

North Tyneside Mental Health Action Week  
<https://launchpadnt.wordpress.com/mhaction2018/>

Monday 14th May

**10-12 Drop in Gym Session** Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

**Induction required, contact [josh.brown@tynemet.ac.uk](mailto:josh.brown@tynemet.ac.uk) 0191 229 5119**

**9.30 - 12.30 Happy Hobbies Creative group** - everyone welcome! [bethlaunchpadnt@gmail.com](mailto:bethlaunchpadnt@gmail.com)

North Shields Library, Northumberland Square, North Shields, NE30 1QU

**10.30-1 Age UK NT Bereavement and Loss Workshop** Age Uk Care Academy, The Training Suite, Park Road Whitley Bay, NE26 1LT **Spaces limited, contact** [customerservices@ageuknorthtyneside.org.uk](mailto:customerservices@ageuknorthtyneside.org.uk) 01912808484

**3.30 - 5 - Helping Hands drop in event.** Phoenix Detached Youth Project, 14 Front St, North Shields NE29 7QW [becky@pdyp.co.uk](mailto:becky@pdyp.co.uk) 0191 258 5806

**3.30-5.30pm** - Launchpad North Tyneside, *No Photos, Please!* North Shields Library, - North Shields Library, Northumberland Square, North Shields, NE30 1QU [bethlaunchpadnt@gmail.com](mailto:bethlaunchpadnt@gmail.com)

Tuesday 15th May

**10-12 Drop in Gym Session** Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

**Induction required, contact [josh.brown@tynemet.ac.uk](mailto:josh.brown@tynemet.ac.uk) 0191 229 5119**

**10-12 and 2-4** - Helen Smith *Creative workshop with artists and writers* Old Low Lights Heritage Centre, Cliffords Fort, North Shields, NE30 1JE [hel@helensmith.co.uk](mailto:hel@helensmith.co.uk) 07805439837

**12-2 VODA Friendship Workshop.** VODA Hawkeys Ln, North Shields NE29 9BZ [Sarah.Hilditch@voda.org.uk](mailto:Sarah.Hilditch@voda.org.uk) (0191) 643 2631

**11 am and 2pm North Tyneside Art Studio tour** NTAS Linskill Centre, Linskill Terrace, North Shields, NE30 2AY [info.ntartstudio@gmail.com](mailto:info.ntartstudio@gmail.com) 0191 296 1156

**6-7 Samaritans How to be a good listener.** Northumberland Park, Education Centre, Tynemouth Rd, Tyne and Wear, North Shields NE30 2ES [paulgsamstyneside@gmail.com](mailto:paulgsamstyneside@gmail.com)

**6-8.30pm Rape Crisis Tyneside and Northumberland Helpline and email support** 0800 035 2794 [emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)

Wednesday 16th May

**10-12 Drop in Gym Session** Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL  
**Induction required, contact [josh.brown@tynemet.ac.uk](mailto:josh.brown@tynemet.ac.uk) 0191 229 5119**

**10-12 Cruse Bereavement Coffee Drop In Venue TBC** [admin.tyne@crusenortheast.org.uk](mailto:admin.tyne@crusenortheast.org.uk) 0191 2765533

**10-12 Family cafe** Birth, Baby and Family, George Street North Shields, NE30 1EL [janine@birthandbabyco.com](mailto:janine@birthandbabyco.com)  
07885774279

**10-12 engAGE Meet, Make and Create** (for people 55+) 10-12 Linskill Centre, Linskill Terrace, North Shields,  
NE30 2AY 0191 2578000 [charlotte@linskill.org](mailto:charlotte@linskill.org)

**1-3 Mums and babies under 1** Birth, Baby and Family, George Street North Shields, NE30 1EL  
[janine@birthandbabyco.com](mailto:janine@birthandbabyco.com) 07885774279

**1-3 Key Enterprises Open Day** Key Enterprises, Unit 36 Bellingham Drive, North Tyne Industrial Estate, NE12 9SZ  
**Limited places - booking required** 0191 2701138

**3-4pm Disability North - Letter Writing for benefits claims** VODA Hawkeys Ln, North Shields NE29 9BZ **Limited spaces please contact [KeithMoore@disabilitynorth.org.uk](mailto:KeithMoore@disabilitynorth.org.uk) 0191 2840480**

