

Membership newsletter Autumn 2019

In this issue

Governor Elections 2019

Do you have some spare time to help make a real difference?

Please see page six.

**VOTE**

Free membership events

Thursday 3 October 2019 – A look at Older People's Services
Monkwearmouth Hospital, Sunderland



Thursday 7 November 2019 – Veterans Services
Walkergate Park, Newcastle

Please see page seven for more details and how to reserve a place. Places are limited, so please contact us in plenty of time.



World Mental Health Day Thursday 10 October 2019

Please see page nine for information on when and where you can find local events.



Sing United choir perform mental health themed concert for Trust

The Sing United choir performed their new concert "Always On My Mind" at the People's Theatre in Heaton, Newcastle in support of the SHINE fund, a charity which supports service users receiving care from the Trust.

The concert featured Sing United's 150-strong choir as well as a five-piece band led by the choir's Musical Director Mark Deeks, and the songs performed included Swedish musician Avicii's iconic anthem "Wake Me Up", while contributions from America such as Green Day and James Taylor dealt with personal stories of the difficulties of coping with grief.



There were also classic songs including Don McLean's tribute to the mental struggles of Van Gogh ("Vincent") and the iconic "Don't Give Up" by Peter Gabriel and Kate Bush, while the North East was represented on the bill by Geordie singer-songwriter Simma's ode to dealing with depression, "Black Dog".

Mark Deeks said: "Musicians have long been able to use their songs as an outlet for their feelings and their struggles, and

in turn these songs have often become a musical part of a support network for fans across the world. We're really pleased to support the SHINE fund with our concert, and hope that by doing so we can contribute to raising awareness of mental health issues."

Ailsa Miller said: "We are hugely grateful to Sing United for supporting the SHINE fund in their latest concert. By supporting SHINE the choir will help our Trust provide 'little extras' for our service users – therapeutic activities or items of comfort which will enhance people's care and help towards them living a happier, fuller life."

The Trust's SHINE fund supports people receiving disability or mental health care by providing 'little extras' which are not covered by central funding but can make a real difference. You can find out more about the SHINE fund at www.ntw.nhs.uk/about/charitable-funds



Over 45% of our members are now email readers. Go Green - become an email reader

- Do you receive your newsletter by post but have an email address?
- Would you consider receiving future editions by email?
- Have any of your details changed, eg moved house, new mobile number?

If you answered yes to any of the above, please inform the Membership Office by:
Tel: 0191 245 6827, Email: members@ntw.nhs.uk
or Post: FREEPOST NTW MEMBERSHIP (no stamp required)



Please
recycle
your
newsletter

Trust celebrates top three position for research recruitment

Trust
news



The Trust has been listed as third in the country in a national league table of research activity published by the National Institute for Health Research's (NIHR) Clinical Research Network.

NTW is third in the national table of recruitment from mental health trusts, with 3,172 participants recruited. This represents an 84% increase on the previous year – the biggest increase in the number of research participants across the region.

Simon Douglas said: "By taking part in research we are able to discover and develop new treatments, and make sure that those who use our services are able to access state of the art support.

"This excellent news from the new league tables show that NTW is moving firmly in the right direction, allowing us to offer the opportunity to participate in important clinical research trials to an ever greater proportion of service users.

"It also suggests that more of our clinicians and clinical teams are involved in research and are able to access the help and support required in order to manage these studies to a high standard. I'm delighted therefore, that the hard work of local clinicians has been recognised in this national ranking."



Ferndene's new landscaped woods dedicated to long-serving volunteer

A new wooded area has been dedicated to the memory of Peter Mantle, a former volunteer at Prudhoe Hospital and Secretary of the League of Friends of Ferndene.

There was an opening ceremony held at Ferndene for the new entrance to the wooded area, attended by the League of Friends of Ferndene, service users, staff and councillors.

