



Photograph © Simon Veit-Wilson

## one in four

The human touch at  
Middlesbrough Mind

**An estimated one in four people in the UK experiences mental ill health at some point in their lives. Alongside the public and private health services, the voluntary sector plays a vital role in putting us on the road to recovery. Rock Reports talks to three organisations about their work.**

Seven years ago, Keith Hancock was living in Staffordshire. He had worked in industry for a long time and wanted to do something different with his life. Feeling he did not have time to go back to college to retrain, he started looking for opportunities to volunteer. He had always been interested in mental and emotional health and spotted an advertisement for Changes, a user-led, mental health charity in Stoke on Trent.

'They were looking for volunteers to do group work and they were offering the training too,' he explains. 'I'd had some experience of group work and I thought it looked interesting.' It turned out to be so interesting that, in 2000, Hancock moved back to Northumberland (where

he was born) and set up Changes North East. The Scarman Trust was an early supporter and then Northern Rock Foundation agreed to support his salary.

The Changes approach is a simple one. A bit like Alcoholics Anonymous, it organises weekly meetings that enable people to go, at their own pace, through a 12-step programme to recovery. What Changes means by recovery is the ability to live with mental ill health rather than suffer continuously from it. 'It's not a step a week and then you're cured,' Hancock explains. 'It's about learning to recognise that you have choices and then taking control.'

Changes North East started with two groups, one in Amble, the other in Alnwick. Now it has two staff and 15 groups, including five in Newcastle. Some people come for a few weeks and decide it is not for them; others stay for years, enjoying what the group provides. Members range in age from 18 to 83, but most are between 30 and 55 and two thirds are women.

For Hancock, it is important that Changes is able to act fast. 'Mental distress is as common as a cold, but we know what to do with a cold and we know it will go away. It's not like that with anxiety, stress or depression. A lot of us, and particularly older people, are frightened by the experience. If you're climbing up the wall, who can you turn to for help? The professionals don't have the resources to respond in a hurry, but if you phoned me today, I could get you to a Changes group in 24 hours.'

The groups in Newcastle meet at different times of day, so that people have more choice. New members hear about Changes North East through word of mouth, or they see a poster, or they are referred by a GP or community practice nurse. As project manager, Hancock spends a lot of his time talking to senior managers in care trusts and GPs' surgeries. He has a DVD that shows the kind of service Changes provides and that has helped to win the confidence of the profession. 'It was hard at the beginning, but they understand what we do now,' says Hancock. 'They can see that we might be useful.'

### Mind out

Mind is the biggest mental health charity in England. It campaigns, at a national level, to change policies and attitudes that negatively affect the lives of people experiencing mental distress. Meanwhile, more than 200 local Mind associations are busy delivering services in the community. These organisations are independently constituted and managed, and while they must sign up to Mind's values and meet its standards, they decide what the needs are locally and how best to meet them. Northern Rock Foundation is currently supporting several of them.

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# one in four

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Middlesbrough Mind was started in 1994 by a group of people with experience of mental ill health, who could see there was a need for a socially-based support group for others in the same boat. More than 20 years later, the charity occupies two neighbouring buildings, one housing offices and rooms for one-to-one sessions and the other, a social centre. The Open Mind Centre is open seven days a week and there are always two support workers on duty.

‘One thing we have plenty of is time,’ says Emma Howitt, Middlesbrough Mind’s manager. ‘You may get 15 minutes with your GP and see your social worker every couple of weeks, but if you need someone to talk to now, we are here.’ Most people make an appointment to talk to a support worker, face to face or over the phone, but anyone in crisis can just turn up.

About a third of the current users are referred by GPs, a third are being supported by a mental health trust and a third have no official diagnosis. The number of people using the Open Mind Centre and the one-to-one service is rising steadily. Three years ago, staff recorded 2,500 support sessions. Last year the number had climbed to 3,700, an increase of nearly 50%. Howitt agrees that this may be because her team is advertising itself more widely and is working more closely with other organisations, which recommend it to their clients, but she is also certain that there are more people in need of help.

