

NORTH TYNESIDE WORLD MENTAL HEALTH DAY 2016

Where to turn?

HOW IT BEGAN

Following on from successes of previous years, the planning group began meeting in April 2016 to prepare for World Mental Health Day. The planning group is open to anyone with an interest in mental health who would like to be involved. It included people with personal experience of mental health difficulties and services alongside professionals and there is of course much crossover. Every stage of North Tyneside's World Mental Health Day event was co-produced, from the planning through to the delivery.

PLANNING GROUP INCLUDED:

Aimee Perry, Tyneside and
Northumberland Mind

Alisha Dixon, Mental Health Matters

Anthony Todd, Supporting Stars

Beth Williams, Launchpad North
Tyneside

Chris Watson, Supporting Stars

Christina Richardson, Key Enterprises

Dave Miller, Newcastle and North
Tyneside Altering Images of Mentality
Group

Debbie Mather, Tyneside Women's
Health

Debbie Smart, North Tyneside Young
Carers

Emma Catton, Student, Newcastle
University

Laura Ions-Chell, Northumberland,
Tyne and Wear NHS Foundation Trust

Kath Boodhai, Tyne and Wear Archives
and Museums

David Taws, LEAPS

PLANNING GROUP INCLUDED:

Lara Ellis, ISOS Housing and
Supporting Stars

Margaret Walker, Supporting Stars

Paul Conlin

Peter Bell

Rachel Nicholson, Public Health
Programme Manager, North Tyneside
Council

Robert Cure, Supporting Stars

Robin Jefferson, Mental Health Matters

Simon Hicks, Supporting Stars

Stephen Wedderburn, Launchpad

Steve Cowgill, Key Enterprises

Martin Uren, Northumberland, Tyne and
Wear NHS Foundation Trust

Wendy Pinkney, Northumberland, Tyne
and Wear NHS Foundation Trust

WHAT WE DID

The theme for the day was 'Where to turn?' Cullercoats Crescent Club kindly provided a space for approximately 150 attendees to discover what support and services are currently available. We also had plenty of room for creativity and simply a safe space to 'be' amongst friends.



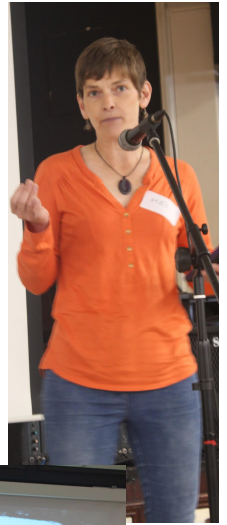
WHAT WE DID

Councillor Margaret Hall opened the day with a brief talk on the importance of prioritising mental health.



WHAT WE DID

Presentations were a key part of the day and were engaging and informative. The majority of the presentations were co-delivered by a provider as well as a user of the particular service. The voices of those with direct experience of mental health difficulties were at the heart of the day.



PRESENTATIONS BY:

Launchpad North Tyneside

Street Triage

Adult ADHD Support Groups

Tyneside Women's Health

Mental Health Matters

Crisis Team

Key Enterprises

Time to Change

North Tyneside Recovery
College

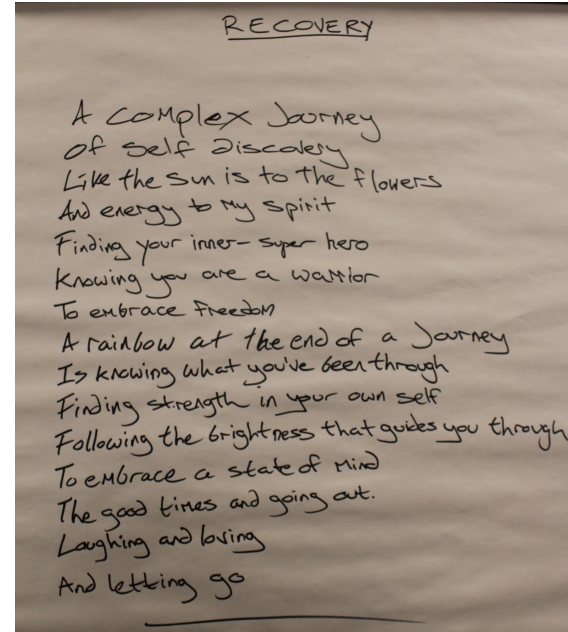
Liaison Psychiatry

North Tyneside Young Carers

North Tyneside Young Person's
Health and Wellbeing Group

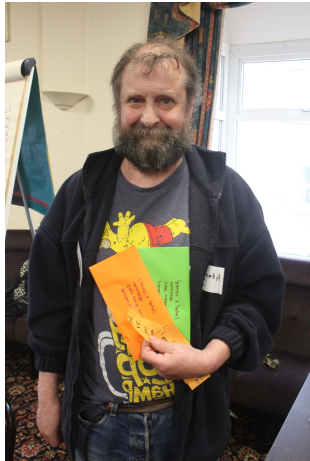
WHAT WE DID

Alongside the presentations, we also had music, drama, raffles, art, buffet lunch, as well as informative and interactive stalls.



