



MENTAL HEALTH & WELLBEING SUPPORT & EDUCATION AUTUMN 2024



New courses beginning:

2nd September

14th October

5th December

**Book Your
Enrolment Now!**

**FREE Courses For
North Tyneside
Adults**

www.voda.org.uk/ntlife/

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ABOUT NT LIFE:

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

So Far this year

- 169 unique users
- 4953 attendance hours,
- 1523 attendances

between January and August 2024, demonstrating the level of engagement and commitment of our participants

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 a 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/>

Use this QR code to Express Your Interest

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

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	Monday & Wednesday & Thursday

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



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:

- Gain confidence
- Make a difference
- Meet new people
- Make new friends
- Be part of a community
- Learn new skills
- Take on a challenge
- 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

Include your specific enquiry 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)



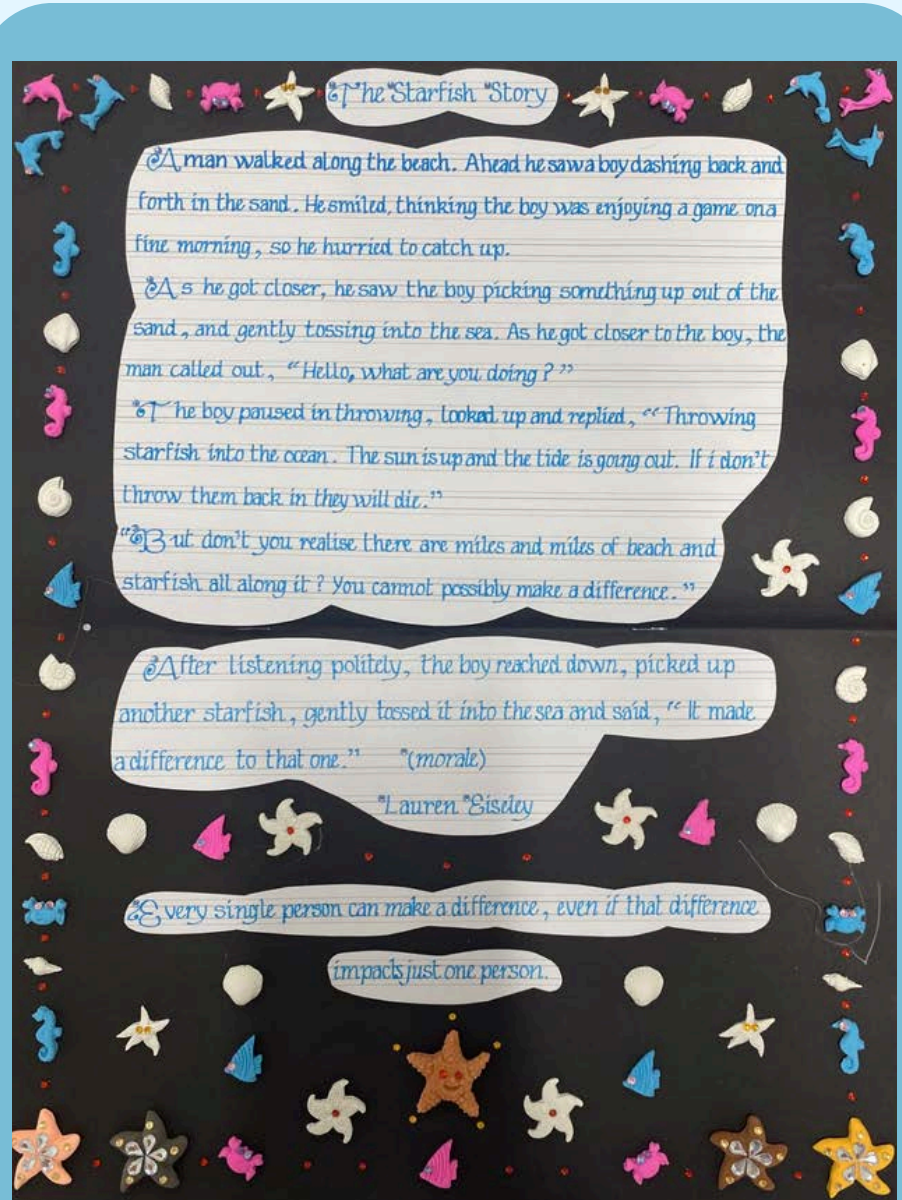
THE STARFISH STORY

Recently Ali shared a story with one of our participants, Vivian, a simple yet profound story. When Ali started her coaching journey back in the 1990's (yes she's getting on a bit) her mentor shared the story with her and it is what inspired her to apply to VODA to develop NT LIFE back in 2019. You can imagine when Vivian brought in her art to share with NT LIFE it was a special moment for Ali and we'd like to share it with you

Vivian was inspired by the story's message of hope and the impact of small acts of kindness, felt a surge of inspiration. She had recently discovered a passion for working with clay, nurtured in our Art Group, where she found strength through her creativity.

