



Helping people learn
new and positive ways to
deal with the stresses of life,
understand themselves better
and find purpose.

January 2023 - April 2023 Prospectus



Staff, volunteers and students at our Bright Festive Wreath making session December 2022

**New timetables begin week commencing
16th January 2023 &
6th March 2023**

**Booking essential - details of how to book are on the course pages
inside or visit our webpage**

www.voda.org.uk/ntlif/

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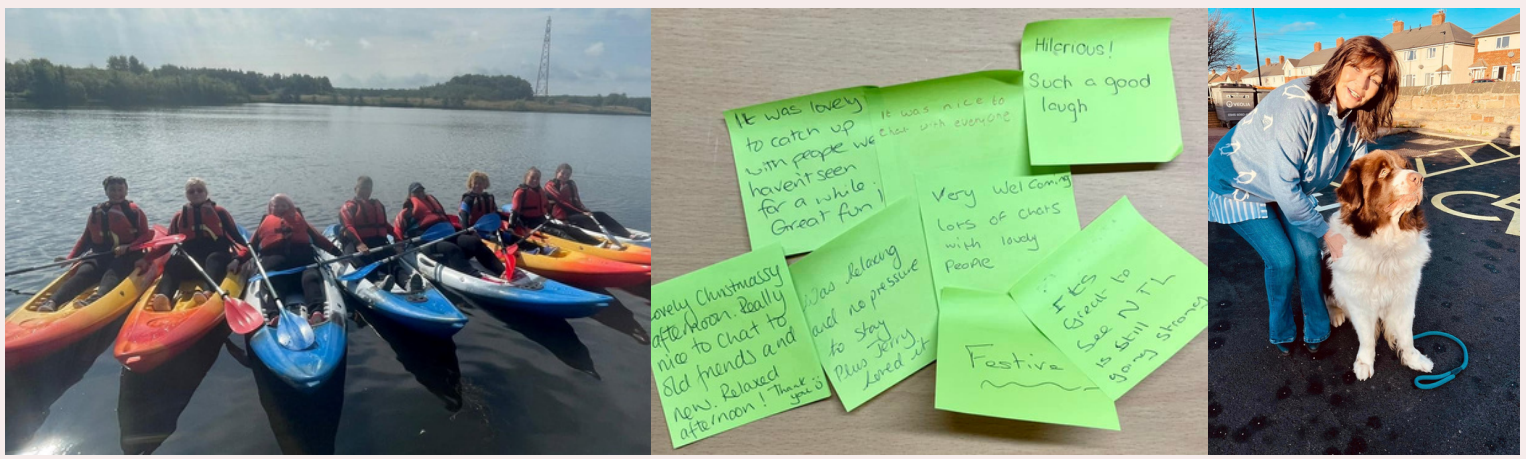
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About us:

NT LIFE Recovery College is a **peer-led mental health support and educational service**.

It is a **FREE service**: available to **North Tyneside adults (18yrs+)** who want to improve their mental health and wellbeing

Our goal is to **develop** an individual's **skills, confidence and self-esteem** to enable them to manage their personal journey of recovery.

Exploring identity, self-expression and what their fulfilled life is, then supporting progress towards it.

We focus on people's strengths and potential.

We focus on abilities and this has led to students and volunteers finding hope, purpose and meaning, and increased confidence.

"I have qualifications, I have held senior management posts, I have travelled...and yet learnt more in the last six months to improve my life than all these things." Student quote

We believe that people with lived experience of mental ill health, have a unique contribution to make towards supporting others to manage their own challenges, irrespective of diagnosis.

Co-production and co-creation are at the heart of what we do. This means our participants have a voice and we aim to create and adapt as a response to input and feedback.

We recognise the unique and valuable role lived experience can play in ensuring services are designed around people's needs.

