



Leicestershire Recovery College


Autumn Term 2020



HOPE

CONTROL

OPPORTUNITY

| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
|---|---|---|
| UNDERSTANDING MEDICATIONS FOR MENTAL HEALTH | <p>This introductory course aims to explain the different categories of medication prescribed for mental illness and to explore people's different experiences, discussing the positives and negatives of taking medications, the reasons why people do and don't take their prescribed medication and the risks and benefits associated with this.</p> <p>Understanding Medications for Mental Health is delivered in a single session.</p> | <p><u>Course 1 - Online</u></p> <ul style="list-style-type: none"> Friday 25th September 10 am – 12 pm <p><u>Course 2 - Online</u></p> <ul style="list-style-type: none"> Friday 6th November 10am – 12pm <p><u>Course 3 - Classroom</u></p> <ul style="list-style-type: none"> Friday 4th December 10am – 12pm Leicestershire Recovery College |
| INTRODUCTION TO ARTS IN MENTAL HEALTH | <p>An introductory, interactive, informal session highlighting the benefits of arts in mental health activity to mental health service users. We will:</p> <ul style="list-style-type: none"> Outline the different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Trust Discuss the difference between arts in mental health as compared to art therapy. View DVD's of service user performances. | <p><u>CLASSROOM</u></p> <ul style="list-style-type: none"> Thursday 3rd December <p>2 pm – 4 pm</p> |
| INTRODUCTION TO STRESS AWARENESS  | <p>The aim of the session is to understand what stress is and identify some things that cause stress and explore ways to combat stress in your life.</p> <p>Introduction to Stress Awareness is delivered in a single session by Academy Of Life</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> Friday 2nd October <p>10 am – 12 pm</p> |



AUTUMN TERM 2020 COURSES

| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
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| <p>DUAL DIAGNOSIS – DRUGS AND ALCOHOL AND THE IMPACT ON MENTAL HEALTH</p> | <p>Dual Diagnosis is a term used to describe mental health issues and substance, drug or alcohol use. The aim of this course is to understand why people use substances and how they can be a coping strategy for mental health symptoms. We will discuss the issues raised by substance use and how to remain safe. In this course we look at how moving towards recovery is our overall goal and demonstrate how individuals are able to make that change.</p> <p>We will look at where we can access services and how we can support each other on this journey.</p> <p>Dual Diagnosis – Drugs and Alcohol and the Impact on Mental Health is delivered in a single session at Leicestershire Recovery College.</p> | <p>Returning in Spring 2021</p> |
| <p>SPEAKING WITH CONFIDENCE</p> | <p>This course covers topics such as coping with stressful speaking situations; Techniques for keeping calm and creating enjoyable conversations. This supportive session will include study and small and whole group work, with learners being encouraged to participate at their own pace in a variety of activities such as small group discussions, fun short tasks and one-to-one chats with fellow group members. Learners will, by the end of the session, have had the opportunity to identify some key ‘handy hints’ to support future positive conversations, and will have had the opportunity to practice some of these in a supportive, friendly environment.</p> <p>The Speaking with Confidence course is delivered by the Leicestershire Adult Learning Service in a single session.</p> | <p>Returning in 2021</p> |
| <p>LIVING WITH BI-POLAR DISORDER</p> | <p>This course follows on from the ‘Understanding a diagnosis of Bipolar Disorder’ and looks at ways to help you manage the ups and downs of bipolar disorder and discuss and develop effective self-management strategies. Treatment may be important, but there are lots of things you can do for yourself to feel better, gain more control and live your life.</p> <p>Living with Bi-polar is delivered in four sessions.</p> | <p>Returning in 2021</p> |

