



MOVING ON TYNE & WEAR COMMUNITY NEWSLETTER Sept/Oct 2020

SOUTH TYNESIDE

Schools back

September has begun and there was a collective sigh of happiness and relief heard across the region after 6 months of hard work and tantrums (mainly from the parents), when local schools opened their doors to welcome back the boroughs children.

There are concerns around the virus in South Tyneside and we are possibly looking at further restrictions and local lockdowns which will ultimately impact on business' and jobs. With this in mind we are still concentrating on what resources we have to get you into a job . We work closely with NCS, support with getting you into training and education, look at local opportunities and jobs. We look at C.V's, help with applications, job search and mock interviews as well as supporting you with confidence and health issues that you feel are holding you back from work.



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.

We're on Facebook!!!



I know, I know, we've finally caught up with the times and managed to sort ourselves out a [Facebook page](#) and [participant group](#).

You can find us by searching for @MOTW.ST on Facebook, to join the participant group you need to be registered with us.

We hope to get all of the local services' information on there, our latest events that we're involved in and the latest jobs, training and education information so you can see what's happening in the local area that you would like to be involved in.

It is early days, so things are still being added, but things will be going on there daily so keep an eye out, and if you have anything that you think should be on there, by all means let us know, now stop reading and check us out!!!!

In This Issue:

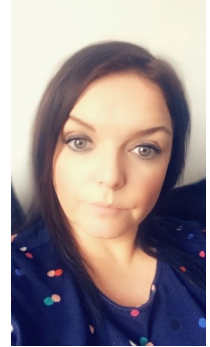
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Emma's Story.

Emma came onto the MOTW programme at the end of 2018, at the time she was suffering from high anxiety and depression, had extremely low self confidence and self worth. With 2 young children and a teenager to look after her life was busy and the kids had become her excuse not to do things as; 'the kids wont do that', 'I have to look after the kids' and other excuses to keep her in her anxious cycle.

Emma went on to the self awareness course and started seeing things from a different perspective, she learnt more about herself and the world that she was creating around herself and family. Emma began to do things that took her out of her comfort zone, this made her feel more confident and she was able to see that when she did things differently things changed for the better. One instance was when she took her boys sledging—something that she would never normally do as she was nervous of the boys becoming; tired, injured, arguing etc. Yet, they had lots of fun and Emma was able to relax more and enjoy the experience because the boys were enjoying themselves.

Emma continued to make changes and was breaking down the anxiety cycle when she was signed off the programme as she felt that she was ready for the next step of job searching on her own,



Emma was not sure what she wanted to do career wise, but she knew she wanted to 'help people' as she had a very empathetic and nurturing nature but she could not go into care as she had physical issues that prevented her from doing this kind of work.

When Emma was job searching she started getting interviews but felt that the jobs she applied for were out of necessity rather than something that she had an interest in and this showed in the interviews.

In February Emma saw a job at MOTW as a navigator advertised, she applied and got shortlisted for interview by a panel, during the interview she talked about her passion for helping others with the same issues and her experiences whilst she was on programme. From a shortlist of 4 Emma was offered the job.

Emma is now working at South Tyneside MOTW as a navigator, Emma says that she feels very empowered, she is making more changes, moving forward with her life, changing the way she eats, her routine all for the better.

Emma described herself as stuck when she started on the programme and now that she has been through the process and has got a job that she is passionate about she feels like she has got her freedom back.

Recovery Walk

For those of you who are not aware, MOTW South Tyneside is delivered by the charity [Humankind](#) who are involved in a range of different services up and down the country.

This month is Recovery month in the Humankind calendar and every September a recovery walk takes place to raise awareness, highlight support, and showcase people in recovery from drug and alcohol misuse. Their families and friends are encouraged to share their stories as a demonstration that long-term recovery is a reality in their lives. This year, due to the pandemic the walk is going virtual. MOTW is doing its bit as addiction is an issue that touches thousands of families in the borough and something that many of our participants are part of.



If you would like to be involved please go to our Facebook page and join in on the [event](#) . All you need is to count your steps daily and send the results in each week in September, lets see if South Tyneside can be the best walkers across Humankind !!

Local Community Services



There are always lots of things going on in South Tyneside and there are ways that we, as residents, can get involved and improve the areas that we live in. However, many of us are not aware of the services in the area that can help and support residents, and where we can turn if we want to be more involved in issues that affect our communities.

Citizens' Assembly South Tyneside (CAST) was formed in 2019 by local people who felt our 'ordinary' voices were seldom heard by those taking decisions on our behalf. Decisions about huge issues which affect all of us in every aspect of our lives - healthcare, transport, the environment, development and building, education and so

on. Created to try to redress this imbalance, CAST is a growing organisation committed to giving a voice to the opinions and wishes of the people of South Tyneside - the very people who live with the consequences of those decisions. In other words, YOU!

CAST is a hub for the exchange of information and ideas, a forum to generate innovative solutions to local issues. We are not a platform to simply complain nor aiming to be an alternative to local authority/ services. We are an independent voice and strictly non-party political.

Our working groups are currently looking into establishing after school mentoring sessions, ways to encourage local take-aways to use environmentally-friendly packaging and a series of unbiased podcasts to raise awareness of the issues faced by all of our local healthcare services. The aim of CAST is to facilitate each member of our community who wants to be involved, the opportunity to do so regardless of circumstances.

So, if you've got an idea you think could benefit your local area or the borough as a whole or just want to see for yourself what we're doing, why not join us and make YOUR voice heard? You can check out our [website](#), [Facebook page](#), drop us an [email](#) or simply sign-up to our twice monthly [newsletters](#) and we'll keep you updated direct to your inbox – whatever works best for you!

New LGBT+ Service



A new service has been launched for young people in South Tyneside who are looking for support around their sexuality.

It will also be providing training and support to local organisations to help them improve their LGBT+ awareness.

Manager of the Health, Young People and Families unit, Emma Crawford-Moore, said: "Some individuals that come to us are really struggling around their sexuality or gender, often with associated issues of isolation, mental health problems and experiences of bullying.

"Loneliness has been an issue in lock-down; many may have been in a home environment where their identity isn't accepted. This new service provides one-to-one support sessions, peer support and workshops, all delivered in a safe space."

She also said that Humankind has a wealth of experience and specialist knowledge that it's bringing to South Tyneside and that the new service will make a positive contribution to the welfare of those who use it.

The new service also provides family support, advocacy and family group support sessions for those families who have experienced issues in the past, as well as advice, information and guidance on other services that are available across the South Tyneside area.

So far, thirteen people have joined peer support groups that have been provided by the South Tyneside LGBT+ service in its first month of operation.

The service is funded by South Tyneside CCG who have also provided funding for Humankind to deliver the Rainbow Flag Award to schools and colleges across South Tyneside to promote LGBT+ inclusion. Please contact the service via email on lgbt@humankindchariity.org.uk for further information or to request a referral form.

Can we Help?

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.