



Funding Alert Sounded across the Mental Health Sector

Mental Health North East calls upon the UK Government to restore the funding lost to the NHS and Voluntary Sector mental health services in the North East and other areas of the UK. Underfunding of mental health services has resulted in huge financial losses to the UK in terms of additional services needed but also has a huge economic impact on business and this has directly and indirectly resulted in suicides that could undoubtedly have been prevented. The current pandemic is making this situation much worse. To invest money in mental health services will not only alleviate the suffering of many people but could also save money in the long run. We are contacting MPs and will publish responses in future bulletins.

Derwentside Mind Closure Announced

We are sad to hear the announcement that Derwentside Mind, set up in 1984, will stop delivering services, closing down from the end of September. Local organisations in the Stanley area are now looking for funding to continue to provide some of the services which included a befriending service and self-help groups for women, young people and people suffering from anxiety.



Photos (above , left to right): Sunset through the plum trees at Muddy Boots.
Our own engineer apprentice Ben accepting the donation from Adian, an engineer from the IChemE.
Karm Gill, MHNE Volunteer, inspecting the sweetcorn, with cucumbers, plums, tomatoes and potatoes!



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MHNE Volunteer begins Ration Challenge

MHNE team member Victoria is about to embark on a week of living on standard Syrian refugee rations from the 13th September.



Victoria has been working with MHNE since 2014, initially as a course attendee then general media volunteer and now, following return to paid employment, is the FB group admin and general comms and MHNE bulletin contributor.

Victoria has a history with mental health issues, diagnosed with BPD, depression and anxiety but is also a survivor of abuse and eating disorders. For these reasons this challenge is a very personal one to her, as well as the money, she hope to raise awareness (especially in her children) of how fortunate we are in the UK but also the plight of all those struggling and unable to meet their basic needs at home and abroad.

You can read her blog which will focus on the mental health impacts of a week on basic rations and sponsor Victoria here to the end of September: <https://www.rationchallenge.org.uk/victoria-nunn>



COVID-19 and Voluntary Sector Organisations: Impact and Response

COVID-19 is having a major impact on the entire Voluntary, Community and Social Enterprise (VCSE)

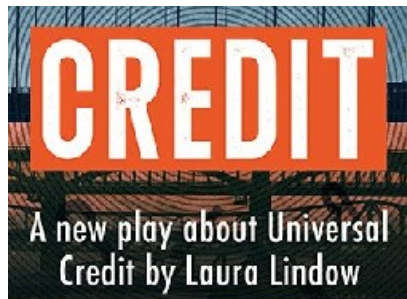
Sector. To assess its effect on the sector, researchers have secured funding from Economic and Social Research Council to conduct an **investigation into the way that COVID-19 is impacting the sector and how organisations are responding.**

As part of the project, researchers will be conducting a monthly barometer which will run for 15 months, from mid-September 2020 to November 2021. This barometer is unique as the results will be publicly updated monthly. Organisations can use the results to compare themselves against those of similar type and size. The barometer will have a dashboard, that allows organisations to see how their experiences compare to other organisations. This will help organisations better understand how they are doing and learn lessons from others.

Every month, organisations completing the survey will be entered into a prize draw to win £200. At the end of the project all participating organisations will be entered into a prize draw to win £2,000.

To find out more about this project, please contact the project team at CPWOP@ntu.ac.uk or project lead Daniel King (daniel.king@ntu.ac.uk). To participate in the survey please visit [COVID-19 and VCSE Organisations' Responses](#)

Play about Welfare in the North East goes Online



Credit, a new play by award-winning writer Laura Lindow is based on stories and experiences of people living on Universal Credit.

Made alongside people who are claiming Universal Credit, support organisations and researchers 'Credit' is an honest picture of how people in the North East are dealing with the ongoing changes to the welfare system.

'Credit' will make you think about whether we have a welfare safety net anymore and how all of us, our family members and fellow citizens are affected. The play aims to inspire us to think about what the welfare state should look like for communities.

Four live performances of 'Credit' were planned in April, each with a post-show expert panel. The shows sold out in days.