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| COURSE NAME | COURSE DESCRIPTION | DATE AND TIME |
|--|---|---|
| AN INTRODUCTION TO UNIVERSAL CREDIT & HEALTH RELATED BENEFITS | <p>This short course aims to provide knowledge and understanding around:</p> <ul style="list-style-type: none"> How to make your claim online Where to get help and support if needed to make your claim What to expect if a benefit is awarded Money and budgeting advice <p>It will also signpost attendees to additional support tailored to the individual's needs.</p> | To be confirmed |
| INTRODUCTION TO CREATIVE WRITING | <p>Would you like to develop your writing skills but don't know where to start? This 'taster' is for beginners, and gives you the chance to try writing short stories and poems, and perhaps share your words with others.</p> <p>The Introduction to Creative Writing course is delivered by the Leicestershire Adult Learning Service in a single session.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> Tuesday 13th October 2020 <p>1.30 pm – 3.30 pm</p> |
| LIFE COACHING AND GOAL SETTING | <p>This course uses effective goal setting methods and empowering techniques, such as Neuro-Linguistic Programming (NLP). We have found that attendees usually make big changes within weeks, for example, get on vocational training, start a hobby or lose weight. The course looks at identifying and prioritising areas in life to improve; setting effective goals; finding resources and generating your own internal resources; and action planning, both immediate and long term.</p> <p>Life Coaching and Goal Setting is delivered by Academy of Life in 5 sessions.</p> | Returning in 2021 |
| WHERE TO NEXT | <p>This enjoyable session covers topics such as:</p> <p>Thinking positively about your existing skills, knowledge and achievements. Understanding how learning and volunteering can help develop new skills and build self-confidence. At the end of this session learners will recognize their abilities and feel confident to take the first steps to pursue any personal goals.</p> <p>The Where To Next course is delivered by the Adult Learning Service in a single 3 hour session.</p> | <p><u>CLASSROOM</u></p> <ul style="list-style-type: none"> Tuesday 15th December <p>10 am – 1 pm.</p> |

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| NEXT STEPS | <p>A series of 5 weekly sessions to help you build on existing skills and develop new ones by working as a team to make up Care Packs for NHS patients around the UK. We will support and guide you to work on skills such as:</p> <ul style="list-style-type: none"> Confidence Building Communication and team building Time management and organisation Making decisions and problem solving Setting personal goals CV preparation <p>The final session takes place at our charity base in Leicester City Centre where you can learn more about the work Giving World does to help deprived communities across the UK. Our skills programme, Gifted, offers course transition options which can be discussed with your tutor in week 5.</p> | <p>Returning in 2021</p> |
| HEALTHY EATING  | <p>In this interactive workshop will help you to learn about how to make healthy food choices. We will look at the Eatwell Plate and the main food groups. We explore food labels because understanding food labels makes a big difference to making healthy food choices</p> <p>Healthy Eating will be delivered in a single session by Academy of Life.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> Friday 9th October <p style="text-align: center;">10 am – 12 pm</p> |
| MANAGING WELLBEING DURING UNCERTAINTY  | <p>This course has been developed to support people during these unprecedented times. Managing our wellbeing in uncertain situations can be difficult at any point in time, but due to the current situation it may increase feelings of worry and anxiety. This course focuses on understanding why we feel negative emotions when we are experiencing uncertainty (It is more common than you think) along with introducing specific tools and techniques to manage these. Over the course of 4 weeks we will cover: Worry & Anxiety, taking a Self-compassion Approach, Managing Sleep and Exploring Identity. All aspects interlink with taking care of ourselves during difficult and uncertain times.</p> | <p><u>Course 1 – ONLINE</u></p> <p style="text-align: center;">Tues 1st, 8th, 15th & Weds 23rd September</p> <p style="text-align: center;">10 am – 12 pm</p> <p><u>Course 2 – ONLINE</u></p> <p style="text-align: center;">Tues 10th 17th, 24th November & Weds 2nd December</p> <p style="text-align: center;">10 am – 12 pm</p> |


