



THE RECOVERY COLLEGE COLLECTIVE

The Recovery College is an independent entity, supported by Northumberland, Tyne and Wear NHS Foundation Trust.

Our aims are:

To provide a peer led, peer delivered education and support service where people can learn from each other's insights, skills and lived experience.

To nurture a community of warriors and survivors towards a sense of belonging and acceptance for who, what and how they are.

To enable connection and friendship

To provide opportunities that allow students to aspire to be their best selves, identifying and recognising their innate strengths and talents and their ability to help others.

To promote recovery through peer led education and other peer led activities.

To provide a focus for peer leadership, peer support and recovery orientated practice.

To be directed by people who use (or have used) mental health services.

To enable collaboration between mental health service providers and organisations that support these aims.

Welcome to the Recovery College Collective news sheet and prospectus.

The Tyneside Recovery College has come together with Launchpad and many other voluntary sector colleagues to create an exciting, innovative and responsive mental health collaborative by and for service users and carers. ReCoCo: the Recovery College Collective.

We are located on the fifth floor of Broadacre House in the centre of Newcastle Upon Tyne. This term we are running plenty of creative activities, performances and exhibitions to complement the courses and workshops that we offer to support your recovery from mental illness, trauma or distress, substance misuse or life struggle.

Everyone needs to feel supported and understood. It can often be easier to explore the impact of trauma and distress with someone who has experienced a similar journey to your own. The Recovery College is peer led and peer run. This means that everyone who works at the college has their own lived experience of recovery and survival. Our courses have been developed around what people have already found to be helpful in their own recovery. We acknowledge that many students have had difficult pasts and so it's important to us that students feel safe enough to be able to explore their emotions, connect with others, and feel supported to recognise their own innate resilience. We want you to feel a sense of belonging.

All courses are free and open to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress. Or to anyone who might find them beneficial to their wellbeing.



0191 261 0948



info@recoverycoco.com

www.recoverycoco.com

THE VIEW FROM THE FIFTH FLOOR

As a Recovery College we are unique because we are entirely peer led and peer delivered and work collaboratively with many third sector and statutory partners.

Our partnerships and our results make us different to other Recovery Colleges. We take pride in this difference, as it means that we haven't been created with an off-the-shelf, nationally-dictated blueprint, but have emerged from the people and communities in Newcastle, Gateshead and surrounding areas: we dance to the tunes we collectively create. We have built a community of insightful and resilient survivalists who heal, support and strengthen each other without the need for clinical assumptions, dogma or pathology.

The best thing about having no money is that nobody can tell you how to spend it and so we have been allowed to evolve into something truly organic that belongs to the people who use it. Partnership development has been natural and necessary. Not having the funds to pay facilitators or contributors has meant that the 200 plus courses and workshops delivered so far, have had a very personal investment from those people delivering it. A peer perspective from having used the skills and knowledge themselves in their own recovery and a passion for recovery and its cathartic effect as the motivation, not money.

Our teaching methods are collaborative. Everybody in the room holds the same status and every experience adds to the richness and diversity of survivalism. People have coped in different ways and every single one of them is valid. Because mutuality and support between students, volunteers and staff is continual, informal and incidental, anybody has the opportunity to utilise their understanding in a very powerful and affirming way by realising their abilities, taking control of their lives and helping and educating others.

People continually tell us that we are very different to traditional mental health services, and we don't take that as a criticism but as an accolade: we're not trying to do or deliver what they do, so there's no need to resemble them. We start from the premise that if someone is still alive despite the trauma, abuse, disadvantage that they have experienced, then they are already resilient. They are survivalists and their strengths and insight are added to our community of warriors and super-humans. Fostering such a natural and genuine sense of acceptance, recognition and belonging are what makes the greatest difference to our students. We diligently measure and collect quantitative and qualitative feedback, which has given us the evidence we need to demonstrate to anyone that what we do has a life changing impact on the people who come to us. Within weeks of starting, students increase their understanding, recognise their resourcefulness and resilience and find the confidence to connect with others. Our collaborative working brings multiple opportunities and interests to explore in safety and allows students to aspire to be their best self and work towards the life that they want.

Every session of every course is evaluated from the students' perspective. Any changes or suggested amendments come from students and every student has the opportunity and support to develop and deliver a course that they feel would benefit others.

We create an environment where there is no dictate from a superior or prescribed body of knowledge. No hierarchy of insight or validity. Where it is safe enough to challenge or accept. Peers own and direct all aspects of college ethos and activity.

As a College that sits in the 3rd sector, whilst being staffed by NHS staff, we have encountered systemic and practical challenges.

The challenges have virtually all arisen from having a foot in both the third sector and the statutory camps. Genuine collaboration to this extent is brand new and it is perceived as alien, uncomfortable and challenging by traditionalists. We have been in the mind-set of "let's just do it, and the systems will eventually catch up". The benefit of this way of working

is that the systems have caught up and are more useful in that they can complement the landscape that has been created rather than prescribing how that landscape should look. We have the wholehearted backing and full endorsement of Newcastle and Gateshead Clinical Commissioning Group, NTW NHS Trust, and Newcastle CVS (which also covers Gateshead). The first two have provided much support, financial or in kind and have pledged to do so for the immediate future, while all three are working together, with us, to design future legal entities and constitutional forms to allow for a diversity of income streams. We have secured pro bono assistance from a law firm and likewise excellent support from a design agency (Roots and Wings – lush lads and lass!).

We evaluate everything and more. If there is no measurement for what we deliver then we create one based on what is most helpful to the students whilst providing us with the evidence that what we are doing is working and changing lives.

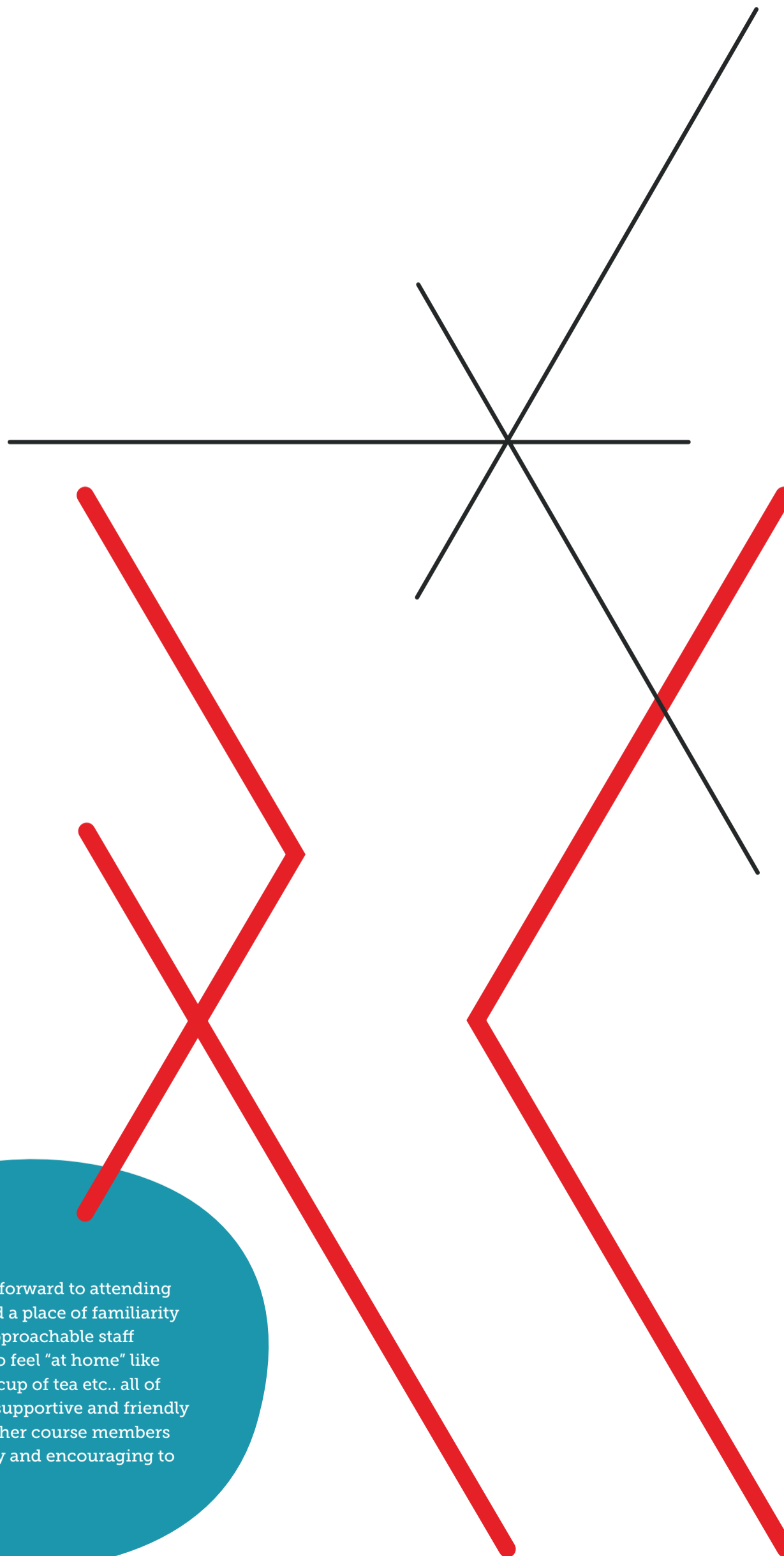
In the absence of a measurement that could demonstrate the powerful impact of peer support, we developed the Empower Flower. In relation to individual empowerment, the flower acts as self-reporting visual representation of a student's strengths and needs. Feeling hopeful, feeling connected, keeping yourself safe, having purpose, taking responsibility, recognising strengths, self-worth and taking control are the aspects that students measure themselves in before and after courses and students feel that they have made improvements, grown stronger and more hopeful about the destiny that they are in control of.

We also have a wealth of evidence of how important connection and opportunity is in fostering hope. Over time, students realise that what has been pathologised as something to be fixed or eradicated can be valued as an area of expertise that can be utilised through the multiple vocational opportunities that we are able to support them to access.

We are incredibly fortunate with the premises we occupy, as the rest of the building is filled with voluntary sector organisations, with whom we either already work, or with whom we're beginning to collaborate. While they may not necessarily have a mental health focus, their knowledge and expertise have proved invaluable and most relevant: Victim Support, Rape Crisis, HealthWatch, the Volunteer Centre, Helix Arts and others have joined in our concept of the

Collective, and this allows our students to receive guidance and assistance, or to pursue interests outside of that which might be provided by regular mental health services. Broadacre House operates on a collective basis and this allows for a truly rounded, whole person approach to meet needs and interests without anyone having to stay in a narrow mental health pigeonhole.

If you would like to learn more about The Recovery College Collective (ReCoCollective) or get involved as an organisation or individual then come and visit us sometime. You will be very welcome!



“

I have really looked forward to attending because I have found a place of familiarity and comfort, with approachable staff members, facilities to feel “at home” like being able to have a cup of tea etc.. all of which help create a supportive and friendly environment. The other course members have all been friendly and encouraging to each other.”