Peter started volunteering at Prudhoe Hospital in the 1970s and was a driving force behind the establishment of the League of Friends of Prudhoe Hospital, which later evolved to the League of Friends of Ferndene following the site changes. Peter passed away recently and the woods have been named Mantle Woods in honour of his work.

Edward Wilkinson said: "Peter Mantle sought to improve the lives of all the patients admitted to hospital. He devoted a large amount of his time to organise and manage the League of Friends fund, as well as supporting a very vulnerable population to achieve, develop and enjoy through a range of projects.

"Ferndene never had a better friend than Peter, and Mantle Woods will continue to develop. It will be a space for patients to relax and enjoy and have moments of quiet reflection, but also have opportunities for adventure."

Christine, Peter Mantle's wife, said: "Peter thoroughly enjoyed his time at Prudhoe Hospital, Ferndene and latterly at the League of Friends and he continued this until he died. I want to thank all staff and patients for making the decision to name the woods after my husband, I do hope they are enjoyed by all."

New research aims to use virtual reality technology to help people with severe mental health conditions

The "gameChange" study is the largest ever clinical trial of virtual reality for a mental health disorder, with over 400 patients taking part. The study is led nationally by Oxford Health NHS Foundation Trust and is being delivered by partners including the Trust and Newcastle University.

Dr Rob Dudley said: "Our Trust is proud to be a partner on this project, and we are especially pleased to have involved a group of local service users from an early stage in the process. The service users have acted as a steering group helping oversee the delivery of this study, and we would like to thank them for their amazing support."

Daniel Freeman, gameChange lead researcher said: "The gameChange VR therapy is for people with conditions such as schizophrenia whose fears have caused them to withdraw to such an extent that everyday tasks – such as getting on a bus, doing the shopping, speaking to other people – are a challenge. It aims to help patients re-engage with the world and go into everyday situations feeling more confident, calm and in control."



Funded by the National Institute for Health Research, the study lasts 18 months and aims to find out whether VR therapy works. To do this, half the participants will receive the VR therapy and half will not. A comparison will then be made to see how the people who received VR therapy got on compared to those who did not receive the therapy. For more information on the gameChange study visit: www.gamechangevr.com

A membership event was held in September at St Nicholas Hospital, where members were given an opportunity to hear more about this state-of-the-art virtual reality therapy.

If you missed out and would like to attend a future event, please contact 0191 245 6827 or email: members@ntw.nhs.uk



Artist puts Blyth landmarks in the frame

Artist and illustrator Gail Armstrong from Blyth has created nine original paintings of landmarks within Blyth which are now on display at the town's Plessey Centre, a mental health community clinic for people in South Northumberland.

The artwork was commissioned following a donation from Blyth Labour Party Women's Forum who raised the money at a tea party to celebrate the NHS's 70th birthday. Wanting to keep the donation within Blyth, the management discussed and found a local digital artist, Gail Armstrong from Start with a Doodle.

Gail created and framed nine paintings of landmarks within Blyth, for the Plessey Centre which have now been hung in the treatment rooms. The landmarks include Blyth Library, Mr Ridley's Ice Cream Parlour, Blyth Lighthouse, Beulah House, Frameworks, Blyth Beach and the Beach Huts.

Anne Marie Lamb said: "The artwork has brightened up our spaces and created a warm welcoming environment throughout the centre. I'd like to thank Gail for her brilliant work and the Women's Forum for their generous donation."

Gail Armstrong said: "Mental health particularly that of armed forces veterans is close to my heart, so I was delighted to be asked to provide the artwork, which I hope has created a pleasing space for the service users."

Multi-million pound investment to improve the health of the North East

Trust
news

A new government £16 million health improvement programme in the North East and North Cumbria has been awarded to a collaboration hosted by the Trust and led by Newcastle University.

The National Institute for Health Research (NIHR) has just announced its funding for Applied Research Collaborations (ARCs) to tackle key issues facing the health and social care system, including increasing demands on services due to an ageing population and aspects linked to austerity.

