

# Northumberland Recovery College

programme of workshops, courses and activities



# Free online courses and workshops

[www.NorthumberlandRecoveryCollege.co.uk](http://www.NorthumberlandRecoveryCollege.co.uk)

## Animation Workshop:

date 01/06/21 time  
11am-12.30pm



A fun relaxed session to with professional animator Sheryl Jenkins. You will learn about animation, drawn, cut-out, model, and digital, and have a go at creating your own short animations. Learn how to write your own stories, create characters, and use apps & software to bring them to life.

No previous knowledge is required.  
<https://www.youtube.com/watch?v=-ZYRyFinWAA&t=3s>

This creative workshop is commissioned by Museums Northumberland bait with funding from Arts Council England.

## Creative Café

starts 02/06/21 time 10:30am



Grab a cuppa and Zoom into Headway Arts Creative Café! A 2hr session on the first Wednesday of each month. Creative workshops in a safe supportive and relaxed environment, where people who are learning disabled and/or autistic are welcomed.

Workshops might include drawing, printing, sculpture, paper cutting, painting, creative writing and story making, with easily found or recycled materials.

In a 'café' atmosphere, experienced friendly artist facilitators provide creative opportunities for people to chat, socialise, feel valued and less isolated.



**Email [nrc@mentalhealthconcern.org](mailto:nrc@mentalhealthconcern.org) or  
text 07515 326750 to book onto a session**

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## Yin/Yang Yoga

Starts 07/06/21  
time 12pm-1pm



A weekly nourishing flow to rejuvenate your body and mind.

This flow is aimed to challenge yet soothe, build strength, increasing flexibility & inviting balance.

Suitable for all levels including beginners.

## Solving Practical Problems



date 08/06/21 time 10am-11.30am

Ever felt overwhelmed?  
Worried about money, housing and how to manage?  
Trying to claim benefits but cant face the forms?  
Understandably sticking your head in the sand?

You are not alone.

A Citizens Advice advisor will talk you through how they can help unravel these issues!



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## Communication Workshop

date 09/06/2021 time 10am-12pm

Providing support to families, this workshop aims:

To promote the development of better communication.

To explore and understand body language.

To provide knowledge of different responses, and techniques for better communication.



## All On-Board Families

date 10/06/2021  
time 1pm-3pm

A series of 10 live interactive workshops to support parents of neurodivergent families better understand their child's brain and so their emotions and behaviours.

Founded in the latest neuroscience but presented in an accessible friendly way.

Focusing on building understanding, communication and connection in these families.



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## Collage Workshop: BellWether Project



date 11/06/2021 time 10am-11:30am

Join artists Trish and Nick from INSTAR for a relaxed fun and creative workshop exploring collage.

Take inspiration from the natural wonders of Northumberland to create your own artwork. Inspired by patterns in nature and landscapes, you'll learn collage techniques like tearing, cutting, overlaying and mark making.

This creative workshop is commissioned by Museums Northumberland bait with funding from Arts Council England.

## 3 Useful Apps for Visually Impaired People



date 15/06/21

time 11:30am-12:30am

Do you have or know someone with a visual impairment?

Did you know there are apps that can help?

Do you have a smartphone or tablet?

Join us on Zoom to find out more...



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## Listening Workshop

date 16/06/21

time 10am-12pm



Providing support to families, this workshop aims:

To promote the development of listening skills.

To help you understand active listening skills.

To help you recognise the importance of understanding and listening to others.

## 3 Useful Apps for Visually Impaired People

date 22/06/21

time 2pm-3pm



Do you have or know someone with a visual impairment?

Did you know there are apps that can help?

Do you have a smartphone or tablet?

Join us on Zoom to find out more...



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## Assertiveness Workshop

date 23/06/21

time 10am-12pm



Providing support to families, this workshop aims:

To give you knowledge and understanding of assertive behaviour.

To help you develop a sense of self awareness and self esteem.

To give you an understanding of feelings and emotions and how they affect behaviour.

## Ways to Wellness Taster Session

29/06/21 time 2pm-3pm



Centred around the 5 ways to well-being, this session will encourage you to lead a healthier lifestyle.

Focusing on the importance of healthy eating for both physical and mental health, and the key to a balanced diet, looking at physical activity and how to increase your weekly activity levels.

You will learn how to easily incorporate these into your life, aiming to improve both your physical and mental health.



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## Anger Awareness Workshop

date 30/06/21

time 10am-12pm



Providing support to families, this workshop aims:

To help you understand anger.

To develop your knowledge of the physiology of anger.

To provide you with strategies to use when dealing with anger.

## To Book on to a Session or Course

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**Or**

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