

**North Tyneside CCG Patient Forum**  
**Mental Health Working Group**

**Tuesday 30 July 2019**  
**10.30am**  
**Linskill Centre**  
**Linskill Terrace**  
**North Shields**  
**NE30 2AY**

**Attendees**

Susan Dawson	Priory Medical Group
Patrick Mayne	Collingwood Health Group
Alison Donkin	North Tyneside Recovery College
Michele Spencer	Community and Health Care Forum (CHCF)
Carole Reed	CHCF

**Apologies**

Janet Arris	North Tyneside CCG
Ray Calboutin	Park Parade Surgery
Anne Carlile	Priory Medical Group
Steve Manchee	Lane End Surgery

**Welcome and Introductions**

**Notes of last meeting (Tuesday 30 April 2019)**

Agreed as a true record.

Sue Gill from 1<sup>st</sup> Contact Clinical is keen to come to the next meeting 29 October 2019.

**Recovery College Update - Alison Donkin**

Alison acknowledged that Patrick and Susan had been to the Recovery College drop in sessions. She explained how mental health issues can be a challenge for families, carers and professionals alike. Alison informed the members that she had been in post since May 2019. She works three days a week and has strong connections with VODA as the host organisation.

An art group runs every Wednesday from 1pm to 3pm led by a local artist and it is hoped more work can be done with the North Tyneside Art Studio. Alison is hoping to secure some evening courses as morning classes can be a challenge where people have transport issues and it can become difficult to arrive by 9am. She also has links with Northumbria and Newcastle Universities and Tyne Met College which runs a hair and beauty department where students could access health treatments.

Newcastle Football Club has established a mental health football team which is based at the Linskill Centre; there is also a six-week programme for a walking netball class (Nat and Netball). Alison has a background of coaching and experience of self awareness and self esteem. She is aiming to reach out to men to help them come to terms with their mental health

issues and be more open about their problems so they can establish coping strategies at their own flexible pace. In North Tyneside 70% of attendees are female. The College runs a Fix it Café for men where they can take part in DIY projects although women are also welcome.

There is a Creative Writing course where no prior experience is necessary and during August a series of workshops to take volunteers through the induction process will take place. 80 people turned up to the drop-in sessions resulting in 37 volunteers getting involved. Alison can see the benefit of people coming together at these classes, there are people who need help with reading and writing and she has discovered a specific font for those suffering from dyslexia.

She is determined to be flexible and utilise what resources they have using the funding secured from the CCG and the NTW Shine Fund.

There is the opportunity to secure some extra space at Wallsend Job Centre and also have use of the Linskill Centre Hubs in Battle Hill and on the Royal Quays. Alison also liaises with Beth Allan from Launchpad. She agrees that if the College offers students what they want they will continue to attend.

There will be a launch day at the beginning of next year after the College is more established and they can evaluate what progress has been made. The College aims to reduce isolation and offer support to students; clinical professionals are invited to come in and talk about depression and anxiety and give support to people suffering from psychosis. They also discuss substance misuse, alcohol abuse and the do's and don'ts of accessing services. Incoming experts are available to give help and support to family, carers and friends, empowering people to share their journey and personal stories and understanding how to alleviate stress.

There have been two previous attempts to run a Recovery College in North Tyneside, but this time Alison is optimistic of success and the necessary funding has been secured. The Linskill Centre runs a reflexology and aromatherapy programme and most classes are either free or have a fixed nominal fee. The Carers Centre in North Shields also has a range of therapeutic services available and they employ a specialist Mental Health Carer Support worker. The College also has links with the Depaul Trust and Age UK North Tyneside.

Q Is there an equivalent Recovery College framework in South Tyneside?

A Yes there are in fact 85 colleges throughout the UK where people with mental health problems can find support and education in order to become more independent.

Q Are people encouraged to disclose their illness?

A They are under no pressure to reveal the nature of their mental health issues, they can remain anonymous. If they are new to the recovery process, they may attend a few sessions before they feel comfortable to share their problems if they wish.

Q Can you do the same course twice?

A Yes this is possible, but the College will set goals and outcomes, so the student gets the most out of the experience making a progression and open up opportunities to include a building programme that tries not to repeat the course exactly.

The college invites people aged over 18 year but there is no upper age limit. They will attend a workshop to complete an enrolment form; the volunteers who are individuals who have lived with their own mental health challenges are always happy to help on a one to one basis or as a

group session. The users are also encouraged to make their own decisions and many courses are available.

Alison has a wish list which includes production of a newsletter and developing a website and Facebook page.

A Steering Group will be set up in due course with Robin Fry from VODA as the lead and information for member involvement will be forwarded.

### **Mental Health Integration Board update**

The CCG Service Developments, Mental Health Integration Board and Future Agenda Items Work Plan update were deferred as Janet Arris was absent from the meeting.

### **Any Other Business**

There was not Any Other Business.

### **Date, time and venue of next meeting**

**Tuesday, 29 October 2019**

**10.30 to 12-noon**

**Linskill Centre**

**Linskill Terrace**

**North Shields**

**NE302AY**

### **Actions**

1. The Mental Health Team from the Oxford Centre or The Green to be invited to a future meeting by Janet.
2. Michele to email contacts to Alison and get in touch with Philip Horsefield, Practice Manager at the Village Green Surgery regarding the Access to Practice Managers meeting.
3. Discuss Social Prescribing at the next meeting.