

Supporting NHS care



Shine



Annual magazine 2024

Contents

- A message from our Chair and Chief Executive 4
- A message from our Charitable Funds Committee Chair 6
- Celebrating 10 years 7
- About our Charitable Funds 8
- Shining a light on the Trust’s charity 10
- Self help guides12
- Impact 2023-2024 14
- Case study: Dave, Walkergate Park16
- Case study: Social, Therapeutic and Recreational Rehabilitation
Team (STARRT)18
- Promoting our NHS charity: collaborative efforts and community
impact20
- Key fundraisers 22
- Engaging local communities 28
- Community champions: a partnership of support and generosity30
- NHS Charities Together awards grant to support patients, carers
and NHS staff 32
- How you can support our charity36
- Enhancing staff wellbeing: A new wave of support through
NHS Charities Together 38
- The year in CNTW 42

A message from our Chair and Chief Executive

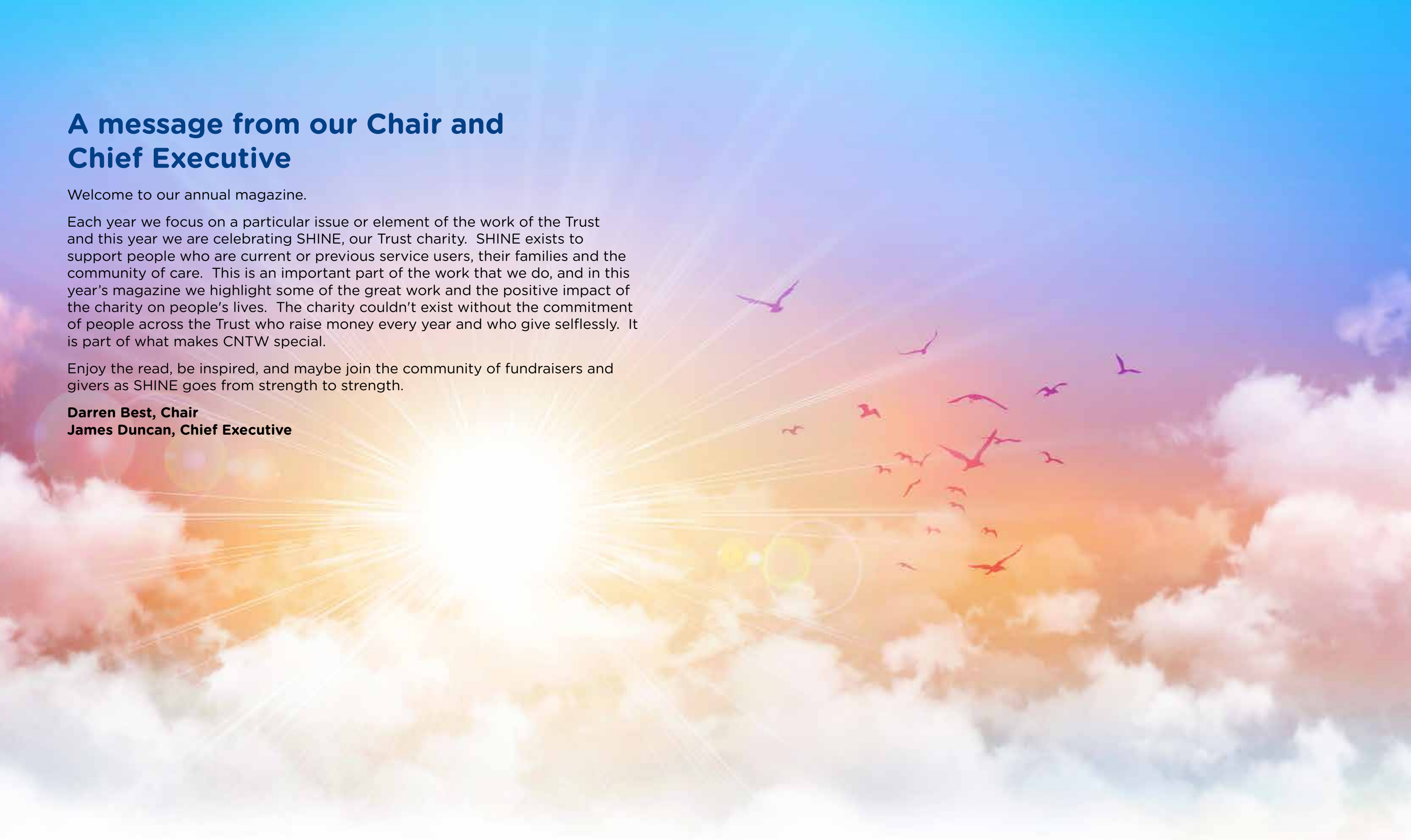
Welcome to our annual magazine.

Each year we focus on a particular issue or element of the work of the Trust and this year we are celebrating SHINE, our Trust charity. SHINE exists to support people who are current or previous service users, their families and the community of care. This is an important part of the work that we do, and in this year's magazine we highlight some of the great work and the positive impact of the charity on people's lives. The charity couldn't exist without the commitment of people across the Trust who raise money every year and who give selflessly. It is part of what makes CNTW special.

Enjoy the read, be inspired, and maybe join the community of fundraisers and givers as SHINE goes from strength to strength.

Darren Best, Chair

James Duncan, Chief Executive



A message from our Charitable Funds Committee Chair

Dear Friends and Supporters,

As Chair of our Trust's Charity Committee, I am immensely proud to present this year's annual magazine - a celebration of the incredible strides we've made since our relaunch in 2023. Over the past year, we have witnessed a remarkable transformation within our charity, driven by our unwavering commitment to supporting our patients and carers.

