

MENTAL HEALTH SECTOR NETWORK

NEWSLETTER - NOVEMBER 2024



A few words from the editor

Stephen Ryder

If you want something done, ask a busy man, so the saying goes. So here I am editing Issue 1 of the Mental Health Sector Network Newsletter, for NEL. So firstly, welcome to readers and contributors alike, and I hope that you will find this e-newsletter both informative and interesting in the months and years to come.

No paradox there, by the way, regarding mental health and informative and interesting. Whilst I am lucky enough to hold the editor's pen, there will be an emphasis on good mental health, positive messaging, prevention and early intervention. As a sector in NEL we have committed to this through our Alliance, our Network and our Strategy – more on all of these are included in these pages. It is encouraging that we are beginning to see funders, and hopefully commissioners, placing emphasis on non-clinical and often non-statutory approaches. It is very interesting to hear that the National Lottery Community Fund are keen to support good mental health, but not the funding of mental health services.

Whilst not good news for some, it does in the whole help, and quintessentially, it should mean that if we work together and collaboratively, that all parts of mental health support receive emphasis, from grass root social prescribing activity to the most acute services. We now need to be inextricably linked in terms of individual offer and resource in order to serve the common good. I hope moving forward that this newsletter will contribute to a changing and positive landscape that looks at building support at the earliest possible point of contact, thus relieving pressures on crisis intervention.

At a time when Integrated Care Funding has never been more uncertain, and the fledgling government waits to commit to their mental health promises, it has never been more vital to support local, to buy local and to commit to local in order to support those who need us most.

Hopefully you will be able to reflect on the activity, the commitment, and the promise that the copy included in this newsletter offers. However, let us never forget, as David Satcher said, 'there is no health without mental health'.



Opening remarks from Simon Beeton, Chair of the North East Lincolnshire Mental Health Sector Network

I am so pleased to welcome you to the very first edition of the North East Lincolnshire Mental Health Sector Network newsletter. The journey the network has been on over the last few years has been so amazing to be part of, and the collective commitment to ensuring that people of all ages who experience mental health problems and their families and carers, are supported to live healthy lives, achieve their ambitions and experience social inclusion has been evident. From a small and enthusiastic group to our now, much larger more diverse collection of partners, it feels like we've started to make real progress, and the engagement at our World Mental Health Day Festival is a great example of how far we have come. The idea to start sharing news and updates on the work of the network came from within the network, and we hope the content is informative and helps all organisations feel part of the journey we are on together and enable you to contribute to how we develop into the future.

We are looking to produce this newsletter on a regular basis and need your help to make it a live document. Please let us have your feedback and share your content so we can keep all partners informed of the fantastic work going on in our area. Happy reading!



Please note copy submission deadline dates for 2025 newsletters are as follows:

Jan 20th, Mar 17th, May 19th, Jul 21st, Sep 22nd, Nov 17th

Introducing the Mental Health Sector Network

Louise Fadina

For a number of years now partners from across North East Lincolnshire have been meeting monthly at the Mental Health Sector Network. The Network was established in order to ensure that all providers of Mental Health and Wellbeing services work collaboratively to share and deliver services that meet the needs of our local population.

The ambition of the Mental Health Sector Network is for people of all ages who experience mental health problems, their families and carers to be supported to live healthy lives, achieve their ambitions and experience social inclusion. We have committed to partnership working and taking a person-centred, whole life and whole system approach to improve outcomes for people's mental health.

We will continue to work together to shape our local Health and Care Partnership Mental Health priorities and to lead and oversee key workstreams related to delivery of our locally co-produced [Mental Health Strategy](#) and are positive that together we are stronger and can achieve our ambition.



Successful Community Event at Centre4 Surpasses Expectations

North East Lincolnshire Health and Care Partnership (HCP), World Mental Health Day Festival, 10th October 2024 –The HCP hosted a highly successful community event that drew over 140 attendees, exceeding the planned capacity of 100. The event featured 25 Market Place stands and six engaging taster workshops, including popular activities such as gong baths, craft activities, movement for mental health, and wreath making.

