

MENTAL HEALTH SECTOR NETWORK

NEWSLETTER - FEBRUARY 2025



A few words from the editor

Stephen Ryder

I write just having returned from five days away skiing with friends, some of whom I have known since I was nine years old. This trip enhances my own mental health well-being in the dark winter months. 'Ski Gilly', named after our Chairman, Chris Gilman, who I first met in 1976, at St Olave's Prep School York, has become, as we have all aged and, in some cases, matured, an annual opportunity to join together as a group to ski, laugh, suffer the traditional 'bants' but most importantly to enjoy the support and friendship of this mini community. Despite the jokes and inevitable insults, I always come away having enjoyed kindness during the trip; some years I have needed that very much.

The theme of this editorial then, is community and kindness. Community is the theme of this year's Mental Health Week, more of that is included below. Whilst you will see that arrangements are already advanced, there is still plenty of time for you, or your organisation to be involved and to promote your events. Personally, I have no doubt that community will remain paramount to good mental health in NEL, supporting our friends and neighbours and ensuring that people do not become physically and emotionally isolated is often the key to a happier life. Moving forward as we all feel the strains of cuts in funding, both for statutory and VCSE services, the Cudox article makes for interesting reading on this, community, and an emphasis on the prevention of poor mental health, or intervening at the earliest possible moment, will be quintessential to the communities we all serve. Sometimes the smallest act of kindness can make the greatest difference.

How timely then, that as I was driving into work this morning, I heard on the radio that the word 'kindness' has been chosen as the Children's Word of the Year following a survey by Oxford University Press of more than 6,000 children across the UK. More than half of children (61%) said kindness was their chosen word of the year for 2024. 'Artificial intelligence' came second, chosen by 25% of children surveyed.

Whilst I will reserve my views on AI for another time, it is both encouraging and pleasing to see so many children prioritising this word; as always there is so much, we as adults, can learn from young people. I say timely, because those of us who have been working on the delivery of the NEL Mental Health Strategy have been focussing on a Culture of Kindness, so please see Katrina Goodhand's piece on that.

Once again can I thank all those who have contributed to this newsletter.

It seems appropriate that, given the theme of Mental Health Awareness Week, in 2025, that I end with this from Margaret J. Wheatley, *Turning to One Another: simple conversations to restore hope to the future* (2002), "There is no power for change greater than a community discovering what it cares about."

World Mental Health Awareness Week – 12th to 18th May 2025

The theme for the week is now confirmed as 'community' and we have begun capturing an events diary, which I have included. Please do contact me to submit your own events and ideas so I can update the diary in the coming weeks. By capturing the calendar of events planned by partners we can ensure that we have a full diary for the week and that people in North East Lincolnshire know that Mental Health is everyone's business and that there are a whole host of organisations who can help.

Please could you email me (katrina.goodhand@nhs.net) with details of any events you are planning during this week so that we may capture them in our calendar and support you to promote them. We will also try to avoid unnecessary clashes so that people can get to everything they would like to attend, and we can identify any gaps.

Please note copy submission deadline dates for
2025 newsletters are as follows:

Mar 17th, May 19th, Jul 21st, Sep 22nd, Nov 17th





EVENTS:

MONDAY 12TH MAY:
MENTAL HEALTH AWARENESS WEEK & DEMENTIA STRATEGY LAUNCH EVENT ~ CENTRE 4, GRIMSBY
10:00am – 12:00pm (FREE)

WEDNESDAY 14TH MAY:
MOVEMENT FOR MENTAL HEALTH ~ CLEETHORPES LEISURE CENTRE 2:00pm - 4:00pm (1st session FREE)

THURSDAY 15TH MAY:
MENTAL HEALTH FOOTBALL ~ KING GEORGE IV PLAYING FIELDS 2:30pm – 4:00pm (£2 pp)

FRIDAY 16TH MAY:
COMMUNITY WELLBEING WALK ~ MEET THORPE PARK CAR PARK 09:30am – 10:30am (FREE)

THEME:
COMMUNITY



MENTAL HEALTH AWARENESS WEEK ~ 2025
12TH – 18TH MAY

NEL Health & Care Partnership Mental Health Strategy – Update January 2025

The North East Lincolnshire Health and Care Partnership is pleased to provide an update on our Mental Health Strategy, focusing on the critical winter months. Based on feedback from individuals with mental health diagnoses, we have identified that the dark, cold winter months pose significant challenges to mental health, consequently, our priorities during this period are prevention and fostering a culture of kindness.

