Leicestershire Recovery College

PROSPECTUS

Summer Course Guide: April - August 2018

The college will be closed on:
Monday 7th May,
Monday 28th May to Friday 1st June inclusive,
Monday 16th July to Friday 20th July inclusive,
Monday 20th August to Friday 31st August inclusive.
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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

**FOREWORD, FROM ALISTAIR CAMPBELL**

“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.”

Rob Gee Tutor: The Value of Comedy in Recovery.

“I thoroughly enjoy being a tutor at The Recovery College. It’s a very rewarding job and you get to meet lots of wonderful people”

Tim Sayers Arts in Mental Health. Tutor: The Place of Narrative in Mental Health, Stigma and Discrimination
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, or
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 in the college. Details of the courses can be found on pages 6–19.

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 7297 or email LPTpatientexperience@leicspart.nhs.uk.

Reference Library

The college now has a collection of books for reference. These books have been recommended by college tutors. The books on offer complement and consolidate the courses that are delivered throughout each term. All the books are recovery focused and cover a range of subjects and topics: Depression, Mindfulness, Anxiety and Insomnia. Students are welcome to browse and read at their leisure.

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.

Meet one of our Volunteers:
Anneka Weston

I was diagnosed with bipolar disorder about 32 years ago. It was not until 2001 that I heard about self-management training for my condition. This training was provided by the charity Bipolar UK. I was asked to train as a tutor facilitator and took a teaching qualification. I spent many years facilitating courses of this nature all over the country. Sadly, the funding dried up. A wonderful opportunity opened up for me at the Leicestershire Recovery College. The Living with Bipolar course was similar to the management course, but better it has been a privilege to be able to take part in it.

Every day I have to work hard following the methods we teach on the course to keep well. Passing these methods on to others offers them hope and gives me some self-esteem. Voluntary work allows me to take time out if necessary and yet it gives me such a sense of purpose. The college has a warm inviting environment where everyone is made welcome and treated with respect. I have met some delightful people during my time there and I believe that students leave armed with information that if followed will make a huge change in their lives.
HOW TO FIND US

CAR PARKING
Please park in the LPT designated car parking zones and sign in your vehicle registration details at the College reception. Failure to park as instructed may result in a parking ticket being issued.

BUS TRAVEL
Leicester buses arrive and depart from the Haymarket Bus Station at the Haymarket Shopping Centre and St. Margaret’s Bus Station in Gravel Street, or from city centre stops. Both bus stations are about 20 minutes’ walk from the railway station.

HOSPITAL SHUTTLE BUS
The hospital shuttle bus, the Centrebus ‘Hospital Hopper’, departs from various locations around Leicester every 30 minutes throughout the day from Monday to Friday. Catch it at a UHL bus stop. For more details about getting to the Glenfield Hospital site using this bus service, visit www.uhl-tr.nhs.uk/patients/getting-to-hospital.

The College has developed 11 satellite venues across Leicester, Leicestershire and Rutland and we will be delivering courses in the above locations.
1 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.

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<tr>
<th>COURSE 1</th>
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<tr>
<td>Date: Monday 21 May 2018</td>
<td>Date: Friday 8 June 2018</td>
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<tr>
<td>Time: 10am - 12pm</td>
<td>Time: 10.30am - 12.30pm</td>
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<tr>
<td>Venue: Leicestershire Recovery College</td>
<td>Venue: Hinkley Library, Lancaster Road, Hinkley, LE10 0AT</td>
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2 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 4, 11 June 2018 |
| Time: 10am -12 pm |
| Venue: Leicestershire Recovery College |

3 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: Monday 13 August 2018 |
| Time: 1pm - 3pm |
| Venue: Leicestershire Recovery College |
4 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.

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<th>Date</th>
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<td>Venue</td>
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5 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.

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<th>Date</th>
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<td>Venue</td>
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6 MENTAL HEALTH AND SMOKING - A START TOWARDS A SMOKEFREE JOURNEY

This session is relevant for anyone that would like to know more about smoking, anyone that smokes or has friends or family that smoke. This session will be particularly helpful if you are looking to reduce your smoking with the intention to quit further in the future. This course will provide you with helpful tips and coping mechanisms to quit smoking or provide family members with information in supporting people to stop smoking. It will also provide information on the support that you can access in the community. The session will last one hour and cover the following:

- Looking at all aspects around smoking tobacco: Why people smoke
- Physical and Mental health effects of smoking: Benefits from stopping
- Overview of the tools for reducing the harm from smoking: Medications to help you stop smoking

This session is delivered by the Quitready Team from Leicestershire County Council at Leicestershire Recovery College.

