

Humber People

Getting involved, having a say, making a difference
Issue 34 - Free copy



Governor Elections

New trust website

Pride in Humber week 2020

15,877
Members



@HumberNHSFT

Welcome...

Welcome to the September 2020 edition of Humber People!

Since our last issue back in December of 2019, the world has been through an incredibly difficult time and we have been introduced to a number of changes within our daily lives.

The COVID-19 pandemic has had a detrimental impact to the lives of many and has seen our NHS take on huge challenges. In the initial stages, our staff had to quickly adapt to new ways of working, seeing a rise in the use of digital platforms and agile working. Also, our clinicians on the frontline experienced an increased usage of PPE when following our back to basics method. It has been a learning curve for everyone.

We are incredibly proud of everyone within our Trust and how all staff and volunteers have risen to the challenge; keeping the safety of our patients, service users and their families at the forefront of everything they do.

It has also been wonderful to see that our services are being recognised for the quality of care we provide to our patients, carers and services users across the region, and once again we would like to say a huge 'thank you' to all of our staff.

Recently, the Trust saw in the 72nd Birthday of the NHS. Celebrations took place virtually and teams were provided with afternoon tea parcels as a token of thanks for the work that they continue to do, and as a way of enabling them to take a moment to relax and regain their energy.

In this edition, we cover more news and updates from our amazing staff across the Trust during what can be described as a particularly challenging time. Despite this, our teams are

continuing their hard work and it's exciting to see that this has also been recognised through awards.

Throughout this issue, you will learn all about what our fantastic staff have been doing across the Trust since December. Also, this issue will include upcoming projects and events that are taking place throughout the remainder of this year.

We hope that you enjoy this edition of Humber People and we look forward to bringing you more great news, stories and events as we progress further into the year.

Keep up to date with the latest news and events by following us on Twitter and Facebook @HumberNHSFT and by visiting our website at www.humber.nhs.uk.

Best wishes,



Michele Moran
Chief Executive



Sharon Mays
Chairman



The new Trust website is now live

Some of you may have noticed that the Trust website, www.humber.nhs.uk, looks a little different.

We have been developing a new and improved Trust website over recent months and we are proud to announce that it is now live. Our new site is more user-friendly, accessible and optimised for use on any mobile device. It has also been structured to improve the experience and journey of our website visitors, patients, carers, and service users.

Before the COVID period, the Communications team gathered feedback from staff, patients, service users and stakeholders, regarding the re-design and functionality of the website. One of our goals with the new website is to ensure that the information is easy to follow and understand from a visitor's perspective, as well as remaining up-to-date.

All of the build and design work is now complete and we will continue to make improvements as we move forward. This website will be a constant development in regards to content, as it will continue to change and grow with the Trust and its services over time.

“ All of the build and design work is now complete and we will continue to make improvements as we move forward. ”



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Governor Elections:

Would you like to join our Council of Governors?

Do you have a passion for health services and are willing to stand for election to be part of our Council of Governors?

We are holding elections for Governors in the following constituencies

- **Public**
Hull – 2 seats
East Riding – 3 seats
Whitby – 1 seat
- **Service User & Carer** – 2 seats
- **Staff**
1 Clinical and 1 Clinical or Non-Clinical – 2 seats



Governors are usually people who are interested in healthcare and keen to improve health services.

If you would like an information pack or an informal chat on what it means to be a Governor, you can call our Membership office on 01482 389132.

If you would like to stand for election as a Governor, please contact the Electoral Reform Service (ERS) and ask for a nomination form.

Nominations open on Thursday 24 September 2020 and they must be completed and returned to ERS by 5pm on Thursday 22 October 2020.

To request a form please telephone 020 8889 9203 or email: ftnominationenquiries@cesvotes.com.

If an election is required voting packs will be despatched Friday 13 November 2020 and should be returned by the closing date of Tuesday 8 December 2020.

Results of the election will be published on our website.

Together, Governors can influence the development of our services. The Council of Governors offers a means by which you and all of our members can have a voice and be at the heart of our Trust, ensuring it listens to your views to develop and improve our services.

