



Kind Mind Community Prospectus



Summer of Wellbeing!
July-August 2026

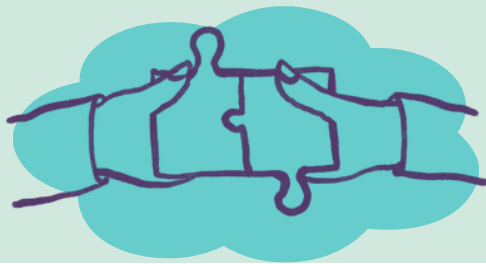
What is Kind Mind Community?

Kind Mind Community (KMC) is an inclusive, safe space open to all adults (18+) who live or work in South Tyneside. We are currently based at Action Station, Boldon Lane, South Shields, NE32 0LZ. People attend for many reasons—such as feeling isolated, stressed or anxious, managing ongoing mental health challenges, or simply wanting to connect with their community.

We know that everyone experiences difficult times. Our sessions focus on wellbeing and recovery by helping people discover what supports their mood, build connections, and develop practical strategies for coping with life's challenges. We are not a clinical or therapeutic service, but our recovery-focused approach can help people stay well and reduce the need for clinical intervention.

All students receive a welcome call and must complete a face to face enrolment session with staff before joining any groups or activities.

The College is built on the principles of hope, control and personal responsibility. We believe everyone can live a meaningful life, whatever their health challenges may be.



Timetable

27th July - 21st August 2026

Monday	Tuesday	Thursday	Friday
Walk & Talk with Joe 10.30am-12.pm	Men's Group Action Station 12 - 1.30pm	Creative Workshops** Action Station 10am-11.30am	WRAP Action Station 10am-11.30am
Motivational Mondays Action Station 12.00pm-1pm	Men's Group Action Station 2 - 3.30pm	Women's Group Action Station 12.30pm-2.00pm	Neuro Kind Action Station 12.00-1.30pm
Positive Pens Action Station 1.30-2.30		LGBTQIA+ Support Group Action Station 2.15pm-3.45pm	Creative Corner Action Station 2.00-3.30pm
Carers' Group Action Station 2.45 - 3.30			
		**except 13 th July	

Booking is Essential for all Sessions

For more information, contact us on:

t: 0191 217 2935

w: kindmindcommunity.org

e: kindmindcommunity@everyturn.org

Sessions

Booking is essential for all groups and courses.

Walk n Talk with Joe

Join us Mondays for Joe's Walking group. Explore South Tyneside, learn about local history and chat with friendly people!

Mondays 10.30am-12pm

Carers' Group

Caring for someone can be rewarding, but it is important to look after your own needs too. Join us for carer advice, support and information - as well as a cuppa and a chat!

Mondays 2.45-3.30pm



Women's Wellness

Join us for a safe, inclusive women's support group. Empowered women empower women!

Thursdays 12.30-2pm

Men's Group

This weekly group is for all things Men's health and wellbeing every Tuesday!

Session 1: 12 - 1.30

Session 2: 2 - 3.30

Positive Pens

Join Catherine and Joe for our friendly creative writing group.

Mondays 1.30 - 2.30pm

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Sessions

Creative Corner

Unleash your creativity! Bring along your own craft or join in with group arts and crafts.

Every Friday 2-3.30pm

Neuro Kind

This peer support group offers the opportunity to talk with people who really understand.

You do not need a diagnosis of a neurodiverse condition to attend.

Fridays 12-1.30pm

Creative Workshops

Ran by Katie, join us for a relaxing morning crafts.

Week 1 - Air Dry Clay

Week 2 - Junk

Journalling/Collages

Week 3 - Pottery Painting

Thursdays** 10 - 11.30am

**except 13th July

LGBTQIA+ Support Group

Join us for KMC's first ever LGBTQIA+ support group. All are welcome!

Thursdays 2.15 - 3.45pm



WRAP

Join us at KMC for our Wellbeing Recovery Action Planning sessions.

Fridays 10-11.30am

Motivational Mondays

Weekly mental health workshops ran each Monday
12-1pm

Booking is essential.

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Everyturn Mental Health

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Everyturn Mental Health is the trading name of Everyturn a registered charity (charity number 519332) and a company limited by guarantee registered in England and Wales (company number 02073465) and Everyturn Services Ltd, company registered in England & Wales (company number 4391008).