The relaunch marked the beginning of a new chapter for Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust charity and the SHINE Fund, one characterised by renewed energy, innovative programmes, and a deeper connection with the communities we serve. We have expanded our support, enhanced our reach, and forged new partnerships, all with the goal of placing our patients and carers at the heart of everything we do.

As we reflect on the progress made, we are filled with optimism for the future. Our plans for the coming year are ambitious, and they reflect our dedication to continuing this momentum. We will be launching new initiatives designed to **S**upport, provide **H**ope, **I**nspire, **N**urture and **E**mpower those we serve.

We are hugely grateful to everyone that has raised funds and donated to our charity. Thank you for your ongoing support. Together, we are building a brighter future for all those in our care.

Vikas Kumar MBE
Chair of Charity Committee

Celebrating 10 years



About our Charitable Funds

The Trust's Charitable Funds, made up of the SHINE fund and over 30 individual funds for specific wards and services, makes a huge difference to the experience of service users who are cared for in our hospital sites and community services. The charity provides funding for the extra things that can make a great impact, such as therapeutic activities and items of comfort to assist with people's care, treatment or rehabilitation, helping towards them living happier, fuller lives. Recent examples include a cycle hub offering cycling sessions for patients, gardening equipment, sensory resources, specialist seating for our dementia services, and presents for all inpatients in hospital on Christmas Day.

Charitable donations are vital to providing these items and activities which would not be possible from the funding we receive from central government alone. We also have specific funds which benefit specific wards or services.

SHINE

SHINE is the charity's general fund, and stands for Support, Hope, Inspire, Nurture and Empower. Unless a donation is made to a specific fund, all funds raised go to SHINE, which are then used to purchase items and activities to boost patient and carer wellbeing across the Trust.



Specific Funds

The charity has over 30 individual funds for specific wards and services. Services can use these funds to pay for items and activities that will make a difference to patients receiving care in the service. Recent projects funded by specific funds include a new karaoke machine for Yewdale Ward at West Cumberland Hospital, activity boxes to support engagement on Roker Ward at Monkwearmouth Hospital and materials for managing emotions on Beadnell Mother and Baby Unit at St George's Park.

Shining a light on the Trust's charity



With the help of NHS Charities Together, we have benefitted from a dedicated resource to help grow our charity.

Daria Ansari-Saeid was appointed to the post of Marketing Officer for the SHINE fund last year.

The role focuses on developing and implementing a fundraising strategy for SHINE to help raise the charity's profile and maximise donations so it can support more patient and carer wellbeing initiatives across the Trust.

A key part of the strategy is to promote the charity's impact by sharing the projects it supports, as well as exploring new opportunities to work with organisations in public, private and voluntary sectors.

Since starting the role in August 2023, Daria has supported a number of fundraisers including colleagues Paul Wales and Dr Mohammed Elhamshary's long distance cycle from the Tyne Bridge to Nice, and the fundraiser song 'Where Hope Begins'.

Part of the role involves introducing different ways to support the charity, such as the new textiles donation bins which were recently rolled out across our hospital sites.

Daria's role is to promote the work of SHINE, offering an increased level of support to people who want to fundraise or support the charity in any way.

Daria has also worked on the charity's relaunch and has been instrumental in its rebrand which revealed a colourful, new look to reflect the charity's values.

"I'm really excited to continue helping the charity grow so that it can support more people in our services with improved environments, resources and activities," Daria said.

"By raising awareness of the different projects that funding from SHINE has made possible, I hope to share the positive impact the charity has made to the wellbeing and experience of patients receiving care in our services."

She added: "SHINE really does make a difference to people's lives, and I hope that by amplifying the message we are able to gain more support for the charity so that it can continue to benefit more people across the North East and North Cumbria."

Daria's advice for anyone thinking about supporting SHINE is to go for it.

"We've had great feedback from staff who have fundraised, saying they didn't expect to get the response and donations that they did," she said.

"Have fun with it. How you fundraise is up to you. Many staff have been able to involve patients in activities like decorating cakes for a bake sale. We've seen staff run market stalls, host festivals and parties, and organise raffles – the options are endless!"

If you would like to fundraise for SHINE, please contact charitablefunds@cntw.nhs.uk



Self help guides

One in four of us will experience mental ill health. We will all know someone who is struggling. That could be us personally or a partner, family member, friend or colleague.

The Trust produces a series of award-winning self-help guides which cover a wide range of topics such as depression, anxiety and stress. The guides offer users the opportunity to find out more about the causes of mental health issues and provide tools to help work through feelings and emotions.

Our self-help guides contain verified information and are written by NHS clinical psychologists with contributions from service users, and healthcare and voluntary sector staff.


They're not intended to replace the advice of a medical professional. If it's not a medical emergency and you're unsure about what to do next, our self-help guides suggest helpful next steps.

By purchasing a self-help guide, you are also supporting our Trust charity.

To find out more, visit www.cntw.nhs.uk/selfhelp

Self help topics


Re-brand our self help guides >



Abuse

This guide aims to help you to begin to understand the effects of childhood abuse and explores ways in which you may begin to overcome the effects of the abuse. It provides details of further sources of help and support.


View this guide



Alcohol and You

This guide is for people who think they may have a problem with their drinking. It will help you decide what kind of drinker you are and describe how you might change if you want to.


View this guide



Anxiety

This guide aims to help you understand what anxiety is, what can cause it and keep it going and how to overcome your anxiety by learning better ways of coping with it. It includes sources of help and support.


