



Sue Holmes <http://www.arttherapyyorkshire.org.uk/>



Introduction from Naomi Lonergan

It seems strange to wish you all a Happy New Year in February and also in consideration of the fact we are back in national lockdown! The start to the new year has been fast and furious, with vaccine programmes for staff, home schooling and of course, looking after our own and our community's mental and physical health as well as continuing to deliver services. The challenges also continue to improve services and the experience for patients and carers, knowing that the current lockdown is further impacting on mental health and wellbeing. It's also worth highlighting some good news as we could all do with this right now. I was delighted to hear and receive some heartfelt feedback about how we cared for a young person and the difference this made to them and their family, a carer focussed piece of work in Rowan Lea, Scarborough and collaborative working to keep services going where staff have again been required to shield to protect their health. We have also recently had discussions about funding for services and investments for the financial year 2021/2022 so we have a lot to do in the coming months, and this will help us to increase staff and services.

On a personal note, home schooling has meant that I have learnt a new method of long division and I have had to untrain my brain's old method to be able to do the new one (that my son says I am still not very good at!). Probably a good metaphor for everything we have had to do to adapt to over the last year and probably still need to do in the near future. We really never stop learning and needing to change.

I hope that with the green shoots of spring and the lighter mornings and nights, we can all start to feel hopeful for 2021. I am really looking forward to the time when I can meet people in person again and I hope to see and meet some of you soon,

Kind Regards

Naomi Lonergan
Director of Operations North Yorkshire and York
TEWV Mastercoach



healthwatch
North Yorkshire
Our staff are working away
from the office during the
coronavirus pandemic.
You can call us on
07882 421394



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The Discovery Hub

At the Discovery Hub we support people recovering from mental health illness, helping them to access Converge educational courses at York St John University and broader occupational opportunities within the local community.

A team of seven with four Peer Support Access Workers, we are employed by Tees, Esk and Wear Valleys NHS Foundation Trust but are based at the university and work closely with the Converge team. Converge offers high quality educational opportunities to those who use NHS and non-statutory mental health services and who are over 18. Courses are aligned to the University Degree programmes and offer the opportunity to try out new subject fields and interests.

As with everyone else within the NHS and beyond, we have had to respond to the Covid-19 challenges of the last year and have implemented flexible approaches to

allow continued contact with our students. Maintaining a client-focussed service during this time has helped students to manage and cope with both their mental health as well as the ongoing challenges of life, both expected and unexpected, to help them to remain active and engaged.

As well as supporting individual students on a one-to-one basis on campus and in the community, we also offer support through for example, the delivery of introductory courses such as the Craft group and Book Club, both based at Poppleton Community Railway Nursery. Also, by attending existing Converge courses we provide support to existing students on the course as well as new starters who might be worried about joining an unfamiliar group of people.

We are the result of an innovative partnership between TEWV and Converge at York St John University, one which allows us to champion the belief that learning plays a pivotal role in recovery from mental illness and future wellbeing.

If you would like to get in touch or find out more about the Discovery Hub give us a call on 01904 876070 or email discoveryhub@yorks.ac.uk.

Robert Bennett
Learning & Access Worker
The Discovery Hub at Converge
York St John University





Healthy Body Healthy Mind

A physical activity programme
with instructor Martin Bond

YOU'RE ONLY ONE
WORKOUT AWAY
FROM A GOOD MOOD

Wednesday 17th February

Wednesday 24th February

Wednesday 3rd March

Wednesday 10th March

6.30-7.30pm via Zoom

You must be able to access **Zoom** on a suitable device for example iPhone, laptop, tablet.

You can download the app for free at:
<https://zoom.us/support/download>

This programme aims to **build confidence around physical activity**. Regular physical activity helps us to have a healthy body and healthy mind. This is especially the case during a pandemic.

These sessions will provide participants the opportunity to participate in **physical activity during the lockdown**, as the sessions will be conducted virtually through **Zoom**.

