



Involvement Newsletter

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August 2020

Introduction

Welcome back to our monthly newsletter. We hope the weekly communications we had previously been sending out were well received.

As much as we enjoyed putting together the weekly communications in order to share information and cover topics of interest, we feel that as restrictions are lifting and more and more examples of involvement and good work can be seen happening throughout the Trust, the time is right to move back to our monthly newsletter format and allow us to take the focus of our communications back to involvement, and service users and carers.

We hope that you continue to find the news and information to be informative and inspiring.



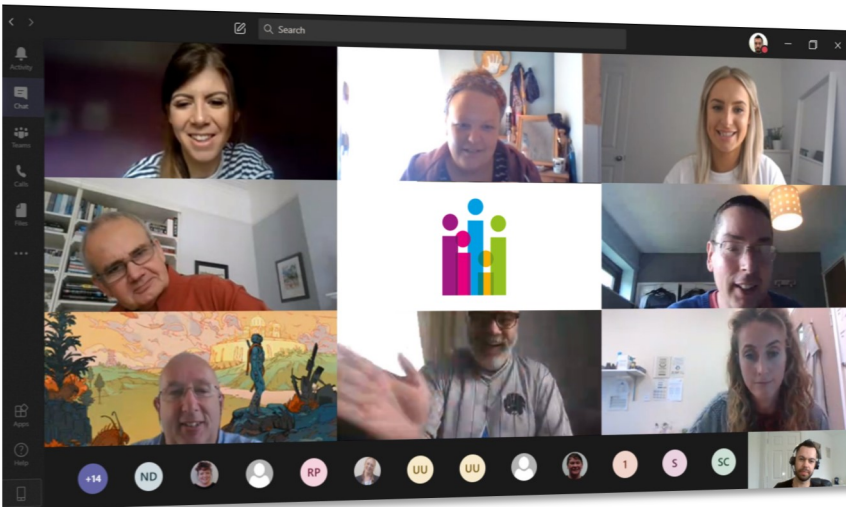
Northgate Hospital Bird Hide



At Northgate hospital students in the woodwork and garpro departments requested the development of the surrounding woodland areas around the hospital to allow for better access. The students and staff decided that a bird hide would be a great addition to the Recovery College. The design was done collaboratively and everyone has been working hard to get the bird hide built. The Recovery College will be running regular bird watching courses and hopefully will get some pictures of the local wildlife.



Peer Supporter Reconnection Day



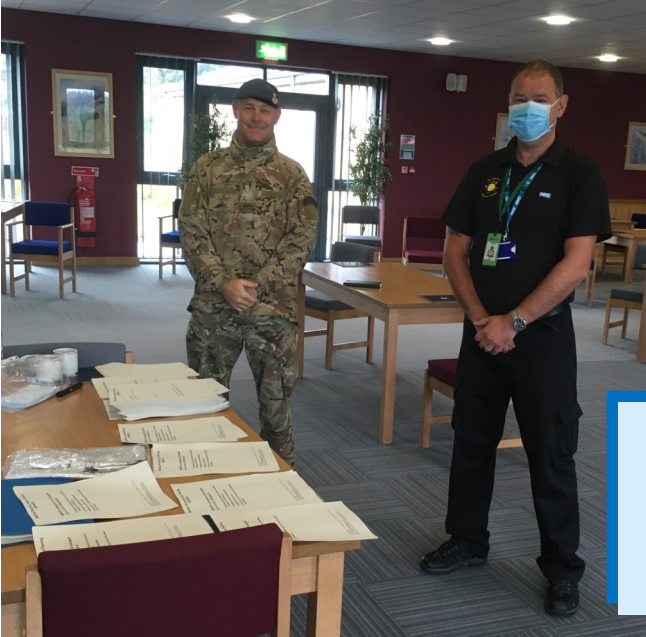
The Patient and Carer Involvement Team recently held a reconnection day for Peer Supporters working throughout the Trust. Due to COVID-19 and the restrictions that come with it, the original face to face reconnection day that had been planned was postponed and the material for the day adapted to take place over Microsoft Teams.

The day was well attended by Peer Supporters and also served as an opportunity to get to know the new Peer Supporters who have joined the Trust since the last reconnection day. The reconnection day also provided an opportunity for some team building and further role development for Peer Support.

Caroline Wills kindly attended the reconnection day to present on 'health literacy' and its importance, what CNTW is doing to make a difference, and what we all can do to help. The Schwartz Team also attended to host a Team Time session and facilitated discussion around people's experiences of COVID-19. As part of this, two Peer Supporters, Stephen and Laura, talked about their own experiences of COVID-19.

