



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

November - December 2021 Prospectus

About us:

We started deliveries of courses and workshops in September 2019, and continued this throughout 2020 and 2021. We wish to continue to enable people in becoming experts in their own self-care, by developing the skills and confidence to manage their own journey of recovery enabling them to identify what a fulfilled life is for them, and support progress towards it.

We **focus** on people's strengths and potential.

Two of our former student / volunteers qualified as teachers during 2021, in December 2020 - 8 of our students gained qualifications in mental health topics.

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.

Since our conception 23 people have volunteered as facilitators and co-facilitators of courses and workshops

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

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.

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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 **or** 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 **or** 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 Room 11A of Linskill Centre, Linskill Terrace, NE30 3AY
unless otherwise stated

Mondays:

11.00 am – 12.00 pm **Football** (The Parks North Shields)
1:00pm – 3:00 pm **Autism Awareness**

Tuesdays:

9.30 am – 12 pm **Woodland Wellbeing** (Northumberland Park)
1:00 pm – 3:00 pm **Art Group**
3.00 pm – 5.00 pm **Looney Out Of Tuners Singing**
5.00 pm – 7.00 pm **Snap Out Of It Photography**

Wednesdays:

10:00 am – 12:00 am **Wellness Recovery Action Plan (WRAP) Course**
10:00 am – 12:00 am **Emotional Recovery Toolkit (starting Jan 2022)**
1:00 pm - 3:00pm **Dialectical Behaviour Skills Training**
3.00 pm – 5.00pm **MindPhilness & Relaxation**
5.15 pm -7.15pm **DB Cuppa T**

Thursdays

10:00 am – 12:00 am **Craft Sessions**
1:00pm – 3:00 pm **Art Course**
3:00 - 5:00pm **Confidence Course**
6.00 pm – 8.00 pm **Craft Again**



Football



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,
Starting 1st November**

Players arrive from 10.45am

Please wear suitable clothing and footwear for outdoor all weather pitches



For more information

Email:

ali.donkin@voda.org.uk or

alice.holliday@voda.org.uk

or call: 07709244578





Autism Awareness: Female/Non Binary



A group with lived experience of Autism and their supporters, sharing their perspectives together to support each other.

This group will have weekly discussions around their Autism experience, it is a think tank for problem solving and an opportunity to discover information and effective strategies for living a fulfilled life
If you identify as male and would like to explore starting a male perspective group please contact Alice/Ali

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

When?
Mondays, 1-3 pm,
November 1st

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up
Email:
alice.holliday@voda.org.uk or
ali.donkin@voda.org.uk
or call: 07709244578
Website: voda.org.uk/north-tyneside-recovery-college/





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?

Meets in Room R11a in The Linskill Centre, Linskill Terrace, North Shields

Proceeding to Northumberland Park Undercover in bad weather.

When?

Tuesdays, 9.30am – 12.00pm,

Starting 9th November

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

For more information or to sign up

Email:

alice.holliday@voda.org.uk or

ali.donkin@voda.org.uk

call: 07709244578

Website: voda.org.uk/north-tyneside-recovery-college/





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?

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

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 or
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or call: 07709244578

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

When?
Tuesdays, 3 - 5 pm,

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/north-tyneside-recovery-college/

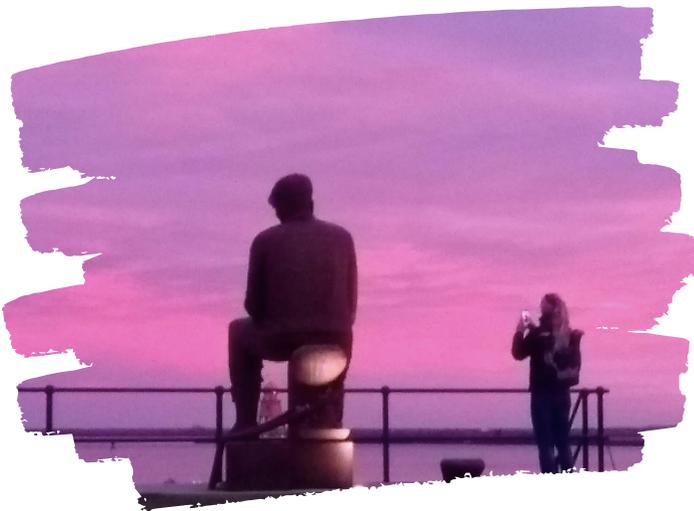




Snap Out Of It

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?

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

When?

**Tuesdays,
5 - 7pm,**

ask about joining the current group or
new course starting January 2022

**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

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Snap Out Of It

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 pluckers 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
Starting the 10th of November

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/north-tyneside-recovery-college/





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?

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

When?

**Wednesday, 10.00am – 12.00pm,
Starting early January 2021**

To book please email and we will keep you up dated

**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

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DBT Skills Training



Emotional Regulation
Learn how to separate your emotional response to a problem from the thinking you need to perform to resolve the problem

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

When?
Wednesday, 1:00pm - 3:00pm,
Starting 3rd November

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/north-tyneside-recovery-college/





MindPhilness



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

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

This 6 week programme will show you the mindfulness tools to allow you to take control of your mental health. The course uses 'smugness-free' and 'jargon-free' mindfulness techniques, positive psychology, wellness tools and mixes 'hippy' with science - never forgetting that the focus is YOU! YOU decide what tools works for you! YOU bin what doesn't work for you!

