

Gateshead Clubhouse



A mental health community hub run
by its members

Open 11 am to 4:30 pm weekdays,
12.30 am to 4 pm weekends and up to
8 pm on Thursdays

(0191) 440 9033

gateshead.clubhouse@gmail.com

<http://www.ourgateshead.org/gateshead-clubhouse>

Registered Charity Number: 1160853

So, what's the Clubhouse all about?

Our aim has always been to deliver the positive side of providing a building-based service through supporting each other. We do this while recognising that if left in isolation, this type of service can become institutionalised and stagnant. The input from external trainers, activities and new members is akin to having freshwater running into a stream.

Our vision sees the Clubhouse as being a central venue where people are always welcome on *their* own terms. We believe people need a safe harbour, where our very own members have the assurance that they are in control about the level of activity and participation they wish to engage in; without the fear they will have to move on before they choose to or are ready to leave. In this way, our Clubhouse is in a position to truly support people to build up their own resilience & confidence and only then can they make an informed and genuine step to move on with their lives.

The Clubhouse, in a wholly personalised way, will mean different things to different people. For some it is becoming part of running a unique service - a very empowering experience in itself. To other members, it's a safe place to meet for friendship, where people will always be welcomed with a smile. For others, it will be part of their recovery as they undertake peer-led courses, join in social activities and when ready, move their lives in new directions – knowing that they always have a place of support if needed.

How much will it cost us?

The clubhouse is a free service at the point of entry – this means that there are no charges out of your own money, but if you get a personal budget social services may pay towards you attending.

How can we join the clubhouse?

You can either refer yourself, or ask your support worker, CPN or Doctor to refer you.

What will we be doing there?

That's up to you! Members can just visit and socialise or get involved with the running of the service by working in the cafe, running a group or becoming a 'Member Rep'. We have access to the internet and computers, arts & crafts, plus training courses. We decide as a group what activities to run, so if there is something you have a particular interest in doing then speak up and we shall see if we can develop it together.

So, if you want to get involved in our unique service, the only one of its type in the UK, come and join us!

Do you have in a list of activities?

Yes. We have a weekly timetable on our Facebook page which can be emailed or pick one up at the clubhouse.

