



Helping to Improve the Natural Environment at Work



MHNE's Chairperson Neil Kelly has always argued passionately that when employers look after the mental and physical health of their workers it pays dividends in real terms such as less days off sick, and greater retention of workers leading to less need to recruit and train new staff. Another MHNE passion is how nature has a positive impact on health.

I was, therefore, enthusiastic about going along to meet Adam Black, Site Supervisor at Dyer Engineering, Annfield Plain to discuss how improving the natural environment around the site could benefit the workforce. Adam is determined to make a success of this project and has the energy to drive it forward in partnership with his colleagues and members of the local community.

Watch this space and we will keep you updated on progress.

Photo (above): MHNE CEO Lyn Boyd with Adam at Dyer Engineering.

Focus on Domestic Abuse

Support contacts on pages 5-6



Sharing Support Information for Domestic Violence and Abuse

While MHNE do not provide direct support around Domestic Violence and Abuse, we work with and are happy to promote the services of the many fantastic organisations around the North East which do offer help and advice for people at all stages of need.

From helplines to emergency accommodation and family support, there are contacts in this month's bulletin to assist you or someone you know.

The mental health impacts of Domestic Abuse of any kind on those involved are clear and we acknowledge that anyone can be affected. We hope that the information in this month's special focus is of use to you and if you would like to recommend a service to others via MHNE, please get in touch.



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Twitter: [@mhnetweets](https://twitter.com/mhnetweets) and young people [@mhne_yp](https://twitter.com/mhne_yp)



[Facebook Group](#)

Supporting survivors throughout the pandemic

Throughout the pandemic, Tyneside Women's Health has continued to support women. During the initial lockdown face to face services were closed and replaced by email, zoom, and phone support.



We quickly realised that women needed more support than this and re-opened to small, face to face groups in September, and remained open throughout the second and third lockdowns providing a mix of face to face and virtual support. We supported more than 530 women across the year to improve their mental health and emotional wellbeing. More than a quarter of our caseload have been victims of domestic abuse. We provide an **Undoing the damage of Domestic Abuse** course either virtually or within Centres, as well as a Safer Women Support group to help survivors of domestic abuse recover and rebuild their lives. Our interventions focus on the mental health and resilience of survivors, as well as their long term recovery from the trauma they have faced. **One of the TWH service users recounted their experience:**

"Covid-19 and the several lockdowns we have encountered over the past the months has been a challenging time for everyone, we have all been in the same storm yet different boats. With every high there has been mega lows.

Unfortunately, I have had more down than ups, being a mam is a tough job but with the added stress of being on lockdown, home schooling and a dip in my mental health it seemed impossible some days, I have literally had to be "mam" 24/7. I know that's what being a parent is, normally I can concentrate on myself whilst my daughter is at school, but now my home is her school and I'm her teacher.



Another hurdle that has occurred during this lockdown is the return of my abusive ex, although the police were incredibly supportive and I had help from my IDVA it was still a very isolating moment as I was stuck in the house on my own and wasn't able to have anyone with me to give me some more support, I was terrified at the thought of him turning up to my address where me and my daughter were and not having anyone in the house with me.

Although the past 10 months have been incredibly difficult I've grown as a person, friend, daughter and most of all a parent. I might only see my friends and family on a screen but it has made me appreciate them so much more. Within a click of a finger our freedom got removed but the people who matter the most are always there.

Tyneside Women's Health has made a massive impact on me during this pandemic—without them I don't think I could have got through it. Since the majority of women can't get to the centre to access support, they have gone digital to ensure that we are all ok, and to try and give us a bit of normality. We do a weekly zoom where we either have quizzes, games or talk. It takes my mind of being "mam" for half an hour and makes me feel less alone, knowing we are all in this together!"

