



Snap Out Of It Photography Group 2021

# WELCOME TO North Tyneside L.I.F.E Recovery College

**May - July 2022 Prospectus**

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

**New courses begin from 3rd May and run for 6 weeks.**

**Most run weekly.**

**Booking essential - details of how to book each course inside.**

**[voda.org.uk/ntlif/](http://voda.org.uk/ntlif/)**



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## About us:

Established in September 2019, we offer co-produced and peer-led activities, workshops and courses, enabling North Tyneside residents over the age of 18 years, to become experts in their own self-care, mental health and wellbeing.

Co-created to develop skills, confidence and self-esteem to manage a personal journey of recovery. Empowering them to identify what a fulfilled life is for them, and support 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 means you have a voice and we aim to create and adapt as a response to your 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 move forward to a "Brave Space" using the strategies, tools and techniques we share to lead fulfilled lives

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:

The inclusive nature of the college means that students and volunteers:

- Require **no educational qualifications**
- Get to **choose** their own courses.
- Courses are **free of charge**
- Open to all **North Tyneside Residents 18 yrs +**
- **Participation is valued**

We welcome people with lived experienced of mental health challenges, their families, and/or carers and for those who work in the mental health field.

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 trusted research literature and resources.

The perspective of a person with lived experience gives them a unique insight and empathy with fellow participants

We would love for you to engage with us in any of the following:

- Enrol
- Sign Up for activities, groups, courses, workshops
- Share your thoughts on what would help you engage with us
- Give us ideas of where you would look for information for mental health support
- Tell us how we can eliminate barriers for you to help you access the college

All of the above is of great value to continuing the work we do.

To contact us and explore how you would like to get involved simply email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) **or** [alice.holliday@voda.org.uk](mailto:alice.holliday@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 (also 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. 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. making stuff 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](mailto:ali.donkin@voda.org.uk) **or** [alice.holliday@voda.org.uk](mailto:alice.holliday@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 (also 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/](http://voda.org.uk/nt-life-contact-us/)

## Mondays:

10am -11.30am **Strong Body Strong Mind** (East End Youth & Community Centre)

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

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

1.15pm – 2.45pm **Autism Awareness** (on fortnightly - see P8 for dates)

1pm - 3pm **Creative Writing**

## Tuesdays:

10 am – 12 pm **Woodland Wellbeing** (Northumberland Park)

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:

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

**10:00 am – 12:00 am Emotional Recovery Toolkit**

1:00 pm - 3:00pm **DB Cuppa T**

## Thursdays

10:30 am – 12:30 pm **Dialectical Behavioural Therapy Skills**

1:00pm – 3:00 pm **Art Course**

## Fridays

10.30am - 12.30pm **How to train your inner dragon**



## Strong Body Strong Mind



**Let's get moving!  
Chris Needham  
Personal Trainer  
introduces us to the  
benefits of exercise  
for our mental health**

The importance of physical movement on our mental health has been well established.  
If you want to learn how to exercise to benefit your mental health & get in to a healthy routine this course is for you.

### Where?

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

### When?

**Mondays, 10am-11.30am**

Course starts **either** Monday 9th May **or**  
Monday 20th June

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

**For more information or to sign up**

Email:

**[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk) or**

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlife/](http://voda.org.uk/ntlife/)



**North Tyneside**  
Clinical Commissioning Group



## 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, 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?

**Mondays, 10am-1pm**

Course starts Monday 20th June for 6 weeks

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

**For more information or to sign up**

Email:

**[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk) or**

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlife/](http://voda.org.uk/ntlife/)





# 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.

## Where?

**The Parks Sport Centre,  
North Shields, NE29 6TL**

Weather permitting - outdoor pitches. Indoor pitches in bad weather.

## When?

**Mondays, 11am - 12pm,  
Runs throughout the year**

Players arrive from 10.45am

Please wear suitable clothing and footwear for outdoor all weather pitches

## For more information

Email:

[Phil.Wilson@nufc.co.uk](mailto:Phil.Wilson@nufc.co.uk)



## Autism Awareness: Female/Non Binary



**A group with lived  
experience of Autism  
sharing their  
perspectives for  
awareness and growth**

This group has fortnightly discussions around their Autism experience; it is a proactive environment for problem solving, group advocacy and an opportunity to discover information and effective strategies for living your best life

If you identify as male and would like to explore starting a male perspective group please contact Alice/Ali

### 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/](https://voda.org.uk/nt-life-contact-us/)

### When?

**Fortnightly** on  
Mondays, 1.15 - 2.45 pm,  
On: 9th May, 23rd May, 6th June, 20th  
June, 4th July, 18th July

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

**For more information or to sign up**

Email:

**[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)** or

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk)

