

Review of the Year 2025-2026



Who we care for and how we do it

We are the specialist mental health, learning disability and autism NHS foundation trust for County Durham, Darlington, Teesside, North Yorkshire and York.

Our trust serves more than two million people and is geographically one of the largest NHS foundation trusts in England. We have almost 8,500 staff and an annual income of over £550 million.

Safe, understood and cared for

From education and prevention to crisis and specialist care - our talented and compassionate teams work with patients, communities and partners to help the people of our region feel safe, understood, believed in and cared for.

The voices of our patients and carers are front and centre of what we do. This is because we know how important it is to listen and treat people as individuals. We all work together towards better mental health.

What we do

We work across two care group boards – one covering Durham and Tees Valley, plus forensic services (psychiatric services in a safe, secure setting), and one for North Yorkshire and York.

We provide:

- Adult mental health services
- Mental health services for older people
- Children and young people's mental health services
- Learning disabilities services
- Secure inpatient services
- Mental health care in prisons across the North East, Yorkshire and Cumbria

As a foundation trust, we are accountable to local people through our council of governors. We are regulated by NHS England and the Care Quality Commission.

Our Journey to Change

Everything we do is guided by Our Journey to Change and our values.

Our Journey to Change was originally co-created with patients, carers, colleagues and partners in 2020. A refreshed version was agreed by our Board of Directors in April 2025.

Our mission is to support people to lead their best possible lives.

Our vision is to provide consistently good healthcare which helps our communities become healthier and safer.

We will keep working hard to co-create high quality patient-centred care, to be a great employer and to be a trusted partner – delivering integrated services and improving population wellbeing.

Our values of respect, compassion and responsibility are at the heart of everything we do.

This means everyone, in every role across our trust, shows respect and compassion and takes responsibility for the care we give.



Highlights of the year 2025-26

April 2025

Work to create a new mental health facility for the people of North Yorkshire officially started. We invested £2.1 million in transforming a former Harrogate office block into an innovative community hub. Patients and carers worked with staff from local teams to co-create the design of the new facility. The building on Victoria Avenue, originally known as Jesmond House, was re-named Hummingbird House and opened in late 2025.



May 2025

We launched a region-wide mental health campaign to remind people that, even if they do not feel it themselves, they matter. The You Matter campaign highlights the importance of getting help early if you are struggling with your mental health. It also signposts people to accessible help and support that can improve mental health and wellbeing. Developed alongside people with lived experience of mental illness and caring responsibilities, the campaign uses their own words and voices throughout.



June 2025

An award-winning project helping to reduce the over-medication of people with a learning disability or autism across Durham and Teesside was captured on film. Our pioneering STOMP programme challenges inappropriate prescribing of antipsychotic medication and promotes person-centred care. Three films co-created by patients, staff, pharmacists and Skills for People were produced to highlight the work of STOMP. The films were shared across the NHS to support learning for healthcare professionals.



July 2025

Work started on installing memorial art pieces across our trust to honour the experiences of staff and patients during the Covid-19 pandemic. The first display of The Tree of Life, one of our largest ever co-creation projects, debuted at ARCH Recovery College in Durham. Created from hundreds of images submitted by staff and people in our care during lockdown, the artwork celebrates resilience, creativity and community, and provides a lasting reminder of an extraordinary period in history.



August 2025

Patients in York boosted their physical and mental wellbeing through a pioneering dance therapy project. At Foss Park Hospital we welcomed Moving Minds, a creative health organisation, on to our wards to support the physical, emotional and social wellbeing of patients and staff. Dance and creative movement sessions were held for older patients and people living with dementia, using music to spark memories and encourage engagement. Staff were also invited to join in the fun.



September 2025

North Yorkshire NHS Talking Therapies became the first service in the country to offer a ground-breaking virtual reality treatment for people with depression and anxiety. Tend VR combines mindfulness-based cognitive therapy with immersive virtual environments. Patients use special headsets to explore peaceful settings, such as rivers and mountains, while taking part in guided mindfulness, breathing and relaxation exercises to support their health and wellbeing.



Highlights of the year continued...

October 2025

A former chicken coop at Lanchester Road Hospital in Durham blossomed into a place of peace. Staff and patients worked together to transform the forgotten patch of land into a thriving community garden. The Together Garden is now a tranquil space where people can relax, connect and enjoy nature. The project also helped build confidence, self-esteem and a sense of ownership among patients, while offering therapeutic benefits for mental and physical wellbeing.



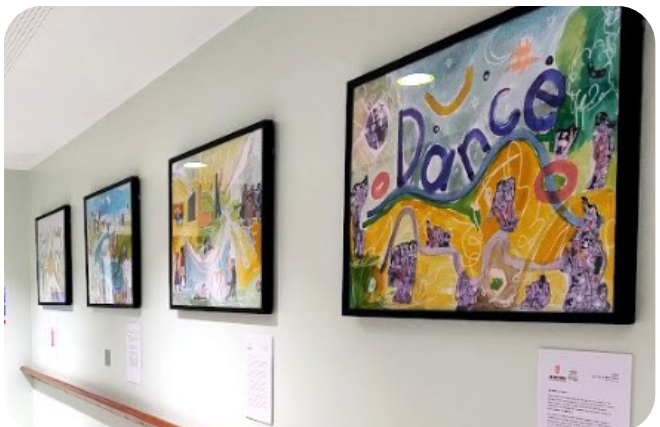
November 2025

We celebrated the hard work and dedication of colleagues, volunteers and partners at our 2025 Star Awards at Ramside Hall Hotel in Durham. The event – hosted by mental health advocate Jake Mills – honoured those who go the extra mile across our trust, making a difference every day. Guests were told the powerful stories behind each inspirational nomination before the winners were announced. Congratulations to all our winners and everyone who received a nomination.



