SUNDERLAND MIND

February 2021 · ISSUE 05

New Year—New Us! Changes to our WASP team

WASP (Wellbeing Action Support Project) has worked hard over the last three years developing our young people's project. Providing support to young people (and their families) across Sunderland aged from 7 years old—18 years old, the project has gone from strength to strength. Services provided to young people include lunchtime drop-in sessions in local schools, group support via our junior and senior groups, listening ear support, parent support, drama groups and our newest session—18—25 support group.

WASP

Awareness. Resilience. Prevention.

This year the team are expanding and will now offer a wider community service. They kicked off the new year on Blue Monday by delivering soup and a bun to residents and service users across Sunderland. The team have lots of plans to continue some of our good work and develop more support groups and social activities. The only thing stopping them is the current restrictions in place! In the meantime there are lots of groups to get involved with via social media or email including cooking club, craft sessions, walking group, drama group, reading club and a weekly photography competition. Keep an eye on our social media pages for more information about our new groups and activities

GETTING TO KNOW US

This Month we would like to introduce you to two members of our WASP team.

Leigh Ann Thomson

Community Co-ordinator

I have loved my role as Young People's Co-ordinator over the last three years. When we first started the project we were training young people as peer mentors in local schools and ran a small group in the basement at our offices at Norfolk Street. In the three years following, the project developed into areas we could have never imagined. It has been a great few years and I have met some amazing young people, teachers, parents and siblings along the way.

Expanding our work and evolving into a community team feels like a natural next phase for our project. The more we work with young people, the more we realise that we can not work in silos; young people form part of a family and a community. Our new role within the organisation will provide an opportunity to offer more services to a wider age range, cross generations and groups and activities to whole families. I'm looking forward to see how the next few years develop and excited to get started with our face-to-face activities once restrictions are eased

Paul Booth

Community Support Worker

I started at Sunderland Mind as a service user in 2013 and attending one of the Coffee Clubs. Over time my confidence grew, and I was offered the opportunity to become a Volunteer. This was a big thing for me and made me a stronger person.

I was offered the chance to start work for Sunderland Mind in 2017 as an Outreach Worker providing groups around the Sunderland area. These were a big success and it felt great mixing with and helping people.
I have now been offered the opportunity to join WASP Community Team.

It is great to be working as part of a team and been able to share ideas. I will be running various groups within our Hub once we can launch our face-to-face groups again. Until then we are posting craft activities on our Social Media.

New Group!

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POSTNATAL SUPPORT GROUP

Had a bad birthing experience that has stuck with you?

Feeling down or anxious after the birth of your baby?

Struggling with Postnatal Depression or Postnatal OCD?

Come and join our Postnatal Support Group!

Wednesday 24th February
11:00am—12.30pm

Sunderland Mind Wellbeing Hub
SR1 2BB

For more information or to book your place, please contact **Emily** on **07508534240, 0191 565 7218** or **emily.blyth@sunderlandmind.co.uk**

Children's Mental Health Week

Theme—Express Yourself

Children's Mental Health Week launched in 2015 to highlight the importance of children and young people's mental health. It is now in it's seventh year and Place2Be hope to encourage more people than ever to get involved, spread the word and encourage people to start talking!

From February 1—7 2021 individuals, youth groups, organisations, schools and families are being encouraged to take part in this years theme—Express Yourself.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Time to Talk Day

Thursday 4th February 2021

The Power of Small

Time to Talk Day encourages everyone to be more open about mental health – to **talk**, to listen, to change lives. A small conversation about mental health has the power to make a big difference.

This year Time to Talk Day takes place on Thursday 4th February and this years theme is The Power of Small—a small conversation about mental health has the power to make a big difference .

Having conversations, no matter how small, can help bust the myths, break down barriers and end social isolation. Time to talk day is the ideal opportunity to encourage everyone to get talking about mental health

Join our zoom discussion

Thursday 4th January at 11am

Discussing topics including Children's Mental health Week and Time to Take Day

For more information email Victoria.Autsin@suderlandmind.co.uk

1:1 Support

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for better mental health

Listening Ear Service

Are you struggling emotionally? Do you want to talk? We're here to listen.

Sometimes a confidential chat with our trained staff is all you need.

Please note this is not a counselling service but an opportunity to be heard.

To book an appointment please contact us on 0191 565 7218, 07508534240 or emily.blyth@sunderlandmind.co.uk

Sunderland Mind
Wellbeing Hub
Church Street East
Sunderland
SR1 2BB

www.sunderlandmind.co.uk
@sunderlandmind
@mindsunderland

Moving On Tyne & Wear

Finding the right job can be challenging for all of us, and for those of us with health or learning needs can be an almost impossible struggle – but help is out there.

