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**North Tyneside**

**Recovery College**

**Coming Soon!**

**About US**

We **aim** to enable people: to become experts in their own self-care by developing the skills and confidence to manage their own journey of recovery and regeneration.

We **focus** on people’s strengths, identity and potential to rebuild lives.

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

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

Our goal is to provide a safe space for individuals to:

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

We will **achieve** this through the delivery of groups, workshops, seminars and courses, designed to empower each student & volunteer on their path of growth, advancement and recovery. We will endeavour to support & understand all of these individuals on their personal journey.

About being a Student

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 healthcare professionals.

We hope we are able to support you on your recovery journey to living a full and satisfying life, in the presence or absence of symptoms, by educating, empowering and inspiring you.

The inclusive nature of the college means that students:

* Require **no educational qualifications**
* Contributionsarerecognised and valued
* **Get to choose your own courses**.

Courses are **free of charge** & open to all **North Tyneside Residents 18 years old and above.** They are particularly aimed at people who have experienced mental health challenges, their families, and carers and for those who work in the mental health field.

Interested in becoming a Student?

To register your interest and keep you updated with the information, that matters to you, **please complete an Expression of Interest form**.

*Please ask for any assistance you need with this, we will be happy to help!*

We would love for you to contribute to the development of the college by sharing your thoughts on:

* Activities, groups, courses, workshops you would participate in
* Information that would help you engage with us
* Ideas of where you would look for that information
* Timings of sessions
* How we can eliminate barriers for you
* How we can help with accessing the college

**You can do this at our Drop In Sessions @**

**The Hub, The Linskill Centre, Linskill Terrace, North Shields NE30 2AY.**

**Tuesdays and Wednesdays from July 2nd to July 17th from 9:00am – 12:00pm**

**Or outside of these times by emailing:**

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

About being a Volunteer

As part of our commitment to people’s recovery and well-being, we are developing a volunteer programme. There are many benefits to volunteering including but not exclusive to:

* Gaining confidence
* Making a difference
* Meeting different kinds of people
* Making new friends
* Being part of a community
* Learning new skills
* Taking on a challenge
* Having fun!

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

* Administrative
* Peer support
* Co-facilitation
* Course Delivery

The emphasis is on how the College can help you achieve your goals rather than what you can offer the College as an organisation.

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What’s happening at North Tyneside Recovery College

From September 2019

Some of Our Ideas – Please add to these your input is invaluable!

**DB Cuppa T:** A safe and confidential group offering fun, friendship and freedom to talk. Discuss any issues with homework, with people, who have completed DBT training, in an informal and relaxed space. For those who have completed their training this is an opportunity to refresh your knowledge from current trainees.

 **2hrs Weekly**

**Survive & Thrive**

This course aims to help you develop skills and strategies that build your resilience. Enabling you to deal with situations and people that can be overwhelming and/or distressing. This is a safe space to learn and practice: acceptance, emotional regulation, problem solving and mindfulness.

**1.5 hours weekly for 6 weeks**

**NTRC Needs An Identity**

Your college needs an identity can you help? Unleash your creativity. How do we REpresent, to our community, our aims values and beliefs using our name, logo, literature, mission statement etc. Through a range of art forms come along and have fun, explore what identity is and how we demonstrate it.

 **1.5hrs weekly for 8 weeks**

Our ideas continued….

**Arts and Crafts Groups**

Are you creative? Do you want to explore your creativity? Do you have any art/crafty skills that you can share with others? This group is a place to learn or share a creative skill, meet new people, build friendships through shared interests. For those who would like to share this with others we hope to end the course off with an exhibition of your talent.

**1.5 – 2hrs weekly from Sept – Dec**

**Coping With……**

What can we help you cope with? This is an opportunity to explore and share strategies and skills to help you cope with depression, anxiety etc. Learners will get to understand what the condition is, how to self-care, their thoughts and alternative ways of thinking, the importance of meaningful activity.

**1.5 – 2 hrs weekly x 6 weeks**

**Confidence Commandoes**

This course looks at issues relating to confidence and what can prevent us from acting, speaking and communicating with confidence. You will understand and be able to practice a range of techniques needed to improve your confidence.

**1.5hrs – 2hrs weekly x 6 weeks**

**Activity Adventurers**

This 4 week taster course will cover tackling inactivity and why becoming more active matters. It will give you practical ways of becoming more active without having to spend money.

**1.5 hrs x 4 weeks**

**Natter Netball**

Gently Get back into activity, walking netball is ideal for those who have been inactive but want to increase their activity in a fun and engaging way. A great way to meet friends, and engage in sport. After the