

### Features—

Time to Talk, Time to Walk!

Durham MP secures PIP debate

Spotlight on Mentally Sound!

**Plus:** Support Groups. Training, Events from around the region

### MHNE's Top Three Achievements of 2017

- Greening the Gap project, excellent joint work with Just for Women and PACT House in organisation of a series of sessions in the countryside (Muddy Boots, Causey) aimed at helping people to retain good mental health by learning more about the countryside and new skills, such as tree planting and making, filling and decorating planters. The Summer Shindig was the grand finale of the first phase of the project and saw many visitors – adults and children - enjoying a wide range of educational activities, live music and food. Our thanks to Awards to All for funding the first phase of the project.
- Recognition of MHNE's work by different organisations and individuals resulting in a number of much appreciated and much needed donations.
- Continuing to recruit new volunteers to the MHNE team and help existing volunteers into work.



### MHNE's Top Three Challenges of 2017

- Keeping MHNE afloat – thanks to the Coop Depot, Drum Lane Industrial Est, and others for constant support.
- Personal Income Payments (PIP) – assessments and appeals have been extremely stressful to people suffering mental distress.
- Negotiating the grants minefield, some funders really do take you to the top of the hill only to knock you back down again!



### MHNE's Top Three Resolutions for 2018

- To continue to support people facing difficulties accessing benefits to support them into improved health and to highlight the many problems facing claimants in their struggles with the benefit system – Universal Credit is a particular concern this year.
- To continue to record and chronicle the impact of the funding crisis in the NHS which disproportionately affects mental health provision.
- To find funding for the 2nd phase of Greening the Gap, continue to work with Muddy Boots on developing the benefits we can jointly offer and start the 2nd phase in early spring with some new polytunnels.



**Mental Health Anti-Stigma  
and Discrimination Campaign**

## **Time to Talk—Time to Walk** **in County Durham**

**Thursday February 21st 2018**

Three walks are planned to mark Time to Talk Day on February 1st. They have been organised by Time to Change's Durham group to help challenge mental health stigma and discrimination.

Walkers will be asked to complete a consent form on the day, so please arrive a earlier than the start time. To sign up or for full details [please follow this link](#).

**Spennymoor**—Starting at: St. Pauls Gardens, Spennymoor DL16 7LS—From 12:30pm to 1.30pm

This free 1 hour walk is part of the [Walk Durham](#) project and is open to anyone aged 16+. This walk is mainly flat and suitable for beginners. Please meet in the reception area in St Pauls Centre.

**Easington**—Starting at: former pit car park at Easington Colliery—From 10:00am to 11:00am

This coastal walk will take around an hour and is just under 3 miles.

**Durham Centre**—Starting at: Waddington Street Centre Durham, DH14BG—From 3:00pm–4:00pm

The walk will take around an hour and is just under 3 miles. Walkers will be invited into Waddington Street Centre after the walk for light refreshments and to view a fantastic art display created by young people and adults with lived experience.

**Wherever you  
are, talk about  
mental health on  
1 February.**



**time to change**  
**time to talk**  
**day 2018**

let's end mental health discrimination

# Feedback and Surveys

## Durham MP wants your Personal Independence Payments (PIP) stories

**North West Durham MP Laura Pidcock** secured a Westminster Hall debate on Personal Independence Payments (PIP) on Wednesday 31st of January. As the debate will be focusing on claimant experience, she would like to hear from people who have been through PIP and want to share their experiences of the process - if so please email [laura.pidcock.mp@parliament.uk](mailto:laura.pidcock.mp@parliament.uk)



This comes in the developing context of a [successful High Court ruling](#) that changes to PIP were unfair to people with mental health conditions, discriminatory and a breach of human rights. 1.6 million claims will be reviewed as a result.

If you miss the debate it will be [available to watch](#) by searching the archive .

## North Tyneside Mental Health Action Week 2018 Help to plan priorities by filling in this short survey

Launchpad, North Tyneside are helping to coordinate 'Mental Health Action Week' in North Tyneside later this year (instead of Mental Health Awareness Week).

