

September 2021 Bulletin



Dear MHNE Members and Friends,

I am pleased to report that everyone attending MHNE's **Replanting for the Future** project this month had a fabulous time in the outdoors along with some enlightening discussions on the impact of the pandemic and how to move forward. One aspect of the project is a study by Sunderland University who are collecting data on the impact of the outdoors on our mental health.

In this bulletin we look at voluntary and community organisations supporting refugees. Individuals who have had to leave their homes and their country to escape war or persecution. They may have faced situations that we only hopefully will have come across in our worst nightmares and so many arrive here feeling isolated and traumatised. We pay tribute to the big-hearted volunteers who give up their time to welcome and support the individuals arriving into our country in such horrendous circumstances.

MHNE has always been blessed by a dedicated and wonderful team of volunteers and this month I wanted to record the achievements of our social media and communication team. Whilst MHNE is a small, volunteer run charity it is important to our team that our message reaches as many people as possible to share information and support people in mental distress, their carers, friends and families.



Our bulletin-editor Gareth, as well as compiling our bulletin and updating our website has also managed to increase the number following our updates on Twitter to over 8000.

Victoria has created a Facebook group where people feel comfortable to share stories and offer support and sign-posting and finally Beth who ensures that the bulletins reach a huge group of individuals regionally but also have a national and international following. This small team have achieved and exceeded their goals time and time again - thanks and well done!

Best wishes, Lyn Boyd - MHNE CEO



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



[Facebook Group](#)

Thank you Ken Tuck who completed the Great North Run for MHNE and in memory of friend Paul Flynn

We were incredibly proud and touched when heard that Ken Tuck, was running The Great North Run for Mental Health North East earlier this month, and the amazing support that he had from sponsors who helped him to raise an amazing £640.



Ken told us the moving story of how he had ended up running the half marathon for the first time:

"I am delighted with the response I've had to running the Great North Run in memory of my mate Paul Flynn. Last year before the first lockdown I won a competition for two VIP entries into the great north and Paul was going to do it with me.

Sadly Paul passed away suddenly and so the great north run completed that journey we started. It has also been a great opportunity to keep Paul in the conversation, keeping his memory alive. Mental health is a huge deal, especially in the current climate and I really wanted to support a charity in the local area.

The run I have to admit was tough going but I was determined to finish and did so in a time of 3hrs 51. It was a fantastic day and great to be involved. The support I have received has been truly amazing."

Many Thanks also to Bellway Homes staff at Woolsington



Staff at Bellway's head office used their dress down Fridays to raise money for charity. They chose MHNE and have raised an amazing £765.

Well done and a huge thank you to all concerned!

Northern Power Grid award for solar lighting at Muddy Boots



On a recent visit to the Muddy Boots site for routine power line work, Northern Powergrid staff witnessed the work we have been doing on site and heard the background to our **Replanting for the Future** project.

As a result we were nominated for a community award of £1000 which will be used to enhance the solar facilities at the site particularly some additional lighting to improve accessibility throughout the seasons.

Northern Powergrid supports customers who may be more vulnerable during power cuts through its free **Priority Services Register**. Any customers who may need additional advice or support due to their mental health, medical circumstances, or are currently 'shielding' in line with government and public health advice, may wish to consider joining by visiting <https://www.northernpowergrid.com/care> or by calling 0800 169 2296.

A small, stylized red house icon with a chimney, positioned on a reflective surface.

Women only

aspire | learning support wellbeing

**DOMESTIC VIOLENCE
& ABUSE ONLINE DROP-IN
FRIDAY 1ST OCTOBER
10-11AM
(1ST FRIDAY OF EVERY MONTH)**

*A safe, friendly space for
information, support & signposting
without pressure or judgement*

*To access this session please email
sisters@aspire-northeast.co.uk*

1. How long have you been working at the project and why did you start in first instance?

I have been working at the hub for 20 YEARS now. I started the role because of my interest in working with refugees and asylum seekers. I also enjoy the opportunity to meeting people from all over the world as it has given me knowledge of range of cultures.