View this guide



Bereavement

This guide is for anyone who has experienced a bereavement either recently or in the past. It may also be helpful to relatives or friends of a bereaved person. It will help you to understand the grieving process, and what you can do to help yourself.


View this guide



Depression and Low Mood

This guide helps you to understand and manage depression and low mood.


View this guide



Depression and low mood: A guide for partners

This guide is for partners of people who are experiencing depression and low mood. It provides information and advice on how to support your partner.


View this guide



Domestic Abuse

This guide is for anyone affected by domestic abuse. It describes different types of domestic abuse and provides information on how to get help and support.


View this guide



Eating Disorders

This guide aims to help you to recognise an eating disorder and understand the things that can trigger an eating disorder.

View this guide



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust


Mental Health Self Help Guides

- Abuse
- Alcohol and You
- Anxiety
- Bereavement
- Depression and Low Mood
- Depression and Low Mood - a guide for partners
- Domestic Abuse
- Eating Disorders
- Food for Thought
- Health Anxiety
- Hearing Voices and Disturbing Beliefs
- Managing Anger
- Obsessions and Compulsions
- Panic
- Post Traumatic Stress
- Postnatal Depression
- Self Harm
- Social Anxiety
- Sleeping Problems
- Stress
- **Plus** three guides for prisoners
 - Anxiety
 - Depression and Low Mood
 - Post Traumatic Stress

www.cntw.nhs.uk/selfhelp

Also available in BSL, easy read and audio format

Find us on social media, search for CNTW



SCAN ME

Impact 2023-2024

Patients receiving care in our hospital and community services are often going through the most difficult times in their lives. Living with mental health difficulties and disability can be extremely overwhelming, as well as life-changing, and can affect people’s lives in many different ways. It can affect their confidence, social skills, personality, physical ability, and appearance, as well as the ability to carry out everyday tasks.

Mental health difficulties can disrupt the way a person thinks and feels. It can affect their moods, their ability to relate to others and cope with the demands of everyday life. Our charity aims to make people’s time in our services more comfortable, providing therapeutic activities and items of comfort that can improve their experience whilst they receive care and treatment. We receive regular feedback from patients and carers and we know that the projects the charity funds make a big difference to their lives.

Between April 2023 and March 2024, the charity spent £154,399 on improving patient spaces, purchasing musical instruments, sensory equipment, games, gym and sports equipment, craft materials, specialist seating and more. It funded 25 projects in Cumbria, 41 projects in the north locality, 45 in the central locality, 11 in the south and six Trust-wide.



The largest grant made by the charity was £10,128 for seating on Castleside Ward, funded by the ward’s charitable fund. Castleside is an inpatient dementia service at the Campus for Ageing and Vitality in Newcastle.

Sharon Lynn, Advanced Physiotherapist said: “Patients on Castleside often require and benefit from seating that addresses issues like age and condition-related postural change, pain, skin integrity and day-time fatigue. Disrupted sleep pattern is a common feature in our older client group and sleeping in standard chairs frequently leads to neck pain, stiffness and dropped head syndrome. Poor sleep, immobility and pain are significant contributors to behaviours that challenge.”

Thanks to funding, the ward was able to purchase four specialist chairs designed for comfort, mobility and independence. The chairs are designed to support posture and reduce sliding and discomfort.

Another significant grant made was £8,800 from SHINE to pay for Christmas presents and activities for all patients in hospital on Christmas Day. All inpatient wards across the Trust received funding. Wards purchased gifts such as toiletries, art supplies, toys and footballs for patients on our children and young people’s wards and blankets and chocolate for patients on our older adult wards.



Terri Craven, occupational therapist on Gibside Ward, said: “Patients were very surprised and appreciative of the presents. Many were unable to see their relatives, so this made a real difference. It gave a sense of family within the ward at what can be a difficult time for some.”

Assistant practitioner Rebecca works on Harthope, a secure care ward in Morpeth. She said: “The patients were happy and grateful to have something to open on Christmas Day, especially those who did not receive gifts from others. Some patients do not have family that can bring them things from home or the money to purchase presents.”

You can find out more about the different projects the charity has funded on our [charity webpages](#)



Case study: Dave, Walkergate Park

In January 2024, Dave was admitted to Walkergate Park after losing the ability to move his arms and legs.

“Before my injury I was fit,” he said. “I was an outdoor person, doing gardening, fencing... and then just like that, in the space of less than two days, I couldn’t lift my arms and my legs went.”

On the way home from a doctor’s appointment to review the loss of movement in his arms, he collapsed getting out of his car as his legs gave way. His friends took him to hospital at which point he could only move his head and two big toes.

He was admitted to Walkergate Park where he received specialist help, including physiotherapy and occupational therapy, and support from the Social, Therapeutic and Recreational Rehabilitation Team (STARRT). Dave praises the staff at Walkergate Park who helped him, describing them as “absolutely brilliant”. “They treat you like family,” he said.

STARRT supported Dave by organising social activities with other patients, as well as enabling him to take part in activities he enjoys such as gardening and photography.



“The work that SHINE puts in, a lot of it is unseen, so people don’t realise that’s where the money is coming from which they rely on,” Dave said.

Over months of rehabilitation at Walkergate Park, Dave slowly regained movement in his arms and legs and reached a point where he could be independent again and was discharged from the site in June. “I can say I came in on a stretcher and wheelchair... and I’m going to walk out of here. It’s marvellous.”



