

Autumn

2025 EDITION

NEWSLETTER



A reminder
of who we are



We are Jane McGee, Christine Eastlake, Justine Bowey, Graham Smith, Marcelle Lemlin and Fran Middlemiss, employed by Cygnus Support, a local mental health and wellbeing charity.



Cygnus Support formed a partnership with Wansbeck Primary Care Network in 2021 and we provide the patients of Seaton Park, Bedlingtonshire, Gables & Guidepost GP surgeries with a full Social Prescribing Service. Our Team of Link Workers (Social Prescribers) provide a 1-1 service, listening and identifying what non-medical issues the patient may be facing that is affecting their wellbeing, then linking them into services and groups to receive the practical, emotional, and social support they need.

WHAT A LINK WORKER CAN HELP YOU WITH:

We have just completed our Quarter 2 report (July to September 2025)
And here are a few highlights:

In the last 3 months our Link Workers have helped 317 patients; by offering advice, signposting and making outward referrals to ensure they received the practical, social and emotional support they needed to help them start to feel better and improve their wellbeing.



A lot of the patients we helped these last 3 months were working age.
Some of the issues they had were:

- feeling socially isolated
- they needed to make positive lifestyle changes like improving their diet and losing weight.
- they were struggling financially and needed support with finances and applying for benefits.
- they felt stressed and low in mood and needed someone to talk to.

13 patient feedback questionnaires were returned to us this last quarter. 100% said that their experience with our Link Workers was a positive one and that they would recommend the service to others.

SOME FEEDBACK FROM OUR PATIENTS:

"I am so grateful that my daughter has found something she can attend without me and that I know she is happy and safe"



"I'm very thankful, I just felt like I was not going to be able to feed myself or my dogs"

"The trip helped improve my mood as it is something I wouldn't usually do, and I enjoyed being out in nature".

"I thoroughly enjoyed the trip. It revitalised me and was a lot of fun"

"I had a great time and am still feeling joy from the day out at Wallington".

"I'm now having more good days and feel as if I've a purpose"



CASE STUDY

Bedlingtonshire medical group male patient aged 64 years

Referral Reason: Referred by GP for support

Patient lived in a caravan and was subject to an arson attack but thankfully managed to escape. The ambulance was called but unfortunately the patient suffered a heart attack on the way to hospital. Patient now suffers PTSD and sleeps with a hose pipe to make him feel safe.

Awaiting taking therapies for further input, previously under community mental health. Dyslexic, having to reapply for PIP. GP tasked to Link Worker team, "Wondering if there's anything you can help with?"

Findings:

Patient had been anxious about attending appointment in surgery as struggled with trusting and talking to others after incident. However, after a few telephone conversations to build a rapport, this made him feel confident to come and speak face to face.

Patient quoted on first appointment **"I've made a real effort to attend today and even been for my hair cut to look presentable"**.

Patient explained background to arson attack and how this has had such a big impact on his life, regarding both physical and mental health.

Patient stated how he was a very private person because of his background but understands how important it is to talk things through with someone.

Spoke about his past regarding boxing and love of the outdoors.

Patient spoke about how he's always tried to help people at any given opportunity however he feels like taking help from others is seen as a weakness.



CASE STUDY

Discussed several long-term health conditions as well as how his health was before the arson attack.

He mentioned that he had worked as a roofer in the past. Suggested using the same principles as roofing with addressing some of his health conditions, as in what would you tackle first and trying to focus on one thing at a time. He responded well to this way of thinking.

Community Link Worker actions:

Advice given - Talked about trying to find 1 positive thing every day and passing the positivity on to others.

Spoke about the positive things in his life such as his 4 Children and 6 Grandchildren with another due.

Patient reported he would like to get back to a level of fitness as he boxed most of his life, really fancies going for a swim and had set himself a goal of going to the swimming baths. Discussed Exercise On Referral and how he would benefit from this.