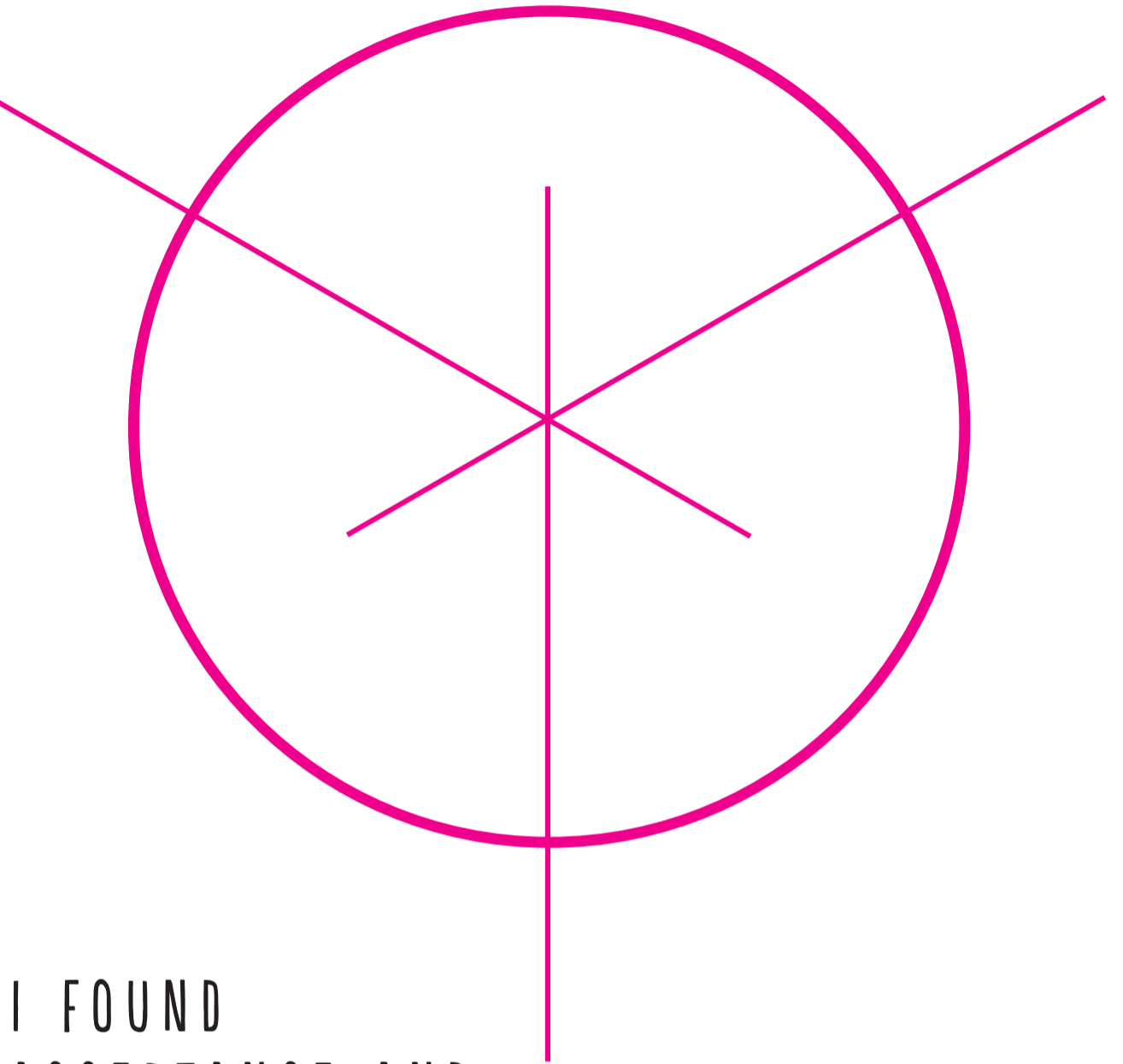


WORKING AT THE RECOVERY COLLEGE! WHAT'S IT BEEN LIKE?

My name is Simon and I have been working at the recovery college for nearly 6 months. When I joined the patient care and engagement team I was not really sure what to expect but have been surprised by the positivity and warmth of the team. I initially started just to help build the college with Angela and Denise and Michael, and then proceeded to go on to be trained up to enrol people onto the courses and help facilitate a couple of groups. I have learned about mindfulness, Peer support, DBT, community care and the voluntary sector. The students finish the courses and workshops appearing more confident than at the start.

I found that learning about recovery has been an eye opener with many positive outcomes but can be challenging but rewarding mixing experiences with staff and peers. Some of the courses are very popular and students seem keen to attend and learn more as well as mixing with others. The open day was well attended and people continue to come through the door due to the diligence of the volunteers and staff and desire of the students to learn more about themselves.

I might be facilitating some groups in the future. I have particular interests in sport and mental health and am looking forward to working with new students.



I FOUND ACCEPTANCE AND UNDERSTANDING.

After depression, anxiety and other mental health issues for most of my life, I only recently had a psychiatric assessment and diagnosis of Emotionally Unstable Personality Disorder.

I was told about the Tyneside Recovery College by my PD specialist and so enrolled in Joelene English's Workshop. I found acceptance and understanding. I also found an outlet to express myself through creative writing and by decorating a small suitcase using my poems and items that showed a bit of who I am, based on the theme of Alice in Wonderland.

It stirred up a lot of hidden feelings and memories. But it has helped me to move on further with my therapy.

Everyone involved had a suitcase. They varied in size; each person decorated their suitcase showing aspects of their lives identifying with a character from the story; each one different and unique.

We set up an installation in Recovery College with the main theme of Alice and placed our suitcases throughout for people to look in. It was a huge success and a couple of my friends came to look at it.

There are a variety of courses; I'm going to join the creative writing group and looking forward to enrolling on another couple of courses in the coming year.

I also attend a painting group not connected to Recovery College, and use it as a way to express my feelings.

By Frances Edwards



FEAR

PAIN

LONELINESS

GRIEF

ANGER

SADNESS

DESPAIR

AN ODE TO NURSES

I love nurses me. I've got one at home. Solid, steadfast, no nonsense. A level of compassionate understanding that creates the kindness, containment and acceptance that I've needed to get and stay well, whilst not buying into the ideology that I am unfixable. In fact it's the opposite. She expects me to be strong, to fulfil my ambitions and aspire to become my best self. She appreciates the resourcefulness, the insights and creativity that a difficult childhood has left me with – skills that she accepts she doesn't have in the same quantity as someone who has attuned them through survivalism. She makes me want to be a better person.

I don't envy a nurse's position in the grand scheme of mental health care though. Virtually all of us who work in mental health do so because we have an understanding of humanity. We 'get' it. We accept the human condition and its extremes and we are not afraid of mental illness or extreme distress in the way that a general public, indoctrinated by discriminatory media vilification, does. Most folk come with an understanding from their own experiences. Perhaps someone you love has struggled with mental illness, perhaps you have seen the edge of your own world and have managed your own recovery to the point where you want to utilise your insights and help other people.

The contradiction is that once qualified, nurses are more often than not discouraged from sharing their own lived experience because they are the professionals and to connect on a very genuine human level would fly in the face of institutional boundaries. In organisations frightened of litigation nurses are seldom allowed to trust their instincts when it comes to sharing information and must collude with the risk averse blanket ban on self-disclosure.

Their skills are immense. Having spent some time in the third sector now, it's apparent that people really don't understand what nurses do. There are still some that think that Nurse Ratched from 'One Flew Over the Cuckoo's Nest' is a fair representation of a clinical lead (I've only met a couple like her in my 15 years in the NHS) or that nurses are still the bitches of psychiatrists, unassuming passive recipients of outdated direction. It's not true. Most of us have a memory of someone who was kind to us when we were at our most vulnerable. Someone who tentatively and skilfully allowed us to trust and eventually believe that we were worthy and things would get better. For most of us, that person was a nurse.

I was speaking to a carer who was at his wits' end when his wife was psychotic. He was frightened and alone and feared for his wife's life. He couldn't reach her, he couldn't get through to her or help her feel safe. Then he told me about a nurse from the crisis team who came. He said it was almost as if his wife had been hypnotised. Through sitting and gently reassuring and containing, this nurse was able to calm her terrors and offer hope where before there had only been fear. He said it was like magic, and would be eternally grateful for that visit.

Many nurse leaders continue to defer to hierarchy and outdated protocol. They actively discourage intuitive authentic responses. We all know of those experienced nurses who offer a little of themselves when it feels appropriate, behind closed doors. And we all know that they are forced to keep it quiet for fear of being in conflict with the cultural norm. Nurses are amazing. Nothing fazes them, really, nothing. They get on with it. They work so hard and are the foundations, the buildings and the contents of secondary mental health services. Whilst the Government continues on its endeavour to eradicate the underclass, it is the job of nurses to keep them alive. They absorb human distress

“I think you are wonderful! Please keep up the good work – you fill an important role for so many people. Thanks”

for a living and they do it without adequate de-brief or adequate staffing levels or adequate recognition.

Its time we all stood up for nurses. Recognising that without them, there would be no secondary care and treatment. Understanding that their pragmatism and their expectations of us are essential in allowing us hope that recovery is possible and dare to dream that we can be better people.

We are always looking for clinicians to get involved in The Recovery College. If you have an area of knowledge or an interest and you think that sharing it could help someone's wellbeing, then please get in touch and we will do our best to negotiate your attendance with your line manager.

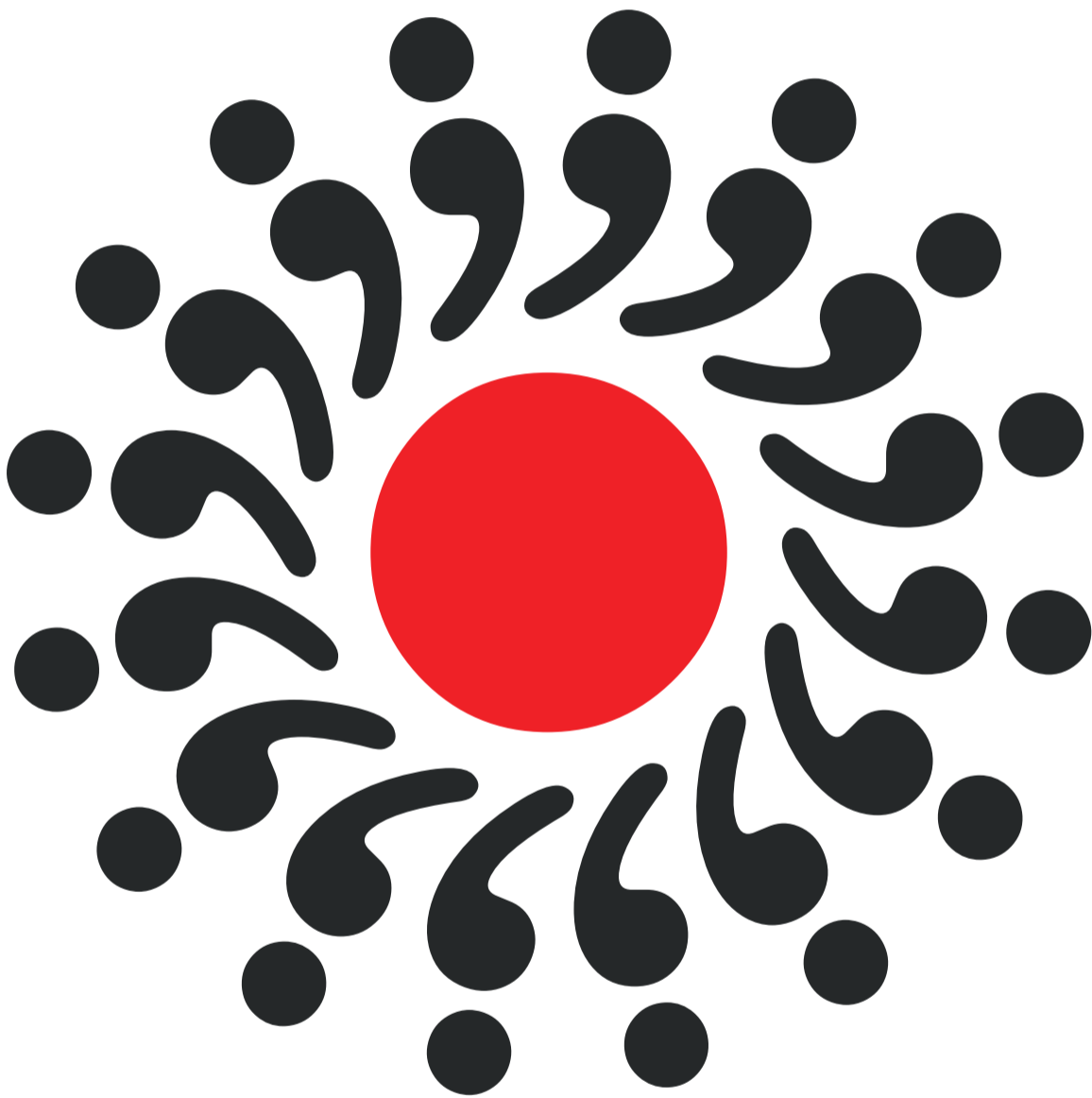
[Angela Glascott](#)
angela.glascott@ntw.nhs.uk





COURSES

ALL COURSES ARE **FREE** UNLESS OTHERWISE STATED.