‘There may be a lot of regeneration going on in Middlesbrough,’ she says, ‘but the impact on people’s health has yet to be seen. There are a lot of people living in very deprived circumstances and dealing with multiple

problems - debt, drugs, alcohol. Most of the people who come to us are experiencing mental ill health, but for some it is about a short-term emotional problem. They may be feeling upset or really angry about something and just don’t know how to deal with it.’

Whatever the causes or symptoms, Middlesbrough Mind’s ten-strong team aims to respond in a personalised and practical way. The pressure on health service funding means it very rarely refers anyone to specialist mental health services. In addition to its one-to-one work, it steers people towards information and organisations that may help with some of their underlying problems, such as housing and debt.

Most of the additional resources for mental health provided by government have gone into acute services and while Howitt does not question the need at that end of the mental health spectrum, she does wonder how organisations like hers are expected to cope with the increasing demand.

## Positive people

Hartlepool Mind is a contemporary of Middlesbrough Mind but, in the past four years, it has completely changed its way of working. Ian Caldwell was appointed project manager in 2002 and then manager. He brought with him an interest in something called the ‘human givens’ approach to mental health.

The idea is that humans are born with certain emotional needs and at least some of the resources we need to fulfil them. These are the ‘givens’. Examples of emotional needs include the need for intimacy and friendship, the need to give and receive attention, the need for

privacy, the need to feel control over our lives, and so on. When these and other needs are not met, the result can be mental ill health. Some people in this situation find they can draw on their own resources (their inner strength) and recover. Others need help to learn how to use those resources.

So how has the human givens approach changed what Hartlepool Mind does on a day-to-day basis? ‘It is so simple,’ admits Caldwell, ‘that sometimes you can feel a bit of a fraud.’

‘Five years ago, we were offering a drop-in service - tea and sympathy. It was too passive. We are much more proactive now. We assess people’s needs, we talk to them about their skills and interests and about what they need in order to recover. We organise our own activities, but we also do what we call navigation, supporting people to access other services and opportunities. It’s a very practical approach.’

The charity has eight full-time and four part-time staff as well as sessional workers. The change in direction did initially result in resignations, but Caldwell is very happy with his current team. ‘We’ve got people from all sorts of different backgrounds now. What we look for are people who are good to be around; positive people with common sense.’

These organisations all believe that we are more likely to be able to live with mental ill health, and in some cases to recover completely from it, if we are treated as individuals. Their personalised approach encourages people to look to themselves, as well as to the professionals, to find their own way forward.

## For further information

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If your emotions are at a low ebb and you’re feeling:

anxious?

isolated?

depressed?  
helpless?

You aren’t alone – CHANGES can help you to:

- Become more assertive
- Learn coping strategies
- Feel valued and worthwhile
- Build confidence and self-esteem
- Find hope for a fulfilling future
- Make the right choices in life
- Come along and sample a free and confidential session for improved WELL-BEING - health, welfare, comfort, contentment and independence

For more information contact Keith Hancock: 01665 713144  
Log on to [www.changes.org.uk](http://www.changes.org.uk) or email [changesnortheast@tiscali.co.uk](mailto:changesnortheast@tiscali.co.uk)  
Registered Charity No. 1089876

Changes

weekly support groups

### Chester-le-Street

Community Centre, Newcastle Road  
(opposite Civic Centre) Tuesday 12.30-2.30

### Newcastle upon Tyne

Launchpad, Holy Jesus Hospital, City Road  
Friday 11-1pm

Kenton Centre, Sherringham Avenue  
(within the Library) Thursday 1-3 pm

Walkergate Medical Centre, Scrogg Road, Walker  
Monday 7-9 pm

CARERS CENTRE, 6 Saville Place, (CARERS GROUP)  
Alternate Wednesdays 1.30-3.30 pm

