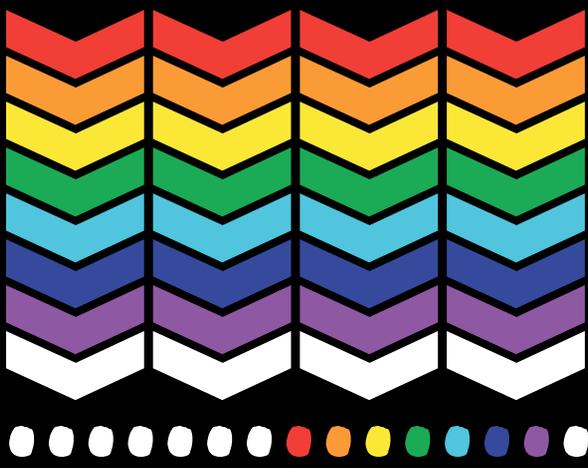


FREE



RECOVERY COLLEGE COLLECTIVE



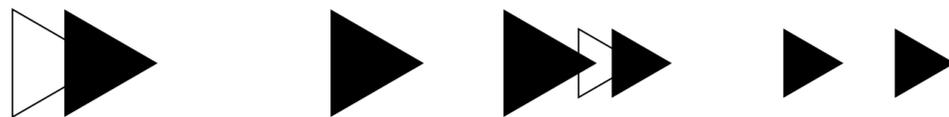
IN THE PROSPECTUS ARE DETAILS OF COURSES/WORKSHOPS,
AND OF GROUPS. YOU HAVE TO ENROL BEFORE DOING
COURSES OR ATTENDING GROUPS.

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

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

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

CONTACT DETAILS:



0191 261 0948



info@recoverycoco.com

www.recoverycoco.com



INTRODUCTION

Welcome to Rococo's prospectus for the first term of 2022. Did I just say that? Can't believe that our 2021 term is coming to an end. We'd like to thank all of our students past and present for attending our first term, we hope you've enjoyed it as much as we have.

People have embraced coming here and have found a new confidence that was lost due to the circumstances that we all found ourselves in. Our volunteers, therapeutic enablers and staff have worked hard to make this happen.

Long may it continue!

We've managed to support as many people as we possibly could offering courses, workshops, drop-ins, park walks, a friendly smile, a shoulder to cry on or just a cuppa.

There's a sense of serenity, more positivity in the air and a definite feeling that a brighter future is coming.

ReCoCo is going from strength to strength adding more sessions for this term. As usual you can book onto any 2 courses and you can just turn up for our drop-in sessions. We also have some standalone workshops that you can attend (booking is required).

New 'intro sessions' have been introduced to streamline our student enrolments making our system more efficient. The 2-hour Tuesday morning sessions give an overview of what ReCoCo is all about. People are left with a clear view of what they are signing up for and given the opportunity to book an enrolment appointment to become a student with us.

If you are a student: to enrol onto a course telephone **0191 261 0948** or email **karen@recoverycoco.com**

If you are interested in becoming a student: to book an intro session email **karen@recoverycoco.com** (on the day you will then have the opportunity to book an enrolment appointment).





FROM ALISDAIR (RECOCO CO-CORDINATOR)

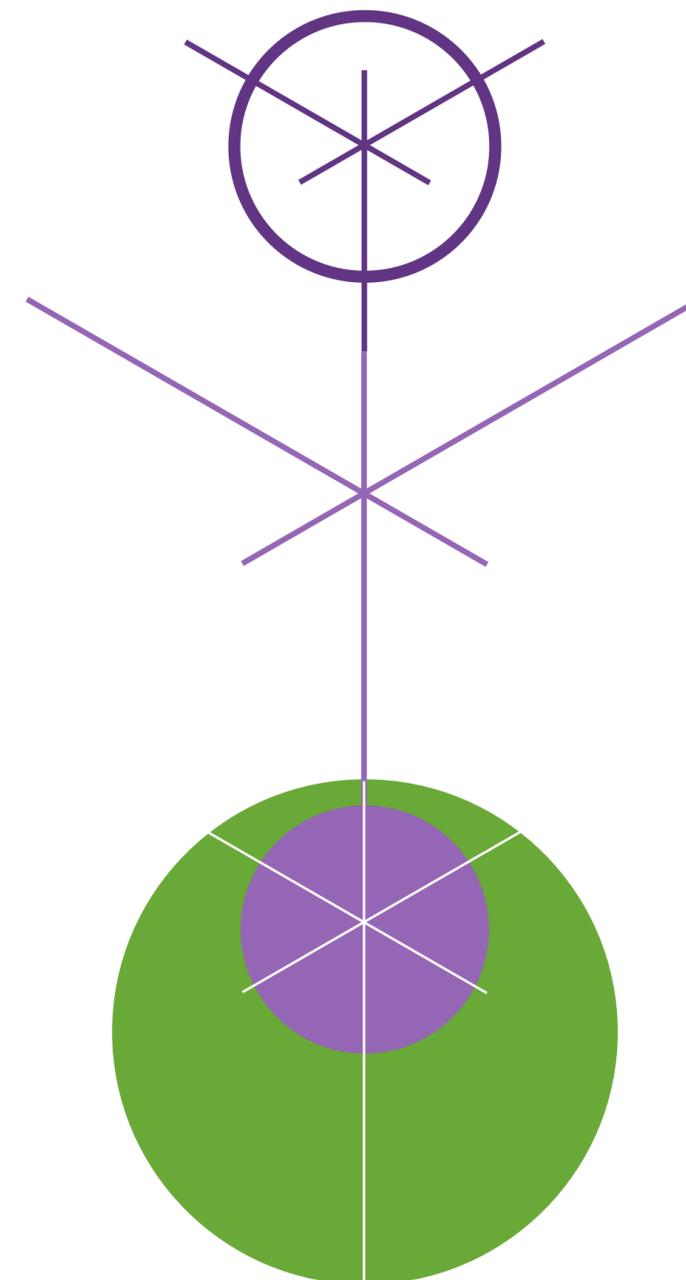
Plus ça change, plus c'est la même chose...

...the more things change, the more they stay the same. Life's like that. Some have seen, for example, the pandemic as changing everything forever. Certainly, it has affected everyone on the planet, often in profound ways, and the toll of fatalities and casualties cannot be forgotten. However, through all of the crisis, certain eternal themes showed through: the super-rich became insanely, unimaginably wealthy (the verbal and visual similarity between million and billion doesn't help: A million seconds is 12 days, a billion seconds is 31 years, so multi-billionaires have more wealth than the average person can comprehend), and grotesque inequalities persist. In that regard things are the same old, same old, the rich and powerful staying rich and powerful (and unaccountable), the poor exploited and left to fight over crumbs. What also shone through though, was the power of community, the honest, human decency of the many, who kept working at essential (but undervalued) jobs, who looked out for each other, mutual aid and compassion. The essential decency of most people.

So, when it seems like the world is tilting on its axis, when the world falls apart, some things stay in place, typically not specific tangible objects, but concepts, attitudes, and values.

Obviously, some of these everlasting principles are pernicious, things that we must forever battle against, like sadly enduring systemic disadvantage and injustice, but the fundamental dignity and goodness that resides within most people will also always be with us. This is what we hope to foster and build upon at ReCoCo. Our premises may change, our personnel may change (and they have, and we wish the fondest of farewells to those who've gone on to pastures new) but our purpose persists. One day even there may not be a ReCoCo as you (and we) currently know it, because the only thing we can be sure of is that things will change. However, the spirit will endure, because it's rooted in us, all of us. You are us and we are you and together we have the skills, the knowledge, the experience, and the values that have staying power, that will survive. Things change, but we're more than capable.

ReCoCo, always the same, always different.



CUTTING THROUGH THE FOG OF 2021

BY ANGELA
(RECOCO CO-DIRECTOR)

This piece will be short as stress has fogged my brain and motivation.

We are hurtling towards the most difficult winter in living memory for the NHS and Social Care.

As a career catastrophist, that prophecy seems to me both vaguely expected and utterly astonishing. When trauma and vile surprise encompasses your formative years, you spend a lot of time expecting the worst. Your survivalist mentality classifies experience and relationships into categories of potential threat and harm.

It feels strange to speak of potential when uncertainty is vast. Best expect the worst and prepare for it. What feels so unusual is the increased likelihood of the worst case scenario becoming literal rather than some kind of hysterical conversion on my part. At ReCoCo we are literally disaster planning for the winter ahead. Organising for the likelihood of increased limitations or even lockdowns. Ensuring that folk can get a service even if everywhere else is closed.

With no cynical or pitying looks of 'Christ, she's off again, on about the apocalypse'.

Nothing. Nobody is telling me to rein it in, or stop catastrophizing or that the predictions we have are wild or crazy or defeatist or bollocks. This is actually the time to plan for disaster. Actually. We have had an amazing summer. As crass as it might sound to some, ReCoCo has flourished lately. Especially since we have been able to have our full quota of students at Carlol.

It's been vibrant and inspiring for all of us. It took aggressive hopefulness to imagine our building full of folk during those long dark months when we could only see people outside on walks or when grabbing a coffee in the cold. If the coffee shops were even open.

The warmth of spring, summer and early autumn brought opportunities and much appreciated connection. We have been enrolling lots of new students. Welcoming them to our community where acceptance and belonging are in abundance. Where everyone has a place and all are encouraged to use their resilience to find purpose. Where everyone contributes to helping each other.

Along with us our new students have learnt skills, met new friends, gained understanding as to why we think, feel the way we often do, discovered ways to recognise and process trauma. We've sang and played, danced and laughed and grown and screamed and occasionally cried.

It's been mint. More normal than normal because everyone has truly appreciated the opportunity to connect with folk who think and feel like us. People who just know.

We have networked and shouted our mouths off at forums where the archaic approaches of traditional mental services have been exposed as pitiful and ineffective even in times of stability. At a time of crisis they are neglecting patients and staff through their inability to radicalise a system that has been constructed in a way that the system itself is prioritised. Not the people who need it or work within it.

We want to help commissioners and leaders understand that it is grass roots organisations that are keeping people alive. Organisations that are invisible to the powers that be. Food banks, mutual aid groups, post-natal groups, school welfare officers, church groups, debt management orgs, youth groups etc etc etc. Groups helping folk and families just about keep their heads above water. Without them, the whole system would collapse under the pressure.

These groups would feed/support hundreds of severely disadvantaged Geordies for the same price as yet another Band 8 NHS manager with no understanding of local need. The kind they parachute in to organise a service revolution that never comes. Talking lots and doing nowt.

Revolution of services needs to come from the ground up.

That's a soundbite I've heard a canny few times. ReCoCo are doing what they can to educate the purse holders as to what communities are crying out for. And it isn't more pondering NHS managers.

We've had some major staff changes at ReCoCo. Everything though is major when you're a small team who have become family through adversity.

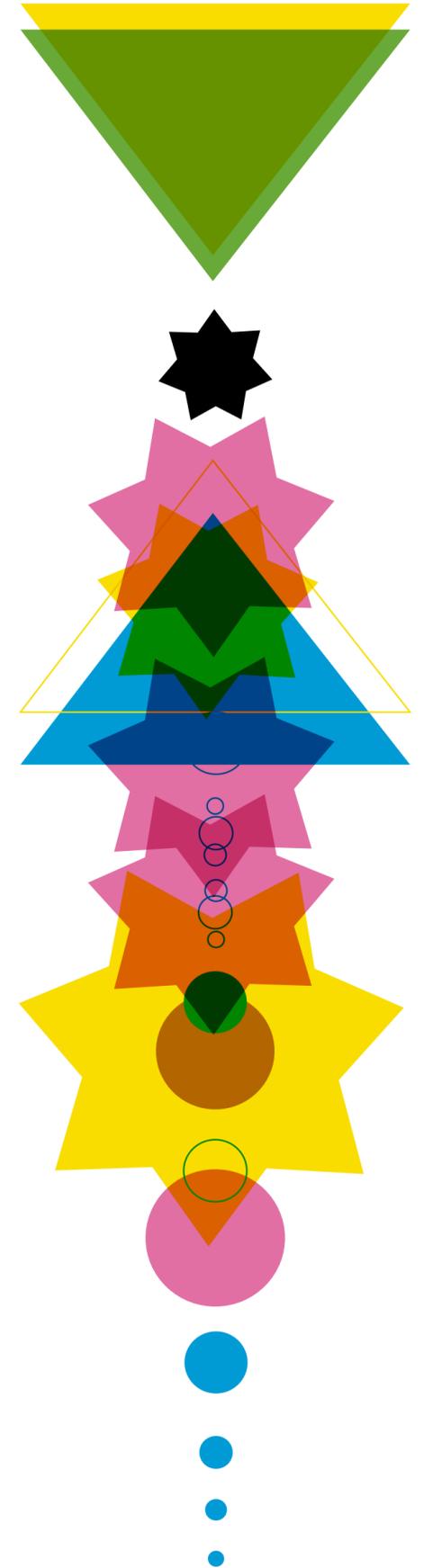
Gill arrived as our new Office Manager. God, she is so lovely and gentle and calm and just what we need to counteract the bunch of radgies that most of us are.

Our lovely Emma left to get a job in finance. And our Jonny is off to IPS – a service that finds hope and purpose for people looking for work.

It's heart wrenching when folk leave, but that's what ReCoCo fundamentally is. A place where people come, connect, learn, grow and move on. There have been tears and angst – That's a normal consequence of loving and losing. Sometimes normal hurts too. It's all good though and we have plenty of excuses to dance over the next couple of months. Not that we ever need a real reason to party at ReCoCo. Not with our two dancefloors.

That's literally part of our strategy to survive winter. Part of our disaster planning; we will dance through it. With each other. Outside and socially distanced if necessary.

Angela



GOODBYE FROM JONNY.

As the Spice Girls once sang "goodbye my friend"

Never in my life have I reached such a bittersweet crossroads. As many of you may know by now I will be leaving ReCoCo to start a new job. When you receive this prospectus I may already be gone.

Endings are always really hard and this one in particular is one that I know will remain with me for the rest of my life. ReCoCo has fundamentally changed me for the better, it has opened my eyes to worlds I didn't know exist and allowed me to experience things I would never anywhere else. I'm surrounded by a team that is passionate about changing society and the world to create a better place for us all to live in. A team filled with amazing talented people who every single day fight the fight with all their might!! I LOVE THEM. Dearly!

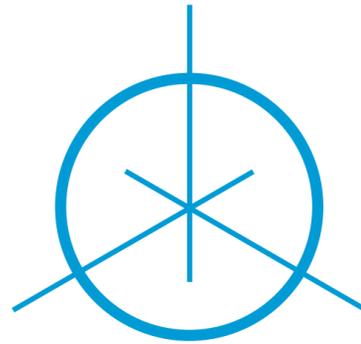
So Jonny, why leave?

That is a question that has swirled around in my head for some time now. "Jack of all trades, master of none". I've described myself as that a few times at ReCoCo and I have to say that it certainly adds to my reasoning for making the jump. I think as humans we all have that need for satisfaction and although I would never describe myself as a perfectionist, it has become apparent to me that when I don't do things perfectly, it can sit very heavy on my mind. At ReCoCo we're not perfect, I know that. We're all a little bit broken that's why we land at ReCoCo, because it's a place where it's ok to be broken and not perfect. Wouldn't it be great if we could take the advice that we give to others as easily as we dish it out! Like many, I am my own greatest critic. Although I say this, I am immensely proud of what myself and the team has achieved during my time at ReCoCo. I can take a step back and look at how and what ReCoCo has grown into and say "WOW" I was a part of that man! I helped create this. That is a wonderful feeling.

Another reason I am off is the job I am going to. It's a job that I've looked at for years now and always loved the sound of. I've allowed myself to talk myself out of going for it many times. "I haven't been ready, the college hasn't been ready, there's a pandemic", all reasons I've allowed myself to not move on. Some of them very

valid at the time but if I'm honest what really stopped me was FEAR. Fear of the unknown, fear of rejection, fear of being seen as not loyal to those I love. Fear stops us from doing and achieving so many things, it can consume us.... It did! Read the book "Feel The Fear And Do It Anyway"(we used to have a course on it at ReCoCo). That's what I've done. My heart of hearts told me that the new job is what I want. It took a lot of thought and sleepless nights but I have to follow my heart on this one. We all just want to be happy don't we? This will make me happy. So T'ra!

Right. Enough about me.



