

# Humber People

Getting involved, having a say, making a difference

Issue 35 – Free copy



SMASH Bake off

Governor Election results

Whitby Hospital renovation



@HumberNHSFT

15,877  
members

# Welcome...



## Welcome to the February 2021 edition of our Humber People magazine!

**Our last issue was released in the August of 2020, at which point our lives had been turned upside down due to the COVID-19 outbreak. Since then, we've seen a number of national lockdowns and an increase in positive cases during this time, all of which have affected us in a way we will never forget.**

Throughout this difficult time, we have been faced with many obstacles and challenges, but we have been proud to also see the continuation of fantastic work and achievements from all of our teams and staff. We are incredibly proud of everyone within our Trust and how well they have adapted and grown, in order to protect our patients, colleagues, friends and families.

Our services have continued to be recognised for the quality of care they provide, not only by our organisation, but by many others. It is a triumph that our teams continue to excel at this time and we are extremely grateful for all that they have done and continue to do.

In our latest edition, we share some of the awards and achievements of our #Humbelievable staff from the past year. We're excited to bring you a brand new health and wellbeing platform, specially designed to take an educational approach to mental health and one which showcases the innovative work of our services.

This edition will also bring you updates on various projects across the Trust, from national awareness days and public involvement and engagement in our campaigns, to fundraising opportunities and renovation projects that are taking place across our geographical patch.

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 2021.

You can also keep up to date with the latest news and events of the Trust by following us on Twitter and Facebook @ HumberNHSFT and by visiting our website at [www.humber.nhs.uk](http://www.humber.nhs.uk)

Best wishes and stay safe,



Michele Moran  
Chief Executive



Sharon Mays  
Chairman

## Contents

New Humber Recovery and Wellbeing College Platform	3	Volunteers make big impact	10
Governor Election results	4	Yorkshire and Humber Care Record wins award	11
Market Weighton Practice wins General Practice Award	5	Call for involvement in Whitby Hospital renovation	12
SMASH Bake off	6	Recruitment	14
We're calling on smokers to join the thousands who quit in 2020	8	Patient and Carer Experience Team forum dates for 2021	15
		Puzzle page	16

# New Humber Recovery and Wellbeing College Platform

**Due to Coronavirus and social distancing rules in the UK, many face-to-face wellbeing groups have been stepped down temporarily. Our Humber Recovery and Wellbeing College team are pleased to introduce a new and improved online offering to bridge the gap as we work towards a 'new normal'.**

Recovery and Wellbeing Colleges take an educational approach to mental health, as opposed to the more traditional medical management. The aim of their services is to facilitate a range of free, informal and welcoming courses that support people in maintaining good mental and psychical health.

The new website launched on 10th October in support of World Mental Health Day, and the first 250 people to join will receive a branded pin badge as a small token of thanks and welcome from the team.

The platform includes a series of courses available 24/7 and virtual sessions to support an individual's mental health. These sessions include topics such as Stress Awareness, Resilience, Sleep Hygiene, Exploring Identity and Medication Management.

The website will also facilitate the launch of a "Let's Chat" series which has been co-produced with people who have lived experience with mental health. The aim of this series is to break down stigma and open up conversations to facilitate additional support for those who may need it.

Students can track their wellbeing on the platform and useful signposting links are available, which point individuals to national services should they feel that they need additional support.

Samantha Grey, Prevention, Recovery and Wellbeing Team Lead at Humber Teaching NHS Foundation Trust, said:

"We're thrilled to finally be able to share this innovative work with everyone. This is a completely new and diverse way of delivering our courses at this time, which means that anyone is able to access beneficial wellbeing support at a time and place which is convenient for them."

You can register for a free account for full access to the platform here: [www.humberrecoverycollege.nhs.uk/](http://www.humberrecoverycollege.nhs.uk/)



“ This is a completely new and diverse way of delivering our courses at this time, which means that anyone is able to access beneficial wellbeing support at a time and place which is convenient for them. ”



## GOVERNOR ELECTION:

# Governor Election results

The 2020 election campaign took place from 24 September until 22 October 2020.

