



A Thank You to MHNE Volunteers Past and Present

Since MHNE started operating in 2005 the organisation has been blessed with absolutely wonderful volunteers. Some have come for a short period of time or as students, some are still with us today but virtually everyone has become friends and stay in touch. We can honestly say that our age range is over 60 years - from 11 to 72, and we have been instrumental in volunteers getting employment with a vast variety of other organisations or moving into further / higher education after volunteering with us.

Why are MHNE volunteers special? They have always gone the extra mile, staying late if necessary or undertaking any task from tree planting, looking after stalls at events or conferences to spending time supporting people suffering mental distress.

Our volunteers hail from a wide variety of backgrounds and experiences, some suffering at times with very poor mental health themselves, and these differences have made MHNE the organisation it is: volunteers' individual experiences have been respected and valued by MHNE. Volunteers have supported each other as well as our organisation and used their tremendous collective skills to help the organisation and many people in the North East region.

Young People's Mental Health—Reach Out North East #5

Writing just at the end of Volunteer Week 2020, we regret we have been unable to work with our many volunteers as we normally do. One example of how volunteers are involved at the moment is the work of our Young People's Group, Reach Out, who have been working online to produce something special.

We are very conscious about how the current situation affects young people, many of whom are experiencing anxiety and stress, so we asked Reach Out for short articles that describe their experiences of COVID-19 and the lockdown. Issue 5 of the magazine is available now on our [young people's web pages](#), or please get in touch for a copy.

Neil Kelly—MHNE Chair

Inside this issue:



Greening the Gap Materials Appeal	3
LockDown Diaries with Keith Phillips CWP	4
Why do we Stigmatise Anxiety?	5
Opinion—Mental Health Funding in the North East	6
News, Surveys, Jobs	7-11
Stanley Stands Strong with COVID-19 Response	12-13
Updates and posters from other organisations	14-20
MHNE Contacts and COVID-19 Information sheet	21-22



Appeal for Help to make our Training Sessions Safer at Muddy Boots

MHNE is a small charity which has been in existence since 2005. For the past 8 years the charity has been run totally by volunteers and our running costs are met by income earned by two volunteers in delivering mental health awareness training to private firms and from generous donations by members of the public and organisations.

We will be soon be launching the next phase of our overall Greening the Gap project which will take individuals and groups to enjoy a day in the countryside. However because of the current pandemic we need to put safety measures in place at our countryside venue and we welcome and appreciate any donations of the following:

- **Timber—to construct safe distance potting stations of various sizes**
- **Emulsion Paint – in door and out door for therapy and training rooms**
- **Paintbrushes**
- **Paving slabs**
- **Door mats**
- **Old greenhouse or shed**
- **Water butts and guttering**
- **Watering cans for adults and children**
- **Stacking chairs**
- **Paper cups, plates and disposable cutlery**
- **Cleaning facilities ie Belfast sinks**
- **Storage space**

Please contact lyn.boyd@mhne.org.uk if you can assist us in any way to make this happen!



Thanks Again to Newcastle DREAM Fund for Virtual Quiz Donation

Chris Morgan has been in touch again to send a further donation of £470 raised though his virtual quiz nights which started as an idea to keep people entertained through the lockdown.

This additional funding was raised over the final two quizzes making a total of £1,020.00 donated to MHNE. The quizzes were great fun and included all sorts of topics from Simpsons episodes, WWF wrestlers, FA Cup winners, Flowers and a weekly observation round.

The focus of the fundraising changes to a new charity every four weeks. The whole MHNE team would like to thank Chris and everyone else involved once again for choosing us in this marvelous effort.

Lockdown Diaries: Keith Philips- Chair, Durham Countywide Forum

Almost all the young plants are outside in the soil now. Some plants will stay in the greenhouse, tomatoes and cucumbers can't be grown outside most years in Co Durham. There are broad beans, onions, cabbages, cauliflowers to mention some of the plants. I grow courgettes outside too. The courgettes (not sure if my spelling is correct or it's the laptop) grow well unless the weather is very bad.



The plants I put outside have had a good start this year, almost everything is growing well. I have needed to water the allotment much more than usual this spring. The hot weather has meant I needed to cool the greenhouse so as the tender plants don't scorch.

I have rhubarb and some early fruit ready to eat, some salads will be ready to eat soon. Most of the harvest won't be ready until late summer and autumn.



