



Issue 14

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



Message from Our Chairman, Ken Jarrold CBE

I hope that you had the best possible time over Christmas and New Year. I know that it has been a very difficult time for many. 2022 begins with many challenges including unprecedented levels of sickness amongst our colleagues and the immense pressure that creates for those who can work. It is a very difficult time. I am delighted to announce that following a robust recruitment process, involving Board members, Council of Governors, stakeholders, staff and service users and carers, we have a new Chief Executive.

The Board of Directors and Council of Governors are delighted to announce that James Duncan has been appointed as Chief Executive of Cumbria, Northumberland, Tyne, and Wear NHS Foundation Trust and will take up his new post early in the New Year. James said: "I am so pleased to be given the opportunity to work with our service users and carers, staff and partners as Chief Executive of CNTW. People with mental ill health, learning disabilities, addictions, autism, and brain injury have faced great difficulties over the last two years. I will work with all to tackle the inequalities faced by our local communities and to create a more optimistic and hopeful future for us all."

James will be a familiar face to many members as has held the post of Deputy Chief Executive/Executive Director of Finance for CNTW for many years. I am sure you will join me in congratulating James and wishing him every success in his new post.

Ken Jarrold CBE
Chair of the Council of Governors and Board of Management

Message from your Corporate Affairs Team

Happy New Year and welcome to your first monthly newsletter of 2022. We hope you had a relaxed, safe and wonderful Christmas and New Year celebrating with your family and friends alike.

The main aim of our newsletters is to keep you informed regarding local health services and offer help and support to stay healthy.

The COVID -19 pandemic continues, and it is still possible to catch and spread the virus even if you are fully vaccinated. Due to the emergency of the Omnicom variant the Government has implemented it's 'Plan B' COVID winter response, that includes compulsory face coverings in many public spaces, encouraging people to work from home where possible and the introduction to improve your vaccination status or have a negative lateral flow test before attending certain events or gatherings.

There are many challenges ahead for the NHS in particular the seasonal pressures over the winter which are intensified by the ongoing impact of the COVID-19 pandemic, sustained pressures on urgent and emergency care services, staffing levels and recruitment and retention challenges. The need to support the health and wellbeing of our workforce, others working in health and care services, and our service users and carers over this period is crucial as we also strive to keep up the momentum on recovering services and addressing the backlogs.

We also need to look at the exciting times ahead for the NHS with the implementation of the Integrated Care Boards (ICBs) which will hopefully be operational from 1st July 2022. The development of ICBs is about giving people the support they need, joined up across local councils, the NHS, and other partners. It removes traditional divisions between hospitals and family doctors, between physical and mental health, and between NHS and council services. In the past, these divisions have meant that too many people experienced disjointed care. For more information on the North East and North Cumbria Integrated Care System (ICS) visit:

www.northeastandnorthcumbriaics.nhs.uk/

Have you made a New Year's resolution? We know that sticking to your New Year's resolutions isn't easy as change can be challenging but in the words of Munia Khan "New Year is the glittering light to brighten the dream-lined pathway of future."



Ken Jarrold Chair of CNTW – Biography

We thought it would be helpful for Members to know a bite more about the Governors.

As Chairman of the Council of Governors, here is my story – others will follow.

There are three stages of my life – so far! 0-21, 21-57 and 57 to 73.

0-21- I was born in Shillong, Assam, India in 1948 to missionary parents and spent the first 12 years of my life in India and Myanmar/Burma. I was fortunate to have loving parents and good experiences although going to Boarding school and being away from my parents from a young age was a big issue. When I was 14, I was sent to a Boarding School in England with the fees paid by Suffolk County Council. My parents returned to Burma and I did not see them or hear their voices for three and a half years. This created problems for me later. The sporty school did not suit me, however, two teachers took an interest in me and got me to Cambridge. That was a big deal because my Father had left school at 16 and my Mother at 14. I loved Cambridge except for the posh boys who thought they were entitled to be there. I was elected as President of the Cambridge Union Society and got a First Class in the second part of my degree.

21-57 – when I left Cambridge my intention was to be a Labour MP. I applied for the NHS Administrative Training Scheme to learn about public services. However, I fell out of love with politics and fell in love with the NHS and stayed for 36 years. I was a Chief Executive of Regional, Strategic and District Health Authorities for 20 years and the Director of HR, and Corporate Affairs, and Deputy to the CE of the NHS in England for 3 years. I retired early because of a combination of work and personal pressures that overwhelmed me.

