

# Tyneside Recovery College

5th Floor, Broadacre House, Market Street, Newcastle upon Tyne, NE1 6HQ

## Prospectus April – July 2016



The Ivy Centre for Recovery Knowledge has become the Tyneside Recovery College, and in the New Year we moved to Broadacre House in Newcastle city centre.

Our new premises are large enough to offer more courses and workshops to more students. There will be plenty of creative activities, performances and exhibitions to complement the courses and workshops that we currently offer to support your recovery from mental illness, trauma or distress, substance misuse or life struggle.

With peer support groups to suit lots of different needs and input from our many friends in the third sector, Broadacre House will become a hub for peer led opportunities. We've also been busy developing courses in Gateshead. Working with partner organisations to create opportunities that are educational, therapeutic and interesting.

Everyone needs to feel supported and understood. It can often be easier to explore the impact of trauma and distress with someone who has experienced a similar journey to your own. The Recovery College is peer led and peer run. This means that everyone who works at the college have their own lived experience of recovery and survival. Our courses have been developed around what people have already found to be helpful in their own recovery.

We acknowledge that many students have had difficult pasts and so it's important to us that students feel safe enough to be able to explore their emotions, connect with others, and feel supported to recognise their own innate resilience. We want you to feel a sense of belonging.

All courses are free and open to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress. Or to anyone who might find them beneficial to their wellbeing.

If any of the courses interest you then contact us on **0191 261 0948**

Or email us; [ivycentre@ntw.nhs.uk](mailto:ivycentre@ntw.nhs.uk) to make an appointment to come in and enrol.



## Our courses for April – July

Course	Venue	Start date	Time
Recovery through Strength and Hope	Broadacre	Thursday 12th May	1pm - 3.30pm
Spirituality and Recovery	Broadacre	Wednesday 27th April	1pm – 3.30pm
Creative Wellness	Broadacre	Tuesday 26th April	9.30am - 12 noon
DBT Skills	Broadacre	Monday 9th May	10am - 12 noon
Recovery through Blogging	Broadacre	Monday 16th May	1pm - 3pm
Progressive Muscle Relaxation (PMR)	Broadacre	Monday 25th April	10am - 11.30am
Exploring Emotional Resilience	Broadacre	Wednesday 4th May	9.30am - 12 noon
Creative Writing	Broadacre	Wednesday 27th April	11am - 1pm
Understanding Medication	Broadacre	Thursday 5th May	10am - 12 noon
Understanding Psychiatry	Broadacre	Monday 9th May	1pm - 3pm
Adult ADHD	Broadacre	Wednesday 27th April	1pm - 3pm
Understanding the impact of a difficult childhood	Broadacre	Monday 18th April	9.30am - 3.30pm
WRAP Awareness	Broadacre	Thursday 12th May	9.30am - 4pm
De-stigmatising mental health art workshop	Broadacre	Wednesday 11th May	12 noon - 4pm
Mirror	Broadacre	Thursday 16th June	9.30am - 12 noon
Joelene English Workshops	Broadacre	Friday 22nd April	10am - 12 noon
Bellydance	Broadacre	Wednesday 18th May	1pm - 3pm
<b>Performance workshops</b>			
With added nuts	Broadacre	Thursday 14th April	7pm - 8pm
Cracking up	Broadacre	Thursday 12th May	7pm - 9pm
Course	Venue	Start date	Time
Gardening	Ivy Centre, St Nicholas Hospital	Tuesday 12th April	10am - 3pm
Course	Venue	Start date	Time
Bill Quay Farm	Bill Quay Community Farm Hainingwood Terrace Bill Quay, Gateshead NE10 0UE	Wednesday 22nd June	9.30am – 3pm

## How to find Broadacre House

### By bus

The bus stops on Market, Pilgrim, Blackett and John Dobson Streets are less than 5 minutes walk including bus services 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100