To honour the story and its powerful message, Vivian went home and used the skills she harnessed in the Art Group, to sculpt a piece that captured the story. She rewrote the story in her own style of calligraphy, decorated with clay sea creatures.

From finding solace in the art group to creating this masterpiece, Vivian has demonstrated the power of storytelling and creativity and it is a powerful reminder of the impact one person can have and the importance of hope and kindness in everyday life, encouraging others to believe in the significance of their actions, no matter how small.



The message of the boy and the starfish continues to inspire, reminding everyone that even the smallest gestures can create waves of change and touch lives in meaningful ways.

We want to say a massive thank you to Vivian, for creating this beautiful piece of art for NTLIFE!

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.

State which 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:
6 WEEKS

FROM
WEEK COMMENCING : 2ND SEPTEMBER 2024
TO
WEEK COMMENCING: 7TH OCTOBER 2024

	DATE & TIME	SESSIONS
MON	10am-12pm	Mandy's Mondays - Drop In
	10am-12pm	Decider Skills
	12:30pm-3pm	Woodland Wellbeing
	3pm-5pm	DBT - Emotional Regulation
TUE	10am-12pm	Anxiety Awareness
	1pm-3pm	DBT - Interpersonal Effectiveness
	5pm-6.30pm	Snap Out Of It
WED	10am-12pm	Twin Dragons
	1pm-3pm	How To Train Your Inner Dragons
	1pm-3pm	DBT - Distress Tolerance
	1pm-3pm	Whittling For Well Being
	3pm-5pm	Art
THUR	10am-12pm	Creative Writing
	1pm-3pm	Neurodivergence Group
	3pm-5pm	Craft
FRI	10am-12pm	Men's Group
	10am-12pm	Resilience Course
	12.30pm - 2.30pm	Music Group

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.

State which 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 2: FROM WEEK COMMENCING : 14TH OCTOBER 2024
 5 WEEKS TO WEEK COMMENCING: 18TH NOVEMBER 2024

	DATE & TIME	SESSIONS
MON	10am-12pm	Mandy's Mondays - Drop In
	10am-12pm	WRAP Awareness
	12:30pm-3pm	Woodland Wellbeing
	3pm-5pm	DBT - Emotional Regulation
TUE	10am-12pm	Anxiety Awareness
	1pm-3pm	DBT - Interpersonal Effectiveness
	5pm-6.30pm	Snap Out Of It
WED	10am-12pm	Twin Dragons
	1pm-3pm	How To Train Your Inner Dragons
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	3pm-5pm	Art
THUR	10am-12pm	Creative Writing
	1pm-3pm	Neurodivergence Support Group
	3pm-5pm	Craft
FRI	10am-12pm	Men's Group
	10am-12pm	Resilience Course
	12.30pm - 2.30pm	Music Group



Mandy's Mondays - Drop In



Booking preferable but
can be attended on an adhoc
basis.

Start your week
off 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.

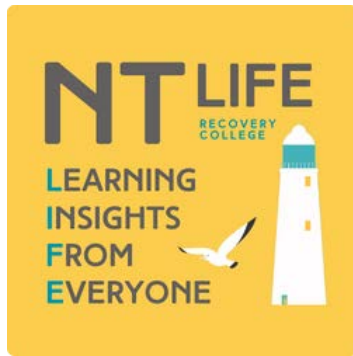
To download travel instructions
please visit: [voda.org.uk/nt-life-
contact-us/](http://voda.org.uk/nt-life-contact-us/)

Course Start Dates: Mondays 10am-12pm

Block 1
2nd September

Block 2
14th October

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



Decider Skills Training



**Effective skills
to manage
your emotions
and mental
health.**

The Decider Skills use Cognitive Behavioural Therapy and Dialectic Behavioural Therapy 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.

Venue:

TBC

**We aim for this to be in
the West of the Borough**

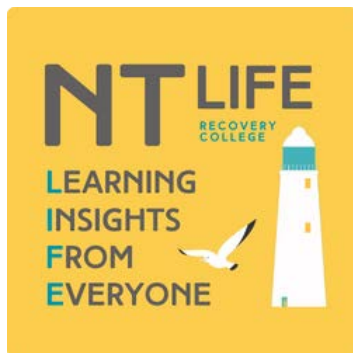
Course Start Dates:

Mondays 10am-12pm

Block 1

2nd September

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



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 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, and how to create a WRAP and be well on the way to having your own WRAP

Venue:

TBC

We aim for this to be in the West of the Borough

Course Start Dates:

Mondays 10am-12pm

Block 2

14th October

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



Woodland Wellbeing



**Ever wondered
How can I connect with
nature? How can this
support my mental
health and wellbeing?**

Take on a new challenge in a new environment in our Woodland Wellbeing course!

