



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



Chief Executive's Message

While for most people April 1st is just another day (apart from the opportunity for a good joke), in the NHS and wider public service it represents the shift from one year to another. The government sets out its asks for the NHS in what it calls its mandate to NHS England, and we all produce plans for the year ahead. This year the national focus is very much on living with and recovering from Covid, getting back to delivering the Long-Term Plan, and collaborating better across organisations. It is also about resetting the NHS finances and getting back to where we were before COVID began.

The NHS has not seen anything like the last two years, and it has been no different for us as an organisation. We have had to respond (and we have brilliantly) to the ongoing crisis of the pandemic, and this has been in many ways overwhelming. It has been such a focus that it has been difficult sometimes to think about anything other than keeping our staffing levels safe and keeping our core services going. As the NHS has responded to the pandemic, we have spent more and more on delivering our basic services, and this has been funded in full in the short term. For CNTW this has seen us spend £30m more this year than we did before Covid (mainly on staffing to keep services going).

This way of working and this way of funding the NHS is not sustainable. We need to move on. This year we will need to reset ourselves and recover and learn from our experiences. We need to understand where we are struggling to deliver care to the standard we would want, and focus on where we need to act, to best support the people we serve and each other. And we need to get our heads up and think about the organisation we want to be, the way we want to behave, and our place as a partner in delivering the best possible health and care to our communities. And we need to do this while reducing our costs to the levels that they were before the pandemic. So, this is very much a transitional year, making sure we get the basics right, while preparing for the years ahead.

We have set out our plan for the year in the light of this. It has four main themes:

Planning for our future – setting out our principles, our values, and the how we want to be.

Improving our care – focussing on three key programmes of work – urgent and emergency care, adult community mental health and Children and Young People

Delivering our quality standards – being clear about what it is most important to get right

Looking after our people – ensuring that we provide the right support and environment in which our staff can thrive.

We aim to ensure that our plan is inclusive and recognises the different needs of the people and populations we serve and our staff.

This is not going to like other years. There is a lot that is uncertain around us. We will need to continually reflect on and adapt our plan. We will need to think about how we work, and how can ensure that we don't overwhelm ourselves, but keep focussed on what we can do. We will need to be compassionate and support each other. And we will need to hold our nerve. There are a lot of challenging asks for us. But if we can set out a way of working that enables us to take the best decisions we can, that sets out to support each other, that enables us to focus on what is most important, then I am confident that we can set ourselves up well for the years ahead.

James Duncan
Chief Executive



Message from your Corporate Affairs Team

Spring has Sprung!

Spring ushers in one of the most cheerful holidays of the year: Easter! The special springtime occasion symbolises hope, renewal and growth. It's the time of year when the days become longer than the nights. Spring brings us a boost of fresh air, warmer weather and a better mood. We will be able to finally start enjoying some sunshine, whether it's in our gardens or a little walk, it's always nicer when the sun is shining.

Many of us will be lucky enough to be able to enjoy the Easter break with our families and loved ones, whether it is Easter egg hunting, making our own special paste eggs or Easter bonnets, being with those we love is always special.

Living with COVID

As England moves to the next phase of living with COVID-19, it is now as important than ever that we all adapt our behaviours to reduce the risk of catching and passing on the virus.

From 1st April 2022 there has been many changes to the national guidance relating to managing and living with the pandemic.

As we look to the future with hope and optimism it's important that we take a moment to realise what we have achieved across the NHS during the pandemic. It's important that we learn from the last two years and use the knowledge to shape how we live, work and deliver services to those who need us now and in the future.

But, whether we have a pandemic or not, one thing remains, our commitment to caring for one another.

Stay safe everyone and take care of each other.



A Northumberland MP and Councillor met with our very own Chief Executive, James Duncan to discuss mental health and disability services in the region.

Guy Opperman, Conservative MP for Hexham, and Councillor Gordon Stewart met with James last week at Ferndene in Prudhoe, part of CNTW's Children and Young People's Services, and covered a number of topics including the Trust priorities for the future.

Ferndene is part of the Trust's Care Environment Development and Re-Provision (CEDAR) programme, designed to provide state-of-the-art mental health and learning disability hospital services for people locally and across the region.

CEDAR aims to increase patient and staff safety and improve the quality of care, radically improving and replacing key elements of the Trust's building estate to create centres of excellence for inpatient care for young people and adults with mental health and learning disability needs.

The programme comprises of three major developments, one of which is the reconfiguration of Ferndene to improve existing accommodation and establish medium-secure facilities.

James took up the role of Chief Executive on 1 February 2022, having held the post of Executive Director of Finance and Deputy Chief Executive at the Trust since 2006.

