

# CNTW 2030

Imagining our future,  
together

How to get involved



Caring | Discovering | Growing | **Together**

Across our region we have some of the worst poverty, life expectancy and health inequalities in the country.

From Whitehaven to Berwick, to Sunderland and everywhere in between, our local communities want different parts of the NHS and other organisations to understand their health needs and provide joined-up healthcare.

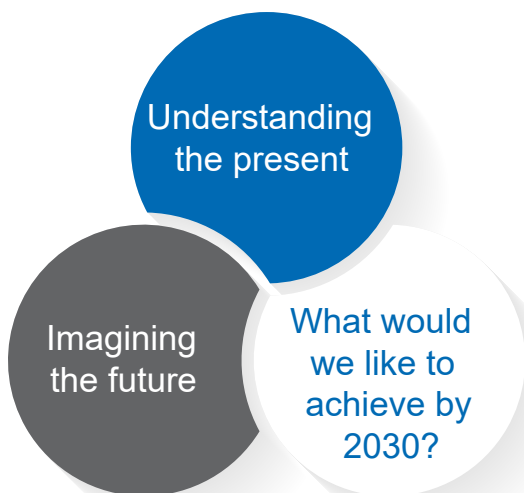
We can only do this by working together and listening to those who have experience of poor health.

Along with other organisations, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW) helps:

- people with mental health issues or who misuse substances
- autistic people and people with learning disabilities
- people with neurodisabilities (brain injury or illness).

'[CNTW2030](#)' is a project to imagine CNTW's future role in improving the health of our local communities.

We want to hear from you!



To prepare for the future so that the people we help in 2030 receive the best possible care, we must:

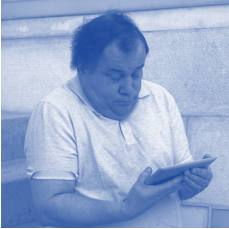
- learn from the recent experience of people who have been involved with CNTW, maybe as a patient, carer, member of staff or as an organisational partner, and
- consider the likely challenges and opportunities as we head towards the next decade.

To get involved, please visit [www.cntw.nhs.uk/2030](http://www.cntw.nhs.uk/2030)

Or scan this code on your smartphone



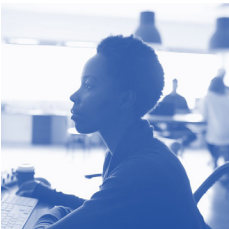
People will continue to need our help. Here are some examples:



Mark\* is 53, has learning disabilities and is currently an inpatient as his placement in supported accommodation wasn't working.



Ryan\* is 34 and has a head injury. He is waiting for a bed at Walkergate Park Hospital for neurorehabilitation.



Zene\* is 48 and has bipolar disorder. They work for the Trust as a mental health nurse.



Farah\* is 80 and has recently been diagnosed with dementia.



Beth\* is 17 years old, autistic, and has been self-harming.

\* Please note that these are all made up characters