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News letter May 2022



A message from Rhona Dunn Chairperson

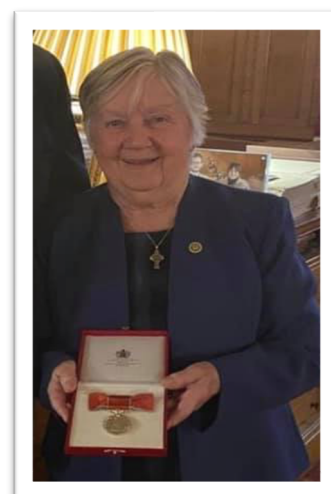
Well, we have survived!! I must admit I was doubtful at times as accessing funding got more and more difficult and many of our members have not yet returned to us but, we are still here, and things are getting better. We want to keep improving members' well-being and overall health, so I have introduced a new course for the members to enjoy which is mindfulness and Meditation and run by James. This is starting to prove quite popular with the members. We still have our Funky Fresh Fitness classes also run by James every Thursday and is one of the most popular classes at the centre. We have been delighted with the response from some of the members who never joined in with anything so fingers crossed this will continue.

I know Covid has been a disaster for many people, but because we have the caravan, we were able to access grants from our County Council for which we are grateful, and it has enabled us to do an excellent part exchange on our old caravan and we now have a splendid new 8 berth at Haggerston Castle on our old site and our members are looking forward to using it. The first booking went out in Easter, and we have had a glowing review, which is fantastic.

Our Counselling service has expanded with a lot more referrals coming in from different companies which is fantastic news. Many people are still needing counselling after the pandemic and waiting lists are very long, so we have been able to offer more counselling than we have ever done in the past. We would like to be registered with the NHS but these things take time so we will have to keep trying. Local GPs are slowly recommending people to us for help which is a good start.

A Thank you to David Bawn

For the last 2 years, David Bawn has been Mayor of Morpeth and has worked tirelessly for Contact to raise money and awareness for us. He collected **£24,000** for Contact Morpeth Mental Health Group. We are grateful to him for all his work.



Story 1

One of our recent members has recently moved into the locality and came to see me and ask what we did. She was a very nervous lady having just come out of a woman's refuge after much abuse. I persuaded her that perhaps she would enjoy joining us for a coffee and to be honest I hardly recognise her now. She opted for counselling, which is giving her confidence in herself. However, I found out that in her former life she was a flower arranger, and she now decorates the sheltered housing where she lives with help from the manager of some finance. I have also persuaded her that she might find it useful to help my local church and she is going on the rota after Easter. She is also the first person to use our new caravan. She is a different person from when she came to us 2 months ago.

Story 2

We engaged James to run our Funky Fitness class and also he has just started Meditation and mindfulness. The people I have seen get up on the floor with James is amazing. One of our members wrote a note about how he felt about the Funky Fresh fitness class. He has never done fitness of any kind in his life, and he asked James on Thursday if he would write the exercises down for him as he would like to try and do them at home in his flat. Whilst I have to pay James (he does give us a charity rate) I feel that it is worth every penny and shall continue to try and find the funding when it is making such a difference to our members.

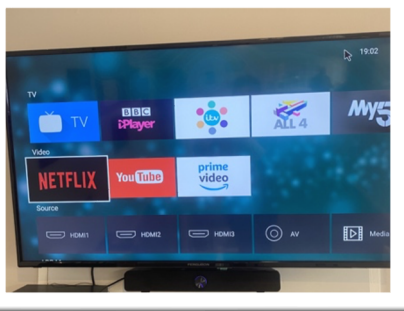
Meditation and Mindfulness

We have started a new group on a Friday morning. Mindfulness and Meditation is aimed for members to take an hour out of their day to meditate and relax aiming to reduce anxiety and day to day stress. We have opened this group to the public, and we have a few people that attend. This Group is run by James who also does Funky Fresh Fitness which is another popular group.



Film Club

We asked some of the members if they would enjoy a film club at the end of each month. Everyone was excited by this news. We have a brand new smart tv in the kitchen that we would use for this.



Willmott Dixon

We would like to thank Willmott Dixon; who held a Corporate Box Auction and raised a total of £500 for Contact which was brilliant. Willmott Dixon has helped us in the past by decorating and updating our men's toilet which we really appreciate.



Steven Fry

Better awareness is essential. Once understanding is there we can all stand up and not be ashamed of ourselves, then it makes the rest of the population realise we are just like them but with something extra.