



Welcome to your February 2022 Edition of CNTW's Membership Newsletter

Message from your Corporate Affairs Team

Welcome to your February edition of your Membership Newsletter. We have been producing your monthly newsletters for over a year and we hope you enjoy them as much as we like producing them for you, our members. Looking back over the last 12 months we have all endured a lot of changes in our lives, we are starting to live with the impact that the pandemic has brought to the world. With restrictions being lifted we can hopefully start to look at making plans and returning back to some sort of normality.

February the month of love

February is known as the month of love, and there is no better time to show some self-love. We have all endured a lot over the last 18 months so, lets show some self-love, whether it's taking time out to go for a walk, read a book or just have a cup of tea or coffee, talk to your neighbours or friends. Even that one smile you might give someone could brighten up their day. It is important to take time looking after ourselves and others.

Queen's Platinum Jubilee

This month we will be celebrating the Queen's Platinum Jubilee and on 6th February, Her Majesty the Queen will become the first British Monarch to celebrate a Platinum Jubilee, marking 70 years of service to the people of the United Kingdom, the Realm and the Commonwealth. To celebrate this unprecedented anniversary, events and initiatives will take place throughout the year, culminating in a four-day UK bank holiday weekend from Thursday 2nd to Sunday 5th June.

The bank holiday will provide an opportunity for communities and people throughout the United Kingdom to come together to celebrate the historic milestone.

If any of our members have any plans for a jubilee party, please do share your stories by sending them to: members@cntw.nhs.uk

Trust welcomes new Chief Executive

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW) is pleased to announce that James Duncan, formerly Deputy Chief Executive and Executive Director of Finance at the Trust, has been appointed as the Trust's new Chief Executive.

James will take up the role of Chief Executive at CNTW from 1 February 2022. As you know, CNTW is one of the largest mental health and disability trusts in England, employing more than 9,000 staff and serving a population of approximately 2.3 million people. Outgoing Chief Executive John Lawlor OBE retired on 31 January 2022 following a 37-year career in the NHS. Mr Lawlor's leadership helped CNTW become one of the first mental health trusts to receive an "Outstanding" grade from the Care Quality Commission in 2016 and receive a second 'Outstanding' rating again in 2018.

On his new role, James said: "I am honoured to have been appointed as Chief Executive of this brilliant organisation, and I look forward to working with all of its fantastic staff, service users, carers and partner organisations in my new role over the coming months and years.

"I have worked at CNTW and its predecessors for 21 years. Over that time, we have always had a collective commitment to work with and alongside the people we serve, to promote and deliver the best opportunities for hope, recovery, and optimism for the future.

"I promise to continue this work, and to advocate every day for people with additions, gender diversity needs, learning disabilities, mental health needs, neurological disabilities, and neurodiversity. I also promise to challenge inequalities, disadvantage, and exclusion in every form, at every opportunity.

"This is a great time for us to reflect on what we have learnt from the last two difficult years, and to think about how we can recover and rebuild the support we offer to our communities and our partner organisations. I can't think of a better place to do that, or better people to do it with, than at CNTW."

James has 27 years' experience in the health service, having joined the NHS Graduate Training Scheme in 1992. In 2000 he became Head of Finance at Northgate Hospital – which later merged with other organisations to become the NHS Trust now known as CNTW – and has held the post of Executive Director of Finance and Deputy Chief Executive at CNTW since 2006. He has held Executive responsibility at various times for HR, IT, estates and facilities, business development and transformation, and has acted as Chief Executive on a number of occasions.

Ken Jarrod CBE, Chair of the Council of Governors and Board of Directors at CNTW, said: "I am delighted that following a robust recruitment process, involving Board members, Council of Governors, staff, and service users and carers, and other stakeholders, we have appointed James Duncan as the Trust's new Chief Executive.