Everyone involved with NT LIFE has contributed their time, efforts or feedback into creating the sessions we currently provide, shaping the service we deliver today

Our goal is to provide a **"Safe Space"** for individuals to:

- **connect**
- **build confidence**
- **gain knowledge**
- **develop skills**
- **explore possibilities**

and enable them to move forward to a **"Brave Space"** using the strategies, tools and techniques we share.

We continue to achieve this through the delivery of groups, workshops, and courses, designed to empower every student & volunteer on their path of growth, advancement and recovery.

How to get involved:

As a Student and/or Volunteer you:

- Require **no educational qualifications**
- Get to **choose** your own **courses**.
- Pay nothing, courses are **free of charge**
- **Participate at the level that works for you**
- **NO referral necessary** simply follow the process below

Step 1

Complete our **Expression of Interest Form** that can be found here: <https://voda.org.uk/ntlifef>

Step 2

We will then contact you to arrange for you to come and **meet us for an informal chat**,

Step 3

If you wish to proceed, the next step is the **enrolment form**. This can be done when you meet with us or if you'd prefer, you can call back at a later date.

Step 4

Choose the activities or courses you wish to join and we will book you on to the **next available start date** for the course

If you have any questions please email any of the staff. Please be aware that we are more often than not in deliveries so it may take up to 48 hours for a response

ali.donkin@voda.org.uk or alice.holliday@voda.org.uk or julie.bishop@voda.org.uk

Manager
General Enquiries
Collaborator Enquiries
Volunteer Enquiries

NT LIFE Worker P/T
Expressions of Interest
Woodland Wellbeing
Veggie Cooking

NT LIFE Worker F/T
Course Bookings
DBT
Creative Writing

Include your specific enquiry and preferred method of contact

We are happy to help progress your enquiry and welcome you into our community
(affectionately known as our NT LIFE Family)



MORE ABOUT VOLUNTEERING:

As part of our commitment to people's recovery and well-being, we aim to encourage and develop our students to volunteer in the growing programme we offer.

In 2021 we partnered with Sunderland Uni and two of our volunteers qualified as teachers. During 2022 we have partnered again with Sunderland Uni for an aspiring teacher and now with Northumbria Uni and welcomed two Occupational Health Students on volunteer placement. Due to the immediate success of this we hope to continue working with these universities in the future

Proving there are many benefits to volunteering including but not exclusive to:

- Gain confidence
- Make a difference
- Meet new people
- Make new friends
- Be part of a community
- Learn new skills
- Take on a challenge
- Find a purpose
- Have FUN!



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

- Administrative
- Peer support
- Facilitator and Co-Facilitator roles
- Course Development
- Practical contribution e.g. newsletters, making stuff (yes stuff is a technical term we use) to share within our wider community

Interested in Volunteering?

To contact us and explore how you could volunteer simply email:
ali.donkin@voda.org.uk

Include your specific enquiry and preferred method of contact.

We are happy to help progress your enquiry and welcome you into our community
(affectionately known as our NT LIFE Family)



Weekly Activities: At A Glance

- All take place in The Flat, Meadow Well Connected, Waterville Road, North Shields, NE29 6BA unless otherwise stated.

See info in brackets.

To download travel instructions please visit: voda.org.uk/nt-life-contact-us/

Mondays:

10am -12.00pm **Get 2Gether drop in** (East End Youth & Community Centre)

10am - 1pm **Vegetarian Cooking** (East End Youth & Community Centre)

11:00am - 12:00pm **Various Taster Sessions** (EEYCC)

11.00 am – 12.00 pm **Football** (The Parks North Shields)

1pm - 3pm **Creative Writing**

Tuesdays:

1:00 pm – 3:00 pm **Art Group**

3.15 pm – 5.00 pm **Looney Out Of Tuners Singing**

5.15 pm – 7.15 pm **Snap Out Of It Photography**

Wednesdays:

10 am – 12.30 pm **Woodland Wellbeing (Northumberland Park)**

10:00 am – 12:00 am **WRAP (Wellness Recovery Action Plan)**

10:00 am – 12:00 am **Emotional Regulation Tool Kit**

1:00 pm - 3:00pm **DB Cuppa T** (location TBC weekly)