### **Governor vacancies were available in the following constituencies:**

- 2 seats in Hull
- 3 seats in the East Riding of Yorkshire
- 1 seat in Whitby
- 2 Staff seats (clinical & non clinical)
- 2 Service User & Carer seats

No nominations were received for Public Hull and the seats remain vacant

Seven nominations were received for Public East Riding of Yorkshire which led to an election being held.

One nomination received for each of the Public Whitby and the Service User & Carer constituencies

Three nominations were received for Staff (clinical & non clinical vacancies) leading to an election for the non clinical seat.

### **The full results are:**

Huw Jones, John Cunnington (both re-elected) and Sue Cooper were elected for the Public East Riding of Yorkshire constituency for a 3 year term

Dorothy Pollard was re-elected for the Whitby constituency for a further 3 years

Jean Hart was elected for the Service User & Carer constituency for 3 years, one seat remains vacant

Jack Hudson was re-elected for a further 3 years as a Staff Governor (clinical) and Claire Strawbridge was elected as a Staff Governor Non – Clinical for 3 years

The term of office for all of the successful Governors begins on 1 February 2021.

**Congratulations to all of the successful candidates.**

# Market Weighton Practice wins General Practice Award for Clinical Improvements: Chronic Conditions



**The General Practice Awards is a prestigious award specifically aimed at general practice initiatives and sharing best practice. The team knew this was an important piece of work and there are very few organisations like the General Practice Award that acknowledge this type of work, which encouraged them to submit their case to the board.**

Sue Loft, Assistant Practice Manager at Market Weighton Practice, said:

“This really is fantastic news and we are very proud to receive this award. As a practice team we are all working so incredibly hard under extremely pressurised circumstances. This wonderful news shows that we continue to ensure that our patients are at the centre of everything we do.” The Market Weighton Practice Team entered the “Clinical Improvement: Chronic Conditions” category for its work around improving care for patients with a diagnosis of Chronic Heart Failure; a condition that is often poorly understood and sub optimally managed in general practice.

The team felt that their project was worth submitting after its successful implementation and the initiation of a bespoke primary care heart failure clinic. The team also acknowledged that achieving recognition for this work would help highlight its importance and encourage sharing of best practice.

When asked why they believe they were chosen as the winners of this award, the team spoke about how the diagnosis and management of heart failure can often be challenging in primary care.

In order to address these challenges, the team took a novel approach, combining clinical audit with the initiation of a bespoke primary heart failure clinic. Furthermore, the team took the opportunity to create heart failure clinical templates that help highlight to clinicians the best way to manage such patients. The audit highlighted the under diagnosis of heart failure; and how, without accurate reporting, patients cannot be appropriately managed. The results of the audit fed naturally into the heart failure clinic and coupled with targeted clinical templates, allowing for continuity of care from all clinicians.

Amanda Goode, Advanced Nurse Practitioner at Market Weighton Practice and CVD lead for Harthill PCN, said:

“As the clinical lead for this project, I am delighted that the practice has been recognised for this important work. I’m very proud of the team who have very hard, despite the challenging environment of the NHS at present.”

The team believes they won because they demonstrated a holistic approach to the identification and management of patients with heart failure using a team-based approach. Without the hard work of the whole team, this would not have been possible. A special thank you to: Amanda Goode – ANP Lead, Dr Chris Buswell – GP Lead, Hayley Bleasby – Medical secretary, and Sue Loft – Deputy Practice Manager.



**“This wonderful news shows that we continue to ensure that our patients are at the centre of everything we do.”**

# SMASH

## Bake off

### Local schoolchildren encouraged to put their baking hats on as part of Children's Mental Health Week

Our Social Mediation and Self-Help (SMASH) service at is currently working with schools in Hull, East Riding and North Lincolnshire to get involved in the SMASH Bake Off, as part of Children's Mental Health Week 2021.