On his meeting with Guy Opperman MP and Councillor Gordon Stewart, James said: "It was a great opportunity to meet, and I hope to continue meeting with local communities to advocate for people with additions, gender diversity needs, learning disabilities, mental health needs, neurological disabilities and neurodiversity.

"It's incredibly important to know what's going on in the local communities of the areas we serve, and I look forward to continuing to work closely with Guy, Gordon and others now and in the future."

Guy Opperman MP said: "Mental health awareness matters. It was important to visit Ferndene to discuss all aspects of NHS mental health provision and to meet with James Duncan, the new Chief Executive".

County Cllr Gordon Stewart, who represents Prudhoe South and is the Deputy Cabinet member for community services, said: "Our discussions included the current major investment into the hospital, local community cohesion and a range of employment opportunities available."

CNTW is a leading provider of mental health and disability services across the North East and North Cumbria.



Adrian Anim, a 51-old Community Nurse Practitioner from Newcastle who became a nurse after a 20-year career as a decorator, is now a finalist in the national Great British Care Awards.

Adrian works in the Trust's Sunderland Learning Disability Community Treatment Team.

Adrian's nomination for the awards came as a result of feedback given by the mother of a young South Tyneside man with physical and mental health needs.

In her nomination, the local mum said: "I have been dealing with social services for over 20 years as my son is disabled and I have never met anyone who shows compassion like this gentleman does.

"Adrian was truly amazing with my son, who normally asks people to go home and doesn't like them in our house, but Adrian nearly had me in tears over how understanding and caring he was with him.

"To see my son so happy around him was a day I will remember for a very long time."

Adrian has already won the Social Care Nurse Award at the North East regional Great British Care Awards in 2021, which also secured him a place in the finals for the same category in the national Great British Care Awards.

Adrian had worked as a decorator for 20 years before deciding to switch careers and become a nurse at 40.

Explaining why he decided to make the change, he says: "I had been decorating some homes for people with learning disabilities, and I absolutely loved being around them, engaging with them – I spent more time talking than painting!

"It was from there that I decided to work as a support worker for a few years, before applying to university to qualify as a nurse. Having left school with no qualifications, I completed different courses and went to evening classes to gain what I needed to be accepted onto the course. I was over the moon getting the place at Northumbria University, and completing my degree was my biggest achievement by far."

Adrian is passionate about his job. "I'm part of a great and very supportive team. I love meeting with patients, families, and care staff and most importantly, I love seeing the positive impact our work can have on people - seeing patients' quality of life significantly improve.

"Being nominated for this award is something that I'm very proud of. Hard work is always appreciated by those in need, and I'm pleased it's been recognised. Any role in the care sector can be tough at times, but also so fulfilling."

Michael Geary, Adrian's manager in the Sunderland Learning Disability Community Treatment Team at CNTW, said: "Adrian only joined our team recently, but it's clear to everyone what an asset he is.

"He is so supportive to his colleagues, always looking for ways to progress and improve his skills and goes out of his way to provide a first-class service to everybody he meets. We feel very privileged to have Adrian in our team."

Announcing that he had won the regional Great British Care award last year, judges commented: "Adrian came into nursing later in life but has absolutely made the most of his time in this role, improving the lives of so many, through a very personalised approach that surpasses anything this judge has seen in a long time.

"He makes a real difference not just to those in his care but other team members, who learn and improve while working with his drive for greater empowerment and clear communication and understanding.

"It is very clear he loves what he does, and his positivity is infectious."

The Great British Care Awards are a series of regional events throughout the UK and are a celebration of excellence across the care sector. The awards pay tribute to those individuals who have demonstrated outstanding excellence within their field of work.



Parkinson's Awareness: 10th April - 16th April

Parkinson's Awareness Week kicks starts on World Parkinson's Day- Sunday 10th April 2022 and ends on Saturday 16th 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.

This Parkinson's Awareness Week we will be focussing on the many fun ways in which we can keep physically active. Exercise and keeping active is extreme important for people with Parkinson's and sadly many people view exercise as a chore or boring activity. We want to change this! We want everyone out there during Parkinson's Awareness Week to engage in some form of physical activity that they find fun!

For more information click [here](#)



Professor raises money for research into mood disorders

A North East professor is taking on a cycling challenge to raise money for research into mood disorders.

Despite having never been on a road bike until 2019, Hamish McAllister-Williams, a consultant psychiatrist at the Trust and Professor of Mood Disorders at Newcastle University, will be cycling the Montoux3 challenge, hoping to conquer all three climbs up Mont Ventoux in France in one day.

