

North Tyneside Mental Health Action Week
<https://launchpadnt.wordpress.com/mhaction2018/>

Monday 14th May

10-12 Drop in Gym Session Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

Induction required, contact josh.brown@tynemet.ac.uk 0191 229 5119

9.30 - 12.30 Happy Hobbies Creative group - everyone welcome! bethlaunchpadnt@gmail.com

North Shields Library, Northumberland Square, North Shields, NE30 1QU

10.30-1 Age UK NT Bereavement and Loss Workshop Age Uk Care Academy, The Training Suite, Park Road Whitley Bay, NE26 1LT **Spaces limited, contact customerservices@ageuknorthtyneside.org.uk 01912808484**

3.30 - 5 - Helping Hands drop in event. Phoenix Detached Youth Project, 14 Front St, North Shields NE29 7QW becky@pdyp.co.uk 0191 258 5806

3.30-5.30pm - Launchpad North Tyneside, *No Photos, Please!* North Shields Library, - North Shields Library, Northumberland Square, North Shields, NE30 1QU bethlaunchpadnt@gmail.com

Tuesday 15th May

10-12 Drop in Gym Session Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

Induction required, contact josh.brown@tynemet.ac.uk 0191 229 5119

10-12 and 2-4 - Helen Smith Creative workshop with artists and writers Old Low Lights Heritage Centre, Cliffords Fort, North Shields, NE30 1JE hel@helensmith.co.uk 07805439837

12-2 VODA Friendship Workshop. VODA Hawkeys Ln, North Shields NE29 9BZ Sarah.Hilditch@voda.org.uk (0191) 643 2631

11 am and 2pm North Tyneside Art Studio tour NTAS Linskill Centre, Linskill Terrace, North Shields, NE30 2AY info.ntartstudio@gmail.com 0191 296 1156

6-7 Samaritans How to be a good listener. Northumberland Park, Education Centre, Tynemouth Rd, Tyne and Wear, North Shields NE30 2ES paulgsamstyneside@gmail.com

6-8.30pm Rape Crisis Tyneside and Northumberland Helpline and email support 0800 035 2794 emailsupport@rctn.org.uk

Wednesday 16th May

10-12 Drop in Gym Session Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

Induction required, contact josh.brown@tynemet.ac.uk 0191 229 5119

10-12 Cruse Bereavement Coffee Drop In Cullercoats Coffee, 22A John St, North Shields NE30 4PL

admin.tyne@crusenortheast.org.uk 0191 2765533

10-12 Family cafe Birth, Baby and Family, George Street North Shields, NE30 1EL janine@birthandbabyco.com
07885774279

10-12 engAGE Meet, Make and Create (for people 55+) 10-12 Linskill Centre, Linskill Terrace, North Shields, NE30 2AY 0191 2578000 charlotte@linskill.org

1-3 Mums and babies under 1 Birth, Baby and Family, George Street North Shields, NE30 1EL
janine@birthandbabyco.com 07885774279

1-3 Key Enterprises Open Day Key Enterprises, Unit 36 Bellingham Drive, North Tyne Industrial Estate, NE12 9SZ
Limited places - booking required 0191 2701138

3-4pm Disability North - Letter Writing for benefits claims VODA Hawkeys Ln, North Shields NE29 9BZ **Limited spaces please contact KeithMoore@disabilitynorth.org.uk 0191 2840480**

7-8.30pm Peer Talk Peer Support Group Whitley Bay Big Local, unit 4, 305 Whitley Rd, Whitley Bay NE26 2HU, Tel: 07719 562 617 Email rosa@peertalk.org.uk

6-8.30pm Rape Crisis Tyneside and Northumberland Helpline and email support 0800 035 2794
emailsupport@rctn.org.uk

Thursday 17th May

10-12 Drop in Gym Session Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

Induction required, contact josh.brown@tynemet.ac.uk 0191 229 5119

10.30-11.30 Talking Therapies - *Introduction to the survivors of child sexual abuse group* Main Hall, Wallsend Health Centre, The Green, Wallsend NE28 7PD. Contact Jayne Porter 0191 2952775

11-12 - LD North East - Music to Movement. Allen Memorial Church Park Road, Wallsend 01912622261
jacqui.thompson@ldne.org.uk

9.30-11.30 Northumbria Police & These Girls Can Run - *Take Time, Make Time Community Walk* (Meadow Well Connected - Tynemouth) PC 794 Carly Zawodzinski 794@northumbria.pnn.police.uk 101 ext 63173

1-3 Mums and Mental Health (0-5 years) Birth, Baby and Family, George Street North Shields, NE30 1EL
janine@birthandbabyco.com 07885774279

2.30-3.30 Mindfulness and Discussion with Mindful Therapies Wallsend Customer First Centre
16 The Forum, Wallsend, NE28 8GR Contact - 07583553949 | 07852595858 info@mindfultherapies.org.uk

6-8.30pm Rape Crisis Tyneside and Northumberland *Helpline and email support* 0800 035 2794
emailsupport@rctn.org.uk

5.30 - 7pm Mindful Gardening, Meadow Well Connected, Waterville Rd, North Shields NE29 6BA 0191 341 0033

6-8 gobscore - *creatively exploring dying and grieving* Meadow Well Connected, Waterville Rd, North Shields NE29 6BA **Spaces limited contact - bethlaunchpadnt@gmail.com to book your place**

Friday 18th May

10-12 Drop in Gym Session Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

Induction required, contact josh.brown@tynemet.ac.uk 0191 229 5119

10-12 Family cafe Birth, Baby and Family. George Street North Shields, NE30 1EL janine@birthandbabyco.com
07885774279

11-2 Rape Crisis Tyneside and Northumberland *Helpline and email support* 0800 035 2794
emailsupport@rctn.org.uk

1.30-3.30 *Who supports people's Mental Health in North Tyneside? What's been happening during Mental Health Action Week?* YMCA North Tyneside, Church Way, North Shields NE29 0AB bethlaunchpadnt@gmail.com

Saturday 19th May

11-1 *Weekend Friends Peer Support Group*, Costa Coffee, Wallsend High Street Contact
steveodriscoll@hotmail.co.uk 07947766327

1-3 *Meditation Taster* - Cloud 9 Wellbeing, 3 Farringdon Road, North Shields, NE30 3ER
Rachel@cloud9wellbeing.co.uk 0191 2807236

2pm Supporting Stars - *Jolly Picnic in the Park* Please bring your own chair, food and alcohol free drinks -
everyone welcome! Meet at the Bandstand, Northumberland Park Contact Lara 07944213776

Sunday 20th May

2-4.30 *Baby loss workshop* Birth, Baby and Family, George Street North Shields, NE30 1EL
janine@birthandbabyco.com 07885774279

11-3 *Problem Solving Booths* with Psychologists Against Austerity, Cullercoats Beach paanortheast@gmail.com

North Tyneside

Mental Health

Actions

Week

2018