The Council of Governors has some specific duties and responsibilities that are the same for all foundation trusts including:

- Appoints or removes the Chair and other Non-Executive Directors;
- Approves the appointment of the Chief Executive;
- Decides the pay for the Non-Executive Directors;
- Appoints or removes the Trust auditors;
- Represents the interests of the Trust members;
- Holds the Non-Executive Directors to account for the performance of the Executive Directors

If you would like to put yourself forward for the Governor role or vote in elections, you must be a member of the Trust. If you are not sure if you are already a member, or would like to find out more about becoming a Governor, please contact our Membership Officer, Katie Colrein, by calling 01482 389132 or emailing hnf-tr.governors@nhs.net

“ Together, Governors can influence the development of our services. ”

The Council consists of 25 Governors who will come from the following constituencies:

Elected Governors

Public members (Hull): 4
Public members (East Riding): 6
Public members (Wider Yorkshire and Humber area): 1
Public members (Whitby): 1
Service users and carers: 2
Staff: 5
Total elected: 19

Appointed Governors

Hull City Council: 1
East Riding of Yorkshire Council: 1
University of Hull: 1
Humberside Police: 1
Humberside Fire and Rescue: 1
Voluntary Partner: 1
Total appointed: 6



How you can get involved in Dementia Research

At the moment, our Research Team are making large strides in their effort to support Dementia Research. Here's some of the ways in which we are involved and encouraging others do to the same:

Join Dementia Research

The key message within this work is the importance of joining dementia research and the affect your generosity can have on such a cause. Particularly, the Join Dementia Research (JDR) website is a good place to start as this is a national service which matches volunteers to dementia research studies.

Who can join dementia research?

Anyone over the age of 18 can join – you don't have to have a memory problem. Some of the studies are looking at particular lifestyles or require healthy volunteers to take part.

What does this entail?

When you register on the website, you become what is known as a 'volunteer'.

Volunteers don't have to take part in every study that they are matched to and even if they request information about a particular study they still do not have to become involved. When signing up, you choose how you want to be contacted about a potential study match - either by email, phone or mail.

If you want to find out more about what being a volunteer means and what would be expected of you, you can find full details on how it works here.

How can I register?

To register, simply go to the website and you will see on the home page a clear option to sign up yourself or on behalf of someone else.

The team are always available to help people register their interest by either method or to discuss further. The team are also happy to assist people with dementia to join or help their carers or family supporters to join. Family supporters can also register on behalf of the person with dementia. You can find their contact details here.

Problem adaptation therapy for depression in dementia (PATHFINDER)

This is a study investigating if an adapted form of a problem solving therapy called 'Problem Adaptation Therapy' (PATH), can be successfully applied in an NHS setting to assist people living with dementia who are also experiencing depression.

It is a Randomised Control Trial (RCT) comparing 12 weeks of modified PATH therapy sessions with current treatment offered 'as usual' within the NHS.

Who can help?

We are recruiting people who have been diagnosed with mild to moderate dementia, who are also experiencing depression and have a family caregiver (supporter) whom they have contact with for an hour or more at least three days per week. The caregiver would need to agree to act as co-therapist for the intervention if randomly allocated and training will be given within the therapy. (If the person with dementia is required to isolate or be shielded from visits; the identified caregiver should be in contact with the participant twice a week and be available to act as a co-therapist).

Exploring the cause and prevalence of memory problems in mental health (Cap-Mem)

This is a study exploring if the autonomic nervous system works differently in people with psychiatric disorders using a 'one off' questionnaire.

Who can help?

We are looking to recruit people either diagnosed with a psychiatric disorder, a neurodevelopment or a neurodegenerative disorder primarily; however, healthy comparators are also needed at times.

Supporting independence at home for people with dementia (NIDUS-Family)

This study is a Randomised Control Trial (RCT).

Who can help?

The intervention is designed to support a person with dementia and a family caregiver, to identify areas of health and/or wellbeing that they would like to improve. Therefore we would be looking for pairs who meet this description.

What would be expected of us?

During eight sessions with a researcher, over six months, the couple are assisted to develop strategies to manage these areas. The study will compare the intervention participants alongside participants who continue to receive their usual services and care without the intervention.

If you would like to know more about how you can help dementia research, or if you would like to register your interest in any of the above studies, please contact the Humber Research Team via hmf-tr.ResearchTeam@nhs.net or (01482) 301726.

Please note, due to Coronavirus, all current research studies are being operated over the phone instead of face-to-face.

