Meeting Notes - Darlington Organisations Together (DOT)

Thursday 10th July 10am – 12 noon

Hybrid Meeting via Teams and in person at The Dolphin Centre

**Present**:

Zoe Grey Tandem

Martin Webster Workforce development Manager

Becky Llamas Darlington Safeguarding

Adele Morris Darlington Connect

Andy Hampson NERSOU Police

Marcus Hawthorn Darlington Mind

Hayley Agney 0-19 Team

Maureen Dodsworth St Teresas

Angela Parry Triage Future Grow

Holly Obertelli Triage Future Grow

Emma Hart Liaison and Diversion

Jordan Hugill Liaison and Diversion

Claire Shaw Liaison and Diversion

Melanie Sanderson TEWV

Autumn Molinski Adult social care

Rachel Leavis PHD

Ged Power Recovery Connections IPS

Chris O hara Recovery Connections IPS

Carole Sobkowiak Soroptimist

Kath Wall GOLD

Claire Healey Waythrough

Christine Walker Mental Health Matters

Kelly Oliver Mental Health Matters

Robbie Jones Home Instead

Peter Coady Say Aphasia

Julie Garg Northern Cancer Voices

**Apologies:** Heather Jarvis Jewell Learning and Skills

Rita Lawson Tees Valley Rural Action

Lynn Walton GOLD

Ann Donald Citizens Advice

Jane Harvey NHS pharmacy

Rita Lawson Tees valley Rural action

Deborah Robinson St Teresa’s Hospice

Mandy Doak Red Balloons

Andrew West Darlington Carers

Sarah Henderson Arcus

**In Attendance:** Andrea Goldie Healthwatch Darlington

Abbey Lax Healthwatch Darlington

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|  | **Action By** | **Target Date** |
| **1.Welcome and Introductions**  AL welcomed all to the meeting. | AG |  |
| **2.Attendance/Apologies**  As noted above. | AG |  |
| **3.Notes from the last meeting – April 2025:**  These were discussed and agreed as a true reflection. | AG |  |
| **4.Guest Speakers**  **4.1 Andy Hampson NEROCU – Fraud Awareness**  Please see below presentation.  [C:\Users\healt\Downloads\Andy Hampson DOT presentation 2025.pptx](file:///C:\Users\healt\Downloads\Andy%20Hampson%20DOT%20presentation%202025.pptx)  Offering staff training & workshops for organisations no cost involved.  There is a newsletter that you can sign up to.  **For more information, please contact** [**andy.hampson@nersou.police.uk**](mailto:andy.hampson@nersou.police.uk) | AH |  |
| **5.Healthwatch Darlington (HWD) Update – Andrea Goldie:**  Continuing to run the mental health network for the next 2 years. **The next meeting will be on Friday 01st August 10am till 12pm at the Tandem Hub Morton Park.**   * Suicide prevention: to link in also. * Continue to monitor dentists and GPs. * Tea-riffic update: donations welcome and if you wish to attend, please just let us know. Darlington town centre Market Square Tuesday 29th July & Tuesday 26th August * NHS 10-year plan noted.   **For more information, please email** [**info@healthwatchdarlington.co.uk**](mailto:info@healthwatchdarlington.co.uk)  **6.Around the room updates:**  **6.1 INT Positions**   * Andrea updated the group on the two new positions. * They will offer a hand-holding service when people go to appointments and provide support. * One-year funding through Primary Care.   **6.2 Say Aphasia**  Support group held at Tandem Hub the 1st Tuesday of the month 10:30am offering peer support for individuals suffering from Aphasia and their friends/family & carers. This is also for anyone who has had a stroke or head injury.  **There is a session on Monday 14th July to Sign up please visit** [**Workforce.trainingbookings@darlington.gov.uk**](mailto:Workforce.trainingbookings@darlington.gov.uk)**or for more information please contact** [**pete@sayaphasia.org**](mailto:pete@sayaphasia.org)  **6.3 Northern Cancer Voices**   * Not a choir. * Sharing feedback on cancer to improve services by working with GPs. * Recently started work in Darlington to make connections. * Eat / Heat / Treat scheme: referring people. * Offering free carbon monoxide training.   **For more information, please contact** [**julieg@northercancervoices.org.uk**](mailto:julieg@northercancervoices.org.uk)  **6.4 ARS Nurses – Mental Health**   * GP services-based. * Patients have an appointment and then may be referred to ARS for more complex cases. * Liaise with Primary and Secondary Care to determine the most beneficial route for the patient.   **For more information please contact** [**melanie.sanderson@nhs.net**](mailto:melanie.sanderson@nhs.net)  **6.5 Liaison and Diversion**   * Based in police custody. * Offering support and linking with organisations. * Peer support to help people reintegrate into the community.   **For more information please contact** [**Emma.hart28@nhs.net**](mailto:Emma.hart28@nhs.net) **or** [**Jordan.hughill@nhs.ney**](mailto:Jordan.hughill@nhs.ney) **or** [**Claire.shaw42@nhs.net**](mailto:Claire.shaw42@nhs.net)  **6.6 Triage Future Grow**   * Triage future growth: linked with social prescribers offering physical, mental, and social help. * Working with them for 12 weeks to link people with services and peer support. * Referrals go through social prescribers.   **For more information, please contact** [**holly.obertelli@triage.net**](mailto:holly.obertelli@triage.net) **or** [**angela.parry@triage.net**](mailto:angela.parry@triage.net)  **6.7 Home Instead**   * Private homecare: maintaining independence in the home. * Nail care services to clients. * WOW Guide: activities mainly for older people but includes other age groups.   [C:\Users\healt\Downloads\HI Darlington WOW guide May 2025-26 PRINT.pdf](file:///C:\Users\healt\Downloads\HI%20Darlington%20WOW%20guide%20May%202025-26%20PRINT.pdf)  **For more information, please contact** [**robbie.jones@darlington.homeinstead.co.uk**](mailto:robbie.jones@darlington.homeinstead.co.uk)  **6.8 Darlington Xtra – Developing Darlington**   * Supporting and linking up with organisations. * Calendar of events page to be added. * Offering free training. * Podcast channel available to sign up.   **For more information, please contact** [**martin.webster@darlington.gov.uk**](mailto:martin.webster@darlington.gov.uk)  **6.9 Health & Wellbeing Coaching PHD:**   * 10 sessions over 3 months. * Started Nordic walking for people with Parkinson’s. * Weight management courses. * Cafe and Firthmoor Cafe: social activities including games.   **For more information, please contact** [**Rachel.leavis@nhs.net**](mailto:Rachel.leavis@nhs.net)  **6.10 Recovery Connections**   * Recovery and substance misuse support. * Daily activities available and support offered. * Cooking on a budget group. * New day hub service working well. * “Pop in for a chat” initiative and signposting. * In the process of establishing a rehab centre.   **For more information, please contact** [**Gerard.power@recoveryconnections.org.uk**](mailto:Gerard.power@recoveryconnections.org.uk)  **6.11 Soroptimist**   * Supporting women refugees. * Engaging in national campaigns and charities. * Orange Day: focus on women’s rights.   **For more information, please contact** [**carole.sobkowiak@outlook.com**](mailto:carole.sobkowiak@outlook.com)  **6.12 GOLD**   * 50+ monthly health meetings. * Tea dance in Market Square Wednesday 16th July * Carer association event: Railway themed. * Coffee morning also held.   **For more information, please contact** [**Kathleenwall40@gmail.com**](mailto:Kathleenwall40@gmail.com)  **6.13 Way Through – Housing Support**   * Supporting people facing homelessness. * Mental health support also provided. * Offering help with finances and signposting to organisation.   **For more information, please contact** [**Claire.healy@waythrough.org.uk**](mailto:Claire.healy@waythrough.org.uk)  **6.14 MHM (Mental Health Matters)**   * Works with Talking Therapies to provide mental health support. * Can support individuals on waiting lists for Talking Therapies. * Provides an offender pathway—link sent to access Teams online.   **For more information, please contact** [**koliver@mhm.org.uk**](mailto:koliver@mhm.org.uk) **or** [**cwalker2@mhm.org.uk**](mailto:cwalker2@mhm.org.uk)  **6.15 Tandem**   * Supports those who have left school and are not in employment. * Offers help with CVs and interviews. * Delivers personal development, stress and anxiety sessions. * Offers accredited courses, including CSCS 1-day courses.   **For more information, please contact** [**zgrey@tandem.org.uk**](mailto:zgrey@tandem.org.uk)  **6.16 St Teresa's**   * Running an 8-week “Aging Well” group for those over 65.   **For more information, please contact** [**maureendodsworth@darlingtonhospice.org.uk**](mailto:maureendodsworth@darlingtonhospice.org.uk)  **6.17 Darlington Connect**   * Mental health and wellbeing hub funded by NHS. * Leaflets can be dropped at the hub. * Promotion available via their Facebook page. * Free room hire available after 4:30 PM on weekdays and flexible on weekends.   **For more information, please contact Adele Morris** [**adeledarlingtonconnect@gmail.com**](mailto:adeledarlingtonconnect@gmail.com)  **6.18 Darlington Safeguarding Partnership**   * Offers training courses for people.   **For more information, please contact** [**becky.llamas@darlington.gov.uk**](mailto:becky.llamas@darlington.gov.uk) | AG |  |
| **7. Myth busting:**  If you have any myths about your organisation, please feel free to send over the myth, plus the buster and we will get that shared on our newsletter**.** | AG |  |
| **8.Any Other Business:** | AG |  |
| **Date of next DOT meeting: Dolphin Centre**  **Thursday 2 October 2025 10am - 12pm**  **Thursday 29th January 2026 10am till 12pm** |  |  |
| To be a guest speaker at our next meeting please email [info@healthwatchdarlington.co.uk](mailto:info@healthwatchdarlington.co.uk) |  |  |