2. What nationalities are the people who use the project and what is normally the reason for them leaving their homes?

Project users arrive from all over the world, and this includes from countries many people haven't even heard of. Our clients come for a variety of a reasons, such as: they've become asylum seekers, a civil war has occurred, they are threatened by oppressive regimes, or they're gay in a country that disallows it. In general, the most common reason is that they are looking for safety in a peaceful country.



3. What help can the project give them?

A lot of legal advice is provided: this may to meet the means of healthcare, housing, benefits and education. The project also gives our clients a social space to meet other people. Our volunteers are always on hand to help those we work with in the aspect of meeting of their needs.

4. How can people welcome refugees to the North East?

It is most helpful to be welcoming if they arrive to your community. You could do things such as seeing if they need anything, help them get to know the area and provide them with support. When you see them in everyday life be welcoming to them and always greet them with a smile.

5. HOW CAN PEOPLE SUPPORT YOUR Project?

If you know any refugees that require any help or a sense of community, you could refer them to our project. One could also befriend refugees as they quite often feel lonely, allowing them to be a part of the community. Donations of toiletries and money to the project are extremely useful as these are beneficial in the support of the refugees. If people want to support directly, they can enquire about volunteering at our hub. Our website is: <https://the-hub.org.uk/>

6. How does the Hub support good MENTAL HEALTH?

The hub has an excellent referral system through hich we can point people in the direction of support. We have good relations with immigration representatives such as Justice First. We aim to provide companionship, alleviate alienation and provide a safe space for our clients. We hope to use these services to improve overall wellbeing. In allowing them to meet and support people similar to them, they can gain a sense of community which helps to take away their feelings of loneliness. We also provide activities for our clients kids whilst we offer them advice. Food will also be provided once a week post-Covid, aligned with a meal together with their community. Overall these activities are an attempt to provide our clients with better morale, which we see is a flourishing success at the hub project.

Photo (top right): Advisor Tessa Gray with Jack Donaldson, her latest volunteer and member of the MHNE Reach-Out Young People's Group.

No To Hassockfield—local Campaign Opposing Immigration Detention Centre at Medolmsley Continues

As reported in the March bulletin, plans to re-open the site of the notorious Medolmsley Detention Centre as an Immigration Detention Centre for women, have continued. However, whilst the Ministry of Justice had said it would open in the summer, in discussion with the No To Hassockfield campaign they have confirmed it is more likely to have its first women detainees around the end of October.

The campaign against its opening has grown in size. together with Abolish Detention, Durham Peoples Assembly and Women for Refugee Women, N2H are holding demonstrations the 3rd Saturday of each month 11-2pm at the site. [Local ITV news gave coverage to August's demo.](#)



There is a prayer vigil held every 1st Sunday of the month at 3pm, organised by the justice and peace movement, and every Saturday, Dorothy Sotelo of No to Hassockfield is co-ordinating a group of 3-4 demonstrators to be present for an hour to make some noise at the site. This will become increasingly important when detainees are present at the site.

Richard Holden, the area's Conservative MP has claimed the centre will provide good quality jobs, which he says are much needed for local residents.

Peter Hill, trade unionist said "Richard Holden MP claims the centre will bring many 'good jobs' to the area. But these jobs will be with outsourcing firm Mitie, notorious for its bad employment practices across a range of sectors, as well as its mistreatment of detainees. Just this year, unions Unite, Unison and GMB have condemned Mitie for discriminatory policies against workers (at Heathrow airport), Covid safety failures, and breaking promises to pay the living wage and unsocial hours payments (for NHS workers during the Covid pandemic). He doesn't mention the alternative use for the Hassockfield site: a housing and leisure development which had previously been planned. That would bring local jobs too - if the centre's development was cancelled."