Dismantling those efforts at the start of lockdown was heartbreaking for everyone. Not least because of the impact on the creative team and uncertainties about their future, but also because as a result of COVID-19, Universal Credit impacts on many more individuals and families. Giving a voice to those affected is needed now more than ever.

Professor Suzanne Moffatt from Newcastle University UK said "the research demonstrated the ways that Universal Credit undermines health and wellbeing offering neither support nor adequate income. "Getting research findings to a wider audience is a key part of our work as academics."

"Salvaging 'Credit' has been an incredible team effort and a huge accomplishment by the creative team. It's been tricky at times to work out what could be safely achieved, but we're going ahead in an altered format. A slightly reduced, but hard-hitting and moving script has been completed". Credit has been broadcast this month in preview readings online with live Q&A's following each show.

Artistic Director Brad McCorkick told MHNE "We really hope to be able to perform the full show live in the future. Go to our website www.cap-a-pie.co.uk and sign up to our e-newsletter for updates."

Impact of Universal Credit in North East England: a qualitative study of claimants and support staff. Read the full report here: <https://bmjopen.bmj.com/content/9/7/e029611>

Welfare Benefit information videos now available

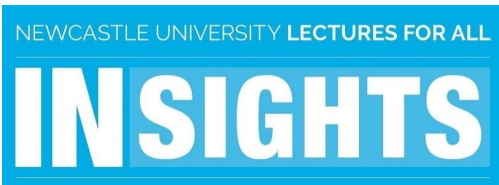
Covid19 has brought about many new challenges for disabled people, and also to organisations that help to support disabled people with information and advice.

Disability North have created some video presentations which have helped to replace talks and workshops usually delivered face to face around the region.



The first is about Personal Independence Payment and, the second is about Disability Living Allowance. Both videos provide basic information about the benefits, along with tips and advice on how to make the claim and complete the application. [Link to videos here.](#)

If you any questions relating to the presentations, or need any help with a welfare benefit application or review, please contact us on 0191 2840480 or email reception@disabilitynorth.org.uk



INSIGHTS Virtual Lectures: World Mental Health Day Lecture: There and back again – a journey through mental illness

by Adam Gridley Expert by Experience

<https://www.ncl.ac.uk/events/noticeboard/item/131020insightsvirtuallecturesadamgridley.html>

Date/Time: Tuesday 13 October 2020, 17:30 - 18:15

Mental illness can affect people of any gender, age, or background. In this talk, Adam describes his lived experience of using cannabis as a gateway to popularity and hyper-vigilance. On returning to study psychology, that use escalated, resulting in multiple stays in hospital, self-harm, and suicide attempts. From the other side of this journey, he reflects on his experiences in an effort to promote greater understanding of drug use and mental health.

The lecture will be followed by a live Q&A with the speaker. You can submit a question in advance by sending an email to public.lectures@ncl.ac.uk or during the event using YouTube Live Chat or via Twitter [@InsightsNCL](https://twitter.com/InsightsNCL).

This event will be hosted on YouTube, registration is not required: <https://youtu.be/nPnPbBh7KSc>

Suicide and the Media: a Best Practice Online Workshop

Free online workshop for media and comms professionals with Samaritans Media Advisory Team

Monday 12th Oct 10am-12pm via Microsoft Teams

Contact: Jenny Hicken, Network Delivery Lead Email: jennifer.hicken@nhs.net

This free online workshop is an opportunity to find out how we can work together to ensure more responsible and sensitive coverage of suicide in local media, online, and in other public communications.

This event will be an excellent opportunity to learn about best practice when it comes to writing about or reporting on suicide, based on the recently updated Samaritans Media Guidelines. You will also hear about the collaborative approach to reducing suicide and self-harm across the North East and North Cumbria region and how you can play a role in suicide prevention. The Samaritans Media Advisory Team will be running the main session of the workshop to cover:

- Contextual information around suicide contagion and media coverage
- Research evidence in relation to suicide reporting
- Samaritans' guidelines and behind the scenes work they do with media
- Examples of helpful coverage, including research evidence and engagement with local media
- Priority concern areas and common issues and challenges with reporting.



