

Sunderland Recovery College

**FREE COURSES STARTING
SEPTEMBER 2025**



EVERY DAY IS A NEW BEGINNING



**Sunderland
Care and Support**

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

WHAT IS A RECOVERY COLLEGE

What is a Recovery College?

A Recovery College provides a safe space for people to learn new skills and expand on their existing skills, supporting meaningful connections with others, and a sense of control over their lives. All courses are free, and co-produced with people who have lived experience of mental health.

Who can attend?

Recovery Colleges are open to anyone, individuals experiencing mental health challenges, carers, professionals, and the wider community, promoting inclusivity and shared learning for all.

What do we offer?

Courses focus on practical skills, coping strategies, and self-management techniques. Topics include resilience-building, emotional wellbeing, managing stress, and creative expressions.

Why are they important?

They foster hope, independence, and self-empowerment, helping individuals build confidence and develop the skills needed for personal growth and recovery.

WELCOME TO YOUR RECOVERY COLLEGE



WELCOME TO THE
RECOVERY COLLEGE

CONTENTS

ABOUT US

WHAT IS A RECOVERY COLLEGE....2
CONTENTS.....4-5-6
WHAT WE DO.....7
WHAT IS RECOVERY?8

RECOVERY COLLEGE JOURNEY9
ENROLMENT.....10
THANK YOU58
CONTACT US59

LEVEL 1

WOMENS WELL-BEING..... 11
MINDFULNESS MEDITATION.....12
MACRAME..... 12
CARRY ON CARING.....13
LEARN TO PLAY THE UKULELE...13
POSITIVE ENERGY THERAPIES.....14
BEADING CRAFTS.....14
BASIC CROCHETING.....15
WELLNESS GYM.....15
NATURAL THERAPIES..... 16
EMOTIONAL RESILIENCE.....16
MODEL MAKING.....17
SIMPLE COOKING.....17

BIPOLAR AWARENESS.....18
PANIC AWARENESS.....18
WRAP..... 19
CAPACITAR..... 19
OUT AND ABOUT GROUP..... 20
LINO PRINT..... 21
CREATIVE WRITING.....21
SELF-LOVE..... 22
VISION, DREAMS AND HOPES.... 22
SINGING GROUP..... 23

DIAMOND ART.....23
MENS WELLBEING GROUP.....24
BOARD GAMES GROUP.....24

GLASS PAINTING..... 25
SEASONAL CRAFTS.....25

LEVEL 2

BOOK CLUB.....26
PHOTOGRAPHY.....26
RELAX WITH PLANTS.....27
PSYCHOLOGICAL TRAUMA.....28
SHINE BRIGHT.....29
STRESS BUCKET..... 30
JOURNALING WITH STEVE..... 31
DRUGS AND ALCOHOL..... 32
EXPLORING POETRY.....32
MUSIC WORKSHOPS.....33
LIVING WITH PSYCHOSIS.....33
DBT SKILLS..... 34

TAI CHI..... 35
WRAP OUTREACH.....43-44
PAINTING BY NUMBERS.....45
DIAMOND ART..... 46
SEASONAL CRAFTS.....47
EMOTIONAL RESILIENCE 48
PAIN AND THE BRAIN.....48

LEVEL 3

INTERVIEW SKILLS.....36

WORKSHOPS

8 DIMENSIONS OF WELLBEING....37	ENVIRONMENTAL HEALTH.....40
PHYSICAL HEALTH.....37	SOCIAL HEALTH.....41
EMOTIONAL HEALTH.....38	WHAT IS PEER SUPPORT?41
SPIRITUAL HEALTH.....38	FOOD AND MOOD.....42
INTELLECTUAL HEALTH.....39	
OCCUPATIONAL HEALTH.....39	
FINANCIAL HEALTH.....40	

OTHER SESSIONS

MENTAL HEALTH HUBS.....43-44	HEALTH CHAMPIONS.....49-50
WASHINGTON SERVICES.....45	PERSONAL LEARNING JOURNALS...51
HOUGHTON-LE-SPRING SERVICES..46-48	WEBSITE COURSES..... ...52-57

WHAT WE DO

Sunderland Recovery College offers a wide range of free, recovery-focused educational courses designed to support mental health and wellbeing. Open to individuals experiencing mental health challenges, carers, professionals, and the wider community, the College promotes inclusivity, shared learning, and personal growth.

All courses are co-produced and co-facilitated by people with lived experience.

The year at Sunderland Recovery College, like with other Colleges, is divided into three terms:

Term 1

September - December

Term 2

January - March

Term 3

April - July

We recognise how challenging it can be to come to a new place and meet new people. To help ease this transition, the Recovery College team is committed to making reasonable adjustments that support your comfort and wellbeing. We'll do our best to accommodate any requests that make enrolment and the start of your recovery journey as smooth as possible.

Some examples of support we can offer include:

Having someone attend with you, access to a quiet room, allowing extra time for face-to-face appointments.

These are just a few of the ways we can help. If you have any concerns or specific needs, please don't hesitate to contact us so we can prepare for your visit.

WHAT IS RECOVERY?

Recovery is a personal journey. You may already have, or at least are developing, your own definition of what recovery means to you. We teach that there are five key principles of recovery.

Hope

People who experience mental health difficulties get well, stay well and go on to achieve their dreams and goals.

Education

Learning all you can about what you are experiencing so you can make decisions about all aspects of life.

Support

Receiving support from others and giving support will help you feel valued and enhance quality of life.

With the support of others, it is up to you to take the steps needed to maintain your wellbeing.

Personal Responsibility

Self-Advocacy

Reaching out so that you can get what it is that you need, want and deserve to support your recovery.

YOUR RECOVERY COLLEGE JOURNEY

As a guide, you can join at whichever level feels more comfortable for you, our courses are split into three different levels to help find the best course for you...



LEVEL 3 NEXT STEPS

Recommended for those wanting to take the next steps towards volunteering, courses outside of the Recovery College, or employment.

LEVEL 2 BUILDING ON YOUR LEARNING

Recommended for those wanting to build on their existing knowledge and experience within the Recovery College.

LEVEL 1 GETTING STARTED

Recommended for students looking to take their first steps within the Recovery College and try something new.

Some students attend Sunderland Recovery College for just one term, while others choose to continue and build on their learning across two or three terms. There's no right or wrong approach, it is entirely your choice and about finding what works best for you.

ENROLMENT

If you would like to attend a course (or multiple courses), you will first need to enrol with Sunderland Recovery College.

