

Welcome to our 2022 Activities

Sharing our lived experience supports others to grow

We offer activities which help you

- connect with others and support each other
- recognise and build on your strengths
- be an expert in your own self care
- plan for a brighter future



All of our activities are wellbeing-focussed and free to anyone who lives, works, volunteers or visits South Tyneside

How to get involved

- give us a call on 0191 217 2935 or you can email us at kindmindcommunity@mentalhealthconcern.org
- complete an enrolment form (only takes a couple of minutes)
- book your place with your group or course
- or you can come along to our drop-in every Friday at Jarrow Focus (Phab Club entrance) for a chat

Regular Groups

Midweek Meetup

every Wednesday at 2pm

Minchella's Cafe in Marine Park, South Shields

Do you feel lonely or isolated?
Would you like to meet new people
and make friends?

Our social group is friendly and relaxed.
Come along for a cuppa and a chat
and possibly a gentle stroll
around the park

Mindful Photography
every Monday meet outside Wilko Jarrow
at 10.15am

Travel across South Tyneside and
beyond to capture the wonderful world!
You don't need any fancy equipment or
photography experience, just an enquiring mind
and comfortable shoes, oh and a smart phone,
tablet or go old school and bring a camera!

Then join us on our wellbeing journey and
notice, be curious and appreciate
everything around us.

Carer Peer Support Group

every Monday at 1.30pm

at Jarrow Focus (Phab Club entrance)

Caring for someone can be rewarding
but sometimes difficult or lonely.

our group brings together carers in a
safe, supportive space to share
experiences and gain support.

Come along and talk to others
who really understand
your experiences.



Friday Drop in at Jarrow
Jarrow Focus (Phab Club entrance)
every Friday 12noon to 1.30

**Ever wondered what happens at
Kind Mind Community?**

Come along for a cuppa with Fran and the
team to find out what activities are going on.
You can enrol, book a place on a course
or just visit us for a chat.

Professionals are also welcome to
come along and see what
we can offer.

Wellbeing Space at ACTS

every Thursday 1.30pm
at ACTS, Beach Rd, South Shields

Weekly group in a friendly space to talk
about what matters to you.

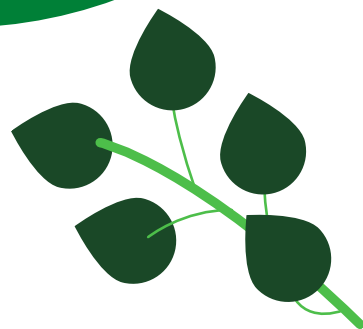
There's staff on hand with a cuppa,
biscuit and a listening ear as
well as plenty of people to
chat with.

Cafe Zoom

every Tuesday at 1pm on Zoom

Can't get out?
Don't want to go out?
No problem !!

Join us on Zoom every week for
fun, chat and games
Bring your own cuppa!



Courses

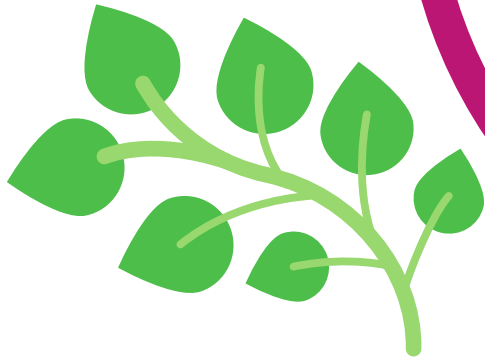
Peer Mentor Course

Friday 4th Feb at 2pm
at Jarrow Focus (Phab Club entrance)

Are you interested in helping others through
volunteering?
Would you like to explore a career in Peer Support?
Are you thinking of facilitating a group?

This course will help you develop the foundation
skills to support others using your lived experience.

We will look at -
Building a Rapport
Communication Skills
Record Keeping
Safeguarding



Assertiveness Course

Friday 4th Feb at 10am
at Jarrow Focus (Phab Club entrance)

Do you say YES when you want to say NO?
Do you feel guilty when looking after your own
needs?
Would you like to feel comfortable expressing
your own opinion?

