



MOVING ON TYNE & WEAR COMMUNITY NEWSLETTER June 2020

SOUTH TYNESIDE

Just keep going!!

Here we are, hurtling into June, the days are longer and summer has hit and we are now finding ways to adapt to the new guidelines around Covid-19.

MOTW continues to work through this time to support individuals with mental and physical barriers to work, training, education and volunteering, remember, 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.

In this month's issue we're concentrating on what's happening in South Tyne-side in relation to the current circumstances, how things are changing and what we need to know as these changes take place.
information on transport links, vacancies, training and support.



Result!



The results are in for the January, February and March period and we have certainly have been working hard!!

- ◆ For participants moving on to education and training—we have smashed our target and achieved 466% - Wowzers!
- ◆ For participants moving on into work— We have doubled our target and achieved 200%.

Well done for all of the hard that was put into achieving these, both from our team, and, more importantly the participants who achieved them.

Each result is the beginning of a new chapter and we are so proud of each and every one of you and wish you the very best for the future.

If you would like some help and support from us please see the 'can we help?' section.

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- ◆ Mental Health Support
- ◆ Can we help?

Meet the team

Gail Brook— that's me!



I'm the Senior Navigator for South Tyneside and its my job to make sure everything runs smoothly, from organising training providers, forging relationships in the local community to managing the budget.

most importantly I make sure my team are happy and have all of the support and resources they need.

I have had lots of different jobs, but before I started this job in 2017 I worked for 8 years as a carer for people with complex mental and physical needs as well as working with adults with learning disabilities and end of life care.

Olive Diamond

Olive is our Support Worker and she had been here since the start of the programme in 2017 supporting the most complex within the South Tyneside area.

Olive has a diverse professional background has always worked with vulnerable groups such as domestic violence and families in crisis, she has a huge amount of experience with physical and mental health issues. Olive has a very down to earth, compassionate and happy personality and this helps her to successfully support our participants who are struggling.



Julie Wilson



Julie is one of our Navigators who joined our team in 2018.

Julie has a wealth of experience in the employment, training and skills sector. Julie has worked alongside social services, early intervention teams and also has extensive experience with offenders and young people.

Julie's straight talking approach, experience, and bubbly personality helps her to support her participants into realising their ambitions.

James Pepper

James is also a Navigator who joined our team in 2018.

James comes from a background of care, specialising in mental health and dual diagnosis learning disabilities. James was in this profession for over 10 years and this has ensured that he understands mental health issues from a practical viewpoint.

James has a compassionate, creative and relaxed approach which allows him to look at things from a different angle and achieve results for his participants.



Victoria Johnson



Vicky is our Compliance and Admin Officer who also joined us in 2018.

Vicky is amazing! She is our very own South Tyneside office encyclopaedia and I dare say we would be lost without her.

Vicky not only sorts out all of our finances and compliance issues but she also supports the team by going to meetings, helping with job clubs, meeting participants and introducing them to the programme in the jobcentre.

Public Transport

from the 1st June we have a little more freedom, non-essential shops will be opening up again and South Tyneside might start looking a bit more how it used to. However, there are still restrictions in place and social distancing looks like its here for the foreseeable future, if you use public transport then here's what you need to know;

Services are running for key workers, those who can't work from home and people making essential journeys. If you do have to travel on public transport please follow the government advice:

- wash or sanitise your hands before and after your journey,
- avoid travelling at peak times,
- stay 2 metres (6.6ft) apart where possible,
- wear a face covering.
- If you have any symptoms of the Coronavirus or someone in your household is self-isolating do not travel.

Metro

Train services are running to a reduced frequency (seven days a week) until further notice. During the daytime there will be a 24 minute service and on an evening a 30 minute service. Extra services will run at peak times Monday to Friday.

- Buy your ticket in advance or pay by contactless in the station
- Let people off the train before trying to board

Bus

Bus operators are now running emergency timetables on all routes. Many services in the region have reduced to one journey per hour, or a bus every two hours away from large towns and cities. Always check with the operator before you travel.

