

Beamish Crees

Alan, Participant

[Text: Alan, Participant at Beamish Cree]

Images [Graphic skyline image across bottom of page. Logo with County Durham Together Partnership logo and Better for everyone strapline]

[Video: Alan sat in shed at Beamish's Clover Cottage]

[Alan: I started coming to Beamish Museum at Orchard Cottage, it will be what now, eight years ago now. And I come because I had mental health problems. I had packed in work, and I just could not face life at all. I had nothing to do, sitting in the house, so my doctor suggested to try to come to Beamish to see what's its like. Mind you, if it hadn't been for Beamish helping me the way they did, the girls, I had tried to kill myself two or three times and if they hadn't of talked to me every Tuesday and everything, I don't suppose I would have been here now. Now I help men with mental help problems every Tuesday afternoon and I really enjoy it, and it is fantastic. Like I said, if it hadn't of been for Beamish and the group and the three girls in the office, I don't think I would have been here. I sit and talk to the men and when they first come, they're very quiet and since I've talked to them....in fact, there's a man who's just started a fortnight ago, he's just lost his wife, he'll not miss a Tuesday now. He sits beside me in there every Tuesday, we chat, we'll come in here and have a chat. Every man seems to come to me for their problems that they've got because I understand how they feel because they've got mental health problems like I did.]

[Images: County Durham Together Partnership logo]