The strong winds in Co Durham a couple of weeks ago did cause some damage to the blackcurrant bushes and some of the rhubarb stems, most of the plants are ok though.

I have been travelling a little further for exercise too. It wasn't long ago when most of the places I went to were within walking distance of my home. I am being careful about where I visit, I am avoiding the popular places and following "social distancing" when I am outside. I look forward to going for walks and the weather has been good.

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



Healthwatch COVID-19 Survey of Health and Social Care Service Experiences

Healthwatch Newcastle and Healthwatch Gateshead have designed a survey asking people what their recent experiences are of social care or health services in Newcastle or Gateshead and how COVID-19 has affected them.

The survey can be found here <https://www.surveymonkey.co.uk/r/covidexperiences>, or for those who don't have internet access, please ring 0191 338 5720 or 0191 477 0033.

It's Wrong to Stigmatise Anxiety

by Victoria—MHNE

I am writing this personal opinion piece in response to an inappropriate attack on former British Bake Off contestant Nadia we had on this page a few weeks ago, after she spoke of her anxiety in a BBC article.

I think it is very possible to have mental health struggles and be famous, just like it is possible to work in a lot of industries. Sometimes being on camera causes mental health stresses, other times it is a way of overcoming them, but for many it is simply part of who they are as a person famous or not and they need to be dealt with, treated and lived with.

I have BPD, which has led to numerous hospitalisations for physical harm and mental distress, but I still hold down 2 media based office jobs and a family. I am able to speak out about my experiences as part of the MHNE family and have done paid work as a person with lived experience with McPin. I haven't cashed in on those experiences, simply played the hand I was dealt, earning a living while at the same time trying to improve the situation for those who come after me. I am proud to also have an identity outside my mental health issues too.

I praise people who have a high profile and speak out about their experiences hoping to inspire or educate others. I even think some celebrities want us to understand that it isn't always as easy for them as we like to think. However I agree that when people in a position of influence do speak out it has to be done with sensitivity to those not able to work or who are yet to overcome their issues and hardly any of us can afford the private treatment, rehab or care celebrities of often feel the benefit of.

At the end of the day we all have our own struggles to focus on and we can choose to turn off the TV and our smartphones but we need to be kind and supportive to each other. It is too easy to judge others, especially when we feel we have been wronged by the world (my BPD is one of the unfair things I can imagine and I certainly didn't deserve it!) but jealousy and negativity get us no where - try mindfulness, radical acceptance and a good bit of self care instead - you deserve it!

Shared alongside this article: <https://www.hellomagazine.com/film/2020052690412/daisy-edgar-jones-reveals-struggle-hypochondria-anxiety/>

Nadia's interview I refer to is here: <https://www.bbc.co.uk/news/entertainment-arts-48293457>

Call on us...

In a mental health emergency.

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust



Our new, all age, single point of access number is making it quicker and easier to contact your local crisis service.
Tel. 0300 0200317
Visit our website for advice on what to do in a mental health emergency:
www.tevv.nhs.uk/crisisadvice

Opinion—Alisdair Cameron (ReCoCo and Launchpad)

Mental health in the North East? There won't be money, let's not kid ourselves. Too used to mere crumbs from the table, we aren't going to get into begging distance from that table: factor in wider socio-economic considerations and patterns of continued austerity despite the rhetoric, of any new spending already being earmarked for the usual suspects or to other regions, of too many in the highest echelons of power either not caring about the region, seeing us as marginal, expendable, or being wedded to Whitehall command and control models, imposing unsuitable "solutions" that consist mainly of merely tinkering with models of over-medicalised care that are manifestly falling apart. The future's not so bright, and that's before mention of economic decline, trade disputes or pandemics. Some "get it", realise the unsustainability of the status quo, and call for innovative solutions, but they face systemic inertia, ministerial commands for scale and pace that inhibit rather than foster different approaches to mental health.