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| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
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| <p>‘LEARN TO SURF’ – AN INTRODUCTION TO LIVING MORE MINDFULLY</p> | <p>“You can't stop the waves, but you can learn to surf” - Jon Kabat Zinn</p> <p>Do you dwell on the past and worry about the future? Have you ever noticed when you are doing familiar and repetitive things, like eating or driving, that your mind is often elsewhere thinking about something else? Do you find yourself getting swept away by the waves of life? If so, this workshop could be for you!</p> <p>‘Learn to Surf’ provides a basic introduction to mindfulness in a practical and fun way. Mindfulness is about finding ourselves grounded in the moment and gently noticing what is here: thoughts, feelings, sights, smells, sounds, taste, and so on. This skill allows us to consider the whole of our experience, without judging or excluding anything. There are many benefits of regularly practicing mindfulness including: less anxiety and emotional reactivity, as well as greater awareness, acceptance and ability to tolerate change.</p> <p>This course consists of a number of practical mindfulness ‘experiments’ and some tips on bringing mindfulness into daily life.</p> | <p><u>Course 1 - ONLINE</u></p> <ul style="list-style-type: none"> • Friday 30th October & 6th November 1 pm – 4 pm <p><u>Course 2 - CLASSROOM</u></p> <ul style="list-style-type: none"> • Friday 4th & 11th December 1 pm - 4 pm <p>Leicestershire Recovery College</p> |
| <p>MANAGING EMOTIONS</p> | <p>This course is relevant to those who sometimes find it difficult to manage emotions in a helpful and productive way. It is easy to let life get on top of us sometimes and to get frustrated, sad or anxious. It’s even easier to turn these emotions inwards and be critical of ourselves. The sessions will be based on Dialectical Behaviour Therapy (DBT). The interactive course aims to equip you with practical tools and strategies to help manage emotions, so that you can enjoy life to its fullest.</p> <p>Managing Emotions is delivered by Life Links over 3 sessions and will run twice in the Autumn term.</p> | <p><u>COURSE 1 - ONLINE</u></p> <ul style="list-style-type: none"> • Wednesday 30th September, 7th, 14th October 10 am – 12 pm <p><u>COURSE 2 - ONLINE</u></p> <ul style="list-style-type: none"> • Thursday 3rd, 10th, 17th December 10 am – 12 pm |



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| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
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| UNDERSTANDING A DIAGNOSIS OF PSYCHOSIS AND SCHIZOPHRENIA | <p>The aim of this introductory session is to shed some light on the popular misconceptions relating to this illness and to explore the facts and realities. Coming to terms with a diagnosis of psychosis or schizophrenia can be hard and life-changing. People experiencing these types of mental health problems can sometimes find themselves stigmatised, misunderstood and isolated. Relatives and carers can often feel confused and powerless.</p> <p>The course will explore the process of diagnosis, treatment, and recovery, and look at ways in which you could take back more control over your life and achieve greater independence.</p> <p>Understanding A Diagnosis of Psychosis and Schizophrenia is delivered in a single session.</p> | <p><u>Course 1 - ONLINE</u></p> <ul style="list-style-type: none"> • Friday 9 October , 1 pm – 3.30 pm <p><u>Course 2 – CLASSROOM</u></p> <ul style="list-style-type: none"> • Friday 27th November 1 pm – 3.30 pm |
| UNDERSTANDING A DIAGNOSIS OF BIPOLAR DISORDER | <p>This introductory session could be for you if you are interested in gaining awareness of what the experiences of Bipolar Disorder or severe mood swings may mean to you or to somebody you care about, or you have a general interest in finding out more. Bipolar is thought to affect 1 in 100 people and this course will explore the facts and realities, how it is diagnosed and treated and how to manage and monitor mood.</p> <p>Understanding a diagnosis of Bipolar Disorder is delivered in a single session.</p> | <p><u>Course 1 - ONLINE</u></p> <ul style="list-style-type: none"> • Tuesday 27th October 1 pm – 4 pm <p><u>Course 2 - CLASSROOM</u></p> <ul style="list-style-type: none"> • Monday 30th November 1 pm – 4 pm |
| SKILLS FOR SUBSTANCE USE RECOVERY | <p>Some people may be experiencing problems with drug and alcohol: other people may be affected by those using substances.</p> <p>This course aims to support you to develop skills to recognise issues around substance use. In this course we look at moving forward in recovery and provide a toolkit to manage these issues.</p> <p>The course will offer 3 sessions focusing on safety and education. The strategies used will be in line with local service providers and information will be available on how to access services.</p> <p>The 3 psycho social sessions will focus on discussing harm reduction related to substances and exploring coping strategies. This course will work with substance users who have mental health issues to enable them to look at their substance use at the same time as their mental health and how they can impact on each other.</p> <p>The Skills For Substance Use course is delivered by Turning Point over 3 sessions.</p> | <p>Returning in 2021</p> |