God am I going to miss you lot man! After every half term or holiday I get fraught with nerves and excitement....and fear at the students coming back. Wouldn't have ReCoCo any other way. Filled with the amazing, inspiring, strong warriors that you all are, in complete awe of what I see you guys achieve on a daily basis. I can't walk across the main floor when you guys are in without seeing and feeling the pure love and kindness that oozes out of you all. You've been through it, you've survived and here you are making ReCoCo what it is. You've made me laugh, cry, scream, run, hide, hurt. Most of all, you've made me PROUD and GRATEFUL that you've allowed me to be a part of your journey. That you trust us, you've trust ReCoCo. You come to us, you share YOU and that's where the magic is. The magic of ReCoCo is YOU. I am going to miss that with all of my heart. God I missed you all so much during the pandemic. You honestly keep me on my toes.

As part of my role at ReCoCo I often have to talk to professionals about our service. An observation I often share is how quickly folk can become well at ReCoCo. It's such a unique service that is built on a foundation of peer support. To see someone come to ReCoCo for support with their own needs and then so quickly be supporting others with theirs. You guys don't even realise that you're doing it, but you are. Every single day. It's amazing man! Magical place, filled with magical people doing magical things. ReCoCo MAGIC.

Can't say a goodbye without giving a shout out to all of our amazing facilitators. Folk who just get what ReCoCo is and what we're trying to achieve.

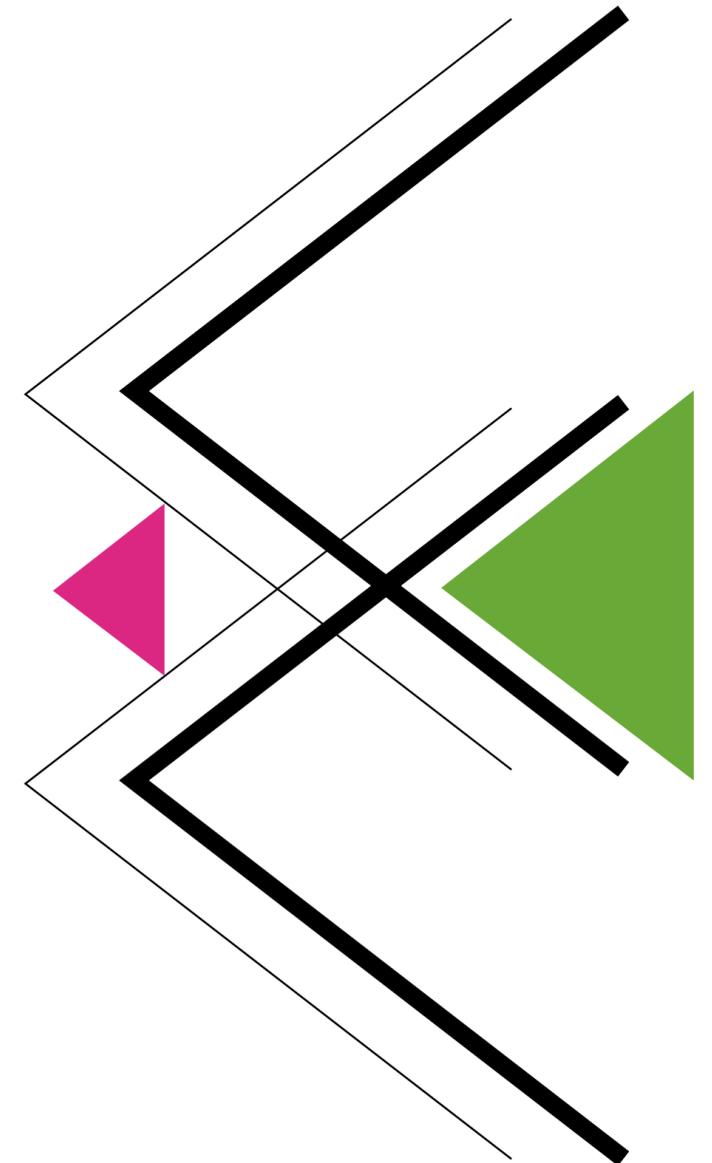
You beautiful people come and give your time, expertise and pure talent and love to the charity and our students.

I can never help but feel overwhelmed, sometimes to the point of tears to what you lovely lot give us. THANK YOU for all you have done to support us and me personally. Superstars!!

This isn't a complete and final goodbye I would like to add. I will still be working in the same orbit as ReCoCo and you will see me pop up every now and again. I leave the college with nothing but love and admiration for everyone. It's with such a heavy heart I leave but a one that still has butterflies of excitement for my new adventure.

Love

Jonny. X Zig a Zig Ahhh

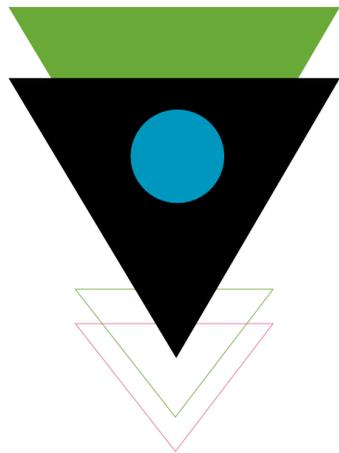


WELCOME TO GILL

Hello, my name is Gill and I'm the new Office Manager at ReCoCo.

I've only been in post for a week, but from the moment I nervously walked through the door of 1 Carlial Square, I've felt the warmth and kindness of the people around me.

I've always got a lot out of being involved in my local community, whether that was attending the Sure Start Centre or being part of the parents fundraising group at my daughter's school. I've enjoyed the feeling of supporting each other and the camaraderie of working together on projects and events. You sometimes don't realise how much you've missed something until you get it back again. After having spent the last eighteen months either working in an office by myself or from my dining room table and there not being any school activities, it's been quite a culture shock (in a good way) to actually share a busy workspace and connect with people again.



My background is very much in the voluntary sector, having worked for Carers Trust Tyne & Wear, a charity which supports carers and young carers, for the last twenty seven years. After such a long time in one place, being confident in what you are doing, it takes a bit of getting used to being 'new', out of my comfort zone and getting to know how everything works.

As with anything new, that might take a bit of time but I'll get there and if you're going to move out of your comfort zone, what better place is there to do it than ReCoCo.

When I'm not at work I try to be active as it helps me to switch off. I love to be outdoors when I can, whether that's getting out into the countryside, down to the coast, the local park or just doing a bit of gardening. I must admit I prefer to do all of that when I can feel the sun on my face, so I mostly stick to the gym instead in the winter. It still lets me switch off from everything for an hour and I get to stay warm and dry.

I've come to ReCoCo just at a time when the college is able once again to welcome students back into the building, which is brilliant! It means that in my first week I've already been able to attend some of the drop in sessions and experience what is on offer.

I look forward to meeting more of you soon.

Gill



COMMENTS :

I just wanted to get in touch to say thank you for the work you do. I am about to end with a patient and had encouraged her to engage with your project in Newcastle. She had tried to attend several months ago but due to anxiety had failed to attend an appointment. A few weeks ago I rang up and spoke to a lovely lady who gave me lots of information about how the enrolment works and offered that I could attend with the client if needed. The client has made fantastic progress and is really committed to recovery and so was able to attend alone. She had been very scared about our sessions ending but following the group session last Tuesday at Carlial Square she was so enthusiastic about the future and felt that she would be able to manage our sessions ending. She said that she felt very at home and that everyone had been so supportive and welcoming.

Thank you so much for what you do. It is a great resource for clients to access and I wanted to highlight the positive experience this client has had.

Within the Department of Psychotherapy I work with a colleague offering Interpersonal Psychotherapy for depression. If we can be of any assistance to you in the future then please get in touch.

Many thanks,

Catherine Edmunds
Senior Psychological Therapist

THE RECOCO EFFECT

I enrolled at ReCoCo in August 2018 after a traumatic experience a few months before.

I had an appointment with my GP and at the time, as a result of the experience and guilt over a fall out with my brother in 2015, my self-esteem was quite low so he told me about college and gave me a copy of the prospectus and left the ball in my court.

So after looking at the courses on offer and having a giggle at some of the funnier stories I said to myself "Well what have I got to lose?" and have never regretted that initial phone call. So going through my enrolment I felt pretty emotional at the knowledge that I was safe and this was a place to finally heal.

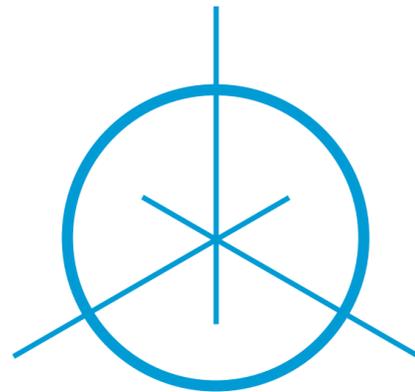
First two courses I signed up for were self-esteem and creative wellness, the former has helped me so much and now I feel a lot better about myself, not perfect by any means just stronger and a little more confident, the latter I love as even though it's an arts and crafts course it's non-prescribed meaning you can do pretty much anything. I build model kits of Mech figures called Gundams. I still have my anger issues but I'm working on that (at the risk of repeating myself I have reactive depression) and never expected someone to just wave a magic wand and make everything better.

So after a few months some suggested I'd make a good facilitator which was very humbling and after a while I decided to take the plunge and in May '19 I did volunteer training then August Train the Trainer in WRAP and when I qualified I was so proud.

Rising Strong then the Daring Way helped with my guilt over the fall out with my brother. Doing the latter course I found the courage to write to him and I expected him to just tell me he wasn't interested but he replied within two days and the crux of that was he said that we "could at least be civil to one another" so I said to myself that was a good foundation to start from. We carried on writing to each other, progressing to texting and the occasional call, then posting each other Christmas and birthday presents.

Also in August of that year, 2019 after 18 months on a waiting list and a two part assessment I was diagnosed with Autistic spectrum disorder, did some research and after learning that conditions are hereditary I told my bro to look into it and he got himself referred then a final diagnosis.

Oct '19 after ReCoCo resident benefits expert helped me claim PIP I won and I was overjoyed at that so nominated him for Pride of Britain awards 2020.



Nov/Dec I hear about this viral outbreak (at least it doesn't turn people into zombies!) and hoped we wouldn't have it invade then everything went to hell. Just like anyone else I was terrified of the effect on our society, the lockdowns and obviously being infected, So I went through the masking up anxiety and eventually accepted it, had a few ups and downs within and without the college walls and even on those rougher days my amazing friends have stood by me, I even inspired someone, albeit indirectly, to become a facilitator too and what a lovely job they do co-running creative wellness.

Fast forward through the lockdowns and tiering systems I've had both doses of the Oxford AZ and up to now with all the variants we've had to deal with I haven't even had so much as a sniffle. The lockdown did give me time to start furnishing my flat and now we're slowly getting back to normal, life in its duality will never be all sunny days and fluffy kittens but if we do what we can for each other then we'll kick covid's backside.

So what does ReCoCo mean to me? A force for good, as people say, and on those days when I've had a bad start (noisy neighbours keeping me awake, transport delays and so on) I just walk through the door and my mood lifts and in the near future, with guidance, I'm hoping to be able set up a support group for those of us on the Autistic spectrum.

If you're looking to change your life, come and be part of this award winning place and feel the ReCoCo effect.

Mark



RECOCO AND THE VOLUNTEER PASSPORT SCHEME IN NEWCASTLE

This is a new initiative, commissioned by Newcastle City Council, aiming to develop a network of trained volunteers, ready to respond to the needs of their communities. During the pandemic, we have seen an unprecedented response to the call for people in Newcastle to volunteer to help others, and the Passport scheme is an effective way to continue. ReCoCo has decided to sign up to this great initiative as it's beneficial both to our volunteers, ReCoCo and the wider community.

Becoming part of a network of trained volunteers can be an opportunity to really make a difference. Volunteers will be enabled to "cross borders", gaining experience in different volunteer roles, and with different voluntary and charity organisations, evidencing that flexibility and adaptability looks great on a CV! Volunteering Matters will complete the recruitment process.

HOW THE SCHEME WILL WORK:

Volunteers will have the opportunity to engage with a variety of different voluntary and charity organisations, in both "one off" tasks, and longer-term volunteering.

We will send an application form for you to complete, sign and return. You will need to submit contact details for two people who will be willing to provide a character reference. On receipt of your application, we will contact you to arrange an informal interview, which will be completed remotely. We will then create an Individual Volunteer Record, (which will be shared with the organisations who are participating in the scheme and who require volunteers).

We will complete reference checks and begin the online DBS process. We will provide access to the following volunteer training:

- Introduction to volunteering
- Safeguarding Children and Vulnerable Adults
- Confidentiality and Data Protection
- Boundaries
- Personal safety and understanding risk

Once you have completed training and received your DBS certificate, you will be issued with a physical volunteer passport (A6 booklet), which will be kept by you and will contain essential information around your skills, experience and training completed, this will serve as volunteer ID.

This can be updated by any of the participating charities who are signed up to the scheme, once you have volunteered with them.

ESSENTIAL CRITERIA

To participate in the Volunteer Passport Scheme, you must be willing to do the following:

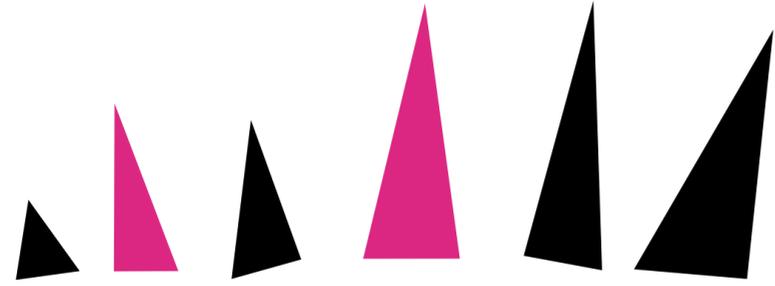
- Complete and return the application form
- Provide us with a clear photo of yourself
- Provide us with contact details for two people willing to give a character reference
- Provide evidence of identity
- Complete required volunteer training
- Be prepared and available at short notice
- Inform us of any concerns around your volunteer role
- Always adhere to current government safety guidelines
- Inform us of any additional training completed

WHAT'S IN IT FOR YOU?

- Enhance your CV
- Gain a sense of achievement
- Learn and develop new skills
- Gain experience of volunteering with different organisations
- Meet new people
- Reference provided for any period of volunteering of at least 3 months

Diane Sandford, our Volunteer Coordinator, will be contacting our established volunteers to arrange for the paperwork to be completed and to discuss the next steps. If you haven't signed up to volunteer as yet and think this is something which you would like to do, please don't hesitate to get in touch. There are so many opportunities in ReCoCo to get involved with and now with the passports there will be external opportunities too!

Contact Diane at diane@recoverycoco.com to find out more



Volunteer Vacancies

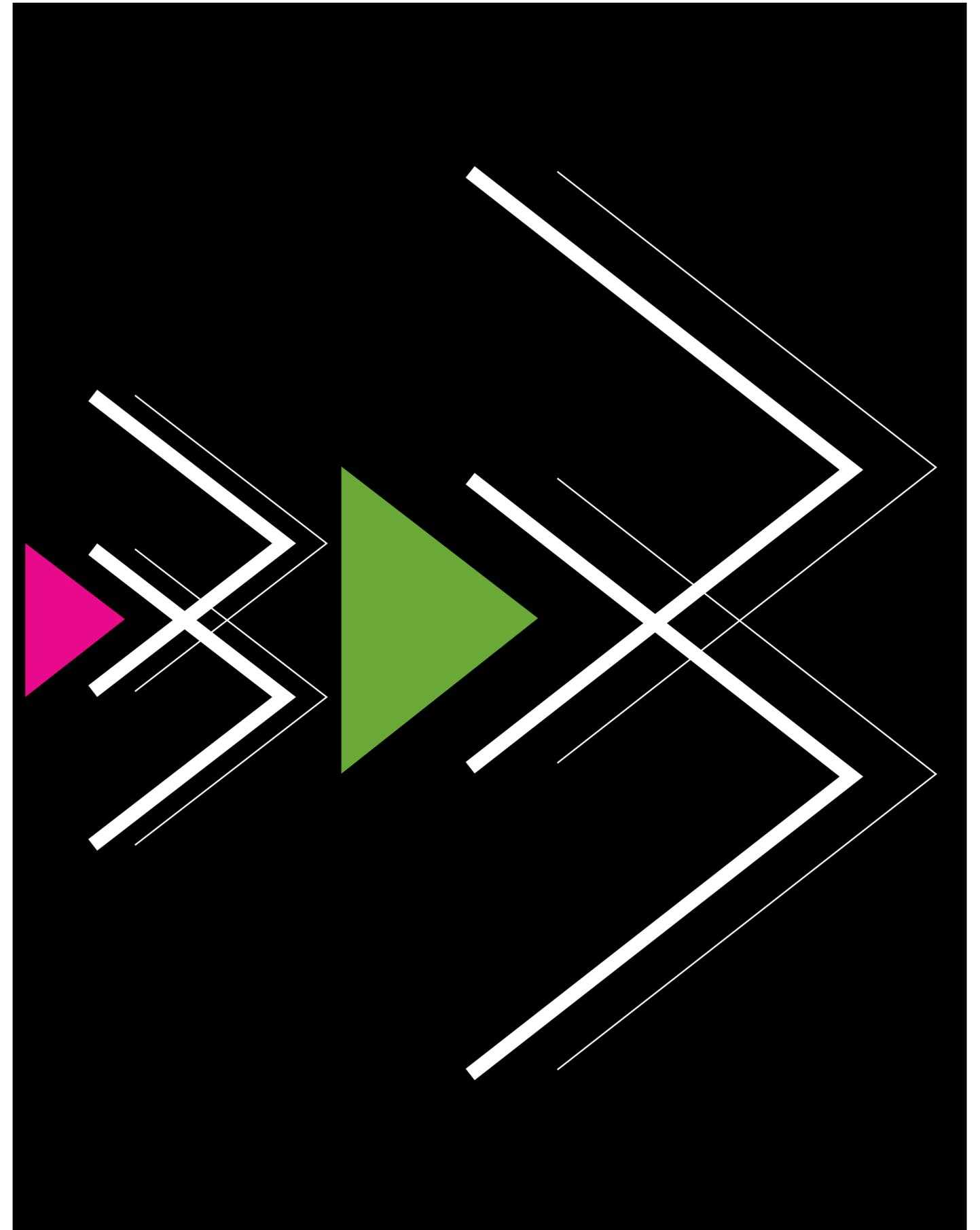
We Need You!



