

NTLIFE

RECOVERY COLLEGE

LEARNING
INSIGHTS
FROM
EVERYONE

Mental Health & Wellbeing



New courses start:

Week Commencing: **1st September 2025**

Week Commencing: **20th October 2025**

Sign Up Now!

[Click Here for Link to Referral Form](#)





UPDATES...

We've Moved! Welcome to Our Bright New Home

We are delighted to share some exciting news — **NT LIFE** has moved to bigger, brighter premises!

Since June 2025, you'll now find us at:
109 - 110 Howard Street, North Shields, NE30 1NA

Our new, centrally-located venue has an accessible entrance and gives us even more opportunity to support our community on their journey to better mental health and wellbeing.

We continue to offer a wide range of **activities and courses, Monday to Thursday**, all designed to help you manage and maintain your mental wellness.

Since moving in, we've already delivered **12 inspiring courses**, provided to 61 unique individuals, including 16 brand new participants. **Resulting in over 560 hours of engagement in just 5 weeks!**
And we're just getting started!

Our September Term is coming soon, with an even wider range of courses to choose from — all detailed in our new prospectus.

We can't wait to welcome you to our new space and support even more people in our community to thrive.

 *Check out the Autumn 2025 prospectus and see what's waiting for you!*





UPDATES...

NT LIFE Takes Flight as a Newly Registered Charity!

We're thrilled to announce that as of May 2025, NT LIFE Recovery College is officially a registered charity!

With the support of our newly-formed Board of Trustees — **Kate Clark, Yvonne Gill, Vaughan Carter, Roger Armstrong, Ruth Jobey, and Traci Malthus** — we were successfully registered with the Charities Commission as a **Charitable Incorporated Organisation (CIO)**.

This exciting milestone would not have been possible without the incredible support of **VODA North Tyneside**, who have nurtured NT LIFE since 2019 and helped us to grow strong enough to spread our wings. We also extend our heartfelt thanks to the **Integrated Care Board**, whose funding has been vital in getting us here.

Becoming a charity not only recognises the impact we've already made but also opens up new opportunities to **fundraise and expand our services**, continuing our mission to help people **self-manage their mental health and wellbeing** — **regardless of diagnosis**.

We're excited for this next chapter and look forward to building even more ways to support our community together.

💙 *Thank you for being part of our journey — the best is yet to come!*



Image from Freepik image creator using AI

Weekly Activities: At A Glance

To secure a place on any course, you **must complete a booking form**. This will be sent out via email before the start of term. To successfully secure your place, you must complete the confirmation form.

Instructions will be detailed in the Confirmation Email.

For further information about course bookings, please email: julie.bishop@voda.org.uk

BLOCK 1:

week commencing : 1st September 2025

to

Week commencing: 6th October 2025

BLOCK 2:

week commencing : 20th October 2025

to

Week commencing: 17th November 2025

Date & Time

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Mandy's Mondays

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10am-12pm

LGBTQIA+ Peer Support Group

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1pm-3pm

DBT Skills

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3pm-5pm

Mindful Makers

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5:30pm-7.30pm

SNAP Out Of It

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TUE

10am-12pm

How To Train Your Inner Dragons

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1pm-3pm

Twin Dragons

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1pm-3pm

A Little Bit OCD

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Anxiety Awareness

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Mandy's Mondays



**Start your week
the way you want
it to continue,
with laughter and
friendship at
our weekly
gathering!**

Do you wish you had a fuller social life, and a sense of belonging? Imagine a place where you are understood, accepted, can learn new skills and feel as though you belong, whilst having fun.

Venue:

**NT LIFE Recovery College
109 -110 Howard Street,
North Shields,
NE30 1NA**

*To download travel instructions
please visit:
<https://voda.org.uk/our-projects/ntlife/contact-us/>*

Course Start Dates: Monday 10am-12pm

Block 1
1st September

Block 2
20th October

For more info or to book Email julie.bishop@voda.org.uk



LGBTQIA + Peer Support Group

Queer & Clear LGBTQIA+ Support Group

For adults who want to connect and support each other in a safe space

We're excited to share that this group is now open to **LGBTQIA+** adults aged 18 and over.

Previously co-produced by 18–30 year olds in collaboration with **Barnardo's**, the group continues to build on its foundations of peer support, inclusion, and empowerment, now welcoming a broader age range to reflect the diverse needs of our community.

This group is for anyone who identifies within the LGBTQ+ community or is questioning their identity, and is experiencing mental health challenges, whether or not those challenges are directly related to your identity. With a strengths-based approach, this is a space to explore wellbeing, celebrate identity, and build meaningful connections with others who understand.