### By Metro

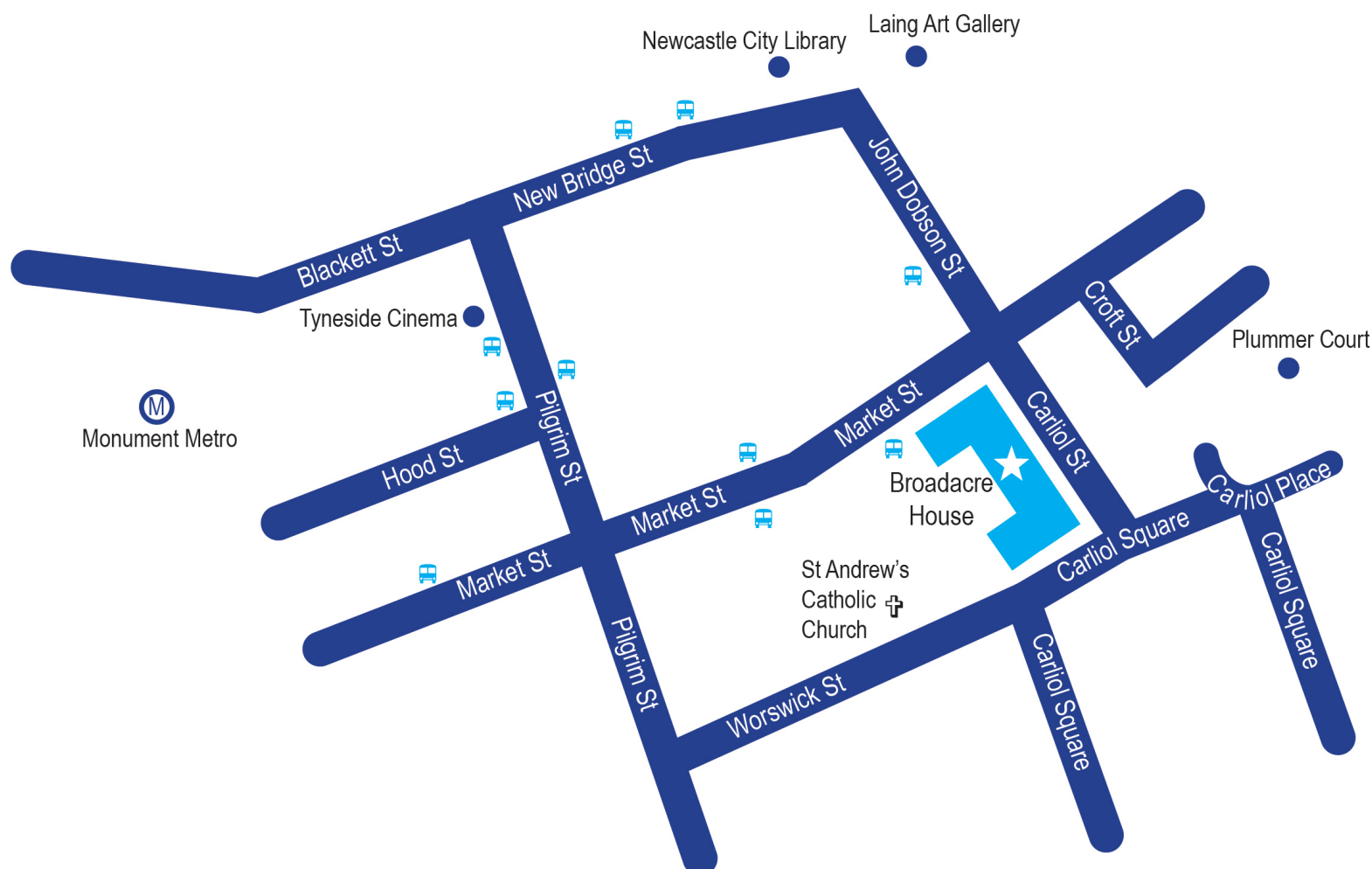
Monument 6 minutes walk; Manors 10 minutes walk

### By bike

Broadacre House has five parking spaces plus public bike parking by the City Library

### By car

The Recovery College has a few dedicated parking spaces. Let us know at your enrolment if you will require one. There are public car parks nearby.



## Creative Wellness



We hope that this course will encourage students to develop creative skills which will enhance their emotional wellbeing. The focus will be on learning a series of creative skills such as printmaking, model making, basic drawing techniques, creative writing and book making, which will hopefully influence and emphasise recovery and hope. The students' recovery journey expressed through a range of creative techniques will interlink and combine to make an emotional wellbeing first aid kit.

Although creativity can be an important part of recovery for many people, so too can meditation, mindfulness and relaxation. Each session will incorporate creative skills and basic meditation and mindfulness techniques. It is hoped that the combination of both skill sets will aid and empower people along their journey of recovery, instilling a sense of hope.

"I feel very accepted and valued here"

### This course will run on:

**Tuesday 26th April 9.30am - 12 noon**  
**Tuesday 3rd May 9.30am - 12 noon**  
**Tuesday 10th May 9.30am - 12 noon**  
**Tuesday 17th May 9.30am - 12 noon**  
**Tuesday 24th May 9.30am - 12 noon**  
**Tuesday 7th June 9.30am - 12 noon**  
**Tuesday 14th June 9.30am - 12 noon**  
**Tuesday 21st June 9.30am - 12 noon**  
**Tuesday 28th June 9.30am - 12 noon**  
**Tuesday 5th July 9.30am - 12 noon**  
**Tuesday 12th July 9.30am - 12 noon**  
**Tuesday 19th July 9.30am - 12 noon**

"Lovely people, excellent tutors"

## DBT Skills Course

### This course will run on:

**Monday 9th May 10am - 12 noon**  
**Monday 16th May 10am - 12 noon**  
**Monday 23rd May 10am - 12 noon**  
**Monday 6th June 10am - 12 noon**  
**Monday 13th June 10am - 12 noon**  
**Monday 20th June 10am - 12 noon**  
**Monday 27th June 10am - 12 noon**  
**Monday 4th July 10am - 12 noon**  
**Monday 11th July 10am - 12 noon**  
**Monday 18th July 10am - 12 noon**

This is a peer led course that looks at how Dialectical Behavioural Therapy skills (DBT) can practically help people who have trouble understanding and managing overwhelming emotions.