"James will be a familiar face to many staff, as has held the post of Deputy Chief Executive and Executive Director of Finance for CNTW for many years. I'm sure they will join me in congratulating James and wishing him every success in his new post."

Chinese New Year: 1st February 2022

Chinese New Year, also known as the "Spring Festival" is an important Chinese festival celebrated at the turn of the traditional lunisolar Chinese calendar. Celebrations traditionally run from the evening preceding the first day, to the Lantern Festival on the 15th day of the first calendar month. The first day of the New Year falls on the new moon between 21 Jan and 20 Feb.

According to the Chinese 12-year animal zodiac cycle, the Chinese year beginning in 2021 is the year of the Tiger. Each Chinese zodiac year begins on Chinese New Year's Day. The New Year festival is centuries old and gains significance because of several myths and customs. Traditionally, the festival was a time to honour deities as well as ancestors. Chinese New Year is considered a major holiday for the Chinese community and has had influence on the lunar new year celebrations of its geographic neighbours.

Within China, regional customs and traditions concerning the celebration of the Chinese New Year vary widely. Often, the evening preceding Chinese New Year's Day is an occasion for Chinese families to gather for the annual reunion dinner.

It is also traditional for every family to thoroughly clean the house, in order to sweep away any ill-fortune and to make way for incoming good luck. Windows and doors are decorated with red colour papercuts and couplets with popular themes of "good fortune" or "happiness", "wealth", and "longevity".

Other activities include lighting firecrackers and giving money in red paper envelopes. In about one third of the Mainland population, or 500 million Northerners, dumplings (especially those of vegetarian fillings) feature prominently in the meals celebrating the festival.



Place2Be's CHILDREN'S MENTAL HEALTH WEEK 7 - 13 FEBRUARY 2022

Children's Mental Health Week: 7 – 13th February 2022

This year's Children's Mental Health Week is taking place on 1-7 February 2021 and the theme is Express Yourself.

Place2Be launched Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. We hope to encourage more people than ever to get involved and spread the word.

Last year Children's Mental Health Week focused on taking steps to be Healthy: Inside and Out.

Place2Be encouraged children, young people and adults to look after their bodies and their minds.

It doesn't have to be difficult. Our bodies and minds are connected, so simple things that we do to improve our physical wellbeing can help our mental wellbeing too.

Click [here](#) for free resources

National Apprenticeship Week 2022: 7 February – 13 February

The 15th annual National Apprenticeship Week date has been announced today – and will take place from 7 to 13 February 2022.

The Education and Skills Funding Agency has announced today that the 13th National Apprenticeship Week will take place from 7 to 13 February 2022.

The annual week-long celebration of apprenticeships, which takes place across England, will showcase how apprenticeships have helped employers of all sizes and sectors, and people of all ages and backgrounds.

We are encouraging employers to promote the outstanding work their apprentices have been involved in over the past year. We also want to highlight the many benefits apprenticeships bring to businesses of all sizes.

National Apprenticeship Week brings together Apprenticeship Ambassadors, MPs, training providers, EPAOs, apprentices, parents and employers to celebrate the work being done across the whole apprenticeship community, promoting apprenticeships and their impact.

For more information click [here](#) for the apprentice website

Apprentices celebrate the beginning of five-year apprenticeship

The Trust announced last year that it was to be the first Trust to offer a mental health or learning disability nurse degree to aspiring nurses.

Now, there are 17 apprentices on the first cohort of the five-year Registered Nurse Degree Apprenticeship who are about to join the wards full time.

In conjunction with the University of Sunderland, the course offers apprentices paid employment and education through a combination of supernumerary learning and working in a nursing environment.

After eight weeks of getting to know the Trust and its services, the apprentices begin working on their chosen base ward this week. The base ward will be where the apprentices work when not on placements, allowing them to gain fundamental nursing skills. Rachael Betty is an Education Practice Nurse in the Trust's Practice Education Team. Part of her role is to support the new cohort of apprentices.