Watch Dave’s story here:



Case study: Social, Therapeutic and Recreational Rehabilitation Team (STARRT)



STARRT at Walkergate Park provides social and recreational rehabilitation to inpatients on site. The team, which consists of a nurse team lead and qualified nursing staff, as well as activities facilitators and volunteers, works to promote independence and increase quality of life through social and leisure activities.

The team regularly receives funding from SHINE to help facilitate activities such as boccia, cookery and gardening groups which are greatly beneficial to patients' rehabilitation.

"We try to put the fun into people's stay here," says activities facilitator Debbie Potter. "It's bringing out the personalities, it's allowing people to go back to things they've done in the past or things that make them happy.

"It's something to make their weeks easier, this might be simple tasks like pottering around in a garden. Work can seem like an upward struggle for patients because they have hard sessions in physiotherapy, occupational therapy, all the different things they have to do all week. During those weeks, we do anything we can to lighten the mood, make people smile, make people happy – that is a massive part of who we are at STARRT and that's what SHINE enables us to do."

Following feedback from families and carers who wanted to make donations to support the team, STARRT began organising an annual summer fundraiser. The event brings together patients, families and carers to enjoy music, outdoor activities and food whilst fundraising for SHINE. Staff on the site generously support the event by providing prizes for a tombola, and the team have been able to raise thousands each year for the charity. At last year's summer fundraiser, the team raised an incredible £2,023.

Debbie said: "We wanted to do something really special to bring together as many of our service users and family members as we could on one big day. We had people sat outside on the grass with family members listening to music, having a picnic. They can forget for that day that they're in hospital."

In addition to their annual fundraiser, the team also runs Christmas markets and other regular fundraisers throughout the year.

Debbie says organising the events is hard work for their small team, but that it's really rewarding.

"Listening to the reports back from family members, saying they've had an amazing time and lovely food, lovely company, listening to music, it's so massive to them.

"It makes a difference to people's lives and once you see the difference it makes to your patients you understand the importance of fundraising and what it can give to them, because their lives have been changed dramatically.

"You can give someone a glimmer of hope... you can say to people 'life does continue, and things can be good' and that's what SHINE enables us to do."

Promoting our NHS charity: collaborative efforts and community impact

Working within Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, our charity is committed to enhancing the experiences and wellbeing of patients, carers, and families. This mission is achieved through the efforts of our dedicated volunteer committee and robust support from our service user and involvement teams. By fostering collaboration across various parts of the Trust, we ensure that our charity's impact is both far-reaching and deeply felt.

Building a strong volunteer committee

Central to our charity's success is the establishment of a new volunteer committee. This diverse group brings together individuals from various backgrounds, each offering unique skills and perspectives. The committee is pivotal in driving our initiatives forward, organising events, and ensuring that our fundraising efforts are effective and engaging.

If you are interested in volunteering opportunities please visit www.cntw.nhs.uk/careers/volunteering

Engaging service users and involvement teams

Our service user and involvement teams play a crucial role in shaping the services and support we provide. By actively involving those who directly benefit from our charity, we ensure that our efforts are aligned with their needs and expectations.

We invite everyone within the Trust and the wider community to join us in supporting our charity. Together, we can make a lasting difference!



Key fundraisers

The Mop Heads

Two members of staff from NTW Solutions have raised an incredible £1,200 for SHINE with their song, 'Where Hope Begins'. Peter Prest and Paul Hewiston, known as 'The Mop Heads', work as cleaners at St. Nicholas Hospital. They were inspired by the impact the pandemic had on them and people they work with.



"I knew I wanted the song to be about hope," Peter said, who has worked at St Nicholas Hospital for 26 years. "It just seemed right to link it to SHINE as the charity brings hope to the people who use the services."

It wasn't long before Peter had written the lyrics and Paul, who has worked at St Nicholas Hospital for a decade, had written the music for the song. Paul then recorded it in his home studio.

Since releasing the song last summer, the pair have done live performances across hospital sites, recorded an interview with Tyneside Radio promoting the song and the charity, and have sold over 100 CDs of the track, raising over £1,200 for SHINE so far.

Peter and Paul said: "We would like to thank everyone involved in the making of Where Hope Begins. Their efforts and support are greatly appreciated. We'd especially like to thank our supervisor Sheila Johnston who went above and beyond to help make it all possible."

The song comes with an accompanying music video featuring staff from both CNTW and NTW Solutions.

The Mop Heads have big plans for the future, with more songs in development and hopes to perform at more hospital sites across the Trust.

Find out more about the Mop Heads and watch the video here:



Supporting
NHS care





Carleton Clinic Hadrian's Wall Walk

Six teams of staff from North Cumbria walked the 84-mile length of Hadrian's Wall in May, raising an incredible £3,883.42 for SHINE, to fund a local community mental health football group. The group, run by the Carlisle United Community Sports Trust benefits patients using CNTW's services in North Cumbria. Staff at Carleton Clinic have seen the difference it makes to patients and are determined to future proof the group by fundraising.

"We know first-hand what a difference it makes. When people are unwell or on the road to recovery, it's so important for them to have meaningful, welcoming activities like this football group to go to. Physical activity has such a great benefit for your overall wellbeing – it helps keep not just your body healthy, but your mind as well," says Hannah Lund, Clinical Manager.

Staff from six wards, including those at Carleton Clinic in Carlisle and West Cumberland Hospital in Whitehaven, walked in stages over three days. They completed the trek from Wallsend to Bowness-on-Solway, with various teams covering different sections. The pharmacy team showed their support by walking on a treadmill at their site. Glendale Holiday Park kindly offered our walkers refreshments at the finish line which were very much appreciated.

