

NT LIFE
RECOVERY COLLEGE

**Learning
Insights
From
Everyone**



PROSPECTUS

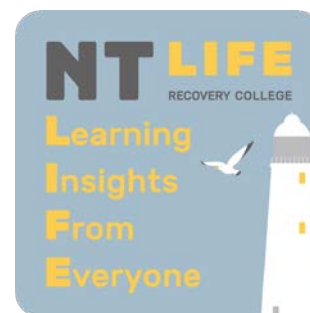
September 2019 – December 2019

Issue 1



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TBC

TBC

Hello and welcome to North Tyneside L.I.F.E. (Learning Insights from Everybody) Recovery College,

We have been busy since June of this year developing our programme for delivery, starting mid-September 2019.

I would like to take this opportunity to thank everyone who attended the **Drop In Sessions** for your input and feedback. Without the opportunity to connect and listen to your ideas, we wouldn't be where we are now with the range of courses and workshops on offer.

I would particularly like to thank those people who have continued to volunteer their time and efforts; we couldn't have achieved this without you:

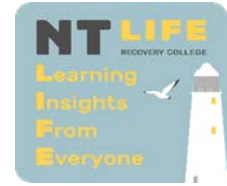
Neil W, Sheila C, Lynda H, Sharon A, Janet B, Emma F, Yasmin J, Amanda L, Amy C, Emma H, Charlotte O, Dawn C, Rosie W, Patrick M, XueMei Q, Shelley P, Alice C, Ruth O, Phil W, Paul L, Alison L, Elliot T, Michelle J, Emily B, Julie B, Mick T, Emma R,

Your contributions have been invaluable at getting us ready for enrolments and delivery. I look forward to building on our efforts with you all.

To newcomers, it is my hope that we can provide you with the opportunity to join our community and gain new knowledge, skills and friendships.



Code of Conduct



What you can expect from NT LIFE (Recovery College):

- To provide an up to date listing of courses that are running within the local area that you can enrol on.
- To be respectful of the rights, life choices, beliefs and opinions of others, and to promote freedom of speech.
- To give advice regarding potential routes once you have completed your course.
- To keep all personal information confidential in line with our GDPR policy (available upon request).

What we expect in return:

- To be respectful of the rights, life choices, beliefs and opinions of others, and to promote freedom of speech.
- To validate each other, avoid judging each other and to assume everyone is doing their best.
- To maintain punctuality to all meetings and courses. Contact either your course facilitator or **NT L.I.F.E** to inform of any changes.

We have a zero tolerance policy on all forms of discrimination and prejudice. Facilitators and students are reminded to maintain appropriate boundaries

Confidentiality:

Information shared during the course, between students or staff will remain confidential. However there are certain times when we may need to share your information with other professionals, services or agencies. These include:

- If there is concern that a child is at risk from harm
- If there is concern that you are putting another person at risk of harm
- If you have threatened to do serious harm to yourself

What to do if you feel the Code of Conduct has been breached:

- Discuss with your course facilitator at the earliest opportunity.
- If this is not possible or you wish to discuss your concerns outside of your group, contact **NT L.I.F.E**. Email: info@voda.org.uk
- Further escalation of Safeguarding issues can be raised with VODA on 0191643 2626

About Being a Student

All of our sessions are co-produced by individuals who have lived experience of challenges with their own mental health (experts by experience), carers and healthcare professionals.

We hope we are able to support you on your recovery journey to living a full and satisfying life, in the presence or absence of symptoms, by educating, empowering and inspiring you.

The inclusive nature of the college means that students:

- Require **no educational qualifications**
- Contributions are recognised and valued
- **Get to choose your own courses.**

Courses are **free of charge** and open to all **North Tyneside residents aged 18 years old and above**. They are particularly aimed at people who have experienced mental health challenges, their families, and carers and for those who work in the mental health field.

Interested in Becoming a Student?

To register your interest and keep you updated with the information that matters to you **please complete an Expression of Interest form**.

Please ask for any assistance you need with this, we will be happy to help!

