



Leicestershire Recovery College

PROSPECTUS

Autumn 2026 Course Guide:

Monday 31st August 2026 – Friday 18th December 2026

Half Term Break (Recovery College Closed):

Monday 19th October 2026 – Friday 23rd October 2026



Leicestershire Partnership
NHS Trust

Welcome to the Leicestershire Recovery College

We are an NHS college offering a range of free recovery-focused educational courses and resources, for people who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their family, carers, and Leicestershire Partnership NHS Trust staff.

Joining the Recovery College and doing courses could help you in your recovery and support your wellbeing. The courses could give you confidence in your own skills to work towards your goals.

The Recovery College has a philosophy of co-development, co-production and shared decision making. The courses and workshops are run by different organisations and are available on a range of topics:

Getting Involved

**Understanding/Experience of
Mental Health Conditions**

Developing Skills and Knowledge

Physical Health and Wellbeing

Building your Life

To find out more about the Recovery College, scan the QR code to go to our website and watch our introductory video.

Or you can go to www.leicspart.nhs.uk and search; 'Recovery College'.



Get in touch

Phone: 0116 295 1196 (Monday to Friday, 9:30am - 4:30pm)

Email: LPT.Recoverycollege@nhs.net

Website: www.leicspart.nhs.uk, search; 'Recovery College'

Twitter: @recoverycollege

Facebook: Join our Facebook Group: search: 'LPT Leicestershire Recovery College'

Postal Address:

Leicestershire Recovery College, Gwendolen House,
Leicester General Hospital Site, Gwendolen Road,
Leicester, LE5 4QF

How to Enrol at the College

If you would like to attend one of our courses, you will first need to enrol as a student with the college. It's simple, no referral is required.

Enrolment criteria:

Aged 18 years and over, are accessing Leicestershire Partnership NHS Trust Mental Health services (or have accessed in the past 12 months) or are a family member or carer of a service user, or are a Leicestershire Partnership NHS Trust staff member.

You can enrol:

Online: www.leicspart.nhs.uk/service/leicestershire-recovery-college/

By Phone: 0116 295 1196

By Email: LPT.Recoverycollege@nhs.net

Telephone/Video Call Enrolment Sessions (please pre-book)

Day: Weekdays

Time: Morning/Afternoon

Individual Learning Plan Appointment

We will arrange to go through your Individual Learning Plan (ILP) with you and 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.

Student Support Session with Peer Support at the Recovery College

At the Recovery College, you can talk with a Peer Support Worker.

A Peer Support Worker is someone who has lived with mental health challenges. They understand what it can feel like. They are friendly and here to support you.

How They can help

- Listen to you.
- Navigate barriers to attending courses.
- Help you think about your wellbeing.
- Help you understand what you learned in your Recovery College courses.
- Can help with ideas and encouragement.

Forward thinking sessions

These sessions focus on the future. You can talk about:

- What you want your life to look like.
- Support you to look forward and plan your next steps.
- Understanding your strengths.
- How to build on what you learned in your courses.
- Can signpost you to other services, groups, or support if you want it.

How the sessions work

- Sessions last 30 minutes.
- You can talk on the phone or online Microsoft Teams.
- You can choose what feels easiest for you.

Want to know more?

Speak to the Recovery College team. They can help you book a session or answer your questions.

Key Symbols - Learning Delivery

To find out how courses are delivered please look out for these symbols next to the course information.



Face-to-face delivery in a classroom or outdoors. For more details of which venue is hosting the course please see the 'Venue' section of the course information.



