

The logo for Kind Mind Community features three overlapping, curved shapes in light green, light blue, and purple.

Kind Mind
Community

Spring

2024 Activities

Making a difference to your everyday life:

- 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

T: 0191 217 2935

W: KINDMINDCOMMUNITY.ORG

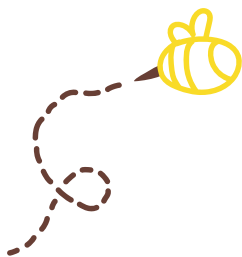
E: KINDMINDCOMMUNITY@EVERYTURNS.ORG

Courses

Anxiety Busters

6 week course, starting Mon 22nd April
10.00-11.30 am, [Big Local, Jarrow](#)

Anxiety can prevent us doing what we'd like to do. It can also bring with it many unwanted side-effects. Join the Anxiety Busters to learn how to manage this condition, in a friendly group setting.



Five Ways to Wellbeing

3 week course, starting Fri 5th July
10.00-11.30 am, [Big Local, Jarrow](#)

Have you heard of the Five Ways to Wellbeing?
Even if you have, why not come along for this feel good refresher course.
Just in time for summer!

First Steps to Healing

6 week course, starting Thurs 18th April
1.30-3.00 pm,
[Marsden Road Community Centre](#)

Have you suffered trauma in your life that you'd like to get past?
This course will help you on your first steps to healing.

Positive Psychology

8 week course, starting Fri 19th April
10.00-11.30 am, [Big Local, Jarrow](#)

Learn about the science of happiness, in this most inspiring course

Exploring OCD

6 week course, starting Thurs 6th June
[Marsden Road Community Centre](#)

Following on from the recent 2 week OCD workshop, Darrell & Holly will delve further into facts and coping mechanisms for dealing with this condition.

t: 0191 217 2935

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Regular Groups

Mindful Photography

Jarrow

This activity is currently on a break – however, if you are interested, please call us or email us to go on the waiting list.

Motivational Mondays

every Monday 12–1 pm

Big Local, Jarrow

This weekly peer support group is designed to help you feel that little bit brighter and to learn how to develop your own coping strategies

EUPD Peer Support Group

(Emotionally Unstable Personality Disorder)

every other Friday 2–3.30pm

Big Local, Jarrow

Structured support around understanding the difficulties that go with this misunderstood disorder. This group also offers peer support and the opportunity to talk with people who really understand

Creative Corner

every other Friday 2–3.30pm

Big Local, Jarrow

Bring your own craft project along, or join us in some mindful drawing or colouring

Allotment Group

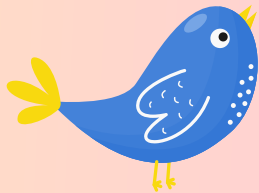
every Friday from end of March

Field Terrace, Jarrow, NE32 5PP

(opposite Jarrow Community Pool)

We have a little oasis that needs some TLC.

No experience is needed! During winter months, please contact us first.



Drop Ins

come for a cuppa and a natter!

every Thursday 12–1.30 pm

Marsden Road Community Centre

every Friday 12noon–1.30 pm

Big Local, Jarrow (including quiz and mindfulness)

Men's Group

Every other Tuesday (ring for details)

at Perth Green CA

Join our Men's Group for bloke time, whether that's a natter over a cuppa or a friendly game of pool. Once a month, we'll go out for a special activity like bowling, litter pick and a wander along the coast. Pre-booking required

Carer Support Group

every Monday 1.30–2.30 pm

at Jarrow Focus (Phab Club entrance)

Caring for someone who has mental health issues can be rewarding but it's important to look after your own needs.

Come along for peer support, carers' resources, a chance to unwind and we'll even have a monthly social trip out

Positive Pens

every Monday 2.30–4pm

Big Local, Jarrow

Let your creative juices flow in this easygoing, creative writing group. Come along and see what journey your imagination will take you on

Music Group

2nd Friday of the month

Big Local, Jarrow

Join us for this evolving group, where you can appreciate music, play instruments (yours or ours), sing some karaoke and experiment with our sound gear

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GETTING INVOLVED IS EASY

to find out more about what we do, enroll or book
a place on an activity

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e: kindmindcommunity@everyturn.org

w: www.kindmindcommunity.org

f: Kind Mind Community



Marsden Road Community Centre
Marsden Road
South Shields
NE34 6RE



Jarrow Focus
Cambrian St, Jarrow,
NE32 3QW
use Phab Club entrance



Community Allotment
Field Terrace, Jarrow
NE32 5PP
opposite Jarrow Community Pool
Your paragraph text