### Gateshead

TYNESIDE WOMEN’S HEALTH, Swinburne House  
Alternate Wednesdays 10.30-12.30 pm

### North Shields

Methodist Church, Hawkeys Lane Thursday 7-9 pm

### Shiremoor Youth Project

Connexions at Shiremoor Centre - ask for details

Working in association with Age Concern, Connexions,  
Bridge Project, WHAC, Tyneside Women’s Health, NHS Primary  
Care Teams, local Health Centres

*Special pull out and keep programme guide*

## introducing the Foundation's work from January 2007

**We're here at last. After 18 months of consulting and reviewing, we now know what the Foundation will be doing for the next five years.**

What a fascinating journey it has been. We've listened to the views and ideas of nearly 1,000 people; we've held events all across our region, and we've revisited all the grants made over the past three years, reflecting on what went well, and what was less successful.

We said, at the beginning of this process, that what we learned would inform our thinking but we also warned that just because a lot of people wanted us to do something, it would not necessarily make it on to our list of priorities. I'm happy to say that the new programmes and other work that will be doing, over the next five years, genuinely reflect concerns that were raised time and again during our consultation.

We have not changed priorities and programmes for the sake of it and you will see plenty of continuity in our programmes, even if some of the names are different. Where there are bigger changes, or new priorities, they are building on what has gone before. We remain committed to both tackling disadvantage and improving quality of life and we are continuing to fund in North East England and Cumbria only.

Perhaps where you'll see the biggest change is not in our grant programmes, but in our determination to use other tools where we think they will be more effective. Of course, we are mainly a grant-maker, supporting charitable activities through open application programmes, but we're also going to commission and manage policy-related work, training and development activities for the sector and special initiatives to tackle

particular problems. We are going to continue to look for different ways to invest, for example through loans and grant/loan combinations. You'll hear more about these ideas in the months to come, but there is a taster in what follows.

Thank you to all our applicants and other colleagues who have done so much to help us get this far. I hope you agree that what we've come up with properly reflects the concerns and needs of North East England and Cumbria.



**Fiona Ellis**  
Foundation Director

## guidelines from September 2006

When we talk specifically about disadvantage, we mean the problems people face because of:

- age - for example, young people and old people;
- disability;
- displacement - for example, refugees and asylum seekers;
- a lack of employment opportunities;
- geography - where people live may affect their ability to get basic services, to work together for mutual benefit or to enjoy a healthy and fulfilled life;
- crime - for example victims of domestic abuse;
- prejudice and discrimination - for example, against lesbians and gay men or black and minority ethnic communities.

**Our current objectives are to tackle disadvantage and improve quality of life in North East England and Cumbria. We focus on problems that are particularly acute in our area, and broader social and economic concerns where there are solutions here that we can share nationally.**

We also support cultural activities that benefit everyone, without a specific focus on disadvantage. As well as providing opportunities for people simply to enjoy culture, we think these approaches help raise the profile of the region, making it more attractive to tourists, businesses and those who might come to live here. This in turn will help improve social and economic well-being more generally.

We use a variety of tools to achieve our aims:

- grant programmes;
- policy and research work to inform and influence the environment in which the activities we support take place;
- VCS training and development;
- special initiatives concentrating on particular issues in depth, alongside evaluation and advocacy of emerging good practice;
- loans and other investments, providing alternative tools to support charitable activities.

# the grant programmes

## money and jobs

**Helping disadvantaged people and communities to increase their assets, income and economic activity.**

We will invest in work that brings in more money for individuals and communities, and allows them to hang on to it once it has arrived. We will also back creative approaches that help get people into work, especially those most disadvantaged in the labour market e.g. women, disabled people, long-term unemployed, black and minority ethnic groups, and refugees.

We are particularly interested in:

- practical support or training that helps people move into employment;
- business start-up and growth, investment and job creation in disadvantaged areas;
- organisations like development trusts that draw money into an area and keep it there;
- ways of securing assets to make communities more economically sustainable;
- targeted benefit take-up programmes, especially for older people;
- projects that help people manage money and debt;
- improved access to financial services for individuals, voluntary and community organisations and businesses that are unable to use traditional sources of finance.