Do you have experience of running groups or sessions?

Are you confident speaking to groups of people?
Have you worked in a customer focused role?
If so you might be just what we're looking for!
We need volunteers who will be comfortable to facilitate groups and sessions.
Support and training will be given.

Contact Diane at diane@recoverycoco.com
Thanks!



WRAP

BY SUE

I was born without a choice
I was born with a little voice
I was battered, bruised and hurt
Until I felt like a piece of dirt

I tried to tell what was happening to me
The signs were that no-one wanted to see
From town to town we would roam
Until I was put in a child's home

It never stopped it was just the same
I learned to live with the pain
I learned never ever trust
To stay alive this was a must
I survived and grew to be big

The pain never went of being a kid
Then they died, I thought I was free
The sad thing was I couldn't find me

My journey started the road to recover
My days were hell all I did was cry
My nights were terrifying I wanted to die
All the time my question was why?
No-one could answer the question I asked
Not even my psychotherapist

I've had some help from every source
Some not so good of course
I knew the things that helped me feel good
I tried to do them, like anyone would
I wasn't successful it's hard to explain
Then WRAP training day came

I walked in the door my nerves began
I'm pleased to say I never ran
I looked at the paper what we would do
A wave of excitement a sigh of relief
Something in front of me with loads of belief

It's nothing new, it's common sense
It's something we do whenever we can
It's down on paper but it's still the same
The difference now, it's got a name – WRAP

I once was wild but now I'm tame
I plan my days and live a life
I am happy, I am free. Yes I've found ME!!
Even though some days are crap
That's ok I have my WRAP

GROUP POEM

FAMILY CAN BE A HOT CUP OF COFFEE - IT BURNS THE ROOF OF YOUR MOUTH

FAMILY CAN BE A MEDICINE - DANGEROUS IN THE WRONG DOSE

FAMILY CAN BE A PACK OF WOLVES - RUNNING AFTER THEIR PREY

FAMILY CAN BE LIKE THUNDER AND LIGHTNING - YOU WISH THEY WOULDN'T STAY

FAMILY CAN BE LIKE A LANDSCAPE:

MOUNTAINS

DARK SKIES

THE GRAND CANYON - EMPTINESS

A FOREST - HIDING THINGS FROM EACH OTHER

FAMILY SHOULD BE LIKE PIMM'S - DRINKING IN THE SUNSHINE, THE CHIME OF THE GLASSES

FAMILY SHOULD BE A HOT CHOCOLATE WITH MARSHMALLOWS ON TOP

FAMILY SHOULD BE LIKE SEAGULLS - ALWAYS READY TO LAND WHENEVER NEEDED

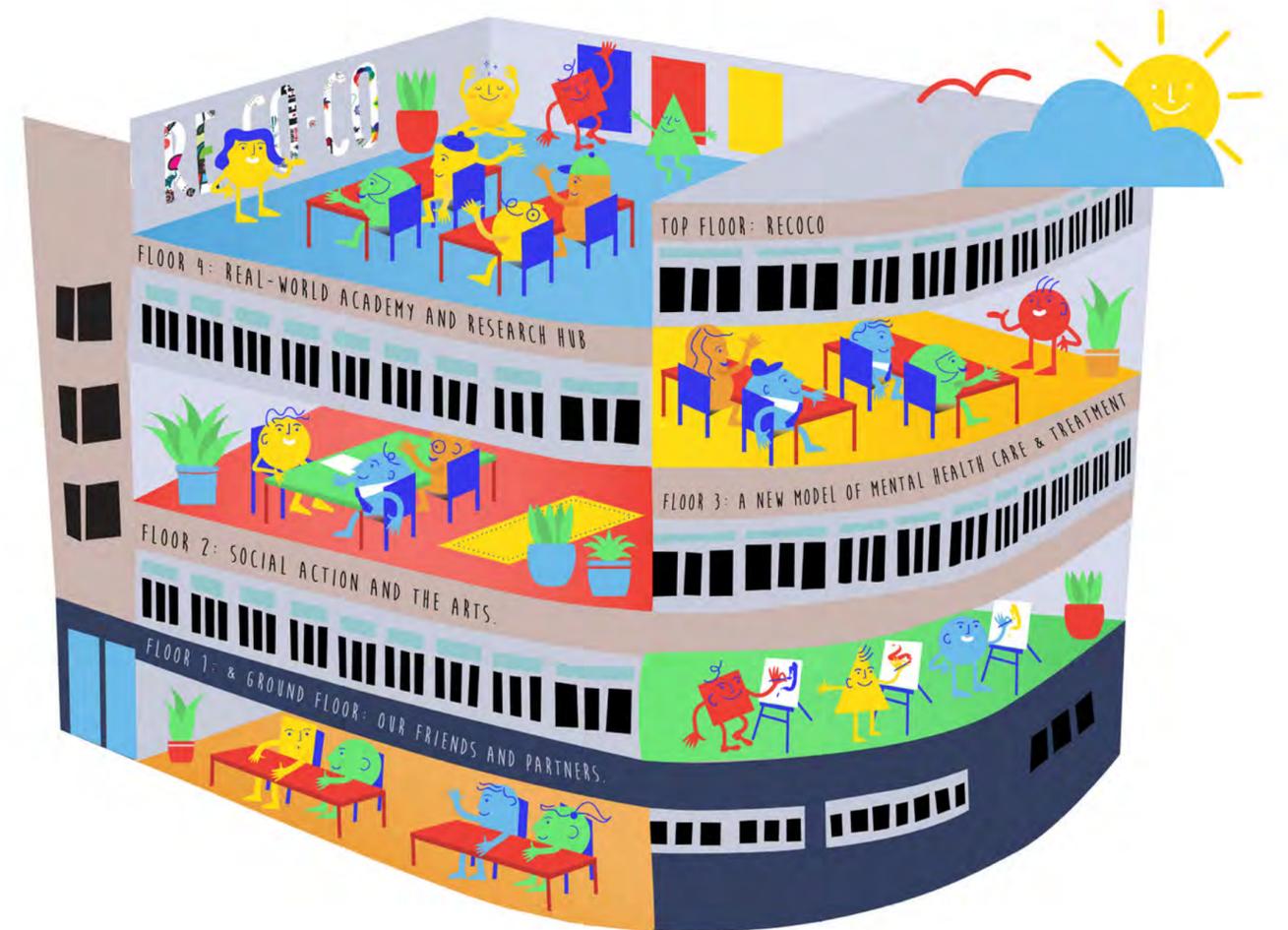
FAMILY SHOULD BE LIKE THE AUTUMN SUN - CREATING BEAUTIFUL COLOURS LIKE A CARIBBEAN SUNSET

**FAMILY SHOULD BE LIKE WILDFLOWERS - EVERYONE IS DIFFERENT, EVERY SCENT IS DIFFERENT
BUT ALL GROWING IN THE SAME FIELD.**

COURSES / WORKSHOPS

@ CARLIOL

- 24 Community Peer Support Foundation Course
- 25 Creative Vision Boarding for Life Goals
- 26 Exploring the elements for personal development and growth
- 26 Introduction to DBT Skills
- 28 Physical Pain Management
- 28 Positive Psychology
- 29 Reducing the Rage
- 29 Rising Strong
- 30 Self Esteem
- 31 Self-Harm Awareness Workshop
- 34 Spiritual Recovery
- 34 Sues Pick and Mix
- 35 Tools to Take Hold of your Emotions
- 36 Understanding Experiences of Depression
- 36 Understanding Medication
- 37 Understanding Psychiatry
- 37 WRAP Awareness



1

COMMUNITY PEER SUPPORT FOUNDATION PROGRAMME

OVERVIEW

This programme begins by supporting you to understand and adopt the values and principles of peer support. It takes you on a journey that recognises and values the expertise that you have gained through personal lived experience. And through sharing this wisdom and experience in a safe and compassionate way, you can inspire others to see their own unique potential and strengths that they have within themselves, enabling them to begin their own personal journey to recovery and wellbeing.

The programme is designed so that students develop a sound knowledge base of the core key concepts of peer support. Gain a greater understanding of their community and how those communities survive and thrive. On completion of the initial six weeks, students can then move on to develop practical recovery focus skills that will not only increase their own resilience and wellbeing but will equip and empower them with the tools and confidence to take out into their community and support others.

The knowledge and values-based section of the programme consists of 10 modules, split over two modules per learning day covering a six-week period. The practical skills element is delivered over three days. The training will consist of face-to-face classroom sessions and some self-directed study.

Week 1:	Induction
Week 2:	Introduction to Peer Support. What to share in peer to-peer relationships
Week 3:	Keeping yourself and others safe whilst working as a peer. Being an Inclusive Peer
Week 4:	Do's and don'ts of a peer relationship. Building, sustaining and ending peer relationships
Week 5:	Recovery focus communication skills. Peer Support and Group Facilitation.
Week 6:	Developing a strength based, non-directive approach
Week 7:	Understanding your community and creating opportunities
Week 8-10:	Learning trauma informed multiple wellbeing skills and approaches and Group work skills. With an end of course Graduation and celebration

There are particular requirements that need to be met in order to do this course;

- You will need to have completed at least a couple of courses at ReCoCo including WRAP. And you will need to have been with us for at least one term.
- You will need to have a 1-1 with the course leaders to discuss your aspirations and discuss why you feel you are suitable for the course.

For further information and to arrange a 1-1 if you are interested please contact sandra@recoverycoco.com and diane@recoverycoco.com

Time: 10am- 4pm
Day: Tuesday
Date: Weekly from 11th January
Course Leader: Sandra Hutton & Diane Sandford

2

CREATIVE VISION BOARDING FOR LIFE GOALS

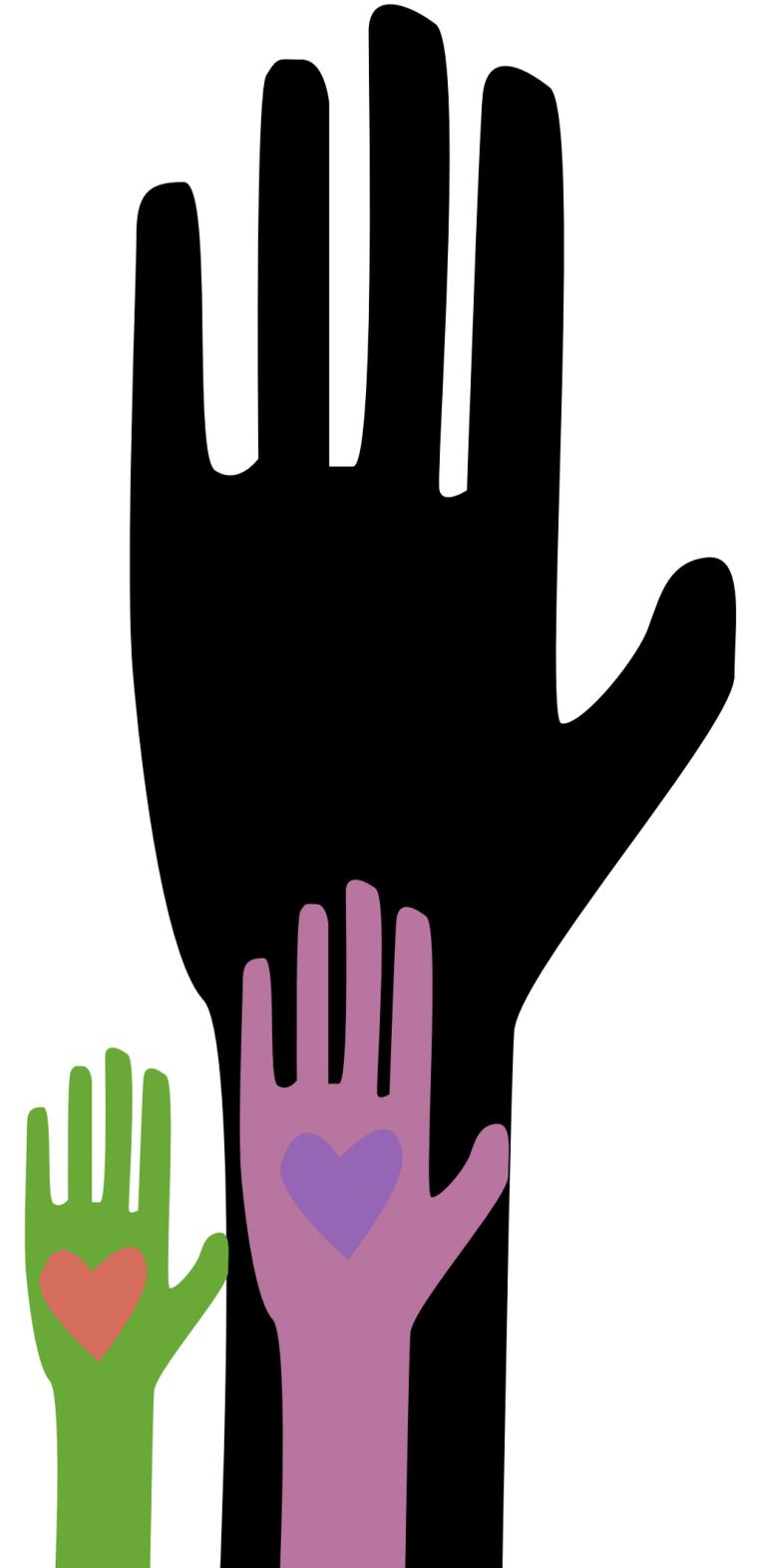
Start 2022 with a focused vision of how you would like your year to unfold in this 4 week workshop series. An opportunity to spend some quality time to deepen your understanding of your desires for the year ahead through group discussion, creative writing, sharing ideas and creative activities over the 4 weeks.

By the end of the 4 weeks you will have your very own vision board to take home.

A vision board is a physical, visual manifestation that is created by using magazine images and words to create a collage of things you wish to bring into your life and keep you focused throughout the year.

This workshop is facilitated by Fiona Fitzpatrick, Art Psychotherapist of Arts Psychotherapies UK.