We would love for you to contribute to the development of the college by sharing your thoughts on:

- Activities, groups, courses, workshops you would participate in
- Information that would help you engage with us
- Ideas of where you would look for that information
- Timings of sessions
- How we can eliminate barriers for you
- How we can help with accessing the college

You can do this by contacting Ali Donkin, either

By email

ali.donkin@voda.org.uk

Or by calling

0191 643 2628

About Being a Volunteer

As part of our commitment to people's recovery and well-being, we are developing a volunteer programme. There are many benefits to volunteering including, but not exclusive to:

- Gaining confidence
- Making a difference
- Meeting different kinds of people
- Making new friends
- Being part of a community
- Learning new skills
- Taking on a challenge
- Having fun!



We are developing a number of opportunities to help people increase their knowledge, skills and experience and to achieve their goals. Our volunteer roles are flexible and include a variety of experiences including:

- Administrative
- Peer support
- Co-facilitation
- Course delivery

The emphasis is on how the College can help you achieve your goals rather than what you can offer the College as an organisation.

Interested in Volunteering?

To register your interest and keep you updated with the information that matters to you **please complete an Expression of Interest form.**

Please ask for any assistance you need with this, we will be happy to help!

You can do this by contacting Ali Donkin, either

By email

ali.donkin@voda.org.uk

Or by calling

0191 643 2628

Expression of Interest Form

If you want to be kept informed about the Recovery College please provide your contact details below.

Forename(s): (please print)		Surname: (please print)	
Address:			Age:
Postcode			
Email:			
Preferred contact Number:			
Preferred method of contact (please tick all relevant boxes)			
Phone call: <input type="checkbox"/>	Email: <input type="checkbox"/>	Post: <input type="checkbox"/>	
To help us ensure that we are reaching a wide cross-section of the local population it would be helpful to us if you could tell us what your ethnic origin is:			

If you would like to learn more about the college or discuss how the college can help you, please contact the College Lead on **0191 643 2628** or email the Recovery College: **ali.donkin@voda.org.uk** to arrange an informal chat.

Alternatively please return your completed form to **NT LIFE Recovery College**, c/o North Tyneside (VODA), Queen Alexandra Campus, Hawkeys Lane, North Shields, NE29 9BZ

By signing this form you consent to VODA processing your information in order to allow us to provide you with further information about Recovery College services. We may share your details only where it is appropriate to do so. You may obtain details of the information we hold about you, free of charge, by contacting the Chief Executive, VODA Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ. You may, at any time, request that we stop processing your data. If you make this request then you will not receive further information about Recovery College services. A full Privacy Statement is available on request.

Signed:.....

Date:.....

NT L.I.F.E Recovery College

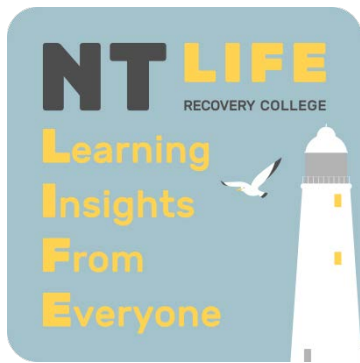
Timetable

Delivery At The HUB, Linskill Centre, Linskill Terrace, North Shields

Day	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm
Tuesday Week 1	Creative Writing Start date 17/09/19 Gemma O Connor		Enrolment Session	Art Group Start Date 9/7/19 Mick Turnbull		R. Y. S. E & Shine Assertiveness Confidence Worth Self-Awareness Self		Ali Donkin	Talk Tech & Tinker Paul Lopham Start Date TBC
Tuesday Week 2			Taster Sessions Commencing October						
Wednesday Week 1	Positive Wellbeing & Mindfulness Start Date 18/09/19		Drop In Positive Mindfulness	DB Cuppa T Start date 17/7/19 Julie Bishop		Resilience Emma Ramshaw		WRAP/SMART	
Wednesday Week 2			Start Date 18/09/19			Creative Writing Resilience Emma Farrell			Start Date TBC

Delivery At The Parks Howdon Rd, North Shields NE29 6TL

Day	10am	11am	12pm
Monday		Newcastle Football Foundation Mental Health Football	Newcastle Football Foundation Mental Health Football



Football for Health

Improve your mental health and wellbeing at a friendly football session!

Free sessions* where everyone over 18 is welcome

*Sessions are free for 36 weeks

This is an opportunity to engage with people through the shared interest of football. Learn new skills, improve existing skills. Grow your confidence, your mental health and your circle of friends.

Where?

The Parks Sport Centre,
North Shields, NE29 6TL

When?

