by the North East and North Cumbria Integrated Care System, and CNTW are proud to be playing our part in this, including running the Hub's confidential helpline service. It is supporting our region's health and care staff are able to access the support they need to stay mentally well throughout the COVID-19 pandemic.

The Hub is open to all health and care staff in the North East and North Cumbria – that includes the NHS, care home staff, social care, and so on – so please share this information with your friends and family members who work in this sector.
The pressures of the COVID-19 pandemic have affected every one of us, both at home and at work. It's normal to feel anxious, sad, or overwhelmed in response to such stressful circumstances, but these feelings can be difficult to manage sometimes.

There are some simple steps you can take to help prevent things from getting worse. There might be specialist support that can help with certain reactions to these pressures too.
But it can be hard to navigate all the different offers of help that are out there. That's where the Staff Wellbeing Hub comes in.

The Hub offers:

- A helpline providing a listening ear as well as information, advice, and guidance, to help you find the support you need. It can also arrange call-backs from experienced NHS psychological therapists if you need to talk to someone about what you are going through.
- A range of support offers, including coaching for managers to help you look after your team, group support such as Balint Groups for clinicians and teams, and other ways to regulate the stress in your body or mind.
- An online Wellbeing Diary, to help you track your mood and understand what helps you stay well.
- A wellbeing toolkit, with short and practical self-help exercises.
- Free webinars to help staff understand and adapt to what we are going through.

Health and care staff can call the Hub's confidential helpline which is available seven days a week on 0191 223 2030.

The Northern Centre for Mood Disorders

The Northern Centre for Mood Disorders (twitter @NCMDresearch) brings together those who are interested in advancing treatment and care in conditions such as depressive illnesses and bipolar disorders. Under the umbrella of NCMD clinicians and academics work together with those affected by mood disorders to conduct research and develop new treatment approaches. www.mood-disorders.co.uk

PAX-BD Home - PAX-BD is a clinical study, led by Professor Hamish McAllister-Williams who is a clinical academic working across Newcastle University and the CNTW NHS Trust. This national study is funded by the National Institute of Health Research, sponsored by CNTW Trust and supported by Newcastle University's Clinical Trials Unit. It is now open in 7 centres across the UK with more coming online all the time. It is examining a drug called Pramipexole for people who have bipolar disorder and who are depressed enough to score 10 or more on the QIDS self-report depression scale (available on the website QIDS Questionnaire (mood-disorders.co.uk). The use of this drug is exciting because it works in a very different way to the existing treatments. It also doesn't cause the side-effects such as weight gain that are a problem for so many people.

Read more Information please Click Here

Bowel Cancer UK

Bowel Cancer UK is the UK's leading bowel cancer charity and they support and fund targeted research, provide expert information and support to patients and their families, as well as educating the public and professionals about the disease and campaigning for early diagnosis and access to the best treatment and care.

Every 15 minutes in the UK someone is diagnosed with bowel cancer. It's more common in the over 50s but it can affect people of all ages. Around 268,000 people living in the UK today have been diagnosed with the disease.
Bowel cancer is the UK's second biggest cancer killer but it shouldn't be. It's treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage, however this drops significantly as the disease develops. Early diagnosis really does save lives.

Being aware of the key symptoms and visiting your GP if things don't feel right can help increase chances of an early diagnosis. The symptoms of bowel cancer can include bleeding from your bottom and/or blood in your poo, a persistent and unexplained change in bowel habit, unexplained weight loss, extreme tiredness for no obvious reason, or a pain or lump in your tummy.
Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. If you have one or more of these, or if things just don't feel right, please see your GP.

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
Discovering
Growing
Together

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust St. Nicholas Hospital Jubilee Road Gosforth Newcastle upon Tyne NE3 3XT

0191 2456827