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

When?
Wednesday, 3 - 5pm,
Starting 3rd November

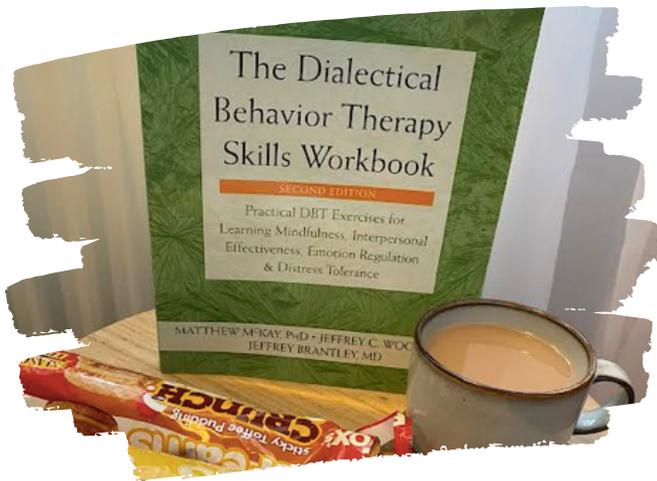
FREE and available to North Tyneside Residents 18+yrs

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or call: 07709244578
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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?
Room 11A
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?
Wednesdays, 5.15-7.15pm,
Starting 3rd November

FREE and available to North Tyneside Residents 18+yrs

For more information or to sign up
Email:
ali.donkin@voda.org.uk or
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Website: voda.org.uk/north-tyneside-recovery-college/





Craft Session



If you are looking for a **relaxed and supportive craft group to help with your mental wellbeing, have fun and make friends** this 6 week course is for you!

Craft is great for your mental wellbeing, research shows it can alleviate the symptoms of anxiety, depression, loneliness and dementia. It can also improve your psychological function, improve your mood and lower stress hormones whilst bringing people together.

Over the 6 weeks we will be making a range of crafts

- | | | |
|--------------------------|--|----------------------------|
| Painting | Dreamcatchers | Crafts using books |
| Paper Mache Wall Art | Paper crafts - Flower, Quilling, and Origami | Crafts using card and wood |
| Wellbeing Jar Decorating | Mandala Stone | And many more! |

Where?

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

When?

Thursdays
10am - 12pm
Starting 4th November

**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/north-tyneside-recovery-college/



North Tyneside
Clinical Commissioning Group



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?

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

When?

Thursdays, 1 - 3pm
Starting 4th November

**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

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**North Tyneside
Clinical Commissioning Group**



Building Confidence



Do you feel unworthy, not good enough?

Do you give in, give up, or give too much?

Do you say YES when you mean NO or vice versa?

All of this could mean your self esteem and self confidence could be improved.

This course will give you actionable tools to increase self awareness, self esteem and self confidence.

Where?

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

When?

Thursdays, 3pm -5pm
Starting 4th November

**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/north-tyneside-recovery-college/





Craft Again



An informal self-managed group that meets weekly .

Craft Againers, have some ability with crafting and come together weekly to explore new crafts or advance on skills they have previously learned. All members get to pick a craft they wish to share with other group members.

Ideal for connection, sharing and pursuing a skill that you enjoy

Where?

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

When?

Thursdays
6 - 8pm
continuous program

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

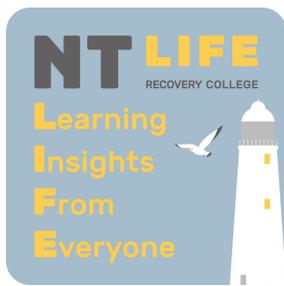
For more information or to sign up

Email:

ali.donkin@voda.org.uk or
alice.holliday@voda.org.uk
or call: 07709244578

Website: voda.org.uk/north-tyneside-recovery-college/





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 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 us with your thoughts

ali.donkin@voda.org.uk

or

alice.holliday@voda.org.uk

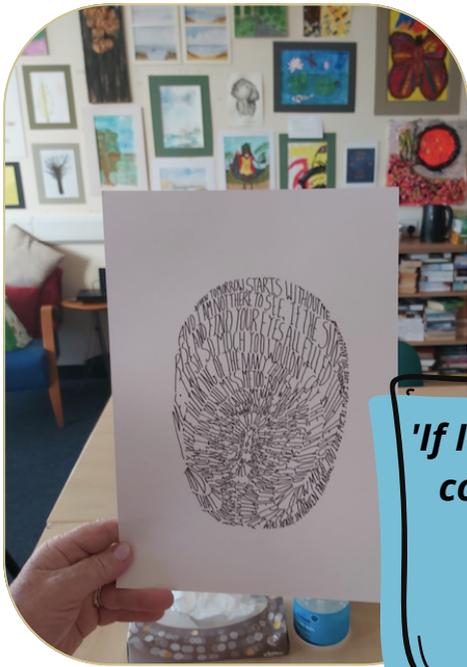
To keep up to date with NT LIFE

why not follow us on Facebook

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

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.



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

Snap Out Of It Student.

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