Any valid ticket can now be used on any bus operator in Tyne and Wear, Northumberland, County Durham and the Tees Valley for the duration of the emergency timetable:

- Return, day and season tickets on routes and in fare zones where the original ticket is valid.
- Network One tickets are still recommended for multi-zone and multi-mode travel in Tyne and Wear.
- Make sure that you leave 2 metres between you and other passengers when getting on and off the bus, as well as when sitting down or standing on the bus.
- leave as close to 2 metres as you can between you and the bus driver when paying for your ticket.

Ferry

Monday-Saturday (30 minute frequency)

The ferry will operate between 6:45am and 7:30pm. The first ferry leaves South Shields at 6:45am and the last ferry leaves North Shields at 7:30pm.

Later evening crossings normally timetabled to operate on Thursday, Friday and Saturday evenings will be suspended until further notice.

Sundays (30 minute frequency)

Sunday service will recommence and will operate to the normal timetable, with the first ferry leaving South Shields 10.15am and the last ferry leaving North Shields at 6.00pm.

Only card payments are currently accepted on the ferry.

Changes in the Jobs Market

As a programme that helps people into work, volunteering and training you may be asking yourself what are we actually doing and how are we helping people when things are effectively shut down?

Well, most of our participants within South Tyneside have looked at training as an option during the lockdown as there is more time on their hands and distance and online courses have exploded during this period.

There have been some successful job outcomes, mainly in the areas that have needed more support during the last 4 months—call centres, supermarkets and care professions as well as an increase in the need for volunteers such as the NHS, local food banks and charities etc.

Perhaps the most startling thing to come out of this is the amount of claims that have been made for support from benefits. Between March and April there were 2 million claims for support (countrywide) and this was made up of 1.5 million for Universal Credit, that's **6 times** the average.

Vacancies for positions in the same time declined by approximately 50%, especially hard hit were those who were working in hospitality—pubs, restaurants, hotels etc.

So what does this mean for the future? Until the country fully opens back up, the amount of people claiming benefits and the amount of jobs available are out of sync which in turn means that the competition for jobs will be increased and employers will have their pick of candidates so the person with the professional C.V, up to date and relevant skills and experience will win an interview against those with a poor C.V, little or no relevant skills and no experience and this is what we in South Tyneside MOTW have been looking at and have been preparing for.

Whilst you have time it is an excellent opportunity to take advantage of the large amount of training courses that are on offer, this enables you to either learn a new, or update existing skills and qualifications, it makes your C.V look better and shows that your motivation and work ethic are solid even during difficult times.

Because we know how tough the competition will be we have been working with our contacts and we have appointments available right now to speak to;

- NCS (National Careers Advisor) who can help you with your C.V and explore different career paths.
- Our Employment Engagement Officer who works with local employers to support them to employ people with a health barrier and act as a link between our participants and local employers where there are appropriate job vacancies or opportunities available.

In addition to this we are also offering;

- Interview prep and mock interviews, either on the telephone or through video link as this is likely the most common way of interviewing at the moment.
- We have weekly jobs board bulletins and look for jobs that match the participants need,
- Access to technology if you are struggling to get online,
- Training courses specifically targeted at your job goals.

There are a number of jobs that are still immediate starts and the most in demand at the moment is care work. MOTW have been offered a course that will prepare participants to enter the care sector and have a guaranteed interview at the end of the training.

There are also a number of opportunities within the security field at the moment and South Tyneside MOTW have been offered the SIA training with interviews and jobs at the end of the training.



Mental Health Support

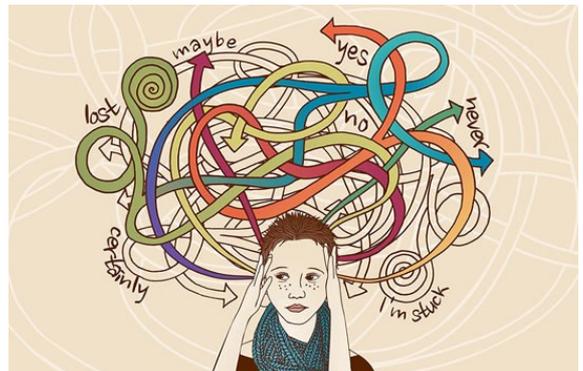
With the restrictions easing and more and more people going out for longer periods of time, for some this can be a very anxious time.