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| <p>NATURE FOR WELL-BEING AND RECOVERY – ABBEY PARK</p> | <p>This session could be for you if you would like to explore the role the natural environment can play in mental health recovery and wellbeing. Students will meet at Abbey Park, one of Leicester's premier parks, for a walk in its fascinating grounds and explore the remains of the twelfth century Leicester Abbey, and the ruins of Cavendish House, a seventeenth century mansion.</p> <p>Time allowing, we will visit the popular and well established pets corner on the western side of the park which has a selection of birds and animals.</p> <p>The aim is to get out and about, exercise your body and mind; all while having a good chat and enjoying the nature within the park.</p> <p><i>Please dress in comfortable clothing and footwear suitable for the outdoor environment. Please bring some money to purchase refreshments at the Café, if required.</i></p> <p>This outdoor activity will be held at Abbey Park and may go on for longer than the scheduled 2 ½ hours.</p> | <ul style="list-style-type: none"> • Returning in 2021 |
| <p>GETTING GOOD SLEEP</p> | <p>Sleep is essential to life and a seemingly straight forward task. However, it is not uncommon for people to be held back in life due to struggles with getting to sleep. This course is aimed at people who are experiencing difficulties in sleeping, are keen to uncover what might be hindering their sleep and discover effective ways of getting good sleep. Topics will include: Why do we need sleep? How much sleep should I be getting? Common sleep difficulties. The link between mental health and sleep? What's keeping me awake and what can I do about it?</p> <p>Getting Good Sleep course takes place over 3 sessions.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Wednesday 9th, 16th, 23rd September <p style="text-align: center;">2 pm – 3.30 pm</p> |
| <p>INTRODUCTION TO COMEDY FOR RECOVERY</p> <div style="text-align: center; margin-top: 10px;">  </div> | <p>Is life taking you too seriously? This one-off session will help us discover how the art of making each other laugh can improve confidence, self-esteem, literacy and communication skills, and, in turn aid recovery. We will look briefly at the biology of laughter, celebrate some of our favourite comics, and explore formulas for creating different types of comedy.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Friday 16th October 10 am – 12 pm |

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|---|--|---|
| <p>USING MINDFULNESS FOR NATURE CONNECTION AND ENHANCED WELLBEING</p> <div style="text-align: center; margin-top: 20px;">  </div> | <p>This course is situated in a charming Edwardian manor house within Leicester's Botanic Gardens, surrounded by tranquil herb gardens, woodland, meadows, tropical and desert glasshouses, and water gardens. Take some time out to learn, explore and foster a deeper connection with nature, using approaches from mindfulness and ecotherapy. Develop your psychological understanding of why human beings benefit from connecting with our natural world and discover nature-based activities and techniques for supporting your mental health and wellbeing.</p> <p><i>This course is currently being delivered online and has some outdoor components, so please be prepared for outdoor weather conditions and wear suitable clothing and footwear for light walking.</i></p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Tuesday 6th & 13th October <li style="text-align: right;">10am – 12.30 pm |
| <p>YOGA FOR MENTAL WELLBEING</p> <div style="text-align: center; margin-top: 20px;">  </div> | <p>Have you ever wanted to try yoga? These sessions are suitable for complete beginners, or for anyone who would like to understand how yoga can support good mental health. During each session, we will take some gentle movement, exploring simple yoga postures, which can help to develop physical strength and flexibility, and to ease tensions in the body. Then each session will conclude with a guided relaxation. Throughout each session, we will be working with simple breathing techniques, which can help to calm and quieten the mind.</p> <p>As well as providing you with the therapeutic benefits of yoga each time you attend a session, you will also be able to learn simple techniques that can be used every day to support physical, mental and emotional wellbeing.</p> <p>All of the postures and techniques taught within this course can be modified and adapted to suit each individual, regardless of your level of health and fitness.</p> <p>If you can breath, then you can practice yoga!</p> | <ul style="list-style-type: none"> • To be confirmed |