Highlights of the Event:

- **Warm and Friendly Atmosphere:** Attendees praised the event for its exceptional community engagement and relaxed atmosphere. Comments included, "What a great vibe!" and "Loved it, are you doing it again next year?"
- **Guest Speakers:** The event featured notable speakers such as Simon Beeton, CEO of Navigo, and Dianne Lee, Director of Public Health for North East Lincolnshire, who gave advice and information about maintaining the services we need to respond as well as advice on looking after ourselves too.
- **Prestigious Q&A Panel:** A distinguished panel included Simon Beeton, Lee Mair (CEO of Focus), and members of the voluntary and community sector, including James Elliott (All Things Good and Nice), Dr Idee Charles (Health Gospel), and Nicki Fulton (Creating Positive Opportunity).
- **Financial Support:** The event was generously sponsored by RWE and Orsted, supporting the Learning 4 Life Charity to provide free lunches to attendees.
- **Entertainment:** The relaxed atmosphere was enhanced by the 'bad choir' singing in the communal area and encouraging attendees to sing along with them.

For more information, please contact: Katrina.goodhand@nhs.net

New Group for Carers of those with a Mental Health Condition

Join a group of people who understand. No judgement, just a warm and friendly welcome. Learn about different conditions, coping strategies, and managing behaviours.

Get support from other Carers, staff from NAViGO and the Carers' Support Service.



Second Thursday of each month
9th January, 13th February, 13th March
1pm to 3pm

Carers Support Centre,
1 Town Hall Square, Grimsby



WORKING WITH CARERS IN NORTHERN LINCOLNSHIRE

WWW.CARERSSUPPORTCENTRE.COM 01472 242277





Navigo News

AGM

The Navigo AGM was held on 24th September at Grimsby Auditorium, with service displays, a lovely lunch, Project of the Year and AGM Awards and a record 387 attendees.

In the morning we were welcomed to the AGM by Navigo Chair, Jane Lewington, then heard from service users Claire, Darren, Jim, Becky and Pam about how Navigo has supported them through their individual journeys and how they've been able to influence change within the organisation.



Our chief executive Simon Beeton took us through an overview of our year and hosted a conversation with Grimsby Town Football Club Vice Chair Jason Stockwood about pride in our local community. We also welcomed our new staff and community representatives, voted for by our membership.

Also happening:

- Monthly Armed Forces coffee mornings, in association with NEL4Heroes, held at Navigo House café and open to anyone associated with the armed forces, including those who are serving, reservists and those who have served, along with their families and loved ones.
- Celebrating diversity: the Pakistan chapter was an afternoon of authentic Pakistani food, dialogue, heritage, networking and music to celebrate the contribution of our Navigo BAME staff of Pakistani origin and member of the local community.
- Our Grimsby Garden Centre allotment group have created a beautiful raised bed of perennials at our Harrison House site – home to Navigo's adult acute services.



You can also find our weekly activities on our website <https://navigocare.co.uk/calendar>

How can art support our mental health & wellbeing?

By Sarah Allen, Engagement & Participation Worker, Compass Go

How can art support our mental health and wellbeing? That's a question we've been exploring through our Engagement & Participation work at Compass Go for a while. It is well documented that being creative can increase positive emotions, improve our mood and reduce anxiety. Creativity can put us in a flow state, sometimes called being 'in the zone', and when we are in the zone, we become more mindful, relaxed and positive.

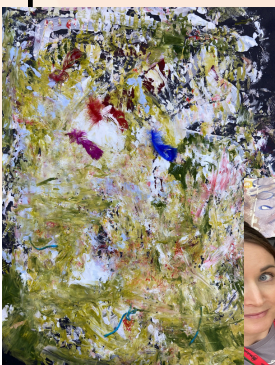
We can get these benefits from any form of creativity, but at Compass Go we have been focusing on visual arts, since our first project, the one that that kick-started everything, was to support children & young people at Phoenix Park Academy and Humberston Academy to find alternative ways to express themselves when verbal communication was limited or difficult. Engagement, focus and communication was seen in abundance and so we decided to extend the concept to our mainstream primary schools, inviting children to 'show us how you feel', resulting in a Summer Exhibition at the Living Room in Cleethorpes with thousands of entries!

Alongside our work in schools, it was only right that Compass GO staff got involved too, spending a whole day exploring creative ways to engage with the children and young people we support. What wasn't a planned outcome of the day (but really comes as no surprise) was the benefit to staff in terms of their own wellbeing. The day was an opportunity to step off the hamster wheel for a while, a chance for some self-care, self-reflection, and an opportunity to connect with each other through shared activities.

