

Due to Covid 19 advanced booking is essential for all sessions please contact ali.donkin@voda.org.uk for details

Delivery at The Parks, Howdon Road, North Shields, NE29 6TL

Day	10am	11am	12pm
Monday	Arrive from 10.45am	Newcastle United Foundation Mental Health Football	

Please ensure suitable clothing & footwear for astroturf or indoor play

	Appointments - bookable
	Sessions with an end date bookable
	Continuous
	Fully booked sessions
	Available for new session

October Half Term
Monday 25th October - Friday 30th October
Please note all sessions will halted during these dates

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

Day	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm
Tuesday	Creative Writing Emma Farrell Start 29 September - 17th December		Book Club Emma Farrell 29/09 - 20/10	Art Group Mick Turnbull Continuous		NVQ Session Ali Donkin Start 22nd Sept - 17th December		Talk, Tech & Tinker Paul Lapham Continuous			
Wednesday	Understanding/Coping With Anxiety Shelley Poste Start: 23rd September - 21st October		By Appointment	DB Cuppa T Julie Bishop Continuous		DBT Skills Julie Bishop, Emma Farrell, Start 23rd Sep - 18th December		By Appointment			
Thursday	Craft Session Amy Crammond Start 24th September - 22nd October		By Appointment	NVQ Session Ali Donkin Start 24th Sept - 22nd December		Relaxation & Mindfulness Ali Donkin Starting October, date tbc			Carers Session TBC once Linskill has later opening		

For enrolment or booking contact ali.donkin@voda.org.uk

NT L.I.F.E Recovery CollegeB2:M40

Our New Home is R11A The Linskill Centre

Timetable:

Nov - Dec 2020

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Christmas Closure
Monday 20th December - Monday 4th January
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Tuesday	Creative Writing Emma Farrell Start: 22nd September - 17th December		7 week session 3rd Nov - 15th Dec TBC	Art Group Mick Turnbull Continuous		NVQ Session Ali Donkin Start 22nd Sept - 17th December		Talk, Tech & Tinker Paul Lapham Continuous			
Wednesday	Creating Your Recovery Box Jess Shaw Start: 4th Nov - 1st December		By Appointment	DB Cuppa T Julie Bishop Continuous		DBT Skills Julie Bishop, Emma Farrell, Start 23rd Sep - 18th December		By Appointment			
Thursday	Craft Session Amy Crammond Start: 5th Nov - 26th November		By Appointment	NVQ Session Ali Donkin Start 24th Sept - 22nd December		Raising Self Esteem & Confidence Ali Donkin Start date tbc			Carers Session TBC once Linskill has later opening		

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