This is even reflected in flagship legislation, like the much-vaunted new Mental Health Act that is wonderful gesture politics ("Look, we're changing the law, that's how much we care") but in its reactionary, timid outlook is a dreadful missed opportunity and a brake upon meaningful change. A future bill could have enshrined in law an entitlement to adequate social security benefits for those too unwell to work. No one should experience poverty as a result of mental ill health. Few people have access to someone to fight their corner while in hospital or treatment since true independent advocacy has withered due to cuts. That could change. Were the Government serious about reforming mental health care, it could set minimum standards to which all are entitled by law, including both inpatient and outpatient care. A future bill could have guaranteed that all stays in hospital were safe, free from prejudice and discrimination, and based upon the principle not just of reducing risk to the public but maximising the possibilities of healing and care for those requiring it. If the intention is to reduce admissions, this legislation could have found ways to mitigate the disadvantages that those who are in serious mental health need face in housing, employment and education. The bill could lay out the provisions for those who wished to refuse treatment, and build new models of consent and care. Why must what is being proposed still be so heavily tilted towards control, compulsion/coercion and risk aversion, and so little towards rights, system responsibilities and respect?

We have to be dedicated to working across sectors, across organisations, across professions and across roles and statuses, preserving boundaries only when they are necessary and rejecting those that are there from custom or bad habit. We believe that the greatest asset a region, a city, a neighbourhood has is its people: we want residents and visitors to our neck of the woods to feel accepted, understood and supported, enabling them to feel physically and emotionally safe, but with support and help close to hand. We have a duty to collectively pool our talents, our skills and our knowledge for mutual and reciprocal benefit, to utilise the greatness that lies with us together, be that clinical or artistic expertise, learned or lived knowledge, new ideas or old tricks. It doesn't matter where you are coming from. All that matters is where we are going, collectively. We must focus on what's strong, and work outwards from that, embrace and build on interdependency instead of framing it as difficult complexity. The people whom we serve have rich, varied lives and so present with what services often term "complex needs", but those needs are only complex because of the compartmentalised way in which organisations and sectors work and the barriers this throws up. We should interrogate the category divides that can confine the help available and inhibit the best use of resources: professional vs layperson, clinician vs patient, statutory sector vs voluntary sector, primary care vs secondary care, health services vs social care, teacher vs learner.

We need the client, the consumer, the service users (i.e. someone defined by their relation to a service provided by someone else) to recede and for the citizen to advance.

Lockdown Mental Health Advice Blog for Children & Parents

What to do if you're a young person and it's all getting too much:

<https://www.england.nhs.uk/blog/what-to-do-if-youre-a-young-person-and-its-all-getting-too-much/>



Advice for parents, guardians and carers on how to help and support a child or young person with mental ill health, suicidal thoughts or self-harming behaviours

<https://www.england.nhs.uk/blog/advice-for-parents-guardians-and-carers-on-how-to-help-and-support-a-child-or-young-person-with-mental-ill-health/>

These blogs, written during the lockdown by Dr Prathiba Chitsabesan is Associate National Clinical Director for Children and Young People's Mental Health for NHS England provide useful advice and links.

Mind—Managing your Feelings about Changes to Lockdown - For Young People

Lockdown rules are starting to change for some of us, but lots of change and uncertainty can feel really stressful. Do you know a young person who's worried about lockdown changing? Share Mind's information and advice on how to cope and adjust:

<https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/managing-feelings-about-changes-to-lockdown/>

Self-injury Support is still here for you



"We just wanted to let you know that during this very difficult time our text-based support services are still open, and we are here to listen and support. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Our TESS service offers emotional listening support for women and girls affected by self-injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self-injury|"

Services are open from 7pm - 9.30pm, Tuesday - Thursday.

Text on 07537 432 444

Email at tessmail@selfinjurysupport.org.uk

Start a webchat: <https://www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support>

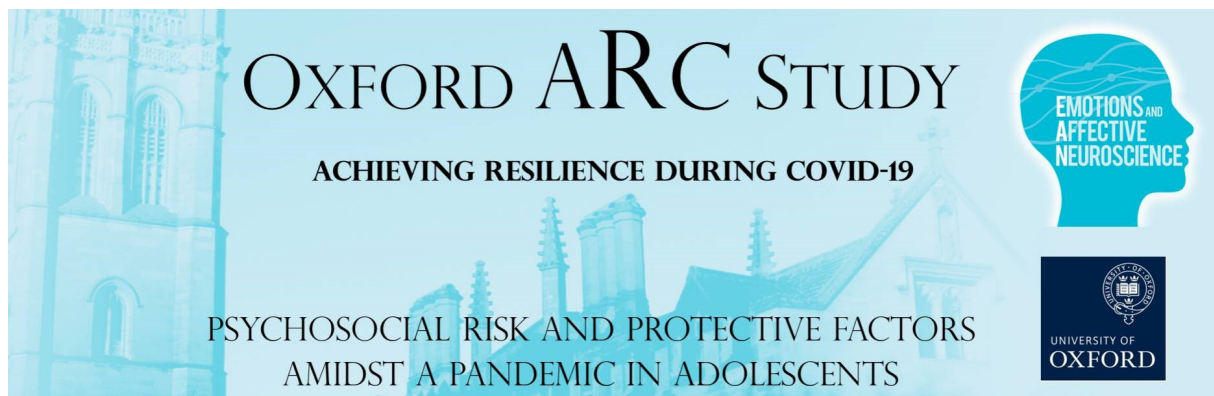
Healthwatch [Eight Ways to Make a Difference Report on Children and Young People’s Mental Health](#)

