

# Foundation Trust News

Issue 15 Spring 2014

## Barton Centre unveiling



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The courage of airman Cyril Joe Barton VC (pictured below) was remembered on Monday, 31 March, at the unveiling of a memorial to his heroism at the Barton Centre at Hopewood Park.

A series of engraved panels pays tribute to the airman and marks the 70th anniversary to the day when Flying Officer Barton averted disaster by redirecting his badly damaged Halifax bomber away from houses, saving countless lives.

The memorial service was attended by his two surviving sisters, Joyce Voysey and Cynthia Maidment as well as representatives from the RAF and civic dignitaries.

Captain Paul Atkinson, Station Commander of RAF Boulmer, said: "It has been an honour and a privilege to represent the Royal Air Force at the unveiling of this marvellous memorial to Flying Officer Barton, VC. This brave RAF pilot was only 22



when he sacrificed his life trying to ensure the safety and care of others.

"It is therefore extremely fitting that Hopewood Park will be home to a building that carries his name; the Barton Centre will provide enduring care to countless numbers over the decades; Cyril Barton's courage in the face of overwhelming odds will provide inspiration to all those who pass through these doors."



Shining a light on involvement

# Trust News

## New Chief Executive

In March we announced that John Lawlor would be joining us as our new Chief Executive.

John, who is currently Director of the Cumbria, Northumberland, Tyne and Wear Area Team of NHS England, has a wealth of NHS experience, having worked within the Department of Health and having previously served as Chief Executive at a number of NHS organisations.

John said: "I am delighted and honoured to be joining NTW as the new Chief

Executive. I am really looking forward to meeting with staff, service users, carers and local partners to hear how we can work together to further develop our services to support and empower the achievement of the best possible physical and mind (mental) health outcomes the people of Northumberland, Tyne and Wear have every right to expect."

## New Non-Executive Director

Also in March we were delighted to announce the appointment of Ruth Thompson OBE as our new Non-Executive Director.

Ruth has a great deal of experience as a Non-Executive Chair and Director for a range of organisations and will take on the role of High Sheriff for the County of Tyne and Wear in April.

Speaking about the new

appointment, Hugh Morgan Williams said: "We are very pleased to be able to welcome someone of Ruth's calibre to our Trust. She has an exceptional track record in both the public and private sectors and will be a real asset to the Trust going forward."



## An evening with the stars

We celebrated a night with the stars on Friday, 21 March when we paid tribute to our staff at the annual Shining a Light on Excellence Awards.

The evening was hosted by Chairman Hugh Morgan Williams OBE and Chief Executive Dr Gillian Fairfield.

Hugh said: "The Shining a Light on Excellence Awards are the perfect way of publically thanking our staff for all their hard work and commitment and allows the Trust to pay tribute to their achievements. I would also like to thank Laing O'Rourke and our other sponsors for making this magical evening even more

special for our award winners and guests."

The awards ceremony was sponsored by Laing O'Rourke and individual awards were supported by Picker Institute



Europe, Interact Medical, Rove Consultancy, Team Prevent, NHS Employers, Hempsons, Servelec Healthcare and Ward Hadaway.

See page 3 for our full list of winners and runners up.

# AWARDS NEWS

# Staff News

This year's Shining a Light on Excellence Awards attracted over 450 nominations from across the Trust and represents many years of hard work and dedication by staff. Roll on 2015!



### Clinical Team of the Year

Winner - Community Nursing Team CTLD  
Runner up - Eating Disorders Intensive Community Team

### Clinician of the Year

Winner - Neil Blenkinsopp  
Runner up - Kelly Chequer

### Support Team of the Year

Winner - Supplies Team  
Runner up - Pharmacy Department

### Unsung Hero Award

Winner - Sandra Stark  
Joint runners up - Yvonne Valentine and Michael Robe

### Making a Difference Award

Winner - Natalie Hodgson  
Runner up - Sport Instructors Team

### Healthcare Worker of the Year

Winner - Jim Newton Runner up - Derek Robson

### Service User and Carer Involvement

Winner - Sandra Hutton Runner up - Angela Glascott



### Volunteer of the Year

Winner - Anne Stokle  
Runner up - Joanne Corsie

### Apprentice of the Year

Winner - Samuel Broadbent  
Runner up - Adam Dixon

### Research and Innovation Award

Winner - Principal Community Pathways  
Joint runners up - Alnwood and The Dementia Signage Team

### Patient Safety Award

Winner - Anne Bunting and Rob Bailey  
Runner up - John and Coco the dog

### Behind the Scenes Award

Winner - Fiona Kettle  
Runner up - Jane Dunning

### Partnership Working Award

Winner - Northumberland Recovery Partnership  
Runner up - Sunderland Psychiatric Liaison Team

