



# LEICESTERSHIRE RECOVERY COLLEGE

## PROSPECTUS

**Autumn Course Guide:**  
**Monday 6<sup>th</sup> September to Friday 17<sup>th</sup> December 2021**

## YOUR LEICESTERSHIRE RECOVERY COLLEGE



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 who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their friends, family and Leicestershire Partnership NHS Trust staff.

To find out more about the Recovery College, watch our promotional film 'Close up on Recovery' which is available via our webpage : [Leicspart.nhs.uk/\\_ourservicesAZ-Recoverycollege.aspx](http://Leicspart.nhs.uk/_ourservicesAZ-Recoverycollege.aspx)

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. Most of our courses are being delivered online via MS Teams, during the current Covid-19 Pandemic. We can offer one to one technical advice and support to individuals if you require help to access the sessions.

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



## HOW TO ENROL AT LEICESTERSHIRE RECOVERY COLLEGE

If you are over 18 and accessing Leicestershire Partnership Mental Health Services and would like to attend a course, you will first need to enrol as a student with the college. It's really simple – you can enrol:

online at [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk), or  
call on 0116 295 1196 or  
email [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk)

We will then contact you and 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.




# Leicestershire Recovery College AUTUMN TERM 2021




**HOPE**

**CONTROL**



**OPPORTUNITY**

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<b>UNDERSTANDING MEDICATIONS FOR MENTAL HEALTH</b>	<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><b>This course will be delivered in one sessions, on three occasions during the Autumn term.</b></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Friday 1<sup>st</sup> October 10 am – 12 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Tuesday 9<sup>th</sup> November 10 am – 12 pm</li> </ul> <p><u>Course 3</u></p> <ul style="list-style-type: none"> <li>• Friday 3<sup>rd</sup> December 10 am – 12 pm</li> </ul>
<b>INTRODUCTION TO ARTS IN MENTAL HEALTH</b>	<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"> <li>• Outline the different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Trust</li> <li>• Discuss the difference between arts in mental health as compared to art therapy.</li> <li>• View DVD's of service user performances.</li> </ul>	<ul style="list-style-type: none"> <li>• Tuesday 14<sup>th</sup> December 10 am – 11.30 am</li> </ul>
<b>INTRODUCTION TO STRESS AWARENESS</b>  	<p>The aim of the session is to understand what stress is and we will explore the difference between stress and anxiety. We explore its' effects on your wellbeing and learn strategies to help you cope.</p> <p><b>Introduction to Stress Awareness is delivered by the WEA.</b></p>	<ul style="list-style-type: none"> <li>• Monday 29<sup>th</sup> November 10.15 am – 12.15 pm</li> </ul>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>DUAL DIAGNOSIS – DRUGS AND ALCOHOL AND THE IMPACT ON MENTAL HEALTH</b></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 style="text-align: center;"><b>Returning in 2022</b></p>
<p><b>CONFIDENT COMMUNICATION</b></p> <div style="text-align: center;">  <p>New</p> </div>	<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><b>The Confident Communication course is delivered by the Leicestershire Adult Learning Service in a single session.</b></p>	<ul style="list-style-type: none"> <li>• Tuesday 21<sup>st</sup> September 1 pm – 3 pm</li> </ul>
<p><b>LIVING WITH BI-POLAR DISORDER</b></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><b>Living with Bi-polar is delivered in four sessions.</b></p>	<p style="text-align: center;"><b>Returning in 2022</b></p>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<b>AN INTRODUCTION TO UNIVERSAL CREDIT &amp; HEALTH RELATED BENEFITS</b>	<p>This short course aims to provide knowledge and understanding around:</p> <ul style="list-style-type: none"> <li>• How to make your claim online</li> <li>• Where to get help and support if needed to make your claim</li> <li>• What to expect if a benefit is awarded</li> <li>• Money and budgeting advice</li> </ul> <p>It will also signpost attendees to additional support tailored to the individual's needs.</p>	<b>Returning in 2022</b>
<b>INTRODUCTION TO CREATIVE WRITING</b>	<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><b>The Introduction to Creative Writing course is delivered by the Leicestershire Adult Learning Service.</b></p>	<b>Returning in 2022</b>