This Healthwatch report on Children and young people’s mental health services was published last month. It presents views gathered from children and young people aged 18 or under and their parents and carers in Newcastle and Gateshead

The findings indicate that everyone is currently experiencing significant changes to their lifestyle due to the COVID-19 pandemic and this comes with challenges to our mental health. It is seen as vital that children, young people, and their parents and carers are told about single point of access, the self-referral process and Kooth.

If you are a child or young person living in Gateshead aged between 0-18 years old, or a parent or carer of a child or young person living in Gateshead, don’t forget to make use of the single point of access if you have a mental health concern. You can contact the single point of access on 0303 123 1147 or email [ntawnt— NGSPA@nhs.net](mailto:ntawnt@ngspa.nhs.net)

Read our ‘Eight ways to make a difference’ report here <https://tinyurl.com/Healthwatch-eight-ways>



How has young people’s mental health and psychological wellbeing been influenced by lockdown measures?

The Oxford Achieving Resilience during and after COVID-19 study investigates resilience and how teenagers and their parents/carers are coping with social isolation during the COVID-19 (coronavirus) pandemic.

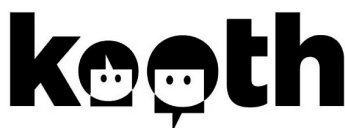
They are inviting teenagers (aged 13 – 18) and their parents/carers to take part in this longitudinal online study. It is hoped this will lead to better understand of how psychological factors relating to worry, resilience, and social isolation affect the mental health of teenagers and their parents/carers during the challenges and uncertainties of this pandemic.

For more information visit www.oxfordarcstudy.com. Email oxfordarcstudy@psy.ox.ac.uk if you have any questions or are interested in participating.

Mental Health support for children and young people

Kooth is a web-based confidential support service for young people aged 11 to 18 in Newcastle and Gateshead (or 25 and under if a looked after child). Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth recently [released this report](#) of the impact of COVID-19 on young people's mental health.



Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours people can message the team and get support by the next day.

When young people register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age-appropriate, clinically approved and fully moderated.

To find out more visit www.kooth.com

Housing Support Worker Waddington Street (Durham)



Salary: £21,166 to 22,462 pro rata (dependent on experience) 30 hours pw
Visit the Waddington Street vacancies pages for job description and application form.

<https://www.waddingtoncentre.co.uk/job-vacancies>

Closing Date: Monday 29th June

Gathering views about using Digital Technology to speak to a GP

The NHS in County Durham, South Tyneside and Sunderland are working together to understand your thoughts of the different ways people can connect with a healthcare professional at their GP practice. As well as the traditional methods such as face-to-face appointments, GPs, nurses and hospital staff have been using other, safer ways to consult such as telephone, online or video consultations.

The report will be used to help us to understand people's views on accessing their GP Practice during Covid, how we can continue to make improvements to services and encourage more people to use digital clinical consultations with their health professional in the future.

You can let them know your thoughts by going to:

<https://involvement.sunderlandccg.nhs.uk/surveys/1>

Please find the time to complete this survey by **Friday 3 July**, and share this survey wider, so we can collect the views from as many people as possible.

Mental Health Radio Show Podcast—Mondays on Spice FM

The Mentally Sound live radio show has taken a break partly 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, with Spice FM agreeing to broadcast it each Monday 1-2pm.

The podcast-show was first broadcast in May and Episode 7 went out on 15th June and includes live breathing and mindfulness exercises and guests Streetwise Newcastle.

