



CNTW2030 Update

Conversations about what's important to you have been continuing across localities, teams and networks.

An insight into what matters to you

This week, people have been describing:

- the importance of **acceptance** and feeling safe to be yourself.
- the distress of being **judged** because of the way you look, the clothes you wear or because of where you come from.
- situations where people are unable to share their own lived experience of mental health issues or disabilities due to **stigma**.



We know that making the time to think about CNTW2030 is difficult. Here are some comments from people who have been able to do so and found the conversation to be worthwhile:

“This has been a fabulous and invigorating session.”

“The richness of the conversation is lovely.”

Have you had your say?

Please help us build a more complete picture of what matters to our service users and carers, to our staff, and to the organisations we work alongside.

Here is a short [video](#), explaining more about the programme.

You can complete our short survey by:



- visiting www.cntw.nhs.uk/2030
- by scanning the QR code to the left with your phone camera

You can complete the survey as many times as you wish. If you can only spare a few minutes we'd rather hear from you several times than not at all.

What is CNTW2030?

The [CNTW2030](#) campaign is a conversation about how we want the **experience** of working with CNTW to be:

- for service users and carers,
- for our staff, and
- for our partner organisations.

[CNTW2030](#) is about **how we want to be** as an organisation and our shared **values**.

Who are CNTW?

The [Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](#) (CNTW) is a National Health Service (NHS) Trust providing health services across the North East and North Cumbria for:

- autistic people, neurodiverse people and people with learning disabilities
- people with neurodisabilities (for example, through head injury or illness)
- people with mental health issues, people who misuse substances, people who are exploring their gender identity.



The **CNTW2030** campaign is led by [James Duncan](#), Deputy Chief Executive, supported by the core project team of Anna Foster, Jenny Myles and Michelle Evans.

Alane Bould and the Involvement Team ensure that service users and carers are able to participate in this campaign, in line with our [Together Service User and Carer Strategy](#).

We try to use [plain English](#) and avoid jargon in our messages. Please let us know if we're not getting this right by emailing cntw2030@cntw.nhs.uk.