

• RESTORE
• RENEW
• REPLENISH
• RELATE
• RE-EMERGE
• REVOLT
• REVIVE
• RESUME
• RESTART
• REVITALISE
• REINVIGORATE
• REPAIR
• RESPECT
• RECOGNISE
• RE-CO-CO

RECOVERY COLLEGE COLLECTIVE

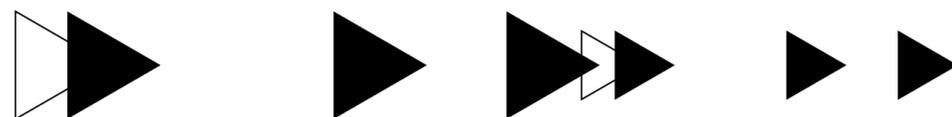
IN THE PROSPECTUS ARE DETAILS OF COURSES/WORKSHOPS, AND OF GROUPS. YOU HAVE TO ENROL BEFORE DOING COURSES OR ATTENDING GROUPS.

THE DIFFERENCE BETWEEN A COURSE AND A GROUP IS THAT A COURSE RUNS FOR A SET NUMBER OF WEEKS, AND THEN COMES TO AN END. WE HOPE THAT STUDENTS WILL, AS FAR AS IS POSSIBLE, ATTEND EACH SESSION OF A COURSE FOR WHICH THEY'VE SIGNED UP.

GROUPS ON THE OTHER HAND, ARE MORE OPEN-ENDED, AND RUN WEEKLY/FORTNIGHTLY/MONTHLY AND YOU CAN COME TO A GROUP FOR A WHILE, NOT COME FOR HOWEVER LONG AND THEN SIMPLY RETURN. YOU COME TO GROUPS AS AND WHEN YOU CAN.

THE PROSPECTUS ALSO CONTAINS ARTICLES, INFORMATION AND ARTWORK. THE ARTICLES ARE FOR READING, THE INFORMATION FOR DIGESTING, AND THE ARTWORK FOR ADMIRING.

Contact details:



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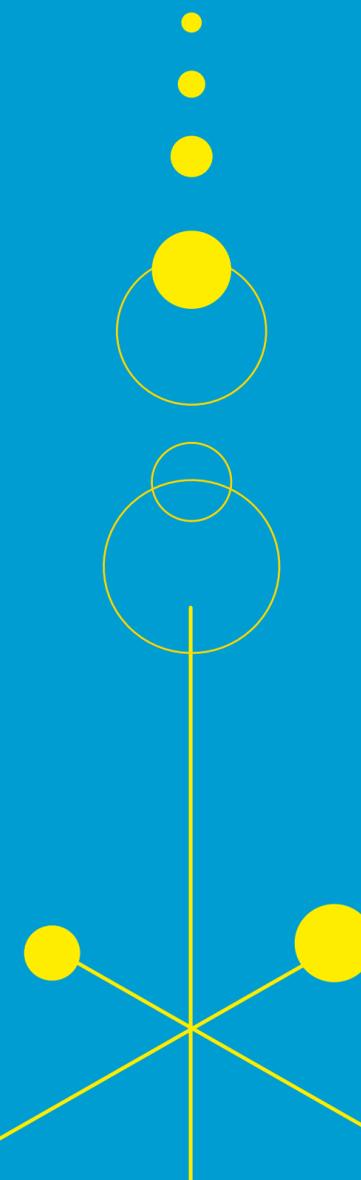
SUMMER/AUTUMN 2021

COURSES /WORKSHOPS

PAGE: 17	INTRODUCTION TO DBT SKILLS
17	MENOPAUSAL WOMEN ART THERAPY
18	PAIN MANAGEMENT
18	POSITIVE PSYCHOLOGY
20	REDUCING THE RAGE
20	RISING STRONG
21	SELF ESTEEM
24	SELF-HARM AWARENESS WORKSHOP
25	SPIRITUALITY
25	TAKE HOLD OF YOUR EMOTIONS
26	UNDERSTANDING EXPERIENCES OF DEPRESSION
26	UNDERSTANDING MEDICATION
27	UNDERSTANDING PSYCHIATRY
27	WRAP AWARENESS

DROP-IN

PAGE: 30	GEEK GROUP
30	CREATIVE WELLNESS
31	CREATIVE WRITING
31	DROP-IN
31	JUST JAMMING
32	LET IT GO MINDFULNESS
32	RECOVERY MEETING
33	YOGA
34	MUSIC THERAPY
34	WELFARE DROP-IN



INTRODUCTION

Welcome to ReCoCo's new prospectus. After 18 months of negotiating the Covid landscape in order to see folk, we are now able to relaunch our face-to-face courses, drop-ins and workshops. We cannot wait.

From September you can enrol onto the kind of courses that everyone has been missing. A return to the timetable of opportunities that we usually offer.

If you've been to ReCoCo recently you will have noticed that things have been different since we were able to re-open to students again in April. Over 100 students have now attended our healing/re-connection sessions in our fab new space at Carliol Square in Newcastle city centre.

After 2 weeks of connection, healing and learning wellbeing skills, folk have been encouraged to support each other and join weekly organised walks in the parks. This has been so we can pull through and reconnect with as many of our students as possible in a short amount of time. It's also, and realistically, so we can pre-empt and continue to support folk outdoors should there be any future lockdowns.

With support from peers and Therapeutic Enablers, students have had the opportunity to update/covid proof their WRAP/survival plans, learn and prioritise wellbeing skills, make new friends, help others and heal pain and trauma, leaving capacity for positive emotions and hope.

ReCoCo never stopped helping.

We have been busy supporting who we can, when we can. We have become grounded in new approaches and methods that we will continue to adapt and evolve in order to counteract the threat of disconnection in these uncertain times. And we will continue to adapt and evolve through whatever the world throws at us. Finding whichever ways are possible to continue to grow our community of Warriors.

To enrol onto a course telephone 07784 108 901.

To book an appointment to enrol to be a ReCoCo student email:
karen@recoverycoco.com



FROM ALISDAIR (RECOCO CO-DIRECTOR)

Community mental health transformation. This changes everything.

Perhaps...In brief, this is pitched as a radical overhaul of the ways in which mental health help is offered. The mental elf has a handy quick overview, courtesy of Andy Bell of the Centre for Mental Health: www.centreformentalhealth.org.uk

Some of us, a little longer in the tooth, more grizzled of visage, have been in this territory before, from the prescriptive National Service Framework to New Ways of Working, to World Class Commissioning, to the Five year Forward View (not to be confused with the Ten year Plan) to today's Community Mental Health Transformation (CMHT as distinct from Community Mental Health Team CMHT, which is now a CTT*). Fundholding practices and Regional Health Authorities, to PCT**s and FT***s with SHA****s above, to CCG*****s and the Lansley reforms (which much of the new activity is designed to undo, just without an open admission of error), to the brave new world of PCN*****s, working at place, all overseen with loving grace by ICS*****es, and maybe a sprinkling of ICP*****s lest anyone fear that we have a dearth of TLA*****s.

- *Community Treatment Team
- **Primary Care Trust
- ***Foundation Trust
- ****Strategic Health Authority
- *****Clinical Commissioning Group
- *****Primary Care Networks
- *****Integrated Care System
- *****Integrated Care Partnership
- *****Three Letter Acronyms

So, what does all this look like from the point of view of someone who's used all sorts of mental health services and is involved in the running of user-led groups and organisations? On the positive side, at least locally (and regionally) we are involved, but it's hard to say just what it is we're involved with. This is because viewed narrowly the Community Mental Health Transformation programme is quite boundaried, with prescribed priorities, and yet it also sits within a current of wider health and social care system reorganisation (the aforementioned alphabet soup of PCNs, ICses etc), and is buoyed by some very ambitious rhetoric: no door is the wrong door, co-production as far as the eye can see, everything bespoke tailored to the individual but also rooted in communities and collaboration. Everyone sitting round the campfire together, singing Kumbaya.

Were one to be coming to this cold, it all represents a learning curve of Himalayan severity, firstly trying to grasp the organisations, structures and cultures currently in situ, next trying to get a handle on the ones that are emerging (the old is dying and the new cannot be born springs to mind), and then trying to fathom how to transform mental health provision during this interregnum (and trying not to think too much about when the next great shake-up is going to come along). Oh, and do so against a background of a decade plus of austerity, Brexit economic impacts, and yup, that pandemic business. There is some money attached, but not a lot given the high-falutin' ambitions.

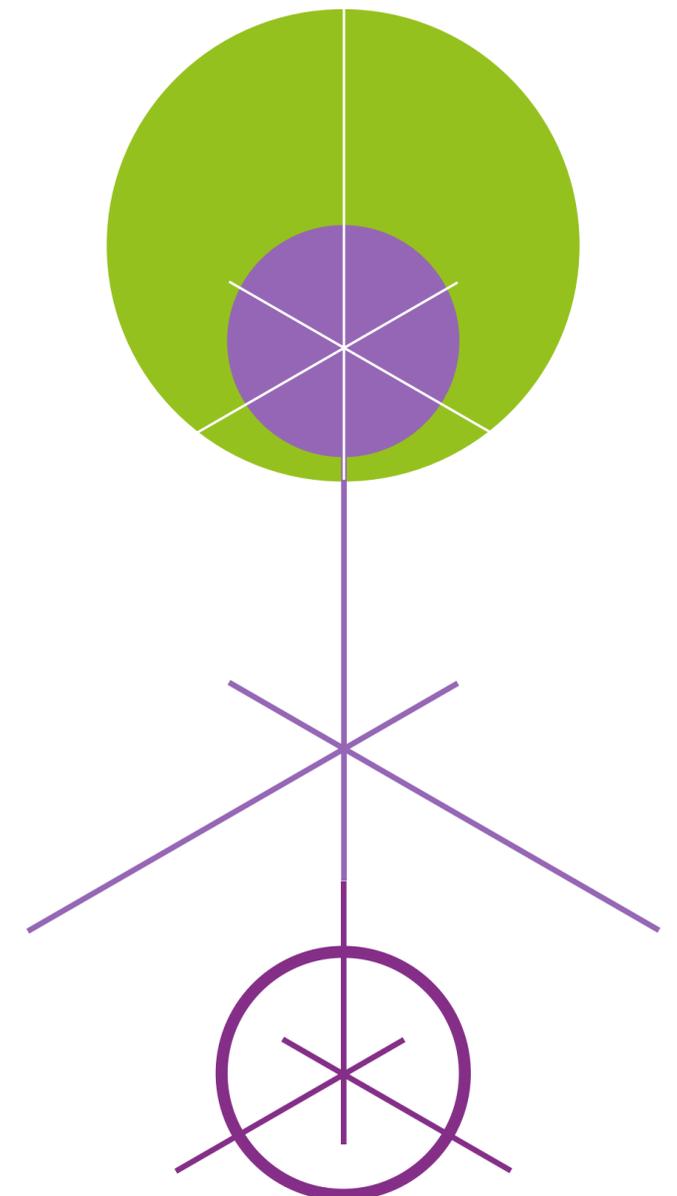
What can be said is that from our experience, service users, clinicians, managers, charities, local authorities and everyone else expected to play nicely together in the new world, are all, to a greater or lesser degree, at sea. **Who actually is calling the shots? Is it the PCNs, very much still finding their feet, but viewed as the cornerstone of the new world, because they're more clued up about communities?** Now, compared to acute hospital trusts that may be true, but centrally there seem to be a misapprehension about GPs: they're not the embedded pillars of communities that they were 40 years ago, and these days mainly know just of the people who come in their doors for their 7-10 minutes slots. Oh, and PCNs should be about more than GP-land, but that's not how things are panning out. Is it the Local Authorities who have had year-on-year-on-year cuts to their budgets and can scarcely meet their statutory duties? Is it the Voluntary and Community Sector, who are lauded for innovation, but never given the reins (nor the resources), and have been told for 25 years to be more competitive yet are now to be some kind of collaborative glue? Is it the FTs, be they acute (where most health monies go) or mental health specialist, despite them being the furthest from communities, because access to them is gatekept? Is it mental health service users, don't be so daft, but hey, at least we're in the dark along with everyone else.

Above it all lurks the dread, dead hand of NHS England. Now, we don't want to cast everyone working within NHSE/I as uncomprehending technocrats ruling by spreadsheet: there are many fine individuals working within it, people who "get it". Just as there are visionary socially committed GPs (especially those working in "deep end" practices), far-sighted mental health trust managers who see the merits of totally reworking how they operate, local authority chiefs who understand the social

determinants of poor mental health, and so on. We've been struck actually, by the real desire to work together to do things differently, but behind the Transformation framework lies a hostile architecture, all about inputs, clinical staff numbers and bands, not outcomes. The beast has to be fed and its food is hard numbers, not ethics or values.

Thus, we have a dilemma: service users locally are hearing very promising noises about things like a Trieste model, Finnish-style Open dialogue, Asset Based Community Development, Strengths-based approaches, people-powered health, and yet nobody seems to know how to get there from where we are, with NHSE being both culturally and operationally ill-suited to relinquishing a top-down approach, to take risks, try something genuinely new. And with the pressures of Covid, of economic difficulties and the turmoil of reconfiguration, there is a strong tendency for people and organisations to revert to the familiar, the methods they know, the command-and-control approach, competition, tendering and commissioning, market-based approaches, all of which are anathema to anything genuinely radical and reciprocal. A place-based approach doesn't mean a thing if it's micromanaged from some place in Whitehall.

This gives service users a strange feeling: we're hearing people speak our language, talking about going beyond labels, looking at social and peer solutions, collaboration and collectivity. This is new and very heartening, but underneath it all we can't shake the feeling that this might be another false dawn: these days, the conversation is in our lingo, but it's not native to the others, and they may either misunderstand our words or return to their mother tongue. For now, though, we're still talking.