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| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
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| <p>LONELINESS: GET BETTER CONNECTED</p> | <p>There can be many times when you can feel lonely, maybe after bereavement of a relative or friend, or perhaps after a period of illness which may have made going out or talking to people tricky. Feeling isolated from the company of others can get in the way of good mental health. Connecting with others can have a positive beneficial effect on both mental and physical health.</p> <p>This session will explore ways you could start to connect with others. Based on your interests and health you will have the opportunity to focus on the groups and opportunities to connect with others in your area. The making of inquiries will be discussed and a list of useful questions to ask group leaders will be written. Some useful conversational tips will be briefly covered which may help you to talk to others when you connect with people.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Wednesday 18th November 2020 10 am – 12.30 pm |
| <p>STIGMA AND DISCRIMINATION</p> | <p>In this session we will explore the meaning of stigma and discrimination and what it means to you. We will discuss our own, and/or others, experience of being stigmatised and explore different ways to respond. We will also consider the concept of unconditional positive regard and discuss the best ways of addressing stigma and discrimination within mental health.</p> <p>This will be a light hearted, interactive session designed to generate discussion and ideas around this subject.</p> | <p><u>CLASSROOM</u></p> <ul style="list-style-type: none"> • Thursday 10th December <p>2 pm – 4 pm</p> <p style="text-align: center;">Leicestershire Recovery College</p> |
| <p>SINGING FOR WELL-BEING</p> | <p>This course will demonstrate singing techniques that could be used to improve physical and mental wellbeing. Students will learn breathing exercises, understand and be aware of how singing can positively affect their well-being.</p> <p>Singing For Well-being will be delivered by the WEA.</p> | <p style="text-align: center;">Returning in 2021</p> |

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| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
|---|---|---|
| SOCIAL MEDIA AND MENTAL HEALTH | <p>Today, we are more connected as a global population than we have ever been as a result of social media. While this can improve the way we connect and communicate it can also lead to other areas of difficulty and impact on mental health.</p> <p>The aim of this session is to build knowledge and confidence around using social media. The session will look at different social media platforms, the benefits of using social media, but will also address the negative aspects. Students will have the chance to discuss their thoughts and opinions as well as sharing safe and practical tips on how to use social media in a positive way.</p> <p>Social Media and Mental Health is delivered in one session.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Monday 28th September <p>10 am – 12.30 pm</p> |
| INTRODUCTION TO UNDERSTANDING ANXIETY | <p>This course provides an introduction to understanding anxiety and the impact this has on us. We all feel anxious sometimes, however when it becomes overwhelming, this can be problematic for us. We will focus on how and why we may become anxious, along with exploring our thinking patterns. We will also go through a variety of self-help tools to help you manage anxious feelings and situations.</p> <p>Introduction to Understanding Anxiety is delivered in 2 sessions, twice in the Autumn term, by Lifelinks.</p> | <p><u>Course 1 - ONLINE</u></p> <ul style="list-style-type: none"> • Monday 5th, 12th October 10 am – 12 pm <p><u>Course 2 - ONLINE</u></p> <ul style="list-style-type: none"> • Monday 26th October & 2nd November 10am – 12pm |
| THE VALUE OF COMEDY IN RECOVERY FROM MENTAL DISTRESS | <p>Is Life taking you too seriously? Discover how the art of making each other laugh can improve confidence, self-esteem, teamwork and literacy skills, and, in turn aid recovery. Each week includes a variety of improvisation games and discussion and celebration of some of our favourite comics, the biology of laughter, and formulas for creating different types of comedy.</p> <p>The value of comedy in recovery from mental distress is delivered over 6 sessions.</p> | <p><u>CLASSROOM</u></p> <ul style="list-style-type: none"> • Monday 9th, 16th, 23rd, 30th November, 7th & 14th December <p>10 am – 12 pm</p> <p style="text-align: center;">Leicestershire Recovery College</p> |

