

FREE



# RE-CO-CO

RECOVERY COLLEGE COLLECTIVE



## READY TO LAUNCH.

IF YOU ARE INTERESTED IN  
UNDERTAKING ANY OF THE FOLLOWING  
COURSES OR WORKSHOPS THEN YOU  
WILL NEED TO FIRSTLY ENROLL AS  
A STUDENT AT RECOCO. TO DO THIS,  
JUST GIVE US A RING AND WE WILL  
MAKE AN APPOINTMENT FOR YOU TO  
COME IN. ENROLMENTS GENERALLY  
TAKE ABOUT 45MINS – 1 HOUR AND  
GIVES US A CHANCE TO GET TO KNOW  
EACH OTHER AND DISCUSS WHAT YOU  
THINK WOULD BE MOST HELPFUL.

PLEASE DON'T ATTEND ANY  
COURSES WITHOUT FIRST BECOMING  
A STUDENT. ONCE YOU ARE A  
STUDENT YOU CAN ACCESS PLENTY  
OF OTHER COURSES, EVENTS AND  
OPPORTUNITIES THAT AREN'T  
ADVERTISED IN THE PROSPECTUS.



0191 261 0948

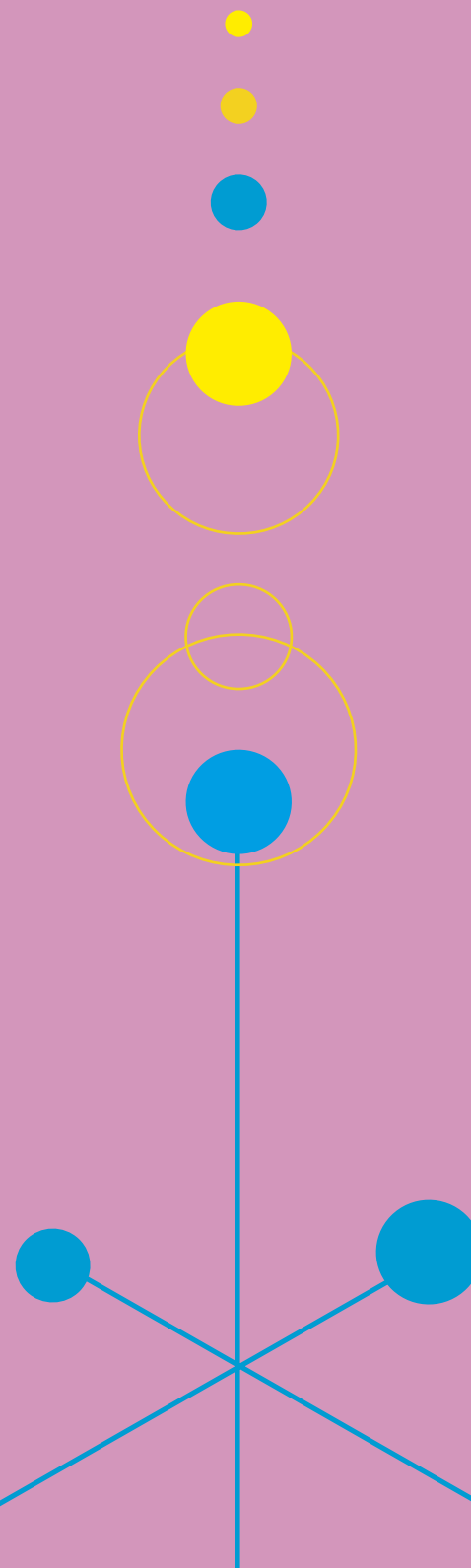


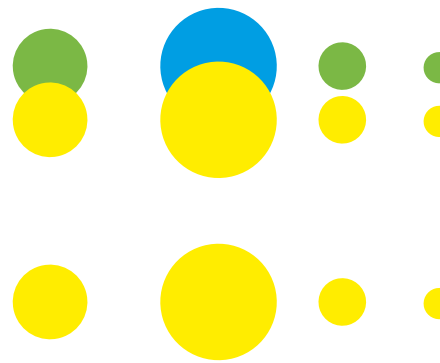
info@recoverycoco.com

[www.recoverycoco.com](http://www.recoverycoco.com)

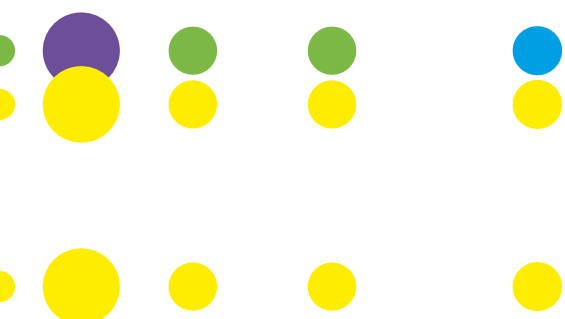
# COURSES

PAGE: 05	ALL THINGS GEEK
05	ANXIETY DROP-IN
06	BIPOLAR SUPPORT GROUP
06	CREATIVE CORNER
07	CREATIVE WELLNESS
07	CREATIVE WRITING
08	EXPLORING OCD
08	FIRST STEPS TO LEARNING IT
08	GARDENING
09	INDIAN HEAD MASSAGE
09	INTRODUCTION TO DBT
10	JUST JAMMING
10	MAKE YOUR MOVE
12	MINDFULNESS
12	PAIN MANAGEMENT
13	PEER SUPPORT DROP-IN
13	POSITIVE MINDFULNESS
14	REDUCING THE RAGE
15	RELAXATION THERAPY
15	RISING STRONG
16	SELF ESTEEM
16	SELF-HARM AWARENESS
17	SONG WRITING ABOUT RECOVERY
17	SPIRITUALITY
18	SUPPORT FOR MALE SURVIVORS
18	TAKE HOLD OF YOUR EMOTIONS
19	UNDERSTANDING MEDICATION
19	UNDERSTANDING PSYCHIATRY
19	UNDERSTANDING THE EXPERIENCES OF DEPRESSION
20	WRAP AWARENESS
20	WRAP DROP-IN









1

## ALL THINGS GEEK, GAMING AND MORE

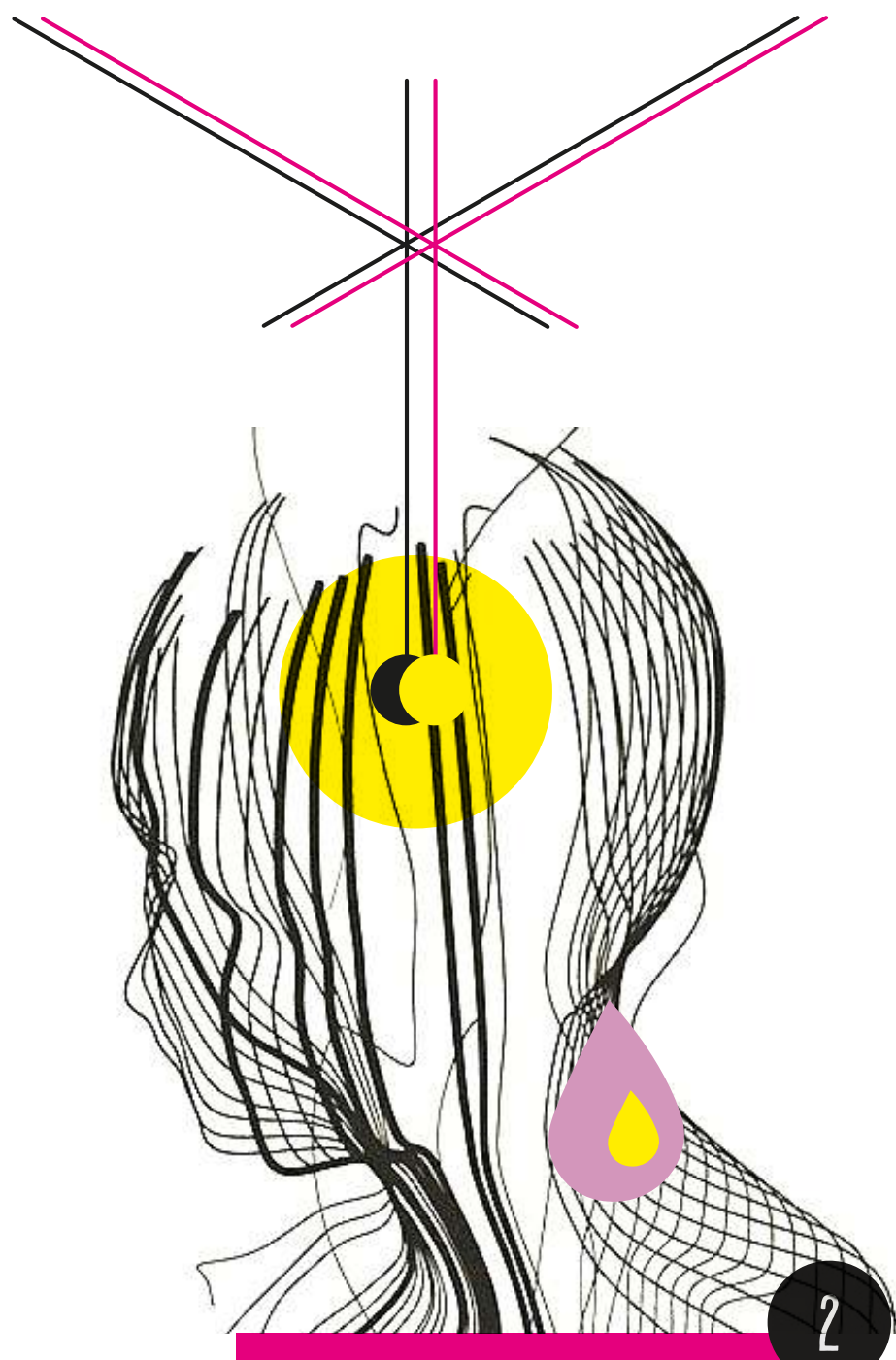
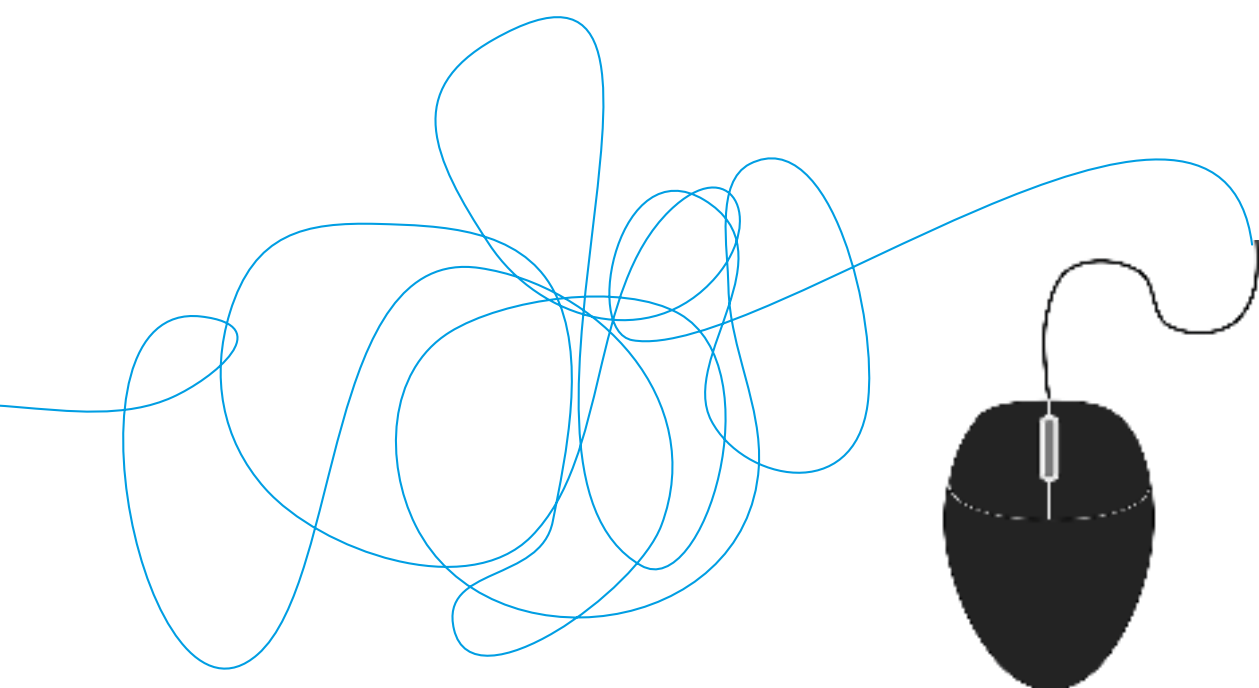
Interested in computer games, tech, sci-fi, board games, comic books etc etc?? All things Geek!!! Come and join in and be part of our gaming group.

Day: Every Thursday

Dates: Weekly from 25th April  
(except half term)

Location: Anderson House

Course Leader: Wendy Ritchie



2

## ANXIETY DROP-IN

A reflective and open space to share and discuss issues. This therapeutic space is for open discussion around difficult thoughts and feelings and how to live with them. If you find that anxiety is having a negative impact on your life and you would like to change then this could just be the group for you.

Time: 12pm – 1pm

Day: Monday

Dates: Weekly from Monday 29th April

Location: Anderson House

Contact: ReCoCo

Course Leader: Scott Wall



3

## BIPOLAR SUPPORT GROUP

Bipolar Disorder. It's a beast that has a mind of its own. It can be exhilarating and it can be hell. It can be both at the same time. Sometimes you don't know whether you're coming or going. Welcome to the roller coaster. You have no clue when the next mood swing is going to hit and we all struggle. Some of us are new to the beast and some of us have been round the block many times. We all have learned experience of real value.

Wouldn't it be nice to have a forum where we can talk about how bipolar is affecting us? The good times, the bad times, the ugly and the sublime. To have our questions answered, to be supported by our peers when distressed, depressed or bouncing off the walls. To talk and not to be judged. To be with people who live it.

That's what the Bipolar Support Group is about. A support group run by us for us. Confidential and totally informal.

It does what it says on the tin.

Time: 3pm – 4pm

Day: Monday

Dates: 29th April, then weekly (excluding half term)

Location: Anderson House

Contact: ReCoCo

Course Leader: Paul the Librarian



4

## CREATIVE CORNER - FRIENDS ACTION NORTH EAST

Creative Corner meet every 2 weeks at the Recovery College. We are a friendship group and decide together what art projects we want to do. We have done pottery, printmaking, animation, photography, portraits and creative crafts. We also visit local galleries and landmarks for inspiration. This is a particularly safe space for people with a learning disability to explore their creative side.