Prevention Priority: To address prevention, we have collaborated with warm spaces to offer additional mental health training, transforming them into listening spaces. We are also partnering with public health, Navigo, and the local authority to engage local employers in making mental health a collective responsibility. Our goal is to emphasise kindness in the workplace. We are developing a self-assessment tool for employers to evaluate their practices and identify opportunities to enhance mental health support and cultivate a culture of kindness.

Culture of Kindness: In the lead-up to Christmas, we launched a media campaign to explore public perceptions of kindness. We asked people what they believe Kindness to be and introduced the Hashtag #nelcultureofkindness. One of the responses from Facebook adverts shaped our January 'kindness is...' message and others will continue to do so throughout the year. Additionally, we are collaborating with Compass Go and Kooth to gather young people's views on kindness to add their comments to the campaign. This media campaign echoes a similar initiative from the 1970s centred around the concept of love is.... For more information, please contact: Katrina.goodhand@nhs.net



Don't chicken out! Accessible outdoor activities now bookable

Ever wanted to take advantage of Navigo's walking activities, but have mobility issues, or dislike crowds? This one's for you!

They have teamed up with Nunny's Farm and the Canoe River Cleaner to allow Navigo service users and people on the mental health waiting list to embrace the outdoors.

Join James Elliott, known as the Canoe River Cleaner, for a leisurely stroll around the farm site. Taking place on Tuesdays between 1.00pm and 3.00pm, you can also feed the animals, try a spot of pond dipping or make a bug hotel!

If you become tired, there are lots of places to sit and rest, making it the perfect activity for someone who struggles to walk longer distances.

Nunny's Farm has lots to see but is also fully accessible and flat. The session will end with a hot drink and a cake!

Due to limited spaces, booking is essential. Speak with your healthcare provider, or email navigo.onefrontdoor@nhs.net to express an interest.



"It helped me dream again": Darren's IPS story

Navigo caught up with Darren to talk about his journey working with their Individual Placement and Support (IPS) team.

He is an inspiring example of resilience, support and transformation. Darren openly shared his struggles with mental health and how it impacted his career and personal life, including experiencing homelessness and suicidal thoughts. However, his journey took a positive turn when he was referred to the [Individual Placement and Support \(IPS\) team](#), which provided him with crucial support in multiple areas.

"I had my dream career taken away from me at a young age. I also lost my mum, and this is when I began suffering with my mental health. The work I have done since then has also impacted my mental health - this being industrial and factory work, the type of environments where there is not much awareness around mental health or support. I began taking a lot of time off work. I felt like I couldn't go on."

"I was having a very difficult time at work and was losing my job. This was really getting me down. Therefore, I was referred to IPS. I was living in my car. I was homeless, as I was not going to work due to issues with my mental health. This led to financial struggles. I was having suicidal thoughts. I was not in a good place when I met Charlene (Navigo Employment Specialist).

"I received help with my mental health from Navigo. They identified the root cause and referred me to IPS. I met Charlene and we spent a lot of time discussing the issues I was having, identifying my barriers around employment."

Through IPS, Darren worked closely with Charlene, who helped him return to work by creating a wellbeing action plan and offering regular in-work support. Together, they identified Darren's ideal career path, built his confidence, and encouraged him to take part in new experiences.

"We completed a vocational profile. Charlene spoke with my employer and made it possible for me to return to work. She put a wellbeing action plan in place and provided weekly in-work support sessions. She helped me identify my ideal career path through the work that she did. She encouraged me to talk at [Navigo's AGM](#). I enjoyed this so much that I wanted to do more. It built my confidence.

"Charlene introduced me to staff at [Nurtrio](#). It was really helpful and encouraged me to apply for a job with them. I signed up to do a charity walk with them. I just wanted to be part of something and give back. This made me keener than ever to be a part of Nurtrio. Charlene helped me prepare for my interview. We have done a lot of skills work to prepare me for the role. I can't wait.

"My dreams have come true. Charlene also worked as a multi-disciplinary team with Ben from [Humbercare](#). Ben helped find me accommodation and worked closely with Charlene. I'd like to say thank you to Ben and Humbercare.

"It helped me dream again. If it wasn't for Navigo and IPS, I don't think I would be here."

Darren's transformation included learning vital coping strategies, building resilience, and gaining confidence in his abilities.

"I have improved social and communication skills and found a new strength. I've made friends! I thought my dreams were over but thanks to Navigo, I have a new dream and feel like I am living again. This has not been an easy journey. There have been challenges on the way but Navigo have been there throughout.



"I am now a support worker for Nurtrio. I'm looking forward to helping people. I want to be able to give back after the support I received. Nurtrio have been great and supported me with each step. Being part of their team means the world to me."

