

NTLIFE

RECOVERY COLLEGE

LEARNING
LNSIGHTS
FROM
EVERYONE

Mental Health & Wellbeing



New courses start:
Week Commencing: 20th April 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 complete a booking form**. This will be sent out via email before the start of 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 3:

Week commencing : 20th April 2026

to

Week commencing: 26th May 2026

6 Week Block (Subject to Bank Holiday Mondays)

**Please note we are closed on the following Bank Holidays - 4th May & 25th May*

	Date & Time	Sessions	Room	Page
MON	10am-12pm	Mandy's Mondays	Big Room	2
	1pm-3pm	A Little Bit OCD	Big Room	3
	1pm-3pm	Looney Out Of Tuners	Little Room	4
TUE	10am-12pm	'ND Lifers' - Neurodivergent Group	Big Room	5
	1pm-3pm	Emergency Smile Kit	Big Room	6
	1pm-3pm	Men's Group	Little Room	7
WED	10am-12pm	Expressive Writing	Little Room	8
	10am-12pm	Grow Into Nature	Outdoors	9
	1pm-3pm	Resilience Course	Big Room	10
	1pm-3pm	Whittling The Time Away	Little Room	11
THUR	10am-12pm	The Art Of Wellbeing - Guided Art Group	Big Room	12
	1pm-3pm	DBT Skills	Big Room	13
	1pm-3pm	Snap Out Of It	Little Room	14



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.

Enter By Door 109

NTLIFE Venue:

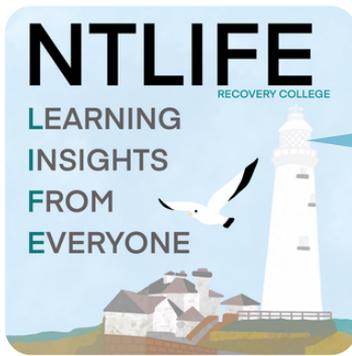
**NT LIFE Recovery College
109 -110 Howard Street,
North Shields,
NE30 1NA**

[*Download Instructions on How to Find Us Here.*](#)

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

Block 3
20th April

For more info or to book Email julie.bishop@voda.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!

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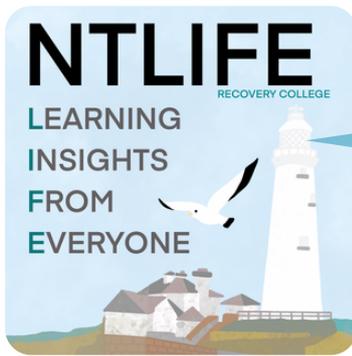
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Looney Out Of Tuners



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

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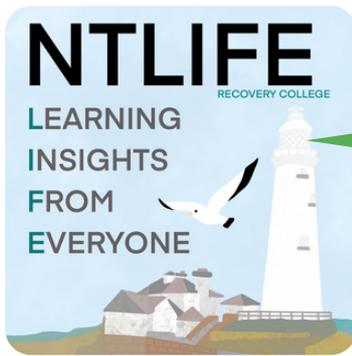
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'ND' - Lifer's *Neurodivergent Group*



Explore neurodiversity and neurodivergence using a strengths based approach and understanding challenges, and building a community.

Whether you have a diagnosis or simply identify with neurodiverse traits, this group offers a supportive space to share experiences, explore challenges, and build strategies to navigate life in a way that works for you.

We'll explore the challenges that can come with being neurodivergent, while also recognising the unique skills, creativity, and perspectives it can bring. Together, we'll look at skills to accommodate these challenges.

What to expect in the first session:

- Building a group agreement, ensuring everyone feels safe, heard, and comfortable. We'll also discuss any access needs or accommodations people might need to help them fully participate.
- We'll touch on the topics we cover in the group, such as executive functioning, masking, and burnout and spoon theory etc.
- We'll then brainstorm what we already know about neurodivergence, and get familiar with some key terms like neurodiverse, neurodivergent, and neurotypical.

Enter By Door 109

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

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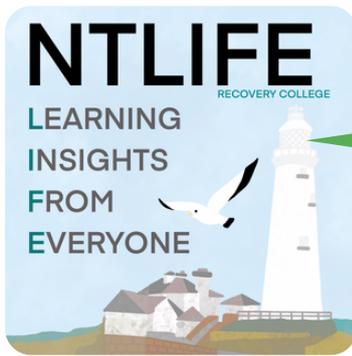
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Block 3

21st April

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Emergency Smile Kit



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

Each week you will explore one of your senses, i.e. **sight, sound, touch, taste, smell**; to explore and identify how you can use them effectively to manage emotions and explore new ways of self care.

We demonstrate how you can create portable kits, so that if you are out and about you have the convenience of carrying a discrete kit with you, containing your most effective tools.