Time: 12pm-2pm

Day: Tuesday

Dates: 24th April, then fortnightly

Location: Anderson House

Contact: ReCoCo

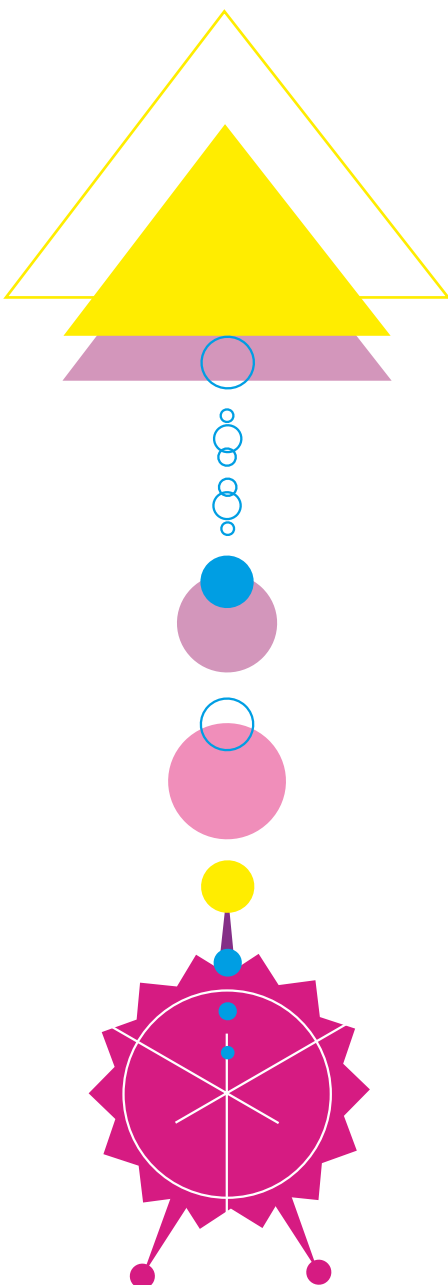
Course Leader: Friends Action North East

5

## 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.

Time: 10am-12pm, Drop-in  
 Day: Tuesday  
 Dates: Weekly from 23rd April  
 Location: Anderson House  
 Contact: ReCoCo  
 Course Leader: Lorraine Morton

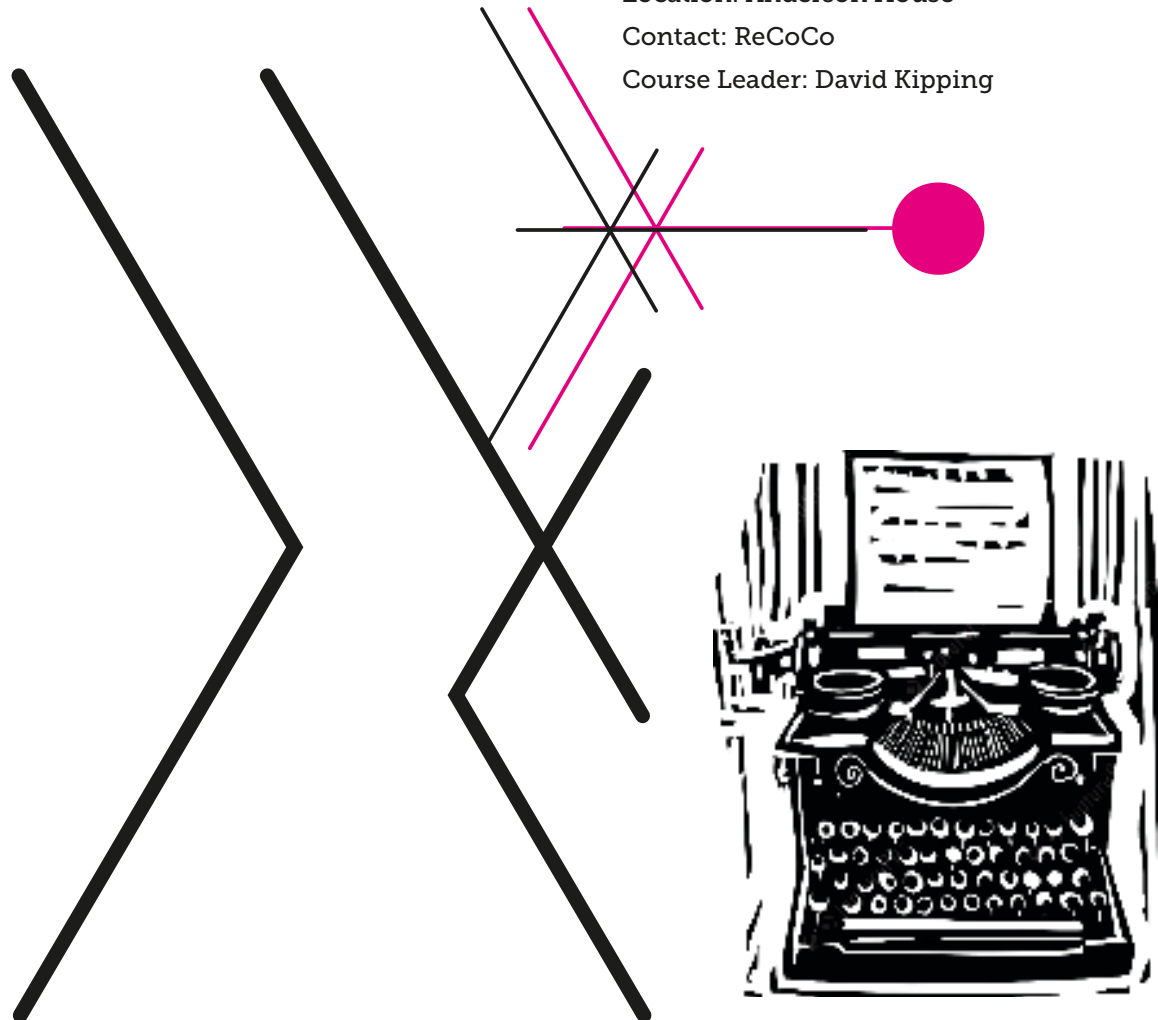


6

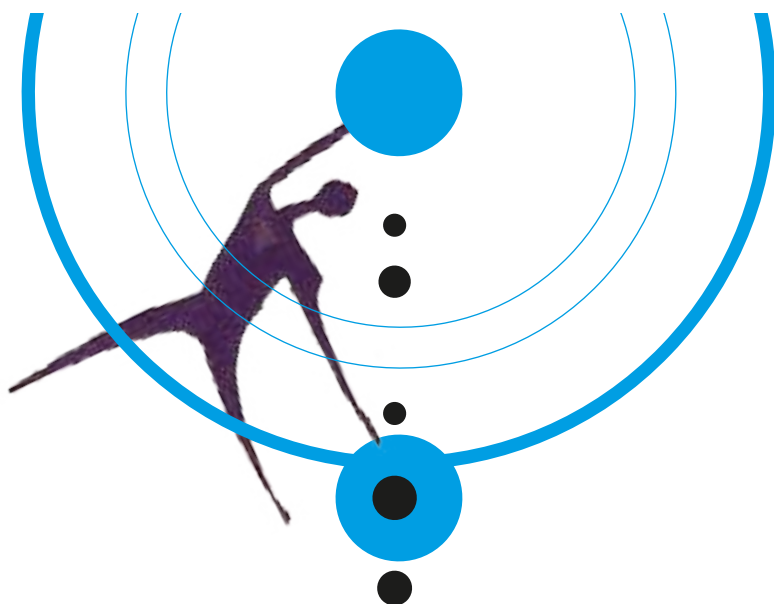
## CREATIVE WRITING

The group has so far been running under the auspices of Launchpad as an informal class that anyone can join. The tutor draws on a broad range of knowledge to illustrate all aspects of creative writing, from poetry to prose to drama. The sessions are relaxed and enjoyable. Creative writing can have a powerful therapeutic effect gently encouraging participants out of their shells. Participants are encouraged to, and will have the opportunity to present their work in public such as performing poetry to an audience should they feel ready.

Time: 11am – 1pm  
 Day: Wednesday  
 Dates: Weekly from 24th April  
 (except half term)  
 Location: Anderson House  
 Contact: ReCoCo  
 Course Leader: David Kipping







8

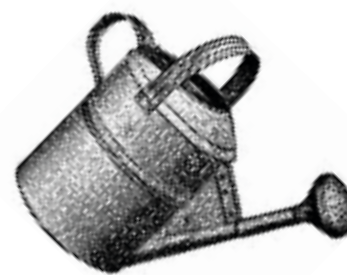
## FIRST STEPS TO LEARNING IT

Anyone can learn to use a computer. It's never too late to take your first steps to master some basic computer skills that will help you in everyday life. We'll cover how to surf the net, set up an email address, create basic documents and any general help you'd like computing. The world revolves around being online from job searching, applying for benefits, looking for the best utility deals, booking holidays. You don't have to be a computer wizard!

The groups will be small (only 4 people) so you will be able to have one to one attention throughout so that at the end of each session you will have learnt at least one new thing.

Go on and take the plunge! We are a friendly bunch, all in the same boat and non-judgemental. Your social skills will improve too as you increase your knowledge and feel more connected to other people and the technical world we live in.

Time: 10:00am -12:00pm  
Day: 24th April, then weekly  
Location: Anderson House  
Contact: ReCoCo  
Course Leader: Karen Wood



9

## GARDENING

Gardening is good for the soul. It's very literally grounding, gets you outdoors in the fresh air, involves physical activity and gives a great sense of satisfaction and achievement in producing your own food whilst enjoying the beauty of nature.

This will be a weekly group working to develop and nurture an area designated as the Recovery College Garden, within the St Nicholas Hospital site. We aren't able to provide appropriate clothing so please bring clothes and shoes (preferably boots) that you are willing to get dirty. The gardening group is weather dependent. Should the weather be particularly bad, please call Michael at the Recovery College who will be able to confirm whether the group is on that day, or not.

Time: 9.30am - 12pm  
Day: Tuesday  
Dates: 23rd April, then weekly  
Location: St Nicholas Hospital  
Contact: ReCoCo  
Course Leader: Michael Hall

7

## EXPLORING OCD

This course will provide students with an introduction to OCD (obsessive compulsive disorder), looking at why it develops, its manifestations, and how it can persist and evolve with time. It will also look at the pharmacological and non-pharmacological treatments which have been successfully used to manage this condition.

Students will need to attend both sessions

Time: 10am-12.30pm  
Day: Friday 12th and Friday 19th July  
Location : Anderson House  
Course Leader: Peter Swan



10

## INDIAN HEAD MASSAGE

Indian head massage has lots of therapeutic benefits as well as being really helpful to relaxation. Give it a try.

Time: 11am - 1 pm

Day: Monday and Tuesday

Dates: Weekly from 23rd April  
(except half term)

Location: ReCoCo (Anderson House)

Course Leader: Robert Buckley

11

## INTRODUCTION TO DBT SKILLS WORKSHOP

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. Then the 3 weeks will be repeated.

Mindfulness will be incorporated into each session.

Time: 10am – 1pm

Day: Thursday

Dates: Weekly from 25th April

Location: Anderson House

Contact: ReCoCo

Course Leaders: Cat Barrett and Megan Shaftoe



12

## 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: 1pm – 3pm. (1:1s – 12 pm – 1pm)

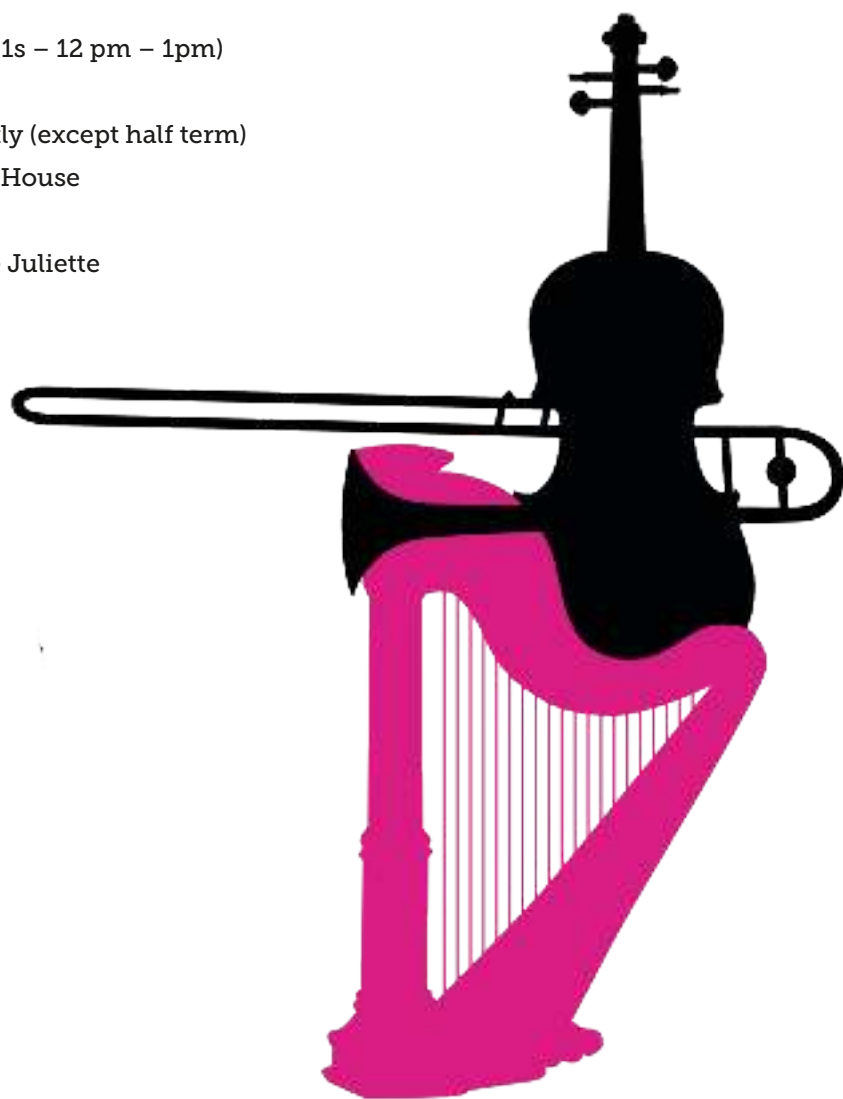
Day: Thursday

Dates: 25 April Weekly (except half term)

Location: Anderson House

Contact: ReCoCo

Course Leader: Rose Juliette



13

## MAKE YOUR MOVE

Would you like to explore intervention techniques to help you change and look at yourself in a different way?

Why not 'Make Your Move' to let go of guilt, get grounded or trigger free, resolve a problem or boost your recovery.

