

Come and join us



Sunderland Recovery College, offers a range of free recovery focused educational courses for people with lived mental health experience, their friends and family

APRIL 2021 FREE COURSES AND RESOURCES

The Recovery College building remains closed to students but this hasn't stopped us from working hard behind the scenes to offer support through online platforms and offering advice and guidance over the phone.

Education

Information helps us to figure out what will work for us and the steps we need to take on our own behalf. We can do this by:-

- Involving ourselves with the Recovery College and joining support groups
- Reviewing educational resources (articles, books, newsletters, useful websites etc)
- Talking to other people who have similar experiences

In the words of Mahatma Gandhi:-

"Live as if you were to die tomorrow. Learn as if you were to live forever"

Remember.....to learn all you can about yourself.



EDUCATION – Our courses aim to improve the understanding and experiences of day to day living and help contribute to the wellbeing and recovery of all our students. Courses can be directly related to mental health or can have more of a social/skills-based focus.

RECOVERY AND WELLBEING – We aim to enable students to maximise their wellbeing through developing courses with a mental health recovery focus. These courses are produced using the expertise of mental health professionals. We aim to help students to make informed choices regarding their recovery and to become experts in their own self-management. Some courses have a more social and skills-based focus, enabling recovery through the benefits of social interaction, achieving new skills and goals and focusing on lifestyle and cultural influencers of recovery.

CO-PRODUCTION – All our courses are co-produced and delivered by someone who has lived experience of mental health in either a personal or caring capacity. In addition, our courses are produced by professionals within that field, ensuring that all the courses are providing accurate and current information.

DEVELOPMENT OF STUDENTS – We aim to support students to reach their goals, increase their sense of achievement and fully recognise their potential. We encourage students to fully participate in the ‘journey’ that the college offers. We encourage students to become volunteers, assist in the provision or development of their own courses and/or help them with steps towards employment or wider education opportunities within the community.

STUDENT AND CARER INVOLVEMENT – We believe in shared decision making and shared development as key principles of operating the College and widening its potential in the Sunderland community. An operational group meets on a monthly basis with our partner organisations to discuss how we can move the College forward. Student and mental health service user representation attend these meetings to ensure the student voice is heard.

Live online classes are synchronous events organised in a **live** virtual meeting room where students and facilitators meet together to communicate through voice, video, whiteboard.

Live online classes require students and facilitators to be **online** at the same time. Invites to the courses and groups will be sent out after you enrol but we will explain this at enrolment.

ENROLMENT WILL START WEEK COMMENCING
22ND MARCH 2021

Trauma Sensitive Yoga



Trauma Sensitive Yoga

Cultivating safety in the mind and body and regulating our nervous system for resilience.

In these sessions you will Learn about the role of the nervous system in anxiety, PTSD, depression, chronic fatigue & chronic illness.

Exploring skills to increase our capacity to deal with the challenges of life.

Each session will involve learning and embodying the ideas with mindful Yoga practice. There will be time for sharing our experience, held in a supportive space.

You can choose whether to stand or sit at any point, letting the movement suit your body.

STARTING MONDAY 12th APRIL AT 1.00PM -2.30PM

Then each week on the 19th, 26th April and the 10th of May

To enrol

Contact 07500551869 or email

kim.dobson@sunderlandcareandsupport.co.uk



Live Online Courses and Support

Recovery Through Words

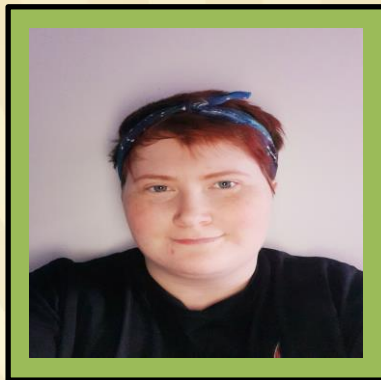


The course is facilitated by myself (Bev) and my colleagues Jay and Andy. I am a Peer Supporter, Jay and Andy are Volunteers with experience of mental health and using story telling as part of our recovery journeys. We promise you will have fun so why not give it a go?