Time: 1.00pm - 2.30pm
Day: Wednesday
Date: 1st Cohort - 19th Jan over 4 weeks
2nd Cohort - 2nd March over 4 weeks



3

EXPLORING THE ELEMENTS FOR PERSONAL DEVELOPMENT AND GROWTH

(Bringing balance and harmony in your everyday life through the Chinese Five Elements)

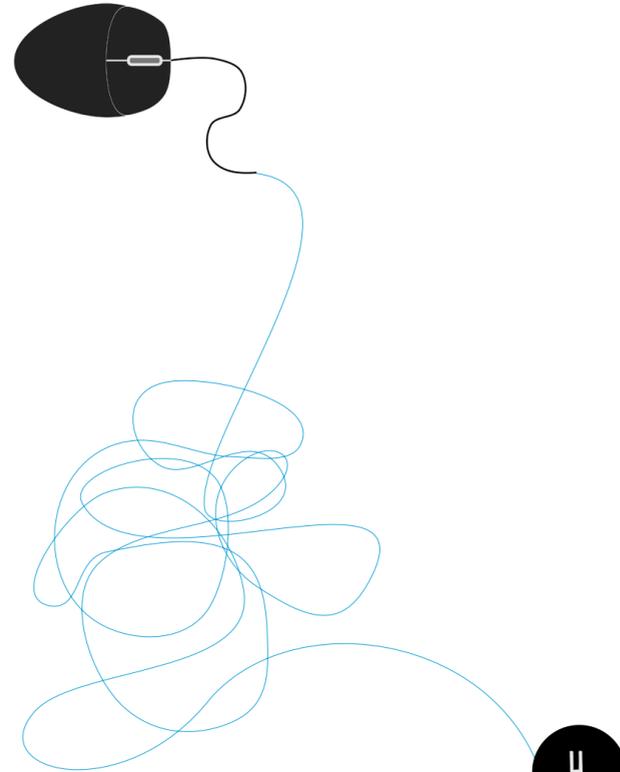
This 6-week course will provide you with a basic understanding of this fascinating topic. We will explore together how, by increasing our awareness of the five elements, fire, water, metal, wood and earth, they can enhance our wellbeing both physically and emotionally. Have fun exploring how the elements can help shed light on your health, behaviour and relationships. By creating a safe and empowering learning environment, that will enable us to bring balance and harmony into our lives

Time: 1.00pm -3.00pm

Day: Wednesday

Date: Starting 12th January for 6 weeks

Course Leader: Sandra Hutton



4

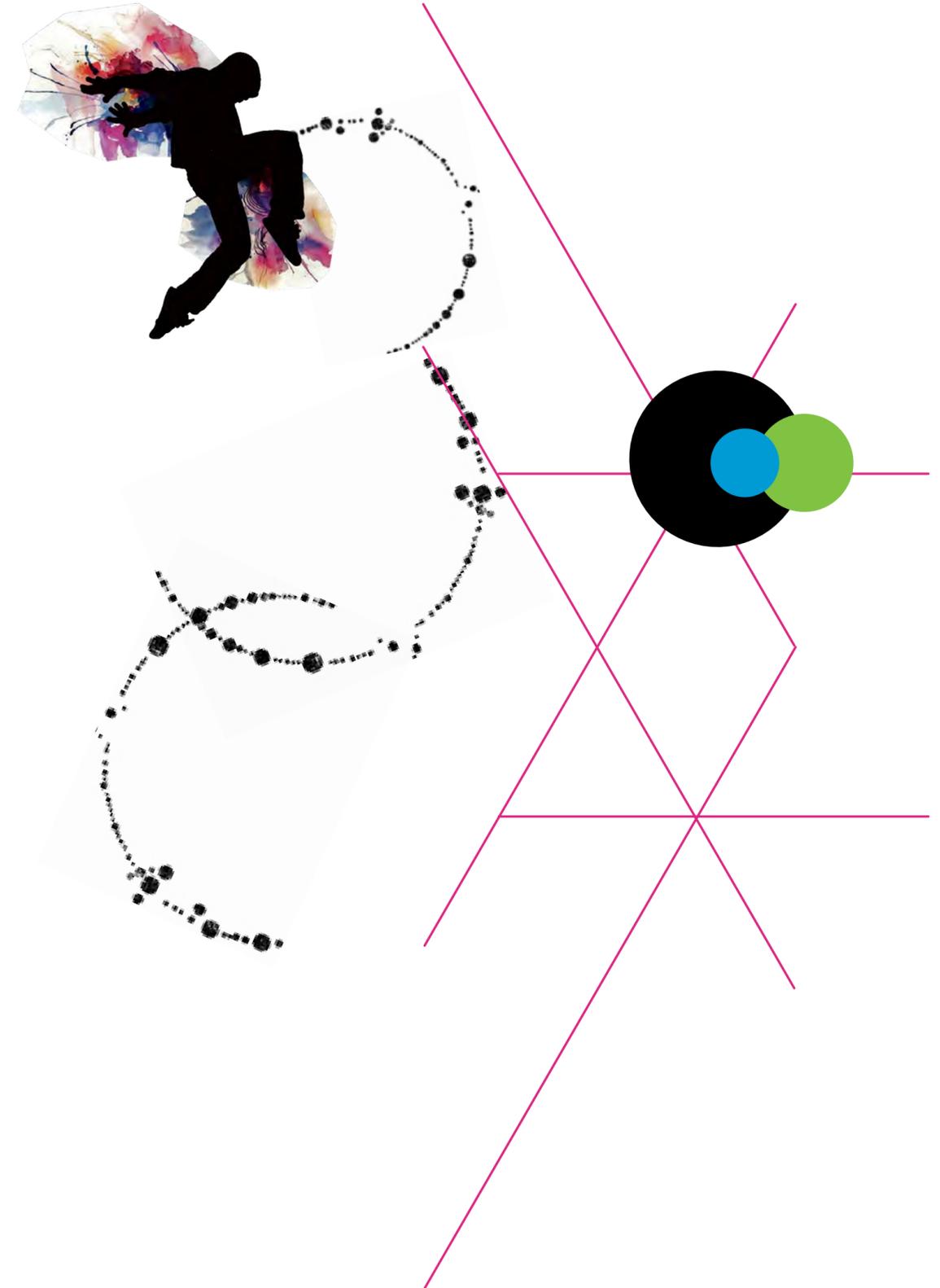
INTRODUCTION TO DBT SKILLS

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

Time: 10.00am - 1.00pm

Day: Thursday

Date: Weekly from 13th January



PHYSICAL PAIN MANAGEMENT

5

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

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

Time: 1.00pm - 2.30pm
 Day: Tuesday
 Date: Weekly from 11th January
 Course Leader: Glen Ferguson

Glen also offers information workshops that run from 12-1 on the same day as his pain management.

They will be as follows:

Tue 11th Jan: What is EMDR?
 Tue 18th Jan: Medication Management
 Tue 25th Jan: Understanding Simple Phobias
 Tue 1st Feb: What is Mindfulness
 Tue 8th Feb: Understanding Depression
 Tue 15th Feb: Understanding Social Phobias
 Tue 22nd Feb: Half Term
 Tue 29nd Feb: What is CBT?

POSITIVE PSYCHOLOGY

6

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

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

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

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

Time: 10.00am - 12.00pm
 Day: Thursday
 Date: Weekly from 13th January
 Course Leader: Juliana Cunha

REDUCING THE RAGE

7

Everyone gets angry or frustrated. It is a totally normal and healthy emotion. Particularly in times like this.

Sometimes though, 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 rage.

Time: 2.00pm - 4.00pm
 Day: Thursday
 Dates: 1st Cohort - 5 Weeks starting
 Thur 13th January
 OR
 2nd Cohort - 5 weeks
 starting Thur 3rd March

Course Leader: Megan Shaftoe

RISING STRONG

8

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

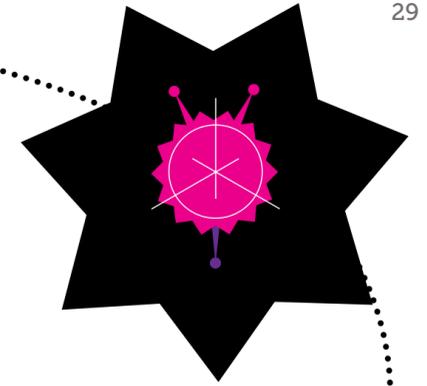
The Daring Way is a highly experiential methodology based on the research of Dr Brene Brown. The method was designed for work with individuals, couples, families, work teams and organisational leaders. It can be facilitated in clinical, educational and professional settings. During the process we explore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

The overall outcomes of Rising Strong™ are as follows:

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

Time: 1.00pm – 3.00pm
 Day: Thursday
 Date: Weekly from 9th September
 Course Leader: Claire Robinson

Further information:
www.thedaringway.com



FEEDBACK TO REDUCING THE RAGE

Really good, positive and I liked the way the enablers were direct, this really helped.

Fantastic!

Brilliant! I was made aware of how hard it would be but still left smiling and positive.



9 SELF ESTEEM

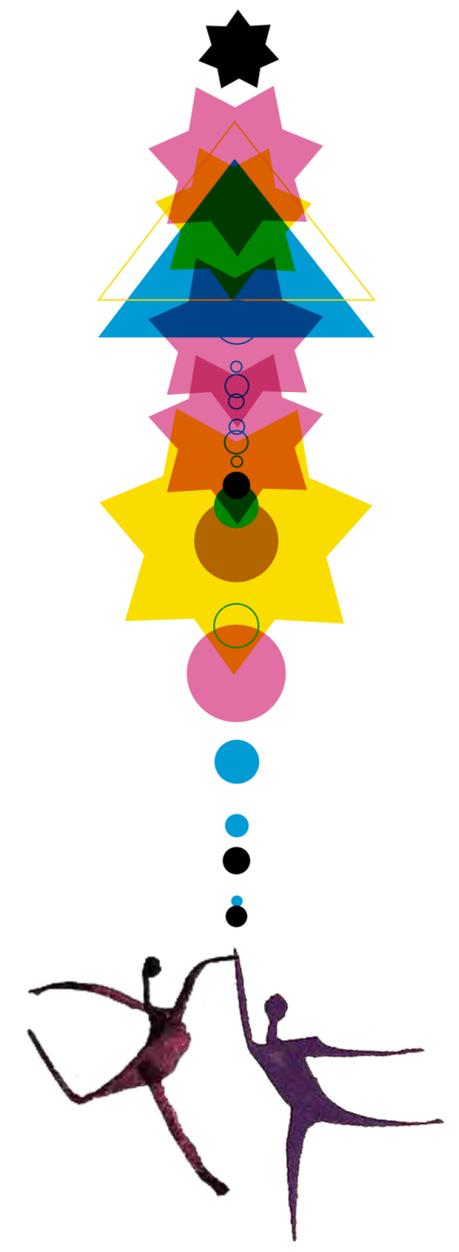
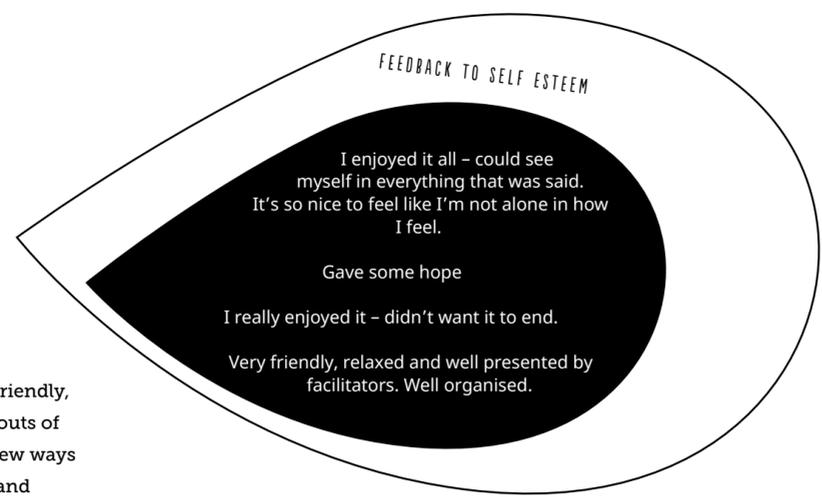
We look forward to welcoming you to a friendly, creative group that explores the ins and outs of our self-esteem. Each week we look at new ways to support each other through life's ups and downs that can lead to new possibilities. We look at:

- 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.

This course was devised and created by Sara Lourenco of The Kindness Project.

Because of the popularity of this course we are hoping to run a 'graduate' group for folk who have already been on it and would like to maintain their connection and practise their skills with other former group members.

Time 10.00am – 12.00pm
 Day: Wednesday
 Date: Weekly from Tuesday 11th January
 Course Leader: Dorothy Dobson



10 SELF-HARM AWARENESS SESSION

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

The session covers:

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

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

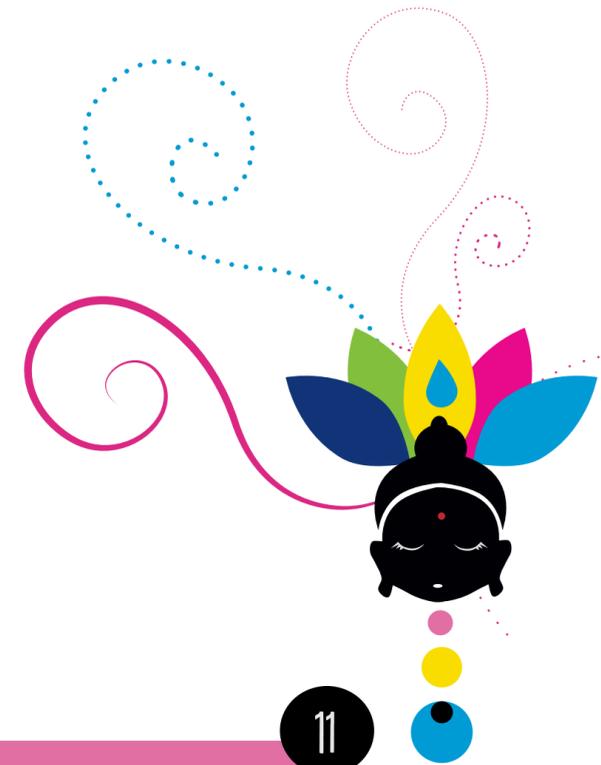
Time: 1.00pm – 3.00pm
 Day: Tuesday
 Dates: From January 11th
 Course Leader: Steve O`Driscoll





SPIRITUALITY RECOVERY

11



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: 1.00pm - 3.00pm
 Day: Tuesday
 Dates: 11th January for 5 weeks
 Course Leader: Neil Cockling

SUES PICK AND MIX

12

If you're feeling stressed, anxious or completely demotivated and unable to cope this might be the session for you.

You can learn tools and techniques which will help you to manage your wellbeing. You can find out what works and what doesn't, one size does not fit all. Mindfulness, chanting, drumming and breathing exercises will take place in a safe and friendly environment. You'll find out what helps you to relax, distress and get you through your bad days. The sessions are designed to give you a taster for lots of different tools and coping mechanisms enabling you to find out the right ones for you. The sessions run over 4 weeks and are fun and informative with proven results.

Time: 1.00pm - 3.00pm
 Day: Tuesday
 Date: Weekly from 11th January (new group every 4 weeks)
 Course Leader: Sue Barrow

TOOLS TO TAKE HOLD OF YOUR EMOTIONS

13

Scheduled for groups of up to 10 persons and 5 sessions:

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

The will to change is the best guarantee for success.

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

You learn

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

Just to make sure :

YOU WILL HAVE TO FACE YOURSELF :
 You learn, how to face your emotions in your own time.

If wanted, after the course, in 1:1 sessions. The 1:1's will take place at a time convenient for You and me, at ReCoCo.

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

Facing yourself can become stressful. It is advised to be in good shape for the whole course.

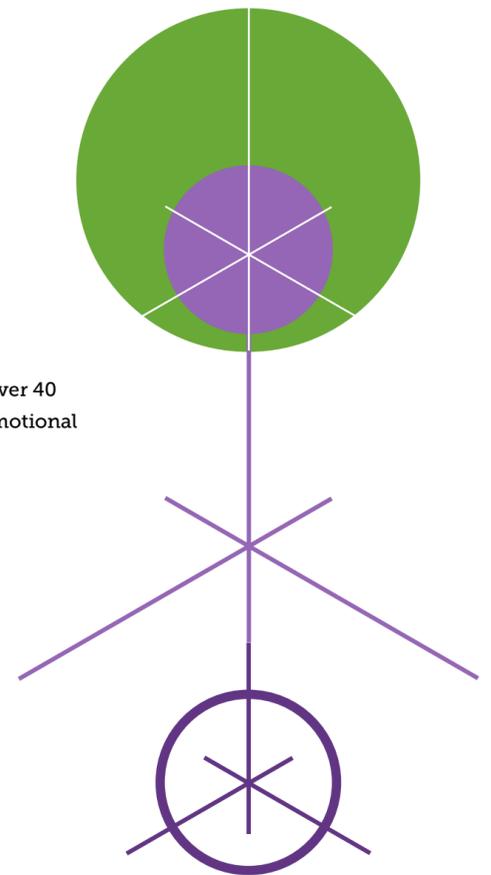


Human : In Centre is the provider.
 Walter Morauf is the presenter, with over 40 years of experience in dealing with emotional problems of others.