They are currently gathering views on what people feel are the areas these 'actions' should focus. [This short survey](#) (to be completed by the end of January) aims to collect together the key issues people feel are having a negative impact on their mental health.

## Calling all Gateshead and Newcastle Voluntary and Community Organisations—Take the Temperature 2018

NCVS are asking for more responses to their Taking the Temperature survey, an independent local study tracking trends across the sector. Is your income going up or down, what about demand for your services, do you have reserves, what are the big issues for you?

The information is used by decision-makers and the findings from the study will be presented to Gateshead Council and Newcastle Councils. It should take no longer than fifteen minutes and it gives you a chance to present your views.

[Please fill in the survey](#) and respond by 5pm FRIDAY 2 February 2018



## **MOVERS AND SHAKERS IN STANLEY MASONIC HALL**

2:00PM - 4:00PM

EVERY THURSDAY FROM 18TH JANUARY  
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### **Jobs**

**[Company Development Manager - Open Clasp Theatre Company](#)** [Newcastle]

**Salary:** NJC Scale SO2 (32–34) £28,485–£30,153 pro rata

**Part time:** min. 28 hours per week.

**Closing Date:** 12 noon on Wednesday 31st January, 2018.

**[Bank link worker with Chain Reaction \(Moving Forward\)](#)** [Newcastle]

Visit the Mental Health Concern website for an application pack. **Closing date** 18th February.

# Support Groups



## New Online Forum for Young People Who Hear Voices

Voice Collective, a project supporting children and young people who hear voices, see visions, and have other 'unusual' sensory experiences or beliefs, has launched the first online forum for young people who hear voices, in partnership with Hearing the Voice and Hearing Voices Network England.

Designed for under 25s who see, hear or sense things that others don't, the forum provides a safe and confidential space for young people to access peer support, connect with fellow voice-hearers, and share resources, links and tips. It even includes a space specifically for older young people (aged 18-25) that allows them to talk about more mature themes that may not be suitable for younger members. There is also a separate section for parents, carers and supporters.

Voice Collective team members and volunteers will monitor the site daily. The forums are inaccessible to non-members, and those who sign up have to be approved as members before they can see the discussions. In addition to these measures, and to keep the forum as private and safe as possible, members are asked not to use their real names.

For further details, or to become a member, visit the Voice Collective forum page.

<http://forum.voicecollective.co.uk/categories/all>

## Adult AD/HD Support Groups North East



The next Middlesbrough meeting will be Wednesday 31st Jan (18:00 – 20:30). Venue: The University of Teesside (floor 3, new room), Middlesbrough Tower TS1 3BA

There are also monthly meetings in Newcastle and South Tyneside - see website for up to date details contact Bill Scott 07856212564 [aadhd\\_ne@yahoo.co.uk](mailto:aadhd_ne@yahoo.co.uk) or see AD/HD website <http://aadhd-ne-uk.weebly.com/>

*Newcastle Support Group CIC*

**Newcastle Support Group** are a free mental health support group, offering "a friendly hand, or listening ear, to anyone over 18 in need of emotional support due to their situation, circumstance, or their mental or physical health".

Regular meetings take place at Disability North (close to Freeman Hospital), The Dene Centre, Castle Farm Road, Newcastle, NE3 1PH — They are looking for speakers to come along to support sessions and give short presentations on topics related to mental health and wellbeing, anxiety, stress and mindfulness. Contact them or find out more on their website: <http://newcastlesupportgroup.org.uk/>

# Spotlight on ... **Mentally Sound! Radio Show**

## **25th show marks a milestone for our award-winning show**

Mentally Sound is a two-hour live show and podcast tackling the stigma of mental health. It features music and conversations with guests from varied backgrounds and organisations. The show manages to be both entertaining and challenging with bags of humour and insight from the show's regular hosts Ricky and Steve.

The milestone was reached after almost 3 years on the air, with over 100 guests appearing over that time. Starting in 2015 as an internet-based community radio project supported by MHNE and Launchpad, it this year moved to Spice FM, a fully licensed station in the West End of Newcastle.