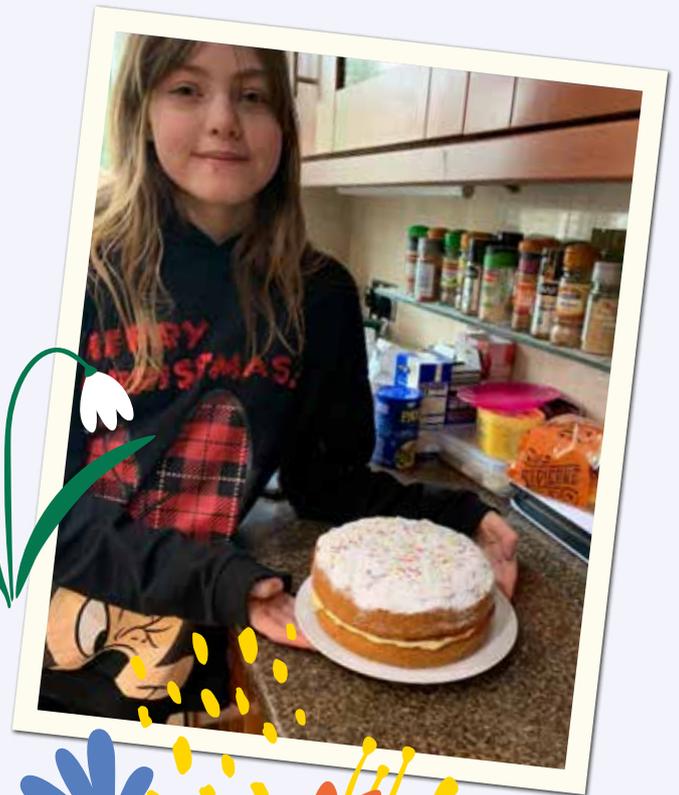
Children's Mental Health Week runs from 1 – 7 February this year and the theme is 'express yourself', encouraging young people to share their thoughts and feelings through creativity.

The Bake Off event has been made possible thanks to a partnership with the Cherry Tree Centre in Beverley and Wolds Fayre Foodservice, who have generously donated ingredients to families, and thanks to dedicated SMASH practitioners, who will be dropping off the food parcels as part of a COVID-safe procedure. This will alleviate any need for families to go to the supermarket for the ingredients and will ensure no one misses out.

The purpose of this event is to show young people in the area that the little things can have a big impact. Activities such as baking and spending time with family can be said to alleviate worry and stress, which is something young people in the area may be struggling with at this time, as a result of the ongoing lockdown and school closures.

Emma Train-Sullivan, Service Manager at SMASH, said:

"I am truly blown away by the creativity, enthusiasm and determination the SMASH team has shown with this campaign. We knew we needed to think outside the box this year and in a way that would adhere to COVID restrictions.



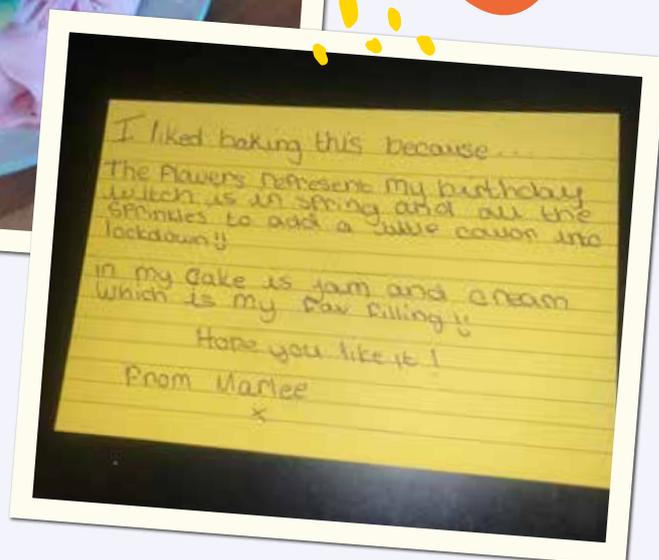
"We're all experiencing levels of disconnection at this time and the mental health of us all is being tested. So when the world has to stay apart, SMASH decided to come together with cake! It's the little things that make the biggest difference – I'm a big believer in using everyday things to create a therapeutic impact, and what better way than with a sweet treat?"

As part of the baking event, pupils will be asked to follow a 'recipe for keeping yourself well', which includes a step-by-step card to make the 'un-worry cake'. The team hopes this will give families the time to reconnect with others virtually, through a community bake off. It is a time to focus on their own thoughts and enjoy the little things in every day.

Each ingredient in the recipe stands for a COVID-safe activity that young people and their families can do throughout the week to alleviate worry. The butter is '225g of family time', the eggs '4 thoughts and feelings shared' and the milk 'a splash of hope'.

