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OUR PARTNERS 19
Welcome to the Leicestershire Recovery College. This is an NHS college offering a range of recovery-focussed educational courses and resources for people with lived mental health experience, their friends, family and Leicestershire Partnership NHS Trust staff.

The College is offering people a range of courses designed to contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and talents in order to become experts in their own self care, make informed choices and achieve the things they want to in life.

The College has a philosophy of co-development, co-production and shared decision making, and the courses and workshops are delivered by a variety of organisations and available on a range of topics:

- **GETTING INVOLVED**
- **UNDERSTANDING/EXPERIENCE OF MENTAL HEALTH CONDITIONS**
- **BUILDING YOUR LIFE**
- **DEVELOPING SKILLS AND KNOWLEDGE**
- **PHYSICAL HEALTH AND WELLBEING**

"I am very pleased that the Leicestershire Recovery College has been established to give recovering mental health patients, and their families, friends and carers, the opportunity to learn more about coping with their conditions and equip them to continue with a fulfilled and positive life.

"These colleges – originally an American idea – are proven to be effective in supporting people to better manage their mental health challenges and achieve what they want to in life.

"The College is run almost exclusively by volunteers who have real life experience of mental illness and opportunity. The philosophy of the college is based on hope, control and opportunity, and aims purely to guide students along the road to recovery and fulfilment. Achievements and success will be regularly celebrated.

"The courses being run are designed with input from patients and carers and are firmly aimed at giving students a level of control in their lives, and helping them to fulfil their potential. It will assist people in exploring their possibilities, developing their skills and supporting their goals and ambitions."

Alastair Campbell is a writer, communicator and strategist best known for his role as former British Prime Minister Tony Blair’s director of communications and strategy. Alastair has spoken publicly about his own mental health challenges, and has broadcast a BBC documentary which won considerable praise from mental health charities and campaign groups for helping to break down the taboo surrounding mental health. He continues to campaign on the issue.
GETTING INVOLVED

HOW TO ENROL

If you wish to attend a course, you will first need to enrol as a student with the college. It’s really simple – enrol online at www.leicspart.nhs.uk, call on 0116 295 1196 or email recoverycollege@leicspart.nhs.uk.

We will go through an individual learning plan with you and then book you on the course(s) which you feel may help you most with your recovery journey. Within the learning plan there is an opportunity to discuss any learning support needs you may have, from an educational or mental health perspective. We will then do everything we can to support you.

If you are unable to attend a course, please let us know so that your place can be made available to someone else. You can call 0116 295 1196 or email us at recoverycollege@leicspart.nhs.uk.

All courses include regular refreshment breaks and tea and coffee are available to purchase in the college. Details of the courses can be found on pages 6–19.

Student Forum

Students at the college have set up a student forum where you can come along and share your ideas and suggestions about your experiences and future college developments. We plan to hold regular meetings, involving students, tutors, staff and volunteers.

Meeting dates for the Summer term will be displayed in the College and advertised on our website.

Please come along and share your views.

Volunteering

The College is staffed by volunteers. If you’d like to find out more and see if volunteering is right for you, please call 0116 295 1196 or email recoverycollege@leicspart.nhs.uk.

INTERESTED IN GETTING INVOLVED IN LEICESTERSHIRE PARTNERSHIP NHS TRUST?

The Trust has several opportunities for service users, carers and relatives to be involved. As a service user, carer or relative you are an expert by experience and can provide a unique perspective and valuable input into developing Trust services – this could be by sitting on a working group, being part of an interview panel when we are recruiting staff, or being on a reader panel when we are developing patient information and leaflets. If you are interested in getting involved with the work of the Trust please contact the Patient Experience & Partnerships Team on 0116 295 7688 or email LPTpatientexperience@leicspart.nhs.uk.
HOW TO FIND US

ABOUT THE COLLEGE

The Leicestershire Recovery College is based in temporary accommodation on the Glenfield Hospital site (and is situated opposite the entrance to the Bennion Centre). The college is open to students 9.30am–4pm Monday to Friday.

The Recovery College has disabled access and we are committed to providing accessible services to all.