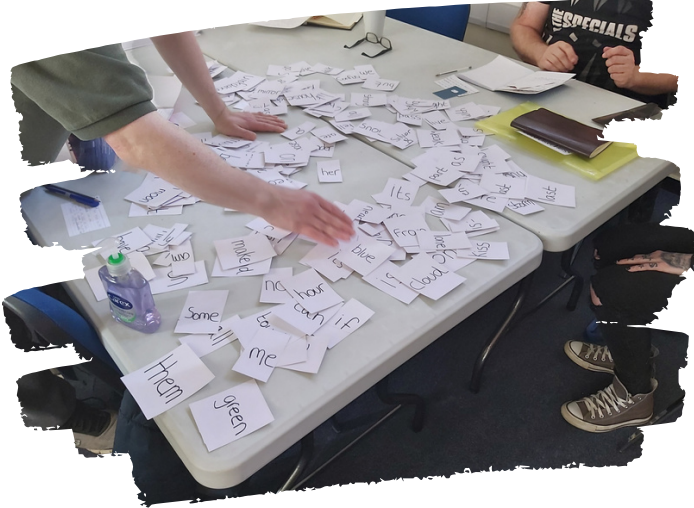
or call: 07709244578

Website: [voda.org.uk/ntlifef/](https://voda.org.uk/ntlifef/)





## 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 a unique opportunity 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/](http://voda.org.uk/nt-life-contact-us/)

### When?

Mondays, 1-3pm

Course starts Monday 20th June for 6 weeks

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

**For more information or to sign up**

Email:

**ali.donkin@voda.org.uk**  
or **alice.holliday@voda.org.uk**  
or call: 07709244578  
Website: [voda.org.uk/ntlif/](http://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?

**Tuesdays, 10am – 12.00pm**

Courses start **either** Tues 3rd May **or** 21st  
June for 6 weeks

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

**For more information or to sign up**

Email:

**[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)** or

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk)

call: 07709244578

Website: [voda.org.uk/ntlif/](http://voda.org.uk/ntlif/)





# 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/](http://voda.org.uk/nt-life-contact-us/)

## When?

**Tuesdays, 1 - 3pm**

Currently fully booked if interested please contact to be added to waiting list

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

**For more information or to sign up**

Email: [ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlif/](http://voda.org.uk/ntlif/)



**North Tyneside**  
Clinical Commissioning Group



# 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/](http://voda.org.uk/nt-life-contact-us/)

## When?

**Tuesdays, 3.15 - 5:00 pm**

Courses start **either** Tues 3rd May **or** 21st June for 6 weeks

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

**For more information or to sign up**

Email:

**[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk)** or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

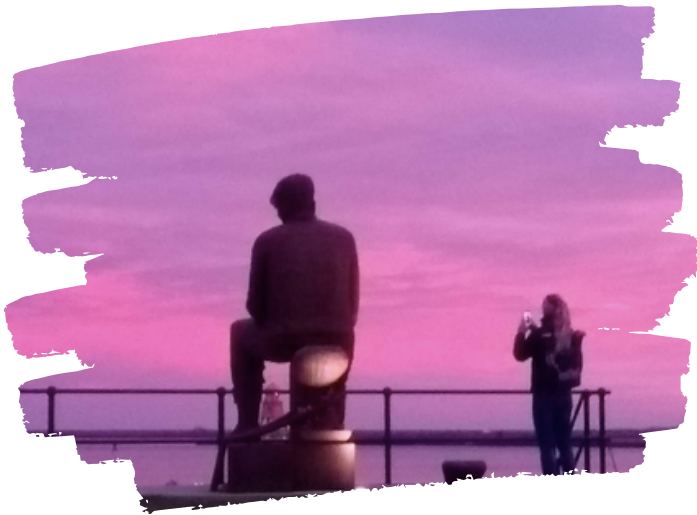
Website: [voda.org.uk/ntlifef/](http://voda.org.uk/ntlifef/)



**North Tyneside**  
Clinical Commissioning Group



# 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/](http://voda.org.uk/nt-life-contact-us/)

## When?

**Tuesdays, 5.15 - 7.15pm**

Courses start **either** Tues 3rd May **or** 21st  
June for 6 weeks

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

## For more information or to sign up

Email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlif/](http://voda.org.uk/ntlif/)



## Game for Reflection?

How very pleasant,  
For me, a humble peasant,  
Living as a tenant in my crescent,

That before me in suburbia, should miraculously present,

Nothing other than a pheasant!  
Much like natures antidepressant,

Freely roaming my garden living the values of Annie Besant,  
Using its game like legs as a means of forward propellant,  
On a day the weather of which was inclement,  
Its feathers fluttering in the wind like a pennant.  
A master of mindfulness, for me a "relaxation lieutenant".

I stopped, I observed.  
Time passed.

Thank you pheasant for reminding me,  
That the opportunity to pause is forever omnipresent.

**PAUL LAPHAM**  
**October '20**



This literary nonsense was triggered by an unexpected but much valued visit to my garden by a pheasant, which completely captivated me, causing me to stop. Mindfulness in a feathery form.

Thereafter, my ever playful mind got the better of me (no surprise there then!).

