

NTLIFE

RECOVERY COLLEGE

LEARNING
LNSIGHTS
FROM
EVERYONE

Mental Health & Wellbeing



New courses start:

Week Commencing: **1st September 2026**

Week Commencing: **12th October 2026**

Sign Up Now!

[Click Here for Link to Referral Form](#)



Weekly Activities: At A Glance

Booking forms are sent by email before the start of a new Block.

We will confirm your place by email a week before the Block.

You must confirm you still want the place by return email. Any further instructions for the course will be sent to you at this point.

For further information about course bookings, please email: julie.bishop@ntlife.org.uk

BLOCK 5

Week commencing : 1st September 2026

Week ending: 2nd October 2026

4 Week Block for Monday groups due to Bank Holiday 5 weeks for all other courses

	Date & Time	Sessions		Page
MON	10am-12pm	Work Well Programme	Course Starts 21 st September	3
	10am-12pm	Mandy's Mondays		4
	1pm-3pm	A Little Bit OCD		5
	1pm-3pm	Looney Out Of Tuners		6
TUE	10am-12pm	Resilience Course		7
	10am-12pm	How To Train Your Inner Dragons		8
	1pm-3pm	Men's Group		9
	1pm-3pm	Wellness Recovery Action Plan		10
	1pm-3pm	Twin Dragons		11
	5.30pm-7.30pm	DBT Skills		12
WED	10am-12pm	Hook Line and Overthinker		13
	10am-12pm	Whittling The Time Away		14
	1pm-3pm	An Introduction To Neurodivergence		15
	1pm-3pm	Sensory Self Care	3 weeks	16
	1pm-3pm	Grow Closer To Nature	3 weeks	17
THUR	10am-12pm	The Art Of Wellbeing - Guided Art Group		18
	1pm-3pm	DBT Skills		19
	1pm-3pm	Snap Out Of It		20

Weekly Activities: At A Glance

Booking forms are sent by email before the start of a new Block.

We will confirm your place by email a week before the Block.

You must confirm you still want the place by return email. Any further instructions for the course will be sent to you at this point.

For further information about course bookings, please email: julie.bishop@ntlifeline.org.uk

BLOCK 6

Week commencing : 12th October 2026 to Week ending: 20th November 2026

6 Week Block

	Date & Time	Sessions	Room	Page
MON	10am-12pm	Mandy's Mondays		4
	1pm-3pm	A Little Bit OCD		5
	1pm-3pm	Looney Out Of Tuners		6
TUE	10am-12pm	Resilience Course		7
	10am-12pm	How To Train Your Inner Dragons		8
	1pm-3pm	Men's Group		9
	1pm-3pm	Wellness Recovery Action Plan		10
	1pm-3pm	Twin Dragons		11
	5.30pm-7.30pm	DBT Skills		12
WED	10am-12pm	Work Well Programme	Starts 14 th October	3
	10am-12pm	Hook Line and Overthinker		13
	10am-12pm	Whittling The Time Away		14
	1pm-3pm	An Introduction To Neurodivergence	3 weeks	15
	1pm-3pm	Sensory Self Care	3 weeks	16
	1pm-3pm	Grow Closer To Nature		17
THUR	10am-12pm	The Art Of Wellbeing - Guided Art Group		18
	1pm-3pm	DBT Skills		19
	1pm-3pm	Snap Out Of It		20

New
Course

Is your mental health keeping you
out of work?

Stepping Forwards Work Well Programme



Are you currently

- unfit for work due to poor mental health or
- your mental health is preventing you from applying for work

????

This six-week group course is designed to support individuals experiencing mental health challenges, particularly following a second Fit Note from their GP.

The programme is supportive and interactive helping you to

Understand and manage stress and anxiety

Build practical coping strategies

Improve confidence in daily life and work

This is a safe, welcoming group led by a trained practitioner who combines professional expertise with lived experience, creating a space built on trust, understanding and hope.

What Can You Expect?

Participants typically say they

Felt more confident managing stress
Developed stronger coping strategies
Improved overall wellbeing

Gained tools to support both their personal and professional life

**Ask your GP or Work Coach
about a referral
Get In Touch**

ali.donkin@ntlifeline.org.uk





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.