Enrolment will begin at Fulwell Resource Centre from 1st September 2025. Alternatively, you can join one of our social sessions listed below, which also offer the opportunity to enrol face-to-face in a relaxed setting.

FULWELL RESOURCE CENTRE

Thursdays 12.30 - 2.30 Social Session

"Fabulous! It has really helped me to grow as a person."

HOUGHTON METHODIST CHURCH

Tuesdays 1.00-3.00pm
Social Session

WASHINGTON MILLENNIUM CENTRE

Fridays 1.00-3.00pm
Social Session

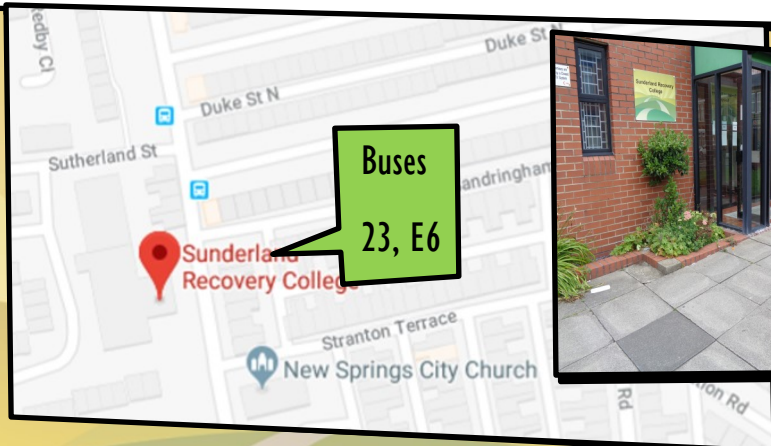
"When I did it I was so proud of myself. I felt I had taken a giant step towards a better future."

If you would like to speak to a Sunderland Recovery College advisor ahead of your visit, please contact: 0191 5612276 or 0191 5612260

Courses at Fulwell Resource Centre

Fulwell Resource Centre, Fulwell Road, SR6 9QW

Our courses at Fulwell are delivered on the upper floor.
The centre is fully accessible, with ample parking nearby, making it convenient for all students.



Well-Women's

“Ceili’s Chill and Chat, Women's Gathering”

Do you wish you had a fuller social life, structure to your week and a sense of belonging?

Imagine a safe place where you are understood, accepted, can “chill and chat”, make new friends, all whilst having fun.

DAY	DATE	TIME	SESSIONS	VENUE
Tues		1.00-3.00	Ongoing	Fulwell Resource Centre

Mindfulness, Meditation and Sound Therapy

Discover the transformative power of mindfulness and meditation in this enriching course designed to help you cultivate inner peace and clarity.

Through guided practices, you'll learn to quiet the mind, reduce stress, and develop a deeper connection to the present moment.

Whether you are new to meditation or looking to deepen your practice, this course offers practical tools to enhance focus, emotional resilience, and overall well-being. By integrating mindfulness into your daily life, you can create a sense of balance and harmony, empowering yourself to navigate life's challenges with greater ease and awareness. Take the first step towards a calmer, more centered you.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	26/09/25	1.00-3.00	8	Fulwell Resource Centre

Macramé

Macrame for mindfulness is a therapeutic craft course that supports mental health and wellbeing through the art of Macrame. In this hands-on course, you will learn knotting techniques and complete several projects throughout the course. Some of the pieces you will design and make are key rings, drinks coasters, wall hangings, dream catchers and wall hangings, all whilst practicing reducing stress, and boosting your emotional resilience. No experience is needed, just a willingness to connect in a friendly and supportive space.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	1.00-3.00	10	Fulwell Resource Centre

Carry on Caring

Come and join us for an informal get together to support each other. Some benefits may include feeling connected, heard and understood by peers, reducing isolation and increasing wellbeing.

Peer support is a safe space to share experiences and to learn from others. It can help carers to realise they are not alone, and others are in similar caring situations.

Mindfulness, Meditation and Sound Therapy, will be incorporated into this group on a monthly basis you'll learn to quiet the mind, reduce stress, and develop a deeper connection to the present moment.

DAY	DATE	TIME	SESSIONS	VENUE
Fri		10.00-12.00	Ongoing	Fulwell Resource Centre

Learn How to Play the Ukulele

Learn to play the ukulele or guitar.

No previous musical experience required

Ukuleles are provided, but you must bring your own guitar if you choose this option. Alternatively, you can join us to play percussion and sing-along. Dust off any instruments you have and learn to play a song!

Explore your talent in a safe and relaxing environment while meeting new people in a safe and relaxing environment.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	1.00-3.00	10	Fulwell Resource Centre

Positive Energy Therapies

Exploring an array of positive energy therapies.

Chakras (our bodies energy centres), the properties of crystal jewellery making, reiki treatments for friends, family and self-treatments.

This course also included mindfulness, breath work and forms of meditation.

Alongside tools like oracle cards and emotional freedom techniques, we offer many other approaches to support mental, physical, and emotional wellbeing.

Join us in a safe and relaxing environment to explore these powerful resources and discover what works best for you.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	22/09/25	1.00-3.00	8	Fulwell Resource Centre

Beading Crafts for Beginners

Why not come along to this 10 week Beading class and make some gifts and ornaments ready for any occasion. Engaging in beading can provide a mindful escape from the stresses of daily life, fostering a sense of calm, focus, and well-being.

The repetitive and detailed nature of beading tasks makes it an ideal activity for practicing mindfulness, which in turn offers numerous mental health benefits.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	1.00-3.00	10	Fulwell Resource Centre

Basic Crocheting

Have you ever wanted to try crocheting?

Maybe you have tried before, but never got the hang of it, or maybe you can do basic stitches, but can't read a pattern?

Come along and learn a new skill, or even bring your own crafts and join us in a friendly and relaxing atmosphere to calm your mind and soul.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	10.00-12.00	10	Fulwell Resource Centre

Wellness Gym Sessions

These gym sessions will be low impact, low level supervised exercise classes aimed at increasing cardiovascular capacity and muscular strength helping to increase mobility in joints and improve general fitness and health.

The wellness gym has a relaxed and friendly atmosphere where you can choose a routine that suits you and your own abilities.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs		3.00-4.00	ongoing	Fulwell resource Centre

Natural Therapies

New Course. Natural therapies for mental health focus on the whole person, taking into account physical wellbeing, emotional health, social relationships, and spiritual beliefs.