# MENTALLY sound!



**SPICE FM**  
98.8FM



The show's experienced presenters **Steve Hesse** (Left) and **Ricky Thamman** in the Spice FM studio.

Mentally Sound is always looking out for contributors, either guests (live or pre-recorded) from local organisations with something to say about mental health, or in one of the behind the scenes roles which help to keep the show fresh and ready to go each month.

If you would like to be involved please contact hosts [stevenheslewoodmedia@gmail.com](mailto:stevenheslewoodmedia@gmail.com) or [vividricky@aol.com](mailto:vividricky@aol.com) by email for information.

Please send feedback if you enjoy the show or have a suggestion! The show can be reached/ followed on Twitter [@mentallysound](https://twitter.com/mentallysound) and Facebook group [mentally sound \[radio show\]](https://www.facebook.com/mentallysoundradio)

The next show goes out live on [Spice FM 98.8](https://www.spicefm.co.uk) **Friday 9th February** and the **second Friday of each month from 12pm-2pm**. It is edited as a podcast soon after and most episodes from #1 to the present can be subscribed to or downloaded from the usual podcast sources such as [iTunes](https://www.apple.com/itunes/) and [Mixcloud](https://www.mixcloud.com/).

# Training courses and activities

## New Year, New (FREE) Courses at Newcastle City Library

Learn basic IT skills and get online. Dates available for courses running up to the end of March. For information/ booking visit <http://newcastlelibraries.eventbrite.com> or call 0191 277 4100.

## Understanding Self Harm Training Workshop

Free half-day training course for frontline staff and volunteers that support Gateshead residents. To be held at the Dryden Centre, Gateshead from 12.30pm-4.30pm on Tuesday 6th February.

For info contact Washington Mind - Tel: 0191 4178043 or visit <http://www.wellbeinginfo.org>

## Free Training - Level 2 - Chair based exercise for the frail and the elderly

A course for anyone who already does or wants to offer chair-based exercises in their local community in County Durham. Course is assessed with all materials supplied.

**Dates** (attendance at all three dates is mandatory): Weds 14th, 21st and 28th March 10am-4pm

**Venue:** Woodham Village Community Centre, Newton Aycliffe, DL5 4UE.

For further information and to book a place: Tel: 01325 327442 Email: [cdda-tr.CBS@nhs.net](mailto:cdda-tr.CBS@nhs.net)

## FREE Carer Aware and Young Carer Aware E-Learning package

New online learning available to all services/service providers and the public in Newcastle.

Visit this website <https://newcastle.learningpool.com/login> and login under "All Other Users" with **username:** careraware and **password:** welcome1

## Autism Spectrum—FREE Training for Parents/Carers and Professionals

**MAIN – Taking Autism Personally (MAIN)** have been engaged for a further year to provide a Post 16 Diagnostic Support Service for people who are on the autism spectrum but who are not eligible for social care. Part of the contract remit is to deliver free training.

Free training dates for any parents/carers or professionals working with Adults (16+ years) who have a diagnosis of Autism Spectrum Disorder (ASD) in County Durham. Awareness training is required as a foundation before progressing on to further training courses.

**Autism & Aging** - Tuesday 27th February – 10:00am-12noon at Seaton Holme, Hall Walks, Eastington Village, SR8 3BS

**Behaviours that Challenge** - Thursday 29th March - 10:00am-15:30pm Supportive, 7a Dean and Chapter Industrial Estate, Ferryhill DL17 8LH

Alternatively if you have a minimum number of six staff who require the training, MAIN can arrange to deliver at a venue/date suitable to you.

To make a booking please email [kfield@iammain.org.uk](mailto:kfield@iammain.org.uk) or call 0191 3008556.

# The Science of Mood Treatments

Presented by the Northern Centre for Mood Disorders

**Thursday 22nd February 2018 5pm-7pm**

The Core, Science Central, Newcastle University, NE4 5TF



The purpose of the event is to hear about some of the non-drug treatments for depression.

