

**THE
JOURNEY
STARTS
HERE**

**NORTH
TYNESIDE
RECOVERY
COLLEGE**



WELCOME TO NORTH TYNESIDE RECOVERY COLLEGE

Recovery colleges are designed to help people get involved in learning and education. This can include accessing courses and workshops as a student, becoming involved in the development and delivery of courses and supporting others to learn.

The courses are open to everyone, but are particularly aimed at people who have experienced mental health problems, have cared for someone experiencing mental health problems, or are interested in mental health and wellbeing. The courses are also a great learning and development opportunity for those who work in the mental health field.

All students have support from a peer support worker whose role is to ensure that you get the most from your involvement with the college.

To enrol or find out more, contact:

Telephone: 07976 627475 (if you prefer you can send a text, or leave a message and someone will contact you)

Email: ntrecoverycollege@gmail.com

COURSES: SEPTEMBER TO DECEMBER 2017

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CREATIVE WELLNESS & RECOVERY PLANNING



Provided by: Northumberland, Tyne and Wear NHS Trust

Brief overview of the course:

Do you want to take charge of your own emotional wellbeing?

Are you creative or interested in creative activities?

If so this 8-week course is for you.

Places are limited - please enrol early to avoid disappointment.

Week 1: Introduction to photography and creative techniques

Week 2: Seven Key Components of WRAP

Week 3: Personal Responsibility Wellness Tools

Week 4: Hope - Who I am when I feel well?

Week 5: Self-Advocacy - Your rights

Week 6: Supporters - who supports you?

Week 7: EDUCATION - Teach yourself

Week 8: Final collation for exhibition and completion of own wellness and recovery plan

Dates and Times: Consecutive Fridays at 1pm to 3pm
beginning on Friday 1 September 2017

Venue: This 8-week course is delivered in partnership with VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Also considering each week: Wellness tools; daily activities; when things go bad; early warning signs; triggers; crisis.

VOLUNTEER TRAINING PROGRAMME



Provided by: VODA

Brief overview of the course:

This programme is designed for people who are thinking about volunteering but want to learn more about it. You will be part of a small team, exploring the subject together over four sessions.

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane,
North Shields NE29 9BZ

Dates and Times:

- Volunteering and Values:
Monday 4 September, 10am to 3pm
- Overcoming Exclusion:
Monday 11 September, 10am to 12pm
- Better communication, boundaries and confidentiality:
Monday 18 September, 10am to 3pm
- Next Steps:
Monday 25 September, 10am to 3pm

What students should gain from the course:

- Become more familiar with the principles of volunteering
- Explore your values, goals and motivations
- Find out more about some of the issues you may encounter when volunteering

DBT AWARENESS SESSIONS



Provided by: Northumberland, Tyne and Wear NHS Trust

Brief overview of the course:

Sessions looking at mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness skills to grow an understanding of what Dialectical Behaviour Therapy (DBT) is and how the therapy is delivered.

This is not in place of therapy but rather a course to build awareness and understanding around what DBT is and the skills that are taught.

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Dates and Times:

- Tuesday 17 October, 1pm to 3pm
- Tuesday 24 October, 1pm to 3pm
- Tuesday 31 October, 1pm to 3pm
- Tuesday 7 November, 1pm to 3pm

What students should gain from the course:

- Gain knowledge and understanding of what DBT skills are
- Build awareness of how DBT can help someone
- Learn about the full therapy and its impact on someone's life

RECOVERY WORKSHOPS



Provided by: Northumberland, Tyne and Wear NHS Trust

Brief overview of the course:

- Session 1 - Recovery:
Each individual's recovery journey is unique. Explore ways to continue that journey and overcome obstacles.
- Session 2 - Sleep Hygiene: Explore how to manage and maintain good and healthy sleeping practices.
- Session 3 - Stigma:
Both self-perceived and social stigma and discrimination can have a huge impact; discover ways to minimize them.
- Session 4 - Coping Mechanisms: We all have our own ways of coping; a chance to share and acquire some new skills.

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Dates and Times:

- Session 1: Monday 6 November, 1pm to 3pm
- Session 2: Monday 13 November, 1pm to 3pm
- Session 3: Monday 20 November, 1pm to 3pm
- Session 4: Monday 27 November, 1pm to 3pm

What students should gain from the course:

- Becoming comfortable sharing within a group setting
- Recognising own strengths and resourcefulness
- Expansion of social circle
- Discover new skills

WELLBEING & EMPLOYMENT



Provided by: Cygnet North East

Brief overview of the course:

This two hour workshop will explore the challenges of working and finding a job when you have a mental health issue. Should you tell your employer about your mental health issue and if so when? What are the consequences of telling them or not telling them?