For those seeking a more holistic approach to wellness, explore a variety of natural therapies known for their integrative benefits, such as Aromatherapy, Homeopathy, Phytotherapy, and more.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	1.00-3.00	10	Fulwell Resource Centre

Emotional Resilience

This course will give you the opportunity to understand emotional resilience and how this can impact on your life, promoting emotional resilience in self and others and assisting in identifying unhelpful thinking behaviours.

You will have opportunity to practice developing techniques and skills in challenging unhelpful thinking and behaviours to build resilience. Group exercise and discussion will provide us with a safe and encouraging environment where we can learn from each other and build healthy supportive relationships.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	17/11/25	1.00-3.00	5	Fulwell Resource Centre

Model Making

Model-making isn't just a hobby; it's a form of therapy, one that is quite literally subscribed as a focus activity for improving mental health.

As experienced model builders already know, there's something uniquely calming about the process of assembling and painting miniature replicas.

This group is for beginners, come and join us to explore the basics of model making in a safe and relaxed environment.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	10.00-12.00	4	Fulwell Resource Centre

Simple Cooking on a Budget

You probably already know that cooking the majority of your meals at home, rather than relying on takeout and restaurants, offers a number of health advantages, including keeping your calorie intake in check and saving you money.

Not only can cooking help relieve anxiety, but it's also accessible to just about everybody, actually saves you money, unlike most hobbies and produces a finished product that can be shared or just enjoyed on your own.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	1.00-3.00	8	Fulwell Resource Centre

Bipolar Group Awareness and Support

Bipolar affects people of all ages and backgrounds. Our group brings people affected by bipolar together to learn how to manage their condition. We will provide knowledge of the condition, a space for sharing experiences and approaches to self-management.

Come and join us in a relaxed and safe environment to support each other.

This group is led by a Peer Supporter who has lived experience of this topic.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	10.30-12.00	10	Fulwell Resource Centre

Anxiety/Panic Awareness

This is a 3-week course offering an insight into anxiety and panic. The course provides practical advice on recognising symptoms and developing the skills/tools needed to aid in self-management.

Everyone at times can experience anxiety or panic and it is common to feel panicky at times.

These sessions aim to help gain an understanding that will assist in identifying problems before they escalate and gain an awareness of self-help and support.

DAY	DATE	TIME	SESSIONS	VENUE
Frid	17/10/25	1.00-3.00	3	Fulwell Resource Centre

Wellness Recovery Action Planning

This course is centred around building a Wellness Recovery Action Plan (WRAP), helping you identify your personal wellness toolkit to support recovery. Through a series of short, engaging, and enjoyable activities, the course encourages self-reflection and exploration of how you relate to others, while guiding you to complete your own WRAP.

Our aim is for every student to finish the course with a deeper understanding of their own recovery journey and what it means to them, while having fun along the way. We hope all students attending the Recovery College will complete a WRAP plan.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	22/09/25	10.30-12.00	4	Fulwell Resource Centre

Capacitar

Capacitar recognises the spiritual interconnection we all share with the Source of Being.

Through its practices Capacitar endeavours to inspire people to recognise the sacredness of life, the goodness and wisdom we carry within our body-mind-spirit. We will explore Tai Chi energy, Pat Dan Gum, Finger Holds, Emotional Freedom Techniques and more.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	1/10/25	10.30-11.30	7	Fulwell Resource Centre

Out and About Group

Come and join us for a walk around local landmarks with a fun and friendly group, walks are sensitive to people's different needs and fitness levels. We will be visiting Roker Park, Roker Pier, the National Glass Centre, Fulwell Mill, Nature Reserve, Fans Museum, Winter Gardens and Mowbray Park, and many more..

Physical activities in green and blue spaces (e.g. parks and coastal environments) can improve:

- Mental and physical health
- Sleep quality
- Blood pressure
- Weight control
- Stress
- Fatigue
- Depression

Sessions will last approximately 2-3 hours, including breaks.

The introductory session will take place at Fulwell Resource Centre.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	26/09/25	10.00-12.30	10	Fulwell Resource Centre

Lino Printing

Lino printing is a form of print making through the carving of Lino, like a more detailed stamp.

The class is open to beginners and more advanced artists alike! The only real requirements are fine motor skills and a steady hand to carve with.

Come try something new or build on your skills!

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	25/09/25	1.00-3.00	10	Fulwell Resource Centre

Creative Writing

Do you have a story idea, short or long, that has been on your mind, but you're unsure where to start? Or perhaps you dream of writing but haven't found the right spark?

Join us for a 10-week beginner's creative writing course, where we'll explore the foundations of storytelling through a structured approach known as the "blueprint to storytelling". You will learn how to shape your ideas using a proven 15-point plot plan that helps bring stories to life.

Get your creativity flowing and take the first step toward becoming a writer with this exciting and supportive course for aspiring authors.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	25/09/25	10.00-12.00	10	Fulwell Resource Centre

Boost your Confidence through Self-Love

Self love is exactly what it sounds like, loving yourself. It means loving all aspects of yourself, by accepting your flaws, your weaknesses and the things you don't always like about yourself, as well as recognising your strengths and achievements and learning to praise yourself for them.

In this course we will be covering a different topic each week all relating to self-love, such as self acceptance, self confidence, self talk, assertiveness, and many more.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	29/09/25	1.00-3.00	9	Fulwell Resource Centre

Vision, Dreams and Goals

This inspiring course will help you reflect on your life and consider the direction you would like to take.

It will guide you in exploring different areas of your life, supporting you in identifying your true goals and dreams, and helping you work towards a greater balance and fulfilment.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	31/10/25	1.00-3.00	4	Fulwell Resource Centre

Singing Group

Positive feelings: Singing has been shown to be a joyful and uplifting experience. It generates a sense of positive mood, happiness and enjoyment. Such positive feelings also counteract feelings of stress or anxiety and help to distract you from internal negative thoughts and feelings.

Expectation and hope: Enjoyable activities such as singing with others are things you will look forward to each week. They can become highlights of the week and positive memories remain alive for hours and days afterwards. Where an activity involves working towards a goal such as a performance, there are enhanced expectations of rewarding outcomes.

Come and join us for a fun filled hour, singing your favourite songs and practicing for performances.

DAY	DATE	TIME	SESSIONS	VENUE
Mon		12.00-1.00	Ongoing	Fulwell Resource Centre

Diamond Art

Diamond Art is a therapeutic and creative hobby that promotes stress relief and mental health benefits.