Thursdays

10:00am - 12.00pm **DBT Skills Training**

10:00am - 12:00pm **Know Thy Shelf Book Club**

1:00pm – 3:00 pm **Art Course**

2:00pm - 4:00pm **How to Train Your Inner Dragon³**

3:15pm – 5.15 pm **DBT Skills Training**

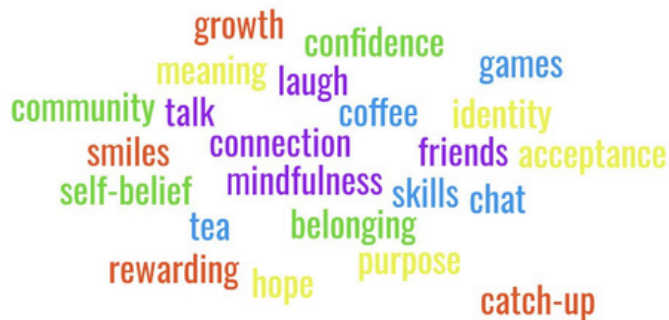
7:00pm - 8:00pm **Dance** St Peters Church Central Avenue North Shields

Fridays

10:00am - 12.00pm **Repurpose To Find Purpose** - craft group



Get 2Gether



It's all fun and games!!

**Start your week off the way
you want it to continue,
with laughter and
friendship at our weekly
gathering**

Do you wish you had a fuller social life and a sense of belonging? Imagine a place where you are understood, accepted, can learn new skills and feel as though you belong.

Get 2Gether with us!

Where?

**East End Youth
& Community Centre,**

**Kettlewell House,
George Street,
North Shields NE30 1EL**

When?

Mondays, 10am-12.00pm

**Booking preferable can be attended on
an adhoc basis**

Start Date:

16th January 2023

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk or

Website: voda.org.uk/ntlifef/



**North East and
North Cumbria**



Vegetarian Cooking Course



Do you want to explore vegetarian cooking, try new foods and learn about the benefits this can bring to your wellbeing?

There are well known benefits of eating a more plant-based diet, not necessarily wanting to become a full-blown vegetarian, but simply reducing our meat intake somewhat. These include benefits to our physical and mental health, by increasing the range of our nutritional intake, providing the nutrients required for good health therefore aiding mood, concentration and energy levels. It can also be cheaper, tastier and is well known for being better for our planet!

Where?

**East End Youth & Community Centre,
Kettlewell House,
George Street,
North Shields,
NE30 1EL**

When?

**Starts 16th January or 6th March
Mondays, 10am-1.00pm**

**Enrolling & Booking for
start dates**

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/





Therapeutic Drumming



Large, Loud Group!!
What better way to purge your anxiety than pounding on a drum?! Have fun with friends whilst letting the drum absorb all your worries!

Come and join us in this **Therapeutic Drumming** session. It is aimed at beginners and it's all about having fun and embracing your inner child. When people drum together it is so **powerful**: you feel **uplifted, lighter, brighter** and **happier**.

Where?

East End Youth
& Community Centre,
Kettlewell House,
George Street,
North Shields NE30 1EL

When?

**Monday 23rd January,
10.30am-11.30am**

Booking essential.
Please note that this will be a large,
loud group!!

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlfe/



North East and
North Cumbria

Football

Run by Newcastle United
Foundation



Why not improve your health and wellbeing at a friendly football session?

Free sessions where everyone over 18 is welcome

Spend time with people through your shared love of football. Grow your confidence, your mental health and your circle of friends while learning new skills, or improving your existing skills. Not that we're competitive but our team won both the league and the tournament cups this year!

Please wear suitable clothing and footwear for outdoor all-weather pitches.

Where?

**Wallsend Boys Club
Kirkley Park
Rheydt Ave
NE28 8SX**

When?

