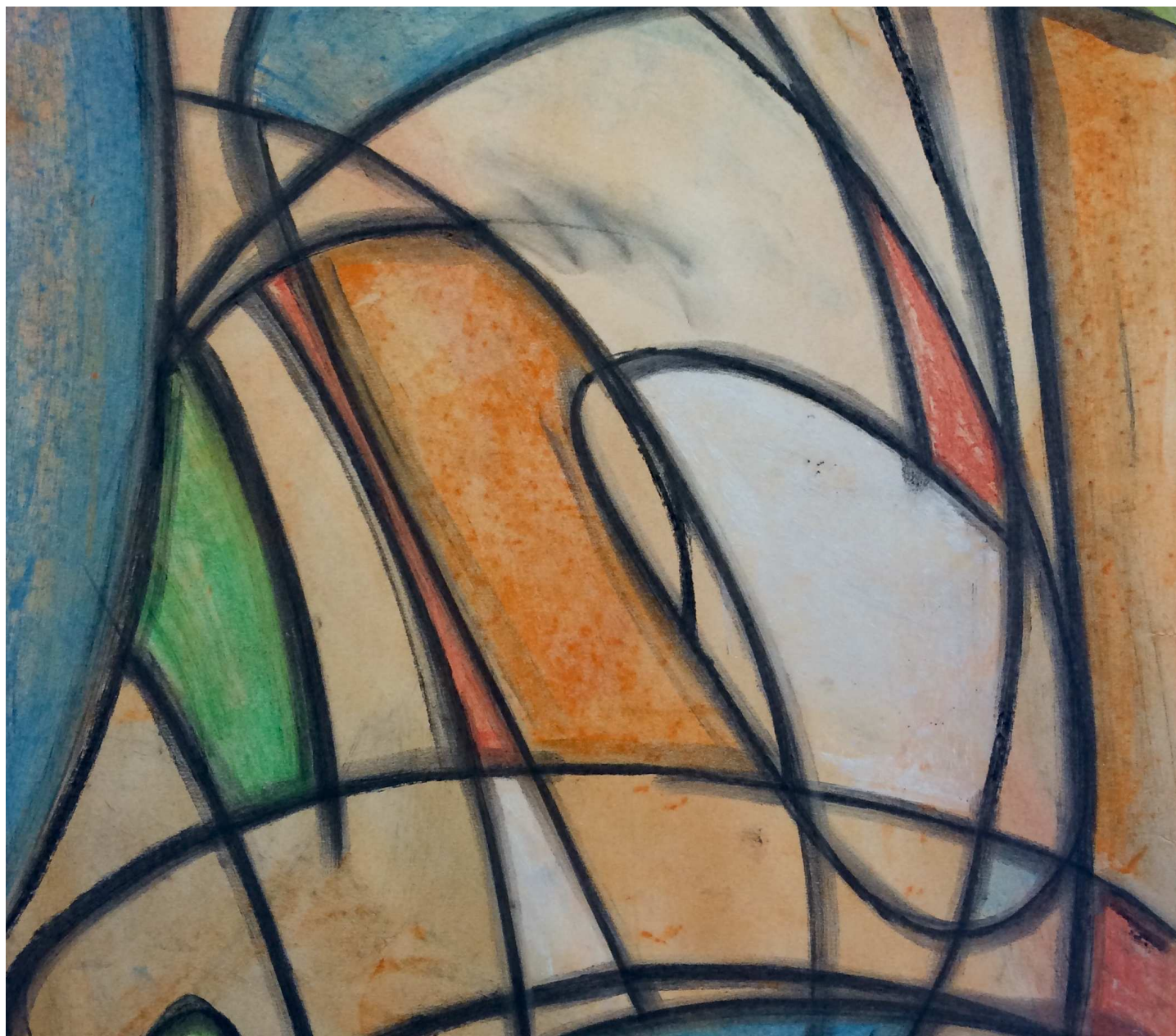




**positive
pathways**
northumberland

Northumberland Recovery College

SPRING 2017 PROSPECTUS



A place to learn with like minded people.