For any questions :
human.is.in.centre@gmail.com

Time: 10.00am – 12.00pm
 Day: Wednesday
 Date: 12th January for 5 weeks

Course Leader: Walter Mouraf



14

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.

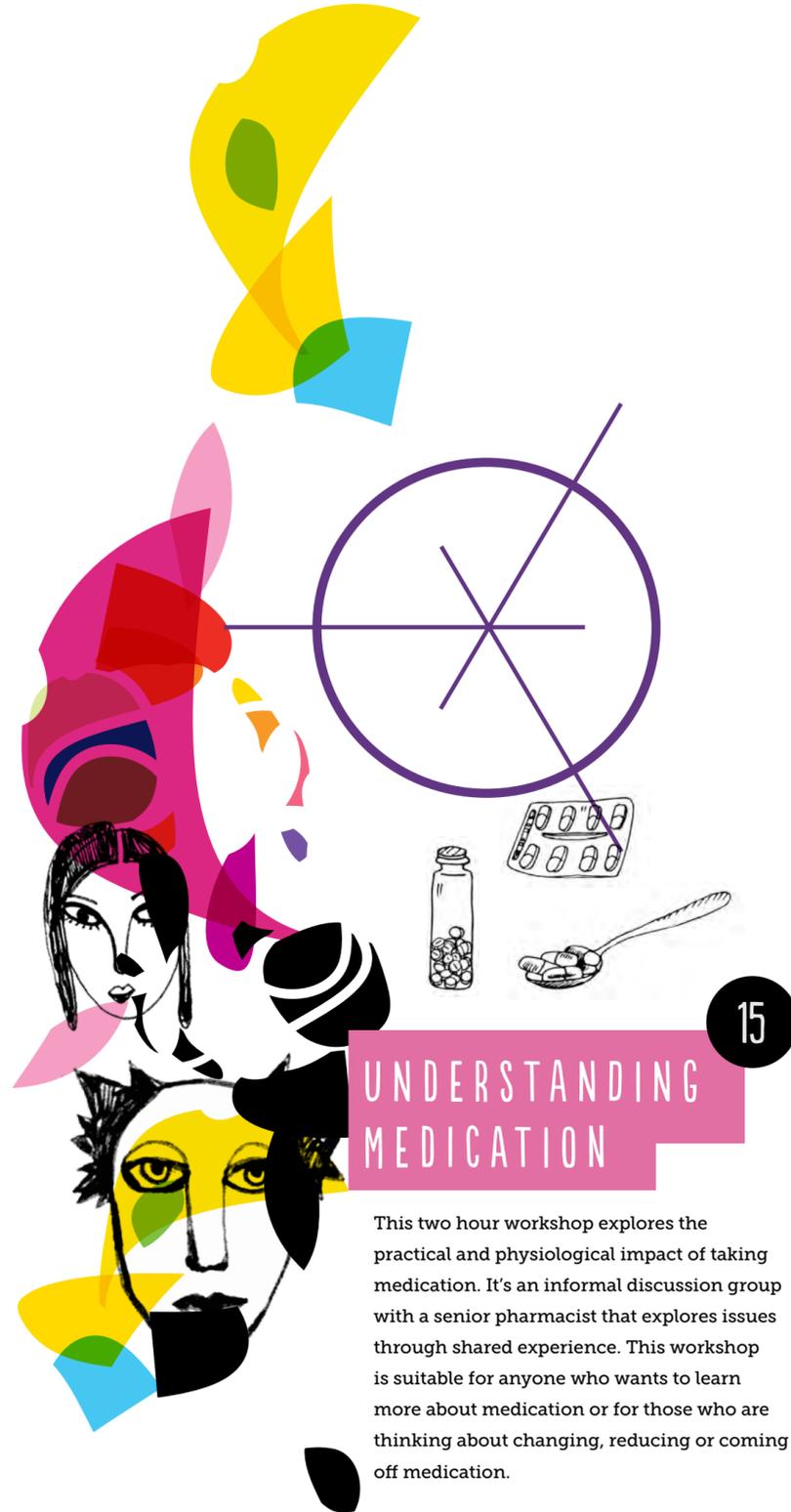
Time: 11.00am - 1.00pm

Day: Monday

Dates: 1st Cohort - Mon 10th January
for 4 weeks

2nd Cohort - Monday 28th February
for 4 weeks

Course Leader: Ben Smith



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.

Time: 10.00am - 12.00pm

Day: Monday

Dates: 14th March

Course Leader: Sanjay Gohil

15

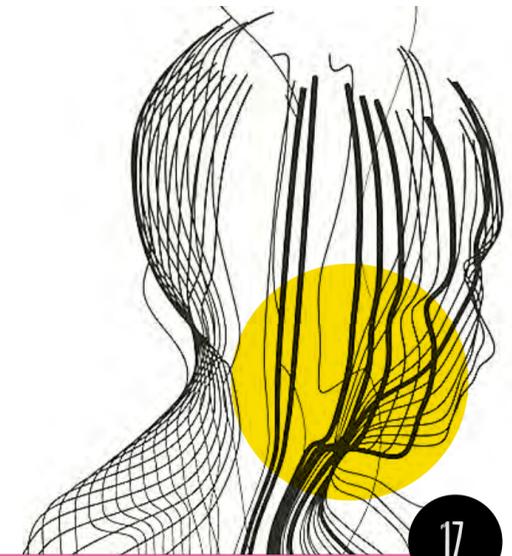
16

UNDERSTANDING PSYCHIATRY

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

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

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



17

WRAP AWARENESS

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

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

People find that doing WRAP with peers can give lots of ideas as to how you can increase your wellbeing and plenty of opportunities to bounce ideas off like-minded people. We recommend WRAP for all of our students so we will be running WRAP workshops 4 times this term;

Time: 10.00am - 12.00pm

Day: Tuesday

Dates: From 11th January

WRAP Leader: Sue Barrow

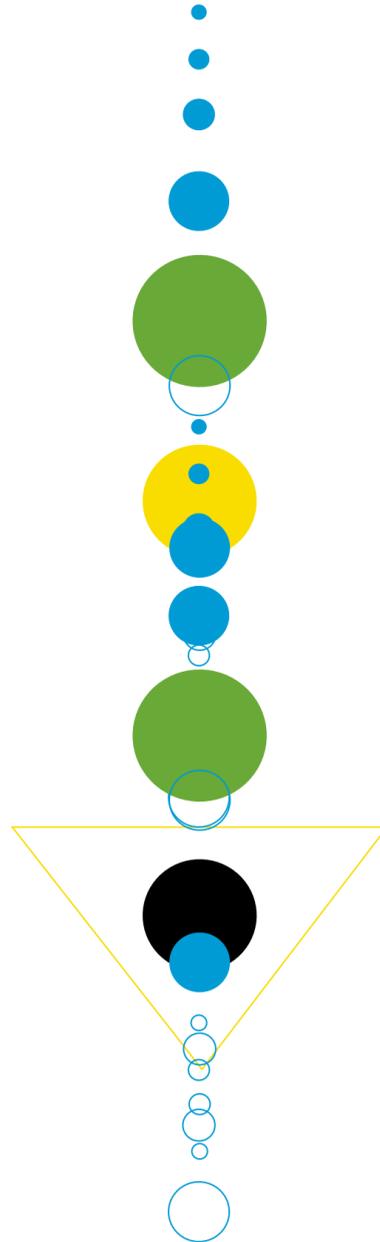
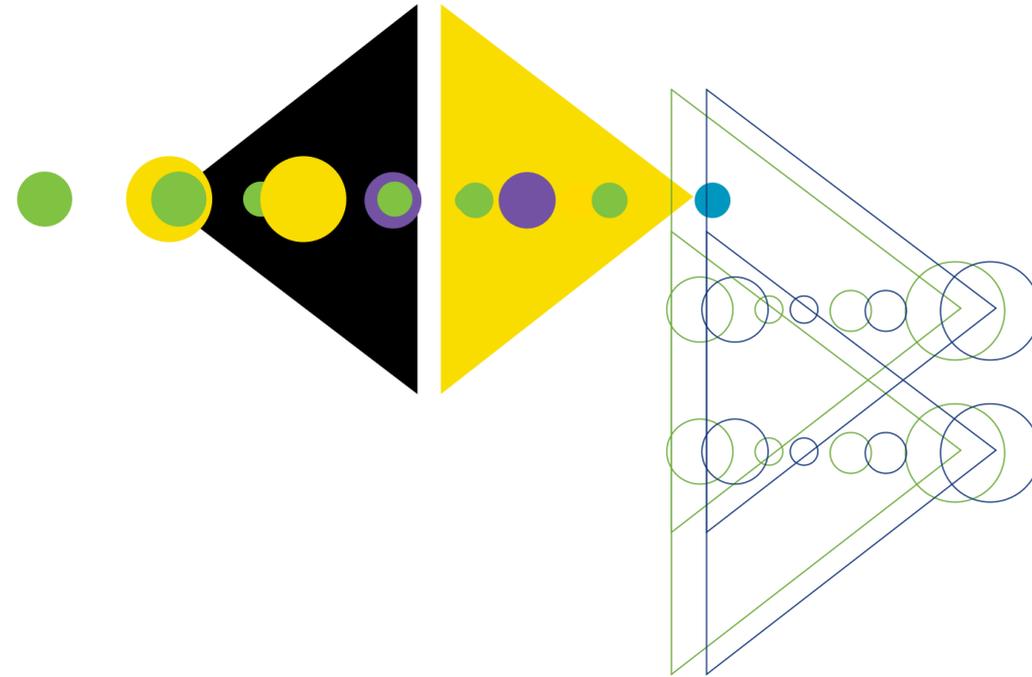
or

Time: 10.00am - 12.00pm

Day: Wednesday

Dates: From 12th January

WRAP Leader: Sue Barrow



- 39 A Walk in the Park
- 40 Creative Wellness
- 40 Creative Writing
- 41 Dinnertime Dong
- 41 Drop-by
- 41 Geek Group
- 41 Just Jamming
- 42 Let it go Mindfulness
- 42 Mindful Therapies
- 42 Recovery Meeting
- 43 Unusual Experience Group
- 43 Yoga
- 44 Music Therapy
- 44 Welfare Drop-by
- 44 Wrap Drop - in



1
A WALK IN THE PARK

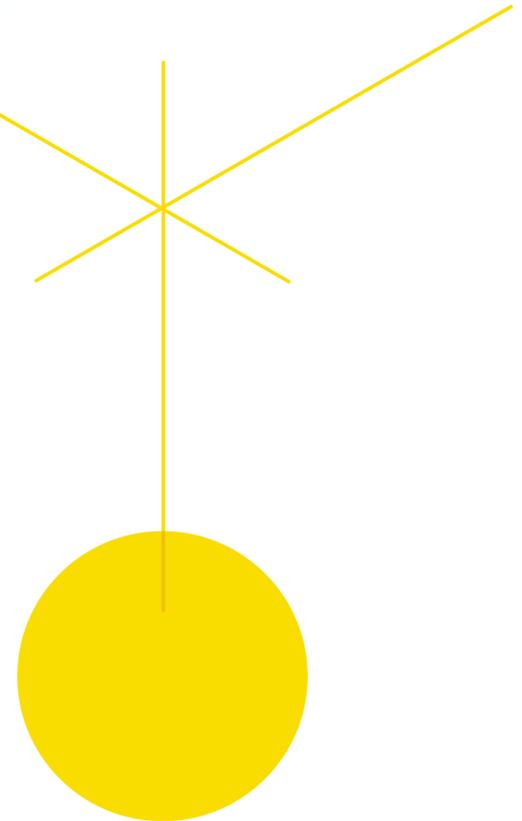
Gentle, friendly walks take place every Monday morning at both Leazes Park, Newcastle and Saltwell Park, Gateshead. The walks end with a cuppa and a chat, they're always well attended and enjoyed by all.

Make sure you wrap up warm.

The walks are back by popular demand:
Leazes Park - Meet at the hut at the top of the lake

Saltwell Park - Meet at the ReCoCo Retreat beside the lake

Time 11.00am -1.00pm
Day: Monday
Date: Weekly from 10th January
Facilitators: ReCoCo Therapeutic Enablers and Volunteers



CREATIVE WELLNESS

2

Ever wanted to try your hand at drawing, painting or sculpture? Come and give it a go at our weekly art group. We have a variety of materials and ideas to get your creative juices flowing - no prior experience needed! Our sessions are flexible and very much user led, which means you are welcome to try anything that inspires you.

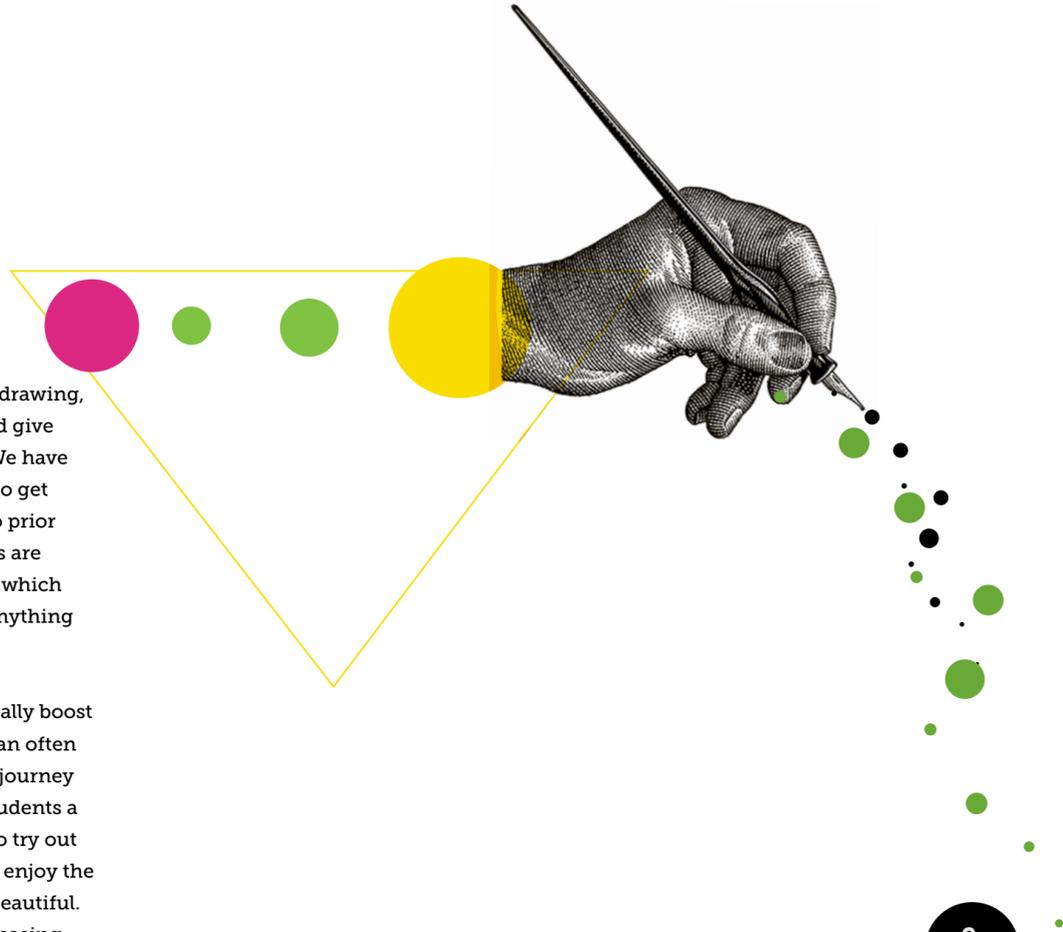
Developing creative skills can really boost your emotional wellbeing and can often become a valuable step on your journey to recovery. This group offers students a relaxed environment in which to try out new things, share ideas and just enjoy the process of creating something beautiful. The focus is on having fun, increasing self confidence, and making a mess!

Time: 10.00am - 12.00pm Drop-by
Day: Thursday
Date: Weekly from 13th January

FEEDBACK TO CREATIVE WELLNESS

I was quite anxious about attending but everyone was friendly and I felt no pressure at all.

Was really lovely meeting everyone and letting go a bit. Relaxing, constructive ideas to keep busy. Such a lovely session. Everyone was so welcoming and friendly.



CREATIVE WRITING

3

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

Time: 11.00am - 1.00pm
Day: Wednesday
Date: Weekly from 12th January
Lead by: David Kipping

DINNERTIME DONG

4

Oi Oi! Fancy a bit of BOUNCE to liven up your lunchtime?

