

## July 2021 Bulletin



The MHNE office receives email and phone contact in increasing quantities around the issue of dementia and dementia care, including a generous donation from a former Sunderland couple now living in Surrey. So we are using this issue to feature stories and experiences as a snapshot, to highlight how lives are changed and some of the support which is available.

Jonty was one of my best friends, it was an unlikely friendship that spanned over 35 years. He was very much your traditional northern bloke who loved all sport and played a lot of football and badminton. Jonty was that rare animal who genuinely didn't care for material possessions and would have given away his last penny. He was also nobody's fool and if he didn't like you, you knew it and stayed well out of his way!

He was fit as a fiddle until friends and family noticed that his memory wasn't so good. He went to the doctor's and got a dementia diagnosis - possibly as a result of him heading a heavy football in the many competitive local matches he played. Slowly, gradually his memory became worse and one Christmas he didn't come for dinner as he had for many years - he was spotted in the street looking confused but there was no way we could persuade him to come inside. Eventually he was placed in a care home and lived in care homes for the rest of his life. Whilst I have no individual complaints about individuals or homes I felt that he was incarcerated and forgotten about, and nobody really looking after his welfare. How I envied the dementia villages in places like Holland and the bikes in Europe where dementia sufferers are encouraged to get fresh air and have a look around the local area.

Jonty deserved so much better and I look with hope at garden schemes around the region and dementia friendly innovations in our communities which bring joy and dignity to everyday life.

I can't help but put the blame at the door of our consecutive governments who have never yet prioritised a practical, humane and long-term funded vision for the care of our most vulnerable. It's critical that this and support for carers is absolutely central to any progress made in the new Health and Care bill currently going through parliament.

**Lyn Boyd, MHNE CEO**

### **Focus on Dementia**

**Personal experiences  
and Support details**





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

 [Facebook Group](#)

## Focus on Dementia

### Lyn Boyd (MHNE CEO) Interviews Ann Donaldson

*Ann and Tom Donaldson were married for nearly 54 years and were enjoying their retirement when Tom first received a diagnosis of COPD and then another one for Alzheimers.*

#### Tell me about Tom?

He was a wonderful husband and a great father to our boys and grandfather to our grandsons. He worked hard all his life and was full of fun. Tom never had a good memory even as a young man but it became much worse in the last years of his life.

#### How did the Alzheimers affect your lives?

Tom would do and say things that were out of character. One day he asked me who are you and I had to tell him I was his wife. He would want to wander in the middle of the night and lost control of his bowels and bladder. Often he wouldn't eat and lost a considerable amount of weight. Towards the end he came bed ridden and carers called to the house 4 times a day. Despite this I sometimes had to change him in the middle of the night for his comfort but I didn't mind - he was worth it! This went on for 8 years but I don't regret one moment.

#### What support did you receive?

Our son, daughter in law grandsons and Tom's sisters were wonderful. They all came to see us regularly and helped with shopping, sorting out problems and other chores.

The support from Durham County Council in the form of social workers and carers was brilliant and NHS staff - doctors and nurses - were extremely caring. The voluntary sector also helped. I have no complaints whatsoever about the help I received. Everyone was brilliant.

#### What were the worst moments of Tom's illness?

When it got to the point that Tom was sleeping all the time. I knew that we hadn't much time left together and it was awful to see him so ill.

#### And the best moments?

Tom had a great sense of humour and had us all laughing despite his illness. The night he died my middle grandson stayed upstairs with his grandad and wouldn't leave his side - seeing devotion like that is worth more than any gold. At the funeral my youngest grandson who was just say 13 years old gave a marvellous talk about his grandad summing up his life and saying how much Tom meant to his family. Everyone there was impressed and I can't tell you how proud I was.



## What is LifeBooks? An Introduction to Digital Storytelling for those Living with Dementia

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. When people can't make sense of the world, experience increased confusion and start to get what were once routine tasks wrong, they may feel frustrated and angry. This is often compounded by decreased ability to communicate their feelings and needs.