There are many benefits to regular physical activity, such as: **less stress, less anxiety, better sleep, better self-esteem and so much more**. The first session will gently ease participants into the exercises.

All abilities are welcome, and everyone will work to their own level. If there are any exercises that you struggle with let me know and **I will adapt the exercise for you**. These sessions are for you all to enjoy, I will use your feedback and suggestions to design each session. So, hopefully there will be something for everyone!

I'm looking forward to seeing you all at the sessions.

The Haven
30 Clarence Street
York
YO31 7EW
(adjacent to York St John University)

Email: convergeatthehaven@yorksja.ac.uk

Tel: The Haven 07483 141 310
Monday - Friday 6pm-10pm
Saturdays 12-10pm



A Space for Creative Healing

ArttherapyYorkshire is a registered charity based at Woodend in Scarborough. We aim to provide Art Psychotherapy to children, young people and adults either from our studio base in Scarborough or our mobile therapy service throughout the surrounding area.

ATY continues their participation in the Action Towards Inclusion programme as a specialist intervention partner. Now extended to a six-year project, this is funded by the Big Lottery Fund and the European Social Fund and is managed by Your Consortium Ltd in Knaresborough.

ATY works together with other service providers, schools, voluntary and charitable organisations to improve standards of mental health in their area. We address social exclusion by making applications for funding to enable us to work with vulnerable members of society who otherwise could not afford a therapy intervention. Individuals may self-refer and, as far possible, there is no charge for an initial period of art therapy.

Art Psychotherapy is a recognised, regulated, psychological therapy which uses all types of art materials to help express thoughts and feelings. Clients do not need to have any previous art experience or talent as an artist;

and emotions through different images and objects, and not about creating a work of art to hang on the wall.

In these unprecedented and difficult times, we have been able to adapt our services to conform to all the latest rules and guidelines regarding social distancing, safe and sanitised working conditions. We have established remote working procedures where necessary to continue to support our clients and those in need. Whilst we are currently unable to meet new referrals face to face, we are delivering online group and individual work.

ArttherapyYorkshire are very keen to widen their membership, so if you hold the same values, believe in what we do, and wish to further our work, please email us at contact@arttherapyyorkshire.org.uk or visit our website:

www.arttherapyyorkshire.org.uk

Sue Holmes
Senior Therapist and Manager





Mental Health Research at the University of York

We are seeking to understand whether there are links between social factors, such as housing and the benefits system, and experiences of mental health crisis. We're speaking to people directly about their own experiences and we've also been talking to those providing support with healthcare, housing and benefits. The study focuses particularly on people experiencing complex trauma or who have received a personality disorder diagnosis because people with these experiences are not always included in research.

The study is still in the early stages, but people have told us that problems with housing and benefits can be harmful to mental health, whilst secure housing, access to the right benefits and support can all protect against a crisis. Those involved have also spoken about the need for more trauma focused understandings of the difficulties people may face across different services.

COVID-19 has certainly made for an unusual context for the study and one that wasn't anticipated when the research was first designed, but it is hoped that the findings will be able to shed a light on what has been helpful and not so helpful for people during this time, in terms of both social factors and mental health. Once the research is finished, we'll take the findings to policy makers and service providers. We also hope to run an event to discuss the findings and recommendations later in the year – so watch this space!

Do you have any thoughts or opinions on these topics? We're still looking for people to take part in the study so if you are interested in being involved and would like more information, just get in touch.