Domestic Abuse Crisis

Linda Kirk, director and founder, Just for Women Project, Stanley

visit their Facebook page <https://en-gb.facebook.com/JustForWomenStanley/>



The COVID pandemic has resulted in a significant increase in violence and psychological impact on women, children, and in some cases we have seen men needing the services of Just For Women. In the first lockdown we had an increase in calls from women needing advice, support and even rehousing due to escalation of abuse. Those having to live under the same roof with a perpetrator, not allowed a moment of respite, feeling imprisoned with your jailer causing trauma-related mental distress. As we came out of one lockdown, just to be thrown into the mix of another, we needed to act quickly with some clients desperately needing support.

As well as phone helpline, we introduced zoom calls to those who could access the internet in private. One counsellor worked alongside us throughout COVID and started sessions within a few months of lockdown.

We were hearing from some women that their abusers used lockdown restrictions and risks of COVID and its consequences as part of the abuse. We needed to devise ways of reaching out to the most vulnerable. In doing so, we were inundated from not only self referrals but other agencies and organisations that were either not working due to COVID restrictions, or not doing any face to face work with their clients. We quickly pulled together a small band of volunteers and a couple more of our counsellors came on board to help provide outreach support, advice and counselling.



As the pandemic took a hold by late 2020 we had employed to more freelance counsellors to help work through our work load. No one waited more than one week, and they were never turned away as we were hearing that other NHS counselling sources were putting people onto waiting lists for up to one year.

JFW drew on experience of working and living in these communities and knowing what was needed to put into place to devise a plan to coordinate more counselling practitioners. We drew up a rota so every day of the week we had at least 2 counsellors at the centre, as well as counselling some who are specialised in areas of abuse, trauma, mental health and women's issues and took on another 4 counsellors from last summer. We now have 14 counsellors, which has allowed us to see our own clients but also those referred by police, GP surgeries, One Point, Harbour, Pause and other local charities / volunteer organisations.

In some cases due to negative experiences, specialists independent domestic violence and abuse services perform a crucial role in supporting victims / survivors of whatever kind of abuse they have been affected by. As plans are made for life beyond the pandemic, we have learnt new ways to help and are ready for an influx not only around domestic abuse / sexual assault but financial, emotional abuse and anxieties of those who have been through ordeals and life changing experiences that none of us are prepared for. The voluntary sector need to be included in creation and design of future social network and statutory services, because when all doors were shut to victims who could not get in contact with the relevant bodies we were open and prepared to do whatever to help those most of need. As the founder of Just For Women Centre, I will never forget the courage of a band of small volunteers who gives their time and lives to help other—as well as one of the best teams of counsellors any organisation would be proud of.

Domestic Violence / Abuse Contacts and Useful information

If you are in immediate danger, call 999 and ask for the police. If you can't speak and are calling on a mobile press 55 to have your call transferred to the police.

[Find out how to call the police when you can't speak.](#)

[Safe Newcastle directory](#) of Domestic Abuse services. North East and national support organisations.

Safe Newcastle—Violence Against Women and Girls resource—very useful information with local and general advice, <https://www.safenewcastle.org.uk/violence-against-women-and-girls>

Refuge's National Domestic Abuse Helpline on 0808 2000 247

<https://www.nationaldahelpline.org.uk/Contact-us>

Harbour works with families and individuals (female or male) who are affected by abuse from a partner, former partner or other family member. <https://myharbour.org.uk>

The Angelou Centre support for black and minoritised women and children who have been subject to domestic and sexual violence. <https://angelou-centre.org.uk/>

West End Women and Girls Centre (Newcastle) <http://westendwomenandgirls.co.uk/>

Northumberland Domestic Abuse Services (NDAS)

Live Web Chat (Monday-Friday 9.30am-3pm) <https://www.nda.services/web-chat>

Or call **01434 608030** between 9.30am and 4:30pm Monday to Friday for 1-to-1 support.

East End Women (Newcastle) <https://buildingfutureseast.org/local-programmes/east-end-women/>

Tyneside Women's Health include drop-ins. Courses and counselling.