It has long been proven that engagement with the arts is an effective way to reconnect people living with dementia with their surroundings, families and themselves, but while traditional music or crafting still has an important role, new technologies are providing huge opportunities for engaging, accessible, fun, digitally based creativity and storytelling.

Digital Voice has over 14 years' experience working with individuals and communities, bringing them opportunities to tell their stories and enabling them to learn valuable new skills. When they saw the shocking statistics from the Alzheimer's Society that over 850,000 people were living with dementia in the UK in 2014 (a figure set to rise to over 1 million by 2025) Digital Voice saw an opportunity to help improve their quality of life, not only through sharing expertise with digital technologies but also a team already skilled at engaging with people living with disabilities.

The result, designed in partnership with the Alzheimer's Society and developed in collaboration with care homes across the region, was LifeBooks, a 10-week programme that allows care home residents, including people with dementia and Alzheimer's, to tell their life stories.



The residents, families and staff got so much out of this work and it was a delight to see the reactions of the residents and their families throughout the presentation.

MARY BLAKE -  
HEAD OF QUALITY  
AND COMPLIANCE  
AT CAREPORT



Guided by Digital Voice experts, residents and a loved one or carer go through the process of capturing the individual's life using iPads, but also incorporating more traditional arts activities involving music, photographs and reminiscence. By the end of the sessions every person and their family receives their own digital LifeBook, giving them a keepsake to treasure forever. The LifeBooks experience is uniquely tailored to each resident as Digital Voice understands that regardless of which type of dementia is diagnosed, and what part of the brain is affected, each person (and their loved ones) will experience dementia in their own unique ways. LifeBooks is also delivered to support the needs of care homes, in some cases even helping towards improved CQC ratings.

If you are interested in a chat about LifeBooks or bringing digital technology, skills and creativity to a group or community you work with through any of Digital Voice's other services please email: [ju-lie@digitalvoice.org.uk](mailto:ju-lie@digitalvoice.org.uk) you can also learn more via the website: <https://www.digitalvoice.org.uk/>

## Digital Voice for communities



I felt so out of my depth but your patience has resulted in a priceless memory of Alma that all the family can treasure.

VAL - DAUGHTER  
OF RESIDENT



## Dementia Contacts and Useful information

I know from my experience in accessing care for both of my parents that this isn't an easy topic and it can be difficult to know where to start in getting advice and support.

MHNE is not an advice service, but we do receive a large number of calls asking for information. If you do ring to leave a message for one of our volunteers, please be sure to speak as slowly and clearly as possible so that we can follow up and return your call.

One contact this month was seeking advice about a parent living with vascular dementia, with their current needs being assessed in a care home setting. The family were unhappy with the process and care she was receiving there but the options open to them were not obvious (we have been given permission to use this example by the individual).

Ernie Malt, one of our volunteers recently published a helpful blog for Alzheimers UK about his experiences [Living well with diabetes, dementia and other conditions](#).

We hope that the links and information below are a useful starting point. Please get in touch with any good or bad experiences you have and useful sources you may wish to pass on.

### General links

**Age UK** : huge amount of information and advice as well as local support. <https://www.ageuk.org.uk/>

**Alzheimers Society** have good coverage in the North East see the feature on the next page for further details. Main website: <https://www.alzheimers.org.uk/>

**Dementia Matters** : Dementia advice, Home support and Day services in the North East. <https://www.dementiamatters.net/>

**Dementia Friendly Communities** : <https://www.dementiafriends.org.uk/>

Local Dementia Action Alliances (LDAA) in the North East— [https://www.dementiaaction.org.uk/north\\_east](https://www.dementiaaction.org.uk/north_east)

**Young Dementia UK**—North East : <https://www.youngdementiauk.org/north-east>

### Carers

Figures from 2014 estimate that 540,000 people in England act as primary carers for people with dementia, half of these are employed.

