



NT LIFE Recovery College

Timetable April 2021

Hello

We hope you have been keeping safe and well during the latest lockdown.

As restrictions ease we are able to re-introduce face to face sessions, from next week-12th April, and eagerly look forward to welcoming you back to **NT LIFE**.

During September 2020 we relocated to Room **R11A at The Linskill Centre, Linskill Terrace North Shields**. This is where most of our sessions take place: Football for Mental Health with NUFF restarts from The Parks North Shields from the 19th April and there are a couple of Online sessions

You can see from the timetable below that we have 9 new courses starting next week, with an additional 3 courses throughout April (highlighted in Yellow). We aim to repeat these sessions moving forwards so please register your interest.

Spaces are limited, for social distancing purposes, so we will confirm your place once you have registered.

If we are unable to accommodate you, on any of your chosen courses, we will add your name to the next available delivery of that course and keep you updated.

To book your place please see the last page of this document, where we have placed the links to the registration forms.

Complete the registration form and we will confirm your booking within 48hrs.

If you have any queries please contact Ali Donkin via email: ali.donkin@voda.org.uk

Please note: we aim to ensure your safety, therefore we have CoVid 19 Safety Precautions in operation. We will send a copy of these with your joining instructions and confirmation.



Timetable - April 2021

NEW COURSES -12th April for more details visit
<https://www.facebook.com/NTLifeRecoveryCollege>
OR <https://voda.org.uk/north-tyneside-recovery-college/nt-life-recovery-college-courses/>

Room R11A
 Linskill Centre,
 Linskill Terrace
 North Shields

Colour Key

| |
|------------------------|
| Closed |
| Open |
| Spaces |
| NO Spaces |
| Zoom Group with spaces |
| Booking Closed |
| Available time slot |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|--|
| | 5th | 6th | 7th | 1st | 2nd |
| | 12th | 13th | 14th | 15th | 16th |
| | How to Build Your Confidence 10a.m. - 12 noon 6 week course 12th April - 24th May 1 Ali Donkin | CREATIVE WRITING for Beginners STARTS 27th April | Emotional Recovery Tool Kit 10 a.m. - 12 noon 6 week course 14th April - 26th May 1 Jess Shaw | Craft Session 10 a.m. - 12 noon 6 week course 15th April - 27th May 1 Ali Donkin | Session Development 10 a.m. - 12 noon Weekly Meeting Continuous 1 Ali Donkin |
| | FOOTBALL restarts 19th April The Parks North Shields | Art Group 1 p.m. - 3 p.m. Continuous Group Facilitator Mick Turnbull | DB Cuppa T 1 p.m. - 3 p.m. Continuous Group 1 Julie Bishop | Art Group 1 p.m. - 3 p.m. 8 Week Course 1 Mick Turnbull | Mindfulness & Relaxation 12.30 p.m. - 2.30 p.m. Room R11A 6 Week Course Phil Saint |
| | Chatterbox 2 p.m. - 4 p.m. 6 week block 12th April - 24th May 1 Ali Donkin | CREATIVE ARTS As Self Care starts 20th April ONLINE Ryan Boyle | DBT Skills Training Emotional Regulation 3 p.m. - 5 p.m. 5 week course 14th April - 11th May 1 Julie Bishop | Mad Ted 3 p.m - 5 p.m 6 week course 15th April - 27th May 1 Ali Donkin | |
| | | SNAP OUT OF IT 5 p.m - 7 p.m. 12 week course ending 18th May 7 Paul Lapham | Available 5 p.m - 8 p.m Volunteer(s) to run a session, email ali.donkin@voda.org.uk | Available 5 p.m - 8 p.m Volunteer(s) to run a session, email ali.donkin@voda.org.uk | |

APRIL 2021

Colour Key

| |
|---------------------|
| Closed |
| Open |
| Spaces |
| NO Spaces |
| with spaces |
| Booking Closed |
| Available time slot |