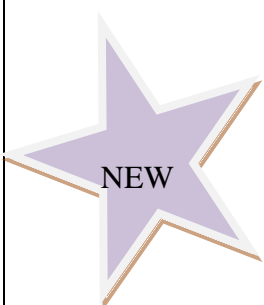
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| <p>5 WAYS TO WELLBEING</p> | <p>This session aims to introduce you to the 5 Ways to Wellbeing. The 5 ways to Wellbeing are a set of evidence based actions which can enhance health and wellbeing. They are:</p> <ul style="list-style-type: none"> • Connect – connecting with the people around you: your family, friends, colleagues and neighbours. • Be active – Find an activity that you enjoy and make it a part of your life. • Keep learning – learning new skills can give you a sense of achievement and a new confidence. • Give to others – even the smallest act can count whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. • Take notice – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges. <p>This session explores each in turn and looks at the practical ways in which we can incorporate The Five Ways into our lives.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Wednesday 30th September 2020 <p style="text-align: center;">1 pm – 3 pm</p> |
| <p>INTRODUCTION TO EMOTIONAL MINDFULNESS</p> <div style="text-align: center; margin-top: 10px;">  </div> | <p>This two hour, online session, will introduce the idea of emotional mindfulness, explore its importance to wellbeing and provide some tools to begin developing awareness of our emotional states. It will be an interactive session, building upon what we already know through exploratory questions and with completion of short exercises.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Tuesday 8th September <p style="text-align: center;">2 pm – 4 pm</p> |
| <p>EMOTIONAL MINDFULNESS</p> | <p>During this six week course we will explore our understanding of emotions, the impact of being in touch with or out of touch with our emotions and the effect that can have upon our lives and relationships, both the relationship we have with ourselves and those with others.</p> <p>We will also be looking at ways of developing our understanding of our emotions, using various tools, in order to explore, deepen insight into and build confidence in, our ability to handle our emotions.</p> | <p><u>CLASSROOM</u></p> <ul style="list-style-type: none"> • Tuesday 3rd, 10th, 17th 24th November, 1st, 8th December <p style="text-align: center;">2 pm – 4 pm</p> <p style="text-align: center;">Leicestershire Recovery College</p> |

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| WELL-BEING FOR WOMEN | <p>Many women feel they are juggling to keep all the balls in the air and respond to the huge number of demands life throws their way. Inevitably this can have an effect on well-being. If this feels like you, this course will offer you the chance to take time out with other women in a safe and nurturing environment to think about all the pressures in society on women today. It will give you the space to reflect on specific pressures you may face, to think more about the demands on your time and enable you to be more in control of what you do on a day-to-day basis. It will help you to develop greater self-awareness around your own well-being and consider ways in which you may be judging yourself too harshly. The course will also provide an introduction to the following: breathing techniques; mindfulness/ meditation; basic assertiveness techniques; stabilising mood through food; the importance of creativity; good sleep habits; the importance of social networks; the impact of nature on mental well-being and more.</p> <p>The Well-Being For Women course is delivered in 2 sessions.</p> | <p><u>Course 1 - ONLINE</u></p> <ul style="list-style-type: none"> • Tuesday 22nd & 29th September <p style="text-align: center;">10 am – 12.30 pm</p> <p><u>Course 2 – ONLINE</u></p> <ul style="list-style-type: none"> • Tuesday 1st & 8th December <p style="text-align: center;">10 am – 12.30 pm</p> |
| INTRODUCTION TO RECOVERY | <p>What is Recovery in Mental Health? In this new interactive course we explore the different aspects of recovery in mental health and how it might be relevant to our own mental health experience. We intend to consider academic research, but largely concentrate on service user experience and humour. The course will run over 5 weeks and introduce students to the CHIME concept and its relevance to recovery in mental health. Each week we will focus on a different aspect of CHIME as follows:</p> <p>Week 1 C - Connectedness (peer support, relationships, social inclusion)</p> <p>Week 2 H - Hope (optimism, belief, dreams and aspirations)</p> <p>Week 3 I - Identity (having a positive sense of self)</p> <p>Week 4 M - Meaning (making sense of what has happened, having a purpose & direction)</p> <p>Week 5 E - Empowerment (focusing on strengths, being positive, regaining responsibility and taking back control over life).</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Thursday 29th October, 5th, 12th, 19th, 26th November, <p style="text-align: center;">2 pm – 4 pm</p> |