John Lawlor said: "We're extremely pleased to have been awarded this funding, and especially excited that this is the first time the North East has been part of an NIHR Applied Research Collaboration. This funding will support health, care and wellbeing across the region through research, with academic partners, which addresses health inequalities and contributes to making the North East a better, healthier place to live."

A collaboration between universities, the NHS, local authorities, voluntary organisations, charities and businesses will tackle issues causing health and care inequalities in the region. These will include developing ideas which will try to give children the best start in life and which help keep people healthier at home for longer.

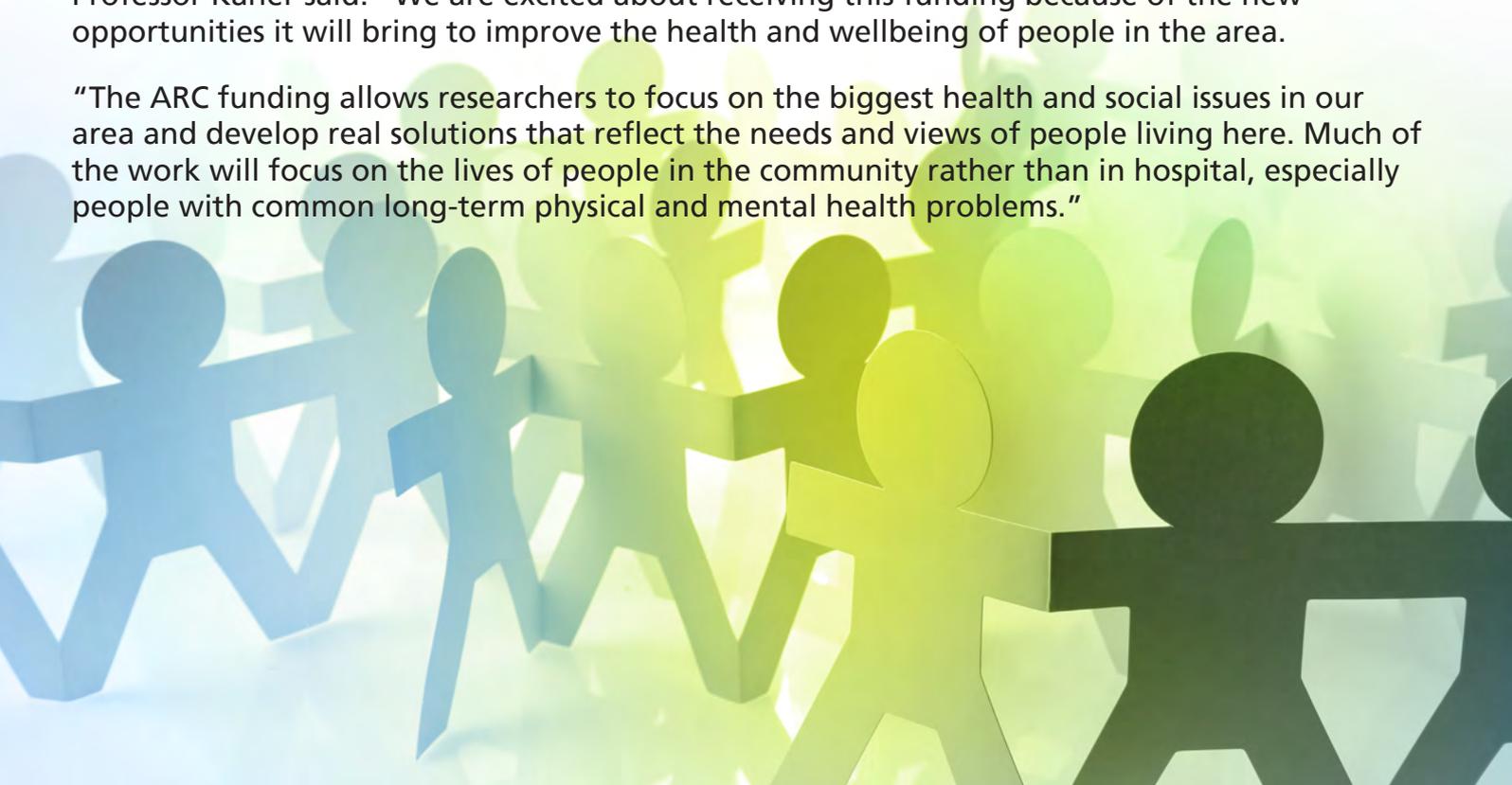
It is the first time that the North East and North Cumbria has received this funding. It will be used to support researchers, practitioners and members of the public who will work together to improve health and also shape how care is delivered. Views of patients, their families and members of the public will be sought so that the ARC projects reflect problems that are important to local communities.

