



Issue 10 September 2021

Welcome to your September Membership Newsletter



Message from Our Chairman

Ken Jarrold CBE

Hi Everyone

I am delighted that these Newsletters are coming out regularly. Many thanks to Debbie Henderson, Kirsty Allan and Jayne Simpson from the Corporate Affairs Team.

You will find details of our Annual Members Meeting in the Newsletter. We are holding this as one of our first 'in person' events and we are very much looking forward to seeing you all. We can only hold these events on private rather than NHS premises because of the continuing restrictions so we won't be in our wonderful Jubilee Theatre.

This is a very difficult time for the Trust and for the NHS as a whole. Our biggest issues are staffing and the increased demand for services. Staffing is at its most difficult since I became Chair of the Council of Governors and Board of Directors in February 2018. With the greatest reluctance, the Board have decided to temporarily close Rowanwood in Cumbria. The staffing pressures made it impossible to provide care safely for the time being. The shortages place additional demands on our already very busy colleagues, and we are doing all we can to support them. The increased demand for services is also putting extra pressure on our colleagues and on access to services including waiting times.

We also have the continuing uncertainties over the establishment of the Integrated Care System for the North East and North Cumbria and we are expecting a visit from the Care Quality Commission.

So, it would be fair to say that the situation is challenging as we begin the autumn term.

All good wishes to you all. I am sure you will do your best to stay safe and well.

Ken

Ken Jarrold CBE



Bye, Bye Summer... Hello Autumn

Who doesn't enjoy watching the leaves from the trees and plants changing into multi-coloured works of art before finally falling away?

The English countryside transforms into a net of yellow, red and orange from September to November as trees change the colour of their leaves.

The autumn harvest brings with it an abundance of delicious flavours with highlights of the seasonal cuisine including squash, wild mushrooms, chestnuts, apples and blackberries and if you're like me and love cooking, go on trying making an apple crumble that your grandma would be proud of, a mushroom risotto or even root vegetable soups.

Autumn days may bring misty mornings, grey clouds and crisp afternoons, grey days may seem dismal at any other time of the year, but when combined with autumnal hues they make the perfect backdrop.

September is the only month with the same number of letters in its name as the number of the month: it is the ninth month and has nine letters.

We hope those who have had the opportunity to receive the COVID-19 vaccine has managed to do so and if not, we do encourage everyone from young adults to those yet to get the vaccine do so as soon as practically possible.

The UK has made huge progress this year and vaccinated more of its population than any other country in Europe. Vaccines are significantly reducing the link between infections and severe disease and death. We all need to play our part. We are all in this together.

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

Annual Members' Meeting/Annual General meeting event: 22nd September 2021

We are holding our Annual Members' Meeting on the 22nd September at the Crown Plaza Hotel in Newcastle from 3pm to 5pm. You are all welcome to attend where our guest speaker will be Adam Crampsie, Chief Executive of the Concern Group. Every year, we have a 'theme' for our meeting which coincides with our Annual Magazine and the theme for this year is 'the important role of our third sector colleagues'.

We know that there are challenges ahead for mental health and disability services, especially given the impact of the pandemic. We also know that mental health NHS providers cannot meet the ever-growing demand for mental health services and support alone.

Our third sector partners provide invaluable support to people suffering from mental health issues and we are committed to working closely with our partners as we move into the future.

Before our meeting commences at 3.00pm, we will have a range of stalls available with Trust representatives ready to talk to you about: our peer supporters and service user and carer involvement programme; our forthcoming review of our Trust strategy; and our Veterans Services.

Please come along and join us for a chat with our Trust representatives, Council of Governors and Board of Directors about our work.

If you would like to attend, please contact the Jayne Simpson, Corporate Affairs Officer at jayne.simpson@cntw.nhs.uk or call 0191 2456827 to book a place.



September is World Alzheimer's Month

World Alzheimer's Month is an annual international event, always held in September and run by Alzheimer's Disease International, (ADI).

The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and Dementia. The event has been running since 2012, and September 21st is World Alzheimer's Day.

Globally there is thought to be poor understanding and a great deal of stigma surrounding dementia, so the work of World Alzheimer's Month is vital and is growing and targeting the stigma and lack of understanding and knowledge surrounding Alzheimer's disease and dementia as well as supporting those suffering with the disease.