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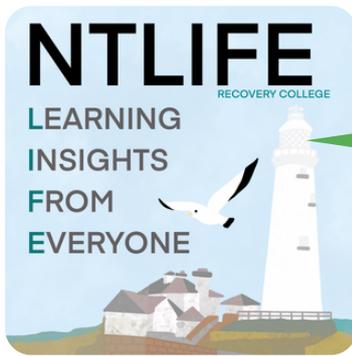
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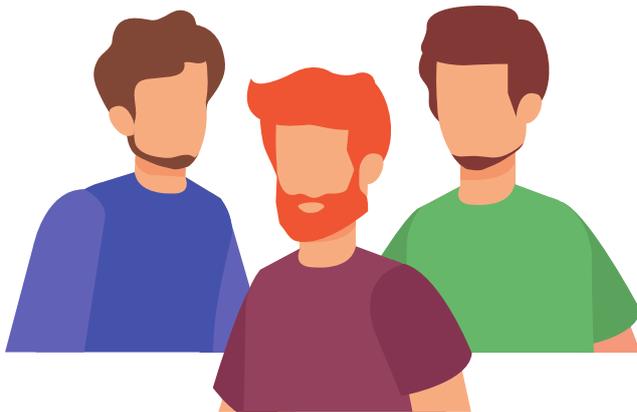
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Mens' Group



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 todays ever changing world.

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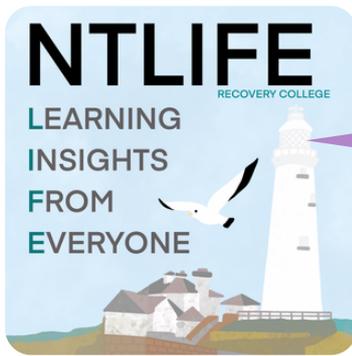
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Expressive Writing



Find Your Voice. Tell Your Story. Feel the Difference.

At NT Life's Expressive Writing group, we use words to connect, create, and care for our wellbeing.

Each session explores different writing techniques, styles, and prompts that spark imagination and open up new ways of expressing yourself. It's about community as much as creativity- sharing ideas, learning from each other, and discovering how writing can help us understand ourselves better.

If you're curious, come along. Your story is welcome here.

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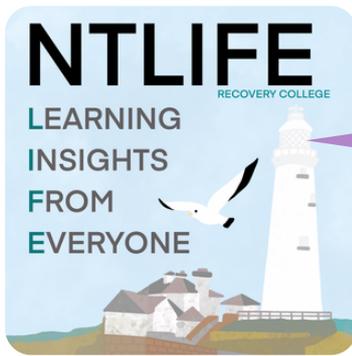
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Grow Into Nature



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

We are looking for a group of volunteers to co-produce a new course, who are open to connecting with nature more, but face barriers to doing so.

These obstacles could be things like:

- not having the appropriate clothing or feeling uncomfortable wearing it
- 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 co-producing this course you (and others who participate in the future) 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 we will gradually build up to spending more time outdoors to allow everyone to increase their connection with nature at a gentle pace.

Venue:

Course will start in the NT LIFE building and build up to moving outdoors as the course progresses (details TBC)

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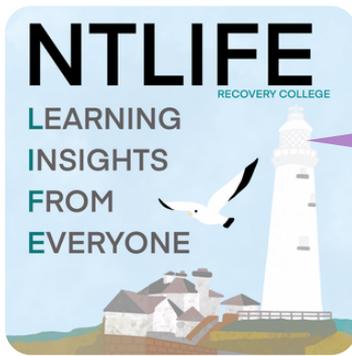
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Resilience Course



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.

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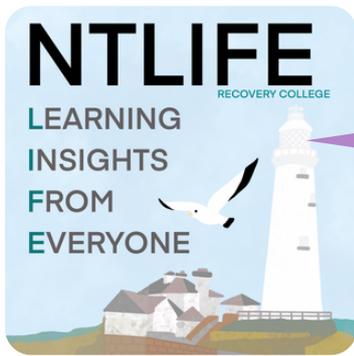
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Whittling The Time Away



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.

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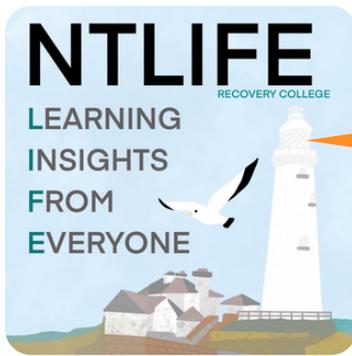
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The Art of Wellbeing



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

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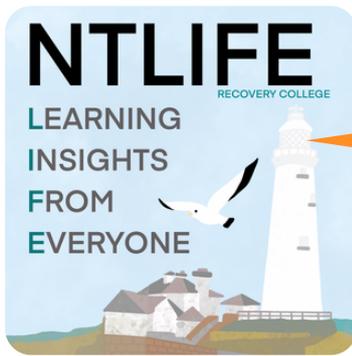
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DBT Skills

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.

