



We Must Improve Waiting Times and Funding for Mental Health Services

Since last month's bulletin was distributed MHNE have heard of a heart-breaking incident - a 12 year old Northumberland girl took her own life after being bullied. Her mother stated on Tyne Tees Television that she had been told her daughter could be waiting **up to 3 years** for an appointment with CAMHS. Our hearts go out to her family and we support the call from her parents to significantly reduce waiting lists to child mental health support. The family have launched a campaign calling for '**Charley's Law**', making it a legal requirement for young people to get help sooner and have regular reviews to make sure they were getting better.

MHNE's **open letter to North East Region MPs** around funding for the sector is reproduced in full in this bulletin (see page 4). We will print all responses from your elected representatives.

Replanting for a Better Future at Muddy Boots

Our 'Replanting for a Better Future' project will start visits to the countryside in March 2011 in the hope of better weather and freedom from COVID restrictions. In the meantime work at Muddy Boots has already started to make sure that regardless of Covid activities can take place safely. The hens and gander continue to enjoy their new home and a little pomegranate tree has went to live in one of our volunteer's house for the winter months.



MHNE in the News for WMHD 2020

We are delighted that the work of MHNE volunteers has been applauded in the Northern Echo with a full page spread in print for **World Mental Health Day** on the 10th October.

And finally...

Please tell us about any upcoming **Christmas Events and Service Changes** over the Festive break, we will promote them in a special bulletin in December.

Issue 6 of our **Young People's e-zine Reach Out** has started to collect articles. We will try to include any submissions we receive on behalf of under 18s.



Inside this October Issue:

Brent Kilmurray, TEWV	3-4
Open Letter from MHNE to Regional MPs	
Local Spotlights	5-7
Just for Women, Seven Bridges Radio	
Lockdown Diaries and Insight Lectures	
Meetings, Funding, Training and Awards	8-13
Flyers from organisations around the network	14-16
MHNE Contacts	17



We asked Brent Kilmurray, TEWV's new Chief Executive to introduce himself to our readers

My name is Brent Kilmurray and since the end of June I have been the Chief Executive of Tees, Esk and Wear Valleys NHS Foundation Trust. Previous to this I was the Chief Executive at Bradford District Care NHS Foundation Trust in West Yorkshire. As you may know, we are a specialist mental health and learning disability trust covering all of Durham, Darlington, Teesside, North Yorkshire and York and Selby. We are one of the biggest trusts in the country.



Tees, Esk and Wear Valleys
NHS Foundation Trust

I'm delighted to have been appointed to this role. It brings me back to the Trust, where I had worked for almost 6 years as Chief Operating Officer and Deputy Chief Executive, and it reconnects me with our great staff and the diverse and interesting communities we serve. I am particularly interested in how we can ensure that services are focussed on the needs of individuals and relevant to the communities they live in.

After I was appointed to this role I set off a large scale engagement exercise called Our Big Conversation, which has been designed to seek the views of service users and carers, staff and partner organisations. What I hope to do is to get a sense from people how they think we are doing and where they think we can change and improve. The exercise has been running for a little while now and comes to an end on 13th October. I hope you have had a chance to participate. We are reviewing every contribution we receive and they will be used to help us to put together a new strategy for our Trust and to help us consider our priorities for the future. Some of the feedback so far has also indicated that we need to consider our values and behaviours and how we embed them.

It is exciting times to be joining the Trust. After a very difficult 2020, when staff and our communities have shown such resilience and spirit we are taking the opportunity to think about where we are going and what we are about. I hope to meet as many people across our communities over the coming months and years and getting you involved in making TEWV a better place to receive your care and to work.

Brent Kilmurray

Chief Executive of Tees, Esk and Wear Valleys NHS Foundation Trust

Open Letter from MHNE to MPs

Campaign for Improved Mental Health Services in the North East Region

Mental Health North East is a small volunteer run charity covering the North East region. We are writing to you as a North East MP to request that you actively support our campaign for improved mental health services in the North East region.

Coronavirus has created a crisis, and after it has passed there will be further crises which impact every aspect of community and society: an economic crisis, an unemployment crisis, a public health crisis, an education crisis, a social care crisis, a loneliness crisis, a domestic violence crisis, a child abuse crisis, an addiction crisis, a **mental health crisis**.