PRIDE

in Humber Week, 2020

Every summer, the LGBT+ community celebrates all around the world. Various events are held in cities across the globe, as a way of recognising the importance of LGBT+ awareness and its influence on the world today. As well as a celebration, Pride also provides an opportunity for people to stand up for what is right. It's a time to peacefully protest against issues the community continue to face, and an opportunity to raise political awareness.

This year, however, things were very different due to the Coronavirus pandemic, which led to hundreds of events being cancelled worldwide. In these circumstances, we knew it was more important than ever to come together and stand in solidarity with one another. To lift up our LGBT+ communities and support their efforts, despite being unable to meet face to face.

As such, we felt it was important to host an event in any way that we could. This led to our virtual Pride in Humber programme.

Our key goal when developing this programme was to bring people together and to spread awareness of local LGBT+ communities and groups in the region. To achieve this, we

reached out to Martin Storey, Education Development Co-ordinator at Mesmac, Sophie Bracewell from Leeds Gender Identity Services, Andy Train, Chair, Hull & ER LGBT+ Forum and Kyle McInnes, Trainee Advanced Clinical Practitioner and Rainbow Alliance group Chair.

These three key individuals were kind enough to agree to speak during our virtual events and help us to learn, grow and understand better LGBT+ members and allies.

Andy Train shared his lived experiences as an LGBT+ community member. He outlined his confusion growing up in a world that didn't define men as anything but straight, with those who acted differently to this norm on television simply being noted as 'camp' and to be laughed at.

He also shared with us the feeling of pressure to get married and have a family, and for him it was not until he'd done those things that people began speaking more openly about being gay and bisexual.

This new way of thinking introduced a lot of pain and hurt into Andy's life. He explained a feeling of loss and that he'd made all the wrong choices. Despite feeling like he had it all – the house, the wife, the job – he still felt extreme feelings of loneliness and despair.

Luckily, Andy's story does have a happy ending. He eventually got the support him and his wife needed to move on amicably and he gained a new lease of life living his authentic self. However, Andy's story taught the audience a lot about the struggles with coming to terms with who you really are at all different stages of life. It opened our eyes to the importance of acceptance and positivity, and for that we're grateful to Andy for sharing such an honest and emotive story with us.

Martin Storey and Sophie Bracewell joined us during Pride in Humber, to speak to us about Transgender awareness. The talk began with Sophie sharing her lived experiences with us. Sophie works in the Leeds Gender Identity Clinic. She outlined how, when she needed support, she was referred to her own services for help, and reminding us the importance of recognising that sometimes the patients can be the experts as well.

Sophie also outlined the hardships that come with coming out as transgender and how best to ask someone what their titles or pronouns are.

"It's much better to politely ask. Never guess, because although if you get it right it can be a real ego-boost, if you get it wrong, it can really hurt that individual for a long time."

"Just simply say 'Hi, I'm Sophie and I identify myself as she/her. What pronouns do you use?'"

Following Sophie's raw and insightful depiction of life as a transgender woman, Martin Storey went on to reaffirm the learnings and tell us about the important work Mesmac are currently doing to support and empower transgender individuals with brave and safe spaces which are an inclusive place for all. To find out more, visit www.mesmac.co.uk.

Finally, we closed the Pride in Humber week with a talk by Kyle McInnes, who leads the Rainbow Alliance LGBT+ community group at Humber Teaching NHS Foundation Trust.

Our Trust places a huge emphasis on diversity and inclusion, and our Rainbow Alliance LGBT+ community is a central part of our efforts to ensure all of our staff and members feel accepted and supported.

Kyle reminded us of the importance of supporting LGBT+ members by simply being an understanding and kind ally. He reaffirmed the notion that you indeed do not need to identify yourself in any particular way to be a part of the Rainbow Alliance.



CMHT Transformation Programme update

Humber Teaching NHS Foundation Trust is one of the twelve early implementer sites across the country, chosen to lead the way for the transformation of Community Mental Health Services. This is based on closer working with the Primary Care Networks and means that we will be implementing the service in all 12 PCN's across Hull and the East Riding over the next six months.

The reason we are doing this is that many people are struggling with their mental health but not always getting the help they need. The demand for mental health services continues to rise and people are often passed from one service to the next, between different providers of care, which are not always joined up.

To address this and to ensure that mental health services work more collaboratively with GPs and Primary Care, we

are developing mental health primary care networks which will support timely access to holistic help and support, which looks at the whole person and the wider determinant of health which, in turn, affects our mental health.