Safer Women Support Groups—Newcastle, Gateshead and North Tyneside:

<https://www.tynesidewomenshealth.org.uk/support-services-for-women/support-groups/>

Women's Health in South Tyneside (WHIST) - offer services including one-to-one and peer-support, counselling, and various courses. <https://www.whist.org.uk/>

Aspire—A women-only centre based in Chester le Street. <https://www.aspire-northeast.co.uk/>

Just For Women (Stanley, County Durham) supports women, children and families to move beyond the constraints of mental health, poverty, domestic violence. <https://justforwomen.org.uk/>

My Sister's Place (Middlesbrough) - specialist domestic abuse service for women age 16+. <https://www.mysistersplace.org.uk/> The advice line **07873 321371** is open 9am to 7pm daily.

Women's Aid — resource providing comprehensive advice for staying safe with contacts for many specialist services <https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

UK Directory of local support services <https://www.womensaid.org.uk/domestic-abuse-directory/>

If you are experiencing domestic abuse or are worried about friends or family, you can access the Women's Aid live chat service 7 days a week, 10am to 6pm. <https://chat.womensaid.org.uk/>

<https://survivorsforum.womensaid.org.uk/> Email helpline@womensaid.org.uk

Rape Crisis Tyneside and Northumberland—<https://rctn.org.uk/>

Domestic Violence / Abuse Contacts and Useful information (continued)

Supporting a friend who is suffering domestic violence or abuse: [UK Government advice \(link\)](#).

Ask for **ANI** codeword and Safe Spaces

If you are experiencing domestic abuse and need immediate help, **ask for 'ANI'** in any participating pharmacy. 'ANI' stands for **Action Needed Immediately**. If a pharmacy has the 'Ask for ANI' logo on display, it means they're ready to help. They will offer you a private space, provide a phone and ask if you need support from the police or other domestic abuse support services.

Safe Spaces are available in Boots, Morrisons, TSB, Superdrug, Well and independent pharmacies across the UK. Once you are inside, specialist domestic abuse support information will be available for you to access. Many Safe Spaces will also respond to the 'Ask for ANI' codeword, providing victims with a discreet way to access help calling the police on **999** or specialist support services. Find your nearest Safe Space: <https://uksaysnomore.org/safespaces/>

Check whether someone has an abusive past — your "Right to Ask"

If you are concerned that a new, former or existing partner has an abusive past you can ask the police to check under the **Domestic Violence Disclosure Scheme** (also known as 'Clare's Law'). This is your 'right to ask'. If records show that you may be at risk of domestic abuse, the police will consider disclosing the information. You can make a request to the police for information about a person's previous violent offending in person at the police station or elsewhere, by telephone, by email, online or as part of a police investigation. Support agencies and services can also help you to ask the police.

Mankind - Confidential helpline for male victims of domestic abuse and domestic violence, Weekdays 10am to 4pm **01823 334 244** <https://www.mankind.org.uk/>

Respect Men's Advice Line **0808 8010327** Free Telephone support Mon–Fri 9am–8pm
Email support info@mensadvice.org.uk Mon–Fri 9am–8pm, Sat & Sun 10am–12pm & 4pm–6pm.
Webchat support Wednesday, Thursday and Friday 10–11am and 3–4pm

Get help if you think you might be an abuser: If you are concerned about your behaviour or the behaviour of someone you know, there is support available.

The Respect Phonenumber is an anonymous and confidential helpline for men and women who may be abusing their partners and families. Call **0808 802 4040** (Monday to Friday 9am to 8pm). The helpline also takes calls from partners, ex-partners, friends and relatives who are concerned about perpetrators. Webchat service available Weds, Thurs and Friday 10am–11am and 3pm–4pm.

Elder Abuse

Over 500,000 older people experience elder abuse in the UK (figure from Action in Elder Abuse).

Age UK information on Protection from abuse <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/protection-from-abuse/>

Hourglass - confidential elder abuse helpline, available Monday to Friday, 9am to 5pm.
Phone Helpline: **0808 808 8141** Free text 078 6005 2906
Email the helpline helpline@wearehourglass.org Website: <https://wearehourglass.org/>

Feedback from the July issue - Plate-pouring at Hollie Hill

Following last month's bulletin focusing on dementia, staff from [Hollie Hill Care Home](#) near Stanley got in touch to tell us about one of the activities which they have enjoyed with residents.