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7 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 wellbeing. Students will meet at The Bridge and walk across to 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 2 1/2 hours.

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<tr>
<th>Date:</th>
<th>Tuesday 10 July 2018</th>
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<tr>
<td>Time:</td>
<td>10am - 12.30pm (approx.)</td>
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<tr>
<td>Venue:</td>
<td>Meeting Point, The Bridge, 43 Melton Street, Leicester, LE1 3NB</td>
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8 UNDERSTANDING AND LIVING WITH DEPRESSION

This four week course aims to provide a broad overview and introduction to depression. It is designed to cover topics such as what is depression, what causes it and what maintains it. The course will take a closer look at different perspectives and ways of dealing with depression. It will outline a variety of coping strategies, focusing predominantly on a psychological perspective and self-management techniques.

Understanding and Living with Depression is delivered over four sessions, all at Leicestershire Recovery College.

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<th>Date:</th>
<th>Friday 27 April, 4, 18, 25 May 2018</th>
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<td>Venue:</td>
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9 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.

Emotional Freedom Technique is delivered in 1 session by Phoenix Fulfilment Initiative

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<td>Venue:</td>
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10 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.**

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<tr>
<th>Date:</th>
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<td>Venue:</td>
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11 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.**

**SESSIONS 1-5**

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<th>Date:</th>
<th>Tuesday 12, 19, 26 June, 3, 10 July 2018</th>
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12 LONELINESS: GET BETTER CONNECTED

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.

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.

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<th>Date:</th>
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<td>Venue:</td>
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13 THE PLACE OF NARRATIVE IN RECOVERY FROM MENTAL HEALTH DISTRESS

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.

We will spend time:

• 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 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.

The course will be delivered by Tim Sayers over 4 sessions, all at Leicestershire Recovery College.

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<tr>
<th>Date</th>
<th>Thursday 14, 21, 28 June, 12 July 2018</th>
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<td>Time</td>
<td>2pm - 4pm</td>
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<td>Venue</td>
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14 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.

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<th>Workshop 1</th>
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15 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.

| COURSE I | Date: Friday 6 July 2018 | Time: 10am - 2.30pm | Venue: Voluntary Action Rutland, Rutland Community Hub, Lands End Way, Oakham, LE15 6RB |

16 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.

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

| Date: Friday 8, 15, 22 June 2018 | Time: 10am - 12pm | Venue: Leicestershire Recovery College |

17 THINKING OF VOLUNTEERING?

Explore the benefits of volunteering as part of progression and next steps in recovery and wellbeing in this workshop. The session will also detail opportunities available within LPT trust and beyond.

| Date: Wednesday 11 July 2018 | Time: 10am - 12pm | Venue: Leicestershire Recovery College |
18 INTRODUCTION TO ARTS IN MENTAL HEALTH

An introductory, interactive, informal session highlighting the benefits of arts in mental health activity to mental health service users.

Our guest service user will describe the benefits that they have found from their involvement in arts in mental health activities, with short performances highlighting their developing talent.

We will:
- 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 DVDs of service user performances.

Introduction to Arts In Mental Health is delivered in a single session.

Date: Tuesday 12 June 2018
Time: 10am - 12pm
Venue: Leicestershire Recovery College

19 THE VALUE OF COMEDY IN RECOVERY FROM MENTAL DISTRESS

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, discussion and celebration of some of our favourite comics, the biology of laughter, and formulas for writing jokes.

Anyone who says laughter is the best medicine has never had morphine. But it’s certainly in the top five.

The value of comedy in recovery from mental distress is delivered twice this term at Blaby District Council Offices and Leicestershire Recovery College over 6 sessions.