- Signposted to – Groups and activities in the local area. Men's wellbeing support groups
- Referrals made – CAB, DWP PAS, Vision Northumberland Hardship Fund
- Additional support offered – Appointments with CLW every 2-3 weeks

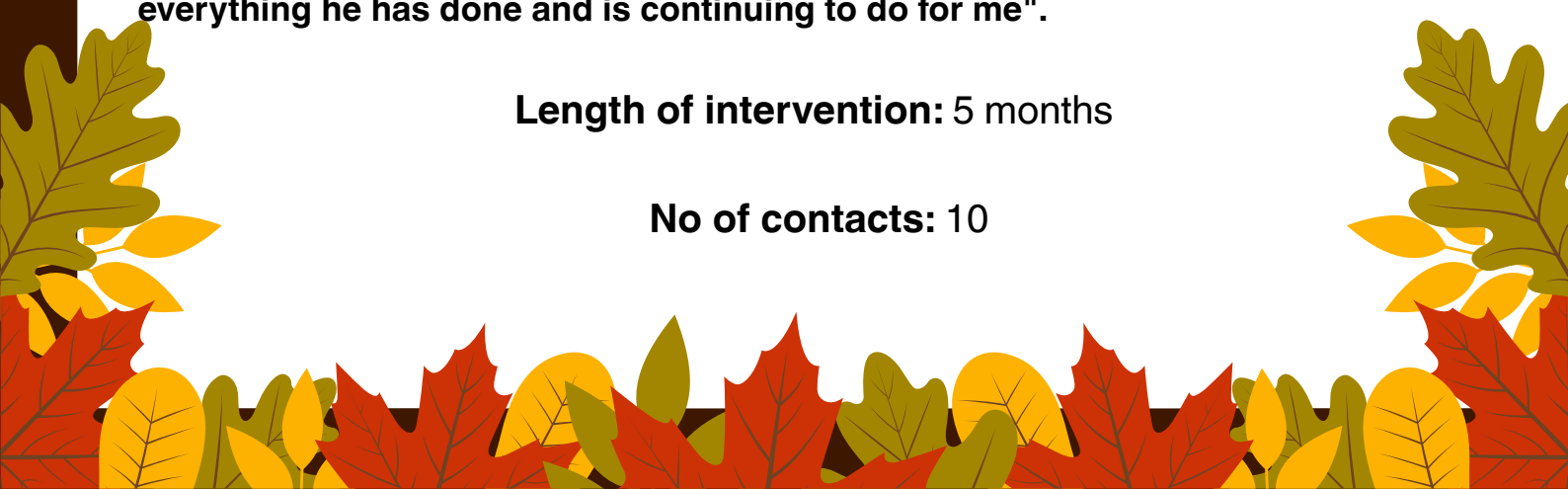
Outcome:

Patient attending face to face appts with CLW every 2-3 weeks, also attending appointments with Health and Wellbeing Coach.

Patient stated: **"I get more out of seeing my Link Worker at face to face appointments than any other service I have ever used. I can't thank my Link Worker enough for everything he has done and is continuing to do for me".**

Length of intervention: 5 months

No of contacts: 10



REGULAR ACTIVITIES



DAY	TIME	ACTIVITY	VENUE
Monday (weekly)	From 1pm	Ashington Walk & Talk	Meet top of Seaton Park Medical car park (next to Veteran's hut)
Monday (2 nd Monday of the month)	10:30am - 12 noon	Guidepost Coffee Morning	At Guidepost Medical Practice
Tuesday (weekly)	9:30-11:30am	Writing for Wellbeing	Ashington Library
Tuesday (fortnightly)	1pm - 2:30pm	Manly Chatters (Men's Talking Group)	At West Bedlington Community Centre (next to the Monument)
Tuesday (first Tuesday of the month)	10:30am - 12 noon	Gables Coffee Morning	At Gables Medical
Tuesday (last Tuesday of the month)	10:30am - 12 noon	Seaton Park Coffee Morning	At Seaton Park Medical
Wednesday (weekly)	9:30-11:30am	Wellbeing Wednesday	Themed activities and indoor games at Hirst Welfare, Ashington
Wednesday (weekly)	1-3 pm	Adult Lego	Bedlington Library
Thursday (weekly)	From 10:00am	Bedlington Walk & Talk	Meet outside Bedlington Library (opposite Bedlingtonshire surgery)
Thursday (weekly)	1-3pm	Thursday Club	West Bedlington Community Centre
Thursday (weekly)	1-3pm	Thursday Club	Newbiggin Sport and Community Hub
Friday (weekly)	From 10:00am	 Cambois Walk	Meet at St. Andrew's church



What else have we been involved with over the last few months...