There will be an opportunity for discussion around some of the issues raised in the presentation, including a Q&A.

<http://www.stopsuicidenenc.org/event/free-online-workshop-for-media-and-comms-professionals/#>

Lockdown Diaries: Keith Philips- Chair, Durham Countywide Forum



Harvest is in progress at the allotment. It is a rewarding time of year for the effort put in to growing food. I will be picking and preparing into November, if the weather is kind. I will be freezing tomatoes and making chutneys, also many other methods of preserving the tastes of summer. Although I'm not too keen on cabbage after it has been frozen. It's better fresh for me.

Most of the vegetables I eat at this time of year are from the allotment. I like to find new ways of preparing and cooking food (see photo above for my cookery bookshelf!).

Tees, Esk and Wear Valley Trust have a new Chief Executive, Brent Kilmurray in post as of the 29th of June this year. The Trust has been running a consultation called the "Our Big Conversation" during this Summer. The consultation began when he started in his new post. To be brief, TEWV has asked staff, carers, and many others about the care TEWV has been providing. Many service users (I hope someone thinks of better words than "service users") are included in the consultation. The Trust has also asked for ideas on how to move forward from everyone they have contacted. The consultation is closed for now. People who contributed had the option to receive an update. Hopefully updates will continue as progress is made.



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

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

A Special Announcement from Aspire Director Janice Rokni

"We are delighted to have secured funding to support women at risk of self harm and suicide through the Suicide Prevention Fund County Durham.

This will help us to make a real difference to women facing these issues. Watch out for our "Stay Safe, Feel Well Project" which will be launched soon providing specific interventions for women."

You can learn more about Aspire: Learning, Support & Wellbeing and our work with assisting women around the North East to lead the lives they want to live on our website:

<https://www.aspire-northeast.co.uk/>



For information about learning opportunities and enquiries : enquiries@aspire-northeast.co.uk

For support and wellbeing (including groups and listening) email: sisters@aspire-northeast.co.uk



Unpaid carers' experiences of the pandemic

Carers UK has launched this survey to capture how the coronavirus (COVID-19) pandemic continues to have an impact on carers' lives.

Responses will help to provide evidence of what carers are experiencing as part of ongoing work to influence Government decision making, highlight carers' experiences in the media, and to ensure that advice and information resources are appropriate for carers' needs. Due to the urgent nature of this research, the survey will only be open until Sunday 27th September.

Find it here: <https://www.surveymonkey.co.uk/r/CFCT3R9>

Funding

THE ARMED FORCES COVENANT FUND TRUST **Positive Pathways programme**

The funding programme has reopened for applications for projects that support the mental health and wellbeing of veterans by getting them out and active. It is aimed at Armed-Forces-supporting charities or CIC's that can apply for grants of £35,000 for projects developed by and for veterans. Activities should be feasible with any social distancing requirements in place.

Applications for this round close at noon on 30th November 2020.

<https://covenantfund.org.uk/programme/positive-pathways/>

Strengthening Social Care Analytics programme



The Health Foundation launched a new £300,000 funding programme for projects which demonstrate how data analytics can be used to improve social care and help the sector respond to COVID-19 and its aftermath.

Funding of up to £60,000 is available to support projects that can present the effective use of data to improve outcomes for vulnerable people and building a resilient, safe workforce.

Teams must be prepared to share their learning with other social care analytics teams.

To apply, an expression of interest form must be completed by 12pm, 2nd October 2020. For more:

<https://www.health.org.uk/funding-and-partnerships/programmes/strengthening-social-care-analytics>

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.

Volunteer Roles

Lived experience network

There is a new National Suicide Prevention Alliance (NSPA) network for people with lived experience which went live on the 8th September. They are encouraging people with lived experience to join the network. There are two ways to join in:



Online panel: join this large panel and once or twice a month we will contact you asking you to complete a survey, quick poll or provide feedback at a time that suits you, or on areas that you're interested in.