BENFIELD SCHOOL

We have been working with a group of students surrounding wellbeing; we have worked with the students over a 3-week period to train them up in areas of wellbeing that they and people their age are struggling with. Over the 3 weeks the students have taken a lead on what topics they think their peers would benefit from the most, we covered a range of topics from body confidence to understanding emotions.

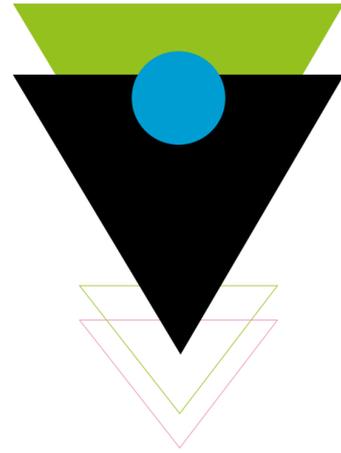
The students have been trained up to be wellbeing champions within their school, students and teachers will now work together to have wellbeing peer support groups set up throughout the school. The students have been an absolute pleasure to work with!

This is what the students had to say about the sessions:

“I love this session and want to create a club to help others talk and help them”

“Everything’s class this is helping me personally and I wouldn’t change anything”

“This session was very useful and made my day, it was positive and very straight forward”

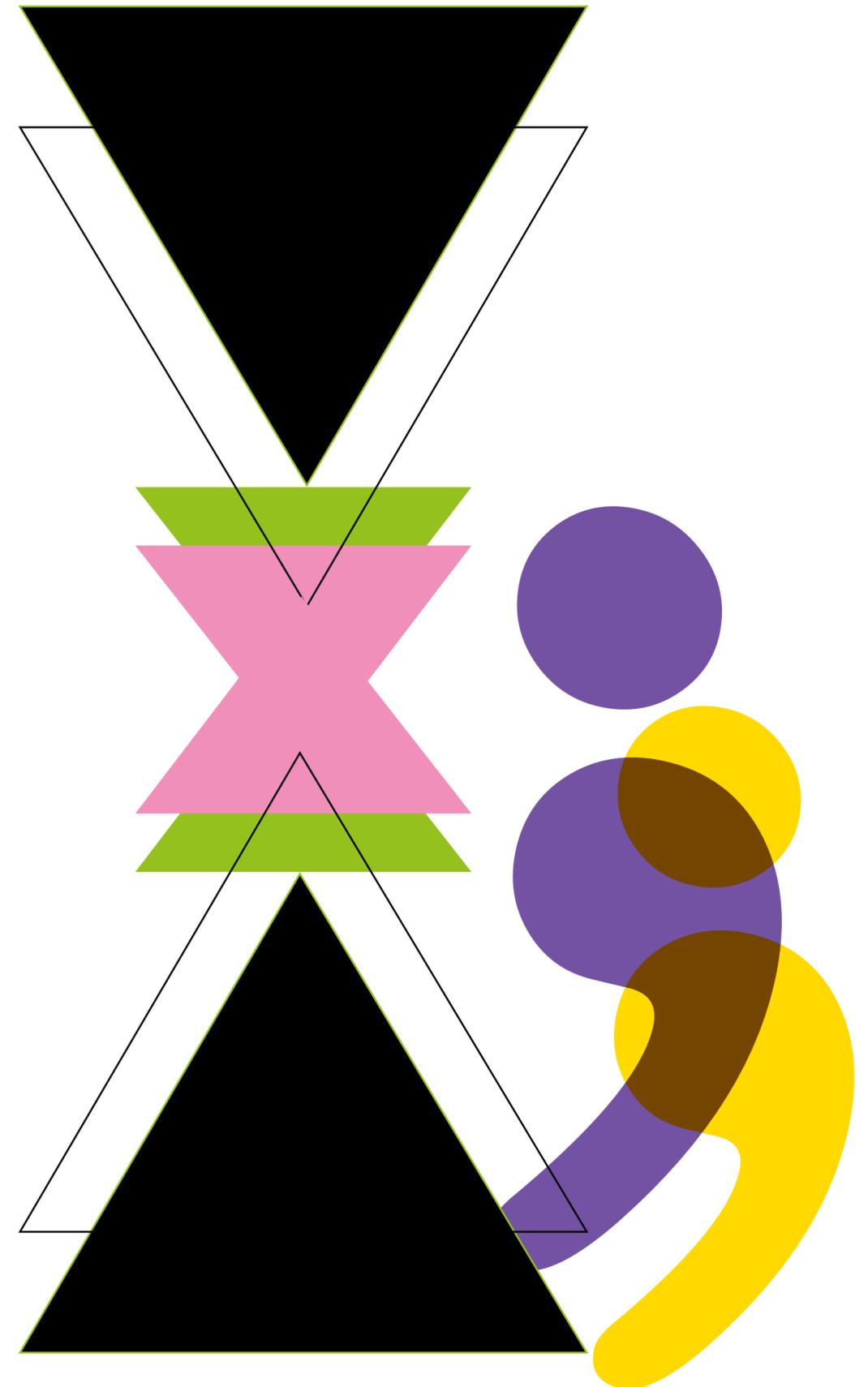


POSTNATAL GROUP

We have been working collaboratively with a GP and a Health Visitor from the east end of Newcastle to set up peer led postnatal groups for new mums that have not been able to access groups due to the pandemic.

The peer led groups are supported by ReCoCo, the GP surgery and a local Health Visitor.

We have worked alongside one of the mams who has taken a lead with the first group and is doing an outstanding job. The aim of the groups is to give new mums a chance to have connection with other mums which is incredibly important for them emotionally and mentally. Our aim is to eventually have peer led support groups set up in various areas across the North East.



FROM ANGELA (RECOCO CO-DIRECTOR)

So we're back to resembling something 'normal'. But we are proud to say that, other than the very first month of the very first lockdown, we have found ways to deliver what we do face to face as well as online.

When we were unable to see our students face to face we quickly moved what we could online and contacted students who we knew had no internet. We've seen folk face to face outside whenever possible and within restrictions.

We developed a respite day for NHS front line staff working on the Covid wards that we are still delivering now. Exploring the impact of the trauma they were experiencing, supporting them to recognise and release what they can, ready for more trauma, more suffering. Such is their lot.

We've worked into schools with the vulnerable and key worker kids and their, close to breaking, teachers.

We've initiated the development of peer support groups for severely disconnected post-natal mums through GP surgeries. We are accounting for ourselves because we feel that every service should account for their behaviour during the pandemic. Some statutory services are still discouraging staff from seeing clients/ patients face to face – at a time when they need it the most. Re-establishing face to face connection has been a priority. Isolation is a proven killer. Even relative disconnection can knock you sideways and bring you face to face with your own coping perimeter. You already know that.

We understand the necessity of serve and return when it comes to human interaction. And we've witnessed amongst the people who use ReCoCo and our own team, that confidence and self-esteem is very quickly impacted when that serve and return can't happen. As hypervigilents - with emotional scales set at 'super sensitive', we subconsciously scan faces for fettle and situations for danger. Not being able to pick up the nuances of communication and meaning left us separated from our superpowers. Scanning

screens for facial expressions and listening for voice tone, doesn't provide us with a fraction of what we would usually pick up. It was like having the superpower of hypervigilance clipped and boxed and buried.

There's a great level of anxiety apparent now from those for whom the expectation is to leave the house. We have seen dozens of professionals enter our new building, blinking like rabbits caught in the headlights of social interaction. Worried they've lost their craic and banter, wearing smocks because nothing else fits. The expectation placed on many is to collude with the narrative that this new way of interacting, meeting, training, providing a service, is a modern and convenient way of getting things done. No commute to work, can fit more tasks in, don't have to see anyone, nobody need see me at all....etc.

I've been in external mental health team meetings, updating them on ReCoCo, where everyone has had their cameras off. Where no dissent or visible distress is perceived as compliance and satisfaction with the new and permanent approach to team cohesion.

I'm left wondering how many might be drunk, or depressed, or both.

Plenty of folk are now feeling the anxiety of re-entry. Fear of being out, interpreted as fear of being. Plenty are so fearful they are doing what they can to orchestrate and avoid going anywhere, with anyone.

Finding solace or comfort or some control in enablers of further disconnection. Everyone knows someone who is drinking or using too much. Maybe it's you. Managing, buffering, waiting. Feeling vulnerable, fragile, wounded. Lacking confidence. And that's the workforce.

The mental health crisis is yet to become apparent. In the words of a Walker based GP, "It hasn't even started yet."

Services were already buckling from austerity/cuts. Staff are on their knees and leaving health and social care in droves. What's left needs radically transformed, but the system is currently blinkered to anything beyond traditional NHS funding ridges. The temptation is to pump more money into specialist services that 99.9% of folk who need help, won't get near.

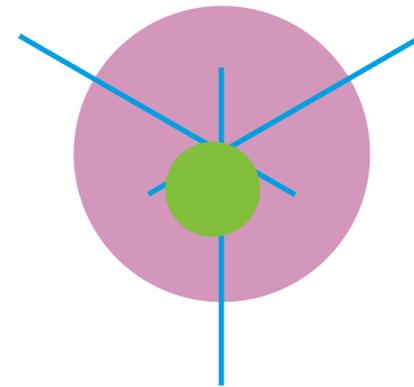
No 'Real World' impact. More specialist services, granted by especially qualified elites, for the tiny minority who themselves are left to feel uniquely and pathologically defected.

To us, it's clear that the only way the tsunami of need is likely to be met is through the emergence and empowerment of grass roots community organisations that have the understanding to help their own. They are doing the job already.

Demand for help will far outstrip provision so unless we are upskilling whole force, not just workforce, then those who need it most won't get anything.

We now run a 12 week TTT course and continued support to folk working in communities to set up and run peer support groups in ground level services. Helping people support each other. Groups for people who need connection – which is everyone. Fibromyalgia, long covid, grief, anxiety, groups for school kids run by school kids

Health inequalities were exasperated by the consumer culture of separation and disconnection that we have wholeheartedly embraced.



Humanity has eaten itself, and everything else and this is what we're left with. Endemic fear at the uncertainty that lies ahead.

The antidote for fear, uncertainty, isolation, disconnection, feeling unsafe, despair and hopelessness - is connection with others. Finding your place and purpose within a community of likeminded folk who get you and appreciate what assets you bring to that community. Be it work, family, interest, neighbourhood. Connection is transformative not sitting in your box room with

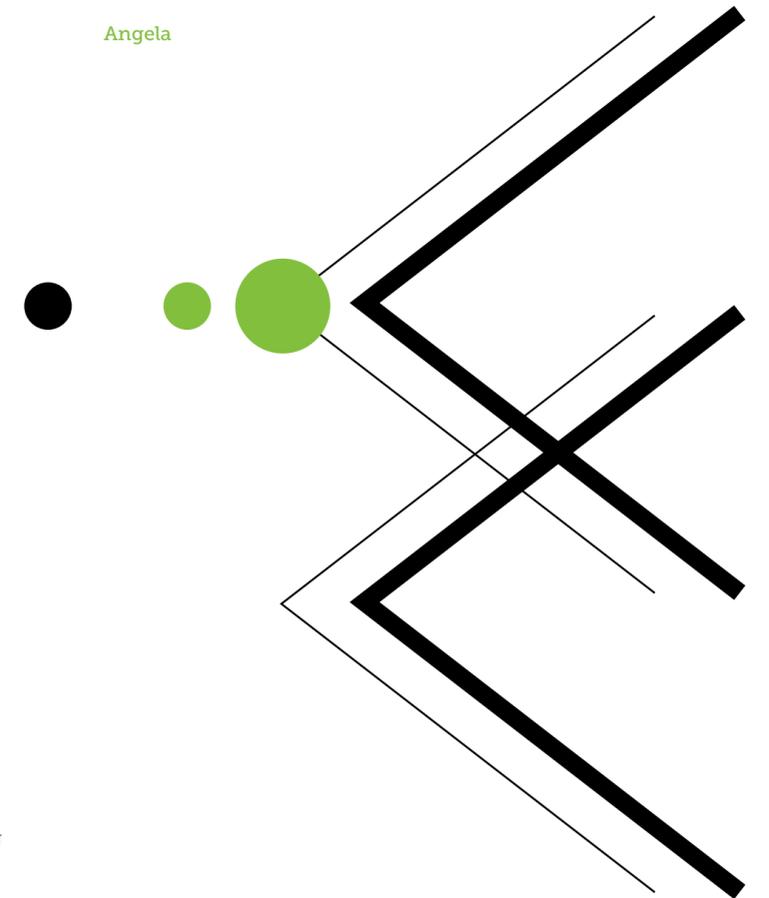
your camera turned off because you literally can't be arsed to get washed anymore. Or spending your time isolated, watching the news, waiting for the next wave/variant/disaster film scenario. Thinking it's probably best not to risk leaving the house for the next few years or so.

The renewed emergence and empowerment of communities is crucial, because the cavalry still aren't coming. They never were anyway. Structures, groups, collaborations built on the existing infrastructure, resilience and knowledge that they have.

We are realists. We know what happens when the weight of universal disruption and uncertainty piles up. The people at the bottom get crushed.

ReCoCo are ready to do everything we can to power up communities. Enlisting and supporting those who are already carrying the weight of disadvantage and poverty. And as for us: We know that we can survive adversity. Our students, volunteers and staff already have. Much worse and for much longer than what's happening now. The difference now is that none of us are alone. We have each other.