57-73 and counting! I have done consultancy for the NHS, mainly coaching for Chairs, Chief Executives and Directors. I have had NED roles including Board Member of the Serious Organised Crime Agency and the Child Exploitation Online Centre, Chair of the County Durham Economic Partnership, the North Staffordshire Combined NHS Trust, and Brighter Futures a wonderful, supported housing Association based in Stoke. I have had the great privilege of being Chair of the Council of Governors at CNTW since February 2018.

I was married for 34 years, divorced, and came out as a Gay Man in 2007. I have more 27 years' experience as a carer of someone with mental health issues. I have had psychotherapy and a great deal of counselling to support me on my journey through life. I had a partner from 2011 to 2019 and have recently met the man I hope to be with for the rest of my life.

That is my story!
Ken

COUNCIL OF GOVERNORS ELECTION 2021



Council of Governors Election Results – January 2022

Following our recent process to elect new members to our Council of Governors, the following members have been elected.



Russell Stronach
Service User LD
and Autism



Mark Charlesworth
Service User - Neuro
Disability



Karen Lane
Public - Newcastle
upon Tyne and Rest of
England Wales



Thomas Lewis
Medical - Staff



Danny Cain
Non-Clinical staff



Leyton Rahman
Public -
Northumberland



Peer Support team shortlisted for National Award

The Trust's Patient and Carer Involvement Team have been shortlisted for the Innovation in Mental Health Award at this year's national Health Business Awards. The team have been recognised for their pioneering approach to establishing Peer Support throughout the organisation.

CNTW is the largest provider of mental health and disability services across the North of England. The Trust began employing Peer Supporters in 2012 to improve the support that patients and carers receive and there are now 54 Peer Supporters working across CNTW.

Alane Bould, Head of Patient and Carer Involvement at CNTW said: "I am incredibly proud that our team has been shortlisted for this Health Business Award. It is thanks to the hard work of a small but dedicated group of people that we have made such fantastic progress establishing an innovative, highly respected Peer Support service throughout CNTW. They thoroughly deserve this national recognition."

Alane explained: "Our Peer Supporters are people who have 'been there', who can use their own lived experience of mental health difficulties to offer hope and help others on their journey to recovery. They also help other staff to empathise with and understand those they care for. The input and unique perspective of our Peer Supporters has become highly valued by colleagues at all levels of the Trust."

"In 2019, we reviewed our approach to Peer Support and recognised that this is a very specialised role that needs a good support structure in place around them. These staff have experienced their own difficulties in the past, so the right support is vital to make sure that taking on this role to help others doesn't negatively impact on their own wellbeing. And some overarching support is also needed to make sure Peer Supporters can properly integrate into all of our clinical teams."

In late 2020 the team was joined by four new Peer Support Development and Wellbeing Facilitators, and in May 2021 CNTW employed its first Peer Support Operational Manager. These staff deliver specialist recruitment, induction, development, and educational programmes, alongside wellbeing support for the Peer Supporters.

As well as support structures, CNTW has established a clear peer support career path. Roles such as Senior Peer Supporters, Peer Support Supervisors, and Peer Support Facilitators now offer progression options for Peer Supporters wishing to develop their career.

The team also arrange twice-yearly 'reconnection events.' These are a chance for Peer Support staff from across the organisation to meet and catch up, share lessons and experiences, and participate in some development sessions together.



January is Love Your Liver Awareness Month

January is often a time that people take stock after the Christmas period but this year it is even more important as the numbers at risk have also increased during the COVID pandemic. Many people have increased their alcohol consumption and gained weight during lockdown – the two biggest risk factors for developing liver disease.

The liver is a fascinating organ, and its importance is often underrated. It's an amazing multi-tasker and has over 500 vital jobs to do to keep you alive. It's just as important as other organs like your heart and lungs, but they tend to steal most of the limelight.

In the UK, liver disease is on the rise. The three major preventable causes are drinking alcohol, obesity and viral hepatitis.

When it's damaged, the liver can repair itself, but only up to a point. Sadly, people with liver disease often don't have any symptoms until the disease has progressed and it's far too late for treatment. That's why it's so important to know the risk factors and to keep your liver happy and healthy for life - before long-lasting damage can occur.

For more information visit :

<https://britishlivertrust.org.uk/love-your-liver-month>



Brew Monday - 17th January

On Brew Monday the Samaritans are encouraging everyone to reach out to people who might be feeling lonely.