Our Community Mental Health services are changing:

- Improving access to holistic, person-centred help
- Increasing collaborative work with other practitioners in voluntary and community sector organisations and the wider community resource
- Putting clients and the lived experience at the centre of the services offered
- Changing the relationship between primary and secondary care and bridge the present gap
- Bringing together insights and knowledge from social, medical and public health approaches to mental health

- Supporting people to recover, stay well and remain in their community
- Employing more people who have expert skills in understanding how trauma can affect an individual's mental health

The service is underpinned by a multi-agency network, providing an integrated web of relationships across a local system. The individuals in the new service will be employed by different organisations but work together as one team towards a unified purpose. This larger team will be made up of professionals coming from the Voluntary, Statutory, Health and Social Care sectors and people with lived experience. Multidisciplinary team working, reflective practice and an asset-based mind set are the foundations for the team's shared practice culture. There is no set path for staff in the network to follow. Instead, they will use their integrated network of relationships to make sure that people get the support they need, when they need it. This could mean supporting the person directly and/or facilitating introductions to the person best placed to make a difference.

We're pleased to say that recruitment to the new service is well underway; 11 Mental Health Wellbeing Coaches have been recruited and 6 Peer support workers have been recruited for the East Riding. In addition, MIND will be recruiting further Peer support workers for Hull.

Pharmacists and Pharmacy technicians are being interviewed in August. Band 7 Practitioners are scheduled to be interviewed in the next couple of weeks and interviews for 12 development posts for Nursing Associates are underway. The enhanced roles for the Complex Emotional Needs Service are also nearly complete.

We are working closely with our partners and the 12 PCN's through engagement and governance arrangements to implement the transformation and we look forward to updating you all again in the coming weeks.



The global Big Latch On goes virtual

World Breastfeeding Week takes place annually, and this year fell on 1-7 August.

To preface this important awareness week, a celebration called The Big Latch On took place on Friday 31 July between 10am and 11am, in which families from all over the world were invited to breastfeed and offer peer support to each other.

East Riding Children Centres and Humber Teaching NHS Foundation Trust participated in this global celebration, with this year's event being held virtually due to the Coronavirus outbreak - same time, same world, same support for breastfeeding.

Mums, babies, families and friends from across the East Riding were invited to take part in this online event, to highlight the benefits of breastfeeding and raise awareness of the local support available. East Riding Children Centres hosted these virtual events, with support from the Integrated Specialist Public Health Nursing Service.

During World Breastfeeding Week, there was also a re-launch of the Hull and East Riding Thank-you for Breastfeeding in Public cards, in an effort to support and normalise breastfeeding.

During lockdown, some new mums may not have breastfed out and about and organisers want everyone to know that the East Riding of Yorkshire is a breastfeeding-friendly community and new mothers are welcome to breastfeed anywhere, anytime they need or want to.

The virtual events are run on secure platforms to make sure mums stay safe online. To join future events, they will need to register by visiting the Big Latch On website and find their nearest location here <https://biglatchon.org/apps/locations/>

Everyone's breastfeeding journey looks different and organisers want the Global Big Latch On to be as fun and inclusive as possible, while still positively supporting breastfeeding in public and making it a normal part of day-to-day life.

For more information and to find a location near you please visit www.biglatchon.org

Residents can visit www.eastriding.gov.uk/living/children-and-families/childrens-centres/ to find their nearest Children's Centre.

Getting to know...

Hayley Williamson-Escreet



Role: Patient and Carer Experience Co-ordinator

What is your role in the Trust?

I am a Patient and Carer Experience Co-ordinator for the CMHT Transformation programme.

Tell us about your role within the CMHT Transformation programme

I will be working with patient groups within the Trust, in primary care and within voluntary sector organisations, to gather views and feedback around mental health care.

The aim of my work is to understand people's thoughts and experiences, so we can shape mental health services with the views of services users, carers and the workforce at the heart of our work in mind. This will steer our developments and improvements overall.

What do you love about working at Humber?

I am so proud to be working for the NHS – I love how there is a lovely balance at Humber between being friendly and relaxed while being incredibly organised and professional at the same time.

Tell us a fun fact about you

A fun fact about me is that before working in mental health, I worked in the entertainment industry. My claim to fame is that I have performed magic on stage with Paul Daniels on the Paul O'Grady show and I once showed Dynamo a card trick!

