



## MOVING ON TYNE & WEAR COMMUNITY NEWSLETTER Oct/ Nov 2020

## SOUTH TYNESIDE

### October already?

At the risk of sounding like my nana, 'this year's flying', its October and that means that the nights are drawing in, the days are getting colder and Christmas is just around the corner.

We are still in the grip of Covid and we are seeing increasing numbers of anxiety, depression and Isolation in the area.

The stress of being able to cope with the restrictions and the 'new normal' on a long term basis is definitely taking its toll on everyone and, as a service, we have always put mental wellbeing first in South Tyneside. If your mental health is not in great shape then you are not in great shape, things that were once easily coped with are now unbearably difficult and you're not really sure why.

In this issue we are focussing on how we and other services within the borough can help you not only understand your mental health, but also improve it and make long lasting changes to ensure that you keep yourself mentally healthy.

Remember, we're set up specifically to support individuals with mental and physical barriers and you don't have to have an official diagnosis, if you feel you need support because your health is a barrier, then please see the 'can we help?' section.

### Result!

Its been hard for everyone and that includes us, but due to the hard work that has been put in by our participants and the support and encouragement from our staff and our community partners we have still managed to achieve;

- ◆ 5 people into sustainable, long term employment, that's 125% of our target!
- ◆ 5 people into education and training that has improved their lives and feel happy enough to go on to a brighter future without our help. That's 167% of our Target!



To keep up with what we are doing and how our support is helping the community take a look on our [Facebook page](#). If you are already a participant why not join our [participant group](#).

You can find us by searching for @MOTW.ST on Facebook, Give us a like and a share.

# Mental Health Support

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We have always worked closely with organisations that support mental health. If there was something physically wrong with us we would sort it out by going to a G.P, Pharmacist, take a painkiller etc, but this isn't the case with mental health, there is still such a stigma around mental wellbeing and the assumption that you are weak or incapable, people tend to stay away from you if they know you even mention mental health. These types of reactions force those with relatively mild symptoms to hide them, feel ashamed of their 'inability' to be normal and these issues grow until they have a dramatic affect on their lives.

You are not broken, everyone has mental health, everyone has good and bad bays, everyone has issues. The following organisations are there to support you.

## Kind Mind Community

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We have worked with Angie for a number of years now and we were here when Kind Mind Community (formally South Tyneside Recovery College) was introduced into the community.

They provide an amazing service and we always receive great feedback from our participants about them, in fact, two of our former participants are now volunteering with them and are very involved with the delivery of the service.

I asked Angie how things were going and what provision they were offering;

'This is a really frustrating and difficult time for us all. Navigating our way around what we can and can't do, being unsure about what's happening and wondering what the future will look like can be very unsettling.

Kind Mind Community aims to support everyone in South Tyneside to improve their wellbeing, whether through our online courses, information on our Facebook page or our listening ear service.

If you would like to find out more about what we can offer you can pop into our virtual drop-in on Zoom every Friday 12-2pm. Or you can get in touch on 0191 427 0011 go to our [Facebook](#) page or email [STRecoveryCollege@mentalhealthconcern.org](mailto:STRecoveryCollege@mentalhealthconcern.org)'

Kind Mind Community's weekly drop-in sessions are every Friday at 12 on Zoom ,so grab yourself a cuppa and pop into the Zoom session to find out what's going on at the Recovery College, meet up with others, have fun and a chat.



## Listening Ear

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[Listening Ear](#) offers free mental health support for local residents, Founder Hannah Burman set this service up after identifying a need in the Jarrow area.

'I became aware that there was an increasing interest in non-statutory mental health in the community. So, alongside fellow Central Jarrow Big Local partnership member Angie Angus we decided to set up a listening service for local residents'.

The service is now available to everyone in South Tyneside and the sessions can be held over the phone or online through Zoom every Wednesday between 5-8pm.

If you would like to talk about the issues that matter to you such as your mental health, money worries, feeling lonely or isolated, want to know more or book a session please contact 0191 427 0011 or email [STRecoveryCollege@mentalhealthconcern.org](mailto:STRecoveryCollege@mentalhealthconcern.org)'

# Self Awareness



ITS BACK!!!! After what seems an age we are able to bring our [self-awareness](#) sessions back. These sessions were developed from the feedback and the gaps in the services in the local area. We were meeting a lot of participants who had lost themselves on their journeys, some through caring for others—children, parents, partners etc, and others who's physical health had impacted on their mental wellbeing.

They no longer felt the way they used to and now found themselves in a place where they didn't recognise themselves anymore, and wanted to get back to that feeling of being in control of their lives again. As a team of professionals in different areas such as mental health, family therapy, dual diagnosis and teaching we decided that the solution to this was to develop a series of sessions that helped our participants to understand themselves, to look at what was in their control to change, how to change it and how to get to a place that they were happy with.

We look at things such as self confidence, motivation, positive and negative thinking and resilience over a 6 week period. We ran this for 8 months previously and we received amazing [feedback](#) and made a real, lasting difference to people;

'Very supportive, I think they understand me where in society I've been misunderstood.'

'Very open, make you feel safe & comfortable'

I feel 'very motivated now'

'I feel more emotionally positive with myself'

'I feel happier and that I matter'

The first will be starting on November 3rd 10.30-12 noon through a secure room on our participant Facebook group.