"We entered the Stanley in Bloom garden competition and the residents on the dementia suite helped to make decorations to add to the sensory garden. Residents enjoyed paint-pouring onto old "78" records that we then varnished and hung in the garden on the fence to brighten it up. We hope to do very well with the garden and we think it all looks beautiful. The photos show the vinyl records after pouring and then all of them mounted on the garden fence."



NHS Confederation Report—August 2021 Reaching the tipping point: Children and young people's mental health

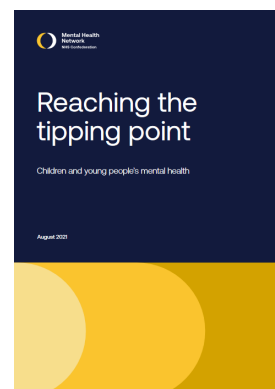
This new report considers what impact the pandemic has had on children and young people's mental health, the services that support them, and how local systems are working in new ways to confront the issues before them.

There is concern that the existing challenges have only got worse, including mental health inequalities, and demand for support for eating disorders.

There are significant increases in demand for mental health support for children and young people across all services—primary care, NHS specialist mental health services, voluntary sector, independent sector, and digital providers - but also pressures on acute trusts and local authorities. According to research by the Centre for Mental Health, as many as 1.5 million children and young people may need new or additional mental health support as a result of the COVID pandemic, though some consider this figure to be an underestimate.

Suggested improvements include support in educational settings, greater focus on early intervention and addressing the staff shortage.

You can read the report here: <https://www.nhsconfed.org/publications/reaching-tipping-point>





MOVERS AND SHAKERS

Movers and Shakers are back, without the S!

They have relaunched MASS, losing an S to become MAS. This is to ensure that Movers and Shakers is accessible to everyone no matter where you are from and new attendees are always welcome

They are meeting Thursdays 11am-1pm at Stanley Civic Hall. It is still reasonably priced at £2 a session.

Make friends, and enjoy fitness classes, fun quizzes, crafts and chats.

MHNE CEO Lyn (see photo below) enjoyed a recent archery session there and hit gold (she claims!).



Salon Raffle for MHNE — Thank you Chelsie!

We are hugely grateful to Chelsie Fox who organised a charity raffle to raise money for Mental Health North East, and contacted us to make the donation.

Chelsie wrote to us to say: *"I started my own business Hair By Chelsie Fox in 2017 and has been a success, thanks to my wonderful clients supporting me right from the start.*

With the pandemic I know how many people will be struggling with their mental health and wanted somehow to help out. So I donated a colour cut and blow dry voucher and sold 50 raffle tickets for £10. I raised £500 for Mental Health North East. I want to thank everyone who donated as it has gone to a great cause."

<https://www.facebook.com/Hair-by-chelsie-fox-1640654432906260/>

Capelli Salon,
19 Hedgeley road,
Newcastle upon Tyne,
NE31 1PP.

07809 690388



Heritage Open Days at Tanfield Railway

Tanfield Railway offers visitors the story of its railway's industrial heritage, dating back nearly 300 years.

As neighbours to our training venue at Muddy Boots, we at MHNE are proud to support their work.



Volunteers will lead guided walks through the ancient Causey woodland to the 1725 Causey Arch while talking about the industrial history of the area and what is now the oldest railway in the world.



The Arch and the embankment are amazing engineering achievements dating back 300 years.

Tanfield Railway volunteers offer a warm welcome at East Tanfield Station. Hot and cold refreshments can be purchased from the tea room. Interpretation material will be around the site for visitors to learn more.

Tanfield Railway will be celebrating its tercentenary in 2025 and the reconstruction of a wooden waggonway can be viewed.