Influencers: apply to join our group of trained and supported Influencers, working at a strategic level to influence suicide prevention policy and practice.

See here for more : <https://www.nspa.org.uk/home/our-work/lived-experience-network/>

Jobs



Part-Time Counsellor

Funded for 6 months from start date
Part Time 28.5 hours (flexible)
Pro rata is £ 10398
Deadline 29th Sept at 12pm

RCTN require an experienced female counsellor. Must have experience of working with women and girls 13+ who are survivors of any form of sexual violence, at any time in their lives. Must be BACP or UKCP Accredited or be working towards accreditation. Experience of telephone or online counselling is desirable. RCTN will invest in training in online counselling for applicants who may have limited or no experience of online counselling.

Mixture of home-working and working from outreach bases across Tyneside.

For more information or for an application form go to: <https://rctn.org.uk/svaow-job-2/>



Community Support Leaders/Peer Researchers

Location: Home Based
Salary: £230 Day Rate
Deadline: 4th October 23:59

Mind are recruiting 5 community leaders/peer researchers to lead on a project to explore peer support across England, after this report: <https://www.mind.org.uk/media-a/4096/piecing-together-the-jigsaw-full-version.pdf>

Mind are keen to learn more about peer support by reaching out to a diverse range of groups. They want to look at what communities need to enable peer support to thrive, and how Mind as



COURSES AND ACTIVITIES—MANY NOW ONLINE

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

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

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

Gateshead Clubhouse — Limited opening - <https://gatesheadclubhouse.com/>

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

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

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

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

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

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

WEA— <https://www.wea.org.uk/north-east>

Mentally Sound Radio Show and Podcast on Spice FM Now Broadcast on Tuesdays at 11am

Mentally Sound: Life in Lockdown is a radio show, recorded as a podcast on a weekly basis, and then broadcast on Spice FM each Tuesday from 11am until noon (Note the new day and time).

The latest show went out on Tuesday 15th September with topics of 'fear' with therapist Nicky, and food banks with Bill from Newcastle United Fans Food Bank on their lockdown impact, the generosity of Geordies and their new appeal.

Episode 18 has also just been released: Guests include Angela and Anita from St Oswalds who talk about lockdown, PPE, and mental health of staff. Beano from RT Projects talks of 'NEVER GIVE UP' a song written from his own experience of suicidal thoughts: <https://clyp.it/5kztcfn>



To listen to more podcast — find Mentally Sound on Twitter [@mentallysound](#) and [Facebook](#) for the latest episode links.

Please contact Ricky Thamman by email— studio@spicefm.co.uk if you would like to get in touch with the show or offer to be a guest on a future show.

FREE TAI CHI FOR OVER 50s



Join an outdoor class near you:

Tuesdays

St. Paul's Church Hall, Winlaton
2 to 3 pm, free through 6/10

Fridays

Pelaw Community Bowls Club
11:30 to 12:30, free through 23/10

Leam Lane Community Bowls Club
1 to 2, free through 30/10

- **Improve your flexibility and balance**
- **Reduce stress**
- **Feel more energetic**

Booking essential as spaces are limited to ensure social distancing.

Toilets will be available

Classes take place outside so dress for the weather!

To book your space call

Dave: 07909 715202



Women's Monday Social

Informal online chat and friendship group for all women – formally known as 'Drop In'

All our small, friendly groups are led by fully trained volunteer facilitators and take place with a limited number of participants – waiting lists may apply

Benefits of online groups include: connect with others without leaving your home, 100% Covid risk free, no travel required, accessible from most internet enabled devices including smart phones and tablets



MONDAYS
11.15am - 12.15am

We provide access support for women new to Zoom/video chats – you just need an internet enabled device – email us for event link

Supporting
sisters



For more information and joining link/code please
call 0191 3891504
or email sisters@aspire-northeast.co.uk

Website: www.aspire-northeast.co.uk

Twitter: @AspireHouse

Facebook: facebook.com/aspire.northeast

MATURE FRIENDS

FRIENDSHIP & SOCIAL GROUP FOR WOMEN OVER 50

The Aspire centre remains temporarily closed due to Covid-19, but we are offering a range of online and phone-based support services for women.