**Carers UK** : <https://www.carersuk.org/>

**Durham County Carer's Support** : 0300 005 1213 <https://www.dccarers.org/>

**Gateshead Carers** : 0191 4900121 <https://www.gatesheadcarers.com/>

**Newcastle Carers** : 0191 275 5060 <https://www.newcastlecarers.org.uk/>

**North Tyneside Carers** : 0191 643 2298 <https://www.northtynesidecarers.org.uk/>

**Sunderland Carers** : 0191 549 3768 <https://www.sunderlandcarers.co.uk/>

**South Tyneside Adult Carers Service** : 0191 4061531

<https://www.changegrowlive.org/adult-carers-service-south-tyneside/info>

**Carers assessments** : Get your care needs assessed with the help of your local councils, for example in Durham : <https://www.durham.gov.uk/article/5655/Get-your-care-needs-assessed>

Most North East councils have good resources for Dementia on their websites.

### Bereavement

**Cruse Bereavement Care** : <http://crusenortheast.org.uk/services/>

## Alzheimer's Society in the North East

Alzheimer's Society is the UK's leading dementia charity. We campaign for change, fund research to find a cure and support people affected by dementia today. Too many people face dementia alone. People with dementia have told us how difficult it is to find out who to turn to or where to go for information and support. Our wide range of support services ensures nobody should have to face dementia alone. Our Dementia Advice and Dementia Support services provide the right support in the best way for each individual person.



We combine face-to-face support with telephone and online advice and information, offered by specially trained Dementia Advisers and Dementia Support Workers, who can help people with dementia take back control of their lives and remain independent for longer. We support people with or waiting for a diagnosis of dementia, carers and families.

### For more information about services local to you, please contact:

**Durham:** [durhamandchester@alzheimers.org.uk](mailto:durhamandchester@alzheimers.org.uk) or call 0191 389 0400

**Newcastle:** [Newcastle@alzheimers.org.uk](mailto:Newcastle@alzheimers.org.uk) or call 0191 298 3989

**Gateshead:** [Gateshead@alzheimers.org.uk](mailto:Gateshead@alzheimers.org.uk) or call 0191 298 3989

**South Tyneside:** [Southtyneside@alzheimers.org.uk](mailto:Southtyneside@alzheimers.org.uk) or call 0191 298 3989

**Northumberland:** [northumberland@alzheimers.org.uk](mailto:northumberland@alzheimers.org.uk) or call 01670 813255

**Darlington & Tees Valley:** [DarlingtonTeesValley@alzheimers.org.uk](mailto:DarlingtonTeesValley@alzheimers.org.uk) or call 01904 929444

You can also get support by calling our Dementia Connect support line on 0333 150 3456. It's open seven days a week providing information, advice and emotional support to anyone affected by dementia.

Dementia Talking Point is our helpful online community where anyone affected by dementia can receive valuable support. It's free, open day or night, and can be accessed at <https://forum.alzheimers.org.uk/>.

There is also lots of useful information on our main website <https://www.alzheimers.org.uk>

## Loneliness beyond Covid-19: Learning the lessons of the pandemic for a less lonely future



A new report from **Campaign to End Loneliness** asks the government to:

- Provide enough funding to maintain services and support for people experiencing chronic loneliness in the wake of the pandemic
- Ensure that support is particularly targeted at the most disadvantaged communities where loneliness is a particular risk.
- Take action and invest to ensure a 'connected recovery'; strengthening community capacity, with funding for green spaces, high streets and meeting places, transport and digital connectivity.

Read the full report here: <https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-beyond-Covid-19-July-2021.pdf>



## Keeping inTouch – Technology, Dementia and Words with Friends

by Victoria Nunn, Digital Voice

For many people, being able to access digital technology has been the great enabler throughout the pandemic. While we were confined to our homes during endless lockdowns and forced to work, school and entertain from our living rooms and kitchens we were also learning valuable new skills – hands up who had ever used Zoom or Teams at the start of 2020? And who wiled away the long hours indoors this past 18 months with a bit of online gaming?