Mental Health voluntary organisations are experiencing massive growth in demand for listening and support services to the point where budgets are stretched to extremes. These organisations are dealing with a tidal wave of callers overwhelmed by stress and anxiety which are appropriate responses to extremely challenging circumstances.

Severe acute conditions caused by grief, loss and hopelessness will become part of the natural pattern of afflictions. There are catastrophic funding implications for the Voluntary and Charity sector that will see many well-established charities and safety nets broken and disappearing altogether. As you will know, the sector is already covering for ever-diminishing community provision from cash strapped local authorities and statutory health providers.

The effect of lockdown alone will be sustained and significant. Incidents of domestic violence and domestic homicide have already increased. As will child abuse, family breakdown, child distress, suicide, alcohol and drug use, physical health difficulties, poverty, homelessness, isolation, and the impact of a collective, worldwide trauma. Groups that suffer the disproportionate burden of multiple disadvantages will be further hit by an impact that we anticipate will be extreme and prolonged.

Social distancing and intermittent lockdown will likely be with us long after this initial battle. We witnessed a beleaguered NHS buckling under the demands of saving lives in this first wave. The second and subsequent waves will make the same demands of public health, social care, mental health, and education. As feeling distressed becomes the norm, existing mental health conditions have been exacerbated on a vast scale.

Mental Health North East therefore calls upon the UK Government:

To restore the funding lost to the 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 support services but also has a huge economic impact on business and this has directly and indirectly resulted in preventable suicides. 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 term.

Introducing Seven Bridges Radio Where Music is Our Therapy

Seven Bridges Radio is a new up-and-coming radio station based in the heart of Newcastle upon Tyne. CEO Steve Poulton (shown in photo right) was inspired to launch the project after being heavily involved in a student radio station, where he reaped the mental health benefits of being part of a community project alongside his passion for producing radio.

Named after the iconic bridges over the Tyne, Seven Bridges was born from the same principle; to support those experiencing mental health difficulties by providing a safe space for them to express themselves creatively and be part of something meaningful, as well as providing an open forum to talk about mental health in its many facets. Seven Bridges aims to be not only a radio station, but a well-being station, both for presenters and listeners alike.



Photo: Steve Poulton—
Seven Bridges CEO

Seven Bridges plans to offer training in online media and radio, both on the microphone and behind the scenes. The team are hoping to have this training accredited as part of a nationally recognised qualification through delivery with local colleges.

Steve explains: “We want to help those who are struggling to find training or employment due to their mental health. The studio will be a relaxed and welcoming place for volunteers to train and work and we will look to help them find employment within the industry once trained, or even employ them ourselves where possible.”

As a Community Interest Company, the SBR team will be ploughing any profit made back into the station in order to continue to grow the project and help more people and the station grows.

Several shows have already been lined up for Seven Bridges, ahead of its **1st January 2021** launch date: We are excited about the journey ahead, and look forward to being able to bring people the best shows alongside the latest in mental health news and advice.

For further information please visit www.sevenbridgesradio.com

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.

Stanley Women's Centre helping to fill the gap after Derwentside Mind closure

Just For Women Centre has been providing mental health services in County Durham for 10 years, and has started to fill the gap in support services left by the closure of Derwentside mind on 30th September. With only 10 days' notice of the closure, Just For Women were committed to pick up the pieces and provide this vital service during increasing demand.



The widespread negative impact of COVID-19 on mental health and domestic abuse, means mental health services are needed now more than ever. This is further exacerbated by local restrictions in the North East. The Department of Health and Social Care reported in July 2020 domestic abuse and mental health as the main impact of a 2 month lockdown. Furthermore, social isolation, anxiety, fear of contagion, uncertainty, chronic stress and economic difficulties may lead to the development of depression, anxiety, substance use and other psychiatric disorders in vulnerable people, especially those with pre-existing conditions. Just For Women is ready to support the local community through counselling in these tough times ahead.