Every Monday
11am – 12pm



For More Information or To Enrol

Email: ali.donkin@voda.org.uk

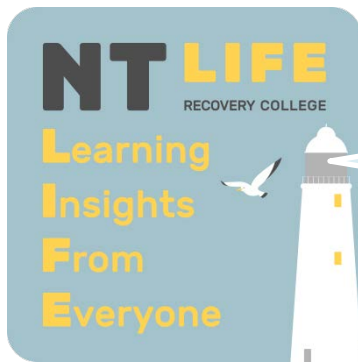
Call: (0191) 643 2628

<https://voda.org.uk/north-tyneside-recovery-college/>

Or

Email: ashley.lowe@nufc.c.uk

Call: 07580 116 172



Creative Writing Group

Are you interested in exploring different ways of expressing yourself, using words and language?

This group is suitable for all abilities. The aim is to help you create something unique and personal.

Creative writing is a very individual process that can help you explore your experiences and emotions, whilst building self-confidence. The sessions are intended to be a safe and empowering space, where you can work privately or share your work with others, as you choose.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Tuesdays
10am – 12pm
Starting 17th September

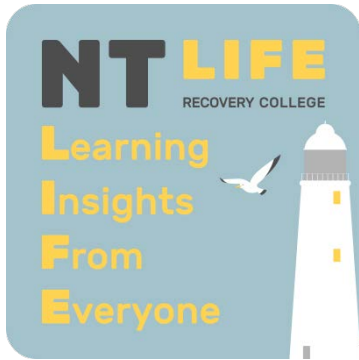
**FREE and
available to
North Tyneside
Residents 18+yrs**

For more information or to enrol

Email: ali.donkin@voda.org.uk

Call: (0191) 643 2628

<https://voda.org.uk/north-tyneside-recovery-college/>



Dogs and Friends Walking Group

Do you love dogs?

We are seeking people with **friendly, well behaved dogs** and people who **love dogs** but don't have one to come along to our **friendly dog-walking group**.

It is well known that dogs, with their friendly, non-judgemental nature, are good to be around. Couple that with a good walk and a chat and it becomes great for our overall health and mental wellbeing.

We are looking for dog owners and their dogs, and non-dog owners who want to benefit from the experience of getting some gentle exercise around our furry friends and make friends with their owners too.

Where?

Starting from outside the Linskill Centre, Linskill Terrace, North Shields, NE30 2AY

When?

Tuesdays

10.30am – 12.30pm

Starting 24th September

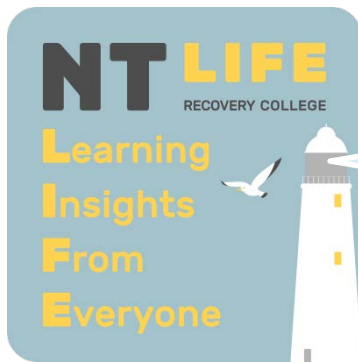
FREE and available to North Tyneside Residents 18+yrs

For more information or to enrol

Email: ali.donkin@voda.org.uk

Call: (0191) 643 2628

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Art Group

**Are you interested in exploring your artistic side?
Would you like to develop ideas, express them
visually and make friends?**

This group is suitable for all abilities from beginners to those with a broader background.

A relaxed, creative environment where you can explore art, painting, and drawing, using a variety of mediums.

A practising artist with a background in art education leads participants to explore their own creativity, developing ideas in a supportive environment that improves confidence and helps to improve and sustain a positive mental health outlook.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Now running Tuesdays
1pm – 3pm

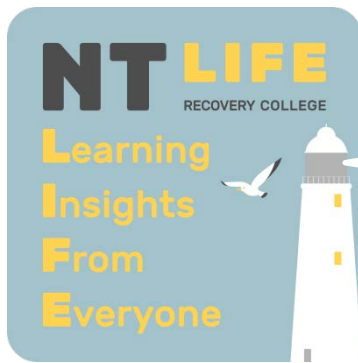
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Assertiveness Workshops

Part of the RYSE and Shine Programme

Do you say YES when you really mean NO, or say NO when you really want to say YES?

Do you end up feeling bad about yourself or others because you give in, give up or get angry when communicating?

Explore assertiveness and **learn** how to establish and maintain **safe personal boundaries**.

Overcome limiting beliefs and **empower** your voice and behaviours to express yourself; openly, honestly, positively and confidently.