"I would strongly advise getting help from Navigo and IPS. I feel like they have made my dreams possible. If you're struggling, please reach out. Navigo are so much more than a mental health service. I will continue to work with them as I continue on my journey of recovery."

Darren's story highlights the powerful impact of mental health services like IPS have in helping individuals overcome their challenges and rediscover hope for the future.

The IPS service is open to service users currently receiving care from Navigo. Ask your care co-ordinator or keyworker if IPS would be a suitable service for your needs. If it is, they can refer you to the team.



Cudox calls for Conversation, Connection and Action



As World Mental Health Week 2025 approaches, Cudox Wellbeing CIC calls on our community to unite and address the critical funding challenges facing the third sector. From May 12-18, we have an opportunity to spark honest conversations about the struggles nonprofits face, both nationally and within North East Lincolnshire.

The Harsh Reality of Third Sector Funding

The third sector is increasingly filling gaps in statutory services, providing essential support during the ongoing cost of living crisis and in the wake of Covid-19. However, we're reaching a breaking point and we know we're not alone. Government funding cuts have slashed £1 billion from charities, derailing fragile fundraising recoveries. Small not for profit organisations like ours have been hit hardest.

Cudox Wellbeing's Commitment and Challenges

At Cudox, we remain committed to providing compassionate, trauma-informed therapy to those in need. However, financial pressures have forced us to make difficult decisions. We can no longer offer free therapy sessions to all clients, despite our dedication to addressing root causes of trauma through empathetic relationships. As such we have introduced a sliding scale fee based on clients own assessment of their affordability.

A Call to Action

During World Mental Health Week 2025, let's create something great:

1. Open Dialogue: Initiate conversations about funding challenges in the third sector.
2. Community Support: Explore ways our community can rally behind essential mental health services.
3. Advocacy: Raise awareness about the impact of funding cuts on vital services.

What If We Went on Strike?

Imagine a world where third sector organisations like Cudox ceased operations. The gaps in mental health support would widen dramatically, leaving countless individuals without access to crucial services. This thought experiment underscores our sector's vital role and the urgent need for sustainable funding solutions.

Cudox's Adaptive Strategies

To ensure our long-term sustainability, we're:

- Introducing a sliding scale fee structure based on affordability
- Actively seeking grant funding, donations and investments
- Expanding our B2B wellbeing packages
- Utilising fees from private paying clients to sustain operations

Join Us in Making a Difference

Your support and advocacy are crucial. Together, we can champion the importance of maintaining funding for one-on-one therapeutic interventions. Let's use World Mental Health Week 2025 as a catalyst for change, ensuring mental health services remain accessible to all in our community.

The time for action is now. Our community needs us more than ever. Let's stand together, have those tough conversations, and work towards a future where mental health support is a guaranteed right, not a luxury.

If this article speaks to you and you'd like to get involved, please contact angie@cudox.co.uk or call 01472 289838 to get the conversation started.

We would welcome your support in sharing our survey as we ask our whole community their views on Mental Health Services in our area.

<https://forms.gle/LeAsRjpPj9Coso4N6>



Important update on Safespace online provision

Safespace is an out-of-hours, open door crisis café, run by Navigo in conjunction with North East Lincolnshire Mind. People in North East Lincolnshire can access instant and practical mental health support from trained mental health professionals on site at Navigo House on Brighowgate in Grimsby.

When the Covid pandemic hit in 2020, Navigo services acted quickly to pivot to online support where necessary, and this included Safespace. Navigo and Mind have maintained this offer in the subsequent five years, alongside in-person assistance at Navigo House. To ensure we are delivering targeted support to those who need it most, Navigo and North East Lincolnshire Mind have made the decision to refocus the virtual element of Safespace.

We recognise that this decision may be disappointing to some of your service users, patients and clients. But our commitment to providing compassionate, accessible support remains. This decision has been taken to ensure we can continue to offer safe and sustainable services to our communities.

Virtual Safespace will be available seven days a week instead of the current five, but from Monday 13 January 2025:

- Peer support Safespace sessions over Zoom will be available on Tuesdays, Thursdays and Saturdays between 9.00pm and 10.00pm. There is no need to book ahead and people can drop in as they wish.
- Online one-to-one Safespace sessions can now be pre-booked. These slots are around 30 minutes long. One-to-ones can be booked by calling the Single Point of Access on (01472) 256256 and selecting option 3 after 4.00pm on the day you are requesting an appointment. Slots are available at the below times:
 - Monday (7.30pm-8.00pm)
 - Wednesday (7.30pm-8.00pm and 8.30pm-9.00pm)
 - Fridays (7.30pm-8.00pm)
 - Sunday (7.30pm-8.00pm)

In-person Safespace remains unaffected and continues to run seven days a week between 5.30pm and 11.30pm from Navigo House. You can find more information about Safespace, as well as information on how to access the online version, at navigocare.co.uk/safespace.

