

NTLIFE MAY 2025 TIMETABLE



New Courses Start Week Commencing Monday the 5th of May.

	Monday	Tuesday	Wednesday	Thursday
10am-12pm	Mandy's Mondays Woodland Wellbeing	Men's Group	Twin Dragons Walk for Wellness	Emotional Recovery Tool Kit
1pm-3pm	Decider Skills	Craft Group	How To Train Your "Inner Dragons"	Neurodiversity Support Group
3pm-5pm	Q.A.C's Planning Meetings (LGBTQIA+ Group)	Booking required for all sessions use this link or QR Code. https://forms.office.com/e/n2dz6FVf3T		
5pm-7pm	Snap Out Of It			



NTLIFE MAY 2025

Mandy's Mondays:

Start the week with a gentle & uplifting social group. Chat, play games & make friends.

Woodland Wellbeing:

Learn to enjoy the world of nature using all of your senses, gain new skills including whittling, Nordic braiding, and building campfires whilst you socialise.

Decider Skills:

Learn Cognitive and Dialectic Behavioural Skills (CBT & DBT Skills), to enable you to recognise your thoughts, feelings & behaviours allowing you to monitor and manage your emotions & mental health.

Q.A.C Planning Meetings:

Help further develop this LGBTQIA+ Support Group, aimed at young adults, who want to explore what being part of the LGBTQIA+ Community means to them.

Snap Out Of It:

Amateur photography group aimed at using photography as a mindful and fun activity to reduce symptoms of mental ill health. The emphasis being on socialising and shared interest rather than expert photography.

Craft Group:

Research shows crafting is an excellent distraction for our minds as well as an opportunity to feel a sense of purpose and achievement, do this whilst having fun and making friends.

Men's Group:

A platform to support and explore mental health challenges and the experiences, specifically from a male perspective in a safe environment.



Booking required for all sessions. <https://forms.office.com/e/n2dz6FVf3T>

NTLIFE MAY 2025

How To Train Your Inner Dragons:

Make Friends with your 'inner dragons', fear, anger and sadness, so they work with you not against you!

Twin Dragons:

Learn about the differences between shame and guilt and 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.

Walk for Wellness:

An opportunity to improve mind body and spirit with a weekly mindful walk around local areas. Each week we will focus on one of the senses and observe the environment through the lens of that sense.

Emotional Recovery Tool Kit:

Each week explore one of the senses eg sight sound touch smell and taste and discover how mindfully focusing on each of these can calm, uplift and sooth our emotions and how we can apply them in crisis.

Neurodivergent Support Group:

Diagnosed or undiagnosed neurodiverse traits can mean you have experienced challenges, rejection and stigma. By exploring and equipping you with knowledge and skills, you can embrace your traits, rather than judge them.



Booking required for all sessions. <https://forms.office.com/e/n2dz6FVf3T>

NTLIFE JUNE 2025 TIMETABLE



New Courses Start Week Commencing Monday the 16th of June.

	Monday	Tuesday	Wednesday	Thursday
10am-12pm	Mandy's Mondays Woodland Wellbeing	Men's Group	Twin Dragons Walk for Wellness	Emotional Recovery Tool Kit
1pm-3pm	Decider Skills Creative Writing (2nd,9th,16th,23rd)	Craft Group	How To Train Your Inner Dragons	Neurodiversity Support Group
3pm-5pm	Q.A.C's (LGBTQIA+ Group)			
5pm-7pm	Snap Out Of It			

Booking required for all sessions. Email Ali.donkin@voda.org.uk

NTLIFE JUNE 2025

Mandy's Mondays:

Start the week with a gentle and uplifting social group. Chat, play games and make friends.

Woodland Wellbeing:

Learn to enjoy the world of nature using all of your senses, gain new skills including whittling, Nordic braiding, and building campfires whilst you socialise.

Creative Writing:

Unique opportunities to explore thoughts and feelings through imagery and metaphor to create short stories and poetry. In collaboration with the Royal Literary Fund, you will be guided through this fun and interactive process, whilst gaining knowledge from a published writer. **(Starting on the 2nd of June, runs for four weeks.)**

Decider Skills:

Learn Cognitive and Dialectic Behavioural Skills (CBT & DBT Skills), so that you can recognise your thoughts feelings and behaviours so you can monitor and manage your emotions and mental health.

Q.A.C Planning Meetings:

Help further develop this LGBTQIA+ Support Group aimed at young adults, who want to explore what being part of the LGBTQIA+ Community means to them.

Snap Out Of It:

Amateur photography group aimed at using photography as a mindful and fun activity to reduce symptoms of mental ill health. The emphasis being on socialising and shared interest over expert photography.

Craft Group:

Research shows crafting is an excellent distraction for our minds as well as an opportunity to feel a sense of purpose and achievement whilst having fun and making friends.



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NTLIFE JUNE 2025

Men's Group:

A platform to support and explore mental health challenges and the experiences, specifically from a male perspective in a safe environment.

How To Train Your Inner Dragons:

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Twin Dragons:

Learn what the differences between shame and guilt and 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.

Walk for Wellness:

An opportunity to improve mind body and spirit with a weekly mindful walk around local areas. Each week we will focus on one of the senses and observe the environment through the lens of that sense.

Emotional Recovery Tool Kit:

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