<b>EFFECTIVE GOAL SETTING</b>  	<p>This course uses effective goal setting methods and empowering coaching techniques to help you achieve what you want. By the end of the course, you will be able to get clear direction on what you want out of life and set a SMART goal with a specified action plan to help you achieve it.</p> <p><b>Effective Goal Setting is delivered by the WEA in 3 sessions.</b></p>	<ul style="list-style-type: none"> <li>• Friday 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> November 10 am – 12 pm</li> </ul>
<b>CARING FOR A LOVED ONE WITH MENTAL HEALTH CHALLENGES</b>  	<p>Do you look after a loved one who is struggling with their mental health? Would you like to find out more about services provided by The Carers Centre? Would you like the opportunity to take some time out and think about how looking after a friend or family member can affect your own health and well-being? Would you like to know more about how to get a carers assessment? If so, this session might be for you.</p> <p>In this one and a half hour session we will explore how you can support your own mental health as well as looking at how you can access the support available to you.</p>	<ul style="list-style-type: none"> <li>• Thursday 28<sup>th</sup> October 10 am – 11.30 am</li> </ul>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>EXPLORING YOUR NEXT STEPS</b></p>	<p>A series of 4 sessions to help you build on existing skills or develop new ones by connecting with others to undertake practical tasks in a supported, structured setting. Giving World is a long-established charity in the heart of Leicester supporting communities in need across the UK. On the course you can learn more about the work of our charity and achieve personal goals through working as a team to process goods donated to us by our business partners.</p> <p>We will support and guide you to work on skills such as:</p> <ul style="list-style-type: none"> <li>• Confidence building</li> <li>• Communication &amp; team building</li> <li>• Time management &amp; organisation</li> <li>• Making decisions &amp; problem solving</li> <li>• Setting personal goals</li> </ul>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<p><b>HEALTHY EATING</b></p>	<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><b>Healthy Eating is delivered by the Academy of Life.</b></p>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<p><b>MANAGING WELLBEING DURING UNCERTAINTY</b></p>	<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 &amp; 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><b>This course is be delivered across 4 sessions by Lifelinks.</b></p>	<ul style="list-style-type: none"> <li>• Monday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> November 10 am – 12 pm</li> </ul>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>'LEARN TO SURF' – AN INTRODUCTION TO LIVING MORE MINDFULLY</b></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><b>This course will be delivered in 2 sessions, on two occasions during the Autumn term.</b></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Friday 8<sup>th</sup> &amp; 15<sup>th</sup> October 10 am - 1 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Friday 10<sup>th</sup> &amp; 17<sup>th</sup> December 10 am – 1 pm</li> </ul>
<p><b>MANAGING EMOTIONS</b></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><b>Managing Emotions is delivered by Life Links. This course will be delivered in three sessions, on two occasions during the Autumn term.</b></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Monday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> September 10 am – 12 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Wednesday 24<sup>th</sup> November, 1<sup>st</sup> &amp; 8<sup>th</sup> December 10 am – 12 pm</li> </ul>

## AUTUMN TERM 2021 COURSES


COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>UNDERSTANDING A DIAGNOSIS OF PSYCHOSIS AND SCHIZOPHRENIA</b></p>	<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><b>This course will be delivered in one session, on two occasions during the Autumn term.</b></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Friday 1<sup>st</sup> October 1 pm – 3.30 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Friday 19<sup>th</sup> November 1 pm – 3.30 pm</li> </ul>
<p><b>UNDERSTANDING A DIAGNOSIS OF BIPOLAR DISORDER</b></p>	<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>	<ul style="list-style-type: none"> <li>• <b>Thursday</b></li> </ul> <p style="text-align: center;">4<sup>th</sup> November 1 pm – 3.30 pm</p>
<p><b>SUBSTANCE USE INTERVENTIONS</b></p>	<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>	<ul style="list-style-type: none"> <li>• Wednesday 3<sup>rd</sup>, 10<sup>th</sup> &amp; 17<sup>th</sup> November 10.30 am – 12.00 pm</li> </ul>



## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>NATURE FOR WELL-BEING AND RECOVERY – ABBEY PARK</b></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.</p> <p>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><b>This outdoor activity will be held at Abbey Park and may go on for longer than the scheduled 2 ½ hours.</b></p>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<p><b>GETTING GOOD SLEEP</b></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 style="text-align: center;"><b>Date To Be Confirmed</b></p>
<p><b>INTRODUCTION TO COMEDY FOR RECOVERY</b></p>	<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>	<ul style="list-style-type: none"> <li>• Wednesday 24<sup>th</sup> November 2 pm – 4 pm</li> </ul>


## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>USING MINDFULNESS FOR NATURE CONNECTION AND ENHANCED WELLBEING</b></p>	<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.</p> <p>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><b>This course has some outdoor components, so please be prepared for outdoor weather conditions and wear suitable clothing and footwear for light walking.</b></p>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<p><b>GENTLE YOGA AND RELAXATION</b></p> <div style="text-align: center;">  <p>New</p> </div>	<p>Take an hour to look after yourself. Sarah will talk you through some very simple yoga techniques, gentle movement to relax your body, breathing practices to calm your mind, and ending with a guided relaxation.</p> <p>This session will be accessible to anyone, regardless of your level of fitness or ability, no prior experience of yoga is required.</p> <p>Course Guidelines:</p> <ul style="list-style-type: none"> <li>• Wear loose, comfortable clothing</li> <li>• Find a quiet room where you won't be disturbed</li> <li>• Some of the session will be seated, so you might like to have a chair or cushion available to sit on</li> <li>• Clear a space on the floor where you can lay down, with a yoga mat or a large towel to lay on if you prefer</li> <li>• You might like to have some cushions and a blanket so that you are warm and comfortable for the relaxation</li> </ul> <p><b>This course will be delivered in one session, on two occasions during the Autumn term.</b></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Friday 24<sup>th</sup> September 11 am – 12 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Friday 29<sup>th</sup> October 11 am – 12 pm</li> </ul>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<b>LONELINESS: GET BETTER CONNECTED</b>	<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>The last half hour of the session will be delivered by a Learning and Work Advisor and will focus on thinking positively about your existing skills, knowledge and achievements and sharing of information, advice and guidance to support you to pursue any personal goals.</p>	<ul style="list-style-type: none"> <li>• Tuesday 14<sup>th</sup> December 1 pm – 3.30 pm</li> </ul>
<b>STIGMA AND DISCRIMINATION</b>	<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>	<b>Returning in 2022</b>
<b>SINGING FOR WELL-BEING</b>	<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><b>Singing For Well-being is delivered by the WEA.</b></p>	<b>Date To Be Confirmed</b>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<b>INTRODUCTION TO UNDERSTANDING ANXIETY</b>	<p>This course provides an introduction to understanding anxiety and the impact this has on us.</p> <p>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><b>This course will be delivered in two sessions, on two occasions during the Autumn term.</b></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Monday 4<sup>th</sup> &amp; 11<sup>th</sup> October 10 am – 12 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Monday 6<sup>th</sup> &amp; 13<sup>th</sup> December 10 am – 12 pm</li> </ul>
<b>THE VALUE OF COMEDY IN RECOVERY FROM MENTAL DISTRESS</b>	<p>Is Life taking you too seriously?</p> <p>Discover how the art of making each other laugh can improve confidence, self-esteem, teamwork and literacy skills, and, in turn aid recovery.</p> <p>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><b>This course will be delivered in six sessions, on two occasions during the Autumn term.</b></p>	<p><b>Returning in 2022</b></p>
<b>UNDERSTANDING STRESS AND RESILIENCE</b>  	<p>In this session we will explore stress and resilience and what it means to you.</p> <p>We will identify tools and strategies that may help you become more resilient. We will explore tools which you may already use and others that you may find useful.</p> <p><b>Understanding Stress and Resilience is delivered by the Leicestershire Adult Learning Service.</b></p>	<ul style="list-style-type: none"> <li>• Tuesday 23<sup>rd</sup> November 1 pm – 3 pm</li> </ul>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>5 WAYS TO WELLBEING</b></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"> <li>• <b>Connect</b> – connecting with the people around you: your family, friends, colleagues and neighbours.</li> <li>• <b>Be active</b> – Find an activity that you enjoy and make it a part of your life.</li> <li>• <b>Keep learning</b> – learning new skills can give you a sense of achievement and a new confidence.</li> <li>• <b>Give to others</b> – 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.</li> <li>• <b>Take notice</b> – 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. This session explores each in turn and looks at the practical ways in which we can incorporate The Five Ways into our lives.</li> </ul>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<p><b>INTRODUCTION TO EMOTIONAL MINDFULNESS</b></p>	<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>	<ul style="list-style-type: none"> <li>• Wednesday 13<sup>th</sup> October 2021 2 pm – 4 pm</li> </ul>
<p><b>EMOTIONAL MINDFULNESS</b></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 style="text-align: center;"><b>Returning in 2022</b></p>