Angela



MINDFULNESS STORIES

LINTZ GREEN

You come across all sorts of interesting historical monuments when out walking the North-East countryside.

The landscape is so rich in history: Iron Age and Roman forts, castles, and Victorian factories. And there are the railways of course. Many of those are now walk and cycle ways. Relics of that bygone age can be seen wherever trains once roamed: Bridges, overgrown embankments, even wooden sleepers dating back to George Stephenson. At Lintz Green, on the Derwent Walk, near Chopwell, there are the remains of a railway station. Definitely worth a visit.

I had set off from Rowlands Gill, the day blowy but mild. It is a couple of miles to the railway station; it comes suddenly into view, half-overgrown platforms, and the station house. It is quite a sight, stopped me in my tracks. I took a few minutes to survey the scene, pushing the sunhat back on my head. I walked up the steps and onto the bridge and leaning my hands on the stone side looked down at the platforms. All those years, all the many journeys, the human interactions for 100 years. (The railway closed in November 1963.) What stories to tell!

Not least of all, an unsolved murder. On Saturday 7th October 1911, the stationmaster, Joseph Wilson (aged 60) was shot. Each evening he carried the takings home from the station office, around 50 yards. The motive for the killing was very probably robbery. But the killer was never found and left the scene empty-handed. Mr Wilson had, that day, taken the money home early.

I decided to push on a bit further along the Derwent Walk, busy as ever with cyclists and walkers and families, people walking their dogs. I smiled as three terriers dashed past and went tearing off up the track, tails wagging furiously. The dogs love it.

I walked on for about another mile and on finding a bench stopped for lunch. Along the Derwent Walk, you will find strategically placed seats for taking a break and enjoying the views. There are plenty of them, the countryside here is beautiful.

I stretched out my legs and enjoyed the sun on my face, gazing across meadows and forestation. After a moment I sat up and shaded my eyes. I had spotted something.

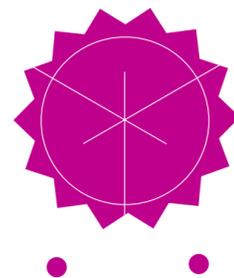
A wild deer was wandering around. It was not long before a crowd of people – all socially distancing I hasten to add – gathered to watch. “Beautiful animal,” a woman commented. I could but agree. The deer did not seem to be in a hurry, was just standing, enjoying the sunlight.

After my break, I walked back to the railway station. I climbed up onto the bridge and followed a track to the Burnopfield road. This took me into the town from where I took footpaths across the valley. This proved more demanding terrain, wading through bracken and long grass, forestation that pressed in ever closer.

Up here on the hill-top the wind crashes through the trees making them bend and sway and a tide of leaves swirl. A multitude of sounds press the senses: creaking branches, rustling leaves, and the gale.

And I walk on, deeper and deeper into the forest, ducking to avoid lower branches. Wildflowers grow in profusion, brilliant red, blue, yellow. A heady aroma of scents perfumes the air. I stop, to take breath. Descending a hill can be just as physically demanding as climbing it. I remove the sunhat and wipe my brow. A striking sight catches my attention. Higher up the valley, a great wall of trees towers skyward and sunlight cascades from them.

The path twisted ever on, a steep descent. I leant into the bank as I made my way down. That way, if I lost my footing, I would fall against the hillside, and not into fresh air! And back onto the Derwent Walk, returning to Rowlands Gill. So ended my seven-mile walk. It had proven quite a good work-out!



DIANE SANDFORD (VOLUNTEER COORDINATOR)

VOLUNTEERING: WHY AND HOW

‘Over one in four people formally volunteer once a month and about one-fifth of the UK population is involved in social action in their local community’
(Time Well Spent report)

NCVO defines volunteering as any activity that involves spending time, doing something unpaid that aims to benefit their community or someone (individuals or groups). Central to this definition is the fact that volunteering must be a choice freely made by each individual. The following definitions for volunteering are based on the Community Life Survey. • Formal volunteering: Giving unpaid help through a group, club or organisation. • Informal volunteering: Giving unpaid help to individual people who are not relatives, and not through a group, club or organisation. • Regular volunteering: Volunteering once a month. • Irregular volunteering: Volunteering at least once in the last year.

People get involved in many different ways in their local community. Generally, people feel that they have more influence at a local level than at a national level and one in five people are engaged in local social action. Many community groups and charities, and the services they provide, are highly dependent on the involvement of people who willingly give their time for free.

‘81% of volunteers do so because they want to improve things and to help people’
(Getting Involved Report).

Here at ReCoCo we have recognised since the start how vital volunteers are to the success and development of the college. We want to build on this and expand volunteers so that they are involved in every area. At ReCoCo we want to enable students to reach their full potential. Often this means that they go on to volunteer as they are keen to share their

newfound knowledge as well as invaluable life experience. Many of our volunteers go on to become Therapeutic Enablers, the college would not function as well as it does without the ongoing commitment and dedication of them. Volunteering can be a great stepping stone into paid employment and while we never like to say goodbye it is an important part of my job to help people work towards their aspirations and realise their goals.

We would be so pleased to hear from you if you are interested in volunteering at ReCoCo, whatever your interest and skills I am sure we would find a good use for your time and commitment. We are very interested in hearing from you if you think that you could support us in a volunteering capacity with fundraising, gardening, fitness, DJ-ing, choir leaders/musicians. Many of our volunteers became Therapeutic Enablers before lockdown so we are on the lookout for new volunteers who would enjoy the challenge of facilitating groups and sessions. You would be fully supported by our Therapeutic Enablers; they would be on hand to offer practical help as well as sharing their expertise.

If you cannot commit on a regular basis but would still like to get involved, we are keen to build up a bank of volunteers who could help out at one off events and activities.

‘Volunteering at ReCoCo felt like a natural progression from attending as a student. The college has been a key component to my recovery in recent years and it continues to be vital to my wellbeing. In volunteering I have found a sense of purpose, and a way to start giving back some of the knowledge and support that has been so instrumental to my own healing journey. Peer support is such an effective way for us all to help each other, and ReCoCo is the perfect place to get involved!’ (Newly appointed Therapeutic Enabler, JA)

To find out more and to arrange to meet up for a chat, email me at diane@recoverycoco.com

NEW STUDENTS: INTRODUCTION SESSION

We would like to welcome our new students to ReCoCo by inviting them to an introduction session.

This will be after you've enrolled. The session will be just a couple of hours where we can share with you what we find works at ReCoCo. While your enrolment gives us the chance to get to know you, the introduction session will give you the opportunity to get to know us a little better. It will also provide you with the ideal opportunity to get to connect with students who have also just enrolled. We are all about connecting with others so what better time to meet folk who are also new to ReCoCo.

During the introduction session we will explain what we have found works for our students. We have 4 core subjects that we find really benefit our students:

WRAP

Wellness Recovery Action Plan.

We always encourage our newly enrolled students to book onto our WRAP awareness course. There are 8 sections to a WRAP plan, the WRAP plan gives you the opportunity to get right into the nitty gritty of who you are and what keeps you well and how to monitor your wellbeing. All the way through wellness tools to early warning signs, triggers into crisis and post crisis planning.

At the introduction session the team will give you a brief overview of what a WRAP plan is and what it can do to benefit you.

Wellbeing Exercises

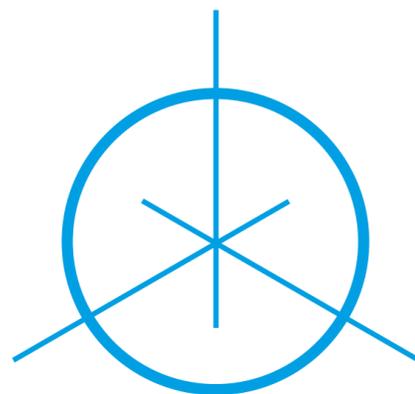
Drumming, screaming and shouting, shaking, Wim Hof, Mindfulness and more.

Throughout the pandemic we have developed and expanded our already comprehensive offering of wellbeing exercises. These wellbeing skills have proven beneficial to ReCoCo students, staff and even NHS front line staff from the Covid wards. We've spent our lives holding on to so many negative and unhelpful emotions and with what's happened over the past 2 years our wellbeing exercises are a marvellous tool for your arsenal and a great way of letting go of some of the mental pressure that we're all feeling. At the introduction session we will give you a little taster of what our wellbeing exercises consist of.

DBT Skills

Dialectical Behavioural Therapy Skills

Our DBT Skills course is one our most popular courses, the skills course we offer covers all skills from Distress Tolerance, Emotional Regulation and Interpersonal Effectiveness. This course gives students quick skills to help deal with different levels of stress and helps individuals to understand and regulate their emotions. The DBT Skills course at ReCoCo is not therapy it is a skills only based course.

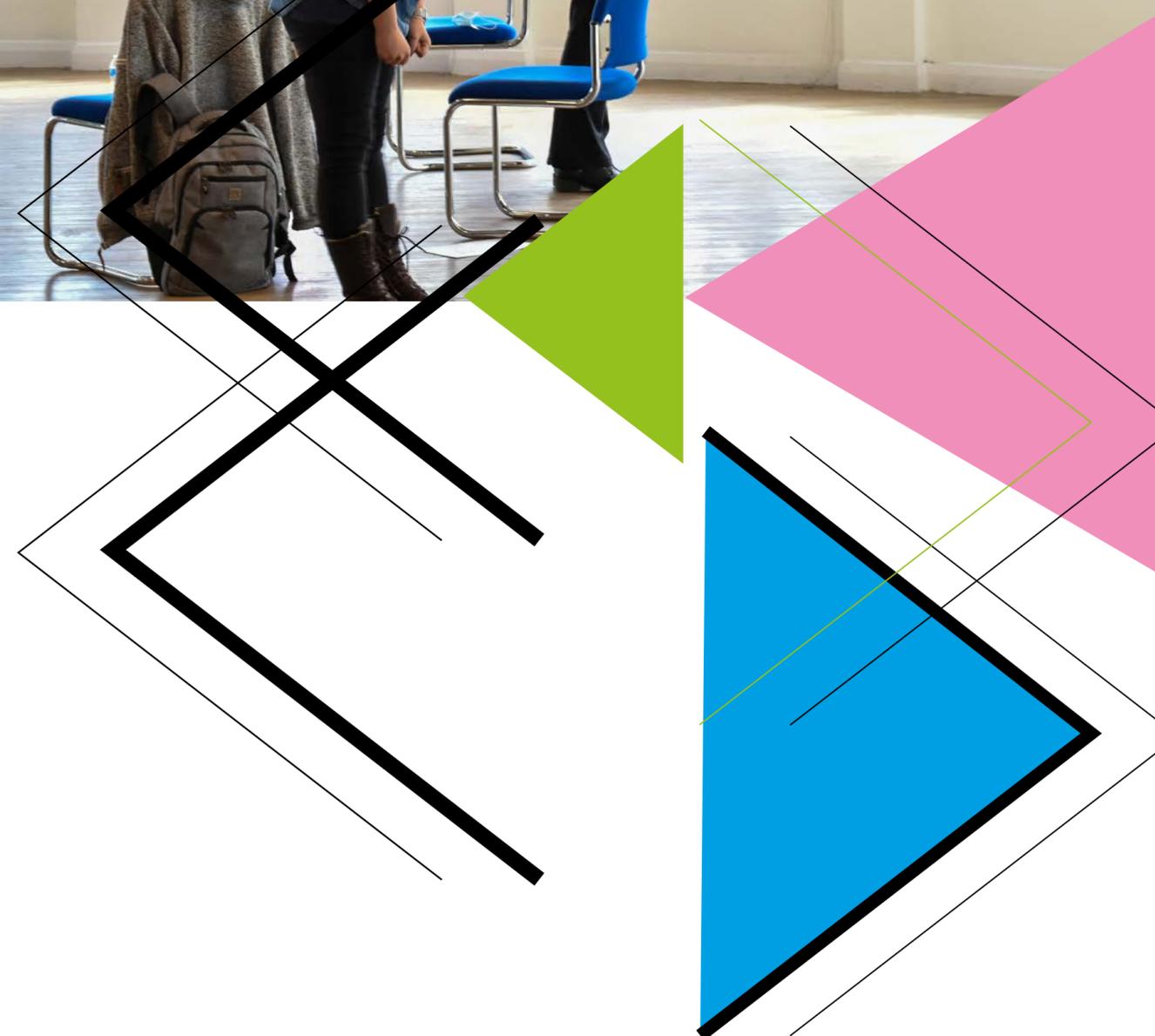


We believe the DBT skills can be essential to students and can be quickly added to their wellbeing tool boxes. Students will receive a brief overview of what DBT Skills are on the induction day.