Positive Pathways Northumberland is a Recovery College hub and has been established with the intention of providing a safe place to learn with like minded people where people can connect, gain knowledge, and develop skills

Everyone needs to feel supported and understood. Often, the best placed person to do that is someone who has experienced a similar journey to your own.

**Positive Pathways
Northumberland involves
people with lived experience
in the planning and delivery of
the Recovery College**

Our courses have been developed and will be facilitated by a combination of people with lived experience and people with an interest in recovery.

All courses are free and available to anyone who would find them helpful in their recovery from mental illness, substance misuse, trauma or distress. Or people who want to maintain their wellbeing.

We offer travel expenses, of up to a maximum of £6 per week, for people whose attendance depends on it. Please keep your travel tickets if you wish to claim it back (please use a Day Saver if this is the cheapest option).

Enrolment

We will be holding an enrolment week from Tuesday 3rd January to Friday 6th January 2016. If any of the courses interest you then contact us at Ashmore House on 01670 395760 or email ppn@ntw.nhs.uk.

You will be given an appointment to come into the college and enrol. This takes about half an hour and is very informal. You are welcome to bring someone with you if you like.

Code of Conduct

Positive Pathways Northumberland has been established with the intention of providing a safe space where people can connect, gain knowledge, and develop skills.

We believe in empowering people on their journey of recovery whilst respecting each individual student. Everyone needs to feel supported and understood. Often, the best placed person to do that is someone who has experienced a similar journey to your own. Our courses are developed by people who themselves have used services and have their own stories of hope and recovery.

What you can expect from Positive Pathways Northumberland?

We aim to deliver high quality courses that promote control & hope and focus on how to empower you along your personal journey of recovery. The college runs along similar educational term times, and where possible we will provide relevant materials and equipment for each course.

We can offer reviews of your progress in terms of recovery and hope; if you feel you would benefit from this.

You can request advice regarding potential routes once you have completed your course .

The following behaviours will not be acceptable from anyone:

The Recovery College has zero tolerance to:

- Abusive language
- The use of alcohol and drugs
- Inappropriate dress
- Relationships between facilitators, staff and students
- Personal mobile numbers being shared between facilitators and students

Please adhere to the smoking policy at each venue.

The Recovery College encourages facilitators and students to maintain appropriate boundaries and discourages the use of social media between facilitators and students.

Principles

What you can expect from Positive Pathways Northumberland?

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Principles (cont.)

Principle 1

We are person centered and hope that each person can grow and develop as an individual whilst at our college.

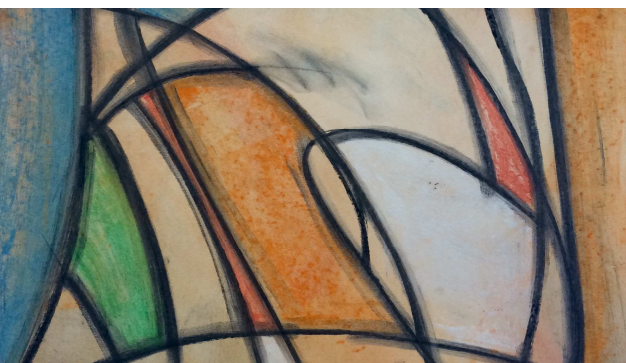
Courses enable students to recognise their strengths and provide opportunities to use these skills in a productive way to bring a sense of achievement into our student's life. We recognise you as a unique person and wherever possible we will support you in developing a sense of identity along your personal journey of recovery. We treat people with equality and dignity, respecting their uniqueness and embracing diversity, cultural and religious practices, traditions and personal beliefs and opinions. **Treat people how you would like to be treated.**

Principle 2

To support people so they can have a chance at realising their potential and worth.

We aim to provide an empathic ear when you need someone to talk to. Help to develop skills in maintaining mental well-being whilst promoting self confidence and increasing self-worth. Help you see your strengths and build upon these through our courses.

