



**FREE Courses For  
North Tyneside Adults**

# MENTAL HEALTH & WELLBEING EDUCATION & SUPPORT



*'Bamburgh Castle Trip, 2024'*

**New courses start:**

Week Commencing: **3rd Feb 2025**  
Week Commencing: **17th Mar 2025**

**Sign Up Now!**

<https://forms.office.com/e/TbBVMU4Wvr>



# WEEKLY ACTIVITIES: AT A GLANCE

You must book onto a course to secure your place. To book onto a course email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk).

State the course and block you want to book onto.

Any bookings sent to anyone else may be missed and **will not** secure your place on the course.

## BLOCK 1:

WEEK COMMENCING : 3RD FEBRUARY 2025  
TO  
WEEK COMMENCING: 3RD MARCH 2025

## BLOCK 2:

WEEK COMMENCING : 17TH MARCH 2025  
TO  
WEEK COMMENCING: 14TH APRIL 2025

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	1pm-2.30pm	Creative Writing - RLF	3
	5pm-7pm	Decider Skills	4
	6:30pm-8.30pm	Q.A.C - LGBTQIA+ Group	5
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## Mandy's Mondays - Drop In



Booking preferable but  
can be attended on an adhoc  
basis.

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:

The Flat, Meadow Well  
Connected, Waterville Road,  
North Shields,  
NE29 6BA.

To download travel instructions  
please visit: [voda.org.uk/nt-life-  
contact-us/](http://voda.org.uk/nt-life-contact-us/)

### Course Start Dates: Monday 10am-12pm

Block 1  
**3rd Feb**

Block 2  
**17th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



## Creative 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.

For Block 1 we have collaborated with the **Royal Literary Fund** and Published author **Jonathan Tulloch**, who will guide you through this process making it fun and interactive, whilst gaining knowledge from a fabulous writer.

In Block 2 staff and volunteers will adopt a similar format.

### Venue:

**The Flat, Meadow Well  
Connected, Waterville Road,  
North Shields,  
NE29 6BA.**

*To download travel instructions  
please visit: [voda.org.uk/nt-life-  
contact-us/](http://voda.org.uk/nt-life-contact-us/)*

### Course Start Dates: Monday 1pm- 2.30pm

Block 1  
**3rd Feb**

Block 2  
**17th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)





## Decider Skills Training



**Learn effective skills to manage your emotions and mental health.**

**The Decider Skills** use Cognitive Behavioural Therapy (CBT) and Dialectic Behavioural Therapy (DBT) Skills to help you recognise your thoughts, feelings and behaviours, allowing you to monitor and manage your emotions and mental health.

The skills were designed to enable you to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and help to live a more skilful, less impulsive life.

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NE29 6BA.**

*To download travel instructions  
please visit: [voda.org.uk/nt-life-  
contact-us/](http://voda.org.uk/nt-life-contact-us/)*

### **Course Start Dates:**

**Monday 5pm-7pm**

Block 1

**3rd Feb**

Block 2

**17th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



## Q.A.C.S LGBT Support Group

**WE ARE QAC!**  
AKA Queer and Clear



**Queer & Clear  
LGBTQIA+ Support Group**  
We are a queer group of young adults who want to have a good time. Come and join us for film nights, pride marches and crafty sessions!

**Looking for a safe, supportive space to connect?**

NTLIFE in partnership with Barnardo's has Co-Produced an **LGBTQ+ Peer Support Group for Young Adults in North Tyneside** to Empower and Benefit Mental Health

Join us and be part of a vibrant, supportive community.

### **Venue:**

The Linskill Centre  
Linskill Terrace, Tynemouth,  
North Shields  
NE30 2AY



### **Course Start Dates:**

**Monday 6.30pm-8.30pm**

Meeting fortnightly on the following dates:

- January 27th
- February 10th
- February 24th
- March 10th
- March 24th

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



# 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.

## Venue:

The Flat, Meadow Well  
Connected, Waterville Road,  
North Shields,  
NE29 6BA.