But for too many people digital technology and all its potential for connecting, communicating and creating is out of reach. In my work with Digital Voice I'm often discussing barriers to access, including finance, language and skills, which create this 'digital divide' and it has been a real joy to share their stories of success working with North East communities on digital inclusion projects.

One of the Digital Voice successes I am most proud to be part of is **Community inTouch**, which ran at the height of the pandemic, as I started working with Julie Nicholson and her dedicated team at Digital Voice. **inTouch** is an introductory digital skills course which teaches people the basics of getting online by sharing iPads and mifi devices.



You can read more about the project:

<https://www.digitalvoice.org.uk/news/community-intouch>

So many people facing the challenges of old age and other vulnerabilities, including dementia (which doesn't just affect older people; there are an estimated 42,000 people with early onset dementia in the UK) face them as digitally excluded individuals, missing out on a potential source of digital support and assistance that could support them to cope independently for longer and find a better quality of life in the later stages of their illness.

There is a lot of research into the ways that technology can help people with dementia to work around their memory issues and establish helpful digital routines and guides. Think on a basic level of an alarm on a phone reminding someone to take their medications, but only if you know how to set the alarm or even turn the device on in the first place. That's where services like Digital Voice's inTouch can make a huge difference.

I recently read an article on the Dementia Carers website suggesting '[13 Ways to Provide Stimulating Activities for your Loved One with Dementia.](#)' The list included exercise and physical activity, cooking, reminiscing, exploring nature and reading. If you think about it, you can probably think of a decent app or web page for each of these that makes them more fun, accessible or interactive. It doesn't take too much technical know-how to enable someone to download an app that will bring them closer to their interests or keeps them safe from harm, and there are an [increasing number of apps specially designed to assist those living with dementia](#). With people increasingly worried about protecting the most vulnerable there couldn't be a better time to be helping people to get online, if only for me to have someone new to beat me at Words with Friends!

## Living well with Dementia: Age UK Northumberland MCST programme



Age UK Northumberland are delivering a 24 week Maintenance Cognitive Stimulation Therapy (MCST) Dementia programme, 'Living well with Dementia'. Sessions feature engaging and stimulating activities and social workshops which are designed to improve memory, cognitive function and quality of life.

Group members, and their carers take part in meaningful and stimulating activities over a two-hour session, which are designed to create conversation and engage with members in a fun, supportive and relaxed environment. Themes include 'My Life History' and 'Household Treasures', as well as team quizzes, music, games, crafts and the opportunity to build friendships and enjoy peer support.

### Programme 1

Start date: Monday 2 August 2021  
Timings: 10am - 12 noon  
Schedule: Every week for 24 weeks

### Programme 2

Start date: Tuesday 17 August 2021  
Timings: 1.30pm - 3.30pm  
Schedule: Every week for 24 weeks



**Location :** Age UK Northumberland, The Round House, Lintonville Parkway, Ashington, NE63 9JZ

There is a £10 weekly charge to help fund the programme, and this includes a cuppa and a scone for participants and their carer. This fee will be invoiced at the beginning of each month. Participants are very welcome to stay for lunch in the Round House Cafe for a small additional charge.

If you would like to know more, please get in touch with our Dementia Lead on 01670 784 800 or email [info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk) and full details on Age UK Northumberland's website: <https://www.ageuk.org.uk/northumberland/our-services/live-well---mcst-dementia-therapy>

Other Age UK branches around the region may also be running MCST, check their sites for details.



## Supporting the mental health of young people: Be You programme in schools

**Be You** is a new programme focusing on schools, which is designed to improve and support the mental health and wellbeing of young people, enabling them to build emotional resilience and identify issues early.