Join us and be part of a vibrant, supportive community where your voice matters and your experiences are valid.

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Course Start Dates: Monday 10am-12pm

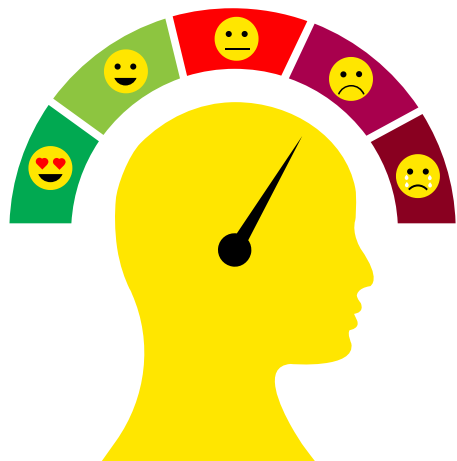
Block 1
1st September

Block 2
20th October

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DBT Skills



Feeling overwhelmed by life's ups and downs?

Ready to take control of your emotional health and anxiety, stay calm under pressure, learn healthier coping mechanisms and build greater resilience?

Ride the waves without getting swept away?

This supportive, fun & friendly group, supports you to learn skills and mindfulness to:

- Handle tough emotions
- Accept reality
- Get through crises without making things worse
- Embrace life's challenges and reduce your suffering
- Navigate emotional storms with ease
- Say goodbye to harmful behaviours
- Bounce back stronger from setbacks

Please note that this is a skills training course and not therapy.

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Course Start Dates:

Monday 1pm - 3pm

Block 1
1st September

Block 2
20th October

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Mindful Makers



**Unwind, recharge
and let your
creativity flow whilst
learning new skills,
being mindful and
making friends.**

Each week, we share a new craft idea designed to help you explore your creativity, develop new skills, and connect with others in a relaxed, welcoming space.

Creative activity is proven to support mental health and wellbeing. It can boost mood, reduce anxiety, and provide a powerful outlet for self-expression. Whether you're an experienced crafter or just starting out, our sessions offer a gentle, mindful space to focus on the present, try something new, and enjoy the therapeutic power of making.

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Course Start Dates: Monday 3pm - 5pm

Block 1
1st September

Block 2
20th October

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Snap Out Of It



An
Amateur Photography
Group using weekly topics
for:

- mindful exercise
- an opportunity to share
- an opportunity to make new friends

We encourage you to explore your surroundings, notice and appreciate the unseen, become a tourist in your own neighbourhood and then collaborate as part of a team each week to share and discuss the images you capture. No special equipment is necessary - lots of us use our phones!! We also try to get out and about as much as possible to take photos as a group.

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Course Start Dates:

Monday 5.30pm - 7.30pm

Block 1

1st September

Block 2

20th October

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How to Train your Inner Dragons



Make friends with your inner dragons so they work with you not against you!

All of our emotional responses, begin from a position of positive intent: to keep us safe and well.

Sometimes, when we over use one it can get the better of us and lead us into states of fear, sadness and anger etc.

This course will help you to begin to understand and train your inner dragon, whether they are a sad dragon, an anxious dragon or an angry dragon.

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NE30 1NA**

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<https://voda.org.uk/our-projects/ntlif/contact-us/>*

Course Start Dates: Tuesday 10am - 12pm

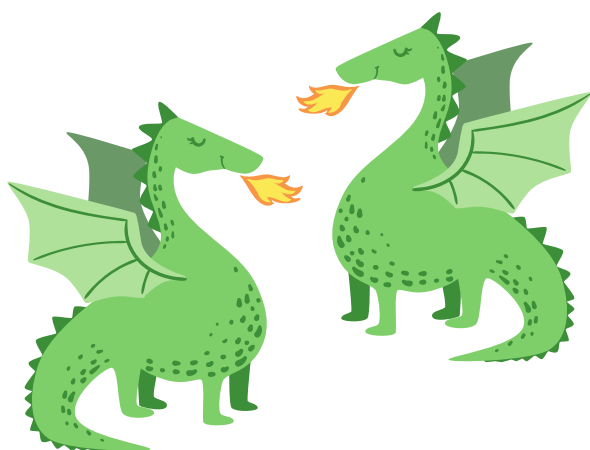
Block 1
2nd September

Block 2
21st October

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'Twin Dragons'



A follow up course from 'How to Train Your Inner Dragons' (HTTYID). Have you ever noticed that some emotions feel similar and yet also feel quite different, like twin dragons? Then read on....