Alison Burton



Role: Transformation Programme Administrator

What is your role in the Trust?

I am a Transformation Programme Administrator.

Tell us about your role within the CMHT Transformation programme

I work closely with the programme team and stakeholders, providing support to the Programme Board, Operational Group and 9 work streams.

This consists of preparing agendas and papers, taking minutes at meetings and updating action plans to help the team deliver the CMHT Transformation Programme overall.

What do you love about working at Humber?

I have worked at Humber for a number of years and have been fortunate to have had the opportunity to gain experience in many different services across the Trust. I enjoy working here as my colleagues are dedicated and passionate about providing the best service we can to our patients and carers.

Tell us a fun fact about you

Both my husband and son hold a private pilot license which means I am often in the sky flying over Hull and the East Riding, and sometimes further, and even get chance to take over the controls!

Meet our Assertive Engagement Team:

A service dedicated to supporting the homeless during Covid-19

Throughout COVID-19, our Mental Health Response Service (MHRS) have provided urgent response and home treatment to rough sleepers and homeless individuals who are experiencing mental health crisis.

We spoke with Katie Shaw and Kirsty Dent from our Assertive Engagement team, a division dedicated to working with rough sleepers and those who are homeless under our MHRS, to find out more about their work during this time.

What is the purpose of the Assertive Engagement team?

The purpose of the Assertive Engagement team specifically is to engage with homeless people and rough sleepers to provide essential mental health assessments and psychological treatment to those who need it.

We're a specially commissioned service and we tend to work with groups who are on the fringe of society. Quite often these people are not equipped to keep up their physical and mental health and there tends to be complex issues such as substance abuse and trauma involved. This means that they require specialist assessments and treatments.

In short, it's our job to ensure they get this help and also to encourage them to engage with us and use our mental health services to help them improve and live a fulfilled, healthy life.

How has your team been impacted by COVID-19?

During COVID-19, we have seen an increase in demand and we are really proud of how the team handled this. Everyone ensured it was possible for us to continue working and that we're able to respond quickly and compassionately to people who often find it very difficult to engage with our services.

It hasn't been easy. Usually the people we work with are digitally distanced and therefore hard to locate and reach out to. Many of our service users have experienced an



increased need for our services during this time, as all of the things that keep them feeling well, such as substances and seeing other people out and about, have been taken away from them.

We have experienced increased home-based interventions for those living in hostels and such, and we have also set up a drop-in service where homeless individuals can come and present themselves and have the opportunity to be signposted to our services and others that may benefit their specific needs.

Logistically, we have been working at a different base to allow for social distancing. We also needed to make sure we could protect ourselves when continuing with face-to-face appointments, so things like PPE quickly became a big part of the job.

To be honest, our team just 'got on with things'.

Many of our service users have experienced an increased need for our services during this time, as we see it as our duty and part of our job, but we couldn't have done it without support from others. The Infection Prevention and Control have been phenomenal in making sure we feel protected and we have all of the systems and trainings in place.

"To be honest, our team just 'got on with things'."

In what ways has the increase in demand affected your team?

There has unfortunately been an increase in psychosis during this time, which we believe is due to the stress caused to them during these challenging times. When this happens, it's our job to assess these presentations and understand the need. A lot of homeless people don't want to be assessed or use our services, so the problem we have is ensuring we stay in touch with them and help them find the courage to accept our help.

We don't work in an unplanned way, which basically means that appointments are set up and we provide home-based treatments when there's significant risk and problems. Quite often these appointments need to be set up multiple times before we see the person, but we are persistent as we believe everyone deserves the treatment they need.

How do you think your team have handled the crisis?

Our team have been wonderful. They've been doing really well – when I asked if there's anyone willing to go in face-to-face no one declined, they all stepped up and showed willing.

I'm proud of us for being consistent and stepping up to this challenge. Without our help, there would be a lot of individuals who are very unwell going without help and treatment. We've worked closely with the Council and supported one another to ensure the support line is always there for those who need it.

What has helped you along the way?

Just the general support – knowing you can voice your concerns and that you will be heard. Our team are extremely well supported. At no point have we felt pressured to act any kind of way, that's really helped because we've never felt under pressure we have a choice and we want to do our jobs.

Do you have anything you would like to share with the public at this time?