Generally we favour projects based in a particular area - urban or rural - over those taking a broader approach. You will need to describe the place and why its economy needs rebuilding. The request to us must be for something that is charitable although you do not have to be a registered charity to apply. If you, or we, are unsure about the charitable status of your proposal we will take advice from the Charity Commission.

## independence and choice

**Giving people with mental health problems, people with learning disabilities, older people and carers a choice of excellent services that help them to become or remain independent.**

We want to help organisations that deliver support to these groups of people over and above what statutory authorities provide. This means that we will not fund services that should be the responsibility of statutory organisations or those which were previously funded by local authorities or the NHS. However, we recognise that the state does not meet the comprehensive range of vulnerable people's needs, and that the quality and choice of services is patchy. In this programme we want to address these gaps in provision.

You will need to have some track record of work in the relevant field and be able to show us that you will run high quality services that meet the widest range of people's needs. We will prioritise work in places where there is little or no provision. We will also seek to link organisations together to share good practice. Innovation is not a requirement, but we are happy to consider proposals that the statutory sector would find too difficult or risky to fund, or that take a new approach to providing services where it is sensible to do so. In this programme we are also especially concerned to see that the people who use your services are involved in their development and delivery.

## strong and healthy communities

**Strengthening people's well-being through community and physical activities, improving local environments and by helping them eat healthily.**

This programme covers four areas of work.

**Community activities.** Social relationships and networks are an important part of people's well-being. Well run community facilities can be the hub of community life in both disadvantaged urban and isolated rural areas, providing space for a range of activities and hosting local services. We want to invest in organisations that make the best use of these facilities by providing resources for enjoyable activities and projects that bring people together, and help them develop social networks and support. We will support communities linked to particular places, and those linked through a common identity, such as black and minority ethnic groups.

**Physical activities.** Regular exercise is an excellent way of improving people's health, and providing opportunities for them to socialise. But healthy physical activity is not all about sport. It can just as easily mean walking or cycling as part of a daily routine. We want to invest in organisations that run physical activities that reach disadvantaged people of all ages and abilities, especially those that promote broader health awareness to those who become involved. We are particularly interested in supporting work with groups who are less likely to take part in sport or exercise, including women and girls.

**Local environments.** A good quality local environment and public space for people to enjoy make important contributions to community well-being. We want to invest in organisations that help people in disadvantaged areas develop more understanding of, and connection to, the environment around them, and those that support them to improve and make better use of public and green spaces.

**Food.** People's health and well-being are improved when they can easily get good, fresh, affordable food. We want to invest in organisations that encourage people to understand and improve their diet, that help them develop nutrition and cooking skills and those that provide more opportunities for them to grow or buy healthy produce.

## building positive lives

**Helping people who lack self-confidence or motivation, or who face discrimination, to have the individual support they need to lead more positive and fulfilling lives.**

In this programme we will invest in organisations providing one-to-one services that help people to overcome barriers, explore their ambitions and achieve their goals.

The groups we want to target are:

- people who misuse substances such as drugs, alcohol and solvents;
- homeless people;
- people who face prejudice and discrimination because of their identity, including refugees and asylum seekers, black and minority ethnic groups and lesbian and gay communities;
- disadvantaged young people aged 11-25.

The kinds of services we will fund include:

- crisis support;
- schemes that help people find and keep a home;
- conflict mediation;
- mentoring and befriending;
- personal development programmes, including life skills and those that use arts as a tool to engage people;
- advice projects.

The activities may take place in a range of settings, and we will also support detached and outreach work. In all cases you will need to show us how you will measure the progress people make as a result of your work.

## safety and justice

**Reducing the incidence and impact of domestic abuse, sexual violence, prostitution, child abuse and hate crimes, by investing in better support for victims.**

We want to invest in organisations that can help:

- reduce the incidence of these crimes;
- reduce their impact on victims and their families;
- reduce repeat victimisation;
- increase the number of cases going through the criminal justice system.

