

FREE



# RE-CO-CO

RECOVERY COLLEGE COLLECTIVE





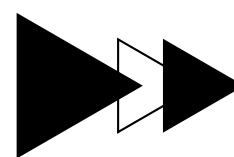
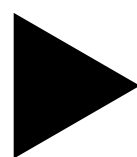
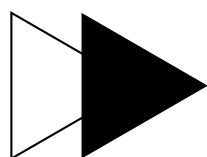
IN THE PROSPECTUS ARE DETAILS OF COURSES/WORKSHOPS, AND OF GROUPS.  
YOU HAVE TO ENROL BEFORE DOING COURSES OR ATTENDING GROUPS.

THE DIFFERENCE BETWEEN A COURSE AND A GROUP IS THAT  
A COURSE RUNS FOR A SET NUMBER OF WEEKS, AND THEN COMES TO AN END.  
WE HOPE THAT STUDENTS WILL, AS FAR AS IS POSSIBLE, ATTEND EACH SESSION  
OF A COURSE FOR WHICH THEY'VE SIGNED UP.

GROUPS ON THE OTHER HAND, ARE MORE OPEN-ENDED,  
AND RUN WEEKLY/FORTNIGHTLY/MONTHLY  
AND YOU CAN COME TO A GROUP FOR A WHILE,  
NOT COME FOR HOWEVER LONG AND THEN SIMPLY RETURN.  
YOU COME TO GROUPS AS AND WHEN YOU CAN.

THE PROSPECTUS ALSO CONTAINS ARTICLES, INFORMATION AND ARTWORK.  
THE ARTICLES ARE FOR READING, THE INFORMATION FOR DIGESTING,  
AND THE ARTWORK FOR ADMIRING.

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# THE NIGHTS ARE DRAWING IN.

BY ANGELA (RECOCO CO-DIRECTOR)

I'm writing this 2 days after the longest day, when it barely gets dark at all. But despite the long summer days stretched ahead of me I know we are, once again, on the decline into the cool darkness of a north eastern autumn. That's what i'm like. A right misery, a pragmatist, most often catastrophising and preparing for the worst. Which could be pathologised if it wasn't so goddamn reasonable these days.

People aren't feeling great despite the sunshine. Last year there seemed to be a common confidence crisis. Coming out of a Pandemic feeling jaded and disconnected. Evidence of capabilities and worthy craic a distant memory. (Well Done on surviving a Pandemic by the way. Let's get that noted. I know that sometimes it feels like a bad dream but it did actually happen. Millions worldwide died. You didn't.)

This year it appears to be motivation (to do anything but graft) and deeper self-esteem that has taken a punch to the gut for many of us. I'm struggling to write anything because I don't believe it's likely to be worth reading; there's no flow or creativity. It needed to be submitted days ago and I can't be arsed. But Alisdair, the swot, has just shown me his (oo'er). It's reassuringly short.

I'm often pondering on the 'before times'. When my hypervigilance was perversely satisfied by scanning faces for silent misery on metros. I'd spot kids that I thought were having a shit time at home. Nanas I thought looked lonely. I'd hear tension and conflict at 20 paces. A black eye on a Geordie wife wouldn't get past me. I could sense desperation and fear like a negative energy Geiger counter and i'd try to catch their eye in case they needed help.

I used to notice sadness. Now I notice when someone looks happy. The only banter I've noticed on public transport for months and months, is from the feral kids - who are clearly the best at adapting. Watching them work themselves and having a right laugh terrorising everyone. I drink it in, the little gits deserve a laugh. These times are normal for them now. The rest of us left lagging, deluding ourselves that there will be a return to the old normal, any time now.

Though to look at us you'd never know that things aren't normal. Summer is a time of indulgence and party chasing for me. Utilising the extra opportunities for fun in order to top up. Festivals, day trips, beach days, parties, holidays, drinks after work in the sunshine. I am truly blessed with the opportunity and means to spend months filling my wellness cup and I do it gratefully and wholeheartedly.

But with a keen eye on the horizon. Preparing. The biggest risk to the whole overstretched system of mental health care, I believe, is likely to be the lack of recognition of what this new landscape is likely to look like and the apparent unpreparedness for it. They call it Resilience Planning and there doesn't seem to be much of it happening.

There will be disruption to medication supplies, increases in safeguarding incidents, monumental increases in addiction, increased obesity and physical health problems, increased isolation, abject poverty and destitution, domestic/sexual violence - and that's just the staff.



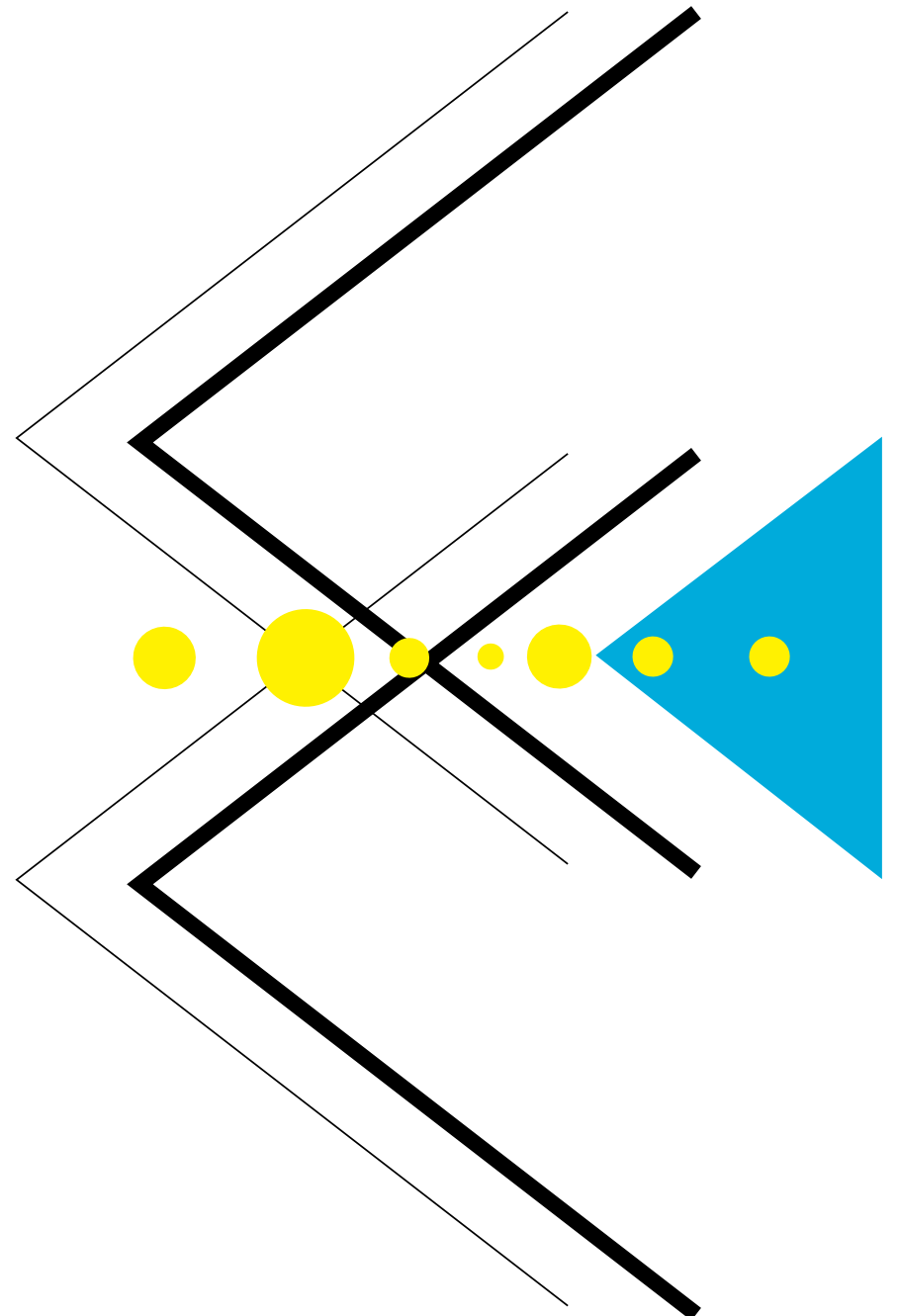
Managed still by execs who, by and large, still haven't been back to the office. Mistaking busyness for efficiency. Thinking that because every minute of every working day and into the night is filled with meetings, then they must be meeting everyone's expectations - because there's no way of actually knowing. Maybe the additional work generated is all necessary stuff getting done. Not having to have those wasteful 5-minute catch ups in the ladies, or on the corridor, or in the staff room. No need for de-briefs, rants, laughter.

The foundation of good mental health care is relationships, though. And if they fragment whilst the increasing disconnect between decision makers and front liners continues - all of that extra stuff will end up buried in the rubble when the foundations collapse.

We can't help ourselves but prepare. Surviving catastrophe is one of our Superpowers. We are currently equipping our community with the mental health field hospital skills that we are going to need this winter. When we know the tsunami of need will stretch everything we have beyond its normal elasticity. As Peers, Survivors, Life Warriors, we will be as ready as humanly possible for what this Universal adversity throws up. Strong because we already know we can survive. Join us. We need people, skills, money, and resources. Find us some big hearted philanthropists, celebrities or ethical organisations who might want to sponsor or collaborate with, a hard working, local, Mental Health Charity like ours and point them in our direction. If you wouldn't mind.

And top up. Be around folk who make you feel safe, even happy. Get your sun hat on and your lilly white legs out and absorb joy and laughter wherever you can. We've got a brilliant summer timetable this year, jam packed with all things outdoors.

And Connect, Connect, Connect. Because calling connections a lifeline won't just be a metaphor. Keep gannin! We have each other.



*Recoco are always looking for new volunteers. Whether you have a talent that could be turned into a workshop or experience of delivering or creating courses, or are good at listening, or musical, or funny, or kind, or good at making tea; then get in touch. Find your purpose. Come and join our front line knowing that you will be part of something incredible.*

HMM HMM HMM

BY ALISDAIR (RECOCO CO-DIRECTOR)

# Hmm.

## How to begin another article for the prospectus?

What angle or line to take? We've had the looming apocalypse, strength in adversity, courage under fire schtick a number of times now. Don't get us wrong, the world is not a pretty place right now, and if current indicators are anything to go by, it could get a lot uglier. And we absolutely have a duty to pull together, look out for one another, and that is very much what we advocate and do at ReCoCo.

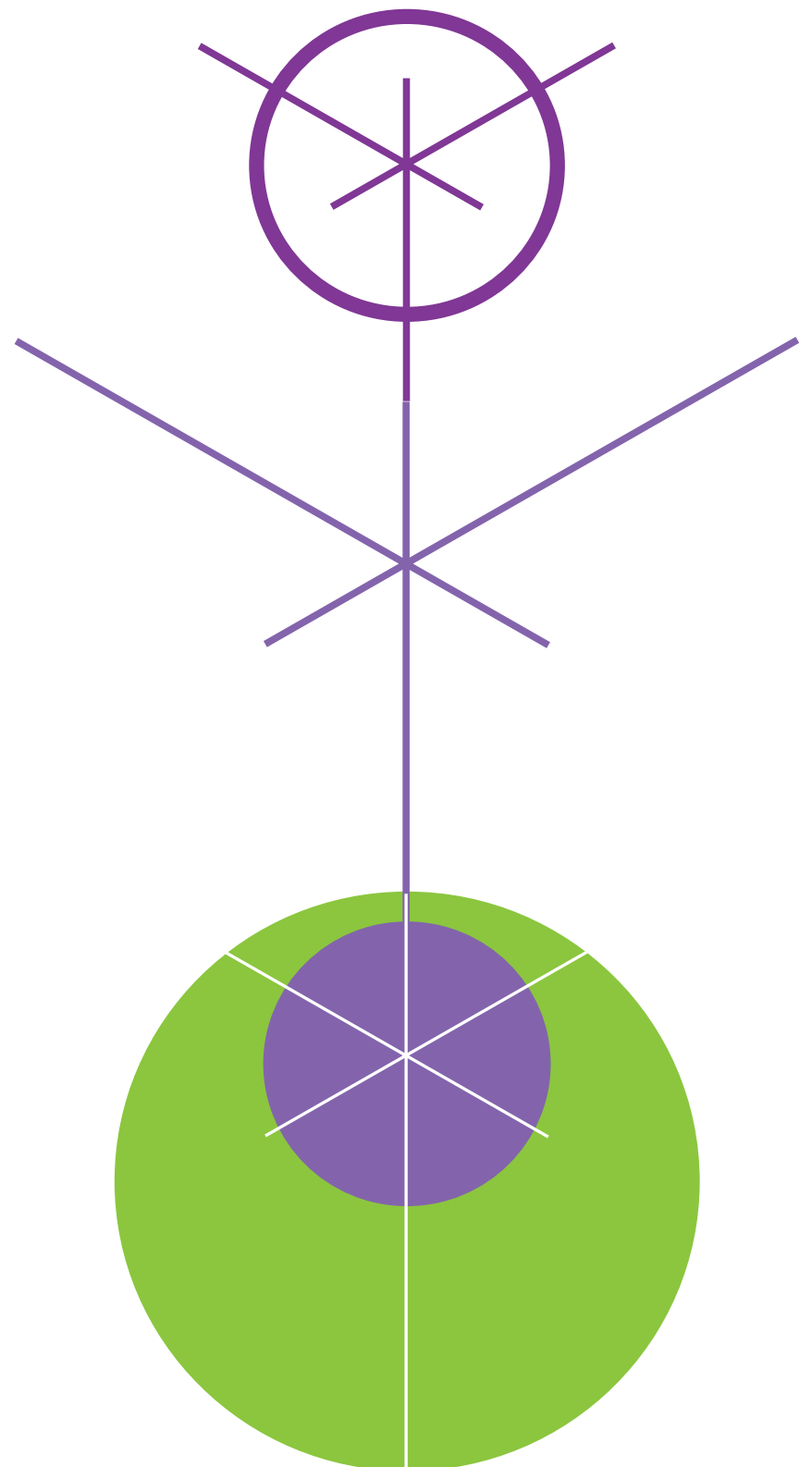
## Too much contemplation of the train wreck of contemporary existence can, however, skew some people's sensibilities, so that they find it increasingly difficult to locate anything in which they can take pleasure or enjoyment.

If we and they and everyone else are to survive, though, we can't succumb to the bleakness and live grey, dour lives. Joy, laughter, delight, happiness even, are human essentials. So find them where you can; be that in gallows humour, genteel socialising, getting into nature or giving it large\*. There is no nobler act of resistance than asserting one's humanity, one's spirit, in the face of a shit-show.

You are allowed to enjoy yourself every now and again. In fact, it's necessary. If it feels like the world is beating you up, don't add to the pain by giving yourself an extra kicking on top. We're just battlers, which means it'll be us against the world, and the world will probably win hands down every time, but we'll never give up fighting, no matter what. Yet, in among all of that, we can have some fun along the way. A life strategy of minimizing disappointments only winds up guaranteeing you suffer the maximum. The worst thing in the world isn't suffering or loneliness. It's the combination: suffering alone. So, let's have some fun, some levity, some cheer. Together.

And it just so happens that we have some suggestions for how you may do that in this prospectus...

\*n.b. We do not recommend getting caned every night. Moderation is key, which some of us didn't appreciate until we'd well and truly spoilt it for ourselves. Mine's a lime and soda, thanks.





## Michael McHugh introduction

**I'm  
Michael,**

the new project coordinator for  
ReCoCo at the Retreat in Saltwell Park.

I'm from Salford originally but have lived  
in Newcastle since 1995. I'm working Monday,  
Thursday and Friday splitting my time between  
ReCoCo in Newcastle, home working and over at the park.

I also work for Tyne & Wear Archives & Museums as part of the  
Communities team and have worked for them since 2005 doing  
projects, events and exhibitions.

I'm really excited about the Saltwell Park space and what  
we can do together. Everyone keeps saying about the  
potential of the space. So let's unlock it and build  
some great programmes!



# A YEAR AT SEA

BY KAREN

It was a cold March day when I first dipped my toe into the icy North Sea. The overwhelming feeling of sick surged up to my chest. Not the start I had hoped for.

Although, I really wasn't sure what to expect when Angela said we would go cold water swimming to support our mental health. Suppose visions of having fun on the beach splashing in the water sprang to mind. Just one thing that was missing out of my thoughts was the temperature of the North Sea which never gets that warm even in summer. I quickly retreated, was this something I could do? Wanted to do even? Well never say never, mind over matter my dad would say, I took a deep breath and tried again. It was still bloody awful but not such a shock, surprisingly I managed to stay in the water for at least a minute. Apparently this was a good result.

The cold North Sea had been a hostile stranger today. Thoughts of happy times, warm soothing water that lapped my feet as a child all seemed like a lifetime ago. **I spent many family summer outings on that beach, laughter, shuggy boats, the sally bash with their puppet show and songs all flooded my mind.** We'd always take the very early train and return on the last one back, we'd watch the beach fill up and empty before we left. Dad would bury us up to our necks in the sand and mam would take a snap. It was only one of the favourite things we loved about being at the beach. If we hadn't packed seaside sandwiches, that my brother always thought were

best dipped in sand for some strange reason, Dad would go up to the chippy for chips, we would make a sand table then we'd have lunch before we went off to explore the caves and rocks, we'd come back with buckets full of willicks for our supper. Happy days, not a care in the world. Always came home happy and exhausted, something about the sea air!

Next week came around quickly and the sea was no more inviting, it didn't call "come and play", it swept its dark veil over the golden sand. The feeling of dread was back. I decided that I needed to do this and I was up for the challenge. "Lean in to it" I said

to myself, one of Angela's favourite mantras that I've grown to love - it does work! Surprisingly it wasn't as bad and I managed to stay in longer. So cold water swimming was something we'd do weekly. Each week I'd turn up with a little more kit. It did get better, I'd manage to stay in longer each time. I felt pleased, I really could do this.



**I started to feel the benefits, my mental health improved and I looked forward to going.**

I seemed to have so much more energy throughout the day and I slept much better at night, each week couldn't come quick enough. The North Sea had become my friend. I longed to see her each week.

Anyone can do this. You don't need a wetsuit to cold water swim,

just a bather. You need to feel the cold, embrace it and reap the benefits. The best advice I can give you is to buy some decent boots and 5mm gloves, take plenty of warm clothes, towel, hat, gloves and a hot drink and even a hot water bottle. There's other kit like a Dryrobe coat and poncho towel but these are things that you can buy if you want to make it



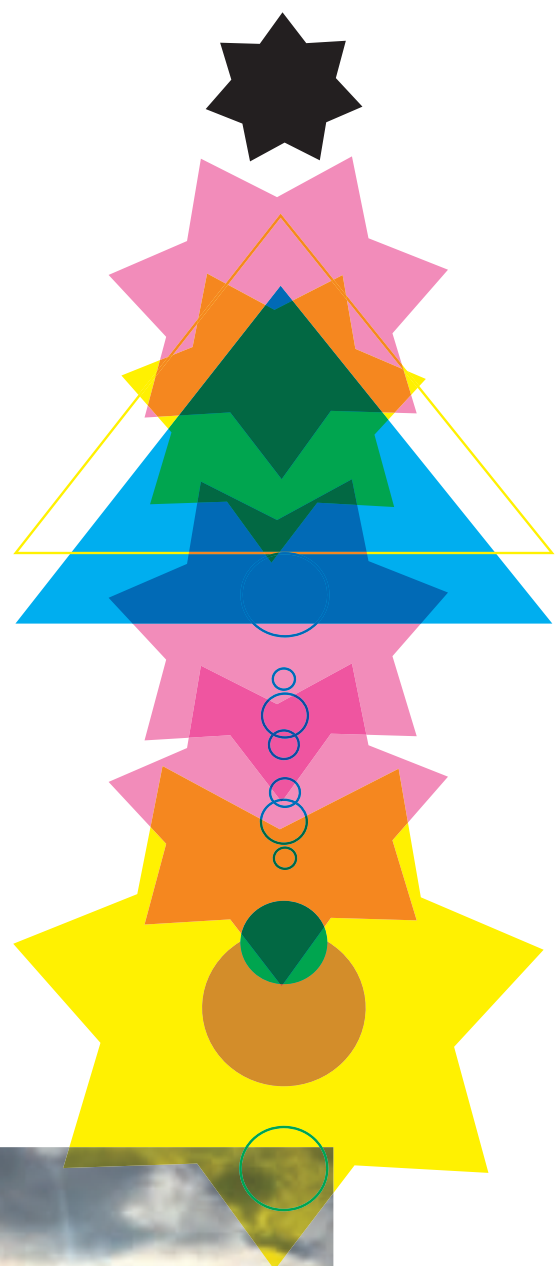


a hobby of yours (they're nice but you don't need to buy them to participate).