Dementia is a degenerative brain condition that affects over 50 million people internationally and which robs a person of their memory, competency, comprehension and behavioural awareness, usually slowly, over years, it is a sad condition to live with or to witness in a loved one, there are over 100 forms of dementia, the most common being Alzheimer's Disease at 50-60% of all dementia cases.

For more information please [click here](#)



Mental health staff in Northumberland have donned their walking boots for a good cause

11 members of staff from Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)'s older people's services took part in a hike to raise money for the Alzheimer's Society. The group did the John Martin Heritage Trail in Northumberland, passing through a number of National Trust beauty spots and have raised surpassed their fundraising target by raising £730.

Occupational therapist Julie Allan said: "We were already a strong team but the hike was a real morale boost. Because of the pandemic, many of us weren't working from the office and we felt like we hadn't seen each other.

"When restrictions eased, we knew we wanted to get together again and thought why not do something for a good cause. It's so important to come together as a team and have a goal to work towards."

The Older Adult Teams provide a wide range of support for people, usually over the age of 65, seeking specialist advice for a mental health difficulty. They work with people who need more specialist assessment or treatment. A lot of people they work with have some form of Alzheimer's.

Julie added: "Charities have really suffered during the pandemic. Sponsored events couldn't go ahead, and a lot of charity shops have had to close. The Alzheimer's Society doesn't just raise money for people with the disease but everyone around them who look after them as well. They're going through their own trauma which can be heart-breaking so it's really important to be able to help in some way.

The group, made up of the Community Treatment Team and the Northumberland Memory Service, are planning on more fundraising with plans for a coffee morning and more walks.



Community Team and charity working together in Carlisle

Carlisle Community Mental Health Assessment and Recovery Team (CMHART) have welcomed staff from The Glenmore Trust, a charity which supports people with mental health problems and learning disabilities, to work alongside them providing enhanced support and care to patients.

The partnership came about due to staffing pressures in the NHS during the COVID-19 pandemic but has proven to have a very positive effect on the support the CMHART are able to offer their patients.

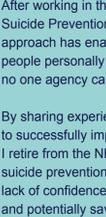
The Trust's Carlisle Community Mental Health Assessment and Recovery Team supports adults with severe and enduring mental health conditions to live in the community. The team is made up of a number of professionals including mental health nurses, social workers, doctors, occupational therapists, and psychologists. The team are increasingly working with third sector organisations to offer the people they support additional help and opportunities. During the height of the COVID-19 pandemic, third sector organisations in Cumbria – including The Glenmore Trust – offered 'mutual aid' to health and care organisations which were facing staffing difficulties due to the pandemic.

As a result, several highly trained staff from The Glenmore Trust have been based alongside Carlisle CMHART, in their base in Portland Square, for the past few months.

Danny May, Clinical Lead for the Psychosis Team within Carlisle CMHART, said: "Having a third sector organisation working alongside an NHS service on a day-to-day basis like this, being in the same office and responding to challenging situations together, is quite innovative. It is early days, but we are all really encouraged by the positive impact this has already had for clinicians and patients."

The Glenmore Trust's staff have all reported that they feel valued and supported by the Carlisle CMHART. One staff member said, "I had some reservations about moving to work in Portland Square alongside the CMHART, but my worries were soon dispelled. They were so welcoming and easy to work with, and I am really glad I had the opportunity to do this. Working alongside the team, I have learned such a lot from them, and I think they have learned something from us too. I feel we have already made a real difference despite only having worked together for a few months."

Denise Jarman, Chief Executive Officer at The Glenmore Trust, said: "We are so pleased that our staff have been welcomed into the CMHART, been able to successfully engage with clients and enabled NHS staff to maximise their time and resources. The way in which everyone has worked together is exemplary – it is truly co-production at its best in practice. All of us at The Glenmore Trust look forward to continuing to work with CNTW and the CMHART."



Youth Mental Health Day: 7 September 2021

Youth Mental Health Day (YMHD) is an awareness day founded by leading young person's mental health charity stem4. YMHD encourages understanding and awareness of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health.

As we emerge from the COVID-19 pandemic, YMHD 2021 will focus on how young people can #StrideForward with their mental health.

