

there's lots going on at

South Tyneside Recovery College

Building Resilience to overcome emotional distress

starts Friday 3rd May 10am – 12.30
at Action Station

Do you often feel overwhelmed and distressed in situations?

This 10 weeks course aims to help you develop strategies such as Mindfulness, problem-solving, emotional regulation and acceptance

Arts and Crafts Group

Every Tuesday at
Gator's Café, South Shields

Are you interested in being creative?
Do you have any crafty skills that you could share with others?

Our art group is a great place to learn or share your creative skills
Come along to meet new people and have some fun

Carers Support

Tuesdays 10-12.30 at Action Station

Do you care for someone who has a mental health issue?

We hold regular information workshops, support groups and informal drop-ins

Come along for a cuppa and a chat and find out how we can help

Contact us on 0191 493 6917

Introduction to Mental Wellbeing

starts Friday 10th May 1.30 – 3.30
at Action Station

This 8 weeks course is an introduction to mental health self-management
The sessions cover stress management, routines for wellbeing, sleep hygiene, Mindfulness and resilience building

Mental Health Support Group

Every Wednesday 11am – 1pm
at Gator's Café, South Shields

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

Identity Art Project

starts Friday 5th July 1.30 – 3.30
at Action Station

we have 7 weeks to produce an identity through a range of art forms for the South Tyneside Recovery College

this will include-
name, logo, mission statement, college principles
come along and release your creativity in a fun and friendly environment

painting:design:collage:drawing:photography:art

all our courses and groups are free
please note: you will need to enrol before attending any activity

WRAP Course

starts Friday 10th May 10.30am – 12.30
at Bilton Hall, Low Simonside

7 weeks course

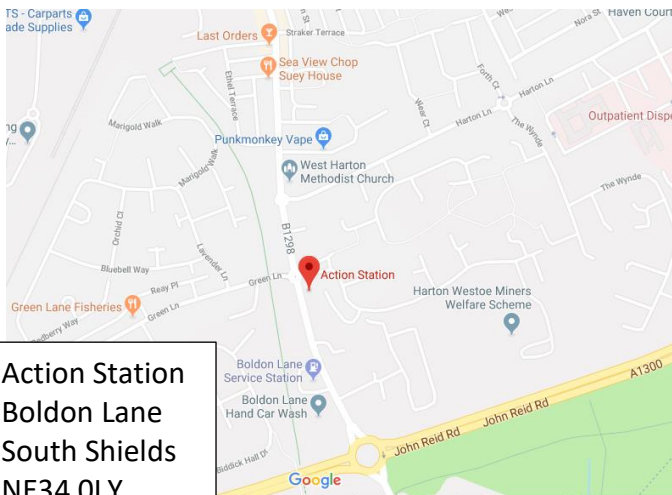
Wellness Recovery Action Plan

is a key part of mental health recovery
Identify your triggers and warning signs
Develop support network
Design your own stay well toolbox

Adult AD/HD Groups North East

Friendly informal meetings for adults with
a diagnosis of ADD/ADHD
We meet each month at Age Concern
29 Beach Rd South Shields

For details of meetings contact **Bill Scott**
07856212564
aadhd_ne@yahoo.co.uk



Action Station
Boldon Lane
South Shields
NE34 0LY

Mindful Relaxation

starts Friday 12th July 10am – 12
at Action Station

Over 6 weeks

Learn how to be in the moment
Feel relaxed
Reduce stress
Cultivate self-compassion

Peer Mentor Course

starts Monday 13th May 1.30 – 3.30

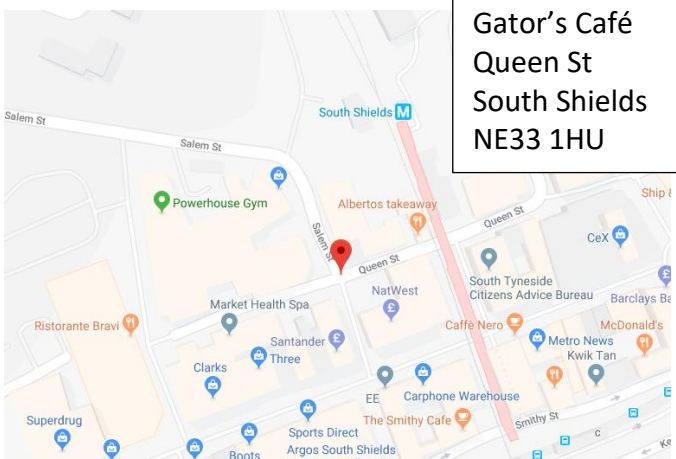
9 weeks course

Suitable for anyone wishing to get involved in
peer support, leading or starting groups,
volunteering or into paid employment

The course covers topics such as
safeguarding, professional boundaries,
confidentiality and much more



Bilton Hall
Taunton Ave
Low Simonside
NE32 3RT



Gator's Café
Queen St
South Shields
NE33 1HU

To attend a course or group you will
need to enrol with us
This only takes a few minutes
For more information please call
0191 427 0011

NHS
Northumberland,
Tyne and Wear
NHS Foundation Trust



or email: STRecoveryCollege@mentalhelathconcern.org