<table>
<thead>
<tr>
<th>COURSE 1. SESSION 1– 6</th>
<th>COURSE 2. SESSION 1– 6</th>
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<tr>
<td>Date: Tuesday 10, 17, 24 April, Tuesday 1, 8, 15, May 2018</td>
<td>Date: Wednesday 6, 13, 20, 27 June, Wednesday 4, 11 July 2018</td>
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<tr>
<td>Time: 10am - 12pm</td>
<td>Time: 2 - 4pm</td>
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20 COPING WITH CHANGE

This course is delivered in 2 sessions and aims to provide the student with an understanding of change and how it can affect an individual. The course will look at change in a positive way and include strategies and skills to cope with change.

The Coping with Change course is delivered by Academy of Life over two sessions.

Date: Friday 27 April, 4 May 2018
Time: 10am - 12pm
Venue: Mett Centre, Lee Circle, Leicester LE1 3RE
21 CONFIDENT DECISION MAKING

This taster session will explore how to feel confident in making decisions in your everyday life. This session will aim to develop your skills in goal planning and decision making through fun group work and activities.

Date: Wednesday 27 June 2018
Time: 10am - 12pm
Venue: Leicestershire Recovery College

22 EFFECTIVE COMMUNICATION

Communication plays a large part in our relationships. Some people do it naturally and we can also learn how to develop the skills.

This course is designed to introduce learners to effective communications skills.

Students will learn:

- To recognise both good and non-effective communication
- How to use language, tone and non-verbal communication to build rapport and engage with others effectively
- To adapt your own communication to achieve better relationships

Date: Friday 13, 20 April 2018
Time: 10am - 12pm
Venue: Leicestershire Recovery College

23 AN INTRODUCTION TO UNIVERSAL CREDIT AND HEALTH RELATED BENEFITS

This short course aims to provide knowledge and understanding around:

- 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
- The sessions will also signpost to additional support tailored to the individual's needs.

This course is delivered in a single session and will be offered 3 times during the Summer term.

COURSE 1
Date: Tuesday 10 April 2018
Time: 1pm - 3pm
Venue: Leicestershire Recovery College

COURSE 2
Date: Monday 2 July 2018
Time: 1pm -3pm
Venue: Loughborough Library, Granby Street, Loughborough, LE11 3DZ

COURSE 3
Date: Tuesday 31 July 2018
Time: 10am - 12pm
Venue: Leicestershire Recovery College

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www.leicspart.nhs.uk
24 **HEALTHY EATING ON A BUDGET**

Would you like to know what a balanced diet means and how to shop for healthy food on a budget? This one-off session will teach you how to make healthy eating simple, quick, easy and very affordable. You will learn all of the above in a fun, friendly, interactive and inspiring environment that will give you the confidence to eat healthy, save time and money to make you feel good inside and out.

**Date:** Wednesday 8 August 2018  
**Time:** 10.15am - 12.15pm  
**Venue:** Leicestershire Recovery College

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25 **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.

The Introduction to Creative Writing course is delivered by the Leicestershire Adult Learning Service in a single session.

**Date:** Thursday 7 June 2018  
**Time:** 12.45 - 2.45pm  
**Venue:** Leicestershire Recovery College

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26 **MANAGING YOUR MONEY**

Managing money can be a problem for many people. For those with lived mental health experience it can prove even more difficult. Good money management can impact on many aspects of life - social, physical, emotional well-being and help you to achieve short and long term goals.

In this workshop we will explore:

- how money impacts on all aspects of life - social, physical & emotional well-being
- budgeting skills and keeping track of your income and expenses
- money saving tips and advice
- how to avoid financial scams

**Date:** Friday 3, 10 August 2018  
**Time:** 10am - 12pm  
**Venue:** Mett Centre, Lee Circle, Leicester, LE1 3RE

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27 **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 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.

**Date:** Friday 6, 13, 27 July 2018  
**Time:** 10am - 12pm  
**Venue:** Leicestershire Recovery College

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28  STIGMA AND DISCRIMINATION

In this one session course 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.