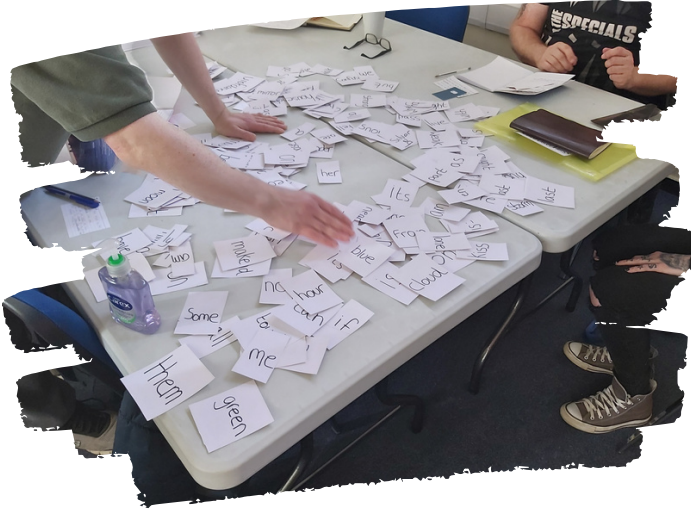
**Mondays, 11.30am – 12.30pm,
Runs throughout the year**
Players arrive from 10.45am

For more information

Email:
Phil.Wilson@nufc.co.uk



Creative Writing



Explore the use of words, imagery and metaphor to create poetry and short stories

Research has demonstrated that creative writing has a positive impact on our mental health. It can give us unique opportunities to explore our thoughts and feelings, increase self-awareness and self-esteem. Join other creatives for 6 weeks to explore the power of your words, have fun and discover your hidden or latent skills

Where?

**The Flat, Meadow Well Connected,
Waterville Road, North Shields,
NE29 6BA.**

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Mondays, 10am-1.00pm

Start date

16th January 2023 or 6th March

**Enrolling & Booking for
start dates**

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlifef/





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 Flat, Meadow Well Connected,
Waterville Road, North Shields,
NE29 6BA.**

*To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/*

When?

Tuesdays, 1 - 3pm

Starting 17th January and 7th March
**Enrolling & Booking for
start dates**

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlife/





The Looney Out Of Tuners



A singing group for people who want to sing just because

Make friends

**Give your lungs a work out
Improve your mood and mental wellbeing**

No talent necessary!

Decades of research has shown that singing individually & in groups is good for you on many levels. Join us to have fun and improve your sense of wellbeing, regardless of your singing ability.

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

Where?

**The Flat, Meadow Well Connected,
Waterville Road, North Shields,
NE29 6BA.**

*To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/*

When?

Tuesdays, 3.15pm - 5.00pm

Starting - 17th January and 7th March

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlifef/





Snap Out Of It



**An amateur photography group
that uses weekly photography topics
as
a mindful exercise
an opportunity to share
an opportunity to make new friends**

Welcome to the photography concept
that is Snap Out Of It!

An amateur mindful photography group which encourages you to explore your surroundings, notice and appreciate the unseen, become a tourist in your own neighbourhood and then collaborate as part of a team each week to share and discuss the images you capture.

Where?

The Flat, Meadow Well Connected, Waterville Road,
North Shields,
NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Tuesdays, 5.15pm -7.00pm

Starting 17th January and 7th March

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

For more information or to sign up
Email:

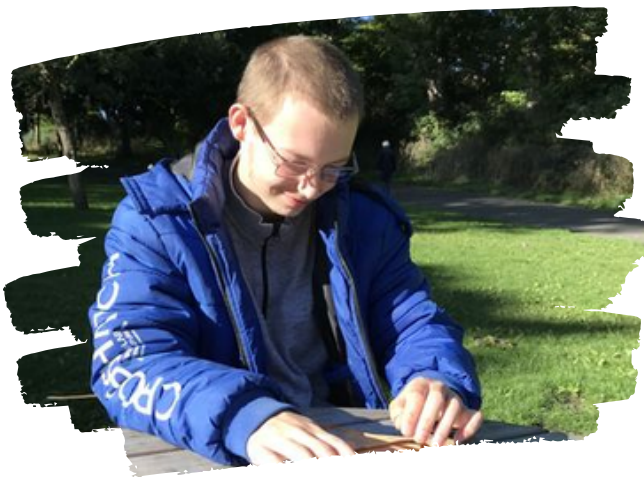
julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/