What are the differences between
shame and guilt
or **envy and jealousy?**

Recognising these differences can be liberating.

Join interesting conversations about these 'Twin Dragons' to help you uncover how they can serve you and you can control them.

Co produced by HTTYID participants it builds upon the knowledge and skills of 'HTTYID'

If you would like to apply for this course you must have already completed HTTYID.

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Course Start Dates: Tuesday 1pm - 3pm

Block 1
2nd September

Block 2
21st October

For more info or to book Email julie.bishop@voda.org.uk



A Little Bit OCD



Understanding OCD and skills to take back control.

This course is designed to raise awareness and deepen understanding of Obsessive Compulsive Disorder (OCD).

Come along and help co-produce this course together in the first block. We'll explore what OCD really is, beyond the common myths and stereotypes, and shape a safe space for honest conversation and learning. Have your input on how this session will be delivered and the course content using your lived experience.

In the second block, we'll deliver the course itself, offering an empowering and stigma-free introduction—whether you live with OCD, support someone who does, or simply want to know more.

Venue:

**NT LIFE Recovery College
109 -110 Howard Street,
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NE30 1NA**

*To download travel instructions
please visit:
<https://voda.org.uk/our-projects/ntlifec/contact-us/>*

Course Start Dates: Tuesday 1pm - 3pm

Block 1
2nd September

Block 2
21st October

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The Art of Feeling



Are you interested in exploring your artistic side? Would you like to develop skills to express yourself visually.

Through guided sessions this group provides a supportive space where individuals can explore a range of artistic mediums and techniques, focusing on enhancing mental health and well-being through creative expression. Participants can explore art to express and process their emotions. The group emphasizes experimentation and personal expression, providing a safe space for individuals to reduce stress, and connect with others. Join us to discover the healing power of art and enhance your mental and emotional well-being.

This group is suitable for all abilities from beginners to those with a broader background

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Course Start Dates: Tuesday 3pm - 5pm

Block 1
2nd September

Block 2
21st October

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Nurturing Nature Connection



Spending just 20 minutes in nature can significantly reduce cortisol levels, the primary stress hormone - come and hang out in the woods, learn new skills and connect with nature mindfully to reduce stress and anxiety.

Develop or deepen your connection with nature through:

- Senses - tuning in to nature through the senses
- Emotion - feeling alive through the emotions and feelings nature brings
- Beauty - noticing nature's beauty
- Meaning - nature bringing meaning to our lives
- Compassion - caring and taking action for nature

The activities we offer change throughout the seasons but are always linked to the above pathways and can include things like:

- Whittling (using hand tools to carve 'green' fresh wood, Natural fire lighting and campfire cooking, Happazome (Japanese leaf bashing) and natural dying, Foraging, Weaving and natural cordage making, Making bird feeders and bird boxes to give back to nature.

Venue:

**Northumberland Park,
Tynemouth Rd, Tynemouth,
North Shields NE30 2ES**

Course Start Dates:

Wednesday 10am - 12pm

Block 1

3rd September

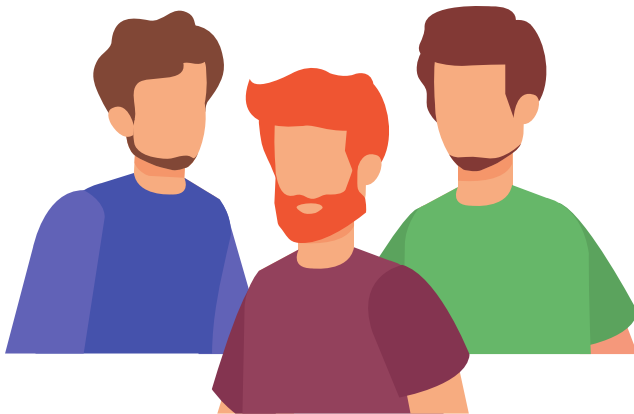
Block 2

22nd October

For more info or to book Email julie.bishop@voda.org.uk



Mens' Group



**A safe space for
men to share,
explore and
support**

When a man decides to seek help, many available support groups are women's or unisex groups. While being part of a women's group may get a man the help he needs, it can be difficult for them to share openly, therefore stagnating their recovery process.

This is why we created this men's groups.

It is a platform to explore mens' challenges, mental health and masculinity in today's ever changing world.

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NE30 1NA**

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Course Start Dates:

Wednesday 10am - 12pm

Block 1

3rd September

Block 2

22nd October

For more info or to book Email julie.bishop@voda.org.uk



Emotional Recovery Tool Kit



Develop your own box of healthy coping strategies to help get you through difficult times, triggers and emotions or even just bring you back to a place of comfort and ease.