Time: 10am-12pm

Day: Friday

Dates: 26th April Weekly (except half term)

Location: Anderson House

Contact: ReCoCo

Course Leader: Suzanne Ellis



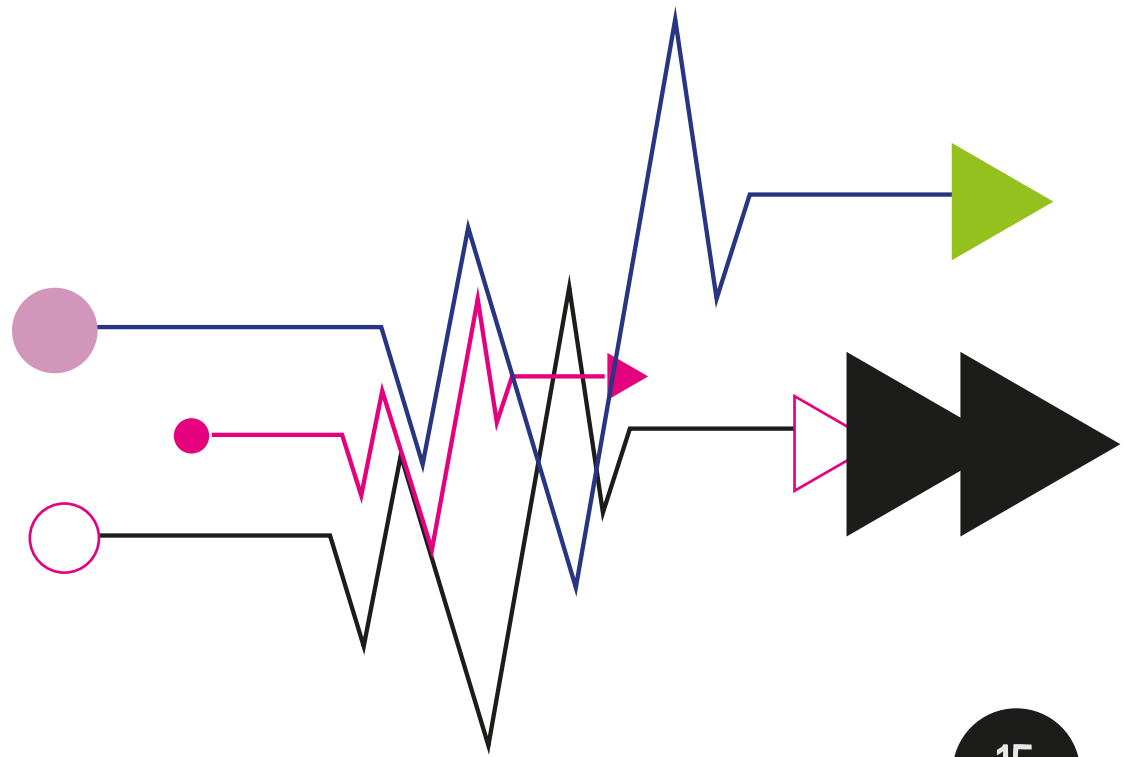
## MINDFULNESS AND MEDITATION @ RECOVERY COLLEGE

14

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.

We now have a mindfulness Drop-in every weekday at 12.00pm which lasts approximately 45 minutes. All sessions are suitable for absolute beginners.

Days: Monday, Tuesday, Wednesday, Thursday and Friday 12pm – 12.45pm



15

## PAIN MANAGEMENT

The Pain 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: 1pm-3pm

Day: Wednesday

Dates: Weekly from 24th April

Location: RECOCO (Anderson house)

Course Leader: Glen Ferguson.



16

## PEER SUPPORTED DROP-INS

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. Space is limited at Anderson House so we ask that students only attend one or the other of the Drop-in sessions.

Time: 1pm-3pm

Days: Tuesday and Wednesday

Dates: 23rd and 24th April Weekly  
(except for half term)

Location: Anderson House

Course Leaders: Simone Wiseman, Alan Jackson  
and Mary Jeonath



17

## POSITIVE MINDFULNESS

In this 7 week course, we will show you the mindfulness tools to allow you to take control of your mental health. The course uses 'smugness-free' and 'jargon-free' mindfulness techniques, positive psychology, wellness tools and mixes 'hippy' with science - never forgetting that the focus is YOU!

YOU decide what tools works for you! YOU bin what doesn't work for you! No prior mindfulness experience is needed, scepticism is welcomed - the only entry requirements are optimism and the desire to be nice to yourself for a change!

Time: 1pm-3pm

Day: Thursday

Dates: 6th, 13th, 20th & 27th June, 4th,  
11th & 18th July

Venue: ReCoCo

Course Leader: Phil Waugh



18

## REDUCING THE RAGE

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: 10am – 12pm

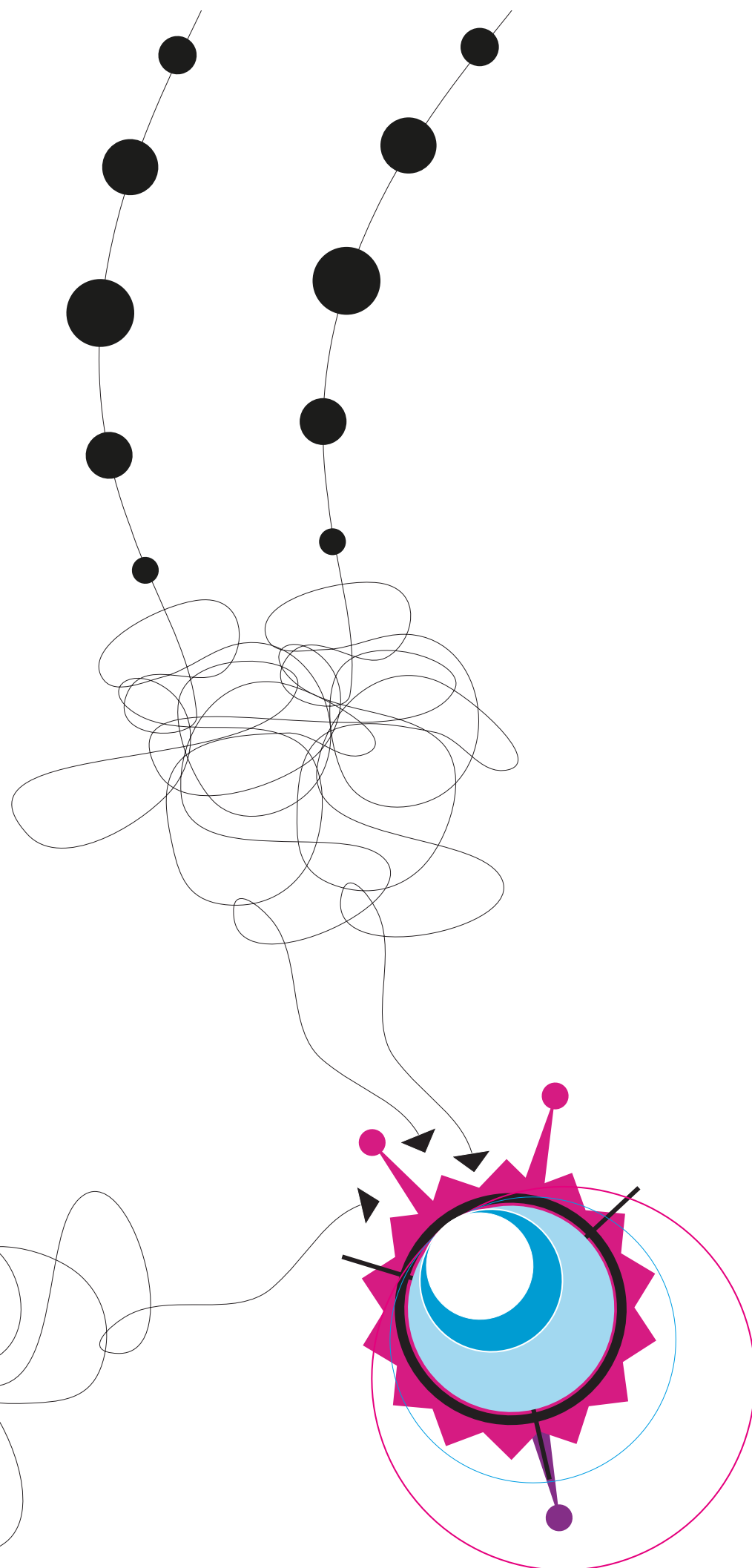
Day: Friday

Dates: Cohort 1 - 26th April, 3rd 10th 17th & 24th May

Cohort 2 - 7th, 14th, 21st, 28th June & 5th July

Venue: Anderson House

Course Leader: Tom Nicholson



19

## RELAXATION THERAPY

Somatic therapy (of the body) is one of the oldest, most powerful methods available to us for learning how to move forward with our emotions and feel more at peace and relaxed within ourselves and those around us. Debbie uses a whole range of approaches to therapy such as mindfulness, physical relaxation and talking, which can be a very effective method. Using just her hands and her warmth, Debbie will gently guide you so that you can begin to feel a real sense of connection, not just within yourself, but with others around you too.

### CONDITIONS THAT RESPOND WELL TO THIS KIND OF THERAPY

All conditions have the potential to benefit from the Therapy that Debbie offers because it works directly with your body and where the actual source of your distress, anxiety and panic reside, therefore, helping with both your physical and emotional wellbeing.

The session can take approximately 40 minutes of deep relaxation, but can be adapted to your needs.

If you would like to explore how this unique combination of relaxation and emotional wellbeing therapy could help you, then please book your appointment. I can also offer a free telephone consultation to see if the therapeutic services I offer could be of help to you - so please feel free to contact me if you feel you need to talk prior to the appointment by giving me a call. (Debbie's number is available at the ReCoCo office should you need more information)

All sessions are completely confidential and will always be tailored to you and your exact needs. Your details will never be shared with your GP, work or anyone else without your prior consent.

The sessions will not replace conventional medical diagnosis, treatment or psychotherapy. This approach can bring out very strong feelings, and possibly triggers.

Although guided, you will need to take responsibility for your own wellbeing

Time: 12pm – 4pm

Day: Tuesday

Dates: 23rd April Weekly  
(except half term)

Location: Anderson House

Contact: ReCoCo

Course Leader: Debbie Davidson

20

## RISING STRONG

Following on from last term's 'The Daring Way', we continue to 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: 3.30pm – 5pm

Day: Thursday

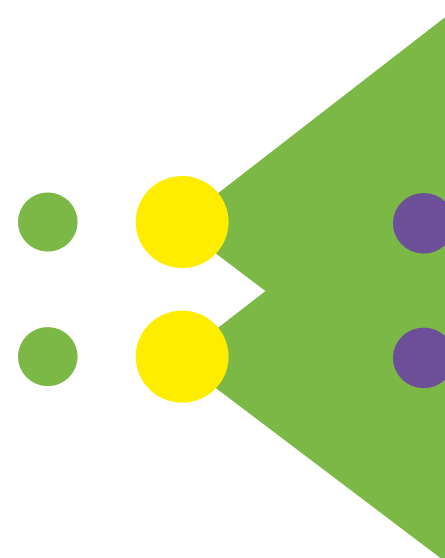
Dates: Weekly from 25th April (except half term)

Location: Anderson House

Contact: ReCoCo

Course Leader: Claire Robinson

Further information can be found at :  
[www.thedaringway.com](http://www.thedaringway.com)





21

## SELF ESTEEM

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 10am – 12pm

Day: Friday

Date: 26th April Weekly (except half term)

Location: Anderson House

Course Leader: Sara Lourenco



22

## 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: 1pm – 3pm

Day: Wednesday

Dates: 24th April, 8th May, 5th June, 26th June

Location: Anderson House

Contact: ReCoCo

Course Leader: Steve O`Driscoll



23

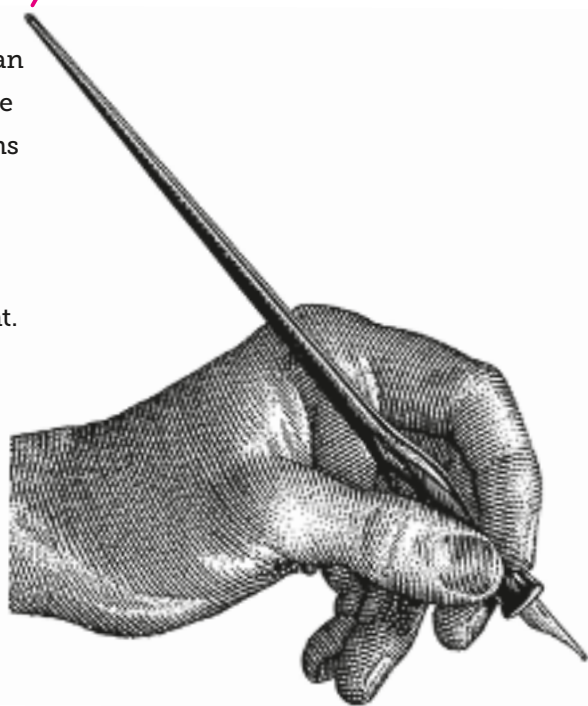
## SONGWRITING ABOUT RECOVERY

Do you like music? Do you have a story to tell? Join us and we will help you to write music about it. No experience needed. Your lyrics can be as vague as you like. Bring any instrument you can carry by yourself, including your voice(s). Consider taking headphones for electronic instruments if you are bringing them. Our facilitator has worked in hospitals since he was a lad in varying roles, has been a semi-professional musician and an experienced facilitator and tutor. He has his own material to write about, in terms of wellbeing and recovery. You will leave with some lines of song. Previous sessions have led to brief recordings and were well rated by attendees. You will retain copyright.

Time/Date/ReCoCo: TBC

Contact: ReCoCo

Course Leader: Keith Reid



24

## SPIRITUALITY

This five week course will provide an opportunity to explore in a supportive group how addressing our spiritual needs can help our mental well-being. How do we feed our spirits? How can we best deal with the past and look forward to the future? We'll seek to explore the concepts of joy, forgiveness, spirituality, faith, hope, and love. This is for everybody, whether they are religious or not.

Time: 1pm-3pm

Day: Thursday

Dates: 25th April, 2nd, 9th 16th 23rd May

Location: Anderson House

Contact: ReCoCo

Course Leader: Neil Cockling



25

## SUPPORT FOR MALE SURVIVORS

Are you struggling to deal with domestic or sexual abuse? Are you the victim of a crime? Do you feel like you have no-one to talk to about it?

If you are a man living in Tyne & Wear or Northumberland you can receive 1-to-1 counselling, advice & guidance, as well as access to a support group & resilience workshops. How much does it cost? There is no charge - the cost is met by a grant from Vera Baird, PCC.