It's been over a year since that first day and I can now stay in the sea for over 30 mins and that's not in the summer (not advisable if you are just starting your cold water journey). I've amazed myself and I will never stop cold water swimming - it's part of who I am now.

So thank you North Sea, you keep me sane, you take away my pain and you've made me feel a stronger, more positive person.

I'd like to share some of my childhood pics with you. One of my mam who I love dearly who died just a couple of years ago - Every time I'm there I think of my mam and say "hello I'm back again". Also my brother on the same beach along with some images I've taken throughout the year, hope you enjoy.





# JUST SHOW UP

Just show up, as you are, you don't have to look or feel great. You don't have to be prepared for each challenge or know all of the "hows" and "whys", or have all of the answers, or be 100% ready, nobody is any of these things, or ever was.

It's not about being perfect, not at all!

Just show up, as you are, despite each and every fear that threatens to hold you back, despite the limitations and criticisms others will place on you.

This is your life, your journey, your adventure, and all that it's asking of you is to show up for it, as you are. That's enough! That's more than enough, that's everything.

## Hi, my name is Graham!!

If you are part of ReCoCo you may have seen me around, I have been part of the college for some time now. It's been fun to see how we have developed over the years and I'm really proud to be part of its journey! I now get to wear the therapeutic enabler/volunteer badge. Looking back, I can remember how I initially became involved many years ago, at this particular point in my life I was at a dead end, my perspective at the time was not all that.

I was at a hostel under restrictions, I tried my best with other organisations that left me with a sense of disappointment, my self-esteem was at an all time low, as I could not hold down the things I was supposed to be learning. What to do with these skills that were not validated and were not of any use in the 'big wide world'. I needed a chance in life to redeem myself from my past on a restricted ward. I guess most people with my experience don't wind up there by choice, as no one really looks to have mental health issues, like most of us at ReCoCo, I guess it's just what life throws at us sometimes in simple terms. ReCoCo has definitely been part of my recovery through the years and it has definitely been a learning experience!

I have been searching for the light at the end of the tunnel and ReCoCo has played its part in this and one day hopefully I will get there. Thanks to my colleague and friend Steve O'Driscoll I snapped up the chance to join ReCoCo as it sounded like something I would want to do and not something forced upon me. I discovered how inclusive and refreshing it was compared to other organisations, there was no stigma. As soon as I met Alisdair and found out about the Unusual Experience group I committed myself as best I could, as ReCoCo reminded me of what it was like to be at a regular college where my problems began when I was young. I now feel more valued for my strengths and weaknesses regardless, I am less stigmatised and run my own group. Recovery is a journey in life and there are many twists and turns to recovery. I found myself at the crossroads and ReCoCo was a path I chose. Now my destination is more refined somewhat and not a pipe dream of uncertainty, helping others reach their goals and seeing my peers and fellow colleagues on their path feels really rewarding and I feel more optimistic in life thanks to ReCoCo.

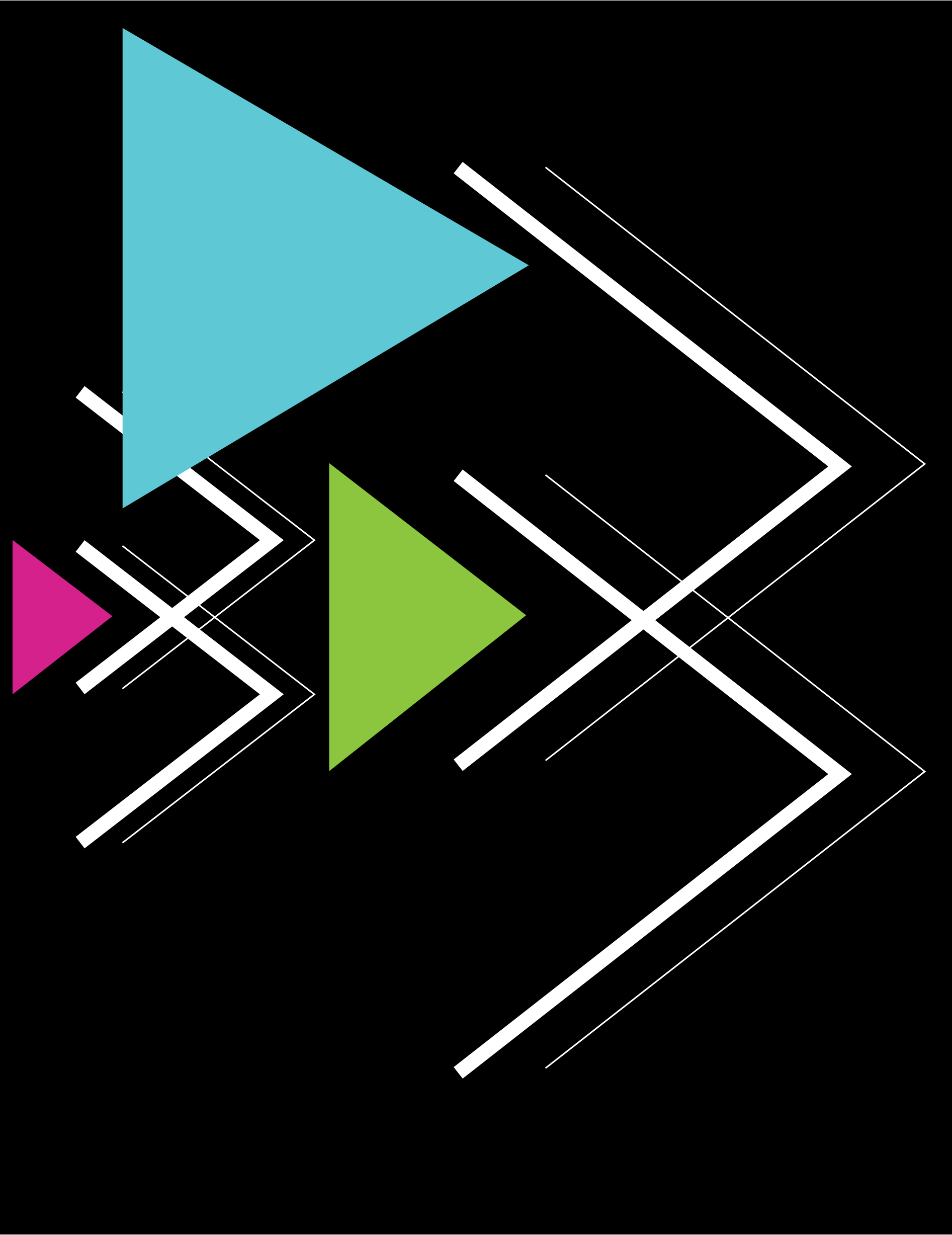




# GRAMMAR DISCLAIMER

*In the certain knowledge that despite Karen's best efforts at proof-reading, several typos, misspellings and grammatical mistakes will still pepper this prospectus, we'd like to offer this DIY remedy. Use the following letters and punctuation to fix whatever's wrong, or just sprinkle them around as you see fit:*

ABCDEFGHIJKLMNOPQRSTUVWXYZ  
PQRSTUVWXYZabcdefghijklmnopqrstuvwxyz  
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# PEER SUPPORT

The CCG (Clinical Commissioning Group) has commissioned new Mental Health Community Peer Support Workers, employed by Mental Health Concern. They have all undertaken the Peer Support Development Programme developed and facilitated through ReCoCo. This has been a very exciting time for us all to come together and embark on a new and exciting path, working in alliance as a whole system. Peer Support is about building and sustaining healthy communities, one which people are not labelled but understood through the lens of their stories and experiences. Enabling people to move towards the lives they want through exploring what makes peer support different from other kinds of help, not better or worse, but a different way of thinking about life and support, how people connect and regain control in their communities.



## I FELT PROUD

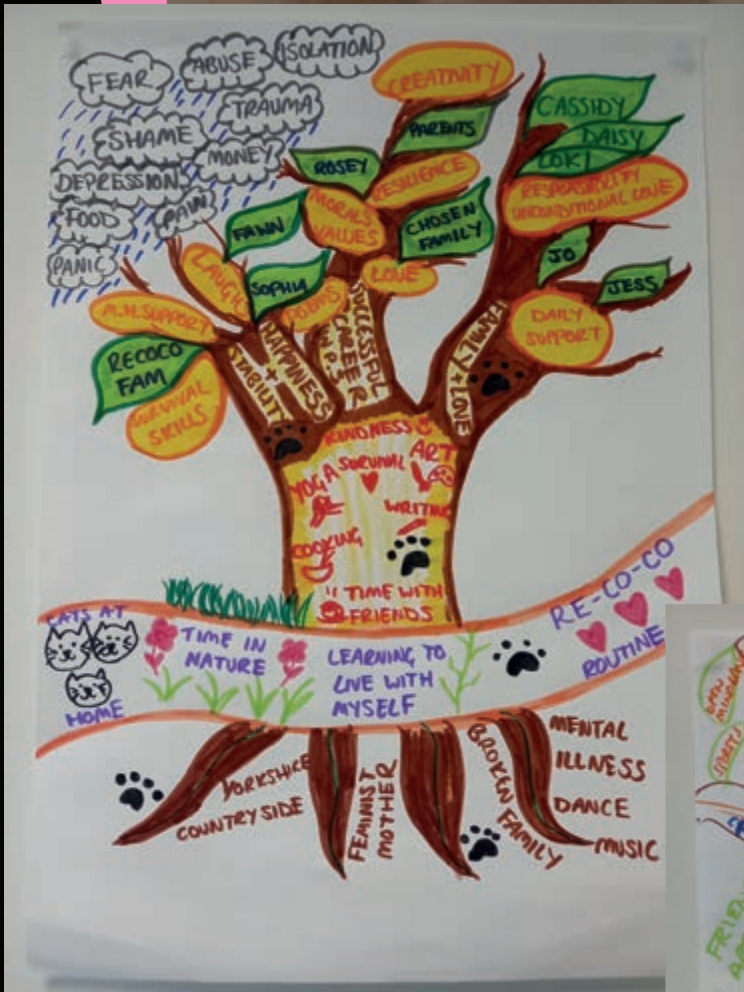
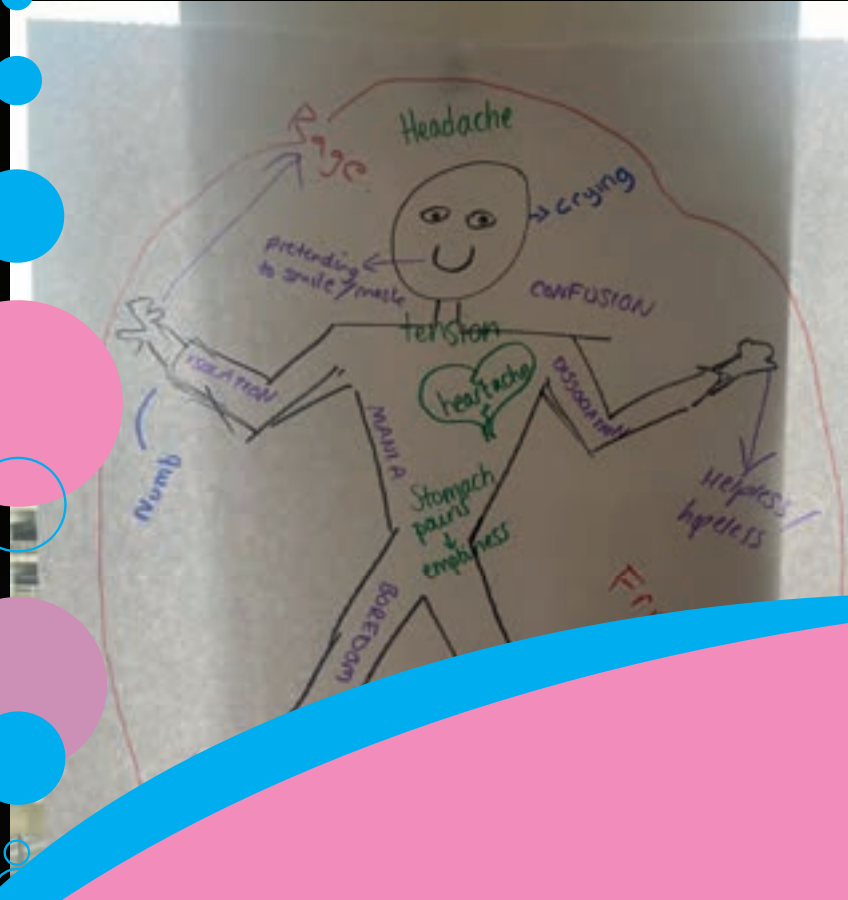
I felt proud  
 I felt proud when I noticed them become more comfortable  
 I taught them some breathing exercises and ways to ground themselves,  
 I made them laugh and helped them to relax a bit,  
 I used my personal experience of how trauma brain feels,  
 I taught them some breathing exercises and ways to ground themselves,  
 When they fed back that they had used the skills I was very happy  
 I used my personal experience of how trauma brain feels  
 I connected to them and showed them they weren't alone,  
 When they fed back that they had used the skills I was very happy,  
 I had to be adaptable because everyone was anxious,  
 I connected to them and showed them they weren't alone,  
 I tried to give everyone a chance to speak,  
 I had to be adaptable because everyone was very anxious,  
 I had them laugh and helped them to relax a bit,  
 I tried to give everyone a chance to speak,  
 I felt so proud when I noticed them become more comfortable.

## MY FAMILY SITTING PROUDLY

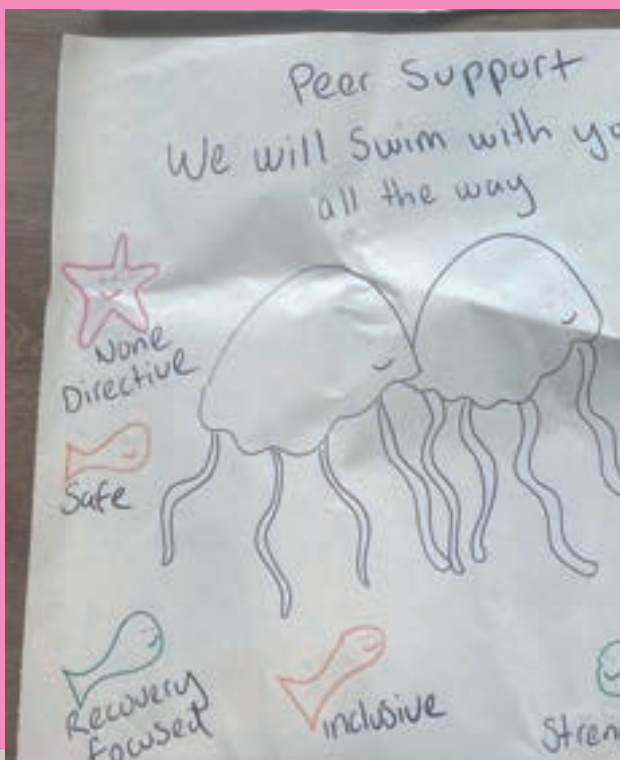
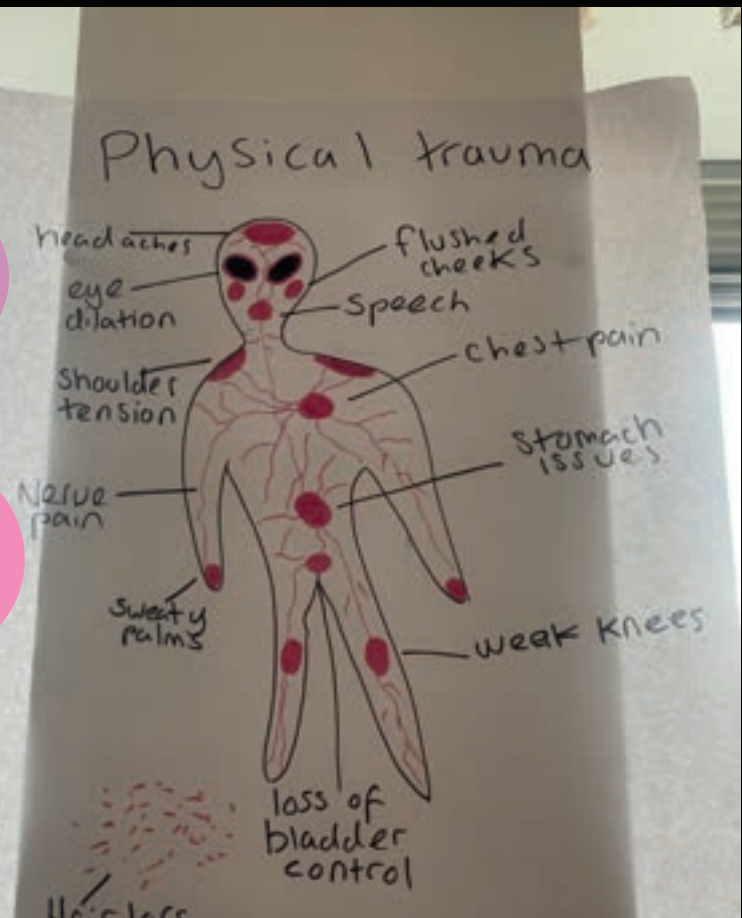
My family sitting proudly  
 I could only tell the part I could gloss over  
 Found my own way  
 At my own pace  
 I could only tell the part I could gloss over  
 My mental health had declined  
 At my own pace  
 I had no ability to make my own choices  
 My mental health had declined  
 In the hope I could incite hope in others  
 I had no ability to make my own choices  
 It will all be ok in the end if it's not ok it's not the end  
 In the hope I could incite hope in others  
 Found my own way  
 It will all be ok in the end if it's not ok it's not the end  
 My family sitting proudly.