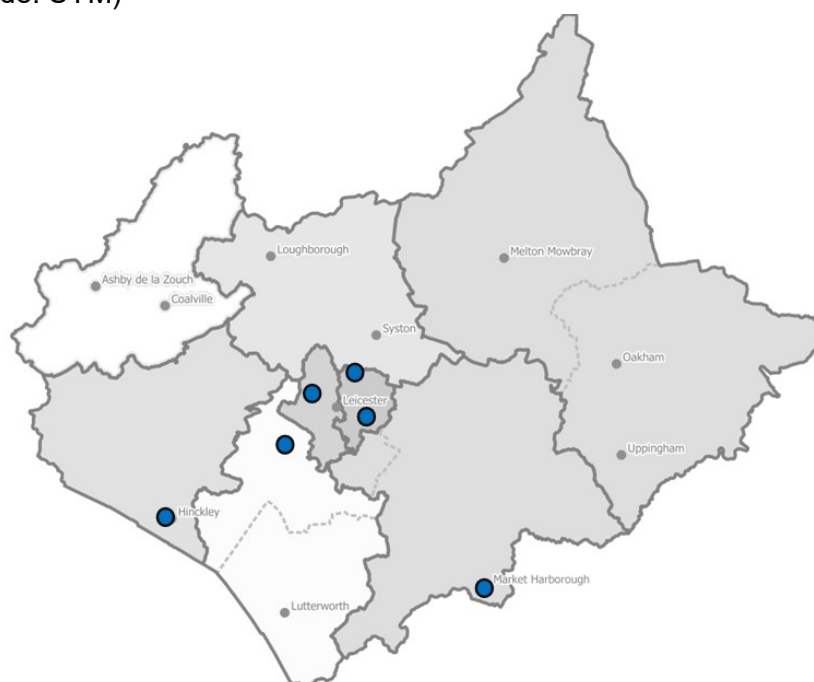
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Classroom Course Venues



During the Autumn Term 2026, the Leicestershire Recovery College delivers face-to-face courses at the following venues:

- **Abbey Park**, Abbey Park Road, Leicester, LE4 5AQ (Venue Code: AP)
- **A Place to Grow**, Mill Lane, Enderby, LE19 4AQ (Venue Code: APTG)
- **Atkins Building**, Lower Bond Street, Hinckley, LE10 1QU (Venue Code: AB)
- **Bishopdale Adult Learning Hub**, Bishopdale Rd, Leicester LE4 0SR (Venue Code BISH)
- **Leicester Adult Education College**, 54 Belvoir Street, Leicester, LE1 6QL (Venue Code: LAEC)
- **LPT Education and Training Centre**, Bradgate Mental Health Unit, Groby Road, Glenfield Hospital Site, LE3 9EJ (Venue Code: ETC)
- **The Symington Building**, Adam and Eve Street, Market Harborough, LE16 7LT (Venue Code: SYM)



Timetable at a Glance

Getting Involved			Page 8
Course Title	Course Date(s)	Course Times	Venue
Building Confidence in the Use of Microsoft Teams	Fri 25 th Sept	11am – 11:45am	Online

Understanding/Experience of Mental Health Conditions				Page 9-10
Understanding a Diagnosis of Bipolar Disorder		Mon 30 th Nov	1pm – 3pm	Online
Understanding and Living with Psychosis and Schizophrenia	Course 1	Thurs 10 th Sept	10am – 12pm	Online
	Course 2	Tues 17 th Nov	2pm – 4pm	Online
Understanding Medications for Mental Health	Course 1	Thurs 15 th Oct	1:30pm – 3:30pm	Online
	Course 2	Thurs 26 th Nov	1:30pm – 3:30pm	Online
	Course 3	Thurs 10 th Dec	1:30pm – 3:30pm	Online
Let's Talk Safety: Harm Reduction (Substance Use Interventions)	Course 1	Wed 7 th Oct	2pm – 4pm	Online
	Course 2	Mon 7 th Dec	2pm – 4pm	Online

Building Your Life			Page 11-16
Routines: Building a Balanced Life	Tues 27 th Oct & 3 rd Nov & 10 th Nov	1:30pm – 3pm	Online
Loneliness Get Better Connected	Mon 7 th Dec	10am – 12pm	Online
Recovery Goals: Reflect and Reset Workshop	Fri 30 th Oct & 6 th Nov	1pm – 2:30pm	AB
Being a Carer: Support and Improving Wellbeing	Wed 16 th Sept	1pm – 3pm	Online
Humour for Recovery	Mon 21 st Sept	1pm – 4pm	LAEC
Involvement Opportunities within Leicestershire Partnership NHS Trust	Tues 15 th Sept	10:30am – 11:30am	Online
An Introduction to Employment Support Service	Mon 9 th Nov	1pm – 3pm	Online