WHAT WE DID

We had a raffle and a tombola with many prizes kindly donated by many friends and supporters. The tombola raised £70.60 and the raffle raised £88, this helps cover costs of World Mental Health Day Events.



FEEDBACK

Feedback was gathered by inviting attendees to answer the following

I have learned ...

I have enjoyed ...

I have liked ...

I would have liked ...

I came today to ...

I heard about today from ...

I would just like to say ...

I HAVE LEARNED

- About mental stigma and where to go
- More about what is available and how to access it
- About The Keytones band
- More about North Tyneside and people



I HAVE ENJOYED

- The talks/performances from service users were amazing: Terry, the drama, Mel's story, Gemma and the inspiring spoken word piece (girl with blue hair - sorry didn't catch your name)
- People's Stories and experiences, the music, buffet, tombola, meeting new people
- I have enjoyed the music and talking about mental health and understanding people
- Great Day. Informative, inspirational speakers, great resources and creative expression
- Buffet and painting with Bernie
- The buffet
- Enjoyed raffle

I HAVE ENJOYED

- The Keytones, lunch, seeing people I haven't seen for a while
- Listening to people's personal triumphs
- I like the music and the people talking about mental health
- It has been great to learn more about various organisations and initiatives
- Personal Stories
- I enjoyed everything. Would like more
- I have enjoyed meeting an inspirational woman today called Carrie! She read out a very emotional poem. I will always remember her. Stay strong Carrie!
- Playing snakes and ladders and poetry
- Talking about mental health services

I HAVE LIKED

- Mind your head session
- The Keytones
- The friends from the key
- The atmosphere - excellent



I WOULD HAVE LIKED

- Bags for excess food. Buffet too big
- To have spent the whole day here



I CAME TODAY TO ...

- Promote events
- See friends and find more groups
- Help
- Make friends
- Speak
- Network



I HEARD ABOUT TODAY FROM

- WRAP
- Dave Miller
- Stephen Wedderburn
- A leaflet

WHERE TO TURN?

FIND OUT HERE **FREE EVENT**

Stalls & Activities **Music & Drama**

Grand Raffle **Tombola**

Presentations & Information **Free Buffet Lunch**

THANK YOU TO OUR CONTRIBUTORS AND SPONSORS

THIS YEAR'S THEME 'WHERE TO TURN?'

North Tyneside World Mental Health Day
NORTH TYNESIDE
WORLD MENTAL HEALTH DAY
CELEBRATE WITH US AT
THE CRESCENT CLUB
CULLERCOATS SEAFRONT
FRIDAY 14th OCT 2016
11 AM - 5 PM
NE30 4PN

Logos at the bottom include: Keyenterprises, Northumberland, Tyne and Wear NHS Foundation Trust, healthwatch, Adult ADHD Support Groups, North East UK, The BASE, tyneside women's health, time to change, Northumbria Police, isos, MENTAL HEALTH CONCERN, Young People's Centre, Cullercoats Crescent Club & Institute Ltd, mind, Tyne and Wear Archives & Museums, VODA, YOUNG CAREERS, SUPPORTING STARS, mhm, and North Tyneside Council.

Contact: Dave Miller 07810 706 285 dave@aimmentalhealth.org.uk #NTWMHD16

I WOULD JUST LIKE TO SAY ...

- You! Yes, You! You're inspirational and I love you.
- The day gave me hope for the future
- Thank you :)
- A very uplifting day
- Great to see a range of people. Informal atmosphere was brill
- What a wonderful time. Enjoyed the speakers and the interaction with the school pupils
- Smashing day. Great Venue. Lovely Buffet
- I have enjoyed the day!
- Thank you!
- Met lots of lovely people

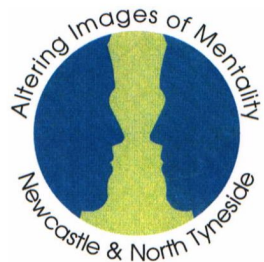
NONE OF THIS WOULD'VE BEEN POSSIBLE WITHOUT THE GENEROSITY OF INDIVIDUALS AND ORGANISATIONS OFFERING DONATIONS AND/OR THEIR TIME AND EXPERTISE. THANK YOU.



Cullercoats Crescent
Club and Institute Ltd



Tyneside and
Northumberland



Procter & Gamble



Northumberland,
Tyne and Wear
NHS Foundation Trust



North Tyneside Council



We are Supporting Stars.
People with mental health issues and our guests



let's end mental health
discrimination

TYNE & WEAR
archives &
museums



WORLD MENTAL HEALTH DAY 2017

We would like to thank everyone who was involved in making World Mental Health Day 2016 such a great day.

Now, it's time to take what we have learned to begin planning for World Mental Health Day 2017. If you would like to be involved in shaping the day, get in touch:

bethlaunchpadnt@gmail.com