## I FEEL LIKE MY STRENGTH IS LEADERSHIP

I feel like my strength is leadership,  
 I use my leadership to help,  
 Being empathetic and learning,  
 Making a difference,  
 I use leadership to help,  
 Skill set stronger,  
 Making a difference,  
 Maintaining and growing relationships  
 Skill set stronger,  
 Share and learn,  
 Maintain and grow relationships  
 Be a game changer,  
 Share and learn,  
 Being empathetic and learning,  
 Be a game changer,  
 I feel like my strength is leadership









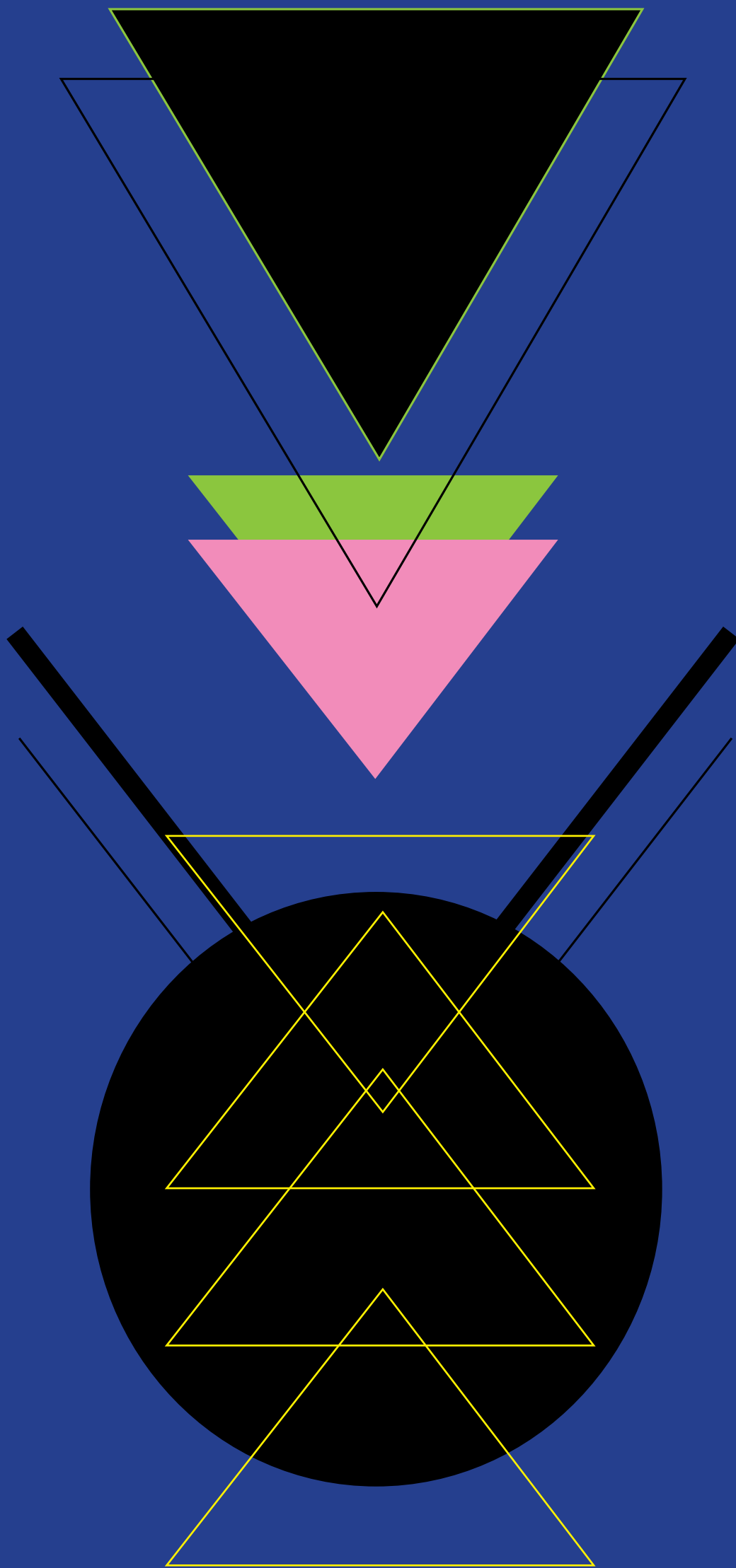
## CATHERINE CURRAH PEER SUPPORT WORKER

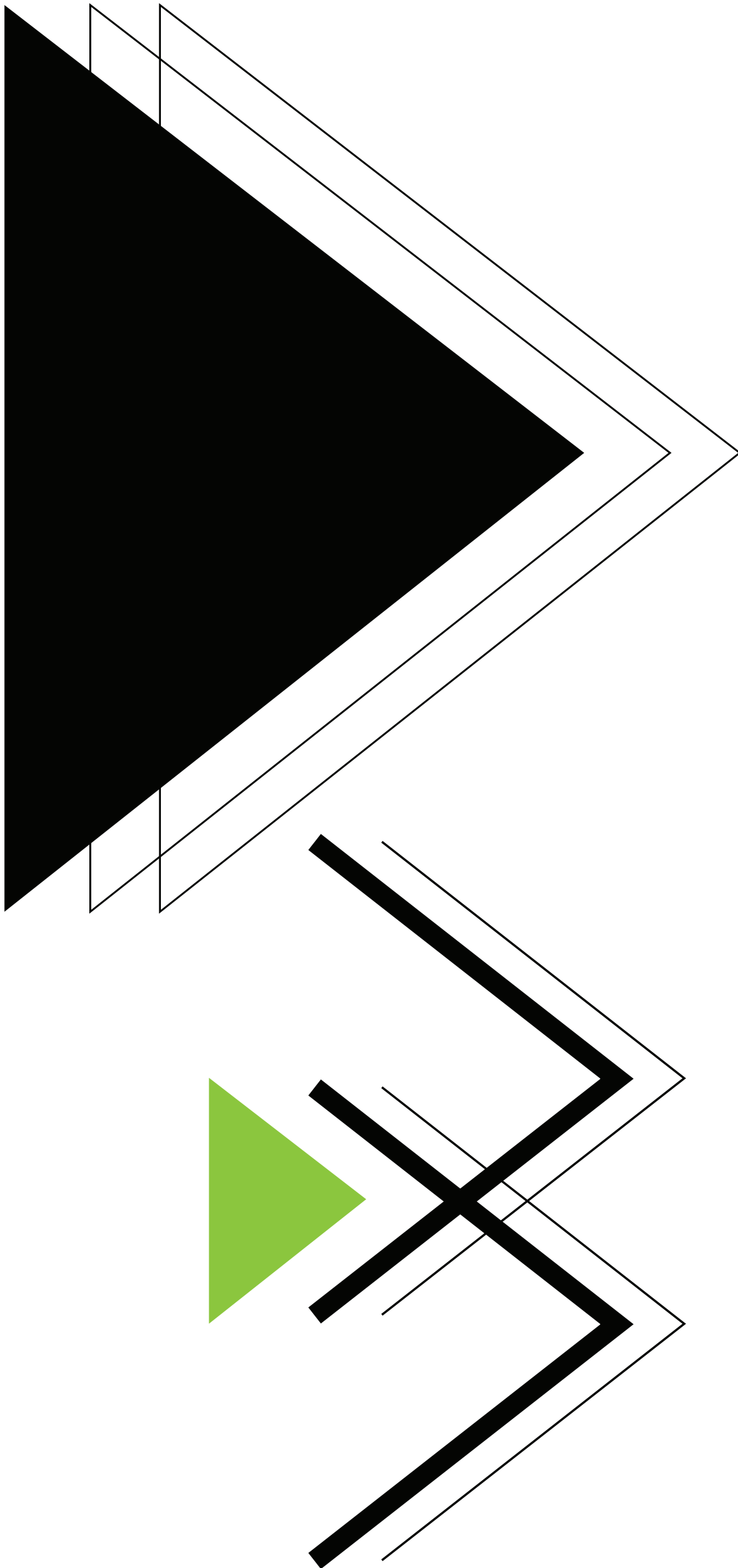
My personal experience with my own mental health issues has been the main driving force behind me wanting to explore a career in the mental health care sector. I believe compassion, care, respect and someone to listen and hear a patients' fears, anxieties, triggers and perpetuating factors are essential to support their recovery and give them a chance at being the best version of themselves. As a peer support worker, the main thing I wish to give patients is hope – all too often, people in the mental health care system lose all hope, thinking there is no solution to their problems, and they will never get better. Through listening, understanding, appropriate sharing and honesty, my aim is to give them this hope, as a glimmer of hope can be the first step for a person actively taking part in their own recovery, and believing there can be a better life for themselves. This is essential for a person's self-esteem and wellness. I thoroughly enjoy working on Lowry Ward as a peer support worker and being actively involved in patients' recovery, but I am also very lucky to get to spend one day of my working week at Newcastle Recovery College, ReCoCo.

The first time I stepped into ReCoCo, I admit I was nervous, a little overwhelmed by the amount of staff and confused at the huge range of services offered. However, throughout the day, I got to know a variety of staff and students and I can honestly say every single one of them made me feel welcome, were helpful and explained how ReCoCo worked, and how my role as a peer support worker fit into this. As the weeks have gone by, I feel more and more confident in my role here. ReCoCo is such an inclusive, non-judgemental environment, encouraging people from all walks of life to reach their full potential. Although I am only there one day a week on a Wednesday, I feel very much a part of the ReCoCo community; people always have time for me and any questions I may have, and the same can be said for every single person who walks through these doors. In fact, Wednesdays are the days I probably laugh, and hear laughter more than any other day of the week! I now run a sewing group "Sew Well" on Wednesday afternoons and am in the process of planning another group for Wednesday mornings. There is such a huge range of courses and drop ins at ReCoCo, there really is something for everyone, again, reflecting the inclusivity of the organisation.

Not only do I feel like I can help the students as a peer supporter with my own life experience, but ReCoCo has helped me with my own mental health. When supporting people with mental health issues, especially on a busy psychiatric ward, often there is little time to focus on your own wellbeing, but ReCoCo values the wellbeing of their staff as much as their students, encouraging staff to take part in courses with the students, such as WRAP training (all staff have their own WRAP plan), DBT training and mindfulness as well as a variety of drop-ins, then training them to run these courses, allowing them to constantly assess their own mental wellbeing.

My involvement with ReCoCo has given me valuable transferable skills and experience, as well as encouraging my own personal development. Each week when I leave ReCoCo, I feel more empowered, lighter, positive and full of new ideas and inspiration to use in my work, helping those in mental distress.





# I AM A ROCK

I am a rock  
I am there  
I support and listen  
advise and care

If you need support  
I'll be your crutch  
You can lean on me  
ever so much

When you are down  
and need an ear  
I will listen to you  
and I will hear

When you need advice  
I'll do my best  
To point out the way  
be it east of west

I will care  
I'll be your rock  
You can tell me all  
and nought will shock

But where are you  
when I need a friend?  
When I feel alone  
and near my end

Will you be there  
when I'm down?  
When my smile has slipped  
and I wear a frown

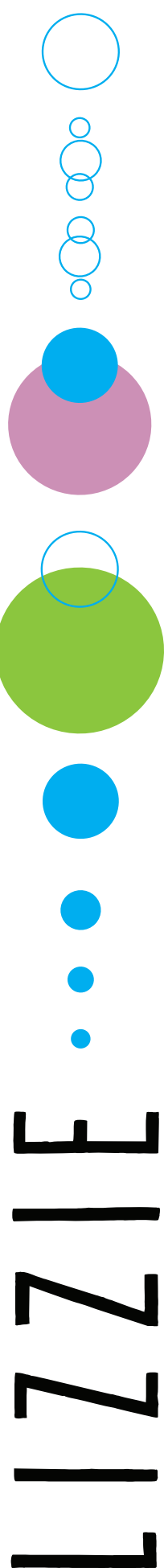
Who will care  
when I have doubt?  
Who'll be my rock  
and help me out?

I need to say  
when I'm not strong  
It isn't weak  
and it is not wrong

When I am falling  
into harm  
I'll shout for you  
I'll sound the alarm

You'll stand by me  
You'll stand in line  
I am your rock  
and you are mine





She's there for me however I am  
 Even when I'm screaming oh dam  
 We've been together through good and bad  
 When I was happy when I was sad  
 She's given me strength when I was weak  
 I've spoken to her when unable to speak.

When my head was spinning and all confused  
 When I remember when I was being used  
 I cried and screamed threw her aside  
 I gave her the pain I felt inside.

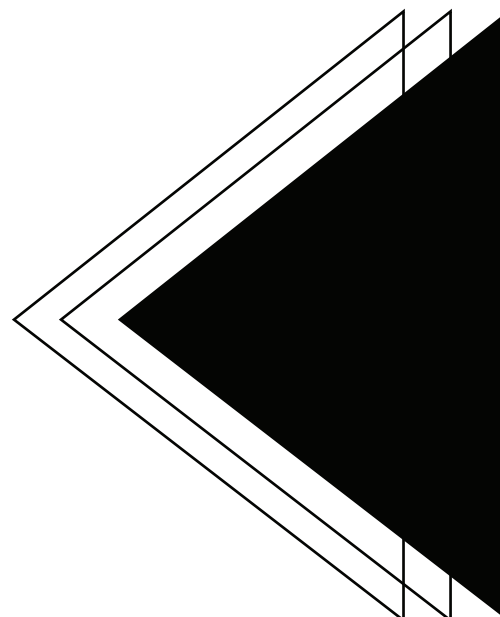
She took it all the fear I saw  
 I shook her hard till the hate was no more  
 I screamed and cried then sobbed to sleep  
 When I woke she was in a heap  
 I picked her up and gave her a hug  
 That was it first feeling of love.

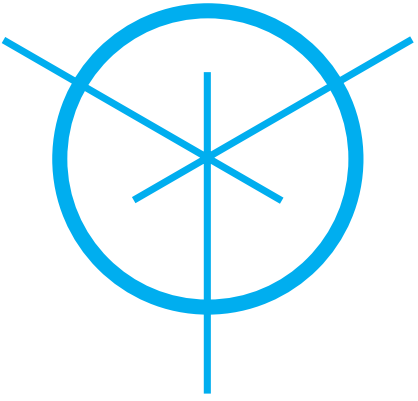
Their journey started survival begun  
 I took her with me for my run  
 So she could feel the way I did  
 When all the anger I'd get rid  
 Alive and well, the strength to go on.

We have a bond it's hard to explain  
 She never speaks but I hear her say  
 I am with you all the way.

Her face it changes to how I feel  
 When I hurt her eyes are sad  
 When I'm happy her smile is wide  
 I'm not pretending this is real

When I'm afraid she cowers in bed  
 When I'm confused she's in a muddle  
 I pick her up and give her a cuddle  
 Then we are calm and able to cope  
 Just a doll? Nope.  
 The only friend I had.





# SOMETIMES ...

Sometimes I don't know who I am.  
 Am I pretending to be a different being?  
 Being in a world of judgemental people is hard.  
 Hard times help us to appreciate the good moments in life.  
 Life can be a rollercoaster, scary but just as thrilling.

Samantha

Today we saw the TV show again for the last time.  
 Time and enjoying, we all ended up in the same place.  
 Places of interest, may be not that interesting.  
 Interesting things, many things could be interesting depending upon your point of view.

Viewing that film is really hard work.  
 Working from 1 - 3 is not that easy.  
 Easy as pie.  
 Pies of all sizes and fillings.  
 Fillings of various sandwiches, what would you like?

Liking everything is impossible and you might not like everything.


Things can hurt sometimes they do get better.

Better than the last thing we had.  
 Had we got enough of the summer?  
 Summer is here.

Here we go today in with the summer.  
 Summer is our today.

# SUMMER IS OUR TODAY





# THE DALEK

You are a Dalek, enemy of the earth, foe of mankind and nemesis of the Doctor.  
 You came into my life when I was but a child, during my formative years.  
 You scared me to say the least, I watched you through closed fingers, I feared you.  
 You came to me in the night, in my slumber, you turned sweet dreams into turmoil and terror.  
 Your voice haunts me still.

At first I was safe when I climbed the stairs.  
 I could spy you from a mezzanine deck and know I was safe out of your clutches.  
 But in time you traversed every level I could run but I could not hide.  
 You threatened mankind with EXTERMINATION!  
 But the Doctor was there.  
 The Doctor is wise.  
 The Doctor is good.  
 He always saves us.

You will not  
 EXTERMINATE  
 Dalek be gone!

# THE JAR

This jar may look small and insignificant but if you give it a chance, I guarantee you it will change your life for the better.

Before I had this jar, I used to comb my hair once every two weeks, have a bath just once a week, and clean my flat only when I really had to.

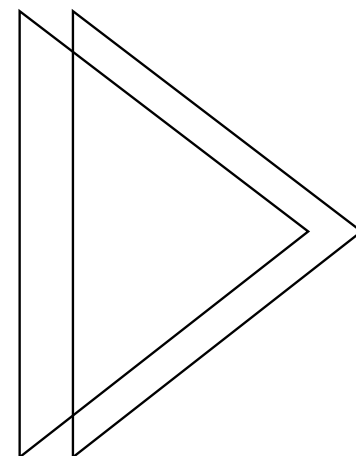
I thought how can this jar help me?

I hoovered my flat and put one stone into the jar. Immediately I felt the feeling of achievement. I achieved something. That's the secret the jar holds. It might take some time but if you keep at it there is light at the end of the tunnel.

Khoyrun Nessa

# COURSES / WORKSHOPS

@ CARLIOL

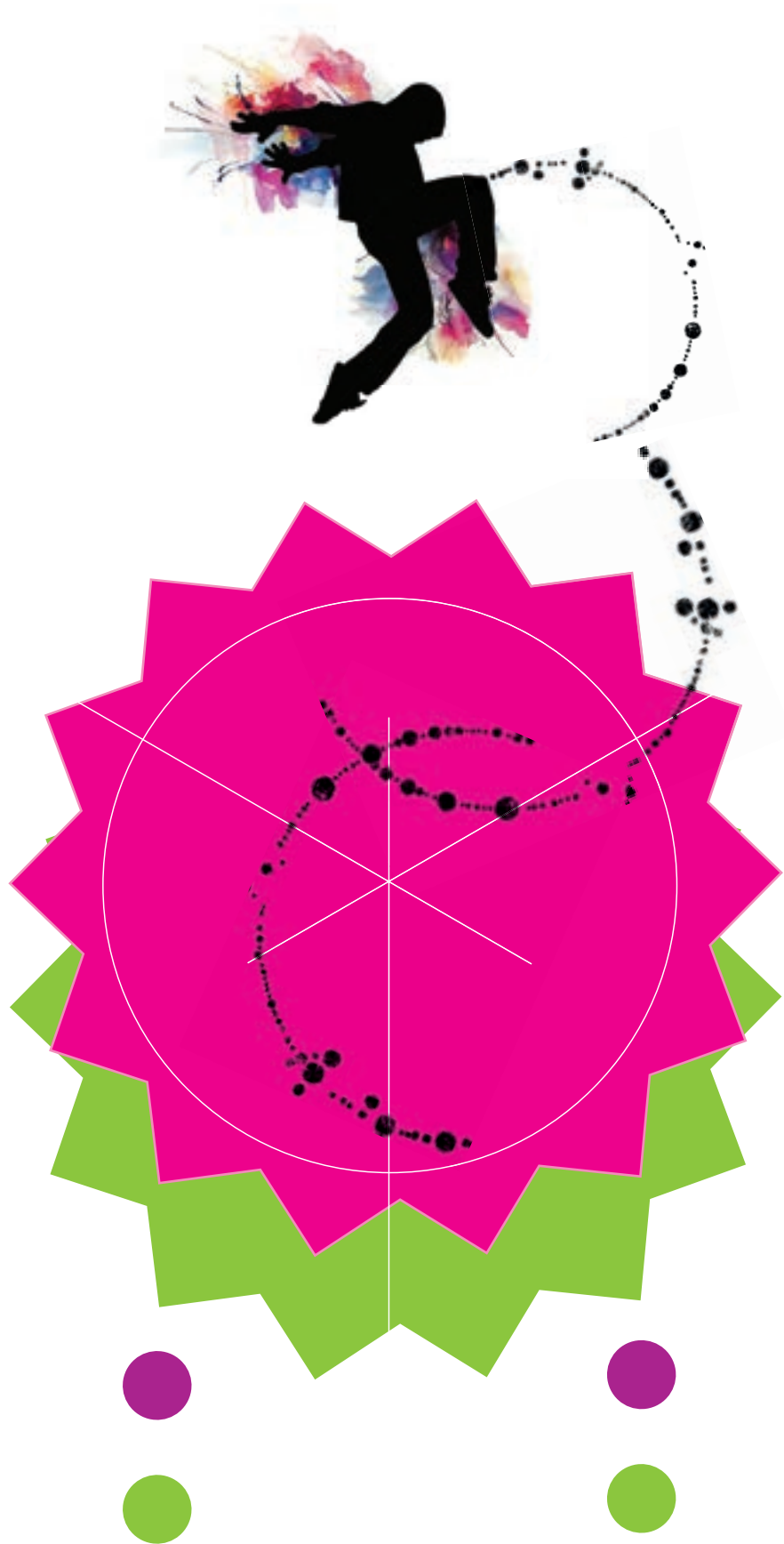


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1

BODY CONFIDENCE

This course is for anyone who struggles with their body image. Over 4 sessions we look at what can be the cause of body image problems, the effect low body confidence has and ways to feel more positively about our bodies. Each session will last 2 hours and the course will run over 4 weeks. Look forward to seeing you!

Time: 10.00am - 12.00pm

Day: Tuesday

Date: Weekly for 4 weeks

Cohort 1: 6th September

Cohort 2: 1st November

Course Leader: Cat Barrett



FEEDBACK FOR BODY CONFIDENCE

"Meeting such lovely like minded people. Being in such a safe place to express my feelings and get some strategies to cope."