Following the successful walk, Aaron Vaughan, Inpatient Matron who was part of the team of organisers, said: "It's been a huge success, not just with the large amount of money raised but the kindness and camaraderie shown towards each other has been a real highlight. Morale has never been higher. It aligned perfectly with Mental Health Awareness Week and our efforts were appreciated by the kind generosity from fellow hikers, family, friends and colleagues Trust-wide. It was tough at times, broken skin and even broken boots, but the distance couldn't break our spirit! People definitely went the extra mile, some an extra 14 or 30, spurred on by colleagues from all our services!

"What great memories we have and we honestly couldn't be prouder, we've all been part of something so special for such a great cause."



Shine
Supporting NHS care

Paul Wales and Dr Mohammed Elhamshary

In September 2023, colleagues Paul Wales and Dr Mohammed Elhamshary embarked on a long-distance charity cycle, raising over £8,000 for SHINE and Brain Tumour Research.

Paul began his two-week journey with Mohammed who accompanied him from Newcastle to London before returning for the Great North Run. Paul continued through France, crossing into Switzerland and finishing in Nice, covering at least 70 miles daily.

Reflecting on the experience, Paul said: “When I worked in a community treatment team a few years ago, I asked Mohammed if he’d like to do a cycle ride for SHINE. The planned short ride turned into an epic adventure.

“We cycled three long days to London in 30-degree heat. When we arrived at London Bridge, Mohammed returned home and gave his energy to the world-famous Great North Run. I carried on to the South of France, over the Alps and into Nice. It was exhausting, mainly for Mohammed as he had to endure the endless amounts of conversation from me! But we did it, and it was a fantastic experience. We learnt a lot about our cultures and our way of life, and that if we put our mind to something, we can achieve it.”



Sharon Brennan, Charity Communications and Marketing Manager at CNTW, praised their efforts, saying, “Thank you so much to Paul and Mohammed for their fundraising efforts. Their donation will make a huge difference to our patients. I would like to thank them for believing in our mission and helping us make a positive impact.”



Great North Run 2023

This year, nine runners took on the famous half-marathon on 8 September to raise funds for SHINE, raising over £4,000 so far! We’d like to extend a big thank you to Jennie Doig, Joanne Wallace, Oliver Daley, Paul Wales, Matthew Brennan, Andy Brennan, Jake Smith, Liam Robertson and Catherine Currah.

Joanne Wallace, a doctor in the Trust’s Children and Young People’s services, said: “Working in CNTW as a doctor and then also supporting my own family members that have needed mental health support from CNTW, I have seen first-hand the excellent work the Trust does in providing excellent mental healthcare in the North East.”

“Raising money for the SHINE fund is my opportunity to say thank you and to give back to this excellent cause.”

There’s still time to support our runners!
You can make a donation here:



Engaging local communities

Stagecoach Cumbria and North Lancashire and Stagecoach North East

In April 2024, Stagecoach Cumbria and North Lancashire kindly agreed to support the Trust’s charity by displaying 100 posters promoting SHINE on buses across Carlisle and West Cumbria.



Posters were also displayed at Carlisle and Workington bus stations. The posters provided information about SHINE and highlighted some local projects the fund had supported. The aim of this initiative was to grow awareness of the charity in local communities and promote the fund’s impact on patients, families and carers.

Promotion and support through Starbucks



In June, Stagecoach North East joined the effort by displaying promotional posters on half of their fleet across Tyne and Wear, further extending the reach and visibility of the SHINE fund across the region. We would like to say a big thank you to Stagecoach for supporting our charity.



“It’s also important to use this partnership to raise awareness of mental health and disabilities and enable people to access the information they need.”

Jude Parker, Store Manager at Starbucks Northumberland Street, said: “We are privileged to be able to work alongside the SHINE fund. We are hoping to raise funds to allow the charity to carry on their good work and help spread awareness of mental health.”

Local housebuilders support the SHINE Fund



Local housebuilder, Barratt Developments North East, donated an amazing £1,500 to the SHINE fund to say thank you during the NHS birthday celebrations.

As part of this commemoration, and to highlight the site’s history as the former Walkergate Hospital, a vibrant NHS rainbow road crossing was created at Sycamore Grove acknowledging the invaluable contributions of healthcare professionals.

Sharon Brennan, Charity Communications and Marketing Manager at CNTW said: “We are tremendously grateful to Barratt Developments North East for their generous donation to our SHINE fund. These funds will allow us to continue our mission of providing meaningful experiences and essential resources to our service users. By supporting their wellbeing and quality of life, we can help them on their path to recovery and beyond.”

Carl Sobolewski, Managing Director at Barratt Developments North East, added: “We are honoured to be backing such an exceptional organisation. Their tireless efforts in improving the lives of those in need align with our commitment to creating thriving communities and together, we can work to make a genuine and lasting impact.”



In March 2024, local property developer and housebuilder Bellway made a donation of £500 to the SHINE fund. We would like to say a big thank you to Bellway for their generous donation!



Community champions: a partnership of support and generosity

We are proud to have developed strong relationships with several major supermarkets across the North East and Cumbria. We have partnered with Morrisons, Asda, Tesco, Sainsbury's, and Waitrose. Each of these supermarkets has gone above and beyond in supporting SHINE and our initiatives.

Easter raffle success

One of the highlights of our partnership was the Easter raffle, where the supermarkets' community champions generously donated Easter-themed prizes, including an array of Easter eggs. These donations brought joy to our hospital sites, creating a festive and uplifting atmosphere for both patients and staff.

