

# Service Booklet



## Sunderland Mind Wellbeing Hub

Church Street East

Sunderland

SR1 2BB

T: 0191 5657218

M: 07984595542

E: [admin@sunderlandmind.co.uk](mailto:admin@sunderlandmind.co.uk)

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

## About Sunderland Mind

Sunderland Mind has been operating in the City for over 40 years providing confidential, high quality services to the people of Sunderland who are suffering, coping or recovering from any mental ill health or wellbeing.

We aim is to provide a safe, caring, non-judgmental and a supportive environment to those in need.

We are affiliated with National Mind (also known as National Association for Mental Health) but we are an independent charity.

## 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, a sponsored challenge or even attend one of our virtual organised events?

You could even help us spread the word by sharing our social media posts!

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

# Counselling Services

## One-to-one Counselling

Our Counselling Service offers support to those struggling from a range of issues including anxiety, depression, stress, family and relationships, bereavement, abuse etc. This is currently done via telephone from our Wellbeing Hub.

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.

Our service typically offers 6 sessions, but this can increase depending on your needs. For more information, **contact** our **Jean Walker** via **Jean@sunderlandmind.co.uk**

## Couples Counselling

Relationships are based on intimacy and trust. When this is lost, the relationship can experience problems. Pressures of work, family and money can take its toll on a relationship as well as debt, an affair and anger.

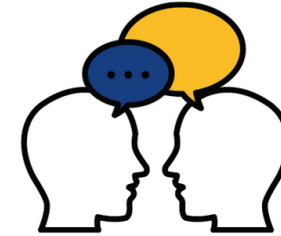
Our sessions provide couples with support in a confidential and non-judgemental environment. The first session lasts for an hour and a half, which is then followed by the required amount of hourly sessions at the small **cost of £35**. For more information, please **contact** our **Jean Walker** via **Jean@sunderlandmind.co.uk**

## Anger Management

Modern life at work and home is extremely stressful, and with the current pandemic and economic climate, more people are struggling with anger problems than ever before. Our Anger Management sessions encourage individuals to recognise their triggers and earn strategies that help them cope and manage their anger. The course has a charge of **£10 per session**

For more information on any of our counselling services please **contact** our office on **0191 565 7218** or email **Kaily@sunderlandmind.co.uk**

# Sunderland Listening Ear Service



**Are you struggling emotionally? Do you want to talk? We're here to listen.**

**Sometimes a confidential chat with our trained staff is all you need.**

**Please note this is not a counselling service but an opportunity to be heard.**

**To book an appointment please contact us on 0191 565 7218, 07508534240 or emily.blyth@sunderlandmind.co.uk**

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

**www.sunderlandmind.co.uk  
@sunderlandmind  
@mindsunderland**



## **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...  
erin@sunderlandmind.co.uk  
0191 565 7218**



# Sunderland Mind **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.**

**Every Thursday 1pm-2.45pm**

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

**For further information or to book your place, please contact  
us on 07984595542 or [keepingon@sunderlandmind.co.uk](mailto:keepingon@sunderlandmind.co.uk)**

Sunderland  mind

## POSTNATAL SUPPORT GROUP



Had a bad birthing experience that has stuck with you?  
Feeling down or anxious after the birth of your baby?  
Struggling with Postnatal Depression or Postnatal OCD?

**Come and join our Postnatal Support Group!**

Every Wednesday  
11:00am—12.30pm

Sunderland Mind Wellbeing Hub  
SR1 2BB

For more information or to book your place, please  
contact **Emily** on **07508534240, 0191 565 7218** or  
**emily.blyth@sunderlandmind.co.uk**



Sunderland  mind

## Art Wellbeing Group

**Every Wednesday 1pm-3pm**

There will be a small entry fee of £1 per person per session

Our art group is held in a safe and  
friendly environment which is a  
great way of meeting new friends.

There are so many different styles  
and techniques of art which are a  
good way of expressing your  
feelings and emotions.

**Sunderland Mind Wellbeing Hub**

**Church Street East, Sunderland, SR1 2BB**

For any further information or to book your place, please contact:  
Paul on - 0191 5657218 or email - paul.booth@sunderlandmind.co.uk



# Join us every Monday 10:30–12:00 for our Wellbeing Walking group

Explore your local area and then join us for  
a cuppa  
£1 per session  
All ages and abilities welcome

Contact Jenae at [jenae.shaw@sunderlandmind.co.uk](mailto:jenae.shaw@sunderlandmind.co.uk) for  
more information



## Wellbeing Crafts Group

Our Craft group is a perfect way of coming together with others  
while learning and sharing new skills.

Crafts are a very good way of stimulating your mind and keeping  
you focused.

This group is held in a safe and friendly environment.