How do I register my interest? Please email [violet.renforth@nhs.net](mailto:violet.renforth@nhs.net) or phone/text 07572014798. What happens next? We will make an appointment for you to meet up with a counsellor at a community location at a time that is convenient to you. (We do not leave phone messages for individuals unless we know it is okay to do so - our service is as private and confidential as it can be.) How quickly will I be seen? Once you contact us, we aim to have your first session arranged within 2 weeks.

Time: 4pm-6pm

Day: Tuesday

Dates: First Tuesday of every month

Location: Anderson House

Contact: ReCoCo

26

## TAKE HOLD OF YOUR EMOTIONS

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

The structured course is scheduled for sequence of group sessions each a week apart:

Starting with definitions, so we avoid misunderstandings.

Following with for the process of producing changes in emotions.

Continue with the basics: to become able to keep on top of your emotions, especially in relation to other persons.

Just to make sure: You will not learn, how to suppress your emotions. You will be enabled to understand and experience them in a more satisfying way. Your desire to change is the key.

**YOU WILL HAVE TO FACE YOURSELF IN A NEW WAY:**

In the group in general terms.

If wanted, on personal level in 1:1 sessions.

The 1:1's will be agreed on, to take place at a time convenient for both and at the ReCoCo.

In some sessions you are asked to fill in a short sequence of questions.

You will receive also a longer questionnaire "The Personal Baseline". This will ask you to think about yourself in more depth, which will save a lot of time in the possible 1:1 sessions. Do not lose that.

Some students, who have completed this course, have found it rewarding yet challenging, for this reason we advise, that students be at a relative state of wellness before booking on to this.

Time: 2pm – 3.30pm

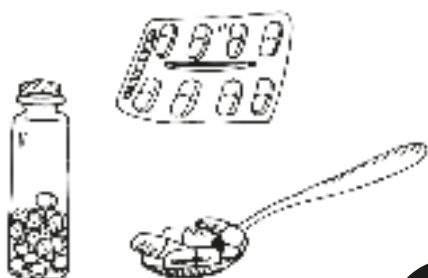
Day: Tuesday

Dates: 23rd April to 21st May

Location: Anderson House

Contact: ReCoCo

Course Leader: Walter Morauf



## 27 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.

We intend to run this workshop 3 times this term.

Contact: ReCoCo for times and dates  
Location: Anderson House

## 28 UNDERSTANDING PSYCHIATRY

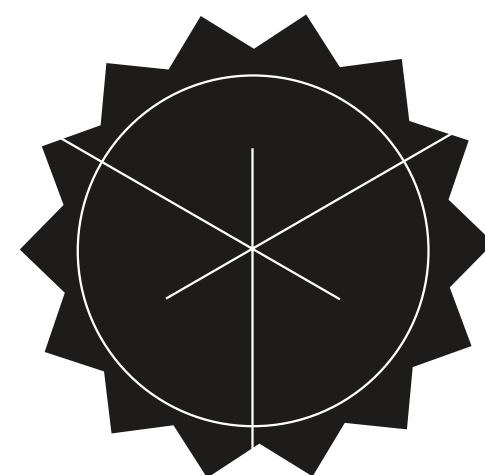
The session will initially describe the approach taken by psychiatrists in assessing, understanding and treating mental disorder. It will include briefly the development of psychiatry as a branch of medicine, looking at similarities and differences from the rest of medicine and will also describe the 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 into 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.

Contact: ReCoCo for times and dates  
Location: Anderson House



## 29 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, changed 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.

Time: 1.15 pm – 3.15pm  
Day: Monday  
Dates: 29th April, 13th May, 3rd June, 10th June  
Location: Anderson House  
Contact: ReCoCo  
Course Leader: Ben Smith

30

## 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 behaviours
- 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 opportunity 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: 10am-2pm

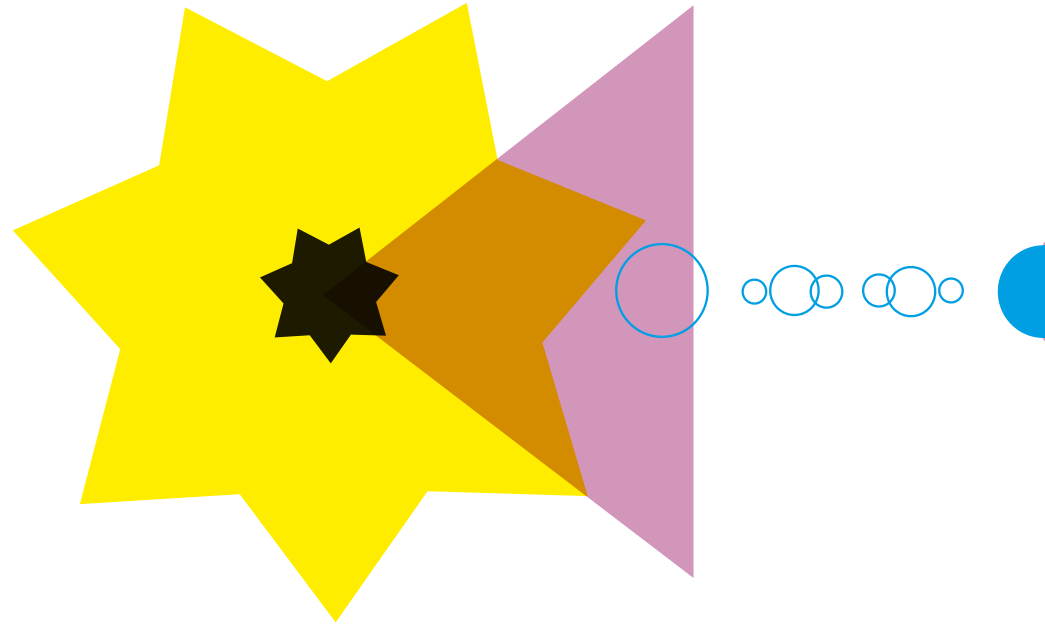
Day: Tuesday (each course will take 2 sessions)

Dates: TBC

Location: Anderson House

Contact: ReCoCo

WRAP Leader: Sue Barrow



31

## WRAP DROP-IN

Have you been on the WRAP awareness course?

Would you like to continue to develop your own WRAP?

Do you need help finding your triggers, exploring new coping methods or with any other aspect of your WRAP.

Do you need help to build or refresh your current Plan?

Our WRAP Leader is running a weekly WRAP Drop-in for students who have completed their two day WRAP Awareness and would like to discuss or revisit their plans.