Woodland Wellbeing



**Ever wondered
How can I connect with nature?
How can this support my mental
health and wellbeing?**

Take on a new challenge in a new
environment in our Woodland
Wellbeing course!

- Help you connect more with nature and learn how this can support you in your recovery
- Build confidence and resilience through problem solving activities
- Develop mindfulness techniques and practices through woodland crafts, using tools, nature walks, identifying flora and fauna, nature journaling and more!
- Practice slowing down, relaxing and appreciating the small beauty in nature

Where?

Outside the entrance to Northumberland
Park (Tynemouth Road entrance)

When?

Wednesdays, 10am – 12.30pm

Starts 18th January or 8th March

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/





WRAP Awareness Course



Learn to take control of your recovery by building a Wellness Recovery Action Plan (WRAP).

WRAP is a self management tool, created by you, for you!

Originally created by Mary Ellen Copeland, WRAP is there to help aid your recovery.

You will be guided through the 8 steps of WRAP, using the 5 key concepts. The course will include some lighthearted, insightful activities, to encourage you to learn about yourself.

Ultimately WRAP is personal and unique to you. At the end of this course you will have a better understanding of yourself, an awareness on how to create your personal WRAP.

Where?

Room 11A
Linskill Centre, Linskill Terrace, North Shields,
NE30 2AY

When?

Wednesday 10 - 12 am

Starting 18th January and 8th March

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlife/



**North East and
North Cumbria**



Emotional Regulation Tool Kit



Develop your own box of healthy coping strategies to help get you through difficult times, triggers and emotions or even just bring you back to a place of comfort and ease.

Each week you will explore one of your senses, i.e. sight, sound, touch, taste, smell; to explore and identify how you can use them effectively to self-manage emotional regulation

We demonstrate how you can create portable kits, so that if you are out and about you have the convenience of carrying a discrete kit with you, containing your most effective tools.

A fun and interactive session, that has had great reviews from previous learners.

Where?

The Flat, Meadow Well Connected, Waterville Road, North Shields, NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Wednesdays, 10.00am – 12.00pm

Starting 18th January and 8th March

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up

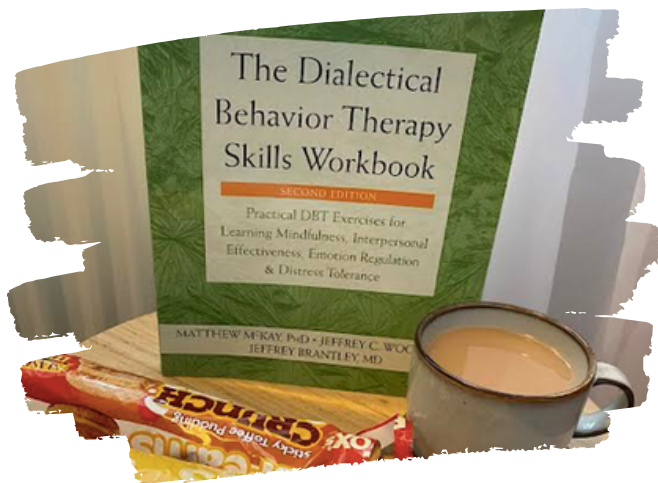
Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/



DB 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.

An opportunity for those who have completed their training to refresh their knowledge from current trainees.

Where?