Just For Women Centre had increased counsellor's capacity throughout the pandemic but increased again after the announcement with a further 4 counsellors. Specialist qualified therapists in trauma and grief are ready to support individuals and families who have been severely affected by the virus with no waiting times. This service is for both men and women, and male and female counsellors are available.



The centre holds sessions such as anxiety workshops specifically designed by therapists for clients needs, to develop ways of coping, and strengthen support networks. These have been extended to April 2021 to support women through the after-effects of lockdown and other restrictions. Full wrap around support is offered to all and includes 1:1 support, therapy, and training to get women into employment to gain financial independence and stopping the cycle of deprivation.

During the outbreak, Just For Women's Crafting in Crisis project supported vulnerable families and elderly people by delivering craft therapy kits and gift hampers safely to their homes to promote wellbeing and keep people engaged while unable to leave the house. The centre also delivered essential items, such as personal hygiene products, to those unable to access essentials themselves during lockdown.

In total, Just For Women distributed over 7000 hampers and craft therapy kits throughout County Durham, which have been positively received by residents, some brought to tears through the kind gifts.

Just For Women has supported over 4,000 women, men and young girls since it was founded by Linda Kirk in 2011, who set up the centre to offer services such as counselling, support to secure justice for sexual abuse survivors, and mental health support.

To anyone who requires mental health support, or counselling if you have been a victim of abuse, contact Just For Women via website <http://www.justforwomen.org.uk> Facebook: [Just For Women Centre Stanley](#)

Lockdown Diaries: Keith Philips- Durham Countywide Forum



The growing season is slowing, only the hardier plants are growing outside now. There are some red tomatoes in the greenhouse. However most of those on the plants won't ripen now. There are many ways of making chutneys with green tomatoes. They will be used for something.

If this winter isn't too cold, leeks and spring onions could stand until next Spring. It's good to have some fresh veg in the winter. Most of the veg will be cooked in one way or another before winter begins. Only a few of the plants are hardy enough to stand the colder weather ahead.

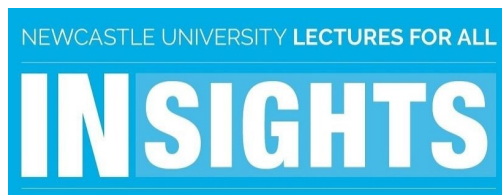


Beyond the allotment, there has been progress from TEWV around the Big Conversation. The involvement of service users, staff and many others is ongoing. Hopefully I will have some updates about this to pass on soon.

Keith is Chair of Durham County Wide Mental Health Service Users and Carers Forum (aka the Countywide

Forum or CWF). They discuss experiences of help and treatment in the area, exploring the issues with 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



INSIGHTS Virtual Lectures: There and back again – a journey through mental illness

by Adam Gridley Expert by Experience

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

RESCHEDULED DATE: Thursday 5th November 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).

Event hosted on YouTube, no registration required: <https://youtu.be/nPnPbBh7KSc>

Please tell MHNE about your upcoming Christmas Events and Service Changes during this unusual festive period

Please get in touch—Mental Health North East are again compiling list of support, activities and service changes to raise awareness of what is available over this unusual festive season.

Whether it's COVID-safe Christmas meals for people who may feel isolated, or innovative seasonal activity for older folk, volunteer cover needed etc.

We would like to help to publicise any special arrangements / changes of hours for crisis and support services — PLEASE get in touch so that we can add your information to a dedicated page on our website and a special festive bulletin we will circulate around the region.

Connecting remotely: peer support conversations

Join the conversation and become part of a growing peer support community

Thursday 29 October 2020 and Thursday 12 November 2020, 11:00– 12:30PM

The Connecting Remotely; Peer Support conversation is a fortnightly forum, hosted by Mind, GetUp SetUp, Bipolar UK, Together for Mental Wellbeing, and NSUN (National Survivors User Network). Setup in the wake of COVID-19, the conversation was started to provide a safe space for peer leaders, community groups and organisations to connect, share learning and experiences of peer support during the pandemic and beyond.

Topics are confirmed 2 weeks prior to each online event, based on what you tell us you want to talk about. Examples include conversation around the principles of peer support, how to facilitate online peer support, creative ways of working, and staying safe online.