- Help you connect more with nature and learn how this can support you in your recovery
- Build confidence and resilience through problem solving activities
- Develop mindfulness techniques and practices through woodland crafts, using tools, nature walks, identifying flora and fauna, nature journaling and more!
- Practice slowing down, relaxing and appreciating the small beauty in nature

Venue:

The 1st week will meet outside the entrance to Northumberland Park (Tynemouth Road entrance)

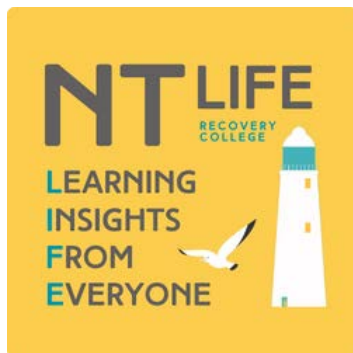
Following weeks may be held at different parks, gardens and outside spaces (decided by the group)

Course Start Dates: Mondays 12.30pm-3pm

Block 1
2nd September

Block 2
14th October

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



DBT Skills Training Emotional Regulation

Group 1



**Ready to take charge of your emotional well-being?
Feeling like your emotions are running the show?
Wanting better emotional control, to build a happier life and stronger resilience?**

In this supportive, fun & friendly group, you'll learn Mindfulness & to:

- Understand your emotions: Get to know what you're feeling and why.
 - Reduce emotional vulnerability: Build habits that keep you stable.
 - Increase positive emotions: Bring more joy and satisfaction into your life.
 - Manage intense feelings: Handle your emotions without being overwhelmed.
- Our weekly sessions, led in an informal, fun style, are designed to be engaging and practical.*

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

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: Mondays 3pm-5pm

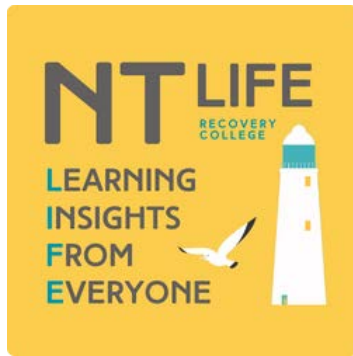
Block 1

2nd September

Block 2

14th October

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



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.

Venue:

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

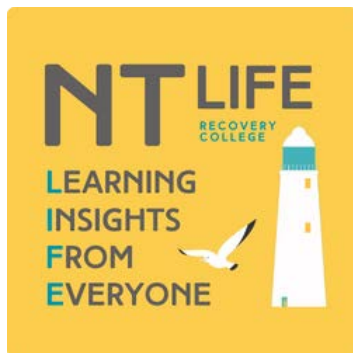
To download travel instructions
please visit: [voda.org.uk/nt-life-
contact-us/](http://voda.org.uk/nt-life-contact-us/)

Course Start Dates: Tuesday 10am-12pm

Block 1
3rd September

Block 2
15th October

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



DBT Skills Training Interpersonal Effectiveness Group 2



Looking to level up your communication game and build better relationships?

Learn to:

Ask for what you need without feeling guilty, say 'no' without the drama, boost your self-respect by acting in line with your values and handle conflicts well by resolving disputes like a pro!

In this supportive, fun & friendly group, you'll learn Mindfulness & to:

- Say goodbye to misunderstandings with better communication skills
- Foster healthier relationships, keeping your connections strong and satisfying
- Gain more confidence as you begin to feel good about how you interact with others

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

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 1pm-3pm

Block 1

3rd September

Block 2

15th October

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



Snap Out Of It



**An amateur photography group that uses weekly topics as:
a mindful exercise
an opportunity to share
an opportunity to make new friends**

An amateur mindful photography group which encourages 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:
Whitley Bay Big Local
158 Whitley Rd,
Whitley Bay
NE26 2LY

Course Start Dates:
Tuesday 5pm-6.30pm

Block 1
3rd September

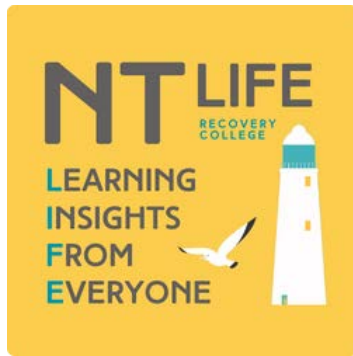
Block 2
15th October

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

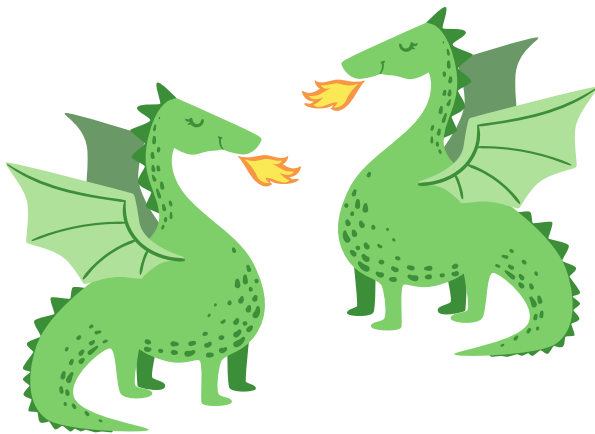


**SNAP
OUT OF
IT**





'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

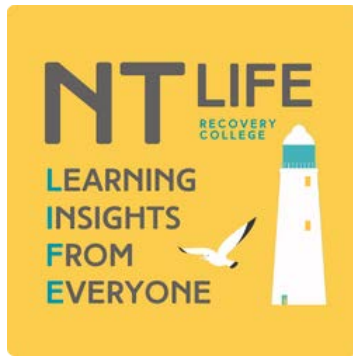
Block 1

4th September

Block 2

16th October

FOR MORE INFO OR TO BOOK EMAIL 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.

