

Cree Network Transcript

[Soundtrack: Upbeat music plays in the background for the duration of the video.]

[Text: Amanda Healy, Director of Public Health – Adult & Health Services]

[Amanda Healy] Crees are a really important part of our thriving voluntary and community sector in County Durham.

[Pictures: A group of adults sitting around a table doing craft activities. A group of young people standing by a river in the countryside.]

[Amanda Healy] The first Cree project was ten years ago, and they are based on the Australian “Men Sheds” concept, where men got together to support each other with mental health issues, however we took the local name of Crees.

[Pictures: A map of County Durham showing the location of Crees. Two men working on an elevated plot of soil. Three women sitting at a table arranging leaves and flowers. A group of young people smiling at the camera. A young girl standing on stilts supported by two girls.]

[Amanda Healy] We now have over forty Crees operating across County Durham and they are sometimes for men, women, and we are really delighted that we also now have some children and young peoples Crees. They support people right across County Durham.

[Pictures: Three women sitting at a table doing craft activities. A group of all ages in the countryside raising their arms to pose for the camera.]

[Amanda Healy] They have been really important through out the Pandemic when people have tended to be more socially isolated, and also people have had increased anxiety and mental health issues.

[Pictures: Four young people sitting around a table playing a board game. Artwork, depicting a miner wearing a miner’s hat made out of clay arranged on a table. Two boys playing a board game. A young girl sitting on a horse and smiling at the camera. Two older men doing woodwork at a table.]

[Amanda Healy] They are very different, they are all different in their approach and it also based on the needs of the local area, but also what people attend in the Crees, bring, and the assets that they bring, so it might be that somebody is really good at cooking, or DIY skills, arts and crafts, local history, and they are all the things they can bring to the Cree, and this informal network that supports people to improve their health and wellbeing.

[Text: Susan Ratcliff, Cree Champion]

[Susan Ratcliff] Hi, I am Susan, I joined the Cree at Anfield Plain in 2018.

[Video clips: Various shots of a group of women sitting around a table doing craft activities.]

[Susan Ratcliff] I came as a client because I needed to learn some new crafts, because I couldn’t get my head together, because I had a son who took his own life, and all the girls here have helped me tremendously. I am now Cree Champion so now have Anfield Plain Cree and Stanley Cree.

[Pictures: A group of people of all ages in a group shot outdoors.]

[Text: Lestryne Tweedy, Cree Coordinator]

[Video clips: Various shots of a group of women sitting around a table doing craft activities.]

[Lestryne Tweedy] The centre began eleven year ago. We decided to put these crafting sessions on because it raises self esteem and confidence, and it is a way of the ladies interacting with each other, and they make new friends so it is a great benefit and I believe in it thoroughly.

[Picture: A group of people of all ages in a group shot outdoors.]

[Text: Michelle Kindleysides, Cree Coordinator]

[Michelle Kindleysides] Our men's group started, our men's Cree started in 2014, and then we joined the Cree Network and we have been part of the Cree network for several years now. We now have two men's groups that meet every week.

[Video clips: Various shots of a two men working on an elevated plot of soil.]

[Michelle Kindleysides] We have a morning group and an afternoon group, some of the men that come are living with dementia as well, and we do all kinds of activities depending on what people want to do.

[Pictures: A older man smiling at the camera while he rakes soil. Two men sitting at a table doing a craft activity.]

[Text: Paddy Clough, Cree Volunteer]

[Paddy Clough] One of the joys of our cottage is that is a lovely, homely place with a fire on that I think always makes a difference to people and we just mix together.

[Video clip: A close up shot of a lit coal fire, the shot pans out to show three men sitting together talking and drinking from mugs.]

[Paddy Clough] And we get on so, so well and we all like drinking tea, and having a good chat, and all the other things that men enjoy doing when they are socialising together. And it is amazing how many of the men said that there was that the decision to come was a hard one, but they don't regret it for a second. It has really made a big difference to their lives coming.

[Video clips: Various shots of four men working on an elevated plot of soil.]

[Text: Chris Milner, Cree Coordinator]

[Video clips: Various shots of two girls sitting at a table and writing and drawing.]

[Chris Milner] This group Chillax, it's an informal group and it is specifically designed for young people who don't particularly like the hubbub and the noise and the busyness of a normal youth club. And so they come here and do a lot of hands on work experiential learning, and myself and Dawn, we give them a drink of pop and it is somewhere they can come every week and just chill out.

[Pictures: Three young girls painting watched by an adult. A close up shot of a painting.]

[Chris Milner] The help that we get from the Cree and from the local authority is enormous and we are forever grateful, thank you.

[Text: www.durham.gov.uk/creenetwork For more info.]

[Amanda Healy] If you are interested in becoming a member of a Cree please have a look on the website and you will see which is the one most local to yourself. And most of all in terms of our Crees I am delighted that there are so many because they reach into our local communities and it is so important.

[Text: Cree County Durham (logo)]

[Video clips: An increasing number of lines appear from the Cree County Durham logo, at the end of each line is the name of a Cree, this continues building until the screen is full.]

[Amanda Healy] And we know that through that informing network and the activities they do; they are really improving people's health and wellbeing.

[Text: Durham County Council. Like, Comment, Share.]