

Kind Mind Community

your South Tyneside recovery college



Welcome to Kind Mind Community

We are a community of like-minded people who believe that being kind to ourselves and others is essential for good mental health and wellbeing

We learn more when we learn together

We are proud to present our latest prospectus for 2020

we offer free courses, groups and activities which

Enable you to become an expert in your own self care

*

Recognise and build on your strengths

*

Connect you with others

*

Encourage you to support your peers

*

Help you make plans for a brighter future



"Thoroughly enjoyed the session, a good course with valuable information"

"It was nice hearing everyone else's experience, trainers were friendly and welcoming"

"Really enjoyed the course, learned a lot, very good coping strategies"

Groups at Kind Mind Community

Mental Health Support Group

every Wednesday 11am – 1pm

at

Gator's Diner, Queen St

A safe place to talk about your mental health
Share your experiences, develop coping
strategies and gather information in this
informal and friendly group



Arts and Crafts Group

every Tuesday 1-3.30pm

at

Gator's Diner, Queen St

Are you interested in being creative?

Would you like to learn some crafty skills, or
do you have any that you could share with
others?

Our group is a great place to
meet new, like-minded people



Carers Support

every Tuesday 10-12 at
Action Station, Boldon Lane

Do you support someone who has a mental
health issue?

Our friendly, informal drop-in offers peer
support and a place to share your experiences
with people who really understand

*

We can also offer 1:1 support with any issues
such as benefits, housing, isolation, your caring
role

For more info and to talk to a member of staff
please ring 0191 493 6917

Addictions Group

TBC

A safe place to talk about addictions in a friendly
non-judgemental environment

Share your experiences and develop coping
strategies

This group is in progress and we would welcome
your participation in its development



all our courses and groups are free

Courses at Kind Mind Community

Positive Psychology

Mon 27th Jan – 9th March, 1.30-3.30pm
at Action Station

The theory of happiness:

The aim of the course is to improve your overall wellbeing by looking at topics such as personal strengths, positive emotions/relationships and mindset

*

The course involves group discussion, practical exercises and promotes individual reflection

Mindful Relaxation

Friday 31st Jan – 13th March, 2pm-3.30pm
at Action Station

This 7 weeks course shows you how to be in the moment, reduce your stress and cultivate self-compassion



Catch before you Fall

Fri 20th Mar-8th May (10th Apr is Bank Hol)
2-4pm at Action Station

Wellness Recovery Action Plan

is a key part of mental health recovery

*

stay well and look after yourself by designing your own Wellness Toolkit

Manage your Anxiety

Fri 31st Jan – 13th March, 10am-12
at Action Station

Do you feel uneasy, panicky or worry unnecessarily?

This 7 weeks course will help you understand anxiety and develop your own coping strategies in a friendly and non-judgmental setting

Community Cuppa

Come along to our weekly drop-in where you can find out more about our free activities. Members of the team will be at Action Station every Friday 12-2pm to support you with your recovery journey



For more info call 0191 427 0011 or email
STRecoveryCollege@mentalhealthconcern.org

Courses at Kind Mind Community

Be Confident

Wed 29th Jan – 4th Mar 1.30-3.30
at Bilton Hall

Want to feel and look confident?
Want to think positively and be in control
out of your comfort zone?
Want people to listen to you?

*

Having a belief in yourself and your
abilities is a skill which can be learned,
and this course will show you how



Assertive You

Wed 11th Mar-15th Apr 1.30-3.30pm
at Bilton Hall

Learning to be assertive helps you to bring
your ideas and points across clearly and with
confidence

*

Being assertive can be a challenge particularly
when under pressure. This course will enable
you to clearly state your needs and stand up
for yourself

All about Me

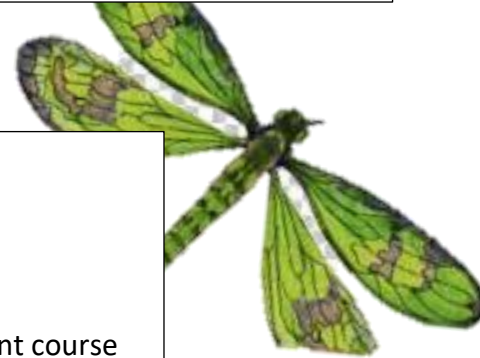
Fri 20th Mar-29th May (10th Apr- Bank Hol)
10am-12 at Action Station

This course is aimed at students have completed a previous self-development course
with us and wish to build on their skills and knowledge

A series of 10 workshops focussing on getting to know yourself

*

Learn about who you are and the practical tools that you can use to help yourself evolve
Develop your self-awareness and confidence



Performance Project

Date and venue TBC

Would you like to develop some skills in drama?
singing, writing or any other performance art?