Building Your Life (Continued)

Facilitation and Training Skills	Wed 11 th Nov & 18 th Nov & 25 th Nov & 2 nd Dec & 9 th Dec & 16 th Dec	10am – 12pm	BISH
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Developing Skills and Knowledge

Developing Skills and Knowledge				Page 17-23
Meditation and Mindfulness- Weekly Wellbeing Session		Every Tuesday- starting Tues 1 st Sept (except during term time closures)	1pm – 1:30pm	Online
Learn To Surf: An Introduction to Living More Mindfully		Fri 20 th Nov & 27 th Nov & 4 th Dec	1pm – 3:15pm	LAEC
Introduction to Emotional Mindfulness	Course 1	Wed 2 nd Sept	2pm – 4pm	ETC
	Course 2	Wed 4 th Nov	2pm – 4pm	LAEC
Journaling- Weekly Wellbeing Session		Every Thursday- starting Thurs 3 rd Sept (except during term time closures)	1pm – 1:30pm	Online
Writing for Self-Expression		Thurs 5 th Nov & 12 th Nov & 19 th Nov & 26 th Nov	10:30am – 12pm	Online
Reading Round		Tues 27 th Oct & 3 rd Nov & 10 th Nov & 17 th Nov	10:30am – 12pm	Online
It's Not About the Drawing (Art- Wellbeing Session	Drop In	Fri 4 th Sept	10am – 12pm	Online
	Drop In	Fri 2 nd Oct	10am – 12pm	Online
	Drop In	Fri 6 th Nov	10am – 12pm	Online
	Drop In	Fri 4 th Dec	10am – 12pm	Online
Dealing with Worries		Mon 12 th Oct	1pm – 3pm	SYM
Understanding Stress and Resilience		Wed 23 rd Sept	10am – 12pm	Online
Perfectionism: The Line Between Drive and Distress		Thurs 8 th & 15 th Oct	10:30am – 12pm	Online
Understanding Motivation and Positivity		Mon 2 nd Nov	10am – 12pm	Online

Developing Skills and Knowledge (continued)			
Re-Train the Brain	Mon 16 th , 23 rd & 30 th Nov	1pm – 3pm	Online
Social Anxiety: Finding Calm in Connection	Tues 1 st Dec	10am – 12pm	Online
Self-Compassion	Wed 18 th Nov	1pm – 3pm	Online

Physical Health and Wellbeing				Page 24-26
Nature for Wellbeing and Recovery		Fri 13 th Nov	10am – 12pm	AP
Gardening- Wellbeing Session		Mon 7 th Sept & Mon 28 th Sept	1pm – 4pm	APTG
Mental Health and Nicotine Addiction	Course 1	Tues 1 st Sept	1:30pm – 2:30pm	Online
	Course 2	Thurs 1 st Oct	1:30pm – 2:30pm	Online

Course Dates, Times and Venues can be subject to change.

For the latest course dates and times please contact the Leicestershire Recovery College for more information.

Getting Involved

Building Confidence in the Use of Microsoft Teams

Learn how to navigate online courses with ease.



This short workshop introduces you to the essentials of using Microsoft Teams—the platform we use for all Leicestershire Recovery College online sessions. You'll get a feel for how an online course runs while trying out the key features you'll use during real sessions.

What to expect:

- How to sign into a session
- Hands-on practice with core Microsoft Teams functions.
- Using your camera and microphone and chat function more confidently.

You'll leave feeling more familiar with Microsoft Teams and ready to take part in our online courses with confidence.