Wallington National Trust very kindly offered our Community Buddies and Nurture group, a free visit. They arranged some great activities for us, including a tour of the cellar and attic.



We were successful in our application for Ashington Town Council's small grant fund. You can see the film they made of our Wellbeing Wednesday here:

<https://youtu.be/7RhufQ956cl?si=bPxWb69pdAx1lbMP>



We managed to raise **£146** for Macmillan.

This beautiful cake was donated for our coffee morning.



For World Suicide prevention day, we decorated candle jars and lit them in remembrance and support that evening.

HIGHLIGHT ON:

Our new walk in Cambois. Join Link Worker, Graham every Friday morning for a lovely walk along the beach and back for a very warm welcome from St Andrew's church

A poster for the 'Cambois Walk & Talk' event. At the top, a man in a blue shirt stands on a beach with the sea in the background. Below him, a circular inset shows St Andrew's Church. The text is arranged in a clear, bold font, providing details about the frequency, time, and location of the walk. It also includes a description of the walk, contact information, and logos for the organizing organizations. Decorative elements like footprints and autumn leaves are used to make the poster visually appealing.

CAMBOIS WALK & TALK

**EVERY FRIDAY
AT 10AM**

STARTING ON 5TH SEPTEMBER

Meeting at St Andrews Church, Cambois, NE24 1QX.

A guided, friendly, group where you can stroll at your own pace with a chance to natter, enjoy the fresh air and make new friends. Walking for approximately 30 minutes then return to the Church community garden for free refreshments

 **All ages and abilities welcome**

 **No need to book just come along**

 **Email: WansbeckCLW@cygnussupport.com**

 Follows us @
Wansbeck Community Links

 **Community
Links**

 **Wansbeck**
Primary Care Network

 **cygnus**
support



HIGHLIGHT ON:

Our new Thursday Club in Newbiggin Sports and Community Hub.

Join us for lots of fun activity, including access to the community garden – plenty of outdoor jobs for us to be helping with. You can help in the community garden other days and times, just contact the centre.

NEWBIGGIN HUB

THURSDAY CLUB

Every Thursday from 1-3pm
Drop in anytime during the afternoon

Come and join us for a fun afternoon including:

- Indoor sports e.g. cornhole & curling
- Quiz
- Table top activities
- Guest support services
- Plus, access to the Library, Community garden & Cafe.

 Follow our Facebook page [@WansbeckCommunityLinks](#) to find out what themes and services are coming up

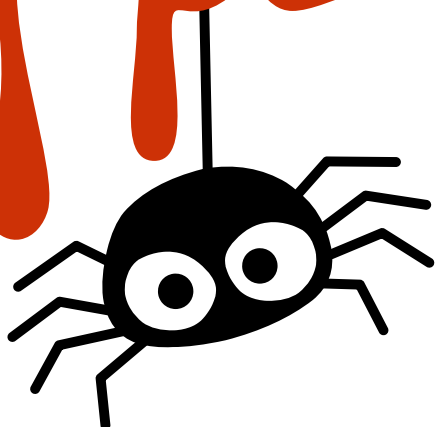




Newbiggin Sports & Community Centre
Woodhorn Rd, Newbiggin by the Sea. NE64 6HG



COMING UP



Wellbeing Wednesday 29th October

We will have
Halloween crafts

at Hirst Welfare
available during
half term from
10:00 – 11:30am



Wednesday 12th November

As part of a joint fundraising appeal with Hirst Welfare, we will be holding a tombola and raffle for BBC Children in Need during our Wellbeing Wednesday from 9:30–11:30. Donations are welcome – just drop them into Hirst Welfare.