Encourage each other to take responsibility for your own wellness and wellbeing and be mindful how your voices and actions impact on others.



Principle 3

To be a compassionate college.

We acknowledge that many students have had difficult pasts and so it is crucially important to us that people feel safe enough to be able to explore their emotions and connect with others in order to initiate change. We acknowledge the resourcefulness and strength that people who have survived trauma and distress already have within them and seek to support people to recognise and build on those strengths. We do not concentrate on diagnosis or pathology. We focus on people and support the development of control and resilience through validation and the provision of hope and opportunity. We are not prescriptive about the length of time someone can be a student. We do not 'discharge'. Instead, we provide further opportunity for realising ambition when a student feels ready. We believe this allows people greater capacity to explore their aspirations.

Principle 4

To break down the barriers between staff and service users.

We aim to break down the cycle of stigma relating to 'them and us' by co-delivering and co-producing courses with peer support workers and clinicians. Our Co-delivered recovery courses may *enable* students to realise people with mental health problems can have a life worth living filled with hope, purpose and control. Facilitators at the college including clinicians have had lived experience in some form personal or a friend, family member, or through work experience, etc. Positive Pathways Northumberland will support students in finding their own pathway of recovery and tools that can help them upon their journey.

We ask that you:

Try to be punctual for your course. However, if you can not attend the course on a certain day, please let us know. Enjoy your time at the Recovery College and take away something worthwhile

On a final note...

If you have any questions regarding the Code of Conduct, please do not hesitate to contact any member of Positive Pathways Northumberland.

Thank you.

Positive Pathways Northumberland



**positive
pathways**
northumberland

Northumberland Recovery College

SPRING 2017 COURSES

Healthy Eating on a Budget

A five week healthy eating course aiming to provide you with the skills to produce a meal on a £2.00 budget of per person and promoting the nutritional value of food groups.

Course 1

Every Monday for 5 Weeks

Start Date: Monday 16th January

Time: 1pm—3pm

Venue: Ashmore House, Ashington

Course 2

Every Friday for 5 Weeks

Start Date: Friday 20th January

Time: 10am—12pm

Venue: Ashmore House, Ashington

Course 3

Every Monday for 5 Weeks

Start Date: Monday 27th February

Time: 1pm—3pm

Venue: Ashmore House, Ashington

Course 4

Every Friday for 5 Weeks

Start Date: Friday 3rd March

Time: 10am—12pm

Venue: Ashmore House, Ashington



Introduction to Mindfulness

Mindfulness is a meditation practice which encourages us to attend to the present moment. It is paying attention, on purpose, in the present moment, without judgment.

There is good evidence that mindfulness practice can help people cope more effectively with a wide variety of Mental and physical health problems.

Aims of this 5 week course:-

- To assist you in using Mindfulness as a daily tool to better take care of yourself and to get the most out of living your life.
- You will learn how to use Mindful Breathing and Body Scan Meditation as a tool for relaxation and being in the present moment.
- You will know what Mindfulness is and how it has been proven to help to reduce stress, anxiety and depression.

Every Monday for 5 Weeks

Date: Monday 16th January

Time: 10am—11.30am

Venue: Anderson Court, Berwick

Every Friday for 5 Weeks

Date: 3rd March

Time: 1pm— 2.30pm

Venue: Hawkhill, Alnwick

Creative Wellness

We hope this course will encourage students to develop creative skills which will enhance their emotional wellbeing. The focus will be on learning a series of creative skills which will hopefully influence and emphasise recovery and hope.

Being creative focuses the brain on the present, blocking out any intrusive thoughts and creates a state of peace.