Feel the physicality to a good old Charva jump about. Raving is good for the soul. 2 songs to lose your head to, as energetically or sedately as you like, with some breathing exercise before and after.

Dancing is known to have multiple health benefits; Boosts brain activity, improves flexibility, reduces stress, improves heart health and increases energy as well as fosters connection between you and your fellow ravers

www.everydayhealth.com/fitness-pictures/health-benefits-of-dance.aspx
Time: 12.15pm - 12.40pm
Day: Thursday
Date: Weekly from 13th January
Lead by: Angela Glascott & Sophia Harris

DROP-BY

5

We have an informal, facilitated drop-by 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 Carliol Square so we ask that students only attend one or the other of the drop-by sessions.

Time: 1.00pm - 3.00pm
Day: Wednesday and Thursday
Dates: Weekly starting Wednesday 12th January and Thursday 13th January

GEEK GROUP

6

Safe space to get ya geek on !! A group for like-minded people to explore all things wonderful and geeky. Board games, console gaming, movies, quizzes, trivia, comic books, sci-fi and more.

Open to new ideas, we all speak 'geek' here.

We will run monthly themes in October and December. Friendly competitions full of fun, we're all winners here .

Time 1.00pm - 3.00pm
Day: Thursday
Date: Weekly from 13th January
Course Leader: Wendy Ritchie

FEEDBACK TO GEEK GROUP

This was really good for my anxiety as meeting people and doing new things is hard sometimes.

Very geeky! Some great ideas.



JUST JAMMING

7

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

All genres of music welcome.

Music is a fabulous wellness tool and performing with others can be a great opportunity to develop this tool. Limited one to one sessions available upon request.

..... it might get loud!!

Time 1.00pm -3.00pm
Day: Thursday
Date: Weekly from 13th January
Facilitators: Paddy Villiers-Stewart and Phil Guthrie

8 LET IT GO MINDFULNESS

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

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

Time: 12.00pm – 1.00pm
 Day: Wednesday
 Dates: Starting 12th January
 Facilitator: Ollie Winward

9 MINDFUL THERAPIES' MINDFULNESS WITH ATTITUDE: BITESIZE

Mindful Therapies' Mindfulness with Attitude: Bitesize
 Two split half hour sessions per week exploring the foundational attitudes of mindfulness and how we can apply these attitudes to living a more mindful life. Each half hour is different - so you can come along to as many as you like! Sessions include theory, discussion and short meditation practices.

Tuesday 11th Jan - Non-striving
 Tuesday 18th Jan - Letting go
 Tuesday 25th Jan - Generosity
 Tuesday 1st Feb - Patience
 Tuesday 8th Feb - Trust
 Tuesday 15th Feb – Summary

Time: 12.00pm – 1.00pm
 Days: Tuesday & Thursday
 Dates: Starting Tuesday 11th January and Thursday 13th January
 Facilitator: Rachel Wilde from Mindful Therapies

10 RECOVERY MEETING

This Recovery Meeting is open to all members who are dealing with substance misuse. Each week the meetings will focus on a particular word that is relevant to addiction. A protective space will be created which will allow you to gain a deeper insight into your-self and support you on your path to recovery, whilst deeply connecting with your peers. You are not alone!

Facilitated by: Newcastle Drug and Alcohol Service

Time: 10.00am - 11.00am
 Day: Thursday
 Dates: 13th January weekly
 Facilitator: Rachel

11 UNUSUAL EXPERIENCES GROUP

The Unusual Experiences group is facilitated by Graham, one of ReCoCo's Therapeutic Enablers. The group is always happy to welcome new people. We share our experiences in an informal and non judgmental space that is beneficial, non biased, non discriminatory and inclusive to people that have had experiences with psychosis, hear voices or have unusual thoughts.

The group runs every other fortnight from 1.00 to 3.00. If you are interested just pop along for a taster at the Recovery College. Come along and just be yourself regardless of any stigma society seemingly puts upon you and others. Everyone is an individual and we celebrate that. We hope the group is also educational and informative. After each group session there is an opportunity to go for a cuppa to socialise.

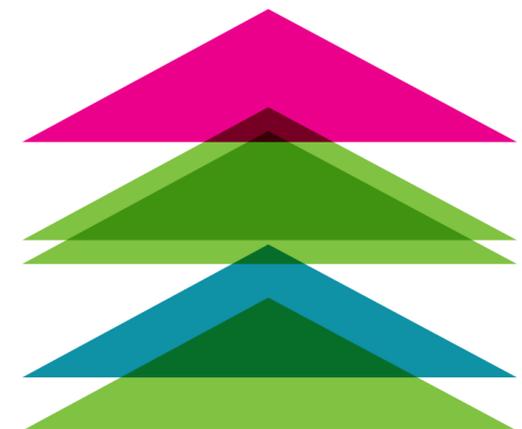
Thanks for reading- Graham!
 This group is open to new members.

Time: 1.00pm-3.00pm
 Day: Thursday (fortnightly)
 Date: Starting from Thursday from 13th January
 Facilitated by: Graham Errington

12 YOGA FOR POSITIVE MENTAL HEALTH (TRAUMA INFORMED YOGA)

A gentle yoga class that builds a sense of connection to the self, giving you choice about what feels right for your body and time to notice, whilst having a positive effect on your wellbeing & mental health. Everybody is welcome, absolute beginners with limited movement to those with an interest in the mind body connection to reduce anxiety, depression and trauma. There is no touch or adjustments made by the teacher. It's good to wear comfy clothes that you feel relaxed in.

Mats are provided.
 Time: 2.00pm -3.00pm
 Day: Wednesday
 Dates: 12th, 19th, 26th January and 2nd February
 Course Leader: Lorna Evans



MUSIC THERAPY

13

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

One to one sessions are limited. Please email karen@recoverycoco.com to book a place. Paddy will also be running a drop-in session on the day and there is no need to book for this, just turn up and enjoy!

Time: To be confirmed
 Day: Thursday
 Date: Weekly from 13th January
 Course Therapist: Paddy Villiers-Stewart



WELFARE DROP-BY

14

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

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

Time: 10.00am – 12.00pm
 Day: Tuesday
 Date: Weekly from 11th January
 Facilitator: Rachel Goulding

WRAP DROP-IN

15

Have you been on the WRAP awareness course?

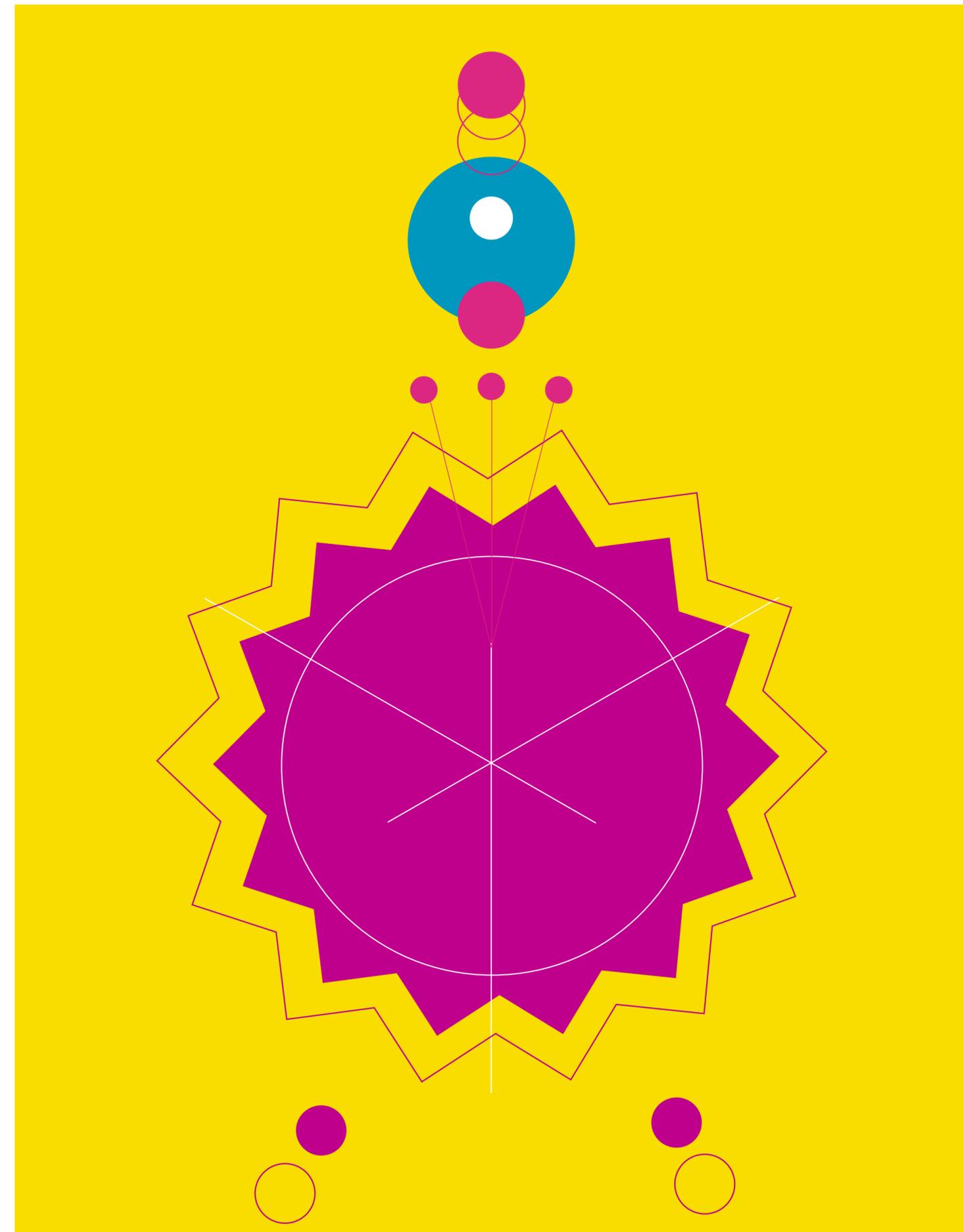
Would you like to do your own WRAP? Do you need help finding your triggers, exploring new coping methods or with any other aspect of your WRAP.

Do you need help to build or refresh your current Plan? Make it Pandemic relevant? WRAP facilitators will be running a WRAP drop in for students who have completed their two day WRAP Awareness and would like to discuss or revisit their plans.

Time 12.00pm - 1.00pm
 Day: Thursday
 Date: Weekly from 13th January
 Facilitator: Wendy Ritchie

FEEDBACK - WRAP

Was nervous and wanted to come home but glad I stayed.
 Basically thank you. Good introduction. Good bit of hope I can do this.
 Found it helpful and comforting to not be alone.
 Really good to be taught by peers who have experience of mental health.



COURSES / WORKSHOPS

@ SATWELL PARK

To book for courses at the ReCoCo Retreat, Saltwell please email joanne@recoverycoco.com

1

LIFTING YOUR SPIRITS

The Purpose

To help students to recognise their resources; the different ways they draw strength from their environment, other people and their inner life, in order to recover, stay well and to share their story with others.

The course seeks to help students see recovery, not in terms of overcoming a mental health problem or condition, but the re-establishment of the qualities that give value to their lives, qualities that are lost through the experience of becoming ill and in some cases, exacerbated by the treatment they subsequently received. The aim of the course is to support an approach to mental health that sees students as the professionals in understanding their situation and on that basis, to access the resources they need to articulate their experience for themselves and others.

A key objective of the course to give students confidence in their ability to engage with further personal development.

Structure

The Course is designed to support students in engaging with their personal story and as such is co-facilitated, with at least one of the leaders having lived experience of mental health illness. The structure of the course will be adapted each time to reflect the personal experience of facilitators and to create a culture of peer led mutual support.

Each week starts with a meditation/icebreaker.

Beginning of the session – an opportunity to reflect on our current mood and how the week has been – *Stability Tree*

1. Introduction

Perspectives on Spirituality - The link between Spirituality and our inner journey "who am I"
What interests you in spirituality?
What are you looking for from the course?

Introducing the concept of DIS-EASE – A key factor in illness is the loss of "ease" – those qualities that make us who we are.

2. Ease

What do we mean by Ease?
When, where have we "felt at ease"

The Qualities of Ease. All these qualities make us a person – key to how we built up a sense of self
The diverse perspectives and factors behind ease
What qualities are the same what are different?
Search for our integrity (ease) involves engaging with other's integrity

In order to gain our own ease, we also support others in finding their ease
Outside factors, environment are important for our ease
Creating stability in our lives – use of music/art/food/drink
"This is how we find who we are"
These are our Qualities and values.
When we lose our ease, we lose the capacity to find our self
Ease becomes Dis –ease

3. Loss / Dis-ease

How can our ease/integrity be taken from us?
The triggers for our dis-ease
Consequences of dis-ease
How does this make you feel?
Sharing Stories of Loss
Awareness and understanding of our dis-ease - key step on our journey to wholeness – finding who we are.
RECOVERY – reclaiming our ease

4. Recovery

Reclaiming our ease
How we get our ease back?
Telling our journey – recovering the story of who we are
Recovery is not about returning to how we were – but recovering our ease
Finding a symbol to represent ease. How do we show our desire for ease as a symbol? Religious/cultural symbols: Celtic cross/ankh/infinity symbol/coloured ribbon LGBT/AIDS/Mental health – musical band symbols- notes or band images
Animal symbol: Lion/phoenix/elephant
Nature symbols feather/sun/moon /stars/leaf/flowers-sunflower/tree/rainbow
Personal- a reminder, a memory

5. Expressing Ourselves Sharing our stories

Where Would You like to Go?
Rituals
New life, eating together, singing together, running the race (achievement) sharing love, meditating /prayer together
All these things keep us well
All these rituals involve Sharing
What different routines, activities do we have in our lives?
What ceremonies/events would you like to have?
How do people equip themselves to celebrate and share who they are?
Equipping Our Tool Box/wardrobe/make up bag
Where are we on our journey?

6. Celebrating

Party
Cutting and sharing cake – (Rainbow cake covered with grey icing)
New Life
Planting seeds in the pots we placed our stories of loss

Time: 10.00 am - 12.00 pm

Day: Tuesday

Date: From 18th January for 6 consecutive weeks

Where? This course takes place at our Saltwell Park venue

Facilitator: Jon Goode



2

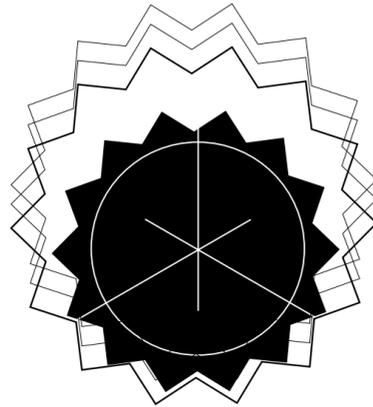
GETTING CRAFTY ON A FRIDAY WITH GATESHEAD LEARNING SKILLS

Arts and crafts are a proven therapy tool to reduce anxiety and depression as it allows individuals to let go of their worries and fears and focus on the task at hand. With the support of Gateshead Learning skills Crafty Fridays aim to do just that, with a variety of fun, creative activities for beginners upwards. Sessions run in five-week courses and are free. Places are limited and need to be booked in advance. For more information, please contact Jo Watson at joanne@recoverycoco.com

Material Bag Making

Learn to sew and embroider whilst making your very own functional bag or purse. Sewing machine tutorials will be offered.
Friday 21st January 2022 – 18th February 2022
Free Lunch Provided

Dates subject to change.