This course is suitable for people with recognised personality difficulties or those people who struggle with the following:

intense negative emotions, impulsive behaviours, feelings of emptiness, mood swings, wanting to hurt yourself or regularly finding yourself in unhealthy relationships.

Shared experience, validation, mindfulness and distress tolerance exercises will form a basis for every session.





# Broadacre House







## Progressive Muscle Relaxation Programme (PMR)

### What is PMR?

A relaxation technique teaching awareness of and for the own body. By controlled tightening and then releasing of muscles, the body learns to relax on cue. The techniques used by this approach are easy to learn and can be practiced almost anywhere.

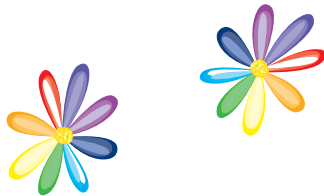
Progressive Muscle Relaxation has been empirically verified for its positive effects on (mental) health related issues such as anxiety and depression, as well as general stress reduction. It is suitable to any age and anyone but psychosis patients.

### The course

Each class we will spend a couple minutes to talk about current states and set the scene for a positive and relaxing environment. We will then close our eyes and spend about 20-30 minutes on PMR before enjoying a fantasy mind travel to relax fully. After the activity, we will have some time to talk about our experiences and emotions during the session and evaluate if anything feels different after our mind and body exercise.

### This course will run on:

Monday 25th April 10am - 11.30am  
Monday 9th May 10am - 11.30am  
Monday 16th May 10am - 11.30am  
Monday 23rd May 10am - 11.30am  
Monday 6th June 10am - 11.30am  
Monday 13th June 10am - 11.30am  
Monday 20th June 10am - 11.30am  
Monday 27th June 10am - 11.30am  
Monday 4th July 10am - 11.30am  
Monday 11th July 10am - 11.30am  
Monday 18th July 10am - 11.30am



## Recovery through Strength and Hope

This is an eight week course for current or previous users of drugs and/or alcohol.

The course is delivered by peers, who have lived experience of recovery from substance misuse.

We hope that by attending this course peoples' awareness of recovery is raised and their knowledge regarding the choices and opportunities available to them is increased.

*"The worst thing about recovery is that you get your feelings back"*

We understand that managing those feelings can often be overwhelming and so we hope to provide some tools and skills to help people deal with life after drugs and/or alcohol.

We want to support people to recognise the strength, resilience and resourcefulness they already have within them and use these skills to build a better future.

Please note; these sessions are in the afternoon. If you are a current user you will need to be sober when you attend.

### This course will run on:

Thursday 12th May 1pm - 3.30pm  
Thursday 19th May 1pm - 3.30pm  
Thursday 26th May 1pm - 3.30pm  
Thursday 9th June 1pm - 3.30pm  
Thursday 16th June 1pm - 3.30pm  
Thursday 23rd June 1pm - 3.30pm  
Thursday 30th June 1pm - 3.30pm  
Thursday 7th July 1pm - 3.30pm



## Exploring Emotional Resilience

**This course will run on:**

**Wednesday 4th May 9.30am - 12 noon**

**Wednesday 11th May 9.30am - 12 noon**

**Wednesday 18th May 9.30am - 12 noon**

**Wednesday 25th May 9.30am - 12 noon**

**Wednesday 1st June 9.30am - 12 noon**

**Wednesday 8th June 9.30am - 12 noon**

**Wednesday 15th June 9.30am - 12 noon**

**Wednesday 22nd June 9.30am - 12 noon**

**Wednesday 29th June 9.30am - 12 noon**

**Wednesday 6th July 9.30am - 12 noon**

This course is facilitated by a peer who has had lived experience of managing emotional difficulties that have impacted upon her behaviour. Through sharing experiences, challenges, skills and knowledge regarding managing challenging emotions, participants will support each other in learning more helpful techniques and coping mechanisms.

"I feel better knowing I can maybe learn to like myself"

## Spirituality and Recovery

This five week course will provide an opportunity to explore in a supportive group how addressing our spiritual needs can help our mental well-being.

How do we feed our spirits? How can we best deal with the past and look forward to the future? We'll seek to explore the concepts of joy, forgiveness, spirituality, faith, hope, and love. This is for everybody, whether they are religious or not ...

**This course will run on:**

**Wednesday 27th April 1pm - 3.30pm**

**Wednesday 4th May 1pm - 3.30pm**

**Wednesday 11th May 1pm - 3.30pm**

**Wednesday 18th May 1pm - 3.30pm**

**Wednesday 25th May 1pm - 3.30pm**

## Recovery Through Blogging

A workshop to provide an insight into the use of personal, online blogging as a tool in mental health recovery. Giving you the opportunity to learn what a blog is, how you can benefit from reading or following one and the journey of I'm NOT Disordered - a mental health blog set up by the course facilitator (Aimee Wilson) with now over 100,000 followers.