This will be a light hearted, interactive session designed to generate discussion and ideas around this subject.

| Date:       | Tuesday 5 June 2018 |
| Time:       | 10am - 12pm         |
| Venue:      | Leicestershire Recovery College |

29  WORK SKILLS AND EMPLOYMENT PREPARATION

Confidence-building and improving self-esteem underpins this course of 8 sessions and aims to help you acquire and practice the skills needed to work towards getting into work or to help you refresh existing skills such as:

• Time Management
• Team working
• Leadership
• Personal Responsibility

You will undertake tasks in a supported and structured environment, making up Care Packs for the benefit of NHS patients around the UK. You can develop your interpersonal skills while connecting with others in the group to achieve personal and team goals.

Date: Monday 4, 11, 18, 25 June, 2, 9, 23, 30 July 2018  
Time: 1pm - 3pm  
Venue: Leicestershire Recovery College

30  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 in a single session.

Date: Wednesday 9 May 2018  
Time: 11am - 1pm  
Venue: Leicestershire Recovery College

Date: Wednesday 15 August 2018  
Time: 11am - 1pm  
Venue: A Place to Grow, Mill Lane, Enderby, LE19 4LX
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 for the Summer Term 2018.

<table>
<thead>
<tr>
<th>COURSE 1</th>
<th>COURSE 2</th>
<th>COURSE 3</th>
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<tr>
<td><strong>Date:</strong></td>
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<tr>
<td>Tuesday 1, 8, May 2018</td>
<td>Friday 22, 29 June 2018</td>
<td>Friday 10, 17 August 2018</td>
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<td><strong>Time:</strong></td>
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<tr>
<td>1pm - 4pm</td>
<td>10.30 - 1.30pm</td>
<td>10am - 1pm</td>
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<td><strong>Venue:</strong></td>
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<tr>
<td>Leicestershire Recovery College</td>
<td>NW Leics District Council Offices, Whitwick Road, Coalville, LE67 3 FT</td>
<td>Leicestershire Recovery College</td>
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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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<th><strong>Date:</strong></th>
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<tbody>
<tr>
<td>Monday 21 May 2018</td>
<td>1pm - 3pm</td>
<td>Leicestershire Recovery College</td>
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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>Tuesday 24, Wednesday 25 July, Wednesday 1 August 2018</th>
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<tbody>
<tr>
<td>Time:</td>
<td>1pm - 4pm</td>
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<tr>
<td>Venue:</td>
<td>Leicestershire Recovery College</td>
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GET YOURSELF ACTIVE WORKSHOP

The Get Yourself Active workshop will work with you to find easy, practical ways to be more active in everyday life. We will discuss alternative ways to be active and what effects this could have on your physical and mental wellbeing. The workshop will show you what tools, resources, schemes are already available to you and how you can access these to improve your wellbeing. Over the workshop we will set goals, identify how you can be active, and create action plans for what to do next. After the workshop Get Yourself Active will follow up with you to check progress and offer additional support.

The Get Yourself Active workshop is offered 2 times this term. Choose from one of the following sessions.

<table>
<thead>
<tr>
<th>Date:</th>
<th>Tuesday 22 May 2018</th>
<th>Date:</th>
<th>Wednesday 1 August 2018</th>
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<tbody>
<tr>
<td>Time:</td>
<td>10am - 12pm</td>
<td>Time:</td>
<td>10am - 12pm</td>
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<tr>
<td>Venue:</td>
<td>Leicestershire Recovery College</td>
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HEALTHY BODY, HEALTHY MIND

There are many reasons why physical activity is good for your body - having a healthy heart and improving your joints and bones are just two, but did you know that exercise is also one of the most effective ways to improve your mental health? Physical activity has been shown to have a positive impact on your mood, boosting low self-esteem and confidence levels and reducing stress and anxiety. This 6 week exercise programme will be led by a qualified fitness instructor and will give you the opportunity to improve your fitness levels using cardiovascular training, resistance training, free weights and body weight exercises in a supportive gym environment.

You will need to wear comfortable clothes and footwear that are suitable to exercise in. You may also wish to bring a bottle of water with you, to keep hydrated.

This 6 week exercise programme will take place at The Peepul Centre, on the following dates:

<table>
<thead>
<tr>
<th>Date:</th>
<th>Monday 4, 11, 18, 25 June, 2, 9 July 2018 (6 sessions)</th>
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<tbody>
<tr>
<td>Time:</td>
<td>10.30am - 12pm</td>
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<tr>
<td>Venue:</td>
<td>The Peepul Centre Gym and Spa, Orchardson Avenue, Leicester, LE4 6DP</td>
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LEICESTER CITY FOOTBALL CLUB
MULTI-SPORT SESSIONS

Fun and active multi-sport sessions, delivered by a fully-qualified, experienced, Leicester City Football Club Community Trust coach, giving you the chance to try exciting new sports and activities that you may not have played before.