Places are limited to 8 and we only have a few spaces left for the November start date.

If you would like to know more or book a place on this please get in touch through our [Facebook page](#) or talk to one of our navigators.

## SKILLS

As well as SKILLS South Tyneside offering bespoke training and occupational courses they also have soft skills training, such as [Assertiveness](#), [Stress awareness](#) and [Dealing with change](#). These courses support you with your understanding of issues which you, or others around you may be experiencing .

If you would like to have more information on these courses, or to secure a place please contact your navigator or the office.

## Recovery Walk

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Last time I told you about the recovery walk, that it was aimed at highlighting the issues surrounding on— going recovery and raising awareness about recovery issues, it was on for the whole of September.



Walking is a great gentle exercise that supports both your physical and mental health. It can be done socially ( being restriction savvy), alone or with your dog, Poor dot and Albert— the K9 branch of MOTW were well and truly dragged into this one!!

As usual we got stuck right in and we managed to cover



## MOTW and the Community

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As you all know, we love getting involved with the community and trying to get as much awareness of the support and services that are available to the residents of South Tyneside.

**Ciswo (The Coal Industry Social Welfare Organisation)** I was speaking to the lovely Sharon from CISWO and she explained that they are a UK-wide charity providing free support to former coal miners and their families.

‘Since 1995, we’ve been working to improve lives and reduce disadvantage in coal mining communities. Our services make a real difference to people’s lives. Our focus is on providing for former mineworkers and their families most in need through our personal welfare service, helping people with practical and emotional support, benefits advice, advice about coping with ill-health and immobility and providing access to financial support.’

Sharon is a local resident and would like to support more people in the area and get the word out that there are still people who support miners and their families. If you would like to know more about what they do, if they can help you or someone you know who was an miner or family of a miner then contact 01709 728 115, go to [www.ciswo.org.uk](http://www.ciswo.org.uk) for more information.



**Cultural Creatives’** Michelle was chatting to me about the great new courses that they were looking to start in the South Tyneside area, she explained that Cultural Creatives formed in 2019, and that it is made up of three artists, all passionate about art and craft and the difference it can make to support positive health and wellbeing.

We talked about the effect that Covid was having on peoples wellbeing and how popular art and craft had become during the lockdown and the positive impact that it produced.

Michelle very kindly offered some spaces on their upcoming [courses](#) to our participants who were interested in learning new, or building upon, their skills.

Michelle explained that because of the restrictions and the possibility of further ones they have been working really hard to ensure that all of the resources are being made available on their website so no one is left out. If you would like to know more or book a place on this please get in touch through our [Facebook page](#) or talk to one of our navigators.

**Chrysalis Training** Jayne’s coming back!! I’m sure that everyone who worked with us over last year or so remembers the wonderful Jayne, (who can forget her!) she supported our participants though her employability, health and wellbeing course and the feedback from this was great.

It was a brilliant first step back into the classroom for many of our participants and the welcoming and

supportive atmosphere that Jayne brought with her really made an impression. Well good news everyone, Jayne is coming back, she's working for [Chrysalis Training](#) who have recently taken over [Bill Quay farm](#) I was invited to go and have a look around and I came out so enthusiastic about what they are about and how they are looking to make a real difference to the local community through sustained development of the site.

Jayne is going to be bringing the course back in January and places will fill up fast, as always, if you want more information, or to book a place please get in touch through our [Facebook page](#) or talk to one of our navigators.



## Christmas Appeal

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I know, I know, but its nearly here so we might as well plan for it!!

Each year we choose a charity in the area to support and instead of giving each other secret Santa's we pool the money and gift it to a deserving charity.

This year, with the impact of the restrictions we have seen a massive increase in demand for food banks and the vital service they provide in the area. In previous years we have donated to [Hebburn Helps](#) and [Emmaus](#) and we absolutely still support them, as well as the other food banks in the area. We always try to donate what we can, where we can and are happy to help out with any appeals that they run.

This year we will be gifting our secret santa to [Hospitality & Hope](#) as well as being a dedicated drop off point for the [Hebburn Helps Christmas appeal](#).

If you would like to donate towards any of their appeals get in touch through our [Facebook page](#) so we can make sure someone is in the office when you want to drop something off.

We are;

Unit 6,  
Cookson House,  
River Drive,  
South Shields,  
NE33 1TL.

That's at the top of Salem Street (up the hill from the legion in Shields—sorry about the hill!) if you're walking.

Hebburn Helps are asking for donations of;

[Chocolate selection boxes.](#)

[Christmas dinner](#) (small turkey crown or meat joint, potatoes and veg)

[Toy appeal](#)

[Reverse advent calendar](#) (each day of advent buy one item to go into a hamper for a family)

[Pet food and treats](#)



# Can we Help?

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If you, or someone you know would benefit from our service you can refer them by either referring online either through our [Facebook](#) page, calling 0191 406 0027 / 0191 217 3206 or filling out this form and sending it to;

MOTW,  
Unit 6,  
Cookson House,  
River Drive,  
South Shields,  
NE33 1TL.

## Referral Form

**Name**

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**Address**

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**Contact Number**

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**Email**

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**Preferred contact method (phone call, txt, email, letter)**

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**Health barrier**

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**Accessibility needs?**

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**Additional learning needs?**

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Once referred a member of our team will contact you.