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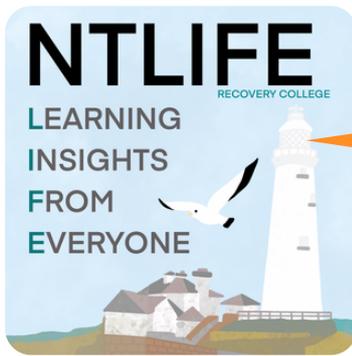
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Snap Out Of It



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.

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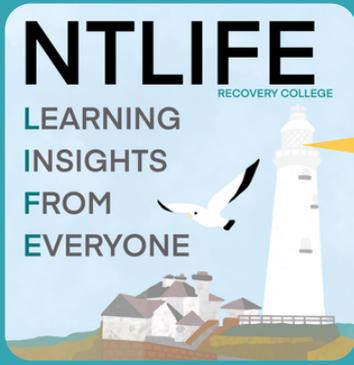
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Where Can You Find Us?

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: voda.org.uk/ntlife

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 to the entrance.

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.



Find further details on how to find us via public transport here:

<https://voda.org.uk/our-projects/ntlife/contact-us/>



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/ntlife/>

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@voda.org.uk	Monday - Friday
NT LIFE Worker	julie.bishop@voda.org.uk	Monday - Friday
NT LIFE Worker	alice.holliday@voda.org.uk	Wednesday
NT LIFE Worker	jessica.shaw@voda.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.





More About Volunteering:

As part of our commitment to people's recovery and well-being, we aim to encourage and develop our students to volunteer in the growing programme we offer.

Many people volunteer to meet new people, contribute to causes they care about, learn new skills or develop connections for their career. At NT LIFE we value lived experience of mental ill health and know that by sharing your experiences, and the skills you have developed, to overcome your struggles, you can inspire, support and educate others on their journey.

There are many benefits to volunteering, including but not exclusive to:

- Be part of a community
- Learn new skills
- Take on a challenge
- Find a purpose
- Gain confidence
- Make a difference
- Meet new people
- Have Fun!

We are developing a number of opportunities to help people: increase their knowledge, skills and experience, helping them to achieve their goals.

Our volunteer roles are flexible and include a variety of experiences:

- Administrative
- Peer support
- Facilitator and Co-Facilitator roles
- Course Development
- Practical contribution e.g. newsletters, making stuff (yes stuff is a technical term we use) to share within our wider community

Interested in Volunteering?

To contact us and explore how you could volunteer simply email: ali.donkin@voda.org.uk

Include any questions and preferred method of contact.

We are happy to help progress your enquiry and welcome you into our community (affectionately known as our NT LIFE Family)



Creating Our Safe Space:

What you can expect from our team:

- We will provide FREE co-designed courses, activities and workshops, to support individuals to improve their social and emotional wellbeing.
- We will be respectful of the rights, life choices, beliefs and opinions of others and promote freedom of speech.
- We will provide direction for further opportunities once you have completed your course(s).
- We will keep all personal information confidential in line with our GDPR policy (available upon request).

You agree to:

- Be respectful of the rights, life choices, beliefs and opinions of others and promote freedom of speech.
- Endeavour to validate each other, using compassion and assume everyone is doing their best.
- Maintain punctuality to all the activities you sign up for, or contact your course facilitator or **NT L.I.F.E.** to inform of any changes or delays.

We have a zero tolerance policy on all forms of discrimination and prejudice.

Facilitators and students are reminded to maintain appropriate boundaries.

Confidentiality:

Personal Information shared during a course, between students or staff will remain confidential. However there are certain times when we may need to share your information with other professionals, services or agencies. These include:

- If you have threatened to do serious harm to yourself
- If there is concern that you are putting yourself or another person at risk of harm.
- If there is concern that a child is at risk from harm

What to do if you feel any of the above points have been breached:

- Discuss with your course facilitator at the earliest opportunity.
- Bring it to the attention of NT LIFE staff by emailing:
 - ali.donkin@voda.org.uk
 - alice.holiday@voda.org.uk
 - julie.bshop@voda.org.uk
 - jessica.shaw@voda.org.uk

Further escalation of Safeguarding issues can be raised with VODA on 0191643 2626 or Email: info@voda.org.uk



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...

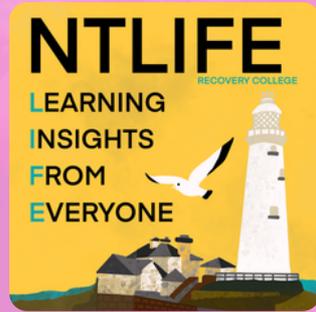
Numbers for Support...

- **North Tyneside Safe Haven - The Anchorage**
80-84 Park Road Wallsend, NE286QY
Call - **0191 2173203**,
Open 365 days a year - **2pm-10pm**
- **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 our 12 Days Of Christmas Activities