



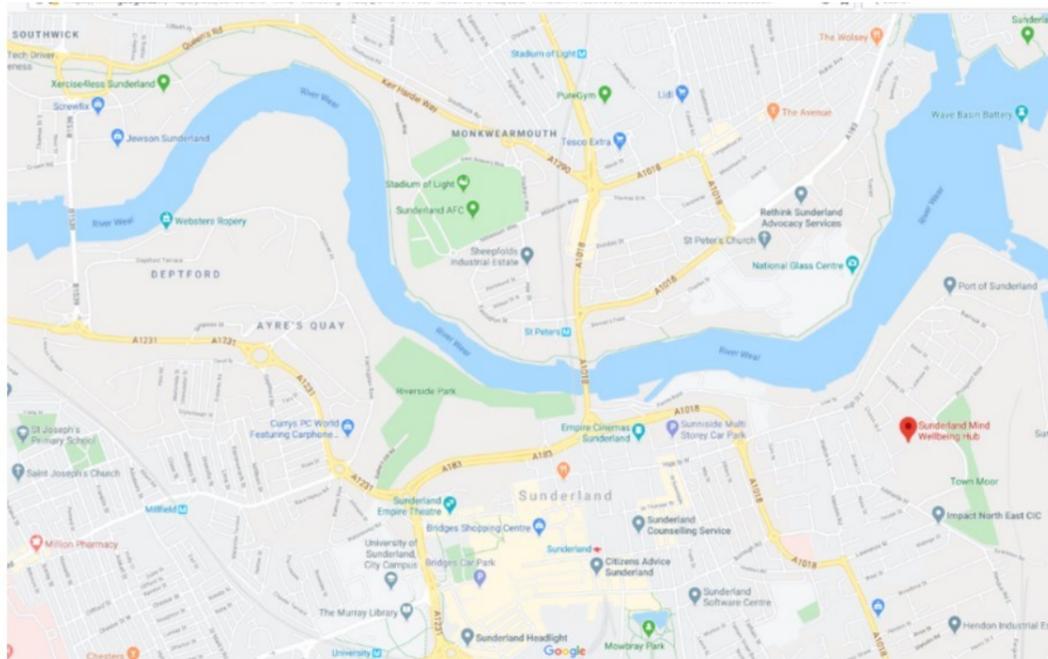
Sunderland Mind Wellbeing Hub

Church Street East, Sunderland, SR1 2BB

Contact:

T: 0191 5657218, E:admin@sunderlandmind.co.uk

www.sunderlandmind.co.uk



Sunderland Mind Page



@SunderlandMind



Sunderland Mind

Services Booklet



Sunderland

Sunderland Mind Wellbeing Hub

Church Street East, Sunderland, SR1 2BB

T: 0191 5657218

M: 07984595542

E: admin@sunderlandmind.co.uk

EATING DISTRESS SUPPORT GROUP

Do you have an unhealthy relationship with food?

Do you experience negative emotions such as guilt, shame
or disgust associated with your eating habits?

If so come along to our new eating distress support group.

Sessions will be held fortnightly from
November 1st 2019 10am—12pm at
our Well being Hub Church Street East

For further information please contact Helen on 01915657218
or email helen.lister@sunderlandmind.co.uk



Sunderland

About Sunderland Mind

Sunderland Mind has been operating in the City for over 40 years providing confidential, comprehensive, quality services to the people of Sunderland who suffer or who are coping or recovering from any level of mental ill health, with or without a diagnosis. We are affiliated to the National Association for Mental Health (NAMH) but we are an independent/stand alone charity. Our aim is to provide a safe, caring, non-judgmental and a supportive environment.

Our Mission Statement

To provide information, advice and support to enable the people of Sunderland to improve and maintain their mental wellbeing. To treat people positively, fairly, with dignity and respect

Could you support us?

Could you help us fundraise with a bake sale, coffee morning, sponsored event or attend one of our organised events.

Or even help us spread the word?

Every penny we raise stays in Sunderland for the people of Sunderland



Counselling Services

Weekly Activities 2019

Every Thursday

PLAYGROUP: 4pm-5.30pm

7-10 yr olds – Free

Explore and manage emotions and build self-esteem through creativity and play



YOUTH GROUP: 5pm – 6.30pm

11-18 yr olds – Free

Increase self-esteem, self-confidence and emotional well being in a safe informal environment



At

Sunderland Mind Wellbeing Hub

Church Street East

Sunderland

SR1 2BB

One-to-one counselling—Our Counselling Service has been well-established for over 10 years. We provide counselling in more than 20 GP surgeries across the city as well as in our Wellbeing Hub.