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Dates and Times:

- Thursday 7 September, 2pm to 4pm
- Thursday 2 October, 10am to 12pm
- Thursday 10 November, 1pm to 3pm

What students should gain from the course:

- To feel more empowered when deciding whether or not to tell an employer about an existing mental health condition
- To feel more confident that getting a job with a mental health issue is possible
- To be more aware of the help available as job seekers with a mental health condition

BOOK GROUP



North Tyneside Council

Provided by: North Tyneside Library Service

Brief overview of the course:

People share their views on a book that they have all read, in an informal setting with refreshments. The book is provided the previous month and all contributions are very welcome.

Venue: Howdon Library, Churchill Street, Wallsend, NE28 7TG

Dates and Times:

- Wednesday 6 September, 10:30am to 11:30am
- Wednesday 4 October, 10:30am to 11:30am
- Wednesday 1 November, 10:30am to 11:30am
- Wednesday 6 December, 10:30am to 11:30am

What students should gain from the course:

- An enjoyment of reading, sharing and socialising
- Increased confidence in using libraries as public buildings

ASSERTIVENESS



North Tyneside
Carers' Centre

Provided by: North Tyneside Carers' Centre

Brief overview of the course:

This course will explore the reasons we find it difficult to be assertive, looking at real life situations that may be problematic and discovering assertiveness tips and techniques that can be used to help overcome difficulties.

Venue: North Tyneside Carers' Centre, 3rd Floor,
YMCA Building, Church Way, North Shields NE29 0AB

Date and Time:

Thursday 7 September, 1pm to 3pm

What students should gain from the course:

- Understand the differences between aggressive, passive and assertive behaviours
- Understand what stops us from being assertive
- Understand how assertive techniques can help and explore how we can put them into practice

CONFIDENCE & SELF ESTEEM



North Tyneside
Carers' Centre

Provided by: North Tyneside Carers' Centre

Brief overview of the course:

Learn the importance of positive thinking, and how to turn negatives into positives. Look at how to improve self-esteem, the power of knowledge, planning and thinking differently.

Venue: North Tyneside Carers' Centre, 3rd Floor,
YMCA Building, Church Way, North Shields NE29 0AB

Date and Time:

Monday 18 September, 1pm to 3pm

What students should gain from the course:

- Understand the relationship between confidence and self-esteem
- Understand the factors that can affect self-esteem and confidence
- Understand the how planning and knowledge can improve confidence

RELAXATION



North Tyneside
Carers' Centre

Provided by: North Tyneside Carers' Centre

Brief overview of the course:

An introduction to basic relaxation methods to help learners find a more relaxed state of mind.

Venue: North Tyneside Carers' Centre, 3rd Floor,
YMCA Building, Church Way, North Shields NE29 0AB

Dates and Time:

- Tuesday 5 September, 2pm to 3pm
- Tuesday 12 September, 2pm to 3pm
- Tuesday 19 September, 2pm to 3pm

What students should gain from the course:

- Understand and practice basic relaxation techniques
- Understand the importance of breathing correctly
- Understand the effects of stress on the body and mind

INTERNET SAFETY



North Tyneside
Carers' Centre

Provided by: North Tyneside Carers' Centre

Brief overview of the course:

Learn how we use the internet in everyday life and how to stay safe while doing so. Understand the reach of social media, how to create effective passwords, and how to spot scams.

Venue: North Tyneside Carers' Centre, 3rd Floor,
YMCA Building, Church Way, North Shields NE29 0AB

Date and Time:

Friday 29 September, 10:30am to 12:30pm

What students should gain from the course:

- Understand how much information we can make available on social media and who can access it
- Understand how to create a secure password
- Understand how internet scams and phishing works, and how to protect yourself

BIG TALK 'ON INVESTMENTS'



Provided by: Newcastle Building Society

Brief overview of the course:

How to build, protect and pass on your wealth.

