**FREE Courses For North Tyneside Adults** 



NSIGHTS

FROM

EVERYONE

Mental Health & Wellbeing







Week Commencing: 19th January 2026 Week Commencing: 23rd February 2026







Click Here for Link to Referral Form





# Aditi's NTLIFE Experience:



Aditi joined NTLIFE in October 2025 and took part in our Emotional Recovery Tool Kit course. Here, she shares her experience of NTLIFE and the impact it has had on her life.

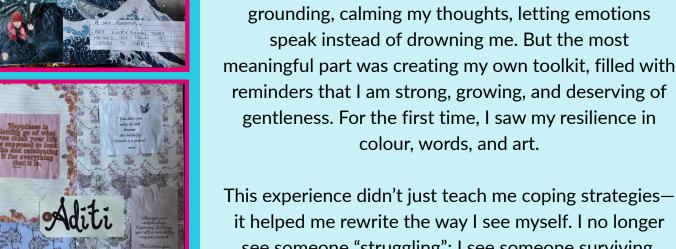
We want to thank Aditi for generously sharing her story through her words, artwork, and poetry. She is a true inspiration to us all. In fact, her creativity has even inspired the rebrand of the **Emotional Recovery Tool Kit**, now renamed **The Emergency Smile Kit**, after she created her own personal "emergency smile kit" to turn to during difficult moments.

If you're interested in joining the **Emergency Smile Kit session** (formerly the Emotional Recovery Tool Kit), get in touch - but first, **read on to hear Aditi's experience. Written by Aditi.** 



My journey through the **Emotional Recovery Toolkit at NTLIFE Recovery College** has been nothing short of life-changing. When I first arrived, anxiety and stress felt like heavy storms I had to survive alone. These sessions became the first place where I finally felt safe enough to pause, breathe, and understand myself without judgment.

NTLIFE taught me tools that felt like lifelines—



This experience didn't just teach me coping strategies—
it helped me rewrite the way I see myself. I no longer
see someone "struggling"; I see someone surviving,
healing, learning to rise again and again. I walk away
from these sessions with more hope, more strength,
and the quiet belief that I am enough—and always
have been.



# The Light I Found Within by Aditi



I've walked through shadows cold and long, Believing whispers saying I wasn't strong. But somewhere softly, beneath the fear, A tiny voice kept calling near.

At NTLife's door, I trembling came, Carrying storms I couldn't name. Yet every session, every day, A little piece of me found its way.

They handed me tools wrapped in care and grace,
And slowly, gently, I found my place.
I learned that healing isn't fast—
It's loving myself for what has passed.

And oh, the moment I first believed
That strength could grow from what I grieved—
It felt like sunrise in my chest,
A quiet warmth, a place to rest.

With every breath I learned to take,
With every thought I choose to make,
I feel my spirit rise and mend—
A softer fight, but strength without end.

I wrote my truth in colours bright,
I turned my pain into guiding light.
And now when darkness speaks my name,
I shine so fiercely it melts the blame.

For I am hope wrapped up in skin;
I am the light I found within.
No fear, no doubt, no storm will win—
Not after all the ways I've risen.

So here I stand—heart open wide, With courage growing inside my stride. And every step says loud and true: "I've learned to love the me I grew."







# 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: 19th January 2026

to

Week commencing: 9<sup>th</sup> February 2026

(4 Week Block)

### **BLOCK 2:**

Week commencing: 23<sup>rd</sup> February 2026

to

Week commencing: 30th March 2026

(6 Week Block)