A saving grace is that I resisted the overwhelming urge to proudly (and quickly) proclaim...I'm not a pheasant plucker, I'm a pheasant plucker's son, a self styled lyrical gangster, rapping about pheasants since I was one!!!





# 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 it's 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**

Course starts either Tues 3rd May for 6 weeks

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

### For more information or to sign up

Email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/north-tyneside-recovery-college/](http://voda.org.uk/north-tyneside-recovery-college/)



**North Tyneside**  
Clinical Commissioning Group



# Emotional Recovery 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 to 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/](http://voda.org.uk/nt-life-contact-us/)

## When?

Wednesdays, 10.00am – 12.00pm

Course starts 22nd June for 6 weeks

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

## For more information or to sign up

Email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[jessica.shaw@voda.org.uk](mailto:jessica.shaw@voda.org.uk)

or call: 07709244578

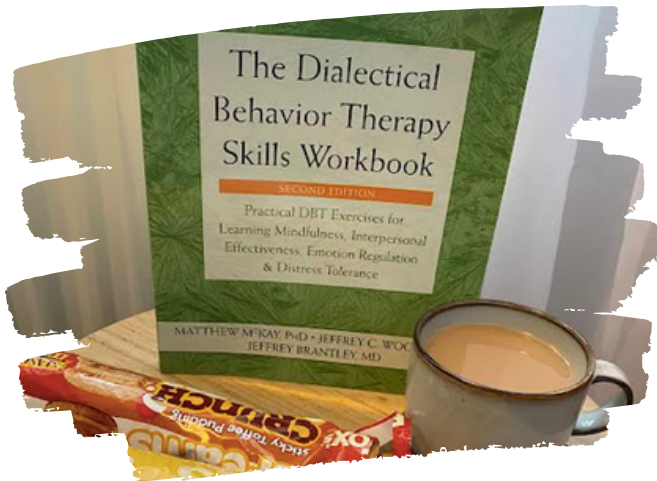
Website: [voda.org.uk/ntlifef/](http://voda.org.uk/ntlifef/)



**North Tyneside**  
Clinical Commissioning Group



# 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/](http://voda.org.uk/nt-life-contact-us/)

### When?

**Wednesdays, 1-3 pm**

Courses start **either** Weds 4th May **or** 22nd June for 6 weeks

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

### For more information or to sign up

Email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlifef/](http://voda.org.uk/ntlifef/)



**North Tyneside**  
Clinical Commissioning Group



# DBT Skills Training



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

This 6 week programme will equip you with practical, useable tools to help you improve your ability to cope effectively with your own emotions, other people and your relationships with them.

## 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/](http://voda.org.uk/nt-life-contact-us/)

## When?

**Thurs, 10.30am -12.30 pm**

Courses start **either** Thurs 5th May **or** 23rd  
June for 6 weeks

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

**For more information or to sign up**

Email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlifef/](http://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/](http://voda.org.uk/nt-life-contact-us/)

## When?

**Thurs, 1-3 pm**

Courses start **either** Thurs 5th May **or** 23rd June for 6 weeks

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

**For more information or to sign up**

Email:

**[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk)** or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlifef/](http://voda.org.uk/ntlifef/)



**North Tyneside**  
Clinical Commissioning Group



# 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?

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

To download travel instructions please visit:  
[voda.org.uk/nt-life-contact-us/](http://voda.org.uk/nt-life-contact-us/)

## When?

**Fri, 10.30am -12.30 pm**

Courses start **either** Fri 6th May **or** 24th June for 6 weeks

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

### For more information or to sign up

Email:

[ali.donkin@voda.org.uk](mailto:ali.donkin@voda.org.uk) or

[alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

or call: 07709244578

Website: [voda.org.uk/ntlif/](http://voda.org.uk/ntlif/)





# Creating Our Safe Space

## What you can expect from our team

- We will provide FREE course, activities and workshops co-designed 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](mailto:ali.donkin@voda.org.uk) or [alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)

Further escalation of Safeguarding issues can be raised with VODA on 0191643 2626 or Email: [info@voda.org.uk](mailto: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 us with your thoughts

**ali.donkin@voda.org.uk**

or

**alice.holliday@voda.org.uk**

**To keep up to date with NT LIFE**  
**why not follow us on Facebook or visit our webpage:**

**FB: <https://www.facebook.com/NTLifeRecoveryCollege>**

**[W: voda.org.uk/ntlif](http://voda.org.uk/ntlif)**

Shortlisted in the UK Mental Health & Wellbeing Awards 2021  
"Support During The Pandemic"







***'If I could explain where I was in July 2020 compared to October 2021, I would not have believed it possible.'***

**Mindfulness & DBT Student.**



***Every week I learn purpose, and new skills that I would not have ever tried by myself.***



***After coming to classes it has empowered me to try anything.***



***It was very relaxed and lots of fun. Both groups made sure I was part of it.'***

**Snap Out Of It Student.**