And then there was the chance to extend some of this creative practice to attendees of the Mental Health Festival this October for World Mental Health Day. Exploring a simple guided visualisation technique, participants spent time on a brief grounding exercise before being invited to visualise a word in their mind's eye (we used 'tree' and 'water'). From there participants were provided with a range of art materials to

recreate what image had come up before deciding if they would like to share their work with the rest of the group. Providing a moment of calm amongst our busy lives, the practice can take as little as 10 minutes and is great way to 'reset' or 'recharge', before exploring our final images to gain personal insights that we might otherwise not have taken time to explore.

To see a selection of work by children and young people and hear from some of our Peer Wellbeing Ambassadors about why creativity is important to them, click [here](#) to find a YouTube video created as part of the project.



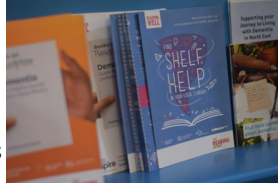
Lincs Inspire Mental Health Services

Reading Well for mental health

Reading Well for mental health provides helpful information and support for managing common mental health conditions or dealing with difficult feelings and experiences.

Some books also include personal stories from people who are living with or caring for someone with mental health needs.

The books are available to borrow from your local Lincs Inspire Library. Selected titles are also available to borrow as e-books and audiobooks.



Visit www.lincsinpire.com/libraries and click on Book Collections.

Pictures to share – for people with dementia

Pictures to Share is a collection of books featuring pictures that are more likely to be understood and enjoyed by people with dementia. They are simple, clear and often colourful, with no confusing backgrounds or content.

They are chosen because they provide an opportunity for telling stories or for linking to themes that the person with dementia will recognise and can increase communication and combat isolation.

Available from Lincs Inspire Libraries. Browse items from the collection by searching for "Picture To Share" in the Library Catalogue at www.lincsinpire.com/library-catalogue

Movement for Mental Health

Movement 4 Mental Health provides a supportive environment for people who struggle with their mental health and emotional wellbeing to access Cleethorpes Leisure Centre.

Sessions are every Wednesday between 2pm and 4pm. The first part of the session is a taster session. The type of activity varies each week based on preferences of people within the group. Participants can also use the gym, swimming or badminton. You can also join other participants for teas and coffees and the opportunity to socialise at the end of each session.

Session cost £4. Class is included with membership options. First session is free. Please book your first session by calling (01472) 323200. From thereafter it can be booked via the Lincs Inspire App.

Mental Health Football

Led by our qualified coaches, this session takes place on 4g pitches at King George V Stadium and involves games of up to 7-a-side. Everyone is welcome.



The session begins at 2:30pm, although our coaches are available from 2pm if you have any questions or feel more comfortable meeting prior to the football. Please contact us if you wish to meet earlier.

Email - enquiries@lincsinpire.com
Telephone - (01472) 325300

Wellbeing Walk

A weekly wellbeing walk in Cleethorpes offering gentle forms of exercise suitable for people over 50 and those managing long term health conditions.

Led by a fully qualified Sports Coach, the group meets weekly on Thursdays at 9:30am at the Thorpe Park car park that joins to the Meridian walkway. The walk is free, and no booking is required – just turn up.



In the event of adverse weather, Grimsby Leisure Centre can be contacted on (01472) 323100 to confirm the walk is taking place.

Active Forever

Active Forever is our health and wellness programme, helping you make positive lifestyle changes and supports people to improve their mental health.

Lincs Inspire's friendly and specialist staff will

guide customers through the 12-week wellness programme, where small changes can make a big difference.

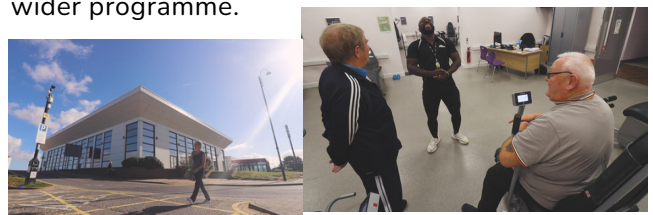
Two activities are recommended per week and the team ensure these are suited to individual abilities and needs. Activities can include:

- Use of power-assisted therapy equipment in the Wellness Hub.
- Gym sessions in any of our four gyms
- Use of specialist adapted gym equipment at Grimsby Health & Wellbeing Centre
- Swimming at any of our three pools
- Exercise classes across any of our four leisure sites
- Healthy Weight Management sessions
- Fitness sessions in the community, such as Tai Chi, Kurling and Low Impact Zumba
- Reading Well supported by Lincs Inspire Libraries

For more information please talk to your medical professional or visit www.lincsinpire.com/activeforever

We have also just secured a grant from National Lottery Community Funding to subsidise funding on to our Active Forever referral programme (info re. this programme included in the attached) for people with mental health conditions.