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane,
North Shields NE29 9BZ

Date and Time:

Thursday 5 October, 1pm to 3pm

What students should gain from the course:

- Financial education
- Estate planning and understanding
- Simplify financial planning

ENDING THE STIGMA: ACTIVE AGEING

Provided by: Age UK North Tyneside

Brief overview of the course:

Active ageing is the process of optimising opportunities for health, participation and security in order to enhance quality of life as people age. It applies to both individuals and population groups. The word “active” refers to continuing participation in social, economic, cultural, spiritual and life affairs, not just the ability to be physically active.

This course will include discussions around:

- The importance of social, economic, cultural and physical engagement in the community
- Building an awareness of services and support in the community to enable us to sustain and improve quality of life and independence

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Dates and Times: Thursday 12 October, 1pm to 3pm

What students should gain from the course:

- Learn about the importance of Active Ageing
- Recognise individual changes that can be made to improve and sustain quality of life
- Gain knowledge around what services are available to support people from the age of 50 and how to access them

STUDENT VOICES



Provided by: Beth Williams, Launchpad North Tyneside

Brief overview of the course:

This user-led group will provide students the opportunity to have input into the shaping and development of the Recovery College. Come along and have your voice heard!

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Dates and Times:

- Wednesday 18 October at 1pm
- Friday 8 December at 1pm

What students should gain from the course:

- Students will have the opportunity to have their voices heard and help shape the College
- Students will feel empowered and have increased self-esteem through the user involvement process
- Students will be able to share their knowledge, skills and experience to develop the Recovery College

UNUSUAL EXPERIENCES EDUCATIONAL SUPPORT GROUP



Provided by: Northumberland, Tyne and Wear NHS Trust

Brief overview of the course:

In the first hour of each session people will be encouraged to talk about their previous week's experiences, giving validation to individuals' journeys. In the second hour a topic is chosen to consider, for example, the stress vulnerability model.

Venue: VODA, Queen Alexandra Campus, Hawkeys Lane, North Shields NE29 9BZ

Dates and Times:

Every Friday of term from 10am to 12:30pm, beginning on Friday 1 September 2017.

What students should gain from the course:

- Better ways to manage intrusive voices
- Improvement in wellbeing
- Education in better ways to understand mental health conditions



GETTING INVOLVED

Volunteer:

You could help develop and facilitate new courses, get involved in the administration of the college, or support students.

Contribute:

Deliver a course or workshop with the North Tyneside Recovery College.

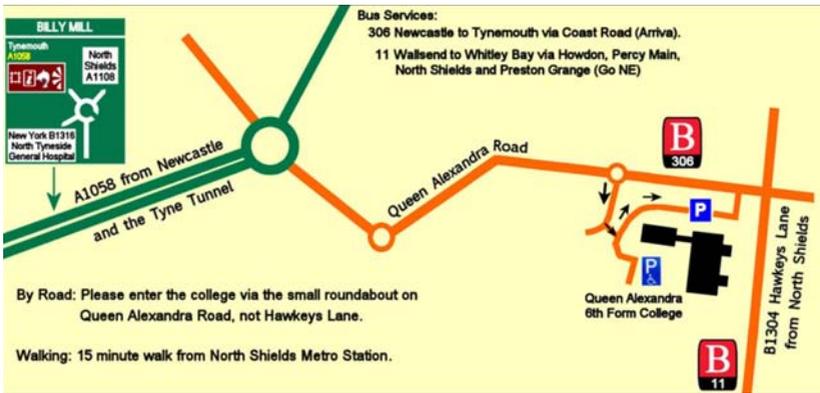
Share your ideas:

Participate in the Recovery College steering group, which meets monthly or join in with the Student Voices group (details on page 16).

For more information contact Ian Dougall on 0191 643 2638 or email ian.dougall@voda.org.uk.



HOW TO FIND VODA





USEFUL CONTACTS

Care and Connect

Tel: 0191 643 7474 Email: Care&connect@northtyneside.gov.uk

Pass it on Skills

Web: www.passitonskills.co.uk/portal

Tyne Met College

Tel: 0191 229 5000 Web: www.tynemet.ac.uk

VODA (volunteering)

Tel: 0191 643 2626 Email: volunteering@voda.org.uk

North Tyneside Council (Gateway Team)

Tel: 0191 643 2777

North Tyneside Adult Learning Alliance

Tel: 0191 643 2288

SIGN North Tyneside

Web: www.sign-nt.co.uk

Launchpad

Web: www.launchpadncl.org.uk

Tyneside and Northumberland Mind

Web: www.tynesidemind.org.uk