

North Tyneside LINK Press Release 15 November 2011



Film premiere for First impressions? film by young people

Young film-makers were presented with awards for their film about mental health on Monday 14 November at the Y Studio, YMCA North Tyneside. Their film 'First impressions?' challenges others to think more about the impact of attitudes and behaviour on people with mental health issues.

Yvonne Collins, Young Minds VIK Team Leader, and Claire Easton, Chief Officer at North Tyneside Carers' Centre, presented the awards to the young film-makers at the film premiere watched by friends, family and people involved with young people and mental health.

North Tyneside LINK worked with a group of young carers from North Tyneside Carers' Centre to look at how society views mental health – from the everyday language people use to tabloid stories about celebrities. Through drama workshops they made a short film featuring four stories about how society sees people with mental health issues. The young people looked at how we all carry around baggage that can weigh us down and define us. This baggage became the central theme of their film.

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When interviewed about the project, one of the group said “Being involved in making the film made me more aware of how mental illness affects a much wider number of people than I first thought. I realised that people don’t always know how to cope with someone with mental health issues, they may not be prejudiced, they may just be frightened.”

First impressions? can be used by schools and youth groups to encourage other young people to talk about what mental health means for them and their friends and family. Copies of the dvd and facilitator’s notes are available from North Tyneside LINK on 0191 643 2623.

LINK is a network of local people and groups who are interested in improving health and social care services across the borough. If you would like to become a member of LINK or are interested in learning more about its work, contact the LINK team on 0191 643 2623, email link@voda.org.uk or visit the website www.linknorthtyneside.org.uk. It is free to join and anyone with an interest in health and social care services in North Tyneside can become a member.

North Tyneside Carers’ Centre run a number of additional services that offer carers a range of high-quality services to help them look after their own health and wellbeing, and cope better in their caring role. For more information phone 0191 643 2298.

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Young Minds is the voice for young people's mental health and wellbeing. They give advice and support through their parent helpline 0808 8025544. For more information go to www.youngminds.org.uk

Photo caption: 'Sarah Whitehouse receives her film award from Claire

Easton and Yvonne Collins'

Attached: First impressions NTLINK_141111.jpg

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Press contact: for further information or photographs contact Meg Woollam

Communications Worker on 0191 643 2623 or email meg.woollam@voda.org.uk

Editor's notes

1. **Local Involvement Networks (LINKs)** were introduced by the Department of Health in April 2008 and aim to give communities a stronger voice in how their health and social care services are delivered. Run by local individuals and groups and independently supported - the role of LINKs is to find out what people want, monitor local services and to use their powers to hold them account. Visit www.linknorthtyneside.org.uk for more information.
2. North Tyneside LINK is hosted by North Tyneside VODA (Voluntary Organisation's Development Agency). VODA, the voluntary and community sector infrastructure body in North Tyneside, provides independent specialised support for voluntary and community groups and volunteers in the borough. This includes advice on setting up and developing community and voluntary groups, training, information, developing networks and partnerships, ICT and recruiting, placing and supporting volunteers. For more information visit www.voda.org.uk.

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3. **Young Minds** is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people and empowering their parents and carers. Young Minds offers confidential support for anyone worried about the emotional problems or behaviour of a child or young person by calling the parent helpline 0808 8025544. For more information visit www.youngminds.org.uk
4. North Tyneside Carers' Centre is an independent charity, with a board of trustees and around 22 employees and 25 volunteers. It was established in 1994 and was invited to join the Princess Royal Trust for Carers, a network of 144 carers' centres operating nationwide. The patron of the Princess Royal Trust for Carers is Her Royal Highness, Princess Anne who officially opened the centre in May 1996 at Neptune House in Wallsend.

Carers are involved at every level of the organisation including policy and service development and are represented on the board of trustees, staff team and volunteers. The core services are the carer support team, young carers support team and the carer respite project. They run a number additional services that offer carers a range of high-quality services to help them look after their own health and wellbeing, and cope better in their caring role.