You can find the recipe at [www.humber.nhs.uk/downloads/CHMW - Unworry Cake Recipe.pdf](http://www.humber.nhs.uk/downloads/CHMW - Unworry Cake Recipe.pdf).

The SMASH team would like to encourage anyone who is interested to get join in the bake off and spread awareness next week.



You can follow the recipe and get involved on social media from Monday 1st February, via Twitter @HumberNHSFT, where the team will be sharing the young people's experiences each day of Children's Mental Health Week.

# We're calling on smokers to join the thousands who quit in 2020

## For smokers, 2020 was a great year to quit.

It has been estimated that nationally, a million people quit during the first lockdown and hundreds of thousands have maintained that success, with 2020 having the highest rates of successful quitting on record<sup>1</sup>.

We are sharing a powerful new film which tells the stories of those who made a successful quitting journey in this turbulent year and call on others to "put it down, put it out".

The film was commissioned by Southend Borough Council and is made available for Humber Teaching NHS Foundation Trust to use locally. It is the work of spoken word artist Megan Cannon.

When the council approached Megan about the project, she was not immediately enthusiastic: "smoking cessation just didn't sound very interesting". However, it's safe to say she changed her mind as when she looked deeper into the project, she found the stories of people who had used council's stop smoking service inspiring:

"We asked people who'd quit using the stop smoking services loads of questions and their responses were so powerful and full of emotion. I couldn't wait to put the stories together and create this piece, which I hope can inspire others to give up smoking too."

It's been estimated by Action on Smoking and Health (ASH), using data from the YouGov Covid-19 Tracker, that 93,000 people in Yorkshire and The Humber quit smoking during the first lockdown.

An analysis of smokers' behaviour throughout 2020, by researchers at University College London, found that among people who tried to quit smoking in 2020, the success rate was the highest they'd ever seen; something they put down to the unique circumstances of 2020.

We are supporting local residents as well as our own employees to kick the habit in 2021.

An employee from our Trust was one of those successful in joining the thousands in the region to quit in 2020: "After a pretty horrendous year full of devastating news, changes to work life during the pandemic and the addition of lockdowns, I began to smoke after successfully quitting the year before. This was kept from my family and I quickly began to chain smoke as I felt this helped me manage a tough year.

I eventually had a wake-up call and realised I was not managing my emotional wellbeing by smoking – I was in fact hiding it. I approached YOURhealth and asked for more support again, I was instantly booked in for appointments and began with NRT therapy.

During my appointments, we discussed alternative techniques to managing the stressors I was faced with. I started to make sure I was taking time out of the house and began walking again (something I had stopped doing), I was finding other things to do such as preparing healthy meals, knitting and learning the guitar.

I feel so much healthier now, the walks are getting easier and longer and I feel great. I could not have got through the smoking journey without support from Kayleigh and I will be forever grateful for this. It's ok not to be ok, don't be alone - support is there."

Humber Teaching NHS Foundation Trust's Stop Smoking Service remains open and ready to support local people to quit on a remote basis.

Our YOURhealth service provides free support, guidance and motivation to enable you to successfully quit for good.

Free Nicotine Replacement Therapy and Champix prescriptions may be available to those who use the service.

Appointments are available from 8am to 8pm, Monday to Friday, as well as weekend appointments to make sure everyone who wants to quit has the opportunity to seek support.

All appointments are currently remote, meaning you don't need to worry about any unnecessary travel during the current lockdown and you can access support from the comfort of your own home.

Deborah Arnott, Chief Executive of Action on Smoking and Health, said:

"This has been a tough year, but local councils have shown they are more than up to the challenge, showing tremendous commitment to their local communities during the pandemic.

Stop Smoking Services have continued to operate, despite councils having to rebuild them to provide socially distanced support delivered remotely. If you are planning to quit in 2021, seek help from your local service, it might make all the difference."



healthtrainers  
**STOP**  
SMOKING SERVICE

Our YOURhealth service provides free support, guidance and motivation to enable you to successfully quit for good.