The campaign against the centre opening is extremely concerned about the effect of indefinite detention on detainees' mental health. While detention of any kind should not be used for people who are fleeing war and persecution, it should be noted that the UK is the only member of the 47 Member State Council of Europe to use the inhumane practice of indefinite detention.

Helen Groom, retired Gateshead GP and No To Hassockfield Campaigner said;



"As a GP in Gateshead I looked after two ex-detainees from Medolmsley whose lives were blighted by severe PTSD and memories of the abuse they suffered there. I'm horrified to think that we could now be locking up women, many of whom have already been deeply traumatised, when what they are seeking is sanctuary. I want to see Hassockfield closed before it opens, so that no more suffering takes place on this site."

No To Hassockfield (continued)

The Home Office say that timescales for opening the centre (which they have rechristened Derwentside IRC as a marketing change) have slipped a bit . They have a number of things that they must do before opening which include building medical facilities (which Durham County Council gave planning permission for in late August), providing multi faith chaplaincy, and setting up an Independent Monitoring Board (IMB) recruitment for which took place during September.

Julie Ward, Former MEP Mental Health Ambassador, women's rights campaigner and member of the No To Hassockfield Campaign, said,

"Women are hugely impacted by conflict and various global crises, including climate breakdown, which leads to unsustainable lives, extreme poverty, hunger, increased violence and risk of trafficking. We also see how authoritarian regimes seek to limit women's freedoms and punish them for aspiring to be educated, to run businesses, to stand for elected office, to wear what they wish.

Women asylum seekers have often experienced terrible violence at every stage of their journeys. Detention is a form of institutional state violence, which can have a profound psychological impact for years to come. Instead of locking up vulnerable women with the intention of deporting them back to face the likelihood of more violence, we should be treating them with compassion and dignity. The UK is out of step with many of its neighbours in the way it treats those seeking asylum.



It would be very easy for those of us in the UK to give up, to turn our backs and do nothing. But fundamentally we are a welcoming nation and in joining the campaign to Stop Hassockfield we can feel energised and empowered through collective action. The very act of protest is an act of resistance which can help to assuage our own feelings of helplessness. Standing in solidarity with people seeking sanctuary and against the government's inhumane system is a joyful act of resistance. At our regular monthly peaceful protests outside the site we sing, enjoy poems, watch theatre performances and listen to inspiring speeches and moving testimonies. We have made new friends and we have discovered new things about ourselves. We feel we CAN do something and that alone is good for our mental health. We have to take care of ourselves in order to take care of others."

MHNE have spoken out against the government's plans for the site and continue to support the No 2 Hassockfield campaign, committing to do everything we can to monitor the mental health and wellbeing of anyone held at this proposed facility.

If people want to know more about the campaign or any of the demonstrations, please email - No2Hassockfield@outlook.com or visit the campaign website: <https://notohassockfield.org.uk/> or on Facebook - [@No2Hassockfield](https://www.facebook.com/No2Hassockfield) / Twitter [@No2Hassockfield](https://twitter.com/No2Hassockfield)

The photographer for this article is Simon Veit Wilson.



Looking Outward ~ Supporting Asylum Seekers and Refugees in West Yorkshire

MHNE has a personal connection with an organisation in Bradford which recently won an award for services during covid.

BIASAN (Bradford Immigration and Asylum Support and Advice Network) was formed 22 years ago, originally by community groups and trade unionists, in response to refugees arriving in Bradford from various countries such as Zimbabwe, Iraq and Afghanistan.



Since then, it has developed to offer a number of services to people. These include:

- English language classes
- a women's club
- art, craft and residential experiences
- trips out
- outreach work in the hotels housing asylum seekers
- a furniture and clothing store and
- a drop-in evening.

The organisation has survived despite never having had paid staff or major funding. As well as dedicated volunteers from this country, the refugees themselves are often a valuable volunteer reserve.