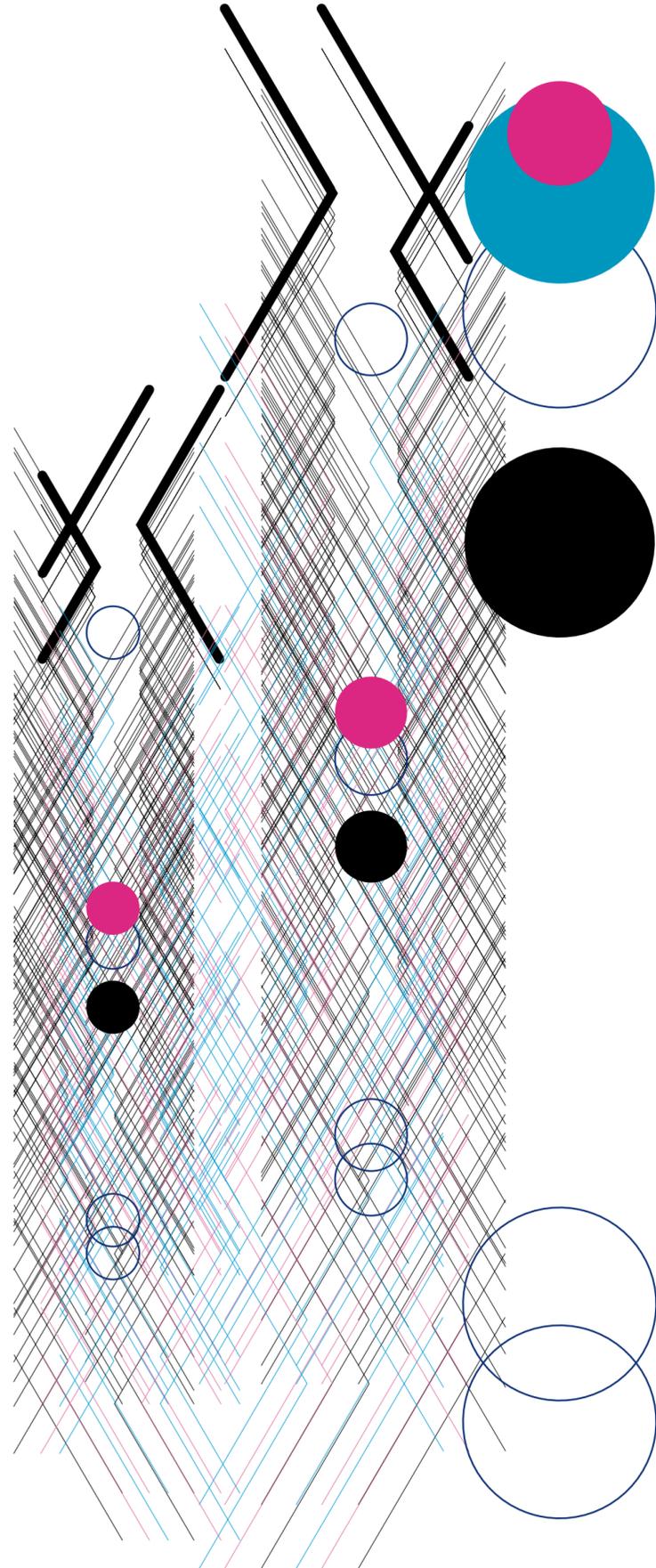
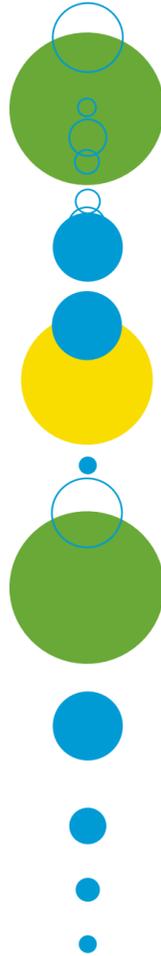
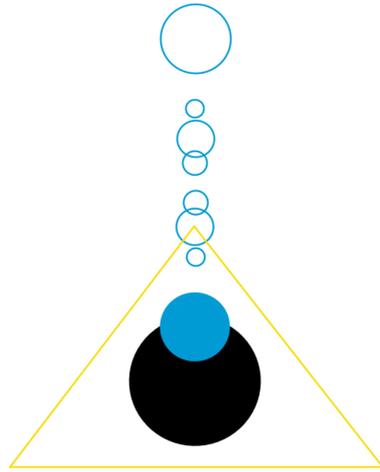


3

MINDFUL MONSTERS WORKSHOP

Sometimes feelings can be tricky and overwhelming to deal with, but Mindful Monsterz are here to help. Each monster is made from recyclable material with their own unique features, sensory patches, tags and expressions. Tell your monster how you are feeling or simply use it for comfort and cuddles. Create your own Mindful Monsterz in a workshop run by creator Julie Outtterside. Some basic sewing is required but support is provided.

Dates to be confirmed.

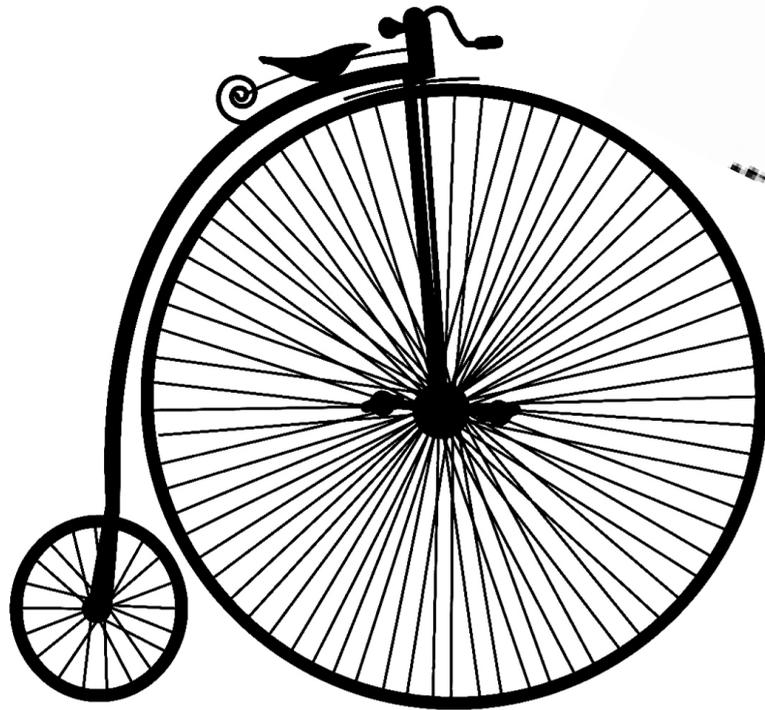




4

WE ARE CYCLING

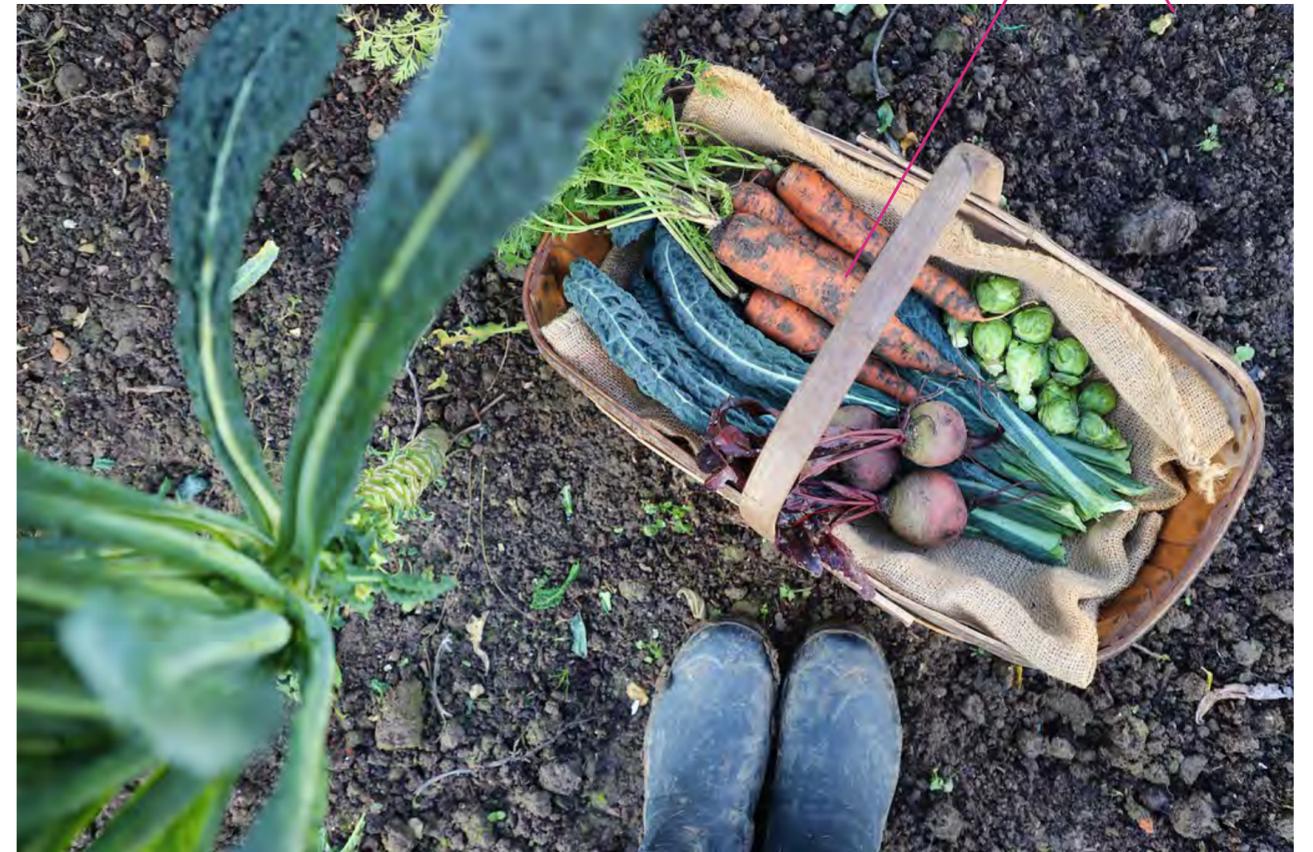
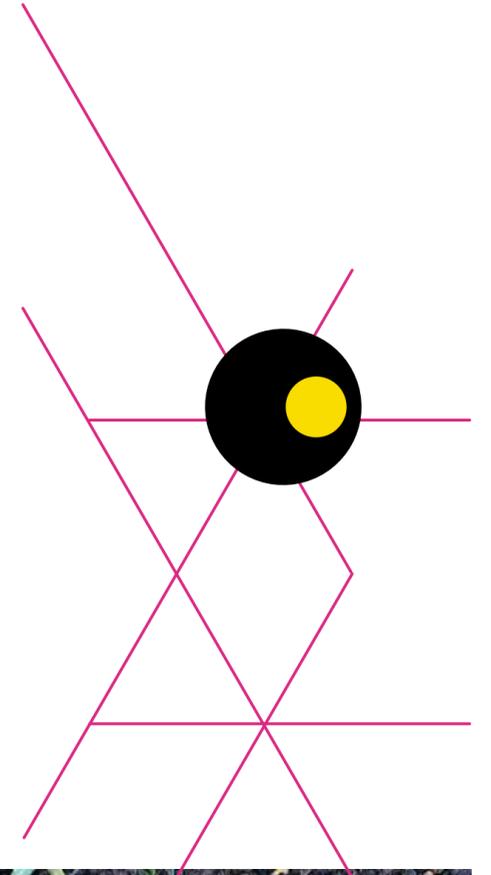
The year 2022 is an exciting time for the ReCoCo Retreat in Saltwell Park, we have many exciting opportunities coming our way. With the support of Cycle UK, we are in the final stages of accessing Sports England funding to set up our very own cycle club with access to bikes. Aimed at reducing isolation, improving health and wellbeing whilst getting people out and into the great outdoors. This peer-led group will be open to all abilities and will also offer the opportunity for students to become Cycle Leaders.



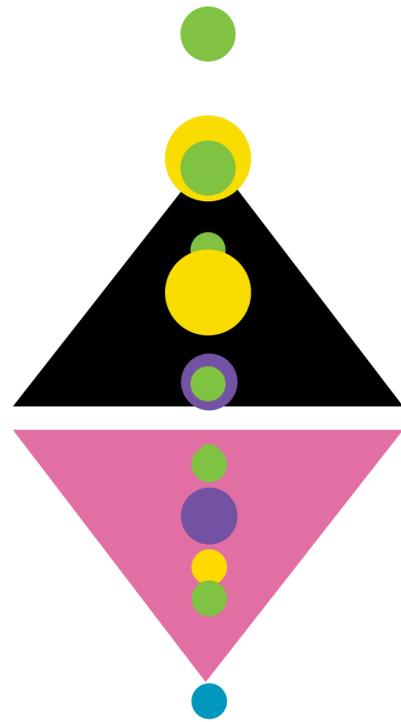
5

COMMUNITY GARDEN

Spending time in nature has been found to help with mental health problems including anxiety and depression. Here at ReCoCo, we believe in doing our part for the environment and sustainability, so with the support of Saltwell Park and Gateshead Council, our aim is to gather a group of garden enthusiasts (volunteers) to help create our very own community garden in Saltwell Park focusing on fruit and veg, herbs and flowers. This will then be harvested and used for community cooking projects and sold on our fundraising barrow to raise funds for developing future projects. This project is designed to improve mental health, teach gardening skills and look after the environment and is open to all willing to get their hands dirty.



DROP-INS @ SATWELL PARK

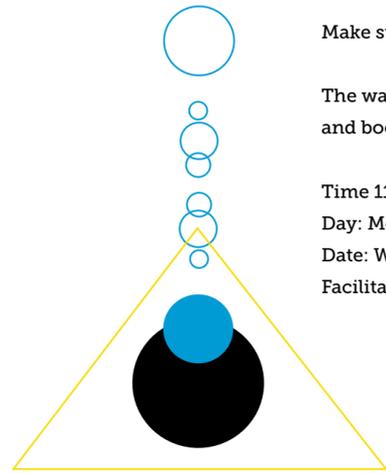
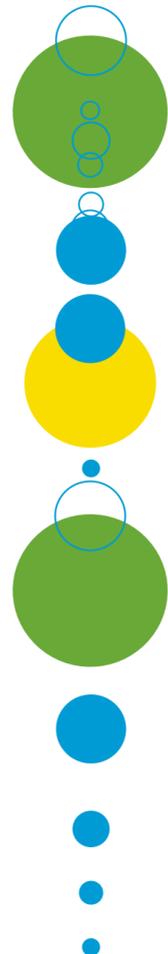


RECOCO BOOK CLUB AT SALTWELL PARK

Come and join in with our friendly book club, we meet at our new venue which is the Retreat at Saltwell Park. The group discuss the book of the month; the conversation invariably flows to talk about other authors and books and the themes arising from the books they have read. It's informal and always open to new members. Jo facilitates the meeting and can help you access a free copy of the book of the month if you need it. If you would like to join contact joanne@recoverycoco.com or diane@recoverycoco.com for further information.

Time: 2.00pm - 4.00pm
 Day: Second Tuesday of the month
 Dates: Starting Tuesday 11th January
 Facilitator: Jo Watson
 Where: This takes place at our venue in Saltwell Park

1



2

A WALK IN THE PARK

Gentle, friendly walks take place every Monday morning at both Saltwell Park and Leazes Park. The walks end with a cuppa and a chat, they're always well attended and enjoyed by all.

Make sure you wrap up warm...

The walks are back by popular demand. To find out more and book your place contact karen@recoverycoco.com

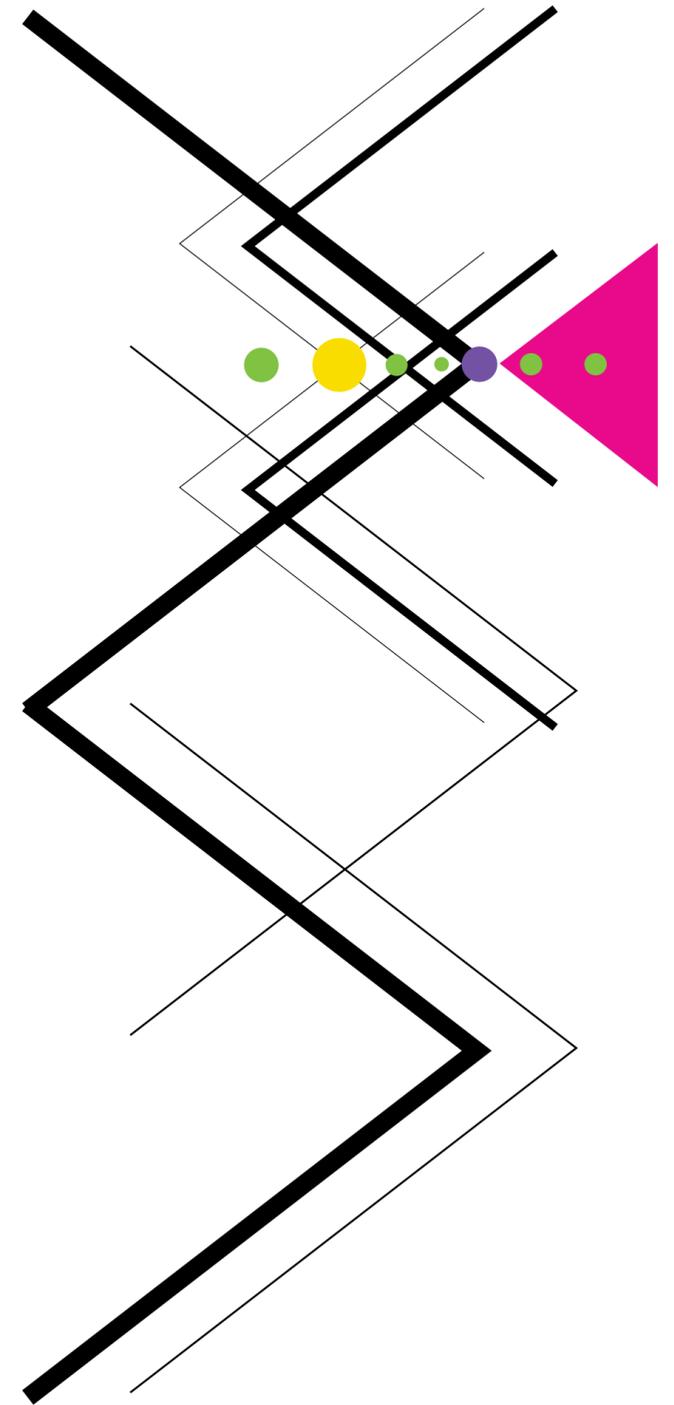
Time 11.00am -1.00pm
 Day: Monday
 Date: Weekly from 10th January
 Facilitators: ReCoCo Therapeutic Enablers and Volunteers

3

MONDAY MORNING SOCIAL DROP-IN

It has been a long time since people have been able to gather for a catch up and a chat. Why not beat those Monday morning blues by coming along to our drop-in session? Have a cuppa and some toast whilst joining a crafting activity, playing board games, doing a jigsaw, or joining a game of bingo. This is a free drop-in social group, so why not give it a try. Activities change on a regular basis, and we are open to any activity suggestions. For further information, please contact Jo Watson at joanne@recoverycoco.com

Time: 09.30am – 12.20pm
 Day: Monday
 Dates: 1st November 2021 onwards



STAFF RESPITE/ WELLBEING DAYS

This is what others are saying about us.