Engaging in diamond painting can improve focus, memory, and motor skills, alongside fostering patience and a sense of accomplishment.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	10.00-12.00	10	Fulwell Resource Centre

Men's Wellbeing Group

Hearing from others with similar issues helps you see that you're not alone in having challenges, whether you're grappling with panic attacks, depression, or another mental health issues.

What are the benefits of a support group?

Feeling less lonely, isolated or judged reducing distress, depression, anxiety or fatigue.

DAY	DATE	TIME	SESSIONS	VENUE
Wed		1.00-3.00	Ongoing	Fulwell Resource Centre

Board Games Group

Come and join us for a relaxed session where you will see the benefits of playing board games as you unplug your brain from the everyday stresses of life.

Hopefully, your thoughts will drift away from bills, problems, or any other daily distractions by engaging in therapeutic fun course.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs		1.00-3.00	Ongoing	Fulwell Resource Centre

Glass Painting

Glass Painting is a captivating art form where paint is applied to glass surfaces to create beautiful, decorative images.

Students will be able to use special paints that adhere well to glass, allowing for intricate designs and vivid colours.

This technique can be seen on windows, panels, and various glass items.

Glass painting can have numerous positive effects on mental health, providing students with a sense of accomplishment, fostering social connections, and offering a therapeutic outlet for self-expression and stress relief.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	2/10/25	10.00-12.00	10	Fulwell Resource Centre

Seasonal Home Décor and Gifts

Come along and make some Seasonal inspired Home Decor items including decorations for your home and gifts for family and friends.

Crafting is a good way of distracting your thoughts and being able to gift your creations to family and friends is a plus, while also meeting people and sharing ideas.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	26/09/25	1.00-3.00	10	Fulwell Resource Centre

LEVEL 2 BUILDING ON YOUR LEARNING

Book Club

Join us for Book Club, where we'll explore a variety of engaging reads. Books are provided by local libraries, and you'll have the opportunity to take them home, read at your own pace, and join in monthly discussions. Book Club is open to all reading levels and will be hosted by Kelsey, who brings her own lived experience of overcoming challenges with reading and spelling.

DAY	DATE	TIME	SESSIONS	VENUE
Fri		1.00-3.00	Monthly	Fulwell Resource Centre

Photography

Join our photography workshops — perfect for complete beginners or those looking to build on existing skills.

These relaxed and enjoyable sessions will show you how to take great photos using your mobile phone. If you have a camera, feel free to bring it along, we will help you get the most out of it too.

You will learn both the technical side of photography and how to compose more impactful images, with practical, themed exercises included.

Luminary
PHOTOGRAPHY CIC

Lighting Up Lives

www.luminary.org.uk
Photography Workshops, Projects, Exhibitions and Events

DAY	DATE	TIME	SESSIONS	VENUE
Tues	30/09/25	10.00-12.00	9	Fulwell Resource Centre

Relax with Plants and Reduce Anxiety

A 6-week course: “Growing Plants” — planting seeds, taking cuttings, caring for houseplants.

We talk to them, care for them, and often take them for granted. In this course, we explore plant structure, dissect and grow them, and investigate how they reproduce, defend themselves, and survive. Expect a hands-on experience, not in the allotment, but with plant pots and hand lenses.

Growing plants has been shown to promote relaxation and reduce anxiety, contributing to better mental health. No prior knowledge is required.

The course is sensitive to individual needs and experiences, and is designed to help you understand plants and grow them successfully.

Topics may include:

Propagation and reproduction; houseplants, bulbs, corms and tubers; germination, growth, and development.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	10.00-12.00	6	Fulwell Resource Centre

Psychological Trauma Awareness

This group is peer led by Gayl, who shared, “I have experience of psychological trauma. I studied psychological trauma at Chester University and trained to be a group work practitioner. My goal was to work with groups to help them understand trauma and the impact it may have”.

This course is Psycho-Educational, debunking myths using neuroscience, beginning to consider what belongs where and to whom; recognising unhelpful positions and patterns with regards to Trauma. This course will reduce isolation, feelings of alienation and shame, encourage free flowing discussion amongst students, increase understanding of how trauma affects the brain, body and behaviours, recognise unconscious positions they take up in relationships that may perpetuate unhelpful behaviour. Within this course you will learn techniques that may relieve or help manage the symptoms of psychological trauma, such as anxiety, flashbacks, nightmares, anger, depression, guilt and shame.

During the 8-week course, we'll be covering:

- Traumatic memory: How the brain processes traumatic memories.
- How emotions can impact trauma, exploring good and bad emotions.
- Anger, Shame and Guilt
- Depression and low mood.
- Post-Traumatic Growth and Resilience

DAY	DATE	TIME	SESSIONS	VENUE
Mon	29/09/25	1.00-3.00	8	Fulwell Resource Centre

Shine Bright

Week 1 - We will discuss the meaning of confidence and self-esteem.

Learners will be able to gain a good understanding of where confidence is needed in our life span.

Week 2 - Learners will be able to identify how their key strengths and abilities can have an impact on confidence levels. Discussions will also take place on self help strategies to boost confidence and self-esteem.

Week 3 - Learners will be able to understand the meaning of positivity and how having a positive outlook can impact confidence and self-esteem. Learners will have the opportunity to create their own positive affirmation cards to take away.

Week 4 - Shine Bright from within. Learners will realise what qualities and strengths they have as individuals, understand the importance of feeling comfortable from within, radiating kindness and compassion to themselves and others. We will also discuss the topic of self-love and gratitude.

Week 5/6 - We will explore the importance of boundaries and assertiveness. Learners will gain knowledge in certain situations that may affect assertiveness and their ability to manage this.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	26/09/25	1.00-3.00	6	Fulwell Resource Centre

Stress Bucket and Coping Strategies

Stress can affect us both physically and mentally. Understanding the physical and mental symptoms of stress is essential for recognising when we are experiencing stress and taking steps to manage it.

Our Stress Bucket and Coping Strategies course outlines how the 'Bucket' represents your capacity for handling stressors. Events and day-to-day things, such as work, home life, illness or finances, add stress into the bucket. Sometimes the bucket might feel relatively empty, and other times it might feel quite full.

Our course will help you to recognise when your bucket is overflowing and to learn how to let the stress out by engaging in some positive coping strategies you might like to think of these as taps in the side of the bucket, which you can turn on to let some of the stress out.

Join us to learn more about healthy coping strategies to reduce the impacts of stress in your life.

