



July 2020 Bulletin



Plants donated to PACT House (above) to say thanks for the marvellous work of volunteers during the COVID Crisis.

Adapting to the circumstances, looking to the future

It has been another busy month of adapting our mostly outdoor training facilities to the **current safety guidance**. We are still looking for donations of materials such as unwanted timber, guttering, paint etc. This will allow our volunteers to create the necessary space and facilities to support the projects which we would like to run there. If you think you can help, more details can be found in this bulletin or **on our website**.



Muddy Boots donate a percent of any plant sales to MHNE—so everyone’s a winner!

What has been your resource of hope over the past few months?

Finally, we asked our volunteers to tell us something which they have done during the lockdown which has kept spirits up, kept them focused, healthy and hopeful.

- ♥ “Sharing food with those in need. Being at the end of the phone for people, sharing healing feelings.”
- ♥ “Sitting down with a good history book is a sign that things are all right in my head and my world. I love to be able to escape from the here and now and learn something interesting in a mindful and relaxing way.”
- ♥ “I’m a gardening novice but creating a small vegetable patch and planning seeds for flowers and plants which each have different needs and outcomes is rewarding.

Photos on the left show that we have re-commenced with plant sales and donations—with care!

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Thank you to all at St Bartholomew's Cresswell

Thank you to Mrs Cooke and all other members of St. Bartholomew's Church for the very kind donation of a cheque for £182.30 received this month.

The money was raised at a Lent coffee morning.

As a team of volunteers donations such as this really help the morale of our team members and give us a great boost in our work.



Great Feedback about our Young People's Bulletin!

We received many positive responses to last month's special Reach Out bulletin, which was produced by our Young People's Group. The e-zine contained many short articles with their experiences of lockdown, being away from school and perspectives of young people. If you haven't read it yet you can find it here: [Reach Out NE - Issue #5](#).

We are now gathering content for issue 6, due in the Autumn which will focus on young people's reflections on the summer and issues associated with returning to school. Please get in touch if there is anything you would like to share.



Appeal—Can you Help to make our Training Sessions Safer at Muddy Boots?

We will be soon be launching the next phase of our overall Greening the Gap project which will take individuals and groups to enjoy a day in the countryside.

However because of the current pandemic we need to put safety measures in place at our countryside venue and we welcome and appreciate any donations of the following:

- Timber—to construct safe distance potting stations
- Emulsion Paint – for therapy and training rooms
- Paintbrushes
- Paving slabs, Door mats
- Old greenhouse or shed
- Water butts and guttering



There are more details or [on our website](#). Please contact lyn.boyd@mhne.org.uk if you can assist!

Lockdown Diaries: Keith Philips- Chair, Durham Countywide Forum

This is the fourth of my Lockdown Diaries , and most of the plants are growing well in the allotment. The weather changed a few weeks ago, it is good growing weather at present, mostly. Like almost every summer the weather isn't perfect every day. Now there has been some rain, the plants (and the weeds) are growing well. The dry weather slows growing plants. I haven't needed to water the plants growing outside for some weeks, but I am weeding more often.



I have some of the salads ready, lettuce, radishes and some other early salad veg. No tomatoes yet, but it won't be long before some are ready to eat, hopefully. I grew early strawberries this year and the blackcurrant berries are starting to ripen. I am looking at recipes which use blackcurrants as a main ingredient. The courgettes outside are flowering and growing fruit.



I am careful when and where I go out. The risk to health is less than it was weeks ago, but it doesn't mean there is no risk. I have been to some of the bigger shops nearby. I avoid the busy times as much as possible. However everyone's health is different. I needed to phone the surgery about something in March. When I was on the phone I asked for advice about "self isolating".