Venue:

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

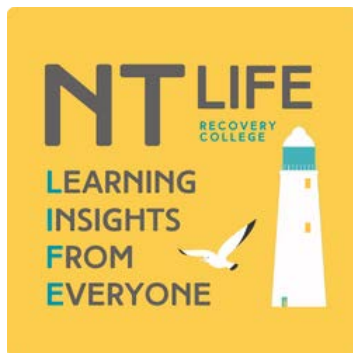
To download travel instructions please visit: voda.org.uk/nt-life-contact-us/

Course Start Dates: Wednesday 1pm-3pm

Block 1
4th September

Block 2
16th October

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



DBT Skills Training Distress Tolerance Group 3



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!

In this supportive, fun & friendly group, you'll learn 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:

TBC

We aim for this to be in the West of the Borough

Course Start Dates: Wednesday 1pm-3pm

Block 1

4th September

Block 2

16th October

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



Whittling For Wellbeing



Do you want to try an inexpensive hobby that's creative and good for destressing?

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:

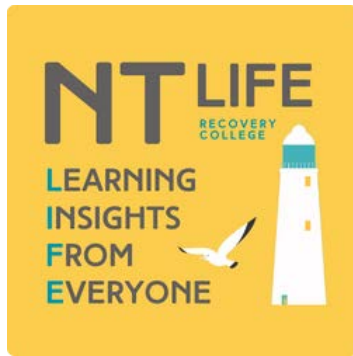
**Northumberland Park,
Visitor Centre,
King Edward Road,
North Shields
NE30 2ES**

Course Start Dates: Wednesday 3pm-5pm

Block 1
4th September

Block 2
16th October

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



Art Group (Guided)



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

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/*

Course Start Dates:

Wednesday 3pm-5pm

Block 1

4th September

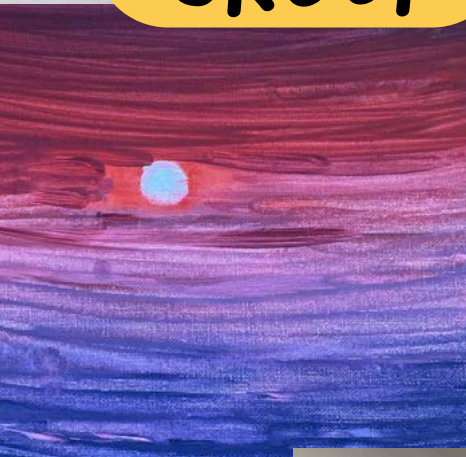
Block 2

16th October

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

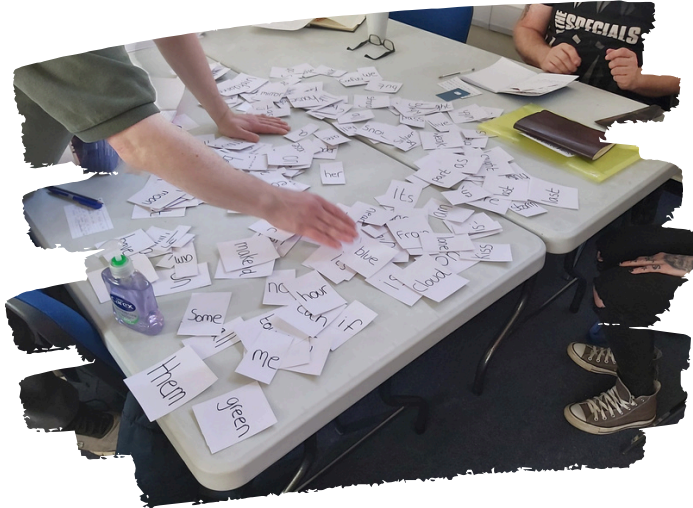


**NTLIFE
ART
GROUP**





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. It can give us unique opportunities to explore our thoughts and feelings, increase self-awareness and self-esteem. Join other creatives for 6 weeks to explore the power of your words, have fun and discover your hidden or latent skills.

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 10am-12pm

Block 1
5th September

Block 2
17th October

FOR MORE INFO OR TO BOOK EMAIL 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 and 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.

Take a look at the next page to see just a small number of well known people who have overcome their challenges.

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
5th September

Block 2
17th October

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



Neurodiversity has a wide spectrum that covers a range of hidden neurological conditions, such as but not limited to: Autism, Dyslexia, Dyspraxia, ADHD, Tourette's and social anxiety. For some people, their neurodivergence can mean that they are better at some things than many other people and for others additional support or adjustments are required.