Initially this programme will be delivered in the areas of Blyth and Hexham, but if it's successful it could be expanded across Northumberland. The team aims to support teachers to enhance mental health provision within schools, offering advice and acting as a bridge to other services. But more than anything they aim to help young people develop healthy habits towards mental health and, where necessary, offer support at an early stage.

Website: <https://www.northumbria.nhs.uk/our-services/childrens-services/be-you/#3e0d35e9>





## MHNE at Muddy Boots Updates—July

This month we have taken delivery of our new portakabin which you can see landing at the Muddy Boots site in the photo (left).

It will provide us with a larger, state-of-the-art training room, though it will require some transformation work by our team of volunteers. They will be ripping out walls, putting in windows, flooring and insulation amongst other things and we are very fortunate to have offers of help from volunteers with skills such as joinery and decorating to get the jobs done.

During the good weather, the roads surfaces around the site have been improved and completed.

We have been in touch with the Tanfield Railway and look forward to working with them at their Centenary and on some of their heritage days. Their volunteers will be visiting Muddy Boots for an away day soon. Thumbs up to the trains which are running again through the site, albeit a reduced schedule.



## Creating Hope Through Change - World Suicide Prevention Day 2021 North East and North Cumbria Suicide Prevention Network

### Virtual Event and Connecting People Training Sessions

Registrations are open for the North East and North Cumbria Suicide Prevention Network virtual event for **World Suicide Prevention Day** on **10th September 10am-12pm**.

The purpose of this virtual event is to amplify the campaign theme of positivity, recovery, and hope across the region and beyond. Hear from people with lived experience of coping with mental distress, and recovery from suicidal ideation, self-harm, or attempted suicide sharing their “messages of hope” which may help other people who are struggling and maybe losing hope. The event will also be raising awareness about some of the varied range of support available to people across our region.



Register here: <https://www.eventbrite.co.uk/e/creating-hope-through-change-world-suicide-prevention-day-2021-registration-164292662777>

To coincide with World Suicide Prevention Day the NE and NC Suicide Prevention Network are also running a number of **Connecting with People training sessions w/c 6th September**. These sessions are free and open to anyone to attend. For more details and dates/times: <https://www.stopsuicidenenc.org/training/>

## **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 64th show**, broadcast this month, 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.

**Previous Mentally Sound shows are available to stream or download:**

**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'.

**In Episode 62**, resident therapist Amer joins the show for the full hour to talk about 'July 19th', reality TV and Love Island , Emma Radacanu... and who predicted the Euro 2020 Final score? <https://clyp.it/3kh2kulk>

**In Episode 61** the show once again looks at stigma of British Asian mental health. Joining in are guests GP Dr Anita Raja and post-grad student Roshni Maher. <https://clyp.it/kq0shvyyq>

Please contact Ricky Thamman on their new email address [mentallysound@spicefm.co.uk](mailto: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](#) and [Facebook](#) for the very latest show information and download links.

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



## **MHNE Can Now Receive Donations via 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>

## Durham Countywide Forum

### Monthly in-person meetings restarted

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 12 months.



**CWF chair Keith Phillips has been keeping us up to date with the Forum and progress on his allotment (see photos above and left):**

“Recent rain followed by warm sunshine has sent the allotment into full summer growth, the fruit and veg are growing well, and the weeds too. Some of the early fruit is ripe. I harvested the first summer cucumber recently. Tomatoes are ripening, although not fully red yet.

**On July 5th** the County Wide Forum had the first meeting for more than a year, the meetings were on hold because of the Covid 19 virus. There were safety measures in place.

There were speakers for part of the meeting. Questions asked included:

- *Where can people find suitable help for anxiety due to Covid 19?*
- *Have people been able to speak to a GP as often as they should?”*



**The next monthly meeting will be held on Monday August 2nd at 1.30pm.** 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](mailto:psmith@waddingtoncentre.co.uk) or phone 0191 3860702 for more details, including minutes and future agendas of the Forum.