The services to help the homeless – places like the council, the mayor – are still accepting donations. Mental health response donation drives for toiletries, food and other things are still going ahead.

There are a lot of homeless people who have gone into homes during this time and don't have any possessions. They are left with nothing and quite often, they're struggling to adjust.

If anyone is able to, please do consider donating. Our team are able to pick up any donations and deliver them to those who need it.

Trainee doctor receives panel commendation

Dr Amy Gledhill has recently been awarded the Speciality Training ePortfolio Commendation, as she excelled in all areas during her first six months working as a Trainee Doctor at our Trust.

This is a bi-annual award open to all higher trainees in Psychiatry throughout the Yorkshire and Humber area. It is a commendation which is given to registrars who have consistently shown evidence of progress in their training to become consultants. This would include working with patients, participating well in teams, teaching, leadership, being involved in research... all things which make good doctors! Since joining the Trust, Dr Amy Gledhill shares that she has had opportunities to experience all of those areas and improve her skills across the board, which she firmly believes has contributed to her success.

Dr Gledhill said: "I have thoroughly enjoyed my first placement on PICU, at Miranda House in Hull. Getting involved with Medical Education has been a real joy. Everyone I have met so far has been supportive, friendly and enthusiastic, and I'm looking forward to continue working within the Trust in the future."

"Everyone I have met so far has been supportive, friendly and enthusiastic"

Recruitment



Salaried GP

Location: **Hessle**
 Job Type: **Permanent, part time 23 hours per week**
 Staff Group: **Medical and Dental**
 Salary: **£58,808 - £88,744 pa (pro rata – negotiable)**
 Closing Date: **30/09/2020**
 Job Reference: **338-5105U-19-A**

Specialist Nurse – Band 5

Location: **Hull**
 Job Type: **Permanent**
 Staff Group: **Nursing**
 Salary: **£31,365 - £37,890 pa**
 Closing Date: **28/09/2020**
 Job Reference: **338-6312-20**

Medicine Optimisation Technician

Location: **Whitby**
 Job Type: **Permanent**
 Staff Group: **Health Science Services**
 Salary: **£24,907 - £30,615 pa (pro rata)**
 Closing Date: **17/09/2020**
 Job Reference: **338-2570421-20**

Mental Health Practitioner/Clinical Lead

Location: **Hull**
 Job Type: **Permanent**
 Staff Group: **Community Mental Health**
 Salary: **£38,890 - £44,503 pa**
 Closing Date: **30/09/2020**
 Job Reference: **338-6320-20-A**

Social Worker – Band 6

Location: **Hull**
 Job Type: **Permanent**
 Staff Group: **Mental Health Services**
 Salary: **£31,365 - £37,890 pa**
 Closing Date: **12/10/2020**
 Job Reference: **338-6266A-20-A**

Noticeboard



Annual Members Meeting

Our Annual Members' Meeting (AMM) gives you the chance to hear from our Chief Executive, Director of Finance and Lead Governor about how we have performed against our key targets and what our future challenges will be.

This year, due to the COVID-19 pandemic we will be holding our AMM virtually on Thursday, 17 September 2020 from 2.30pm-3.05pm.

More information about our AMM and how to join the meeting will be issued in the next edition of Humber and Proud.

Whitby Hospital renovation continues to progress throughout COVID-19 pandemic

The £13 million renovation of Whitby Community Hospital which began in March is now well under way and progressing to schedule following some changes due to the coronavirus pandemic.

Sonia Rafferty, Service Manager at Whitby Hospital, said:

"We have been through some very challenging times due to COVID-19, but the team have been amazing. We would just like to thank all of the community for their support during the last few months, the acts of kindness and support have been fantastic and they've kept us all going."

Presently, Whitby Hospital covers a large area over numerous levels, with different medical services spread throughout the building. The new scheme sets out to consolidate the clinical service and the support services within the refurbished Tower Block.

The refurbishment of the Tower Block is due to be completed in Summer 2021, with the remainder of the construction to be finished by the end of 2021.

Michele Moran, Chief Executive at Humber Teaching NHS Foundation Trust, said:

"We are thrilled to see the progression of the refurbishment go ahead as planned and we are looking forward to the next stages of development. It's great to hear from our staff that they've experienced a seamless transition and we look forward to continuing our high standards of care in a modern, fit-for-purpose building that will meet the needs of the local community."