CONTACT US

Postal Address:
Leicestershire Recovery College,
C/O Bradgate Unit,
Glenfield Hospital site,
Groby Road, Leicester, LE3 9EJ.

Telephone: 0116 295 1196
Email: recoverycollege@leicspart.nhs.uk
Tweet us at: @recoverycollege

www.leicspart.nhs.uk
1 UNDERSTANDING A DIAGNOSIS OF PSYCHOSIS AND SCHIZOPHRENIA

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. 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.

Understanding a diagnosis of Psychosis and Schizophrenia is delivered in a single session.

Date: Tuesday 12 April 2016
Time: 2pm–4.30pm
Venue: Leicestershire Recovery College

2 UNDERSTANDING MEDICATIONS FOR MENTAL HEALTH

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.

Understanding Medications for Mental Health is delivered in a single session.

Date: Monday 27 June 2016
Time: 10am–12 noon
Venue: Leicestershire Recovery College

Date: Monday 9 May 2016
Time: 10am–12 noon
Venue: Leicestershire Recovery College

3 UNDERSTANDING PERSONALITY DISORDER

This course will provide an introduction to what a diagnosis of personality disorder means. Within the session we will explore how a diagnosis is reached and think about the impact of living with personality disorder can have on someone’s life. At the end of the course we will briefly look at treatment options for the disorder.

Understanding Personality Disorder is delivered in two sessions.

Date: Monday 13 and Monday 20 June 2016
Time: 10am–12 noon
Venue: Leicestershire Recovery College
4 UNDERSTANDING DIABETES AND MENTAL HEALTH

People who experience severe mental illness are at higher risk of some physical health problems, including diabetes. The reasons for this are complex and this four week course will look at some of those factors. Symptoms of diabetes can often be similar to an episode of mental ill health and these sessions will help you and your family recognise the difference. You will also learn more about type 1 and type 2 diabetes and practical ways to manage the condition.

Understanding Diabetes and Mental Health is delivered over four sessions, all at Leicestershire Recovery College.

SESSION 1 – 4
Date: Wednesday 18, 25 May and 8, 15 June 2016 inclusive
Time: 10am–12 noon
Venue: Leicestershire Recovery College

5 UNDERSTANDING A DIAGNOSIS OF BIPOLAR DISORDER

This introductory session could be for you if you are interested in gaining an awareness of what experiencing Bipolar Disorder or severe mood swings may mean to you or to someone you care about, or you have a general interest in finding out more. Bipolar is thought to affect one 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.

Understanding a diagnosis of Bipolar Disorder is delivered in a single session.

Date: Friday 22 April 2016
Time: 10.30am–1pm
Venue: Alfred Hill, Glenfield Site

6 DUAL DIAGNOSIS – DRUGS AND ALCOHOL AND THE IMPACT ON MENTAL HEALTH

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. We will look at where we can access services and how we can support each other on this journey.

Dual Diagnosis – Drugs and Alcohol and the Impact on Mental Health is delivered in a single session at Leicestershire Recovery College.

Date: Monday 6 June 2016
Time: 10am–1pm
Venue: Leicestershire Recovery College
Anger Management

Anger affects everyone, it's inevitable, it's a part of life, but it's important to know safe and efficient ways to manage anger. Conflicts can be difficult, we will teach you the best ways to resolve a dispute or disagreement with another person that are not damaging to relationships.

We will teach you to:
- Understand why you feel angry.
- How to rest and relax.
- How to channel anger in healthier ways.
- How to address anger on a personal level so it's not destructive.

Anger Management is delivered by Phoenix Therapies over 4 sessions.

| SESSION 1–4 | Date: Tuesday 7, 14, 21 and 28 June 2016 (4 Sessions) | Time: 1pm–3pm | Venue: Leicestershire Recovery College |

CV Writing

At this time of joblessness, employers spend an average of 8 seconds looking at a Curriculum Vitae (CV). We can help you to design a smarter CV, which gets you noticed. On this three-part course we look at:
- Secret keywords
- How to make your CV look good
- Why should they give you the job?
- Gaps in your work history
- Disclosing medical history
- Using good English
- What to do next with your CV

Date: Friday 10, 17 and 24 June 2016
Time: 1pm–3pm
Venue: Leicestershire Recovery College

Time Management and Recovery

This course aims to show how good time management can be effective in helping your recovery and regaining control. We all have 168 hours a week, so why do some people achieve so much more than others? This workshop is designed to manage your personal efficiency at work and home through identifying barriers to good time management; learning to create good habits and systems; learning to work to priorities; and being able to say NO.