Moving On Tyne & Wear (MOTW) is a local employability programme who have been helping people in Tyne & Wear that are unemployed and have a health barrier, disability, additional learning need or autism get into employment, training or volunteering since 2017. The free and voluntary service provides bespoke one-to-one support from a team of experienced navigators, who help people to build on their strengths and aspirations and guide them towards taking realistic and manageable steps. Anyone who is aged 18 or over and eligible to work in the UK, currently living in Tyne and Wear, unemployed and suffering from a mental

Emma's Story:

"I joined Moving On Tyne & Wear at the end of 2018. At the time I was suffering from high anxiety and depression, had extremely low self-confidence and low self-worth. I felt I was stuck in an endless cycle and I just wanted my freedom and my life back!

My Navigator was incredibly supportive and didn't judge me at all. I was encouraged to enroll onto a self-awareness course and after time I began to see things from a different perspective. I suddenly found myself tackling things outside of my comfort zone, my confidence began to grow, and I was ready to take the next step and search for jobs on my own.

I knew I wanted to help people, and after I saw a position for an MOTW Navigator advertised I knew I had to apply as it would be the perfect opportunity for me to help others like me by drawing on my own experiences. The interview was nerve-wracking, but from a short-list of 4 people I got the job! It's no exaggeration when I say that my life has changed for the better!! I'm more assertive and I can take control of situations rather than just letting things happen. It's great to have something that's mine. You can be a mam, and a wife, but you need something for yourself and this, for me, is it.

I couldn't go back to how I was before this job. I feel like I'm living now, I was in such a dark place before MOTW. I have a purpose for myself and feel like I'm developing into an actual person. I feel appreciated, I'm making differences to people's lives after feeling useless for years and I won't ever look back!!"

Moving On Tyne & Wear is joint funded by the European Social Fund and The National Lottery Community Fund and is part of the Building Better Opportunities programme. This nationwide initiative invests in local projects that tackle the root causes of poverty and promote social inclusion. Moving On Tyne & Wear is led by Mental Health Concern and works closely with a number of charity partners from across the North East to ensure their participants receive the best possible care and support.

To find out more about Moving On Tyne & Wear and how they could help you find employment visit www.motw.org.uk

COMMUNITY FUND | European Union European Social Fund | Moving On Tyne & Wear

Group Support

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Keeping On

Have you lost a loved one to suicide?

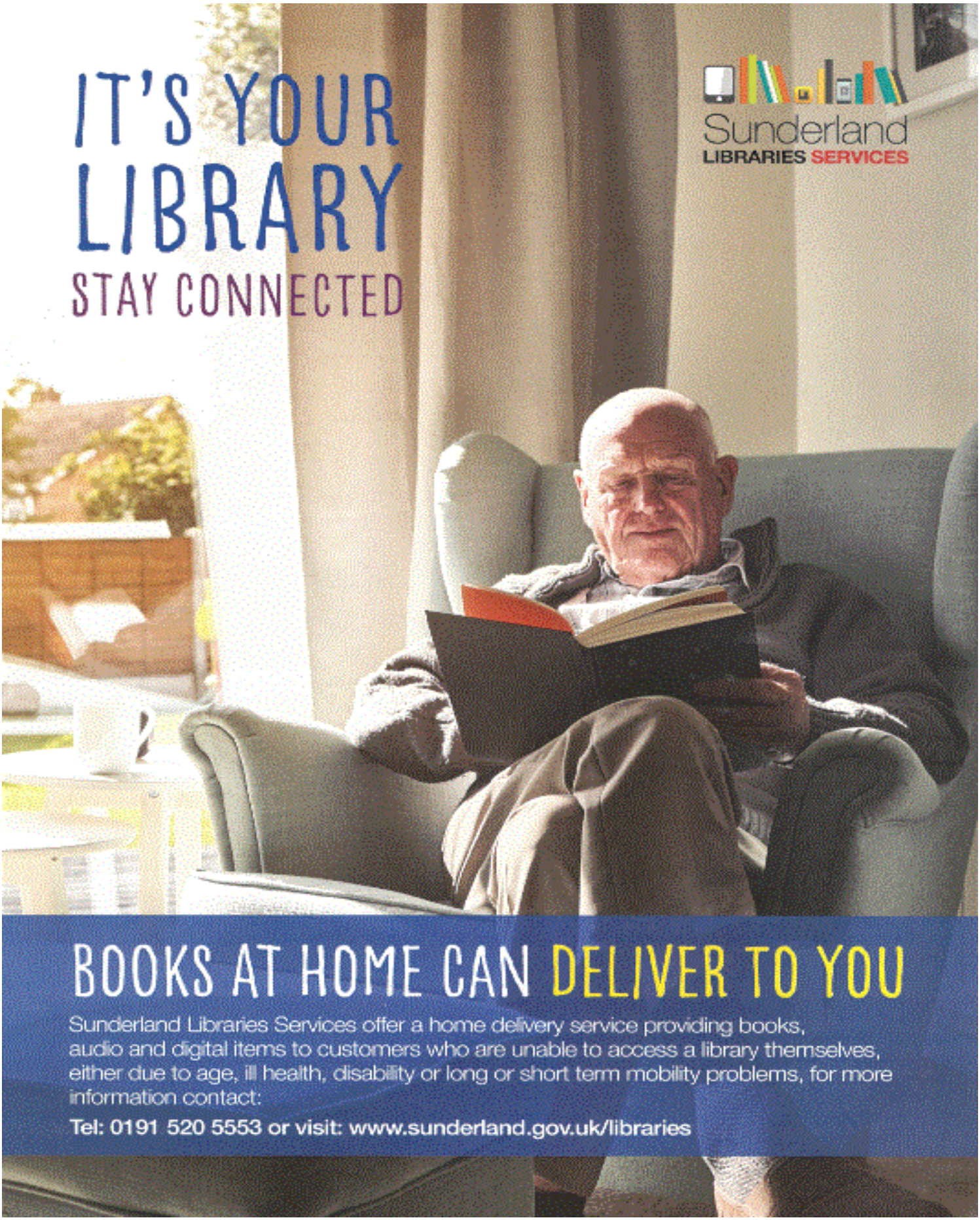
Our new support group offers an opportunity to meet others living with a similar experience.