Many friendships have been formed over the years. Not only is it extremely interesting and informative to talk to people who have had very different experiences, but it also gives volunteers a sense of self-worth - being helpful, rather than destructive.

The organisation was given the Queen's Award for Voluntary Services (equivalent to an MBE) in June 2021, which was obviously well-deserved.



Self Portrait: I Am Refugee

I am Refugee
 You say
 But not what I say
 I am seeking refuge
 Wherever it may be
 A safe place
 A roof over my head
 A place to rest my weary bones
 I'm human first
 Regardless of what you think
 Yes it stinks
 All the hoops I have to jump through
 To prove myself
 But for what and why
 Just hear my words
 My plea
 As I am Human first



Picture above Yusra Al Magribhi. You can find more art by people from Biasan at an exhibition named **Humanising**, which you can find online here: <http://www.saltaireinspired.org.uk/biasan-humanising/>

Online VCSE Networking Event (Newcastle and Gateshead) Mental Health

Wednesday 6th October 2021, 13:00 – 15:00 (Online via Zoom)



In advance of **World Mental Health Day 2021** (Sunday 10th of October), Connected Voice have organised a FREE online networking focusing on the variety of ways that VCSE organisations are supporting good mental health here in the North-East.

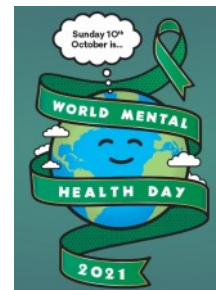
There will be a range of speakers from mental health specific VCSE organisations, and mainstream organisations working to support good mental health - amongst beneficiaries, volunteers, staff and trustees. There will also be workshops with very practical outcomes for your own organisation.

It's the perfect platform for you to share the experiences of your VCSE organisation in delivering innovative, successful projects to support good mental health - and learn from the experiences of others. Connected Voice also want to hear of any challenges you've faced in delivery - including any you've not been able to overcome.

This event will bring together the voluntary, community and social enterprise organisations serving Newcastle and Gateshead. Free places will be prioritised for VCSE organisations serving this part of our region. Registrations from outside our area, and our sector, may therefore be declined. [Click here to register.](#)

World Mental Health Day - 10th October 2021

The World Health Organisation recognises World Mental Health Day on 10th October every year. This year's theme set by the World Federation for Mental Health is '[Mental Health in an Unequal World](#)'. Please get in touch if you would like us to help promote your event.



Healthwatch Sunderland's new Youthwatch

Shout out to all young people wanting to make a difference

Too often children and young people are not asked about changes that affect them. Healthwatch Sunderland will be setting up their very first dedicated young peoples group, with the aim of improving health and social care services for young people.

They are looking for young people aged 16-24 who would like to help them to communicate with other young people in Sunderland, to find out where things might or might not be and what matters to them most.

If you are in the target age group and interested in health, social care or young people's rights, **you can get involved and become a Healthwatch Youth Champion.**



Contact Healthwatch Sunderland — Tel: 0191 514 7145

Text only: 07418 364 340

E-mail: healthwatchesunderland@pcp.uk.net

Website: www.healthwatchesunderland.com



Report : Service user experiences and views regarding “telemental health” during the COVID-19 pandemic

The prominence of telemental health, including providing care by video call and telephone greatly increased during the COVID-19 pandemic. However, there are clear limitations, variations in uptake and concerns that digital exclusion may exacerbate previous inequalities in access to good quality care. Greater understanding is needed of how service users experience telemental health, and what determines whether they engage and find it acceptable.

The Mental Health Policy Research Unit conducted a collaborative framework analysis of data from semi-structured interviews with people already experiencing mental health problems prior to the pandemic. The experiences and preferences regarding telemental health care of the 44 participants were dynamic and varied across time and settings, as well as between individuals.

Read the report here : <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0257270>

Research Interview: Have you been on a mental health inpatient unit on "section" in the last five years?