This course is delivered by Academy of Life in two sessions.

COURSE 1

| Date: Thursday 7, 14 July 2016 | Time: 1pm–3pm | Venue: Leicestershire Recovery College |

COURSE 2

| Date: Wednesday 10, 17 August 2016 | Time: 10am–12noon | Venue: A Place to Grow - Mill Lane, Enderby, Leicester LE19 4LX |
10 ASPIRO WORKSHOP

Work, volunteering, further learning advice and guidance.

Aspiro, a local not for profit social enterprise who work closely with the NHS are experts in providing work related advice and support to adults who have used mental health services. During this 2 part workshop you will have the opportunity to ask questions and see how volunteering, further learning and paid employment has benefitted the confidence, quality of life and recovery of nearly 400 local people who have used Aspiro.

By attending the workshop an experienced employment advisor will talk and discuss issues such as ‘can I get a job?’, ‘how do I deal with Jobcentre Plus?’, ‘how will working affect my benefits?’ and more, such as the practicalities of finding work and how Aspiro can support you with a free employability course and its one to one sessions at Aspiro Employment Clinics available across the City, County and Rutland. By attending the workshop you are under no obligation to use Aspiro’s services.

This 2 part workshop is delivered at Leicestershire Recovery College

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11 LIFE COACHING AND GOAL SETTING

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.

Life Coaching and Goal Setting is delivered by Academy of Life in five sessions.

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<tr>
<th>COURSE 1</th>
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<td><strong>Date:</strong> Friday 15, 22, 29 April and 6, 13 May 2016 inclusive</td>
<td><strong>Date:</strong> Friday 10, 17, 24 June and 1, 8 July 2016 inclusive</td>
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12 SISO TOOLKIT FOR WELLBEING

Throughout course you can learn effective techniques contained within the SISO Toolkit for Wellbeing. This Toolkit was developed by ‘Experts by Experience’.... people who have personal experience of mental and emotional health difficulties. They have found these techniques to be very helpful and wish to share them with you.

**Emotional Freedom Technique**

An introduction to Emotional Freedom Technique (EFT) as a self-help tool. Many people have found EFT to be helpful in dealing with low mood, anxiety, stress and negative thinking. You will learn how to use EFT to enhance your Wellbeing. We will also look at how self-esteem contributes to confidence levels, and how language, thought patterns and beliefs can also affect it.

**Stress Relief and Relaxation**

We will look at how stress affects us physically, emotionally and mentally and how we can recognise what may be holding it in place. You will learn a variety of stress relief and relaxation techniques to improve your Wellbeing.

The SISO Toolkit for Wellbeing Course is delivered by Safe Inside Safe Outside (SISO) in two sessions.

**Course 1**

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**Course 2**

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13 GETTING GOOD SLEEP

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 enough or good quality 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? What can I do about it?

This course is delivered in three sessions.

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<th>Date:</th>
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**14 NATURE FOR WELL-BEING AND RECOVERY**

This taster session could be for you if you would like to explore the role the natural environment can play in recovery and well-being. 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.

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.

*Please dress in comfortable clothing and footwear suitable for the outdoor environment. Please bring some money to purchase refreshments at the Café, if required.*

This outdoor activity will be held in Abbey Park and may go on for longer than the scheduled 2½ hours.

**Date:** Tuesday 12 July 2016  
**Time:** 10am–12.30pm (Approx)  
**Venue:** Abbey Park, Abbey Park Rd, Leicester, LE4 5AQ

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**15 INDIVIDUAL LEARNING PLAN PROGRESS WORKSHOP**

When you enrol at the college you will complete your first individual learning plan with a member of the team. This plan is designed to help you identify your specific learning goals in relation to your hopes and ambitions for your recovery journey.