Course Start Dates:	Block 1	Block 2
Monday 10am-12pm	7th September	12th October

Participant Feedback On This Course:

"It's given me a routine to get out and have a purpose. A friendly atmosphere to join in with"

For more info or to book Email julie.bishop@ntlif.org.uk



A Little Bit OCD



Facts, raising awareness, understanding, strategies, awkward laughs, peer-support 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!

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

Block 1
7th September

Block 2
12th October

Participant Feedback On This Course:

“Realising that there are other people, who have similar problems as me, helps. The group is supportive. To have a course that highlights the struggles of OCD is very helpful”

For more info or to book Email julie.bishop@ntliflife.org.uk



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

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

Block 1	Block 2
7th September	12th October

Participant Feedback On This Course:

"It just feels good to sing and dance without being judged"

For more info or to book Email julie.bishop@ntlife.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.

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

Block 1
1st September

Block 2
13th October

Participant Feedback On This Course:

“This course made me realise I have resilience but I didn’t know it”

“At the beginning I thought I had nothing of value to contribute, now I feel my input is worthy”

For more info or to book Email julie.bishop@ntlifecollege.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 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.

Course Start Dates:	Block 1	Block 2
Wednesday 10am-12pm	1st September	13th October

**Have you attended this course?
We'd love to hear your feedback!**

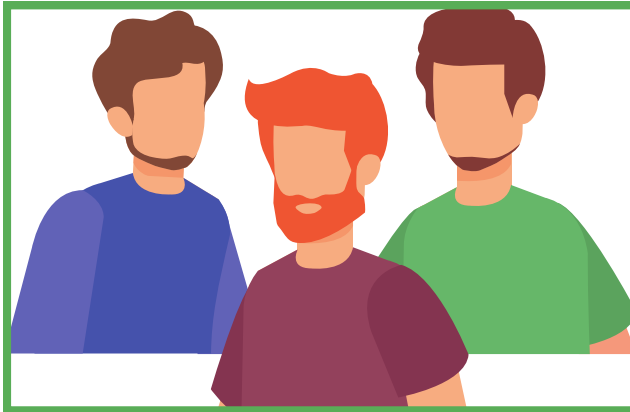
*Simply scan the QR code
to leave us a review on
our website.*



For more info or to book Email julie.bishop@ntlif.org.uk



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 group.

It is a platform to explore mens' challenges, mental health and masculinity in today's ever changing world.

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

Block 1
1st September

Block 2
13th October

**Have you attended this course?
We'd love to hear your feedback!**

*Simply scan the QR code
to leave us a review on
google!*



For more info or to book Email julie.bishop@ntlifecollege.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 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.

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

Block 1
1st September

Block 2
13th October

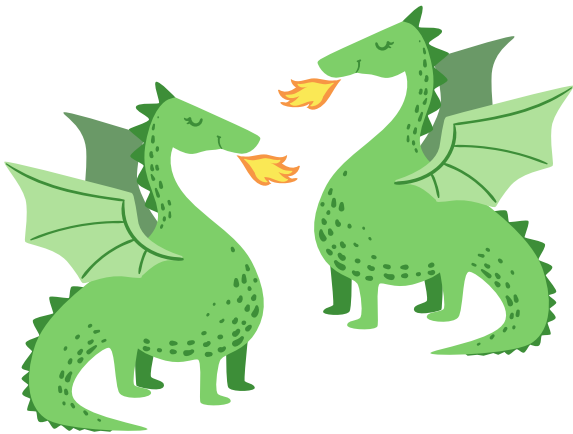
Participant Feedback On This Course:

"A good starting point, it's helped me to deal with my current state of mind. I have been able to speak openly and had some good suggestions for moving forward."

For more info or to book Email julie.bishop@ntlife.org.uk



'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'

**Course Start Dates:
Wednesday 1pm-3pm**

Block 1
1st September

Block 2
13th October

**Have you attended this course?
We'd love to hear your feedback!**

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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.