Research themes will focus on aspects such as prevention of poor health, integrating health and social care for physical and mental health difficulties, staying healthy with long-term conditions, and using new technology and information to improve lives.

Professor Eileen Kaner and Dr Chris Price, from Newcastle University's Faculty of Medical Sciences, are leading the project.

Professor Kaner said: "We are excited about receiving this funding because of the new opportunities it will bring to improve the health and wellbeing of people in the area.

"The ARC funding allows researchers to focus on the biggest health and social issues in our area and develop real solutions that reflect the needs and views of people living here. Much of the work will focus on the lives of people in the community rather than in hospital, especially people with common long-term physical and mental health problems."



Governor Elections October 2019

A **Council of Governors** is made up of elected volunteers and appointed Governors. They have a duty to “hold the Non-Executive Directors, individually and collectively to account for the performance of the Board of Directors”, as well as representing the interests of the members of the Trust as a whole and the interests of the public. Governors therefore have a very important role to play in a NHS Foundation Trust.

Governor vacancies:

Service User	Children and Young People’s Services
Service User	Older People’s Services
Carer	Adult Services
Carer	Older People’s Services
Public	Cumbria
Public	Gateshead
Public	North Tyneside
Public	South Tyneside
Staff	Clinical (North Cumbria)
Staff	Non-Clinical

Could you be our next governor?

If you are a member of any of the above categories, during October you will be invited to nominate yourself to stand in the elections.

Members

If you are a member of any of the above constituencies, you will be eligible to vote in the Governor Elections taking place during November 2019.

Whatever you decide to do, your ongoing support of your local NHS is very much appreciated. Spread the word. Ask your friends and relatives to sign up to free membership. For more information visit our website www.ntw.nhs.uk/membership

New Governor appointments

Two new governors have been appointed to the Local Authority constituency.

The Governors look forward to welcoming Kelly and Maria to the Council.



Councillor Kelly Chequer
Sunderland City Council



Councillor Maria Hall
Gateshead Council

Contact your Governor

Email: governors@ntw.nhs.uk

Freepost address: FREEPOST NTW MEMBERSHIP (no stamp required)

Don't forget to book your place at our FREE Membership events in October and November

Places are limited, so please contact us in plenty of time to reserve a place.
Email: members@ntw.nhs.uk or tel: 0191 245 6827

Members
news

Light refreshments and free parking will be provided at each event.

Thursday 3 October – Older People's Services – A look at the older adults strategic clinical network

Board Room, Monkwearmouth Hospital

5-5.30pm – A chance to chat to other members and governors with a cuppa and a snack.

5.30-6.30pm – Dr Jonathan Richardson, Gayle Wilkinson, Rob Bailey and Maureen Rafferty will be providing an update, including the inpatient pathway work and feedback from a recent workshop.

7pm – Close

Thursday 7 November – Our Veterans Services

Conference Rooms, Walkergate Park

5-5.30pm – A chance to chat to other members and governors with a cuppa and a snack.

5.30-6.30pm – The Trust's Veterans Service Team will be talking about Veterans Health and Wellbeing.

7pm – Close



Members benefits

Staff discounts have now been extended to our members. Visit: www.healthservicediscounts.com to register.