For those of you who would like to listen to the podcast it is available to stream or download here **Episode 4**—<https://clyp.it/cjnom3ai> and **Episode 5**- <https://clyp.it/oyxjq2qc>

Archived episodes of the award winning live show can still be downloaded by searching podcast sources such as [iTunes](#) and [Mixcloud](#).



Future shows will be looking for guest speakers.

Please contact Ricky Thamman by email—studio@spicefm.co.uk if you would like to get in touch with the show.

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



“ Can you help us learn how **families are coping with the challenges of COVID-19?**

Are you a parent or carer of a **2-4 year old child, who has not yet begun year 0 / reception class**, in the UK?

If you are, we invite you to take part in a regular online survey being run by the Universities of Southampton, Reading and Oxford. The survey will take about 20 minutes the first time you do it, and about 10 mins each time after. We will ask you to complete the survey monthly until school-aged children return to school.

Your responses will help us to find out how **pre-school children** and their families are getting on, what is working for them, and what they are finding difficult so that we can understand how best to help.



www.cospyce.org/survey



Version 2. 13th April, 2020. Approved by the University of Southampton Research Ethics Committee ERGO 56217

WOMEN'S SUPPORT SERVICES

The Aspire centre remains closed following government guidelines on social distancing, however we are now able to offer the following remote support services for women:

Weekly Social Groups (now operating via Zoom)

- **Drop In** – informal chat and friendship group for all women
- **Positive Progress** – a structured support group for women to explore new ways of moving forward with their lives
- **Mature Friends** - friendship and social group for women over 50

Confidential Listening Service – talk things through with a trained listener in a safe and confidential environment (appointment only)

Check In + Chat – a light befriending and informal information service open to all women (set times only)

Please note all services are limited capacity therefore there may be a waiting list for new referrals, self-referrals welcome

Supporting
sisters



For more information please call: 0191 3891504 or
email: sisters@aspire-northeast.co.uk

Website: www.aspire-northeast.co.uk

Twitter: @AspireHouse

Facebook: facebook.com/aspire.northeast

Stanley Stands Strong with COVID-19 Response & Support

Key voluntary and community sector organisations from across the Stanley area have received funding support from Stanley Area Action Partnership's COVID-19 Area Budget and the County Councillors COVID-19 Neighbourhood Budget allowing them to assist the local community during the pandemic.

Each of the 14 Area Action Partnerships (AAP) across County Durham received an extra £100,000 to allocate to groups who are working hard to provide support at a grass roots level across the county during the Coronavirus.

Local Groups and Volunteers across Stanley mobilised their efforts swiftly and came up with unique delivery plans to support those in need whether shielding, self-isolating, experiencing financial difficulty, cut off from their family and social networks, or suffering with their mental health. Here are just a few examples of Stanley AAP COVID-19 Area Budget Supported Projects:

- **PACT House** received a grant for their ImPACT on COVID-19 project that oversees delivery of their Fresh Foodbank. Donated produce is also used to prepare free cooked meals that are then frozen and delivered to people in need.
- **Annfield Plain Community Centre** have received funding for the Catchgate and Annfield Plain Isolation Support (CAPIS) service, supporting volunteer networks in each village collect and deliver shopping, prescriptions, food and care packages, overseeing a phone befriending service whilst still managing their Foodbank
- **Just for Women** received a grant to deliver a Crafting Against Covid-19 project to support vulnerable families and elderly people via delivered crafting packs to stimulate their minds and promote positive wellbeing



Other services to benefit included: Stanley Events (funding for Community ICT Library), Quaking Houses Village Hall, Stanley Young People's Club and Single Homeless Action Initiative in Durham (SHAID)

Service beneficiaries Mr and Mrs Burden said "we could not have coped without the service. The volunteer went over and above by giving us their own tea bags and potatoes when they couldn't get them at the shop. An amazing service keeping us safe."

Local residents Mr Walkden and Mrs Robinson were also very grateful, adding "we would not have managed without this service which helped us to shield ourselves and stay safe."

Local County Councillors have the flexibility to use their neighbourhood budgets to support community groups and the voluntary sector by releasing revenue funding previously allocated for capital projects (a potential funding pool of £1.76 million to County Durham communities). County Councillors from across the Stanley AAP area also provided funding for various projects including helping Just for Women with their Feel-Good hamper project and Cllr Carl Marshall assisted PACT House with their PACTLights project – helping people in the Stanley area manage their mental health.