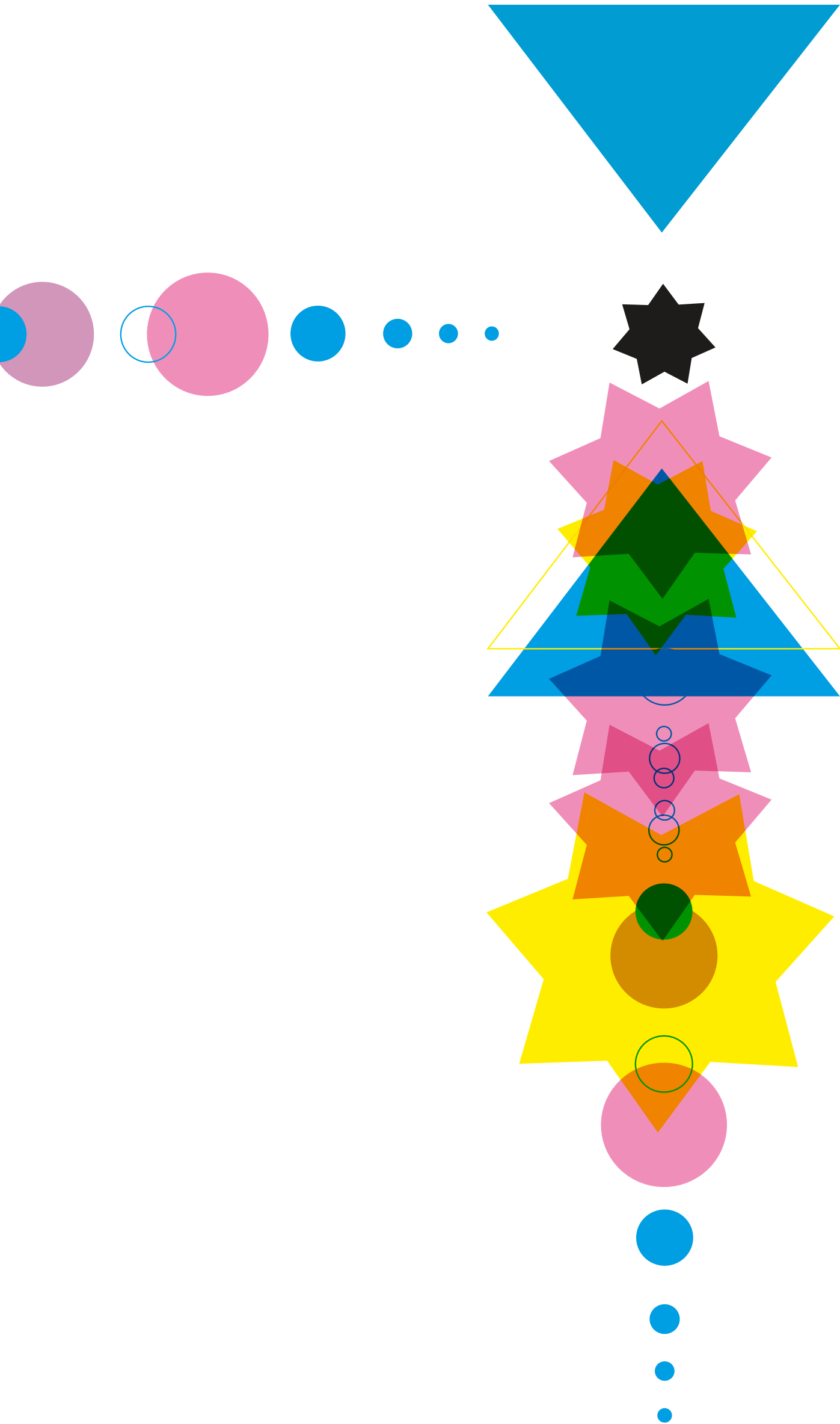
By Appointment Only

Location: Anderson House

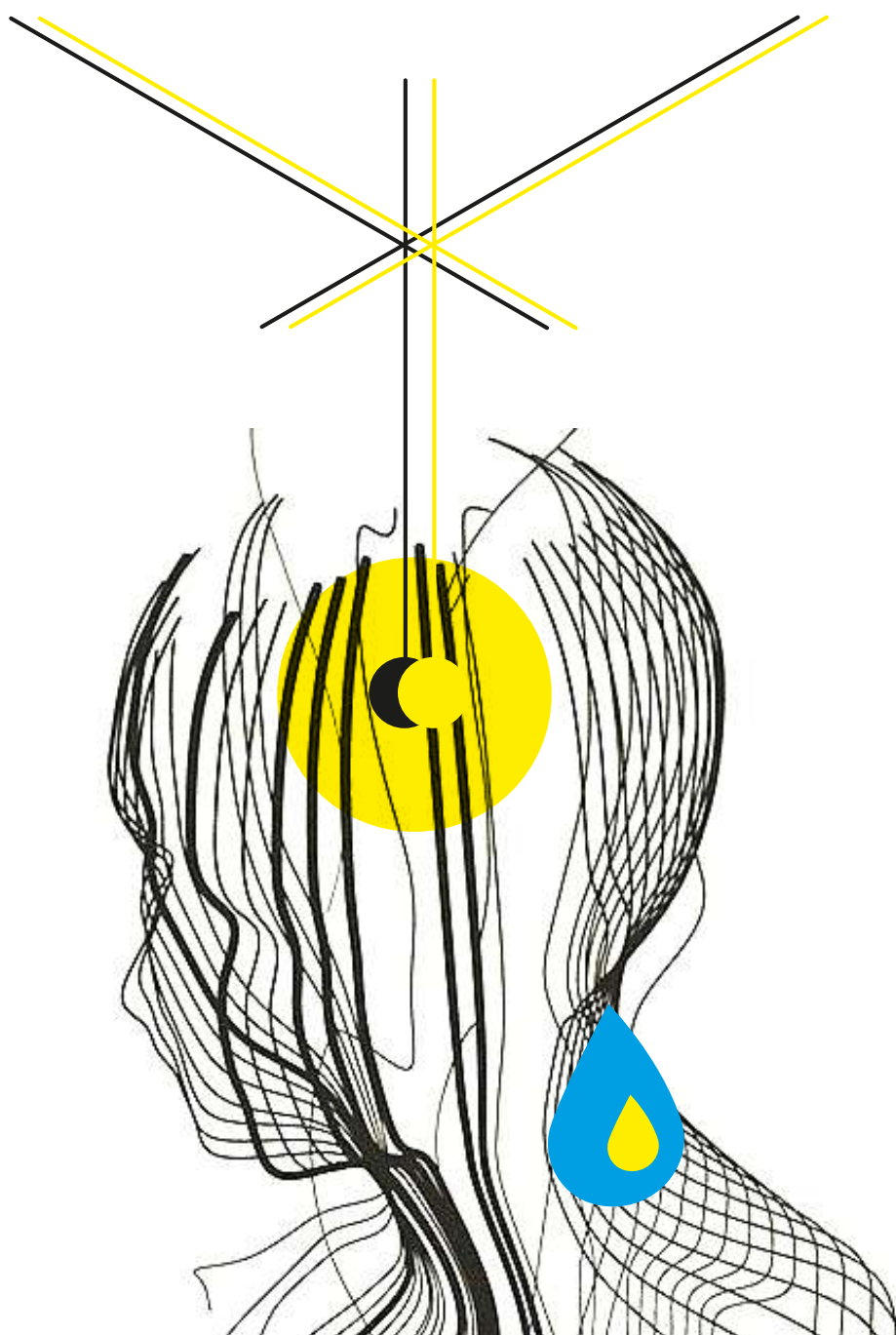
Contact: ReCoCo

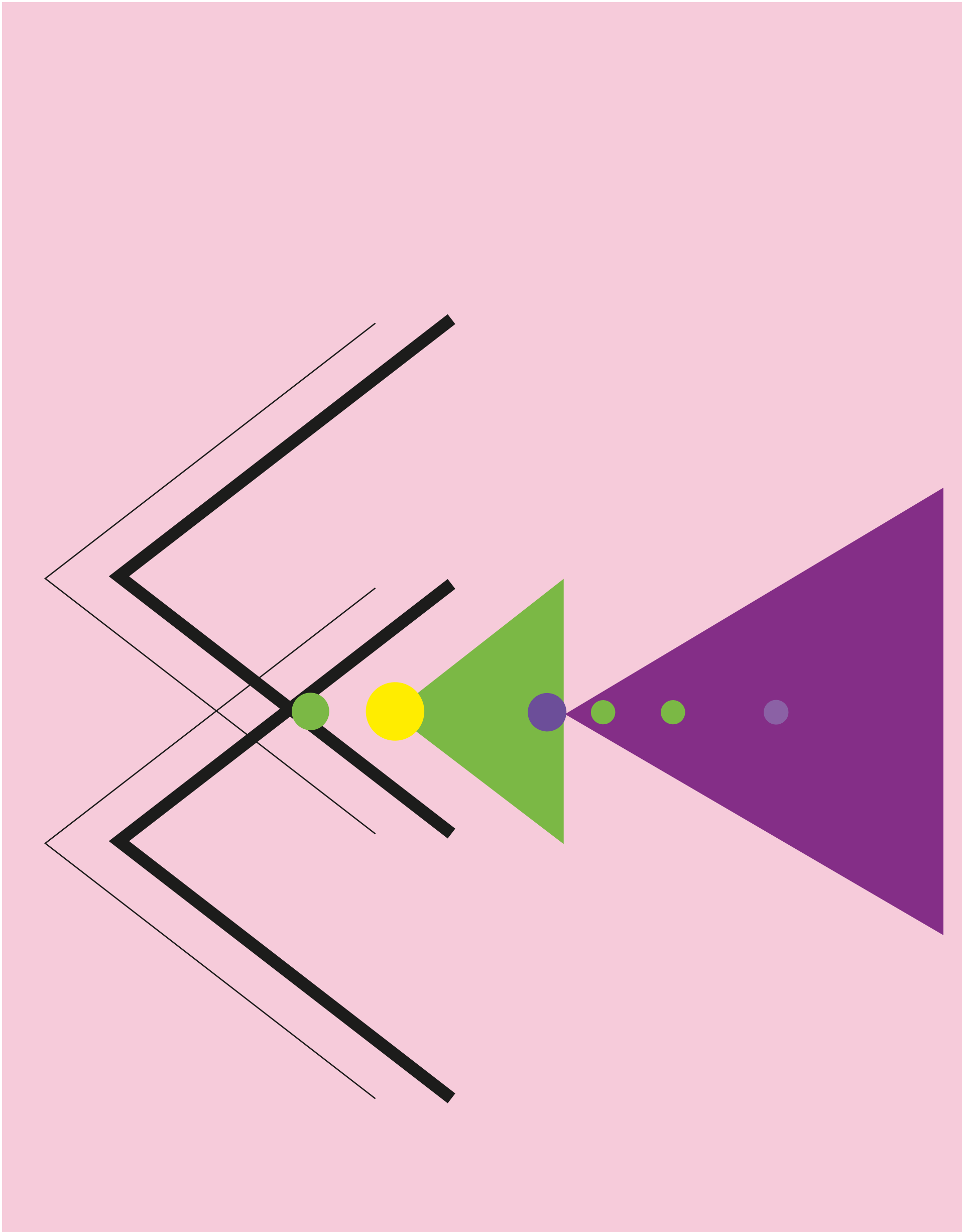
Course Leader: Sue Barrow





# .....END OF COURSE LISTINGS.









# RECOCO





#09





# PROSPECTUS

By Angela

The last time I wrote for the prospectus, I wrote too much. Too much spilling with only half a mind (better than none) on the potential consequences. It gets me into trouble. But thanks to our new editorial sub group (that's what you get, Angela), hopefully not too much trouble any more. Contained I am. But looking forward to getting my first fuck past them.

This time I will try and write less, wrestling with my narcissism in order to keep plenty of space for all the amazing contributions we've had this term. If you want to contribute to the prospectus then send it in to us. It would have to be pretty offensive not to get published. Don't see that as a challenge though. 'What must you have had to do, to get thrown out of Recoco?' a third sector colleague once said to us.

Anyway, my diatribe is about the new me. Haha. I think a lot of people are undergoing a transformation at Recoco at the moment, or preparing for one. There is a sense of unified awakening to the place. A realisation of what can be achieved. My own change involves some pretty radical shit that I never thought I'd buy into in a million years. Like running. And drinking less.

**An adolescence of swinging between terrified weirdo and out of place dyke, alcohol has been a part of my own narrative since I was 14.** There really isn't much to do in Buckley. Other than placate homophobes, fail at school and get pissed (my experience). Apparently there are now loads of gays in Buckley, maybe it's a phase.

Anyway, back to the 1980's. Counting down the days until Friday when we could be found swigging Merrydown and 20/20 before the school disco. Tracy was the only one of us who could pass for nearly 18 so we would hide around the corner, envious of her mature looks and barefaced cheek as she stood at the counter with enough drink to cause one individual some damage. If Tracy was out with her fella then we would pester passers-by to buy the drink for us. And they would. Supporting the rights of a dangerous/unhealthy passage like a community service. Bless them.



The annual school trip to Blackpool was the best. Knowing you could be pissed all day and the teachers wouldn't care because they would be pissed too. Alcohol was a menace in my home. Maternal alcoholism was screwing me up daily to the point of nurturing my PD. whilst at the same time, outside of our house, it represented to me the ultimate facilitator of connection and good times. 35 years of drinking 'socially' passed before I even contemplated giving it up for a bit. Just to see if I could.

Me and the missus gave up alcohol for 100 days up until Christmas, then drank for two weeks solid, then gave it up until we went on holiday, then drank for a week, then back on the wagon. Which I think means that I'm one of those people who drinks at Christmas and when on holiday and that suits me fine. Far better than the person I was, whose entire social calendar revolved around drinking.

Unplug yourself from the alcohol matrix. Just for a few weeks, and you will see how invested into it everyone is. Frightened not to be. It doesn't give you confidence. It doesn't make you funnier. It doesn't even taste nice. It's a fallacy for the fearful. Mother's Day is upon us again and if your little darling has a couple of quid to spend on you, they can acquire a nice wine glass from the card shop with 'prosecco is the answer to everything' written on it. It's not, actually.

**I think for me the unquestioning social acceptance came from not routinely seeing alternatives. That's what you do. You connect with friends by going for a drink and there you drink the liquor of disconnection.**

I've met some sporty types who didn't drink much and some who don't drink because they've spoilt it for themselves. But other than that, almost every person I know and have known, likes a good drink.

**I've viewed with suspicion, those who choose not to drink. Worried that they will see me with my guard down and exploit my vulnerability. Whilst I feel threatened by the absence of a need to drink. 'Why do you not want to drink? What are you saying is wrong with me? Here, have a drink'.**

Being pissed 3 times in a day was a marker for any special occasion. Prosecco breakfast on Christmas day, wine with lunch, a nap, and another good old drink in the evening. Maybe it is an achievement or an endurance, but I've had a bit of a peep at what the world looks like without alcohol. And it's not too scary. Not compared to what you've already dealt with.

Someone somewhere, possibly a pub, once said, 'the difference between a drinker and a drunk is that a drinker likes everyone else to be drunk and a drunk doesn't care'. By that definition, I was/am a drinker. I like everyone else to be drunk because in between crippling awkwardness and leery overfamiliarity... there is connection. Wearing a shroud of false confidence but connection none the less. Or is it less? I'm trying it out, connecting without alcohol. It's terrifying, but I'll let you know if it's any craic. Give it a go for a little bit. What harm can it do?

As a hedonist I had prepared for my 100 days of deprivation (as I saw it). I knew mindfulness can help achieve an alternate state, so I did that. Trying to connect with the Universe, be transcendental or whatever it is that takes you to euphoria. Before, I was seeking euphoria through tranquilisation. Not the nice floaty, trippy tranquilisation. The poisonous kind that creates mostly suffering of one way or another.

Cold water gives me a buzz so I lay in streams mindfully allowing the negative energy to flow away from me. Swimming in the North Sea and coming out feeling hard as nails and ready for anything. Cold water stimulates parts of our reptilian brain that we don't normally access. There is a fast growing body of evidence on how good it is for positive mental health and I've noticed that my rheumatism isn't as bad as it was either. Russell

Brand interviewed a fella called Wim Hof about it in his 'Under the Skin' podcast. I can recommend it.

I've lived next to the sea for years now and have only really viewed it as a party prop. Somewhere to have a few beers. Now I'm meditating in its energy and heading on into it. Submerged in nature. Waves breathing energy and charging me up. A cold respite from the world. An actual parameter where you can take a (shallow, fast) breath and observe from the edge of the life you're creating.

I'm grateful for the sea. And the elements. Leaning into them with intention, not shying away for fear of discomfort. For years I've complacently caused my body and mind pain and harm and defended the necessity of that without realising that you can suffer, feel discomfort, and it can be good for you.

And running. Unbelievable. I stopped running about when I woke up one day at 12 years old with massive tits. I played hockey but was a radge goalie and just flew at people often using said tits as a weapon. I have never owned a sports bra before September last year. But hey. What a world has opened up for me with a humble run.

I am one of those middle aged women who, if you were passing in a car, you would think either 'ha ha' or 'good on ya girl', depending on your character. I'm slow, but there are slower. And the furthest I've ran without stopping, at the time of writing this, is 7km. (I say that because months ago I entered myself into a 10km run which is now in 4 weeks' time and I've said I'd do it, so I'll have to). But I don't care. It's been really useful in managing that often overwhelming fear of embarrassment. Nobody gives a shit, really. Everybody is in their own bubble and if you are noticed, it is for a brief second. Don't let the embarrassment of not looking like a runner stop you from becoming a runner. If you run, then you are a runner.

**It's brilliant. And horrible. Running for most, involves suffering but there is something very authentic about that suffering. It's contained. There is a beginning and an end and you are in control. Unless you're being chased.**

A canny woman down the allotment told me to concentrate on a long out breath and relax your shoulders which sounds a bit like fast mindfulness. So I'm killing two birds with one stone and

trying to get my mindfulness practice in at the same time, or listening to a class podcast or listening to nature. The seagulls, that I swear laughed and ridiculed me for years, now screech support and encouragement.

It's an un-maladaptive coping mechanism. That's a double negative, so it's a positive.

It's put me in touch with my physicality and how my body responds. Physical embodiment is important for the shifty because the ability/superpower we have honed to not feel (thus survive) is too familiar. It's not as necessary these days and needs challenged. You have almost certainly been through the worst, and you're still here.

## When I run uphill my body breathes faster. Without my interference, it looks after me.

Does what is required to continue, reassuring me of its best intention like a newly acquired friend. Allowing me to register what belongs to me, which in turn encourages me to consider taking care of it. For a change. Which is as good as a rest, apparently.

Most of my feeling has been head feeling. In the head all the time, listening to the eternal narrative passing comment on my failures, critiquing my flaws. Now there is this other element that seems to be more pragmatic and accepting. None too deep, it just responds with what it can and can't do.

## Run if you can. While you can.

I tentatively feel as though I deserve to be looked after, and it's me that's doing the looking after. I am my own carer.

Using the outdoors, nature and the elements can give perspective, increase strength and connect us to something more. It is what we have wanted to incorporate into what we do at Recoco for some time and we think now, we have the opportunity. We didn't get the farm we were after at Bill Quay, but throwing our hat into the ring grabbed the attention of Gateshead Council and they have offered us another venue instead. It has all of the outdoor opportunities we are after and massive public footfall so we can share the gifts that people bring to Recoco with the wider community. Offering our pick and mix approach to wellbeing to hundreds more people. Unified in realising their talents and using them to help themselves and each other. Leases haven't been signed yet so I'll not tempt fate but I'm confident that we will be writing about our new venture in the next prospectus.

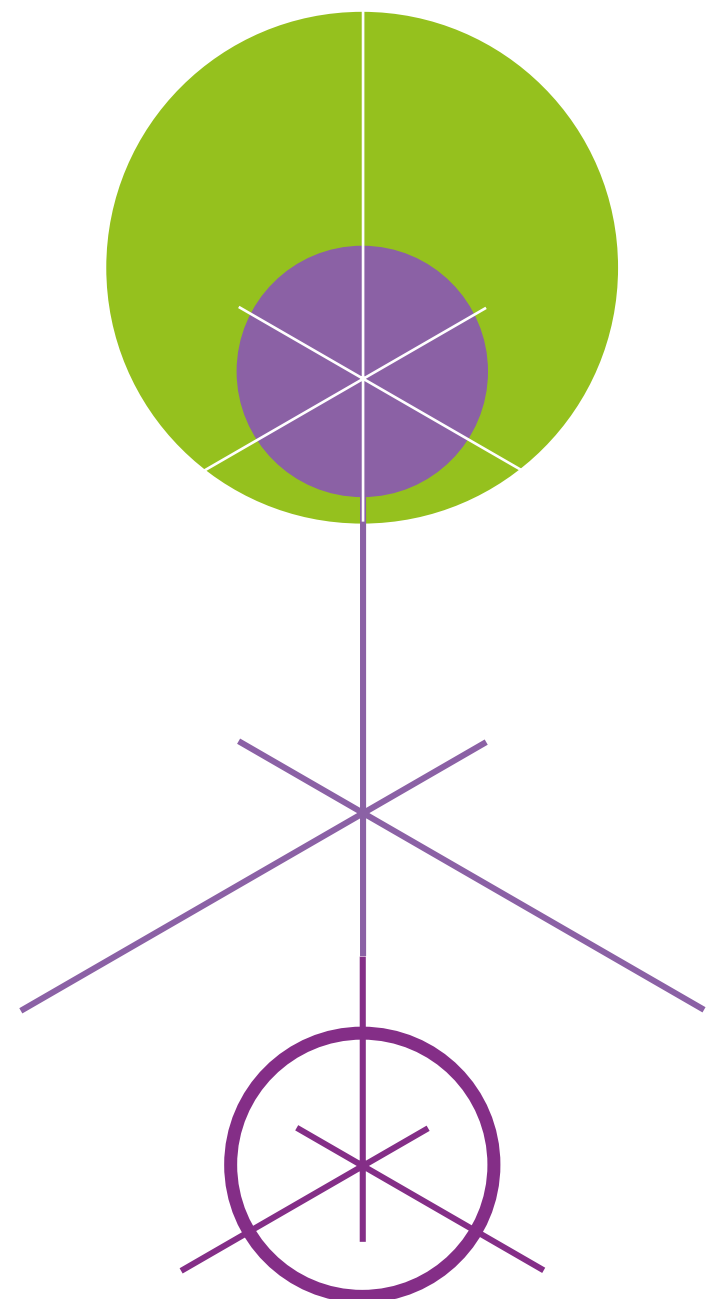
You decide what you deserve nowadays. If that's scary for you, then smashing. You know fear. You know suffering. That's your area of expertise. Fear mastery is in your portfolio, something you have already negotiated and survived. You are brave. You don't need to be anything but what you already are.