Bev



Jay



Andy



To live in hope is essential to us all and your story can be an important part of your recovery journey and the overall healing process. In this course you will have the opportunity to recount aspects of your unique experiences through writing and talking out loud.

The online course was designed by Peer Supporters Joanne Cowen and Bev Galloway who both have experience of mental health difficulties and using story telling as part of their recovery journeys. Bev will deliver the course alongside two talented former students, Jay Hull and Andy Plemper.

The course involves playing lots of great word games, interspersed with activities which involve thinking and writing about childhood and adulthood experiences, as well as looking forward to the future.

This course requires a high level of resilience because hearing others' stories and thinking about your own journey can trigger feelings of discomfort. However, we aim to have loads of fun on this course and celebrate how far we have come.

This course will be delivered over 5 weeks, each session lasting 1 ½ hours via Microsoft Teams

STARTING THURSDAY 15th April at 11.00am

To enrol

Contact 07500551869 or email kim.dobson@sunderlandcareandsupport.co.uk



*Lynda Harkus,
Founder
The Positive Living
Company NE*

Post Covid: Rediscover Your Purpose (rebuild Emotional Resilience) 6 weeks Course

In times of uncertainty and upheaval we may feel lost and disconnected – a perfect time to stand back, observe and consider what action to take.

This positive action course encourages you to take a deep dive into 5 key areas of your life, to investigate and analyse certain unresolved issues. It then provides you with various tool/techniques to help you resolve issues, feel happier and rebuild your emotional resilience. The course also helps you to re-discover your life purpose.

The course is made up of an Introductory session followed by the 5 key life area sessions

In each area, you'll be asked to investigate, consider / think what action you can take to resolve the issues and improve that area so building up emotional resilience and confidence.

The 5 key areas of life:

Physical Wellbeing

Mental Wellbeing

Relationships

Financial wellbeing

Purpose in the world / Where you fit in

At the end of the course, you will hope to feel happier with your life, more confident, grounded, know your purpose and clarity of vision to go forward and flourish in new times ahead

Enjoy!

6-week programme

STARTING WEDNESDAY 14th APRIL

1.00 - 2.00pm

Contact 07500551869 or email

kim.dobson@sunderlandcareandsupport.co.uk to enrol.



Anxiety and Depression Awareness



My name is Dan and I run the anxiety and depression awareness workshops. I work as a peer supporter for CNTW and I have lived with both depression and anxiety for over 25 years. I have spent several years studying mental health, and how our thoughts and feelings can impact our daily lives.

Anxiety is something everyone experiences from time to time. It is a normal response to situations that we see as threatening and can help to keep us safe. It can also be helpful in some situations, such as when we need to perform well, or cope with an emergency.

We can all feel depressed at times, it can affect anyone and it is a very common problem. It is natural to feel depressed at times in our life, if we lose a loved one or have sad news this can cause us to feel depressed.

Both anxiety and depression are natural responses to situations. In these workshops we will look at starting to understand what may cause these feelings, why these feelings aren't always bad, and look at some tools that may help you manage these feelings and support our daily living.

I look forward to meeting you at the upcoming workshops.

Depression Awareness

April 13th at 1.00pm

May 11th at 1.00pm

June 15th at 1.00pm

Anxiety Awareness

April 20th at 1.00pm

May 18th at 1.00pm

June 22nd at 1.00pm

Each session will last 1 hour



If you are interested in attending any of the above sessions on Microsoft Teams

Contact 07500551869 or email kim.dobson@sunderlandcareandsupport.co.uk to enrol.



WRAP: A Guide

WRAP is a tried and tested way to aid your recovery and make your life the way YOU want it to be. WRAP is unique to you and can therefore be in any format you choose. Most WRAPs include wellness tools and things to do on a daily basis to maintain your wellness. They also include triggers and signs that things are not going well for you right now, followed by details of how you might be able to respond positively to these signs. WRAPs can also contain crisis plans to let others know how they can best support you during really difficult times.