This session is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Friday 25 th September	11am – 11:45am	Online: Microsoft Teams

Understanding/Experience of Mental Health Conditions

Understanding a Diagnosis of Bipolar Disorder

Gain clarity on bipolar disorder and what it can mean in everyday life.



Whether you're trying to understand your own diagnosis, supporting someone you care about, or simply interested in learning more, this introductory session could be for you.

What to expect:

- An overview of the facts and realities behind bipolar disorder.
- Insight into signs and experiences of bipolar disorder and how it is diagnosed.
- Discussion of mood and the impact of stress.

You'll leave with a clearer understanding of bipolar disorder and practical knowledge to support wellbeing.

This session is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Monday 30 th November	1pm – 3pm	Online: Microsoft Teams

Understanding and Living with Psychosis and Schizophrenia



Explore the realities behind the diagnoses and what recovery can look like.

Whether you have a diagnosis yourself, support a family member or friend, care for someone in a professional role, or are simply curious to deepen your understanding, this session offers a grounded, compassionate look at psychosis and schizophrenia.

What to expect:

- Clear discussion of common myths versus realities.
- Insight into diagnosis, treatment, and recovery.
- Ideas and strategies for rebuilding confidence, autonomy, and daily independence.

You'll leave with a deeper understanding of these conditions and a clearer sense of how recovery and empowerment are possible.

This session is delivered by the Leicestershire Partnership NHS Trust PIER Team.

Course	Course Date(s)	Course Times	Venue
1	Thursday 10 th September	10am – 12pm	Online: Microsoft Teams
2	Tuesday 17 th November	2pm – 4pm	Online: Microsoft Teams

Understanding Medications for Mental Health



Explore how mental health medications work and what they mean for you.

A pharmacist leads the session, shaping the conversation around the group's interests and questions. It's a relaxed, supportive space to explore anything you're curious about regarding mental health medications. The aim is to empower you to be confident when decisions are made regarding your medicines and take part in shared-decision making.

What to expect:

- Clear explanations of different categories of commonly used mental health medication.
- Simple insights into how these medicines are thought to work.
- Discussion of benefits, challenges, and the varied experiences people may have.
- Space to ask questions about specific medications.
- Signposting to an online resource for further information.

You'll leave with a clearer understanding and greater confidence in navigating treatment conversations.

This session is delivered by the Leicestershire Partnership NHS Trust Pharmacy Team

Course	Course Date(s)	Course Times	Venue
1	Monday 15 th October	1:30pm – 3:30pm	Online: Microsoft Teams
2	Monday 26 th November	1:30pm – 3:30pm	Online: Microsoft Teams
3	Thursday 10 th December	1:30pm – 3:30pm	Online: Microsoft Teams

Let's Talk Safety: Harm Reduction



Learn practical, judgement free ways to stay safer. This session offers an open, honest and supportive discussion looking at harm reduction. Substance use can affect all of us, directly or indirectly. This session focusses on strategies that help reduce risks for yourself or someone you care about.

What to expect:

- Practical tips to reduce risks linked to substance use.
- Safer use guidance and overdose awareness.
- Ways to support yourself or someone close to you.
- Conversation about how staff and patients can work together to build safety and trust.

Let's learn. Let's support. Let's reduce harm together. Everyone is welcome. No stigma. No assumptions just helpful information, open conversation, and tools that make a real difference.

This session is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Wednesday 7 th October	2pm – 4pm	Online: Microsoft Teams
2	Monday 7 th December	2pm – 4pm	Online: Microsoft Teams

Building Your Life

Routines: Building a Balanced Life



Discover calm through consistency

Through group activities and gentle planning tools, you'll look at the habits that already help you, the ones you'd like to build, and how to shape a routine that works for you.

What to expect:

- Fun, practical activities to explore what a balanced day could look like.
- Tools to help you shape routines that fit your lifestyle and energy levels.
- Exploration of how to maintain the routines you create.

You'll leave with personalised ideas and simple routines that can support your wellbeing day-to-day.