Thank you to all who attended for the day, and special thanks to Stephen and Laura for sharing their experiences, and thank you to Caroline Wills and the Schwartz Team for all their hard work.

WRAP at RAF Spadeadam



The Gateway Recovery College within Secure Care are delivering Wellness Recovery Action Plan training as well as an Addiction Awareness Session to the personnel at RAF Spadeadam as part of their two day Mental Health and Wellbeing event. Danny Cain Peer Supporter has made links with Warrant Officer Scott Andrews. We are very proud to be given the opportunity to support the Armed Forces.

“It was inspirational to hear somebody who has experience in mental health issues share their experience and knowledge.”

RAF Spadeadam, located in Cumbria, is the only Electronic Warfare Tactics facility in Europe where aircrews can practise manoeuvres and tactics against a variety of threats and targets that they face in contemporary warfare. The facility attracts aircraft from the RAF, Royal Navy, British Army and NATO Forces. The survival of aircrews over Iraq, Afghanistan or elsewhere, and the soldiers on the ground who depend on air support, are affected by the training provided by RAF Spadeadam.

RAF Spadeadam is the largest RAF Station (by land area) covering 9600 acres, and run by a small team of RAF personnel, civil servants and contractors

Scott’s wife is currently doing her nurse training and did a placement at St. Georges, and whilst on placement she attended one of Danny’s WRAP sessions which he facilitates, this is how we were contacted.

This two day event was to support the personnel on the base at Spadeadam , Scott Andrews had arranged the event, personnel on the base who attended were administration staff, RAF technicians, senior officers, fire wardens, a total of 26 people attended which Scott reported as unprecedented. Danny Cain sent information through in relation to the role of the Peer supporter to promote the event which included CNTW’s approach to supporting people with a lived experience to tell their story to instil hope in others. Included in the two day event were physical activities, team work and mindfulness.

“The presentation was well delivered despite having to wear masks throughout. To add to this the audience was larger than anticipated with social distancing applied. This made it more difficult. However the presentation was well delivered and well received. Thank you.”

Following the training event Danny and I were approached by many of the participants who discussed how they felt and were openly discussing their own mental health concerns and how they felt developing a WRAP plan would support them. Scott has offered the opportunity for some of our service users to visit the base once the Pandemic is over.

Lynn Williams, Specialist Clinical Lead, Secure Care

Involvement Team Student Placement



For the last 6 weeks the Involvement Team have provided a placement opportunity for a final year student Occupational Therapist, Abbey, who was mentored by Faye over in North Cumbria. The placement has been completely remote working due to COVID-19 but has proven very beneficial and set the scene for the possibility of the Team having future students. Having Abbey working with us has shown that it has provided an excellent opportunity for a different outlook as she qualifies as a health professional. She has been able to learn and embed recovery and involvement from the very outset of her career. We have thoroughly enjoyed having Abbey join our Team for a short while and she has been an excellent asset in the work that we are currently doing. Thank you Abbey for opening this door for us, we are very much looking forward for how we can prepare to have students in the future.

“I have thoroughly enjoyed working with the Involvement Team as they have been kind, considerate and supportive throughout the six weeks of my placement. Faye, my educator, has been very helpful and strived to get the best out of me every step of the way during my placement. I found it very strange yet rewarding to complete a remote placement as I had never experienced a non-patient facing role within occupational therapy. Although, I found it very beneficial to my learning as I had time to complete my own research and develop my skills as an occupational therapist. I feel this placement has given me an advantage when becoming newly qualified as I was able to learn about involvement and recovery which I wouldn't have had the opportunity to embark in, in other practice settings. I will always be grateful to the involvement team for supporting me on my final step to becoming a newly qualified occupational therapist.”

The Journey to Becoming an Artist



Recently, the Quality Network for Forensic Mental Health Services published an article in their newsletter detailing the journey service user Charles Truman at Northgate Hospital. Charles has attended sessions with the Arts Team at Arts Project and credits his experiences as being instrumental to his development as an artist.

To read the full article, click [here](#).

North Cumbria Involvement and Experience

On July 13th 2020, the North Cumbria Locality held their first Locality Patient and Carer Involvement and Experience Group. Over 40 people attended the meeting with a good cross audience of service users, carers, staff and third sector partners.