Each week you will explore one of your senses, i.e. **sight, sound, touch, taste, smell**; to explore and identify how you can use them effectively to manage emotions and explore new ways of self care.

We demonstrate how you can create portable kits, so that if you are out and about you have the convenience of carrying a discrete kit with you, containing your most effective tools.

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Course Start Dates:

Wednesday 10am - 12pm

Block 1

3rd September

Block 2

22nd October

For more info or to book Email julie.bishop@voda.org.uk



Whittling The Time Away



Struggle to switch off from life's worries or racing thoughts?

You might like to turn your hands to the ancient craft of whittling!

Whittling (using hand tools to carve green, freshly felled wood) in a calm and low pressure environment is a great way to get lost in time and allow your nervous system to reset.

You will learn how to use tools safely with a focus on the process rather than the end product of whittling.

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Course Start Dates:

Wednesday 1pm - 3pm

Block 1

3rd September

Block 2

22nd October

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Expressive Writing



Explore the use of words, imagery and metaphor to create poetry and short stories!

Research has demonstrated that creative writing has a positive impact on our mental health. This course gives unique opportunities to explore thoughts and feelings, increase self-awareness and self-esteem.

We have collaborated with the **Royal Literary Fund**. You will be guided through this process making it fun and interactive, whilst gaining knowledge from a fabulous writer.

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NE30 1NA

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Course Start Dates:

Wednesday 1pm - 2.30pm

Block 1

TBC

Block 2

TBC

For more info or to book Email julie.bishop@voda.org.uk



Resilience Course



Build a deeper understanding of resilience and how to leverage your personal strengths to enhance your ability to adapt and thrive in the face of challenges.

When problems and difficult situations arise, it can cause a real knock to our mental health and wellbeing. This course is designed to help you gain an understanding of what it means to be resilient, and how to build this in yourself to support your ability to “bounce back” from hardship. Through connecting and sharing with others in a supportive environment, this course will help you in feeling more equipped and confident in tackling anything life throws your way.

Venue:

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NE30 1NA**

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<https://voda.org.uk/our-projects/ntlif/contact-us/>*

Course Start Dates: Thursday 10am - 12pm

Block 1
4th September

Block 2
23rd October

For more info or to book Email julie.bishop@voda.org.uk



'ND' - Lifer's *Neurodivergent Group*



Explore neurodiversity and neurodivergence using a strengths based approach and understanding challenges, and building a community.

Whether you have a diagnosis or simply identify with neurodiverse traits, this group offers a supportive space to share experiences, explore challenges, and build strategies to navigate life in a way that works for you.

We'll explore the challenges that can come with being neurodivergent, while also recognising the unique skills, creativity, and perspectives it can bring. Together, we'll look at skills to accommodate these challenges.

What to expect in the first session:

- Building a group agreement, ensuring everyone feels safe, heard, and comfortable. We'll also discuss any access needs or accommodations people might need to help them fully participate.
- We'll touch on the topics we cover in the group, such as executive functioning, masking, and burnout and spoon theory etc.
- We'll then brainstorm what we already know about neurodivergence, and get familiar with some key terms like neurodiverse, neurodivergent, and neurotypical.

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Course Start Dates: Thursday 1pm - 3pm

Block 1
4th September

Block 2
23rd October

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Anxiety Awareness



Is fear, stress or anxiety limiting you and your experiences or of someone you know?

This session will help you to:

- Understand the difference between fear, stress, anxiety and anxiety/panic disorders
- Understand physiological, psychological & behavioural symptoms
- Equip yourself with some practical and effective tools to reduce the symptoms and aid your ability to thrive.

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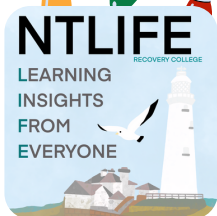
*To download travel instructions
please visit:
<https://voda.org.uk/our-projects/ntlife/contact-us/>*