This course is delivered by the Leicestershire Recovery College and Hinckley Community Mental Health Team

Course	Course Date(s)	Course Times	Venue
1	Tuesday 27 th October & 3 rd November & 10 th November	1:30pm – 3pm	Online: Microsoft Teams

Loneliness Get Better Connected



Explore gentle, practical ways to rebuild connection and feel less alone.

Periods of loneliness can arise for many reasons—bereavement, illness, life changes, or simply losing touch with familiar routines. This session is for anyone who wants to understand loneliness and its impact, whether you're experiencing it yourself, supporting someone who is, or simply interested in learning more.

What to expect:

- Discussion about how loneliness affects mental and physical.
- A chance to explore local groups, activities, and opportunities based on your interests.
- Guidance on making enquiries and useful questions to ask group leaders.
- Simple conversational tips to help you feel more at ease when meeting new people.

You'll leave with practical steps, local options, and renewed confidence to begin building meaningful connections at your own pace.

This session is delivered by the Leicestershire Adult Learning Service.

Course	Course Date(s)	Course Times	Venue
1	Monday 7 th December	10am – 12pm	Online: Microsoft Teams

Recovery Goals: Reflect and Reset Workshop



Take time to pause, look back, and shape the next steps in your recovery journey.

This workshop offers a reflective space to explore where you are in your recovery and learning journey.

What to expect:

- Guided reflection on your recovery and learning so far.
- Space to recognise your achievements and personal growth.
- Opportunities to reassess, reset, or create new goals.

You'll leave with a clearer sense of direction and renewed motivation for the journey ahead.

This course is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Friday 30 th October & 6 th November	1pm – 2:30pm	Atkins Building, Hinckley

Being A Carer: Support and Improving Wellbeing



Explore what it means to be a carer and discover ways to look after yourself along the way.

This workshop offers a supportive space for anyone who is new to caring or looking to strengthen their wellbeing while supporting someone else.

What to expect:

- An introduction to who is a carer.
- Tips and techniques for planning and managing a crisis or emergency.
- Strategies for maintaining your own wellbeing while caring for others.
- Information about local and national support services for carers and their families.

You'll leave with practical tools, greater clarity about your role, and a stronger sense of the support available to you.

This session is delivered in a partnership between Voluntary Action South Leicestershire (VASL) and the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Wednesday 16 th September	1pm – 3pm	Online: Microsoft Teams

Humour for Recovery



Rediscover the lighter side of life and explore how laughter can support wellbeing.

This introductory session includes games, discussion, celebration of favourite comics, the biology of laughter, and simple formulas behind different types of comedy.

What to expect:

- Exploration of how humour supports confidence, teamwork, and wellbeing.
- Celebration of well-known comics and what makes their work effective.

You'll leave with a renewed sense of playfulness and fresh ways to use humour in recovery.

This session is delivered by the BrightSparks- Arts in Mental Health.

Course	Course Date(s)	Course Times	Venue
1	Monday 21 st September	1pm – 4pm	Leicester Adult Education College, Leicester City

Involvement Opportunities Available Within Leicestershire Partnership Trust



Discover how you can shape services and make your voice part of real change.

This session is for people with lived experience, family members, carers, and anyone curious about contributing to service improvement.

What to expect:

- An overview of Patient/Carer Involvement within the Leicestershire Partnership NHS Trust.
- Information about the range of involvement opportunities available.
- Insight into the support, training, and development offered through the Involvement Network.
- A chance to hear from a current network member.

You'll leave with a clear understanding of how you can get involved and the impact you can have.

This session is delivered by the Leicestershire Partnership NHS Trust Patient Experience and Involvement Team.

Course	Course Date(s)	Course Times	Venue
1	Tuesday 15 th September	10:30am – 11:30am	Online: Microsoft Teams

An Introduction to Employment Support Services: Finding the right job and support to stay in paid employment



Explore how the right support can help you move toward meaningful, sustainable work.

This session introduces the NHS Employment Support Service—a free, confidential, community-based service for people under an Adult Mental Health Team.