"It has helped me see that we are all humans, we have strengths, we make mistakes, and that's ok"

"It's okay to take one step at a time, there's no pressure"

**This workshop will run over 2 sessions on:**

**Monday 16th May 1pm - 3pm**

**Monday 23rd May 1pm - 3pm**

**and again on:**

**Monday 20th June 1pm - 3pm**

**Monday 27th June 1pm - 3pm**



## Understanding Medication

This one day workshop explores the practical and physiological impact of taking medication.

It's an informal discussion group with a senior pharmacist that explores issues through shared experience.

This workshop is suitable for anyone who wants to learn more about medication or for those who are thinking about changing, reducing or coming off medication.

**This workshop will run on:**

**Thursday 5th May 10am – 12 noon**

**Wednesday 8th June 1pm – 3pm**

**Monday 18th July 10am – 12 noon**

**This course will run on:**

**Monday 9th May 1pm - 3pm**

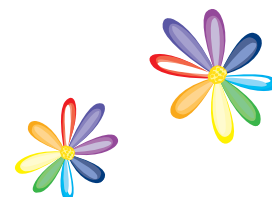
## Understanding Psychiatry

The session will initially describe the approach taken by psychiatrists in assessing, understanding and treating mental disorder. It will include briefly the development of psychiatry as a branch of medicine, looking at similarities and differences from the rest of medicine and will also describe the areas of information that are considered important in the history and investigation, and consider the concepts of diagnosis and formulation as used by psychiatrists. It will set out the approach taken to consider the many different influences on a person's health and how these are taken account of in reaching a conclusion, and planning care and treatment.

We will then look forward to an interactive discussion about the strengths and weaknesses of this approach. Like all approaches there are limitations, some of which psychiatrists are aware of and others perhaps less so. Others still are perceived by service users, carers and members of the public.

By the end of the session, those who attend will have gained:

- an understanding of the psychiatrists approach, its strengths and limitations
- an understanding of a multidimensional formulation
- an understanding of the benefits and limitations of diagnosis



Facilitated by the former Medical Director of Northumberland, Tyne and Wear NHS Foundation Trust.

## Creative Writing

**This course will run each**

**Wednesday from 27th April 11am - 1pm  
and each**

**Monday from 9th May at 11am - 1pm**

The group has so far been running under the auspices of Launchpad as an informal class that anyone can join. The tutor draws on a broad range of knowledge to illustrate all aspects of creative writing, from poetry to prose to drama. The sessions are relaxed and enjoyable.

Creative writing can have a powerful therapeutic effect gently encouraging participants out of their shells. Participants are encouraged to, and will have the opportunity to present their work in public such as performing poetry to an audience should they feel ready.

## Adult ADHD

An overview of the Adult ADHD rollercoaster ride

Adult ADHD has been described by a leading clinician as one of the most debilitating mental health conditions.

It is a common misconception that ADHD is limited to children. Various research studies have noted that 30% to 70% of children with ADHD continue having symptoms when they grow up. People who were never diagnosed as children may develop more obvious symptoms in adulthood, causing them trouble on the job or in relationships.

Many adults don't learn that they have ADHD until they get help for another problem, such as anxiety or depression. Discussing poor habits, troubles at work, or marital conflicts often reveals that ADHD has been at the core of such things.

Holding down a job can be tough for people with ADHD. They often have trouble breaking down tasks and following directions, staying organized, and making deadlines. Very often, adults don't realise they have ADHD, this leaves them mystified about why their goals seem to slip out of reach.

- An introduction: what exactly is adult ADHD?
- The often arduous journey to and from diagnosis, exploring the 'road bumps'.
- Exploring the myths and damage caused by the mainstream media
- Medication and other support

### Slowing the ride down

- Labels, Is Executive Function Disorder a better 'fit'?
- AD/HD usually comes bundled with one or more of a range of co-morbid conditions, which can often complicate the diagnostic process unless the clinician knows what to look for. We look at some of them.
- Exploring other approaches to dealing with Adult ADHD
- Local and national projects with a creative flair
- Group work Discussion

"It's a safe, friendly and relaxed environment where I can be myself"

"I've learnt to challenge perceptions around mental health"

"I feel safe and not judged, it's helpful"

# AD/HD

North-East  
Adult AD/HD  
Support Group  
=NORTH=

<http://aadhd-ne-uk.weebly.com/>

**This course will run on:**

**Wednesday 27th April 1pm - 3pm**

**Wednesday 4th May 1pm - 3pm**

**Wednesday 11th May 1pm - 3pm**

**Wednesday 18th May 1pm - 3pm**

**Wednesday 25th May 1pm - 3pm**



## Understanding the impact of a difficult childhood/formulation

This intensive, two day course will give students the opportunity to explore both subjects. Gaining an understanding as to how and why difficult or traumatic early life events can continue to affect our wellbeing.