Keith is Chair of Durham County Wide Mental Health Service Users and Carers Forum (also known as the Countywide Forum or CWF). They meet at Waddington Street Centre to discuss aspects of help and treatment they and their loved ones are experiencing in the area – exploring important issues with invited guest speakers and practitioners. Meetings are on hold for the present, But—to be added to the mailing list please email Peter Smith psmith@waddingtoncentre.co.uk

**Thriving
With
Nature**
A GUIDE FOR EVERYONE



Thriving With Nature

The Mental Health Foundation and WWF have joined forces to bring you Thriving With Nature; a FREE guidebook which explores the relationship between nature, wellbeing and mental health. Download it here:

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-Guidebook-Digital-Copy.pdf>

Founder of domestic abuse charity shortlisted for award

Linda Kirk, founder of the Just For Women Centre, in Stanley, has been shortlisted as a finalist in the Amazing Women Awards 2020, which recognises women who work to help others in their local area.

Just For Women was first founded by Linda in 2011, who set up the centre to offer services such as training, counselling and mental health support for vulnerable women.

People can [vote for Linda by clicking here](#) until **31 July**.

Face Masks for sale

Just For Women Centre is selling double layer 100% cotton face masks. They're available for collection from Just For Women Centre DH9 0BL, open 10am til 4pm weekdays. Shipping anywhere in the UK is £1.50 per 6 masks. To order contact us on 01207 281145 or message us on [Facebook](#).



Plants donated to **Just for Women in Stanley** (above) to say thanks for the work of their volunteers during the COVID Crisis.

Mental Health Radio Show Podcast—Mondays on Spice FM

Due to restrictions the on use of the studio during this health emergency, the hosts decided that the solution was to record **Mentally Sound: Life in Lockdown** as a podcast on a weekly basis, broadcasting on Spice FM each Monday 1-2pm.

Episode 9 went out on 6th July discussing the rise of PTSD in children under lockdown and guest 'The Mindful Runner' to talk about mindfulness & running, and **Episode 10** (13th July) discusses alcohol and “drinking” under lockdown.

To listen to the podcast, you can stream or download here **Episode 7**—<https://clyp.it/ivvqnmkd> and **Episode 8**— <https://clyp.it/whjqh4g5> in which host Ricky interviewed TV psychologist Emma Kenny pictured below (This Morning).



Please contact Ricky Thamman by email—studio@spicefm.co.uk if you would like to get in touch with the show or offer to be a guest on a future show.

Find Mentally Sound on Twitter [@_mentallysound](#) and [Facebook](#).



Chilli Studios—Chilli Podcasts

Based in Newcastle, Chilli Studios engage people in creative activities to support better mental health.

They produce a fortnightly podcast “Chilli Radio” with music, poetry and general chat, showcasing a range of local talent. [It can be streamed or downloaded here.](#)



Can you help us understand more about resilience and distress in unpaid caregivers during the COVID-19 pandemic?



Our results aim to inform the development of future psychological interventions to support unpaid caregivers.

We are seeking UK participants aged 18+ who are unpaid caregivers for a person with any mental health condition.

Details:

- An online survey and task taking 35 – 40 mins
- Questions about your thoughts, emotions and mood and a task
- Chance to enter prize draw with vouchers up to £100

Contact Emma for more information and to check eligibility: emma.wilson@kcl.ac.uk

Link for more information: https://kclbs.eu.qualtrics.com/jfe/form/SV_eLQEWEDymGK5E5n

DCA Training—Life After Lockdown Series



To assist voluntary and community organisations in the next stage of life after lockdown, DCA offer a series of short online workshops on Strategic Planning, Consultation and Engagement and Financial Management. All sessions are currently fully funded.

Using Social Media to Stay Connected- Designed for trustees NEW to social media to help understand the different platforms and how these can be used to stay connected to volunteers and service users.

Wednesday 23rd September and Tuesday 17th November 10.00am - 11.30am

Understanding Trustee Responsibilities and Good Governance—To help NEW trustees understand their responsibilities within the organisation and developing an action plan to ensure best practice.

Thursday 8th October, Tuesday 1st December 10.00am - 11.30am

All events take place online and joining instructions will be sent prior to the sessions. For the full list of training and booking instructions: <https://www.durhamcommunityaction.org.uk/dca-training.html>



support for women and girls
resources and training for all

UK-Wide Women's Self-Injury Helpline Re-opens after four-month closure

[Self-Injury Support](#) have announced that they have been able to re-open their UK-wide self harm phone helpline for women and girls offering non-judgemental compassionate support from 22nd July 2020.