Feel good about yourself when interacting with others
Practice assertion in a safe and fun space.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Tuesday 17th September 2019
3pm - 5pm

Tuesday 24th September 2019
3pm - 5pm

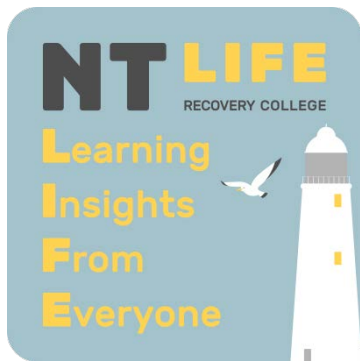
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Call: (0191) 643 2628

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Confidence Commandoes

Part of The RYSE & Shine Programme

**Would you like to gain more confidence
in your everyday life?
Act it! Feel it! Do it!**

Explore your understanding of confidence and harness your own potential in a fun and relaxed environment.

This course will explore issues relating to confidence, and what can prevent us from acting, speaking and communicating with the authenticity we want.

Together we will identify and build on your existing skills, while developing a range of tools and techniques designed to improve your confidence in daily life.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

**Tuesdays
3pm – 5pm**

Starting 1st October for 3 weeks

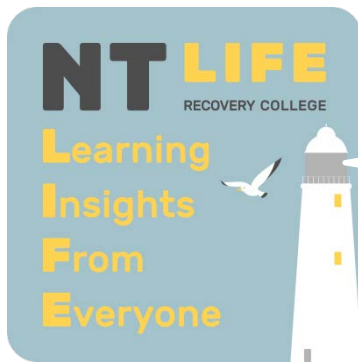
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Self-Awareness and Self-Worth

Part of the RYSE and Shine Programme

Do you want to build positive self-esteem?

Improving your level of self-esteem and self-worth is linked with overall mental and emotional wellbeing.

This programme is designed to increase your self-awareness. You will gain a clearer perception of your personality, strengths, weaknesses, thoughts, beliefs, motivation, and emotions. Empowering and educational, this course is aimed at supporting you to achieve your potential.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Tuesdays
3pm – 5pm
Starting end of October

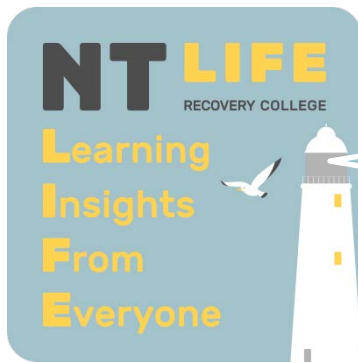
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For more information or to enrol

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Talk, Tech & Tinker

Are you passionate about how things work and interested in fixing things?

Do you hate waste and love to rescue items?

This is an opportunity to **learn and share your knowledge and skills.**

Repair, Rescue, Remodel or Upcycle, small household items.

Watches, ceramics, toys, radios, jewellery, vacuum cleaners!

Get help and assistance understanding tech and computers.

These sessions will include demonstrations, and practical hands-on opportunities.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Tuesdays
5pm- 6pm
Starting 17th September 2019

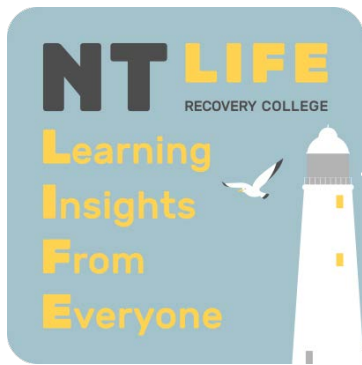
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Positive Wellbeing and Mindfulness

Do you want to take control of your mental health? Do you want to discover mindfulness techniques and wellness tools that work for you?

No prior mindfulness experience is needed, scepticism is welcomed - the only entry requirements are optimism and the desire to be nice to yourself for a change!

This 8-week programme will show you the mindfulness tools to allow you to take control of your mental health. The course uses 'smugness-free' and 'jargon-free' mindfulness techniques, positive psychology, wellness tools and mixes 'hippy' with science - never forgetting that the focus is YOU! YOU decide what tools works for you! YOU bin what doesn't work for you!

Where?