WRAP was first developed by a group of people who had been dealing with difficult feelings and behaviours for years. It helped them and it can help you.



Wrap will be delivered over Microsoft Teams

STARTING WEDNESDAY 21ST APRIL 1.00PM – 2.00PM.

Then each week on April 28TH, 5TH, 12TH of May.

The course will be delivered over 4 weeks

Each session will last 1 hour.



If you are interested in attending this course:

Contact 07500551869 or email

kim.dobson@sunderlandcareandsupport.co.uk

to enrol.

Live Online Courses and Support



Hello, my name is Melanie Booth.

I have studied qualifying courses, that of Relaxation Therapist and Life Coaching.

I have my own business, Butterfly Holistic Services, where I give a range of massage therapies including Reiki.

Reiki Awareness

STARTING MONDAYS FROM 12TH APRIL 10AM or 11.30AM: These are 1-1 sessions.

This is an information course on reiki: what it is, its benefits, its daily affirmations. Please note this is not a qualifying course but to give a gentle understanding of reiki.



The Fascinating World of Colour

STARTING FRIDAY 23rd APRIL AT 2.30PM

This course will run for 4 weeks.

Learn about the beauty of colour, including Colour and the Personality, Colour and your Life Song, Colour and Health, Colour and Clothing, plus lots of other fun-filled facts!



Managing Your Health: Stress management

FRIDAY 21st MAY at 3.00PM Learn how to manage your health better by stress management and relaxation.

Time management

FRIDAY 28th MAY at 3.00PM: Take control of your health by Time Management.

Contact 07500551869 or email kim.dobson@sunderlandcareandsupport.co.uk to enrol.

Live Online Support



LIVE VIRTUAL SOCIAL GROUP

Come and join us for a cuppa and a chat.



Every Tuesday 2pm till 3pm

Every Thursday 11am till 12noon



These are weekly get togethers delivered via Microsoft Teams



Contact 07500551869 or email
kim.dobson@sunderlandcareandsupport.co.uk to enrol.

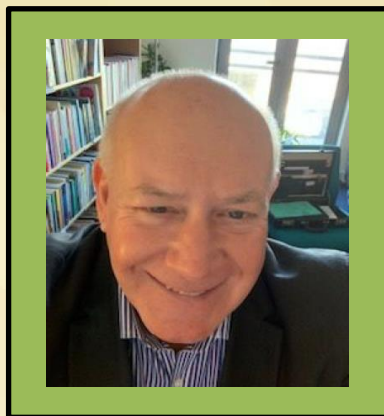
LIVE VIRTUAL MUSIC SESSIONS

Our group meets regularly through Microsoft Teams every **Monday 1pm till 2pm** if you would like to get involved please feel free the more the merrier.



Journaling for Beginners 1 - Starting Out with Steve

I would like to say a big thank you for delivering the journaling course, I really enjoyed it and learnt a lot of useful and helpful methods of off-loading my thoughts and feelings onto paper.'
Sunderland Recovery College student March 2021



Hello, my name is Steve Watts and I am delighted to be offering this beginners' course on journaling for wellbeing for Sunderland Recovery College. I have been involved in education and training my whole life, starting out as a teacher in schools in Northumberland in 1981. Following over a decade as a teacher I started working for the University of Sunderland training teachers. In 2020 I took up a new part time position at Durham University where I am teaching on a final year course about special educational needs. Earlier this year I also joined the University of Northumbria as a part time tutor training teachers.

In 2019 I co-authored a book on special educational needs and wanted to turn the ideas I had written about in the book into my lifelong passion to be a coach and mentor in order to support and help people achieve their goals. In particular, I wanted to share my passion for journal writing as a tool to help people. I had experienced a mental health episode in 2000 and journaling had helped me get through it. I am confident it can help other people too, so I've written this course for Sunderland Recovery College. As one College student wrote after the February course *'my journal is like having my best friend by my side 24/7.'*

The College ran the course for the first time in February this year with very positive feedback, so we'd like to run it again. You do not need any previous experience of journaling; this course is designed to introduce journaling to you from the very beginning. If you are an experienced journal writer, you could also benefit from the ideas that the course will introduce to you. If you would like to know more about the course before signing up, then contact Kim Dobson at the email address below and I will respond to you.