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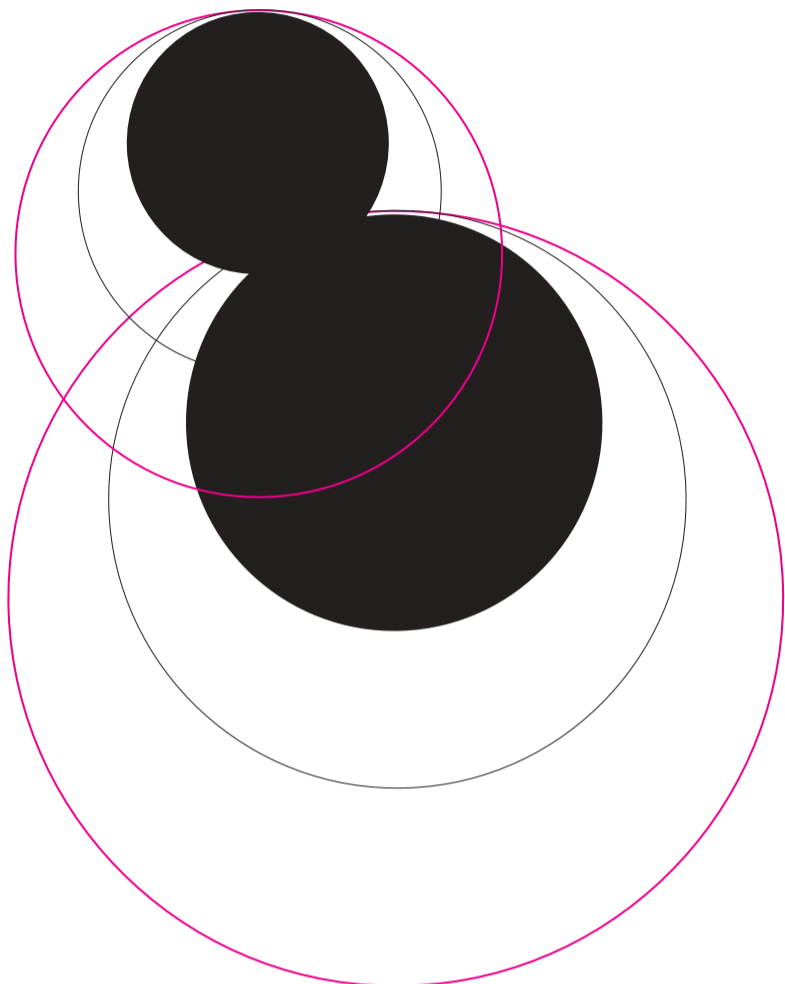
“Brilliant, I have met lots of different people. Everybody is so welcoming.”

“

“The whole course has been very informative. It has been quite difficult at times when exploring stuff such as triggers, feelings and coping strategies but I think this is valuable in the long run. I have also enjoyed the time spent on mindfulness, relaxation and energising techniques.”



"Everyone is treated the same way and people aren't treated weird for mental illness symptoms and it's talked about openly."



1

CREATIVE CORNER: FRIENDS ACTION NORTH EAST

Creative Corner meet every 2 weeks at the Recovery College. We are a friendship group and decide together what art projects we want to do. We have done pottery, printmaking, animation, photography, portraits and creative crafts. We also visit local galleries and landmarks for inspiration. This is a particularly safe space for people with a learning disability to explore their creative side.

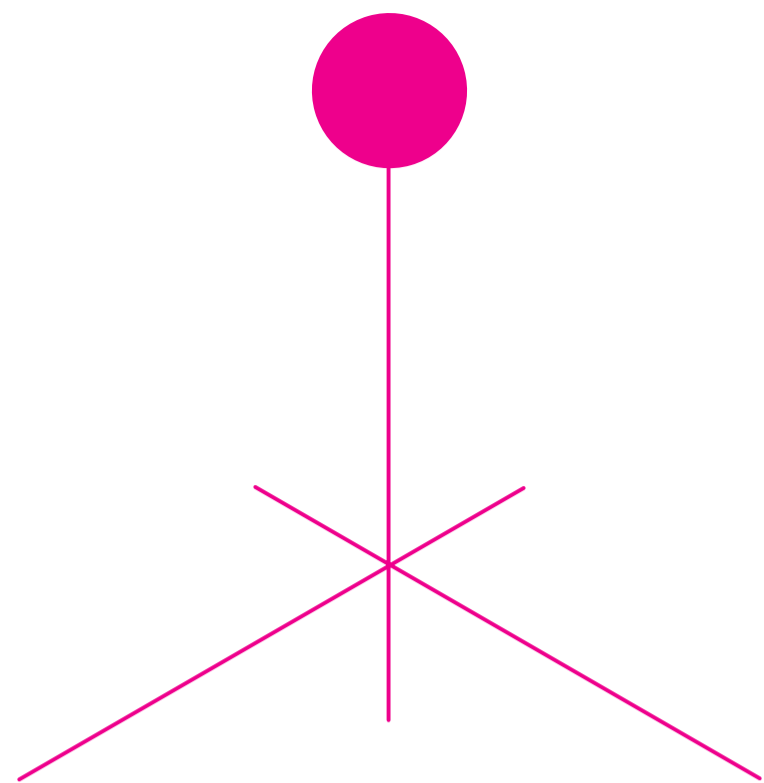
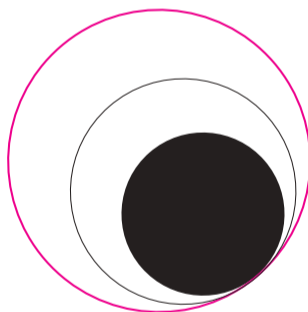
Start date:

We meet every other Tuesday 12pm-2pm.

For more details ring Launchpad on 0191 2330382

Email: info@recoverycoco.com

Facebook: FANE creative corner



2

CREATIVE WELLNESS

We hope that this course will encourage students to develop creative skills that enhance their emotional wellbeing. The focus will be on learning a series of creative skills such as printmaking, model making, basic drawing techniques, creative writing and book making, which will hopefully influence and emphasise recovery and hope. The students' recovery journey expressed through a range of creative techniques will interlink and combine to make an emotional wellbeing first aid kit.



Time: 10am-12pm

Day: Tuesday

Dates: September - 6th, 13th, 20th, 27th.

October - 4th, 11th, 18th. College closed 25th

October for half-term. November - 1st, 8th,

15th, 22nd, 29th. December - 6th, 13th.

Location: Recovery College

Contact: 0191 261 0948

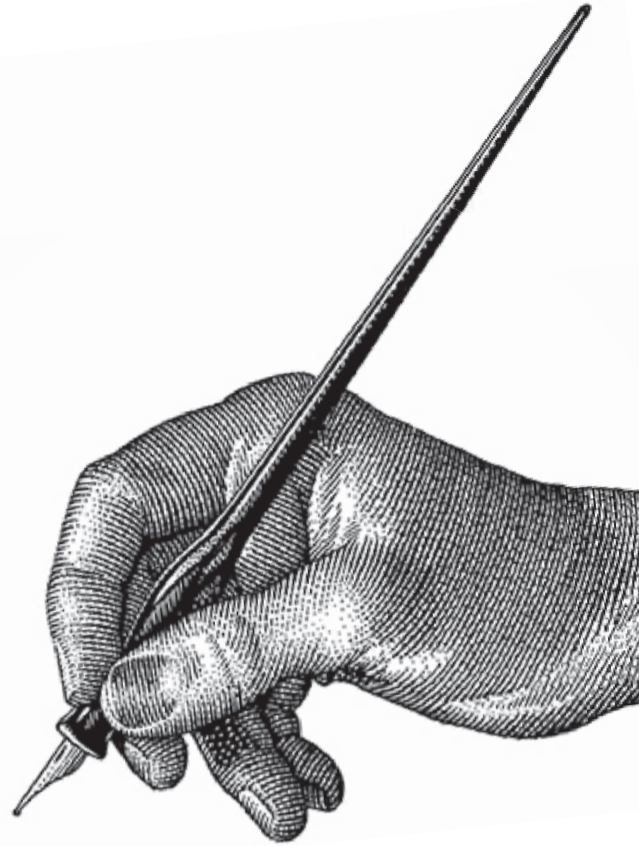
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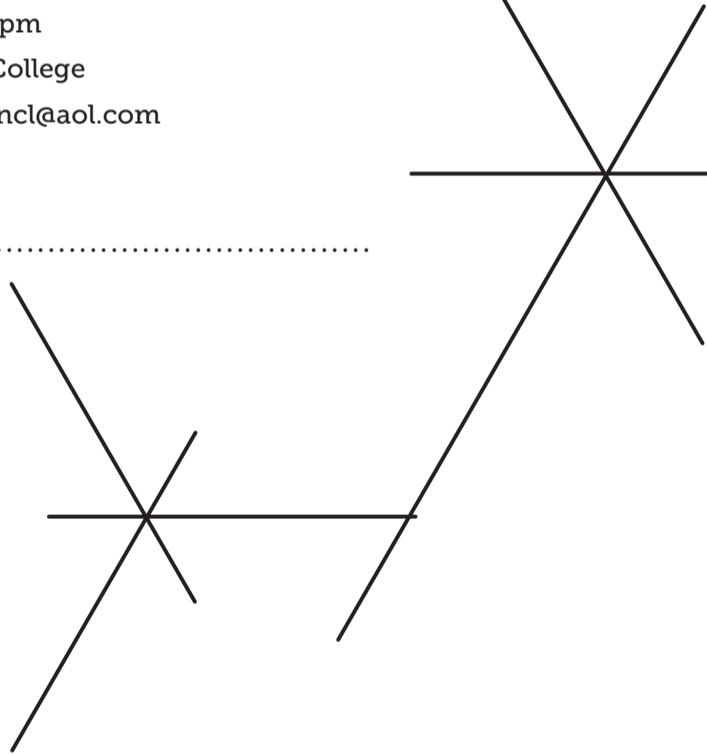
3

CREATIVE WRITING

The group has so far been running under the auspices of Launchpad as an informal class that anyone can join. The tutor draws on a broad range of knowledge to illustrate all aspects of creative writing, from poetry to prose to drama. The sessions are relaxed and enjoyable. Creative writing can have a powerful therapeutic effect gently encouraging participants out of their shells. Participants are encouraged to (and will have the opportunity to) present their work in public such as performing poetry to an audience should they feel ready.



Wednesdays: 11am-1pm
Location: Recovery College
Contact: Launchpadncl@aol.com
0191 2330382



4

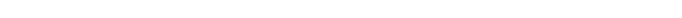
DBT SKILLS


This is a peer led course that looks at how Dialectical Behavioural Therapy skills (DBT) can practically help people who have trouble understanding and managing overwhelming emotions. This course is suitable for people with recognized personality difficulties or those people who struggle with the following:

- / Intense negative emotions
- / Impulsive behaviours
- / Feelings of emptiness
- / Mood swings
- / Wanting to hurt yourself
- / Regularly finding yourself in unhealthy relationships

/ Shared experience, validation, mindfulness and distress tolerance exercises will form a basis for every session.

Time: 10am-12pm
Day: Monday
Dates: October - 3rd, 10th, 17th, 31st. College closed October 24th for half-term. November - 7th, 14th, 21st, 28th. December - 5th.
Location: Recovery College
Contact: 0191 261 0948
info@recoverycoco.com





“There is nothing like this in other areas, this service is invaluable.”

“Much more supportive, but also helping to deal with the issues and self-esteem problems we have. By being a college it gives us the feeling that we all want to improve. We make the choice to come here – not be told too.”

“I am comfortable and able to be myself and to know I’m with peers who have recovered or are in recovery and truly know what you’re going through.”

5

'EXPLORING ART'

Each session will include time to develop looking and drawing skills and techniques. This will be followed by the chance to go out, in a group to draw some of our local landmarks and buildings.

Build confidence and achieve satisfaction.

Creativity can be an important part of recovery helping. This course offers the chance to try out some drawing techniques, develop your artistic skills and draw what you see around you. The course will enhance the way you look at the local urban environment, discovering beauty is all around us wherever we look.

Each session will include time to focus on developing looking and drawing skills and techniques. There will then be the chance to go out to put these skills into practice, and draw some of the local landmarks.

Run by Susan Reid

Time: 10am – 12pm

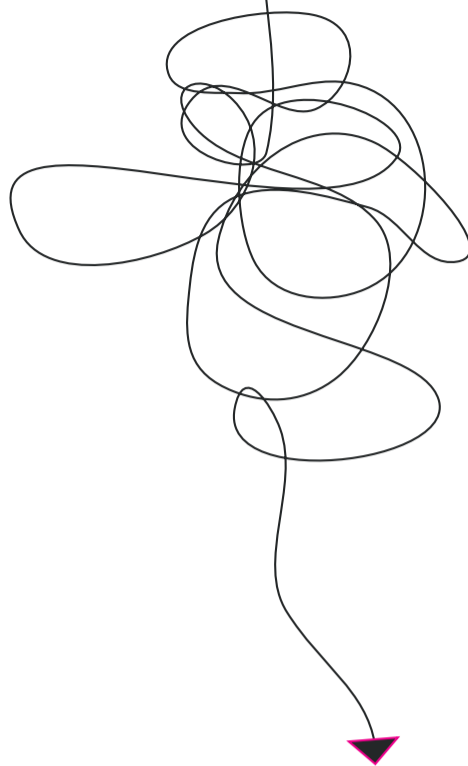
Day: Tuesday

Dates: September - 13th, 20th, 27th. October - 4th, 11th.

