

Time to Talk Day 2nd February 2017

Conversations about mental health can change lives.

Why talk?

Mental health problems affect one in four of us yet people are still afraid to talk about it. For people with mental health problems, not being able to talk about it can be one of the worst parts of the illness. So by getting people talking about mental health we can break down stereotypes, improve relationships, aid recovery and take the stigma out of something that affects us all.

About Time to Talk Day

Since Time to Talk Day first launched in 2014, it has sparked millions of conversations in schools, homes, workplaces, in the media and online.

As a result of the day, people have felt able to share their experiences without shame for the first time, and have started supporting those around them. After that first conversation, people feel more comfortable talking about mental health and more likely to talk about it again – that one chat can have a huge impact.

At the moment, too many people with mental health problems are made to feel isolated, ashamed and worthless by other people's reactions.

But talking about mental health doesn't need to be difficult. It can be as simple as making time to have a cup of tea or go for a walk, and listening to someone talk about how they feel.

Being open about mental health and ready to listen can make a positive difference to someone's life.

"It's **#timetotalk** because if you say something, you realise how many people around you haven't, and needed to"

This is what Time to Talk Day is all about – giving us all the chance to talk and listen about mental health. So whatever the hour, every conversation, every text, every share means more people are reached and more lives are changed. Join us on Thursday 2nd February and get the nation talking round the clock.

www.time-to-change.org.uk/timetotalkday



Letting go of guilt A workshop for carers - Monday 27th February



Guilt is a powerful and sometimes debilitating emotion. It causes us to worry and become fearful, weighing us down emotionally and eventually making us ill.

Our workshop aims to tackle guilt, why we feel it, who or what pushes our guilt buttons and how we can fight back.

Carers Northumberland's Guilt workshop will be held on Monday 27th February from 10.00am -12noon at their Ashington offices.

To book your place please ring the information line on Tel: 01670 320 025.

Tackling carer stress and improving wellbeing

During 2017, North Tyneside Carers' Centre will be running a number of activities and training sessions to help carers relax, take a break from caring and learn techniques that will help them deal with stress and cope with the challenges of their caring role.

Activities will include relaxation and mindfulness techniques that can be practiced at home and a course for carers of people with memory problems and dementia which will look at carer's rights, getting support, emergency planning, communication and dealing with challenging behaviour.

Dates are as follows:

Monday 6th February	10:30am - 11:30am	Relaxation
Monday 13th February	10:30am - 11:30am	Relaxation
Monday 20th February	10:30am - 11:30am	Relaxation
Thursday 9th February	10.30am – 12.30pm	Caring with Confidence (Dementia) 1
Thursday 16th February	10.30am – 12.30pm	Caring with Confidence (Dementia) 2
Thursday 23rd February	10.30am – 12.30pm	Caring with Confidence (Dementia) 3
Thursday 2nd March	10.30am – 12.30pm	Caring with Confidence (Dementia) 4
Thursday 9th March	10.30am – 12.30pm	Caring with Confidence (Dementia) 5
Thursday 23rd March	6:15pm – 8:30pm	Introduction to Mindfulness

To book a place or for more information please Tel: 0191 643 2298 or email: enquiries@ntcarers.co.uk

www.northtynesidecarers.org.uk

User and Carer Newsletter

The latest edition of our monthly User and Carer Newsletter can be viewed at:
www.ntw.nhs.uk/section.php?l=1&p=1233



Contact a Family Free Behaviour Workshops

For parents or carers of children with any disability or additional need

contact a family
for families with disabled children

Contact a Family's North East Parent Advisor, Shona Chambers, will be delivering the following behaviour workshops over the coming weeks:

Tuesday 28th February 2017 – Hexham Priory School, Corbridge Road, Hexham NE46 1UY

Wednesday 1st March 2017 – North Tyneside Carers' Centre, 3rd Floor, YMCA Building, Church Way, North Shields NE29 0AB

All workshops are open to parents/carers of children and young people aged 0-19 with any disability or additional need in any area.

They will run from 10.00am - 12noon and will be followed by lunch. Refreshments will also be available.

The workshop will include:

- Recognising triggers
- Reasons for challenging behaviour
- Tips and strategies on how to manage behaviour
- An opportunity for parents/carers to share experiences and ask questions

Places at these workshops are limited so to book a place, please Tel: 0191 213 6300 or email: northeast.office@cafamilly.org.uk

Healthwatch Newcastle Board meeting

Monday 13th March 2017 from 3.00pm to 4.00pm at Broadacre House, Market Street, Newcastle NE1 6HQ

healthwatch

Healthwatch Newcastle is there to make sure that the voices of patients, carers and the public are heard by the people who plan and provide social care and health services in the city.

Their next Board meeting will be held in public and people will have the opportunity to ask questions about the agenda.

Please contact them in advance if you wish to attend the March Board meeting by emailing info@healthwatchnewcastle.org.uk or Tel: 0191 338 5720. Also, if you have any special requirements or would like a hard copy of the Board papers please notify them in advance of the meeting (they cannot guarantee that papers will be available on the day).

For more information and Board papers go to the website: www.healthwatchnewcastle.org.uk/about-us/board-meetings

Would you like to publicise events or information about your group or organisation?



If you would like to put an article in 'Information Exchange', free of charge, please contact the Patient Information Centre, contact details are listed on the back page of this newsletter.

Useful Vision Activities March and April 2017



Useful Vision provides positive opportunities and activities for vision impaired children aged 0-19 and their families in the North East.

Join us in March and April 2017.

- **Exclusive Audio Descriptive viewing of 'Beauty and the Beast'** film at Vue Cramlington, Saturday 25th March, 10.00am - 12.00pm.
- **Family Day at Washington Wetlands.** Take a tour of the wetlands, get creative with jungle themed crafts, explore a bug's life pond dipping and find out about the otters at the feeding session. Saturday 1st April, 10.00am - 2.00pm.
- **Tiny Town, Newcastle.** Enjoy an afternoon of role play at Tiny Town - an adventure for growing minds! Jo Jingles will be there to provide Easter themed musical activities. Suitable for children aged 8 and under. Thursday 13th April, 1.30 - 3.00pm.
- **Skills Workshops.** It's all about you! Young people have a voice! Monthly Skills Workshops for vision impaired children aged 10 and over. Gain confidence, make new friends and learn new skills. Children should only attend the Skills Workshop in the area nearest to them.

If you have a vision impaired child and would like to register with Useful Vision or are already registered with Useful Vision and would like to attend an activity, please contact the office on Tel: 0845 604 8491 or email office@usefulvision.org.uk. Registration for families with a vision impaired child is free and activities are free to attend.

Mental health and wellbeing resources

Use the online search to find resources on various health related conditions, including our mental health self help guides at www.ntw.nhs.uk/pic



Get Involved – Sign up to become a Northumberland, Tyne and Wear NHS Foundation Trust member

www.ntw.nhs.uk/getinvolved 0191 245 6827 FREEPOST NTW MEMBERSHIP

Membership is completely free and as a member you can:

- ⇒ Give your views on the Trust's plans and any issues that interest you
- ⇒ Vote in the Governor Elections or stand as a Governor yourself
- ⇒ Receive regular information about the Trust

Northumberland, Tyne and Wear NHS Foundation Trust Newsletters can be viewed at:
<http://www.ntw.nhs.uk/section.php?l=1&p=155>

You can contact the Patient Information Centre in the following ways:

0191 246 7288

Email pic@ntw.nhs.uk

Patient Information Centre
St Nicholas Hospital
Jubilee Road, Gosforth
Newcastle, NE3 3XT

Mailing Label for
GP's