## 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/>

## Reports, Consultations and Surveys

### Mind Report: Coronavirus: the consequences for mental health

#### The ongoing impact of the coronavirus pandemic on people with mental health problems across England and Wales [July 2021]

From the introduction: “We all encountered the difficulties of not seeing family and friends and having to wear face masks. But it’s important to bring to light the unequal effects the pandemic has had on mental health. In particular, its effects on young people of colour, as well as those living in poverty and having problems with money and housing. The constant changes in rules and restrictions have overshadowed the lived experiences of people with mental health problems, and the impact on their wellbeing.”



The report heard from nearly 12,000 people with mental health problems, both adults and young people. They shared the personal impact, how they’ve coped, if and how they got support and how they think easing restrictions might affect their mental health.

The report gives clear evidence to shape effective mental health services for the future.

Full report here: <https://www.mind.org.uk/coronavirus-we-are-here-for-you/coronavirus-research/>

## Contribute to the latest COVID impact barometer survey



The 'Respond, recover, reset: the voluntary sector and COVID-19' impact barometer study would like you to give your views.

A partnership between Nottingham Trent University, NCVO and Sheffield Hallam University, this project examines COVID-19 impact on voluntary, community and social enterprise (VCSE) organisations and those it supports. In particular, it uses a monthly survey to provide real-time data about how the pandemic is impacting voluntary organisations working-practices and operations, their responses, learning and resilience.

The report is now available for the June survey, which looked at Equality, Diversity and Inclusion during the pandemic: <http://cpwop.org.uk/respond-recover-reset-report-archive/> and you can view the barometer dashboard at any time here: <http://cpwop.org.uk/respond-recover-reset-barometer-dashboard-archive/>

Get involved here: <http://cpwop.org.uk/what-we-do/projects-and-publications/covid-19-vcse-organisation-responses/>

## Consultation: NHS England proposes new mental health access waiting time guarantees or standards

A consultation on access to mental health waiting times has been launched. Responses must be submitted by the **1st September 2021**: <https://nhs.researchfeedback.net/s.asp?k=162679152026>

### Some of the proposed new standards:

- For an 'urgent' referral to a community based mental health crisis service, a patient should be seen within 24 hours from referral, across all ages;
- For a 'very urgent' referral to a community based mental health crisis service, a patient should be seen within four hours from referral, for all age groups;
- Patients referred from Accident and Emergency should be seen face to face within one hour, by mental health liaison or children and young people's equivalent service;
- Children, young people and their families/carers presenting to community-based mental health services, should start to receive care within four weeks from referral.
- Adults and older adults presenting to community-based mental health services should start to receive help within four weeks from referral.
- 95% of children and young people referred for assessment or treatment for an eating disorder should receive NICE-approved treatment with a designated healthcare professional within one week for urgent cases and four weeks for every other case.

Full details of the proposals can be found on the NHS England site:

<https://www.england.nhs.uk/2021/07/nhs-england-proposes-new-mental-health-access-standards/>

# Vacancies

## Age UK Sunderland—Social Focus Coordinator

Permanent, Full time  
Based: Sunderland  
Fixed Salary £21,003 Per Annum



To provide practical, social and emotional specialised support to individuals who are living with a functional low level mental health condition such as anxiety, depression and low mood.

**Closing Date: Monday 9th August 2021 at 9.00am**

Details of this and other Age UK Sunderland vacancies here: <https://www.ageuk.org.uk/sunderland/get-involved/vacancies/>

## Project Manager, Maternal Mental Health Services (MMHS)

Full time (Temporary) - Hours 37.5 hours per week  
Salary circa £38,000 dependent on experience  
Area: North East and Cumbria



**Closing date: Monday 02/08/2021, 5pm**

The Maternal Mental Health Services (MMHS) project is a pilot initiative which aims to develop new services via the VCSE sector, to deliver meaningful outcomes and benefits for women, their partners, and babies/infants during the perinatal period from preconception through to baby's 2nd birthday.