Course Start Dates: Thursday 1pm - 3pm

Block 1
4th September

Block 2
23rd October

For more info or to book Email julie.bishop@voda.org.uk



NTLIFE'S 12 DAYS OF CHRISTMAS!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 1st | 2nd | 3rd | 4th | 5th |
| 10am-12pm Michael Bauble Day! | 10am-12pm The BIG Festive Quiz! | 10am-12pm Merry Mail - Christmas Card Making! | 11am-2pm Walking in a Winter Wonderland! | CLOSED |
| 1pm-3pm Michael Bauble Day! | 1pm-3pm The BIG Festive Quiz! | 1pm-3pm Merry Mail - Christmas Card Making! | | CLOSED |
| 8th | 9th | 10th | 11th | 12th |
| 10am-12pm 'ROCK'ing Around The Chrsitmas Tree! | 10am-12pm Festive Face Off - Christmas Games! | 10am-12pm The Christmas Gonk Workshop! | 11am-2pm Reindeer Scavenger Hunt! | CLOSED |
| 1pm-3pm 'ROCK'ing Around The Chrsitmas Tree! | 1pm-3pm Festive Face Off - Christmas Games! | 1pm-3pm The Christmas Gonk Workshop! | | CLOSED |
| 15th | 16th | 17th | 18th | 19th |
| 11am-2pm Festive Film and Jingle Jammies Day! | CLOSED | 10am-12pm Tinsel & Tags - Christmas Wrapping! | 10am-12pm Holly Jolly Hot Chocs and Chat | All Day NTLIFE's Christmas Trip - Festive Fun and Pantomime! |
| | CLOSED | 1pm-3pm Tinsel & Tags - Christmas Wrapping! | 1pm-3pm Holly Jolly Hot Chocs and Chat | |

Wishing you all a very Merry Christmas and an extra special New Year!

We re-open on January 5th
Please see our web page :
<https://voda.org.uk/ntlif/>
for details of courses



Due to limited places we are only offering the above activities to people who have attended courses this year. To allow for maximum enjoyment we have duplicated morning and afternoon sessions, however in the interests of safety and comfort we reserve the right to limit the number of multiple sessions attended by any one person.

To book your chosen activities please email julie.bishop@voda.org.uk or use the sign-up sheets in venue.



ON THE 1ST DAY OF
CHRISTMAS...



Michael Bauble Day!

*Making baubles for
Live Well With Cancer*



Date:
1st December
Time:
10am-12pm or
1pm-3pm

Join us for a feel good festive session
where we'll be rockin' around the craft
table!

Make your own Christmas tree decoration
and create a second to gift to someone
supported by **Live Well With Cancer**.

Spread joy, sparkle, and a little
handmade magic this season!

Venue: NT LIFE Recovery College
109 -110 Howard Street, North Shields,
NE30 1NA

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FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 2ND DAY OF
CHRISTMAS...



The BIG Festive Quiz!



Date:
2nd December
Time:
10am-12pm or
1pm-3pm

Grab your tinsel, bring your brains,
and get ready to sleigh the
competition!

Join us for a merry mix of trivia,
giggles, and glittering prizes,
because nothing says Christmas
like a bit of friendly festive
competition!



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NE30 1NA

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FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 3RD DAY OF CHRISTMAS...



Merry Mail!!

Christmas Card Making!



Date:
3rd December
Time:
10am-12pm or
1pm-3pm

Get cosy and creative as we make heartfelt cards to spread a little festive cheer!

Craft one to keep and one to share, whether it's for a friend, family member, or someone who could use a smile this season.

Let's send kindness through the letterbox and wrap our words in warmth.

Venue: NT LIFE Recovery College
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NE30 1NA

To download travel instructions please visit: <https://voda.org.uk/our-projects/ntlfe/contact-us/>



FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 4TH DAY OF
CHRISTMAS...



Walking In A Winter Wonderland!



Date:
4th December
Time:
11am-2pm

Who needs snow when you've got sand?
Chuck on your sunnies and join us for a
very NTLIFE beach stroll! Think Australian
Christmas vibes with a dash of North Sea
breeze!

We'll be collecting sea glass and stones for
festive crafts, so keep your eyes peeled on
our other activities!

It's Christmas... but make it coastal!

Venue: NT LIFE Recovery College
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NE30 1NA

To download travel instructions please visit: <https://voda.org.uk/our-projects/ntlfe/contact-us/>



FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 5TH DAY OF
CHRISTMAS...



Date:
8th December
Time:
10am-12pm or
1pm-3pm

‘ROCK’ing Around The Christmas Tree!

Join us for a festive session where we’ll bring a little winter magic indoors! After collecting rocks on our seasonal walk, we’ll paint and decorate them with a Christmas twist. Create your own cheerful rock reindeer—perfect to hide on our festive reindeer scavenger hunt and spread some holiday joy!

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NE30 1NA

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FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 6TH DAY OF
CHRISTMAS...



Festive Face Off! Christmas Games!



Date:
9th December
Time:
10am-12pm or
1pm-3pm

Join us for an afternoon of merry mayhem, jolly challenges, and laugh-out-loud fun in our very own Christmas Games session!