The third Monday in January is sometimes referred to as 'the most difficult day of the year' but this is a myth. At Samaritans we know there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

The Samaritans say it's time to stop this myth about Monday being 'blue' and instead start a conversation over a brew! Reach out and connect with family, friends, colleagues and loved ones. We can always make time for a cuppa and a catch-up. It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee, or orange juice. If you're sharing a cuppa and listening, you're doing it right.

How to be a good listener

Once someone starts to share how they're feeling, it's important to listen. This could mean not offering advice, not trying to identify what they're going through with your own experiences and not trying to solve their problems.

A new report shows that young people aged 16 to 24 reports feeling lonely more often than older age groups, the Samaritans are asking the Government to put young people at the heart of its action to tackle loneliness. Take part, reach out and join the domino effect.

Take part, reach out and join the domino effect.

For more suggestions about how to be a good listener, please visit: <https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-support-someone-youre-worried-about/what-do-if-you-think-someone-struggling/>



Employment support boosts recovery for North Cumbrian patients

Patients receiving combined psychological therapy and employment support from First Step, the Improving Access to Psychological Therapies (IAPT) service for North Cumbria, have been sharing their thoughts about how employment support has contributed to their recovery.

The Trust's North Cumbria First Step service provides talking therapies to patients with a range of common mental health problems such as depression, anxiety disorders, anger, or sleep problems.

North Cumbria First Step also introduced specialist employment support into their service in March 2019. The team consists of six employment advisors and two senior employment advisors, who work alongside psychological therapists to help patients find, return to, or remain in work.

Since the service began offering employment support to people receiving psychological treatment, the employment advisors have received over 1,600 referrals. 36% of those patients have successfully found a new job, returned to work, remained in work or taken a positive step such as further training, education or voluntary work.

The majority of patients who chose to provide feedback stated that the support made a significant positive difference towards their recovery.

One patient explained how leaving her job and finding another with the support of a First Step Employment Advisor has made a significant difference to her:

"I had Obsessive Compulsive Disorder (OCD) for all my life, which was making my working life intolerable, hence depression also set in. Although my employers did try to help at the start, their lack of knowledge of mental health was making things worse and I was in no position to fight my corner. First Step's employment support made me feel as though someone was there to help me. They liaised with my employer to try and educate them as to mental health problems."

“The help and advice has been incredibly valuable. It helped me to stay in work and explore solutions for changing my role towards what I wanted.”

The project to embed employment advisors in IAPT services is led by the Joint Work and Health Unit and sponsored by the Department of Health and Social Care and the Department for Work and Pensions, who are evaluating the project with a view to expanding employment support into every IAPT service in England.

If you live in North Cumbria and need support with your mental health, please visit the www.cntw.nhs.uk/services/first-step/ where you will find more information about making a referral to North Cumbria First Step, or speak to your GP who can give you advice about the type of support you need.

If you live in a different area, you can use www.nhs.uk/service-search/other-services/ to find your local Psychological Wellbeing Service and seek support. (These are sometimes known as IAPT Services or Talking Therapy services.)

**#Smear
For Smear**

Cervical Cancer Prevention week 2022: 17 – 23 January

We would like to raise awareness of the importance and necessity of regular cervical screening for women’s health.

Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease. Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year.

Despite this, many women are reluctant to have this test done with a quarter of women not responding to their screening invitation.

We would like to encourage all women to have regular cervical screening, it can be a little embarrassing but please remember you are basically one of hundreds of women waiting to be seen and will not be judged and the main concern is the patient’s health. If you’re nervous about your smear test you are not alone, but it’s important to remember that three minutes of embarrassment and potential discomfort can save your life.

For more information visit: www.nhs.uk/conditions/cervical-cancer/



No one should be alone this winter

We know that beneath the Christmas spirit, lights and excitement this time of year can be extremely difficult for people and can be isolating for those who may not have family support around them. We are urging you, ourselves, our communities to check in and spread human connection where possible.

A simple conversation to let someone know that you are there can literally save a life and can let someone know that they are not alone. What can you do to help? Please talk about and share this message with each other. Check in on your neighbours- those you know, or think may be more isolated.

Go to [@NENCSTOPSUICIDE](#) on Facebook for more information.
Look out for your neighbours
Look out for each other



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

Not a member? To receive regular copies of this newsletter, sign up for membership!

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

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

Children and young people - 0800 652 2861

Text number for people who are Deaf and/or
have communication difficulties - 07887 625 277

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

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

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



Caring | Discovering | Growing | **Together**



Caring
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