Please note: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust is not responsible for any purchases you make from this company.



Annual Members' Meeting

The Trust held its Annual Members' Meeting on Thursday 18 July in the Jubilee Theatre, St Nicholas Hospital, which provided the public with an opportunity to meet Trust Governors, members of the Trust Board and staff. The theme of the meeting was Hope.

Lionel Joyce and Jack Wilson shared their personal stories and the meeting ended with the Hope video – a peer led film which has been recorded by, produced by and features peers. It was made to engage with people who are losing or have lost hope, with the aim of connecting with peers by sharing darker days, to go on to share hope and help a person find or maintain a recovery path through hope.



The films capture the views of experts by experience, who are service users, carers and peer support workers on what it's like to lose and find hope. You can watch the video on the Trust website: www.ntw.nhs.uk/resource-library/hope-peer-led-video/

Those who attended the meeting were provided with a copy of the Trust's annual magazine which is also available to download from the Trust's website.



Our four new Non-Executive Directors

Michael Robinson

Michael is a Qualified Solicitor with a BA (Hons) in Law from Oxford University. He is an experienced Non-Executive Director and Board member and former partner in the corporate department of a large UK-based law firm. Michael has also held roles as Company Secretary and as Group Legal Director at the Sage Group PLC for 14 years. Michael joined the Trust in January 2019.



David Arthur

David is a qualified accountant and Fellow of the Institute of Chartered Accountants. His many roles have included working for 40 years as a partner in Tait Walker LLP and was National Head of Forensic Services of MHA, Chartered Accountants Network. David's other roles include Vice-Chair for Percy Hedley Foundation, Trustee of Mental Health Concern, Governor of Dame Allan's Schools and Director and founder member of North East Fraud Forum. He also has extensive experience chairing committees in Finance, Governance and Audit. David joined the Trust in January 2019.



Darren Best

Darren has had an extensive career as a public servant, serving as a police officer for 30 years, undertaking senior policing roles for over a decade and executive roles locally, regionally and nationally. Darren has recently retired as Deputy Chief Constable for Northumbria Police.



Paula Breen

Paula has operated in senior executive and non-executive roles in business leadership including education, for many years. Paula is the Practice Manager for the Temple Sowerby Medical Practice in Penrith and is involved in setting up the Eden Primary Care Network. Paula lives near Penrith and has been a Councillor and Cabinet member for Eden District Council.



We look forward to welcoming Darren and Paula to the team at CNTW in October.

If you have any topics of interest you would like us to consider for future articles, please let us know by emailing: ftnewsletter@ntw.nhs.uk or calling: 0191 245 6827

Save the date!

Thursday 10 October is World Mental Health Day and to coincide with the 150th birthday of St Nicholas Hospital, the Trust will be holding a celebratory event in the Jubilee Theatre at St Nicholas Hospital between 11am and 3pm.



Details are still being finalised but there will be information stalls, short taster sessions, arts and crafts, a chance to join in with a sing-a-long choir and an opportunity to network with our staff and stakeholders.

For more information please contact communications@ntw.nhs.uk



ReCoCo Retreat

The Tyneside Recovery College Collective (ReCoCo) held the launch of the ReCoCo Retreat in Saltwell Park, Gateshead in August.

They provided free taster sessions, live music, food and drinks and a variety of activities and workshops, as well as showcasing what they have to offer as a college.

The Recovery College practices a peer-led approach to mental health recovery, and they plan to provide free access to wellbeing tools and information, and develop new partnerships to the residents and organisations of Gateshead. They also plan to support any community groups by offering free access to rooms in the building.

To find out more information about the courses or to book a place on a course tel: 0191 261 0948

email: info@recoverycoco.com or visit www.recoverycoco.com

CEDAR

CEDAR – Care Environment Development and Re-provision – is the Trust's programme of work to develop new mental health and learning disability secure inpatient services, relocate adult mental health inpatient services for Newcastle and Gateshead, and re-provide medium secure inpatient facilities for children and young people.