**7-8.30pm Peer Talk Peer Support Group** Whitley Bay Big Local, unit 4, 305 Whitley Rd, Whitley Bay NE26  
2HU, Tel: 07719 562 617 Email [rosa@peertalk.org.uk](mailto:rosa@peertalk.org.uk)

**6-8.30pm Rape Crisis Tyneside and Northumberland Helpline and email support** 0800 035 2794  
[emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)

Thursday 17th May

**10-12 Drop in Gym Session** Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

**Induction required, contact [josh.brown@tynemet.ac.uk](mailto:josh.brown@tynemet.ac.uk) 0191 229 5119**

**10.30-11.30** Talking Therapies - *Introduction to the survivors of child sexual abuse group* Main Hall, Wallsend Health Centre, The Green, Wallsend NE28 7PD. Contact Jayne Porter 0191 2952775

**11-12 - LD North East - Music to Movement.** Allen Memorial Church Park Road, Wallsend 01912622261  
[jacqui.thompson@ldne.org.uk](mailto:jacqui.thompson@ldne.org.uk)

**9.30-11.30** Northumbria Police & These Girls Can Run - *Take Time, Make Time Community Walk* (Meadow Well Connected - Tynemouth) PC 794 Carly Zawodzinski [794@northumbria.pnn.police.uk](mailto:794@northumbria.pnn.police.uk) 101 ext 63173

**1-3 Mums and Mental Health (0-5 years)** Birth, Baby and Family, George Street North Shields, NE30 1EL  
[janine@birtheadandbabyco.com](mailto:janine@birtheadandbabyco.com) 07885774279

**2.30-3.30 Mindfulness and Discussion** with Mindful Therapies Wallsend Customer First Centre  
16 The Forum, Wallsend, NE28 8GR Contact - 07583553949 | 07852595858 [info@mindfultherapies.org.uk](mailto:info@mindfultherapies.org.uk)

**6-8.30pm** Rape Crisis Tyneside and Northumberland *Helpline and email support* 0800 035 2794  
[emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)

**5.30 - 7pm Mindful Gardening**, Meadow Well Connected, Waterville Rd, North Shields NE29 6BA 0191 341 0033

**6-8** gobscore - *creatively exploring dying and grieving* Meadow Well Connected, Waterville Rd, North Shields NE29 6BA **Spaces limited contact - [bethlaunchpadnt@gmail.com](mailto:bethlaunchpadnt@gmail.com) to book your place**

Friday 18th May

**10-12 Drop in Gym Session** Flex Fitness at Tyne Metropolitan College, Battle Hill Drive, NE28 9NL

**Induction required, contact [josh.brown@tynemet.ac.uk](mailto:josh.brown@tynemet.ac.uk) 0191 229 5119**

**10-12 Family cafe** Birth, Baby and Family. George Street North Shields, NE30 1EL [janine@birtheadandbabyco.com](mailto:janine@birtheadandbabyco.com)  
07885774279

**11-2** Rape Crisis Tyneside and Northumberland *Helpline and email support* 0800 035 2794  
[emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)

**1.30-3.30** *Who supports people's Mental Health in North Tyneside? What's been happening during Mental Health Action Week?* YMCA North Tyneside, Church Way, North Shields NE29 0AB [bethlaunchpadnt@gmail.com](mailto:bethlaunchpadnt@gmail.com)

Saturday 19th May

**11-1** *Weekend Friends Peer Support Group*, Costa Coffee, Wallsend High Street Contact  
steveodriscoll@hotmail.co.uk 07947766327

**1-3** *Meditation Taster* - Cloud 9 Wellbeing, 3 Farringdon Road, North Shields, NE30 3ER  
Rachel@cloud9wellbeing.co.uk 0191 2807236

**2pm** Supporting Stars - *Jolly Picnic in the Park* Please bring your own chair, food and alcohol free drinks -  
everyone welcome! Meet at the Bandstand, Northumberland Park Contact Lara 07944213776

Sunday 20th May

**2-4.30** *Baby loss workshop* Birth, Baby and Family, George Street North Shields, NE30 1EL  
janine@birthandbabyco.com 07885774279

**11-3** *Problem Solving Booths* with Psychologists Against Austerity, Cullercoats Beach paanortheast@gmail.com

North Tyneside

Mental Health

**Actions**

Week

2018