From cancelled exams to university lockdowns, the past year has seen countless decisions made on behalf of young people, without their input. Placing young voices front and centre of the conversation once more, YMHD 2021 will invite young people across the country to reflect on how the last year has impacted their lives and share how they will #StrideForward and move towards positive mental health.

With young people's collective voice loud and clear, Youth Mental Health Day will urge adults everywhere to listen and commit to rebuilding the mental health of the nation, allowing us all to #StrideForward.

For more information and resources on Youth Mental Health Awareness Day and #StrideForward go to [click here](#)



Trust recognised for Armed Forces support

The Trust has become one of 19 North East employers to gain a silver award in recognition of its support to the Armed Forces.

The Trust has been chosen to receive the award under the MOD's Employer Recognition Scheme, launched to reward employers who support Defence People objectives and encourage others to show the same behaviours.

The Employer Recognition Scheme encompasses bronze, silver and gold awards for employer organisations that pledge, demonstrate or advocate support to Defence and the Armed Forces' community, and align their values with the Armed Forces Covenant.

To win a silver award, organisations must provide five extra days leave for Reservists and have supportive HR policies in place for veterans, Reservists, and Cadet Force Adult Volunteers, as well as spouses and partners of those serving in the Armed Forces.

John Lawlor, Chief Executive at CNTW, said: "We are honoured to be given this recognition, which is testament to the hard work and dedication of our teams who have embraced this partnership. "We are passionate about supporting our Armed Forces and recognise our contribution former personnel can make working in our organisation. Being given this award further demonstrates our work to improve the lives of veterans and their families."

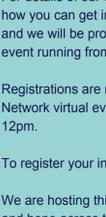
Commenting on the announcement of the 2021 Employer Recognition Scheme Silver awards, Minister for Defence People and Veterans, Leo Docherty MP, said: "I would like to thank all the organisations who have proven their support for the Defence community during such unprecedented and challenging times.

"The vast range of those recognised this year demonstrates how investing the Armed Forces community makes a truly positive and beneficial impact for all employers, regardless of size or sector."

The award is one of a number of measures the Trust has worked on to help veterans. The Trust signed the Armed Forces Covenant, pledging support for the Armed Forces community and ensuring veterans get the same access to services.

CNTW was also named a Veteran Aware Trust earlier this year in recognition of its commitment to improving NHS care for veterans, reservists, members of the Armed Forces and their families.

Recently, the Trust created a staff network for veterans and other employees with linked to the Armed Forces. The Network aims to ensure staff receive specific support and regular communication, and to enhance non-military staff's understanding of the Armed Forces.



Service users get creative at Bamburgh Clinic

Service users at a mental health unit have been discovering the importance of creativity.

Occupational therapists and teachers at Bamburgh Clinic, based at St Nicholas Hospital in Gosforth, have been running creativity sessions for service users inspired by Koestler Arts.

Koestler Arts is a UK criminal justice arts charity, awarding, exhibiting and selling artworks by prisoners and people in secure institutions. Over 100 experts from various fields have judged their arts competitions over the years, including Angel of the North sculptor Anthony Gormley, Louis Theroux, Grayson Perry and Carol Ann Duffy.

Cath Brady, Senior Technical Instructor and Louise Charlton, Adult Education Tutor, have held sessions for 22 service users, and supported 18 submissions for this year's Koestler Arts Awards.

The weekly sessions are open to all service users at Bamburgh Clinic and participants are able to choose what they want to create, using Koestler's theme of 'Togetherness' as a guide. Service users have chosen a range of activities from painting, model making and mosaic making, to designing comic books and writing. The writing spans topics including Covid and living with a mental health condition. One ward has even spent time making an igloo inspired by snowfall earlier this year.

Cath said: "Although creativity is something we support throughout the year, we felt this year's Koestler theme of 'Togetherness' was especially relevant as we know how important it is for service users to feel valued and connected to something. "We know that those in secure care hospitals often use the focus of the annual Koestler Arts Awards to help navigate their way through long periods in institutions by using their classes to connect more which helps towards their overall recovery and treatment goals."

The creative sessions have proven very popular among service users, with some citing them as a place where they can be themselves. It is also an opportunity for them to feel part of the creative community as they have worked with artists, writers and musicians from outside the organisation.