The Trust has been awarded £54.4 million by the Department of Health and hopes to sell land at Northgate Hospital to fund the scheme.

A business case is nearing completion and the preferred options include:

- A new medium-secure inpatient centre for men at Northgate Hospital
- Transformation of Bamburgh Clinic at St Nicholas into the new acute in-patient facility for Newcastle and Gateshead
- New facilities and changes at the Ferndene Unit to provide medium secure inpatient facilities for children and young people.

Some preparatory work has already begun and the Trust anticipates approval of its Full Business Case next summer, followed soon after by the start of the main building projects. The target for completion is early summer 2023.

North Tyneside World Mental Health Day "Together"

Friday 4 October 2019, 11.30am onwards

Cullercoats Crescent Club, Victoria Crescent, North Shields, NE30 4PN

Free creative activities, guest speakers, buffet, choir, live music, Tyneside Rocks, information stalls, tombola and raffle. Everyone is welcome.

Email: launchpad@gmail.com for more information

Anyone can become a carer. Carers come from all walks of life, all cultures and can be any age.

Adult Social Care launches new guide to self-care for Carers

Adult Social Care has launched a new guide to encourage carers to take care of themselves. 'Taking Care of You' is to help carers identify the right kind of information and support they need to help them care safely and effectively. It will also help carers to think about their own health and wellbeing and identify areas where they may need help through completion of a wellbeing check.



The guide will be available in most public buildings or at your GP surgery and you can request a copy from South Tyneside Adult Carers Service.

For more information visit www.employersforcarers.org or contact South Tyneside Adult Carers Service, Salvation Army Building, Wawn Street, South Shields, NE33 4EB
T: 0191 406 1531 E: STACS@cgl.org.uk E: email@cri.org.uk



Gateshead Carers Association, 8-9 Gladstone Terrace, Gateshead, Tyne and Wear, NE8 4DY
Tel: 0191 490 0121
www.gatesheadcarers.com

Sunderland Carers Centre

Sunderland Carers Centre is proud to announce that since 1st April 2019, it is to host and deliver the SENDIASS service for Sunderland.

- Under the guidance and support of IASSN (information, advice and support services network), IAS Services have a duty to provide a free, impartial and confidential information, advice and support to disabled children and young people, and those with SEN from birth to 25, and their parents. These are statutory services which means there must be a service in every local authority.



What does the service offer?

- Support for parents to work with the educational setting to help their child's education
- Information about the range of education support services
- Information and support about SEN support plans, Statutory assessment procedures and EHC plans
- Information about disagreement resolution and mediation
- Information about local support groups, including the local offer, voluntary and national organisations
- Information sessions for parents/carers
- Advice about school admissions and the appeals process

How are referrals made?

- Referrals are only accepted via a child, young person or parent guardian into the service, not via a professional. Therefore, it is important to encourage families to make direct contact - inform the family that they will need to make contact with Sunderland SEND IASS directly and they can do this by dropping into the centre, telephoning or emailing.

What are the contact details for the SENDIASS service?

Sunderland SEND I.A.S.S (based in Sunderland Carers Centre building)
Thompson Park, Thompson Road, Sunderland, SR5 1SF
Tel: 0191 549 3768 or email: SENDIASS@SUNDERLANDCARERS.CO.UK



Do you look after someone? Do you know your rights?
Why not pop into our FREE event?

SAVE THE DATE!

Thursday 21 November 2019

12.30 to 3pm

Merton Hall, Ponteland

Drop in for information and advice, and visit our Carers health MOT area and speak to specialist advisors.

Carers Northumberland, 107-109 Station Road, Ashington, Northumberland, NE63 8RS
Tel: 01670 320 025; info@carersnorthumberland.org.uk; www.carersnorthumberland.org.uk

North Tyneside Carers' Centre workshops - October to December 2019

Workshops for carers

Our workshops aim to help carers gain confidence, build on their skills and knowledge, share experiences and learn from each other.