THIS EVENT IS FREE AND OPEN TO ALL

If you would like further information and to register please contact Sam Bulmer Research Nurse on 0191 2081393 or email [samantha.bulmer@ncl.ac.uk](mailto:samantha.bulmer@ncl.ac.uk)

[Full flyer can be found here.](#)



## Theatre—The Life Of Reilly (by Alison Stanley)

Based on actual events, this heart-warming play will have you laughing and crying in equal measures as you join Reilly and his family on their journey with autism.

Back to Newcastle's Northern Stage by popular demand for one night - Friday 16th March. Tickets and more information here:

<https://www.northernstage.co.uk/Event/the-life-of-reilly>

## Monthly Dementia Friendly Cinema screenings—Newcastle

**The Producers (1967)** Thursday 22nd February 1.30pm.

Tickets £4.50 with FREE ENTRY FOR CARERS.



Visit the Tyneside's website for more information <https://www.tynesidecinema.co.uk>

## MORE COURSES AND ACTIVITIES

**Recoco—Recovery College Collective (Newcastle)**— See [full programme of activities](#).

**ARCH Recovery college (Durham)** - Browse full list of courses for [January-February](#)

**Waddington Street Centre (Durham)** —[courses up to March 2018](#)

**PCP (Newton Aycliffe)**—[Current activities list and contact details](#)

**Gateshead Clubhouse**— [Currently running groups/activities timetable](#)

# JOINERY WORKSHOP

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## WHEN

7th February 2018

## WHERE

The Wood Pile  
Rennys Lane  
Dragonville  
Durham  
DH1 2RS

## HOW MUCH?

Free to Unemployed  
in County Durham  
(restrictions apply)

## CONTACT

0191 3869735

# SPACE

**A safe place where  
children, young people  
and families can receive  
mental health support**

- 1:1 support
- Group activities
- Advice & information



Space to  
learn about  
mental health

Space to be  
active

Space to give  
and help others

Space to help  
you stop and  
take notice

Space to  
Connect with  
others

**Drop in, make an appointment, email, telephone, text  
or get support via social media during our opening hours**



Monday to Friday: 12pm - 8pm  
Saturday & Sunday: 12pm - 6:30pm



07572660374



Spennymoor Youth and community Centre  
DL16 6PP



spacesupport@success.coop



@spacecypmh



@spacementalhealthsupport

GCBC  
PRESENTS

# The Rowing Raffle

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PER TICKET

12 BOTTLE WINE CASE  
(Kindly donated by Stefan Paetow)

£50 AMAZON VOUCHER

'ROWING FASTER' 2ND ED.   
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'RIG YOUR BOAT' KIT

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SILVER PHOTO FRAME + 3 BALL PRINTS

SWATCH WATCH

IPOD NANO

CHOCOLATE BOUQUET

FRESH BAKED CAKE  
(Kindly donated by Treats Tea Room)



## CONTACT

Tom Fox

thomashfox96@gmail.com

07796 655127



## Involvement Forum Meeting

As a member of the community and voluntary sector, you are invited to the next meeting of the Newcastle Gateshead Involvement Forum.

**Date:** 19 February 2018

**Time:** 10:00am – 1:00pm

**Venue:** Lamesley Room, Gateshead Civic Centre, NE8 1HH

Neil McKnight Head of Quality and Patient Safety will provide an overview of Quality of Commissioned Services. Marc Hopkinson Service Reform Manager will share an update on Urgent Care engagement and plans for forthcoming consultation. Chris Piercy Executive Director of Nursing, Patient Safety and Quality will give an update on CCG work streams.

Please come along and take this opportunity to share your work on health related themes across Newcastle and Gateshead.

Please register your place and any additional requirements by contacting [christianne.ormston@nhs.net](mailto:christianne.ormston@nhs.net) or by calling 0191 217 2807.

Please also share the details of the Forum with your networks.

Transforming lives together >



## Pathways Advocacy Gateshead

Advocates Alan & Tom can assist you make informed decisions around challenges you may be experiencing, and **support you to make sure your voice is heard** on issues affecting you such as:

communicating with professionals | complaints | accessing services | housing issues | child protection process | support in appointments and meetings

The Advocacy service is open to adult residents of Gateshead.

Call us on **0191 477 7380** to discuss your needs.