Supporting our colleagues in Cumbria

When our colleagues took on the challenge of walking the length of Hadrian's Wall to raise funds for SHINE, the supermarkets stepped in to support. They provided essential refreshments, including bottles of water, cereal bars, and sweets, which were crucial in sustaining the walkers throughout their journey. This thoughtful contribution not only nourished the participants but also boosted their morale.

Raffles and rewards

In addition to supporting events like the Easter raffle, the supermarkets have also donated a variety of alcoholic beverages, which we used as part of our raffle at our staff awards ceremony. These contributions helped us celebrate and recognise the hard work of our team members, adding a special touch to our events.

NHS 76th Anniversary and NHS Big Tea 2024 celebrations

To mark the NHS's 76th anniversary and the NHS Big Tea in 2024, the community champions once again showed their commitment to our cause by donating an assortment of sweet treats and cakes. This generous donation enabled us to host a cake sale on site, where staff and patients could purchase delicious treats in exchange for donations to SHINE. The event was a success, enjoyed by everyone and further contributed to our fundraising efforts.

Community engagement

The community champions have also opened their doors to us, allowing our team to set up information stands and collection buckets in store. This opportunity has been invaluable, enabling us to engage directly with the public, raise awareness about mental health and SHINE, and encourage community involvement. The welcoming nature of the community champions has been a testament to their dedication to supporting local causes and fostering a sense of community spirit.

A heartfelt thank you

We extend our deepest gratitude to Morrisons, Asda, Tesco, Sainsbury's, and Waitrose, and their incredible community champions. Their unwavering support has been a cornerstone of our efforts to enhance the lives of our service users. The sentiment they express, "always ask, and if we can help, we will," resonates deeply with us and echoes the spirit of generosity and community that we strive to uphold at SHINE.

Through these partnerships, we've been able to provide those little extras that make a big difference—whether it's through a simple act of kindness like an Easter egg, or the more significant impact of supporting our colleagues in their fundraising activities. Together, we are building a brighter, more hopeful future for our community, one generous act at a time.

Thank you to our community champions for standing with SHINE and making a tangible difference in the lives of those we serve. Your support is appreciated.



NHS Charities Together awards grant to support patients, carers and NHS staff

In November 2023, patients, carers, and NHS staff benefitted from a £154,000 grant awarded by NHS Charities Together. The grant was part of numerous awards made possible by the organisation's COVID-19 Urgent Appeal, which successfully raised £162 million.

The allocated funding supports eight different projects focused on the long-term recovery of both patients and staff affected by COVID-19. Beneficiaries include our children and young people's services, adult autism inpatient services, bereavement support for staff through the Trust's Staff Psychological Centre, and support for the carers of children and young people.

Sharon Brennan, Charity Communications and Marketing Manager at CNTW, said: "We are delighted to have received the NHS Charities Together funding, which will greatly benefit our service users and healthcare staff."

Key Projects and Enhancements

Gardening and Recreational Facilities

Additional funding has been allocated for gardening equipment, dining area improvements, gym equipment, and sessional workers. These resources will enhance community engagement, educational opportunities, and reduce isolation. Young service users have expressed a love of gardening, and additional space will allow them to engage more deeply with nature.



Young people also reported that some dining areas felt clinical. A mural has been designed by a local artist which has transformed the dining area on Lotus ward into a more welcoming space.





Sensory Room Improvements

The grant has funded the enhancement of sensory rooms in children and young people's inpatient wards. These improvements will aid socialisation, sensory motor skills, cognitive development, and relaxation. A fully equipped sensory room provides a therapeutic alternative to the typical ward environment.

Family and Carer Support

Families and carers have also benefited from the grant. Ferndene, our inpatient service for children and young people, held a family fun day in July 2024 to promote family inclusion and strengthen relationships between carers, patients and staff.



Outdoor Gym Facilities

Outdoor gyms have been established at Rose Lodge in Hebburn and soon at Northgate Hospital, part of the Trust's autism services. These facilities address health inequalities faced by autistic adults, who are at higher risk of being underweight, obese, or experiencing chronic diseases. They are also less likely to take part in exercise compared to the general population.

Staff Support Services

Part of the grant has been used to create an additional post within our Staff Psychological Centre, providing dedicated support for staff experiencing bereavement. This role ensures staff have access to the right help when they need it.



Ellie Orton OBE, Chief Executive of NHS Charities Together, commented: "We are thrilled to support children, young people, families, carers, and staff accessing mental health, learning disabilities, and neuro-rehabilitation services in the North East and North Cumbria. We hope this extra support will make a real difference".

NHS Charities Together is the national independent charity caring for the NHS, working with a network of NHS charities across the UK to enhance support for staff and patients.

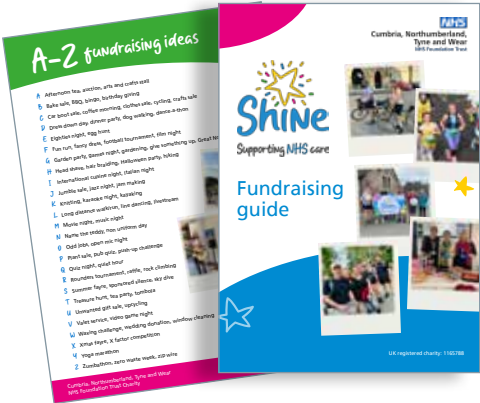


How you can support our charity

We offer many ways to support our charity.

Partnership links

We are on the lookout for our first official charity partner! Please get in touch with our team if you have links to companies who may be interested in developing a relationship with our charity.