### Chairman's Award

Anne Stokle

### The Big Idea: Improving Quality and Performance within NTW

Joint winners - Leadership and Organisational Development Team and the Capital Projects Team



# COUNCIL OF GOVERNORS 2014

## Carers

 **Ann Clark**  
Adult Services

 **Norman Hildrew**  
Adult Services

 **Janet Fraser**  
Children & Young People's Services

 **George Hardy**  
Learning Disability Services

 **Richard Tomlin**  
Neuro Disability Services

 **Anneva Spark**  
Older People's Services

## Service Users

 **Stephanie Collier**  
Adult Services

 **Claire Keys**  
Adult Services

 **Jack Wilson**  
Children & Young People's Services

 **Rachel Simpson**  
Learning Disability Services

 **Lucy Reynolds**  
Neuro Disability Services

 **Marian Moore**  
Older People's Services

## Public

 **Glenys Goodwill**  
Gateshead

 **Christine Heron**  
Gateshead

 **Austin O'Malley**  
Newcastle and Rest of England & Wales

 **Graham Martin**  
Newcastle and Rest of England & Wales

 **Steve Manchee**  
North Tyneside

 **Dianne Graham**  
North Tyneside

 **Vacancy**  
Northumberland

 **Madeleine Elliott**  
Northumberland

 **Margaret Adams**  
South Tyneside

 **Colin Browne**  
South Tyneside

 **Jane Hall**  
Sunderland

 **Karen Copeland**  
Sunderland

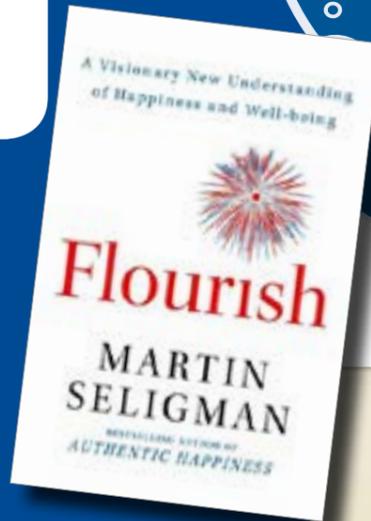


Here's another helpful book from my collection for those of you interested in changing your lives for the better.

## ABOUT A BOOK

### Love Joy Appreciation Gratitude Awe

Until Martin Seligman and his colleagues began documenting the value of these emotions not only to our spirits but to our productivity and well-being, these words were primarily found in religious contexts. With his new book, *Flourish*, Seligman brings our attention to the compelling evidence that has emerged from the field of Positive Psychology, a field he forged. As a speaker and a writer, Seligman inspires. This is a story he shares in *Flourish*: In the 15th century, Cosimo de' Medici convinced his family and the rulers of Florence not to spend their unprecedented wealth on war or on territorial acquisitions but rather on creating beauty. This decision led to the Renaissance, the notion of Free Will, and to Florence's renown as a beautiful city. In a similar vein, Seligman urges us to invest the great wealth of western nations in the ultimate goal of having wealth: increasing well-being.



## Governors' News



### I WAS THERE: On a Positive Mission

Recently, I was the keynote speaker at NTW's annual conference for the psychological services.

This was a pleasure and a privilege and allowed me to share some of what I have learned over the years from the Study of Wellbeing (also known as the Science of Positive Psychology).

**Marian Moore, (BA), Governor for Older People's Services**

[www.ntw.nhs.uk](http://www.ntw.nhs.uk)

## Staff

 **Nigel Atkinson**  
Clinical

 **Grahame Ellis**  
Non Clinical

 **Phil Brown**  
Clinical

 **Bob Waddell**  
Non Clinical

 **Alan Currie**  
Medical

## Community & Voluntary

 **Alisdair Cameron**  
Community & Voluntary Sector - Launchpad

 **Stewart Dexter**  
Community & Voluntary Sector - MIND

## University

 **Barry Hirst**  
Newcastle University

 **Revd Prof Pauline Pearson**  
Northumbria University

## Clinical Commissioning Groups

Seats for our Clinical Commissioning Groups are currently vacant

## How to contact a Governor

Do you have a question about what your governors are working on for the Trust? Would you like to know more about their roles and responsibilities? Perhaps you are considering becoming a governor yourself?

If so, you can contact your governor in a number of ways, including:

e-mail: [governors@ntw.nhs.uk](mailto:governors@ntw.nhs.uk)  
letter: FREEPOST NTW Membership  
Membership Office tel: 0191 223 2468.