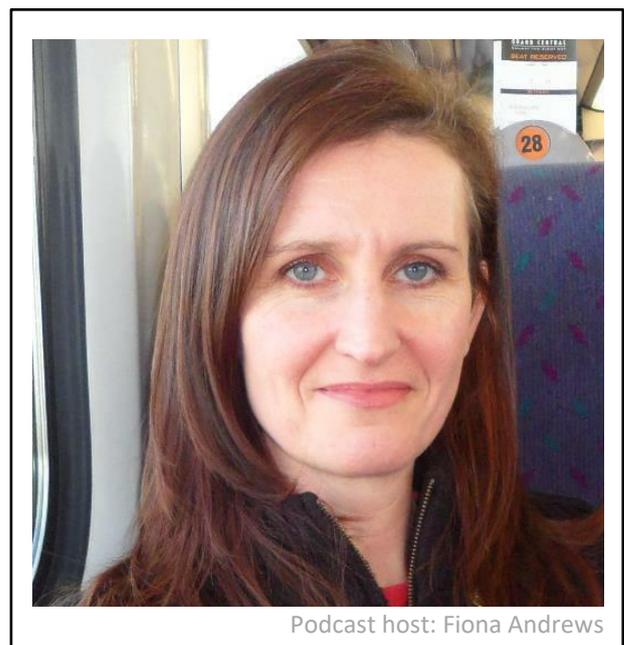
Katie Pybus: katie.pybus@york.ac.uk
Tel: 07385 341581

New Dementia Podcast

Dementia Forward has started a podcast! The aim is to talk to people with lived experience of dementia, or who are working to improve the lives of people affected by dementia, and to share their stories, advice and information straight to the listener. The host of DF Voices is Fiona Andrews, who is usually to be found working within the community to raise awareness of dementia and Dementia Forward, so is brimming with ideas for themes and guests for future episodes. The first episode introduces the series and also the work of Dementia Forward. We hope you find it both entertaining and enlightening. DF Voices can be accessed on iTunes and Podbean by searching for DF Voices or Dementia Forward:

<https://www.podbean.com/ew/pb-ankdr-f7e545>

Dementia Forward's Helpline is open Monday to Friday from 9am to 4pm on 03300 578592 for anyone looking for support, advice or a listening ear. While we cannot be together in person, we are also running Zoom groups, so please get in touch if you or someone you care for would like to join in.



Podcast host: Fiona Andrews



Normalady

A poem by Francis Jane

Normal, conformal, ticking every box; indifference, self-loathing when
opportunity knocks.

Form, fit and function, designed for purpose, space, yet ill-defined in reason,
identity and case.

So, fitting yet dismissing, deviation from the norm; one size does not indeed fit all,
no perfect uniform.

Normal is abnormal more vice versa true; somewhere out there free from care is
pigeonhole for you.

From the author:

As a hands-on happy go lucky Mr. Fixit for many years, it never occurred to me that one day I might encounter mental illness with such devastating results. Publishing my own work on the subject was therefore farthest from the minds of myself and indeed anyone else who knows me. Affect me though it did and I found myself feeling alone; a broken man with no understanding of what was happening to me. Without the support, understanding and patient help of dedicated friends, family and mental health professionals, I would have been forever lost. The debt I owe to these people therefore and especially the local NHS community mental health team is beyond the realms of simple words. Thank you will never seem enough. This work and all mistakes contained herein are of my own doing. Please be gentle with me. The verses presented in this book identify and characterise a deeply personal and traumatic period in my life. Robbed of the ability to express my thoughts and feelings in the spoken word as a result of severe depression and anxiety, my inner self somehow found a new way to make itself heard. The chronologically arranged poems reflect both the moods encountered and also have partly served as a means of rehabilitation from my mental issues. Working with mental health professionals, the compilation and publication of this book became both an attainable target and distraction from my woes. Accompanying notes add context and insight into the mood portrayed in each of the individual verses. To all of you who find anything of meaning or understanding in these simple verses; be kind to yourself, you are not alone; better things lie ahead.

Francis Jane September 2020

The book, **ObVerse Perspective**, containing 15 poems can be bought for £3.95 from
www.amazon.co.uk



Running in Lockdown

We have all lost so much this past year - live contact with family and friends and the opportunity to get out and visit lovely places are my two main ones. The one thing I have added to my life is running.

Being the wrong side of both 60 and dress size 12, it seemed a good idea to do more than walk the dog and a bit of gardening if I was to make a real difference to my health. Covid sounded frightening and this was one thing that could improve my chances of keeping well.