PPE for Key Workers from the Voluntary & Community Sectors Within the Stanley Area

SHAID has secured funding from Stanley Area Action Partnership (AAP), Durham County Council to supply free Face Shields to Key Workers living or working in the Stanley area.

To access the equipment please contact maria@shaid.org.uk with the following details;

- **Your Name**
- **Your employer or details of your workplace or voluntary organisation**
- **Key Worker Role – (lone worker / self-employed / family carer / NHS staff)**
- **Delivery Address and Post code**
- **Telephone contact details so we can arrange delivery or drop off.**





Tyneside & Northumberland Mind

Wellbeing Services you can access at home

Open Access Activities



Our Facebook Activities

Facebook Group - COVID-19 – Looking after your mental health and wellbeing

<https://www.facebook.com/groups/890576728039313/>

Our private group provides regular updates and information to enable you to manage your mental health and wellbeing during this period. The aim is to provide a safe space for you to connect with people, support others and share hints on tips on staying mentally well.

No referral is needed, just request to join.

Tyneside & Northumberland Mind Facebook Page

<https://www.facebook.com/tynesideandnorthumberlandmind>

We provide three weekly activities on our Facebook Page giving you the chance to access information & activities and try different ways of managing your mental health and wellbeing. These sessions are:

Wellbeing Wednesday

Lisa provides short videos giving you hints and tips on how to improve your mental health & wellbeing and covers a wide range of topics such as sleep, exercise, healthy eating and building resilience.

Try-It Thursdays

Carly presents weekly art tutorials and a weekly art challenge for you to get involved in and post your work. Art can improve your mental health through encouraging creativity and form a welcome distraction from difficult emotions and feelings.

Feel Good Friday

Ellie provides taster videos and live Mindfulness sessions to help you experience the mental health benefits of Mindfulness. By becoming more aware of your thoughts, feelings, and emotions, Mindfulness can help you feel less overwhelmed by them.



Because growing up can be hard

Domestic Abuse Helpline

If you are experiencing conflicts, difficulties or concerns in your relationship/families and you live with your children or you are expecting a baby, for confidential help please call our experienced team on 0191 256 2440 or text FAMILY to 07984 388 130 to receive a call back.

Children North East will be able to support you in the following ways:

- Helping you and your children stay safe
- If you have concerns or fears around your partner's behaviour or actions towards you and your children
- If you've noticed a change in your or your partners mood and you need some help with addressing this
- Strengthening your family (adult and children) relationships whilst experiencing conflict or a breakdown
- Providing you with coping mechanisms to help through these difficulties
- Providing counselling support for your children
- If you are concerned about your own actions, thoughts or feelings
- Signposting you to other organisations where needed

If you and/or your children are in immediate danger please dial 999.

Registered charity number: 222041

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.



In the last 12 months, have you bet more that you could really afford to lose? Or has this happened to someone close to you?

If this is the case, then there is information, support and treatment available that may help.

NECA offer a range of support services throughout the North East to support people affected by problem gambling.

As well as 1-2-1 face to face treatments, they can also provide treatment in a group setting in the form of a 6-8 week course.

The course will focus on topics such as: -

- Understanding gambling,
- Cycles of change
- Goal setting
- Identifying triggers
- Coping strategies
- Self Care
- Confidence and Self Esteem

If you are interested in finding out more about group work or 1-2-1 treatment, please contact NECA Gambling Services on **(0191) 562 3309** Or speak to a member of ReCoCo staff for more information.



National Gambling Helpline 0808 8020 133

www.gamcare.org.uk



COURSES AND ACTIVITIES—SOME ARE ONLINE

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

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

Gateshead Clubhouse — currently closed

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

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

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

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

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

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

Co-op Local Community Fund Accepting Applications

This is an annual fund which aims to help communities to come together, co-operate and have a positive impact on community wellbeing – physically and virtually.

To be eligible, projects must address at least one of the following:

- Bring the community together to help those in need, providing access to life's essentials such as community spaces, food and bereavement support.
- Support the mental and physical health of others through community wellbeing activities.
- Enable people to develop or share their skills to foster community spirit and build resilient communities for the future.

Projects or events must take place in the UK, benefit the local community, and take place or still be running after November 2021. They must also meet the Co-operatives values of self-help, self-responsibility, democracy, equality, equity and solidarity.

