

NTLIFE

RECOVERY COLLEGE

LEARNING
INSIGHTS
FROM
EVERYONE

Mental Health & Wellbeing



New courses start:

Week Commencing: **8th June 2026**

Week Commencing: **13th July 2026**

Sign Up Now!

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



Weekly Activities: At A Glance

To secure a place on any course, you **must be enrolled and complete a booking form.**

We send this out, via email, before the start of the term.

To successfully secure your place, you must complete the confirmation form.

Instructions will be detailed in the Confirmation Email.

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

BLOCK 4:

Week commencing : **8th June 2026** - Week commencing: **13th July 2026**
6 Week Block

	Date & Time	Sessions	Room	Page
MON	10am-12pm	Mandy's Monday's	Big Room	3
	1pm-3pm	A Little Bit OCD	Big Room	4
	1pm-3pm	Looney Out Of Tuners	Little Room	5
TUE	10am-12pm	WRAP - Wellness Recovery Action Plan	Big Room	6
	1pm-3pm	Men's Group	Little Room	7
	3pm-5pm	DBT Skills	Big Room	8
WED	10am-12pm	Hook Line and Thinker	Reception	9
	10am-12pm	Grow Closer To Nature	Big Room	10
	1pm-3pm	Whittling The Time Away	Reception	11
	1pm-3pm	Resilience Course	Big Room	12
THUR	10am-12pm	The Art Of Wellbeing - Guided Art Group	Big Room	13
	1pm-3pm	DBT Skills	Big Room	14
	1pm-3pm	Snap Out Of It	Little Room	15



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:
Monday 10am-12pm**

Block 4
8th June

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 4
8th June

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@ntlif.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 4
8th June

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@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 10am - 12pm**

**Block 4
9th June**

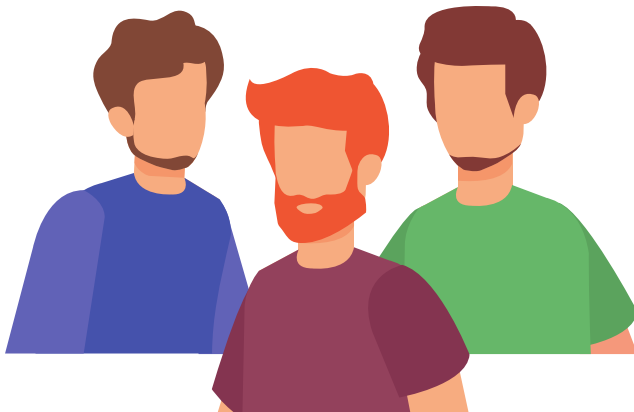
Participant Feedback on this course:

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



Mens' Group



A safe space for men to share, explore and support

When a man decides to seek help, they find many available support groups are for women they or they are 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.

This is why we created our men's group. It is a platform to explore mens' challenges, mental health and masculinity in todays ever changing world.

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

Block 4
9th June

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



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 3pm-5pm**

**Block 4
9th June**

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@ntlifecollege.org.uk



Hook Line & Thinker



Always wanted to learn crochet but had no idea where to start?

This is your sign!

Come for the crochet, stay for good vibes!

Fancy trying something new, getting creative, and having a good natter while you do it? Come along to our beginners crochet group.

This course is for those who don't know how to crochet and would like to learn a mindful skill that can bring a sense of fun & achievement!

Learn the basics, practice and then create a flower or maybe even a bunch of them!

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

Block 4
10th June

For more info or to book Email julie.bishop@ntlifeline.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?

Are you open to connecting with nature more, but face barriers in doing so?

These obstacles could be things like:

- not knowing places to go or feeling unconfident about whether you have the skills or knowledge for being in nature
- feeling like you don't belong or that nature is not for you
- worries about getting to unfamiliar places or feeling unsafe there
- accessibility needs (physical or mental)
- anxiety about weather, mud, bugs, dogs or anything else the outdoors might bring!

Over 6 weeks as a group we will explore and develop creative solutions to overcome barriers we face to connecting with nature, as well as using our senses and emotions to develop increased appreciation for nature and its benefits.

We hope that as a result of attending this course you will feel more comfortable in accessing nature and finding meaning and enjoyment in it.

Each week we will participate in a range of nature-based activities, starting inside and gradually build up to spending more time outdoors. Allowing everyone to increase their connection with nature at a gentle pace.

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

Block 4
10th June

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:
Wednesday 1pm-3pm**

Block 4
10th June

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@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:
Wednesday 1pm-3pm**

Block 4
10th June

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@ntlif.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.

Come along with curiosity and an open mind.

Weekly Themes & Mediums Include:

- Week 1: Art inspired by Storytelling using pencils and pens
- Week 2: Unleashing Emotions using watercolours and experimental techniques
- Week 3: Creating Symbols of Hope using airdry 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
-

Suitable for all abilities from beginners to those with a broader experience.

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

Block 4
11th June

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DBT Skills



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Ride the waves without getting swept away?

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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 4
11th June

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@ntlif.org.uk



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://ntlife.org.uk/>

WHERE ARE WE BASED?

**NTLIFE Recovery College,
109-110 Howard Street,
North Shields,
NE30 1NA**

We are based in an accessible building with ramp access



You'll see our main entrances circled in the image above.

Please knock when you arrive, and a member of our team will come to welcome you in.

There is paid parking outside (Ringo App or slot in machine 50p per hour)

We are a 3 minute walk from The Beacon Centre Multi Storey Car Park.

For further information, contact us via here:

<https://ntlife.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**.



Use this QR code to Express Your Interest

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.



Use this QR code to check out our film

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: <https://voda.org.uk/ntlif/>

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

NT LIFE Manager	ali.donkin@ntlif.org.uk	Monday - Friday
NT LIFE Worker	julie.bishop@ntlif.org.uk	Monday - Friday
NT LIFE Worker	alice.holliday@ntlif.org.uk	Wednesday
NT LIFE Worker	jess.shaw@ntlif.org.uk	Tue/Wed/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.





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

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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



Photo's Courtesy of SNAP Out Of It Photographers