The UK-wide CASS Women's Self injury Support Helpline is open again on Weds and Thursday evenings from 7-9.30pm on **0808 800 8088**.



COURSES AND ACTIVITIES—SOME ARE ONLINE

ARCH Recovery college Online (TEWV) - [details here.](#)

Aspire (Chester le Street) - <https://www.aspire-northeast.co.uk/learning.html>

Gateshead Clubhouse — Limited opening - <https://gatesheadclubhouse.com/>

NT LIFE Recovery College (North Tyneside) — [college details here](#)

PCP (Newton Aycliffe) — [activities list, COVID-19 update and contact details.](#)

ReCoCo (Newcastle and Gateshead) — click here for [online courses.](#)

St. Margaret's Centre (Durham) — <https://www.facebook.com/st.centre.3/>

Sunderland Recovery College—<https://www.facebook.com/sunderlandrecoverycollege/>

Waddington Street Centre (Durham) — [current courses and activities](#)

New Service Launched for Families and Prisoners During Early Days In Custody



Nepacs have launched a new service to support families and prisoners during early days in custody at HMP Durham (reception prison in Durham City) and HMP&YOI Low Newton (women's prison). This includes telephone support and information to families while visits are currently cancelled due to COVID-19. The aim is to help alleviate distress and confusion experienced by family members when a loved one is first sent into prison (either sentenced or on remand).

The project is focussed on supporting those people who find it particularly difficult when a loved one is sent to prison, including young people, older people, speakers of other languages, and people with literacy issues, mental health issues, learning difficulties or disabilities. They will be offered one to one support to tackle issues around family contact, but also to help with issues that arise when a person first goes to prison, such as child care and caring responsibilities.

A North East helpline for families affected by imprisonment will be launched in September and Nepacs are currently recruiting volunteers to support this vital service. Volunteers will enable families to feel informed as they navigate their way through the criminal justice system, and will help people to stay connected in this challenging situation. Nepacs will run the first round of volunteer training on 15 and 16 August. If you are friendly, non judgemental, patient and have excellent listening skills Nepacs would love to hear from you. Contact Nepacs Volunteer Coordinator, email volunteering@nepacs.co.uk or telephone on 0191 3757278.

More information is available here: <http://www.nepacs.co.uk/post/volunteers-sought-to-help-support-children-and-families-of-prisoners-on-teesside->

Jobs

Office Manager - ReCoCo [Newcastle - Gateshead]



Two year fixed term contract (potential for extension)
37.5 hours full time, based in Central Newcastle
Salary up to £24,000

ReCoCo is an independent peer-led mental health charity delivering groups, courses, activities, engagement work, training and research in and around mental health. Everything is guided, steered and delivered by people with direct lived experience of distress and complex needs. ReCoCo works to provide a safe space where people can learn from each other and form connections and friendships which aid and sustain their recovery.

A job description and application form can be obtained by emailing info@recoverycoco.com
CVs will not be accepted.

The closing date for applications is Friday **31st of July**.

Rethink IAPT Band 5 Counsellor [HMP Northumberland, Morpeth]

Permanent position, full time, 37.5 hours per week
Salary: £24,907 - £30,615
Closing Date: Thursday 30 July 2020 11:59pm

The position involves:

- Providing assessment and counselling interventions to the prison population.
- Managing a caseload.
- Identifying and develop prisoners to become trained Peer Mentors who will support first night reception centres, induction meetings, co-facilitate group sessions and offer general peer support and awareness raising to prisoners.
- Working as part of an integrated mental health team, with a range of other mental health professionals to ensure the most appropriate care is provided to patient

Full info: <https://rethink.current-vacancies.com/Jobs/Advert/1961870>

Mental Health and Wellbeing Programme Manager North Tyneside MHWB Strategic Partnership [Barnardo's]

Salary : £39,358 - £50,040, Closing Date: 7th August 2020. Permanent, Full Time, 37 hours.

Do you have experience of leading systems change? Do you have a background in mental health and wellbeing? If so, Barnardo's would love to hear from you.