And remember our other 24/7 support, too. Call (01472) 256256 and select option 3 to access free, confidential mental health support. Alternatively, people can call NHS 111 and select the mental health option.

If someone is experiencing a mental health crisis, they can walk into Harrison House on Peaks Lane in Grimsby.

And anyone can text **ORANGE** to 85258 for free mental health text support in North East Lincolnshire. Please note: this service is run by Shout and not by our crisis team.

Thank you for your ongoing support. If you would like to discuss this further, please do not hesitate to reach out to us.

Navigo Armed Forces Coffee Morning launched

Associated with the British Armed Forces? Here's an opportunity to meet up, share a cuppa and find out more about the information and support available to you at Navigo.

Drop-in sessions take place at Navigo House café on Brighowgate in Cleethorpes on the third Wednesday of every month between 10.00am and 12.00pm.

There will be drop-in sessions from different mental health services. Free tea and coffee is provided — and maybe even a slice of cake!

This group is open to people associated with the armed forces, including those who are serving, reservists and those who have served, along with their families and loved ones.

You do not need to be a Navigo service user or community member to attend and there is no need to book ahead.



The JEFF Project: Trauma-Informed Practice, Early Emotional Wellbeing Interventions & The Youth Justice System

Since its inception in 2022, Compass Go have been part of the JEFF Project and supported over 230 children and young people in North East Lincolnshire by providing early intervention mental health and emotional wellbeing support to those who are on the youth justice pathway, or who are at risk of entering this due to childhood adversity or trauma.

JEFF (Journey, Enrichment, Fulfilment and Friendship) offers a collaborative approach with key organisations* working together to provide a wraparound system of holistic support that aims to break down the barriers to young people accessing mental health support, offering psychoeducation, talking therapy, low intensity CBT, mindfulness, creative approaches and positive activities to improve mental health and wellbeing.

Through this work the team have seen 77% of children and young people successfully diverted from the pathway or not repeat previous behaviour that would have led to becoming known to the Youth Justice service.

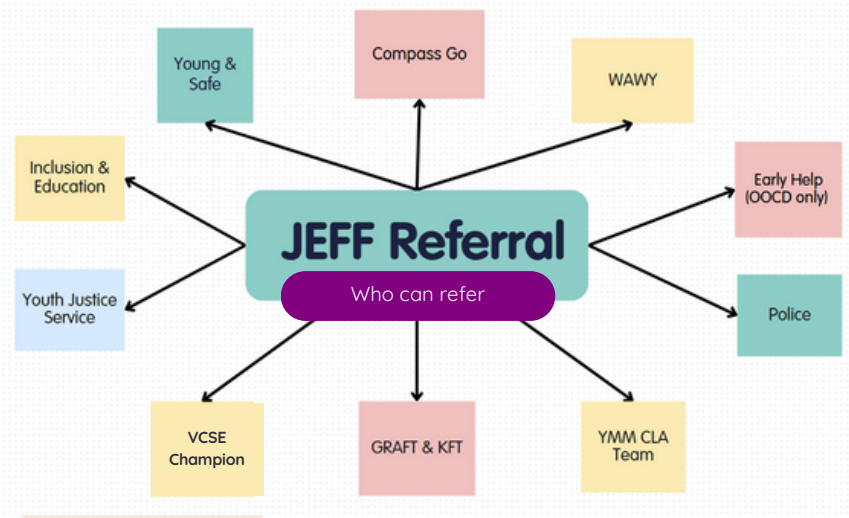
Over the last 12 months, the JEFF Project have embarked on advanced training, building on an already strong foundation of trauma-informed practice, which is now strongly embedded into the culture of the JEFF Project. Examples of the changes we have made include adapting the language used with children/young people, not discharging children/young people for non-attendance, maintaining a consistent approach and conducting sessions in a familiar or comfortable environment such as their home, a family hub, school or in a community setting.

In October 2024 the JEFF team presented at the Humber Violence Prevention Partnership Trauma Informed Conference sharing their experience and evidence on delivering transformational change across the system. Building on existing infrastructure across communities and partnership systems the team have scheduled discussions with Humberside Police who continue to be enthused, dedicated and resilient to trauma informed adaptations in practice, particularly with regard to ensuring children receive proportionate outcomes and are diverted away from the Youth Justice System.