To download travel instructions  
please visit: [voda.org.uk/nt-life-contact-us/](http://voda.org.uk/nt-life-contact-us/)

## Course Start Dates: Tuesday 10am-12pm

Block 1  
**4th Feb**

Block 2  
**18th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



## DBT Skills Training



**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.**

### **Venue:**

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Connected, Waterville Road,  
North Shields,  
NE29 6BA.**

*To download travel instructions  
please visit: [voda.org.uk/nt-life-  
contact-us/](http://voda.org.uk/nt-life-contact-us/)*

### **Course Start Dates:**

**Tuesday 1pm-3pm**

Block 1

**4th Feb**

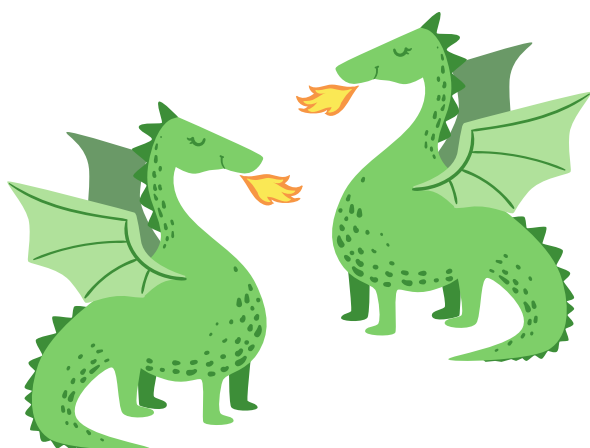
Block 2

**18th Mar**

**For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)**



## '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.**

### **Venue:**

**The Flat, Meadow Well  
Connected, Waterville Road,  
North Shields,  
NE29 6BA.**

*To download travel instructions  
please visit: [voda.org.uk/nt-life-  
contact-us/](http://voda.org.uk/nt-life-contact-us/)*

### **Course Start Dates:**

**Wednesday 10am-12pm**

Block 1

**5th Feb**

Block 2

**19th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)





# 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 anxiety, depression, 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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NE29 6BA.  
*To download travel instructions  
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contact-us/](http://voda.org.uk/nt-life-contact-us/)*

**Course Start Dates:**  
**Wednesday 1pm-3pm**  
Block 1  
**5th Feb**  
Block 2  
**19th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



# Whittling For Wellbeing



**Do you want to try an inexpensive hobby that's creative and good for de-stressing?**

Whittling requires no skill to begin, and yet offers endless ways to grow your skill and challenge yourself. Once you master a few basics, you'll be surprised by how intuitive whittling is. You can whittle anywhere, in today's fast paced world this skill allows you to sit down, focus and be free from distractions

**Venue:**  
Northumberland Park,  
Visitor Centre,  
King Edward Road,  
North Shields  
NE30 2ES

**Course Start Dates:**  
**Wednesday 1pm-3pm**

Block 1 <b>5th Feb</b>
Block 2 <b>19th Mar</b>

For more info or to book Email [julie.bishop@voda.org.uk](mailto: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:**

**The Flat, Meadow Well  
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NE29 6BA.**

*To download travel instructions  
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contact-us/](http://voda.org.uk/nt-life-contact-us/)*

### **Course Start Dates:**

**Thursday 10am-12pm**

Block 1

**6th Feb**

Block 2

**20th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



## Neurodivergence Support Group



Explore neurodiversity and neurodivergence using a strengths based approach

With or without a diagnosis, having neurodiverse traits may mean you have experienced challenges, rejection & stigma.

This group aims to explore and equip you with the understanding that neurodiverse traits can be of value. Your unique perspective and approach can have numerous benefits when you and others embrace these differences rather than judge them.

Share with people who understand, accept, and celebrate differences.

### Venue:

The Flat, Meadow Well  
Connected, Waterville Road,  
North Shields,  
NE29 6BA.