The course will be delivered by Zoom. Once you sign up you will be sent a link by email to the Zoom sessions. It is a course which runs for six weeks and you are encouraged to attend all sessions, if possible, to gain the maximum benefit from the course.

The course runs on the following Tuesdays between 1.00-2.00pm:

13th April; 20th April; 27th April; 4th May; 11th May; 18th May.  **zoom**

'This morning I was thinking about what you said yesterday about going on a journey and being ready for when we come out of Lockdown. It made me think that I must get my life organised ... If it wasn't for this journaling course, I would never have even thought about it.'
Sunderland Recovery College student March 2021

Contact 07500551869 or email kim.dobson@sunderlandcareandsupport.co.uk to enrol.

Live Online Courses and Support



Natural Science with Chris

Hi my name is Chris Colclough and I have taught Biology for over 40 years



More recently, whilst working at the University of Sunderland in the Biomedical Sciences department, I was diagnosed with bipolar disorder.

I had suffered from regular bouts of depression for 35 years, but this was still a surprise.

I was referred to the Recovery College in 2016 and found great benefit at a time when even leaving the house was difficult for me.

After two years as a student my depression and anxiety had reduced significantly, and I had gained enough confidence to become a volunteer and lead a course myself.

How Biology helped me with my Recovery.

Knowing your body has a key role to play in reducing anxiety and can therefore contribute to good mental health.

I wanted to provide an opportunity for students to find out a bit more about how the human body works and how to keep healthy by dispelling myths and encouraging confidence through developing understanding.

An introduction to natural history, human biology and chemistry courses

I have led several courses at the recovery college over the past three years. Since April 2020 these have taken the form of online courses. I am looking forward to delivering face to face again soon.

My aim this term is to give you a taste of these courses, so you know what to expect, if you choose to join one once we can meet up again. I will use visual aids to introduce you to some of the key ideas covered in each course. No prior knowledge is expected and there will be lots of opportunities to ask questions.

This is a 4-week X 90 min course:

STARTING WEDNESDAY 14th APRIL 10.30AM – 12.00 NOON.

COVID-19 Virus and Vaccines - the Facts Awareness session

How does it reproduce, why is it harmful, how do vaccines work, how can it be controlled? Some of your questions answered and the myths discussed using diagrams and pictures.

WEDNESDAY 12th MAY 10.30AM – 12.00NOON

Contact 07500551869 or email

kim.dobson@sunderlandcareandsupport.co.uk to enrol.

Mindfulness with Sagara



Hello there! My name is Sagara and I teach mindfulness at Sunderland Recovery College. The mindfulness I teach is based on over 25 years of lived mindfulness experience which I have used on a personal level to bring about a more positive and less painful engagement with life.

I have also taught mindfulness extensively for over 20 years.

My approach to mindfulness may be a little different to other approaches. I hope you get something from it.

Mindfulness really is quite simple. I like to use another word for it. That word is Awareness.

Awareness is something we all already have. It is not something we need to add on or go looking for. It is not something we lack or are deficient in.

If you stop and check for just a few moments, you can immediately prove to yourself that you are aware.

Take a moment and choose something to look at. Just look at it for a few seconds. (You could look at it while counting to three).

Can you see that by just looking at it you are aware of it?

It isn't like you must do anything really!

The awareness is already present.

Even without deliberately looking, we are seeing all the time.

Seeing just happens.

Awareness of the visual field just happens.

To learn more and enrol on the Mindfulness for Anxiety course visit our website at

<https://www.sunderlandrecoverycollege.com/resources/mindfulness>



Sagara Citta, a Peer Supporter, continues to offer regular Mindfulness activities live on Facebook.

**Monday and Friday 2pm
Every week.**



<https://www.facebook.com/sunderlandrecoverycollege/>



Exploring Poetry

When we look at and talk about poetry all we are really doing is exploring.