A Discovery Event is being held on **5th December** for people to find out more about this funding and wider programme.



Mental Health Alliance Meeting

Following the formal end of the Rethink Mental Illness led, CAF project that formed and funded the NEL VCSE Mental Health Alliance (MHA), in October, it was decided that the Alliance would meet bi-monthly, hosted by member organisations. The first of these is to be hosted by Cudox CIC.

Angie Graham writes

'Conversation, Connection & Action' - An open discussion and follow-up from the MHA

On the 3rd December, Cudox have invited members of the MHA to join us in conversation as a follow-up from the final MHA meeting in October.

The agenda has been a collective effort, with invitees giving their suggestions of topics and issues that feel of importance to the mental health agenda. In fact, the name of the meeting was also derived from conversations that Cudox had with fellow members, whereby the onus on conversation and connection was seen as an enormous benefit to those attending the MHA, whereas the addition of Action being an improvement marker to carry forward.

Due to the layout of Cudox offices not lending to the usual format of a meeting, we saw this as an opportunity to offer something different. We will hold smaller, more intimate conversations within several of our therapy rooms, inviting a maximum of 5 people per room. A subject, question or issue will be allocated to each room and facilitated by either a MHA member or Cudox therapist. There will be an opportunity to move to different rooms throughout the afternoon to discuss a variety of topics with different professionals across the areas of Mental Health, widening and sharing the depth of knowledge and experiences through an organisational and professional lens whilst also capturing the voice of community that we all work alongside.

The topics we have identified so far are:

- How's work? What shapes workplace dynamics, connections and conflict and how we can work together to care for our workforce? **Angie Graham**
- How can we support each other to challenge and influence the health and care system to ensure we can represent the voices of people we support within our organisations? **Melanie Fullbrook**
- How can we help support people with medical conditions who wait a very long time for treatment, when we know this leads to poor mental health and the prescribing of medication that isn't always ideal. **Sue Wells**
- How can we support the 'whole' person - reducing the separation of mind, body and environment. **Cudox Team**

All views will be captured from the event and opportunities to continue and take action will be discussed. If anyone wishes to attend the meeting who hasn't registered, please contact Angie Graham angie@cudox.co.uk, 01472 289838.

Support from the Catholic Churches

Bridgetta Rooney

The Catholic churches have several groups which help in various ways;

- rough sleepers with food vouchers and winter clothing packs
- people in debt with help to sort out finances
- modern slavery initiatives
- the port chaplain at Immingham and Grimsby with Wi-Fi connections and clothing for seafarers

Contact: office@holytrinitygci.uk

Tel: 01472 342301

www.holytrinitygci.uk

ONE VOICE COMMUNITY PROJECT

GIRLS NIGHT OUT

For Woman age 18 and over. A weekly space to empower each other and encourage positive physical and emotional well-being. Free to attend just turn up. Mondays 7-9 pm Blossom way Sports and Social Club

NATIONAL LOTTERY FUNDED

Girls Night Out sessions are held on Mondays every week at Blossom Way Sports and Social Club in Immingham, 7-9pm. We have an experienced team of volunteers who all have counselling qualifications, at varied levels, who have good understanding of services and who to refer people to if higher level support is needed.

It's a very informal relaxed session that is led by the participants and discussions happen organically. The night offers the same kind of feel-good atmosphere that a good night out with friends would do, hence our name. It is a chance to dance, laugh, and chat with lots of peer support and encouragement, all with the aim of improving emotional and physically wellbeing.