Expect reindeer races, snowball contests, and a sprinkle of friendly competition!

Bring your game face and your Christmas spirit, it's time to sleigh the day!



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ON THE 11TH DAY OF
CHRISTMAS...



The Christmas Gonk Workshop!



Date:
10th December
Time:
10am-12pm or
1pm-3pm

Join us for a magical Christmas crafting session where we'll be making our very own festive gonks!

Get creative, get cosy, and craft a gonk to keep (or gift!) this season. Bring your Christmas spirit!

Let's gonk and roll into the festive season together!

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ON THE 8TH DAY OF
CHRISTMAS...



Reindeer Scavenger Hunt!



Date:
11th December
Time:
11am-2pm

Santa's reindeer have gone rogue... and they're hiding in Northumberland Square!

Join us for a festive outdoor adventure as we search high and low for these sneaky seasonal creatures.

Wrap up warm, bring your best detective skills, and help us track down every last reindeer before Christmas Eve!

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FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 9TH DAY OF
CHRISTMAS...



Festive Film and Jingle Jammies Days!



Date:
15th December
Time:
11am-2pm

Get your fluffiest pyjamas on and join us for the ultimate cosy Christmas chill-out!

We'll be watching festive favourites, sipping hot chocolate, and embracing all things merry and magical.

Because sometimes, the best way to celebrate is in your comfies, with good company and Christmas classics.

Venue: NT LIFE Recovery College
109 -110 Howard Street, North Shields,
NE30 1NA

To download travel instructions please visit: <https://voda.org.uk/our-projects/ntlif/contact-us/>



FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



NTLIFE
RECOVERY COLLEGE
LEARNING
INSIGHTS
FROM
EVERYONE



ON THE 10TH DAY OF
CHRISTMAS...



Tinsel & Tags - Christmas Wrapping!



Date:
17th December
Time:
10am-12pm
1pm-3pm

Add a personal touch to your presents this year! Join us for a cosy creative session where we'll be making beautiful gift tags and wrapping that's almost too pretty to open.

Think festive paper, ribbons, sparkle, and a whole lot of handmade charm.

Let's get wrapped up in the Christmas spirit!

Venue: NT LIFE Recovery College
109 -110 Howard Street, North Shields,
NE30 1NA

To download travel instructions please visit: <https://voda.org.uk/our-projects/ntlfe/contact-us/>



FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



ON THE 11TH DAY OF
CHRISTMAS...



Holly Jolly Hot Chocs and Chat!



Date:
18th December
Time:
10am-12pm or
1pm-3pm

Take a break from the festive hustle and cosy up with a cup of chocolatey goodness!

Join us for a laid-back social filled with warm drinks, good chats, and all the marshmallowy magic you could ask for. 💬

Because everything's better with hot chocolate and a bit of Christmas cheer! 🎄

Venue: NT LIFE Recovery College
109 -110 Howard Street, North Shields,
NE30 1NA



To download travel instructions please visit: <https://voda.org.uk/our-projects/ntlife/contact-us/>

FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



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ON THE 12TH DAY OF
CHRISTMAS...



NTLIFE's Christmas Trip! *Festive Fun and Pantomime!*



Date:
19th December
Time:
TBC

Join us for a jam-packed jolly day out filled with games, giggles, and glittering panto magic! We'll kick things off with festive party games and tasty treats at our brand new venue, before setting off on a walk to the North Shields ferry.

Then it's all aboard for a scenic sail across the Tyne to South Shields, where we'll head to The Customs House for this year's panto: Goldilocks and the Three Bears! Oh yes we will!

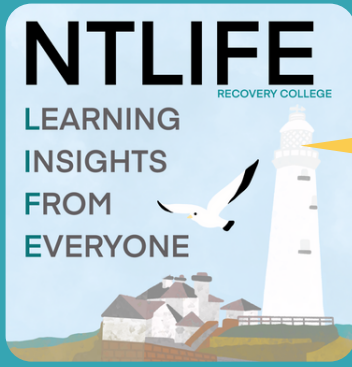
Further details regarding the schedule of the day will be sent out once your place is confirmed.

Venue: NT LIFE Recovery College
109 -110 Howard Street, North Shields,
NE30 1NA

To download travel instructions please visit: <https://voda.org.uk/our-projects/ntlife/contact-us/>



FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK



Where Can You Find Us?

Find Us Online...