The sessions will give you a taste of different sports and activities from football and basketball, to boccia and individual challenges. The sessions will give you the opportunity to develop some key skills used across several activities, such as passing, catching, shooting and hitting. You’ll do this whilst playing a variety of fun, non-contact games and activities, which will also give you the opportunity to demonstrate additional skills, such as teamwork and communication.

Appropriate for all ages and abilities, this activity is a great form of exercise and provides you with lots of additional health and wellbeing benefits that come with being physically active. Being physically active improves not only your physical health but your mental health, providing you with opportunities to develop social confidence, teamwork and communication skills, alongside the potential to improve your self-esteem, relieve stress and boost your mood.

If you’re keen to continue participating and develop your skill further following the course there will be an opportunity for you to continue to participate in multi-sport sessions or in sport specific sessions, such as football, that we can signpost you to.

You’ll need to wear trainers and sports kit, bring some water, and be prepared to be active throughout the session!

| Date:    | Wednesday 20, 27 June, 4, 11 July 2018 |
| Time:    | 10.30am - 12pm                         |
| Venue:   | QE11 Diamond Jubilee Leisure Centre, 50 Duns Lane, Leicester, LE3 5LX |

LEICESTER TIGERS
RUGBY SKILLS SESSION

This fun, active, rugby skills session, is delivered by a fully-qualified, experienced, Leicester Tigers coach, and will give you the chance to try an exciting new sport that you may not have played before. The session will give you a taste of what rugby is all about, and will give you the opportunity to develop some key skills used in the sport, such as passing and catching, evasion and scoring tries. You’ll do this whilst playing a variety of fun, non-contact games and activities, which will also give you the opportunity to demonstrate additional skills, such as teamwork and communication. This hour of activity, has the added bonus of being great exercise, with all the health and wellbeing benefits that come with this. It is appropriate for all ages and abilities.

Following on from this session, there will be an opportunity for you to take part in an additional 12 week block of sessions, if you are keen to keep playing and develop your rugby skills further.

You’ll need to wear trainers and sports kit, bring some water to drink, and be prepared to do plenty of running around!

The Leicester Tigers Rugby Skills session is offered once this term by Leicester Tigers Foundation at LCiL Sports Hall, West End Neighbourhood Centre, Andrewes Street, Leicester LE3 5PA

| Date:    | Tuesday 26 June 2018 |
| Time:    | 2pm - 3.30pm         |
| Venue:   | West End Neighbourhood Centre, Andrewes Street, Leicester LE3 5PA |
STRENGTH, STRETCH, RELAX

Strength, Stretch, Relax is a fusion class that looks at 3 different elements of what makes us ‘fit’. Over the 2 hours we will look at each element, and complete a number of exercises to help us practice and understand;

- Strength - We will look at how we can use our own body weight to build muscle and strength in the body, as well as discuss some of the benefits of strength training.
- Flexibility - how keeping our muscles supple helps reduce the risk of injury and help our bodies function better.
- Relaxation - how the unseen mental fitness element helps us to better cope with the demands life places on us, looking specifically at ‘progressive muscle relaxation’.

Learners are advised to wear loose, comfortable clothing. We will be lying on the floor for parts of the class, so socks and jumpers are advisable in case it is cold. Learners may also wish to bring a bottle of water, and they are free to bring their own floor mat if they have one, although mats are provided.

Date: Thursday 24 May 2018
Time: 12.45pm - 2.45pm
Venue: Recreation Room, 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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Tweet us at: @recoverycollege

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C/O Bradgate Unit,
Glenfield Hospital site,
Groby Road,
Leicester, LE3 9EJ.

www.leicspart.nhs.uk

If you need this information in another language or format please telephone 020 7253 7700 or email: Patient.Information@leicspart.nhs.uk

Join Our Facebook Group:
LPT Leicestershire Recovery College