**This course will run on:**

**Monday 18th April 9.30am - 3.30pm**

**Wednesday 20th April 9.30am - 3.30pm**

How did you learn to talk? How did you learn how to perform ordinary life tasks? How did you learn to soothe your distress? Childhood is when we learn who we are and what to expect from others. If this time was difficult then the impact on your thoughts and feelings is significant. This course explores the impact of difficult early life and its effect on the present.

**Formulation** is a helpful technique used by health care professionals to make sense of a person's difficulties. It's basically a life jigsaw, incorporating early life experiences, belief systems and current ways of being. It draws upon psychological and social theories to really understand someone's situation and is used as an educational tool to help the service user understand themselves better and to take control of their own destiny. It's a tool which aims to emancipate the service user by co-producing a map of the past and developing a plan for the future. During these sessions you will have the opportunity to create your own formulation.

## WRAP Awareness

**This workshop will run on:**

**Thursday 12th May 9.30am - 4pm**

**Thursday 19th May 9.30am - 4pm**

A workshop for people who experience mental health challenges and for those who care about them. It promotes a structured approach to developing a range of strategies to support self-management in recovery from distress.

WRAP® (Wellness Recovery Action Plan) is a plan designed and managed by you and is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviours
- Increase personal empowerment
- Improve quality of life
- Assist you in achieving your own life goals and dreams

"Listening to others makes me realise I'm not alone"

## De-stigmatising mental health art workshop

**This workshop will run on:**

**Wednesday 11th May 12 - 4pm**

We will be using spoken word and photography in order to de-stigmatise mental health. Everyone can contribute something such as a statement they'd like to share with the wider public about mental illness and distress.

We will be taking photographs of people's hands as they speak. The idea would be that the photographs would accompany the person's contribution about mental health, allowing the participants to take ownership of the end exhibition. This workshop will give an opportunity for people to get involved with arts and have their voice heard.



## Mirror

This two hour introduction to mirror work with time to chat and practice after the session will allow you to reconnect in a safe and supportive environment of just women.

**This course will run on:**

**Thursday 16th June 9.30am - 12 noon**

**Thursday 23rd June 9.30am - 12 noon**

To give you the skills to face the mirror in a new and more loving way. "what you think about yourself will come true, so you don't want to think bad things." Louise Hay.

Based on Louise Hay's book "How to heal your Life" and her realisation that Affirmations are one of the most powerful things in your mind, They are the constantly repeated stories we tell ourselves; I'm clumsy, I'm useless, I'm a good cook but I can't bake, I would never be able to do that....

These words are like old familiar clothes we pick up and wear not because we like them but because its less scary than wearing a new outfit. Here's the good news thoughts are not really true and you can choose to change them to more positive and liberating words. These positive affirmations can transform your thinking and how you experience life.

Louise Hay believes that "A mirror reflects back to you the feelings you have about yourself" and she recommends practicing mirror work if you don't already. When you get out of bed, go to the mirror and say "I love you, I really, really love you" This is an amazing practice that sounds so very simple. Just stand in front of a mirror and be nice to yourself.. Problem is we have been trained to have a very different experience in front of a mirror we spot every flaw and begin to list our shortcomings, and are amazed that no one else can see them as clearly as we do, until for many people the simple act of looking in the mirror becomes a daily challenge, avoided in changing rooms or hallways. Come and join us in beginning to transforming that experience and discover the powerful effect positive affirmations can have.

## Joelene English Workshops

**This workshop will run on:**

**Friday 22nd April 10am - 2pm**

**Friday 29th April 10am - 2pm**

**Friday 6th May 10am - 2pm**

**Friday 13th May 10am - 2pm**

**Friday 20th May 10am - 2pm**

Joelene English is a Contemporary Dance Theatre choreographer and performance artist. Since graduating in 2006 she has gone on to choreograph and perform in an array of genres and venues, as well as teaching a wide range of students and professional artists. She is interested in using dance, film and theatre to explore human nature when destiny becomes trapped by reality. Her work combines taut choreography, beautiful scenography and emotional performance. She is fascinated by mental illness and its impact on everyday life. Through the use of intricate set design and diverse multi-mediums, Joelene creates immersive worlds that reveal sensitive and highly emotional subjects. She is inspired and challenged by deep and dark topics that allow her to dig deep in research.



“Why do we hide from the dark side of life in which we bury under the soul? My soul wants to come out to play, nowhere to hide anymore”.

To date Joelene English Dance Theatres work has had a relationship with mental illness, this has been hugely influenced from personal experiences. Researching and delving into personal cob webbed memories for work opens up a world of questions and few answers. Joelene creates work that has such influence from mental illness yet does she hide her own afflictions...

In order to be fully equipped with fact and knowledge the research for the work that I have done is through having conversations with mental health practitioners and mental health sufferers.

I have been fortunate enough to work with mental health groups and what we as a collective focused on was creative writing, poetry, objects, body language and dance.

### **Workshops**

Joelene English Dance Theatre will run five workshops over two months with a chosen group.

The sessions will be playful and fun using different art forms including creative writing, movement, drama, visual art and photography to explore the creation of an alter ego.