Membership enquiries to: [members@ntw.nhs.uk](mailto:members@ntw.nhs.uk)

## Local Authority

 **Mary Foy**  
Gateshead Council

 **Liz Simpson**  
Northumberland County Council

 **Graeme Miller**  
Sunderland City Council

 **Vacancy**  
North Tyneside Council

 **Veronica Dunn**  
Newcastle City Council

 **Gladys Hobson**  
South Tyneside Council

# Service Users' Segment

## Hope

I will be there to light your way, when you feel dark and full of dismay. When you're feeling blue, hope will be there for you. Shining the way to a new path, a one we hope will last.

A belief in recovery I will bring, a song in your heart will begin to sing. Hope will be there for you when no one else will. Will not judge or hurt you. Will listen and be still. Moving at your pace hope is full of recovery, belief and grace.

Let me guide you to a tranquil safe place, where hope can brighten the darkness. Showing you the way out of this frustrating maze. This maze is often in your own head, wanting to harm yourself or wishing you were dead.

Let hope be there when no one cares. When things are wrong. When you have no song in your heart. Hope will start to gently work its way into your soul, making you feel peaceful, stronger and whole.

If you need hope call out I will be there, in the wind that blows through your hair, in the sun that shines even at night, making the world seem tranquil and bright.

Even in the rain, I can wash away your pain. Like little footprints in the sand, Hope always walks beside you, holding your hand.

By Chantelle Pattinson, Peer Support Worker.

## Members' News

### Principal Community Pathways update

Service users, commissioners, GPs and community and voluntary providers from North Tyneside and Northumberland were some of the groups who were invited along to the launch of the next stage of the Principal Community Pathways last month.

PCP has already been launched in Sunderland and South Tyneside and the core pathway model has been designed by working in partnership with staff, partners, service users and carers.

Throughout the summer a number of design workshops will be held which will help shape the pathways for those living in the North Tyneside and Northumberland area.

For more information about PCP and the Trust's Transforming Services Programme visit [www.ntw.nhs.uk](http://www.ntw.nhs.uk).

### Date for your diary:

Don't forget our Annual Members' Meeting is on **Thursday, 17 July 2014**.  
Tel: 0191 223 2694 to confirm attendance or for further details.

To make the property look the part, the BBC have transformed the front of Short Break House, repairing the garden walls, erecting and painting fencing, building a porch and painting the front of the house.

Although some of the work is temporary and part of *The Dumping Ground* "set", such as the pillars on the front of the property, there are some long-lasting improvements which have been made and paid for by CBBC.

### TV Interest in the North East

#### Crossroads Care Gateshead and CBBC

The exterior of Crossroads Care, Gateshead's Short Break House will feature in the next series of *The Dumping Ground*, a highly successful CBBC series, filmed locally.

## Carers' Corner

If you are looking after a friend, relative or neighbour who is ill or disabled, you are probably a Carer.

### Newcastle

#### Carers' Centre Newcastle

We have moved to our new premises at:

135-139 Shields Road,  
Newcastle upon Tyne, NE6 1EJ

Email: [info@carerscentrenewcastle](mailto:info@carerscentrenewcastle)

Twitter: @CarersNewcastle



#### Carers Opportunities Fund Update

The Newcastle Carers Opportunities Fund is now into its second year and has enabled carers who care for adults to apply for small grants, of up to £250. From April the fund will also accept applications from carers who care for a child with a disability or illness, living in Newcastle upon Tyne. Carers can get help to fund training, a hobby or a break, carers can also make an application for funding for something they need to help them in their caring role.

The fund is also to help carers to take care of their own health and wellbeing. Carers Centre Newcastle administers the fund on behalf of the local NHS Clinical Commissioning Groups.

If you are someone who works with carers in a professional role we would encourage you to support carers by providing them with a supporting statement which is part of the application process. Information and new application forms are available on the Carers Centre website at [www.carerscentrenewcastle.org.uk](http://www.carerscentrenewcastle.org.uk)

### South Tyneside

#### The Carers Association in South Tyneside (CAST)

For more information please contact us at:

1 Beach Road, South Shields, Tyne & Wear, NE33 2QA  
Telephone (0191) 454 3346

Or visit our website at [www.stcarers.org.uk](http://www.stcarers.org.uk).

#### Mental Health Concern Carers Support Services, South Tyneside

8 Derby Terrace, South Shields  
Tel (0191) 4936917

E-mail [mhcss@mentalhealthconcern.org](mailto:mhcss@mentalhealthconcern.org)



### Sunderland

Sunderland Carers' Centre

#### A life worth living

Carers and mental health service users came together at Washington Mind on Monday, 10 March to attend *A Life Worth Living* Conference.

The conference began with 'Happy Monday', the launch of an annual event by Mind. This focussed with starting the week by sharing an activity with friends and family that makes you happy! The conference looked at how carers and mental health service users can help their own wellbeing. It also had an emphasis on suicide prevention and feelings of despair, as we all need A Life Worth Living.