2

## INTRODUCTION TO DBT SKILLS

This is not Dialectical Behavioural Therapy. At ReCoCo we run weekly skills-based groups giving an overview of what DBT is, exploring and trying out the skills that people find helpful in managing their emotions. Each week we will explore a different aspect of DBT skills;

Week 1 - Emotional Regulation

Week 2 - Interpersonal Effectiveness

Week 3 - Distress Tolerance

The 3 weeks will repeat continuously to provide as many people as possible with these skills. Mindfulness will also be incorporated into each session.

Time: 10.00am - 1.00pm

Day: Thursday

Date: Weekly for 3 weeks

Cohort 1: 8th September

Cohort 2: 29th September

Cohort 3: 3rd November

Cohort 4: 24th November



## OPEN MINDS: LET'S GET TOGETHER AND TALK

3

Open Minds consists of group sessions in which you will be able to discuss your experiences and talk about your journey.

This in turn offers a way of understanding long standing issues that are troubling for you in the presence of and with the support of those who have faced similar situations.

You will also hear the issues that others in the group have had to face and how they have been able to keep going. And there will of course be opportunities to share tips and ideas that could help.

In this way you may come to assess the place of negative experiences in your current life. Using this realisation and with the support of the group you may decide to live life in a way free from these previous difficulties. While safeguarding and confidentiality is a must these sessions will be run by those attending for those attending and I will be suggesting a light touch to meeting rules.

And for those that are so inclined I can think of no better book than:

Irvin Yalom;

*The Theory and Practice of Group Psychotherapy*

Getting it out there is often half the battle and sharing with others may allow you to see your own situation in a new light. So, let's talk.

Time: 1.00pm - 2.00pm

Day: Monday

Date: Weekly starting 5th September

Course Leader: David Large

## PHYSICAL PAIN MANAGEMENT

The Physical Pain Management course is a 6-week programme of guided self-help for understanding and managing persistent physical pain. As a first attendee it is suggested that you attend all 6 sessions to learn all the available techniques. However, once you have completed the course feel free to attend any of the sessions again as a refresher for your learning. The sessions will run as follows:

Session 1 - Introduction

Session 2 - Mindfulness and Acceptance

Session 3 - Imagery and Conditioning

Session 4 - Eliciting the Pain Script

Session 5 - Cognitive Restructuring

Session 6 - Reshaping the Brain

Sessions 7 & 8 are optional drop-ins for students who have attended the course previously

Time: 1.00pm - 2.30pm

Day: Tuesday

Date: Weekly starting 6th September

Course Leader: Glen Ferguson

Glen also offers a series of stand-alone workshops:

6th September - Veterans Workshop

13th September - What is EMDR?

20th September - Medication Management

27th September - Understanding Simple Phobias

4th October - Veterans Workshop

11th October - What is Mindfulness?

18th October - Understanding Depression

1st November - Veterans Workshop

8th November - Understanding Social Phobias

15th November - What is CBT?

The three veterans' workshops are informal drop-in sessions for military veterans who are looking for peer support, a chat, to meet other veterans or to get advice and direction to support services.

Time: 12.00pm - 1.00pm

Day: Tuesday

Date: Starting 6th September

Course Leader: Glen Ferguson

## POSITIVE PSYCHOLOGY

Positive Psychology is based on the belief that people want to lead a fulfilling life in order to cultivate what is best within themselves as well as enhance their experiences of love, work and play. During the session students will look into what makes life the most worth living and concentrate on increasing students' well-being by positive psychology knowledge and a variety of tasks. The aim of the group is to enable and empower individuals to make a positive change in their life in order to thrive.

What sort of things might you study in positive psychology class:

- character strengths ( forgiveness, kindness, gratitude, creativity & curiosity)
- Meaning and purpose
- Happiness, positive emotions and well-being
- Emotional social intelligence
- Flow and mindfulness
- Wisdom
- Hope and optimism
- Positive relationships
- Authenticity
- Humour
- Resilience and much more !

Please join us on this meaningful journey to find out more about positive psychology. Course will be delivered by class discussions of relevant topics, small projects and in class activities such as a quiz.

Time: 10.00am - 12.00pm

Day: Thursday

Date: Weekly for 5 weeks

Cohort 1: 15th September

Cohort 2: 3rd November

Course leader: Juliana Da Cunha



FEEDBACK FOR POSITIVE PSYCHOLOGY

"Talking through the subject matter with Juliana and Wellis was amazing and very clear."

FEEDBACK FOR BODY CONFIDENCE

"Learning about anger, learning about emotions, Learning about why I am what I am."

"The insight of the staff and the shared experiences."



6

## REDUCING THE RAGE

Everyone gets angry or frustrated. It is a totally normal and healthy emotion. Particularly in times like this.

Sometimes though, our anger can get away from us and begin to take over. If anger plays a larger role in your life than you want it to, this course may be for you. Whether you get angry at the smallest things, your rage is an uncontrollable monster, or find it difficult to express your anger in a healthy way, this course may help in getting your anger back under control.

You need to have completed our Recovery College DBT Skills or WRAP course to attend. Please be mindful that this course can be emotionally challenging and triggering. We will discuss issues around trauma and shame which can be difficult if you are currently earlier on in your recovery journey. This class may be a process of self-discovery through skills and knowledge. Let's get 'a'had a'the rage.

Time: 1.30pm - 3.30pm

Day: Thursday

Date: Weekly over 5 weeks

Cohort 1: 8th September

Cohort 2: 3rd November

Course Leader: Megan Shaftoe



7

## SELF ESTEEM

We look forward to welcoming you to a friendly, creative group that explores the ins and outs of our self-esteem. Each week we look at new ways to support each other through life's ups and downs that can lead to new possibilities.

We look at:

- What is self-esteem, what can affect it and why?
- What you think and feel about yourself, looking at positives and negatives.
- The expectations we place on ourselves and the importance of setting realistic goals.
- Learning to accept ourselves for who we really are and looking at what we are good at.
- How we may view the world because of the way we view ourselves.
- Communication skills and motivation.
- Assertiveness and how to say no.
- The benefits of kindness.
- Identifying our own core values.
- Coping with anxiety and/or depression.
- The importance of daily routine, healthy diet and lifestyle.

This course was devised and created by Sara Lourenco of The Kindness Project.

Time: 10.00am - 12.00pm

Day: Wednesday

Date: Weekly from 7th September

Course Leader: Dorothy Dobson

8

## SELF ESTEEM – THE NEXT CHAPTER

This is based on an idea from Dorothy Dobson and Emma Savage, with help and input from many.

This group is for those who have already been on the self-esteem course.

It's a follow-on from self-esteem to welcome you back to a friendly group and to see where you are now.

We will look at:

- An introduction to Maslow's Hierarchy of Needs
- What is bullying?
- How to deal with disappointment
- How to control your finances a bit better
- Emotions
- Benefits of acts of kindness
- Personal Security

I'm looking forward to seeing familiar faces and it's an opportunity to maintain our connection, catch-up, share, recap and practise our skills.

Time: 1 - 3pm

Day: Wednesday

Date: Weekly for 6 weeks, from 2nd November

Course Leader: Dorothy Dobson

FEEDBACK FOR SELF ESTEEM

"Everyone always got the chance to speak and have their say. Everyone always listened to what was said. There was a lot of respect for each other and understanding. No judgment."

"Learned a lot of skills to help manage my low self esteem, talking to others and realising that I'm not alone in how I'm feeling. I've gained a new outlook on how I start to look at myself."

## 9

hope, and love. This is for everybody, whether they are religious or not...

Time: 1.00pm - 3.00pm  
Day: Thursday  
Dates: 5 weeks starting 3rd November  
Course Leader: Neil Cockling

A stylized illustration of a Buddha head in silhouette, with a white headband and a red bindi. The head is positioned below a large, colorful lotus flower with five petals in blue, green, yellow, pink, and light blue. A pink line curves around the lotus, and a blue dotted line spirals upwards from the left. A pink dotted line spirals upwards from the right. A small pink circle is at the bottom center.

Day: Thursday

Dates: 5 weeks starting 3rd November

Course Leader: Neil Cockling

## 10

Course 1:

## Week 1: Exploring natural materials

## Week 2: Rock Painting

### Week 3: Twig Crafting

## Week 4: Create a Zen Garden

Course 2:

## Week 1: Exploring Natural Materials

## Week 2: Leaf Printing

### Week 3: Pebble Art

## Week 4: Nature Mandala Making

Time: 2.00pm - 4.00pm

Day: Wednesday

Date: Weekly for 4 weeks

Course 1: 7th September

Course 2: 16th November

Facilitator: Toni Harrison, Art Therapist

11

## THE GIFTS OF IMPERFECTION

An 8-week programme based on the research of Dr. Brene Brown.

*"Owning our story can be hard but not nearly as difficult as spending our lives running from it."*

*Embracing our vulnerability is risky but not nearly as dangerous as giving up on love and belonging and joy - the experiences that make us the most vulnerable.*

*Only when we are brave enough to explore the darkness will we discover the infinite power of our light"*

Brene Brown

In this programme you are invited to explore the ten guideposts of Wholehearted Living.

These guideposts not only help us to understand the practices that will allow us to change our lives, they also walk us through the unattainable and sabotaging expectations that get in the way.

The Gifts Hub - Brené Brown  
[www.brenebrown.com](http://www.brenebrown.com)

Time: 1.00pm - 3.00pm  
Day: Thursday  
Date: Weekly from 8th September  
Course Leader: Claire Robinson

12

## TOOLS TO RECOVER YOUR VALUE

Get courage to be yourself.

Scheduled for groups of up to 6 students over 5 connected sessions:

In each connected session you learn one of 5 connected tools, to use WITH YOUR VALUE to handle your emotions.

Your openness to change is the best guarantee for success.

Previous participants of "Take Hold of Your Emotions" are welcome to join and refresh, as the content is the same at heart.

You will learn:

- a) New meanings of usually used words;
- b) How to separate relative values from absolute values;
- c) How to keep a cool head. Key word: anger
- d) How to look at yourself with positive eyes, from absolute value;
- e) Some basics in handling relationships;
- f) What are the "Mental Tools", and how and when to use them;
- g) How to ask yourself about yourself;

YOU WILL HAVE TO LOOK INTO YOURSELF:

This is emotionally challenging.

It is advised to be in good shape for the whole course.

The presentation is in discussion / Q & A style from both sides. In some sessions you are asked to answer a few questions in writing (to break the ice or get started).

For students on the course, or who have attended the course, one to one sessions are also available, by appointment. In one to one's you can learn how to face your hurts in your own time.

Please email:

[karen@recoverycoco.com](mailto:karen@recoverycoco.com) to book.

Human : In Centre is the provider of this course. Walter Morauf has over 40 years of experience in dealing with emotional problems of others.

Time: 10.30am - 12.30pm

Day: Wednesday

Date: Weekly for 5 Weeks

Cohort 1: 7th September

Cohort 2: 2nd November

Course Leader: Walter Morauf



13

## UNDERSTANDING EXPERIENCES OF DEPRESSION

This course explores the various dimensions to the experience of depression. Topics will include changes to emotions and moods, the bodily aspects of depression, changes to interpersonal relations and difficulties performing everyday tasks. Our focus will be on lived experience exploring the experiences of depression through engaging with first person testimony.

The course will provide a range of ways to understand experiences of depression and give you opportunities over a number of weeks to discuss and reflect on forms of recovery.

Dates: To be confirmed

Course Leader: Ben Smith

14

## UNDERSTANDING MEDICATION

This two hour workshop explores the practical and physiological impact of taking medication. It's an informal discussion group with a senior pharmacist that explores issues through shared experience. This workshop is suitable for anyone who wants to learn more about medication.

Time: 10.00am - 12.00pm

Day: Monday

Date: 28th November

Workshop Leader: Sanjay Gohil









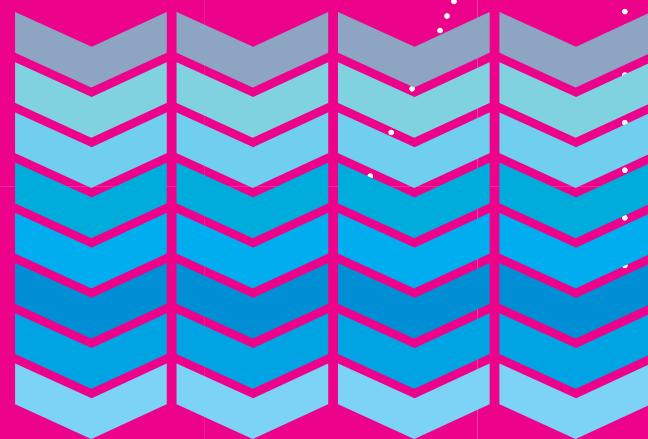








LAUGHTER  
IS THE  
MUSIC  
OF THE SOUL











15

## UNDERSTANDING PSYCHIATRY

The session will initially describe the approach taken by psychiatrists in assessing, understanding and treating mental disorder. It will briefly include the development of psychiatry as a branch of medicine, looking at similarities and differences from the rest of medicine and will also describe the areas of information that are considered important in the history and investigation and consider the concepts of diagnosis and formulation as used by psychiatrists. It will set out the approach taken to consider the many different influences on a person's health and how these are taken into account, by psychiatrists, in reaching a conclusion and planning care and treatment. We will then look forward to an interactive discussion about the strengths and weaknesses of this approach.

Like all approaches there are limitations, some of which psychiatrists are aware of, and others less so. Others still, are better understood by those who use psychiatric services.

Date: To be confirmed. Please contact us for further information.



16

## RAP AWARENESS

A course for people who experience mental health challenges and for those who care about them. It promotes a structured approach to developing a range of strategies to support self- management in recovery from distress.

WRAP® (Wellness Recovery Action Plan) is a plan designed and managed by you and is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life
- Assist you in achieving your own life goals and dreams

People find that doing WRAP with peers can give lots of ideas as to how you can increase your wellbeing and plenty of opportunities to bounce ideas off like-minded people. We recommend WRAP for all of our students so we will be running WRAP workshops four times this term

Time: 10.00am - 12.00pm

Day: Tuesday

Dates: Weekly for 3 weeks

Cohort 1: 6th September

Cohort 2: 27th September

Cohort 3: 1st November

Cohort 4: 22nd November

Time: 10.00am - 12.00pm

Day: Wednesday

Dates: Weekly for 3 weeks

Cohort 1: 7th September

Cohort 2: 28th September

Cohort 3: 2nd November

Cohort 4: 23rd November

WRAP Leader: Sue Barrow

Wendy Ritchie will also be running one to one sessions for students who have completed their three day WRAP Awareness and would like to discuss or revisit their plans. These are limited and by appointment only.

Please contact [wendy@recoverycoco.com](mailto:wendy@recoverycoco.com) to book.

# YOGA FOR POSITIVE MENTAL HEALTH

## (TRAUMA INFORMED YOGA)

A gentle and mindful trauma-informed yoga class that builds a sense of connection to the self. Giving you a choice about what feels right for your body and time to notice whilst positively affecting your emotional and mental health.

Everyone is welcome, from beginners with limited movement to those interested in the mind-body connection and mental health.

- The focus of the classes will be moving and breathing to improve mental health, focusing on anxiety and depression.
- There is no pressure to attend the full 4 classes, and you're welcome to leave the class at any time.
- There's no touch or adjustments made by the teacher, and yoga mats are provided.
- It's good to wear comfy clothes you feel relaxed in, not tight.

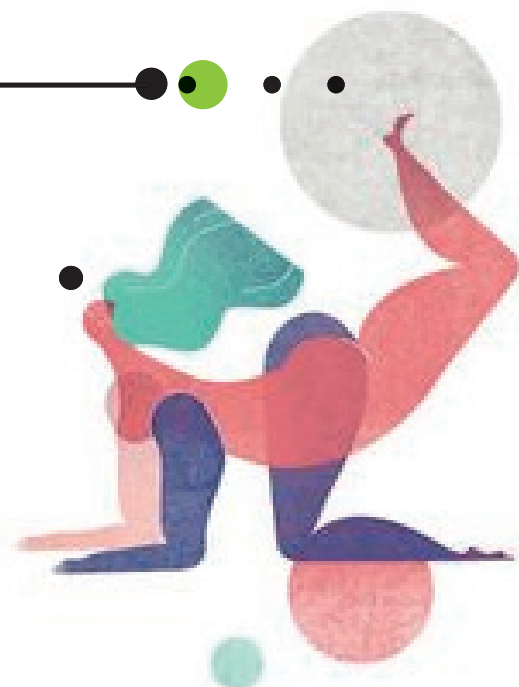
Dates: To be confirmed

Course Leader: Lorna Evans

FEEDBACK FOR WRAP

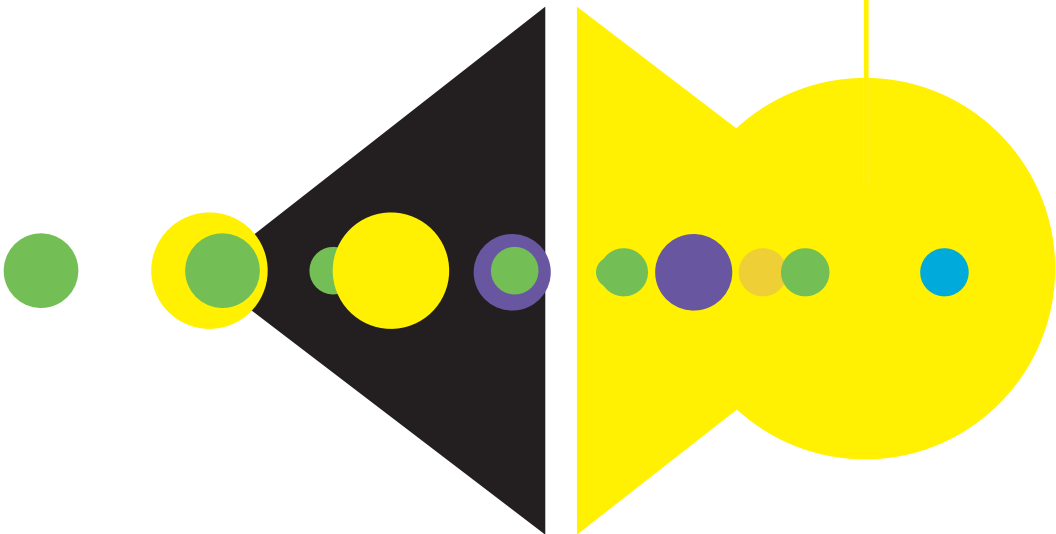
"I've found learning about other peoples tools have helped me in defining my own . The peer lead facilitators are much easier to relate with than "professionals".

"Breaks down what can feel like a mammoth task into easy to tackle sessions. Pushes me to really think about my needs . Pushes me to think about the reality of my environment and myself in it how it affects me and I affect it ."



# DROP-INS AND GROUPS

@ CARLIOL



- 39 A Walk in the Park
- 40 Breaking Bad Habits (Drug and Alcohol Support Group)
- 40 Creative Wellness
- 41 Creative Writing
- 42 Drop-by
- 42 Newbie Drop-By
- 42 Geek Group
- 43 Joyful Wellness
- 43 Just Jamming
- 44 Let it go with Mindfulness
- 44 Mental Health by Design
- 45 Mindful Therapies Bitesize
- 46 Music Appreciation Society
- 46 Music Therapy
- 47 Self Harm Awareness and Support
- 47 She Sings Well
- 47 Sew Well
- 47 Unusual Experiences Group

## SALTWELL PARK



1

## A WALK IN THE PARK

Gentle, friendly walks take place every Monday morning at both Saltwell Park and Leazes Park. The walks end with a cuppa and a chat. They're always well attended and enjoyed by all.