Examples of the kinds of work in which we might invest include:

- advocacy and support;
- crisis services;
- schemes that encourage reporting of crimes;
- prevention and education programmes with children and young people;
- projects that encourage survivors to get involved in policy and practice development;
- research that has a clear application to policy and practice.

We will provide funding to expand the work of existing organisations where it is effective, to develop new services and to help organisations come together to learn from each other and work together on a problem. We are interested in organisations whose work responds to the needs of victims where the crimes overlap, as well as those concentrating on one area. If your proposal is for joint work by a consortium that includes statutory organisations we can consider it, but we will not support individual applications from public sector bodies for their own work.

## culture and heritage

**Inspiring, enjoyable and diverse culture programmes and events that raise our region's profile and make it a better place for everyone to live and enjoy life.**

We are not seeking directly to tackle disadvantage in this programme, nor for applicants to demonstrate a direct link with economic regeneration. Rather we want to invest in organisations that provide enjoyable and stimulating activities of the highest quality to the widest population.

Examples include:

- arts programmes;
- museums;
- built and environmental heritage sites.

We will also support schemes that offer opportunities to develop skills for cultural practitioners at all stages of their professional lives. Examples might include:

- trainee schemes for technical theatre skills;
- support for developing traditional heritage skills;
- leadership programmes.

We will want to look at the quality of the experience you offer and to be confident that you have thought about how to make your facility or activity available to as many people as possible. Sometimes activities will be, by their nature or because of the place in which they happen, restricted to fewer participants. We will, nevertheless, fund such projects from time to time.

## better buildings

**Investing in improved buildings for cultural organisations and for voluntary and community groups.**

We will provide capital funding both for new buildings, and for substantial improvements to the structure and fabric of existing facilities, within the following categories:

- arts, heritage, sports and environment organisations. As with our Culture and Heritage programme, you will have to demonstrate how the activities that take place within the building are of the highest quality and regional significance.
- community facilities in disadvantaged urban and isolated rural areas. You will need to have a good justification for any new build or refurbishment and be able to show us that the facility will be well used.
- schemes that will provide better working environments for voluntary or community organisations, or those that will house new or expanded services for disadvantaged people. You will have to have a strong case for any development in the context of other facilities in the area or for the same beneficiary group.

All proposals will need to demonstrate good and appropriate design. We will only contribute to building plans that meet duties under the Disability Discrimination Act, unless they are for a heritage scheme which has special dispensation.

We will look critically at the environmental aspects of your proposal, for example sustainable building construction, renewable energy use and energy efficiency. We will favour proposals that exceed the most basic 'green' standards. We also encourage organisations whose proposals include plans for local purchasing.

We are very unlikely to offer grants of less than £10,000 or more than £500,000 in this programme. We will make grants during the year across the full range indicated above, and will manage our budget accordingly, but there will not be many very large grants. We will consider investing a grant/loan combination in buildings that have a capacity to generate sufficient income. In such circumstances we may make larger contributions.

### Applying for a grant

**Please do not make an application unless you have read our full guidance. It is available on our website or by contacting our office.**

First make sure that you are eligible for funding by answering these questions:

- are you sure that neither your organisation nor the purpose for which you want a grant falls under our list of exclusions - things we will not fund?
- will the activity for which you want a grant take place in North East England or Cumbria?
- does your proposal clearly fit within one of our programmes?

If you can answer **YES** to all three questions, you are eligible to apply to us.

### How to apply

If you are eligible, you can apply:

- online via our website; or
- by completing a form and posting it to us. Forms are available as downloadable documents on our website (in Word and PDF formats), or from our office.

# general information about funding

## What kind of grants do we give?

We offer core support, project grants and capital grants. We are happy to make grants to support salaries and employment costs, and if your proposal includes these, you should read our additional guidance on employing people before applying. It is available on our website or from our office (see right for details).

We will support tried-and-tested activities that can prove they are still meeting a clear need. We also fund genuine innovation where it is warranted. It is up to you to say how your chosen approach fits within the aims of our programmes.