December 2025

Patients at Foss Park Hospital in York explored creativity, nature and wellbeing through uplifting art workshops delivered in partnership with local organisations. Patients were encouraged to create art pieces inspired by the changing seasons using historic archive pieces and donated nature packs. The project was designed to help build confidence, connection and wellbeing and the striking artwork produced by patients was displayed throughout the hospital.



January 2026

Reception staff at North Moor House in Northallerton proved that small changes can make a big difference. The team worked closely with patients and carers to create a more welcoming and comfortable environment. Improvements included clearer signs, easier access to drinking water, refreshed noticeboards and new information leaflets. By focusing on simple, practical changes, the team helped visitors feel more relaxed, supported and at ease when accessing our services.



February 2026

Our trust celebrated 10 years of mindfulness services. The journey began with the vision of one consultant psychiatrist – Dr Paul Bernard – and grew into one of the first NHS services of its kind in the country. Since launching a decade ago, our award-winning service has helped thousands of people experiencing depression, supported health staff and trained NHS professionals across the region to deliver mindfulness in their own services.



March 2026

We marked the official opening of a new respite service for adults with learning disabilities at Levick Court in Middlesbrough. Delivered by Middlesbrough Council in partnership with our trust, the service provides vital support for people across the Tees Valley. Families and carers joined colleagues and partners for a ribbon-cutting opening ceremony. Our team provides specialist clinical care at Levick Court, working alongside health and social care staff from the council.



Our year in numbers



431

patients and carers
registered for involvement
work with us



611

nominations for
our Star Awards



157,664

Talking Therapies
contacts



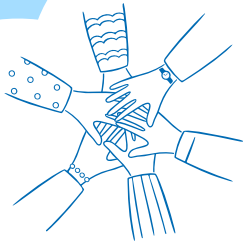
93.6%

of patients reported their
recent experience as very
good or good



8,346

members of
staff



302

volunteers, with an average of 500 hours volunteered every month



232,108

referrals to our services



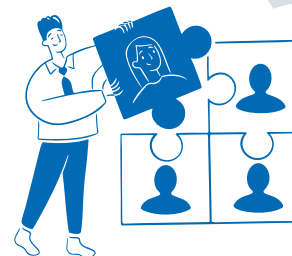
21

therapy dogs, supporting patients for an average of 84 hours every month



62

peer workers



912

people supported by our Individual Placement and Support Service

Fit for the Future

NHS 10 Year Health Plan for England

This review highlights the progress we have made over the past year as we continue to transform services, improve outcomes and deliver compassionate, high-quality care for the people and communities we serve.

The 10 Year Health Plan for England, Fit for the Future, was officially launched on 3 July 2025 by the UK Government and Department of Health and Social Care.

It sets out the NHS's long-term vision based on **three key shifts**:



From hospital to community



From analogue to digital



From sickness to prevention

How we're achieving the 10 year plan

Hospital to community

- The Yor Community Wellbeing Hub opened at Acomb Garth in October 2025, bringing NHS, council and voluntary-sector support together in a community setting. The hub makes mental health and wellbeing support more accessible to people closer to home. It is one of six neighbourhood mental health centres being piloted across England.
- Hummingbird House, our pioneering community base for children and young people's mental health services, adult mental health and North Yorkshire Talking Therapies, opened its doors in September 2025. Patients and carers worked with staff in our community teams to co-create the transformation of an old office block in Harrogate.



Yor Community Wellbeing Hub at Acomb Garth, York

Analogue to digital

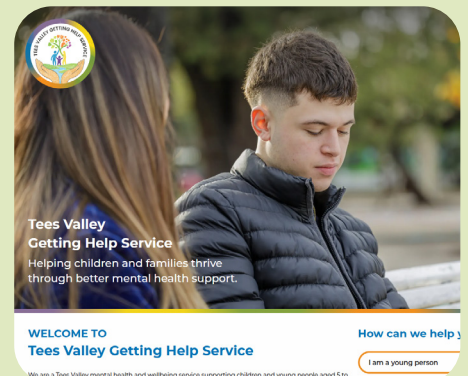
- North Yorkshire Talking Therapies became the first service in the country to offer Tend VR, using immersive virtual reality technology to provide a new way of delivering mindfulness-based cognitive therapy. The technology gives people greater choice in how they access support, including the opportunity to continue the programme at home.
- We are continuing to develop OPTICA, an integrated, real-time, electronic bed management tool. It provides clear oversight on patient flow metrics, helping coordinate safe and timely discharges from inpatient mental health services. It supports better collaboration, reduces delays, and ensures patients receive the care, support and resources they need after leaving hospital.



Talking Therapies virtual reality

Sickness to prevention

- The Tees Getting Help Service launched on 1 January 2026, providing earlier support for children and young people with emerging mental health needs. This new service is helping to improve access to the right support at the right time, preventing difficulties from escalating and reducing reliance on more specialist services.
- Our Individual Placement and Support (IPS) service has expanded into primary care, allowing local GPs, primary care networks, and social prescribers to directly refer people with complex mental health conditions to the service. IPS supports people to develop their employability skills and move into paid employment.



Tees Getting Help Service



Tees, Esk and Wear Valleys

NHS Foundation Trust

Our chair, directors and governors can be contacted
via the company secretary's office at:

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For more information about our trust and how you can get
involved, visit our website:

tewv.nhs.uk

To keep up-to-date with trust news, follow us on social media:



@tewv.ft



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