



# Kind Mind Community Prospectus



**April - July 2026**

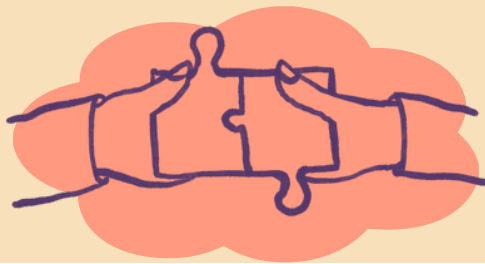
# What is Kind Mind Community?

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.

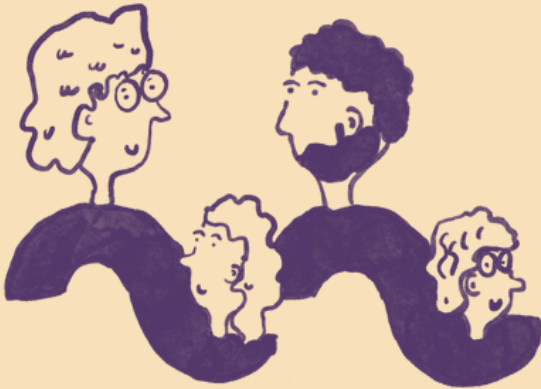


# Groups

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 10.30-11.30



## Men's Group

This weekly group is for all things Men's health and wellbeing.  
Tuesdays 2-4pm

## 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 1.30-2.30pm

## Women's Wellness

Join us for a safe, inclusive women's support group. Empowered women empower women!  
Thursdays 12.30-2pm

## Under 50s Men's Group

This weekly group is for all things men's health and wellbeing for men under 50.  
Wednesdays 2-3.30pm

t: 0191 217 2935

w: [kindmindcommunity.org](http://kindmindcommunity.org)

e: [kindmindcommunity@everyturn.org](mailto:kindmindcommunity@everyturn.org)

# Groups

## **Creative Corner**

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

Every Friday 10-11.30am

## **LGBTQIA+ Support Group**

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

Thursdays 2.15 - 3.45pm

## **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



## **Positive Pens**

Join Catherine and Joe for our friendly creative writing group.

Mondays 2:30-4pm

## **Motivational Mondays**

Weekly mental health workshops ran each Monday

12-1pm

## **Booking is essential.**

For more information, contact us on:

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# Courses

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## **Assertiveness**

Enhance your mental wellbeing and be empowered to communicate with clarity and confidence!

*Running Monday 20th & 27th April, 11th, 18th of May & 8th June  
10.00am-11.30am*

## **WRAP**

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

**Ideal for new starters at KMC!**

*Running Friday 8th, 15th, 22nd May & 5th, 12th and 19th June  
2.00-3.30pm*

## **3 Pillars of Wellbeing**

Join the team to learn more about the 3 pillars of wellbeing - physical, mental and spiritual!

*Running Monday 15th June -  
Monday 13th July  
10.00am-11.30am*

## **Anxiety Management**

Learn more about how to manage worry and anxiety.

*Running Friday 24th April &  
Friday 1st May  
2.00-3.30pm*

## **Living Life Mindfully**

Finish off the week with having a mindful moment with the team.

*Running Friday 26th June &  
3rd, 10th, 17th July  
2.00-3.30pm*

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Everyturn Mental Health

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[everyturn.org](http://everyturn.org)

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