### Thursday's

### 1pm-3pm

There is a small entry  
fee of £1 per person  
per session.

#### Various Activities

- Card Making
- Scrap Booking
- Book Folding
- Quilling
- Tea Bag Folding
- Mindful Crafts
- Wellbeing Crafts
- Team Work



For any further information or to book your place, please contact  
Paul on - 0191 5657218 or email - [paul.booth@sunderlandmind.co.uk](mailto:paul.booth@sunderlandmind.co.uk)

# A Space To Grow

Tuesdays 11am - 3pm  
All Ages welcome  
£1 per session

Join our drop in session to help us create a community garden where we can grow our own vegetables, fruits and flowers

Sunderland Mind, Mind Wellbeing Hub,  
Church St E, Sunderland SR1 2BB  
To book a place please call Vic on 0191 565 718  
or email [victoria.austin@sunderlandmind.co.uk](mailto:victoria.austin@sunderlandmind.co.uk)

## Knit & Natter Group

If your wanting to learn Knitting or already know how to knit then our group is here for you.

Our Knit and Natter group is a great way for people to come together and have some fun, share their knowledge and pass on any skills too.



There is a small entry fee of  
£1 per person per session.

## Thursday's 10.30am-12pm

Things for you to make and keep.

\*\*\*\*\*

Things to make for us to sell & help raise funds.

\*\*\*\*\*

Things to make for us to help other organisations.



For any further information or to book your place, please contact

Paul on - 0191 5657218 or email - [paul.booth@sunderlandmind.co.uk](mailto:paul.booth@sunderlandmind.co.uk)

# WOMENS WELLBEING



## GROUP

**A safe space for women to meet and talk about our everyday struggles**

**Join us for a cuppa and a chat every Tuesday at 1pm  
@ Sunderland Mind Wellbeing Hub  
SR1 2BB  
£1 per session**

Contact Jenae at [jenae.shaw@sunderlandmind.co.uk](mailto:jenae.shaw@sunderlandmind.co.uk) for more information

## Men's Wellbeing Group



**Every Tuesday 10:30am-11:30am**  
**There is a small entry fee of £1 per person per session**

Our support group is an opportunity for men over the age of 18 to mix with others in a safe environment and discuss any matters that may be concerning you. Many different topics and guest speakers.

\*\*\*\*\*

We will also be having fun and laughter too with team building exercises and games.

### Sunderland Mind Wellbeing Hub

Church Street East  
Sunderland  
SR1 2BB

**For any further information or to book your place, please contact Paul on - 0191 5657218 or email - [paul.booth@sunderlandmind.co.uk](mailto:paul.booth@sunderlandmind.co.uk)**

# 18-25'S WELLBEING GROUP



**A safe space for young adults to explore their wellbeing and learn new life skills!**

**£1 per session**

**Tuesday | 5pm - 6:30pm  
Sunderland Mind Wellbeing Hub  
Church Street East SR1 2BB**

**Contact Vic for more info or to book your place via  
[victoria.austin@sunderlandmind.co.uk](mailto:victoria.austin@sunderlandmind.co.uk) / 0191 565 7218**



# *Rise*

**Do you have an interest in Drama?**

**Are you aged 7-18?**

**Come along to our drama group every Wednesday 5:00-6:30pm**

**£1 per session**



**Contact Jenae at  
[jenae.shaw@sunderlandmind.co.uk](mailto:jenae.shaw@sunderlandmind.co.uk)  
for more information**



# A group for 7-10 year olds

A safe space for young people to  
come build their emotional  
resilience , grow confidence and  
improve their wellbeing

We play wellbeing games, take part  
in activities and challenges, always  
having fun along the way



# Junior Group

contact Jenae at

jenae.shaw@sunderlandmind.co.uk for more  
information or to book your place

# SENIOR GROUP

A safe environment  
for 11-18 year olds to  
explore their  
emotional wellbeing,  
increase self-esteem  
and build resilience



THURSDAYS  
4.30PM - 6PM

£1 per session

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



For more info or to book your place  
contact Vic on  
victoria.austin@sunderlandmind.co.uk /  
0191 565 7218



## Your Space Group

**Every Wednesday 5pm-6:30pm**

**There will be a small entry fee of £1 per person per session**

Our support group is a great opportunity for young men from the age of 11 to 18 to come together and have some fun and laughter. There will also be lots of team building exercises and games.

Practical activities on various topics and will include guest speakers.

All this will be held in a safe and friendly environment.

### Sunderland Mind Wellbeing Hub

Church Street East, Sunderland

SR1 2BB

For any further information or to book your place, please contact  
Paul on - 0191 5657218 or email - paul.booth@sunderlandmind.co.uk



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

**Contact:**

**T: 0191 565 7218**

**M: 07984595542**

**E: admin@sunderlandmind.co.uk**