Course 1

Every Friday for 5 Weeks

Start Date: Friday 20th January

Time: 1pm—3pm

Venue: Ashmore House, Ashington

Course 2

Every Friday for 5 Weeks

Start Date: Friday 3rd March

Time: 1pm—3pm

Venue: Ashmore House, Ashington

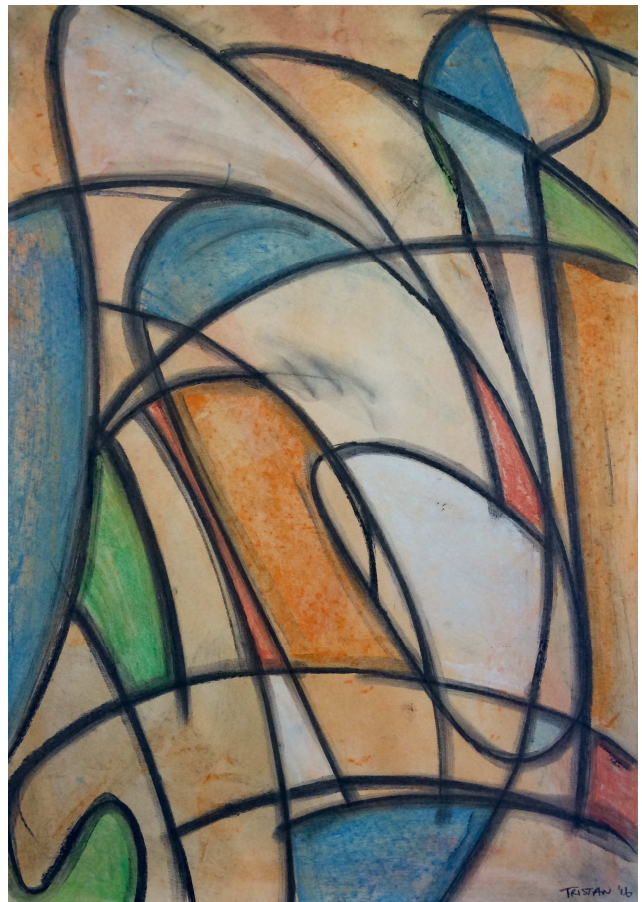
Course 3

Every Friday for 6 Weeks

Start Date: Friday 3rd March

Time: 10am– 12pm

Venue: Hawkhill, Alnwick



Creative Writing

Express your ideas and thoughts in an imaginative way. Express feelings and emotions instead of just presenting the facts.

Every Friday for 5 Weeks

Start Date: Friday 3rd March

Time: 10am—12pm

Venue: Ashmore House, Ashington

Hope and Recovery

Based on the principles of Wellness Recovery Action Planning (WRAP), explore themes around hope & recovery. There is a separate workshop to develop your own WRAP plan.

Course 1

Every Thursday for 4 Weeks

Start Date: 19th January

Time: 10am-12pm

Venue: St. George's Park, Morpeth

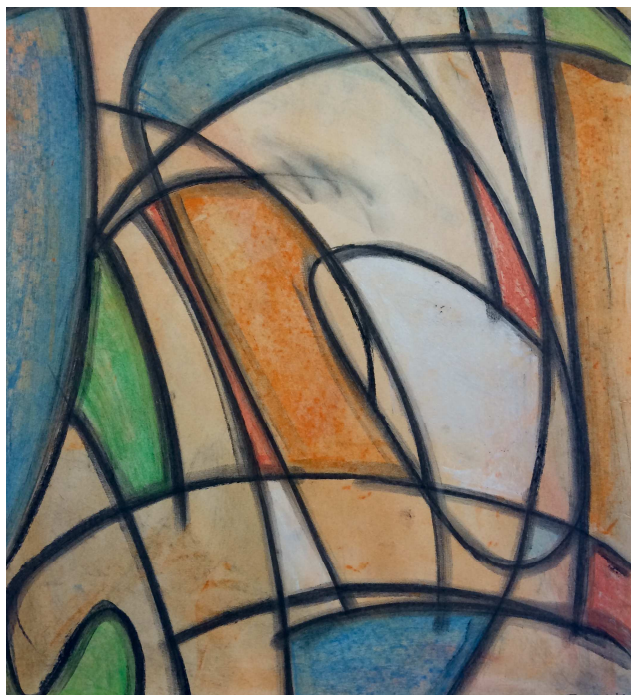
Course 2

Every Thursday for 4 Weeks

Start Date: 9th March

Time: 10am-12pm

Venue: Ashmore House, Ashington



Express Yourself With Pottery

A five week course where you can find an outlet for your creativity using clay. Learn how to make slabs, coil pots and pinch pots. All materials supplied.