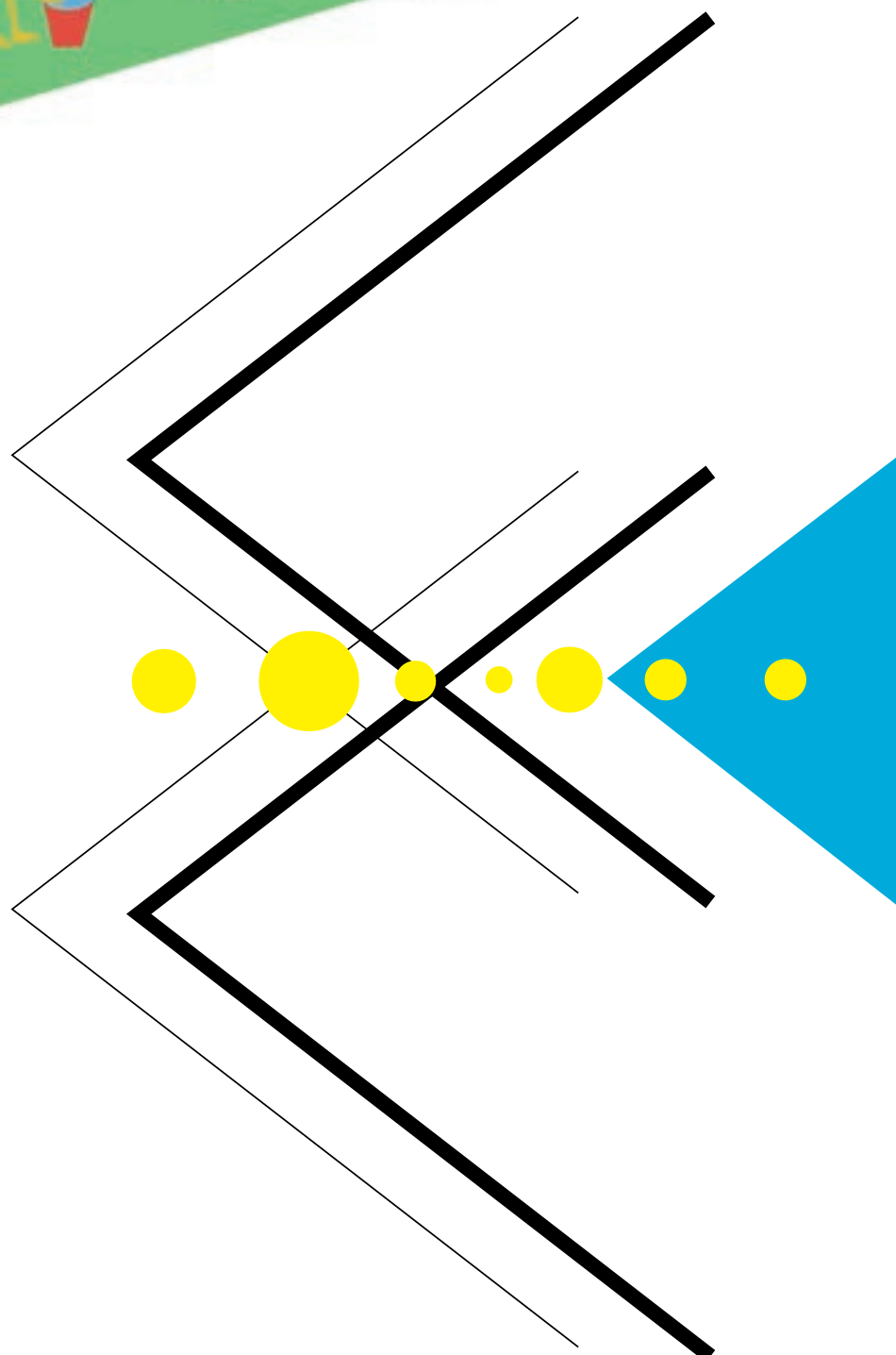
At Leazes Park we meet at the hut at the top of the lake. Make sure you wrap up warm.

Time: 11.00am - 1.00pm

Day: Mondays

Date: Weekly from 5th September

Facilitators: ReCoCo Therapeutic Enablers and Volunteers





# BREAKING BAD HABITS

2

## (DRUG AND ALCOHOL SUPPORT GROUP)

We would like to invite students to our Drug and Alcohol support group. It is important to say this is not a therapeutic intervention programme. This is a peer led support group for people who are currently experiencing or have in the past experienced issues with drugs or alcohol. It is also for those who are supporting someone who may be struggling.

Time: 10.00am - 12.00pm

Day: Thursday

Date: Fortnightly starting 8th September

Facilitators: Steve O'Driscoll & John Horgan

FEEDBACK FOR BREAKING BAD HABITS

"Really enjoyed the informal setting – find the most beneficial way to share. Really insightful conversation that could only be possible when having first hand experience."

"Not to feel bad about my addictions."

"Hearing others experiences makes the healing easier."

"Lush craic, good people, lots of honest chat."

"Another interesting session talking about hidden addictions."

3

# CREATIVE WELLNESS

Ever wanted to try your hand at drawing, painting or sculpture? Come and give it a go at our weekly art group. We have a variety of materials and ideas to get your creative juices flowing - no prior experience needed! Our sessions are flexible and very much user led, which means you are welcome to try anything that inspires you.

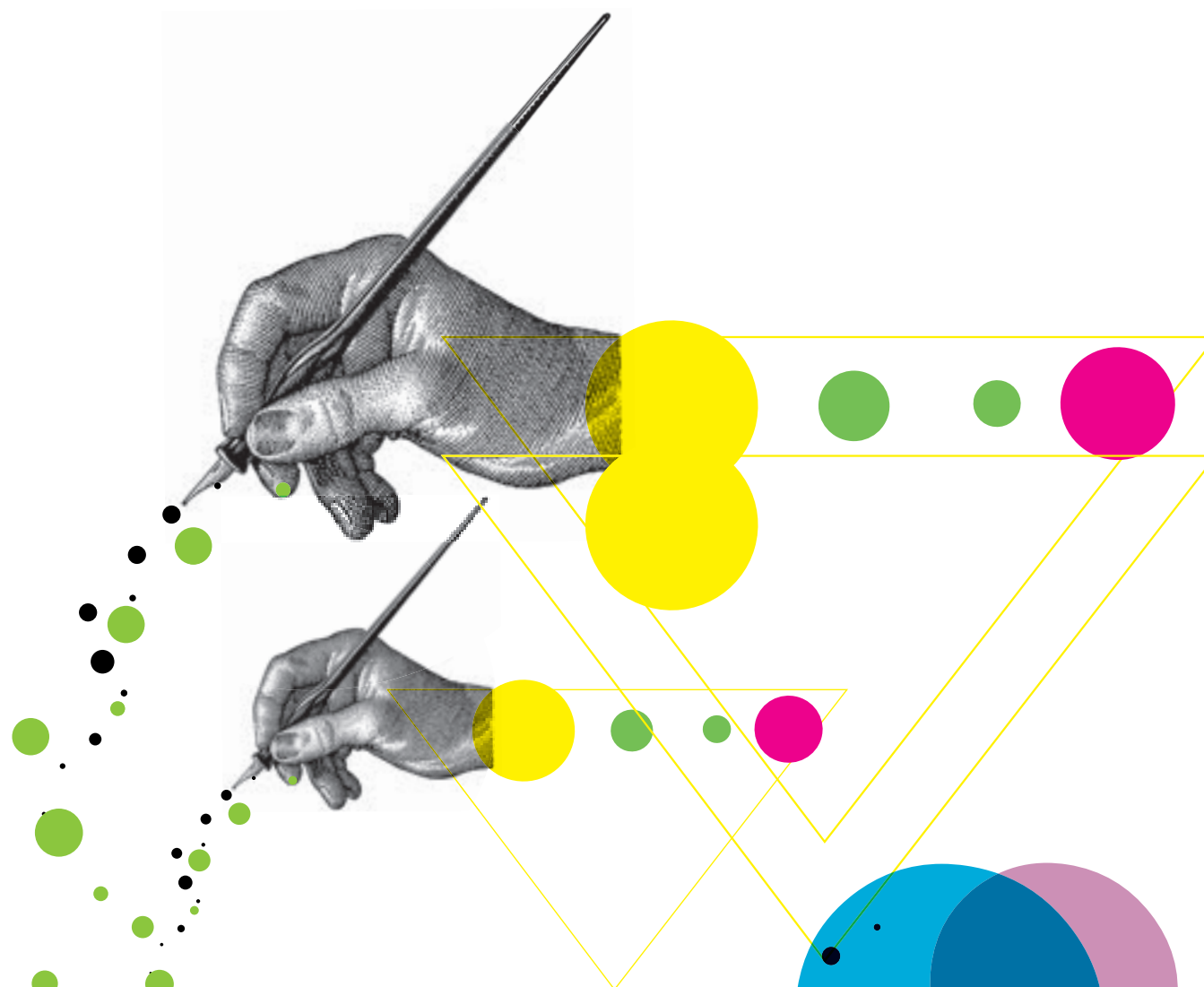
Developing creative skills can really boost your emotional wellbeing and can often become a valuable step on your journey to recovery. This group offers students a relaxed environment in which to try out new things, share ideas and just enjoy the process of creating something beautiful. The focus is on having fun, increasing self-confidence, and making a mess!

Time: 10.00am - 12.00pm

Day: Thursday

Date: Weekly from 8th September

Facilitators: ReCoCo Therapeutic Enablers and Volunteers



4

## CREATIVE WRITING

This spectacular creative writing group will broaden your creative writing capabilities. With poetry, stories and more. It's a drop by, folk don't have to attend every session and it's a great relaxing group where people can connect with each other.

Time: 11.00am - 1.00pm

Day: Wednesday

Date: Weekly from 7th September

Lead by: David Kipping

FEEDBACK FOR DBT SKILLS

"It helped me to understand about emotions and relationships, with ideas and ability to cope."

"It is very practical. All of the tools can be learnt quickly and they were explained very well with examples."

"Amazing and creative techniques that are accessible and varied to use in daily situations."

5

## DROP-BY

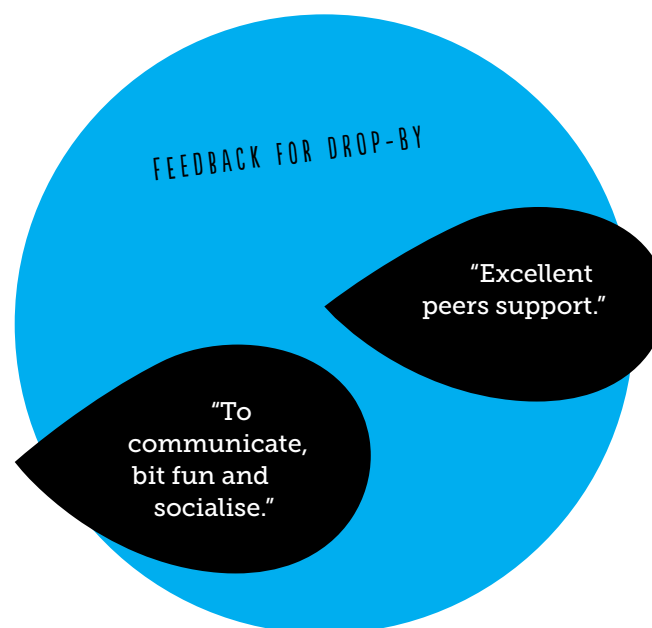
We have an informal, facilitated, drop-by each week where people can come along and have a chat with other students. Get to know each other, connect and learn more about ReCoCo. This is a good opportunity for new students to meet each other as well as finding out from other students what opportunities might be right for you.

Space is limited so we ask that students only attend one or the other of the drop-by sessions.

Time: 1.00pm - 3.00pm

Day: Wednesday

Dates: Weekly starting 7th September



6

## NEWBIE DROP-BY

We also have an informal, facilitated, drop-by each week where we encourage new students to come along and meet other new students. Get to know each other, connect and learn more about ReCoCo. This is a great opportunity for new students to find out about the opportunities we offer and how they can make the most of their time at the college.

Space is limited so we ask that students only attend one or the other of the drop-by sessions.

Time: 1.00pm - 3.00pm

Day: Thursday

Dates: Weekly starting 8th September

7

## GEEK GROUP

Safe space to get ya geek on!!

A group for like-minded people to explore all things wonderful and geeky.

Board games, console gaming, movies, quizzes, trivia, comic books, sci-fi and more.

Open to new ideas, we all speak geek here. Friendly competitions full of fun, we're all winners here.

Time: 1.00pm - 3.00pm

Day: Wednesday

Date: Weekly starting 7th September

FEEDBACK FORPICK & MIX (NOW JOYFUL WELLNESS)

"Really friendly environment and enjoyed the actual substance of the course, very different from anything I've done before."

"The course is just amazing, such a joy to be part of.."

"It's a weekly moment of self work. It gives me the tools to do it alone, but also doing it in a group teaches me to think about me even when around people."

8

## JOYFUL WELLNESS

A wellbeing drop-in that's fun, with activities that are proven to help you feel good.

Activities will include mindfulness, movement, tapping, laughter, drumming, chanting, affirmations, energy healing, dance and more.

Time: 1.00pm - 3.00pm

Day: Tuesday

Date: Weekly starting 6th September

Facilitator: Sue Barrow

9

## JUST JAMMING

Informal music session with guitar, vocal and percussion lessons. Feel free to bring along your own instruments. All genres of music are welcome. Music is a fabulous wellness tool and performing with others can be a great opportunity to develop this tool.

Limited one to one sessions available upon request.

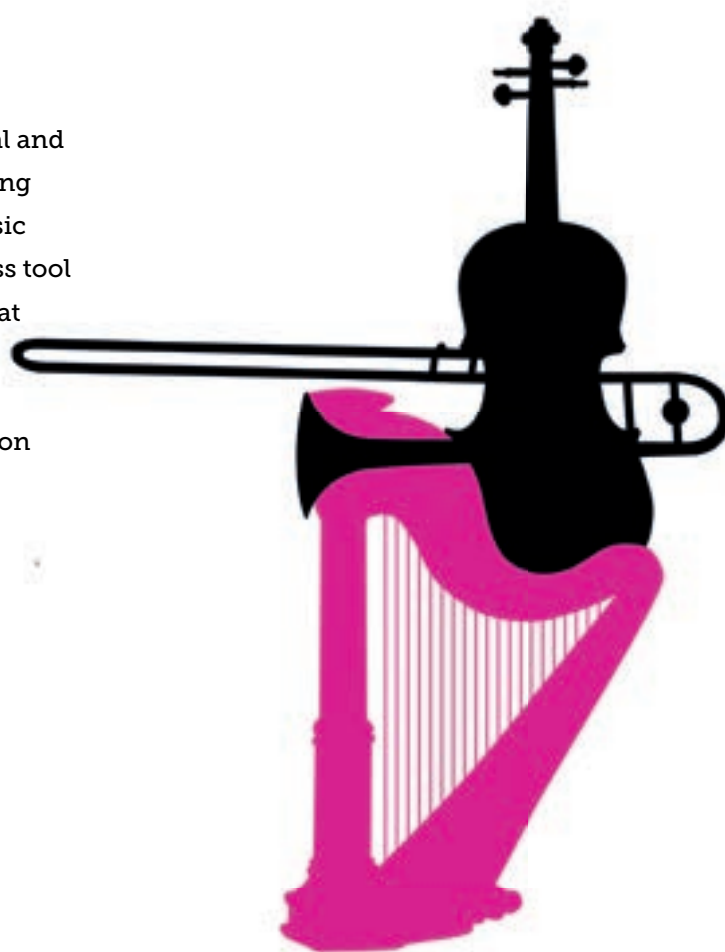
..... it might get loud!!

Time: 1.15pm - 3.15pm

Day: Thursday

Date: Weekly from 8th September

Facilitators: Paddy Villiers-Stewart  
and Phil Guthrie





10

## LET IT GO MINDFULNESS

We really believe that mindfulness can help us gain control over our emotions and help us feel in control of our lives. It's also really enjoyable so if you think that it could help or that you deserve a little bit of YOU time then why not come along and give it a try.

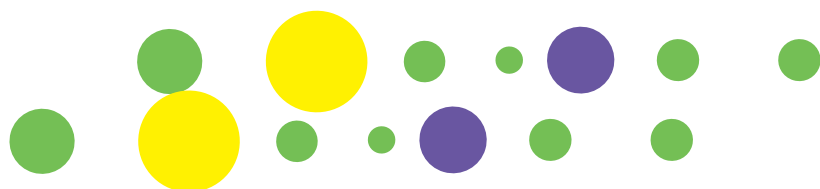
Throughout the pandemic we at ReCoCo have been trying out lots of new different approaches to letting go of trauma.

Drumming, screaming and shouting and even raving!! This term we are going to start our mindfulness sessions in this style, giving folk the opportunity to let go. This will then be followed by some more traditional mindfulness.

Time: 12.00pm - 1.00pm

Day: Wednesday

Dates: Starting 7th September



11

## MENTAL HEALTH BY DESIGN

Recognising there are dominant and alternative ways of thinking and talking about mental health, we want to find out what matters to ReCoCo students and how that could affect the way ReCoCo thinks and talks about mental health.

Set over four weeks the course will deliver engaging design tasks which will explore the way we think and talk about our own and each other's mental health.

### Objectives of the course

- Understand dominant ways
- Understand ReCoCo alternative way
- Juxtaposition dominant and alternative ways
- Define what this means for ReCoCo and how they think and talk about mental health and provoke others to think and talk alternatively about mental health.

This is all a creative effort to use insight from ReCoCo students to inform the way ReCoCo thinks and talks about mental health and how that might influence the service which it offers and provoke others to think and talk alternatively about mental health.

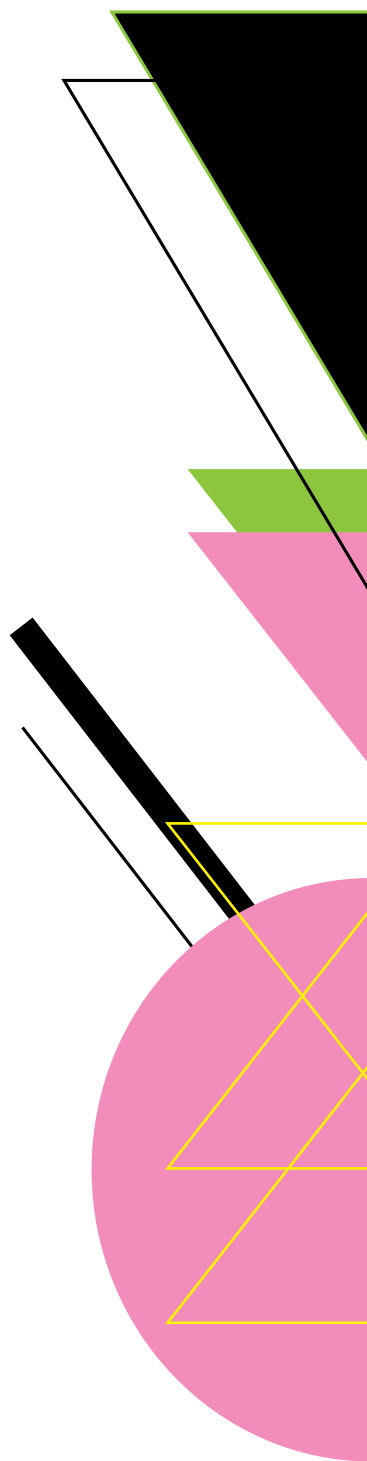
The course is for anyone who wants to challenge the status quo, is excited by thinking up new ideas, and enjoys making and crafting.

Time: 1.00pm - 2.30pm

Day: Tuesday

Dates: 4 weeks starting 13th September

Course leader: Alex Tinning





12

## MINDFUL THERAPIES' MINDFULNESS WITH ATTITUDE: BITESIZE

We will be exploring the attitudes of mindfulness and how we can bring them into our meditation practice and our everyday lives.

Two split half hour sessions per week

6th and 9th September	- non-striving
13th and 15th September	- letting go
20th and 22nd September	- generosity
27th and 29th September	- patience
4th and 6th October	- trust
11th and 13th October	- intention setting
18th and 20th October	- beginners mind
1st and 3rd November	- non-judgement
8th and 10th November	- gratitude
15th and 17th November	- acceptance
22nd and 24th November	- summary and questions

Time: 12.30pm - 1.00pm

Day: Tuesday & Thursday

Dates: Starting 6th September

Facilitator: Rachel Jones-Wild and Mark Sidney  
from Mindful Therapies

13

# MUSIC APPRECIATION SOCIETY

Hello folks

If music be the food of life then play on.....  
[William Shakespeare].