Puzzle Answers:

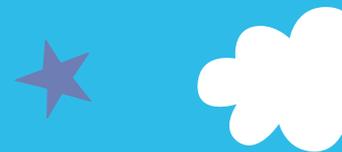
7	1	5	2	9	4	3	8	6
4	6	3	1	7	8	2	5	9
9	8	2	5	3	6	4	1	7
6	7	8	3	2	1	5	9	4
3	9	4	8	6	5	1	7	2
1	4	9	6	8	3	7	2	5
5	2	7	4	1	9	6	3	8
8	3	6	7	5	2	9	4	1

Yorkshire and Humber Quiz Answers:

U	N	M	A	P	R	O	T	E	C	T	I	O	N	W
S	W	E	T	M	N	T	A	S	S	H	E	R		
U	W	S	U	N	N	Y	H	U	T	C	D	A		
M	L	A	L	H	P	U	N	C	E	H	A	V	A	
B	E	N	I	C	E	C	R	E	A	M	E	H	S	
R	W	H	M	S	R	A	R	C	A	B	S	M		
E	O	T	A	E	U	W	M	S	Y	L	H	O	A	
L	E	T	M	A	E	N	E	Y	O	R	E	S		
K														
8	7													
9	David Hockney													
10	Harrogate													



Puzzle Page



Word Search

N	M	A	P	R	O	T	E	C	T	I	O	N	W
S	W	E	T	T	M	N	T	A	S	S	H	E	R
U	W	S	U	N	N	Y	H	U	T	U	C	D	A
M	L	A	L	H	P	U	N	C	E	H	A	A	Y
B	E	N	I	C	E	C	R	E	A	M	E	H	S
R	W	H	M	S	R	A	R	C	A	E	B	S	M
E	O	T	A	E	U	W	M	S	Y	L	H	O	A
L	T	M	A	E	E	N	E	Y	O	R	E	E	S
L	C	M	Y	N	P	E	S	O	E	C	S	B	K
A	D	D	U	M	E	O	P	H	E	D	D	B	D
S	N	N	L	W	U	A	P	S	I	N	L	E	O
W	H	A	E	W	P	P	U	C	O	N	T	S	E
O	T	S	W	A	T	E	R	A	N	O	E	A	E
U	S	A	P	N	W	E	U	E	A	L	T	W	O

Word Search

- ICECREAM
- SHADE
- POOL
- SUNCREAM
- SAND
- SUNSHINE
- SUNNY
- BEACH
- TOWEL
- MASK
- UMBRELLA
- PROTECTION
- RAYS
- WATER

Sudoku

7	1	5	2		4			
	6		1	7			5	9
9	8		5	3	6			
6	7					5		
2	5		9			8	6	
3		4		6				
1		9	6		3	7	2	
5	2	7			9	6	3	
	3			5	2			

Sudoku puzzles are provided by www.sudokuoftheday.com

Yorkshire and Humber Quiz

1. In which Yorkshire town was singer/songwriter Ed Sheeran born?
2. Which famous Yorkshire author wrote 'Villette'?
3. Where is the Captain Cook Memorial Museum?
4. The world's oldest sweet shop was established in 1827. Where is it located?
5. Which Leeds restaurant currently holds a Michelin star?
6. In which year was the Yorkshire Dales National Park established?
7. How long are York's medieval city walls?
8. How many gold medals were won by Yorkshire athletes in the London 2012 Summer Olympics?
9. Salts Mill was built by Sir Titus Salt in 1853. The works of which artist are displayed there today?
10. Where is the Great Yorkshire Showground?

Useful Contacts

Humber Teaching NHS Foundation Trust

Main Switchboard: **01482 301700**

HNF-TR.ContactUs@nhs.net

www.humber.nhs.uk

Patient Advice and Liaison Service (PALS):

01482 303966 or HNF-TR.pals@nhs.net

Accessing Adult and Older People's Mental Health Services

- including in a mental health crisis -

24 hours per day/7 days per week/365 days per year

Hull and East Riding of Yorkshire

01482 301701

Choose Option 1 (Mental Health Services), you will then be asked to choose from a further menu, for emergency/urgent care needs press 3, for counselling press 4 and for all other enquires press 5.

Accessing Child and Adolescent Mental Health Services (CAMHS)

Hull

01482 303688

East Riding of Yorkshire

01482 303810

CAMHS Crisis Response Team

01482 335600

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