Reducing the Rage

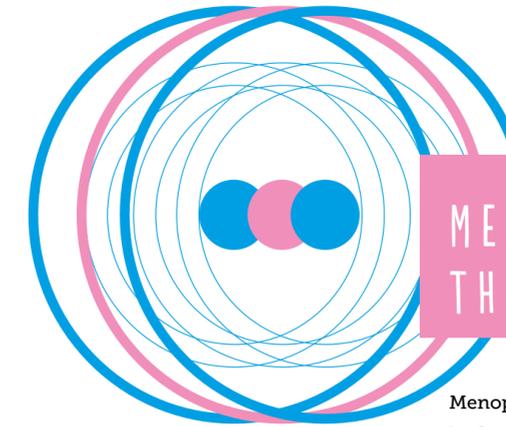
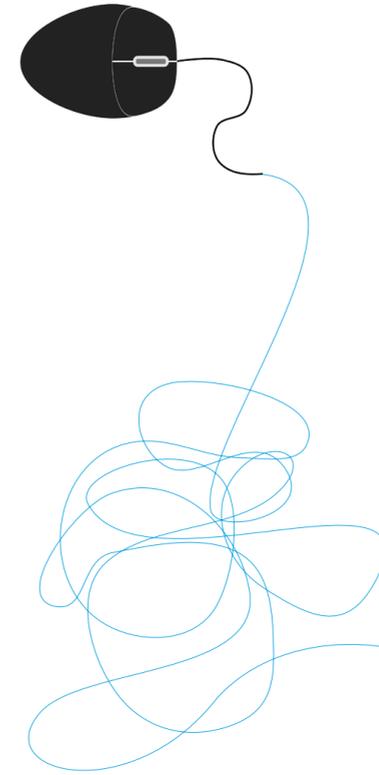
Reducing the Rage is another one of ReCoCo's popular courses, the course is aimed at understanding anger in order to manage it in a beneficial way. This course is beneficial for individuals who struggle with noticeable anger and also for people who internalise their anger. The course helps students understand that anger is not an unhealthy emotion it's the actions that anger can cause that can be unhealthy.

Reducing the Rage is a great course to link in with the DBT Skills Course. Students will receive a brief overview about the course on the Introduction.



COURSES / WORKSHOPS
C O U R S E S / W O R K S H O P S

- Introduction to DBT Skills
- Menopausal Women Art Therapy
- Pain Management
- Positive Psychology
- Reducing the Rage
- Rising Strong
- Self Esteem
- Self-Harm Awareness Workshop
- Spirituality
- Take Hold of your Emotions
- Understanding Experiences of Depression
- Understanding Medication
- Understanding Psychiatry
- WRAP Awareness



MENOPAUSAL ART THERAPY

2

Menopausal Women Art Therapy group by State Registered Art Psychotherapist, Fiona Fitzpatrick from Arts Psychotherapies UK / IG @arts_psychotherapies_uk www.artspuk.wixsite.com/website

Please note that the class is only open to women. 'Three quarters of women in the UK say that the menopause has caused them to change their life and more than half say it has had a negative impact on their lives. 47% who have needed to take a day off work due to menopause symptoms say they wouldn't tell their employer the real reason.' British Menopause Society, bms.org.uk

A woman's relationship with menopause is complicated and often not talked about. This is an opportunity for women to use the creative arts to explore their feelings around this life changing, often ignored, part of a woman's life.

Art Therapy is a psychotherapy that uses the art to address emotional and behavioural issues alongside a trained professional. It can help you express thoughts and feelings and can be another way of communicating when it's hard to talk. Art Therapy can help with issues including, stress, depression, anxiety, panic attacks, relationship issues, bereavement and low self esteem.

You do not need to be good at art to benefit, this is not an art class. Regular attendance is important.

Fiona Fitzpatrick is a fully qualified, registered therapist with Health Care Professions Council and an EMDR Practitioner.

Time: 1.00pm - 2.30pm
Day: Wednesday
Date: 12 Weeks from 8th September (excluding half term)
Course Leader: Fiona Fitzpatrick

INTRODUCTION TO DBT SKILLS

1

This is not Dialectical Behavioral Therapy. At ReCoCo we run weekly skills based groups giving an overview of what DBT is, exploring and trying out the skills that people find helpful in managing their emotions. Each week we will explore a different aspect of DBT skills; Week 1 will be Emotional Regulation, Week 2 will be Interpersonal Effectiveness, Week 3 will be Distress Tolerance. The 3 weeks will repeat continuously to provide as many people as possible with these skills. Mindfulness will also be incorporated into each session.

Time: 10.00am - 1.00pm
Day: Thursday
Date: Weekly from 9th September
Course Leader: Megan Shaftoe

3

PAIN MANAGEMENT

The Pain Management Workshop is a 6 week rolling programme as a guided self-help for understanding and managing persistent physical pain. As a first attendee it is important to attend all 6 sessions to learn all the available techniques but you can just attend session 1 for an overview which includes pain medication. After this feel free to attend any one session or more as a refresher for your learning. The sessions will run as follows:

Session 1 - Introduction Workshop
 Session 2 - Mindfulness and Acceptance
 Session 3 - Imagery and Conditioning
 Session 4 - Eliciting the Pain Script
 Session 5 - Cognitive Restructuring
 Session 6 - Reshaping the Brain
 Sessions 7 & 8 are optional drop-ins

Time: 1.00pm - 2.30pm

Day: Tuesday

Date: Weekly from Tuesday 7th September

Course Leader: Glen Ferguson



4

POSITIVE PSYCHOLOGY

Positive psychology is based on the belief that people want to lead a fulfilling life in order to cultivate what is best within themselves as well as enhance their experiences of love, work and play. During the session we will look into what makes life the most worth living and concentrate on increasing students' wellbeing by positive psychology knowledge and a variety of tasks. The aim of the group is to enable and empower individuals to make a positive change in their life in order to thrive.

What sort of things might you study in positive psychology class:

- Character strengths (forgiveness, kindness, gratitude, creativity & curiosity)
- Meaning and purpose
- Happiness, positive emotions and well-being
- Emotional social intelligence
- Flow and mindfulness
- Wisdom
- Hope and optimism
- Positive relationships
- Authenticity
- Humour
- Resilience and much more!

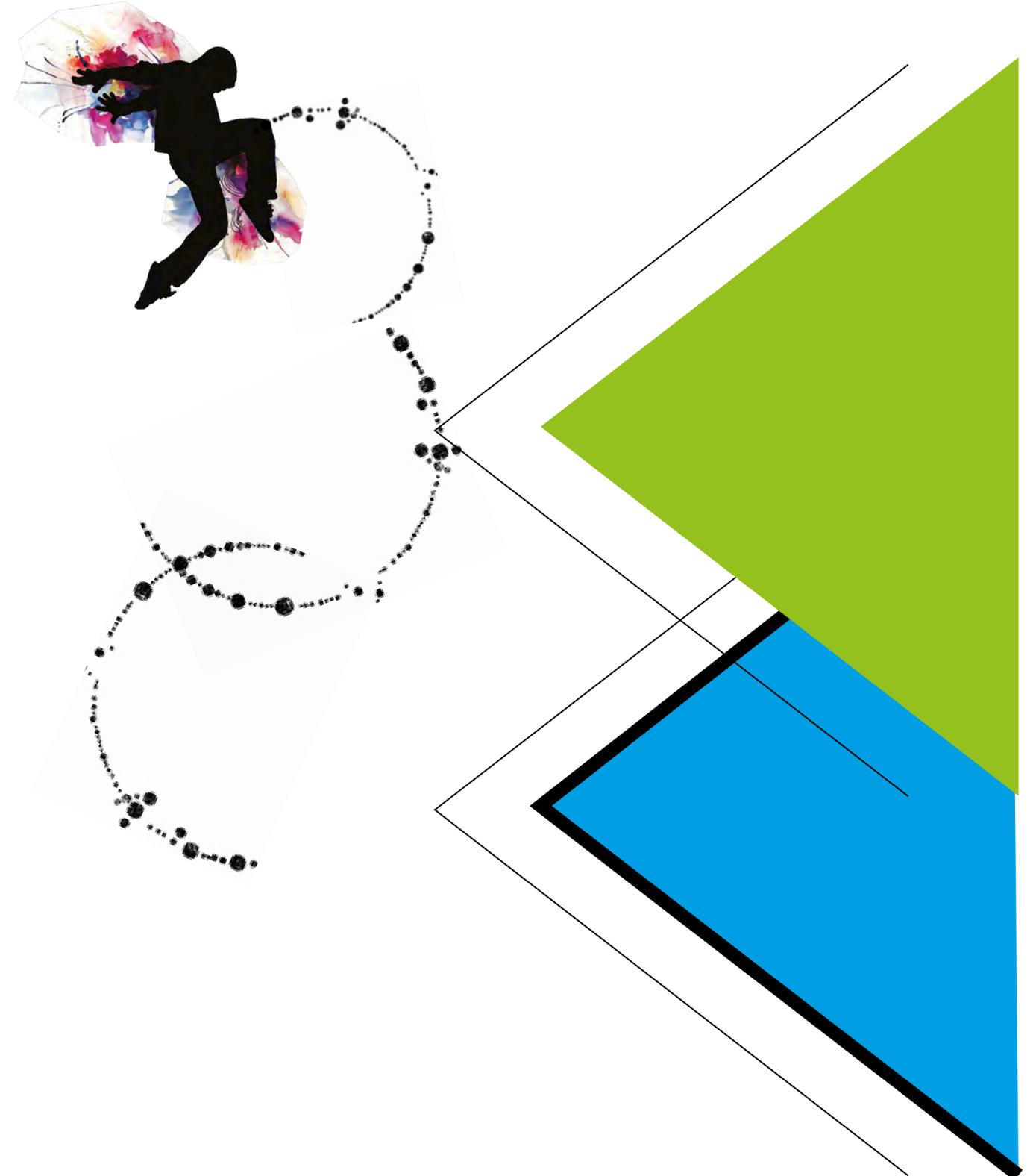
Please join us on this meaningful journey to find out more about positive psychology. Course will be delivered by class discussions of relevant topics, small projects and in class activities such as a quiz.

Time: 10:00am -12:00pm

Day: Thursday

Date: Weekly from 9th September

Course Leaders: Juliana Cunha & Tony



REDUCING THE RAGE

5

Everyone gets angry or frustrated. It is a totally normal and healthy emotion. However, sometimes our anger can get away from us and begin to take over. If anger plays a larger role in your life than you want it to, this course may be for you. Whether you get angry at the smallest things, your rage is an uncontrollable monster, or find it difficult to express your anger in a healthy way, this course may help in getting your anger back under control.

Everyone is welcome to this course, however, please be mindful that this course can be emotionally challenging and triggering.

We will discuss issues around trauma and shame which can be difficult if you are currently earlier on in your recovery journey. This class may be a process of self-discovery through skills and knowledge.

Let's get 'a'had a'the radge.

Time: 2.00pm - 4.00pm

Day: Thursday

Dates: 1st Cohort - 5 Weeks starting

Thur 9th September

OR

2nd Cohort - 5 weeks starting Thur 14th

October

Course Leader: Megan Shaftoe

RISING STRONG

6

In these sessions we look at the teachings of Brene Brown and the impact that shame has on us. You don't need to have done The Daring Way to undertake this course but some knowledge of Brene Brown's teaching might be useful. There's plenty of information on the internet and a great TED talk on shame.

The Daring Way is a highly experiential methodology based on the research of Dr Brene Brown. The method was designed for work with individuals, couples, families, work teams and organisational leaders. It can be facilitated in clinical, educational and professional settings. During the process we explore topics such as vulnerability, courage, shame, and worthiness. We examine the thoughts, emotions and behaviours that are holding us back and we identify the new choices and practices that will move us towards more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent and lead.

- The overall outcomes of Rising Strong™ are as follows:
- Continue to lead and participate in a global conversation about vulnerability, courage, shame and worthiness.
- Increase global access to information on emotion and how emotion is connected to behaviour and thought.
- Awaken people's curiosity about emotions – awareness and the ability to articulate – and build our understanding of emotions.
- Use the rising strong process at both the micro and macro levels to increase wholeheartedness in living, loving and leading.

Time: 1.00pm – 3.00pm

Day: Thursday

Date: Weekly from 9th September

Course Leader: Claire Robinson

Further information:

www.thedaringway.com

SELF ESTEEM

7

We look forward to welcoming you to a friendly, creative group that explores the ins and outs of our self-esteem. Each week we look at new ways to support each other through life's ups and downs that can lead to new possibilities.

We look at:

- What is self-esteem, what can affect it and why?
- What you think and feel about yourself, looking at positives and negatives.
- The expectations we place on ourselves and the importance of setting realistic goals.
- Learning to accept ourselves for who we really are and looking at what we are good at.
- How we may view the world because of the way we view ourselves.
- Communication skills and motivation.
- Assertiveness and how to say no.
- The benefits of Kindness.
- Identifying our own core values.
- Coping with anxiety and/or depression.
- The importance of daily routine, healthy diet and lifestyle.

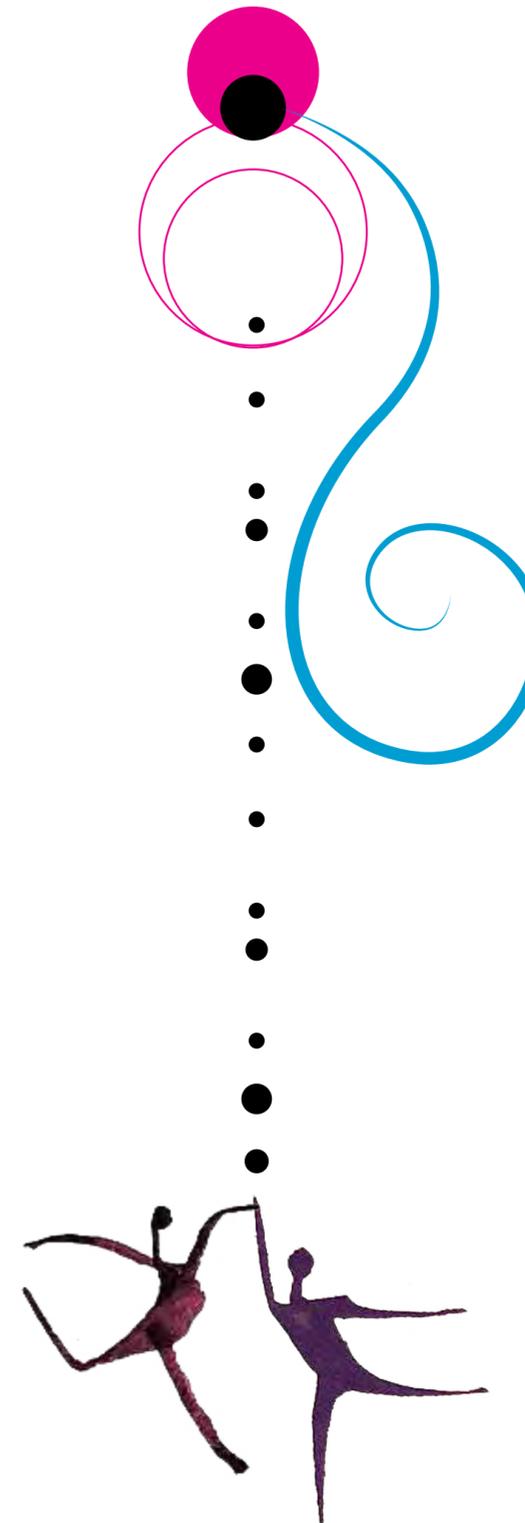
Course led by Sara Lourenco founder of Kindness Project Northeast. The project was set up in 2015 informally without realising the 'real' demand for such an organisation. It has now evolved into a community project that is constantly growing and changing dictated by the needs of our local people.