International Popstar Cher, has spoken openly about her experience with **Dyscalculia** and **Dyslexia**. She said she struggled with reading and numbers. She said she wouldn't change it as it is a part of her!



Credit: Wikimedia Commons CC BY 2.0



Credit: Wikimedia Commons CC BY-SA 3.0

Actress Cara Delevingne was diagnosed with **Dyspraxia** and **ADHD** as a child. She said 'It's a huge part of who I am'.



Credit: Wikimedia Commons CC BY-SA 4.0

American gymnast Simone Biles, who boasts 30 Olympic world championships medals, was diagnosed with **ADHD** at a young age. She spoke out and said 'having ADHD, taking medication for it is nothing to ashamed.'



Credit: Wikimedia Commons CC BY 3.0

Jennifer Aniston is one of Hollywood's highest paid actresses and was diagnosed with **Dyslexia** in her 20's. She said before hand she struggled thinking she just wasn't smart, but that wasn't the case at all!



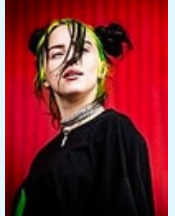
Credit: Wikimedia Commons CC BY-SA 4.0

Award winning actress Emma Stone opened up in her book, 'I am Bigger than my **anxiety**', about having severe panic attacks as a child.



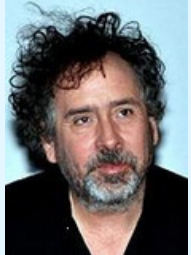
Credit: Wikimedia Commons CC BY-SA 4.0

Football Super star David Beckham, has opened up about his **OCD** diagnosis in his recent documentary. He said 'I've got this obsessive compulsive disorder where I have to have everything in a straight line or everything has to be in pairs.'