## What sort of organisations can apply?

You should be a properly constituted organisation. You do not have to be a registered charity but the purpose for which you are applying must be charitable according to law and you must be allowed by your constitution to take on the task you propose. You need to show us that you are capable of carrying out the proposal you put to us. You are more likely to be successful if your organisation is led by, or effectively represents, the people you are trying to help. We would prefer to assist by responding to people's own views of what needs to be done and equipping them, financially, to make changes themselves.

We encourage and support organisations to work together, where this will produce better results for their beneficiaries. We will accept consortium applications, although our grant must be made to a specified lead organisation.

If we have previously turned down your proposal, you should not reapply for the same purpose unless your rejection letter explicitly tells you that you can and under what circumstances.

## How much can you apply for?

You should carefully work out the genuine costs of your proposal and apply for what you need to do the job. We

have a policy of funding fewer applicants properly rather than giving many smaller grants. We will, if necessary, go through your budget with you to see if it is sound and to test whether you could manage with less, if we cannot offer all you need. We encourage you to apply to other funders as well as us, since we cannot always fund the whole cost of a project.

## How many years' funding do we offer?

We make most of our grants over one, two or three years, but we will consider making grants over longer periods if there is a good reason to do so. If your project has a clear goal that you intend to reach within a certain period, we will try to fund it for the time needed to do the job properly. We may fund work we have supported previously, but you should not assume we will offer another grant. If you want to apply to continue your core or project funding, you should discuss the matter with us at least nine months before your current grant expires.

## Can you hold more than one grant at a time?

We would rather you did not become too dependent on us for the bulk of your income, so we discourage organisations from asking for too many grants to run at the same time. But we take a sensible and practical view: if your organisation serves different groups of people in different ways we may be able to help more than once. You must talk to us to see if another bid might be possible before applying.

## Loans from the Foundation

The Foundation wants to gain the maximum benefit from our resources for people in our area. By offering loans in addition to our grants, we can bring back a proportion of our money to use again and help more people. The Foundation's loans come from our reserves, not from the budget for our main grant programmes. We operate our loan scheme in partnership with Charity Bank.

The Foundation has a special application form for loans, which you can download from our website, or request from our office.



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foundation

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Woodbine Road  
Gosforth

Newcastle upon Tyne  
NE3 1DD

Tel: 0191 284 8412

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Minicom: 0191 284 5411

[www.nr-foundation.org.uk](http://www.nr-foundation.org.uk)

# VCS training and development

The Foundation's VCS training and development activity builds on our previous work under the Better Sector programme, our training initiatives and our learning and support grants. We offer training courses and capacity building support, and we make strategic investments in voluntary sector infrastructure. Each year there will be a programme of activity that the Foundation will develop, commission and lead. We aim to invest in training and development where we can have most effect, filling gaps in provision and prioritising under-resourced topics and locations.

Courses will cover full cost recovery, governance, procurement, sustainability, management and leadership, as well as finance, communication and negotiating skills. Working with such training providers as Project North East, the Management Centre, Mark Butcher and the Learning Team, we will offer courses to new and emerging groups and medium-sized organisations. Individual staff members and trustees will be able to build their skills and expertise and where possible add accredited courses to their CVs.

The Foundation will also support individual managers and leaders by offering mentoring and support at times of significant change, or to people new to management. We are also developing courses for arts organisations, and for those working specifically with black minority ethnic communities and refugees and asylum seekers.

As far as possible, courses will be held across Cumbria and North East England. Visit the 'our work/VCS training and development' section of our website to learn more about the opportunities on offer.

## Anne Burleigh

Director of VCS Training and Development

northern rock foundation  
VCS Training &  
Development



Northern Rock Foundation  
is a registered charity.  
Registered number: 1063906

# the trouble with guns

**'Campaigners have called for tougher controls on air guns after a schoolboy shot in the eye with an air rifle dies from his injuries...'**

**'A teenager is still in a critical condition after he and a friend were shot as they queued in a McDonald's...'**

The first of these headlines appeared in August, the second in September. Gun-related deaths in Britain are still rare and incidents involving more than two people are rarer still. It is more than ten years since Thomas Hamilton, a local man, walked into Dunblane Primary School and killed 16 pupils and their teacher, wounding many more in the process. It was the worst gun crime Britain has ever seen. One of the bereaved parents and a small group of supporters set up the Gun Control Network (GCN), to campaign for a ban on the civilian ownership of handguns. The GCN argued that people without guns are less likely to think of using them in anger, or to commit crimes. It was a controversial campaign but Parliament was convinced and within months, the law had been changed.