The Hub
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Wednesday
10am - 12pm
Starting 18th September 2019

FREE sessions

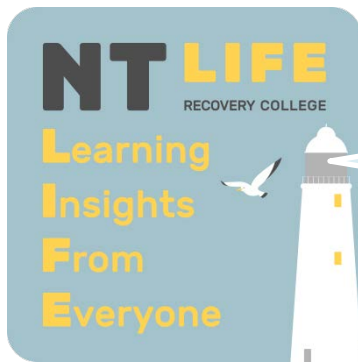
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D B Cuppa T

Open to:

D.B.T attendees, past or present

A safe and confidential group supporting Dialectical Behavioural Therapy offering fun, friendship and freedom to talk.

An informal relaxed space to discuss any issues with homework, with people who have completed the course.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Now running Wednesdays
1pm – 3pm

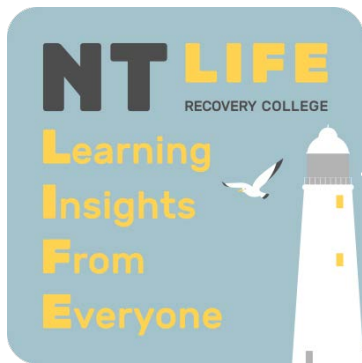
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Call: (0191) 643 2628

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Survive and Thrive

When something goes wrong do you tend to bounce back or fall apart?

If you tend to fall apart more than bouncing back this programme is for you.

This programme will look at what resilience is and how to develop and maintain it. You will create your own personal resilience "toolkit" as you go, giving you the ability to see past the problem, find enjoyment and better handle stressors.

Where?

The Hub
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Every other Wednesday
3pm – 5pm
Starting 18th September 2019

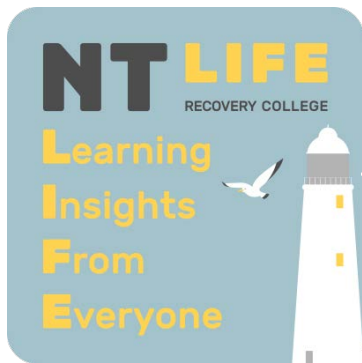
FREE sessions
Available to
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Residents 18+yrs

For more information or to enrol

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Call: (0191) 643 2628

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Creative Writing for Resilience

Do you want to breakdown your
barriers to writing and build
your resiliency skills?

This programme, can be used to enhance the skills you will learn on the Survive and Thrive programme or be used as a stand-alone, to silence your inner critic, develop your writing skills and share your work (if you want to) in a supportive space.

Where?

The Hub
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Every other Wednesday
3pm – 5pm
Starting 25th September 2019

FREE sessions

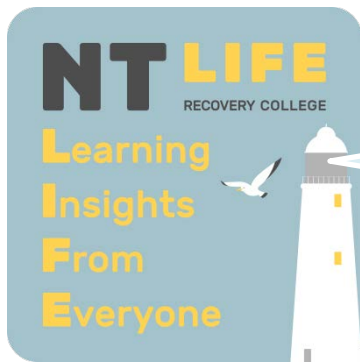
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For more information or to enrol

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Call: (0191) 643 2628

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Positive Language, Self-talk
and (optional) CV Writing

Do you want to be kinder to yourself?

Do you want to build up a more positive self-profile?

Do you want to build your confidence?

Yes? Then this course is for you!

Learn how to speak kindly to yourself and become more confident in your abilities!

See that self-confidence isn't negative – learn how to replace your negative voice with positivity.

Overcome negative self-belief, find your personal skill set and be kind to your mind.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

To Be Confirmed
Enrolling Now

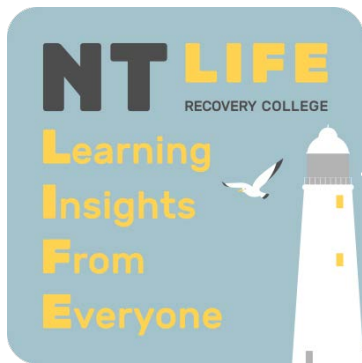
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Walking Netball

**Are you interested in fun and laughter,
building friendships and team work?
Would you like to get active and
improve your fitness level?**

Walking Netball is a slower version of the game; it is netball, but at a **walking** pace. It can give those who feel isolated an outlet, provide an activity for those who don't deem themselves fit enough to run anymore, and offer a stepping stone for those looking for a pathway back into **netball**.

Where?