To find out more please contact  
YOURhealth:

Text: QUIT to 60163

Call: 0800 917752

Email: [hnf-tr.healthtrainers@nhs.net](mailto:hnf-tr.healthtrainers@nhs.net)

[www.nhs-health-trainers.co.uk](http://www.nhs-health-trainers.co.uk)

“ This has been a tough year, but local councils have shown they are more than up to the challenge, showing tremendous commitment to their local communities during the pandemic. ”



# Volunteers make big impact

**We're currently working in partnership with Scarborough & Ryedale Carers Resource and Coast and Vale Community Action (CaVCA) to bring volunteers into and around the hospital environment and their communities, to help with a wide range of new and exciting roles.**

This way of working is said to have a substantial positive impact on the pressures that come with the winter period in healthcare. This year, the teams involved have appreciated the number of volunteers coming forward more than ever, with the winter pressures being combined with those of COVID-19.

**Elizabeth McPherson, Chief Executive Officer at Scarborough and Ryedale Carers Resource, said:**

"Our most recent venture into partnership working is a true demonstration of how the voluntary sector and health professionals can

achieve great things together. We have been privileged to work with volunteers for many years now, but never more so in the last 10 months, when we have seen the determination of so many to make a real difference in exceptionally challenging times. We look forward to updating everyone on this new development in the near future."

The Trust acknowledged that Scarborough & Ryedale Carers Resource and CaVCA have a proven track record of successful delivery of strategic and operational practices across the Borough of Scarborough and Ryedale District, and was keen to work with them in recruiting volunteers to the local services to help support the divisions at this time.

As well as working with East Riding services in Scarborough, Ryedale and Malton, this partnership extended its reach to the Whitby area, where the local community hospital has benefitted from the impact of additional volunteers.

**Mel Bonney, Chief Executive Officer at Coast and Vale Community Action, said:**

"I am delighted to be working in partnership with Humber Teaching NHS Foundation Trust, to facilitate community volunteering with Whitby Hospital. During the pandemic, we have been stunned by the number of people who have selflessly given their time to support others in the Whitby area. We are confident in their willingness to come forward, to actively support their community hospital, its staff and patients over winter."

As a result of the funding received to make this possible, the teams recruited two part time, permanent positions to elevate the service offerings. They also established a clear understanding of 'need' in each area, which helped them get the volunteers to the places that needed them the most.

The Trust has an ambitious target to recruit 20 additional volunteers from the communities in Scarborough, Ryedale and Whitby, who will engage

**“ We have been privileged to work with volunteers for many years now, but never more so in the last 10 months, when we have seen the determination of so many to make a real difference in exceptionally challenging times. ”**



in a number of specific but essential roles across 5 days; Monday to Friday.

Volunteers can expect to take on a role of activities from transporting patient equipment, to the distribution of vital PPE, family liaison and, where possible, supporting patients on the wards.

It is expected that the volunteers will become embedded into the clinical teams and benefit from the range of training, employee support and staff health and wellbeing programmes. In addition, the roles will provide essential experience and opportunities to pursue substantive posts if that is their ambition.

**If you're interested in joining the voluntary services in the areas of North Yorkshire outlined above, please contact Jo Swift [jo.swift@cavca.org.uk](mailto:jo.swift@cavca.org.uk) or Jenny Rumney [jenny@carersresource.net](mailto:jenny@carersresource.net).**

## Yorkshire and Humber Care Record wins award

**We're thrilled to announce that Yorkshire and Humber Care Record is the winner of the Computing Technology Product Awards 2020 - Best Digital Transformation Product or Service – Public and Third Sector.**

Humber NHS Foundation Trust hosts the programme on behalf of the Yorkshire and Humber region, which involves managing the finances, resources and contract management. In addition, Dr John Byrne, Medical Director at the Trust, is the Senior Responsible Owner for this programme.

Lee Rickles, Programme Director for Yorkshire and Humber Care Record and CIO at Humber Teaching NHS Foundation Trust, said:

“Thanks to everyone for all the hard work over the past couple of years, we are very happy to win this award for the technical development we have created and the teamwork demonstrated across the Yorkshire and Humber region.”

If you are not familiar with the title, Computing is one of the UK's leading business technology information resources, established nearly 40 years ago.