Fundraise for us

Run, bake, hike or host a party to raise funds for SHINE - however you want to fundraise, you can make a real impact. If you're not sure where to start, visit our fundraising page for our Fundraising Guide and A-Z list of ideas. We can provide support and guidance on hosting your own fundraising event for SHINE. Please note that prior permission is required to use our Trust's name or branding in any fundraising event. If you would like to fundraise for our charity please contact charitablefunds@cntw.nhs.uk

Legacies - a gift in your will

After providing for their loved ones, many people choose to make a gift to their local hospital in recognition of personal treatment, or that provided to a relative or friend.

You can help maintain and improve our services for future generations by including us in your will. Our Charitable Funds Team can provide confidential help and advice on appropriate wording for your will.

Regular giving

We provide a secure online donation service via JustGiving, where you can make a one-off or regular donation using a credit or debit card. Visit [Cumbria, Northumberland, Tyne and Wear NHS FT Charity - JustGiving](https://www.justgiving.com/charity/Cumbria-Northumberland-Tyne-and-Wear-NHS-FT-Charity)

Easyfundraising

Easyfundraising lets you raise money for your chosen cause for free when you shop online with over 7,000 partnered retailers! It's one of the easiest ways to support SHINE.

Partnered retailers include all major supermarkets, Argos, Pets at Home, Just Eat, Booking.com, Trainline and Currys, donating up to 15% of your order amount. Donations are made automatically at checkout when you order online via your internet browser with the Easyfundraising browser extension enabled.

Get started today! Visit www.easyfundraising.org.uk/causes/cntw



Visiting one of our Trust sites

You can make a donation at our cafes via our collection tins or get rid of old clothes by placing them in our textiles donation bins. Find them in our car parks on site. Our textiles bins accept donations of clean reusable clothes, paired shoes, handbags, bedding, towels, accessories, belts, toys, curtains and bric-a-brac. SHINE receives a percentage of the gross sale of the donated items sold.

Woodwork shop at Northgate

Visit The Craft Shack at Northgate Hospital, selling handmade crafts by our Woodwork team, artwork and plants from the site's gardening project, with 50% of sales profits going to SHINE!



Annual Staff Excellence Awards

Each year, staff attending our Excellence Awards are encouraged to take part and donate to SHINE. Last year, thanks to the generosity of staff who entered our raffle and to a matched donation by Access Group, we were able to raise an incredible £3,780 for SHINE!

Coming soon - online shop

Keep an eye out for updates on our online shop offering mugs, pens and other charity merchandise.

Enhancing staff wellbeing: A new wave of support through NHS Charities Together Together

Thanks to the second wave of NHS Charities Together funding, our Trust has been able to significantly enhance staff wellbeing in various impactful ways. Here are some of the key initiatives we've implemented:

Menopause Support Programme

We recognise the importance of supporting our staff through different life stages, and with the additional funds, we've implemented a comprehensive menopause support programme. This initiative aims to raise awareness, encourage open dialogue, and provide accessible, meaningful support. Key features of the programme include:

- Free one-to-one consultations with a menopause advisor
- Tiered support with specialist clinicians
- Menopause-focused exercise classes on YouTube
- Informative content through emails and our intranet

This support service, provided by Vivup, works alongside our Employee Assistance Programme, which is available to our staff 24/7, 365 days a year. With these resources, we aim to ensure that all of our employees can access the support they need.

There is also a wealth of support delivered in CTNW. There are menopause awareness sessions, hosted by the Integrated Care Board (ICB) menopause lead Jacqui McBurnie, and a monthly lunchtime menopause café available for all staff to attend.



Comprehensive staff health checks

In autumn, we will be introducing extensive staff health checks across the Trust. The feedback from previous health checks has been overwhelmingly positive, encouraging us to offer additional physical health assessments.

These assessments include:

- Blood pressure monitoring
- Cholesterol testing
- Q Risk
- Height and weight measurements
- Personalised lifestyle advice

These initiatives emphasise our commitment to staff wellbeing, ensuring everyone has the resources and support necessary to maintain their health and wellbeing. We are grateful for the continued support of NHS Charities Together, which has made these enhancements possible.



Reiki – Holistic Wellbeing Therapies

To support our staff to take time out of their day to relax, we delivered a cohort of Reiki sessions throughout Mental Health Awareness Week. These holistic therapies address a variety of physical and psychological concerns, such as:

- Relaxation and stress reduction
- Improved sleep quality
- Enhanced wellbeing and positive thinking



Reiki Therapies delivered by Julie Rennie, funded through NHS Charities Together, said “I have thoroughly enjoyed delivering Reiki and have met many lovely people across the various locations. I have loved working alongside the Workforce Development Team who provided continuous support including the smooth and efficient running of each session held”.

We have loved receiving all the positive feedback from staff who attended Reiki Therapies and wanted to highlight some of the statements we have received:

“ I wanted to express my sincere gratitude for organising the Reiki session at work. It was a fantastic experience, and I truly appreciate the effort put into staff wellbeing and morale. The session was a great opportunity to relax and de-stress, which is so important for all of us working in a demanding environment. It felt wonderful to take some time for myself and focus on inner peace. I believe this initiative shows a real commitment to supporting our mental health, and I hope others get the chance to experience it in the future. Thanks again for such a thoughtful gesture! ”

“ Just wanted to feed back how beneficial I found this session – I’ve had a lot of stress over a long period of time and I did find the session extremely calming and took a lot away from it. ”

“ I just wanted to say thank you so much for today’s Reiki session at work. I have always wanted to try Reiki, and it was a great first experience that has inspired me to do more. The treatment made me feel so relaxed, and quietened my mind (which is rare!) Would definitely do it again and recommend to all! ”

The year in CNTW

There is always so much to be proud of at CNTW, and this year was no exception.

