



NT LIFE Recovery College

Timetable June - July 2021

Ola!

Where did the last 7 Weeks go?

Restrictions eased and are due to ease even further if we continue to be vigilant. I hope every one has stayed safe and well

Here at NT LIFE we have had a fabulous return to full service.

Week commencing April 12th, we kicked off play, offering 15 activities across the week, every one has remained safe and well aided in part to the Social Distancing Safety precautions in place, throughout the Linskill and in our room.

We have welcomed old faces and new to the range of sessions we offer and if you have been keeping up with us on Facebook you will have seen some of the amazing creative works that have been produced across our art groups, craft and creative writing.

Many skills have been learnt and improved including confidence building, DBT Skills, amateur photography, craft and football.

I would especially like to thank our wonderful volunteers who continue to give their time, knowledge and enthusiasm to NT LIFE.

So without further ado: I say on behalf of myself, VODA and no doubt every student who has benefitted from attending their sessions:

Kath Miller Football for Mental Health Volunteer, who has rallied to keep everyone informed, during an on off period, ensuring they can make as many sessions as possible, also stepping in to co-facilitate as and when needed in the groups she attends personally.

Ryan Boyle Creative Writing and Creative Arts for Self Care, this has been Ryans first set of Facilitator deliveries with NT LIFE and I must say he has been well received. The poetry that has been produced from his creative writing sessions has been powerful and evokative. The online sessions for Creative Art for Self-Care though only having a few attendees has extended due to the value they have gained

Mick Turnbull Our amazing Art facilitator, so popular was his session that he has very kindly offered another afternoon and we are now running a second short course option to give people a taster of what they can achieve.

Paul Lapham the Amateur Photography course that he runs has met with outstanding reviews. Creating a space for people to share the photographs they take, create poems, puns, and even a soundtrack. Watch this space for a comilation of the photographs the group has taken

Jess Shaw delivered her Emotional Recovery Tool Kit session for the second time to even greater applause. People benefitted from a weekly round up of tools they can use to sooth, uplift, distract and inspire them in times of struggle. Each week a separate sense was covered and provided a wide range of wellness tools.

Julie Bishop facilitates our DB Cuppa T, to support people who have or are benefiting from Dialectical Behaviour Therapy. She provides a safe space for people to practice the skills, they have learnt from services, and have timely reminders for the skills they may have forgotten. Julie also delivers our DBT Skills Training, this term she provided a range of Emotional Regulation Skills.

Phil Saint provides mindfulness and relaxation techniques both at the Linskill and online, alternating between these weekly. Sharing the fundamental science and providing understanding as to how and why the techniques are so powerful in bringing balance and calm to every day life. Phil shares both simpe discrete techniques and more traditional meditations during his sessions.

I'm sure you will join me in saying a massive thank you to all of the above without them we would have missed over 20 hours of deliveries each week of the 26 hours we currently deliver and 40 individuals would have less knowledge and fewer skills.

These sessions provide an opportunity to Connect with others, whilst bringing Purpose and Empowerment to the individuals that attend, in managing their mental health and wellbeing.

Please see the timetable below

Spaces are limited, for social distancing purposes, we will confirm your place once you have registered, please allow upto 5 days for a response

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 5 working days

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 - June-July 2021

All Yellow box activities are available
 For more information or to book these activities
 please visit:
<https://www.facebook.com/NTLifeRecoveryCollege>
 OR <https://voda.org.uk/north-tyneside-recovery-college/nt-life-recovery-college-courses/>

Room R11 A
 Linskill Centre
 Linskill Terrace
 North Shields

Colour Key
 Closed
 Day Open
 NO Places
 Places
 Zoom Group
 with spaces
 Booking Closed
 TBC

June 2021

Colour Key
 Closed
 Day Open
 NO Places
 Available Places
 Zoom Group
 spaces
 Booking Closed
 Course TBC