Location: Recovery College

Contact: 0191 261 0948

info@recoverycoco.com



6

EXPLORING EMOTIONAL RESILIENCE

Do you have difficulty managing your emotions? This course is facilitated by a peer who has lived experience of managing emotional difficulties that have impacted upon her behaviour. Through sharing experiences, challenges, skills and knowledge regarding managing challenging emotions, participants will support each other in learning more helpful techniques and coping mechanisms.

Time: 9.30am-12pm

Day: Wednesday

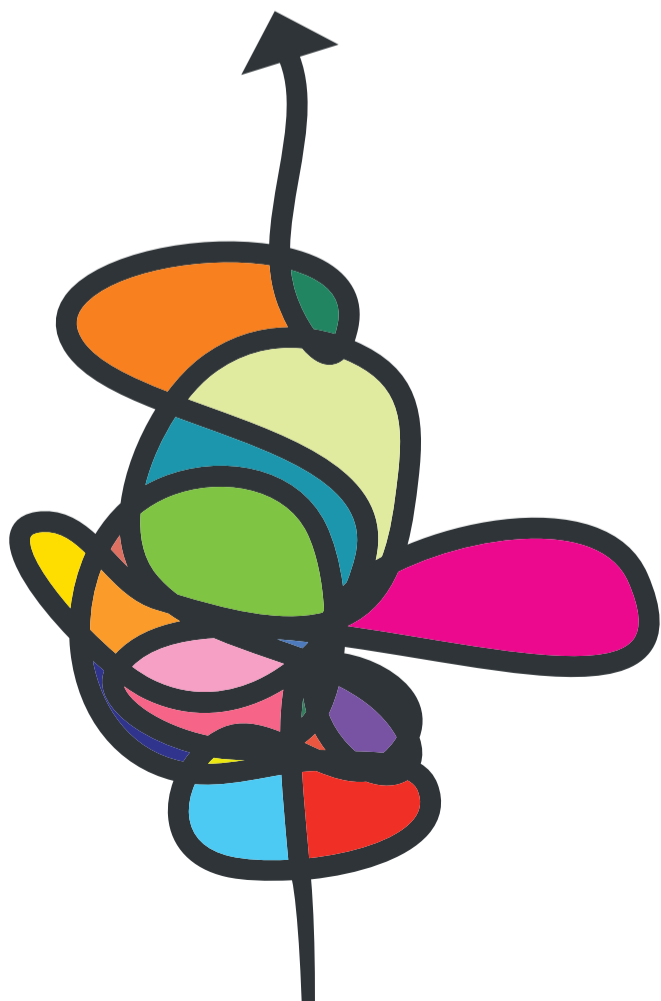
Dates: September - 7th, 14th, 21st, 28th.

October - 5th, 12th, 19th. College closed Oct 26th for half-term. November - 2nd, 16th.

Location: Recovery College

Contact: 0191 261 0948

info@recoverycoco.com



7

GARDENING

Gardening is good for the soul. It's very literally grounding, gets you outdoors in the fresh air, involves physical activity and gives a great sense of satisfaction and achievement in producing your own food whilst enjoying the beauty of nature.

This will be a weekly group working to develop and nurture an area designated as the Recovery College Garden, within the St Nicholas Hospital site. We aren't able to provide appropriate clothing so please bring clothes and shoes (preferably boots) that you are willing to get dirty. The gardening group is weather dependent. Should the weather be particularly bad, please call Michael at the Recovery College who will be able to confirm whether the group is on that day or not.

Time: 9.30am – 12.00pm

Day: Tuesday

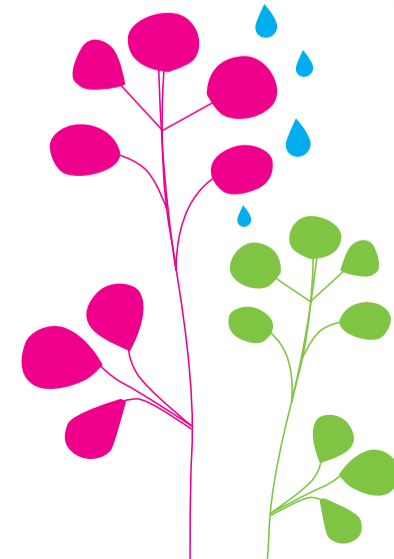
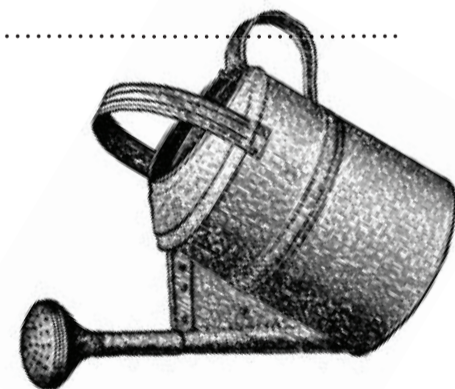
Dates: September - 6th, 13th, 20th, 27th.

October - 4th, 11th, 18th. College closed Oct 25th for half-term. November - 1st, 8th, 15th, 22nd, 29th. December - 6th, 13th.

Location: St Nicholas Hospital.

Contact: Michael Hall - 0191 223 2541

info@recoverycoco.com





JOLENE'S WORKSHOPS

9

Joelene English is a **Contemporary Dance** Theatre choreographer and performance artist. Since graduating in 2006 she has gone on to choreograph and perform in an array of genres and venues, as well as teaching a wide range of students and professional artists. She is interested in using dance, film and theatre to explore human nature when destiny becomes trapped by reality. Her work combines taut choreography, beautiful scenography and emotional performance. She is fascinated by mental illness and its impact on everyday life.

To date Joelene English Dance Theatres work has had a relationship with mental illness, this has been hugely influenced from personal experiences. Researching and delving into personal cobwebbed memories for work opens up a world of questions and few answers.



INTERPERSONAL SKILLS

8

Do you have difficulty in communicating with friends, family, doctors etc?

Do you feel like you are not being heard the way you should be?

Or do you feel that your listening skills could improve?

If the answer to any of these questions is yes, this short course could help you have a better understanding of yourself and others in communication.

Run by Simone Wiseman

Day: Tuesday

Time: 10am-12pm

Dates: September - 20th, 27th. October - 4th, 11th, 18th. College closed Oct 25th for half-term. November - 1st, 8th, 15th.

Location: Recovery College

Contact: 0191 261 0948

info@recoverycoco.com

The sessions will be playful and fun using different art forms including creative writing, movement, drama, visual art and photography to explore the creation of an alter ego. To tell a personal story taking moments from well-known stories as starting points and weaving the real lives of its creators in amongst fragmented fiction. There is a story within us all and spoken word can often get in the way of communicating it with others. These workshops will offer each individual a different way to speak a voice through physicality, objects, photographs or, if they dare, dance. Each workshop will create an environment for challenge, discussion, creation and silence. What is created within the workshops will form the basis of a collaborative multi medium installation of individual personal journeys, including photographs, sound and objects.

Time: 10am-12pm

Day: Friday

Dates: September - 16th, 23rd, 30th. October - 7th, 14th, 21st. November - 4th, 11th, 18th, 25th. December - 2nd, 9th, 16th.

Location: Recovery College

Contact: 0191 261 0948

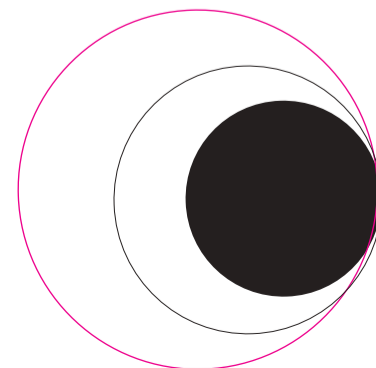
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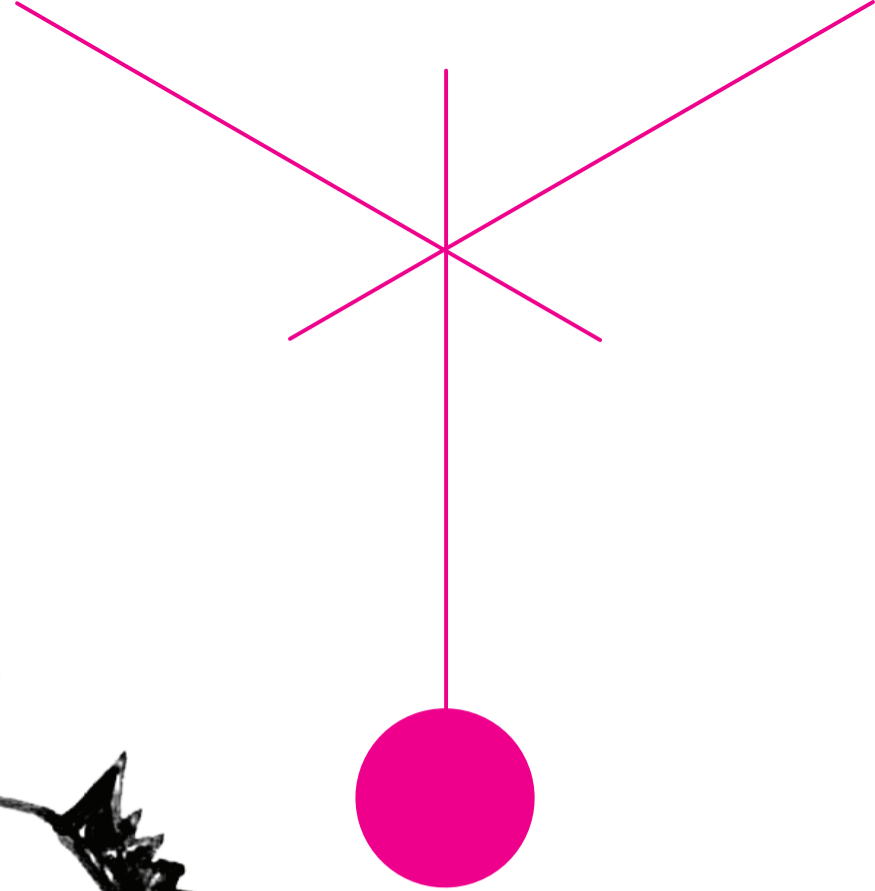
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MAD STUDIES

The North East Mad Studies forum meets once a month, alternating between Waddington St in Durham and Broadacre House in Newcastle. The forum is an informal space where members come together to discuss and debate a whole range of topics associated with 'Mad Studies'.

If you think you might be interested in attending and/or would like further details, please e-mail Victoria Armstrong on vearmstrong3108@gmail.com. For further information you may also like to take a look at our website which we are currently developing <http://madstudiesne.weebly.com>. Do come along – you are guaranteed a warm welcome!





“The attitude of the people around makes you feel valued and accepted.”

11

MEN'S CONFIDENCE COURSE

Men's Confidence would be suitable for any male (18+) who has identified a lack of self-confidence as an issue or a barrier to achieving his goals. After an introductory session, the course aims to increase each participant's ability to develop self-confidence by understanding the link between self-confidence and self-esteem and then identifying approaches to increasing their own self-esteem. These approaches to increasing self-esteem include: identifying activities and situations which increase self-esteem; understanding, and developing more realistic self-images as men; and developing skills in effective and assertive communication.



Date: Starts 13th September (8 week course)
Day: Tuesday
Time: tbc
Location: New England House
Contact: info@recoverycoco.com



12

MINDFULNESS

Feeling Stressed?
Feeling Anxious?
Feeling Tense?
Busy Mind?
Chronic Pain?

Mindfulness Can Help! Why not come along and give it a go?

Mindfulness can help with:
Happiness
Relaxation
Sleep
Relationships

Community Mindfulness: Come and join us for mindful meditation, mindful activity and discussion.

Mindful Therapies Timetable

Mondays

11am-12pm
St. Michael's Centre
2 Raby Cross, Commercial Road
Starts Monday 5th September
Donation-based - (just give whatever you feel comfortable with)
www.mindfultherapies.org.uk

Monday

2:30pm-4pm
Newcastle Buddhist Centre - 3rd Floor,
Broadacre House, Market Street
Mindful Space
by donation
A mindfulness and discussion group for people experiencing mental health problems. Please get in touch by emailing rachel@mindfultherapies.org.uk before coming along.