Music is like life, it can represent many emotions and have many different moods. It is for the old and young and it is timeless. As are the facilitators of the music appreciation society, one is young, the other is quite old, but we share a love of music. It has been there through the good times and the bad times. It can also represent social changes and a whole gamut of different emotions.

We come together once a fortnight to listen to our favourite songs, artist or genre and discuss what a particular song means to us. We hope to have a ReCoCo playlist at the end of each term. We also ask people to announce what the track is before playing, as we are aware that music can be a trigger for people. The group will listen to anything - all we ask is come along and enjoy.....

Be there or be square.....

Hope to see you there

Love

Danielle and John xx

Time: 3.00pm - 5.00pm

Dates: Fortnightly from 5th September

Facilitators: John Horgan and Danielle Cronin



FEEDBACK FOR MUSIC THERAPY

"The relaxed environment and flexibility. Everyone's voice is heard and needs catered to."

"Chance to get together with good people, to create something and enjoy some lovely music."

"The chance to tap into and express on my own terms with no pressure. Feeling connected to the group through activities."

14

# MUSIC THERAPY

Sometimes the words are not enough to express what's inside us - music offers a unique way to explore feelings and creativity and experience a sense of connection with ourselves and others. Every one of us is musical - with the beating of our heartbeat, melody of our speech, rhythm of our walking. Whilst an individual session can help to experience your individual musicality, group sessions can be helpful as a means of exploring relationships and be a source of mutual support, reducing isolation and leading to greater self-understanding.

For drop-in sessions there is no need to book. Just turn up and enjoy!

One-to-one sessions are also available but these are limited and only available by appointment.

Please email:

[karen@recoverycoco.com](mailto:karen@recoverycoco.com) to book.

Time: 11.00am - 12.00pm

Day: Thursday

Date: Weekly from 8th September

Course Therapist: Paddy Villiers-Stewart,  
a Nordoff Robbins Music Therapist



15

## SELF-HARM AWARENESS & SUPPORT

The sessions are delivered by Steve O'Driscoll who self-harmed for over 20 years and managed to overcome his problems and now shares his experiences to help and support others and also facilitates a group in Newcastle to support people who self-harm.

The session covers:

What is self-harm?  
Types of self-harm.  
Who self-harms?  
What makes people self-harm?  
How does it feel?  
Are people who do mentally ill?  
Signs to look out for.  
Coping techniques.  
Treatment.  
Self-help.  
What if you don't get help?  
How you support a person.  
Self-harm first aid kit.  
Ongoing peer support.

Steve will also share his journey of recovery.

The sessions are very relaxed and there is plenty of opportunity to ask those unanswered questions around a subject that is still taboo to many in society.

Time: 10.00am - 12.00pm

Day: Tuesday

Dates: Weekly from 6th September

Course Leader: Steve O'Driscoll

16

## SHE SINGS WELL

This is a singing group for women. Enjoy the power of singing together. Develop your singing skills as you sing in harmony. Feel the difference a song can make to your body, emotions and memory. Bond with a song. The more you sing the better it gets, something to sing about!

Time: 1.00pm - 2.00pm

Day: Thursday

Dates: Weekly from 8th September

Facilitator: Keren Banning

17

## SEW WELL

Do you enjoy sewing, talking about sewing and creating your own masterpieces in a relaxed environment?

Whether you're a novice with no experience, or a dab hand at creating, Sew Well offers you the chance to learn, practice and demonstrate techniques in both hand and machine sewing, chat about sewing techniques and ideas and just sewcialise!

Find which part of sewing you love best, explore new ideas or even start a new hobby. Everyone welcome, no experience required, and shared experience very much encouraged.

Please pop along to any session, no booking required, this is a drop in group!

Time: 1.30pm - 3.00pm

Day: Wednesday

Date: Weekly from 7th September

18

## UNUSUAL EXPERIENCES GROUP

The Unusual Experiences Group is facilitated by Graham, one of ReCoCo's Therapeutic Enablers. The group is always happy to welcome new people. We share our experiences in an informal and non-judgmental space that is beneficial, non-biased, non-discriminatory and inclusive to people that have had experiences with psychosis, hear voices or have unusual thoughts.

If you are interested just pop along for a taster at the Recovery College. Come along and just be yourself, regardless of any stigma society seemingly puts upon you and others. Everyone is an individual and we celebrate that. We hope the group is also educational and informative. After each group session there is an opportunity to go for a cuppa to socialise.

Time: 1.00pm - 3.00pm

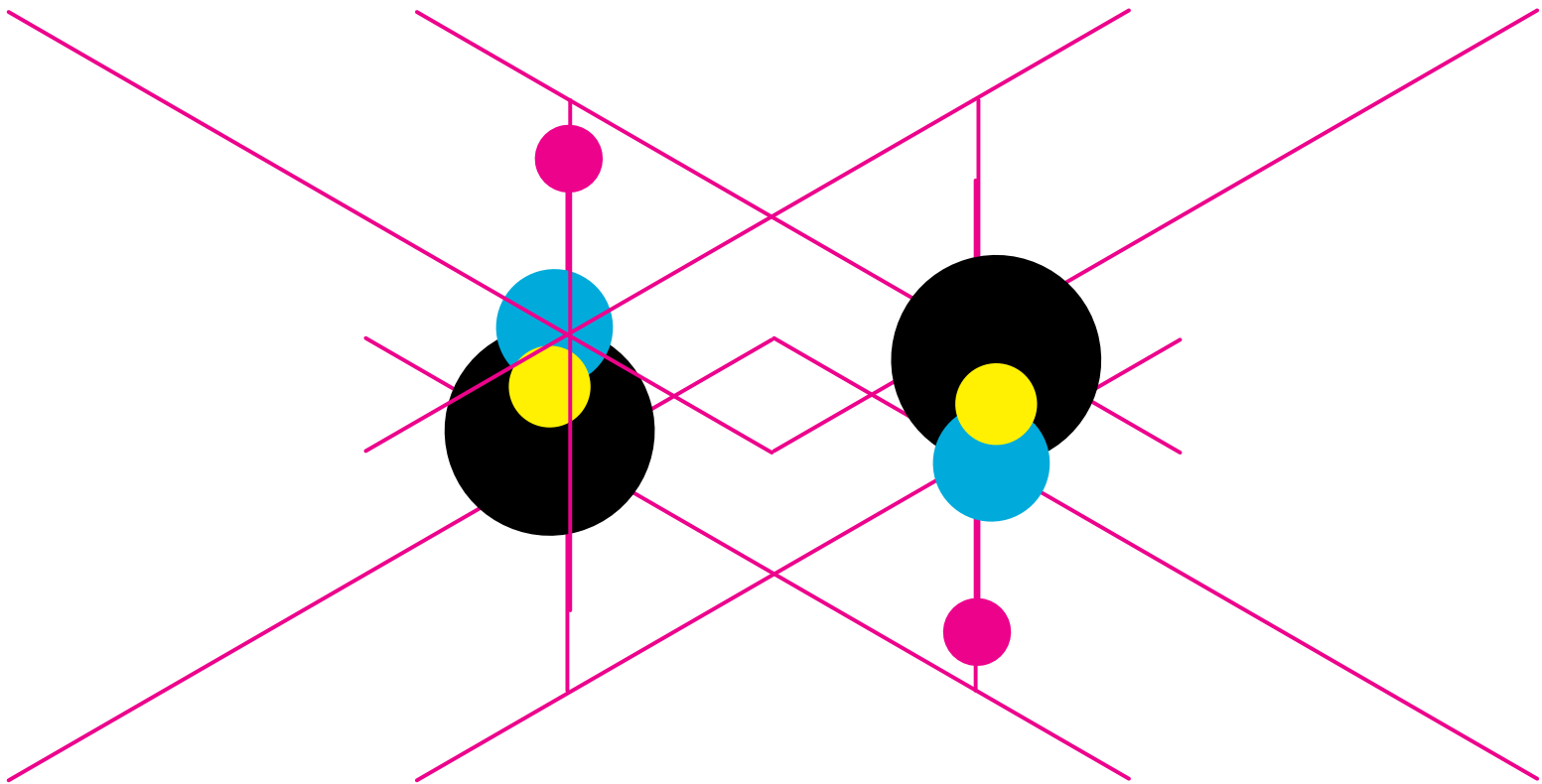
Day: Thursday

Dates: Fortnightly from 8th September

Facilitator: Graham Errington

COURSES / WORKSHOPS

@ SALTWELL PARK



- 49 Getting Crafty on a Friday with Gateshead Learning Skills
- 50 Woodland Wellbeing

1

# GETTING CRAFTY ON A FRIDAY WITH GATESHEAD LEARNING SKILLS

Arts and crafts are a proven therapy tool to reduce anxiety and depression, as it allows individuals to let go of their worries and fears and focus on the task in hand. With the support of Gateshead Learning Skills, the Crafty Fridays do just that, with a variety of fun, creative activities for beginners upwards.

For further information and to book a place, please contact: [michael@recoverycoco.com](mailto:michael@recoverycoco.com)

## Crafting Group

Relaxing sessions designed to teach new skills, reduce isolation, boost confidence and improve social skills.

Time: 10.00am - 12.30pm

Day: Fridays

Date: from 9th September

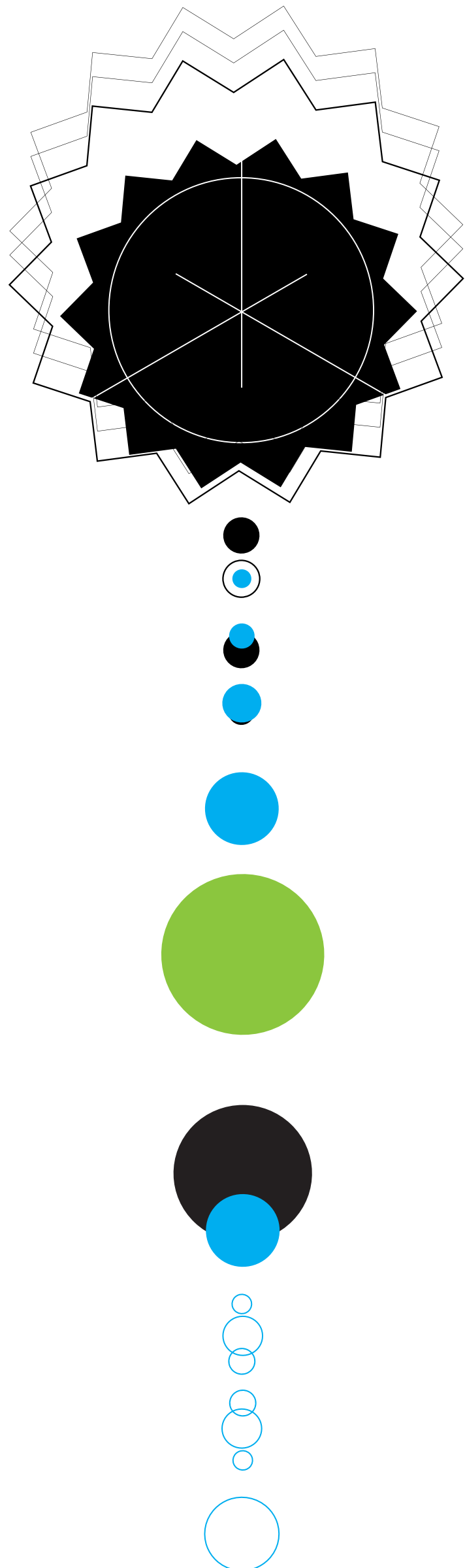
## Sewing Group

A fun design & sewing class teaching pattern making and using a sewing machine.

Time: 12.30pm - 2.30pm

Day: Fridays

Date: from 9th September



2

## WOODLAND WELLBEING

This programme is for people who would like to develop their wellbeing while outdoors. It is based in Saltwell Park and will introduce you to a range of bushcraft skills such as traditional fire-lighting, foraging, cooking outdoors and using tools. We will help take care of the wildlife garden during the programme, cook and share meals on the campfire and together we'll look at some evidence-based techniques for supporting your mental health.

To find out more or to book a place email:

[hello@northeastwilds.org](mailto:hello@northeastwilds.org) or call/text: 07713 642 169.

You can also book a place through ReCoCo by contacting

[michael@recoverycoco.com](mailto:michael@recoverycoco.com)

Day: Wednesday

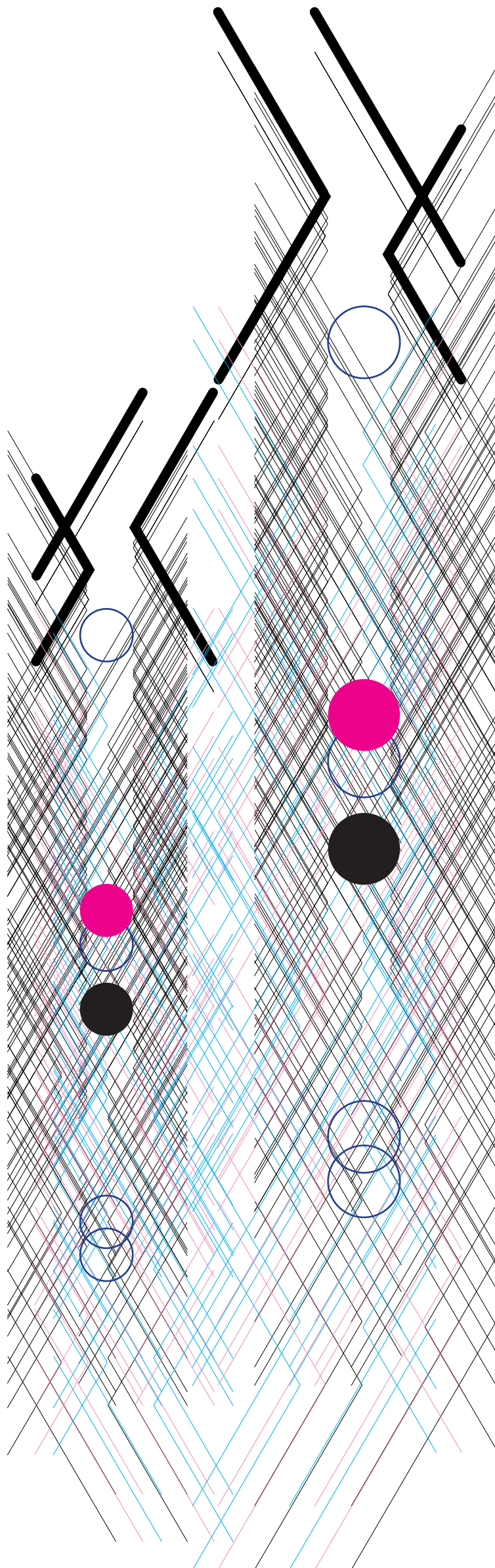
Date: Weekly for 3 weeks

Cohort 1: 7th September

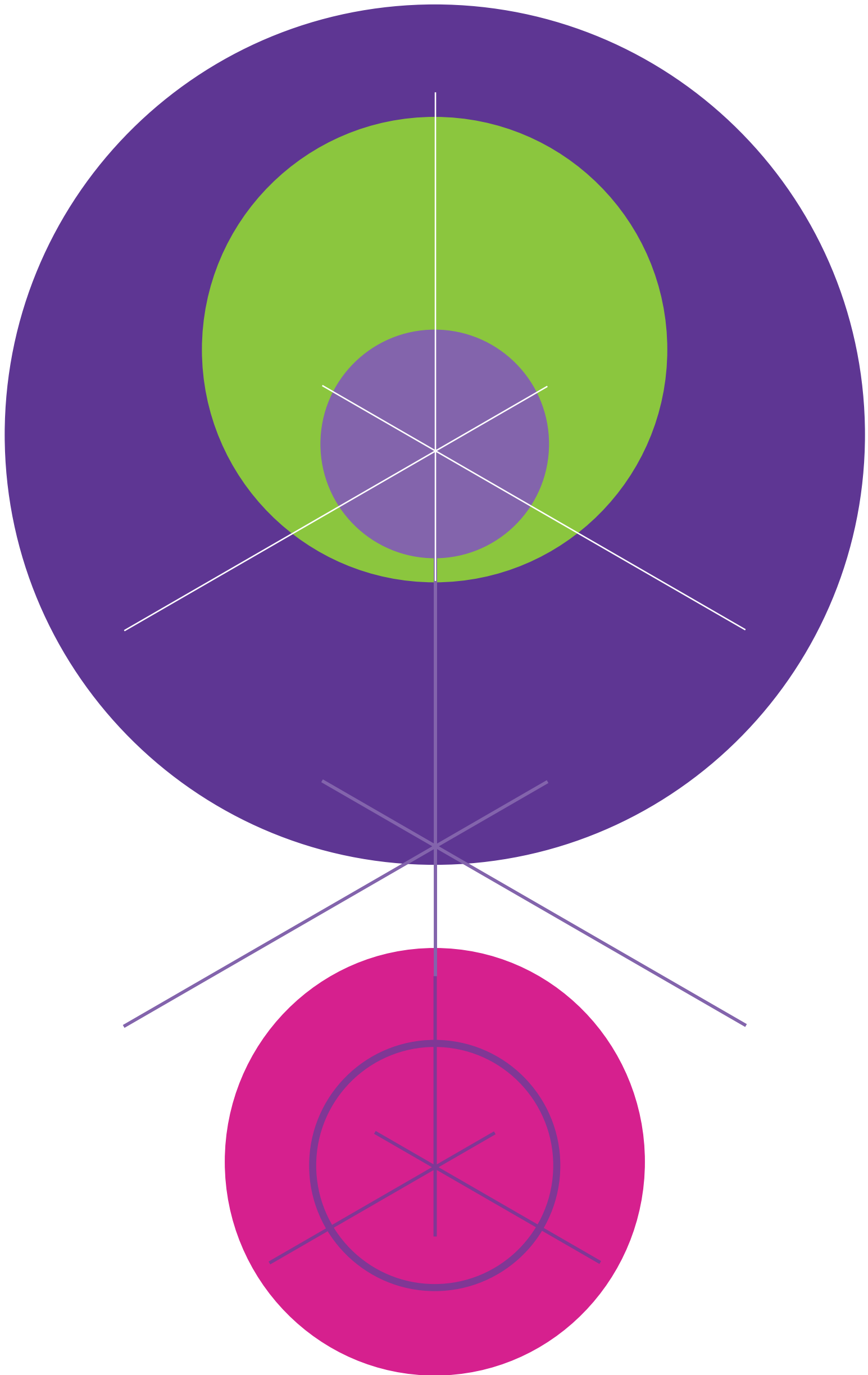
Cohort 2: 5th October

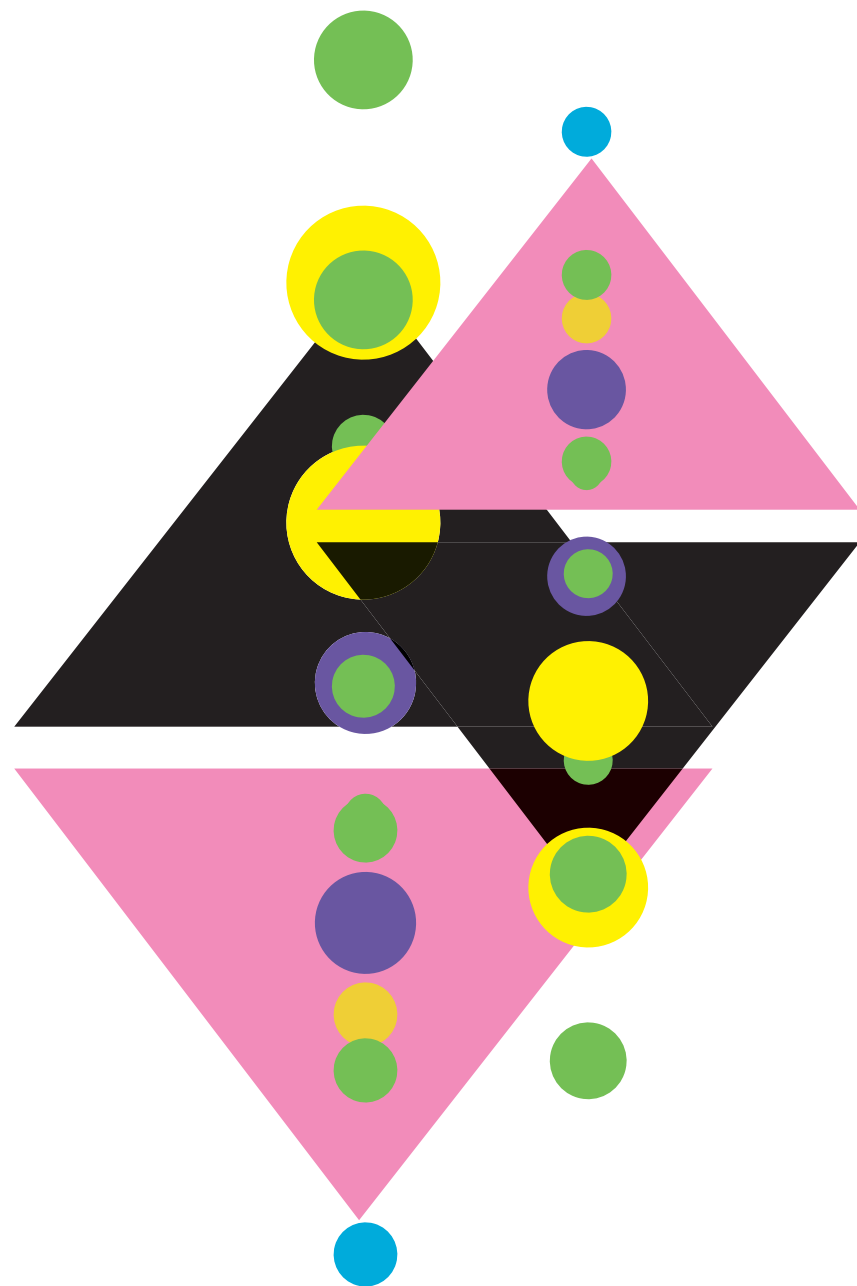
Cohort 3: 2nd November

Facilitators: North East Wilds









1

## A WALK IN THE PARK

Gentle, friendly walks take place every Monday morning at both Saltwell Park and Leazes Park. The walks end with a cuppa and a chat, they're always well attended and enjoyed by all.