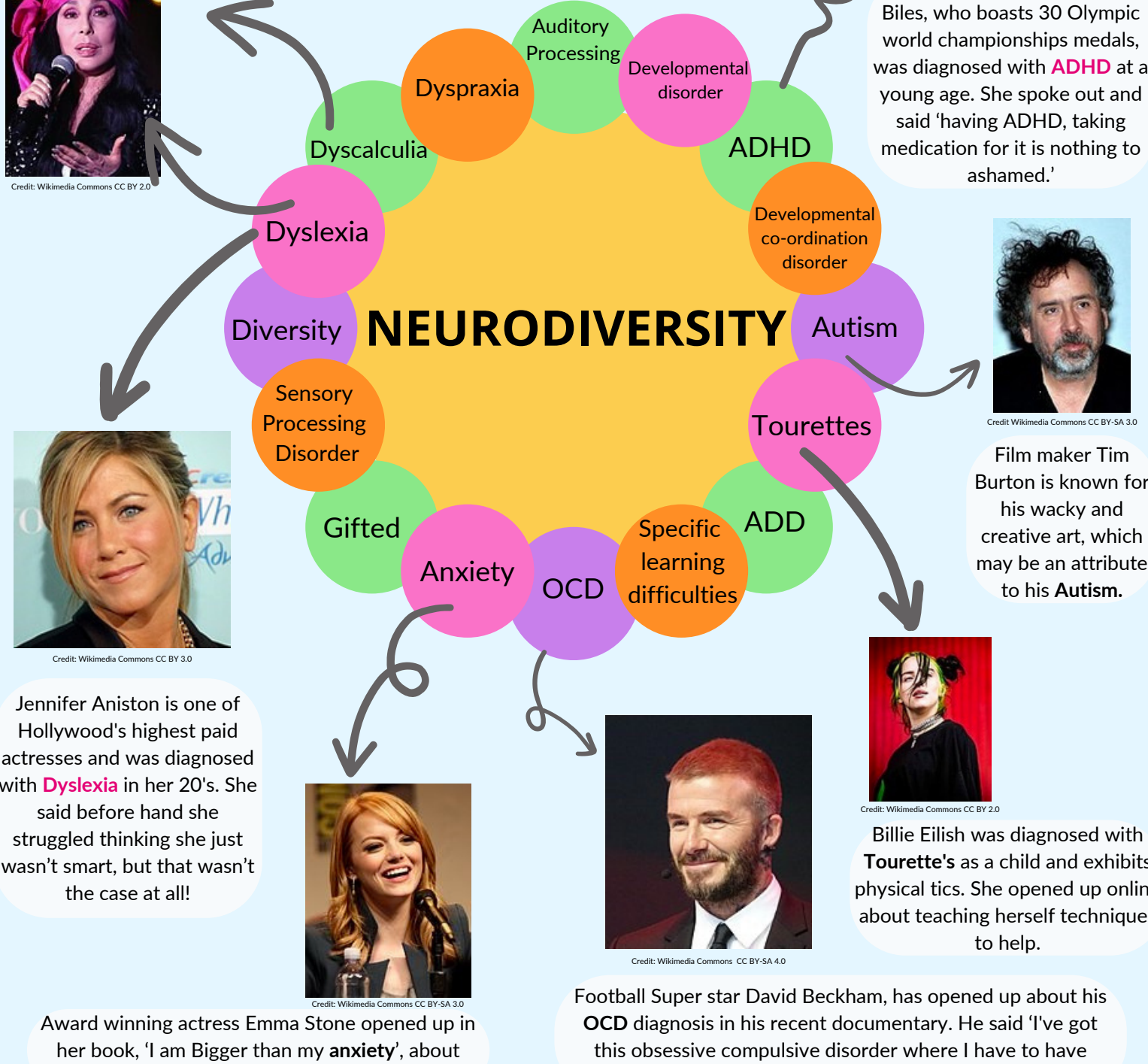
Credit: Wikimedia Commons CC BY 2.0

Billie Eilish was diagnosed with **Tourette's** as a child and exhibits physical tics. She opened up online about teaching herself techniques to help.



Credit: Wikimedia Commons CC BY-SA 3.0

Film maker Tim Burton is known for his wacky and creative art, which may be an attribute to his **Autism**.





Craft Group



A craft group to learn new skills, be mindful and make friends

Come and learn a range of craft ideas to explore your creativity and increase your crafting skills.

This group offers a safe and welcoming environment where participants can engage in various crafts, express their creativity, and build a supportive community.

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

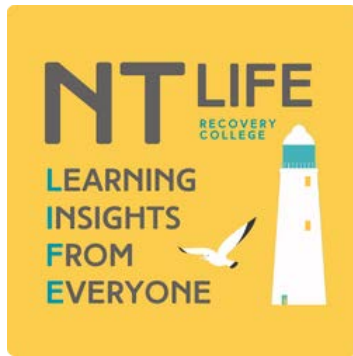
*To download travel instructions
please visit: [voda.org.uk/nt-life-
contact-us/](http://voda.org.uk/nt-life-contact-us/)*

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

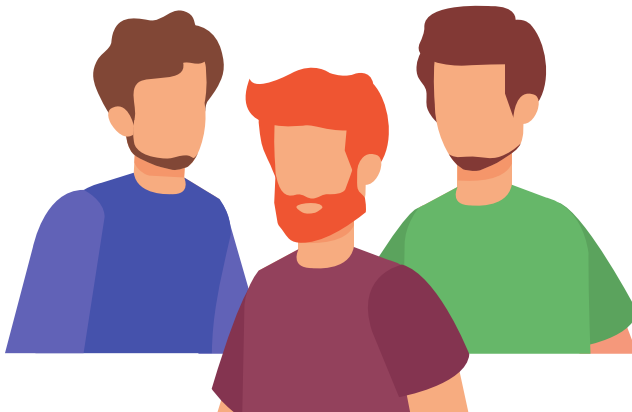
Block 1
5th September

Block 2
17th October

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, most support groups available are mostly women's groups or unisex groups. While being part of a women's group may get a man the help he needs, it is 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
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: Friday 10am-12pm

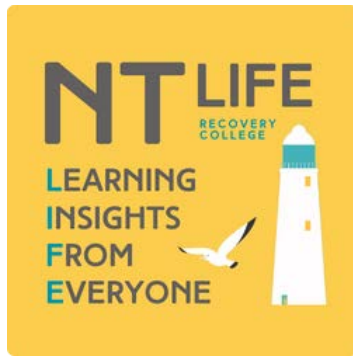
Block 1

6th September

Block 2

18th October

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:

**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:

Friday 10am-12pm

Block 1

6th September

Block 2

18th October

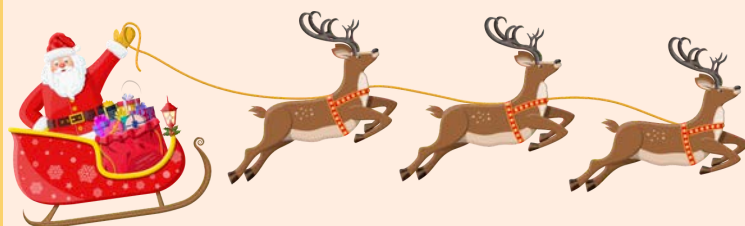
FOR MORE INFO OR TO BOOK EMAIL JULIE.BISHOP@VODA.ORG.UK

THE 12 DAYS OF CHRISTMAS COUNTDOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd	3rd	4th	5th	6th
CLOSED	CLOSED	CLOSED	10am-12pm Pom Poms & Craft Trees	10am-12pm Bird Boxes Mens Group
CLOSED	CLOSED	CLOSED	1pm-3pm Pom Poms & Craft Trees	CLOSED
9th	10th	11th	12th	13th
10am-12pm Drinks & Quiz	10am-12pm Card Making	10am-12pm Wreath Making	10am-12pm Christmas Games	10am-12pm Carols & Singing
1pm-3pm Drinks & Quiz	1pm-3pm Card Making	1pm-3pm Wreath Making	1pm-3pm Christmas Games	CLOSED
16th	17th	18th	19th	20th
10am-12pm Hot Chocolates	Christmas Day Out (TBC)	10am-12pm Christmas Gonks	10am-12pm Christmas Centre Pieces	10am-12pm Secret Santa
1pm-3pm Hot Chocolates	Christmas Day Out (TBC)	1pm-3pm Christmas Gonks	10am-12pm Christmas Centre Pieces	CLOSED

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

We re-open on January 6th
Please see our web page :
<https://voda.org.uk/ntlife/>
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.