Course Start Dates:

Tuesday 5.30pm-7.30pm

Block 1

1st September

Block 2

13th October

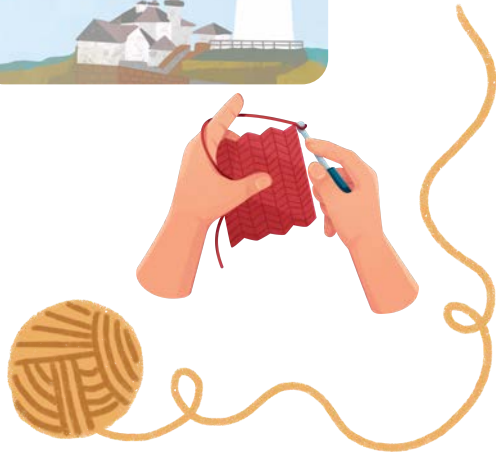
Participant Feedback On This Course:

"I haven't self harmed in months and I am no longer engaging in dangerous behaviours. Instead I now use various coping methods and distractions I've learned at the RC, and some I have picked up myself thanks to a newfound confidence and overall rosier outlook on life"

For more info or to book Email julie.bishop@ntliferecovery.org.uk



Hook Line & Overthinker



**Always wanted to learn crochet,
or already love it?
This is your sign!
Come for the crochet, stay for
the good vibes!**

Whether you've never picked up a crochet hook before or you're already quite the dab hand, everyone is welcome at our friendly crochet group.

If you're a complete beginner, we'll help you learn the basics at your own pace. If you're more experienced, bring along your current project, share ideas, swap tips, and maybe even help someone discover a new skill. This is a chance to relax, get creative and be part of a growing crochet community.

Whether you're making your very first chain or working on your latest masterpiece come along, grab a brew, and let's get our crochet community growing—one stitch at a time.

Course Start Dates:	Block 1	Block 2
Wednesday 10am-12pm	2nd September	14th October

**Have you attended this course?
We'd love to hear your feedback!**

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our website.*



For more info or to book Email julie.bishop@ntlif.org.uk



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.

Course Start Dates:	Block 1	Block 2
Wednesday 10am-12pm	2nd September	14th October

Participant Feedback On This Course:

"I feel amazing in sessions and am really proud of what I've done"

For more info or to book Email julie.bishop@ntlif.org.uk



An Introduction to Neurodivergence (Mini Course)



**Curious about neurodiversity?
Whether you have a diagnosis,
suspect you may be neurodivergent,
support someone who is, or simply
want to learn more, this three-week
course offers an accessible
introduction to understanding the
neurodivergent experience.**

This three-week course offers a structured introduction to understanding neurodiversity and neurodivergent conditions. Together, we'll explore topics such as what neurodiversity is, executive functioning, masking, burnout, spoon theory, and sensory differences, while introducing practical tools and strategies to support wellbeing, including concepts such as the seven types of rest. Designed as an educational introduction, this course will help you develop a greater understanding of neurodivergence and equip you with ideas you can build on in everyday life.

Join us for this three-week mini course, or carry on to our Sensory Self-Care mini course, where we'll explore sensory regulation and create your own personalised sensory self-care toolkit, using your senses to support wellbeing and reduce overwhelm.

**Course Start Dates:
Wednesday 1pm-3pm**

Block 1
2nd September

Block 2
14th October

**Have you attended this course?
We'd love to hear your feedback!**

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our website.*



For more info or to book Email julie.bishop@ntlifecollege.org.uk



Sensory Self Care (Mini Course)



Develop your own box of healthy coping strategies to help get you through difficult times, triggers and emotions or even just bring you back to a place of comfort and ease.

Now as a three-week mini course, we will explore how your senses can become powerful tools for self-care and emotional wellbeing.

Learn strategies that can help you manage overwhelm, reduce stress, navigate difficult emotions, and support regulation in everyday life.

Together, we'll explore the senses, discover what works best for you, and create your own personalised sensory self-care kit filled with practical, portable coping strategies that you can use wherever you are.

A perfect follow-on from our Introduction to Neurodivergence course.

Course Start Dates:	Block 1	Block 2
Wednesday 1pm-3pm	23rd September	4th November

**Have you attended this course?
We'd love to hear your feedback!**

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For more info or to book Email julie.bishop@ntlif.org.uk



Grow Closer to Nature



Are you curious to explore how nature can support your wellbeing but face barriers to getting outside and connecting with it?

This 6-week course is for anyone who would like to build confidence in spending time outdoors and discover the benefits that connecting with nature can bring to wellbeing.