Tuesday

6pm-7pm
4th Floor (4.1), Broadacre House, Market Street
Drop-in Mindfulness
£3.50 (£2 concessions)
A mindfulness practice group open to all levels of experience.

Tuesday

7pm-8:30pm
Throckley Community Hall,
Community Mindfulness
by donation
A meditation and discussion group.

Wednesday

1:15pm-2pm
Newcastle Buddhist Centre - 3rd Floor,
Broadacre House, Market Street
Body Scan

£3.50 (£2 concessions)
Body awareness meditation open to all levels of experience.

Wednesday

2:30pm-4pm
Newcastle Buddhist Centre - 3rd Floor
Broadacre House, Market Street
Mindful Space
by donation
A mindfulness and discussion group for people experiencing mental health problems. Please get in touch by emailing rachel@mindfultherapies.org.uk before coming along.

Thursday

2:30pm-4pm
Segedunum Roman Fort, Buddle Road,
Wallsend
Mindful Space
by donation
A mindfulness and discussion group for people experiencing mental health problems. Please get in touch by emailing rachel@mindfultherapies.org.uk before coming along.

Friday

1:15pm-2pm
Newcastle Buddhist Centre - 3rd Floor
Broadacre House, Market Street
Body Scan

£3.50 (£2 concessions)
Body awareness meditation open to all levels of experience.

Sunday

4:30pm-5:30pm
Jesmond Library, St. Georges Terrace,
Jesmond
Drop-in Mindfulness
£3.50 (£2 concessions)
A mindfulness practice group open to all levels of experience.



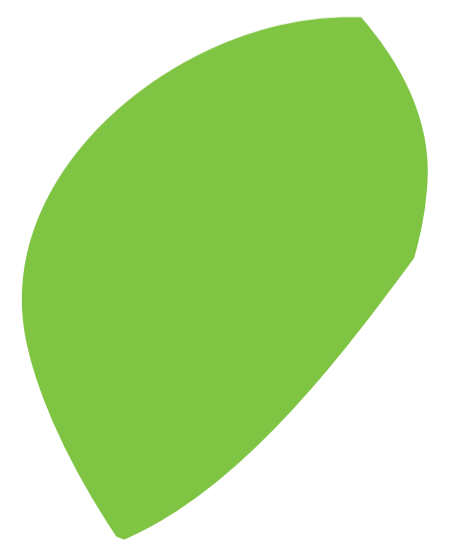
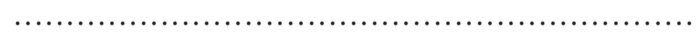


MINDFULNESS @ THE RECOVERY COLLEGE

We run a mindfulness drop-in twice a week during term time at Broadacre House. Mindfulness can help us gain control over our emotions and take control of our lives.

It's also really enjoyable so if you think that it could help or that you deserve a little bit of YOU time then why not come along and give it a try.

- Mondays:** Starting 12th Sept, 1pm-2.30pm
- Thursdays:** Starting 22nd Sept, 2pm-3.30pm
- Location:** Recovery College, Broadacre House
- Contact:** 0191 261 0948
info@recoverycoco.com



“I've found companionship, warmth and parts of myself that I thought were lost!”

“The whole course has been very informative. It has been quite difficult at times when exploring stuff such as triggers, feelings and coping strategies but I think this is valuable in the long run. I have also enjoyed the time spent on mindfulness, relaxation and energising techniques.”





WARNING: MAY CONTAIN TRACES OF PEER SUPPORT

BEATS



An open, music-creation, jamming, writing, experimenting, having lots of fun session.
Top floor Broadacre House

MONDAYS 3pm-6pm

0191 2330382 /
launchpadncl@aol.com for details



OH, F-F-F-F....

FISHING GROUP



IT'S A GROUP. THAT GOES FISHING. WITH GEORGE AND ALAN. AND YOU, IF YOU WANT TO GET SOME FISH AND FUN IN YOUR LIFE.

LAUNCHPADNCL@AOL.COM
0191 2330382 FOR DETAILS



GEEK GROUP



Computer games, comic books, tech, movies & TV, boardgames, sci-fi & fantasy, anime, and all that's geek cool.

With real people.

Geek Group

2pm to 4pm, every other Thursday
launchpadncl@aol.com 0191 2330382



Keep Going group

An LD and MH group

What we do: Games, chat, and fun in a friendly atmosphere for the Learning Disability community

When: From 10.30am on Fridays until noon

Where: Broadacre House, Market Street, Newcastle upon Tyne NE1 6HQ

Contact: launchpadncl@aol.com or 0191 2330382



PEERENTAL ADVISORY EXPLICIT SUPPORT



Silver Lining

A fortnightly depression, low mood and anxiety peer support group

Please ring 0191 2330382 or email launchpadncl@aol.com for details



DROP BY

Tues & Wed 1-3pm

INFORMAL PEER SUPPORT

Come by and chat with folk from the Recovery College Collective



A free, relaxed and informal group, we meet every **Wednesday (11am-1pm)** to discuss and write about a wide range of topics. We all (including the tutor) have experience of mental illness and the group caters specifically for this. The atmosphere is friendly, guidelines are agreed, confidentiality is respected, and whilst everyone takes part, there is never any pressure to share your writing unless you want to. There's plenty of variety - something different every week - and since the group is ongoing you can attend on a regular basis or just drop in when you feel like it.



InSIGHTs

Self Injury Group

A group for those who have lived experience of self-harm or self-injury. This includes a range of issues, ranging from cutting, to skin-picking, to hair-pulling and other behaviours.

Run by and for service users and those who have self-harmed, it offers a supportive environment in which to share experiences, coping techniques, and the opportunity to talk to others.

It is not a clinical service, but a peer support and self-help group aimed at those for whom existing services don't quite meet all their needs, and it works to complement, not to replace professional medical help.

For further details please contact Launchpad
launchpadncl@aol.com 0191 2330382
or Steve O'Driscoll 07947766327



Pride in Mind

A group for people from LGBTQI communities who experience mental distress

RASPP

Regional Anti-Stigma Partnership

Working together across the region to tackle the stigma attached to mental health.

launchpadncl@aol.com or 0191 2330382

Let's talk PD

A monthly early evening group to allow those who've been given a label of personality disorder to share experiences and support each other, all in a confidential, friendly, facilitated meeting.

13th September
11th October
8th November
and 13th December

5pm to 7pm
Top floor, Broadacre House
Newcastle upon Tyne
NE1 6HQ

Please contact us to arrange to attend
0191 2330382
launchpadncl@aol.com

WOMEN'S GROUP

BLISSFUL

EVERY SATURDAY LUNCHTIME

tel: 0191 2330382
launchpadncl@aol.com

WALKING & TALKING

Launchpad Wanderers walking group

Canny folk, with lived experience of mental health problems, meeting every other Sunday for a ramble, amble, stroll or meander in the great outdoors. Nothing too strenuous, in good company, with all routes planned in advance and start/finish points accessible by public transport.

For further details, contact Chris Rooney.
0741 595 4065
christopher-rooney@hotmail.co.uk

c/o Launchpad,
Broadacre House, Market St, Newcastle upon Tyne, NE1 6HQ

Safe Space

Improve your mental health by joining a supportive peer group where you can meet others who have mental health issues who may be able to help you from their own experiences.

We meet every two weeks in Newcastle so if you live in Newcastle and are interested in attending Safe Space phone us on 0191 4774545 to find out how you can access the group.

Registered Office Tyneside & Northumberland Mind, Wellbeing Centre, Dunsunur Grove, Bensham, Gateshead NE3 4QL, Company Number: 7552434, Charity Number: 1548856.



The Northumberland, Tyne and Wear Service User and Carer Network: watch out for our meetings at Broadacre

NTW SU&C Network

Tuesday afternoons or Thursday afternoons
1-1 or small group

Guitar
lessons and sessions

NO NAMES NO PACK DRILL

A veteran is someone who has served in the armed forces for at least one single day, unlike in the United States where only if you have been in combat are you classed as a veteran. This group is where we as individuals with the common bond of having served Queen and Country regardless of being a Skate, Crab, Bootie or Squaddie, can get together and assist each other on our own personal journeys regardless of having or not having mental health issues.

We will explore ways to ensure

- / Good sleep hygiene
- / Controlling emotions
- / Safe and appropriate disclosure
- / Dealing with stress
- / Exploring ways and means to maintain personal wellbeing
- / Where and how to gain the help that is needed
- / Plus many other things that veterans can bring up

Wives, husbands and partners are more than welcome.

There is no rank or social structure in this group as what makes us unique is not the fact rank or social standing was achieved but that we served (check the poster, have stayed away from the traditional listing of our beloved armed forces)

This is a free non-therapy group: no hidden agendas, no flashy cars, no OiC, no bull or blanco.

Time: 11.15am – 1.15pm
Day: Wednesday (Fortnightly)
Dates: September - 14th, 28th. October - 12th. College closed Oct 26th for half-term. November - 9th, 23rd. December - 7th.
Location: Recovery College
Contact: 0191 261 0948
info@recoverycoco.com

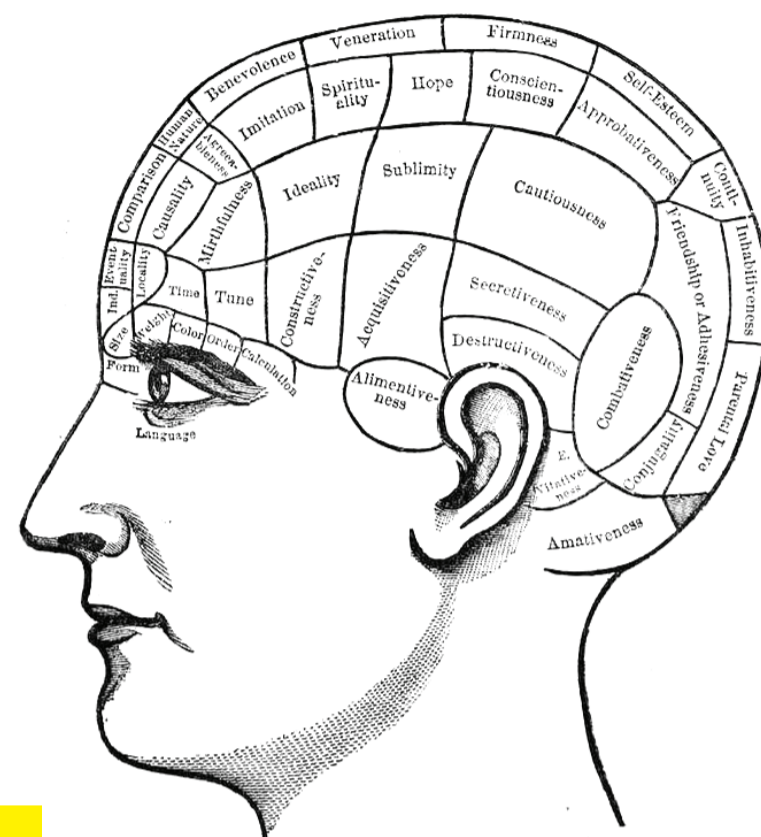
NEURO-DIVERSIFICATION UNINCORPORATED SESSIONS!

Does your brain follow the rules? No? Neither does ours!

Forget the games, let's get serious ... over the next 6 weeks, we will be attempting to piece together the complex and diverse nature of our unique neurology and behaviours. Such behaviours can include difficulties with organisation, memory, concentration, time, direction, perception, sequencing, poor listening skills, leading to low self-esteem, anxiety and depression. However you can also be creative, original, open-minded and determined.

We hope to enable each other to create - and build upon - supportive networks, coping strategies and active ways to self-manage.

Dyscalculia: D1ff1culti3s with calculat10n & Numb3r conc3pts.



Dyspraxia/DCD: Difficulties with movements and co-ordination.

AD/HD: Emotional, mental and sensory regulation difficult (is this a shiny apple?).
Autistic Spectrum Disorder (ASD) inc.
Asperger's Syndrome.

Social & communication problems, Obsessive, difference of Imagination.

Dyslexia: difficulty with reading, spelling, word recognition & sequencing.

Tourette's Syndrome: Verbal & physical tics.

