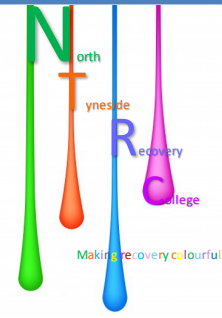


# North Tyneside Recovery College



## First Term Prospectus January 2016

North Tyneside Recovery College is being developed as a partnership between local organisations that are working together to develop courses and classes in our the local area, which will help people to improve their mental wellbeing.

This is our first term in North Tyneside and we are still building as a college, creating new links and courses to help within your recovery. This college is here to help and support you with hope for the future as well as helping you to establish links within the wider community.

Everyone at one point in their life needs to feel supported and understood. We as a college are here to do just that. Helping you to take control of your own recovery and widen your knowledge of what North Tyneside has to offer.

We acknowledge and understand that some people have struggled with their mental health and own recovery. The college, as a collective has been set up using the skills and knowledge of those with lived experience of mental health difficulties and is trying to help break down stigma and create a safe space for everyone to be themselves. These courses are here for you.

Please contact us on 0191 219 7740 and someone will get back to you on a Tuesday.

## The College Principles

There are three main principles that mental health services across the country have identified as being important, these are the things that our college is trying to work towards.

### A continuing presence of **Hope**

To help all services users to pursue their personal goals and ambitions through the presence of hope, to help you see to the future.

### A sense of **Control**

Allowing everyone to have control over their lives and their symptoms through maintaining control, we want you to be in control of your life.

### Building on **Opportunities**

Having growth and development within a person's life beyond their illness and doing this through life building Opportunities, helping you to be the best that you can.

## The courses at an overview

We are just starting out on this journey and these are the courses that we have to offer you. If you are interested in learning more about a course please find it in the prospectus.

The college runs enrolment dates so that we can help you to find out more about the courses that are running and help you sign up for those that you are interested in. We can also answer any questions that you may have about attending a recovery college course.

Course Title	Start Date	Time	Where and Who is Running
Volunteering training program	Friday 15/01/2016	10am—3pm	Voda—at VODA's offices at the Shiremoor. Centre
Creative wellness and recovery planning	TBC	TBC	TBC
DBT Awareness course	TBC	TBC	Northumberland Tyne and Wear NHS Trust—Peer Lead course
Tyneside womans Health Wellbeing Workshops	12th January 26th January	1pm—2:30pm	North Tyneside Womans Health at Wallsend Customer First Centre and White Swan Centre
Mindfulness for Wellbeing and Recovery	January 21st	11am– 1pm	Mindful therapies at Segedunum Buddle St, Wallsend, NE28 6HR
Self Empowerment Course	Please call to confirm	Please call to confirm	North Tyneside Mind at a Range Of locations

# Volunteer Training Programme

Open to Any adult resident of North Tyneside

This programme is aimed at people thinking about volunteer activity but who may benefit from exploring the subject of volunteering further. It will enable participants to become familiar with the fundamental principles of volunteering, explore values and motivations and become more aware of some of the issues potentially encountered in the course of volunteering.

The programme consists of four, one-day sessions, run one day per week over four weeks.

All days held at VODA's offices at the Shiremoor. Centre

Friday 15/01/2016 10am to 3pm(Volunteering and Values)

Friday 22/01/2016 10am to 3pm(Overcoming Exclusion)

Friday 29/01/2016 10am to 3pm(Better Communication)

Friday 05/02/2016 10am to 3pm(Confidentiality, Boundaries and Next Steps)

All resources are provided along with travel expenses and lunch



# Creative Wellbeing & Recovery Planning

Open to Any adult resident of North Tyneside

This course will enable you to use creative activities to devise your own Wellness and Recovery Action Plan (WRAP)

**Week 1** Introduction to recovery photography / creative techniques.

**Week 2** “PERSONAL RESPONSIBILITY” Wellness Tools.

**Week 3** “HOPE” Who am I when I feel well.

**Week 4** “ SELF ADVOCACY “ My rights

**Week 5** EDUCATION teach yourself.

**Week 6** “SUPPORTERS” who supports me.

**Week 7** Final Collation for Exhibition and completion of own wellness and recovery plan.

Segedunum

To be confirmed dates

## Peer Support Worker Lead Course

TYNE & WEAR  
archives &  
museums

Northumberland, Tyne and Wear   
NHS Foundation Trust

## DBT Awareness Course

Open to Any adult resident of North Tyneside

This course is a short overview of DBT Therapy  
and what it entails.

Week 1—Mindfulness

Week 2—Distress Tolerance

Week 3—Emotional Regulation

Week 4—Interpersonal Effectiveness

TBC

## Peer Support Worker Lead Course

Northumberland, Tyne and Wear   
NHS Foundation Trust

# Tyneside Women's Health Wellbeing Workshop

Women only who wish to find out more about Tyneside Women's Health and develop wellbeing strategies

Stand alone sessions to explore mental health and wellbeing using light touch activities.

Session 1: 12<sup>th</sup> January 1.00 – 2.30pm Wallsend Customer First Centre

Session 2: 26<sup>th</sup> January 1.00 – 2.30pm White Swan Centre, Killingworth

These are stand alone sessions, for more information and to Book contact

[Debbie.mather@tynesidewomenshealth.org.uk](mailto:Debbie.mather@tynesidewomenshealth.org.uk)



# Mindfulness for Wellbeing and Recovery

This course is free and open to Mental Health Service Users and their Carers in North Tyneside

This 8 week course offers North Tyneside Mental Health Service Users and Carers an opportunity to explore skills and tools to calm and focus the mind and creatively exploring ways to wellbeing and recovery.

January 21st, 28th, February 4th, 11th, 18th, March 3rd, 10th, 17th

11-1pm Segedunum Buddle St, Wallsend, NE28 6HR



To book your place please contact: Rachel Jones-Wild

Email: [rachel@mindfultherapies.org.uk](mailto:rachel@mindfultherapies.org.uk)

Phone/text: 07583553949

[www.mindfultherapies.org.uk](http://www.mindfultherapies.org.uk)



# Self Empowerment Course

The course is for adults who want to improve their confidence, develop assertive and build resilience.

The 10 week course covers a variety of techniques people can use to help further develop their confidence.

The course is run with no more than 10 people in the group.

The areas covered by the course include assertiveness, emotional resilience, mindfulness, and visualisation.

The course is run in a safe and supportive manner, participants may find some parts of the course challenging but they will be assisted by the facilitator.

It may be that participants have done some work before to help build confidence, whether it has worked or not this course could be used to help them move forward.

This course is run at a range of locations across Tyneside on a rolling basis, contact Doug Hill (details below) to find out when the next course starts and where it is going to be held.

The course is free to attend but a Wellbeing Course referral form needs to be completed, this is simple and straightforward, and the list of possible referrers is large. For a Wellbeing Project Referral Form please contact Tyneside Mind

0191 4774545

For more information contact Doug Hill -  
07983461439



Tyneside and  
Northumberland

If you are interested in enrolling with the college please phone 0191 219 7740 and leave a message for the recovery college and someone will contact you to arrange enrolment on a Tuesday.