They are seeking to appoint an experienced Programme Manager to play a central role in the development, leadership and delivery of their Mental Health & Wellbeing Strategic Partnership in North Tyneside.

<https://jobs.barnardos.org.uk/jobs/vacancy/programme-manager---north-tyneside-mhwb-strategic-partnership--6691/7682/description/>

Funding

The Edward Gosling Foundation

The Edward Gosling Foundation provides grants of up to £10,000 to enhance the quality of life for people on low income who have a physical or mental disability or those with long-term illness, across the following themes:

- Health and wellbeing
- Independent living at home
- Respite
- Transition



The Edward Gosling Foundation

The fund currently targets smaller charities providing front line community services who have less than six months' of reserves. This funding can be used to support core operating costs.

Find out more— <https://www.edwardgostlingfoundation.org.uk/>

Stop Loan Sharks Community Fund **STOP LOAN SHARKS**

Grants up to £5,000. Deadline **August 31st, 2020.** Intervention . Support . Education

Grants are available for activities that highlight the dangers of loan sharks. The funding is available from money seized from convicted loan sharks by the England Illegal Money Lending Team (IMLT). Organisations will need to demonstrate how their project contributes to delivering these priorities:

- Raising awareness of the dangers of loan sharks
- Promoting the work of the IMLT in communities
- Encouraging reporting of loan sharks

<https://www.stoploansharks.co.uk/cash-seized-from-loan-sharks-to-fund-community-projects/>

healthwatch Annual Reports 2019-20



Healthwatch offices around the region have published their annual reports in the last month or so—click on the relevant links for more information:

Healthwatch Sunderland—[click here.](#)

Healthwatch Northumberland—[click here.](#)

Healthwatch Newcastle—[click here.](#)

Healthwatch Durham—[click here.](#)

Please get in touch if you would like us to feature your organisation or work in a future bulletin.

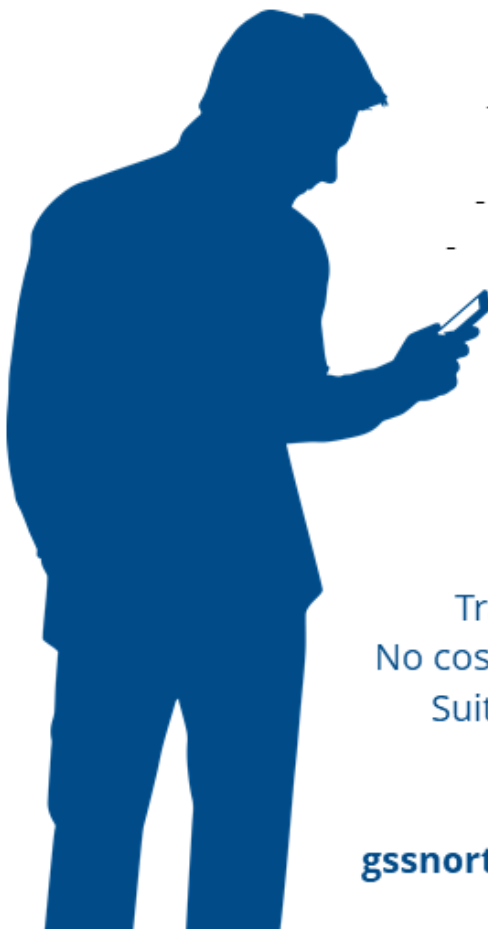
See contact details on the back page.



Reducing Gambling Harm

Free Remote Training Opportunity

We can help you play your role in reducing the impacts of gambling by training front line staff to spot the signs of gambling harm and help people to access the support they need.



Our training aims:

- Describe the impact of gambling in our communities
- Identify signs of gambling-related harm
- Understand how gambling affects people
 - Provide information/advice about gambling harm
- Know which specialist services to refer clients to for help

Training is available remotely via Zoom
No cost for training or accessing online platform
Suitable for small and large organisations

Contact:

gssnortheast@citizensadvicegateshead.org.uk



Sexual Perfectionism & Functioning in women with Anorexia Nervosa



Who is organizing the study?