Word (bananas) finding & speech problems
ss

Times: 1-3pm
Day: Thursdays
Dates: September - 15th, 22nd, 29th. October - 6th, 13th, 20th.
Location: Recovery College
Contact: 0191 261 0948
info@recoverycoco.com

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PANDAS

Pre and Postnatal Depression Advice and Support (PANDAS Newcastle) Support Group gives people affected by pre and postnatal illnesses. That's Mams as well as partners, families and carers, the chance to support each other through their ongoing recovery. Coming to a PANDAS group is a chance to meet as a small group to share experiences, gain emotional support and realise you're not alone, helping make life's challenges as a new parent a little bit easier. Children and families welcome.

Dates: Last Saturday of each month

Time: 2pm-4pm

Contact Ang on 07854 880 675 or Sarah on: info@recoverycoco.com, or drop in to our next session.

Location: Broadacre House

PHOTOGRAPHY COURSE

17

This 5 week course will develop your photography skills. It will teach you to use a variety of techniques and learn about aperture, shutter speeds, exposure compensate, white balance and bracketing. The sessions are based on discussion, working from PowerPoint and practical application of the techniques. Throughout some of the sessions we will go out locally to practice what you have learnt, including a visit to Jesmond Dene. There is no written work throughout and you will be given copies of the PowerPoints in paper form or electronically saved to your memory stick.

Starts: Wed 7 Sept (5 week course)

Time: 1.30 - 3.30 p.m.

Where: New England House

Contact our team to book a place either by phone, text or email

Email: mfn@mentalhealthconcern.org

Telephone: 0191 222 0324

Text: 07593 784 781

"

"I feel I am equipped to deal with more now than before I started. I feel like I am on my way to progressing and want to work towards employment."

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RECOVERY THROUGH BLOGGING

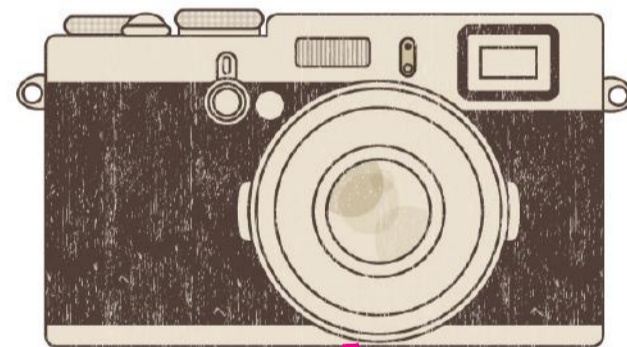
A two workshop series to provide an insight into the use of personal, online blogging as a tool in mental health recovery.

Giving you the opportunity to learn what a blog is, how you can benefit from reading or following one and the journey of I'm NOT Disordered, a mental health blog set up by the course facilitator (Aimee Wilson) with now over 100,000 followers.

When: Tuesday 27th September 1pm – 3pm, Tuesday 4th October 1pm-3pm

Location: Broadacre House

Contact: 0191 261 0948
info@recoverycoco.com



'RELEARN'

Zoe and Emma's Self-Soothing Skills module at Recovery College.

Do you feel as though life is a game, and the rules have been given to everyone except you?

Do you become emotionally overwhelmed by situations that other adults seem to take in their stride?

Now is your chance to discover strategies to soothe yourself when you are experiencing moments of extreme anger/ fear/ shame/ despair.

This eight-week course is brought to you by experts in personality disorders – one qualified DBT therapist and one service user in the final stages of recovery.

The first 2 sessions look at what it means to be 'mindful' (i.e. not avoiding the present, no matter how uncomfortable it is). The following 6 sessions will explore self-soothing skills. There will be an optional 9th session for celebration/clients' feedback to the facilitators. (This course is a pilot project, and may be extended if successful.)

Time: 10am-12pm

Day: Friday

Date: October - 7th, 14th, 21st. November - 4th, 11th, 18th, 25th. December 2nd, 9th.

Location: Broadacre House

Contact: 0191 261 0948

info@recoverycoco.com



"Well decorated, friendly, warm, comfortable atmosphere and the staff are friendly."

SAFER TOMORROWS WORKSHOPS

LD:NorthEast is a registered charity with a longstanding reputation for providing a wide range of socially inclusive support for people affected by learning disabilities. We believe that people with learning disabilities should have the same rights, opportunities and quality of life as everyone else. We are dedicated to supporting people with learning disabilities, and their carers, to lead fulfilling lives.

Our 'Safer Tomorrows' project works across North Tyneside and Newcastle, and aims to support people with learning disabilities who may be vulnerable to hate crime. The project works closely with local police, and is funded through the Northumbria Police Crime & Commissioner's Victim Support Fund. A Hate Crime is any crime that the victim (or someone else) thinks happened because of who they are, and can include:

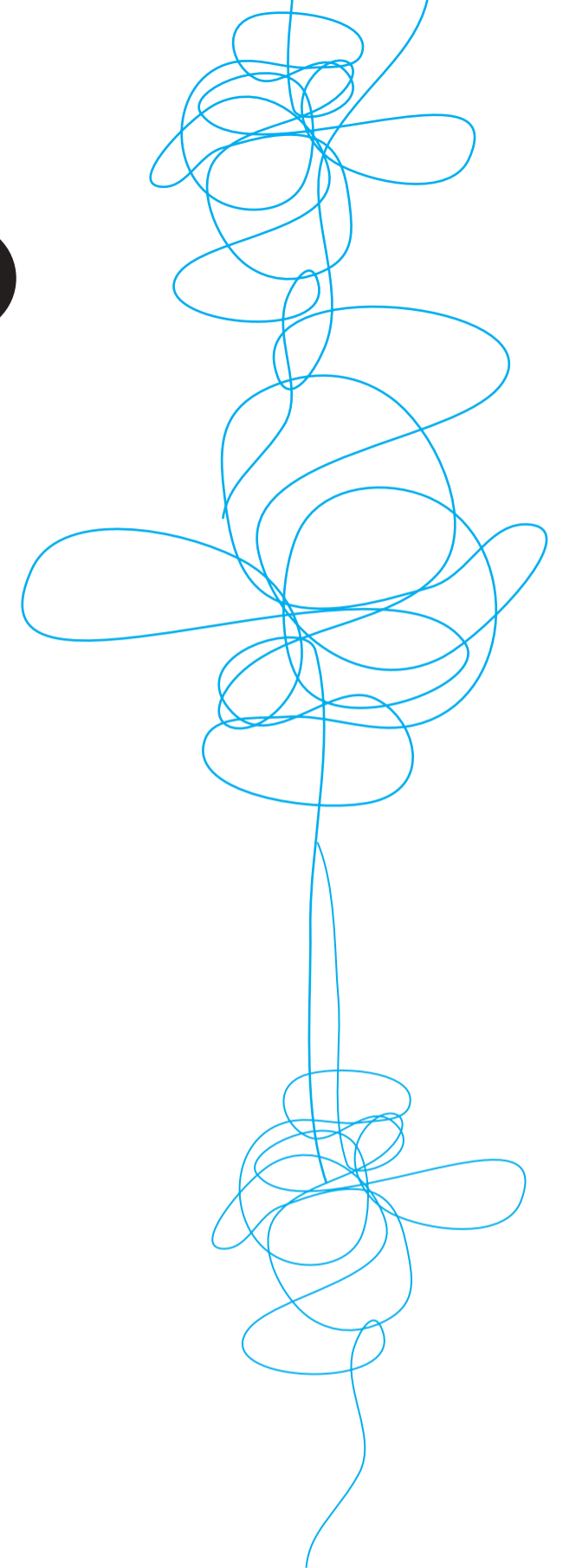
- / Hurting you by kicking or punching
- / Damaging your home or possessions
- / Stealing from you
- / Calling you names
- / Threatening you

It is very important that people with learning disabilities realise that they do not have to put up with this sort of treatment. It is important to report hate crime so that the police can help to make sure it doesn't happen again. The Safer Tomorrows project aims to:

Build awareness of what hate crime is, so that people are better able to recognise it and report it.

Give people with learning disabilities practical support to report hate crimes.

Help people develop the confidence and skills to 'speak out'.



We will be running 2 workshops that are tailored to meet the needs of people with learning disabilities.

Location: Broadacre House

Contact: 0191 261 0948

info@recoverycoco.com

Friday 2nd September, 10am – 12pm:
Hate Crime Awareness Workshop

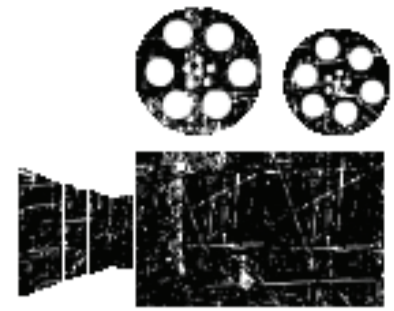
This workshop looks at what hate crime is, who to tell and how to report it.

We look at how to speak up for yourself, and how to ask for help when this is difficult.

Friday 9th September, 10am – 12pm:

Safer Tomorrows Workshop

This workshop looks in more detail at how to speak up for yourself, and how to ask for help.



TYNESIDE CINEMA BUDDIES

For some people going to the cinema can often be met with many different barriers. Sometimes even the simple fear of the unknown or what lies beyond a doorway can put people off or make them less likely to come and enjoy a place. Barriers are what we want to take down at the Tyneside Cinema and through our Audience Outreach programme we are developing ideas and testing approaches to make coming to the cinema an enjoyment for everyone.

The Cinema has teamed up with 3 organisations in Newcastle: Age UK Newcastle, Friends Action North East (who provide support for adults with additional learning needs) and ReCoCo (the Recovery College Collective), a support service platform for people living with mental health issues.

Volunteers from each of the 3 organisations have attended an induction morning ran by the Cinema. The idea of the induction is to welcome the volunteers to the Tyneside and introduce them to how the Cinema operates on a day to day basis. During the induction volunteers get to know more about the Cinema Buddies project, have a tour of the whole cinema and ask any questions.

After the induction volunteers received a Blue Cinema Buddy Lanyard so they can identify themselves with staff at the Cinema. There are 10 Cinema Buddies active at the moment. Buddies are encouraged to go back out to the users of their service and invite small groups of 3 to 4 people to come and enjoy a film together. Many of the groups may have not been to the cinema before or may face a certain barrier that restricts them in some way. Cinema Buddies will be the friendly face that have been here before and can help their group with any additional needs they may have. Cinema Buddies will go free into a film and the users of the project will pay the normal price, with any concessions they qualify for.

Cinema Buddies will support people to come

and enjoy films together, meet new people in a small group and hopefully will feel comfortable coming to the Cinema themselves after a few visits.

For further information on Cinema Buddies please contact the cinemas Audience Outreach Officer: chris.anderson@tynesidecinema.co.uk

And we at ReCoCo have 5 buddies trained up, with more on the way. So, if you want to go see a film in one of the region's foremost cinematic venues, but maybe need some assistance or company in order to go, then get in touch with us at the Recovery College Collective.

Contact: 0191 261 0948
info@recoverycoco.com

SPIRITUALITY

This five week course will provide an opportunity to explore in a supportive group how addressing our spiritual needs can help our mental well-being. How do we feed our spirits? How can we best deal with the past and look forward to the future? We'll seek to explore the concepts of joy, forgiveness, spirituality, faith, hope, and love. This is for everybody, whether they are religious or not ...

Time: 1.30pm-3.30pm

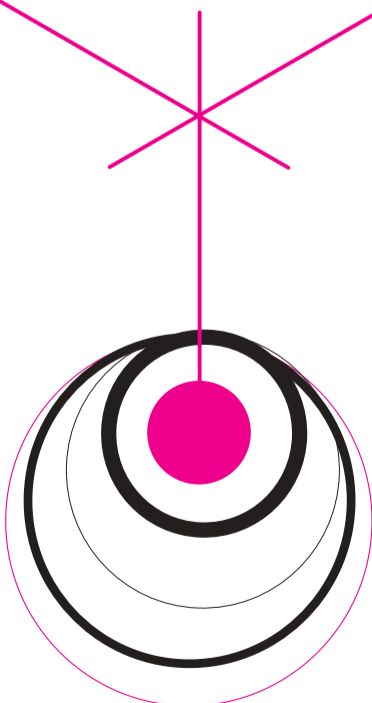
Day: Wednesday

Dates: September - 14th, 21st, 28th. October - 5th, 12th.

Location: Recovery College

Contact: 0191 261 0948

info@recoverycoco.com



UNDERSTANDING MEDICATION

This one day workshop explores the practical and physiological impact of taking medication. It's an informal discussion group with a senior pharmacist that explores issues through shared experience. This workshop is suitable for anyone who wants to learn more about medication or for those who are thinking about changing, reducing or coming off medication.