To tell a personal story taking moments from well-known stories as starting points and weaving the real lives of its creators in amongst fragmented fiction.

There is a story within us all and spoken word can often get in the way of communicating it with others. These workshops will offer each individual a different way to speak a voice through physicality, objects, photographs or if they dare dance.

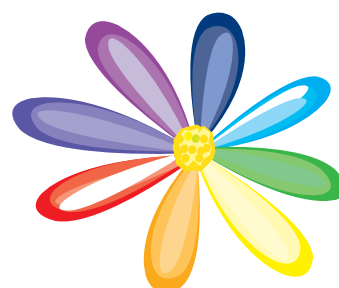
Each workshop will create an environment for challenge, discussion, creation and silence. What is created within the workshops will form the basis of a collaborative multi medium installation of individual personal journeys, including photographs, sound and objects.

## **Bellydance**

**This session will run on:**

**Wednesday 18th May 1pm - 3pm**

Come and have fun at this 2 hour Bellydance taster session. You don't have to be a good dancer, you don't have to have good co-ordination and no you don't have to show your belly! Bellydance is great low-impact exercise and is for anyone of any age, shape or size. We will look at some basic moves, keep moving and generally keep smiling. If you have a favourite song that makes you feel good, mention it when booking (any style). Mandy will choose a song from the ones suggested to set a basic choreography to for the session. Coin belts provided but feel free to bring your own! Wear comfy clothes and socks you don't mind people seeing. Any queries just ask.



## Gardening

Gardening is good for the soul. It's very literally grounding, gets you outdoors in the fresh air, involves physical activity and gives a great sense of satisfaction and achievement in producing your own food whilst enjoying the beauty of nature.

### **This course will run on:**

Every Tuesday during term time  
from 9.30am – 12.30pm

This will be a weekly group working to develop and nurture an area designated as the Recovery College Garden, within the St Nicholas Hospital site.

We aren't able to provide appropriate clothing so please bring clothes and shoes (preferably boots) that you are willing to get dirty.

The gardening group is weather dependent. Should the weather be particularly bad, please call Michael at the Recovery College who will be able to confirm whether the group is on that day, or not.



"I felt welcomed  
from the start and  
comfortable in my  
surroundings"

"The facilitators are models of  
openness and genuine engagement.  
we are constantly asked what we  
think and we are not told. We feel  
valued"







## Bill Quay Community Farm

Did you know that working outdoors can provide multiple benefits to health and wellbeing.

Research suggests that it can help you to become more mindful and meditative, alleviate depression, strengthen your physical and emotional resilience and improve your outlook on life. This course is an opportunity to explore those benefits within a hopeful and connecting environment of peer support.

The course will include a one day taster session which will be an introduction to the farm. Consisting of a tour of the animals, health and safety talk and an overview of the content of the following week long course.

Students will have the opportunity to handle and feed the small rescue animals, clean and prepare accommodation for native rare breed livestock, work in the woodland and work on the farm allotment.

Once people have tried the taster day, they have the opportunity to embark on a full week course.

Release your inner farmer!



"The people I've been working with are very understanding and helpful"

"Gets me into the world and keeps me busy"

"Everyone comes as individuals and leaves feeling motivated that you can achieve anything you put your mind to"

**This course will run for 4 days from 9.30am until 3pm on:**

**Wednesday 22nd June**

**Thursday 23rd June**

**Wednesday 29th June**

**Thursday 30th June**

Hainingwood Terrace  
Bill Quay  
Gateshead  
NE10 0UE

[www.billquayfarm.org.uk](http://www.billquayfarm.org.uk)





## Heart to Heart

Marian Moore is a North East storyteller and expert through experience who writes regularly on the web. She hereby invites old and new friends to a two-hour heart to heart at The Recovery College from **10am - 12 noon on Monday 11 April 2016.**

Currently, Marian is working on a new project which involves real people, real stories and real conversations. In inviting you along to this learning experience based on storytelling, she is hoping to get useful feedback from the Newcastle service user community as to how to proceed. For the purpose of its first public airing, Marian has chosen to start at the very beginning of the 25-module course:

- Module 1 is related to the healing power of conversation.
- Module 2 is a short version of her own recovery story.

Each of the 5-minute readings related to Modules 1 and 2 will involve the audience in comfortable small group conversations around issues that affect every single one of us, the first is happiness and, the second is post-traumatic growth.

Tea and cake will be provided.