Inpatients South Staff Respite/ Wellbeing Days

Background - Prior to the pandemic our inpatient teams were already really stretched (unfilled vacancies), placing increasing pressure on clinical teams. However, the pandemic significantly worsened this situation and ward teams faced (still face) unprecedented pressures on staffing numbers, additional clinical activity related to infection prevention and control; alongside supporting people far more distressed than ever previously seen before. In addition, our clinicians are human beings, who themselves have been experiencing stressful home lives- the deaths of family and friends, home-schooling, social isolation, life events cancelled, continuous fear of the unknown both at work and home. Yet despite this, they have worked tirelessly to provide care to the most distressed and unwell people in society- often at the expense of family life and personal needs.

ReCoCo (a peer led mental health charity- www.recoverycoco.com) desperately wanted to help frontline staff. So they set about developing a one-day respite/wellbeing workshop for frontline clinicians and began providing this initially to Gateshead Health Trust & Newcastle Hospitals to those who were working directly into the 'covid wards'. In May 2021, ReCoCo were in a position to be able to extend this offer to CNTW staff- focussing initially on south inpatient teams.

What Happens- The day itself is set in ReCoCo's pavilion in the beautiful surrounds of Saltwell Park. Thus, attendees are also able to enjoy a spectacular backdrop for many of the wellbeing activities. During the respite day, clinicians are encouraged to connect with one another and share what has weighed heavy on them over the past 18 months, asking where they have held distress in their bodies and how it has impacted on wellbeing. Attendees are then given an overview of how prolonged exposure to trauma is held viscerally and affects all aspects of an individual's life- mind, body, relationships. In small groups, attendees then get to try out a range of evidence-based, wellbeing techniques that have proven effectiveness at developing mind-body awareness and crucially 'resetting' the stressed out mind-body systems. This includes breathing, drumming, moving

and shaking. Most importantly, attendees experience a day in which their own needs are considered and met, and leave feeling looked after and connected.

Feedback from those attending has been overwhelmingly positive. 'I've had gastric problems for about 12 months, but I woke up the next day without pain for the first time'; 'The headache I have had for ages has gone - thank you'; 'Last night was the first good night's sleep I have had in ages'. The sessions went so well that the BBC visited and loved the idea so much that they recorded one of the sessions and played it over and over again both on the local and National news. In addition, the approach has been entered in the Bright Ideas Award 2022... and fingers crossed we shall win.

More recently, with continued pressure on ward numbers, and the reality of being released for a full day being less possible- ReCoCo has kindly agreed to bring the wellbeing day to the Hopewood Park site and are offering half day sessions to try and give as many of our clinicians an opportunity to attend. So, if you hear southern drumbeats you will know that this is our brilliant staff releasing some of the pressure.
Dr Michelle Glascott (Nurse Consultant, South Inpatients).

Comments from Facebook

Feeling amazing after taking part in a ReCoCo respite day at Saltwell Park today. The day was expertly led in a way in which our small group could share some difficult experiences, learn and practice a variety of new wellbeing techniques.

The team are amazing and I will take so much away from today. Very grateful to meet some lovely people. PS the two song rave.

An excellent day yesterday which has been so beneficial and I'd recommend the respite day and ReCoCo to anybody. You's are all superstars.

Comments from Evaluation

(Feel) listened to and understood. Investment into us today has been invaluable.

The team and environment were very nurturing, open, welcoming and validating.

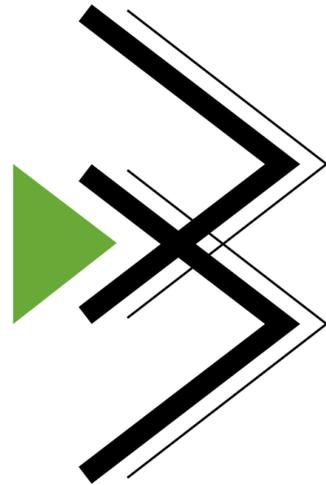
People care and there are great things out there for us, like ReCoCo, and all is not lost.

I feel 'normal', something I don't often feel - safe space was great.



COLD WATER WELLNESS

Staff head down to the coast on Friday mornings for some cold-water wellness, this is a wellbeing activity we do as a team "practising what we preach". Our cold-water wellness aims to harness the power of the oceans themselves to aid us in our mental and physical wellbeing. Cold water swimming has been shown to improve sleep, disconnection, and mental distress as well as many physical health conditions – though it isn't the easiest thing to do! There's nothing else to think about other than "I'm freezing" at the same time as releasing all of those negative emotions and letting them float away in the sea.



Moving On Tyne & Wear

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Call **0191 217 3206**
Visit www.motw.org.uk



Moving On Tyne & Wear is funded by The European Social Fund and the National Lottery Community Fund



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We provide **FREE** support for gamblers as well as friends and family who are affected, and we can help each person in their own right.

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NECA Gambling Services

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National Helpline Number - 0808 8020 133

Charity Number: 516516



Gay Men Tyneside (GMT) is looking forward to welcoming you to its weekly events. We are confident that you will settle in happily with us. From the moment you step through the door we will treat you as a member of our group. That means you can attend as many or as few meetings as you want to. You are also free to arrive and leave any time between 6:30pm and 9pm. There is no entrance fee but we do ask for donations that you may be able to give (your first evening is free!). All we ask of our members and guests is that they treat each other with courtesy and respect. So contact us at www.gaymentyneside.com for your invitation to come-on-in, relax, enjoy yourself and take the opportunity to make new friends.

Collective Responsibility

From May 2012 GMT became a Collective which means that there are no bosses and no paid workers. We are all volunteers and everyone is treated as an equal. We work as a team. Once you have settled in it is hoped that you will want to get involved. We all look out for the safety and well being of one another to ensure that GMT is a non threatening environment. We also do our best to keep an eye on new members and make sure they feel welcome. All members are expected to help with setting up and clearing away on a regular basis.



GMT Mission Statement

GMT aims to provide a wholly welcoming, non-threatening environment, in which gay and bisexual men can relax and socialise, build friendships, develop as individuals, and support one another. It is very important that everyone, whoever you are, feels safe and happy at GMT.

We have 3 rules. 1: RESPECT. 2: RESPECT. 3: RESPECT.

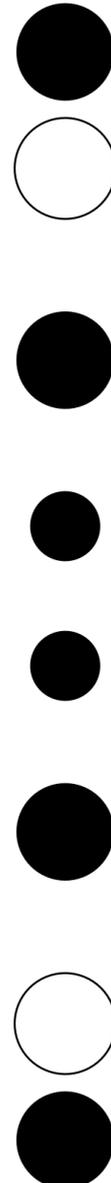
Diary of Events

All our activities are announced in good time each week at our weekly meetings. We publish our Diary of Events for Wednesday meetings every quarter on our website: www.gaymentyneside.com

Photographs



Photos are often taken at GMT events. More than anything else they record who we are and what we do. GMT knows that not everyone is OUT and that not all want their photo taken. Please note: Photos will not be taken without your consent. Photos are only for the viewing of GMT members. We do not allow photos to be shown on any social media (Facebook etc.)





1 Carliol Square
Newcastle upon Tyne
NE1 6UF

Tel: 07528 067 327
Email: mailto:graham@cleanslateuk.com
graham@cleanslateuk.com
Website: <http://www.cleanslateuk.com>
www.cleanslateuk.com

Stand back please, make way, we're coming through. Steady as she goes! All aboard, tweet twoo! Sorry about that...
.....I get carried away sometimes. Let me introduce ourselves, we are Clean Slate Financial Wellbeing Services CIC, or Clean Slate if you fancy, or even Graham and Naomi once you get to know us.

We are a social enterprise promoting a strange new concept that it's actually COOL to be in control of your money. Yes, it's madness I know, but there you have it, a crazy notion that suggests that such a concept brings about a good feeling. Can you believe that? Whatever next!

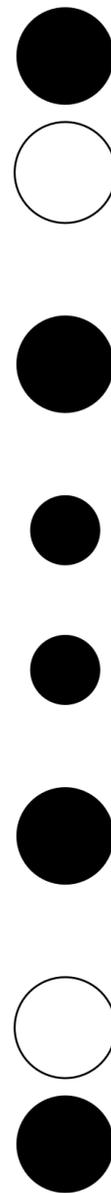
We are the new kids on the block.....well, actually we are not. We've been quietly smouldering away for over 10 years now, and we have done some memorable work – pass the stats please. Hold on it depends on the criteria, but we have helped 100's, nay 1000's of folk manage their money – honest m'lord. This year alone with our friends at The Road To Recovery Trust in George Street we have bundled together almost a quarter of a million pounds of problematic debt into affordable repayment plans or in some instances the debt has been written off – nice one skipper.

Not only that, we've found nearly £40,000 worth of benefits for people who didn't know they were entitled. Imagine that if you will. Popping into ReCoCo for a chat and then finding an extra 2 -3 grand that you didn't know about. That can't be a bad thing surely? It certainly is likely to help if you've been punished by the withdrawal of the extra £20 a week Universal Credit, or the increase in energy costs, of the end of the furlough help, or whatever else is hurtling down the pipeline.

I could continue so I will. We try to help with other things as well, like trying to produce a budget that actually helps people with their spending. Or helping find the best deal for things like energy suppliers (boo, hiss), Banks (boo hiss), finding a loan you can afford to pay back, broadband deals, mobiles, insurance, etc. What about help trying to understand your credit score, or even better, trying to improve it. Impossible!! Not so fast, we have just produced a workshop explaining the mysteries of credit scoring.....form an orderly queue please.

Which reminds me, we do all sorts of other workshops, courses (accredited too) all about money topics. We have over 250 successful learners at level 2 courses, all proud and happy with their certificates. We can do one for you if you desire? Anything to do with the money in your pocket that's what we are about.

Graham and Naomi



TIME OUT PARENT AND CARER PEER SUPPORT GROUP

Time Out is a group for parents and carers – a safe, welcoming space where we can get together, share our experiences and support each other. We're here for the parents and carers of children and young people (aged up to 25) who are experiencing emotional or mental health distress, and living in the Newcastle/Gateshead area.

Our group is about sharing our strength and promoting resilience and wellbeing. We do this by allowing space to share; providing opportunities to learn about specific conditions or issues; and an opportunity to celebrate our achievements and have fun.

Some of the comments we have had from parents about Time Out:
"It's really helpful listening to others who are going through the same thing and knowing you're not alone"
"[People] just listening and saying 'I understand' is great comfort"
We hold one meeting a month and you can join us either online (via Zoom) or in person (at ReCoCo).

Next meeting dates:

6pm Wednesday 24th November 2021
6pm Wednesday 15th December 2021

From January 2022 – 6pm on the last Wednesday of the month

Parent and carer members decide what they want from the meetings and our group leads (all of whom have their own lived-experience of being parents/ carers to young people experiencing emotional or mental health distress) and volunteers help to pull it together.

To join our group please e-mail: Timeoutnetwork@hotmail.com or call Gill at ReCoCo on 0191 2610948



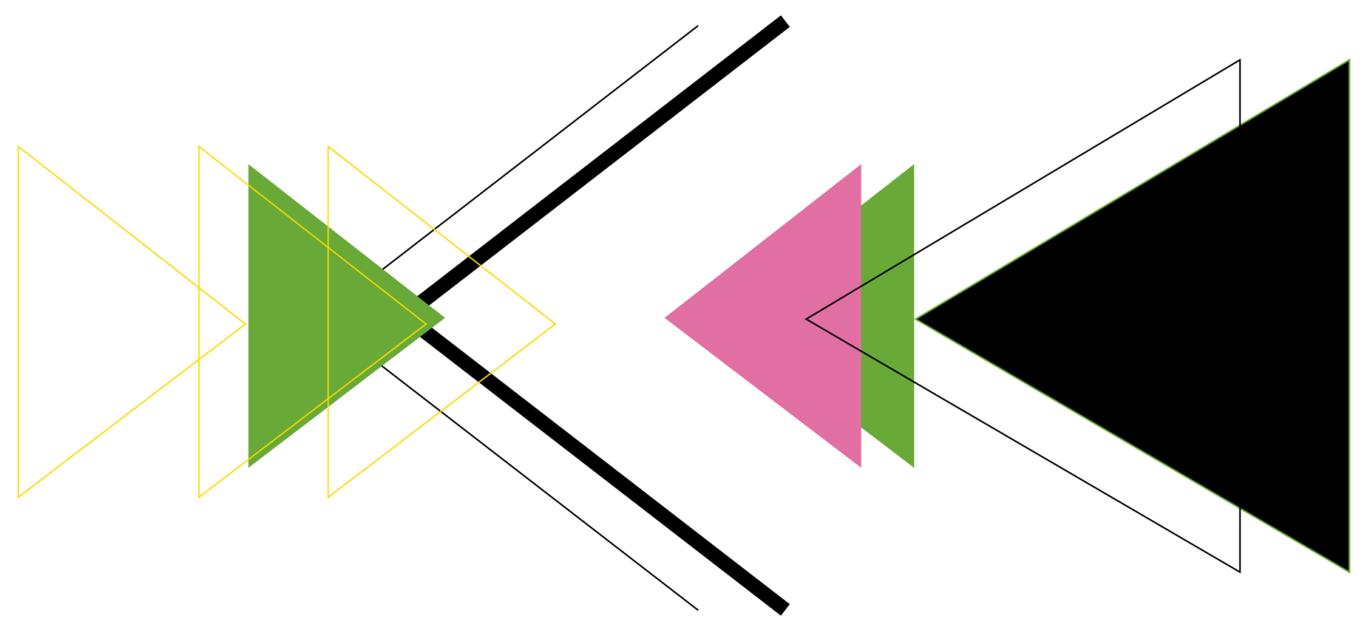
WELLBEING FESTIVAL

LET'S REVOLUTIONISE MENTAL HEALTH SUPPORT

SAVE THE DATE: APRIL 11TH – ALL DAY AND INTO THE EVENING

Raising the profile of the grass roots services that hold the system up.

OPPORTUNITIES/JOB'S FAIR, DANCING, SINGING, EATING, PERFORMERS, WORKSHOPS, DISCUSSIONS, RAISING THE ROOF, SAFE SPACES, BENEFITS ADVICE, CREATIVE SPACE, FREE FOOD/STUFF, WELLBEING SKILLS, ACTIVISM AND CHANGE MAKING, ALTERNATIVE APPROACHES, CHILDREN'S ENTERTAINERS (BRING THE KIDS).



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



HOW TO FIND US

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



BY BUS:

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

BY METRO:

MONUMENT or MANORS; 5 minute walk

BY BIKE:

There is public bike parking at the City Library

BY CAR:

There are public car parks nearby.



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

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