Pom Poms & Craft Trees



Date:
5th December

Time:
10am-12pm
1pm-3pm

Come and join us to make festive pom poms and craft trees

Make them for yourself, or better still make extras so we can gift them to the isolated, lonely or those who may feel forgotten about this Christmas.

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/

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



Bird Boxes - Mens Group



Date:
6th December

Time:
10am-12pm

For those who take part in our Men's Group, Come and join us to make Wooden Bird Boxes.

Uplift your spirits, feel a sense of achievement and get on Santa's good list

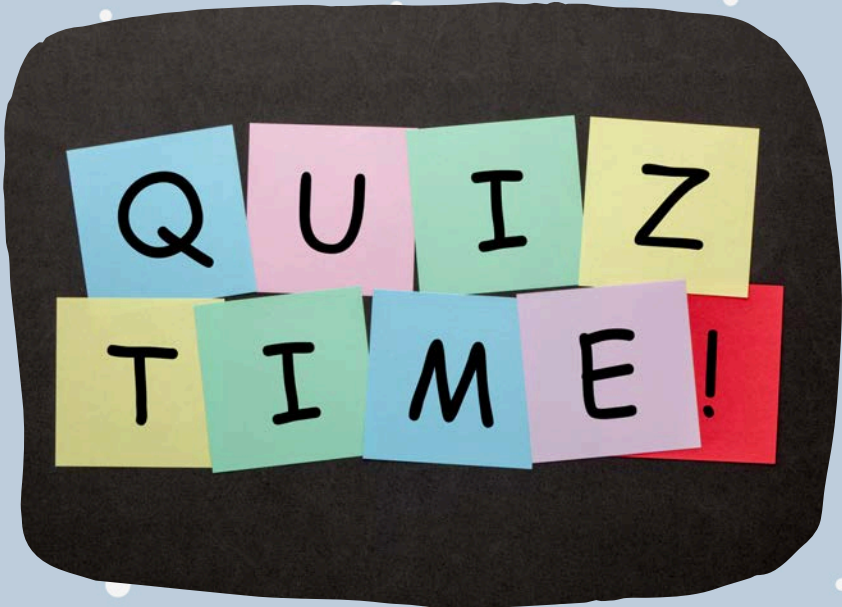
Venue: The Flat, Meadow Well Connected, Waterville Road, North Shields, NE29 6BA.
To download travel instructions please visit: voda.org.uk/nt-life-contact-us/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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



Festive Drinks & Quiz



Date:
9th December

Time:
10am-12pm
1pm-3pm

Come and join in the fun!

Play some classic team games including: Charades, Pictionary, Family Fortunes and as a finale we'll pit our wits in a festive showdown whilst enjoying some festive drinks!

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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

NT LIFE
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EVERYONE



Christmas Card Making



Date:

10th
December

Time:

10am-12pm
1pm-3pm

Come along and make some
Christmas Cards

Make them for your favourite
people and an extra one or two for
people in our community who are
isolated or alone this Christmas.

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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



Wreath Making



Date:
11th
December
Time:
10am-12pm
1pm-3pm

Come along and make some Christmas Wreaths
Have fun and get creative Wreath Making
Then adorn your front door with a beautiful wreath!

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/

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Christmas Games



Date:

12th
December

Time:

10am-12pm
1pm-3pm

Come and join in the fun!

**Play some classic team games including:
Charades, Pictionary, Family Fortunes
and as a finale we'll pit our wits
in a festive showdown!**

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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EVERYONE



Carols & Singing



Date:

13th
December

Time:

10am-12pm

Come along and enjoy a hearty
sing-a-long
to a range of favourite carols and
Christmas Songs.

You could even have a go at singing the
NT LIFE adapted version of the 12 days
of Christmas

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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



Hot Chocolates



Date:
16th
December

Time:
10am-12pm
1pm-3pm

Hot Chocolate, mince pies, and cookies make a secret New Year's Wish

Drop in have a chat, play games and generally have fun

Christmas jumpers optional!

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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



NTLIFE Day Out



Date:
17th
December
Time:
TBC

As the holiday season approaches, we are thrilled to announce our Annual Christmas Outing Trip!

While we are still finalizing the exciting activity for this year's outing, rest assured it will be an unforgettable experience that captures the spirit of Christmas.

Venue: TBC

Due to limited places we are only offering the above activity to people who have attended courses this year.

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

NT LIFE
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EVERYONE



Christmas Gonks



Date:

18th
December

Time:

10am-12pm
1pm-3pm

Come and join us to
make festive gonks!

