



Northumberland,
Tyne and Wear
NHS Foundation
Trust

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Beadnell Ward Mother and Baby Unit, St Georges Park An Award Winning Service

Northumberland, Tyne and Wear NHS Foundation Trust's Mother and Baby Unit is a six-bedded regional inpatient unit for mothers and their babies located in the Beadnell Ward at St George's Park, Morpeth.

The Unit has been awarded 'excellent' status, the highest possible accreditation by the Perinatal CCQU which is the Quality Network for perinatal mental health services.

A specialised consultative service is provided to care for and treat women with moderate to severe mental health problems during pregnancy and in the postnatal period, such as Bipolar disorder, Severe postnatal depression and Psychotic depression.

The Unit is able to provide a range of services such as:

- Assessment
- Treatment
- Monitoring
- Consultation and liaison
- Cognitive Behavioural Therapy
- Psychiatric and physical health evaluation and interventions
- Individual psychological therapy
- Nursing interventions and support
- Occupational therapy
- Promotion of attachment and bonding
- Collaborative working with Childcare social services, Obstetric staff and Primary care teams
- Tailored discharge preparation packages for inpatients
- Support to care for social and physical needs of babies
- Specialist parenting assessment

The Unit provides an exceptionally high quality environment for patients and referrals are accepted from mental health teams regionally, nationally and internationally as well as NHS funded, insurance and private patients.

For more information about the service or to discuss a referral please email: motherandbaby@ntw.nhs.uk or telephone the Service Manager on 01670 501 869.

Mencap Planning for the Future Event

This free two hour seminar, delivered by a qualified local legal professional provides parents and carers advice on how to leave a legacy for a loved one with a learning disability.

Monday 27th February 2012 at Newcastle City Library, Newcastle, from 12.30 to 2.30pm

Places need to be booked in advance. If you have any questions or would like to book a place, please contact Gina Collins on Tel: 0207 696 6925 or email gina.collins@mencap.org.uk

Pam Ayres performing for Useful Vision



Useful Vision is a registered charity who aim is to help blind and partially sighted children and their families in the north east get the most out of life.

They do this through the delivery of family support services, imaginative events, educational activities, and skills workshops designed to meet the needs of vision impaired children of all ages and abilities.

Pam Ayres is bringing her latest show to the Customs House in South Shields on the 6th of March 2012, following the recent publication of her autobiography 'The Neccessary Aptitude'.

Pam is a TV favourite who has sold millions of books, albums, CD's and DVD's over the years. All proceeds from this special performance will go towards Useful Vision activities and events for families.

Tickets can be purchased from the Box Office on Tel: 0191 454 1234 or online at: www.customshouse.co.uk/theatre

For more information contact Susan or Rebecca at Useful Vision on Tel: 0845 604 8491 or email info@usefulvision.org

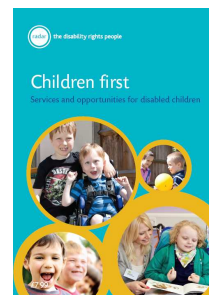
Would you like to publicise events or information about your group or organisation?



If you would like to put an article in 'Information Exchange', free of charge, please contact the Patient Information Centre, contact details are listed on the back of this Newsletter.

Children first – An updated publication from RADAR

RADAR (Royal Association for Disability Rights) has recently updated their publication, 'Children first'.



'Children first' guides parents, carers, and professionals through key areas of interest for children with lived experience of disability or health conditions, including play and leisure, education, transport, and housing. This guide offers up to date information and useful contacts, which will extend your knowledge and awareness of some of the obstacles faced by disabled children and their families, whilst providing useful advice which can help these to be overcome.

'Children first' signposts to information on some of the most useful services available to disabled children as well as to their parents or carer/s, ranging from benefit entitlement, advice on finding the most appropriate form of childcare, and companies who supply toys designed specifically for children with a disability.

Whether you are a parent, carer or family member of a child who has lived experience of disability or health conditions, 'Children first' will empower you, so that can make the most of the services and opportunities available to you and your child.

For more details Tel: 020 7250 3222 or you can purchase this via the website at: www.radar-shop.org.uk/Detail.aspx?id=53

Free Youth Mental Health First Aid Course

HealthWORKS Newcastle is offering a free four half-day training course for any Volunteers/Carers or part time workers in Newcastle.

Youth Mental Health First Aid (YMHFA) tailors materials to people working with, living with or caring for young people between the ages of 11 and 18. The course includes key areas such as Substance Misuse, Eating Disorders, Bullying and Self Harm.

When and Where?

Tuesday 28 February 2012, Tuesday 6 March, Wednesday 14 March, Tuesday 20 March from 9.30am – 1.00pm at the West End Library, Condercum Road, Newcastle upon Tyne, NE4 9JH.

For more information or to book a place contact Bev Shepherdson on Tel: 0191 264 1959 or email beverley.shepherdson@hwn.org.uk

Netbuddy



An award-winning website for parents, carers and learning disability professionals, Netbuddy, launched in September 2010, is an interactive online community providing hundreds of practical tips and suggestions for supporting people with learning disabilities. It is a space to hunt for ideas, swap tips and access information on everything from brushing teeth to challenging behaviour.

All the information on the site is submitted by people with first-hand experience of learning disability, and is organised under quick searches such as 'Dressing and undressing' 'Out and about' 'Behaviour' and 'Routines'.

There are also practical information packs on subjects like financial help, jobs and training, plus a friendly interactive forum. "The idea for Netbuddy came about when my son was small," said Netbuddy founder Deborah Gundle, whose son has learning disabilities. "I spent so much time and energy solving day-to-day problems, which I felt sure other people had encountered. Netbuddy works because people in the special needs community like to support each other".

For more information go to www.netbuddy.org.uk

Worried about your memory? Monthly 'Drop-Ins' in North Tyneside




For information and support why not call in to our monthly afternoon 'drop-in' in either Killingworth or North Shields?

Room 10, 4th Floor, White Swan Centre, Citadel East, Killingworth, Thursday 1st March and Thursday 3rd May, 1.30 – 3.00pm.


For dates and times of the North Shields 'drop-in' please Tel: 0191 257 1245 or mail: helke.duggleby@alzheimers.org.uk

You can contact the Patient Information Centre in the following ways:

 Telephone: (Direct line)
0191 223 2545/6

 Fax 0191 223 2547

 E-mail
gwen.illingworth@ntw.nhs.uk

 Post
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Mailing Label for
GPs