



## Funding Bid Success to Continue Greening the Gap Project



In some welcome good news, MHNE has been successful in two funding bids. These will allow us to continue a socially distanced form of Greening the Gap. We can now look forward to working with small groups at the outdoor Muddy Boots site.

The overall aim will be to offer days in the country with a menu of activities for wellbeing, to support mental health and allowing attendees for move on from isolation and anxiety of the pandemic.

The project work involves Cath Kenny and Stephen Dunne from the University of Sunderland’s School of Psychology. They hope to get an understanding about how people’s wellbeing has been affected during lockdown and how we can move forward from the experience as individuals and groups. They will look at how the countryside and working in it improves wellbeing during COVID-19.



Photo: Jack and Doreen collect a donation of paint.

MHNE volunteers Jack and Doreen visited [Glenwood Decorating Supplies, Darlington](#) to receive a very welcome donation of paint for use at Muddy Boots. **We cannot thank them enough for their support!** As we complete modifications to the training centre, our volunteers have already been out painting the training barn.

## Exam Results Chaos Worsens a Time of Uncertainty for Young People

MHNE welcome the recent Government U-turns on exams and congratulate students who will now get their predicted grades based on their teacher's assessments as opposed to the algorithm which disadvantaged children simply due to their postcodes. This has been hugely stressful time for young people and their families and we are relieved that common sense prevailed.

Young people did not need extra mental anguish top of COVID and our heart goes out to them. We encourage anyone affected to speak out—don’t suffer in silence. Look for support if you need it. We are gathering content for Reach Out, our Young Peoples magazine, due in Autumn which will tell their stories of the summer, feelings about the exams chaos and issues around returning to school. Please get in touch if there is anything you or a young person you know would like to share— anonymously if required. To see previous Young People’s Issue, find it here: [Reach Out NE - Issue #5](#).

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## Thank you to Teesside IChemE for Members Donation!

**IChemE** ADVANCING  
CHEMICAL  
ENGINEERING  
WORLDWIDE

MHNE would like to warmly thank local members of the Institution of Chemical Engineers (IChemE) who raised £606.70 at their annual dinner earlier this year.

The Teesside Members group of the IChemE hold an annual black tie dinner every year at Judges Kirklevington, near Yarm. The event was held on the 5<sup>th</sup> March, just one week before the Covid-19 government lock-down. For the first time in their 20 plus year history, they decided to hold a raffle in aid of a local charity and the charity they chose was MHNE!

Molly Bell (dinner organiser) was keen that the dinner had a fun element to the evening and that would raise money for a good cause. The group decided to help and support a smaller mental health-related charity in order to raise the awareness of their work. They selected MHNE because of its out its wide range of training and facilitating work for mental health projects.

Stefano Ceci CEng (current Chair) said “it was important to recognise and support the work of MHNE, who are helping improve the wellbeing of people on Teesside, of paramount importance during the current period”

The dinner typically hosts about 100 people from the chemical and affiliated companies located around Teesside with after dinner speakers, including directors from WSP (global engineering and consultancy firm) and long distance ultra-runner Sharon Gayter (shown at the event in the photo above), who recently had ran the entire length of Britain from John O’Groats to Land’s End.

Sharon talked at the dinner about how she developed her passion for long distance running and what kept motivating her to keep breaking distance and race records. She started by running 1 km at a time and then building up in stages to enter longer and longer competition races. Sharon is quoted as saying on her website “Keep on running, set your goals and go and achieve them.” We can all learn from that.



## Muddy Boots —Materials Appeal Update—Donations welcomed!

We are still working to improve our training facilities to make the project as safe as possible for group work and so we welcome donations including the following:

- **Timber—to construct safe distance potting stations**
- **Paving slabs, Door mats, old greenhouses or sheds**
- **Water butts and guttering**
- **Watering cans for adults and children**
- **Stacking chairs**
- **Paper cups, plates and disposable cutlery**

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

## Lockdown Diaries: Keith Philips- Chair, Durham Countywide Forum



I have started to harvest vegetables from the allotment. Onions, broad beans, some of the salad and tomatoes are ready to eat. A few days ago I made onion marmalade. The name sounds different, however it's more like an onion chutney than a sweet marmalade. Harvesting and food preserving will go on for some weeks, there are too many vegetables ready to eat in a few weeks, so much of the harvest will be preserved in the freezer or stored by other methods. I make chutneys, pickles and some of the herbs will be dried. Some of the ways I preserve the fresh foods. It's a busy time of year for growers.