Time: 10.00am – 12.00pm

Day: Tuesday

Date: Weekly from 7th September

Course Leaders: Sara Lourenco,
Dorothy Dobson,
Emma Savage





I've felt really fortunate to be able to partake in this course as part of my GP fellowship, which is looking at developing peer-led groups to help with the mental health and wellbeing of our practice population at St Anthony's Health Centre.

As the course is run solely by people who have experienced mental health problems first-hand, we had the privilege of being taught how to run peer-led groups by the people most experienced to tell us what has or hasn't worked for them through their own experiences. This is not something that can easily be taught via any textbook and the real-life accounts provided during the course have been completely invaluable.

We were not only taught how to look at and consider the wellbeing of those within future peer-led groups, we were taught how to look at our own wellbeing; a skill that is often sadly neglected in health professional training. We were taught various different wellbeing skills throughout the course including mindfulness and movement, breathing techniques and tai chi which we will hopefully be able to teach to future groups, as well as adopt ourselves.

This course has really brought home for me how the current structure of mental health services is not geared towards the individual and unfortunately, very pathway-led. ReCoCo continue to inspire me to deliver better patient-focused, individualised care and serve as an important reminder on the power of peer-led groups in connecting people and empowering them to overcome the adversities life has thrown at them.

I think this is a course that could benefit so many professional's perspectives on mental health and what needs to change in order for us to be able to deliver a better service for the people that we want to help. ”

Dr Balfry



Feedback...

Last week was amazing, it's not clinical at all, the very opposite. I was worried about coming in but when I got here they said "well done for getting here" ...such a warm welcome

The volunteers are friendly and welcoming

People are so friendly and it's good to be with other people who have mental health problems like me

**Student Bubbles*

I like coming here already

Most welcoming, friendly place to visit, all good so far

From Reception onwards it feels like a safe space, it's non judgemental

I graduated uni yesterday after a touch and go year so I'm feeling great today, I got a first!

I enjoy the chat and cuppa as much as the walk

It's a stroll really so don't be worried about coming

**Park Walks*

It's a nice, calm, green place. I like the lake and the cuppa

Sets me up for the day

I have felt cared for and nurtured throughout the day. The staff were kind, patient and understanding. They were really good at putting me at ease. Also, it was a fantastic lunch.

I feel more in control of myself, my thoughts and my emotions. And if I feel like I need to go and scream in a field in the future, I will!

Felt valued. Felt listened to. Felt important. Felt worthy. Given skills can use in my everyday life as still on this journey.

It was always about us first and then the subject matter second. Self-care was revisited all the time. Thank you.

I really enjoyed the day - the pace of the different exercises and teaching. The teachers were very supportive, open and compassionate.

**Staff Wellbeing Days*

Very comforting, I felt listened to and understood without any judgement.

I feel like I am learning knowing what I am capable of doing and what strengths I have. Also how to work on things I am not so confident of.

I feel I have been nurtured. I feel I have had therapy and feel calmer, happier within myself.

**Train the Trainer*

I feel continuously inspired by ReCoco and now feel very welcomed into their wonderful community. I feel more aware of what is or isn't helpful for my own wellbeing and hope that will enable me to better help others in my role.

Very nurtured - check ins have helped me recognise and identify with the stress held and to focus on how to stuff it! (Shake it off and breathe it out)! Thank you for a fabulous and helpful day!

8

SELF-HARM AWARENESS SESSION

A 2.5hr session delivered by Steve O`Driscoll who self-harmed for over 20 years and managed to overcome his problems and now shares his experiences to help and support others and also facilitates a group in Newcastle to support people who self-harm.

The session covers:

- What is self-harm?
- Types of self-harm.
- Who self-harms?
- What makes people self-harm?
- How does it feel?
- Are people who do mentally ill?
- Signs to look out for.
- Coping techniques.
- Treatment.
- Self-help.
- What if you don't get help?
- How you support a person.
- Self-harm first aid kit.

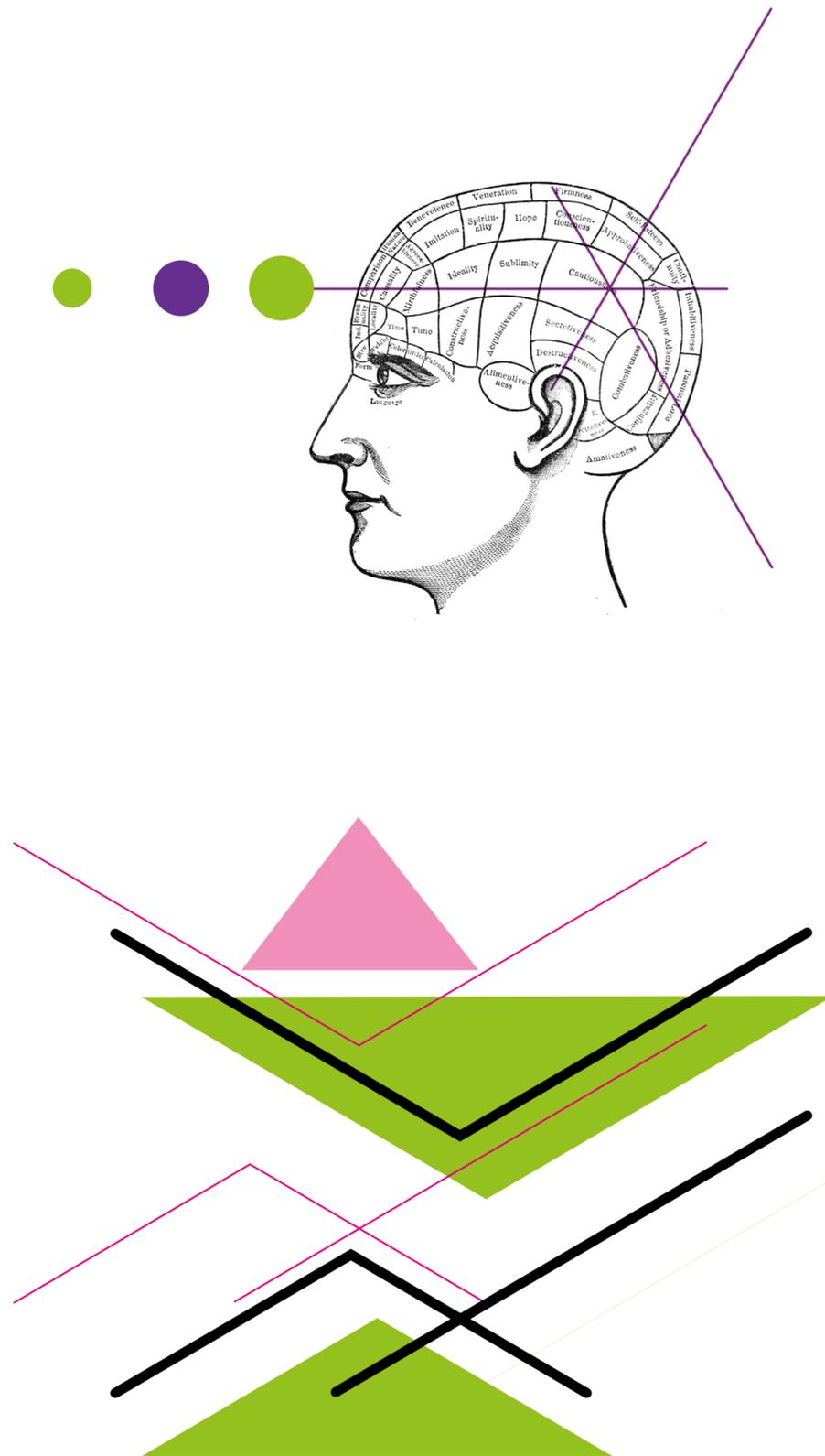
Steve will also share his journey of recovery. The session is very relaxed and there is plenty of opportunity to ask those unanswered questions around a subject that is still taboo to many in society.

Time: 1.00pm – 3.00pm

Day: Tuesday

Dates: 7th, 21st September, 5th, 19th October, 2nd, 16th, 30th November, 14th December

Course Leader: Steve O`Driscoll



10

TAKE HOLD OF YOUR EMOTIONS

Scheduled for groups of up to 12 persons and 5 sessions:

Each session is to give you one of 5 connected tools, to work with to face and stay on top of your emotions.

The will to change is the best guarantee for success.

Knowing the "HOW to use the tools" is the basis, to become able to keep on top of them.

You learn definitions, so we avoid misunderstandings, Your process of producing changes in emotions, the basics in relationships: to become able to keep on top of your emotions.

Just to make sure,

YOU WILL HAVE TO FACE YOURSELF :

- You learn, *how to face* your emotions in your own time.
- If wanted, after the course, in 1:1 sessions.
- The 1:1s will take place at a time convenient for you and me, at the ReCoCo.
- In some sessions you are asked to fill in a short sequence of questions.
- Facing yourself can become stressful. It is advised to be in good shape for the whole course.

Human : In Centre is the provider.

Walter Morauf is the presenter, with over 40 years of experience in dealing with emotional problems of others.

For any personal questions :

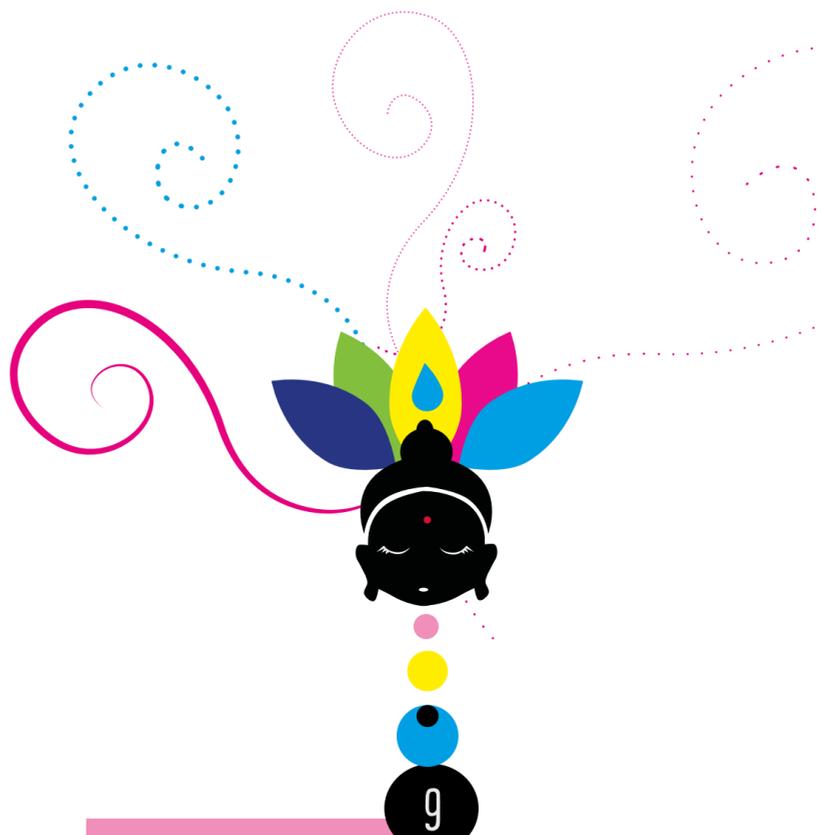
human.is.in.centre@gmail.com

Time: 10.00am – 12.00pm

Day: Wednesday

Date: 5 Weeks from 8th September

Course Leader: Walter Mouraf



9

SPIRITUALITY

We'll seek to explore the concepts of joy, forgiveness, spirituality, faith, hope, and love. This is for everybody, whether you are religious or not ...

Time: 1.00am – 3.00pm

Day: Wednesday

Date: From 3rd November

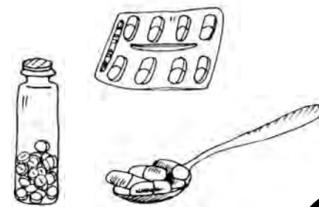
11

UNDERSTANDING THE EXPERIENCES OF DEPRESSION

This course explores the various dimensions to the experience of depression. Topics will include changes to emotions and moods, the bodily aspects of depression, changes to interpersonal relations and difficulties performing everyday tasks. Our focus will be on lived experience exploring the experiences of depression through engaging with first person testimony.

The course will provide a range of ways to understand experiences of depression and give you opportunities over a number of weeks to discuss and reflect on forms of recovery.

To express your interest for the course please contact ReCoCo.