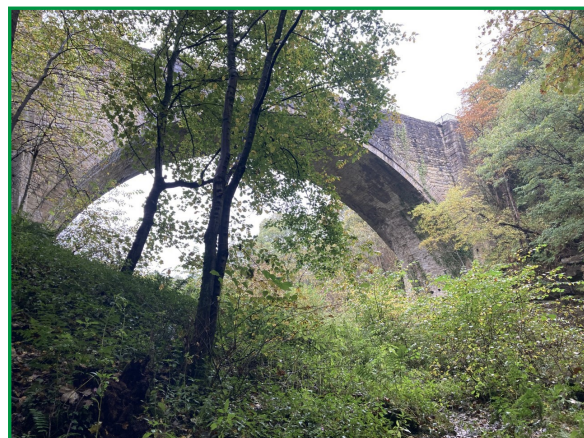
A steam train will be seen operating on the track, through the woods on each of the Heritage Open Days, offering visitors atmospheric photographic opportunities. Train travel is not included in this event. Tickets for train rides are available via online booking on the TR website.

The Heritage Open Days are on Sundays 12th & 19th Sept. Guided tours from ET station to CA at 10.30am, 12.30pm & 2.30pm. No charge.

There will be a 1940's themed heritage event taking place the first weekend in October.

Pre-booking recommended, contact Martin O'Neill by email: info@tanfield-railway.co.uk or visit <https://www.tanfield-railway.co.uk/shop-2/>

Tanfield Railway, East Tanfield Station, Tanfield Lane, Stanley, County Durham, DH9 9UY



Follow MHNE on Social Media?

For regular updates throughout the month about local, regional and national news on the subject of mental health.

Twitter: [@mhnetweets](https://twitter.com/mhnetweets) and [@mhne_yp](https://twitter.com/mhne_yp)

Facebook group :

<https://www.facebook.com/groups/MentalHealthNE/>



Mental Health NE

@MHNEtweets

Working together for better mental health and wellbeing in the North of England.

© North East England [mhne.org.uk](https://www.mhne.org.uk) Joined August 2010

7,546 Following 7,512 Followers

Mentally Sound: Life in Lockdown Radio Show and Podcast

Mentally Sound is an award winning radio show, recorded as a podcast on a weekly basis, and broadcast on Spice FM each Tuesday from 1pm, repeated Saturdays at 3pm. Originally set up as a peer support project on community radio supported by MHNE, MHM and Launchpad in 2015. It was rebranded as **Life in Lockdown** due to the COVID situation and now over 60 podcasts have been produced since March 2020.

In the 66th show, broadcast earlier this month, therapist Amer and host Ricky discuss the impact racism and class have on mental health; sport with Simone Biles & Ben Stokes; and the recent passing of psychologist Albert Bandura.

Previous Mentally Sound shows are available to stream or download:

In Episode 65, Joining Ricky is Mahida, Shami & Geua from CREST (Compact for Race Equality in South Tyneside). They talk on how they dealt with lockdown, helping local vulnerable people, plus some great stories of empowerment and positive wellbeing. <https://clyp.it/00p1yibh>

In Episode 64, young mental health campaigner, Kai Leighton, talks of his project 'BeHeard: The Young Voice'. He also talks of his own lockdown, family, peer support and schooling. <https://clyp.it/ezgetb2g>

In Episode 63, Rich, from friends of the show north of the border 'Walk and Blether' joins Ricky for the full hour to chat about football and mental health, caring and their thoughts about 'freedom day'. <https://clyp.it/ogq1hwyg>

Please contact Ricky Thamman on their new email address mentallysound@spicefm.co.uk if you would like to get in touch or be involved with a future show. Find Mentally Sound on Twitter [@_mentallysound](https://twitter.com/mentallysound) and [Facebook](https://www.facebook.com/mentallysound) for the very latest show information and more download links.

Archived #LifelInLockdown podcasts can be found on Spotify, Clyp, Apple and Pocket Casts.



MHNE can now receive donations via JustGiving

Donate with
JustGiving™

Donations to MHNE support our work, maintain and grow our outdoor training facilities and strengthen our campaigning voice for the region.