	Monday	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	BANK HOLIDAY				
	BANK HOLIDAY				
	BANK HOLIDAY	4 Creative Arts for Self Care 2 p.m - 4 p.m Facilitator- Ryan Boyle			
		1			
	7th	8th	9th	10th	11th
	tbc 10am - 12 noon	5 Creative Writing For Beginners 10 a.m. - 12 noon Ryan Boyle	1 Emotional Recovery Tool Kit 10 a.m. - 12 noon 6 week course Shaw Jess	TBC 10 a.m. - 12 noon	Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin
	Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Wallsend Boys Club	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	DB Cuppa T 1 p.m. - 3 p.m. Continuos Group Julie Bishop	1 Art Group 1 p.m. - 3 p.m. Mick Turnbull	Mindfulness & Relaxation 12.30 p.m. - 2.30 p.m. Room R11A Phil Saint Booking by blocks of 6
1	CHATTERBOX 1pm - 3pm Ali Donkin	1 Creative Art for Self Care 2pm - 4pm ONLINE 4 weeks Ryan Boyle	DBT Skills Training Interpersonal Effectiveness 3pm - 5pm Julie Bishop	TBC 3 p.m. - 5 p.m.	
		1 SNAP OUT OF IT 5 p.m - 7 p.m. 9 Week course Paul Lapham		1 Craft Again 6p.m - 8 p.m Mel Graham Closed Group Invitation	

Colour Key

Closed
Day Open
NO Places
Places
Zoom Group with spaces
Booking Closed
TBC

14th	15th	16th	17th	18th
TBC 10am - 12 noon	Creative Writing For Beginners 10 a.m. - 12 noon Ryan Boyle	Emotional Recovery Tool Kit Jess Shaw 10 a.m. - 12 noon 6 week course	TBC 10 a.m. - 12 noon	Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin
Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation Wallsend Boys Club	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	DB Cuppa T 1 p.m. - 3 p.m. Continuous Group Julie Bishop	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	Mindfulness & Relaxation 12.30 p.m. - 1.30 p.m. Zoom meeting Facilitator Phil Saint Booking by blocks of 6
CHATTERBOX 1pm - 3pm Ali Donkin	Creative Art for Self Care 2pm - 4pm ONLINE 4 weeks Ryan Boyle	DBT Skills Training Interpersonal Effectiveness 3pm - 5pm Julie Bishop	TBC 3 p.m. - 5 p.m.	
	SNAP OUT OF IT 5 p.m - 7 p.m. 8 Week course Paul Lapham		Craft Again 6p.m - 8 p.m Closed Group Invitation only	

June 2021

Colour Key

Closed
Day Open
NO Places
Places
Zoom Group with spaces
Booking Closed
TBC

21st	22nd	23rd	24th	25th
10am - 12 noon	4 week Identity Course Creative Writing For Beginners 10 a.m. - 12 noon Ryan Boyle	Emotional Recovery Tool Kit Jess Shaw 10 a.m. - 12 noon 6 week course	TBC 10 a.m. - 12 noon	Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin
Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation Wallsend Boys Club	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	DB Cuppa T 1 p.m. - 3 p.m. Continuous Group Julie Bishop	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	Mindfulness & Relaxation 12.30 p.m. - 2.30 p.m. Room R11A Phil Saint Booking by blocks of 6
CHATTERBOX 1pm - 3pm	Creative Art for Self Care 2pm - 4pm ONLINE 4 weeks Ryan Boyle	DBT Skills Training Interpersonal Effectiveness 3pm - 5pm Julie Bishop	TBC 3 p.m. - 5 p.m.	
	SNAP OUT OF IT 5 p.m - 7 p.m. 8 Week course Paul Lapham		Craft Again 6 p.m - 8 p.m Closed group by invite only	

June 2021

Colour Key

Closed
Day Open
NO Places
Places
Zoom Group with spaces
Booking Closed
TBC

28th	29th	30th	1st July	2nd July
TBC 10am -12	Creative Writing For Beginners 10 a.m. - 12 noon Ryan Boyle	Emotional Recovery Tool Kit Jess Shaw 10 a.m. - 12 noon 6 week course	TBC 10 a.m. - 12 noon	Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin
Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation Wallsend Boys Club	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	DB Cuppa T 1 p.m. - 3 p.m. Continuos Group Julie Bishop	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	Mindfulness & Relaxation 12.30 p.m. - 1.30 p.m. ONLINE Facilitator Phil Saint Booking by blocks of 6
CHATTERBOX 1pm - 3pm	Creative Art for Self Care 2pm - 4pm ONLINE 4 weeks Ryan Boyle	DBT Skills Training Interpersonal Effectiveness 3pm - 5pm Julie Bishop	TBC 3 p.m. - 5 p.m.	
	SNAP OUT OF IT 5 p.m - 7 p.m. 8 Week course Paul Lapham		Craft Again 6 p.m - 8 p.m Closed Group By Invite only	