For growing food, the weather hasn't been too difficult this year. It hasn't been too hot and dry so the plants are scorched. The hot weather in Spring meant I watered more often and the stronger winds have caused some damage, nothing too bad so far this year. There are some problems with weather every year. The weather has been cooler for some time now. Summer isn't over though.



Keith is Chair of Durham County Wide Mental Health Service Users and Carers Forum (aka the Countywide Forum or CWF). They meet to discuss aspects of help and treatment experienced in the area,

exploring issues with guest speakers and practitioners.

Meetings are on hold for the present while Waddington Street is closed, But—to be added to the mailing list please email Peter Smith [psmith@waddingtoncentre.co.uk](mailto:psmith@waddingtoncentre.co.uk)



# Keeping People Connected

Supporting adults with learning disabilities and autism across County Durham to keep safe, well and connected

- ★ We can keep in touch by phone, email, text and on social media.
- ★ We can help if you are worried or lonely
- ★ Support you to understand the latest government guidance and keep safe
- ★ Make friends, chat with others safely and take part in daily group video calls.

Call us on  
**01325 489999**  
Or email  
**connect@bridgecreative.org**

## Report - Our place: Local authorities and the public's mental health

Centre for  
Mental Health



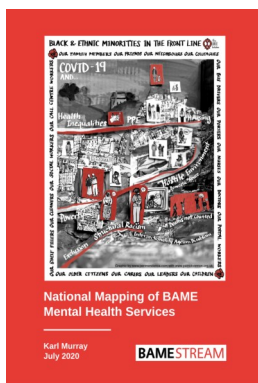
[This new report](#) launched this month by the Centre for Mental Health examines initiatives of local councils that are rising to the challenge of promoting good mental health and preventing poor mental health in their communities. Using nine case studies, the report presents learning from these areas, prior to

the pandemic and in the midst of challenges brought by COVID-19, with an overview of the evidence for prevention and the national policy context.

Across these case studies the authors found 4 key principles which enabled the councils to respond to the Mental Health needs of their communities:

1. **Public mental health as everybody's business** - i.e. mental health as the responsibility of every part of the council and wider community.
2. **Collaboration:** councils working with other parts of the system, such as the NHS, and closely involving community groups.
3. **Place-based approaches:** using the idea of 'place' to get residents and organisations to engage with the broader health and wellbeing agenda.
4. **Taking a holistic approach:** using a wide range of approaches and strategies to tackling the determinants of mental health.

Local authorities are uniquely placed to connect all parts of the system, and to work towards fewer health inequalities and better mental health for all. They will need proper funding to fulfil this potential.



## COVID-19 and Health Inequalities Report Released

This month, [BAMEStream](#) launched their National Mapping of Black, Asian and Minority Ethnic (BAME) Mental Health Services Survey and Report which was published in July 2020.

[The newly released report](#) details the findings from their National Mapping of Black, Asian and Minority Ethnic (BAME) Mental Health Services Survey.

Organisations including NHS Foundation Trusts, Local Authority commissioners of health and wellbeing services, as well as Voluntary and Community Sector organisations across England and Wales responded. Five key findings:

- The need for a National BAME Bereavement Service meeting the cultural needs of the community;
- Commissioners/Funders of Mental Health Services: Better funding, capacity building and commissioning of BAME mental health services especially around bereavement
- NHS and Statutory Providers: Training in cultural competencies and equality impact assessments
- Mainstream Third Sector Providers and infrastructure Organisations: The licensing and recognition of bona fide BAME mental health providers should be explored.
- Policy makers and academics: Research on the impact of COVID-19 on BAME bereaved families.

## Report: Making debt advice accessible to people with mental health problems

[Help Along the Way](#) a new report published by the [Money and Mental Health Institute](#) explores how free debt advice can become more accessible to people with mental health problems. With half of people in problem debt experiencing a mental health problem, it sets out how the sector can better serve clients with mental health problems.



### HELP ALONG THE WAY

Making debt advice accessible to people with mental health problems

Nikki Bond and Marilyn Holker

#### Key Recommendations:

- With mental health problems common among those seeking debt advice, the advice process should be made more accessible for all clients
- Debt advice providers should communicate with clients in an accessible way, providing them with information, options and well-equipped advisers to meet their needs
- Regulators and funders of debt advice, including the Financial Conduct Authority (FCA) and the Money and Pensions Service (MaPS), should ensure the regulations and funding that shape how debt advice is provided recognise the challenges faced by both people with mental health problems and the debt advice providers supporting them.