This is not like, for instance, mathematics where there is only one right answer.

Poetry is about personal interpretation, what the poem says to you. Readers can differ greatly in their interpretations, and sometimes even experts disagree about what a particular poem means.

I have suffered from mental illness for many years, and I have always found poetry helpful and therapeutic.

A little bit like music, poetry can nudge your mind into a different zone, it can lift your spirits and provoke thought.

Indeed, a poem you enjoy often delights you or makes you think about something in a new way.

I hope that the poetry you encounter here is helpful for you too, whatever stage you are at with your personal recovery.

To learn more visit:

[Exploring poetry \(sunderlandrecoverycollege.com\)](http://sunderlandrecoverycollege.com)

Discovering Our Senses

Being aware of our senses helps us to CONNECT and NOTICE the world around us. We CONNECT with ourselves; our inner selves and become more self-aware, with others and with the outer world, nature.

We NOTICE in a newer way.

We appreciate and connect with nature, its peacefulness, calm and joy.

So, our senses are that of sight, sound, smell, touch and taste. Being more attentive to our senses also helps us be more present – in the moment. Awareness of our senses gives us a richness from moment to moment.

Being out in the natural world brings a great opportunity to explore this. Seeing the world through fresh eyes, almost like those of children, can be a good way to do this. This can lead to a sense of 'aliveness'; of sensing things in a new and more enriching way.

“Don’t forget to stop and smell the roses.”

To learn more visit:

[Discovering Our Senses \(sunderlandrecoverycollege.com\)](http://sunderlandrecoverycollege.com)



WRAP (wellness Recovery Action Planning)

WRAP is a tried and tested way to aid your recovery and make your life the way YOU want it to be. WRAP is unique to you and can therefore be in any format you choose. Most WRAPs include wellness tools and things to do on a daily basis to maintain your wellness. They also include triggers and signs that things are not going well for you right now, followed by details of how you might be able to respond positively to these signs. WRAPs can also contain crisis plans to let others know how they can best support you during really difficult times.

To learn more visit;

<https://www.sunderlandrecoverycollege.com/resources/wrap>

Recovery Stories

If you're in recovery, you're in a unique position to speak to others traveling down the same road you've been down. You have a story to tell — and it has the potential to provide great hope to those who hear it.

It's both an individual story of your personal journey from mental health difficulties to recovery and a communal story that relates to the greater whole of humanity. And in telling your story you are not only helping others, but you will also find that you help yourself.

To find out more visit;

<https://www.sunderlandrecoverycollege.com/resources/recovery-stories>

Sleep Awareness

Sleep and mental health are closely connected. Lack of sleep affects your psychological state and mental health. And those with mental health problems are more likely to suffer with insomnia or other sleep disorders.

To learn more visit;

<https://www.sunderlandrecoverycollege.com/resources/sleep>

Prayer

Prayer is often thought of as putting two hands together and repeating a certain script such as The Lord's Prayer. Whilst prayer can involve doing this, it can also mean other things too. And it is even possible to pray without believing in a God at all.

To find out more visit;

<https://www.sunderlandrecoverycollege.com/resources/prayer>



Natural Science

Course 1: How plants work

We know that growing plants has been linked to relaxation and reducing anxiety which can both contribute to good mental health.

This course is designed to help you to understand more about plants and how to grow them successfully.

Course 2: "Have you ever wondered?"

To relax and reduce my anxiety I love to do activities that give me a bit of a challenge and focus my mind. The activities in this course do just that and if you have an interest in science I think you will enjoy them. As you will see, some of them are designed for children and they will enjoy doing them with you. Some of the activities come from other courses that I have led at the college such as "Health body healthy brain".

Course 3: "Know Your Organs"

Understanding how our organs function and how to do our best to keep them healthy can help to reduce anxiety and improve our wellbeing. This course is designed to help you to understand more about the human body and fitness.

Course 4: "Know Your Genes"

This short course covers information to answer questions you might have asked about your genes and how they work as units of inheritance. How we inherit characteristics from our parents and how this can impact on our health is now well understood.