These workshops will take place on:

Thursday 15th September 2pm-4pm

Wednesday 5th October 10am-12pm

Wednesday 23rd November 10am-12pm

Location: Recovery College

Contact: 0191 261 0948

info@recoverycoco.com

UNDERSTANDING PSYCHIATRY

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The session will initially describe the approach taken by psychiatrists in assessing, understanding and treating mental disorder. It will include briefly the development of psychiatry as a branch of medicine, looking at similarities and differences from the rest of medicine and will also describe the areas of information that are considered important in the history and investigation, and consider the concepts of diagnosis and formulation as used by psychiatrists. It will set out the approach taken to consider the many different influences on a person's health and how these are taken account of in reaching a conclusion, and planning care and treatment. We will then look forward to an interactive discussion about the strengths and weaknesses of this approach. Like all approaches there are limitations, some of which psychiatrists are aware of and others perhaps less so. Others still are perceived by service users, carers and members of the public.

By the end of the session, those who attend will have gained:

/ an understanding of the psychiatric approach, its strengths and limitations

/ an understanding of a multidimensional formulation

/ an understanding of the benefits and limitations of diagnosis

Facilitated by the former Medical Director of Northumberland, Tyne and Wear NHS Foundation Trust.

Monday 31st October: 10am-12pm

Location: Recovery College, Broadacre House

Contact: info@recoverycoco.com



UNDERSTANDING THE IMPACT OF A DIFFICULT CHILDHOOD

25

This intensive, two day course will give students the opportunity to explore both subjects. Gaining an understanding as to how and why difficult or traumatic early life events can continue to affect our wellbeing. How did you learn to talk? How did you learn how to perform ordinary life tasks? How did you learn to soothe your distress? Childhood is when we learn who we are and what to expect from others. If this time was difficult then the impact on your thoughts and feelings is significant. This course explores the impact

of difficult early life and it's effect on the present. Formulation is a helpful technique used by health care professionals to make sense of a persons difficulties. It's basically a life jigsaw, incorporating early life experiences, belief systems and current ways of being. It draws upon psychological and social theories to really understand someone's situation and is used as an educational tool to help the service user understand themselves better and to take control of their own destiny. It's a tool which aims to emancipate the service user by co-producing a map of the past and developing a plan for the future. During these sessions you will have the opportunity to create your own formulation.

The dates for this course will be confirmed in September. Please let us know if you're interested and we'll be back in touch with the dates and times.

Contact: 0191 261 0948
info@recoverycoco.com

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VERY BASIC IT SKILLS WORKSHOP

From turning the computer on to working your way around a keyboard and controlling a 'mouse', David will be delivering a workshop that starts at the very beginning. So if computers are completely alien to you then don't be afraid... Come and have a go at the very practical skills needed to start one up and understanding what they can do.

Tuesday 18th October 10am - 12pm.

Location: Broadacre House

Contact: 0191 261 0948

info@recoverycoco.com



“ This is completely different. I've never felt like I belong somewhere before this, it also has helped me make sense of what is going on.”

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WRAP AWARENESS

A workshop for people who experience mental health challenges and for those who care about them. It promotes a structured approach to developing a range of strategies to support self-management in recovery from distress. We recommend this 2 day awareness workshop to all of our students and so we run it regularly throughout the term. WRAP® (Wellness Recovery Action Plan) is a plan designed and managed by you and is designed to:

/ Decrease and prevent intrusive or troubling feelings and behaviours

/ Increase personal empowerment

/ Improve quality of life

/ Assist you in achieving your own life goals and dreams

2 day workshops running;

Monday 12th September 10am – 4pm

Monday 19th September 10am-4pm

Thursday 10th November 10am – 4pm

Thursday 17th November 10am – 4pm

Tuesday 29th November 10am – 4pm

Tuesday 6th December 10am – 4pm

Location: Broadacre House

Contact: 0191 261 0948

info@recoverycoco.com

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WRAP DROP IN

Have you been on the WRAP awareness course?
Would you like to do your own WRAP?
Do you need help finding your triggers, exploring new coping methods or with any other aspect of your WRAP.
Do you need help to build or refresh your current plan?

Our WRAP facilitator is running a WRAP drop in for students who have completed their two day WRAP Awareness and would like to discuss or revisit their plans.

Monday 26th September 10am-12pm

Wednesday 19th October 1pm-3pm

Tuesday 22nd November 10am-12pm

Location: Broadacre House

Contact: 0191 261 0948

info@recoverycoco.com





ARE YOU A CARER?

WOULD YOU LIKE THE CHANCE TO CHAT WITH OTHER CARERS? 'YAKETY YAK' WITH YVONNE.

Our lovely Yvonne is keen to set up an informal carers group because she knows how isolating and exhausting caring for someone you love can be.

This drop-in will likely take place on either a Monday or a Friday.

Please contact us if this is something you would be interested in and we'll get it up and running.

Location: Broadacre House

Contact: 0191 261 0948

info@recoverycoco.com



ANYONE FOR SPORT?

IF YOU WOULD BE INTERESTED IN PARTICIPATING IN SPORT IN A LOCAL VICINITY, ONCE A WEEK – THE COLLEGE WOULD LIKE TO HEAR FROM YOU!

We are looking to provide sporting opportunities for students once a week with the possibility of some coaching sessions available on some weeks.

Some of the sports that have been mentioned are: Badminton, Basketball, Netball, Table tennis, Archery and Five-a-side Football.

If you have any sporting suggestions or can coach or are willing to get involved with sports at the college, please contact me at the college: simon.mothersole@ntw.nhs.uk

The college is looking for a city centre location so it's easy to get to for students, but people have expressed interest in Eldon square and St Gabriels church but again if you have any ideas please email me. Also there is the social side to sport so if you would be interested in meeting up for free soft drinks back at the college and discuss possible friendly games and outings please express your interest to me by email. Or if you have an expertise or a speciality in a particular sport and want to get involved with the college, give us a ring on 0191 2610948.

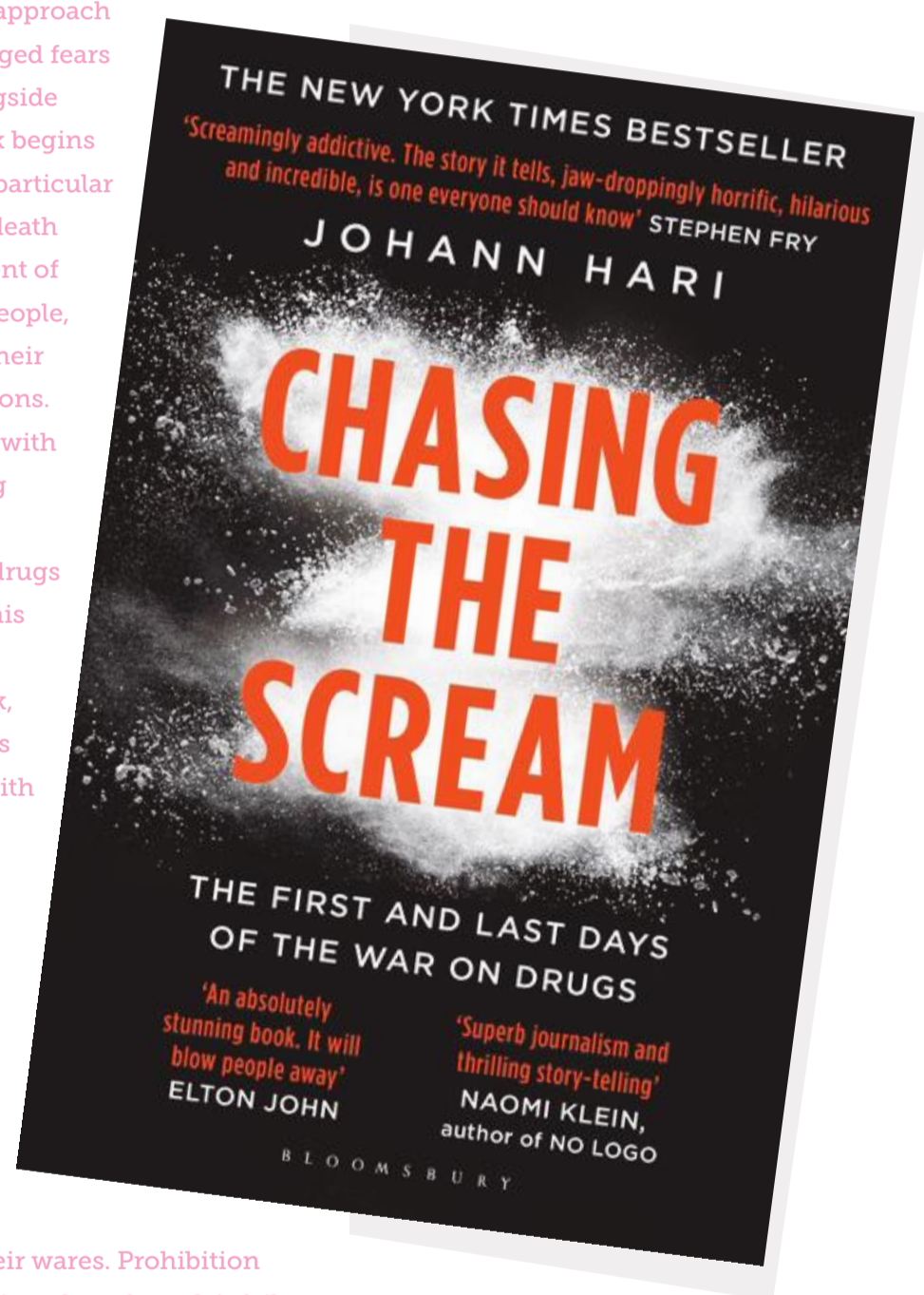
BOOK REVIEW- CHASING THE SCREAM; JOHANN HARI



Previously disgraced journalist Johann Hari sets off on a 3 year and 30,000-mile journey to uncover the true story behind the “war on drugs” and the subsequent impact this policy has had on drug users, law enforcement agencies, families and society in general. Hari has a personal investment in his search, having experienced first-hand the heartbreak associated with loving and living with someone addicted to drugs. Hari, like I, and I suspect society in general, assumed that the “war on drugs” was waged because drug use was ultimately deadly and that the chemicals in drugs were so powerful, users would be instantly hooked following their very first try. This argument has long supported the worldwide prohibition approach to drug use. However, Hari systematically dismantles each of these alleged fears one by one, replacing them with scientific and medical evidence, alongside alternative approaches which are having far better outcomes. The book begins with a historical examination of the origins of drug legislation, and in particular focusses on the life of Billie Holiday and how she was hounded to her death by the instigator of the “war on drugs” Harry Anslinger. The enforcement of drug laws was then, as it is now, heavily weighted against non-white people, with non-white people far more likely to be arrested, imprisoned and their lives ruined, despite similar ratios of drug taking within white populations. Hari also delves into the “chemical hook” belief of addiction, exploring with both scientists, medics and drug workers the evidence behind this long reported phenomenon, discovering that the minority of people that do become problematic drug abusers often have traumatic pasts and use drugs to ‘disconnect’ from feelings and experiences, and upon finding that this is an effective way of managing, use it over and over again. Whilst this part of the book was no shock for me, the final few chapters of the book, which focusses on alternative approaches to dealing with drug use, was enlightening, heartening and has restored my hope in helping those with addiction. Hari visits other nations who have rejected the ‘prohibition’ approach, and who have instead experimented with decriminalisation and legalisation, focussing on health and social care with the aim of ‘reconnecting’ problematic users meaningfully back into society. The results are mind-blowing; stable to declining drug use, massive reductions in petty crime, reductions in organised crime and almost complete eradication of deaths associated with overdose and dirty drug use. Hari argues that “prohibition” has multiplied the problems facing drug users and society as a whole, and has created a multi-billion-pound industry for underworld gangs who unscrupulously and indiscriminately murder those who stand in the way of distributing their wares. Prohibition does not work as it is not founded on evidence, it is poorly and discriminately enforced, it fails to reconnect those whose use has become problematic, and it drives up both abuse, addiction and death.

I found this book fascinating and mind-blowing, although it does take a little stamina and perseverance to get over the first few chapters which are a little history heavy. A great read for anyone interested in addiction and alternative solutions... or for anyone interested in society in general.