## AUTUMN TERM 2021 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p><b>WELL-BEING FOR WOMEN</b></p>	<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 session 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>	<ul style="list-style-type: none"> <li>• Thursday 7<sup>th</sup> October 10 am – 12.15 pm</li> </ul>
<p><b>INTRODUCTION TO RECOVERY - CHIME</b></p>	<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 <b>CHIME</b> 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 - <b>C</b> - Connectedness (peer support, relationships, social inclusion)</p> <p>Week 2 - <b>H</b> - Hope (optimism, belief, dreams and aspirations)</p> <p>Week 3 - <b>I</b> - Identity (having a positive sense of self)</p> <p>Week 4 - <b>M</b> - Meaning (making sense of what has happened, having a purpose &amp; direction)</p> <p>Week 5 - <b>E</b> - Empowerment (focusing on strengths, being positive, regaining responsibility and taking back control over life).</p>	<ul style="list-style-type: none"> <li>• Tuesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> November &amp; 7<sup>th</sup> December 2 pm – 3.30 pm</li> </ul>

## AUTUMN TERM 2021 COURSES



COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<b>JOURNALING FOR BETTER MENTAL HEALTH</b>	<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"> <li>• The purpose of journaling</li> <li>• How to journal and the different types of journal</li> <li>• Barriers to keeping a journal</li> <li>• Safety – physical and emotional considerations</li> <li>• Benefits of keeping a journal</li> </ul> <p><b>Journaling for Better Mental Health is delivered by the Leicestershire Adult Learning Service.</b></p>	<ul style="list-style-type: none"> <li>• Tuesday 12<sup>th</sup> October 1 pm – 3 pm</li> </ul>
<b>MANAGING STRESS</b>	<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"> <li>• identify causes of stress</li> <li>• remove negative emotions and install positive feelings which you can access anytime</li> <li>• dissolve limiting beliefs to allow motivation</li> <li>• learn instant stress busting techniques</li> <li>• learn how to create a balanced day</li> <li>• explore stuff which adds meaning to your life</li> </ul> <p><b>Managing Stress is delivered by the Academy of life.</b></p>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<b>KNEAD TO CHAT: FLATBREADS</b>	<p>This two part session will teach you how to make healthy homemade flatbread and pitta bread, 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 style="text-align: center;"><b>Returning in 2022</b></p>

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<p><b>MENTAL HEALTH AND SMOKING – A START TOWARDS A SMOKEFREE JOURNEY</b></p>	<p>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: <i>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.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> <li>• Friday 15<sup>th</sup> October 2 pm – 3.30 pm</li> </ul> <p><u>Course 2</u></p> <ul style="list-style-type: none"> <li>• Friday 26<sup>th</sup> November 2 pm – 3.30 pm</li> </ul>
<p><b>INVOLVEMENT OPPORTUNITIES AVAILABLE WITHIN LEICESTERSHIRE PARTNERSHIP NHS TRUST</b></p>	<p>What is Patient/Carer Involvement? In this new session, we will provide an overview of what Patient/Carer Involvement is as well discussing what Involvement opportunities are available within LPT.</p> <p>We will discuss what it will mean for you when signing up to our Involvement Network, including different support, training, and development opportunities available when you join.</p> <p>There will also be an opportunity for you to hear from a member of our network to share their experiences on how they have found their involvement journey so far.</p>	<ul style="list-style-type: none"> <li>• Tuesday 5<sup>th</sup> October 1 pm – 2.30 pm</li> </ul>
<p><b>UNDERSTANDING AND LIVING WITH DEPRESSION</b></p>	<p>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.</p> <p><b>Understanding and Living with Depression is delivered over four sessions, all at Leicestershire Recovery College.</b></p>	<p><b>Date To Be Confirmed</b></p>