The new Mental Health North East page on JustGiving has been created to make this process much easier for the individuals and organisations who decide to help financially or wish to set up a fundraising event online.

To find our Donations home page please follow this link: <https://www.justgiving.com/mhne>

2021 Suicide Prevention Summit (FREE)



Mental Health Academy and the British Psychological Society (BPS) have partnered to bring you the UK's largest ever Suicide Prevention online conference, the 2021 Suicide Prevention Summit.

The purpose of the Summit is to equip mental health professionals with best-practice knowledge and skills on suicide prevention, thereby making a tangible reduction on suicide rates.

It's free to attend. And you can access all sessions online (both in real-time & on-demand).

- Access 10 hours of learning, covering self-harm, psychosocial assessments, survivor storytelling, evidence-based clinical approaches, understanding suicide risk, suicide prevention in LMICs, responding to non-fatal suicide, and much more.
- Access live, interactive webinars (September 11-12) and video recordings (on-demand, 24/7, until October 10).
- Learn directly from world-leading suicide prevention experts, including Dr. Rory O'Connor, Dr. David A. Jobes (USA), Dr. Ellen Townsend, Dr. Stacey Freedenthal (USA), Dr. Sally Spencer-Thomas (USA), Jacinta Hawgood (Australia), Dr. Ann Luce, and many others.
- Download CPD Certificates & contribute towards to your CPD requirements.

Please register to secure your place: <https://www.mentalhealthacademy.co.uk/suicideprevention>

If you have any questions about the event, please contact Mental Health Academy's support team on help@mentalhealthacademy.co.uk.

World Suicide Prevention Day—Friday September 10th 2021

One in every 100 deaths worldwide is the result of suicide. It can affect each one of us. Every suicide is devastating and has a profound impact on those around them. However, by raising awareness, reducing the stigma around suicide and encouraging well-informed action, we can reduce instances of suicide. World Suicide Prevention Day is an opportunity to raise awareness and promote action through proven means that will reduce the number of suicides and suicide attempts globally.



'Creating Hope Through Action' is a reminder that there is an alternative to suicide aiming to inspire confidence that our actions, no matter how big or small, provide hope to those who are struggling. Preventing suicide is often possible and we can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

For more information about the campaign: <https://www.iasp.info/wspd2021/>



COURSES AND ACTIVITIES — OPENING UP AND MANY ONLINE

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

Crisis (Newcastle) - [Timetable and more details](#).

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

Gateshead Clubhouse — <https://gatesheadclubhouse.com/>

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

PACT House— <https://en-gb.facebook.com/PACTHouseStanley/>

PCP (Newton Aycliffe) — [activities list](#)

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

St. Margaret's Centre (Durham) — <http://www.stmargaretscentre.co.uk/>

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

Waddington Street Centre (Durham) — <https://www.waddingtoncentre.co.uk/>

Wellbeing for Life (County Durham) — <https://www.wellbeingforlife.net/training-courses/>

BE A GAME CHANGER



MALE PEER SUPPORT

In partnership with ANDYSMANCLUB

Every Monday 7 - 9pm
(excluding bank holidays)

St. James' Park, NE1 4ST

For further information contact:
info@andysmanclub.co.uk

#BEAGAMECHANGER
nufoundation.org.uk/BeAGameChanger



Newcastle City Council



Durham Countywide Forum

Annual General Meeting—September 6th

MHNE is proud to support the Durham Countywide Mental Health Service Users & Carers Forum (also known as the Countywide Forum or CWF).

Durham Countywide Forum is a group of Service Users and Carers based in County Durham and Darlington. The brief of the group is to improve and promote Mental Health.

The group look at general issues facing service users and carers, flagging up issues such as Stigma and Discrimination.

The CWF doesn't take on individual cases, although the members have knowledge of places to find help and advice.

Many people acknowledge that Coronavirus has affected people's mental health and NHS services. For this reason the CWF is particularly interested to hear about your experiences during the last 18 months.