What to expect:

- An overview of the NHS Employment Support Service.
- Space to explore your ambitions, strengths, and work-related goals.
- Information about the personalised support available to help you find and stay in paid employment.

You'll leave with a clearer understanding of the support on offer and how it can help you move toward work that feels meaningful and achievable.

This session is delivered by the Leicestershire Partnership NHS Trust Employment Support Service

Course	Course Date(s)	Course Times	Venue
1	Monday 9 th November	1pm – 3pm	Online: Microsoft Teams

Facilitation and Training Skills

Build the confidence and practical know-how and learn new skills in how you can deliver training.



This programme is designed for anyone preparing to co-deliver courses or training sessions. Through practical activities, discussion, and guided reflection, you'll develop the core skills, knowledge, and confidence needed to facilitate groups.

What to expect:

- Explore what makes an effective trainer/ facilitator.
- Learn strategies for managing challenging situations in group settings.
- Speak more confidently in front of others.
- Get to know how to create training and facilitation plans.

Understand how to adapt content to meet different needs. You'll leave feeling more prepared, more confident, and ready to co-deliver sessions.

This course is delivered by the Leicestershire Partnership NHS Trust Patient Experience and Involvement Team.

Course	Course Date(s)	Course Times	Venue
1	Wednesday 11 th November & 18 th November & 25 th November & 2 nd December & 9 th December & 16 th December	10am – 12pm	Bishopdale Adult Learning Hub

Developing Skills and Knowledge

Meditation and Mindfulness- Weekly Wellbeing Session



Take time for yourself each week with our friendly online group. You'll explore simple ways to feel calmer, less stressed, and more focused through meditation and mindfulness. You'll get to try different techniques and find the ones that work best for you. Join how you want to join in, no experience needed.

What to expect:

- 30-minute sessions, once a week.
- 2 different guided meditations.
- Share thoughts with others on the videos in relaxed group discussions.
- Build knowledge of what you like and don't like and what works for you.
- A supportive, relaxed space led by peer with lived experience.
- Sign up once each term, attend as little or as often as you like.

If you miss a session or can't make it each week, you will be sent the information and links of what we did each week by email, so you never miss a thing.

These sessions are delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Every Tuesday- starting Tues 1 st September (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams

Learn to Surf: an introduction to living more mindfully.



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 course 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, and taste. 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.

This course is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Friday 20 th November & 27 th November & 4 th December	1pm – 3:15pm	Leicester Adult Education College, Leicester City

Introduction to Emotional Mindfulness

Transform the way you relate to your emotions by learning the foundations of emotional mindfulness.



Through guided exploration, reflective questions, and simple practical activities, participants will begin developing a clearer awareness of their emotional states. It's ideal for anyone curious about understanding themselves better or wanting to build healthier emotional habits.

What to expect

- Learn what emotional mindfulness is and why it supports wellbeing.
- Explore your own emotional patterns through guided reflection.
- Engage in short, practical exercises to build emotional awareness.

By the end of the session, you'll walk away with greater clarity, practical strategies, and a stronger foundation for ongoing emotional wellbeing.

This course is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Wednesday 2 nd September	2pm – 4pm	LPT Education and Training Centre, Glenfield Hospital
2	Wednesday 4 th November	2pm – 4pm	Leicester Adult Education College, Leicester City

Journaling- Weekly Wellbeing Session

Give yourself time each week with our friendly online group to pause and journal in your own way, no experience needed.



We meet online at the same time and day every week. You can join from anywhere—just bring a pen, paper, or digital device.

What to expect:

- Weekly theme and prompt (or take the time for your own prompt).
- Space to start, restart, or keep going with your journaling.
- Friendly atmosphere—no pressure to share unless you want to.
- Sign up once each term, attend as little or as often as you like.
- A supportive, relaxed space led by a peer with lived experience.

If you miss a session or can't make it each week, you will be sent the information and links of what we did each week by email, so you never miss a thing.

These sessions are delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Every Thursday - starting Thursday 3 rd September (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams

Writing For Self-Expression

Explore your experiences, emotions, and memories through creative writing in a supportive, reflective space.