## WORLD SUICIDE PREVENTION DAY

10th September

### SPOTLIGHT ON YOUR GROUP, ORGANISATION OR WORK IN MENTAL HEALTH

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

**We are particularly interested in organisations who want to promote work to support communities and vulnerable people through this difficult time.**

Contact details on back page.

## **NIHR study: The role of the voluntary sector in mental health crisis**

This new study funded by the NIHR (National Institute for Health Research) explored in detail the value of the voluntary sector in responding flexibly and with compassion and kindness to people experiencing a mental health crisis.

Published in July, it highlights how the potential contribution of the voluntary sector is broader than simply its unique approach, with different types of voluntary sector organisations having a key role to play in prevention and in recovery. There are also skills, expertise and networks that are not readily available in the public sector.

However, the study found that the understanding of the voluntary sector by public sector services was often limited and the authors suggest that there should be an improved understanding of the contribution alongside development of a system of crisis support that better responds to the wide range of needs of people experiencing mental health crisis, their families and carers.

Of crucial importance is a crisis system that enables people to address factors that contributed to the crisis, rather than narrowly framing a mental health crisis in terms of risk or mental illness. Weaknesses across the sector were identified, including varied availability/access and inequalities were also found to be evident. Full access: <https://www.journalslibrary.nihr.ac.uk/hsdr/hsdr08290#/abstract>

## **Funding**

### **Morrison's Foundation**

The Morrison's Foundation awards grants of up to £25,000 to local community projects that improve people's lives. Applicants should demonstrate how the project will deliver public benefit, who in the community will specifically benefit and how it will bring about positive change.

Applications must come from registered charities which have raised some funding towards the project elsewhere. Morrison's will match any funding raised by Morrison's staff for their chosen charities. Ongoing with no specified closing date. For more information: <https://www.morrisonfoundation.com/>

### **The Volant Trust**

The Volant Trust accepts applications from UK charities that have a strong focus on alleviating social deprivation and helping vulnerable groups that are particularly impacted by the COVID-19 pandemic. Applications for medical equipment and the production or distribution of PPE will also be considered.

To receive a decision by April 2021, applications to be submitted between 1st Aug and 31st Dec 2020. More info: <https://www.volanttrust.org/how-to-apply-covid-19/>

### **Violence, Abuse and Mental Health Network**

Small grants are available to support research in specific areas, to address identified gaps in knowledge, in areas of new challenge or changing policy and practice. Grants are available up to £25,000 and can be used to deliver a targeted piece of research or to pump-prime larger projects.

This year's theme of understanding violence, abuse and mental health. Applications close on 11th Dec 2020 at 5pm. Details: <https://www.vamhn.co.uk/grant-competitions.html>

# Jobs



## **RT Projects - Fundraising Officer North East**

One Year Fixed Term Contract - PAYE or Freelance  
Hours: 12 hours per week, Salary: £22k pro rata  
Deadline **11th September 2020**

RTProjects are a small high impact independent charity based in Gilesgate, Durham.

They work with people at risk of suicide by providing therapeutic art sessions alongside one-to one support for people experiencing depression and anxiety related disorders.

To request a full job description or for a chat about the position please contact Beano:  
beano@rtprojects.org.uk 0191 384 9745 <https://www.facebook.com/RTProjects>

## **Young Person's Counsellor [Streetwise Newcastle]**

Salary: £24,636 – £26,474 per annum (JNC Points 13-15)  
Hours: 37 hours per week, Tuesday-Saturday (2 mid – week evenings up to 8pm also required)  
Initially fixed term until 31st March 2021, possible extension funding dependant.

Streetwise have a vacancy for a QUALIFIED Young Person's Counsellor. Due to current COVID 19 pandemic a mixture of home working (online counselling) and face to face delivery is required.

For application packs e-mail [admin@streetwisenorth.org.uk](mailto:admin@streetwisenorth.org.uk) or call 07803405680

See following link for more information, Job description and Person Specification.

<https://www.streetwisenorth.org.uk/job/young-persons-counsellor/>

Closing date for all applications is 5pm **Friday 4th September 2020**.



## **BAME Training and Development Officer [Newcastle]**

Salary £25,547 per annum (pro rata)  
30 Hours - Temporary until 31 July 2021  
Closing date: 12 noon, **9th September 2020**

The role will involve delivering a comprehensive, cross sector training programme; signposting and supporting organisations; sharing good practice and information; highlighting local issues relating to health within BAME communities.

Connected Voice Haref aims for health equality for BAME communities in Newcastle / Gateshead with a particular focus on tackling inequalities.