Every Thursday 1pm-2.45pm

Sunderland Mind Wellbeing Hub
Church Street East
Sunderland
SR1 2BB

For further information or to book your place, please contact us on 07984595542 or keepingon@sunderlandmind.co.uk

Sunderland Libraries Services



Kooth Live Forum Topic Calendar

Kooth Live Forums: February 2021

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned. They are moderated in real time until 9.00pm.

Wednesday 3rd February – **Let's Talk: Foster Care**

In tonight's live forum, we will be talking all about foster care. We will be discussing what foster care is, being mindful that foster care can look very different for different people, and touch on the experiences and personal stories of being in foster care. We will also be chatting about support available to those in and leaving care. As always everyone is welcome and it's great to see new people joining in. We hope to see you there!

Monday 8th February – **Supporting a Friend – Consent**

Consent has been a hot-topic in recent years, but what exactly does it mean? Tonight we'll be looking into the different ways consent shows up in our lives, how we can keep ourselves safe, and how to recognise if our own actions are being consented to by someone else. Come along to learn about consent, meet other young people, and hopefully have some fun while we do it!

Friday 19th February – **Tips for Keeping Motivated**

Motivation. You may hear that word often, especially when it comes to life-goals, education and career-paths. But what does it really mean? Tonight we will be talking about motivation vs. constant striving, possible downsides to setting high standards and expectations, and some tips for breaking down our goals into smaller, more achievable targets for us as individuals. Feel free to come along and share what motivates you, provide tips about what keeps you motivated, or you may just want to sit with us and listen for the evening. Whatever the case, you're more than welcome!

Monday 22nd February – **Mindfulness for Depression and Anxiety**

You may have heard the term 'mindfulness for depression and anxiety', but do you know what it means? This live forum will be considering useful techniques from mindfulness, such as grounding and being present, and how these may help to alleviate symptoms of depression and anxiety. We will be thinking about different thinking styles, ways to try and anchor ourselves to the current moment, and small activities you can try in order to find a little bit of peace and calmness. Everyone's welcome, and we hope to see you there!

Free Online Workshop

Government Counter Fraud Function

GOV.UK/coronavirus

NHS Counter Fraud Authority

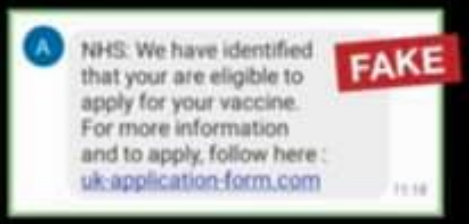
BE ALERT TO VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.

PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS

The NHS will:

- ⊗ **NEVER ask for payment - the vaccine is free**
- ⊗ **NEVER ask for your bank details**
- ⊗ **NEVER arrive unannounced at your home to administer the vaccine**
- ⊗ **NEVER ask you to prove your identity by sending copies of personal documents such as your passport**



FURTHER GUIDANCE AND SUPPORT

National Cyber Security Centre

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to **report@phishing.gov.uk.** Suspicious text messages should be forwarded to the number **7726** which is free of charge.

ActionFraud
National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk

If you believe you have been the victim of fraud or identity theft, you should report this directly to Action Fraud either online; **actionfraud.police.uk** or via phone **0300 123 2040.**

CrimeStoppers.

If you have any information relating to vaccine fraud you can stay 100% anonymous by contacting Crimestoppers COVID Fraud Hotline online; **covidfraudhotline.org** or phone **0800 587 5030.**

Groups

Due to restrictions in place we are unable to run our groups from the Wellbeing Hub. While we're waiting to meet up again we are running virtual groups through our social media pages. To get involved in any if our exciting new groups visit us at **Facebook—@sunderlandmind**, **Instagram—@sunderlandmind** and **Twitter—@mindsunderland**

Monday

Cookery Club:

We would love to launch a cookery club! A space where we can all share recipes and learn with each other. Cooking is also a great form of self care and a wonderful way to build self esteem. Why not join us every Monday and share what you have been cooking, family recipes and you're favourite dishes.

TV/ Movie Group:

We all love a good movie or to binge watch a TV series. Join us every Monday afternoon to let us know what you have been watch, talk about the latest storylines or the share your favourite movie with us.

Tuesday

Craft Group:

We are looking to re-launch our craft group. Until we can meet in person why not follow our crafty Tuesday weekly challenge! Every week a new challenge is set and we would love to see your creations

Wednesday

Walking Group:

Walking has great benefits, not only for your physical wellbeing but also your emotional wellbeing. We are encouraging everyone to get walking and share pictures with us by tagging us or using #walkingwednesdays

Drama Group:

Due to the pandemic our drama group are unable to meet in person. This hasn't stopped us having fun and being creative. Regular tasks are set from creating you're favourite scene from a movie to writing a story about your own life. All activities are fun for all ages and great way to district you from the drama that's happening around us!

Groups Continued

Thursday

Book Club:

Reading is a great way to escape and disappear to a whole new world. We are keen to get our book club up and running. Until we can meet we are sharing our favourite stories on social media. Why not get involved and tell us what you are reading

18—25's Group:

Follow our social media sites for advice and support aimed at people aged 18—25. Our newest group were starting to meet then we found ourselves in the middle of a pandemic. As the group cannot meet we are continuing to support each other virtually.

Friday

Photography Club:

Our photography club have been enjoying share their best shots. If you are a keen photographer why not check out our weekly competition! Every Friday a winner is chosen from the photos posted throughput the week. The winner will have their photograph used as our cover photo for the week. All winners within the month will feature in our monthly newsletter.

Our first winning photograph was taken by Lola Louise who captured an amazing shot of ice on her window. Congratulations Lola, we thought this was a beautiful picture

SUPPORT INFORMATION

If you have been affected by any of the topics in this newsletter, there's lots of places you can reach out to for support. The best place to start is by talking to someone you trust. This could be a friend, family member or carer. It could even be a professional, sometimes it's easier to talk to someone who doesn't know you directly.

Sunderland Mind – 0191 565 7218 – 07984595542 – admin@sunderlandmind.co.uk – www.sunderlandmind.co.uk

WASP – 07984595624 – youngpeople@sunderlandmind.co.uk

Mind A to Z Mental Health – www.mind.org.uk/information-support/a-z-mental-health/

GP – Call your GP and tell them how you, or the person, is feeling. They may be able to offer support or notify an agency who can.

CPN – If you have a Community Psychiatric Nurse you could contact them and tell them how you are feeling.

NHS Direct – 111 has psychiatric nurses on the switchboard who can offer advice – www.nhsdirect.nhs.uk

Samaritans – 116 123 this is a free confidential helpline if you feel you need to talk – www.samaritans.org

Sunderland City Council – Adult Services on 0191 520 5552.

Sunderland Initial Response Team (IRT) – The service is available 24 hours, 7 days a week, throughout the year and can be contacted on 0303 123 1145. The Initial Response Team provides practical advice, emotional support from qualified nursing staff and when appropriate, routing to the right service.

GET INVOLVED

We would love to hear from you so if you have anything you would like to include in next month's issue please email leigh.ann@sunderlandmind.co.uk

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