Workshops on offer cover topics such as:

- Arranging and Paying for Care
- Thinking about Lasting Power of Attorney
- Understanding Direct Payments
- Caring with Confidence
- Dementia Friends
- First Aid for Carers

Workshops for mental health carers

These sessions will help carers better understand the condition of the person that they are caring for. Giving them a better insight into some of the challenges faced and practical skills to help them manage better in their caring role.

Workshops on offer cover topics such as:

- Understanding Personality Disorder
- Understanding Psychosis
- Understanding Bipolar Disorder
- Understanding Self Harm
- Understanding Anxiety and Depression



North Tyneside
Carers' Centre

Most sessions will take place at North Tyneside Carers' Centre, however some will be held at Wellspring Medical Practice, Killingworth Health Centre, Citadel East, Killingworth, NE12 6HS and The Vault, 31 Station Road, Wallsend, NE28 6RL

For further details on the workshops and venues, and to book a place, please contact North Tyneside Carers Centre, 3rd Floor YMCA Building, Church Way, North Shields, NE29 0AB

www.northtynesidecarers.org.uk; Telephone: 0191 643 2298



Mental Health Information and Advice Sessions

This popular six week Information and Advice Course starts on Wednesday 16 October, 1.30pm-3pm at Newcastle Carers Centre (weekly sessions)

The kinds of things covered will include:

- Getting help from health and social care services – who does what?
- Finding out more about welfare benefits
- What can I do in a crisis?
- Confidentiality and information sharing
- Getting the balance right: looking after yourself whilst looking after someone else
- Handling difficult situations and managing conflict

If you would like to come along to the sessions, or would like any other information or advice in your caring role, please contact us. Carers Information Line, Monday – Friday, 9am-5pm
T. 0191 275 5060; SMS. 07874 100 043; E. info@newcastlecarers.org.uk.

Newcastle Carers, 135-139 Shields Road, Byker, Newcastle upon Tyne, NE6 1DN
www.newcastlecarers.org.uk



A Staff Governor's Story

In this issue we hear from Bob Waddell, Governor representing Non-Clinical Staff, who has been a governor now for six years.

I originally stood for election as a Governor as I have been proud to work for the NHS for over 40 years now and I have the utmost respect for both the organisation and also the people who work in it. Staff represent the biggest asset that the Trust has and as a Governor it is an enormous privilege to represent my staff colleagues on the Council of Governors.

NTW as an organisation, really value and appreciate the contribution made by Governors to the smooth running of the organisation and we feel that we are really listened to and also feel that we are able to make a difference. The Council of Governors is a very diverse group from many different backgrounds but the thing which I really appreciate, is that we are all passionate about the quality of the care which is provided to the people whom the Trust looks after.

Since being elected I have been able to gain experience of attending various committees and learn more about how the Trust works and also as a member of the Nominations Committee, I have been involved in the appointment of Non-Executive Directors which is such an important responsibility. I have also been able to talk to staff from all disciplines within the Trust and take their views back to the Governors which is so important.

The Council of Governors really works well in this Trust and we are looking forward to welcoming representatives from Cumbria post October, which will be an exciting new chapter for all of us.

Teatime teaser Sudoku

How to play

Fill the grid so that every row, column and 3x3 box contains the digits 1 to 9, without repeating.

	3			1			6	
7	5			3			4	8
		6	9	8	4	3		
		3				8		
9	1	2				6	7	4
		4				5		
		1	6	7	5	2		
6	8			9			1	5
	9			4			3	



Not a member? To receive regular copies of this newsletter, sign up for membership! Either visit our website, www.ntw.nhs.uk/membership, e-mail members@ntw.nhs.uk or complete this slip to receive an application form.

Name: Address:

and send to The Membership Office, **FREEPOST NTW MEMBERSHIP** (no stamp required)