During the COVID-19 pandemic you will be working both remotely and in the Newcastle city centre office base.

To download the Job description, Application Pack and Application Form and further information about the role: <https://www.connectedvoice.org.uk/jobs/bame-training-and-development-officer>



# Prevention, Information and Advice Network Navigating the Maze: Dementia

Book now: 26<sup>th</sup> August at 11 am



## Keynote speaker

Professor Lynne Corner, Director of Engagement at the  
National Centre for Innovation in Newcastle

Help us to press the 'restart' button on our Prevention Information and Advice Network and dementia friendly city work by booking on our series of **online sessions and podcasts** called 'Navigating the Maze'.

We will share ideas and insights from research, practice and most importantly, people living with dementia and their families. We will explore how we can better support people living with dementia and their families to shape the future and to find their way through the maze of health and social care services, housing options, and community support.

- Email [informationnow@newcastle.gov.uk](mailto:informationnow@newcastle.gov.uk) to reserve your online place
- Joining instructions will be sent closer to the event
- Microsoft Teams

Lynne will showcase the new centre and highlight the latest ideas shaping research into the complex topic of 'dementia' including prevention.

We will discuss opportunities for partnership working with the new Centre and how you can get involved.

## Calling parents of 11-16 year olds: we need you for an online study about eating!

A Newcastle University study examining adolescents' eating behaviours is looking for 11-16 year-olds to complete an online questionnaire.

This is an important area of research in which past work has been limited. The study has received ethics clearance from the Faculty of Medical Sciences Ethics Committee.

Taking part in this study will:

- Help us understand where difficulties with eating might come from;
- Help inform ways to prevent problems;
- Help to inform treatment approaches.

If you're considering giving permission for your adolescent child to take part, and would like more information, please go to the link below:

<https://tinyurl.com/eatingresearch>

All participants will be entered into a draw to win one of five £20 AMAZON vouchers

### Any questions?

Contact Vicky Roberts (Trainee Clinical Psychologist)  
v.roberts2@newcastle.ac.uk

**ASPIRE LEARNING IS BACK FOR A NEW TERM!**

**ENROLMENT FOR COURSES BEGINS  
TUESDAY SEPTEMBER 1<sup>ST</sup>**

Looking for a 'new you' post lockdown?  
Wanting to improve your employability?  
Trying to ease back into socialising following isolation?  
Maybe just looking for something fun to do?

**Why not try women only courses with Aspire: Learning, Support & Wellbeing? Our courses are free (small admin fee applies on sign up), safe and friendly:**

- Mindfulness & Meditation
- Art for Well Being
- Introduction to Drumming
- Move on With Maths
- Healthy Cooking
- Dance Fit
- Aromatherapy for Self-Care
- Introduction to Teaching Adults
- Sugar Craft Flowers
- Confident Communication
- Help with ICT
- Indian Head Massage

**To take part you will need access to a computer or phone, if you cannot access the internet, we could be able to support you with this. We want to be accessible but also safe, as a result delivery is moving to a part online, part in centre approach, ensuring social distancing while maintaining the Aspire community we all love.**



**If you have any questions about the course content or delivery please email [enquiries@aspire-northeast.co.uk](mailto:enquiries@aspire-northeast.co.uk) or call 0191 389 1504. Please do not ask about a place before September 1<sup>st</sup> - enrolment is strictly from 1st September and places cannot be held in advance. Aspire is a women only service based in Chester-Le-Street, County Durham.**



## COURSES AND ACTIVITIES—SOME ARE ONLINE

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

Aspire (Chester le Street) - [Enrolment reopens from 1st Sept](#) (see advert this issue)

Durham County Council Adult Learning and Skills Service — [current courses](#)

Finchale E-Learning Platform— <https://www.surveymonkey.co.uk/r/VLEatFinchale>

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) — <http://www.stmargaretscentre.co.uk/reopening/>

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

Waddington Street Centre (Durham) — [Reopening August, more info here](#)

## 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 15** went out on 17th August with guest Laura from Writing for Wellbeing talking about her lockdown, writing, & Barnard Castle! And Hope Virgo talked of her wellbeing in lockdown, eating disorders & the #DumpTheScales petition.

To listen to the podcast, you can stream or download here **Episode 11**— <https://clyp.it/jdrbi5v0> and **Episode 12**— <https://clyp.it/tu3cgcfh>



Please contact Ricky Thamman by email— [studio@spicefm.co.uk](mailto: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](#).

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

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