This workshop will give you the opportunity to reflect on your learning and achievements and identify the positive outcomes gained from your learning in the previous term.

There will be opportunity to build on your learning plan and set some new goals to support your recovery journey. It also offers the opportunity to book onto the courses you have identified and discuss any learning support needs.

The ILP Progress Workshop is delivered in a single session at Leicestershire Recovery College.

**Workshop 1**  
**Date:** Monday 4 July 2016  
**Time:** 2pm–4pm  
**Venue:** Leicestershire Recovery College
LIVING WITH BIPOLAR

This course follows on from the ‘Understanding a diagnosis of Bipolar’ 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.

The Living with Bipolar course is delivered in five sessions, all at Leicestershire Recovery College.

WHERE TO NEXT?

This enjoyable session covers topics such as: Thinking positively about your existing skills and 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 more confident to take the first steps to pursue personal goals.

The Where to Next course is delivered in a single session.

MANAGING STRESS

Alleviate stress and burnout by returning to a state of feeling safe, motivated and powerful. On this course you will:

• 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

Managing Stress is delivered by Academy Of Life in three sessions.

COURSE 1

Date: Thursday 30 June and 7, 14 July 2016 inclusive
Time: 10am–12 noon
Venue: Leicestershire Recovery College

COURSE 2

Date: Friday 5, 12, 19 August 2016 inclusive
Time: 10am–12 noon
Venue: Leicestershire Recovery College
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 teachers and doctors. This course will give you the opportunity to tell your own story as you want it to be heard.

- Considering the benefit that people telling their stories contributes to their recovery from mental distress.
- Considering how you choose to describe yourself.
- 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 to perform!
- Sharing and discussing our own stories and the stories of others.

The course will be delivered over four sessions, all at Leicestershire Recovery College.

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21 ASSERTIVENESS, CONFIDENCE AND MOTIVATION

In this three-part course you will learn to develop qualities and skills which will give you:

• Assertiveness: standing up for what you believe in, without aggression; stop being bullied and gain respect.

• Confidence: the difference between feeling unstoppable and feeling scared to handle situations, either of which is due to your self-image; transform your relationships; get a zest for life.

• Motivation: move from procrastination to feeling the excitement about everything you need to do, achieve lots more of what you want, such as getting fit.

The course tutor has a firm belief that you already have these resources inside – the three qualities which you will discover feed each other so you will see a transformation.

Assertiveness, Confidence and Motivation is delivered by Academy of Life in three sessions.

**SESSION 1–3**

**Date:** Friday 15, 22, 29 April 2016 inclusive

**Time:** 1pm–3pm

**Venue:** Leicestershire Recovery College

22 LEARN TO LOVE YOURSELF

Many people have little sense of what it means to have love and acceptance for one’s self, they often think their needs are unimportant and put their own needs last. People often think it’s being selfish to consider their needs. No, it’s not! It’s being selfish not to love yourself.

Depression often happens when people conclude they’re not good enough, or a failure. Most people who are depressed are too hard on themselves. The amount of pressure they put on themselves to be all things to all people means they spread themselves so thin that they have absolutely no time to care for themselves.

On this course we will teach you:

• Why self-love is important

• How to give yourself love

• How to consider your needs?

• That your needs are as important as other people’s needs

• How to accept yourself just as you are.

• How to say no.

• How to disempower their inner critic

Learn to Love Yourself is delivered by Phoenix Therapies over 4 sessions.

**Date:** Tuesday 3, 10, 17, 24 May 2016 (4 Sessions)

**Time:** 1pm–3pm

**Venue:** Leicestershire Recovery College
23 DEVELOPING RELATIONSHIPS

Personal relationships play a large part in our wellbeing. Some people make positive relationships naturally and we can also learn how to nurture this skill. This workshop is designed to introduce learners to communication skills that will enhance relationships. Students learn how to use language and tonality and non-verbal communications to build rapport and strengthen communication with friends, family and colleagues; recognise why other people behave how they behave by questioning the situation; and learn how to adapt their own behaviour to achieve better relations.