Chose your colours, make hats and
pompoms and create your very own
cheeky gonk!

Make extras so we can share these
cuties and cheer other people in our
community this Christmas

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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



Christmas Centre Pieces



Date:
19th
December

Time:
10am-12pm
1pm-3pm

Come along and make a Christmas Centre Piece!

Have fun and get creative and make a Christmas Centre Piece to decorate your table for Christmas Day.

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/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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Secret Santa



Date:

20th
December

Time:

10am-12pm

A last get together before the
break; a mixture of chats, games,
and oh yes Secret Santa

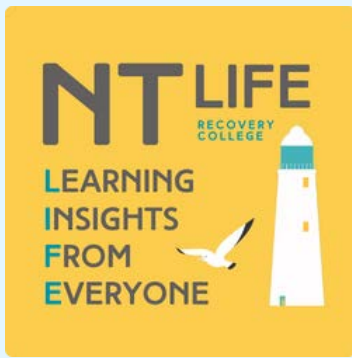
Venue:

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

To download travel instructions please visit: voda.org.uk/nt-life-contact-us/

Due to limited places we are only offering the above activity to people who have attended courses this year.

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



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



Tell Us What You Think...

We strive to meet the needs of our community. To ensure your voice doesn't go unnoticed, please let us know what you think we could do to improve our service.

Whether it is

a course/workshop you think we could offer
accessibility to our services

e.g. receiving emails, printed prospectus, access to taster courses

where and how our courses are delivered

the list could go on

Simply email your thoughts to

ali.donkin@voda.org.uk

Find Us Online...

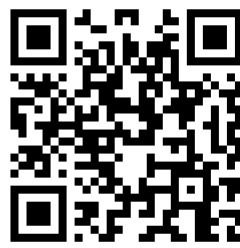
Along with the timetable we provide one off sessions throughout the year, please refer to our Facebook page and Web Page for updates.

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

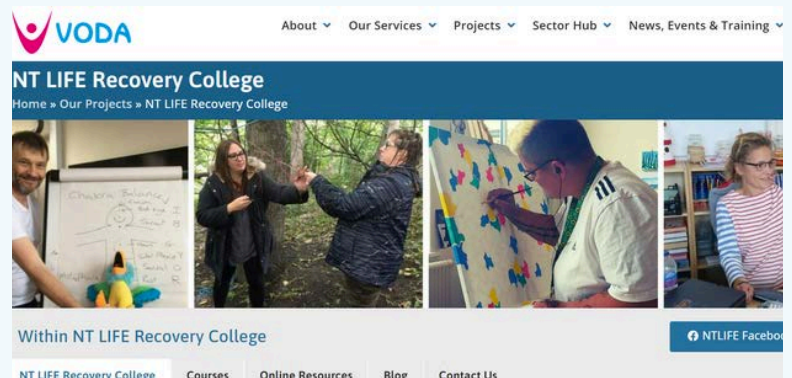


- Photo's
- Useful Links
- Activities in the Community
- Ad Hoc Sessions

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



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



FB: <https://www.facebook.com/NTLifeRecoveryCollege>

W: voda.org.uk/ntlif

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
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



NT Life in association with
The Meadows
HAVE DEVELOPED A NEW

MUSIC GROUP

STARTING 13TH SEPTEMBER
12.30PM - 2.30PM FRIDAY'S

“learning to play an instrument provides a peaceful retreat from a daily life” (NIH.gov)

Positive Outcomes of Playing Music & Singing Include:

- Better Communication Skills
- Promotes Cognitive Function
- Connection with Others
- Decreased Anxiety
- Improved Mental Release
- Boost to Self Esteem



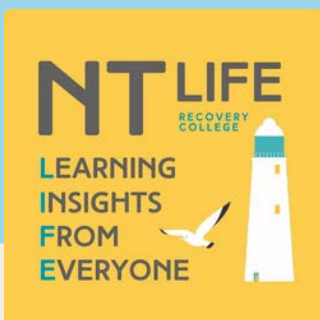
13th September



12.30pm - 2.30pm



The Meadows





LGBTQ+ and 18+ Sessions Coming Soon!

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



STARTING IN SEPTMBER!

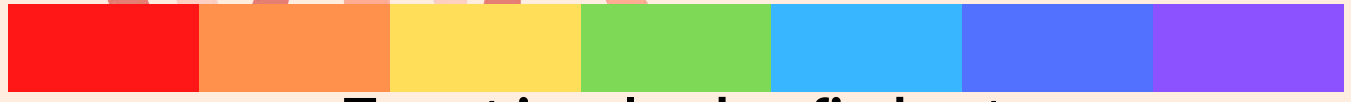


Join Us for a Safe and Supportive Space

Take the opportunity to grow, support others, and be part of a positive change!



Times, Dates and Venue TBC



To get involved or find out more information get in touch...

CONTACT US:

 Jessica.shaw@voda.org.uk
 Amy.hogg@barnardos.org.uk
 07935 012 956