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COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<b>LET'S TALK ABOUT MENTAL HEALTH</b>	<p>In this session, we explore Mental Health and its effects and learn how to improve your mental health. By the end of the session, you will have a better understanding of mental health, its impact and ways to achieve good mental health.</p> <p><b>Let's Talk About Mental Health is delivered by the WEA.</b></p>	<p style="text-align: center;"><b>Returning in 2022</b></p>
<b>WINTER WELLBEING</b> 	<p>This course explores ways we can maintain our wellbeing during the winter period, looking at aspects of self-care and mood. It will also look at how we can stay well during holiday celebrations such as Christmas.</p> <p><b>Winter Wellbeing is delivered by Lifelinks.</b></p>	<ul style="list-style-type: none"> <li>• Wednesday 15<sup>th</sup> December 10 am – 12 pm</li> </ul>
<b>BUILDING CONFIDENCE IN THE USE OF MICROSOFT TEAMS (MSTeams) WORKSHOP</b> 	<p>Not sure about how to take part in our online course? This short workshop will show you how to do just that, and help build your confidence in using Microsoft Teams to attend our range of online courses.</p> <p>Microsoft Teams is the software platform used for online courses run by the Leicestershire Recovery College. This workshop is delivered in a 'course style' using discussion, activities and games to help build your confidence.</p> <p>This short course gives you the opportunity to explore how an online course is run, whilst getting to use the basic functions of Microsoft Teams including; signing in to a course, using your camera, muting and unmuting your microphone and writing in the 'chat'.</p> <p><b>This workshop will be delivered in one sessions, on four occasions during the Autumn term.</b></p>	<p><u>Workshop 1</u></p> <ul style="list-style-type: none"> <li>• Thursday 9<sup>th</sup> September 10 am – 11 am</li> </ul> <p><u>Workshop 2</u></p> <ul style="list-style-type: none"> <li>• Wednesday 6<sup>th</sup> October 1 pm – 2 pm</li> </ul> <p><u>Workshop 3</u></p> <ul style="list-style-type: none"> <li>• Monday 8<sup>th</sup> November 1 pm – 2 pm</li> </ul> <p><u>Workshop 4</u></p> <ul style="list-style-type: none"> <li>• Tuesday 7<sup>th</sup> December 10 am – 11 am</li> </ul>

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<b>PEER SUPPORT TRAINING</b>	<p>The peer support training is an essential requirement for anyone who wants to apply for a Peer Support Worker job in Leicestershire Partnership NHS Trust or with our community partners.</p> <p>The training is delivered over 9 days in different ways, online or face to face and the course you apply for could be either. It is a very service user friendly course and it is a very well recognised course that is delivered internationally and has a high success rate of preparing people to apply for a Peer Support Worker job. If you are looking to use your special skills of empathy, shared experiences and want to inspire hope of recovery to other people on their recovery journey this course is a good place to start.</p> <p>The peer support training covers the values and competencies that are at the heart of peer support work. We are increasing the number of peer support jobs that will be available in Leicester and Leicestershire.</p> <p>It is based on work by an organisation called ImROC and there is a lot more information on their website which is here: <a href="https://imroc.org/">https://imroc.org/</a></p>	<p>Peer Support Training is a popular course and if you are interested in attending your name may be added to a list for future courses.</p> <p>Please speak to a member of the team for more information.</p>
<b>ONLINE MINDFULNESS COURSE</b>	<p><b><i>We are pleased to announce the launch of our first free online course!</i></b></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><a href="https://www.leicspart.nhs.uk/service/Leicestershire-recovery-college/">https://www.leicspart.nhs.uk/service/Leicestershire-recovery-college/</a></p> <p>If a member of Leicestershire Partnership NHS Trust staff – find the course on ULearn.</p>

**If you would like to book on to these courses please call; 0116 295 1196  
or email; [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk)**