12

UNDERSTANDING MEDICATION

This two hour workshop explores the practical and physiological impact of taking medication. It's an informal discussion group with a senior pharmacist that explores issues through shared experience. This workshop is suitable for anyone who wants to learn more about medication or for those who are thinking about changing, reducing or coming off medication.

Dates: TBA

Course Leader: Stephen Wilson



13

UNDERSTANDING PSYCHIATRY

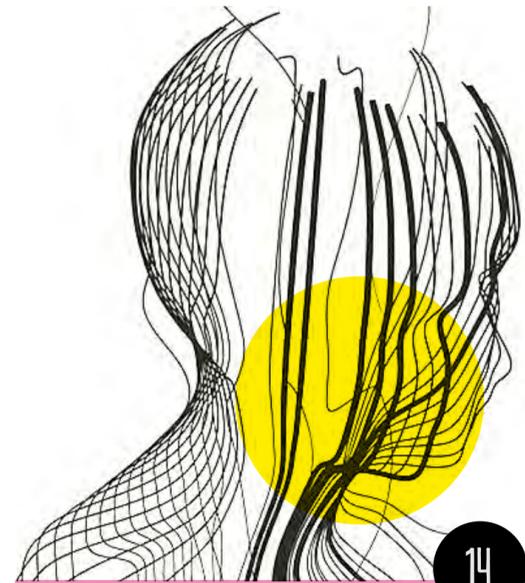
The session will initially describe the approach taken by psychiatrists in assessing, understanding and treating mental disorder. It will include briefly the development of psychiatry as a branch of medicine, looking at similarities and differences from the rest of medicine and will also describe the areas of information that are considered important in the history and investigation and consider the concepts of diagnosis and formulation as used by psychiatrists. It will set out the approach taken to consider the many different influences on a person's health and how these are taken account, by psychiatrists, in reaching a conclusion and planning care and treatment. We will then look forward to an interactive discussion about the strengths and weaknesses of this approach.

Like all approaches there are limitations, some of which psychiatrists are aware of, and others less so. Others still, are better understood by those who use psychiatric services.

Facilitated by the former Medical Director of Northumberland, Tyne and Wear NHS Foundation Trust, Dr Suresh Joseph.

The session will run 2 times this term. Please contact us for the specific dates.

14



WRAP AWARENESS

A workshop for people who experience mental health challenges and for those who care about them. It promotes a structured approach to developing a range of strategies to support self-management in recovery from distress. WRAP® (Wellness Recovery Action Plan) is a plan designed and managed by you and is designed to:

- Decrease and prevent intrusive or troubling feelings and behaviors
- Increase personal empowerment
- Improve quality of life Assist you in achieving your own life goals and dreams

People find that doing WRAP with peers can give lots of ideas as to how you can increase your wellbeing and plenty of opportunities to bounce ideas off like-minded people.

We recommend WRAP for all of our students so we will be running WRAP workshops 4 times this term;

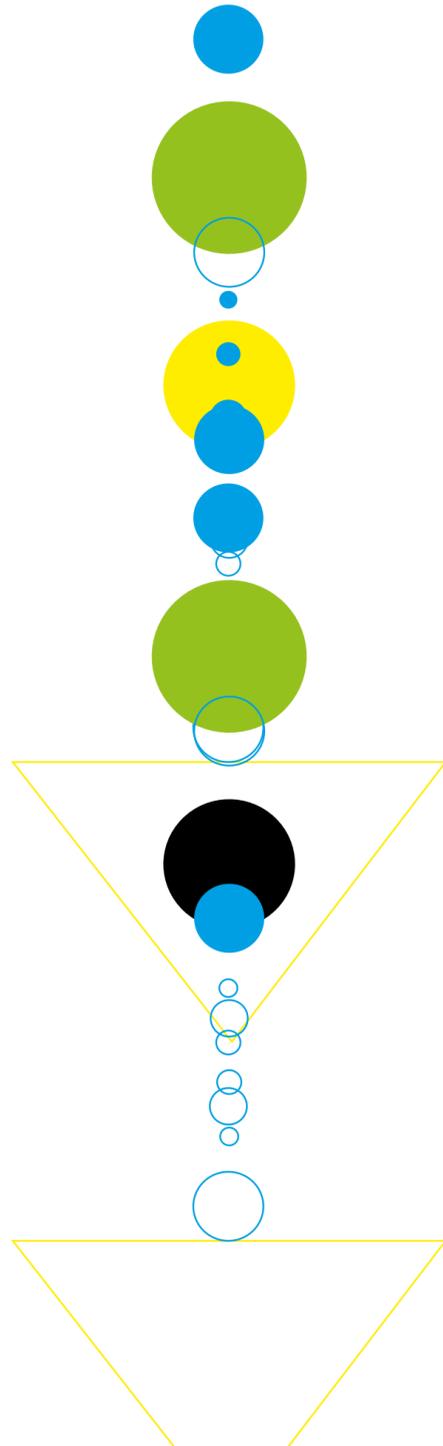
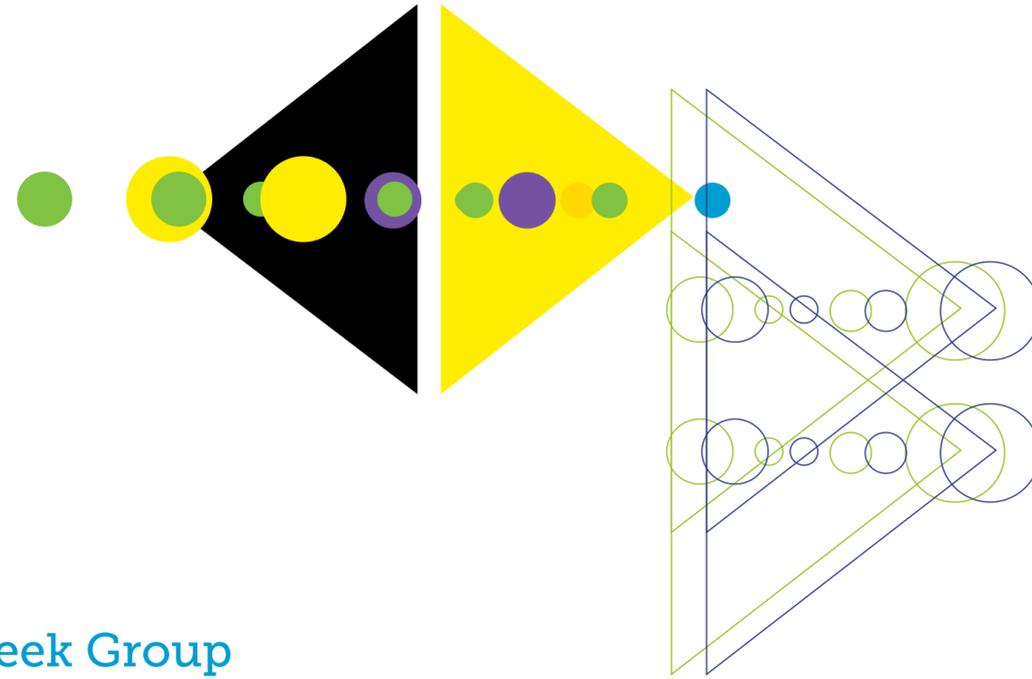
Time: 10.00am – 12.00pm

Day: Wednesday

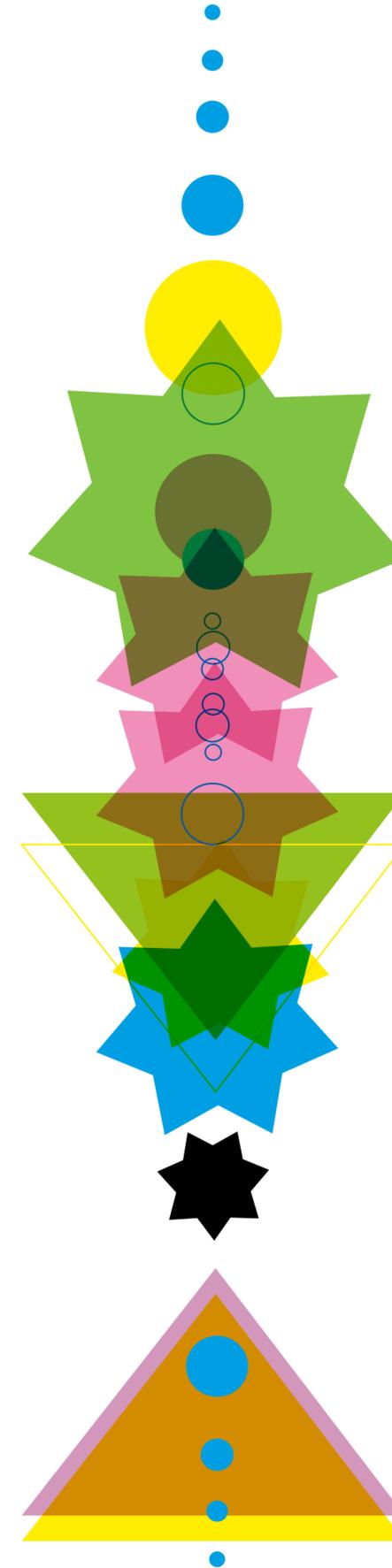
Dates: From 8th September

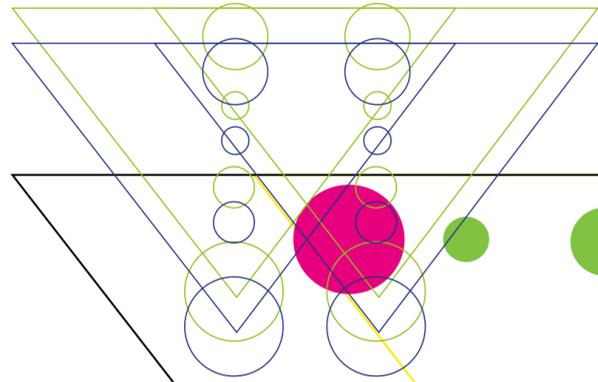
WRAP Leader: Sue Barrow

DROP-INS



- Geek Group
- Creative Wellness
- Creative Writing
- Drop-in
- Just Jamming
- Let it Go
- Mindfulness
- Recovery Meeting
- Yoga
- Music Therapy
- Welfare Drop-in



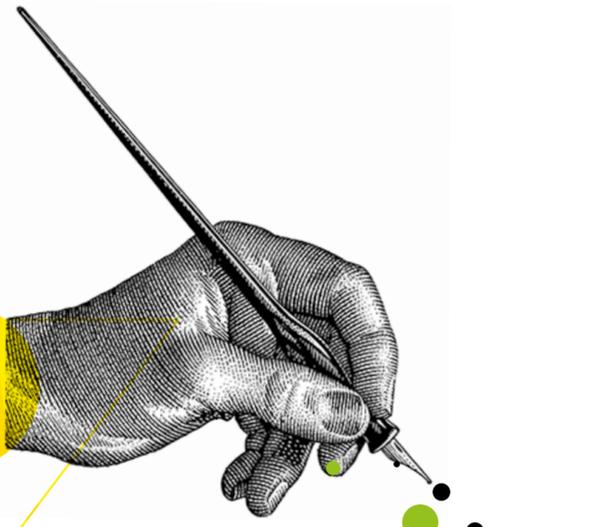
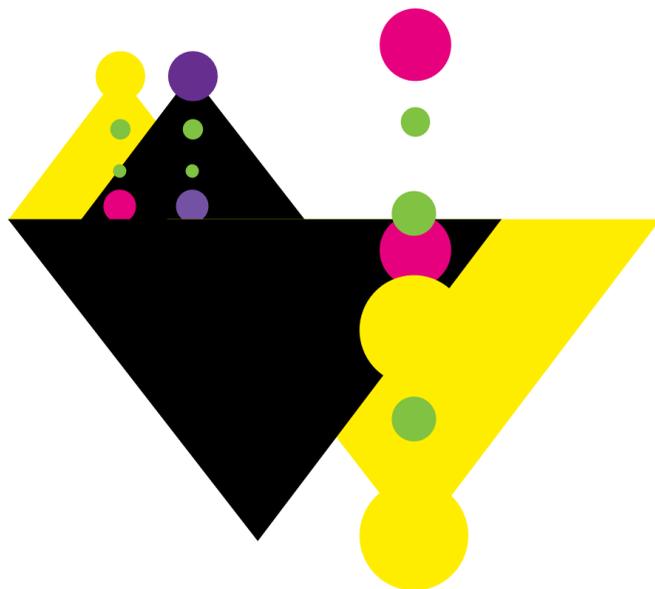


1

GEEK GROUP

Interested in computer games, tech, sci-fi, board games, comic book etc etc. All things geek!! Come and join in and be a part of our gaming group.

Time 1.00pm - 3.00pm
Day: Thursday
Date: Weekly from 9th September
Course Leader: Wendy Ritchie



2

CREATIVE WELLNESS

It is hoped that 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. Creativity and the journey of recovery are individual to each person, however by combining the skills and experience of each individual within the group we hope to empower people along their journey of recovery, instilling a sense of hope.

This group hopes to help students develop a variety of artistic skills through both group projects and individual work. We provide a relaxed environment in which to try out new things, share ideas and just enjoy the process of creating something beautiful.

Time: 10am-12pm Drop-in
Day: Thursday
Date: Weekly from 9th September
Course Leaders: Jasmine Asquith,
Fiona Tasker

3

CREATIVE WRITING

This spectacular creative writing group will broaden your creative writing capabilities. With poetry, stories and more. It's a drop-in, folk don't have to attend every session and it's a great relaxing group where people can connect with each other.