Have you been on a mental health inpatient unit on 'section' in the last five years? A research team at UCL is developing a new approach that aims to make it less likely that someone is 'sectioned' again.

They would like to speak to you in a virtual one hour interview to learn about your experiences, with a £20 voucher to thank-you for participation. To find out more, please email: dop.finch@ucl.ac.uk

BIHR Open Access Workshops: Human Rights in Children's Inpatient Mental Health Services

**The British Institute
of Human Rights**
bihr.org.uk



As part of BIHR's Human Rights in Children's Inpatient Mental Health Services project, funded by NHSE England, they are offering 5 open-access FREE human rights workshops. These workshops are for children, young people, parents, loved ones, self/advocates and lived experience groups.

The workshops are about human rights when accessing Children and Young People's Mental Health Inpatient Services. On each workshop you will:

- Find out how the Human Rights Act protects your rights
- Focus on key human rights around Children and Young People's Mental Health Inpatient Services
- Have opportunities for group discussion.

First workshop: 2nd November 10:30 AM.

To find out more: <https://www.bihr.org.uk/open-access-workshops>

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.

Please contact Ricky Thamman by email 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 more download links.

Archived #LifeInLockdown podcasts can be found on Spotify, Clys, Apple and Pocket Casts.



The Mind Marsh Awards 2021 - Nominations now open!

Are you involved in a peer-led support or self-help community group? This is an opportunity to nominate your peer support group for an award and receive a cash prize.

The Mind Marsh Awards for mental health peer support 2021 recognise excellence in mental health peer support, and they are run by The Marsh Christian Trust, Mind and PeerFest partner organisations each year.

During the pandemic many groups have found alternative ways of running their face-to-face meetings, with groups moving online or using other digital platforms, and the awards panel would love to hear from you.

Deadline for nominations is midnight Wednesday 20th October.

Find out more about the awards and the nomination process here:

<https://www.mind.org.uk/news-campaigns/marsh-awards/>

Each nomination should be completed collectively with representatives of the group/project. For help or support nominating your group or filling in the online nomination form please email peersupport@mind.org.uk

MHNE's Service Users in Action radio show "**Mentally Sound**" see the article above (this page) was commended for excellence in peer support back in 2015 —we heartily recommend getting involved—submit your nominations now!



Durham Countywide Forum

Next Meeting—October 4th

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

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

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

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



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

The Countywide Forum's next monthly meeting and Annual General Meeting will be held on Monday October 4th at 1.30pm.

Alongside all the usual items, Ali Lee / Steve Wakefield from Waddington Street will be there to discuss Alliance Commissioning.

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

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

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



This November, [Waddington Street Centre](#) Mental Health Resource Centre in Durham will be celebrating its 40th birthday.

During the year they hope to raise £40,000 to purchase a mini bus for user activities.

If you would like to help or find out more, [please click here](#).



COURSES AND ACTIVITIES

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/>

Prince's Trust—Get Started in Social Care (18 to 30 year olds)

This programme is a 4 day virtual course designed to prepare young people for a job interview for live entry-level Health & Social Care vacancies in Newcastle, Sunderland, North Shields and Ponteland. The course is thorough and covers aspects of preparation for interview, with excellent numbers of young people moving straight into the live job opportunities.

Eligibility: 18-30 year olds

Programme Dates:

Monday 4th – Thursday 7th Oct 2021

Course location: Virtual MS Teams

Taster Day: Thursday 30th Sept 2021

Job Locations: Newcastle, Sunderland, North Shields, Ponteland



To Refer a Young Person:

Sign up via EventBrite at [Start a career in Social Care \(Newcastle, Sunderland, North Shields\)](#) or email Bethany Swash, Bethany.Swash@princes-trust.org.uk at Princes Trust NE with the contact details of the young person (please ensure you have the young person's consent to share their data).



Follow MHNE on Social Media?