Louise added: "We see these creative sessions as a way of challenging the stereotypes related to mental health, by providing a springboard for positive change and helping service users gain confidence and learn new skills.

"We feel that everyone needs an outlet to express themselves and that outlet can help people when they are at their most vulnerable. It can also help them begin to recover a sense of being themselves; not a patient or prisoner but a person in their own right."

Service user artwork has been exhibited in museums, galleries and libraries.

Bamburgh Clinic is an award-winning facility for men who have a mental health disorder who have come into contact with the Criminal Justice System.

World Suicide Prevention Day: 10 September 2021

World Suicide Prevention Day is observed on 10th September each year to promote worldwide action to prevent suicides.

Nearly 3000 people on average commit suicide daily, according to World Health Organisation (WHO). For every person who completes a suicide, 20 or more may attempt to end their lives.

About one million people die by suicide each year. Suicide is a major preventable cause of premature death which is influenced by psycho-social, cultural and environmental risk factors that can be prevented through worldwide responses that address these main risk factors. There is strong evidence indicating that adequate prevention can reduce suicide rates.

Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide. Each year has a different theme and focus, to bring to light a specific aspect of suicide prevention.

For more information please [click here](#)

Katherine McGleenan CNTW's Lead for the NE&NC Suicide Prevention Network

After working in the NHS for over 35 years, in my current role, as lead for the NE&NC Suicide Prevention Network, I've seen the benefits of true partnership working. The ICS approach has enabled us to work more closely across services, communities, and with people personally affected. To achieve our long term aims and become suicide safer, no one agency can do this alone.

By sharing experience, information, resources, and expertise, we have worked together to successfully implemented an at-scale programme of suicide prevention activity. I retire from the NHS on World Suicide Prevention Day but will not be retiring from suicide prevention as we can all make a difference, whatever role we are in. Stigma, lack of confidence and confidence can get in the way of people feeling they can help and potentially save a life. WSPD on 10th September is a time we can all really focus on what more we can do.

The theme this year for WSPD is "Hope into Action" focuses on raising awareness, increasing understanding and looking at the small things we can all do, and in particular listening to people who have been directly affected.

Suicide is preventable, however often people don't know where to find support, or how to ask for help for themselves or others. I want everyone, whatever their circumstances, to know that support is available and to know how to access support easily if needed, so that no one has to feel they need to cope alone.

For details of our event please see below – it would be great if you can join us and see how you can get involved. If you can't make it on the day the event is being recorded and we will be promoting the free Zero Suicide Alliance Training and our MoveNENC event running from 10th September and 10th October.

Registrations are now open for the North East and North Cumbria Suicide Prevention Network virtual event for World Suicide Prevention Day on 10th September 10am-12pm.

To register your interest please [click here](#)

We are hosting this virtual event to amplify the campaign theme of positivity, recovery, and hope across the region and beyond. Attendees will hear from people with lived experience of coping with mental distress, and recovery from suicidal ideation, self-harm, or attempted suicide sharing their 'messages of hope' which may help other people who are struggling and maybe losing hope. We will also be raising awareness about some of the wide and varied range of support available to people across our region.



Roald Dahl Story Day

September is Roald Dahl's birth month. I am sure we have all at some time in our lives have read a book or watched a movie from Roald Dahl. If Roald Dahl were alive today, he'd be 105 this year. That's a ripe old age, much older than Grandpa Joe, who was only ninety-six and a half.

Here are some facts on the famous author: -

- He was a Hurricane Fighter pilot during World War 2
- He loved Chocolate, but not chocolate cake or chocolate ice cream
- He did not start writing until he had children of his own
- He wrote all of his children's stories in a small hut at the bottom of his garden
- He always wrote in pencil on yellow paper
- His first children's book to be published was called Gremlins.

This September, together with fans across the world, will be celebrating our favourite Roald Dahl stories, characters, and moments on Roald Dahl Story Day – the annual global celebration of Roald Dahl stories.

Please [click here](#) for some fun activities.



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](#)

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 625 277	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 - 07919 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

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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 Either visit our website www.cntw.nhs.uk/membership or e-mail members@cntw.nhs.uk

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