Mature Friends is a welcoming, informal and friendly space for women over 50 to safely chat about a wide range of topics and make new connections.

All our groups are led by volunteer facilitators with Aspire staff support.

Please note groups have a limited capacity so there may be a waiting list for new referrals, self-referrals welcome.

MONDAYS 10AM – 11AM

**WELCOMING AND ACCESSIBLE
INTERNET-BASED ZOOM GROUP**

Don't worry if you are new to video calls as we provide full joining instructions and support



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



On—Line Suicide Prevention Training Sunderland 1st October 2020 9.15am– 13.30pm

Aims: Both nationally and regionally we are challenged with preventing suicide. By training our community we can tackle the stigma associated with suicide and reach many more people and their families. This half day training course focuses upon a community approach to suicide prevention and intervention.

This training is funded by Sunderland City Council and places are limited to those working and/or residing in Sunderland.

Objectives:

- * Challenge the myths and stigma surrounding suicide
 - * Spot the warning signs that someone may be having thoughts of suicide
 - * Have a supportive conversation with confidence using the LIFE model
 - * Signpost to further support
 - * Look after your own wellbeing
- Upon completion of the training workshop delegates will have developed competencies in the areas of skills, knowledge and attitudes associated with suicide prevention

**There are many myths about suicide, get the factsattend the training.
Due to the subject of this training it is not recommended for those who have recently been bereaved and for some who may be experiencing suicidal thoughts.**

To book your place on this course, please contact
training@washingtomind.org.uk or call 0191 4178043
You will need to download the most recent version of Zoom '5' to your device and check your camera and microphone are working before the course. To prevent any delays you must log into the zoom room at 9am.





LIVE CHAT AND CONNECT SERVICE

MEN IN COUNTY DURHAM CAN CHAT
IN CONFIDENCE WITH ONE OF OUR
TRAINED FACILITATORS TO GET
SUPPORT

7 DAYS A WEEK BETWEEN
6PM - 10PM

WWW.MANHEALTH.ORG.UK/CHAT



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND



County Durham
Community Foundation



Tees, Esk and Wear Valleys
NHS Foundation Trust

Call us free of charge...

in a mental health emergency.

Contact your local TEWV crisis service on

FREEPHONE. 0800 0516171

Advice on what to do in a mental health emergency is available on our website
www.tewv.nhs.uk/crisisadvice





National Survivor
User Network

Who we are and what we do



Our vision is for the lives of people who experience mental distress, discrimination and disadvantage to be better.



Our mission is to create a diverse, inclusive and influential user-led network with the strength to challenge inequality and improve lives.



Become a member

Membership is free for individuals with lived experience and user-led community-based groups. Join our network and stay updated for free via our website, nsun.org.uk.



We are here to make sure the voice of lived experience is heard.

NSUN is an independent mental health organisation that connects individuals with lived experience of mental ill-health, trauma, or distress and user-led groups across England in order to:

- Amplify the voice of lived experience
- Build shared capacity to challenge discrimination
- Develop user-led projects and initiatives
- Influence mental health policy and practice.



NationalSurvivorUserNetwork



@NSUNnews



nsunformentalhealth

www.nsun.org.uk



info@nsun.org.uk



Forestry England

Chopwell Wood Health Walk

Weekly on Wednesdays at 1pm and Sundays at 8am

Taking part in forest activities encourages people to become more active, increases confidence, helps maintain a healthy weight and can alleviate symptoms of long term health conditions

We will be holding FREE weekly walks at Chopwell Wood beginning Weds 23rd Sep. The walk will be a mile long but can be longer or shorter if you wish. The walk will be followed with FREE hot and cold refreshments.

All places **MUST** be booked in advance. Unfortunately, we cannot accommodate dogs on these walks.

For more information or to book, contact Lucy on 07771 885084 or lucy.brenkley@forestryengland.uk

forestryengland.uk

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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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/)

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