This 6 weeks course will help you -
communicate well with others
stand up for yourself and your rights
feel confident in your own skin

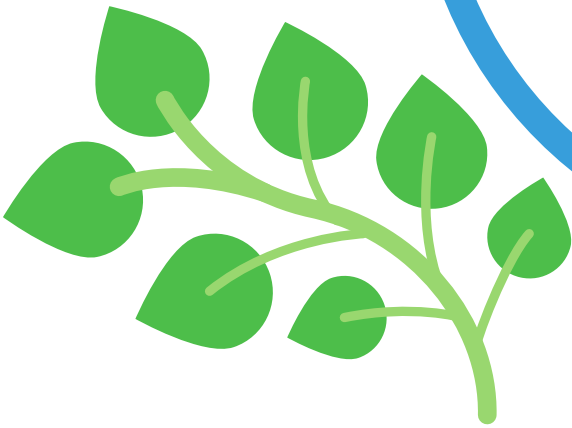


Mindful Relaxation

Friday 4th Feb 1.30-3pm
at Action Station

This 6 weeks course shows you
how to be in the moment
appreciate what's around you
reduce your stress
and cultivate self-compassion to be
kind to yourself

Open to beginners or those who have
some experience

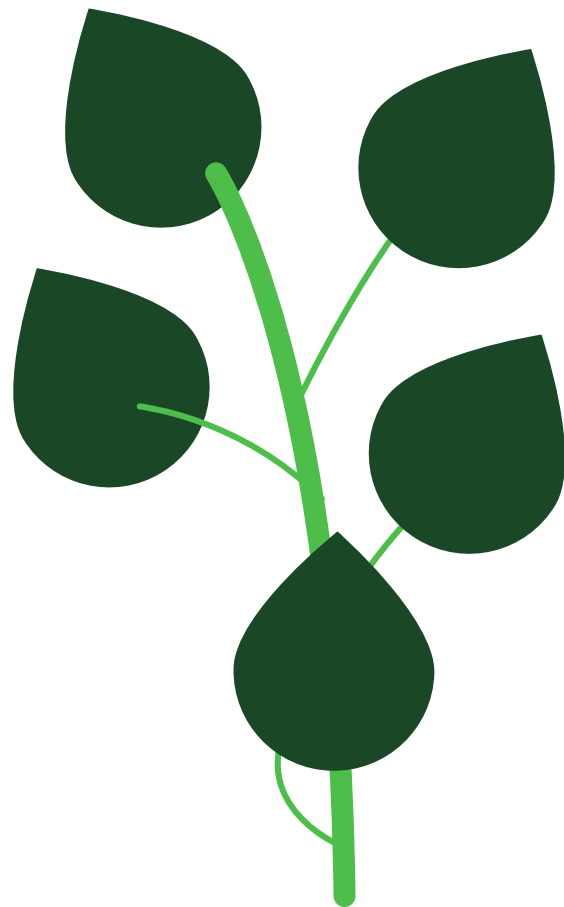


Anxiety Management

Friday 4th Feb 10.30-12noon
at Action Station

Do you panic or worry unnecessarily?
Would you like to cope better with your anxiety
in a friendly, safe space?

This 6 weeks course helps you to understand
your anxiety and to develop some strategies
to manage it alongside people who
really understand what you're
going through



Coming Soon

We have lots of new activities starting over the next few weeks.

Get in touch and reserve your place



Healthy eating on a budget

It can be really hard to eat healthily, especially when money is tight.

These sessions will inspire you to plan low cost meals so you can cook and eat well.

Be Kind to Yourself

We often talk about showing kindness to others, but what about ourselves?

This short course will help you learn how to comfort, protect and value yourself

Allotment Project

There are many benefits to being outdoors, especially spending time with others.

This project is open to anyone with or without gardening skills, to clear the land, plant vegetables and cultivate a positive, community space.

Creative Craft Time

Monthly group to meet with like minded people, interested in developing crafty skills. No experience needed.

Crafts might include

Drawing

Crochet

Paper Crafts

Creative Writing



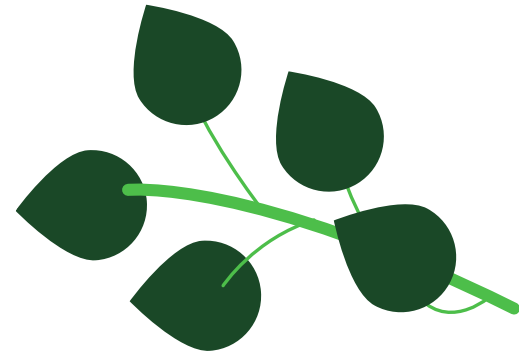
Where to find us -



Jarrow Focus (Phab Club entrance)
Cambrian St, Jarrow, NE32 3QN



Action Station, Boldon Lane,
South Shields, NE34 0LZ



Please Note

Due to the nature of this ever changing world, we may need to change the dates or times of our activities or even deliver them online to keep us all safe from Covid.

Please check our website for up to date information on any changes.

Tel: 0191 217 2935

Email: kindmindcommunity@mentalhealthconcern.org

Find us on Facebook: Kind Mind Community

Website: www.kindmindcommunity.org

