



Kind Mind Community Prospectus



**September - December
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.





Courses



Booking is essential for all groups and courses.

6 Weeks of Wellbeing

Learn more about what wellbeing is and how we look after it in this interactive 6 week course!

Running Mondays 7th

September - 12th October

10 - 11.30am

WRAP

Join us at KMC for our Wellbeing Recovery Action Plan sessions! Learn to look after yourself and keep well.

Running Thursdays 10 - 11.30am

3rd & 10th September

1st, 15th & 22nd October

5th, 19th & 26th November

17th December

Embracing Emotions

Our 8 week course all about embracing, managing and understanding our emotions.

Running Fridays 4th

September - 23rd October

10 - 11.30am

Anxiety Management

A supportive 6-week course designed to help you understand anxiety, build coping skills, and take positive steps towards recovery.

Running Mondays 2nd

November - 7th December

10 - 11.30am

Taming the Black Dog

Join us to understand depression, recognise its symptoms, and learn practical tools to build resilience and support recovery.

Running Fridays 6th November - 11th December

10-11.30am



Groups

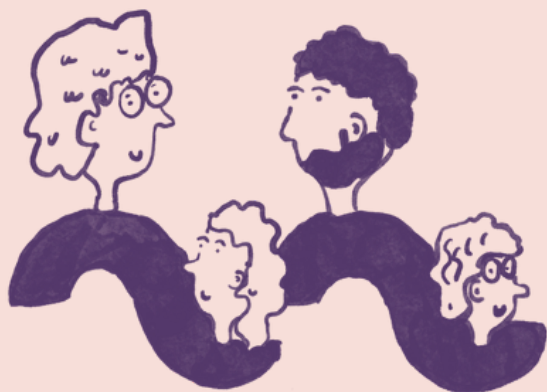


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Walk n Talk with Joe

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

Mondays 10.30 - 11.30am



Men's Group

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

Session 1: 12 - 1.30pm

Session 2: 2 - 3.30pm

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 2.30 - 3.30pm

Women's Wellness

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

Thursdays 12.30 - 2pm

Positive Pens

Join Catherine and Joe for our friendly creative writing group.

Mondays 1.30 - 2.30pm

t: 0191 217 2935 (option 2)

w: kindmindcommunity.org

e: kindmindcommunity@everyturn.org



Groups



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 Corner

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

Friday 2-3.30pm

LGBTQIA+ Support Group

A friendly and welcoming LGBTQIA+ Support Group offering connection, peer support, and a safe space to be yourself.

Thursday 2.15 - 3.30pm



Motivational Mondays

Weekly mental health
workshops

Mondays 12-1pm

Booking is essential.

For more information, contact us on:

t: 0191 217 2935 (option 2)

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e: kindmindcommunity@everyturn.org



Kind Mind Community

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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).