September saw the relaunch of the Trust charity. The charity helps support people accessing mental health, learning disabilities and neuro-rehabilitation services by providing the extra things that can make a real difference. Two members of staff recorded a charity single. The musical duo known as The Mop Heads work as cleaners at St Nicholas Hospital and came up with 'Where Hope Begins' during the pandemic. The charity was also supported by occupational therapist Paul Wales who cycled over 1,300 miles from Newcastle to Nice, raising an incredible £8,000 for SHINE and Brain Tumour Research.

In October, we welcomed Darren Best as the Trust's new chair. On taking on the role, Darren said: "I am passionate about the work CNTW does and I'm proud to be a part of it. I feel genuinely honoured to be working with people who do amazing things every day."

CNTW teamed up with Northumbria Healthcare NHS Foundation Trust to launch an innovative one-stop clinic to support drug and alcohol users with their respiratory health. The service runs through Northumberland Recovery Partnership (NRP) clinics, meaning patients receiving treatment for addiction and substance misuse also receive a lung health check. Our region has the highest prevalence of chronic obstructive pulmonary disease (COPD) in the country, so this service has been vital.

November was the grand opening of the Sycamore Unit at Northgate Park hospital in Morpeth. Officially opened by the Duchess of Northumberland, the state-of-the-art secure facility looks after men with a mental illness, learning disability or personality disorder who have come into contact with the criminal justice system. Work on the building began in 2020 and has been designed to raise the standard of care in secure services.

We ended 2023 on a high. A study by consultant psychiatrist Dr Rajesh Nair was recognised at an international conference. The study which could change the way patients are diagnosed with ADHD was awarded 'Best Paper' at the 2023 International Conference on Artificial Intelligence, Robotics, Signal and Image Processing (AIRoSIP). The study looks at how a machine could help in diagnosing ADHD by analysing a person's speech, facial and body movements.

2024 began with the launch of new community recovery and wellbeing hubs, offering people early access to support. The hubs are a partnership between CNTW, Carlisle Matters and other local organisations. Based in Workington and Carlisle, the hubs offer a safe space for support.

February is time to celebrate our apprentices for National Apprenticeship Week. This year, two apprentices started an apprenticeship in Art Therapy/Psychotherapy, the first of its kind in the country. Simon Hackett, a consultant arts psychotherapist at CNTW, was involved in creating the apprenticeship, which is part of a trailblazer programme with the Institute for Apprenticeships and supported by NHS England.

In March we were part of the launch of a groundbreaking wellbeing support hub designed to improve the health of the local community in Newcastle. The Space is the first hub of its

kind to have professionals from multiple services all working under one roof. Its aim is to improve quality of life and access to services for the local population.

Also in March, two members of staff went to the House of Commons for No Smoking Day. Specialist Tobacco Dependence Service Lead Kerry Apedaile and Acting Associate Nurse Director Gayle Wilkinson represented NHS mental health services at the event, where they spoke to lords, ministers and other parliamentarians on what a smokefree future could look like.

April saw the completion of Wearmouth View at Monkwearmouth Hospital. The new building offers staff a modern working environment. The new three-storey building has dramatically improved the site, and provides a bright, welcoming space for staff and service users alike.

In May, staff from North Cumbria walked the length of Hadrian's Wall to raise money for a local community mental health football group. The football group, ran by Carlisle United Community Sports Trust, is supported by the Trust's charity. Six teams took it in turns to walk the 84 miles, raising an incredible £3,883.42.

Also in May, Op COURAGE celebrated a win at the national Positive Practice in Mental Health Awards. The service was awarded the Provider Collaborative Specialist Services Award for its work with veterans. CNTW is the lead provider for Op COURAGE, working in partnership with Pennine Care NHS FT, Leeds and York Partnership NHS FT, Humber Teaching NHS FT, Tees, Esk and Wear Valleys NHS FT, Walking With The Wounded and Combat Stress. The service provides specialist care and support for those due to leave the armed forces, reservists and those who have already left.

May marked Global Accessibility Awareness Day and we launched a new website for our self-help guides. With additional accessibility features, the new website features a modern, fresh look and feel, designed to enhance user experience and accessibility. The self-help guides are now accessible to as many people as possible.

In June, peer supporter Kristina Whitworth was shortlisted for 'NHS Keyworker of the Year' in Newsquest's Pride of Cumbria Awards 2024. Kristina works in our North Cumbria Children's Learning Disability and Behaviour Support Service. Her son has additional needs and she uses her experiences to find new ways to support other families and their children. This has included setting up a drop-in support group and training her dog Honey to be a qualified therapy animal.

Our Voluntary Services Team raised money for two worthy causes. They held a number of stalls across Trust sites with a tombola and games. Money raised will go towards a memorial bench at St George's Park for much-loved volunteer Stevie Matthews, with the remainder going to SHINE. An event will be held to unveil the bench later this year.

And finally, in August CNTW's Public Health Team was shortlisted for a Nursing Times Award in the Public Health category. The team has been recognised for its work implementing national screening pathways for long stay patients in the Trust. The award celebrates the important role the nursing profession plays in promoting and protecting public health.

Copies of the annual magazine can be downloaded from our website www.cntw.nhs.uk

Please contact us to request a version in an alternative format.

Copies can also be obtained by contacting
Communications Department
St Nicholas Hospital
Jubilee Road, Gosforth
Newcastle upon Tyne
NE3 3XT
Tel: 0191 245 6877
communications@cntw.nhs.uk

Find us on social media, search for CNTW