And yes, it's that time of year again when we start our

Canny Little Christmas appeal:



CANNY LITTLE CHRISTMAS

(Cygnus Support in partnership with Wansbeck PCN)



We would like to offer our older, isolated patients, who may spend Christmas alone, a small gift and the chance to meet up with others at one of our Christmas events during December.

In order to do this, we need your help!

We need donations of filled gift boxes or gift bags.

If you would like to donate a filled gift box/bag, or items to go into one, please see our list of suggested contents overleaf.

All donated boxes/bags/items are to be dropped off at one of our collection points - you will find a list of these overleaf.

BEFORE FRIDAY 28TH NOVEMBER PLEASE

THANK YOU FROM US ALL AT WANSBECK COMMUNITY LINKS!



cygnus
support





Drop off points for donated gift boxes/items:

Ashington - Seaton Park Medical, Norham Rd, Ashington NE63 0HG or Hirst Welfare, Ashington (Wednesday mornings only).

Guidepost – Guidepost Medical, North Parade, Choppington NE62 5RA

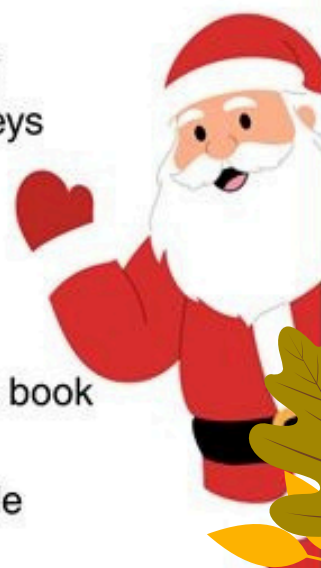
Bedlington – Bedlingtonshire Medical, Glebe Rd, Bedlington NE22 6JX, Gables Medical, 26 St John's Rd, Bedlington NE22 7DU or West Bedlington Community Centre, Front St. NE22 5TT

Newbiggin – Seaton Park Medical, Buteland Tce, Newbiggin. NE64 6NS or Newbiggin Sports & Community Hub. NE64 6HG (Thursday between 1-3pm only)

Cambois - St Andrew's Church, NE24 1QX (Friday mornings only)

Suggested items to include in the gift box/bag:

- Warm knitted items – hat, scarf, gloves, shawl
- Thermal socks, bed socks, slipper socks
- Toiletries, thermal hand warmers, costume jewellery
- Thermal cup, hot choc, tea, coffee, mini whisky or baileys
- Biscuits, Christmas cake, sweets, preserves.
- Book, puzzle book, sudoku, crossword etc.
- Pack of playing cards, dominoes, jigsaw
- Adult colouring book & pens, craft pack
- Diary, calendar, memo block, shopping list book, address book
- Christmas card, bauble or decoration
- Hot water bottle or 'hottie', key ring, small torch, candle



AND FINALLY...

And finally, we have had some staff changes since our last Newsletter. Welcome to Fran Middlemiss, our newest member.

Welcome



We sadly said goodbye to Carly Johnstone, who is now working for Gables medical as a Care Coordinator, and we welcomed back Christine Eastlake.

And a **BIG** congratulations to Marcelle, who secretly got married! And is now Mrs Marcelle Lemin.

Congratulations!



GET IN TOUCH

If you are a patient of either, Bedlingtonshire, Gables, Guidepost or Seaton Park GP surgeries, and feel you would benefit from our Community Link Service, you can ask your surgery reception staff or healthcare professional for a Link Worker referral.

If you have any queries regarding
our service, please contact
Jane McGee, Manager, on 0731 1797935
or email

WansbeckCLW@cygnussupport.com

Alternatively, you can find us on
Northumberland Frontline.

Also Facebook
[@WansbeckCommunityLinks](#)

All the very best from Jane, Christine,
Justine, Graham, Marcelle & Fran.



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Wansbeck
Primary Care Network