

VCS Community Mental Health Newsletter

Issue 4: Dec 2023

WELCOME TO THE FOURTH EDITION



Our partnerships are getting stronger! Since April 2023, the Middlesbrough Mental Health Collective has been working towards building stronger partnerships between each other and our wider partners in TEWV, Impact on Teesside and Adult Social Care. Two case studies are included in this newsletter demonstrating how we are working together to support people living with poor mental health due to a range of complex issues.

In this issue:

- **Community Mental Health Transformation in Middlesbrough – Making the changes happen**
- **Middlesbrough MH Collective – A Spotlight on... Arch Teesside**
- **Working in partnership – a case study**
- **Community Mental Health Transformation – a showcase event**
- **Lived Experience Involvement**

Community Mental Health Transformation in Middlesbrough – making the changes happen

Community Mental Health Transformation continues with changes being made in mental health services, adult mental health social services, Impact and partner VCS organisations within the Middlesbrough Mental Health Collective but there is more that can be done.

Operational managers within the four strategic partner organisations have set out a plan for a focussed piece of work exploring how partnership working can be improved through the development of building effective pathways and processes for more joint working between services to ensure people have their needs listened to and are offered the right support.

This work will start in January 2024.

Middlesbrough Mental Health Collective Spotlight on... Arch Teesside



At Arch, we are excited to be a partner in the Middlesbrough Community Mental Health Transformation, and to be part of the connections and collaborations which are being forged. A member of our referrals team, Charlotte McDonagh, has diversified her role to incorporate actively engaging with the CMHT. This enables Arch to consider how individual clients could benefit from engagement with other services at the referral stage. Along with this, Charlotte is adding clients to the pathway, seeking advice from other services, and will signpost/refer clients to other services if appropriate. Our staff are learning lots of valuable information from attending Learning Together sessions when they can and are enthusiastic about delivering a session in the new year. Along with this, we are eager to learn from people with lived experience of mental health problems, consider ways current procedures could be modified to be more accessible, and learning ways of creating opportunities for people.

Middlesbrough Mental Health Collective – working in partnership.

TWO CASE STUDIES

Open Door North East worked in partnership with My Sister's Place and Changing Futures to support a client who was fleeing a domestic violence situation and seeking asylum. Open Door provided their expertise to assist the client with their asylum application and shared information about the process with the other organisations enabling them to focus their interventions on delivering the support the client required.

This was an intensive piece of work that resulted in a successful outcome for the client.

“We were able to find out important information from the client early on in the process and support him to make informed decisions that could have caused complications further down the line.” Support Worker, Open Door North East.

OUR VALUES

Hospitality Offering welcome and support to all seeking our help.

Compassion Showing grace and love to others.

Dignity Honouring and respecting the unique worth of every person.

Excellence Being the best we can be, with integrity, in all our work.

Inclusivity Serving our clients irrespective of race, gender, disability, religious belief, age, or sexual orientation.

Breckon Hill Community Centre and Hope Foundation worked in partnership to support a volunteer who experiences poor mental health to gain confidence to use public transport. The two organisations regularly communicated with each other providing information on the mental health of the volunteer to ensure that they received the right support when they were volunteering.



“We embarked on an intensive programme of work with the volunteer to build confidence in using public transport which meant that they were able to continue to volunteer which in turn has helped to improve their mental health.” CEO, Breckon Hill Community Centre

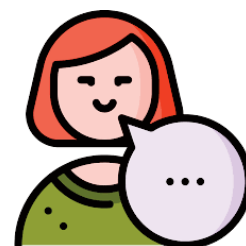
VCS CMHT Showcase event

Middlesbrough Mental Health Collective is holding an event on 26th February 2024 at Acklam Green Centre to showcase the progress the VCS are making in Community Mental Health Transformation.

If you would like more information, please email Sarah Jane

Lived Experience Involvement

Summary of Women Voices in Mental Health Matter event:



15th November 2023, Breckon Hill Community Centre

Following on from the successful Lived Experience event in July, another event was arranged specifically for women. On 15th November, fourteen women and four facilitators met at Breckon Hill Community Centre.

Together in small groups, the women created maps of their experiences in trying to access support and help which were really moving and informative.

They also identified their skills, talents and expertise as well as what support they would need to be involved in future opportunities and what changes they would like to see in support for better mental health.

The event ended with the women making their own self-care bags to take away with them as a thank you for their participation.



Support needs identified for future involvement are practical support such as regular communication, reminders, check ins, and personal support such as encouragement, positive comments, being included, heard and respected.

What people would like to see happen next is more awareness of available services, needs led and longer support, more accessible and affordable groups to attend, more bereavement support.

“I enjoyed being able to talk with other people and get involved”

CMHT Co-Production Group

People who signed up to ‘keep in touch and informed’ at the Lived Experience event in July, were invited to join a group to develop a framework of opportunities for people with lived experience of mental health issues to get involved in Community Mental Health Transformation. A small number of people accepted the invitation and have been working on the development of the framework since mid-September.

The group will be inviting members of the Middlesbrough Mental Health Collective and partners to review the framework and make final amendments prior to it being agreed in January.



**For more information or enquiries, contact:
Sarah Jane Ashcroft, Partnership Development Lead (CMHT)**

Sarahjane.ashcroft@teessidemind.org.uk Tel: 01642 257020