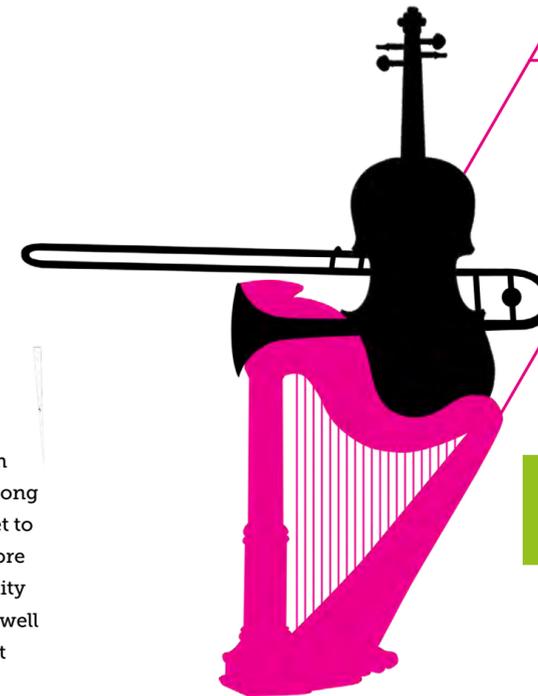
Time: 11am -1pm
Day: Wednesday
Date: Weekly from 8th September
Course Leader: David Kipping

4

DROP-IN

We have an informal, facilitated drop-in twice a week where people can come along and have a chat with other students. Get to know each other, connect and learn more about ReCoCo. This is a good opportunity for new students to meet each other as well as finding out from other students what opportunities might be right for you.

Time: 1pm -3pm
Day: Wednesday and Thursday
Dates: Weekly starting Wednesday 8th & Thursday 9th September



5

JUST JAMMING

Informal music session with guitar, vocal and percussion lessons. Feel free to bring along your own instruments. All genres of music welcome.

Music is a fabulous wellness tool and performing with others can be a great opportunity to develop this tool.

Limited one to one sessions available upon request.

..... it might get loud!!

Time 1.00pm -3.00pm
Day: Thursday
Date: Weekly from 9th September
Course Leaders: Rose Juliette,
Phil Guthrie

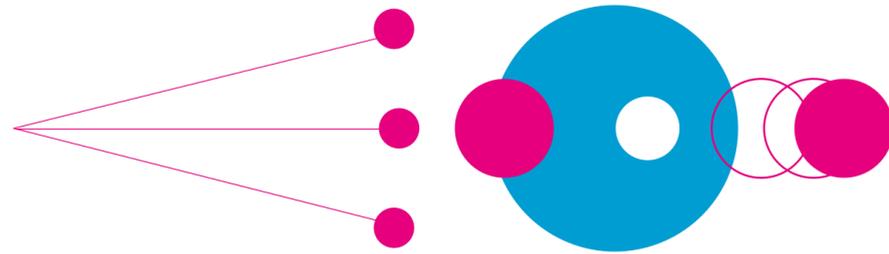
6

LET IT GO MINDFULNESS

We really believe that mindfulness can help us gain control over our emotions and help us feel in control of our lives. It's also really enjoyable so if you think that it could help or that you deserve a little bit of YOU time then why not come along and give it a try.

Throughout the pandemic we at ReCoCo have been trying out lots of new different approaches of letting go of trauma. Drumming, screaming and shouting even raving!! This term we are going to start our mindfulness sessions in this style, giving folk the opportunity to let go. This will then be followed by some more traditional mindfulness.

Time: 12.00pm – 1.00pm
Day: Wednesday
Dates: Starting 8th September



7

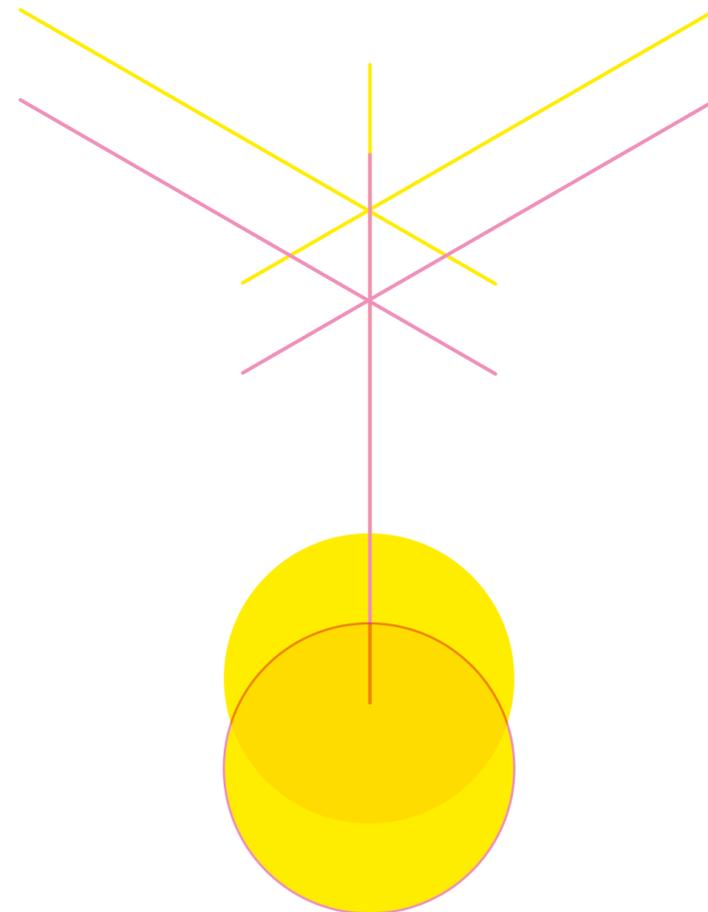
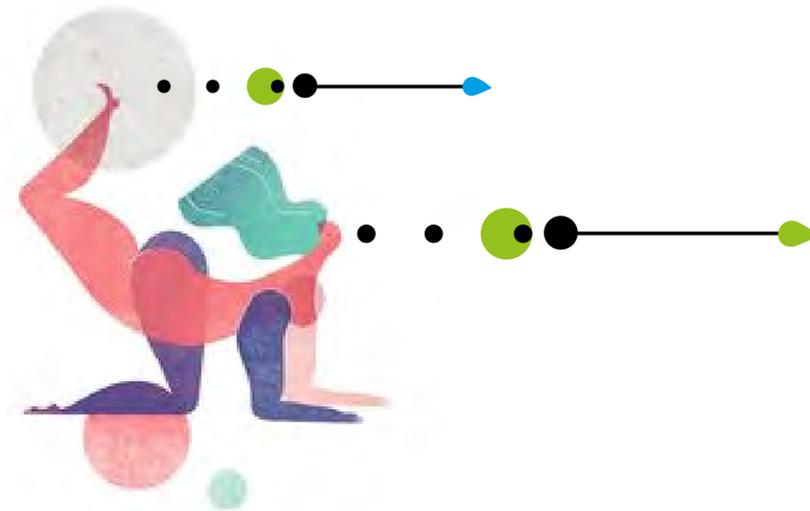
RECOVERY MEETING

This Recovery Meeting is open to all members who are dealing with substance misuse. Each week the meetings will focus on a particular word that is relevant to addiction. A protective space will be created which will allow you to gain a deeper insight into your-self and support you on your path to recovery, whilst deeply connecting with your peers.

You are not alone!

Facilitated by OAKtrees

Time: 10.00am – 11.30am
Day: Thursday
Dates: Weekly from 9th September



8

YOGA FOR POSITIVE MENTAL HEALTH (TRAUMA INFORMED YOGA)

A gentle yoga class that builds a sense of connection to the self, giving you choice about what feels right for your body and time to notice, whilst having a positive effect on your wellbeing & mental health. Everybody is welcome, absolute beginners with limited movement to those with an interest in the mind body connection to reduce anxiety, depression and trauma.

There is no touch or adjustments made by the teacher.

It's good to wear comfy clothes that you feel relaxed in.

Mats are provided.

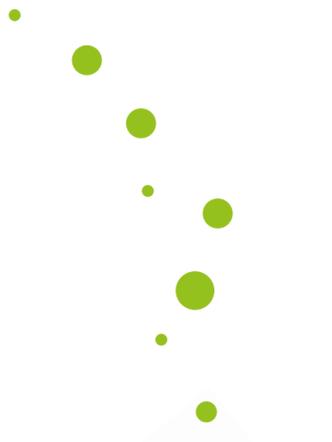
Time: 2.00pm-3.00pm
Day: Wednesday
Dates: 29th Sept, 6th Oct, 13th Oct and 20th Oct
Course Leader: Lorna Evans

9

MUSIC THERAPY

Sometimes the words are not enough to express what's inside us – music offers a unique way to explore feelings and creativity and experience a sense of connection with ourselves and others. Every one of us is musical- with the beating of our heartbeat, melody of our speech, rhythm of our walking. While individual sessions can help to experience your individual musicality, group sessions can be helpful as a means of exploring relationships and be a source of mutual support, reducing isolation and leading to greater self-understanding. Session will be led by a Nordoff Robbins music therapist.

Day: Wednesday
 Date: Weekly
 Course Therapist: Paddy



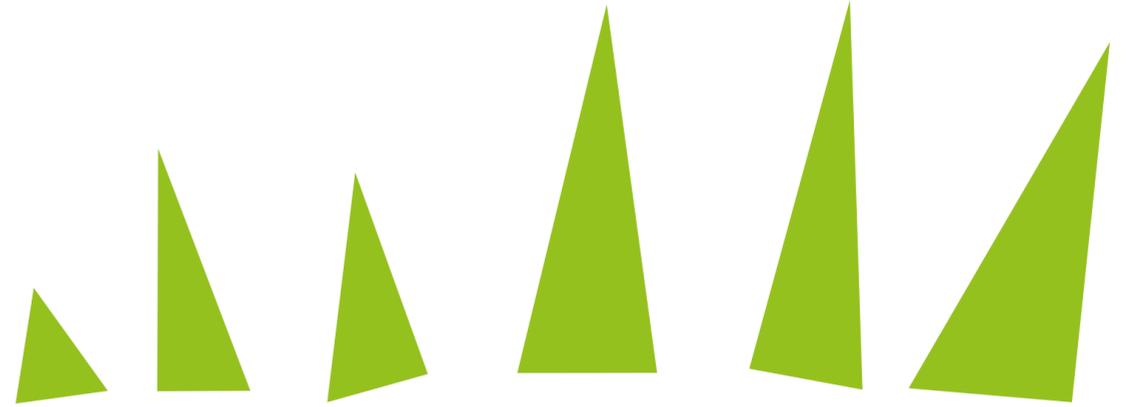
10

WELFARE DROP-IN

This weekly drop-in will give you the opportunity to ask questions about benefits (including universal credit, PIP, ESA, limited capability for work, housing benefit), employment and permitted work, housing, travel passes etc. We will aim to clarify issues and support you with your queries.

It will be very informal and relaxed. And we do not get stressed by deadlines or big forms! Also, if you rather discuss issues 1-2-1, we will just find a quiet space for that too. It is all part of our exciting Recovery through Rights (RTR) project.

Time: 10.00am – 12.00pm
 Day: Wednesday
 Date: Weekly from 8th September
 Facilitator: Rachel Goulding



The ReCoCo Team
 at the Log Cabins

**FREE
FOOD!**



**Week in,
week out, we nourish
our communities with delicious
meat-free meals and great conversation.**

Our free, Cook and Collect (Takeaway meals) service is running in multiple locations across Newcastle/Westgate and we hope it will not be too long before we can bring everyone together again and return to our much-loved **Community Meals.**

Anyone, from any walk of life, is welcome, no questions asked.

Our Projects in Newcastle & Gateshead:

FOODCYCLE BYKER – Every Thursday, 19.00 – 20.00, St Silas' Church, Clifford St, Newcastle upon Tyne, NE6 1DR

FOODCYCLE BENWELL – Every Monday, 19.00 – 20.00, Riverside Community Health Project, Carnegie Building, Newcastle upon Tyne NE4 8XS

FOODCYCLE FELLING GATESHEAD – Every Friday, 12.30 – 13.30, Felling Community Centre Crowhall Towers, Crowshall Lane, Gateshead NE10 0NF

FOODCYCLE MONKCHESTER RD, WALKER – Every Wednesday 12.30 – 13.30, Monkchester Community Centre, Monkchester Road, Walker, Newcastle upon Tyne NE6 2LJ

FOODCYCLE WESTGATE – Every Thursday 19.00 – 20.00, Westgate Baptist Church, 366 Westgate Rd, Newcastle Upon Tyne NE4 6GD



CREATIVE YOUTH OPPORTUNITIES

have resumed using the Retreat for two sessions per week with young people living in the Bensham area; currently CYO are working with the Alive Wires Girls groups to create collages that reflect on their interests and recent experience.



TYNE & WEAR MUSEUMS

Talks about the Rothchild Community Fund project and proposal to work with ceramicist Annabel Talbot on project with ReCoCo students to improve wellbeing through creative practice and using the Shipley Gallery Ceramics Collection.

OASIS COMMUNITY HOUSING

used the Retreat for a small group meeting with participants in the Oasis' Wellbeing course.



DELTA NORTH CONSETT

a non-profit charity that delivers the Princes Trust Team Programme in Central Gateshead.

The programme is a 12-week course designed to improve young people's confidence and prepare them for the workplace.

Young people accessing the programme often have problems with self-confidence, social skills and anxiety.



EDGE NORTH EAST

use the Retreat as a base for one evening a week to work with vulnerable and marginalised young people; activities mainly take place outdoors in the park with the Retreat being used as a meeting point and for refreshments.