The Countywide Forum's next monthly meeting and Annual General Meeting will be held on Monday September 6th at 1.30pm.

Everyone is welcome to attend but please contact us using the details below to let us know. Meetings take place at the Waddington Street Centre, 3 Waddington Street, DH1 4BG.

The Countywide Forum is always seeking new members, especially people with an interest or having experience of Mental Health in County Durham and Darlington.

Please contact Peter Smith psmith@waddingtoncentre.co.uk or phone 0191 3860702 for more details, including minutes and future agendas of the Forum.



NHS
The Veterans Mental Health
and Wellbeing Service

**The first call for
help takes courage**
**Op COURAGE: The Veterans
Mental Health and Wellbeing
Service**
Specialist care and support for Service leavers,
reservists, veterans and their families

Visit the NHS website at www.nhs.uk/opcourage

OpCOURAGE

I knew something was wrong.
I wasn't sure what to say, so I asked

"Hi, where
can I get a
coffee?"

And that's all it took

If you think someone might need help, trust your instincts and start a conversation. You could save a life.

Find out more at samaritans.org/smalltalksaveslives

#SmallTalkSavesLives

A registered charity



in partnership with



Survey - Avoidable harm in mental health social care - AHMHSoc



Survivor researchers from University of Birmingham (Sarah Carr) and King's College London (Angela Sweeney and Georgie Hudson) alongside Tina Coldham (Independent researcher) are conducting research into 'avoidable harm in mental health social care'. The team are exploring what service users think avoidable harm in mental health social care is, based on their experiences, and how it might be avoided.

The team are running an online survey and would like to invite people aged between 18 and 65 who have used mental health social care in the past 7 years to take part.

Take the survey here before 5th September:

https://qualtrics.kcl.ac.uk/jfe/form/SV_cOSNF64cNTaMDsy

To find out more information, please get in touch with Georgie Hudson: georgie.c.hudson@kcl.ac.uk

Veterans Mental Health

North East Counselling Services (NECS) have is offering counselling support to veterans and their family members who live in Gateshead.



Anyone who feels they need support can self-refer on the website <http://www.necounselling.org.uk>

If you have any questions please contact Marjorie Hunter marj@necounselling.org.uk

Vacancies

Age UK Sunderland—Befriending Service: Keeping in Touch (KIT) Worker

Full time (35h per week), Salary £19,128 per annum
Based: Bradbury Centre, Sunderland
Fixed term contract, initially until October 2022
Deadline: Wednesday, 1 September, 2021, 9am



The post holder will recruit, train and support established volunteers to provide telephone and visits to older people in their homes to reduce loneliness and isolation whilst identifying vulnerable older people to access the service.

To request an application pack you can email enquiries@ageuksunderland.org.uk or download one directly from <http://www.ageuksunderland.org.uk>. Tel: 0191 5141131.

Counsellor Adult Team

Contract Type: Permanent
Full time, Salary £26,353-£28,574 per annum
Deadline: Monday, 13 September, 5pm
Based: Sunderland
Find out how to apply: <https://washingtonmind.org.uk/washington-mind-job-vacancies/>



Men's Pie Club Leader

Fixed term, to July 2022 (with potential of extension)
Hours: Average of 18.75 hours/week (2.5 days/week)
Place of work: Home-working and various community venues
Flexible working (across daytimes Mon-Fri, some early evenings, & occasional Saturdays)
Rate of pay: £21,450 (pro-rata for 18.75 hour/week)



Men's Pie Club (MPC) harnesses the **power of the pie** to improve social connections for men at risk of, or experiencing, social isolation. Funded by Movember, MPC run weekly meet-ups in community settings across the North East and aims to cultivate a supportive peer network of men with cooking, eating, and socialising at the core. You will be the person that makes MPC work seamlessly on the ground.

