

MENTAL HEALTH

South Tyneside

NEWSLETTER



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Issue 3

01/12/2019

LGBT+



South Tyneside

humankind[®]
for fair chances

Coming soon! South Tyneside has recently commissioned an LGBT+ support group for children and young people aged 11-25 in South Tyneside. Young people told us:

“There is nothing for LGBT+ young people in south Tyneside, I have to travel to either Newcastle or Whitley bay and that’s quite a journey. I would like something on my doorstep somewhere where I feel safe and supported”

Following on from this feedback, South Tyneside has agreed to prototype a service which will be delivered by Humankind.

The service will offer one-to-one support, family support, LGBTQ groups, gender identity groups and activities locally. The service will be based from Clervaux Exchange in Jarrow but will work on an outreach basis across the borough. The service will be fully operational by January; watch this space!

Discover simple steps to look after your mental health



every mind
matters

We don't need to wait until we are struggling with our mental health; there are lots of things we can do to protect ourselves and prevent problems escalating, just as we do with our physical health.

The new Every Mind Matters campaign encourages adults to be more aware of their mental health and helps them to discover simple steps to look after their mental health and wellbeing.

Every Mind Matters offers a range of useful resources that help spot the signs of common mental health concerns, provides practical self-care tips and guidance and, importantly, explains when to seek further support.

It also has a free NHS-approved online tool on the Every Mind Matters website, which helps people build an action plan to deal with stress and anxiety, boost their mood, improve their sleep and help them feel more in control.

To learn more about how to look after your mental health and create your own action plan, visit:
<https://www.nhs.uk/oneyou/every-mind-matters/>

Discover simple steps to look after your mental health

Search every mind matters



every mind
matters

SOUTH TYNESIDE AUTISM HUB

Following the success of the autism waiting time initiative for children and young people, South Tyneside will be prototyping a lifespan autism hub offering pre and post-diagnostic support for children and adults with autism as well as their families.

Our residents with Autism and their families have provided positive and useful feedback indicating the value of more accessible support and advice.

Listening to our residents as the experts in their own experience, South Tyneside will be working in partnership with The Toby Henderson Trust & Autism in Mind (Aim) to develop an Autism Hub.

The all-age hub will offer practical advice and support to our residents with autism and their families.



The hub will be based at Gordon Street in South Shields and will be supporting children/young people and their families Monday-Wednesday and adults and their families Thursday-Friday.

Come along to our co-production session!

Parents and carers are invited along to a session on 18th December between 12:00 and 14:00 at Riverside Children's Centre.

The aim of the session is to engage with our experts by experience within the community to shape what the hub will be offering.

Please feel free to extend the invite to families or professionals who would be interested in attending. The session will be covering:

- What would make a good Autism Hub?
- What would be the wrong things to be offered by the hub?
- Dear Autism Hub

Tell us your views!

We are seeking the views of our adults with Autism. We would love to hear what support our residents would like to have available through the Autism Hub. To feed-in your views please go to: <https://www.facebook.com/aimsouthtyneside/>

Launch Event

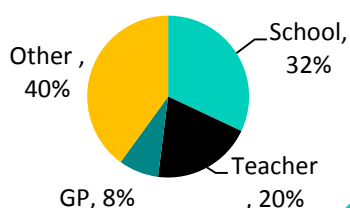
Drop in to the open day on 10th January between 12:00 and 17:00! Come and join us at The Autism Hub, Gordon Street, South Shields, NE33 4JP.

The open day will give you an opportunity to hear about the service and learn what the hub will be offering to autistic children, young people & adults as well as families & carers. Hub staff will be on hand to chat and answer any questions.

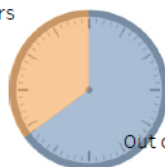


Children & Young People Performance Update

Where did you hear about Kooth?



Office Hours
35.07%



Out of Office Hours
64.93%

Feedback indicates that:

100%

of users would recommend the service to a friend (Nov 19)

56 Article Views



191 Forum Views

211
Log ins; Nov19



New

50

Registrations



HMT

HEALTHY MINDS TEAM

Most common primary need is anxiety

240 hours of training delivered to School Staff

135 C&YP supported to date.

No. CYP waiting has reduced

All young people waiting over 38 weeks have been offered an appointment

898

Children & young people on caseload

	South Tyneside
Average Wait to Assessment (weeks)	11
Average Wait to Treatment (weeks)	8



Caring
Discovering
Growing
Together

Information accurate as at Nov 19



Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust



Services across South Tyneside are working with organisation *Including Men* to improve the health and wellbeing of communities as part of an innovative new approach to service delivery across the borough.

Work is underway with integrated teams from health, care and early years to plan and develop services that are responsive and flexible; meeting the needs of all members of the community including men. Including Men are also working alongside award winning charity ManHealth to offer peer support groups for men in the borough who are struggling with their mental health.