DAY	DATE	TIME	SESSIONS	VENUE
Frid	3/10/25	10.00-12.00	7	Fulwell Resource Centre

Journaling with Steve

Join Steve as he takes you on a journey of discovery, exploring the many advantages of journal writing for wellbeing. Steve will explore different types of journals in these practical and interactive workshops, sharing research and findings, which confirm the mental and physical benefits of writing journals.

The course is designed as an introductory course, therefore, no previous experience is necessary, just a curiosity about the benefits of journaling and a willingness to give it a try. If you have journaled before, you are also very welcome to join us and explore the different ways in which you can journal and share your experiences.

During the course, you will be introduced to a variety of journaling techniques, such as gratitude journaling and bullet journaling. You will have the opportunity to try the different journaling practices out and decide which one works best for you. All you need is a pen and a notebook.

One student who attended the June/July 2025 Journaling Course shared, “I always leave the College feeling calm, content, and uplifted after the journaling sessions.”

Other feedback highlighted that “the interactions on the course are very therapeutic,” and that sessions are delivered in “a relaxed manner” and are “inclusive and welcoming.”

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	25/09/25	1.30-3.00	10	Fulwell Resource Centre

Staying off Drugs and Alcohol

Do you need support to reduce or stop your use of alcohol or drugs?
If so, this course is designed for you.

In Week 1, we will focus on reducing or quitting alcohol.

In Week 2, we will explore strategies for giving up tobacco.

In Week 3, we will look at approaches to stop using cannabis.

In Week 4, we will concentrate on maintaining a drug-free lifestyle and building long-term recovery strategies.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	30/10/25	11.00-12.00	4	Fulwell Resource Centre

Exploring Poetry

In this course we shall be exploring some of the greatest poetry of all time, which we hope will be a mind-expanding and therapeutic exercise.

No previous knowledge is assumed: people who have never read a poem in their life are equally as welcome as more experienced readers.

After studying three major poets, we shall look at poetry specifically about mental health, concluding with the chance to write your own poem.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	27/11/25	10.30-12.00	4	Fulwell Resource Centre

Music Workshop

Top of The Pops - Come and learn basic keyboards, guitar, drums or singing, for 10 weeks. In these fun weekly sessions, students have the opportunity to learn an instrument and how to become a member of a band.

Students learn a number of songs... and have the opportunity to perform a 'gig' in the Bunker, which may be recorded. These sessions are aimed at people who want to play instruments, sing, or are interested in setting up equipment, or sound engineering.

Free 1-1 Music Tuition

If you would like to learn to play the guitar, bass, drums, keyboard or sing, then sign up for some free 1-1 sessions with an experienced tutor at The Bunker. You don't need an instrument, we will provide an instrument for you to use while you are taking lessons. The sessions can be arranged at a time that suits you best, subject to availability.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	25/09/25	11.00-12.30	10	The Bunker Sunderland

Living with Psychosis

If you are currently experiencing - or have experienced - psychosis and hallucinations, then this course is for you. In a safe and confidential group, we shall share our experiences and their impact upon our lives.

Over four weeks we'll be discussing areas such as stigma, coping strategies, helpful /unhelpful thinking styles and what we need to do to stay well.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	2/10/25	11.00-12.00	4	Fulwell Resource Centre

Dialectical Behaviour Therapy (DBT)

Are you looking to improve emotional regulation, distress tolerance and interpersonal effectiveness?

This course can help you build the tools you need for a more balanced and fulfilled life.

What you will learn:

- Mindful Techniques
- Emotional Regulation Techniques
- Distress Tolerance Strategies

The course is perfect for individuals struggling with intense emotions, anxiety or relationship challenges.

The course is delivered by Vikki, who specialises in delivering DBT skills sessions.

Reserve your spot today, don't miss this opportunity to enhance your wellbeing with evidence based DBT skills.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	1.00-3.00	10	Fulwell Resource Centre

Tai Chi

FROM DISTRESS TO DE-STRESS (SOFTEN, RELEASE & LET GO): EASY TAI CHI AND MORE....

A gentle relaxing course for those who want to feel more at ease in their body and more settled, balanced and calmer in their mind.

The session includes easy movements (mainly sitting but some standing), breathwork and meditation.

Inspiration is taken from both Eastern practices, such as the graceful, flowing movements of tai chi and qigong and Western methods such as Feldenkrais, ("the miracle of small movements"), and Open Focus, the beneficial science based mode of attention. These gentle therapies, with their many benefits, are suitable for everyone, including those with limited mobility, chronic pain or tension, a dysregulated nervous system or anxiety.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	22/09/25	10.30-11.30	8	Fulwell Resource Centre

LEVEL 3 NEXT STEPS

Interview Skills

Julie from the National Careers Service will be hosting an application forms/interview skills workshop. If you need help with completing job application forms or being confident in interviews, come along to this FREE workshop and get tips to help you succeed.

The course will cover:

Practical tips and techniques to help guide you through the technical process of completing application forms.

How to identify your skills and strengths, present them on paper and put these across at interview dealing with those “difficult” questions and how to answer confidently.

Tips to help you prepare, stay calm and impress the panel!



DAY	DATE	TIME	SESSIONS	VENUE
Fri	TBC	1.00-3.00	1	Fulwell Resource Centre

WORKSHOPS

8 Dimensions of Wellbeing

This term, we're offering workshops on the 8 Dimensions of Wellbeing, giving you the chance to choose which area you would like to explore. Join us to discover how physical health influences mental wellbeing, and how mental health, in turn, affects our physical state.

These sessions will give you the opportunity to share ideas and learn practical tips as a group, focusing on how to make positive changes in the following areas: Physical Health, Emotional Health, Spiritual Health, Intellectual Health, Occupational Health, Financial Health, Environmental Health, and Social Health.

Physical Health

Join us to explore how physical health affects mental wellbeing, and how mental health, in turn, influences our physical state.

Together as a group, we will share and discuss practical tips for making positive changes in three key areas: diet, exercise, and sleep.

Even the smallest steps can lead to noticeable improvements in mental health and overall wellbeing.

DAY	DATE	TIME	SESSIONS	VENUE
Frid	26/09/25	10.00-12.00	1	Fulwell Resource Centre

Emotional Health

8 Dimensions of the Wheel of Wellness Workshop

Let's discuss together what can be helpful and what can be unhelpful when it comes to our emotional health, and explore ways to implement some positive changes which could help in our emotional resilience, coping skills, and overall quality of life.