| | 19th | 20th | 21st | 22nd | 23rd |
|---|--|--|--|--|---|
| 2 | <p>How to Build Your Confidence 10a.m. - 12 noon Facilitator: Ali Donkin</p> | <p>Creative Writing For Beginners starts 27th April 6 Week Course Ryan Boyle</p> | <p>Emotional Recovery Tool Kit 10 a.m. - 12 noon Jess Shaw</p> | <p>Craft Session 10 a.m. - 12 noon Ali Donkin</p> | <p>Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin</p> |
| | <p>Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation The Parks Centre</p> | <p>Art Group 1 p.m. - 3 p.m. Mick Turnbull</p> | <p>DB Cuppa T 1 p.m. - 3 p.m. Continuos Group Julie Bishop</p> | <p>Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull</p> | <p>Mindfulness & Relaxation 12.30 p.m. - 1.30 p.m. Zoom meeting 2nd of 6 Phil Saint</p> |
| 2 | <p>Chatterbox 2 p.m. - 4 p.m. Ali Donkin</p> | <p>Creative Arts for Self Care 2 p.m - 4 p.m ONLINE 4 week course 20th April - 11th May Ryan Boyle</p> | <p>Emotional Regulation 3 p.m. - 5 p.m. Julie Bishop</p> | <p>Mad Ted 3 p.m - 5 p.m Ali Donkin</p> | |
| | | <p>SNAP OUT OF IT 5 p.m - 7 p.m. ending 18th May Paul Lapham</p> | <p>Available 5 p.m - 8 p.m We are looking for Volunteer(s) to run a session, email ali.donkin@voda.org.uk</p> | <p>Available 5 p.m - 8 p.m We are looking for Volunteer(s) to run a session, email ali.donkin@voda.org.uk</p> | |

Colour Key

| |
|---------------------|
| Closed |
| Open |
| Spaces |
| NO Spaces |
| with spaces |
| Booking Closed |
| Available time slot |

| | 26th | 27th | 28th | 29th | 30th |
|---|--|---|--|--|---|
| 3 | <p>How to Build Your Confidence 10a.m. - 12 noon Ali Donkin</p> | <p>Creative Writing For Beginners 10 a.m. - 12 noon 6 Week Course Ryan Boyle</p> | <p>Emotional Recovery Tool Kit 10 a.m. - 12 noon Jess Shaw</p> | <p>Craft Session 10 a.m. - 12 noon Ali Donkin</p> | <p>Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin</p> |
| | <p>Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation The Parks Centre North Shields</p> | <p>Art Group 1 p.m. - 3 p.m. Mick Turnbull</p> | <p>DB Cuppa T 1 p.m. - 3 p.m. Continuos Group Julie Bishop</p> | <p>Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull</p> | <p>Mindfulness & Relaxation 12.30 p.m. - 2.30 p.m. Room R11A Phil Saint</p> |
| 3 | <p>Chatterbox 2 p.m. - 4 p.m. Ali Donkin</p> | <p>Creative Arts as Self Care ONLINE 2 p.m - 4 p.m Ryan Boyle</p> | <p>DBT Skills Training Emotional Regulation 3 p.m. - 5 p.m. Julie Bishop</p> | <p>Mad Ted 3 p.m - 5 p.m Ali Donkin</p> | |
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Links to Booking Forms & Course Details W/C 12th April onwards.

Monday

- 10.00 a.m. – 12 noon How to Build Confidence <https://forms.gle/s7a6MDknnkvkxHfG6>
- 11.00 a.m. – 12 noon Football for mental health @ The Parks email ali.donkin@voda.org.uk
- 2.00 p.m. – 4.00 p.m Chatterbox <https://forms.gle/zNPErpujBaWNFuYU7>

Tuesday

- 10.00 a.m. – 12 noon Creative Writing for Beginners <https://forms.gle/Q2r7qs22LWmNNyX36>
- 2.00 p.m. – 4.00 p.m. Creative Arts as Self-Care (Online) <https://forms.gle/gRz7UNxCLn3QtfhZA>

Wednesday

- 10.00 a.m. – 12 noon Emotional Recovery Tool Kit <https://forms.gle/3pqayiyEK6CPuCnc6>
- 1.00 p.m. – 3.00 p.m DB Cuppa T Support Group <https://forms.gle/fSMbhQghG6Ybuere6>
- 3.00 p.m. – 5.00 p.m DBT Skills Training Emotional Regulation <https://forms.gle/HpTXw7EQZHdNzjo8>

Thursday

(N.B The Art Course is not available to participants of the Tuesday Art Group)

- 1.00 p.m. – 3.00 p.m Art Course <https://forms.gle/KVW4ohMuqbJybXst6>
- 3.00 p.m. – 5.00 p.m MadTED <https://forms.gle/7hQCxGebEbYigAFA6>

Friday

- 10.00 a.m. – 12 noon Session Development By invitation only
- 12.30 p.m. – 2.30 p.m Mindfulness & Relaxation with PS <https://forms.gle/gF8UUCyYs2n7CRAL7> @ linskill & online
<https://forms.gle/RoAZ31vcoErw7o7t7> online only

If you have any questions, please contact ali.donkin@voda.org.uk