*Recoco are working in partnership with Newcastle United Foundation to establish a running group (for everyone) and an over 50s exercise class. Get involved. More details to follow.*

*Ingeus are running pre diabetes blood testing clinics at Recoco, to see if you're at risk of developing Type 2 Diabetes. If you are then you can do a 10 month course they run to get healthier with other canny folk like you. Ring for details.*

*We are always looking for folk who can run a yoga class or tai chi or drumming or anything that is good for you. Please get in touch if you have time that you would like to gift our community. We can't pay you but we are great at collecting evidence and feedback to support any bids you're putting in.*

Angela





# A BORSTAL BOY

Re-imagined by Darren Brown

A borstal boy came home one day  
to find his love has gone away  
and when he asked the reason why  
this is what she did reply

If you could lead an honest life  
I would gladly be your wife  
but since you choose a life of crime  
borstal boy go do your time

Back in jail and in his cell  
the borstal boy did ring his bell  
when they came, they found him dead  
with a note and this it said

Dig my grave and dig it deep  
lay red roses by my feet  
and in my hand a big leaf  
to show the world I was a thief  
and on my chest a snow white dove  
to show the world I died for love

So all you girls bear in mind  
a borstal boy is hard to find  
if you find one love him true  
because this borstal boy would die for you

# JOHN'S STORY

I had a really shitty childhood. I was diagnosed with schizophrenia. My Mam said I was sick in the head. I was abused by my Dad. No one listened. It's terrible, especially by your own family.

As I got into school I got in with the wrong people. For 25 years I was on LSD trips. I caused trouble and lived in a squat with Hells Angels in Darlington. We broke into houses, got caught and went to prison.

I decided to leave Darlington and slept on the beach in Blyth for 3 years. My parents didn't want to know and my brothers were snobs. They had jobs and didn't help me. I never learned my lesson until later in life.

I wanted to give the community something back. They found me a place in the Cyrennians when I was 19. I ended up working for them as a support worker. I used to take service users to the jobcentre for vouchers. They used to sell them to get money.

I got married ... she was older than me, I was 21. It didn't last long. She stabbed me and got social services to say it was me who attacked her. I ended up being sectioned and sent to St Mary's. I had shock treatment. I was sectioned a few times after that.

Years went on and I found helping people put something back into the community for me. I learned to cook. People used to call my house "John's kitchen". I run a luncheon club now and get my bottom pinched by the ladies there. I look forward to meeting people.

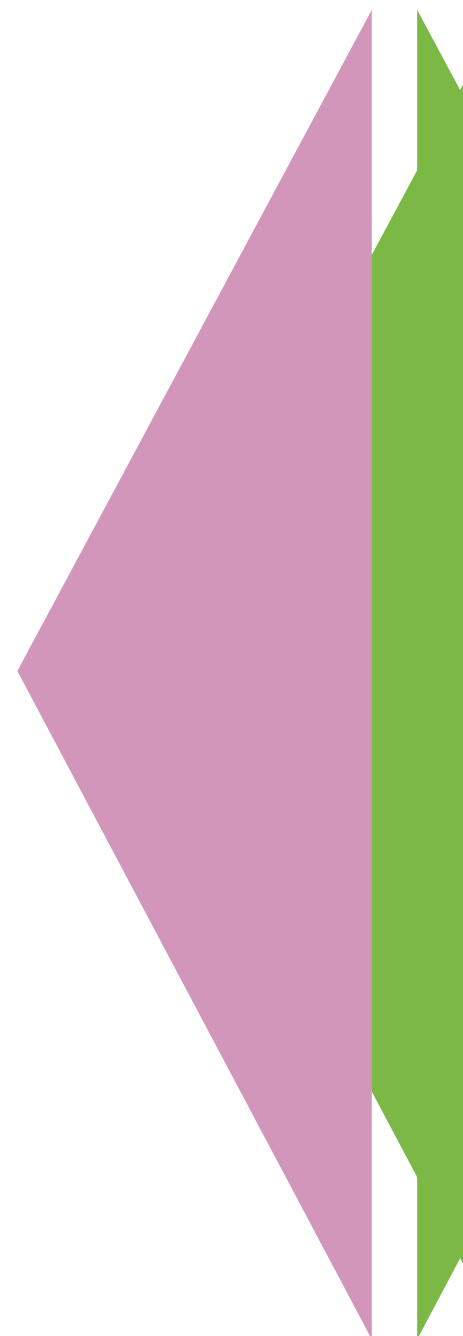
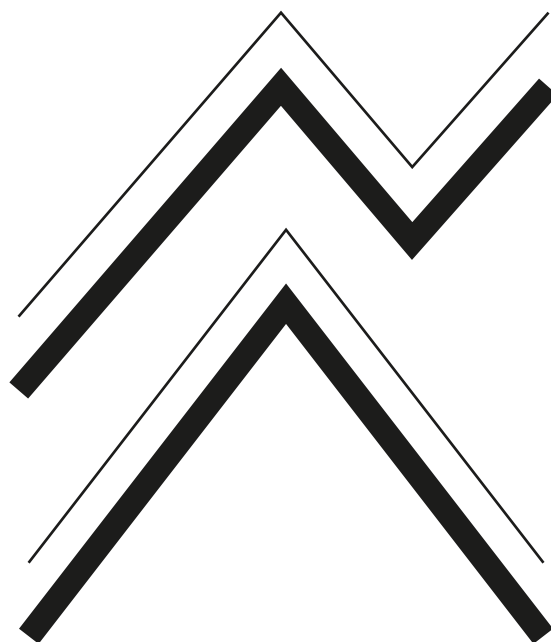
I'm happier now, I've met the girl of my dreams and I found out I have a hell of a sense of humour.

**Schizophrenia affects different people different ways. It's a curse as well as a gift.**

If you've got that gift you can fight the curse. I haven't been in hospital now for 15 years.

We are all put on this earth for a reason ... to get on with life and to try to be loved. We are only human. Just be yourself.

**My motto is "always be there for someone who needs you". We should all be able to put ourselves in each other's shoes as much as we can.**





# JUST BE YOU

Don't be afraid to be yourself. Be comfortable in your own skin. Don't be something you're not, be comfortable in being you even though at times this might be very difficult. Respect yourself and others and they will respect you. But if you don't then don't complain if you don't get any respect yourself because if you can't do it for yourself how are others going to respect you?

Be happy in the things you can do and don't get frustrated in the things you can't do. You are fantastic. You are great. You're different, yes everyone is different. Having a mental health problem is nothing to be ashamed or embarrassed about. You're you and that's ok. It's ok just to be ok. Don't be embarrassed or ashamed to get help. It's good to talk and together we can break down the barriers of mental health.

DLK



# TOON FANS AT THE HEART OF NEW MENTAL HEALTH CAMPAIGN

We at ReCoCo are very happy to have been involved with this from the outset, and so we'd encourage you to help our pals at the Newcastle United Foundation (\*waves\* to Ashley, Ollie and Jayne) and if you're doing social media stuff (and if so you MUST follow @RecoveryCoCo) why not sprinkle in a few of the campaign's hashtags **#BeAGameChanger**.

Newcastle United Foundation campaign to help fans' mental wellbeing.

Newcastle United Foundation has launched a campaign encouraging Newcastle United fans to take a proactive approach to looking after their mental health.

'Be a Game Changer', funded by Newcastle City Council and the Premier League PFA Community Fund, aims to raise awareness, and change perception of mental health issues. The campaign will encourage fans to take action to look after their mental health, in a similar way they would look after their physical health.

The campaign will include real life stories from fans who have experienced mental health issues, information and tips to support mental wellbeing, education workshops, signposting to specialist services as well as match day activities at St. James' Park.

Research by Newcastle United Foundation shows that even though one in four people will experience a mental health problem, there is still stigma which discourages people, especially men, from talking about it.

Suicide is the biggest killer of men aged 20-49 across England and Wales and in 2017 and it is reported that the North East had the highest number of suicides in the UK. (Source: Office of National Statistics)

Head of Newcastle United Foundation Kate Bradley said: "Last season the Foundation delivered 686,616 hours of physical activity across all programmes which generated £12.6mn in health and wellbeing benefits for the North East. "We know that mental health is as important as physical health which is why we are proud to launch this campaign with Newcastle City Council and the Premier League to support Newcastle United fans."

Ashley Lowe, Health and Wellbeing Manager at Newcastle United Foundation, added: "Mental health problems affect one in four of us – to put that in perspective that's 13,000 people at every home game at St. James' Park.

"Stress, anxiety and depression are the most common mental health problems, often accompanied by physical symptoms such as difficulty sleeping, muscle tension and headaches. Exercise and talking are both proven to help so we want to help men, and their family and friends, by giving them the tools to improve their own mental wellbeing."

Scott Carpenter, a recent Foundation Health and Wellbeing programme participant, commented: "Now I know that statistically when I am sat in my seat at St. James' Park there are likely to be another 12,000 fans around me facing similar struggles that I faced. If I had known that years ago I think I would have had the courage to speak up about my problems and not been embarrassed to tell my family."

Newcastle United's longest serving player, and Newcastle United Foundation Trustee Steve Harper, said, "At the age of 30, I realised something wasn't right but didn't know what it was



at the time. I tried to battle it myself but it's impossible and I eventually opened up to my wife and some good people at the football club. Talking about it and sharing what I was going through really helped me and you soon realise that you're not alone and it is very common. The darkness closes in on you and you can struggle to see the good in anything. Having suffered from it, you can then recognise and deal with it better if you ever start to feel the same way."

Councillor Kim McGuinness, cabinet member for culture, sport and public health at Newcastle City Council said: "I am pleased that Newcastle City Council are supporting this important campaign."

**"Everyone has mental health and one in four of us will experience ill mental health. Supporting people to open up about what is having a negative impact on their lives is an important step in changing this."**

"The power of the Newcastle United Foundation's brand and the communities this can reach will help to engage people from across the city, kickstarting conversations with people who may have shied away from this previously."

"Mental health and physical health go hand in hand and I am looking forward to see what activities are going to be launched and encourage everyone to engage with the campaign as much as possible."

Newcastle United Foundation is encouraging people to engage with the campaign across its social media channels:

Twitter: @NU\_Foundation #BeAGameChanger

Facebook: @NewcastleUnitedFoundation

#BeAGameChanger

For more information on Be a Game Changer and support please visit: <https://nufoundation.org.uk/BeAGameChanger>

## Also, from the Foundation:

You can join in with a wide range of FREE fitness sessions in Newcastle designed for complete beginners - Walking Football, running groups, get fit n toned in just 30 mins with our fit in 30 class and our over 50s Fit for Life exercise classes.

### Walking Football

Mondays, 6pm -7pm, The Turf, Benwell  
Tuesdays, 12pm - 1pm, West Denton Leisure Centre

### Beginners' Running

Wednesdays, 6 - 6:45pm, St. James' Park  
Thursdays, 6:15 - 7pm, Leamington Football Centre

### Fit in 30

Wednesdays, 5:30 – 6pm, St. James' Park

### Fit for life

Wednesdays, 12:30 – 1:30pm, St. James' Park  
Thursdays 12:30 – 1:30pm, St. James' Park

For more info contact:

[Sam.Cooper@nufc.co.uk](mailto:Sam.Cooper@nufc.co.uk)



ABSTINENCE

Sight  
empty    bottle    on tall  
Pedestal  
Smell  
Odourless  
Touch            Brittle  
Taste  
Sweet  
Sound  
Silent

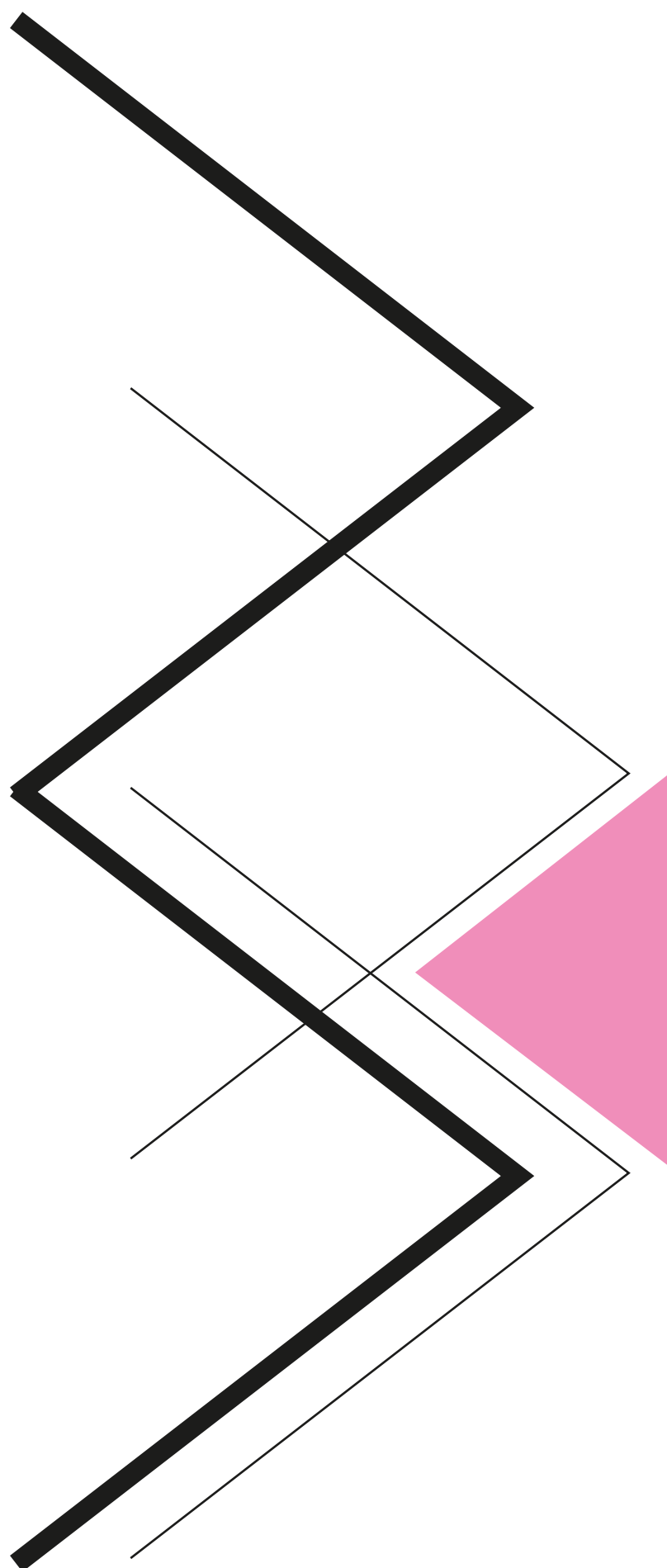
## Let me tell you a story.