To enrol on one of the above courses please visit;

<https://www.sunderlandrecoverycollege.com/resources/natural-science>



Anxiety

It is important to remember that anxiety is something which we all experience from time to time.

Depression

We can all feel depressed at times, and depression is a very common problem.

To learn more visit:

<https://www.sunderlandrecoverycollege.com/resources/anxiety-depression>

Journaling for Mental Health Course

Being locked down presents many challenges, but it also offers opportunities. One such opportunity is the time to start a journal.

Some people like to complete their gratitude journals in the morning, whilst others prefer to complete them at the end of the day. Such journals do not need to be lengthy pages of writing, but instead just a few bullet points completed each day which over time change our mindsets because the focus on what we are grateful for increases our awareness and positivity.

Believing that journaling is important, we looked at other ways to share the course and came up with the idea of an on-line course that you can study in your own time at your own pace. We are delighted to offer this course to you now ...

To learn more about Journaling visit:

<https://www.sunderlandrecoverycollege.com/resources/journaling>

You can start our new course here:

<https://sunderlandrecoverycollege.thinkific.com/courses/journaling>



Living with Psychosis

It's important to remember that you are suffering from an illness that can be treated just like any other. You don't choose to be psychotic any more than people choose or want any other types of ill health. Opening up a dialogue can help lessen stigma. And by talking about psychosis we become less isolated and alone in our struggle, and we can focus more clearly on our recovery.

What is Psychosis?

"Psychosis is when people perceive or interpret events differently from other people. This could include experiencing hallucinations, delusions or flight of ideas". (Mind)

This is a good working definition provided by the mental health charity Mind. Let's explore it in a little more detail.

To learn more about living with Psychosis visit:

<https://www.sunderlandrecoverycollege.com/resources/living-with-psychosis>

Time Management

There are many who can time manage really well, they have their life in a perfect balance of what they need to and what they enjoy doing. For others though this doesn't come as easy, and it can cause stress and anxiety.

Without a structure to managing your time, you may find yourself spending too much time, thinking and planning how to spend time. This can become a vicious cycle that may build up to wasting time.

To hear more from Melanie and learn more about time management visit:

<https://www.sunderlandrecoverycollege.com/resources/time-management>

Stress Management

Stress can create both physical and mental difficulties. Physical includes headaches, muscle strain – aches and pains, which if left untreated can possibly lead to heart attacks and strokes. Mental includes anxiety, depression and panic attacks.

The way to both physical and mental wellbeing, and the reduction of stress is to find ways to relax. Having time out for me isn't selfish but necessary and vital if we are to function well and give out to others.

To hear more from Melanie and learn more about stress management visit:

<https://www.sunderlandrecoverycollege.com/resources/stress-management>

Living with Bipolar

Bipolar is an illness in which there are extreme changes in mood, ranging from highs (elation or mania) to lows (depression).

Bipolar disorder is also sometimes called manic depression, bipolar affective disorder or bipolar mood disorder.

Everyone has times in their life when they feel very happy (such as when you are about to go on holiday) or very sad (such as when a loved one dies).

But it is when the mood changes become extreme or unusual, that a person may have Bipolar Disorder. This can range from being extremely elated (known as mania or hypomania), to being very low (depression).

To hear more from Melanie and learn more about Living with Bipolar visit:

<https://www.sunderlandrecoverycollege.com/resources/living-with-bi-polar>



An Introduction to Complementary Therapies

Complementary therapies are health-related therapies that aid mainstream medical care. They are thought to increase wellbeing, aid relaxation, and promote good mental health. You can use complementary therapies for different mental health needs and symptoms.

This awareness course is designed to widen your knowledge of some complimentary therapies out there.

In these on line sessions you will learn more about;

Aromatherapy

Colour Therapy

Bach Flower Remedies

Mood Boosting

I hope you enjoy your exploration of these great ways of staying strong and resilient in difficult times.