DAY	DATE	TIME	SESSIONS	VENUE
Frid	3/10/25	10.00-12.00	1	Fulwell Resource Centre

Spiritual Health

8 Dimensions of the Wheel of Wellness Workshop

The term “Spirituality” is basically defined as, “the deepest values by which one lives.” So, let's explore this a little further and figure out what is important to us in our own lives and ensure that we make life choices based on our most authentic selves rather than what others want or expect from us.

DAY	DATE	TIME	SESSIONS	VENUE
Frid	10/10/25	10.00-12.00	1	Fulwell Resource Centre

Intellectual Health

8 Dimensions of the Wheel of Wellness Workshop

There are so many health and social benefits that come from keeping our brains active, including becoming more solution-focussed, better problem-solving abilities, and the reduction of anxiety and depression symptoms. But, just like exercising our bodies to keep fit, we also need to exercise our brains. So, come along to this session to explore different ways to keep our brains active and try out some of our fun puzzles, quizzes and brain teasers.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	24/10/25	10.00-12.00	1	Fulwell Resource Centre

Occupational Health

8 Dimensions of the Wheel of Wellness Workshop

In this session we will look at the benefits of engaging in meaningful activities, whether it be work-related or just being well in general. We' will discuss the positive impact this can have on our mental health, self-worth and self-esteem, then set some goals to help us get on our way to enjoying these benefits in our everyday lives.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	31/10/25	10.00-12.00	1	Fulwell Resource Centre

Financial Health

8 Dimensions of the Wheel of Wellness Workshop

This Financial Health Workshop explores how money matters can impact mental health struggles. And, likewise, poor mental health can significantly reduce our ability to manage our finances effectively, and so the cycle continues. During the course we will discuss top tips and advice to help us escape this cycle and relieve some of the stress and anxiety related to it, bringing calmness to our lives and our minds!

DAY	DATE	TIME	SESSIONS	VENUE
Fri	7/11/25	10.00-12.00	1	Fulwell Resource Centre

Environmental Health

8 Dimensions of the Wheel of Wellness Workshop

Our mood and outlook on life are deeply shaped by the environment around us, whether that's the wider world, our local community, or our immediate living space.

Let's come together to explore practical ways we can make our surroundings more positive, welcoming, and supportive, for ourselves and for those around us.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	14/11/25	10.00-12.00	1	Fulwell Resource Centre

Social Health

8 Dimensions of the Wheel of Wellness Workshop

Our social health is very often the aspect that feels the biggest impact of poor mental health. We can quite easily become socially anxious, isolated, and shut off from the rest of the world. To improve our mental health and overall wellbeing, it is essential to improve our social health by mixing with others, engaging in enjoyable activities, creating or expanding our support networks and giving meaning to our days. So, let's explore together some effective ways to do this.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	21/11/25	10.00-12.00	1	Fulwell Resource Centre

What is Peer Support

What is a Peer Support Worker? How can a Peer Supporter inspire hope? How does the role of a Peer Support Worker differ from other Mental Health workers?

Curious about the role of a Peer Support Worker?

Join us for an informal workshop led by two experienced Peer Support Workers. They will share a short PowerPoint presentation and then open the floor for any questions you may have about the role.

It is a great chance to learn and hear directly from those with lived experience.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	28/11/25	10.00-12.00	1	Fulwell Resource Centre

Food and Mood

When you follow a diet rich in healthy foods, you're supporting a more stable mood, a brighter outlook, and better focus throughout the day.

Research shows that nutritious eating habits can even help ease symptoms of anxiety and depression.

Join us to explore the powerful connection between food and mood.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	5/12/25	10.00-12.00	1	Fulwell Resource Centre

We would like to share some feedback from some of our students, "Thanks so much again to Sunderland Recovery College, I met some amazing people who attended the course & it is nice to know mental health is taken seriously in Sunderland, the help I have received has been amazing".

"The people facilitating the course were so supportive! They made me feel so relaxed."

"When I did it, I was so proud of myself. I felt like I had taken a giant step toward a better future."

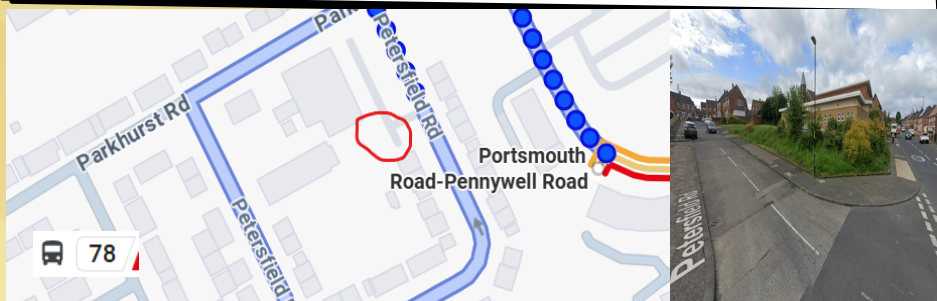
"The course provided me with important information about my condition."

"Fabulous! It has really helped me to grow as a person."

Mental Health Hub, Pennywell

Hope4All Pennywell, Petersfield Road, Sunderland, SR49BD

The centre is fully accessible. The hub is in the building behind the church with parking out front.



WRAP-Wellness Recovery Action Planning

This course is based around building a Wellness Recovery Action Plan (WRAP), which will help you to identify your wellness toolkit for recovery. The course involves a number of short, fun and engaging activities which we hope will encourage you to think about who you are and how you interact with others, whilst gaining the tools to complete your own WRAP.

We aim for everyone to finish the course with an understanding of your own personal journey of recovery and what it means to you, whilst having fun along the way. We hope everyone who attends the college will complete a WRAP plan.

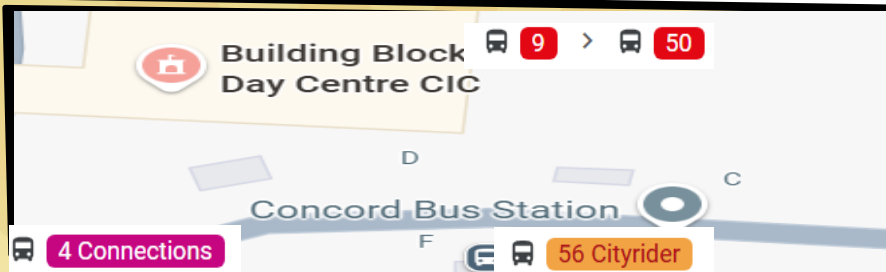
This course is ideal for students at the start of their recovery journey.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	02/10/25	1.00-3.00	3	Hope4All Pennywell

Mental Health Hub, Washington

Building Blocks, 20 Victoria Road, Sunderland, NE379SS

The centre is fully accessible. Please note there is no parking on site. There is free parking located behind the main street



WRAP-Wellness Recovery Action Planning

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DAY	DATE	TIME	SESSIONS	VENUE
Thurs	30/10/25	1.00-3.00	3	Building Blocks Washington

Courses at Washington Millenium Centre

Washington Millennium Centre, The Oval, Washington, NE37 2QD

The centre is fully accessible, including an accessible, free car park.