Last March our younger daughter Isobel was over from Barcelona where she lives, she is a keen runner and happily got me going. She downloaded the "Couch to 5k" NHS app onto my phone - it aims in 9 weeks to get people running 5k and expects you to commit to 3 runs a week. It starts very gently, lots of walking and gradually lengthening periods of jogging.

One sunny spring day, dressed in old joggers and trainers designed for shopping - not running, we set off down the road. We are lucky to live on the edge of a quiet village with small rural roads, but even so it was nice to have company to get me over the "I look an idiot" bit. I have since bought a good pair of shoes (essential) and a few items of M&S running gear.

It was surprisingly helpful to have her saying "You can do it" and "Well done", but it was less useful to be told to "Keep breathing"! Isobel left after 3 weeks, but I had got sufficiently

confident to keep going and worked up to the 30 mins running that they reckon is 5k by June. I was accompanied by the voice of the Scottish comedian Sarah Millican telling me what to do and urging me on (you have a choice of celebrities).

With a few breaks due to a bad ankle (wrong shoes), a couple of short visits to family (remember those?) and impossibly icy roads, I have kept going. I now manage the 3 runs a week and set off before breakfast, so that I can return feeling very virtuous, have a shower and start the day in a good frame of mind. I am getting faster but have no intention of going further, my joints are coping, and I don't want to push them too far.

The unfolding farming cycle - cultivating, sowing, harvesting (I am a farmer's daughter), the ever-present bird life including herons and fieldfares, the cheerful "Well done, keep going" from various locals and above all the sense of achievement have spurred me on. I feel fitter, my clothes are looser and I have probably lost a bit of weight but have an aversion to scales so don't know how much. I have found the "head space" that running provides - solitude, no distractions, just me and the seasons - very calming. It is a time to contemplate the day, work out priorities and at times come up with solutions, an invaluable 40 minutes of "me time", another tool in the armoury that keeps despair at bay.

Spring is round the corner - an ideal time to give it a go!

Ros Savege, Carer



Converge at The Haven

An exciting new opportunity for learning in York.

Converge at the Haven is a new initiative that started in January 2021. A selection of educational and learning opportunities are available at The Haven to anyone aged 18 and over who accesses mental health services in York and Selby. Classes take place on Saturday afternoons and weekday evenings. One off taster sessions and longer duration courses include a wide variety of subjects such as art, creative writing, introduction to philosophy, exercise and fitness. There are sessions that are provided by individuals throughout the city such as York Museums. All courses are free to attend.

Converge is a learning community based within York St John University. Established in 2008, offering high quality learning and educational opportunities to people who have accessed mental health services in the York area.

The Haven is based at 30 Clarence Street, adjacent to York St John University. This service offers out of hours mental health support to anyone aged 16 or over in York and Selby.

Note. During lockdown restrictions, associated with COVID, classes will take place via Zoom.

Email: convergeatthehaven@yorks.ac.uk

Tel: The Haven 07483 141 310 Monday- Friday 6pm-10pm Saturdays 12-10pm.

NYY Involvement Groups

Come along and have your say! These groups are currently meeting via MS Teams.

Area	Name of Group	Meeting Day	Meeting Venue	Contact
York & Selby Locality	York SUN Meeting	Last Thursday of the month 1.30pm – 3.00pm	Friends Meeting House, York, YO1 9RL	heathersimpson1@nhs.net
Harrogate Locality	Harrogate Involvement Group	3rd Tuesday of the month 1.30pm – 3.30pm	Community House, Harrogate, HG1 5RR	heathersimpson1@nhs.net or wendy.clark@northyorks.gov.uk
Scarborough Locality	Scarborough Involvement Group	3 rd Monday of the Month	Friends Meeting House, Scarborough, YO12 5QZ,	charlotte.dunning@nhs.net
Northallerton Locality	Phoenix Group	2 nd Tuesday of the month	Catholic Church Hall, Northallerton DL6 1PJ	maureen.beauchamp@nhs.net