At Saltwell Park we meet at the ReCoCo Retreat near the lake and bowling green. Make sure you wrap up warm.

Time: 11.00am - 1.00pm

Day: Monday

Date: Weekly from 5th September

Facilitators: ReCoCo Therapeutic Enablers  
and Volunteers

2

## MONDAY MORNING SOCIAL DROP-IN

Why not beat those Monday morning blues by coming along to our drop-in session? Have a cuppa and some toast, while chatting or playing board games, doing a jigsaw or joining a crafting activity. Activities change on a regular basis and we are open to any activity suggestions.

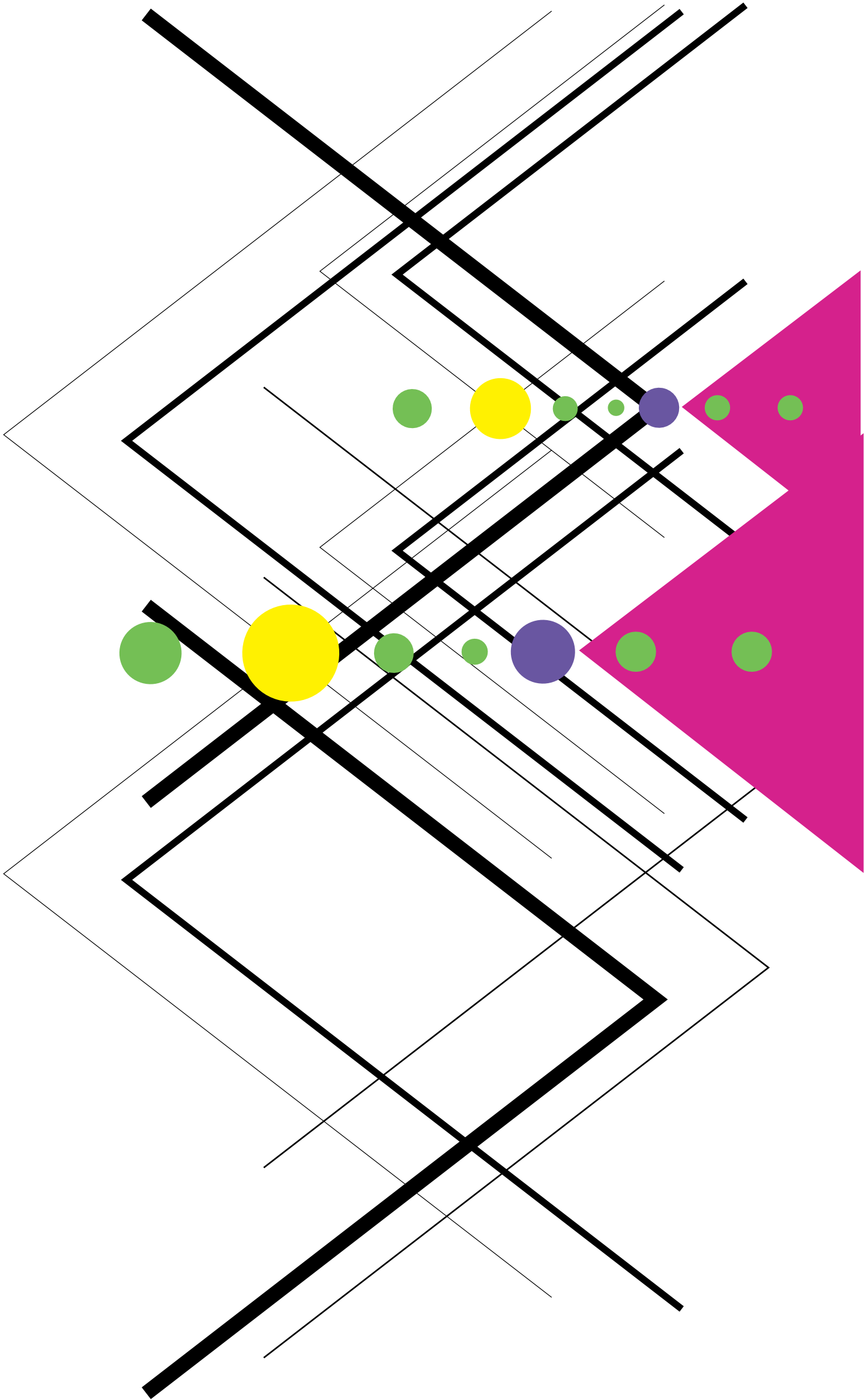
Time: 9.30am - 11.00am

Day: Monday

Date: Weekly from 5th September

For more information, please contact:

[michael@recoverycoco.com](mailto:michael@recoverycoco.com)





Exciting times ahead as you all know ReCoCo is normally closed to students during the summer holiday however this year we will be offering a summer timetable for outside activities.

Leading up to the summer break can be a constant worry for students, whether it's having a gap in your routine or not having contact with peers for a period of time it can be hard work and quite isolating. This summer we will be offering a number of different outdoor activities that will give students the opportunity to still have the connection that ReCoCo is always ranting and raving about the importance of.

Activities will range from walks, yoga and music in the park to day trips and sports sessions. Eeeeeek! Summer full of fun.

You don't need to be an athlete to take part in the sports sessions all you need is yourself and a want to have some fun with your peers. All sessions will be available to ReCoCo students, maximum numbers will apply (except for park walks).

<div>Monday 25th July</div> <div>PARK WALKS: SALTWELL PARK 11-1PM LEAZES PARK 11-1PM  SALTWELL PARK ARTS AND CRAFTS 1-2PM</div>	<div>Tuesday 26th July</div> <div></div>	<div>Wednesday 27th July</div> <div>QUAYSIDE WALK + CUPPA 11-1PM</div>	<div>Thursday 28th July</div> <div>SALTWELL PARK TREASURE TRAIL 10-12PM</div>
<div>Monday 1st August</div> <div>PARK WALKS: SALTWELL PARK 11-1PM LEAZES PARK 11-1PM</div>	<div>Tuesday 2nd August</div> <div></div>	<div>Wednesday 3rd August</div> <div>SALTWELL PARK ROUNDER'S 10-1PM</div>	<div>Thursday 4th August</div> <div>BEACH DAY WITH ACTIVITIES 10-2PM</div>



Monday  
8th August

PARK WALKS:  
SALTWELL PARK 11-1PM  
LEAZES PARK 11-1PM  
  
SALTWELL PARK:  
GIANT GARDEN GAMES  
1-2PM

Tuesday  
9th August

JESMOND DENE & PICNIC  
  
PETS CORNER,  
WALK THROUGH  
JESMOND DENE  
& A PICNIC  
10-2PM

Wednesday  
10th August

SALTWELL PARK  
SPORTS SESSION -  
FOOTBALL & NETBALL  
10-1PM

Thursday  
11th August

DISCOVERY MUSEUM  
NEWCASTLE CITY  
CENTRE  
10-12 PM

Monday  
15th August

PARK WALKS:  
SALTWELL PARK 11-1PM  
LEAZES PARK 11-1PM  
  
SALTWELL PARK  
LITTER PICKING  
& FREE CUPPA  
1-2PM  
  
LEAZES PARK  
LITTER PICKING  
& FREE CUPPA  
1-2PM

Tuesday  
16th August

SALTWELL PARK  
RECOCO'S PICS OF INTEREST  
11-1.30PM  
  
LEAZES PARK  
RECOCO'S PICS OF INTEREST  
11-1.30PM

Wednesday  
17th August

SALTWELL PARK  
SPORTS SESSION -  
DODGEBALL,  
BENCHBALL,  
& NETBALL  
10-1PM

Friday  
19th August

SPORTS DAY,  
BBQ & MUSIC -  
SALTWELL PARK  
10-2PM

Monday  
22nd August

PARK WALKS:  
SALTWELL PARK 11-1PM  
LEAZES PARK 11-1PM

Tuesday  
23rd August

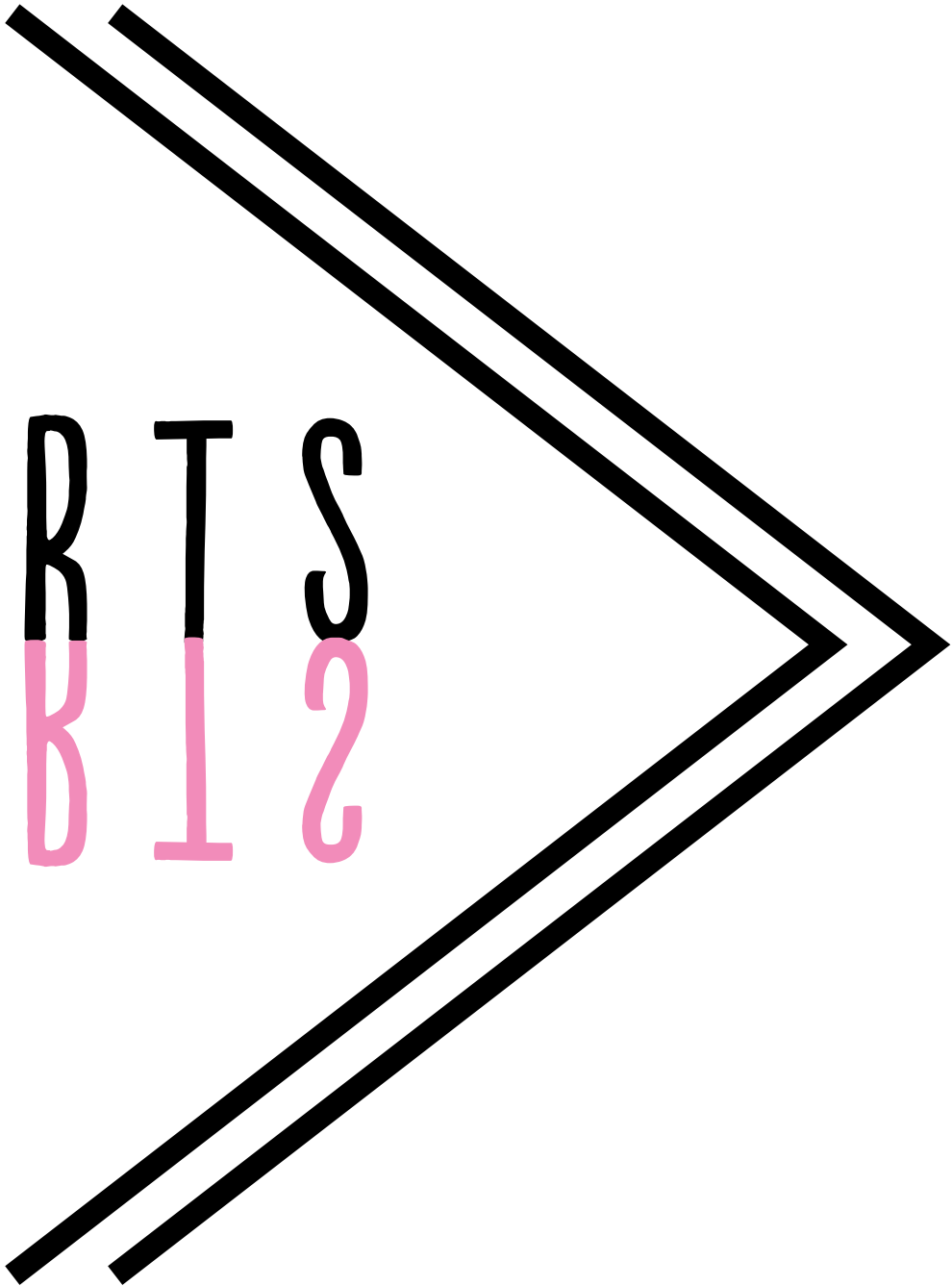
Wednesday  
24th August

SALTWELL PARK  
SPORTS SESSION-  
DODGEBALL,  
BENCHBALL  
& NETBALL  
10-1PM

Thursday  
25th August

LEAZES PARK  
YOGA 11-1PM

ADVERTIS



# Edberts House



## Edberts House Community Linking Project

### Who are we?

Our story began 12 years ago with a small group of local people in East Gateshead wanting to see change on their estate. 12 years later we were described by the national Personalised Care lead for NHS England as demonstrating national leadership through our work, and we were proud to be cited as an example of good practice in the Marmot 2020 review.

We have three community houses (Edberts House, Pattinson and Larkspur) staffed with experienced community development workers, with local people leading the work and managing budgets, developing the sense of control that Marmot's work evidences is at the heart of tackling health inequalities. Our houses are on estates where statistical indicators show levels of deprivation in the top 5% of the UK, and where anti-social behaviour had stood at the highest in the Borough: we are delighted that this figure is now below average. We have engaged with over 2000 individuals across our area through our houses and run a range of activities for families and children, supported by volunteers and local apprentices, who we have trained and moved on into employment.

Our local GP surgeries were impressed by the impact of our work: they reported that patients were more articulate in their appointments and came less frequently. As a result, we developed our Community Linking Project as a pilot in one GP surgery, funding the worker ourselves, and 5 years later it is now embedded in all 26 surgeries in Gateshead, funded by the NHS. Our work has received national recognition and was influential in the roll out of social prescribing as a mainstream NHS Primary Care offer in 2019, when we also were invited to present our work to Matt Hancock as an example of good practice.

We have removed all barriers of accessing the Social Prescribing Community Linking Project by not having a criterion and individuals being able to access the service as long as needed. We have made referring into this service quick and easy by not having a lengthy referral documentation, waiting lists and referrals being completed via various routes. Referrals can be via a self-referral, GP referral and/or third-party referral. The Social Prescribing Community Link Working Project provides:

### Social Prescribing Community Linking Offer:

- \*Support and signposting to remove social Isolation\*
- \* One to one wellbeing support \*
- \*Advocacy Support\*
- \*Supporting access to employment, education, and volunteering \*
- \*Supporting with benefit and housing applications \*
- \*Support with Housing needs and sustaining independent living\*
- \* Supporting access and engagement with community groups and activities\*

Systematically excluded people – by their very definition – are not connected to others, and in our experience, one place that vulnerable, lonely and isolated people still visit is the GP, either for regular routine appointments or for social support (often under the guise of clinical issues) which is why creating an integrated, place-based system that links GP patients with a network of sustainable community activity is an effective connectivity model. We support this through community development – proactively building relationships with local people by knocking on doors, chatting at school gates and (pre-Covid) creating activities and groups that enabled us to get to know people.

### What do patients say?

*"I really can't thank your organisation enough. I feel on the road to recovery and literally that you have saved my life, as eventually burying my head in the sand any longer, would have led to my premature death. I am now able to freely express my emotions which has now enabled me to write this communication to express my genuine and heartfelt gratitude.*

*I now feel supported and cared for and that I am not on my own and isolated. I am sure that this will lead to me increasing my self-esteem, and this will lead to positive things happening in my life.*

*Patricia and your organisation have reinvigorated my faith in how many good people are out there and that there are some lovely souls around...Patricia has kindly offered to check in from time to time with me to offer her support. She deserves and your organisation deserves all the recognition in the world."*

[www.youtube.com/watch?v=Gsl\\_jznoXrA&t=331s](https://www.youtube.com/watch?v=Gsl_jznoXrA&t=331s)



# **Narcotics Anonymous®**

if you have a

## **drug problem**

talk to someone who's been there

call our UK helpline (10am to midnight every day):

# **0300 999 1212**

or go to [www.ukna.org](http://www.ukna.org) for more information

**Narcotics Anonymous are  
groups of recovering addicts  
who meet regularly to  
help each other stay clean**

**We are a non-profit fellowship  
of people for whom drugs  
have become a major problem**

**Anyone with a desire to stop using  
is welcome - no appointments  
necessary, just turn up**

**We have more than 25 groups  
meeting every week across the  
North East of England and  
thousands worldwide**

### **Meetings at No 1 Carliol Square:**

**Women's group - Monday 12 noon**  
**Diversity group - Tuesday 7pm**  
**Book study - Wednesday 1pm**  
**Women's group - Thursday 7pm**

### **Other local meetings:**

**Happy Mondays - Monday 7pm**  
St Ann's Church, Byker NE1 2DZ  
**Tuesday afternoon - Tuesday 1pm**  
George Street Social, 45 George St NE4 7JN  
**Steps & Traditions - Wednesday 7pm**  
Fenham Library, Fenham NE4 9DX  
**Open meeting - Thursday 2pm**  
Gateshead Central Library NE8 4LN  
**Keep Coming Back - Friday 7.15pm**  
St Silas Church, Byker NE6 1DR  
**Middle of the Boat - Saturday 6.30pm**  
Fenham Library, Fenham NE4 9DX

## Newcastle Bipolar Self Help Group (Newcastle BPSG)

has re-started after a break due to the pandemic.  
If you have Bipolar Disorder related problems, care for  
someone with Bipolar, or just want a break among friends  
over a cuppa, come to our monthly meetings held at  
Friends' Meeting House, West Avenue, [just off Gosforth  
High Street near the Sainsbury's], Gosforth, NE3 4ES.

We usually meet on  
the 1st Saturday of each month  
10:30-13:00

[but for this September & October  
only it's the 2nd Saturday].

Contact us at  
[mdfnewcastle@aol.com](mailto:mdfnewcastle@aol.com)  
if you're unsure.

## Group Work Service

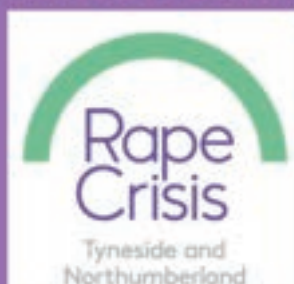
If you would like to meet other survivors of sexual violence in a facilitated,  
safe and confidential space, we offer a range of in-person and online groups.