Our sessions are set in a comfortable environment where you can off-load in a one-to-one session. Our counsellors are BACP (British Association for Counselling and Psychotherapy) lead and work in a non-judgmental way, offering safe and confidential sessions where you can be your true self and overcome your issues.

You will be provided a counselling contract upon starting your first session, where it is outlined that our service typically offers 6 sessions or more depending on your needs.

We can support you through a range of issues including anxiety, depression, stress, family and relationships, bereavement, abuse and more. For more information email jean@sunderlandmind.co.uk

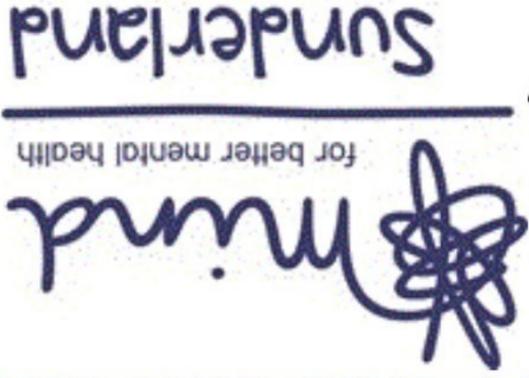
Anger Management—Our Anger Management sessions are aimed at individuals experiencing difficulties with managing their anger.

The sessions encourage individuals to recognise their triggers and to learn strategies that help them cope with and manage their anger. Modern life at work and at home is extremely stressful, and with the current economic climate more people are struggling with anger problems than ever before.

The course has a charge of £10 per session

For more information on any of our counselling services please contact our office on 0191 5657218 or email admin@sunderlandmind.co.uk

For more info contact Leigh Ann on 01915657218, 07984595624,
youngpeople@sunderlandmind.co.uk Facebook @sunderlandwasp, Twitter @WaspAnd,
Instagram @Sunderlandwasp



Knitting
group



Are you a keen knitter or would like to

learn to knit?

Why not come along to our knitting group

Every Thursday

1pm—3pm

£1

Sunderland Mind Wellbeing Hub

Church Street East

Sunderland

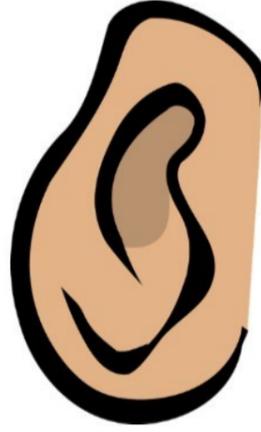
SR1 2BB

Contact

Lesley Cook

T: 0191 5657218

WE ARE HERE
TO LISTEN.



**OUR NEW LISTENING EAR IS UP AND
RUNNING!!**

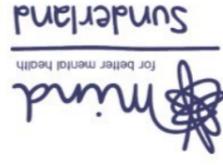
**Just want someone to talk to and be
heard? Our trained staff are here to offer
you an understanding ear.**

Please note this is not a counselling service.

Please contact Helen on 0191 5657218

**or email helen.lister@sunderlandmind.co.uk for further
information or to book an appointment.**

Sunderland Mind Wellbeing Hub SR1 2BB





Keeping On

Have you lost a loved one
to suicide?



Our new support group offers an opportunity to
meet others living with a similar experience.

Thursdays 1pm-2.30pm from Feb 6th 2020

Sunderland Mind Wellbeing Hub
Church Street East
Sunderland
SR1 2BB

For further information please call 01915657218, text us on 07984595542 or email keepingon@sunderlandmind.co.uk



Drop-in



Our drop-in is a
safe place to
meet like
minded people

A place to talk openly with
staff, volunteers and peers

If you are looking for social
activities why not pop along, have a cuppa
and a chat and find out more

Every Monday & Wednesday Morning

10:30am—1pm

£1

Sunderland Mind Wellbeing Hub
Church Street East, Sunderland, SR1 2BB

Contact: Lesley Cook

T: 0191 5657218, E: lesley@sunderlandmind.co.uk

Keep Fit For Beginners

Thursdays 11am-
12pm.

Sunderland Mind Well Being Hub.
Church Street East
SR1 2BB
£1

For more information please contact Lesley on 0191
5657218 or email Lesley@sunderlandmind.co.uk



KEEP FIT

Bereavement and Loss Support Group

Some losses can't be overcome alone...
We're here to help.