The gruelling ride, taking place in June, is to raise money and awareness for Out of the Blues, a charity which supports research into mood disorders.

To qualify to be part of a club of people who've tackled the mountains, Hamish must ride up the three roads of the mountain over a 24-hour period. The ride is a total of 137km and 4,400m of climbing, that's three times the height of Ben Nevis.

Hamish admits he hadn't cycled for decades but a running injury prompted him to swap his trainers for cycling shoes. He was inspired to do the challenge after seeing others take part whilst on a summer holiday in Provence.

He feels both excited and nervous for the ride. "I've been training hard with the help of a coach and feel as prepared as I can be," Hamish said.

"I've run over 20 marathons, but this is way harder. It's a completely different ball game."

As academic lead for the Northern Centre of Mood Disorders, the cause is something close to Hamish's heart.

Out of the Blues supports cutting edge research into mood disorders with the goal of increasing understanding of, and improving treatment for, these conditions. The charity aims to enhance research by researchers based in the North of England.

Mood disorders can include severe depression and bipolar. "Depression is the leading cause of disability in the developing world. It impacts on every element of a person's life," Hamish explained.

There is an international shortage of research in mental health generally and the UK has a major recruitment problem for academics working in mental health.

"Raising money for Out of the Blues will enable us to support researchers and allow them to get bigger grants so we can help better understand these devastating conditions."

Some of Hamish's colleagues will be joining him for parts of the journey and his family will be driving alongside him for support. He says he's looking forward to a glass of Mont Ventoux wine at the finish.

Read Hamish's journey [here](#)



World Autism Awareness Day: 2 April 2022

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.

For more information click [here](#)



Cumbrian young people enjoy 'Dream Placement' with local NHS Trust

Over the February half-term, two ambitious young people from Cumbria took part in their 'Dream Placement week' with the Trust.

The Trust welcomed Jenny and Evie as part of the Centre for Leadership Performance's Dream Placement programme. This unique leadership and work experience programme is designed to showcase the breadth of career opportunities within Cumbria to 16-18-year-olds, whilst also providing them with an insight into leadership capability and the opportunities to develop their own skills and confidence over the 6-month programme.

On their placement, Evie and Jenny were tasked with researching and recommending how the Trust could work with schools and encourage more young people to consider a career in the NHS. They also met with various teams within the Trust to learn about the different career paths available. Paula Westley, Interim Group Head of Workforce and Organisational Development for North Cumbria at the Trust said: "This was the first time we have taken part in the Dream Placement programme, and it exceeded our expectations from day one. We were asked to interview six candidates for the opportunity to join us for a placement. "Initially, we had only planned to host one student on a placement but were quite frankly blown away by all the young people we met! So, we decided to offer an additional placement – if we could have taken all six, we would have. "Jenny and Evie were a joy to host on their placement with us, and we would be thrilled to welcome them back soon."

Reflecting on her experience, Jenny said: "The placement has influenced the career I am interested in, confirming that I want to work within the NHS to help people live a better life. It's solidified my decision to apply for medicine and strive to be a doctor.

"Thank you so much to all of the teams we have had the privilege of meeting for being so welcoming; we felt comfortable and supported throughout the entire process."

Evie's career ambitions were also boosted by her placement: "This week has opened my eyes to the behind-the-scenes of the NHS. I feel as though my passion and motivation to study medicine and eventually be a part of this organisation in the future has been driven significantly. "I have learned so much and spoken to so many incredible people. I remain passionate about wanting to go into the psychiatry field and speaking to Dr Pulkito and the experience on the ward was so valuable to me. "I genuinely cannot thank everyone involved in the planning and running of this placement enough, and every individual who took the time to speak to us."

Evie and Jenny will continue their journey with the Centre for Leadership Performance through the Cumbria Future Leaders network, which engages Cumbria's young adults and supports them as they transition into employment or higher education.

And on Thursday 17th March, everyone involved will be invited to the Dream Placement Showcase event at Energus, an opportunity for the students to share their experiences, highlight their achievements and continue to build their networks.

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 - 07789 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 - 07819 228 448	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

Rewarding Welcome, Rewarding Career

It's an exciting time to join us here at Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust as we continue to develop and invest in our services, as well as our staff.

We are looking for caring, empathetic, enthusiastic and motivated individuals who have a passion to improve the lives of our patients. We have new opportunities for Registered Nurses and Doctors Trustwide across all of our inpatient services. These vacancies include an attractive £3000* recruitment incentive – a Rewarding Welcome for a Rewarding Career.

If you'd like to apply for one of our vacancies visit: www.cntw.nhs.uk/reward and leave us your details and we will be in touch.

Membership

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Caring | Discovering | Growing | Together

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