| (4 Wee      |           | (o vveek                                | SIOCK)      |      |
|-------------|-----------|---|-------------|------|
| Date & Time |           | Sessions                                | Room        | Page |
| MOM         | 10am-12pm | Mandy's Mondays                         | Big Room    | 4    |
|             | 1pm-3pm   | DBT SKills                              | Big Room    | 5    |
|             | 1pm-3pm   | Looney Out Of Tuners                    | Little Room | 6    |
|             |           |   |             |      |
| TUE         | 10am-12pm | Twin Dragons                            | Big Room    | 7    |
|             | 1pm-3pm   | How To Train Your Inner Dragons         | Big Room    | 8    |
|             | 1pm-3pm   | A Little Bit OCD                        | Little Room | 9    |
|             |           |   |             |      |
| WED         | 10am-12pm | WRAP (Block 1)                          | Little Room | 10   |
|             | 10am-12pm | Emergency Smile Kit (Block 2)           | Big Room    | 11   |
|             | 1pm-3pm   | The Art of Wellbeing - Guided Art Group | Big Room    | 12   |
|             | 1pm-3pm   | Expressive Writing                      | Little Room | 13   |
|             | 1pm-3pm   | Whittling The Time Away                 | Reception   | 14   |
|             |           |   |             |      |
| THUR        | 10am-12pm | Resilience Course                       | Little Room | 15   |
|             | 1pm-3pm   | 'ND Lifers' - Neurodivergence Group     | Big Room    | 16   |
|             | 1pm-3pm   | Men's Group                             | Little Room | 17   |



## **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.

### **Enter By Door 109**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

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

Block 1 **19th January** 

Block 2 **23<sup>rd</sup> February** 



### **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.

### **Enter By Door 109**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

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

Block 1

19th January

Block 2

23<sup>rd</sup> February



## **Looney Out Of Tuners**



A singing group for people who want to sing, just because

Make friends
Give your lungs a work out
Improve your mood and mental
wellbeing
No talent necessary!

Decades of research has shown that singing individually & in groups is good for you on many levels. Join us to have fun and improve your sense of wellbeing, regardless of your singing ability.

This group is suitable for all abilities from beginners to those with a broader background. It's not about the quality of your voice but that you get to use it

### **Enter By Door 110**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

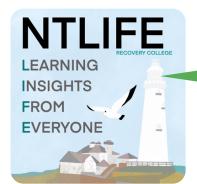
## Course Start Dates: Monday 1pm-3pm

Block 1

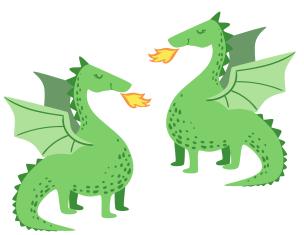
19th January

Block 2

23<sup>rd</sup> February



## '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.

### **Enter By Door 109**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

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

Block 1

**20th January** 

Block 2

24<sup>th</sup> February



## 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.

### **Enter By Door 109**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

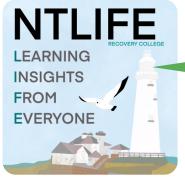
## Course Start Dates: Tuesday 1pm-3pm

Block 1

20th January

Block 2

24<sup>th</sup> February



### A Little Bit OCD



Facts, raising awareness, understanding, strategies, awkward laughs, peersupport and a lot of "OMG, same!!"

### OCD:

- What it is (and what it's definitely not)
- The weirdly specific ways it shows up ("Hi, intrusive thoughts!")
- Why our brains decided this was a good idea
- And what we can actually do to start taking back control

There will be facts. There will be laughter. There may be compulsive note-taking (optional). No judgment—just people who get it!!

Let's unpack the chaos in alphabetical order. Because obviously!

### **Enter By Door 110**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

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

Block 1

**20th January** 

Block 2

24<sup>th</sup> February



### **WRAP Awareness Course**



Learn to take control of your recovery by building a Wellness Recovery Action Plan (WRAP).

WRAP is a self management tool, created by you, for you!

Originally created by Mary Ellen Copeland, WRAP is there to help aid your recovery.

You will be guided through the 8 steps of WRAP, using the 5 key concepts. The course will include some lighthearted, insightful activities, to encourage you to learn about yourself.

Ultimately WRAP is personal and unique to you. At the end of this course you will have a better understanding of yourself, an awareness on how to create your personal WRAP.

### **Enter By Door 110**

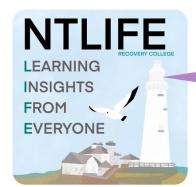
## **NTLIFE Venue:**

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

<u>Download Instructions on How to Find Us Here.</u>

# Course Start Dates: Wednesday 10am-12pm

Block 1 **21st January** 



## **Emergency Smile Kit**



Develop your own box of tools and 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.