A shared learning resource drawing from the conversations so far can be downloaded from NSUN here: <https://www.nsun.org.uk/Pages/Category/peer-support>

You can join via **Zoom video call** on your laptop or smart device. You can also call in by phone from anywhere in the UK. We will send out the joining instructions to you in a confirmation email on the day. If you need any help signing up, please emailing peersupport@mind.org.uk



Members Meeting - North East Together

Regional Network for People with Lived Experience of Mental Health Conditions:
Members meeting 23rd October 2020 2-4pm via Zoom

If you would like to join the network and attend the members meeting, contact the Secretary Mish at mish.loraine@netogether.co.uk

SURVIVING

ECONOMIC

A B U S E

Economic abuse and the COVID-19 outbreak

This is a challenging time for victim-survivors of domestic abuse who will be concerned about their physical safety, as well as their economic well-being.

Surviving Economic Abuse (SEA) has developed and is sharing information on what support is available to safeguard economic well-being.

If you, or someone you know, are experiencing abuse, please visit our resources page for COVID-19 specific information: <https://survivingeconomicabuse.org/resources/>

SEA does not provide direct support or advice to victims. If you are experiencing economic abuse in the context of domestic abuse or supporting someone in that situation, immediate help is available.

Contact the **National Domestic Violence Helpline** on 0808 2000 247 or the **Men's Advice Line** on 0808 801 0327.

Funding

NFU Mutual Community Giving Fund



NFU Mutual

Grants of up to £1,000 through the NFU Mutual Community Giving Fund. Available to charities, schools, and community groups in areas local to NFU operations.

Funding priorities: Connecting the community; reducing social isolation, providing opportunities, and encouraging resilience. Providing care and support to vulnerable members of our community. Relieving poverty; Improving the health and wellbeing of our communities. Advancing education and experiences for young people.

Priority will be given to requests that are supported by NFU Mutual staff members or one of their local branch offices (in the North East—Morpeh, Hexham, Durham, Sedgefield, Crook, Barnard Castle).

The next closing date is the **1st December 2020**. Useful Guidelines and Application information:

<https://www.nfumutual.co.uk/about-us/responsible-business/nfu-mutual-community-giving-fund/>

Office for Students



£1 million Funding Competition to support Student Mental Health

Funding is available to higher education providers in England to improve mental health support for students. The Office for Students invites universities and colleges to develop and implement projects which explore innovative approaches to tackling barriers and challenges faced by groups of students who may be more at risk of poor mental health and strengthen links between the health and higher education sectors.

Awards of £70,000 to £200,000 will be available provided by the Department of Health and Social Care.

Deadline for applications: 5pm on the **7th December 2020**. For more information visit:

<https://www.officeforstudents.org.uk/advice-and-guidance/funding-for-providers/mental-health-funding-competition/>

The Mind Marsh Awards 2020 - Nominations now open!

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 2020 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 Sunday 8 November 2020.

Find out more about the awards and the nomination process here :
<https://www.mind.org.uk/news-campaigns/marsh-awards/>

9 projects will receive awards under the categories of:

- Peer support in marginalised communities
- Doing it for ourselves
- Innovative peer support

Peerfest20 is cancelled this year, but all finalists will be invited to a special online celebration event which will take place online mid-December 2020.

Each nomination should be completed collectively with representatives of the group/project. The chosen projects will receive a cash prize and hear about other events and learning opportunities offered by Mind and PeerFest partners.

For help or support about 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" (supported by Launchpad) was commended for excellence in peer support back in 2015 —we heartily recommend getting involved!



MARSH
Christian Trust



Gambling Awareness Training in October

New dates available for free Gambling Awareness training in October from Gamcare. Dates and Eventbrite links for booking listed below.

Tuesday 27th October 1pm-3pm - [Raising Awareness of Women & Gambling](#)

Thursday 29th October 9:30am-11:30am - [Raising Awareness of Women & Gambling](#)

Friday 30th October 9:30am-12:30pm - [Problem Gambling Women, Young People and Carers](#)

Gamcare can still offer training direct to your organisation. If you are interested in booking training to be delivered direct to your team please contact Suzy Hall (Outreach Officer: Gamcare Women's Programme) suzy.hall@gamcare.org.uk or call 07949 475 997.