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| JOURNALING FOR BETTER MENTAL HEALTH | <p>Studies show there are many benefits to journaling, including improved health and wellbeing, and we will explore how you can use it to support your recovery journey. We will look at:</p> <ul style="list-style-type: none"> • The purpose of journaling • How to journal and the different types of journal • Barriers to keeping a journal • Safety – physical and emotional considerations • Benefits of keeping a journal <p>Journaling for Better Mental Health will be delivered by the Adult Learning Service once in the Autumn Term.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Wednesday 11th November 2020 <p style="text-align: center;">10 am – 12 pm</p> |
| MANAGING STRESS | <p>Alleviate stress and burnout by returning to a state of feeling safe, motivated and powerful. On this course you will:</p> <ul style="list-style-type: none"> • identify causes of stress • remove negative emotions and install positive feelings which you can access anytime • dissolve limiting beliefs to allow motivation • learn instant stress busting techniques • learn how to create a balanced day • explore stuff which adds meaning to your life <p>The Managing Stress course is delivered by Academy of life.</p> | <p><u>CLASSROOM</u></p> <ul style="list-style-type: none"> • Friday 13th, 20th & 27th November <p style="text-align: center;">10 am – 12 pm</p> <p style="text-align: center;">Leicestershire Recovery College</p> |
| KNEAD TO CHAT: FLATBREADS <div style="margin-top: 20px;">  </div> | <p>This two part session will teach you how to make healthy homemade flatbreads, while exploring ways to learn new skills and build self confidence.</p> <p>Week 1 will be a demonstration of how to make flatbreads, using just a few simple ingredients available from your local supermarket. Your homework will then be to have a go yourself in the comfort of your own kitchen, but don't worry we will give you all the support you need.</p> <p>In Week 2 we will all have the opportunity to share our experience and of course photos of our delicious home made bread. In addition we will spend time ...</p> <p>Understanding how learning a new skill can make you feel. Considering the impact learning something new can have on your confidence. Thinking about what else we could learn and how we could find out more about it.....all in a safe, relaxed environment.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Wednesday 28th Oct & 4th Nov <p style="text-align: center;">10 am – 11 am</p> |

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| COURSE NAME | COURSE DESCRIPTION | DATE & TIME |
| THE PLACE OF NARRATIVE IN RECOVERY | <p>People who experience mental distress have a rich history of telling their stories to help them and others understand the nature of their distress. We all have a history of people telling our stories for us, from parents to teachers to nurses and doctors, this course will give you the opportunity to tell your story as you want it to be heard.</p> <p>We will spend time:</p> <ul style="list-style-type: none"> • Considering how you choose to describe yourself. • Considering the benefit that people telling their stories contributes to their recovery from mental distress. • Sharing and discussing our own stories and the stories of others. • Preparing draft material for a short anthology of work produced during the course. • Signposting and supporting participants with developing possible opportunities to further develop their written work and/or to perform. <p>At the end of the 4 week course we hope to come up with a final narrative that will be recorded in some way, be it written, or recorded.</p> <p>The course will be delivered by Tim Sayers over four sessions.</p> | <p><u>ONLINE</u></p> <ul style="list-style-type: none"> • Thursday 24th September, 1st October, 8th October and 15th October <p>2 pm – 4 pm</p> |
| ONLINE MINDFULNESS COURSE | <p><i>We are pleased to announce the launch of our first free online course!</i></p> <p>Introduction to Mindfulness is a short course that has been developed by the college team. Mindfulness and meditation has been shown to reduce stress by helping you to be more attentive to the present moment. Mindfulness can even reduce physical symptoms of stress, such as hypertension and susceptibility to illnesses such as colds and other ailments.</p> <p>This short online course covers what Mindfulness is, the benefits and shares some techniques with lots of signposting to other resources available.</p> | <p>To access the course visit:</p> <p>https://www.leicspart.nhs.uk/service/Leicestershire-recovery-college/</p> <p>If a member of Leicestershire Partnership NHS Trust staff – find the course on ULearn.</p> |
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If you would like to book courses please call 0116 295 1196 or email recoverycollege@leicspart.nhs.uk