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

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

Facebook group :

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



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>

Just turn up ... no need to book and it's free



**Peer Support Group
for those living with
depression, anxiety
and related conditions**



PeerTalk®

Find out more at:

-  07719 562 617
-  peertalk.org.uk
-  @peer_talk
-  @peertalk1
-  enquiries@peertalk.org.uk
-  [peertalkcharity](https://www.instagram.com/peertalkcharity)



HM Government

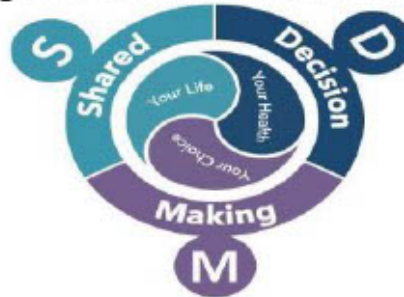
In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

The PeerTalk Charitable Foundation, registered charity no. 1169830.

Invitation to take part in a Research Study

Exploring the views of people living with anxiety/depression and type 2 diabetes about engaging in shared decision making (REAL SDM)



<p>1. Who do we want to take part? People (aged 18+) living with Anxiety and/or Depression AND Type 2 Diabetes</p> <p>You can also bring along someone to support you (family member/friend etc)</p> <p>2. Why are we doing the research? We want to talk to people with lived experience of physical health (Type 2 diabetes) and a mental health condition (anxiety and/or depression) about what would help or prevent people from taking part in shared decision-making with clinicians.</p>	<p>3. What is Shared Decision Making? Shared decision making is a process where people with health conditions and clinicians (doctors, nurses, psychologists and other healthcare professionals) work together in partnership to</p> <ul style="list-style-type: none"> Identify the range of possible treatment (e.g. medication) or supported self-management (e.g. changing lifestyle behaviour such as diet) options for a health condition. Find out which option, or combination of options, is most suitable for the individual person and their personal circumstances
<p>4. What would I need to do if I took part? You would be asked to complete a consent form to take part in recorded online/telephone interview with Rose at a time to suit you, which should take no more than 1 hour.</p> <p>We will thank you for taking part by giving you a £20 gift voucher.</p> <p>If you are interested in taking part in this research, please contact Rose Watson, who will send you a participant information sheet with more information about the research. She can also answer any questions you will have about the study.</p>	<p>5. For more information, please contact: Rose Watson (Research Fellow) Email: r.watson@tees.ac.uk Tel: 07385390362 (Text or call and feel free to leave a message and I will call you back)</p>

Mindful Walking

For Men

WITH DARREN MUGGLESTONE

Time: 2pm-4pm

Date: 15/10/21

Location: The
Just for Women
Centre, Stanley
DH9 0BL



JUST FOR WOMEN +
Support For All



Poetry and Short Stories Group

wea.org.uk

Poetry

"Shall I compare thee to a summer's day? Thou art more lovely and more temperate." William Shakespeare
C.1600

"The woods are lovely, dark and deep."
Robert Frost C.1940

"Two snippets of poetry one by" the English bard and the other by the American bard conjuring up images of beauty. This study group will use readings from a popular anthology '*Poetry Please*' to develop a wide appreciation of popular poetry.

This popular group meets free on line on every Friday morning. We are friendly, informal and extend a warm welcome to newcomers.

Join us!

Starting date Friday 1st October
10:30-12:30pm

To enrol please contact:
Durham.branch@wea.ac.uk


The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

Book and Short Stories Group

Finding a good book to read in this pandemic is a joy, whether it be pure escapism or something which stretches your imagination or gives new hope.

Members are encouraged to share their favourite book with the group and this will be alongside a study of the Penguin Book of English Short Stories. A Jewel of a collection of some of our greatest writers which includes James Joyce, Graham Greene and Virginia Woolf.



Word Power

WEA
Adult Learning
Within Reach

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

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Neil Kelly

Chairperson