The Flat, Meadow Well Connected, Waterville
Road, North Shields,
NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Wednesdays, 1-3 pm

Starting 18th January & 8th March

Location TBC - enquires welcome

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/



Tai Chi



Join us for this keenly anticipated Tai Chi taster session & feel for yourself the enormous physical & mental health benefits

Tai Chi is a gentle Chinese martial art of slow meditative physical exercise designed for relaxation and balance and health. Practicing Tai Chi is associated with **reduced stress, anxiety, depression/mood disturbance** and **increased self-esteem**.

Where?

St. Peter's Church Hall,
5 Central Avenue,
Balkwell,
North Shields
NE29 7JB.

When?

Taster Session

Wednesday 18th January
3-4.15pm

Booking essential

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/



**North East and
North Cumbria**



DBT Skills Training am



**Learn:
Distress Tolerance,
Emotional Regulation,
Interpersonal
Effectiveness
and Mindfulness Skills**

This training programme will help to equip you with practical, useable tools to help you tolerate distressing emotions, understand your own emotions, other people and your relationships with them.

Please note that this is a skills training course and not therapy.

Where?

The Flat, Meadow Well Connected, Waterville Road, North Shields, NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Thursdays, 10.30am - 12.30 pm

Starting 19th January and 9th March

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlifef/





Know Thy Shelf

Book Club



Open a book, open your mind!

Explore different stories and perspectives that will bring you a greater sense of connection to yourself and to others.

Reading a book can be a mindful activity, and a form of escape from the fast pace of everyday life. Studies have shown that reading as little as 6 minutes per day can improve your quality of sleep, reduce stress, and sharpen mental acuity. Join our welcoming, safe and cosy book club and be part of a wider discussion on wellbeing, hope and identity.

Where?

The Flat, Meadow Well Connected, Waterville Road, North Shields, NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Thursdays, 10.00am - 12.00pm

Starting 19th January & 9th March

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up

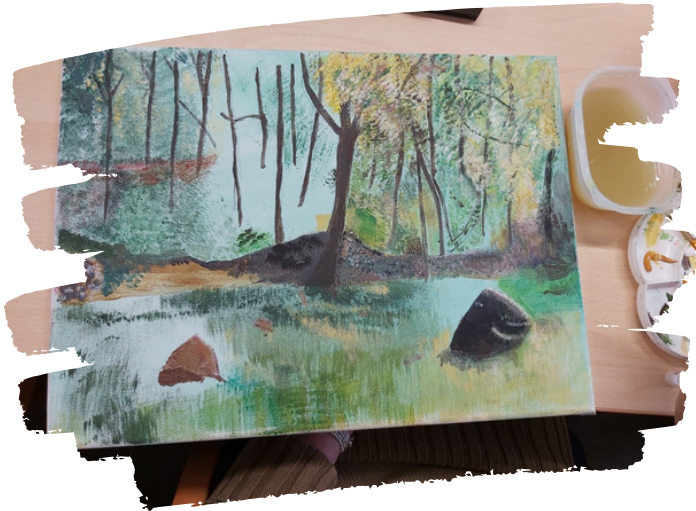
Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlifef/



Art Course



Are you curious about learning new skills and seeing how art can enable self-expression?

Come and explore your artistic side on our art course!

Local artist and experienced art teacher, Mick Turnbull, who already runs our successful art group is providing a 6 week course for you to try out a range of artistic skills including sketching, drawing, painting using acrylics and water colours. All materials are provided, you get to keep your artwork or we will happily display your results.

As with all our sessions we aim to provide a safe and supportive space in which you can explore and grow your abilities.

Where?

The Flat, Meadow Well Connected, Waterville Road, North Shields, NE29 6BA.

To download travel instructions please visit: voda.org.uk/nt-life-contact-us/

When?

Thursdays, 1.00pm - 3.00 pm

Starting 19th January & 9th March

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/





How to Train your Inner Dragon



Make friends with your inner dragon so they work with you not against you

All of our emotional responses, begin from a position of positive intent: to keep us safe and well.