To download travel instructions  
please visit: [voda.org.uk/nt-life-contact-us/](http://voda.org.uk/nt-life-contact-us/)

### Course Start Dates: Thursday 1pm-3pm

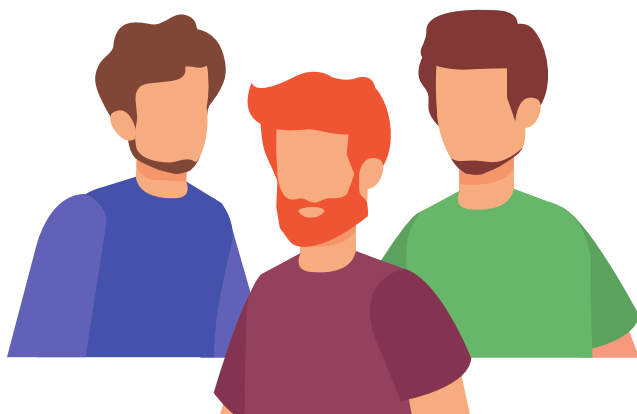
Block 1  
**6th Feb**

Block 2  
**20th Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto: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 todays ever changing world.

### **Venue:**

**The Flat, Meadow Well  
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North Shields,  
NE29 6BA.**

*To download travel instructions  
please visit: [voda.org.uk/nt-life-  
contact-us/](http://voda.org.uk/nt-life-contact-us/)*

### **Course Start Dates: Friday 10am-12pm**

Block 1

**7th Feb**

Block 2

**21st Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)





## Music Group



**Join NT Life in association with The Meadows for our exciting music group and enjoy making music together!**

Come and explore your creativity, connect with others, and enjoy making music and singing!

You don't need to be able to do either it's a great place to learn

Positive outcomes of playing music and singing:

- Better Communication Skills
- Promotes Cognitive Function and Offers Mental Release
- Boosts Self Esteem and Decreases Anxiety

**Venue:**  
The Meadows  
Waterville Rd,  
North Shields  
NE29 6BA



**Course Start Dates:**  
Friday 12.30pm-2.30pm

Block 1

**7th Feb**

Block 2

**21st Mar**

For more info or to book Email [julie.bishop@voda.org.uk](mailto:julie.bishop@voda.org.uk)



## 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:



- Photo's
- 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](https://www.facebook.com/NTLifeRecoveryCollege)**

**W: [voda.org.uk/ntlif](http://voda.org.uk/ntlif)**

## Coming March 2025...

### Connect Through Nature

Tuesday's 12pm-2pm

Start Date TBC

6 Week Course



Take part in a range of outdoor activities for wellbeing. A small group of 5 people and facilitators will engage in walks in nature, journaling, arts and crafts, Learn, have fun and connect with like minded people.

**INTERESTED? Email: [Julie.bishop@voda.org.uk](mailto:Julie.bishop@voda.org.uk)**

# 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	<a href="mailto:ali.donkin@voda.org.uk">ali.donkin@voda.org.uk</a>	Monday - Friday
NT LIFE Worker	<a href="mailto:julie.bishop@voda.org.uk">julie.bishop@voda.org.uk</a>	Monday - Friday
NT LIFE Worker	<a href="mailto:alice.holliday@voda.org.uk">alice.holliday@voda.org.uk</a>	Monday & Wednesday
NT LIFE Worker	<a href="mailto:jessica.shaw@voda.org.uk">jessica.shaw@voda.org.uk</a>	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

Meet The Team!







# 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
- Gain confidence
- Learn new skills
- Make a difference
- Take on a challenge
- Meet new people
- Find a purpose
- 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](mailto: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](mailto:ali.donkin@voda.org.uk)
  - [alice.holliday@voda.org.uk](mailto:alice.holliday@voda.org.uk)
  - [julie.bshop@voda.org.uk](mailto:julie.bshop@voda.org.uk)
  - [jessica.shaw@voda.org.uk](mailto:jessica.shaw@voda.org.uk)

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

Cut this page out and keep it somewhere safe for when you need it.



# 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





# 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](http://www.hubofhope.co.uk)  
[www.livingwellnorthtyneside.co.uk](http://www.livingwellnorthtyneside.co.uk)
- For information about support if you are struggling with thoughts of suicide or self harm:  
[www.stopsuicidenenc.org](http://www.stopsuicidenenc.org)  
[www.selfharm.co.uk](http://www.selfharm.co.uk)
- For general mental health information:  
[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)