

SOUTH TYNESIDE RECOVERY COLLEGE PROSPECTUS 2019

INTRODUCTION TO HEALTH AND WELLBEING

**Starts Fri Jan 25th 10am-1pm
at Action Station**

This 10 weeks course looks at the importance of healthy eating, reading food labels, nutrition and diet, assessing your own fitness, understanding the functions of your body as well as promoting teamwork

MENTAL HEALTH SUPPORT GROUP

**Every Wednesday 11am – 1pm
Starting 23rd Jan
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 setting**

ASSERTIVENESS COURSE

**Starts March 6th 1-3pm
at Bilton Hall, Low Simonside**

**Stand up for yourself
Feel that your opinion is valued
Be able to say no without feeling guilty
The course can help you communicate clearly,
build your confidence and improve your self-
esteem in a fun and friendly environment**

POSITIVE PSYCHOLOGY

**Starts Jan 21st 2-4pm
at Action Station**

**Looks at the theory of happiness, personal
strengths, self-compassion and kindness,
positive relationships, positive emotions**

Reach your potential

THE BLACK DOG WORKSHOP

**Friday 12th April 11am – 1pm
at Action Station**

**A one-off interactive workshop discussing
the subject of depression**



PEER MENTOR COURSE

**Starts 15th Feb 2-4pm
at Action Station**

**This course is suitable for anyone wishing to get
involved in peer support, leading or starting
groups, volunteering or getting into paid
employment, learning new skills and improving
communication**

CONFIDENCE COURSE

**Starts 23rd Jan 1-3pm
At Bilton Hall, Low Simonside**

**The course looks at the impact of self-esteem
on your confidence
Personal identity and values
The importance of building resilience
How goal setting can improve your confidence**

Introduction to Digital Arts and Media

Starts 18th Feb 12.30-4.30

**at Action Station
Enhance your IT skills
Develop creative media skills
Improve your employability**

**Please note: you must
enrol and book your place
before attending any
activity**

Northumberland, Tyne and Wear **NHS**
NHS Foundation Trust



**For more information contact 0191 427 0011
STRecoveryCollege@mentalhealthconcern.org**