Course 1

Every Tuesday for 5 Weeks

Start Date: 17th January

Time: 1pm

Venue: Ashmore House, Ashington

Course 2

Every Tuesday for 5 Weeks

Start Date: 28th February

Time: 1pm

Venue: Ashmore House, Ashington



Oil Painting

A 10 week art course where you will learn the skills to create a landscape influenced by Bob Ross.

Every Thursday for 10 Weeks

Start Date: 19th January

Time: 10am—12pm

Venue: Ashmore House, Ashington

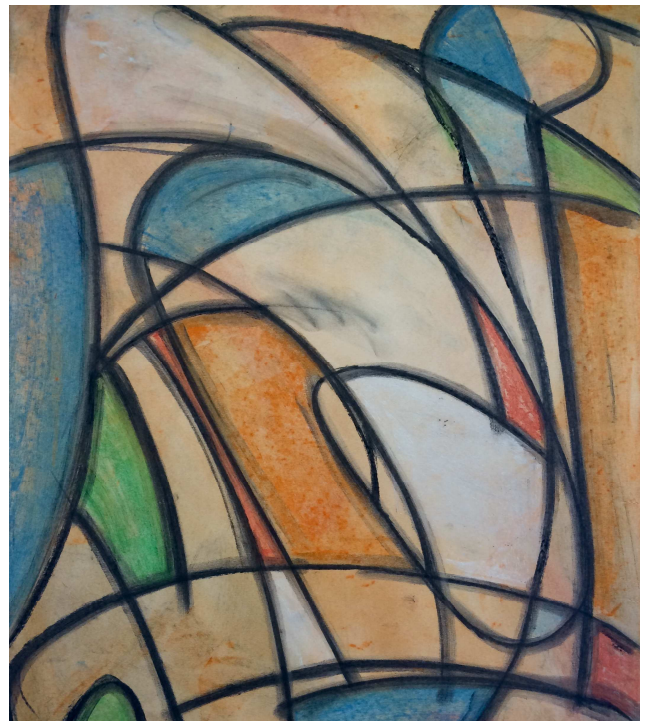
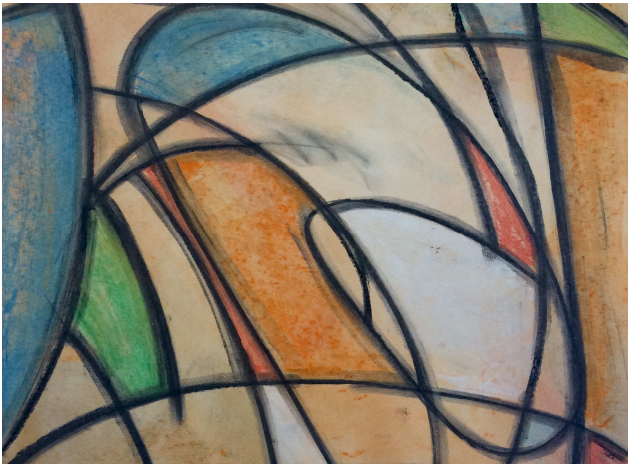
Needle Felting

A two hour session teaching you the skills to make you own needle felted item.

Date: Monday 30th January

Time: 1pm

Venue: Ashmore House, Ashington



WRAP Awareness

Hearing Voices

Developing knowledge, coping skills, strength and hope, through education, peer support and sharing lived experience in a safe and supportive space. As a group member there is no pressure to share, you can choose what if anything you feel comfortable with contributing or listen and offer practical ideas and solutions you find useful with coping with your own experiences, to enable you to self-manage and take control.

We hope that this course will start after half term.