My name is Pauline Chiarizia. I'm a trainee Counselling Psychologist conducting my doctorate in counselling psychology at City, University of London. This project is supervised by Dr. Angie Cucchi. This project has received approval by City, University of London Psychology Department Research Ethics Committee.



Participation

I'm looking for women with anorexia nervosa that are over the age of 18 years old and received a diagnosis by a healthcare professional. You do not need to be currently sexually active or in a relationship to partake in this study.



Purpose of this study

The study wants to determine whether women that hold certain beliefs about themselves and/or others as sexual partners can have an impact on their social functioning. Perfectionistic tendencies are commonly present in anorexia nervosa. Sexual functioning and satisfaction can be affected by perfectionistic tendencies in women. For this reason, I want to determine whether this also concerns women with anorexia nervosa so we can develop psychological therapies to support them.

Participate below:

https://cityunilondon.eu.qualtrics.com/jfe/form/SV_9yPIGeKsChlcFIV

Participation is entirely voluntary.

Contact details

Researcher: Pauline Chiarizia
Contact: Pauline.Chiarizia@city.ac.uk

Supervisor: Dr. Angie Cucchi
Contact: Angie.Cucchi.2@city.ac.uk

If you have any problems or questions about this study, you can contact myself or my supervisor. If you remain unhappy and wish to complain formally, you can do this through City's complaints procedure. To issue a complaint regarding the study, you may call 020 7040 3040 and then ask to speak to the Secretary to Senate Research Ethics Committee and inform them that the name of the project is Sexual Perfectionism: a mediating factor between perfectionism and sexual functioning in women

You can also write to the Secretary at: Anna Ramberg, Research Integrity Manager City, University of London, Northampton Square, London, EC1V 0HB.

For psychological support: contact The Adult Helpline Beat on 0808 8010677, Samaritans on 116 123 or Rethink Mental Illness on 0300 5000 927.



Outcomes for Beneficiaries

Feeling Settled
Increased Positivity and Motivation
Feeling Empowered
Improved Physical Health
Feeling Safe in their Environment

SOCIAL VALUE REPORT



Please think of
us if you have
any household items you
can donate to help people
in need in Gateshead

Recycle Re-use
Restore

0191 4778337



Coronavirus Information

MHNE have compiled a selection of what we hope are the most relevant resources at the time of writing, which include information, guidance and practical advice around mental health.

This is a brief summary, so please follow **THE FIRST LINK BELOW** to our main Coronavirus Information:

<https://mhne.org.uk/news-and-events/news/national-news/1912-coronavirus-information>

Check our social media pages for ongoing updates - [Twitter](#), [Facebook](#).

COVID-19: Coronavirus latest information from the UK Government and NHS

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

General information from the NHS about preventing the spread and contraction of the virus

<http://NHS.UK/coronavirus>

Mental Health specific information

Coronavirus and your wellbeing (from Mind):

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

North East and North Cumbria Suicide Prevention Network

<https://www.stopsuicidenenc.org>

Northern Mental Health Support (Newcastle University with CNTW)

<https://northernmentalhealth.org/>

MH Support for NHS staff

Helpline 0300 131 7000 <https://people.nhs.uk/help> and 24/7 text helpline text FRONTLINE to 85258

Coronavirus - advice for VCSE organisations and fundraisers

VONNE advice and links for the community and voluntary sector

<https://www.vonne.org.uk/news/coronavirus-advice-vcse-organisations-and-fundraisers>

NCVO have also provided a useful resource.

<http://ncvo.org.uk/practical-support/information/coronavirus>

Financial and Money Related Information

Moneysaving Expert Help and Rights

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

From the DWP - Coronavirus support for employers, benefit claimants and businesses:

<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>

Covid-19: managing your mental and financial wellbeing

<https://www.moneyandmentalhealth.org/covid-19-mental-financial-wellbeing/>

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.

MHNE 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 towards recovery.



Contacting us

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Find us Online:

www.mhne.org.uk

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

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

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

For further information about our bulletin or to place information in any future issues please contact:

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This issue edited by Gareth Cooper



Lyn Boyd

**Chief Executive
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Neil Kelly

Chairperson