The Developing Relationships course is delivered by Academy of Life in two sessions at the Leicestershire Recovery College.

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<td>Venue: Leicestershire Recovery College</td>
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24 INTRODUCTION TO CREATIVE WRITING

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.

This course is delivered by the Leicestershire Adult Learning Service in a single session.

| Date: Friday 6 May 2016 |
| Time: 10am–12 noon |
| Venue: Alfred Hill - Glenfield Hospital Site |

25 HOW DOES YOUR GARDEN GROW?

Did you know gardening can make you feel happier and healthier? Ask any gardener why they enjoy this simple activity and they will often say that, “it makes me feel good”.

This short course aims to introduce students to some basic gardening techniques and explore its potential benefits for health and wellbeing. Students will have a chance to grow and care for plants as well as creating their own hanging basket or container to take home and enjoy throughout the summer.

‘How Does Your Garden Grow?’ is suitable for people who have an interest in gardening but may have little or no experience. The session will be delivered at Linnaeus Nursery, where we can cater for a small group.

This course is delivered in a single session.

| Date: Monday 23 May 2016 |
| Time: 10.30am–3.30pm (including breaks) |
| Venue: Linnaeus Nursery, Cordelia Close, Off Victoria Rd East, Leicester, LE5 0LE |
26 LEARN TO SURF – AN INTRODUCTION TO LIVING MORE MINDFULLY

“You can’t stop the waves, but you can learn to surf” - Jon Kabat Zinn. 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!

‘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, tastes, 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 practising mindfulness including less anxiety and emotional reactivity, and greater awareness, acceptance and ability to tolerate change.

This workshop consists of a number of practical mindfulness ‘experiments’ and some tips on bringing mindfulness into daily life.

There are 3 Learn to Surf courses, each course consists of two sessions.

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<tr>
<td>Course 1</td>
<td>Tuesday 19 April and 26 April 2016</td>
<td>1pm–4pm</td>
<td>Leicestershire Recovery College</td>
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<tr>
<td>Course 2</td>
<td>Tuesday 28 June and 5 July 2016</td>
<td>10am–1pm</td>
<td>Blaby District Council offices, Narborough, LE19 2EP</td>
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<td>Course 3</td>
<td>Wednesday 3 August 2016 (This date includes both sessions)</td>
<td>10.30am–2.30pm</td>
<td>Peterborough Regional College, Oakham Enterprise Park, Oakham, Rutland, LE15 7TU</td>
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27 SPEAKING WITH CONFIDENCE

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.

This course is delivered by the Leicestershire Adult Learning Service in a single session.

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<td>10am–12 noon</td>
<td>Alfred Hill - Glenfield Hospital Site</td>
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DEVELOPING SKILLS AND KNOWLEDGE

28 WEST AFRICAN DRUMMING

Uplift your mood and have some fun by trying West African Drumming. Learn to play simple rhythms on a Djembe drum and find your inner musician!

The West African Drumming course is delivered by Safe Inside Safe Outside (SISO) in a single session.

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29 AN INTRODUCTION TO COPING WITH MEMORY PROBLEMS

This course is a basic introduction to memory and different ways we might cope when our memory lets us down. It is aimed at people who are experiencing mild to moderate memory difficulties, and also at those who support people who experience memory problems. Topics on this introductory course will include: What do we mean by memory? What can affect our memory? How does this impact on our lives? How can we cope with poor memory? Tips and strategies for memory difficulties.

An Introduction to Coping with Memory Problems is delivered over three sessions, all at Leicestershire Recovery College.

SESSION 1
- Date: Thursday 4 August 2016
- Time: 10am–12 noon

SESSION 2
- Date: Thursday 11 August 2016
- Time: 10am–12 noon

SESSION 3
- Date: Thursday 18 August 2016
- Time: 10am–12 noon

30 ANXIETY MANAGEMENT

This course offers an introduction to the nature of anxiety. It aims to explore what we mean by anxiety and to offer practical self-help strategies to better manage anxious thoughts. During the course we will focus on what is anxiety, what keeps it going, how to reduce the physical symptoms, altering your thoughts and changing your behaviours related to anxiety. We will also look at how these strategies can positively influence self-confidence and wellbeing.

