



Welcome to our Membership e-Newsletter

Amazing to think we are five months into the year already which brings another glorious step forward on the Roadmap out of lockdown. No earlier than 17th May, the Government will look to continue easing limits on seeing friends and family wherever possible. This means that most legal restrictions on meeting others outdoors will hopefully be lifted, although gatherings of over 30 people will still remain illegal. We can however see that long awaited hug insight!

There are plenty of reasons to love the month of May. It's one step closer of Summer, flowers are blooming and you can finally begin entertaining outdoors again, the month with a long weekend for most. You may also be considering a couple of weeks in the sunshine as there is growing optimism that travel will be able to be resumed later in the summer, although a final decision on when that will be has not yet been made, so you may want to wait before booking that plane ticket and really think carefully before you decide to travel – and remember, COVID is still with us.

Let's say goodbye to cabin fever! The feelings of isolation and loneliness are more apparent in times of social distancing and self-quarantining during the pandemic. Cabin fever can lead to a number of feelings that can be difficult to manage, sometimes ranging from restlessness, low motivation and hopelessness which are a few to say. Finding meaningful ways to engage, be active and occupy your time can help alleviate the distress and irritability that cabin fever brings. Try giving yourself a routine. Spend time outdoors which not only boosts your cognitive functions, but also helps improve your mood, alleviate stress and boost feelings of well-being.

Whatever you decide to do this month, please do keep to the Government Roadmap. We have all done a fantastic job handling this new and difficult challenge, we should continue to enhance solidarity and we will get through this together.



Make the Month of May Purple

Make May Purple /Action On Stroke Month 2021 runs throughout May and is an annual awareness event arranged by the Stroke Association. The month is to raise awareness of the impact of strokes on those affected and their friends and families as well as educating the general public on the signs and symptoms of strokes, what causes strokes, what happens during a stroke and what to do in the event of someone suffering a stroke.

A stroke is an attack on the brain, it happens when blood supply to part of the brain is cut off, causing death of that part of the brain, the effects of the stroke vary depending on which part of the brain is affected and how severe the stroke is. Strokes can also cause bleeding on the brain. The effects of stroke can be permanent although some people make a very good recovery. Often care and treatment is needed, and in serious cases, hospitalisation is needed, and a stroke can cause immediate death or death through subsequent secondary strokes.

Read more about Strokes: [Click Here](#)

Is it a stroke?
Act F.A.S.T.

- FACE** droops
- ARM** weakness
- SPEECH** difficulty
- TIME** is critical.



Maternal Mental Health Awareness week: May 3rd – 9th May 2021

Maternal Mental Health Awareness Week is a weeklong campaign dedicated to talking about mental illness while pregnant or after having a baby. We are signposting to support for all mums and families and focus on advocating for those affected by Maternal Mental Health, to access the information and help they require to enable recovery.

Allison Speirs, Ward Manager from our Beadnell Mother and Baby Unit, would like to share with you all how the unit has coped during the COVID-19 pandemic.

Allison said, "we would like to share how we have managed over the last year to keep our standards high and provide mothers and their families with the same care and support that we always have done. Unfortunately, one of the most challenging changes during the pandemic was the need to prevent partners and others visiting the ward – but we were able to support visits in other ways, away from the ward, ensuring that visitors and mothers were wearing full PPE. This made us realise and appreciate the importance of the role partners and others play when they are able to be on the ward. We encouraged contact via Skype and Microsoft Teams with other family members and encouraged walks around the grounds with families – keeping a safe distance apart.

We were lucky enough to get some extra funding to provide new smart T.V's, cooker, more games and arts and crafts materials as well as increasing our psychology and our clinical lead cover on the ward to provide that extra support. There was also baby massage training and baby yoga to help mums bond well with their babies. We also bought new playmats and pushchairs, so the mums have experienced some lovely play time using floor play with their babies.

Microsoft Teams has played a huge part of our multi-disciplinary meetings, professionals have been able to attend the meetings and so have the families of the patients. This is something that we will take forward after the pandemic, it has been an invaluable tool in bringing the families and the professionals together to make vital decisions in the care of the mothers and the babies on the unit.

Read more about Maternal Mental Health Awareness: [Click Here](#).



10-16 May Mental Health Awareness week: Theme is Nature

Nature is so central to our psychological and emotional health, that it's almost impossible to realise good mental health for all without a greater connection to the natural world. For most of human history, we lived as part of nature. It is only in the last five generations that so many of us have lived and worked in a context that is largely separated from nature. And it is only since a 1960s study in the US found that patients who were treated in hospitals with a view of nature recovered faster, that science has started to unpack the extraordinary health benefits.

In just three days at the start of April, in all weathers, our dedicated staff, volunteers and patients achieved the remarkable feat of planting a total of 1,000 trees.

Tree planting sessions took place at four of our hospital sites (St George's Park in Morpeth, Carleton Clinic in Carlisle, Hopewood Park in Sunderland, and St Nicholas Hospital in Newcastle) as part of the [NHS Forest](#), who generously donated the trees to CNTW. Once mature, these trees have the potential to absorb 21 tonnes of carbon from the atmosphere every year and they will also provide a habitat for wildlife, increase biodiversity, and offer staff, patients, and local people more space to enjoy nature – something which is proven to boost mental wellbeing.



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-Supported 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](#)



The National Limerick Day May 12th

Everybody needs a bit of fun in their lives from time to time and National Limerick Day provides the perfect annual opportunity. Celebrated each year on the 12th May the familiar five-line verse is renowned for its humour. Instantly recognisable from the rhythm of the verse they are cleverly constructed to put a smile on the face.

National Limerick Day is set on 12th May to mark the birthday of Edward Lear, the English writer known for his works of nonsensical prose and poetry. It was Edward Lear who was to popularise the Limerick in his *A Book of Nonsense*, published 1846. His limericks were popular then and this form of nonsense literature has managed to retain its appeal to this day.

Limericks will normally have the first, second and final lines ending with the same rhyme, while the third and fourth shorter lines have their own rhyme as illustrated below:

There was an Old Man with a beard,
Who said, 'It is just as I feared!
Two Owls and a Hen,
Four Larks and a Wren,
Have all built their nests in my beard!'

This style of verse can act as a great introduction to the idea of poetry for children and National Limerick Day helps to maintain awareness of this brand of poem. Although limericks were not invented by Edward Lear, holding National Limerick Day on his birthday is a suitable nod to the man who brought them to the larger public attention.

Go on.... give it a go!

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

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