Weekly activities take place on Thursday evenings following directly on from Creative Youth Opportunities, for young people who are marginalised and at risk of violence and exploitation.



SUDOKU

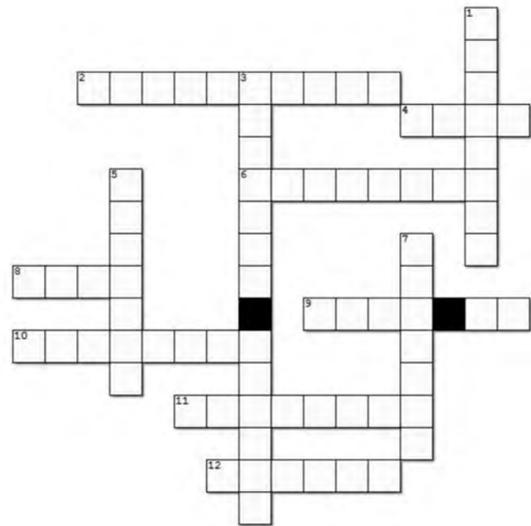
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5		8				7		6
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	1	5				3	4	

MEDIUM

			2	9	6			8
8	2			4	3			
	5							
2	9	3						5
			7					
7					9	6	2	
							9	
	5	7			4	3		
9		6	5	3				

HARD

CROSSWORD



Across

- 2. Spiritual or emotional, any is good. (10)
- 4. A word to look, but also an equal (4)
- 6. You do this throughout your life. (8)
- 8. A four letter word that fills me with... (4)
- 9. A chat with Steve and Fiona. (4,2)
- 10. The world could do with more... (8)
- 11. A sound that makes you smile. (8)
- 12. The development of a living thing. (6)

Down

- 1. The Hulk has plenty! (8)
- 3. A place to call home (7, 6)
- 5. Old or new, they'll always be there for you. (7)
- 7. It can bear weight or keep you upright. (7)

CARLIOL SQUARE

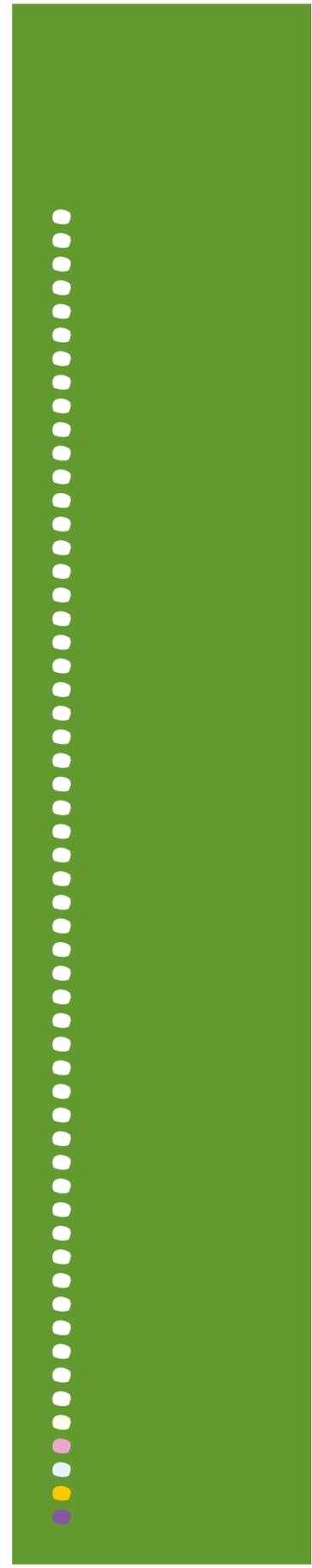
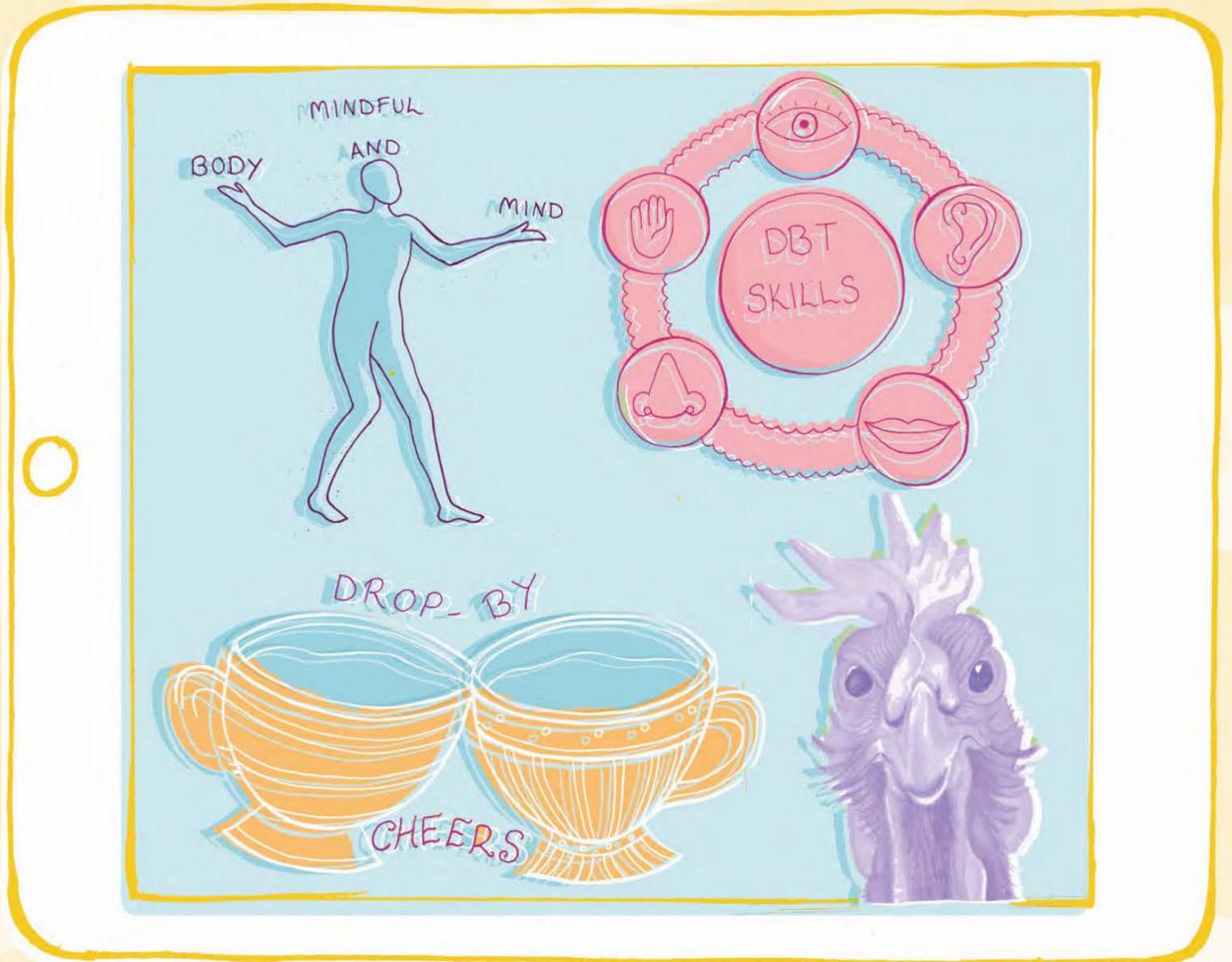
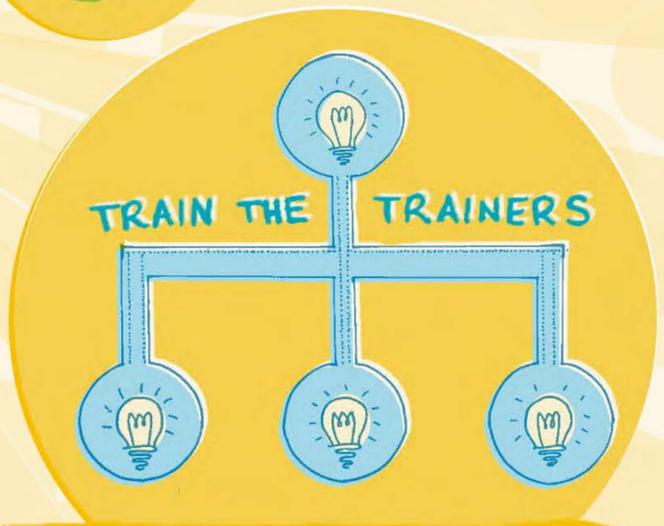
During the last six month's we have been busy getting the Carliol Square space ready for everyone to come back and enjoy the space. We have worked hard to turn the empty shell into something that everyone can use. As you can see from the pictures below, there was a lot of work to be done!

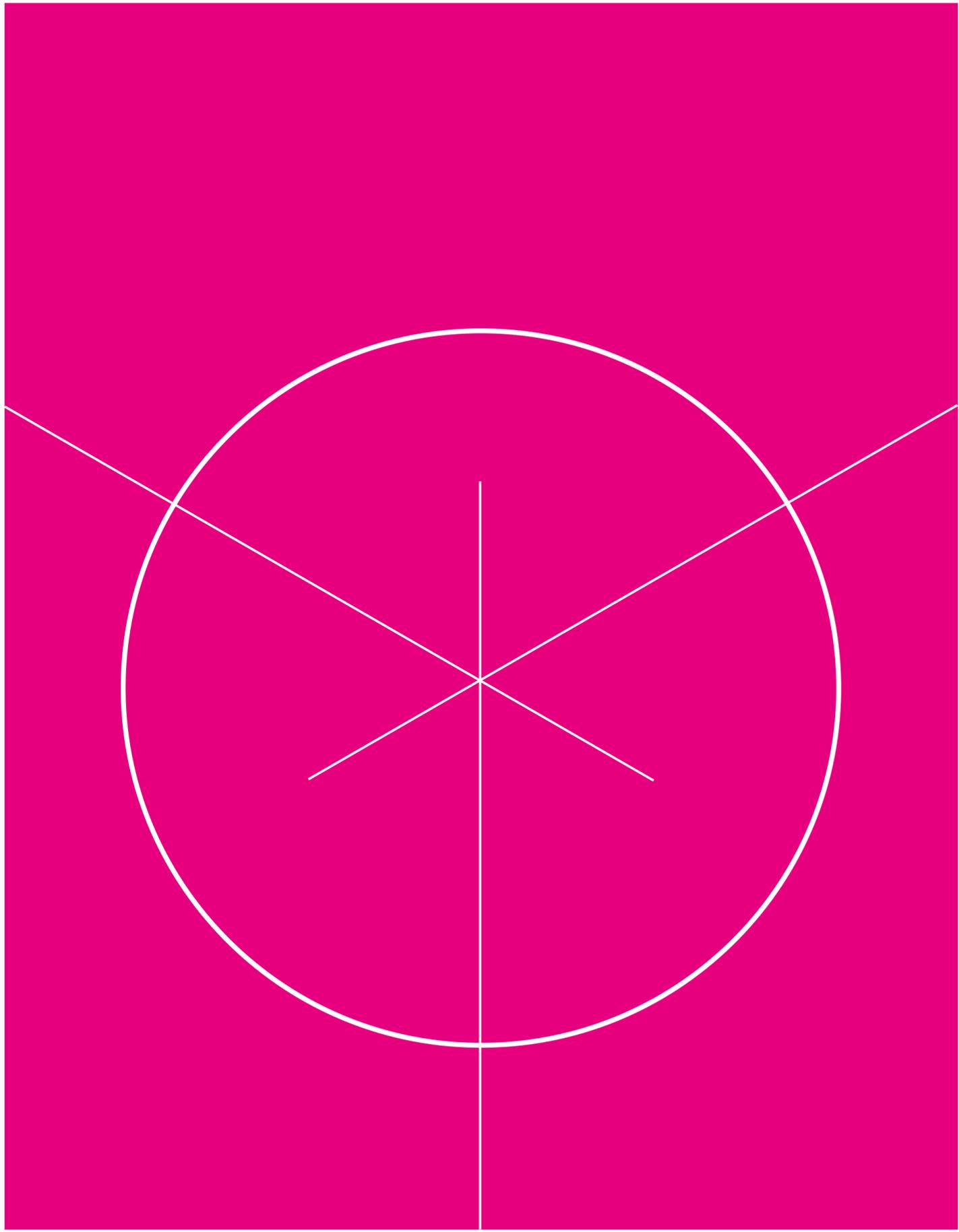
BEFORE



AFTER







IS A JOINT ENTERPRISE WITH THE BACKING AND INPUT OF THE FOLLOWING:



HOW TO FIND US

RE-CO-CO 1, Carliol Square
Newcastle Upon Tyne
NE1 6UF



BY BUS:

The bus stops on MARKET ST, BLACKETT ST and JOHN DOBSON ST are less than a 5 minute walk.
Bus services include 1, 10, 12, 22, 38, 39, 49, 58, 62, 63, 100.

BY METRO:

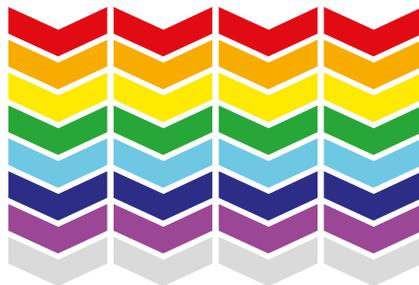
MONUMENT or MANORS; 5 minute walk

BY BIKE:

There is public bike parking at the City Library

BY CAR:

There are public car parks nearby.



www.recoverycoco.com |  0191 261 0948 |  info@recoverycoco.com

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