Review by Dr Michelle Glascott



SIMONE'S JOURNEY

I started my journey of recovery in September 2015. I was travelling to St. Nicholas in Gosforth nearly every day without any medical assistance. I found the courses useful but expensive for fares and a bit too far out of the way for me. I slipped back into deep depression I found myself crying even before I left the house and couldn't stop until entering the Recovery College and the tears would start flowing until I got home. This was an embarrassing time for me, emotional and financially. I decided to phone and say I'd have to put my treatments to one side until I'd seen my doctor and got my finance in order.

My doctor was of no help, so at the start of 2016 I took an overdose and was sent to see Crisis. They were really good with advice. After analysing me, I was still Border Personality Disorder, which has been recently renamed Emotionally Personality Disorder, and also suffering from manic depression and anxiety. They wrote a letter to my doctor advising that I should be prescribed 50ml of Trazodone, which is a strong sedative anti-depressant. Within a few weeks I'd had my medication quadrupled to 200ml and I was starting to feel better, with less tears, so I thought it was time to phone the Recovery College and get back on the courses.

A member of staff got back to me and told me their new base was in Newcastle, closer and easier for me to get to. It was an empty undecorated space. I got an appointment for enrolment and when I came I was told the courses started in February. I couldn't wait, couldn't stay in the house depressed any longer. The member of staff pointed out that there was 2 new volunteers painting so I asked..... "can I do that?" and I got to paint our classroom, clean it up and help clean and organise furniture on our floor. This was very therapeutic for me. Since then I have done mindfulness courses, creative writing, DBT skills and I have trained to be a Peer Support Worker. The latter course has been the most beneficial to me as it's helped me to become employable with the NHS mental health team. I never thought I'd be able to co-facilitate or facilitate my own course, but I've co-facilitated in the WRAP Programme which has built my confidence up so much that I will be facilitating my own course for 8 weeks doing 2 hourly sessions on Interpersonal Skills at the Recovery College, a place where I feel welcome, appreciated and understood.



GET INVOLVED

Sign up to become a member of our NHS Foundation Trust for free and you can:

/ Receive regular Trust information

/ Vote in Governor Elections or stand as a governor yourself

/ Have your say on issues that interest you

Contact us at:

www.ntw.nhs.uk/getinvolved

Telephone: 0191 245 6827

FREEPOST: NTW Membership (no stamp required)



TRANSGENDER SUPPORT

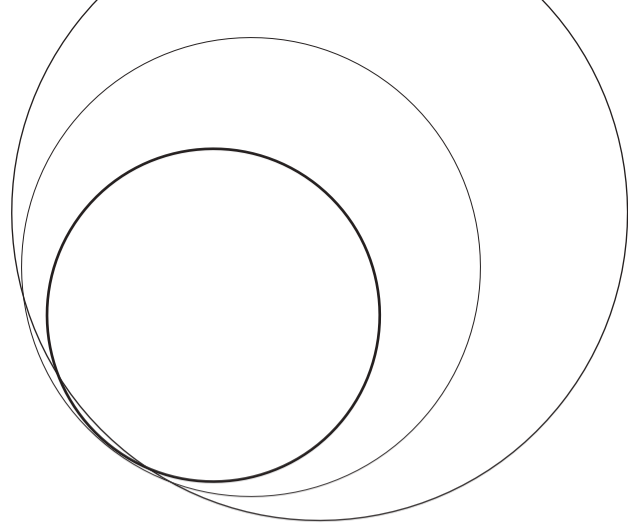
Ashley Philips is keen to run classes and activities from The Recovery College for people in the Transgender Community.

If this is something that interests you then give us a call and we'll put you in touch with her. She's absolutely lovely and we'd love to see more of her.

Contact: 0191 261 0948
info@recoverycoco.com

“ The Recovery College is an invaluable service, there is nothing like this in the area I am from and when I lived there I felt so alone which had a negative impact on my mental health. The staff are always welcoming and the other students are lovely. I feel accepted here and not judged therefore The Recovery College has had a positive impact on my mental health.”

Jo



WITHOUT JUDGEMENT

I am glad to have attended the Recovery College and I hope to continue doing so in the foreseeable future because of the benefits I have seen and am seeing from it. I think this kind of service is invaluable in communities and so helpful and supportive in all number of ways. Personally, I find it a comfort and reassuring just now knowing that The Recovery College exists and is a place which feels easily accessible. The courses are varied and interesting, and have broadened my awareness and understanding of emotions, feelings, reactions - all in a way that makes it feel more 'normal', acceptable and without judgement involved. But more than this, I think most importantly of all, it is the company of other people, trying to build more confidence, learning to engage more, a sense of belonging, a feeling of purpose and having somewhere to go which feels safe, non-pressured, manageableand friendly. This goes for the staff members and other service users alike. This, for me, felt like just the right thing coming along at just the right time and it's nice to have 'something' when your life has gotten all mixed up, lost, uncertain, overwhelming or 'off track'.....for whatever reason that may be. Now when I walk towards Broadacre House, it is not just a building, but it is a familiar spot, somewhere I can identify with as being a place I associate with something positive in my life. Positive even just because I started going there in the first place! and have completed some courses and now know of people, can recognise familiar faces, know people's names, (mostly!) (sometimes it's the small things like that which count for a lot!) all of these things feel like, for me personally, a sort of comfort blanket, part of a support system and the sign of steps forward in generally building up in life and learning how to contend with the world, as well as thoughts, fears and feelings that so often feel just too much!

"I KNOW HOW HARD IT IS TO PICK UP THE PHONE"

Contact number:
0191 261 0948

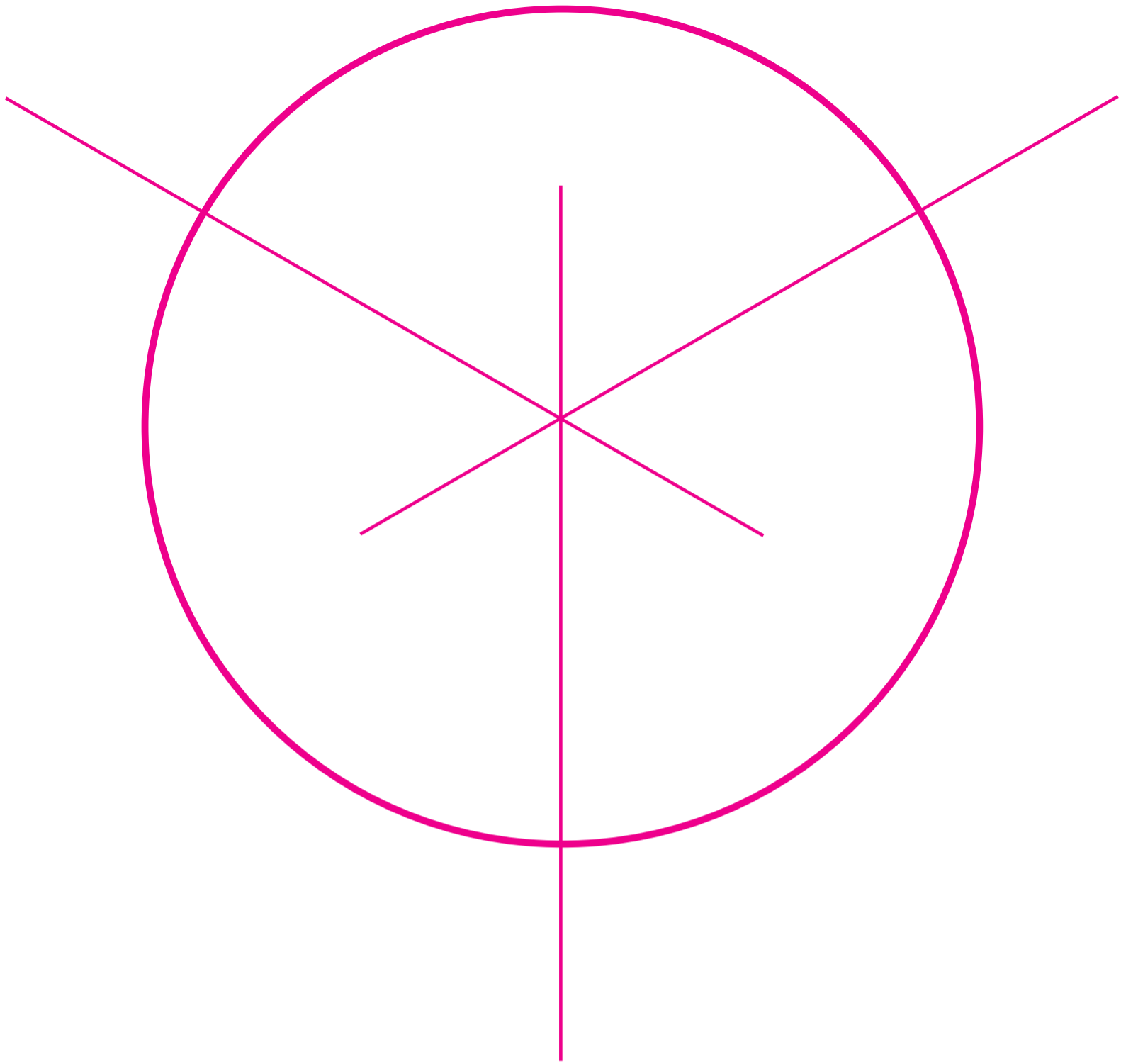
Hello my name is Yvonne, age 55 years old. I started coming to the Recovery college at St Nicholas Hospital at Gosforth for the first few courses. I never went out or mixed with anyone as I felt that I did not fit in. I found out about the college and I rang up and talked to someone on the phone. The person on the phone was really helpful and had a friendly voice. She made me an appointment to visit. I was very nervous going to my first appointment but when I got there I was made very welcome and felt that they understood me. I felt the staff were really helpful and caring. They made me feel like a person again. The staff are like family and I have made some very lovely friends. I enjoy coming here. I have good time on the courses and it has made my life a lot better, happier I feel that I fit in and don't feel worthless any more. If you feel like I did then come along and join us, we are here for you with open arms we try and understand the way you feel. We will listen to you and how you feel and hopefully make you feel as welcome as I did. I know how hard it is to pick up the phone but I'm so glad that I did as my life is worth living now and much happier. The Recovery College is a godsend and I'll always be grateful to everyone that has supported me through my illness and would like to thank Angie and Denise, the staff, from the bottom of my heart for all the support they have given me and all my friends. A big thank you to you all for all your support love you all...



MAKE THE FIRST STEP TO RECOVERY

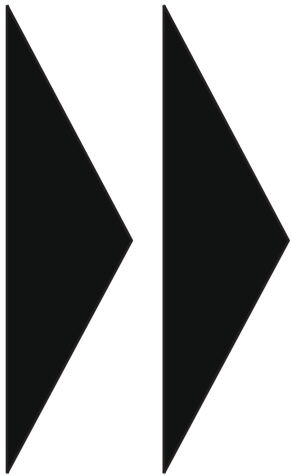
Hello, my name is George.

My worker Jen from Changing Lives gave me a few leaflets at Christmas time so I looked through them and rang a woman at the Recovery College. I found out her name was Angie so I had a good chat but there was one problem I thought of so I explained I was from the other side of the water but she said it did not matter so I was pleased about that because I thought I was Donald ducked but Angela made me appointment with another woman then I found her name was Denise. We had a good natter about the college and she asked me what I was interested in so I told Denise that I used to lose my patience with people. I would get angry easily so Denise thought exploring emotional resilience might be a good course to do. At first I was a bit nervous as I didn't know what I was doing but it was like all the other students were in the same boat. Chantelle, the facilitator, was bloody good at the job she did and all the students were friendly so now I have done another course with a bloke called Jon whose course was DBT and he was really good. I have met some good people since I have been coming so I am starting a fishing group and I am starting as a cinema buddy for people who are lonely or isolated too. I've been in the same situation so I know the feeling because it is very hard to do. So thanks to the Recovery College. I am feeling a lot better now because having mental illness, people think you different. No one is perfect. If we were, there would be no need for places like this. The first thing is to know you have a problem and make the first step to recovery.



RECOVERY COLLEGE IS A JOINT ENTERPRISE WITH THE BACKING AND INPUT OF THE FOLLOWING:





HOW TO FIND US

BY BUS:
The bus stops on MARKET ST, BLACKETT ST and JOHN DOBSON ST are less than a 5 minute walk.
Bus services include 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.

BY METRO:
MONUMENT; 5 minute walk, MANORS; 10 minute walk

BY BIKE:
Broadacre House has five parking spaces plus public bike parking at the City Library

BY CAR:
We can try and secure a space for you if you have access requirements, but we do need advance notice. There are public car parks nearby.



0191 261 0948



info@recoverycoco.com

www.recoverycoco.com