Of a brave band of brothers and sisters, outlaws and brigands, intrepid and daring, who ventured into lands unknown, unfamiliar territory. The hardship of their quest was challenging, the terrain intimidating, but on they ventured, growing more accustomed to their new surroundings and more familiar with each other. When peril threatened and fears rose, it was their fellowship, their camaraderie and their hard-earned skills that carried them through. These qualities were, over time, passed from generation to generation, each continuing the adventure. There was no map, there never would be, nor was there a destination, but on they went, continuing the journey, and the journey, the progress, the onwards movement became the mission.

Here's another tale: Meet an unpleasant individual, one whose behaviour goes beyond society's norms, who is uneasy in civil society, whose demeanour unsettles and upsets those in the vicinity. There are many like this person, each in their own destructive cocoon, ostracised by others, but also themselves rejecting others. The reasons for their isolation are many and varied, some lost in the mists of time, some immediate and pressing, but all resulting in a dispiriting, desolate stagnation for these separate, atomised, outcasts.

Both stories are true, but neither capture the whole of the narrative of ReCoCo. In our more grandiose moments, we are that battalion of brave travellers. At our worst, we are those scattered, lonely, toxic individuals.

We are singly screwed-up and screwed-over, and collectively, collaboratively, strong and resourceful. We are also a whole host of other things, too: mothers, fathers, sons, daughters, workers, carers, professionals, amateurs, funny, serious, wise, witless, awful and awesome. We are everything in those two fables, which, by definition, makes us fabulous. We are myriad in our singularity, and singular in our diversity. We are you, and you are they, and they are us.



# STEPPING OUT OF THE BOX

by Paul The Librarian

I have mental health issues. I'm accepting of that and, personally, I don't have a problem with the label. All it means is that I'm different. That suits me just fine. I like to stick out and that's all good because eccentricity is a valued trait in the world of the Brits.

It so happens that my specific label is Bipolar Disorder (BP) and that makes a great deal of difference. In recent years, high profile celebs have come out of the closet and talked about living with the beast and the condition has been renamed. It was formerly manic depression and that was bad news. Words matter. Manic equates to maniac and maniacs are axe-wielding dangers to society or terrorists. The combination of the two changes has led to widespread 'acceptance' within the general public of BP. I'm very open about disclosing that I'm bipolar and nobody bats an eyelid.

On the flip side, recent events have all too clearly shown that I'm emotionally unstable and I tick all the boxes for a personality disorder. I'm not about to be disclosing that to many people. Labelling and stigma remain alive and kicking.

Statutory mental health services are both a blessing and a curse. They like to put us in boxes. It's convenient. Once you're in the box they close the lid. If you don't know any better, you keep the lid on yourself. You are your diagnosis. You are a medical condition first and a human being second.

I'll tell people that "I'm bipolar" for the sake of brevity, but that's not who I am. I'm Paul and my personality is not determined by BP. We are first and foremost individuals. I'm an old git with long hair. I always wear coloured camouflage trousers and a T-shirt and am fast becoming a hippie. That's me, it's not BP.

What you're spoonfed by the medics is that your 'illness' is incurable and that you'll need to be medicated with powerful toxic drugs for the rest of your life. That's your lot. We'll do what we can for you and then we'll discharge you. The implication is there is nothing you can do about your mental health outside of taking the meds (and, if you're very lucky, get support from your local mental health team on their terms). They are wise and we are not. Bollocks.

The truth is that medication is a tool to manage the chronic mood states that come with BP. It's one part of the puzzle. Recovery courses and wellness tools are equally and probably more important to best manage mental health conditions. That's where college comes in.

ReCoCo runs loads and loads of recovery courses every term. Tools to help ourselves stay as well as we can. They make such a difference. The vast majority of courses are facilitated by our people. We also have our share of outside trainers and professionals coming in and they love the place. I've talked to a bunch of them (I like a chat LOL) and they all say much the same thing - we're a breath of fresh air, a community and it's a pleasure to interact with us. We're a friendly bunch and not shy in coming forward.

I rocked up at college 2 years ago and I've grown. I have changed for the better. The difference in me is there for all to see. I'll never be robust, but I'm nowhere near as fragile now. I had no self-confidence for decades and I'm an assertive beastie now. I can now challenge anxiety; I might not win, but the good thing is that I'm willing to try and sometimes I succeed. Result. I wouldn't poke my head above the ramparts when I enrolled. Now I'll speak out and am eager to do so. Speaking in public was, without doubt, my biggest fear. I came into a mentor who has supported me to bite the



bullet and enabled me to get what I have to say out there. I wasn't formally assigned a mentor; it evolved out of friendship. We're mates. That's all it takes here.

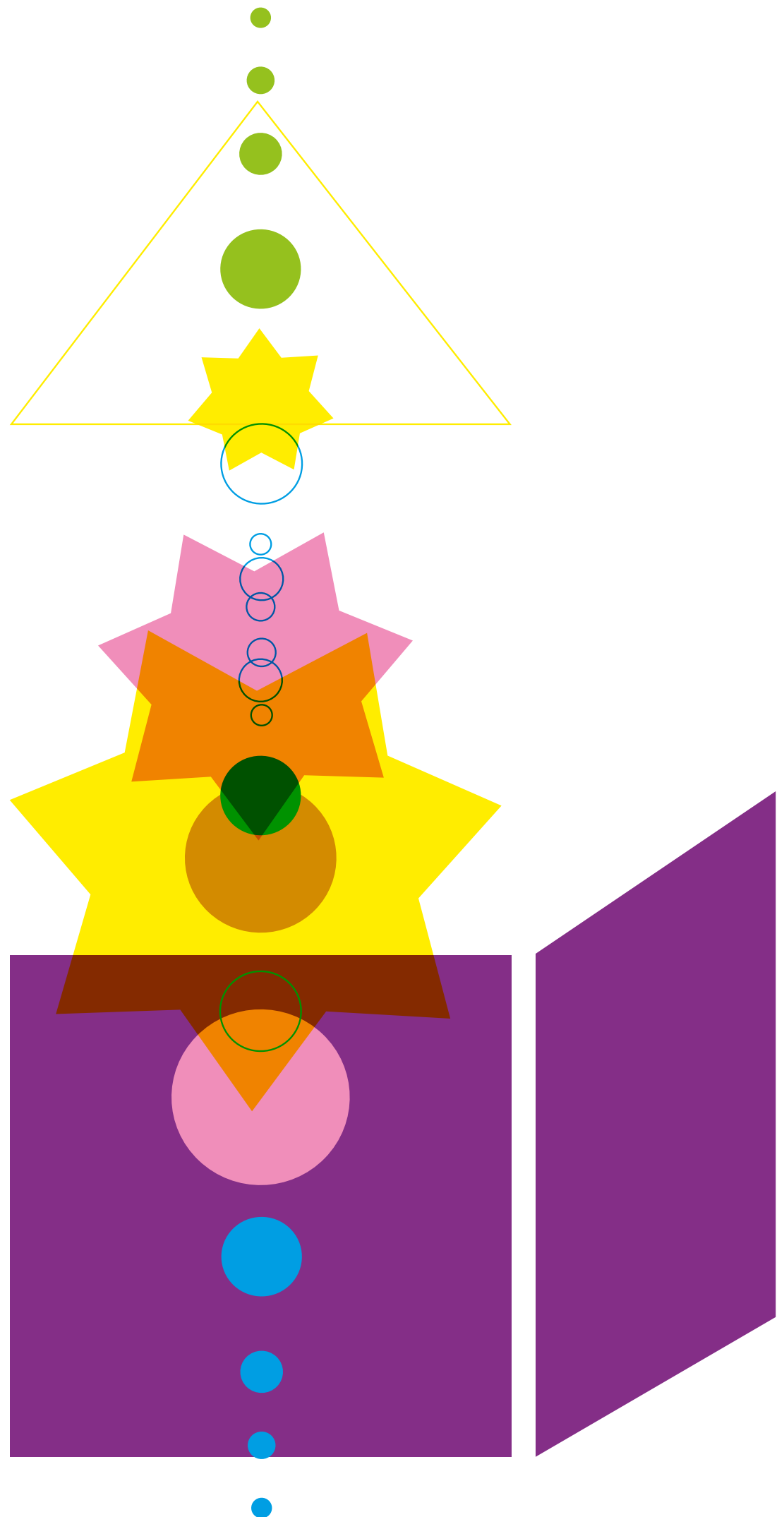
I'm going to be debilitated on a regular basis. It's the nature of the beast, but I have the tools to fight back now. I'm no longer prepared to be a martyr to my mood swings and that's a transformative frame of mind.

## I've flung open the lid and stepped out of the box.

ReCoCo is my college. We are flourishing. Talk to any student here and they'll enthuse about the place. I belong. We all belong. We support each other. We're safe here. I have made friends here. You couldn't get me out of here with five hairy men and a crowbar.

You want out of the box?

Come to ReCoCo. Simple.



# WOULD YOU DANCE WITH THE DEVIL FOR THE GREATER GOOD?

Recoco have been approached by a pharmaceutical company to help in developing a 'patient avatar' for a new ketamine based drug for treatment resistant depression. They want us to gather experiences of people who have had multiple episodes of depression and explore the cost to the health system. It's market research.

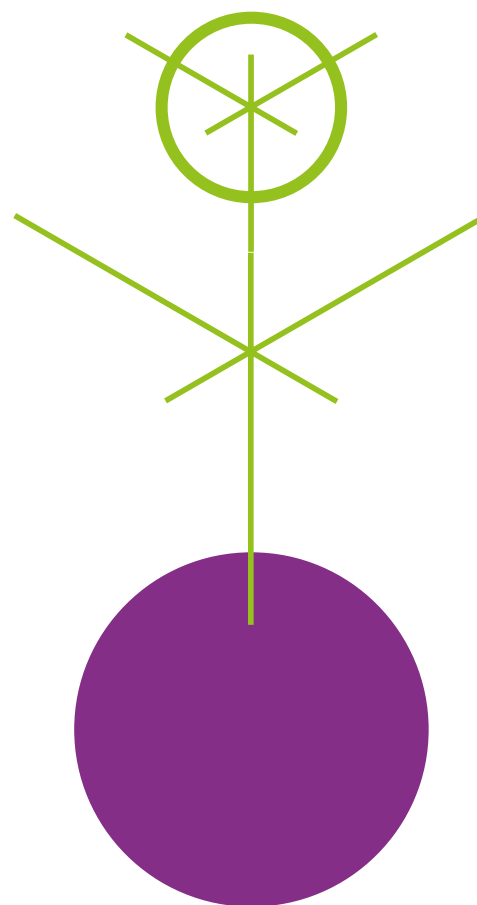
A relationship with any pharmaceutical company doesn't sit well with us because the majority of us have suffered the detrimental impact of decades of legalised drug pedalling. Lining the pockets of global companies making a profit out of suffering. But we need money, and they have lots of it.

I can speak from personal experience because my mum died frightened. Killed by a gastric bleed at home. Caused by decades of stomach rot from old 'typicals'. Pharmacy makes Psychiatry lazy. Her schizophrenia diagnosis in the 1980's meant that the only treatment she was offered was to be locked up, away from everyone who loved her and pumped full of drugs that she hated taking because the effects were such that the voice hearing, paranoia, utter terror and delusions were preferable to the vile tardive dyskinesia that blighted her existence.

Our first meeting with them was honest. We haven't shied away from telling them exactly how we feel. Our position at the moment is this;

Our input will come uncensored. An exploration of the costs to the health system are not enough.

Millions of current anti-depressant users have experienced trauma and/or neglect in their formative years which isn't typically recognised in service access and activity evaluations. Additionally, poverty and intergenerational disadvantage can have a severe impact on wellbeing as well as treatment concordance and compliance. Other issues such as domestic violence, discrimination and isolation also compound difficulties. And as we know, austerity kills



If we are to even consider working with them then what we deliver must be authentic and relevant to real experience. Recoco would incorporate a whole raft of socio-economic and inter-generational aspects of the patient journey that detrimentally impacts on mental health and inhibits recovery.

We would also discuss openly and honestly the tensions that are apparent with any relationship with Pharma, telling them where they go wrong and how they can better spend the mega profits they make in order to genuinely help people.

Recoco is at a crucial stage of development. We are currently £8000 short for the next year and finding the resources we need to increase access to what we do has been a struggle. There is very little out there and central government seems happy to pitch charities against each other to fight for the pittance that does exist. We have amazing plans to develop a wellbeing hub in Gateshead but can't do it without some additional investment. Please tell us what you make of this. Do you think that it's time they gave back, knowing that every penny we earn from them will go directly towards helping people, or do you think it's a step too far? Someone pragmatic once said, 'if you're going to dance with the devil then you might as well take the lead.'

**Your thoughts and comments are welcomed.**

[angela.glascott@ntw.nhs.uk](mailto:angela.glascott@ntw.nhs.uk)



# HOSTILE ENVIRONMENT

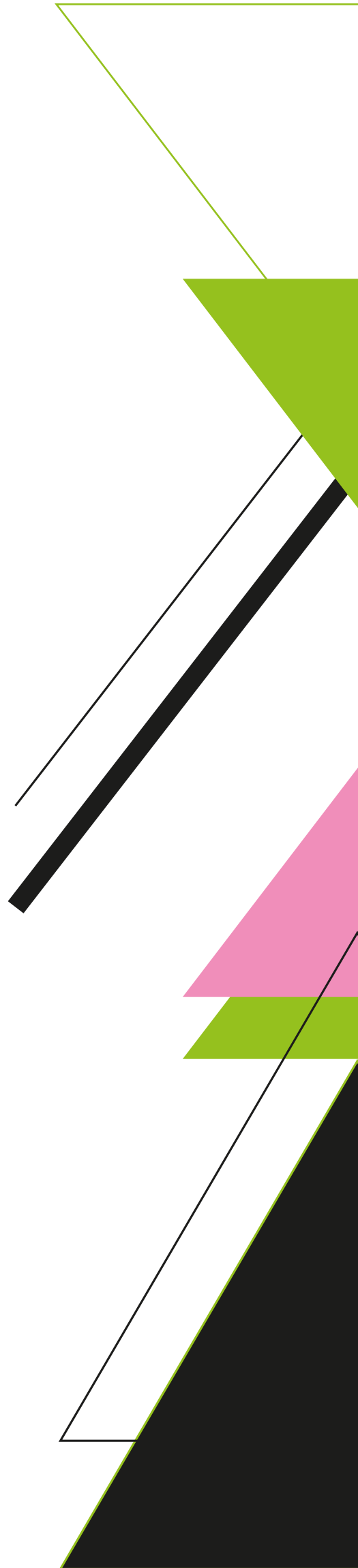
BY SIMON TAYLOR

It's a hostile environment  
They pick on the innocent  
Where good men die in vain  
Trying to keep up rent

A hostile environment  
Wreaked by the government  
There's something malevolent  
You feel in the vibes they send

A hostile environment  
For artists and dreaming men  
Poets and scribes they tell  
"Get a new job my friend"

A hostile environment  
Where chaos and death attend  
Fear what the Reaper sends -  
Where will it end?