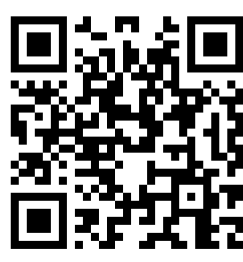
Along with the timetable we provide one off sessions throughout the year, please refer to our Facebook page and Web Page for updates.

Check Out Our **Facebook** Page, where you'll find:



- Photos
- Useful Links
- Activities in the Community
- Ad Hoc Sessions

Check Out Our **Web Page**, where you'll find:



- Expression of Interest to Self Refer and other Referrals
- Resources
- Current and Previous Prospectus

FB: www.facebook.com/NTLifeRecoveryCollege

W: voda.org.uk/ntliferecoverycollege

WHERE ARE WE BASED?

**NTLIFE Recovery College,
109-110 Howard Street,
North Shields,
NE30 1NA**

We are based in an accessible building with ramp access to the entrance.



You'll see our main entrance circled in the image above. To the left of the door, there is a buzzer — please press this when you arrive, and a member of our team will come to welcome you in. There is paid parking outside (two pence a minute) or we are a 3 minute walk from The Beacon Centre Multi Storey Car Park.

Find further details on how to find us via public transport here:

<https://voda.org.uk/our-projects/ntliferecoverycollege/contact-us/>



About NT LIFE:

We are A Peer Led service providing education and support through activities and courses to North Tyneside adults wanting to improve their mental health and well-being

Since our launch in May 2019, NT LIFE has made a significant impact on the mental health and well-being of over **500 North Tyneside adults.**

Outcomes reported by participants include:

**an improved sense of hope,
improved self-awareness, and awareness of others,
overall improvement in well-being,**

Reflecting the effectiveness of the courses in equipping individuals with the necessary tools to manage their mental health and lead fulfilling lives.

NT LIFE Satisfaction Survey found **96%** of respondents agreed NT LIFE provided an **empowering environment** Over **70%** reported stopping or reducing access to NHS services for their mental health.

Indicating the positive impact NT LIFE has had on them, in empowering them to take charge of their mental well-being.

“Don’t take our word for it, these are the words of our participants:

“It’s the only thing that’s ever helped me to be honest.”

“Since I’ve been coming along I feel a massive change ... it helps with everything.”

“It’s one of those places that you can just be yourself and changes happen”

Healthcare professionals & support workers also recognised the significant role NT LIFE plays in patients' recovery

“

“NT Life has been an important part of many of my patient’s recovery.”

“While the college may not be everything to everyone it sure is helping a lot of people to close the gaps and barriers to a healthier happier community,”

”

Our success and impact has been captured by some of our volunteers, participants, and staff through a short film. It captures the stories of individuals and the positive changes they have experienced by attending NT LIFE.



Use this QR code to check out our film

THANK YOU to everyone involved in making NT LIFE transformative and empowering resource, and allowing North Tyneside adults to take charge of their mental health and improve their overall wellbeing.

How To Get Involved:

As a Student and/or Volunteer you:

- Require **no educational qualifications**
- Get to **choose** your own **courses**.
- Pay nothing, courses are **free of charge**
- **Participate at the level that works for you**
- **NO referral necessary** simply follow the process below

Step 1

Complete our **Expression of Interest Form** that can be found here: <https://voda.org.uk/ntlif/>

Step 2

We will contact you, usually within a week, to arrange for you to come to **meet us for an informal chat.**

Step 3

Meet us at NT LIFE to become familiar with our venue and staff. If you wish to proceed, the next step is the **enrolment form**. This can be done when you meet with us or if you'd prefer, you can call back at a later date.

Step 4

Choose the activities or courses you wish to join and we will book you on to the **next available start date** for the course



Use this QR code to Express Your Interest

If you have any questions please email one of the staff
Please be aware that we are more often than not in deliveries allow up to 48 hours for a response

| | | |
|-----------------|--|--------------------|
| NT LIFE Manager | ali.donkin@voda.org.uk | Monday - Friday |
| NT LIFE Worker | julie.bishop@voda.org.uk | Monday - Friday |
| NT LIFE Worker | alice.holliday@voda.org.uk | Monday & Wednesday |
| NT LIFE Worker | jessica.shaw@voda.org.uk | Mon/Wed/Thurs |

Include your specific enquiry and preferred method of contact
We are happy to help progress your enquiry and welcome you into our community

Or give us a call:
0191 4292125

(Please note we are not always available to answer calls, so please leave a voicemail with your name, contact number and query so we can get back to you as soon as we can.)



More About Volunteering:

As part of our commitment to people's recovery and well-being, we aim to encourage and develop our students to volunteer in the growing programme we offer.

