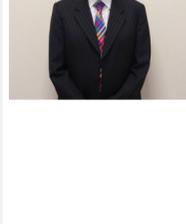




Issue 7 June 2021



## Message from Our Chairman

### Ken Jarrold CBE

Dear Members

It is great to have this opportunity to share thoughts with you. We are facing a very challenging time including Covid-19 and the recovery from it, increasing demand and pressure on beds and waiting times, financial pressures and uncertainty about the amount of money we will have after September, recruitment issues, the challenge of responding effectively to racism and discrimination of all kinds, establishing the new service for Children and Young People in Middlesbrough and preparing for a Care Quality Commission Inspection that is likely to take place this year.

We are also reviewing our strategy and taking part in the national initiative to transform community services. Although we have many good services, we recognise the need to radically change much that we do, to ensure that service users and carers are at the heart of all that we do, and to improve access so that help is available when and where it is needed.

I am delighted that we are making good progress with service user and carer involvement. I am very grateful to Margaret Adams, the Chair of the Service User and Carer Reference Group and to Alane Bould, Head of Patient and Carer Involvement, her Team and our wonderful Peer Supporters, for all that they are doing.

You may know that the Council of Governors, have done me the great honour of asking me to serve a second term as the Chair of the Council and of the Board of Directors.

This role is the greatest privilege of my working life and I will do all I can to serve the Trust in the challenging times ahead.

All good wishes.

Ken Jarrold CBE  
Chair  
Council of Governors and Board of Directors



Wow! 6 months into 2021 already and finally after a long awaited 15 months, COVID-19 restrictions are now starting to lift and life as we once knew it is starting to return.

As June transitions from Stage 3 of the Government Roadmap to Stage 4, if things go well – 21<sup>st</sup> June will hopefully see the removal of all the remaining rules that are stopping people from getting together.

We all need to be mindful that this doesn't mean COVID-19 is no longer with us in our lives, we will have to carry on being extra vigilant, washing our hands often, being careful not to touch our face, giving people that extra space, let fresh-air in, getting tested when needed and if not already, get the vaccine when we can. It's a fantastic achievement the NHS has and is continuing to make with more than 22 million UK adults received both doses of COVID-19 vaccine and more than 37 million people in the UK receiving their first.

As its Summertime that means the beginning of the travel season and as the Government continues to closely monitor plans for international travel this Summer, for this year at least, we would encourage everyone to stop and think, and be absolutely sure that they want to travel overseas. If holidaying in the UK there are some wonderful places to go, just let's hope the weather starts improving; who would have thought recently having rain, hail, sleet, snow, thunder and sun all on one day!

Let's not forget Sunday 20th June. Father's Day is an opportunity to tell your dad, how much you appreciate him. New dads, experienced dads, granddads, dad-in-law, stepdads – there are so many fatherly figures out there and without a doubt there are at least a million reasons to honour them on Father's Day. And for those of us who sadly have lost our dad, I am sure we all have many ways we remember them and bring them to the forefront of our minds on this special day. Whether it be the quirky things they did and said while we're cooking their favourite meal or giving them a toast with their favourite tippie.

We hope you all have a wonderful June, enjoying the ease of restrictions and please do remember to stay safe whatever your summer plans maybe.



## Volunteers Week 2021: 1st June - 7th June

Volunteers Week is celebrated between 1st and 7th June every year. It is a week in which the UK celebrates volunteers and says thank you to them for the contribution that they make. The week also raises awareness about the benefits becoming a volunteer and the diverse volunteering roles that are available.

As well as helping others, Volunteering has been shown to have a positive impact on the lives of those who volunteer, assisting volunteers in gaining new skills and boosting self-esteem. There are many voluntary organisations in the UK that rely on volunteers to help others. First established in 1984 by Volunteering England, the event is now coordinated by NCVO (the National Council for Voluntary Organisations).

During the week stories about volunteering are shared on social media and hundreds of celebrations and events take place. Every Volunteers Week has a different theme which is designed to help organisations think about how they can successfully open up volunteering opportunities to all and increase diversity in their volunteer base and trustees.

Further information about Volunteers Week and information about becoming a volunteer can be found by clicking [Here](#)



## National Growing for Wellbeing Week: June 7th - June 13th

Approximately 1 in 8 children have a diagnosed mental health illness by the age of 14, and 1 in 4 adults in the UK will experience mental ill health each year. That doesn't include the huge pandemic we are currently facing both physically and mentally across the world. There is strong evidence highlighting the health benefits of gardening and GYO in particular, including improved confidence, resilience, communication, concentration and ultimately self-belief.

Gardening improves mental health and enables better physical health, by providing an opportunity to connect with nature, learn new skills, gain control, make mistakes, play and enjoy the great outdoors.

After all, It's not what you grow, it's how YOU grow.

For more Information click [Here](#)



## Everything Disordered: A Practical Guide to Blogging by Aimee Wilson

After a suicide attempt had left Blogger, Aimee Wilson on life support in Intensive Care, she was brought out of the coma and transferred to a specialist psychiatric hospital over one hundred miles away from her home. Almost a year into her hospitalisation there, she agreed to begin writing about the trauma she'd experienced in the hope that it would give staff the information they needed to provide her with better help and support. Aimee recognised this to be a potentially pivotal in her mental health recovery and decided to create a blog in order to document the journey. I'm NOT Disordered was born on January 6th, 2013 and was first shared on Aimee's Facebook account which is set to private so that only friends and family were able to see the link. Over the following years, mostly through word-of-mouth, the blog has gone on to gain hundreds of thousands of readers.

Its popularity has opened a lot of doors to opportunities for Aimee to collaborate with a number of different organisations varying from Cats Protection to her local Police force. Reaching huge milestones in her readership, Aimee's confidence built, and she found blogging so therapeutic that she channelled it into a passion to promote blogging and encourage others to utilise it as a helpful and supportive tool. Forming this interest, provided a huge amount of motivation and inspiration for Aimee in writing Everything Disordered.

In this book, Aimee works her way through the different issues, aspects, and decisions that might crop up in your blogging career and provides information and details of her own experiences with each part she discusses. In a bid to really channel her creativity, Aimee also decided to make the book into something more interactive for its readers. So, she has added various worksheets, photo pages, and other interesting and exciting elements that might make the book so much more unique.

Aimee said "Having been a service user of CNTW for 12 years, there have been times when I honestly couldn't have ever imagined getting to where I am in life now. To have had CNTW's support, particularly Debbie Henderson, Director of Communication and Corporate Affairs, in the creation of Everything Disordered, has left me feeling so thankful for their kind, and dedicated service which has literally saved my life and given me the opportunity to do this".

If you would like to purchase Everything Disordered, please click [Here](#) which will take you to the Amazon.co.uk website.



## 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](#)

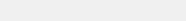
## Free Mental Health and Wellbeing Resources

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](http://www.cntw.nhs.uk/membership) or e-mail [members@cntw.nhs.uk](mailto:members@cntw.nhs.uk)



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Discovering  
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