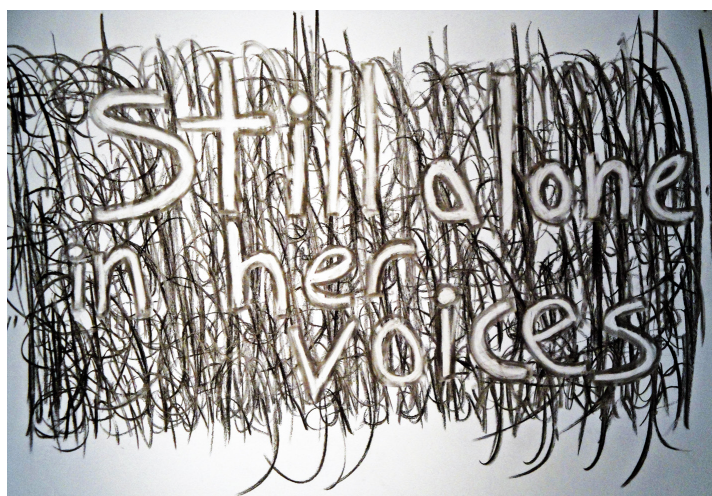


## Psychologists Against Austerity NE

Meet regularly at Broadacre.

Contact Nick Hartley for more details –  
[nicholas\\_t\\_hartley@hotmail.com](mailto:nicholas_t_hartley@hotmail.com)

## Still alone in her voices



Running until 31st May 5pm - 7pm  
***still alone in her voices***

The opening of Sean Burn's exhibition, consisting of twelve panels, the exhibition creatively explores hearing voices and is by Sean who has lived experience of mental distress. The exhibition runs until 31st May.





## *with added nuts* from Sean Burn

**Thursday 14th April 7pm - 8pm**

A wittily honest look at Sean's lived experience of mental distress fusing the humour of live art with autobiographical spoken word.



## *cracking up* with Sean Burn

**Thursday 12th May 7pm - 9pm**

A compelling durational live art performance from Sean Burn that opens up space for discussion around mental distress and health. This performance allows the audience a safe space to undergo a transformational experience of witness as well as giving their own testimony.

## More from the 5th floor...

### People affected by ADHD Support Group

**Monday 25th April 12 - 2pm**

**Monday 23rd May 12 - 2pm**

**Monday 27th June 12 - 2pm**

**Monday 25th July 12 - 2pm**

Do you, or somebody you know, have ADHD? Perhaps you think someone you know might have ADHD or that your child may be living with the condition?

Please come and speak to others parents in a similar situation who have built up a comprehensive understanding of how local services operate. This is also a great opportunity to talk to people who have had a diagnosis of ADHD and to find out more about what is available in terms of the diagnostic process, support and treatment.

Our gatherings are informative, friendly and informal so please come along and meet us!

### Keep Going group

**Fridays 10.30am - noon**

Games, chat and fun in a friendly atmosphere for the Learning Disability community. Contact [launchpadncl@aol.com](mailto:launchpadncl@aol.com) or 0191 233 0382

## North East MAD Studies Forum

Wednesday 13th April 6pm - 8pm

Wednesday 15th June 6pm - 8pm

The North East Mad Studies forum meets once a month, alternating between Waddington St in Durham and Broadacre House in Newcastle. The forum is an informal space where members come together to discuss and debate a whole range of topics associated with 'Mad Studies'.

If you think you might be interested in attending and/or would like further details, please e-mail Victoria Armstrong [vearmstrong3108@gmail.com](mailto:vearmstrong3108@gmail.com). For further information you may also like to take a look at our website which we are currently developing <http://madstudiesne.weebly.com/>.

Do come along – you are guaranteed a warm welcome!

## Safe Space

Tuesday 12th April 2pm - 4pm

Tuesday 26th April 2pm - 4pm

Tuesday 10th May 2pm - 4pm

Tuesday 24th May 2pm - 4pm

Tuesday 7th June 2pm - 4pm

Tuesday 21st June 2pm - 4pm

Tuesday 5th July 2pm - 4pm

Tuesday 19th July 2pm - 4pm



Tyneside and  
Northumberland

Our Newcastle Safe Space is a free wellbeing group for adults experiencing mental health and emotional difficulties.

A warm and welcoming supportive peer group where people support each other to make positive steps. Attending the group can help to reduce isolation by building up confidence, promoting independence and sharing experiences.

Depending on individuals need, the group is tailored each month to suit, therefore, psycho-education and coping strategies will be drawn upon appropriately.

Facilitators from Mind and Launchpad will be there to listen and support individual needs.

## PANDAS Newcastle Support Group

The last Saturday of each month from 2pm - 4pm

Pre and Postnatal Depression Advice and Support (PANDAS Newcastle) Support Group gives people affected by pre and postnatal illnesses, that's Mums as well as partners, families and carers, the chance to support each other through their ongoing recovery.

Call PANDAS Helpline 9am - 8pm on 0843 28 98 401

Newcastle  
Upon Tyne  
**PANDAS**

Pre and Postnatal Depression Advice and Support  
Out of hours you can reach Samaritans on 08457 90 90 90

**It's ok  
not to  
be ok**

Supporting individuals  
and families suffering pre  
and postnatal illnesses

Coming to a PANDAS group is a chance to meet as a small group to share experiences, gain emotional support and realise you're not alone, helping make life's challenges as a new parent a little bit easier. Join us the last Saturday of each month from 2pm-4pm; children and families welcome.

Contact Ang on 07854 880 675 or drop in to our next session.