The Anxiety Management course is delivered in three sessions, at Leicestershire Recovery College.

<table>
<thead>
<tr>
<th>Date:</th>
<th>Thursday 12, 19, 26 May 2016 inclusive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10am–1pm</td>
</tr>
<tr>
<td>Venue:</td>
<td>Leicestershire Recovery College</td>
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</table>
**EATING MORE HEALTHILY**

What we eat can have a substantial effect on our health. It can affect our body weight, our energy levels and our mood and can even promote the possibility of us becoming ill or developing a lingering disease. Even though we may be aware of some of this, if not all, many of us still do not follow a healthy balanced diet. In this course we will investigate the nutrients our body requires and the five food groups and how they can be incorporated into our diet across a range of cultures within the UK.

**The Eating More Healthily course is delivered by the Leicestershire Adult Learning Service in one session**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Friday 1 July 2016</th>
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<tbody>
<tr>
<td>Time:</td>
<td>1pm–3pm</td>
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<tr>
<td>Venue:</td>
<td>Leicestershire Recovery College</td>
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</tbody>
</table>

**EVERY DAY MATHS**

This course is aimed at giving learners who have not done any maths for a while an informal and relaxed re-introduction to maths. The sessions will be designed to meet the needs and interests of the learners. There will also be opportunities for individual work, group work or peer supported work, all of which will be guided and supported by the tutor. At the end of the course there will be an opportunity for you to take a nationally recognised maths qualification.

**Every Day Maths Course is delivered by South Leicestershire College over 11 sessions, all at Leicestershire Recovery College.**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Tuesday 12 April and 28 June 2016 inclusive</th>
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<tbody>
<tr>
<td>Time:</td>
<td>10am–12 noon</td>
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<tr>
<td>Venue:</td>
<td>Leicestershire Recovery College</td>
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**EVERY DAY ENGLISH**

This course is aimed at giving learners who have not done any English for a while an informal and relaxed re-introduction to English. The sessions will be designed to meet the needs and interests of the learners. There will also be opportunities for individual work, group work or peer supported work, all of which will be guided and supported by the tutor. At the end of the course there will be an opportunity for you to take a nationally recognised English qualification.

**Every Day English Course is delivered by South Leicestershire College over 11 sessions, all at Leicestershire Recovery College.**

<table>
<thead>
<tr>
<th>Date:</th>
<th>Monday 11 April 2016 and 27 June 2016 inclusive</th>
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<tbody>
<tr>
<td>Time:</td>
<td>2pm–4pm</td>
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<tr>
<td>Venue:</td>
<td>Leicestershire Recovery College</td>
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</tbody>
</table>
INTRODUCTION TO SOMATICS

Everything that we do in our life, see, feel, smell and hear is remembered by our brain and our body. All of these experiences shape us and make us who we are. It’s like walking down the street on a sunny day, enjoying the weather, ‘being miles away’…. BANG!, sudden noise makes us jump, breathing stops, muscles tense….. We’ve all been there. A few hours later we may still feel a bit uneasy, tensed or even have a little pain in our neck or shoulders. This was a relatively small, insignificant event which our body will possibly forget about the next day. But what about others like divorce, serious illness, car accident or other emotional distress? This is where Somatics can give us a helping hand. Somatics is a method for reawakening the mind’s control of health and can be developed through a process of simple, gentle, specifically designed and based on current scientific research movement exercises. It may not solve the problem, yet it will show it to us and allow us to tackle it.

Introduction to Somatics is delivered in one session by the Leicestershire Adult Learning Service.

Date: Wednesday 25 May 2016
Time: 10am–12 noon
Venue: Recreation hall, Bradgate Unit, Glenfield Hospital Site.

OUR PARTNERS

Leicestershire Recovery College courses are delivered by Leicestershire Partnership NHS Trust in partnership with:

OUR THANKS

The Leicestershire Recovery College is in early development, and is being co-produced, co-designed and co-developed. We have received input from a host of organisations, groups and individuals and we are grateful for their continued support, interest and involvement.
CONTACT US

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