Trauma Informed Core Groups- Peer Support, Trauma Responses Education, Self-Care

Trauma Informed Mindfulness Groups

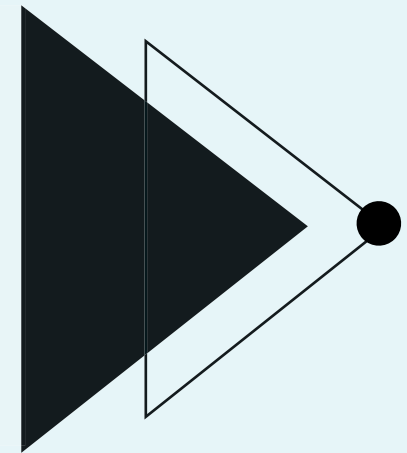
Online Self Care Groups

One off retreat Events and Workshops





Contact: Bill Scott: Tel: 07856212564 | email: [aadhd\\_ne@yahoo.co.uk](mailto:aadhd_ne@yahoo.co.uk)



## Adult AD/HD Support Groups NE Meetings

We hold our Adult AD/HD Support Groups NE peer support group meetings on the 4th floor of Recoco on the 4th Thursday of each month, starting at 6pm. Our meetings are very friendly and informal.

### Background

We've been running our meetings across the region since 2011, starting off at the old Ivy Club building at St. Nicks, where Recoco was also born to caring parents! We've had long-term links with Launchpad and Recoco over the years, including workshops and monthly meetings. We also hold monthly meetings in other exotic locations, including South Shields, Durham and Middlesbrough. We have strong links with many other projects including those that work with families and cross-sector agencies.

### Why is peer support is so important to us?

Yes, we may well have been one of those proverbial 'naughty kids' throwing black puddings at boring teachers; or, at the other extreme, day-dreaming in a classrooms we felt no part of. However, being subjected to a lack of appropriate support has led to many of us having major problems in terms of our mental and physical health, education, employment and relationships with our partners, families, friends, colleagues etc. In short, our true potential has often been hard to develop or undiscovered.

For those of us that weren't given the appropriate support along the way, even when we have realised that our 'wiring' simply differs to that of the neuro-typical head we have faced numerous obstacles when we have tried to seek help, our bums become numb after being on a long waiting list to be assessed and given a diagnosis. Then after that part of the obstacle course is over we may face problems in obtaining the medications appropriate for our individual biological needs or, if we choose to take a non-medicated approach, we are

not offered suitable alternatives. Trial and error is not all bad news because we always share the best types of coping mechanisms we can find.

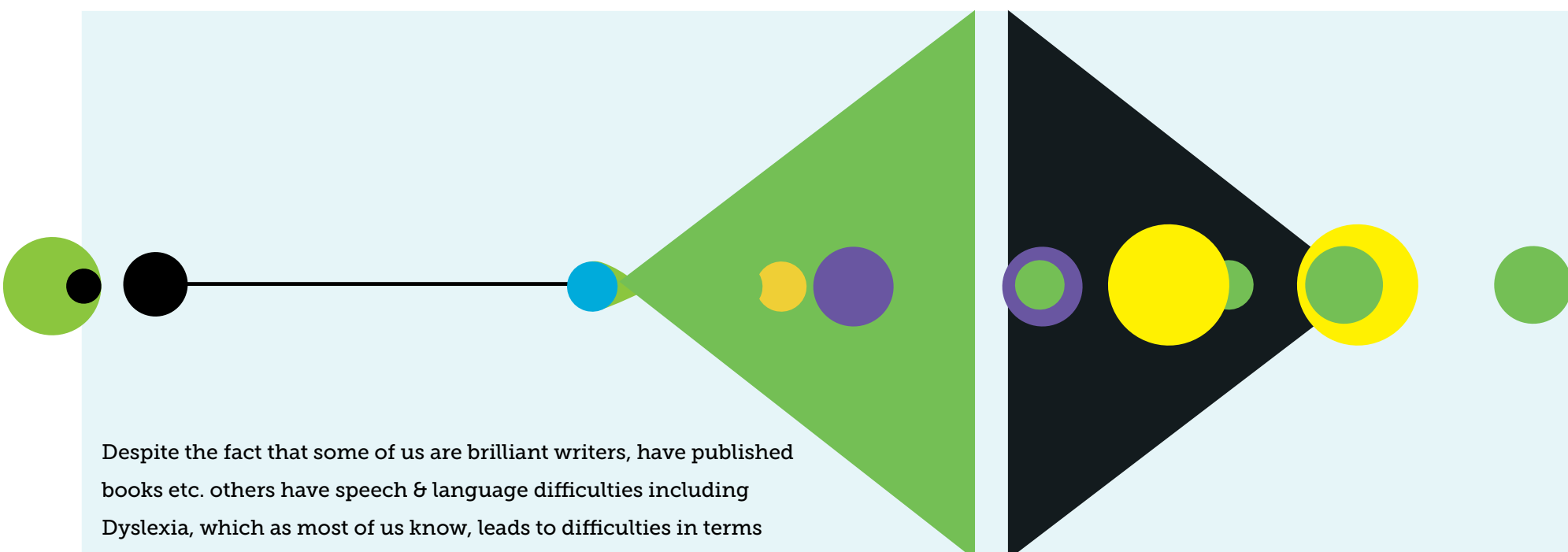
### One size really doesn't fit all

Although many of us with AD/HD (i.e we can have the classic hyperactive or inactive traits, or a mixture of both) we also find that these are often 'bundled' with a mix and match assortment of other neurological conditions. In effect, we celebrate each individual's unique brain's operating system and take more of a holistic neuro-diverse approach to things. Which is just as well because, as you see below, we can be people of extremes!

From a purely AD/HD perspective we can be impulsive, have temper outbursts, be hyperactive or seemingly the opposite (inside our heads is a different story), a low frustration threshold, we can be easily distracted or over-focused, have a lack of inhibitions and concentration. Many of us can be over & under-sensitive to light, noise, touch, temperature and have huge problems with emotional dysregulation.

These neuro-diverse aspects can manifest into difficulties with organisation, memory, concentration, time, direction, perception, sequencing, poor listening skills - leading to low self-esteem anxiety and depression. However, many of us are also naturally creative, original, and tenacious, determined to tackle life with a hands-on approach.

Although many of us are excellent at maths, co-ordination, reading etc, some of us have to deal with problems associated with Dyscalculia and have difficulties with calculation & number concepts. Some of us also have Dyspraxia/DCD and encounter difficulties with planning movements, co-ordination and practical tasks as well as tracking & balance, poor spatial awareness & muscle tone.



Despite the fact that some of us are brilliant writers, have published books etc. others have speech & language difficulties including Dyslexia, which as most of us know, leads to difficulties in terms of reading writing, spelling word recognition and sequencing.

Increasingly, over the years, we have seen an increase in the numbers of people we work with who have other comorbid conditions along AD/HD, including Autistic Spectrum Disorder (ASD), including Asperger's Syndrome, with social & communication problems, obsessive tendencies, etc.

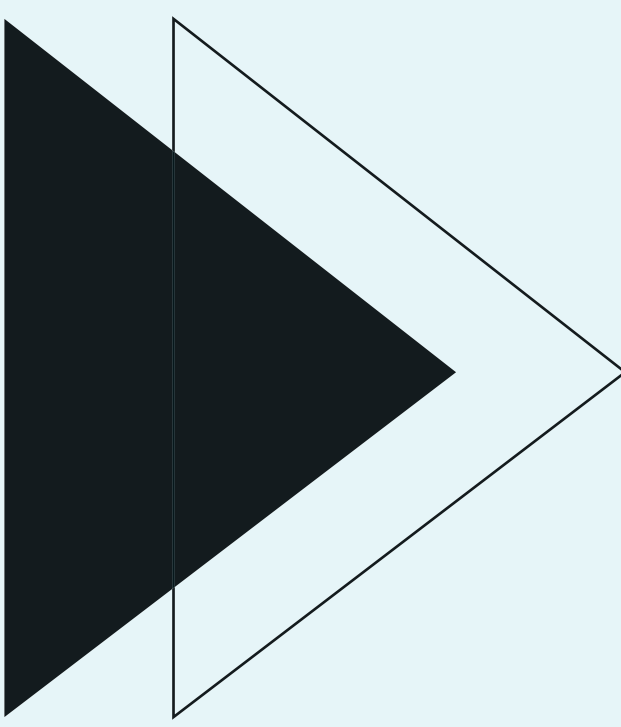
Tourette's Syndrome is yet another 'bolt-on' some of us been bundled with, including verbal & physical tics. Gordon, our main collaborator across Teeside and beyond, who is involved in the experts by experience network, at Teeside Uni (in a similar way many of you will be familiar with via the work overseen at Northumbria Uni by the infamous Steve O'Driscoll!) will be our guest speaker in a few weeks to discuss the AD/HD - Tourettes combination in depth. Thanks to Gordon's work with his own charity we also have people who come to the meetings who have had brain-injuries.

This has only been a snapshot of Neuro-diversity; but, needless to say, most of us are also very accomplished in the art of Oppositional Defiant Disorder!

## Our Support Group Meetings

Our meetings are friendly & informal and open to anyone with a diagnosis / in the process of seeking a diagnosis of AD/HD or any of the aforementioned co-morbid / related conditions. If you, or someone you know, have reached the stage where you are not yet sure whether to go for a diagnosis and want to test out your theories, it's an ideal environment in which to discuss anything you want that you might find helpful. We welcome questions and if we can't provide a ready answer, we'll find somebody who can!

Parents & partners, allies, academics and professionals involved with AD/HD, or a related field, are also very welcome to come along.



Our website includes useful links and information, directions to meetings, news and our other monthly meetings across the region:

[www.aadhd-ne-uk.weebly.com](http://www.aadhd-ne-uk.weebly.com)

For further information, please contact:

Bill Scott | 07856 212 564 | [aadhd\\_ne@yahoo.co.uk](mailto:aadhd_ne@yahoo.co.uk)





GMT is looking forward to welcoming you to its weekly events. We are confident that you will settle in happily with us. From the moment you step through the door we will treat you as a member of our group. That means you can attend as many or as few meetings as you want to. You are also free to arrive and leave any time between 6:30pm and 9pm. There is no entrance fee but we do ask for donations that you may be able to give (your first evening is free!). All we ask of our members and guests is that they treat each other with courtesy and respect.

So contact us at:

**[www.gaymentyneside.com](http://www.gaymentyneside.com)**

for your invitation to come-on-in, relax, enjoy yourself  
and take the opportunity to make new friends.

### GMT Mission Statement

GMT is a Collective which means that there are no bosses and no paid workers.

GMT aims to provide a wholly welcoming, non-threatening environment, in which gay and bisexual men can relax and socialise, build friendships, develop as individuals, and support one another. It is very important that everyone, whoever you are, feels safe and happy at GMT.

We have 3 rules. 1: RESPECT. 2: RESPECT. 3: RESPECT.

### Diary of Events

All our activities are announced in good time each week at our weekly meetings.

We publish our Diary of Events for Wednesday meetings every quarter

on our website: **[www.gaymentyneside.com](http://www.gaymentyneside.com)**

Members also have regular walks. Typically 6 miles, meeting at 12:00 and a pack-up lunch halfway. Throughout the summer subsidised trips are arranged to country parks, castles, stately homes, city visits, bowling, theatre and much much more.

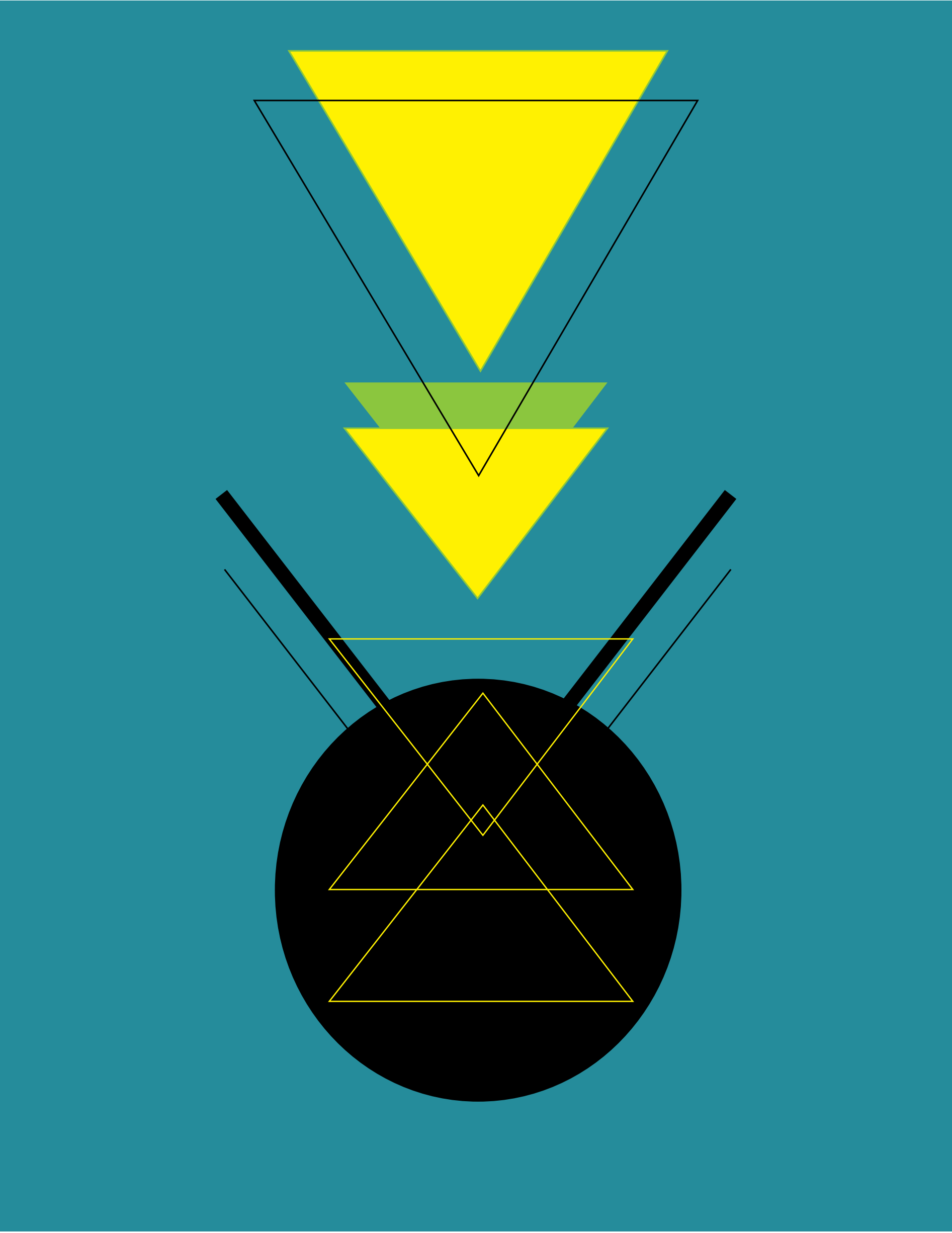
### Photographs

Photos are often taken at GMT events. More than anything else they record who we are and what we do. GMT knows that not everyone is OUT and that not all want their photo taken. Please note: Photos will not be taken without your consent.

Photos are only for the viewing of GMT members.

We do not allow photos to be shown on any social media (Facebook etc.)







## Tyne & Wear ***citizens***

Tyne & Wear Citizens is a broad-based alliance of civil society organisations committed to working together for the common good. ReCoCo is one of the member organisations in the alliance. There are various issues being worked on in our area, with Mental Health being one of them. Through developing people, organising tackles injustices in our local communities.

Since forming in 2015 Tyne and Wear Citizens have:

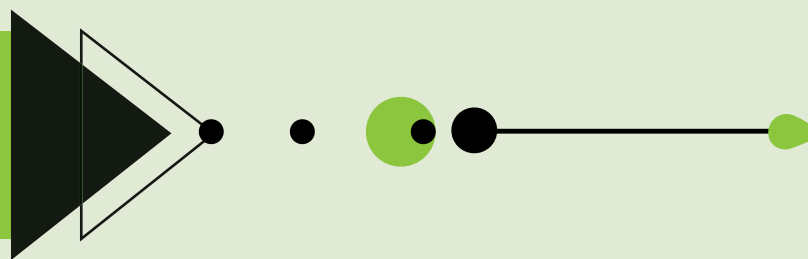
- More than trebled the number of Real Living Wage accredited employers in the North East - including Newcastle University, North of Tyne Combined Authority and City of Sunderland Council.
- Ran a national campaign - Just Change - so that young people on Free School Meals get the same treatment as their peers.
- Held a Citizens Mental Health Commission - hearing over 300 testimonies leading to systemic changes for improved mental health and well-being in the region.
- Reclaimed the Metro and won a Hate Crime Charter for public transport.

**Do you care about issues involving Mental Health,  
Poverty, Hate Crime and the Environment?**

There are various action teams tackling such issues. There is also regular training on the fundamentals of community organising that ReCoCo has spaces on. Does this sound of interest to you?

Email [fiona@recoverycoco.com](mailto:fiona@recoverycoco.com) for more details.

## ReCoCo and the Volunteer Passport Scheme in Newcastle



This is a new initiative, commissioned by Newcastle City Council, aiming to develop a network of trained volunteers, ready to respond to the needs of their communities. During the pandemic, we have seen an unprecedented response to the call for people in Newcastle to volunteer to help others, and the Passport scheme is an effective way to continue. ReCoCo have decided to sign up to this great initiative as it's beneficial both to our volunteers, ReCoCo and the wider community.

Becoming part of a network of trained volunteers can be an opportunity to really make a difference. Volunteers will be enabled to "cross borders", gaining experience in different volunteer roles, and with different voluntary and charity organisations, evidencing that flexibility and adaptability looks great on a CV! Volunteering Matters will complete the recruitment process.

### How the scheme will work:

Volunteers will have the opportunity to engage with a variety of different voluntary and charity organisations, in both "one-off" tasks, and longer-term volunteering.

We will send an application form for you to complete, sign and return. You will need to submit contact details for two people who will be willing to provide a character reference.

On receipt of your application, we will contact you to arrange an informal interview, which will be completed remotely. We will then create an Individual Volunteer Record, (which will be shared with the organisations who are participating in the scheme, and who require volunteers).

We will complete reference checks and begin the online DBS process. We will provide access to the following volunteer training:

- Introduction to volunteering
- Safeguarding Children and Vulnerable Adults
- Confidentiality and Data Protection
- Boundaries
- Personal safety and understanding risk

Once you have completed training and received your DBS certificate, you will be issued with a physical volunteer passport, (A6 booklet), which will be kept by you, and will contain essential information around your skills, experience and training completed, and will serve as volunteer ID.

This can be updated by any of the participating charities who are signed up to the scheme, once you have volunteered with them.

### Essential Criteria

To participate in the Volunteer Passport Scheme, you must be willing to do the following:

- Complete and return the application form.
- Provide us with a clear photo of yourself.
- Provide us with contact details for two people willing to give a character reference.
- Provide evidence of identity.
- Complete required volunteer training
- Be prepared and available at short notice.
- Inform us of any concerns around your volunteer role.
- Always adhere to current government safety guidelines
- Inform us of any additional training completed

### What's in it for you?

- Enhance your CV
- Gain a sense of achievement
- Learn and develop new skills
- Gain experience of volunteering with different organisations
- Meet new people.
- Reference provided for any period of volunteering of at least 3 months

Diane Sandford, our Volunteer Coordinator, will be contacting our established volunteers to arrange for the paperwork to be completed and to discuss the next steps. If you haven't signed up to volunteer as yet and think this is something which you would like to do please don't hesitate to get in touch. There are so many opportunities in ReCoCo to get involved with and now with the passports there will be external opportunities too!

Contact Diane at [diane@recoverycoco.com](mailto:diane@recoverycoco.com) to find out more.





IS A JOINT ENTERPRISE WITH THE BACKING AND INPUT OF THE FOLLOWING:



# HOW TO FIND US

**RE-CO-CO** 1, Carliol Square  
Newcastle Upon Tyne  
NE1 6UF



## BY BUS:

The bus stops on MARKET ST, BLACKETT ST and JOHN DOBSON ST are less than a 5 minute walk.  
Bus services include 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.

## BY METRO:

MONUMENT or MANORS; 5 minute walk

## BY BIKE:

There is public bike parking at the City Library

## BY CAR:

There are public car parks nearby.



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