Social Group

Come along and enjoy refreshments in a comfortable and relaxed atmosphere, where you can discuss current affairs, get to know each other and develop friendships. We will have guest speakers visiting on a regular basis offering information on a range of subjects.

DAY	DATE	TIME	SESSIONS	VENUE
Frid	Ongoing	1.00-3.00		Washington Millenium

Painting by Numbers

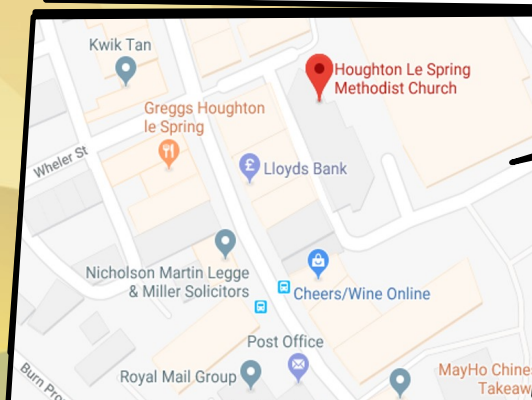
Painting is good for mental health as it can be an effective and enjoyable part of maintaining your health and wellbeing. Many of us have hobbies, whether it be a sport or creative pursuit, having a passion that's just for you encourages personal growth and development, as well as alleviating stress.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	24/09/25	1.00-3.00	10	Washington Millenium

Courses at Houghton Methodist Church

Methodist Church, Mautland Street, Houghton-Le-Spring, DH4 4BH

The centre is fully accessible, although parking is limited. There is also an accessible free car park in easy walking distance.



Buses
35, 35A, X20



Diamond Art

Diamond Art is a therapeutic and creative hobby that promotes stress relief and mental health benefits.

Engaging in diamond painting can improve focus, memory, and motor skills alongside fostering patience and a sense of accomplishment.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	1.00-3.00	10	Houghton Methodist

Seasonal Home Décor and Gifts

Come along and make some Seasonal inspired Home Decor items including decorations for your home and gifts for family and friends.

Crafting is a good way of distracting your thoughts and being able to gift your creations to family and friends is an added bonus, whilst meeting people and sharing ideas.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	1.00-3.00	10	Houghton Methodist

Social Group

Come along and enjoy refreshments in a comfortable and relaxed atmosphere where you can discuss current affairs, get to know each other and develop friendships. We will have guest speakers visiting on a regular basis, offering information on a range of subjects.

Contact the Sunderland Recovery College, to find out more about the courses we offer and our volunteering opportunities.

DAY	DATE	TIME	SESSIONS	VENUE
Tues		1.00-3.00	Ongoing	Houghton Methodist

Emotional Resilience

This course offers the chance to explore emotional resilience, what it is, how it affects your life, and how to promote it in yourself and others. You'll learn to recognise unhelpful thinking patterns and practise techniques to challenge them, helping you build stronger emotional resilience. Through group exercises and open discussion, we will create a safe, supportive space where we can learn from one another and build healthy, positive connections.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	23/09/25	1.00-3.00	5	Houghton Methodist

Pain and the Brain

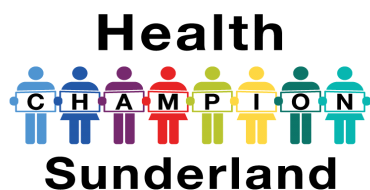
Pain and the brain refers to how the brain constructs and interprets pain signals from the body. Pain is not a direct sensation, but a result of the brain processing information from the nerves and comparing it to past experiences. Sometimes, the brain can create pain even after an injury has healed, as a way of protecting the body from further damage.

Come and join us in a safe and comfortable space to explore this topic further.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	28/10/25	1.00-3.00	3	Houghton Methodist

HEALTH CHAMPION SUNDERLAND

The Sunderland Health Champion programme is now up and running again! We encourage all those over 18 who live, work, study or volunteer in Sunderland to sign up to help make a difference in the health of our city.



Health Champion

The programme is divided into two pathways, outlined below:

Health Champions

As a Health Champion, your role is to share key health messages from the Health Champions Team within your networks.

You will receive a monthly newsletter and have the option to attend quarterly network meetings.

Advanced Health Champions

If you would like to become an Advanced Health Champion, you will need to complete three core training modules:

RSPH Level 2: Understanding Health Improvement

MECC: Smoking Brief Intervention

MECC: Alcohol Brief Intervention

HEALTH CHAMPION SUNDERLAND CON...

Once completed, you will become an Advanced Health Champion and receive a certificate.

As an Advanced Health Champion, you can also choose from a range of optional “bolt-on” training modules, including Mental Health, Healthy Weight, and Financial Resilience.

All training is free of charge. You will also have the chance to volunteer at events with the Health Champions Team or access further advanced training in the future.

To sign up, simply complete the registration form via the link below.

[Health Champions Registration Form](#)

For more information please visit <https://www.livelifewell.org.uk/health-champions/> or email janine.alexander@sunderland.gov.uk.



PERSONAL LEARNING JOURNALS

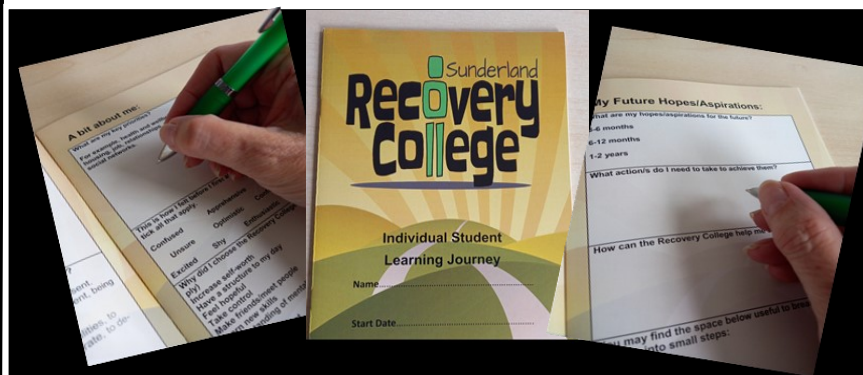
One-to-one Development

We offer optional One-to-One Personal Development sessions to students.