If you have any queries, please email joanna@foodnation.org. For details on the application process: <https://www.menspieclub.co.uk/post/job-vacancy-men-s-pie-club-leader>

Closing date for applications: 5th September 2021



Every Call Counts

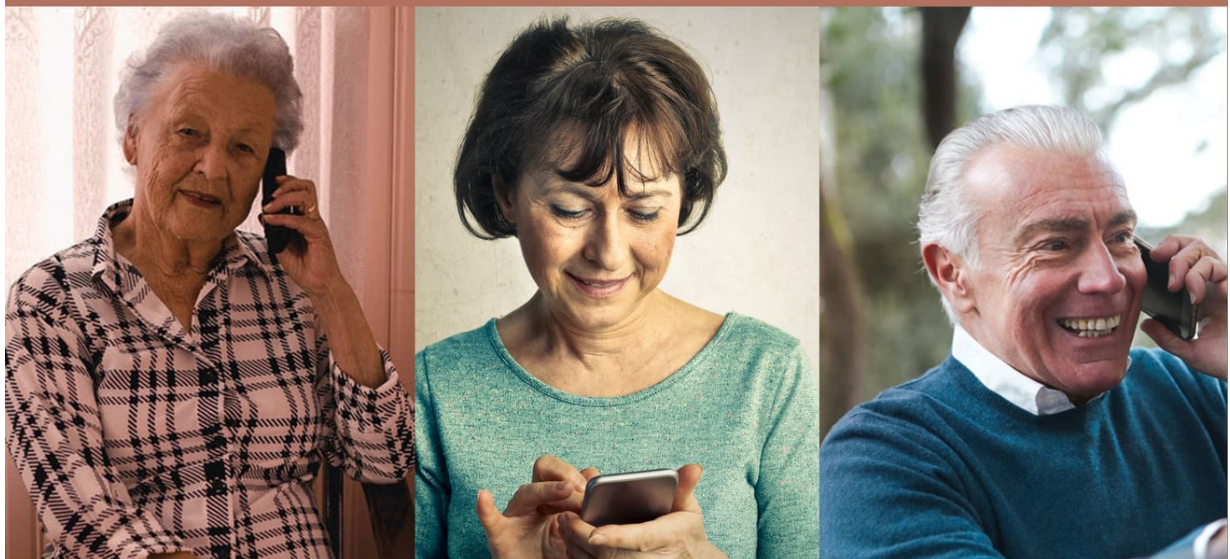
Every Call Counts is a new FREE Befriending Service allowing you to enjoy a conversation with fantastic Befriending Staff and Volunteers.

Every Call Counts aims to promote healthier living, independence and reduce feelings of isolation and loneliness.

Befrienders offer practical support through a weekly phone call to help build confidence and access community resources or activities where available.

Every Call Counts Befriending service delivered by the Pioneering Care Partnership is for those aged 18+ living in the County Durham area.

Contact us at befriending@pcp.uk.net or call 01325 329934 for more information.





Supporting Children Who Are Anxious

Tuesday 28th September 9.30-11.15am & Wednesday 10th November 9.30-11.15am
(both sessions will be the same)

The session will help you to understand what anxiety is and why we experience it. Enable you to recognise the signs your child is becoming anxious, and develop understanding of how to respond to your child's anxiety. You will also learn strategies to help your child manage their anxiety.

Emotional Wellbeing

Wednesday 13th October 9.30am-11.15am & Tuesday 14th December 9.30-11.15am
(both sessions will be the same)

This session will focus on emotional wellbeing, what it is and how we can improve it for ourselves and our children.

The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS

To book places please email tewv.countydurhamcamhstraining@nhs.net

Please state which session/s you would like to attend and give your name, email address and contact number.



Tees, Esk and Wear Valleys
NHS Foundation Trust



DURHAM
www.mcdurham.co.uk
on Durham SENDIASS
0191 5873 541



support@rollercoasterfs.co.uk Tel: 07377213952



Durham County
carers support

www.dccarers.org
Tel: 0300 0051213

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.



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www.mhne.org.uk

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

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

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Lyn Boyd

**Chief Executive
Officer**



Neil Kelly

Chairperson