While the new legislation has removed thousands of handguns from circulation, the number of incidents involving airguns

and imitation guns continues to rise. Linda Mitchell's son was shot in the face with an airgun, five years ago. He survived, but the event changed his mother's life.

She now works for the Infer Trust (the educational arm of the GCN) visiting schools, showing films about guns, and encouraging pupils she meets to ask questions. Northern Rock Foundation contributed to some of her setting up costs and supported her post for two years. She gives talks in assembly, works in the classroom and is available during the break. One of her most useful tools is **Watch Over Me**, a series of fictional films made by another educational charity, [missdorothy.com](http://missdorothy.com). Using a style and language that appeal to this age group, the films show young people at risk of getting involved with guns and knives and provoke discussion about what the audience might do in a similar situation.

The demand from teachers continues to grow and Mitchell typically spends five days a week in schools, travelling throughout the North East. She is covering considerably more ground than the police are able to with their occasional talks and she has proved surprisingly popular.

'I'm not a teacher. I'm not the police. I'm just a parent and a person who cares about what they are doing,' she says. 'I say to them that we've all got choices in life and all those choices have consequences. I do tell them about my son. I tell them that he was only 12 and that he was shot by a boy who was younger.' Her first-hand experience makes it more real. So too do the trips she arranges to police stations. 'We go through the whole scenario of what happens when you get arrested: finger prints, photographs, taped interviews and then a visit to the cells. Prevention has to be the way.'

Meanwhile, the GCN has won another victory. The Violent Crimes Reduction Bill, which is now making its way through parliament, includes a ban on the sale, manufacture, transfer and import of imitation firearms. 'Imitations are a huge problem,' says GCN Chair, Gill Marshall Andrews. 'They cause such fear. The Bill has taken our proposal for a ban almost word for word, and that is very encouraging.'

## For further information

Linda Mitchell  
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T: 07967 869974

Gill Marshall Andrews  
Gun Control Network  
E: [gill@marshallandrews.com](mailto:gill@marshallandrews.com)  
[www.gun-control-network.org](http://www.gun-control-network.org)



A scene from **Watch Over Me II**, one of a series of personal safety soap operas for 11-16 year olds, produced by [missdorothy.com](http://missdorothy.com) and used by the Infer Trust in the North East



# better buildings

It has taken a while, but the Foundation's decision to invest in well designed buildings that attract attention to the region has begun to pay dividends.

Following the completion, two years ago, of the Sage Gateshead (which we helped to fund) and Gateshead Millennium Bridge (which we didn't), we have been celebrating some spectacular design on a smaller scale. Dance City (left) and Woodhorn Colliery Museum Visitor Centre (below) are new buildings, while Northern Stage (bottom) has transformed the former Newcastle Playhouse into a contemporary centre for the performing arts.

Photograph © Marcus Ginns



Photograph © Richard Moran

Photographs © Margaret Eagle Clark



Photograph © Peter Atkinson



Photograph © North News & Pictures



**Dance City**, Temple Street  
Newcastle upon Tyne NE1 4BR  
T: 0191 261 0505

Architect: Malcolm Fraser Architects

**Woodhorn Colliery Museum Visitor Centre**  
QEII Country Park, Ashington NE63 9YF  
T: 01670 528080

Architect: RMJM

**Northern Stage**, Barras Bridge  
Newcastle upon Tyne NE1 7RH  
T: 0191 230 5151

Architect: Arts Team



Northern Rock Foundation is a registered charity.  
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The Old Chapel,  
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