The Hub
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Starting October 2019
(Day and times to be confirmed)

FREE sessions
Available to
North Tyneside
Residents 18+yrs

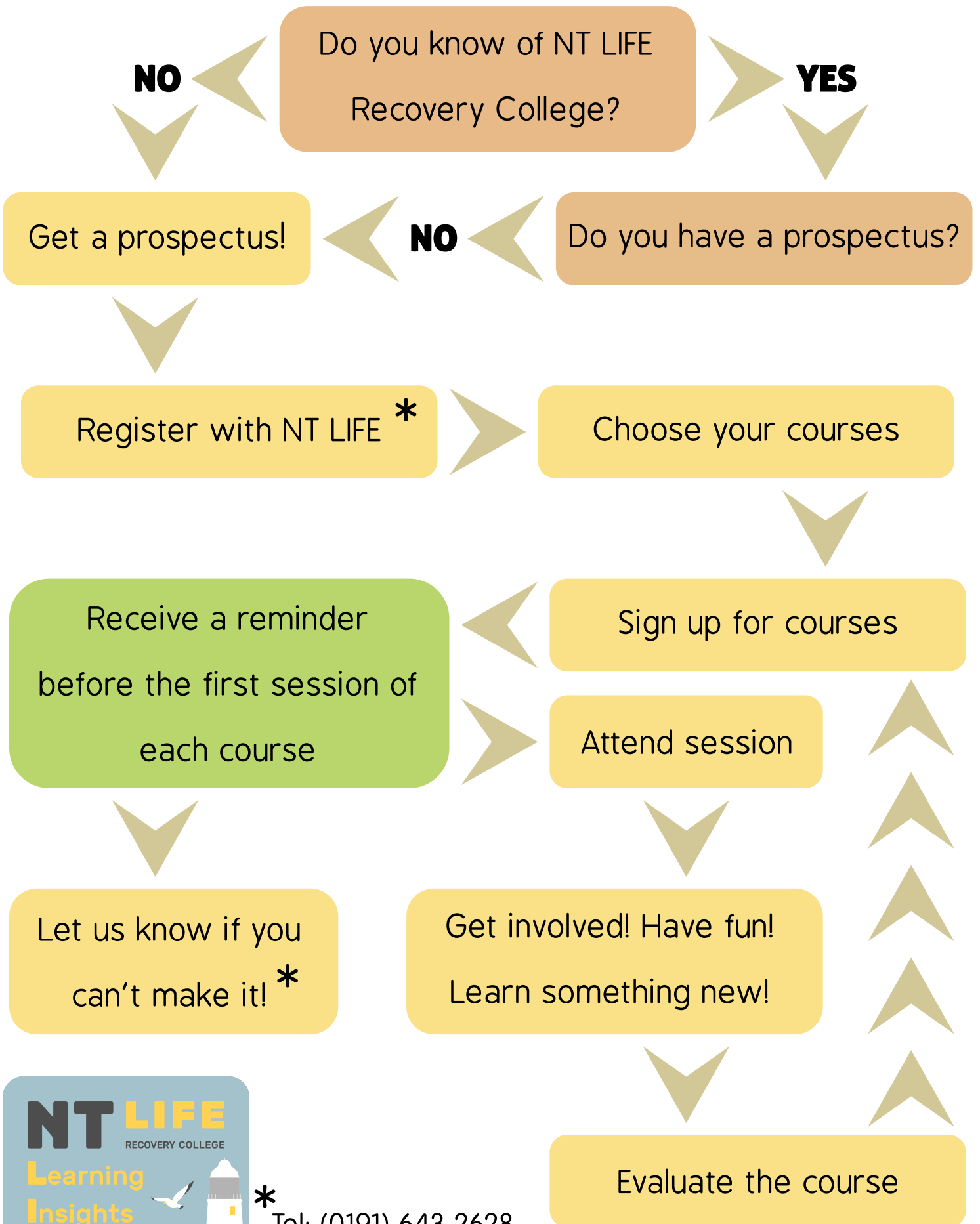
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Call: (0191) 643 2628

<https://voda.org.uk/north-tyneside-recovery-college/>

YOUR STUDENT JOURNEY!



* Tel: (0191) 643 2628
Email: ali.donkin@voda.org.uk
<https://voda.org.uk/north-tyneside-recovery-college/>