Computing's 'Technology Product Awards' recognise the very best of the UK's technology industry: from the most innovative and

compelling products and vendors, through to the top projects by end-user firms – all chosen by Computing's expert audience of CIOs and other senior IT leaders.

To be shortlisted, teams were judged on three factors:

**INNOVATION** - The entry is detailing something totally new, or has a new approach to an existing challenge

**RELEVANCE** - The entry demonstrates an outstanding understanding of their chosen field

**SUCCESS** - The entry shows clear evidence of success, leadership and adoption

Once shortlisted, the selected contenders are presented to the audience for public vote.

We would like to thank everyone who voted for us and extend our sincerest congratulations to everyone who made this a reality.

If you would like to check out the rest of the awards please click here.

We hope you're inspired by this story and would like to join us in sharing this great news with your connections and networks. On social media we will be using the hashtag #TechProductAwards to join the conversation! See you there.





# Call for involvement in Whitby Hospital and Gardens renovation and fundraising

**The Whitby Hospital and Gardens renovation is now well underway. Our Trust is currently asking for people from the local community to get involved and have their say. Task and finish groups address several areas of the project, from Garden and Landscaping to Naming the Wards.**

These groups comprise of individuals from many different backgrounds, including corporate and clinical NHS staff, local businesses and members of the public. Anyone with an interest in the development of the hospital and gardens is welcome to join.

**Caroline Walker, HCA on the Whitby Hospital Ward, said:**

“I joined the group so that hospital staff would have a voice. It is important to me that we involve members from all areas of the community, to have their say in the refurbishment and future of our local hospital.”

Over the last few months, both internal and external renovations have produced significant change, which is now apparent from the surrounding grounds. Moving forwards, the next few weeks will see the progression of high level roof works, steelwork to the new extension and the link bridge structure, as well as ongoing internal works.

Health Stars, Humber Teaching NHS Foundation Trust’s charity, is leading the task and finish groups, including the fundraising appeal for the hospital.

**Fundraising Manager, Kristina Poxon, said:**

“We’re really excited to be launching the appeal for Whitby Hospital. We’ve set ourselves an ambitious target to raise £200,000 to add sparkle to the hospital over and above what the NHS can provide.”

Health Stars has also recently welcomed Judith Wakefield, as Whitby Hospital Appeal Coordinator. Judith’s experience in the area is expected to equip her with the local and professional knowledge to elevate this special project.

The team would need people from the local community to get involved and help fundraise to meet this target.

The Whitby groups are also proud to announce that Doff Pollard has been re-elected as a Governor on the Humber Teaching NHS Foundation Trust Council of Governors, for another 3 years.

She said: "I feel it is a privilege to be elected as the Governor for Whitby. My motivation is to acknowledge and pay back for what the hospital and all the staff gave me when I needed it. I want to be available to listen to the voices within the community, to take them up and get them heard and, where possible, use them to influence the way forward."

If you're interested in getting involved in the Whitby groups or fundraising for the local hospital, or you have questions about the project, please contact [hello@healthstars.org.uk](mailto:hello@healthstars.org.uk).



## Task and Finish Groups

Task and Finish Groups for Whitby Hospital and Gardens were created to address the key areas of renovation that we seek to achieve, alongside the main construction works. This includes the naming of the wards, the garden and landscaping, artwork in the hospital and fundraising.

The fundraising element is the largest undertaking as the Whitby Appeal team have an ambitious goal of raising £200,000 to spend on things that will add the 'extra sparkle' to the hospital. Above what the NHS can provide. This will include things that will make the hospital a more comfortable and welcoming place for all kinds of patients. The task and finish group associated with this goal have started from the very beginning, brainstorming ideas for what this money should go towards and taking the opinions from staff, the public and local businesses, to decipher what is most important and would hold the most value.

Other task and finish groups, such as the 'naming the wards' group, are heavily influenced by staff who have worked at the hospital for many years and feel very connected to the building itself. They want to have their say in the next stages of development and the Trust takes great pride in including them in this very closely.

Anyone can join these groups and we encourage everyone who would like to have their say to get involved. We hold monthly meetings on Microsoft Teams which group members are invited to, where they will hear about renovation progress in detail and also be able to discuss their group's progress, with regards to the topic they're working on.