Trauma informed approaches are increasingly being delivered across North East Lincolnshire Council, Compass Go and wider partners, where trauma and ACEs are foremost considered with interactions with and about children in our borough who require support. There has been a notable shift in language used across the professional network which is essential to changing the culture. The JEFF team continue to advocate the power that language has to shift perception of how children are seen.

Advocating trauma-informed practice has strengthened, building on a solid foundation with partners of The JEFF Project and the team will continue to work across organisational boundaries, developing a new and highly effective service serving children and families who have experienced or face mental health complexities.

**The JEFF project's key organisations consist of Compass Go, North East Lincolnshire Council's Young & Safe service, and We Are With You. We also work closely with other organisations and providers including Humberside Police, Inclusion and Education, GRAFT, Early help and nominated Voluntary & Community Sector Champions to ensure that all young people are identified and helped.*



For all other agencies providing care to children and young people, a consultation service is available to discuss children who would benefit from our project via Compass GOs duty line, or emailing the project team leader within North East Lincolnshire Council and Compass Go.

Humber and North Yorkshire ICB Talent Programme briefings

Programmes are open to staff and volunteers working in health and care across Humber and North Yorkshire Health and Care Partnership. This includes, NHS, non-NHS, community care, social care, local authority and VCSE.

We are delighted to tell you about three new system leadership development programmes due to launch in January 2025 and are holding briefings to let you know more about the programmes.

These programmes are specifically tailored to develop system leaders – so if you're interested in working across the system, this is the programme for you.

To thrive as a system, there is an ongoing need to share talent by creating a system-wide, inclusive and co-ordinated talent management approach which is what we are aiming to provide.

These programmes are intended to encourage colleagues from across Humber and North Yorkshire to discover their own strengths and fulfil their ambitions of becoming future system leaders, with a key focus on addressing the lack of diversity we see from middle to senior management.

Each programme is designed to prepare participants for the next step of their career journey, equipping them with the skills to truly transform health and care across our system.

Programme 1: Leading from the Middle

- 12-month programme
- Aimed at those in a middle management role, who have had previous experience of management (3+ years) or have previously undertaken a management development programme
- Opportunity to enhance self-development through psychometric tools, career coaching and working with a senior sponsor
- Core learning – both face-to-face and online workshops (leading change and transformation, system theory, successful systems leadership, from analogue to digital, political astuteness, population health, effective decision making etc)
- 6-week placement
- Closes with a celebration event

Programme 2: Senior System Leaders

- 12-month programme
- Aimed at those ready to step into an executive role (existing senior leaders)
- Access to networking opportunities, peer-to-peer support and networking sessions
- Guest speaker sessions
- Masterclasses
- Career management support

To book onto the any of the below briefing sessions please click on the preferred date and time.

Programme 1 – Leading from the Middle

[29th January 12:30 – 13:30pm](#)
[25th February 10:00 – 11:00am](#)

Programme 2 – Senior System Leaders

[30th January 13:30 – 14:30pm](#)
[25th February 12:00 – 13:00pm](#)



Mental Health & Emotional Wellbeing Conference for Schools

Join us at this years Mental Health and Emotional Wellbeing Conference for schools, hosted by Humber & North Yorkshire ICB, on **March 21st 9am-4pm** at **Grimsby Town Hall** for a day of informative sessions, local service updates & training opportunities that can help you better support students' mental health & emotional wellbeing. Topics to be covered include:

- Mental health in SEND
- Neurodiversity
- Anxiety/stress
- Staff wellbeing

Scan the QR code or click [here](#) to book your place!



Wellbeing Support at Creating Positive Opportunity

Dementia Groups and Exercise

We are providing Activities to support people living with dementia and their carers. Mondays 10am-11:30am at Centre4 and Thursdays 10:30am-12:30pm at Humberston Country Club
Exercise classes and one to one support available on request

Coaching with Care

Free mental health awareness for sports coaches and personal trainers

Coaches and personal trainers have the opportunity to shadow, and access mentoring, from a Level 5 qualified PT/Mental health Trainer, through a practical session followed by a personal consultation. A one-day Mental Health Awareness course for Sports Coaches, delivered by a psychotherapist who specialises in embedding good mental health practice into industry, education, and vocational training.

Healthy In Mind

The saying is 'Healthy in Body, Healthy in Mind'. To this end CPO are offering FREE personal training sessions and exercise classes with a link to good mental health. Delivered by a qualified mental health and exercise coach. This project will allow clients who have previously shied away from gyms and exercise classes, the opportunities to access regular exercise.

For more information
reach out
on
01472 236680
or email
stevie@mycpo.co.uk