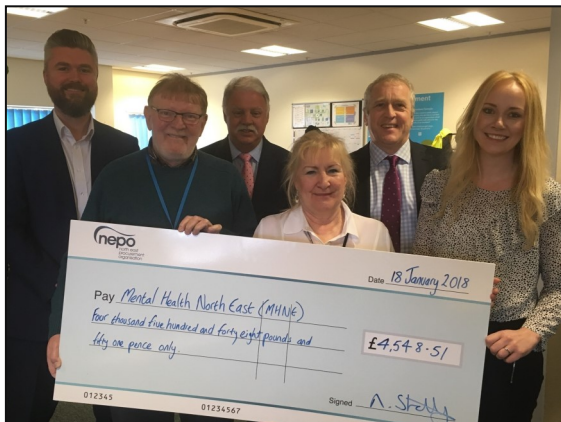
**mhm**  
[www.mhm.org.uk](http://www.mhm.org.uk)



## NEPO and The Procurement Partnership Ltd (TPPL) raise over £4,500 for MHNE—THANK YOU!



Over the course of 2017, the NEPO team held a number of fundraising events (featured in previous bulletins) such as climbing Skiddaw Mountain, running the Great North Run, dress down days and regular bake days. The team also provided hands-on support by stewarding at the MHNE Summer Shindig held in August.



**Left to Right:** Michael Curtis (NEPO), Neil Kelly (MHNE), Jim Brennan (TPPL), Lyn Boyd (MHNE), James Russell (TPPL), Claire Harrison (NEPO)

A massive £2,000 of the total was raised by TPPL, NEPO's strategic partners within the Fleet category. This was the result of TPPL's annual pro-am golf day which saw 48 participants compete at Bocket Hall Golf Club.

Nicola Shelley, Associate Director of NEPO ([North East Procurement Organisation](#)) said:

"MHNE does a fantastic job of improving and protecting mental health provision in the region, and we are proud to have raised funds to support this vital work. This has been a mutually beneficial collaboration as our relationship has given us all an improved understanding of the issues around mental health wellbeing.

James Russell, Executive Director of TPPL commented:

"We first became aware of Mental Health North East through our partnership with NEPO, and decided to use our annual golf day as an opportunity to raise funds for this fantastic charity. We are delighted to have raised £2,000 and would like to thank all of our clients and suppliers who attended our golf day and for their generosity in supporting us to raise money for this excellent cause."

MHNE's CEO, Lyn Boyd, added:

"Mental Health North East would like to offer a huge thank you to everyone at NEPO and TPPL for their support over 2017. We are reliant on such donors, whose kind generosity allows us to continue our work, such as the Greening the Gap project which promotes the emotional benefits of spending time outdoors."



### Giant Thank You to NUTS!

Another huge fundraising thank you to **Newcastle University Theatre Society (NUTS)**, who recently made a donation to MHNE from their Christmas Panto—*Jack and the Beanstalk*.

**Photo (right):** MHNE CEO Lyn Boyd receiving the donation and meeting some of the cast!



## About Us

Mental Health North East (MHNE) is a unique network of member organisations, formed in 2005 to promote joint working and partnership across the not for profit mental health sector in the North East of England. Today, MHNE is a unique network that offers access to over 450 voluntary and community organisations working in the field of mental health and wellbeing in the North East, Cumbria and North Yorkshire.

Our organisation is built around a core belief that a strong, vibrant, diverse, yet united voluntary and community sector is essential for the development of mental health services and for the improvement of the emotional health and wellbeing of this region. MHNE works collectively with members to improve and protect mental health service provision. We pride ourselves on having an open mind to innovative approaches which will enable people suffering from mental distress to move quickly towards recovery.



## Contacting us

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**Find us Online:**

[www.mhne.org.uk](http://www.mhne.org.uk)

[@MHNEtweets](https://twitter.com/MHNEtweets)

[www.facebook.com/groups/](https://www.facebook.com/groups/mentalhealthnortheast/)

[mentalhealthnortheast/](https://www.facebook.com/groups/mentalhealthnortheast/)

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