# JANUARY

BY CHRISTINE WILLIAMS

Be Joyous

Have Ambition

Never look back

Be Unashamed of who you are

Achieve

Be Ready

Yo! Let's go!

A new year, a new start, leave the old you behind, all your bad habits and start anew.

It is a book before you with 365 empty pages – write your new best seller.

New Years' resolutions – do they ever work?  
Or are you setting yourself up for an epic fall?

Maybe goals and ambitions are the way to go.  
Strike them off as you achieve not when you inevitably fail.

Set out into the great void that is 2019 with hope and energy and write your own future.

Be happy, but most importantly be yourself.

I am me! I am awesome!



## North of Tyne PALS

Patient Advice and Liaison Service

Do you  
have a lot of  
different NHS  
appointments?

Are having  
difficulty  
organising them  
at times you can  
manage?

PALS (the Patient  
Advice and Liaison  
Service) may be able  
to help you.

PALS is the free, confidential, NHS  
advice service for patients, their  
families and carers, of all ages.

**PALS can:**

help to sort out problems,  
find answers to questions and concerns  
provide information and advice about NHS  
services.

North of Tyne PALS covers all NHS organisations  
and services in Newcastle, North Tyneside  
and Northumberland and, for the North East  
Ambulance Service NHS Foundation Trust, the  
whole North East region.

### Contact them on:

Freephone: 08000320202

9.00 to 4.30 Monday to Friday –  
(answer-phone at other times)

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

Text: 01670511098

Post: FREEPOST PALS

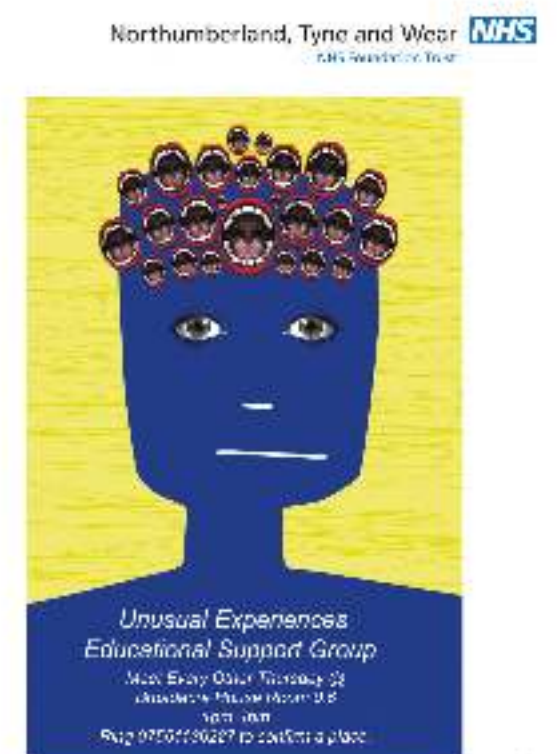
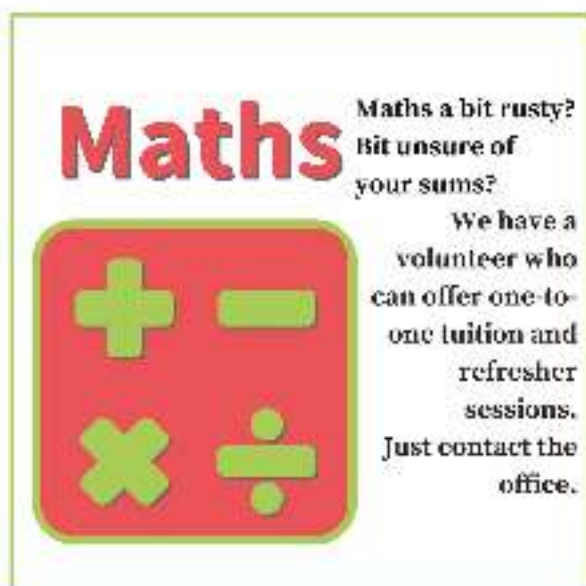
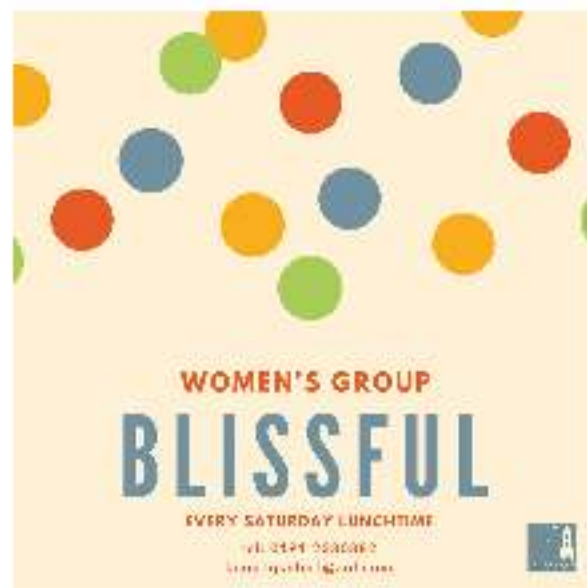
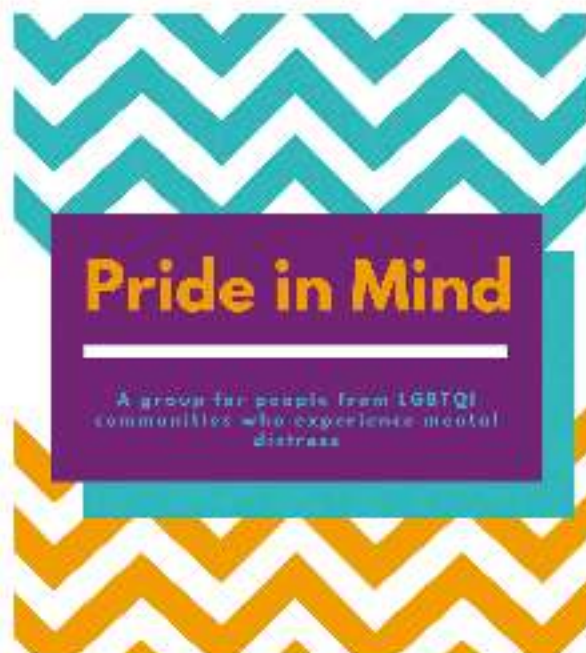
FAX: 01670511260

### Website:

[www.newcastle-hospitals.org.uk/patient-guides/patient-advice-and-liaison-pals.aspx](http://www.newcastle-hospitals.org.uk/patient-guides/patient-advice-and-liaison-pals.aspx)









**BE A GAME CHANGER**

Telling someone to  
**'MAN UP'**  
can result in a man  
**DOWN**

Let's talk... more about  
mental health  
#DEIGNEDMANK

NEWCASTLE CH-ANGER  
the mental health group for men

Newcastle United Foundation

ROPE CRISIS  
Tyneside and Northumberland

Newcastle City Council

## GROUP WORK FOR SURVIVORS OF SEXUAL VIOLENCE

**Group 1:**  
Rape Crisis Tyneside and Northumberland will be running a group work programme in 2017. There will be one group in Gateshead and two groups in Newcastle. All groups are for women, aged 16 and over, who have experienced sexual violence at any time in their lives.

The groups offer you the opportunity to come together in a women-only safe space to:

- Explore how society's attitude towards sexual violence has affected you
- Learn and practice positive coping strategies
- Identify and develop positive future goals and steps towards these
- Increase your peer support network

**Group 2:**  
Group Work for Women who live, work or study in Gateshead or Newcastle starting April 2017

**Group Work for Women who live, work or study in Newcastle or Gateshead starting August 2017**

To express an interest in either of these groups, please contact us: 0191 2220472 or email [pedwards@rcn.org.uk](mailto:pedwards@rcn.org.uk)

## Mental Health Mates — newcastle upon tyne —

Mental Health Mates was set up in 2016 by Bryony Gordon (author of Mad Girl) following her own struggles with OCD. What started out as a mad idea, is now an international network of Peer Support walking groups.

Our message is simple and we offer a place to walk and talk without fear of judgement. Helping you find your WE... because YOU are not alone.

My name is Nabeela and I run the Newcastle meet-ups. I have lived experience of depression, anxiety and a panic disorder. I am a Time To Change and Blue Light champion and I'm passionate about reducing the stigma and discrimination around mental health.

We meet once a month (usually the last Saturday of the month) for a gentle walk and talk usually around Exhibition Park, Newcastle and then have a nice cuppa afterwards. You can talk as much or as little as you wish about mental health but know that you are not alone and we understand that it is perfectly normal to feel weird. If you'd like more information or would like to join us on a meet-up get in touch.

[@mentalhealthmates](https://www.facebook.com/mentalhealthmates)  
[mentalhealthmates](https://www.facebook.com/mentalhealthmates)  
[mentalhealthmates](https://www.facebook.com/mentalhealthmates)  
[mentalhealthmates](https://www.facebook.com/mentalhealthmates)

[www.mentalhealthmates.co.uk](http://www.mentalhealthmates.co.uk)

## Join our Group

Our groups are for women 18 or over who have experienced any form of sexual violence or abuse at any time in their life.

"I've not always been very good at self-care, and I am finding the way the group supports me in paying attention to that very helpful."

"The group has allowed me to share things I have previously kept secret."

Contact us to find out more

0191 222 0272  
email: [groups@rcn.org.uk](mailto:groups@rcn.org.uk)  
www.rcn.org.uk



Charity no: 1241449  
Company no: 7205874



**DROP BY**

**Tues & Wed**

**1-3pm**

**INFORMAL  
PEER  
SUPPORT**

Come by and chat with folk from the Beebeey College Collective

## Creative Writing

A truly relaxed and informal group, we meet every **Wednesday (11am-1pm)** to discuss and write about a wide range of topics. We all (including the facilitator) have experience of mental illness and the group caters specifically for this. The atmosphere is friendly, guidelines are agreed, confidentiality is respected, and whilst everyone takes part, there is never any pressure to share your writing unless you want to. There's plenty of variety – something different every week – and since the group is ongoing you can attend on a regular basis or just drop in when you feel like it.



## GEEK GROUP



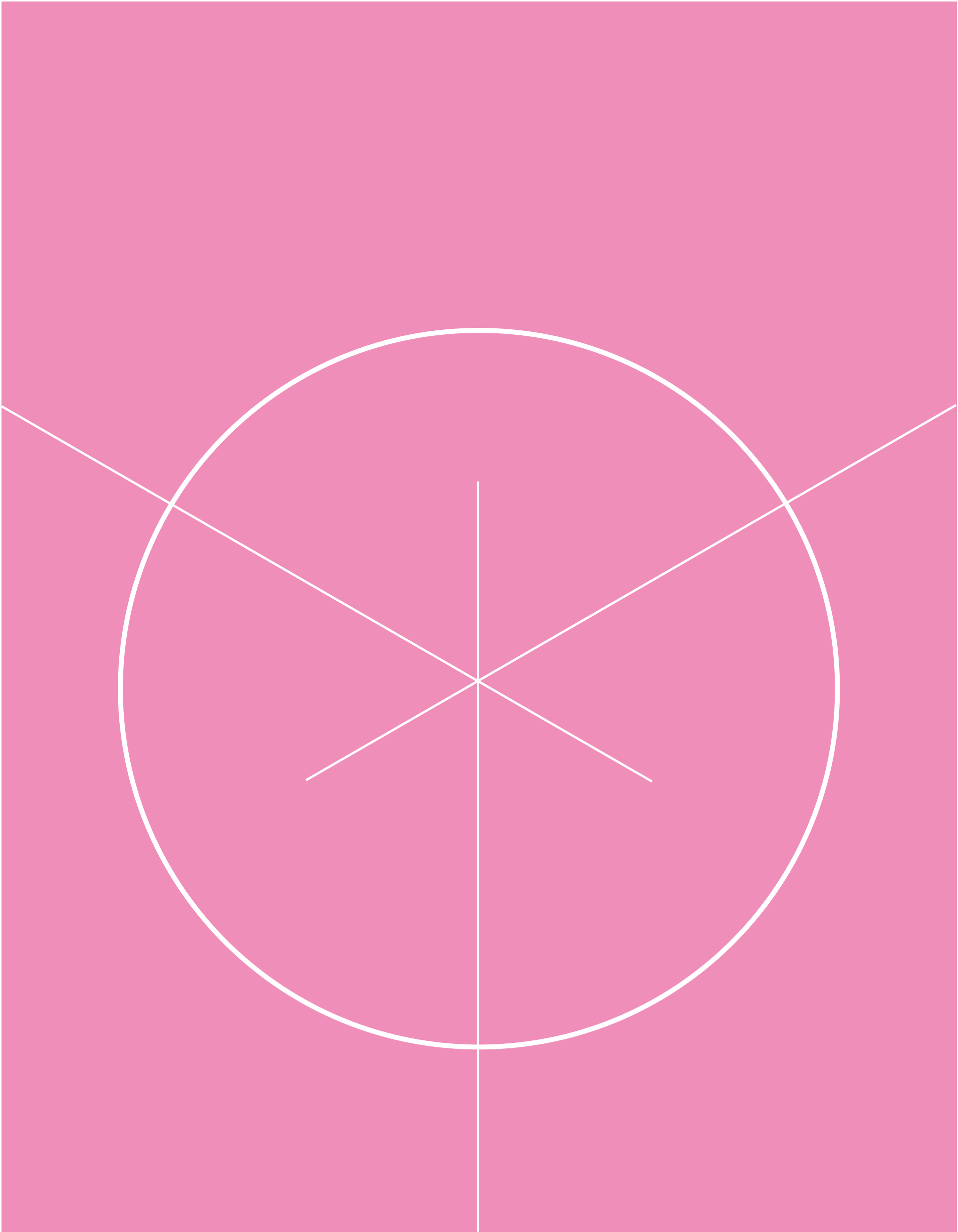
Computer games, comic books, tech, movies & TV, boardgames, sci-fi & fantasy, anime, & all that's geek cool.

With real people.

**Every Thursday**

[bounce@edncl@ncl.ac.uk](mailto:bounce@edncl@ncl.ac.uk) 0191 2330382





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





## HOW TO FIND US

**RE·CO·CO** Anderson House, Market Street  
Newcastle upon Tyne  
NE1 6XA



### 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; 5 minute walk, MANORS; 10 minute walk

### BY BIKE:

There is public bike parking at the City Library

### BY CAR:

We can try and secure a space for you if you have access requirements, but we do need advance notice. There are public car parks nearby.



0191 261 0948



info@recoverycoco.com | www.recoverycoco.com

Designed by



rootsandwings.design