If you are currently working with someone who is being affected by problem gambling the [National Gambling Helpline](#) is available 24/7 for information and support on 0808 8020 133 and for local 1-2-1 treatment you can contact **NECA Gambling Services** 0191 562 3309.

GamCare's Women's Programme first report published October 2020. [Read more here.](#)



Virtual Listening support skills training

Nepacs' listening support skills training sessions are for anyone who wants to improve their awareness and skills around listening and communicating with others both in a personal or professional capacity.

This 2.5 hours virtual training course will give you an awareness of what it means to truly listen to others and the skills that are involved in doing this. This will then lead to being more effective in communication generally.

LEARNING OUTCOMES:

- Understand the need for and skills necessary to deliver appropriate listening support.
- Understand and have knowledge of different listening skills and appropriate communication when delivering listening support.
- Opportunity to practice skills and consider applying them to difficult situations and topics.
- Understand the limitations of listening support, the boundaries of confidentiality and when these must be breached.

The course will run **Weds 11th November 9.30am-12pm** and again on **Weds 2nd December**.

Find out more including how to book here: <https://bookwhen.com/nepacs>

Mentally Sound Radio Show and Podcast on Spice FM Now on Tuesdays at 1pm

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).



In the latest shows this month, therapist Nicky, wellbeing colleague Ruth and Ricky talked in depth about child mental health and what this pandemic means emotionally for young people. Another show discusses resilience, hope & gratitude at this time. Dr Stuart McKirdy from CNTW and the 'Campus For Ageing & Vitality' talks about his work with older people.

Episode 20 is the latest show to be available for download covering mindfulness, BAME, spirituality, nature, podcasting and 'green prescriptions' - <https://clyp.it/x4zl554s> and for a full list: <https://www.instagram.com/p/CF25nYWAriZ/>

Find them on Twitter [@mentallysound](https://twitter.com/mentallysound) and [Facebook](https://www.facebook.com/mentallysound) for the latest show information.

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.



COURSES AND ACTIVITIES—MOSTLY ONLINE

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

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

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](#)

Wellbeing for Life launches new Booking System

Wellbeing for Life have launched a new booking system for all of their training courses - due to social distancing guidelines they are not yet back to training in person.

Currently all training is being delivered via Microsoft Teams with sessions covering:

- Healthy Lives: Food for Thought
- An Insight into the Menopause
- Physical Activity: Basics to Getting Started
- Basic Diabetes Awareness
- Building Personal Resilience to Change
- Basic Mental Health Awareness



All training courses are free for anyone living or working in County Durham. To view the virtual training calendar or to book your place visit the link below .

Find out more here: <https://www.wellbeingforlife.net/training-courses/>

For enquiries please call 0800 8766887.

Chilli Studios Membership Update



From April Chilli Studios opened up their forum and live workshops further to new members and those who would benefit from this resource and are experiencing isolation & mental health issues. This is to support those wishing to join in Chilli Studios Creative activities during the Covid19 crisis.

All new members will have to fill in a more basic version of our membership form to ensure support on an individual basis and create a safe space for all using the resources. Link to form: <https://forms.gle/H1fkqRYFXjoof9rK7>

From September 2020 the free summer membership will be back to the subsidised £10 a month for full membership which includes online activity.

The current ONLINE offer includes (see timetable below <http://www.chillistudios.co.uk/>):

- Access to 3-10 zoom workshops a week (live and interactive) and basic technical support
- Access to Online forum community and activity
- Occasional & optional:
- Wellbeing check-ins and signposting
- One to one music support sessions - zoom, email or phone
- Postal art
- Creative care boxes