Chairing the meeting was David Storm (Associate Director Access and Community), with Involvement Facilitators Faye Atkinson and Carol Desborough also attending. The meeting had a positive and 'can do' feeling. Topics discussed at the meeting included positive ideas for Peer Supporters, a Recovery College, improving joint working and listening effectively. We received lots of feedback, some of which included;

CNTW being CQC excellent want us to be up there with them. Their involvement opportunities are long term, brilliant, non-tokenistic and welcome."

"I believe the pathway you are taking with the services will be beneficial as you are continuously reviewing changes and trying to include family members, carers and service users to be involved in their own care through 'the involvement bank'. Therefore, I believe only positive reviews can be made about this as being involved in care could make a substantial difference to an individual's mental health journey."

"Co-production is easier than people think if we can work openly and try to walk in others shoes. Service users and carers first."

"I really enjoyed the meeting as I feel it demonstrated where you wanted to go with the service and explained how you feel you can go forward with the plans made."

"Great turnout!"

"Well done!!"

The north Cumbria meeting will now be bi-monthly in line with the wider CNTW Involvement Team.

Finally a big thank you to all those that could make our locality meeting - we were left feeling very positive and hopeful about the future of involvement and working together, thank-you.

Acceptance Live Cast



Throughout COVID-19 CNTW have been running staff wellbeing livecasts, each week covering a specific topic.

Paul Nicol, Involvement Facilitator for North recently presented at one of the livecasts and spoke about the theme of acceptance during COVID-19. Paul's open and honest presentation was well received by those who attended, with staff commenting on how helpful, powerful and insightful the presentation was.

"Thank you for your time and wisdom."

"A really brilliant presentation, thank you - It really connects."

An update from Faye and Carol



We now have our own office base over Geltwood House on the Carleton Clinic site. We love it here and thank Geltwood for welcoming us.

We have been working hard to publicise our Involvement Bank and are trying to get our paper copies of the Guide to Involvement out to all our services and third sector friends so that our bank of service users and carers can continue to grow!! Please look out for these and pick up some copies and share. Our North Cumbria Involvement Bank is continuing to grow and we have started monthly meetings to stay connected and keep things moving forward!

We are exceptionally pleased with how our role is being valued over here and are delighted that we are being included and invited to lots of meetings and meeting new faces!! It's been great to see involvement getting on the agenda, with some really good involvement requests starting to come through, which is

really exciting!!

We would like to say a big thank you to the Peer Supporters over in the North East and to those that have helped us support teams to become more aware of your role! You are all truly inspirational and we can't wait to see the role develop over here!! The advert is now out, and we are looking to recruit several Peer Supporters to cover both inpatient and community services, please look out for this and share wherever you can!!

A Month of Hope

The world has been experiencing the unprecedented impact of the global health emergency. This has also impacted on the mental health of millions of people. We know that the levels of anxiety, fear, isolation, social distancing and restrictions, uncertainty and emotional distress experienced have become widespread as the world struggles to bring the virus under control and to find solutions.

No one knows what it is that prevents someone from taking their own life, when they are in a dark place, feeling helpless and hopeless. It could be a quote, a poem, a picture, a conversation...

10 September 2020 is World Suicide Prevention Day and 10 October 2020 is World Mental Health Day.

We want to mark these two important days by having a month of inspiring messages in between. We would like to hear from service users about what helped them out of their dark place, and in particular whilst socially isolating during lockdown. All contributors will be kept completely anonymous but we will share their messages across social media and online with the hashtag:

#InspiringHope

If you or someone you know would like to contribute, please contact:

Involvement@cntw.nhs.uk

Meet the Team - Getting to know you



Hello. My name is Chris. I'm one of the Involvement Coordinators in the Involvement Team working alongside Ashton Davidson. I started working in the Trust in 2015 as a Peer Supporter, based in Sunderland North Community Treatment Team. I loved working in the community and with such an amazing team who helped me not only find my feet as a Peer Supporter, but helped fly the flag for the role, and helped me develop so much both in terms of my role and also as a person. During this time I also worked into Sunderland Recovery College where I worked with some truly amazing and inspirational students and volunteers.

More recently I joined the Involvement Team, just before the pandemic hit. Adjusting to a new team as well as the disruption caused by working from home was a strange learning curve, but I feel so lucky to have yet another helpful and supportive team around me. It's strange to think that I've spent more time in this role working from home than I have in our office, but although working from home does often come with its own challenges (sometimes it can feel like living at work) I feel I can't really complain.