Many people volunteer to meet new people, contribute to causes they care about, learn new skills or develop connections for their career. At NT LIFE we value lived experience of mental ill health and know that by sharing your experiences, and the skills you have developed, to overcome your struggles, you can inspire, support and educate others on their journey.

There are many benefits to volunteering, including but not exclusive to:

- Be part of a community
- Learn new skills
- Take on a challenge
- Find a purpose
- Gain confidence
- Make a difference
- Meet new people
- Have Fun!

We are developing a number of opportunities to help people: increase their knowledge, skills and experience, helping them to achieve their goals.

Our volunteer roles are flexible and include a variety of experiences:

- Administrative
- Peer support
- Facilitator and Co-Facilitator roles
- Course Development
- Practical contribution e.g. newsletters, making stuff (yes stuff is a technical term we use) to share within our wider community

Interested in Volunteering?

To contact us and explore how you could volunteer simply email:
ali.donkin@voda.org.uk

Include any questions and preferred method of contact.

We are happy to help progress your enquiry and welcome you into our community
(affectionately known as our NT LIFE Family)



Creating Our Safe Space:

What you can expect from our team:

- We will provide FREE co-designed courses, activities and workshops, to support individuals to improve their social and emotional wellbeing.
- We will be respectful of the rights, life choices, beliefs and opinions of others and promote freedom of speech.
- We will provide direction for further opportunities once you have completed your course(s).
- We will keep all personal information confidential in line with our GDPR policy (available upon request).

You agree to:

- Be respectful of the rights, life choices, beliefs and opinions of others and promote freedom of speech.
- Endeavour to validate each other, using compassion and assume everyone is doing their best.
- Maintain punctuality to all the activities you sign up for, or contact your course facilitator or **NT L.I.F.E.** to inform of any changes or delays.

We have a zero tolerance policy on all forms of discrimination and prejudice.

Facilitators and students are reminded to maintain appropriate boundaries.

Confidentiality:

Personal Information shared during a course, between students or staff will remain confidential. However there are certain times when we may need to share your information with other professionals, services or agencies. These include:

- If you have threatened to do serious harm to yourself
- If there is concern that you are putting yourself or another person at risk of harm.
- If there is concern that a child is at risk from harm

What to do if you feel any of the above points have been breached:

- Discuss with your course facilitator at the earliest opportunity.
- Bring it to the attention of NT LIFE staff by emailing:
 - ali.donkin@voda.org.uk
 - alice.holliday@voda.org.uk
 - julie.bshop@voda.org.uk
 - jessica.shaw@voda.org.uk

**Further escalation of Safeguarding issues can be raised with
VODA on 0191643 2626
or
Email: info@voda.org.uk**



Helping Yourself...

List all the things that help you when your struggling with your mental health in the boxes below.

You can use the suggestions or write over them if you prefer something else.

Distractions:

Focus your attention on something else, other than your current challenge e.g. tasks, hobbies or activities

- Watch Tv
- Go for a Walk
- Make some nutritious food
- Do a crossword
- Complete a jigsaw
- Arts and crafts

Lifting My Mood:

Something that helps you and makes you feel good

- Phone a friend/supporter
- Watch a funny video
- Spend time with a pet
- Listen to music
- Go out in nature

Self Care:

Doing something that supports protecting your own well-being and happiness

- Eat
- Sleep
- Clean your space
- Shower
- Exercise
- Practice Mindfulness or Meditation
- Journaling
- Put the rubbish out

Future Hopes:

Forward planning

- Plan a trip or holiday
- Plan to meet a friend or supporter
- Makes plans to go to the theatre or cinema
- Plan what you'll have for dinner for the day/week
- Book a course at NTLIFE

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Help In A Crisis...

Numbers for Support...

- **The Samaritans**
For 24 hour support, call - **116 123**
- **CALM - Campaign Against Living Miserably**
Open 5pm- midnight 356 days a year
Call - **0800 58 58 58**
- **SHOUT**
Text 'SHOUT' to '85258'
Free service, available 24/7
- **24Hr Universal Mental Health Crisis Lines**
North Tyneside or Northumberland - **08006522861**
Newcastle or Gateshead - **08006522863**
- **In an Emergency Call 999**

Websites for Support...

- For information about support in your local area visit:
www.hubofhope.co.uk
www.livingwellnorthtyneside.co.uk
- For information about support if you are struggling with thoughts of suicide or self harm:
www.stopsuicidenenc.org
www.selfharm.co.uk
- For general mental health information:
www.every-life-matters.org.uk
www.mind.org.uk





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North East and
North Cumbria



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