

# Kind Mind Community

South Tyneside Recovery College



## Winter 2021 Feb-April 2021

### Who are we?

- free, wellbeing-focussed activities to help you to be an expert in your own self-care
  - recognise and build on your strengths
  - connect with others and support each other
    - help you plan for a brighter future

### Hello and welcome to Kind Mind Community's Winter 2021 Prospectus

We've been in Covid19 restrictions for almost a year now and we can agree it's been a tough year. We understand that staying at home, changes to our routine and not seeing friends and family have had a huge effect on our wellbeing and we're here to help you.

- Help to manage your mental health and your wellbeing
  - Help to connect with others
  - Help to have some fun

Until we can meet up safely in the community once again, we are delivering all of our activities on Zoom and you can find help to do this at the end of this prospectus



Booking a place on a course or group is very easy, just get in touch

Tel: 0191 217 2935

Email: [kindmindcommunity@mentalhealthconcern.org](mailto:kindmindcommunity@mentalhealthconcern.org)

Website: [www.kindmindcommunity.org](http://www.kindmindcommunity.org)

**Don't miss out**  
Book your place today

|    | Monday                     | Tuesday                      | Wednesday                  | Thursday                            | Friday                          |
|----|----------------------------|------------------------------|----------------------------|-------------------------------------|---------------------------------|
| am | All about Me<br>11am-1pm   | MH Support Group<br>11am-1pm |                            | Mindful drop in session<br>11am-1pm | Manage your Anxiety<br>11am-1pm |
| pm | Writing for Fun<br>2pm-4pm |                              | Midweek Quiz<br>2pm-3.30pm |                                     | Mindful Relaxation<br>2pm-4pm   |

(we have more activities coming soon check our website for updates)

## Courses and Groups

### Mental Health Support Group

Every Tuesday 11am-1pm

Experiencing mental health issues can be very isolating  
You may think that you are the only person that feels this way.  
But many of us struggle and you're not alone.

This friendly group is a safe space to talk to others who understand what you're going through, find information and gain insight into what keeps us going

### Mindful Relaxation

Friday 12<sup>th</sup> Feb at 2pm

7 weeks course of guided meditation sessions which can help you

- Focus your mind away from worries and concerns
  - Appreciate what's around you
  - Help you to relax
- Cultivate compassion and be kinder to yourself

### Mindful drop-in sessions

Every Thursday at 11am-1pm starting 11<sup>th</sup> Feb

Once you have completed the 7 weeks course and learned the basics of being mindful, you are welcome to develop your techniques and practice with others in our weekly sessions

## **Writing for Fun**

**Monday 15<sup>th</sup> Feb 2pm-4pm, 10 workshops (attend as many as you like)**

**Everyone has a story in them, whether it's about your life, someone else's achievements or just an idea that you've always wanted to develop**

**This course is aimed at anyone who would like to explore their creative side**

**Open to beginners and those who write on a regular basis**

## **All about Me**

**Taster Session Monday 8<sup>th</sup> Feb 11am-1pm, (course starts**

**Mon 22<sup>nd</sup> Feb 11am-1pm)**

**A series of 10 workshops focussed on exploring who you are and the practical tools you can use to help yourself evolve**

**Develop your confidence, self-awareness and understand what makes you, YOU**

## **Midweek Quiz**

**Every Wednesday 2pm-3.30pm**

**Come along and meet new people in our midweek Quiz with Quizmaster Davy**

**No prizes, no pressure just fun  
Everyone welcome**

## **Manage your Anxiety**

**Friday 12<sup>th</sup> Feb 11am-1pm**

**Do you feel uneasy, panicky or worry unnecessarily?**

**This course will help you understand anxiety, talk with others who have similar experiences and develop coping strategies in a friendly group**

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## Interested in volunteering?

We rely on our volunteers giving their time and skills to help run Kind Mind Community.

Volunteers –

- Produce and deliver courses, groups and activities
- Offer peer support to students
- Shape the development of the recovery college

In return we can help you build confidence, develop employability skills, establish new friendships and help you get to where you want to be. Everyone has something to give, so get in touch for a friendly chat.

For more information on volunteering

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## We're on Facebook

Come along to our Facebook group '**Kind Mind Community**' where you'll find friendly like-minded people to chat to, information on staying well and lots of fun activities to get involved with



**Kind Mind Community**  
Public group · 166 members



<https://www.facebook.com/groups/2581719348713920/about>

# How to use Zoom



All of our groups and courses will be delivered on Zoom until we can meet up in the community safely.

Zoom is an app that you can use on your phone, tablet or laptop/pc to talk to talk to someone face to face or hold a meeting/group with lots of people at once. If it's a bit daunting showing your face on Zoom, you can join in without video. You can also join through dialling in on your phone. It's just the same as a normal phone call where you can speak to others and hear what's going on.

To use Zoom you must have

- Phone, tablet or pc/laptop with speakers and camera
- Access to the internet, this can be wi-fi or using your phone data

**For more information on using Zoom click on this link**

<https://www.ldw.org.uk/wp-content/uploads/2020/04/How-to-use-Zoom.pdf>

**We want to hear from you if you have any feedback about this prospectus or anything else related to Kind Mind Community**

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**Tell us your suggestions for courses or groups that you would like to see us deliver**

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**email:**

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