Sunderland Carers' Centre gave a presentation about the importance of carers looking after themselves. The presentation also included two short films produced by Sunderland Carers' Centre from shared thoughts and experiences of carers. The first film looks at the emotional effects on carers who care for someone who experience suicidal thoughts or attempts and the benefits of finding support.

In the second film, carers share their thoughts about the benefit they get from having the support of other carers at the Mental Health Carers group – their 'Happy Tuesday'.

These two short films can be viewed via links on our website – [www.sunderlandcarers.co.uk/profs.html](http://www.sunderlandcarers.co.uk/profs.html).

For more information about the groups, contact Vera Maw at Sunderland Carers' Centre on (0191) 549 3768

or e-mail: [vera@sunderlandcarers.co.uk](mailto:vera@sunderlandcarers.co.uk).



# Carers' Corner

A Carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability.

## Northumberland



### Carers NORTHUMBERLAND

Suite 17, Wansbeck Business Centre,  
Rotary Parkway, Ashington, Northumberland, NE63 8QZ  
Tel: 0844 800 7354 or (01670) 320025  
Email: [info@carersnorthumberland.org.uk](mailto:info@carersnorthumberland.org.uk)

## North Tyneside

### Activities and Services – North Tyneside Carers' Centre



We are reaching out to more carers throughout North Tyneside and will be holding monthly coffee mornings at venues across the borough. Carers will be able to meet others in similar situations and get specialist advice and support

All coffee mornings will be held 10.30am – 12pm at:

- White Swan Centre, Killingworth - second Tuesday of every month. For carers of someone with memory problems or dementia.
- Shiremoor Centre - fourth Friday of every month. For carers of someone who has had a stroke.

For all carers

- New Prospects, South Parade, Whitley Bay - second Thursday of every month.
- Customer Service Centre, Wallsend - fourth Tuesday of every month.
- Carers' Centre, North Shields - first Friday and third Tuesday of every month.

If you would like more information, please contact Alison on 0191 6432298.

Being able to take a break and attend activities can be difficult for some carers. Our 'Sharing the Caring' service gives carers the chance to take time out, in the knowledge that the person they care for is receiving support and care from fully trained, dedicated and friendly staff. For more information, contact Sandie Gray on 0191 643 2298.

NORTH TYNESIDE Carers' Centre

3rd Floor, YMCA building, Church Way, North Shields, NE29 0AB

E-mail: [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

Tel: 0191 643 2298

## Gateshead

### GATESHEAD Carers Centre



11 Regent Terrace, Gateshead, NE8 1LU  
Tel: (0191) 4900121  
Email: [enquiries@gatesheadcarers.com](mailto:enquiries@gatesheadcarers.com)

There are several regular meetings in Gateshead for carers who support family or friends who experience mental distress.

The **Mental Health Carers Forum** gives carers an opportunity to meet, share experiences, express their views, support each other and get information about local adult mental health and other services. Meetings are on the first Wednesday in the month, from 5.30–7.30pm at Gateshead Carers Association, Regents Terrace (opposite the Civic Centre). Contact Joe Lewis at Crossroads Care Gateshead 01207 549780 for more information.

There are three regular **Carer Drop-ins** where there is peer support for carers and an opportunity for them to get advice, raise any issues around mental health care and get information about available help. The PALS Drop-in with Jean Francombe from PALS and a Mental Health Carer Support Worker from Crossroads Care Gateshead, meets on the first Wednesday in the month, from 11.00–12.00 at Dryden Road Clinic. Call Jean Francombe on 0191 4416616 for more information.

The **Tranwell Carers' Drop-in** meets monthly on the fourth Thursday of the month from 5.30 – 7.00 pm at The Nook, Tranwell Unit. Call Jean on 0191 4416616 for more information.

**Blaydon Mental Health Carers Drop-in** meets fortnightly on a Tuesday, from 10.00–12.00 at Blaydon Centre. Call David Harper on 01207 549780 for more information.

For individual appointments, please contact:

- Jean Francombe, Patient Advice and Liaison Service (PALS) on 0191 441 6616
- David Harper, Crossroads Care, Gateshead on 01207 549780
- Gateshead Carers Association on 0191 4900121

**Do you have a smart phone?**

You can find out more about our Trust by scanning this qr code.



If you would like to receive regular copies of this newsletter, become a member! Either visit our website, [www.ntw.nhs.uk](http://www.ntw.nhs.uk), e-mail [members@ntw.nhs.uk](mailto:members@ntw.nhs.uk) or complete this request slip to receive a membership application form.

Name: .....Address: .....

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