### **Enter By Door 109**

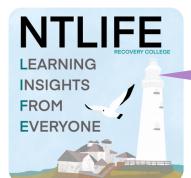
### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

# Course Start Dates: Wednesday 10am-12pm

Block 2 **25<sup>th</sup> February** 



## The Art of Feeling



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

This course offers a supportive space to explore emotions, identity and wellbeing through creativity using a range of artistic mediums. We focus on experimentation and having fun, so come along with curiosity and an open mind.

### Weekly Themes & Mediums Include:

- Week 1: Art inspired by Story telling using pencils and pens
- Week 2: Unleashing Emotions using watercolours and experimental techniques
- · Week 3: Creating Symbols of Hope using air dry clay sculpting
- Week 4: Exploring Colour & Emotion through paint pouring
- Week 5: An Identity Piece using collage or painting
- Week 6: Reflect on your experience and choose your own art

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

### **Enter By Door 109**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

# Course Start Dates: Wednesday 1pm-3pm

Block 1

21st January

Block 2

25<sup>th</sup> February



### **Expressive Writing**



Find Your Voice. Tell Your Story. Feel the Difference.

At NT Life's Expressive Writing group, we use words to connect, create, and care for our wellbeing.

Each session explores different writing techniques, styles, and prompts that spark imagination and open up new ways of expressing yourself. It's about community as much as creativity- sharing ideas, learning from each other, and discovering how writing can help us understand ourselves better.

If you're curious, come along. Your story is welcome here.

### **Enter By Door 110**

## **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

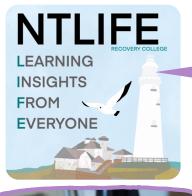
# Course Start Dates: Wednesday 1pm-3pm

Block 1

21st January

Block 2

25<sup>th</sup> February



### **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.

### **Enter By Door 110**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

# Course Start Dates: Wednesday 1pm-3pm

Block 1

21st January

Block 2

25<sup>th</sup> February



### **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.

### **Enter By Door 110**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

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

Block 1

22nd January

Block 2

26<sup>th</sup> February



## '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.

### **Enter By Door 109**

### **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

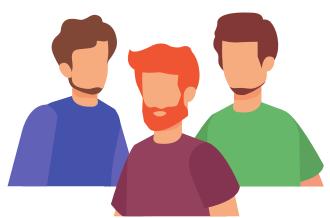
# **Course Start Dates: Thursday 1pm-3pm**

Block 1 **22nd January** 

Block 2 **26<sup>th</sup> February** 



## **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.

### **Enter By Door 110**

## **NTLIFE Venue:**

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

Download Instructions on How to Find Us Here.

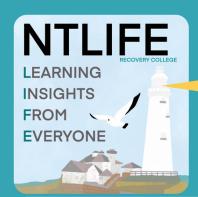
# **Course Start Dates: Thursday 1pm-3pm**

Block 1

22nd January

Block 2

26<sup>th</sup> February



## 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/ntlife

### 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 fins us via public transport here: https://voda.org.uk/our-projects/ntlife/contact-us/

# About NT LIFE:

We are A Peer Led service providing education and support through activities and courses to North Tyneside adults 18 yrs+ who want to improve their mental health and well-being.

Simply self refer or someone who supports you can refer you to us, no diagnosis necessary. All our courses and activities are **FREE**.





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.

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/ntlife/

#### 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





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 NT LIFE Worker NT LIFE Worker NT LIFE Worker

ali.donkin@voda.org.uk julie.bishop@voda.org.uk alice.holliday@voda.org.uk jessica.shaw@voda.org.uk Monday - Friday Monday - Friday Wednesday Tue/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.

Please note emails may take up to a week for a response.



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 over come 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

### 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: .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

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



# Help In A Crisis...

## **Numbers for Support...**

- North Tyneside Safe Haven The Anchorage 80-84 Park Road Wallsend, NE286QY Call - 0191 2173203, Open 365 days a year - 2pm-10pm
- 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