For details visit <http://www.bluestone.org.uk/maternal-mental-health-service-initiative> or email [rachael@bluestone.org.uk](mailto:rachael@bluestone.org.uk)

## Acorns—Project Administrator - Northumberland



Fixed term, Part time  
Based: Flexible  
Fixed Salary £18,824 Pro Rata  
**Application deadline:** Wednesday, 18 August, 2021 - 16:00

Acorns offers a range of therapeutic and support services for children, young people and families affected by domestic violence and abuse, in North Tyneside and Northumberland.

This role involves supporting a small team of counsellors and play therapists in Northumberland.

For this and other Acorns vacancies : <https://www.acornsproject.org.uk/three-new-vacancies/>

## Project Lead [Healthwatch County Durham]



Located: Home working, returning to office in Durham  
Scale/Salary: PCP Band 8a, £29,254 (pro rata), Permanent

You will effectively deliver and sustain Healthwatch County Durham with the support of a fantastic and community focused team.

For full information: <https://www.pcp.uk.net/copy-of-customer-service-administrator-1>

**Closing Date:** Midnight Sunday 1st August 2021

## Funding



### The Wakeham Trust

**For:** Small projects where an initial £125 to £2,500 can make a difference.

**Application:** Apply in writing by email (see website for details)

**Deadline:** Any time

The Wakeham Trust provides grants to help people rebuild their communities. They are particularly interested in neighbourhood projects, community arts projects, those involving community service by young people, or projects set up by those who are socially excluded.

The Trust also supports innovative projects to promote excellence in teaching (at any level, from primary schools to universities), though it never support individuals.

If you think this might be you then visit the Trust's website: <https://thewakehamtrust.org/>



**THE  
BERNICIA  
FOUNDATION**

### The Bernicia Foundation

Bernicia is one of the North East's largest and most successful housing providers, and their charitable arm, the Bernicia Foundation has a new round of funding.

The fund is divided into two themes, Inclusion and Inspiration - supporting projects and initiatives that deliver real and lasting community benefit, alongside helping inspirational young people to fulfil their potential.

To apply you must be a charity based or working in Tyne and Wear, Northumberland, County Durham or Teesside with an annual income under £750,000.

**Closes to applications midnight on August 16th.** Website: <https://berniciafoundation.com/>

# Women's Support Services Online All About Drop-Ins

## ALL ABOUT DOMESTIC VIOLENCE & ABUSE: 1ST FRIDAY OF THE MONTH @10AM

For women who have experienced or are experiencing domestic violence or abuse, have known or supported someone experiencing these issues.

Domestic abuse can come in many forms, including financial control, isolation from family and friends, coercive control, verbal and emotional abuse and intimidation as well as physical violence.

The group is peer led and non-judgemental, offering a safe place to meet, and if comfortable, share experiences and worries, get and offer support.

Zoom codes will be shared the week of the session via our social media or email - please get in touch if you wish to attend but have access issues with Zoom.

WOMEN ONLY, NOT A SESSION FOR PROFESSIONALS



Twitter: @AspireHouse

Facebook: @aspire.northeast

Instagram: @aspirewomens

Email: sisters@aspire-northeast.co.uk

Call: 0191 389 1504



### **NEXT MONTH WE WILL BE FOCUSING ON DOMESTIC VIOLENCE PLEASE SEND ANDY SUGGESTIONS OR SUBMISSIONS**

Please get in touch if you would like us to feature your work or organisation.  
Our contact details can be found on the back page.



## 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

**Mental Health North East**  
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**0191 411 1962**

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**Find us Online:**

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

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

[https://www.facebook.com/groups/  
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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**Charity Number: 1119652**

**Company Number: 5552172**

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