Sometimes, when we over use one it can get the better of us and lead us into states of anxiety, depression, anger etc.

This course will help you to begin to understand and train your inner dragon, whether they are a sad dragon, an anxious dragon or an angry dragon.

Where?

Meadow Well Connected, Waterville Road, North Shields,
NE29 6BA.

When?

Thursdays, 2:00pm - 4:00pm

Starting 19th January & 9th March

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlife/





DBT Skills Training pm



Learn:
Distress Tolerance,
Emotional Regulation,
Interpersonal Effectiveness,
and Mindfulness Skills

This training programme will help to equip you with practical, useable tools to help you tolerate distressing emotions, understand your own emotions, other people and your relationships with them.

Please note that this is a skills training course and not therapy.

Where?

The Flat, Meadow Well Connected, Waterville
Road, North Shields,
NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Thursdays, 3.15pm - 5.15 pm

Starting 19th January & 9th March

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

For more information or to sign up
Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlif/



Dance Class



Come along and move together to feel better!
In this 1 hour session we will move to uplifting tunes and aim to leave feeling better

You don't have to be in good condition or have good co-ordination or any dance experience to join. There are no wrong moves and you can join in standing or seated.

Simply wear comfy clothes and footwear

Classes will have a warm up, follow along choreography and cool down section

This is a low/medium intensity class

We would love your feedback to shape future courses

Where?

St. Peter's Church Hall, 5 Central Avenue, Balkwell, North Shields NE29 7JB.

When?

Thursdays, 7.00pm - 8.00 pm

Starting 12th January 2023

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlife/





Repurpose to Find Purpose Craft Group



**A craft group to learn
new skills, be
mindful and make
friends**

We will be joined by the lovely Erin who will share a range of craft ideas to explore your creativity and increase your crafting skills.

Following the hive of crafts we created during December, this is an opportunity to take your crafting to a new level. With years of experience and a degree in Textiles and Weaving, Erin says "I'm passionate about the act of creating as a means of healing, recovery & self-expression, as well as an exercise in mindfulness and mental health self-care."

We are truly looking forward to these new sessions

Where?

The Flat, Meadow Well Connected, Waterville
Road, North Shields,
NE29 6BA.

To download travel instructions please visit:
voda.org.uk/nt-life-contact-us/

When?

Fridays, 10.00am -12.00 pm

Courses start 20th January 2023

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

For more information or to sign up

Email:

julie.bishop@voda.org.uk

Website: voda.org.uk/ntlifef/





Creating Our Safe Space

What you can expect from our team

- We will provide FREE co-designed courses, activities and workshops, to support individuals to improve their social and emotional wellbeing.
- We will be respectful of the rights, life choices, beliefs and opinions of others and promote freedom of speech.
- We will provide direction for further opportunities once you have completed your course(s).
- To keep all personal information confidential in line with our GDPR policy (available upon request).

You agree to:

- Be respectful of the rights, life choices, beliefs and opinions of others and promote freedom of speech.
- Endeavour to validate each other, avoid judging each other and assume everyone is doing their best.
- Maintain punctuality to all the activities you sign up for, or contact your course facilitator or **NT L.I.F.E.** to inform of any changes or delays.

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

Confidentiality:

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

What to do if you feel any of the above points have been breached.

- Discuss with your course facilitator at the earliest opportunity.
- Bring it to the attention of NT LIFE staff by emailing ali.donkin@voda.org.uk or alice.holliday@voda.org.uk

Further escalation of Safeguarding issues can be raised with VODA on 0191643 2626 or Email: info@voda.org.uk



Tell us what you think

We always strive to meet the needs of our community. To ensure your voice doesn't go unnoticed, please let us know what you think we could do to improve our service.

Whether it is

a course/workshop you think we could offer
accessibility to our services

e.g. receiving emails, printed prospectus, access to taster courses

where and how our courses are delivered

the list could go on

Simply email your thoughts to

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