# Renovation progress update

## What we're building

Presently, Whitby Hospital covers a large area & has numerous levels, with different clinical & support services spread throughout the building. The new scheme consolidates these services within the Refurbished Tower Block. The Tower Block Refurbishment is due for completion in the summer of 2021. Demolition of the lower part of the hospital and the associated landscaping are due for completion at the end of 2021.

## Recent progress

Over the last couple of months, we have:

- Commenced internal work to all levels of the tower block
- Demolished the link from the low level hospital to the tower block
- Commenced the foundations for a new extension and link bridge structure

## What's next

- Progress with internal works including the installation of new services
- Progress with high level roof works
- Commence steelwork to the new extension & link bridge structure
- Commence plastering and decoration to new internal walls

# Recruitment



## Administration Assistant – Band 2

Location: **Scarborough**  
Job Type: **Permanent**  
Staff Group: **Administration**  
Salary: **£18,005 - £19,337 pa**  
Closing Date: **11/02/2021**  
Job Reference: **338-2855418-21**

## Medicine Optimisation Technician - CMHT

Location: **Goole and Hull**  
Job Type: **Permanent**  
Staff Group: **Pharmacy Technician**  
Salary: **£24,907 - £30,615 pa (pro rata)**  
Closing Date: **01/03/2021**  
Job Reference: **338-2606165-20-C**

## Specialist Practitioner (OT)

Location: **Scarborough**  
Job Type: **Permanent**  
Staff Group: **Occupational Therapy**  
Salary: **£31,365 - £37,890 Pro rata**  
Closing Date: **15/02/2021**  
Job Reference: **338-2882425-21**

## Registered Nurse

Location: **Malton**  
Job Type: **Permanent**  
Staff Group: **Nursing and Midwifery**  
Salary: **£24,907 - £30,615 pa**  
Closing Date: **15/02/2021**  
Job Reference: **338-2925103-21**

## Support Time & Recovery Worker

Location: **Hull**  
Job Type: **Permanent**  
Staff Group: **Mental Health Services**  
Salary: **£19,737 - £21,142 pa**  
Closing Date: **08/02/2021**  
Job Reference: **338-2910728-21**

# Patient and Carer Experience Team forum dates for 2021

We are hoping to hold some of the forums in person, confirmation will be sent at least one month prior to the meeting

## Hull and East Riding Patient and Carer Experience Forum

To provide a public voice by bringing lived experiences and individual perspectives.

Tuesday 18th May	2:00 to 3:30	Virtual / in person – TBC
Tuesday 12th October	1:30 to 3:00	Virtual / in person – TBC

## Whitby & District Patient and Carer Experience Forum

To provide a public voice by bringing lived experiences and individual perspectives. These forums will provide updates from the Task & Finish groups for the Whitby Hospital Build.

Wednesday 26th May	10:30 to 12:00	Virtual / in person – TBC
Wednesday 27th October	10:30 to 12:00	Virtual / in person – TBC

## Patchwide Patient and Carer Experience Forum

To provide a public voice by bringing lived experiences and individual perspectives. These forums will bring together all 3 of the Patient and Carer Experience Forums from the Trust geographical area.

Tuesday 16th March	2:00 to 3:30	Virtual meeting
Wednesday 21st July	2:00 to 3:30	Virtual Meeting
Tuesday 21st September	2:00 to 3:30	Virtual meeting

## Veterans Meetings

To provide a meeting place for anyone who has an interest in the veterans agenda.

Thursday 4th February	10:30 to 11:30	Virtual meeting
Tuesday 18th May	11:00 to 12:00	Virtual / in person – TBC
Wednesday 22nd September	12:30 to 1:30	Virtual / in person – TBC

## Humber Co-Production Network Meetings

To build stronger relationships and partnerships with third sector, public sector, commissioners and hard to reach groups who will provide a voice for the communities and groups they serve.

Thursday 4th March	10:30 to 11:30	Virtual meeting
Thursday 23rd September	10:00 to 12:00	Virtual / in person – TBC

## Scarborough & Ryedale Patient and Carer Experience Forum

To provide a public voice by bringing lived experiences and individual perspectives.