For more information please contact:

Elaine Norton,

chair@onevoicecommunity.com

Mental Health Strategy Delivery Board



Meeting Dates & Priorities

October 29th 2024: Waiting Well	November 26th 2024: Culture of Kindness & Suicide Prevention	NO MEETING IN DECEMBER	January 28th 2025: Culture of Kindness & start of Better Communication	February 25th 2025: Better Communication	March 25th 2025: Recap on previous topics start Prevention
April 29th 2025: Prevention	May 27th 2025: No Wrong Door	June 24th 2025: Person Centred Care	July 29th 2025: Shared training	August 19th 2025: Reducing Stigma	September 29th 2025: Reducing Stigma and recap on all topics

Meetings are the LAST Tuesday of the month (Except December – no meeting)

CLIMB 4

Weekly Timetable

**BOOKING IS A MUST!
PLEASE USE
[BOOKWHEN.COM/CLIMB4](https://bookwhen.com/climb4)**

WC: 05/11/2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11:00am SEND Parent BRIDGE program.	10:00pm-11:00pm Sing4Health Adults 18+	Boogie Babies 9.30-10.30	10:00am-2:00pm STEPP UP 19+	10:00am-11:00am FitSteps Chair Adults 18+
4:30pm-5:30pm Sing4Health KIDS! (5-11yrs)	Home Education 11-3pm 11-12.30 (7-11yrs) 1-3pm (11+yrs)	10.30am-11:30am FitSteps Fab Adults 18+	4:30pm-6:30pm PRIDE Creatives Ages 11+	4-5pm Cheerleading/dance Sports hall (8+years)
4:30pm-6:00pm Acti-play - Sports Hall 5-11 yrs	4:30pm-5:30pm Arts and Crafts (5-11Yrs)	4pm - 5pm inclusive SEND youth club (5-11 yrs)		
	5:30pm-6:30pm Arts and Crafts 11+ Years	5pm-6:30pm inclusive SEND youth club 11+		

THESE ARE CURRENTLY TERM TIME ONLY SESSIONS

- ARTS
- HEALTH
- RESPECT
- SHINE
- UP STEPP
- S.T.A.R.R.



**Would you
like to get
involved?**

We know that being outdoors in nature is good for our wellbeing and Green Social Prescribing can help achieve this.

Activities like walking, gardening, food growing, fishing and animal care help us feel less stressed and can reduce feelings of fatigue, anxiety and depression. Studies show that a 2 hour 'dose of nature' each week significantly increases people reporting good health and higher wellbeing. Taking part in outdoor activities can also keep us physically active.

Centre4 are delivering **Green Social Prescribing** which supports people who are on NHS waiting lists or who are currently receiving Mental Health support by engaging people in nature-based interventions and activities to improve their mental and physical health.

For more information or to make a referral please contact us on **01472 403403**



www.centre4.org.uk

Centre4 
Health & Wellbeing

Wellbeing Support at Creating Positive Opportunity

Dementia Groups and Exercise

We are providing Activities to support people living with dementia and their carers. Mondays 10am-11:30am at Centre4 and Thursdays 10:30am-12:30pm at Humberston Country Club
Exercise classes and one to one support available on request

Coaching with Care

Free mental health awareness for sports coaches and personal trainers

Coaches and personal trainers have the opportunity to shadow, and access mentoring, from a Level 5 qualified PT/Mental health Trainer, through a practical session followed by a personal consultation. A one-day Mental Health Awareness course for Sports Coaches, delivered by a psychotherapist who specialises in embedding good mental health practice into industry, education, and vocational training.

Healthy In Mind

The saying is 'Healthy in Body, Healthy in Mind'. To this end CPO are offering FREE personal training sessions and exercise classes with a link to good mental health. Delivered by a qualified mental health and exercise coach. This project will allow clients who have previously shied away from gyms and exercise classes, the opportunities to access regular exercise.

For more information reach out on 01472 236680 or email stevie@mycpo.co.uk

**FREE
ENTRY**



Christmas Fayre

Climb 4 are excited to invite you to come and join in with our Christmas fayre.

Get involved with our fun & festive games and activities or take a look around our many stalls. Craft something festive or have a sing along and dance.

- Elf Station
- Fun Interactive Games
- Face Paint
- Refreshments Available
- Handmade Gifts and Craft Stalls

For more Information please contact:

Tel: 07548825027 Email: georgina.reeves@climb4.co.uk

**FRIDAY 13TH
DECEMBER**

10-2

MAIN HALL CENTRE 4