The **deadline for applications is 28th June 2020** (midnight).

Click to view <https://causes.coop.co.uk/>

Monday, June 15th - World Elder Abuse Awareness Day 2020

ELDER ABUSE

What is it?

Elder abuse is violence or any other type of harm because of older age. It can be carried out by those who are close to older people, such as family and caregivers, or by social structures and institutions.



1 in 6 older women and men worldwide experience abuse.

4%
reported

Despite this, elder abuse remains invisible. Only 4% of elder abuse is reported.

“My son persuaded me to sell my house to repay his debt...I agreed and now I’m left homeless.”
Woman, 70, Kyrgyzstan

Types of elder abuse



Physical

Hitting, shoving, inappropriate use of drugs, restraints or confinement.



Emotional

Intimidation, humiliation, routine blaming, repeatedly ignoring the wishes of an older person or isolating them from friends or activities.



Sexual

Sexual harassment, sexual activity without informed consent, forcing an older person to watch sexual acts or to undress.



Neglect

Intentional or unintentional denial of food, water, shelter, clothing, assistance with daily living tasks and any other essential needs.



Financial

Using an older person's money or property, or making financial decisions, without their informed consent.

Elder abuse.
See it.
Expose it.

Find out what to do if you suspect elder abuse:
helpage.org/elder_abuse

HelpAge

International

Get creative with artist Claire Ford
Use home ingredients to express your story

**HELIX
ARTS.**



You:Your Art

Tuesdays 23 Jun - 8 Sep 2020 2-4pm

Creative journalling for wellbeing

A series of closed, safe, friendly arts sessions for people 18+ who are experiencing anxiety and depression, or suicidal thoughts

Get in touch:
beth.coverdale@helixarts.com
T: 07988115427
www.helixarts.com

NORTH EAST AND NORTH CUMBRIA

Suicide Prevention

NETWORK



Supported using public funding by

**ARTS COUNCIL
ENGLAND**



Exploring the experiences of loneliness and isolation with people with a mental health condition during the coronavirus outbreak



Do you have a mental health condition? Do you sometimes feel lonely?

If so:

You can help us to better understand loneliness and isolation during the coronavirus outbreak by taking part in this research study

- We would like to talk to people aged 18 and over to find out about your experiences during the virus outbreak, and more generally, your experiences of feeling lonely or isolated and how they may relate to experiences of mental health problems
- The interview will be conducted by a lived experience researcher over the telephone or via online video, and last for up to 1 hour.
- All information will be kept confidential.

If you are interested in taking part,
contact: dop.pru@ucl.ac.uk

UCL ethics approval has been obtained to conduct this study.



PSYCHIATRY



Data Protection Disclaimer

Data Protection Act 1998: Any personal information that you give for this interview will only be used for the purposes of the study and will not be transferred to an organisation outside of UCL.

Coronavirus Information

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

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

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

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

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

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

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

<http://NHS.UK/coronavirus>

Mental Health specific information

MH Support for NHS staff

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

Coronavirus and your wellbeing (from Mind):

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

North East and North Cumbria Suicide Prevention Network

<https://www.stopsuicidenenc.org>

Northern Mental Health Support (Newcastle University with CNTW)

<https://northernmentalhealth.org/>

Coronavirus - advice for VCSE organisations and fundraisers

VONNE advice and links for the community and voluntary sector

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

NCVO have also provided a useful resource.

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

Financial and Money Related Information

Moneysaving Expert Help and Rights

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

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

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

Covid-19: managing your mental and financial wellbeing

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

About Us

Mental Health North East (MHNE) is a unique network of member organisations, formed in 2005 to promote joint working and partnership across the not for profit mental health sector in the North East of England.

MHNE offers access to over 450 voluntary and community organisations working in the field of mental health and wellbeing in the North East, Cumbria and North Yorkshire.

Our organisation is built around a core belief that a strong, vibrant, diverse yet united voluntary and community sector is essential for the development of mental health services and for the improvement of the emotional health and wellbeing of this region. MHNE works collectively with members to improve and protect mental health service provision.

We pride ourselves on having an open mind to innovative approaches which will enable people suffering from mental distress to move towards recovery.



Contacting us

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Find us Online:

www.mhne.org.uk

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

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

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

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

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This issue edited by Gareth Cooper



Lyn Boyd

**Chief Executive
Officer**



Neil Kelly

Chairperson