## InSIGhts Self Injury Group

A group for those who have lived experience of self-harm or self-injury. This includes a range of issues, ranging from cutting, to skin-picking, to hair-pulling and other behaviours. Run by and for service users and those who have self-harmed, it offers a supportive environment in which to share experiences, coping techniques, and the opportunity to talk to others.

It is not a clinical service, but a peer support and self-help group aimed at those for whom existing services don't quite meet all their needs, and it works to complement, not to replace professional medical help.

For further details please contact Launchpad on [launchpadncl@aol.com](mailto:launchpadncl@aol.com) or 0191 233 0382 or Steve O'Driscoll 07947 766 327

## Beats Group

**Mondays 5pm - 8pm**

The Beats group is a friendly, safe environment for people with diagnoses to relax, listen to or create music among their peers. Whatever your tastes in music, see if you can add to the melting pot. People can come and go as they please between 5pm and 8pm on a Monday evening, and stay for as long or as short a time as they need to. Stick your head around the door and that's all if you decide it's not for you, we don't mind. Alternatively, play or sing a note, whether you are classically trained or wanting to begin. Create an album if you have one within you. We will find you the resources. Record your own song or perform a cover of your favourite one, or design some computer music. All we ask is that the feelings of the people in the room at the time are respected, and anything personal that's discussed is not used as idle gossip! There is an element of peer support, but don't let that scare you off, we do have a giggle and distract ourselves from/avoid the darker side of life when we can!

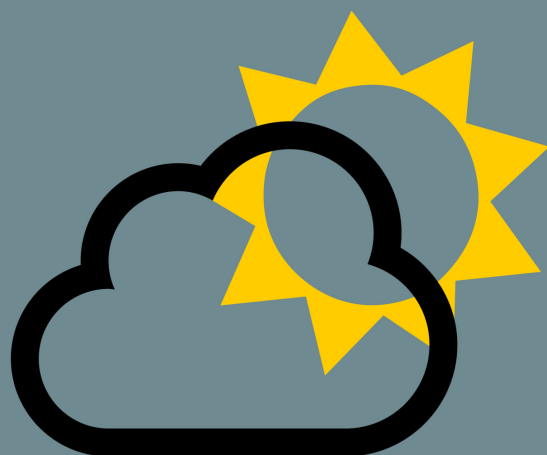
## Firefly

**Fridays 5pm - 7pm**

Firefly is a game, but a game that involves a lot of creative thinking. It is a roleplaying game, a game of discussion like improvised acting, where there is no script, no costumes but the most interesting characters you can invent, doing whatever you want and rolling dice to see if it works. It is a science fiction comedy western game where a Crew of misfits fly around a distant galaxy in a spaceship, doing very odd jobs, many of them illegal, to survive under an oppressive government. It is inspired by a TV series of 2003, but we make our own legends!



## More peer support groups running from the 5th floor;



### Silver Lining

A fortnightly depression, low mood and anxiety peer support group

Please ring 0191 2330382 or email [launchpadncl@aol.com](mailto:launchpadncl@aol.com) for details



## SATURDAY STUFF & NONSENSE

Free comedy and creative writing workshops for mental health service users, survivors & supporters in Tyne & Wear to assist well being, boost self-esteem and have some fun.

Weekly from **Saturday 2nd of April 2016**

**11am to 1pm**

**Top floor, Broadacre House**

Market Street, Newcastle upon Tyne, NE1 6HQ.

To book your place, contact **Launchpad** on **0191 2330382** or email [launchpadncl@aol.com](mailto:launchpadncl@aol.com)

For further info, please contact [info@laughinglasses.co.uk](mailto:info@laughinglasses.co.uk)



A monthly drop in peer support group based in Newcastle for those who have experienced any of:

- Hearing, seeing or sensing things others cannot;
- Unusual beliefs;
- Paranoia

Come together in a non-judgemental space to:

Support one another;

Talk about experiences;

Share understanding and knowledge;

Discuss approaches to living well.

**12 noon to 2pm on the first Thursday of the month**

For more details, ring **0191 2330382** or email [launchpadncl@aol.com](mailto:launchpadncl@aol.com)



## Waves

### What?

Waves is a peer support group for people who experienced emotional abuse in childhood.

### Why?

To connect with other survivors, reduce isolation, provide mutual support, sharing ideas for recovery...

### Where and when?

The next meeting is at Broadacre House, **Sunday 20th December**.

For meeting time and details of future meetings, contact the organisers.

### Who can attend?

This group is open to all adult survivors of emotional abuse in childhood.

### Emotional abuse is also known as...

- psychological maltreatment
- emotional neglect
- verbal abuse

and can include deliberately scaring, humiliating, isolating, ignoring, name calling, and generally undermining a child's self respect.

Emotional abuse is often accompanied by other forms of abuse. Survivors of multiple forms of abuse are welcome, however this group is **not** for the discussion of physical or sexual abuse, as there are other existing support groups in the area.

### Not sure?

Contact Katie at [katielinden84@gmail.com](mailto:katielinden84@gmail.com) or **07872902354**