She said: "We have been really impressed with the apprentices. They were all new to the Trust and have become a really cohesive group in a short space of time. They are proactive and we see them growing in confidence every day."

Fellow Education Support Nurse, Patrick Hawksby, added: "The group have really hit the ground running. We help them in a pastoral role and always say there's no such thing as a silly question. They're all supportive of each other and have been sharing tips, which has been lovely to see."

Ward managers have also been impressed by the apprentices so far, with many commenting on their proactivity, positive attitude, and willingness to get involved.

Over the course of five years, the Registered Nurse Degree Apprenticeship is an opportunity to earn and learn. Between working on inpatient wards across CNTW, apprentices also spend time at the University of Sunderland.

The apprenticeships aim to develop and keep nurses in the Trust, part of CNTW's nursing strategy which supports a career development pathway from novice to expert.

Gail Bayes, Deputy Director of CNTW Academy Development, said: "The Academy is proud of its achievements to date with nursing apprenticeships and this new 5-year programme is another step in expanding the opportunities available. The recruits have done exceptionally well during their initial, paid work placements since October and have developed confidence and values-based attitudes which will form the foundations for their future success."

Spending time on the base ward gives apprentices a greater understanding of how a ward works compared to other traditional degree programmes.

One apprentice said: "Being able to be there for patients and listen to their stories was lovely. I really enjoyed my experience." Another said: "Talking to staff on the wards has been a great insight and seeing the types of patients that get admitted onto the wards has been useful."

Rachael and Patrick are looking forward to seeing the apprentices grow in confidence and knowledge.

"It's been a real learning curve for everyone," Rachael said. "We want to thank the wards and everyone who has been involved in the journey so far."

Patrick added: "It's been a difficult time on the wards but it's testament to them that they have still taken the time to accommodate and welcome our apprentices."

The apprentices are due to finish in January 2027 as fully qualified nurses.

Trust adds new roles to help transform Mental Health Care

The Trust is looking for six trainee mental health and wellbeing practitioners to help support the transformation of adult community mental health services.

Created by Health Education England and NHS England and Improvement, the posts include training fully funded by the NHS. Successful applicants will be guaranteed a full-time position subject to passing the training.

There are posts available across Northumberland, North Tyne, Sunderland and Cumbria.

Training will allow the practitioners to develop their knowledge and skills and when not completing the programme of study, they will be working in an adult community mental health service. Training will involve teaching the assessment, formulation and treatment of complex mental health conditions, as well as specific psychological interventions as part of care plans to improve wellbeing and support relapse prevention.

While the role is suitable for both graduates and non-graduates, it is essential applicants have experience of interacting with the public and working as a team. The job will require working directly with adults in the community.

Successful applicants will contribute to ensuring adults with severe mental health problems have greater access to psychologically informed interventions and supporting they receive the right care.

Emily Lennie, Consultant Clinical Psychologist at CNTW, said: "We are delighted to be offering these roles in collaboration with Health Education England. They offer an exciting and unique opportunity for salaried training, combining teaching with clinical placements in community training teams.

"This is a great time to be joining our services. It may be challenging but it is also extremely rewarding. We have an exciting journey ahead as we ensure we deliver the highest standards of care to meet the needs of the communities we serve."

CNTW is one of the largest healthcare trusts in the country, serving a population of 1.7 million. It has been rated 'Outstanding' by the CQC and has been awarded the prestigious HSJ Award for Provider of the Year.

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

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

North Tyneside and Northumberland Adults - 0800 652 2861	North Cumbria Adults - 0800 652 2865
Children and young people - 0800 652 2861 Text number for people who are Deaf and/or have communication difficulties - 07887 625 277	Children and young people - 0800 652 2865 Text number for people who are Deaf and/or have communication difficulties - 0779 545 6226

Newcastle and Gateshead Adults - 0800 652 2863	Sunderland and South Tyne <
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