To hear more from Melanie and learn more about these Complementary Therapies visit:

<https://www.sunderlandrecoverycollege.com/resources/holisitc-health>

Capcitar

The name "Capacitar" means to awaken, to encourage, to bring each other to life.

Capacitar consists of a series of body-based practices that empower people to use their inner wisdom to heal and transform themselves and build peace in their families and communities.

Capacitar practices (i.e., Acupressure, Tai Chi, Pal Dan Gum, Fingerholds, etc.) come from many ancient cultures and have been well researched for their benefit to body, mind and spirit.

Current medical research also shows the positive health benefits of many of these ancient practices, such as Meditation, Breathwork, and Tai Chi.

Some newer modalities (Emotional Freedom Tapping, Thought Field Therapy and Polarity) have also been included in Capacitar programs because of their effectiveness in supporting mental health.

To learn more visit:

<https://www.sunderlandrecoverycollege.com/resources/capacitar>



The capacity to learn is
a *gift*; the ability to
learn is a *skill*; the
willingness to learn is a
choice.

Brian Herbert

WEA Courses in Partnership with Sunderland Recovery College



WEA Taster sessions

Sunderland Recovery College is delighted to partner with the WEA to bring you courses to enhance positive mental health.

The WEA is the UK's largest voluntary sector provider of adult education in England and Wales. bringing high-quality, professional education into the heart of communities.

Life Coaching

Michelle L Baharie talks about Ego States and how blocking ourselves from living in these states can bring about a serenity or peace.

Alleviating Stress, Tension and Anxiety

Margaret Mordue tells us a little bit about the WEA and then guides us through a relaxation to alleviate stress, tension and anxiety.

Doodle Art

Doodle Art will help promote a sense of calm in these uncertain times and bring a feeling of health and well-being.

To find out more visit;

<https://www.sunderlandrecoverycollege.com/resources/wea-partnership>



WEA 1 Click Courses for 2021



Access learning through ZOOM as an online classroom environment.

Our courses offer you the opportunity to stay connected with other people with similar interests.

You can book online at: www.wea.org.uk or Telephone 0300 303 3464 remember to state or input the PIN number

If you receive a qualifying benefit, the course will be **FREE** or your organisation may be paying your fee?

For more information contact Donna Utterson dutterson@wea.org.uk 07887821462

Course Number	Course Title	Pin Number	Time	Day	Duration	Date
C2526383	1 Click Yoga for Women	31440	9:30pm – 11am	Monday	10 weeks 1.5 hours	12/04/2021
C2526665	1 Click Tai Chi	50091	10am – 12pm	Monday	11 weeks 2 hours	12/04/2021
C2526769	1 Click Novelty Sugar Craft and Cake Decorating	81361	11:15am – 1:15pm	Tuesday	10 weeks 2 hours	13/04/2021
C2526384	1 Click Creative Writing for Women	17234	1pm – 3pm	Tuesday	10 weeks 2 hours	13/04/2021
C2526446	1 Click Card Making for Springtime	73708	10am -12pm	Wednesday	10 weeks 2 hours	14/04/2021
C2526670	1 Click Relax and Unwind	86450	1:30pm – 3:30pm	Wednesday	11weeks 2 hours	14/04/2021
C2526772	1 Click Dance your way to Musical Theatre	45434	1pm – 3pm	Thursday	11 weeks 2 hours	15/04/2021
C2526387	1 Click Springtime Flowers	92497	1pm – 3pm	Thursday	10 weeks 2 hours	15/04/2021
C2526434	1 Click African Drumming	26488	1.00pm – 3pm	Friday	10 weeks 2 hours	16/04/2021
C2526435	1 Click Art and Crafts	39122	1.30pm – 3:30pm	Friday	10 weeks 2 hours	16/04/2021
C2526436	1 Click Life Coaching	28314	1.30pm – 3:30pm	Monday	10 weeks 2 hours	10/05/2021
C2526767	1 Click Drama	80747	1:30pm – 3:30pm	Thursday	11 weeks 2 hours	13/05/2021

Contact 07500551869 or email kim.dobson@sunderlandcareandsupport.co.uk to enrol.