Wednesday 26th May	2:30 to 4:00	Virtual / in person – TBC
Wednesday 27th October	2:30 to 4:00	Virtual / in person – TBC

## Puzzle answers:

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



Yorkshire and Humber Quiz Answers:

- Blue
- Patley Bridge
- Charlotte Bronte
- Vikings
- False
- 199 Steps
- 1893
- WVHEMITSEVLOG
- True
- 250
- True

P	R	O	T	E	C	T	R	H	N	S	M	S	E	
K	E	C	I	M	E	D	N	A	P	E	C	S		
L	I	D	I	N	A	N	F	T	A	S				
A	N	D	S	A	H	I	E	A	S	D	E	R	C	
C	I	R	I	H	L	C	S	V	T	E	R	K	F	
L	M	E	N	L	I	T	E	E	M	O	N	S	E	
M	A	S	H	A	N	D	S	N	H	E	C	L		
A	R	E	H	A	F	E	N	E	A	V	A	E	L	A
M	V	H	E	M	I	C	T	S	E	V	O	L	O	
M	M	A	S	K	I	A	M	L	I	O	E	P	T	
H	S	I	C	H	K	A	E	S	S	S	E	E		
M	E	R	O	I	S	A	V	E	L	I	V	E	S	
H	I	O	A	A	C	F	H	A	T	I	G	O	L	
H	O	M	E	N	T	A	L	H	E	A	L	T	H	



# Puzzle page



## Word search

P	R	O	T	E	C	T	R	H	N	S	W	S	E
K	E	C	I	M	E	D	N	A	P	E	C	C	S
L	T	D	T	D	N	A	N	N	F	T	A	A	S
A	N	D	S	A	H	I	E	A	S	D	E	R	C
C	I	R	T	H	L	C	S	V	T	E	K	F	N
L	W	E	N	L	I	T	E	E	W	O	N	S	E
W	A	S	H	H	A	N	D	S	N	H	E	C	L
A	R	E	H	A	F	N	E	A	A	E	L	A	I
M	V	H	E	W	I	C	T	S	E	V	O	L	G
M	M	A	S	K	I	A	M	L	I	O	E	P	T
H	S	I	I	C	H	K	A	E	S	S	S	E	E
W	E	R	O	I	S	A	V	E	L	I	V	E	S
H	I	O	A	A	A	C	F	H	A	T	G	O	L
H	O	M	E	N	T	A	L	H	E	A	L	T	H

### Word Search

- SNOW
- SCARF
- HAT
- WINTER
- SAVE LIVES
- GLOVES
- WASH HANDS
- MENTAL
- HEALTH
- ICE
- MASK
- PROTECT
- SAFE
- PANDEMIC

## Sudoku

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

Sudoku puzzles are provided by [www.sudokuoftheday.com](http://www.sudokuoftheday.com)

## Yorkshire and Humber quiz

1. The county flag of Yorkshire features a white rose on which colour background?
2. The world's oldest sweet shop was established in 1827. Where is it located?
3. Which famous Yorkshire author wrote 'Villette'?
4. What kind of people does the Jorvik Centre in York celebrate?
5. The walls around York are the shortest city walls in England, true or false?
6. How many steps lead up to Whitby Abbey?
7. In which year did Yorkshire first win the Cricket County Championship?
8. The North York Moors Railway is the longest steam operated railway in the UK, with over 18 miles of track, true or false?
9. How many years did it take to build York Minster?
10. Famous English broadcaster and journalist, Jeremy Clarkson comes from Doncaster, true or false?



## Useful contacts

**Humber Teaching NHS Foundation Trust**  
Main Switchboard: **01482 301700**

[HNF-TR.ContactUs@nhs.net](mailto:HNF-TR.ContactUs@nhs.net)  
[www.humber.nhs.uk](http://www.humber.nhs.uk)

**Patient Advice and Liaison Service (PALS):**  
**01482 303966** or [HNF-TR.pals@nhs.net](mailto: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**

You have received this magazine because you are a member of Humber Teaching NHS Foundation Trust. If you no longer wish to be a member please contact us by emailing [hnf-tr.members@nhs.net](mailto:hnf-tr.members@nhs.net), or calling Freephone **0800 915 5064** or writing to: Membership Office, Trust Headquarters, Willerby Hill, Beverley Road, Willerby, HU10 6ED.