Start Date: TBC

Time:

Venue: Community Centre, St. George's Park, Morpeth

A one afternoon Wellness Recovery Action Planning awareness workshop. Overview of WRAP & recovery. An opportunity to complete your own WRAP Plan.

Date: 6th April

Time: 10am-12pm

Venue: Ashmore House, Ashington

Date: 16th February

Time: 10am-12pm

Venue: Community Centre, St. George's Park, Ashington

Date: Friday 17th March

Time: 1pm—3pm

Venue: Hawkhill, Alnwick

Basic Baking

A series of baking session where you will learn to make a variety of baked produce.

Biscuits

Date: Thursday 26th January

Time: 1pm—3pm

Venue: Community Centre, St. George's Park, Morpeth

Cakes

Date: Thursday 2nd March

Time: 10am—12pm

Venue: Community Centre, St. George's Park, Morpeth

Scones

Date: Thursday 30th March

Time: 10am—12pm

Venue: Community Centre, St. George's Park, Morpeth

Lino Printing

A five week art course where you will learn the skills to create and print a limited run of linoprints.

Every Thursday for 5 Weeks

Start Date: 19th January

Time: 1pm

Venue: Ashmore House, Ashington

Recovering Opportunities & Overcoming Challenges

Building confidence and knowledge of how to recover/ resource opportunities and overcome challenges. Everyone is in a different place in their recovery journey and this course can help look at next steps for example being busier, meeting new people, considering attending courses, volunteering or paid work.

Every Monday for 4 Weeks

Date: 27th February

Time: 10am-12pm

Venue: Community Centre, St. George's Park, Morpeth

Film & Discussion Club

An afternoon showing of films that have particular relevance to wellbeing and recovery. Followed by a discussion on what thoughts and feelings have been evoked. No Enrolment necessary, but please contact us to let us know if you wish to attend.

Alternate Wednesdays

Start Date: 11th January

Time: 5pm

Venue: Community Centre, St. George's Park, Morpeth

Choir

A friendly, encouraging group with a broad repertoire of songs and an excellent opportunity to make music and have fun. The group is open to all and the ability to read music is not a requirement. All you need is a love of singing and the willingness to “give it a go”. There is no need to enrol to take part, but we do ask that contact us to let us know that you wish to attend.

Alternate Thursdays

Start Date: 5th January

Time: 3pm

Venue: Community Centre, St. George's Park, Morpeth

EASTER PERFORMANCE 6th APRIL

Community Centre

St. George's Park

From 3pm

Come and listen or take part

Other Activity Providers

bait
time.to/

BAIT currently run a number of arts for health groups at various locations in South East Northumberland. For more information, please contact Lisa Blainey, Bait Arts for Health manager on 01670 620278



Cygnus Support in Ashington hold a variety of courses for both women and men throughout the year.

For more information please contact Lisa on 01670 853977 or email: admin@cygnussupport.com

Northumberland
Northumberland County Council

Northumberland County Council provide a huge range of Adult Learning Courses and activities right across the County that are delivered both during the day & in the evening.

Visit www.northumberland.gov.uk/adultlearning for more information

Contact



Contact offer a number of activities from their base at Oldgate, Morpeth. For more information please contact 01670 510652 or visit www.contactmorpeth.org.uk



**Groundwork
in Northumberland**

Groundwork Northumberland offer a number of free environmental activities in the Wansbeck area. For more information please contact 01670 514876.



**Wansbeck
Bipolar UK
Support Group**

This group offers support and information in a friendly, safe and confidential setting for anyone affected by bipolar. Family members, partners, friends and carers are welcome. The group meets on the second Monday of every month, 6.30pm to 8.15pm at the St. Aiden's' Church Hall, Ashington (venue subject to change).

Please contact 02 7931 6480 for further details.



Northumberland College provide a range of full time & part time vocational and educational courses from their campus in Ashington. Please call 01670 841 200 for further information. www.northumberland.ac.uk



POSITIVE PATHWAYS
NORTHUMBERLAND

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