We will be working with **Choirmaster** to put on a show,
you don't need any previous experience, just come
along and meet people with a similar interest and have
some **fun**



New for Kind Mind Community

Peer Mentor and Volunteer Project

Thursday 6th Feb 1-3pm at Jarrow Focus (runs for 5 months)

Would you like to be part of shaping **Kind Mind Community: recovery college** in Jarrow and Hebburn?

We aim to find out what the residents of Jarrow and Hebburn want from Kind Mind Community and co-produce an activity which will improve the wellbeing of the community through peer support

This project is for anyone interested in becoming a volunteer, leading groups and building skills towards gaining paid employment



Kind Mind Comms

Monday 16th March – 27th April
(13th Apr – Bank Hol)

at Action Station 1.30-3.30pm

Your recovery college needs you to help celebrate our achievements and promote what we do, can you help?

We aim to produce a newsletter, develop ideas for our new website and create a learning journal to help our students in their self-development. You don't need any specific skills, just lots of enthusiasm and creativity

Mindful Photography

Date and venue TBC

Mindfulness can be applied to any hobby to enrich the experience. When used in photography, you nurture your curiosity, reduce the pressure of being perfect and see things through new eyes, all of which gets you feeling more creative

Our new group will meet each week to develop a mindful approach to looking after ourselves and taking interesting and imaginative photos



Listening Ear Jarrow (leJ)



Kind Mind Community and **Even Better CIC** are pleased to announce that we are working together to produce a new and exciting project

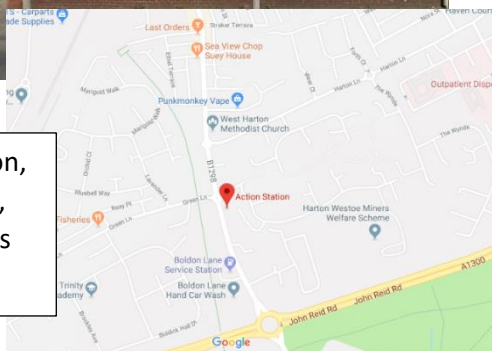
Listening Ear Jarrow (leJ) will offer free 1:1 listening sessions to anyone who wants to talk confidentially to a volunteer listener. The sessions will take place in an accessible community venue and aim to be up and running in February 2020

We are looking for enthusiastic, passionate volunteers to provide a listening ear. Volunteers will have comprehensive training, regular supervision and support to develop skills and knowledge. Please get in touch for more information or an informal chat

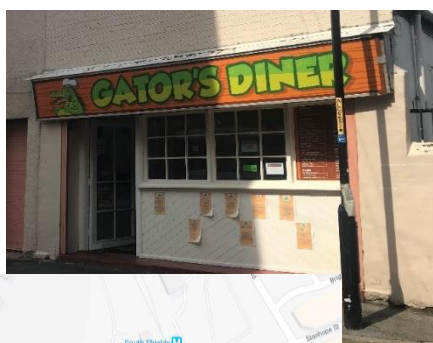
Our Venues



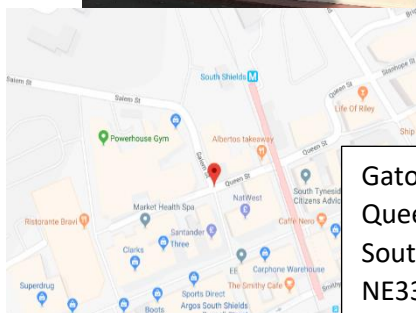
Action Station,
Boldon Lane,
South Shields
NE34 0LY



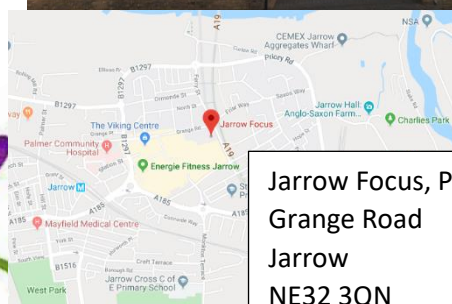
Bilton Hall
Taunton Ave
Low Simonside
NE32 3RT



Gator's Diner
Queen St
South Shields
NE33 1HU



Jarow Focus, Phab Club entrance
Grange Road
Jarow
NE32 3QN



Enrolment

It's very easy to attend a course or group, get in touch and let us know what you're interested in and we can arrange for you to enrol (it only takes 5 minutes)

Or you can come along to one of our drop-ins which are every Friday 12-2pm at Action Station where you can have a chat with one of our team



0191 4270011



STRecoveryCollege@mentalhealthconcern.org