Every Monday 11.00 - 12.30

Sunderland Mind Wellbeing Hub
Church Street East, SR1 2BB

£1 Attendance Fee

Complimentary Tea and Coffee

Contact us for more info...

lesley@sunderlandmind.co.uk
0191 565 7218





Art Group

Every Wednesday afternoon

1pm — 3pm

£1

Sunderland Mind Wellbeing Hub

Church Street East, Sunderland, SR1 2BB

Contact: Lesley Cook

T: 0191 5657218, E: lesley@sunderlandmind.co.uk

Games Afternoon



Every Monday afternoon

1pm — 3pm

£1

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Contact: Lesley Cook

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Women's Group

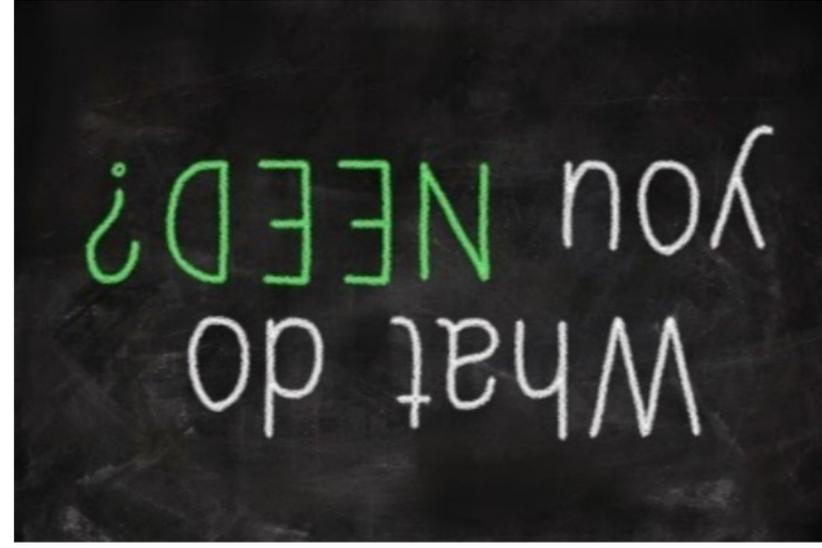
Every Tuesday 1pm—3pm £1

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Contact: Lesley Cook

T: 0191 5657218, E: lesley@sunderlandmind.co.uk



Aged between 18—30?

Do you struggle with your mental health? Do you find a lack of support?

We have identified a gap in support groups for your age and have started a new group to help fill the gap.

Come along to the Wellbeing Hub every Monday from 4.30pm and 6pm grab a cuppa, make friends, build self—confidence and learn new skills.

Sunderland Mind wellbeing hub, Church Street East SR1 2BB

For more information contact Helen or Lesley on 0191 5657218 or

[email helen.lister@sunderlandmind.co.uk](mailto:helen.lister@sunderlandmind.co.uk)



SUNDERLAND MIND WELLBEING HUB



SCENE

LEARN EVERYTHING YOU NEED
TO KNOW ABOUT DRAMA

ACTING

WRITING

PERFORMING

DEVISING

CONFIDENCE
BUILDING

FOR OVER 18 YEAR-OLDS
TUESDAY'S 10.30AM - 12.00PM

For further information please contact Lesley on
0191 5657218.

£1 Email: lesley@sunderlandmind.co.uk



Mens Group

A weekly session for men to meet up, make new friends, have a chat, a cuppa, learn new skills and kick start personal growth.

Every Tuesday 10.30am—11.30 am

£1 per session for refreshments.

All New Members Welcome

Sunderland Mind Wellbeing Hub

Church Street East

SR1 2BB

For more information please contact Lesley on 01915657218 or
email lesley@sunderlandmind.co.uk

Weekly Activities sheet

Monday

Drop-in
10:30 – 12:30
£1

Loss & Bereavement Sup-

port Group
11am – 12:30
£1

Games Afternoon
1pm – 3pm
£1

RE-ACT – Drama Group

7 – 18 years old
4:30 – 6pm
£2

18 – 30's Group
4:30pm – 6pm
£1

Tuesday

Men's Group
10:30 – 11:30
£1

SCENCE Drama Group
10:30 – 12pm
£1

Women's Group
1pm – 3pm

Wednesday

Drop-in
10:30 – 12:30
£1

Art Group
1pm – 3pm

Thursday

Gentle Exercise
11am – 12pm
£1

Keeping On – Suicide
Loss Support Group
1pm – 3pm

Knitting Group
1pm – 3pm
£1

WASP – Junior Group
7 – 10 years old
4pm – 5:30
Free of Charge

WASP – Senior Group
5pm – 6:30
Free of Charge

Friday

Fishing with Ryhope Sea
Angling Club – Bi Weekly
10:30 – 12:30
£1

Eating Distress Support
Group – Bi Weekly
10am – 12pm

For more information on
any of our groups, please
contact Sunderland Mind
on

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E:

admin@sunderlandmind.
co.uk