These give you a chance to go through your learning journey booklet with a member of the team and discuss your achievements so far at Sunderland Recovery College. You may be surprised how far you've come since you started the college!

Maybe you would like to discuss which of our courses you would like to do next, to progress on to a course in the community, to volunteer somewhere or to move on to employment.

You may want to attend one of the development sessions before enrolling if you haven't attended before, this will give you a chance to have a tour of the college and meet the team.



WEBSITE COURSE MINDFULNESS

Mindfulness for Anxiety

Mindfulness is actually very simple. We often use another word for it...Awareness!

Awareness is something we all naturally have. It's not something we need to find or develop, it's already within us.

If you pause for just a few moments, you can prove this to yourself. Choose something nearby to look at. Just observe it for a few seconds, perhaps while counting to three.

Can you notice that simply by looking, you are aware of it?

You don't have to do anything special. Awareness is already there. Even when we're not trying, we're still seeing.

Awareness of what we see just happens.

To learn more about Mindfulness visit our website

[Mindfulness for Anxiety \(thinkific.com\)](http://thinkific.com)

WEBSITE COURSE JOURNALING

Journaling for Beginners

Join Steve, as he takes you on a journey of discovery, exploring the many advantages of journal writing for wellbeing. Steve will explore different types of journals in this practical and interactive course and share research findings which confirm the mental and physical benefits of writing journals.

Session 1 - Getting Started: An introduction to Journals.

Session 2 - Saying Thank You: A guide to Gratitude Journals.

Session 3 - Beat the Morning: Morning and Night Journals.

Session 4 - Morning Pages, Dates and Walks: Three tools to creative Recovery.

Session 5 - Rapid Logging: The BuJo Method.

Session 6 - In the Moment: Mindful Journaling.

To enrol on the above course please visit;

[Journaling Course \(thinkific.com\)](http://thinkific.com)

WEBSITE COURSE REDISCOVER YOUR PURPOSE

Post Covid: Rediscover Your Purpose (rebuild Emotional Resilience)

6 weeks Course

In times of uncertainty and upheaval we may feel lost and disconnected, a perfect time to stand back, observe and consider what action to take.

This positive action course encourages you to take a deep dive into 5 key areas of your life, to investigate and analyse certain unresolved issues. It then provides you with various tools/techniques to help you resolve issues, feel happier and rebuild your emotional resilience. The course also helps you to re-discover your life purpose.

The 5 key areas of life:

- Physical Wellbeing
- Mental Wellbeing
- Relationships
- Financial wellbeing
- Purpose in the world / Where you fit in

At the end of the course, you will hope to feel happier with your life, more confident, grounded, know your purpose and clarity of vision to go forward and flourish in new times ahead.

Enjoy!

To enrol on the above course please visit;

[Rediscover Your Purpose Course \(Build back your emotional resilience\)!](https://thinkific.com)
(thinkific.com)

WEBSITE COURSE NATURAL SCIENCE

Natural Science Courses with Chris

Course 1: How plants work

We know that growing plants has been linked to relaxation and reducing anxiety which can both contribute to good mental health. This course is designed to help you to understand more about plants and how to grow them successfully.

Course 2: “Have you ever wondered?”

To relax and reduce my anxiety, people love to do activities that give them a challenge and focus their mind. The activities in this course do just that and if you have an interest in science, we think you will enjoy them. As you will see, some activities are designed for children and they will enjoy doing them with you. Some of the activities come from other courses that Chris has led at the college such as, “Healthy Body Healthy Brain”.

To enrol on one of the above courses please visit;

[Natural Science \(thinkific.com\)](http://thinkific.com)

WEBSITE COURSE NATURAL SCIENCE

Natural Science Courses with Chris

Course 3: “Know Your Organs”

Understanding how our organs function and how to do our best to keep them healthy, which is proven to help in reducing anxiety and improve our wellbeing. This course is designed to help you to understand more about the human body and fitness.

Course 4: “Know Your Genes”

This short course offers clear, accessible information to help answer common questions about your genes and how they function as units of inheritance.

You will explore how traits are passed down from parents and how this genetic inheritance can influence your health, an area of science that is now well understood.

To enrol on one of the above courses please visit

[Natural Science \(sunderlandrecoverycollege.com\)](https://sunderlandrecoverycollege.com)

WEBSITE COURSE TRAUMA SENSITIVE YOGA

Trauma-Sensitive Yoga

Finding safety in our environment to help us re-connect with our body to create a container for healing, which includes:

- Offering choices and developing a sense of agency.
- Soothing and regulating the nervous system.

‘Gentle Yoga’ is about creating the conditions for our body to gradually heal by soothing and balancing the nervous system, through breathing, gentle movement and relaxation practices that can be done seated or lying down.

There will be mini-rests between movements and there is always the choice to drop into the compassionate act of resting.

[Trauma Sensitive Yoga \(thinkific.com\)](http://thinkific.com)

Thank You

We would like to extend our heartfelt thanks to everyone who has contributed to the ongoing growth of Sunderland Recovery College. We are especially grateful to the students, volunteers, carers, and partner organisations who have generously given their time to support and deliver our courses and workshops.

Sunderland
Care and Support

National
Careers
Service

Helping you take
the next step

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Health
CHAMPION
Sunderland

The
Junker
We Are Music

Natural Elements
Positive Energy Therapies

Dawn till Dusk
CRAFT SUPPLIES



WATTS
COACHING & CONSULTING



**Northumbria
University**
NEWCASTLE

Luminary Lighting Up Lives
PHOTOGRAPHY CIC

www.luminary.org.uk
Photography Workshops, Projects, Exhibitions and
Events



**University of
Sunderland**

Macreme Haven

Here at the Recovery College, we take the security of your personal details very seriously. Sunderland Recovery College will use the personal data we collect from you for the purpose of: providing you with relevant support, providing information advice and guidance, completing our enrolment processes and recording your attendance. The personal details which you have provided will be retained and protected by the Recovery College in accordance with the General Data Protection Regulations 2018.

CONTACT US



Facebook.com/sunderlandrecoverycollege



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sunderlandrecoverycollege@gmail.com



@RecoveryColSun



0191 5612276

Sunderland
Care and Support

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