You might face barriers such as:

- Not having the appropriate clothing or feeling uncomfortable wearing it.
- Not knowing where to go or feeling unsure about your skills or knowledge.
- Feeling like you don't belong or that nature isn't "for you".
- Worries about travelling to unfamiliar places or feeling unsafe.
- Physical or mental accessibility needs.
- Anxiety about the weather, mud, insects, dogs, or anything else the outdoors might bring.

Together, we'll explore creative ways to overcome these barriers while using our senses, curiosity and creativity to deepen our appreciation of the natural world.

Over the six weeks, we'll take part in a variety of nature-based activities designed to help you build confidence at a pace that feels comfortable. We'll begin with sessions indoors before gradually spending more time outside, allowing everyone to develop their connection with nature in a supportive and gentle way.

Whether you're looking to improve your wellbeing, meet new people, or simply spend more time in nature, this course offers a welcoming space to explore, learn and grow together.

**Course Start Dates:
Wednesday 1pm-3pm**

Block 1
2nd September

Block 2
14th October

**Have you attended this course?
We'd love to hear your feedback!**

Simply scan the QR code to leave us a review on our website.



For more info or to book Email julie.bishop@ntliferecoverycollege.org.uk



The Art of Wellbeing



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

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

Block 1
3rd September

Block 2
15th October

**Have you attended this course?
We'd love to hear your feedback!**

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DBT Skills



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- 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.

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

Block 1
3rd September

Block 2
15th October

Participant Feedback On This Course:

"I haven't self harmed in months and I am no longer engaging in dangerous behaviours. Instead I now use various coping methods and distractions I've learned at the RC, and some I have picked up myself thanks to a newfound confidence and overall rosier outlook on life"

For more info or to book Email julie.bishop@ntliferecoverycollege.org.uk



Snap Out Of It



**An
Amateur Photography
Group using weekly topics
for:**

- **mindful exercise**
- **an opportunity to share**
- **an opportunity to make new friends**

We encourage 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.

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

Block 1
3rd September

Block 2
15th October

Participant Feedback On This Course:

"I haven't left the house in the last 6 months other than to do shopping, this course has given me a reason to and I've now been out to take photos every week"

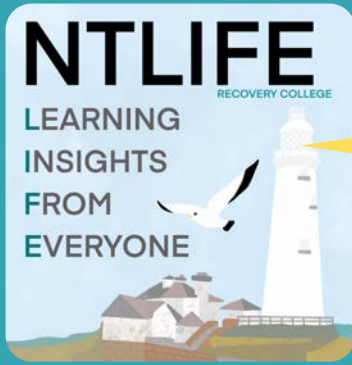
"I'm viewing the world in a less anxious way"

For more info or to book Email julie.bishop@ntliferecovery.org.uk



Take A Glimpse Into NT LIFE...





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:<https://ntliferecoverycollege.org.uk/>

WHERE ARE WE BASED?

**NTLIFE Recovery College,
108-110 Howard Street,
North Shields,
NE30 1NA**

We are based in an accessible building with ramp access to the entrance.



Door 109

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.

For further information, contact us via here:

<https://ntliferecoverycollege.org.uk/contact/>



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.

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: [Referral/Self-Referral Form](#)

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



Use this QR code to
Express Your Interest

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

CEO	ali.donkin@ntliflife.org.uk	Mon - Friday
Training	julie.bishop@ntliflife.org.uk	Mon - Friday
Co-Ordinators/ facilitators	alice.holliday@ntliflife.org.uk	Wednesday
	jess.shaw@ntliflife.org.uk	Tue to Thurs

Include your specific enquiry and preferred method of contact

We are happy to help progress your enquiry and welcome you into our community.

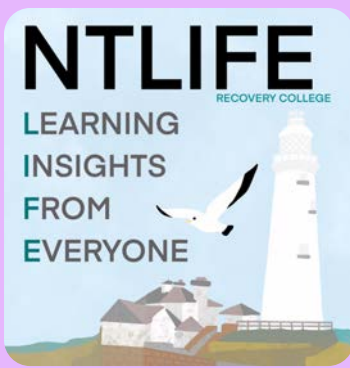
Please note emails may take up to a week for a response.



Use this QR code to
get to our Website

Meet The
Team!





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

NTLIFE

RECOVERY COLLEGE

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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





Funded By The Integrated Care Board



North East and
North Cumbria



Photos Courtesy of SNAP Out Of It Photographers