For months we have been told to stay in, that the outside world is dangerous, that you can catch a virus and die if you speak, touch or go near anyone, you can only go out if it's for essentials and you can be fined if you break these rules. Now, suddenly, they are fading as quick as they came, we are allowed out of the house for as long as we want, we can meet up to 6 other people—as long as we're 2m apart and we can go shopping for non-essentials.

For someone with anxiety this could feel like a frightening time, they may not want to go outside because they feel safer indoors—this is, after all, their sanctuary, the place they have been told over and over again is the only safe place, the only place to keep themselves and their family/children safe and if they have been shielding, it's the only place they have known for nearly 4 months.

So how do we, as individuals, learn to cope with these types of thoughts and worries?

- ◆ Its important that we recognise what we are anxious about, that way, if you can identify it you can start to understand it, maybe keeping a diary and writing down your thoughts when you feel anxious—there may be a pattern or a certain time or task that triggers your anxiety.
- ◆ Challenge these thoughts, think positively, going outside will allow you to get some fresh air, look at the flowers in bloom, maybe see some wildlife, listen to the sound of a stream etc rather than thinking that if you go outside you will be in danger.
- ◆ You must challenge yourself and face the things you'd rather avoid as this can keep the anxiety growing and evolving.
- ◆ Take your time—don't suddenly rush out into the world and try to do everything at once, take it in manageable steps, you may just get to the front gate and feel like you need to go back in doors one day, then get to the gate but stay out near the gate for a few hours the next, then make it into the street, half way down the street and by the end of the week you can make it all the way to the end of the street and not feel overwhelmed—small steps.
- ◆ Try to look at things practically, like a puzzle or a problem and use the same techniques; you need to go to the shop but you're afraid that you may become unwell if you go out;
 - a. wear gloves to protect you from coming into contact with germs from things that others have touched.
 - b. Wear a mask that covers your nose and mouth to help stop you breathing in germs from others,
 - c. stay at least 2 meters apart so you can don't come in contact with anyone else.
 - d. If you feel that you want to wear eye protection or a face shield then do so, in the end, this is about you feeling safe.



There is help and support out there if you feel that you need some information and advice, try looking at these organisations.

[MIND](#),
[NHS UK](#),
[Anxiety UK](#)
[Mental Health UK](#)
[South Tyneside Mental health and Wellbeing](#)

Children may also exhibit anxiety, usually in the form of an 'upset tummy' or pains that they can't seem to pinpoint and as parents this is something that we have to support them with, even though we are dealing with it ourselves. If you need some advice in this area take a look at;

[young minds](#)
[South Tyneside children's and young peoples mental health](#)

Can we help?

We work with people with either a physical or mental health barrier (or both) that they feel is keeping them from employment, on a one to one basis, creating a bespoke action plan based on their background, experience and goals. We do not treat their health barrier but instead help them to navigate around the appropriate support services to address the barrier, and at the same time support them with actions that will move them closer to the job market (for example build CV's, prep for interviews etc).

We have an employer engagement team who work with local employers to support them to employ people with a health barrier, and act as a link between our participants and local employers where there are appropriate job vacancies or opportunities available.

We also have a Pathways Project, which replicates this core delivery for people with Autism and LLDD.

To be eligible, you must:

- Be unemployed
- Aged 18 or over
- Live in Tyne and Wear
- Have a health issue, but no diagnosis is necessary

For more information or to refer:

Call **0191 217 3206**

Email **enquiries@motw.org.uk**

Visit **www.motw.org.uk**

South Tyneside team; (please only contact a navigator if you are already a participant)

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