Outside of work I am a self-proclaimed geek. I like all things Marvel (in particular Spider-Man), Sci-Fi, and Disney (the best Disney film being of course The Lion King...it's just Hamlet with Lions). My favourite film and book however has to be The Lord of The Rings. I have a soft spot for underdog stories and classic good vs evil stories, and that one just ticks all the boxes. There aren't many TV shows that I watch religiously, but I am fond of anything presented by David Attenborough, and particularly enjoy watching Planet Earth and Blue Planet on repeat. Mine and my partners cat, Harvey, is also a big fan of these shows with any sections relating to lions or tigers being of particular interest to him.

My taste in music is quite eclectic and I'll listen to almost anything, but Muse has to be my all time favourite band, with Black Holes and Revelations being my favourite album. I would try and make the case that it's one of the greatest albums ever produced, however as a child I thought the very same thing about 'The Smurf's Go Pop' (incidentally the first album I ever purchased) so I don't really think I'm qualified to make bold claims about greatest albums.

When I'm not chilling on the sofa watching films, I like going for walks. I always try to look at the bright side of things, and one of the things that I have found with COVID-19 is that it has encouraged me to go on more regular walks. I've become even more fond of evening walks now, and something that really started as a reaction to the 'one walk per day' guidance at the start of 'lockdown' has now just become part of my daily routine. It also gives me a chance to dabble in one of my other hobbies; photography. I don't really consider myself to be a 'photographer' I just enjoy taking pictures and getting out and about.

I'm excited for things to move towards whatever the new 'normal' is going to be, and in terms of work, I look forward to the day when we can have larger group gatherings again, such as the Service User and Carer Reference Group, so that I can put faces to the names of all the lovely people and Involvement Bank Contributors that I've been getting to know since joining the team.



COVID-19 Support

CNTW have added a section to the Trust website setting out further information and advice relating to Coronavirus (COVID-19). The page will be frequently updated as the situation with COVID-19 continues to develop. For more information visit:

www.cntw.nhs.uk/coronavirus

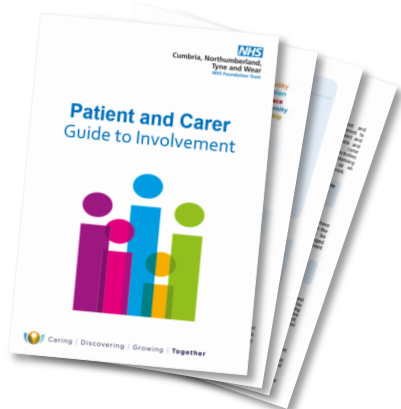
Chaplaincy continue to be available for patients and carers. Chaplains are available for a telephone or Skype chat as a listening ear or a place to ask difficult questions. If people request it, they will also offer prayer.

You can contact Chaplaincy by emailing chaplaincy@ntw.nhs.uk or by leaving a voicemail on the main chaplaincy phone - 0191 246 7282.

Communications

Our Trust Communications Department want to hear from you and to share your positive stories in this difficult time. If you've got a good story about how CNTW are responding to COVID-19, please share it using [#NHSCovidHeroes](https://twitter.com/NHSCovidHeroes) and tag us - we're on Twitter, Instagram, Facebook and LinkedIn too!

Guides to Involvement



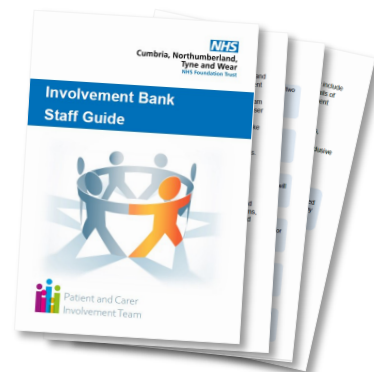
Recently the Involvement Team published a guide to Involvement for people wishing to joining our Involvement Bank or who would like some further information. The guide features an explanation of the types of involvement activities and opportunities there are available as well as supporting information such as support provided, confidentiality, travel expenses, health and safety and safeguarding.

The Team are also in the process of developing an induction programme for bank members / involvement contributors with the aim of facilitating these sessions in the near future.

A Staff Guide to Involvement has also been produced to help promote involvement opportunities and explain to teams and wards how they can utilise the experience of Involvement Bank Contributors in the work they are doing.

For further information, both of these guides are available by clicking [here](#), or by email request at:

involvement@cntw.nhs.uk



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We welcome all feedback