Being there for men when they need a bit of help is really important and we also know that our children (both boys and girls) do best when they are nurtured and cared for by both the men as well as the women in their lives. That's why South Tyneside has teamed up with Including Men to ensure that men have access to help when they need it and that they are supported in their roles as caregivers and valued members of our thriving communities.

Roger Olley MBE, Director of Including Men stated:

“Our work is about building healthy communities and in doing so we can no longer ignore the impact of health inequalities which mean men die earlier; are more likely to take their own lives; and are less likely to access preventative /early healthcare. Likewise, we know that many children and families across the borough are deprived of the positive support that healthy family men can bring to our communities.”

The underpinning principles of the South Tyneside approach are that fathers and men should be supported:

- In their roles as caregivers & to understand the developmental needs of their children
- To develop and maintain positive cooperative relationships with the mother(s) of their children.
- To develop their own support networks
- To find work, training for work or access learning opportunities
- To have access to responsive and flexible support services which prioritise the needs of men equally

For more information, follow: [@includingmen](#) on Twitter or like ManHealth on Facebook.
Or contact: david@includingmen.org or Helen.Hutchinson@southtyneside.gov.uk

Perinatal Mental Health



Mental health conditions are the leading cause of maternal death in the period from six weeks to one year of birth.

Research suggests that this period, which is also known as the perinatal period, is a time of particular risk. Indeed, generic mental health services frequently miss predictable risk factors relating to these deaths.

It is thought that around 20% of women experience some form of mental health problem during this time and 5% will require a secondary-care specialist perinatal mental health service.

Cumbria, Northumberland and Tyne and Wear Foundation Trust (CNTW) have accessed funding to develop specialist community perinatal mental health services.

Support will be available across their footprint, thanks to new funding, including funding from South Tyneside CCG.

Services became fully operational in South Tyneside as of 1st April 2019.

First 1001 days Conference

A conference is to be held on 27th February to explore the issues of perinatal mental health in South Tyneside over the first 1001 days after birth.

This will highlight the work to date of the new Perinatal service; explore opportunities to enhance partnership working and examine the specific perinatal issues facing mothers and the wider family in South Tyneside.

To book a free place for the conference, please email the Joint Commissioning Unit transformationJCT@southtyneside.gov.uk or contact Steve Reay on 0191 424767. The full agenda for the conference will be confirmed in the New Year.

Emergency Department High Intensity User



Whilst access to an Emergency Department (ED) is essential for someone that need urgent treatment, many people use it as the first point of contact as they don't know where else to go to access help.

Trends show that some people are attending ED on a frequent basis. The High intensity User project (or HIU) works with people who regularly attend but for whom other services could offer more appropriate support.

Since February the project has helped 163 people access other services such as benefit advice, housing support, mental health services, with seven new referrals being received in September alone.

Reducing in frequent use helps reduce the pressure on ED services reducing waiting times and seeing the right person in the right service at the right time.

Physical Health Hub

The life expectancy of people with Severe Mental Illness is around 15-20 years lower than the general population.

Nationally it is recognised that physical health checks, (which include six core elements within Part 1 and weight, blood pressure, cholesterol, blood glucose, alcohol and smoking assessments within Part 2), inform treatment decisions; bring long term physical health improvements; and, help develop a better understanding of Serious Mental Illness locally.

Around 1,400 people in South Tyneside have Severe Mental Illness; with the nature of the condition often making it difficult to maintain regular contact.

Funding has been secured to develop a community based Physical Health Hub. This hub and spoke connector model will be all age for residents with SMI, Autism, Attention Deficit & Hyperactivity Disorder and Learning Disabilities.

Health Coaches across the borough's three Primary Care Networks will work with Community Nurses and a Community Pharmacist from the Hub to; reduce preventative illnesses, improve life expectancy and increase the number of people completing the full suite of health checks.

**An estimated 2 in every 3 deaths
in people with SMI are caused by
preventative physical illnesses**

Dates for the diary



- **Sensory Service Launch:**
17th January 2019 9:30-12:00,
Reception Room, Town Hall,
NE33 2RL.
- **Autism Hub Drop-in:**
10th January 2019 12:00-17:00,
Gordon Street, South Shields,
NE33 4JP.
- **Safehaven Opening:**
17th January 2020,
Safehaven, Monkton, NE32
5NN.
- **Relationships Matter Learning
Café:**
14th February 2020,
Further information to follow.
- **First 1001 days conference:**
27th February 2020,
Further information to follow.
- **Relationships matter: A young
people's production.**
20th March 2020.

Contact

Us!

Should you wish to gain any further information with regards to any of the articles in this newsletter, please do not hesitate to contact us.

You can email:

transformationJCT@southtyneside.gov.uk with

your enquiry as well as details of how best to contact you. Your enquiry will be passed on to the relevant commissioning officer.