MON	TUES	WED	THURS	MONTHLY
12-1pm Chilli Social with Sarah & Alan	11am ZENTANGLES with Ernie	11am CHILL with CHILLI self-care & relaxation	11am-1pm CERAMICS with Annabel	2pm Chilli QUIZ! Last Friday of the month
2-3.30pm Let's Talk Art Share your art, Weekly challenge, guest speakers, virtual gallery visits and more	2pm ARTIST OF THE DAY with Dom	1-3pm CREATIVE WRITING with Ziad	2-4pm WATERCOLOURS with Janie	CHILLI PODCAST 1 or 2 released every month
4.30pm PHOTOGRAPHY Group with Ernie	New Video day! Art, crafts or gardening demo released weekly!	3.30pm CERAMICS with Carole	FRI 12-1pm Chilli Social with Sarah & Alan	GUEST WORKSHOPS & EVENTS Announced on Facebook & Forum

Interactive Live and recorded workshops, demos & discussion
WWW.CHILLISTUDIOS.CO.UK/FORUM-1

WOMEN'S SUPPORT SERVICES PROGRAMME - AUTUMN 2020



Our award-winning
Supporting Sister volunteers
and support staff team are
here for you!

(Above: Merchai, below:
Margaret)



Social Groups (internet based via Zoom)

- **Mature Friends** – weekly friendship group for women over 50
- **Monday Social** – informal chat & networking group for all women
- **Positive Progress** – weekly structured peer support, sharing experiences and ways to cope with low mood and anxiety
- **(New) Positive Changes** – a safe space to discuss how we can manage and cope with changes brought about by Covid

Confidential Listening Service – talk things through with a trained listener in a safe and confidential environment (phone/face to face appointment)

Check In + Chat – telephone befriending offering you a regular catch up call

All About Online Drop-In – a safe space to talk with women who understand. Receive support and information relating to difficult areas:

- **Domestic Violence & Abuse** – facilitated by our trained volunteer DVA Champions
- **(New) Suicide & Self-Harm** – part of our upcoming 'Stay Safe, Feel Well' initiative facilitated by our trained volunteer Stay Safe Champions

Themed Essentials Packs – personal, household and store cupboard essentials to support the needs of women affected in any way by domestic violence and abuse (Aspire centre collection only)

We understand not everyone is familiar or comfortable with Zoom (video calls) so please contact us if you need any guidance or support. Zoom is compatible with most internet enabled devices including smart phones and tablets.

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

Website: www.aspire-northeast.co.uk
Twitter: @AspireHouse + Facebook: /aspire.northeast



Supporting
sisters



TIME OUT
Parent / Carer
Support Group

RE·CO·CO
RECOVERY COLLEGE COLLECTIVE

PARENT/CARER SUPPORT GROUP

For parent/carers living in the Newcastle/Gateshead area, who are supporting a child or young person with emotional or mental health issues Time Out, CYPs staff and guest speakers will be available to offer support, information and advice.



Parent/Carer Zoom Meeting

- Wednesday 28th October 2020 6.00pm – 7.30pm
- Wednesday 25th November 2020 6.00PM – 7.30PM
- Wednesday 16th December 2020 6.00pm – 7.30pm

Get in touch via the contact below and we will send you a link to these sessions.

 Time Out Support

 Timeoutnetwork@hotmail.com



Receive a Hamper for your Family this Christmas

Would you like help for your family this Christmas? Feeding Families provides and delivers FREE hampers to hundreds of families in the north east. You can apply if you are in financial need and struggle on a day-to-day basis to feed your family.

To make an application please go online to:

feedingfamilies.org.uk/receive

There is a simple application process to follow and then we try to match you with a volunteer who will donate and deliver a hamper to your home.

**APPLICATIONS OPEN
6TH OCTOBER TO 30TH NOVEMBER 2020**

WE EXPECT HIGH DEMAND SO PLEASE MAKE YOUR REQUEST AS SOON AS POSSIBLE FOR THE BEST CHANCE OF RECEIVING A HAMPER.

About Us

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

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

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

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



Contacting us

Mental Health North East
Birtley CDC,
Drum Park Lane Industrial Estate
Chester Le Street
Co Durham
DH2 1AE

0191 411 1962

lyn.boyd@mhne.org.uk

neil.kelly@mhne.org.uk

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:

beth.boyd@mhne.org.uk

Charity Number: 1119652

Company Number: 5552172

This issue edited by Gareth Cooper



Lyn Boyd

**Chief Executive
Officer**



Neil Kelly

Chairperson