JULY

Colour Key

Closed
Day Open
NO Places
Places
Zoom Group with spaces
Booking Closed
TBC

5th	6th	7th	8th	9th
tbc 10am - 12 noon	Creative Writing For Beginners 10 a.m. - 12 noon Ryan Boyle	Emotional Recovery Tool Kit Jess Shaw 10 a.m. - 12 noon 6 week course	TBC 10 a.m. - 12 noon	Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin
Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation Wallsend Boys Club	Art Group 1 p.m. - 3 p.m. Continuous Group Facilitator Mick Turnbull	DB Cuppa T 1 p.m. - 3 p.m. Continuos Group Facilitator: Julie Bishop	Art Group 1 p.m. - 3 p.m. Mick Turnbull	Mindfulness & Relaxation 12.30 p.m. - 2.30 p.m. Room R11A Facilitator Phil Saint Booking by blocks of 6
CHATTERBOX 1pm - 3pm	Creative Art for Self Care 2pm - 4pm ONLINE 4 weeks Facilitator Ryan Boyle	DBT Skills Training Interpersonal Effectiveness 3pm - 5pm Julie Bishop	TBC 3 p.m. - 5 p.m.	
	SNAP OUT OF IT 5 p.m - 7 p.m. 9 Week course Paul Lapham		Craft Again 6p.m - 8 p.m Closed Group Invitation only	

Colour Key

Closed
Day Open
NO Places
Places
Zoom Group with spaces
Booking Closed
TBC

12th	13th	14th	15th	16th
TBC 10am - 12 noon	Creative Writing For Beginners 10 a.m. - 12 noon Ryan Boyle	Emotional Recovery Tool Kit Jess Shaw 10 a.m. - 12 noon 6 week course	TBC 10 a.m. - 12 noon	Session Development 10 a.m. - 12 noon Weekly Meeting Continuous Ali Donkin
Football For Mental Health 12 noon - 1pm Continuous Course Newcastle United Football Foundation Wallsend Boys Club	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	DB Cuppa T 1 p.m. - 3 p.m. Continuos Group Julie Bishop	Art Group 1 p.m. - 3 p.m. Continuous Group Mick Turnbull	Mindfulness & Relaxation 12.30 p.m. - 1.30 p.m. Zoom meeting Facilitator Phil Saint Booking by blocks of 6
CHATTERBOX 1pm - 3pm	Creative Art for Self Care 2pm - 4pm ONLINE 4 weeks Ryan Boyle	DBT Skills Training Interpersonal Effectiveness 3pm - 5pm Julie Bishop	TBC 3 p.m. - 5 p.m.	
	SNAP OUT OF IT 5 p.m - 7 p.m. 8 Week course Paul Lapham		Craft Again 6p.m - 8 p.m Mel Graham Closed Group Invitation only	

Colour Key

Closed
Day Open
NO Places
Places
Zoom Group with spaces
Booking Closed
TBC

19th 26th	20th 27th	21st 28th	22nd 29th	23rd 30th
	SNAP OUT OF IT 5 p.m - 7 p.m. 8 Week course Paul Lapham			

Links to Booking Forms & Course Details W/C 7th June 2021 Monday

Monday

- 11.00 a.m. – 12 noon Football for mental health @ The Parks email ali.donkin@voda.org.uk
1.00 p.m. – 3.00 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/qRz7UNxCLn3QtfhZA>

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/HpTXw7EQZHYdNzjo8>

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>

Friday

- 12.30 p.m. – 2.30 p.m Mindfulness & Relaxation with PS <https://forms.gle/gF8UUCyYs2n7CRAL7>

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