At each session, the tutor (a professional writer) will read aloud a short piece of published writing (poetry or prose) and invite you to talk about how the words impact on you.

What to expect:

- Opportunities to reflect on your experiences and express them through writing.
- A safe, friendly, and confidential space that supports personal awareness and wellbeing.
- Writing exercises that help you explore memories, emotions, and everyday moments.
- A mix of short and longer pieces—from lists to poems to stories.

You'll leave with a deeper connection to your own voice and a growing confidence in expressing yourself through words.

This course is delivered by the Royal Literacy Fund.

Course	Course Date(s)	Course Times	Venue
1	Thursday 5th November & 12th November & 19th November & 26th November	10:30am – 12pm	Online: Microsoft Teams

Reading Round

Settle in for great stories and poems read aloud, then dive into them together in a relaxed, conversational space.



This four-week course is an easy informal way to enjoy literature, whether you're a regular reader or haven't picked up a book in years.

What to expect:

- Hear a short story or poem read aloud each week—no advance reading needed.
- A chance to explore new and challenging writers in an accessible way.
- Opportunities to think critically, share ideas, and reconnect with the joy of reading.

You'll leave each session feeling inspired, curious, and more connected to the pleasures of reading and discussion.

This course is delivered by the Royal Literacy Fund.

Course	Course Date(s)	Course Times	Venue
1	Tuesday 27 th October & Tuesday 3 rd November & 10 th November & 17 th November	10:30am – 12pm	Online: Microsoft Teams

It's Not About the Drawing (Art- Wellbeing Session)

Join our friendly online group where you can explore new art ideas and discover how art can support your wellbeing—no pressure, no experience needed.



These sessions are all about building confidence, connecting with others, and enjoying the process. We can supply you with a starter art pack on request.

What to expect:

- Each session has a wellbeing theme.
- Discover how art can support your mental wellbeing.
- Inspiring videos and demonstration videos sharing ideas and tips.
- Feel encouraged to explore your own style and create art without judgement.
- Sign up once each term, attend as little or as often as you like.
- A supportive, relaxed space led by a peer with lived experience.

If you miss a session or can't make it to each session, you will be sent the information and links of what we did each week by email, so you never miss a thing.

These sessions are delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Friday 4 th September	10am – 12pm	Online: Microsoft Teams
	Friday 2 nd October	10am – 12pm	Online: Microsoft Teams
	Friday 6 th November	10am – 12pm	Online: Microsoft Teams
	Friday 4 th December	10am – 12pm	Online: Microsoft Teams

Dealing with Worries

Understand why we worry and learn practical ways to ease its impact on your wellbeing.



Through simple explanations and supportive activities, this workshop offers a gentle, informative exploration of worry, how it can become overwhelming, and how to deal with it.

What to expect

- Learn the difference between worry, stress, and anxiety.
- Explore why we worry and how it affects the body
- Identify your own worry patterns and triggers.
- Discover healthy coping strategies to manage worry more effectively.

You'll leave with a clearer understanding of your worry habits and practical tools to help you navigate them with more confidence and calm.

This session is delivered by Leicestershire Adult Learning Service

Course	Course Date(s)	Course Times	Venue
1	Monday 12 th October	1pm – 3pm	The Symington Building, Market Harborough

Understanding Stress & Resilience

Build your resilience and discover practical ways to manage stress more effectively in everyday life.



This engaging session explores stress and resilience, helping you understand what they mean and how they can affect your daily life. Through discussion, reflection, and practical activities, you will identify strategies that can help you build resilience and cope with challenges more confidently. This session is suitable for anyone looking to strengthen their wellbeing and develop positive coping techniques.

What to expect

- Explore what stress and resilience mean and how they relate to your experiences.
- Identify common causes and signs of stress.
- Understand the qualities and habits that contribute to resilience.
- Reflect on the tools and strategies you already use to manage stress.
- Discover new techniques to help build resilience and improve wellbeing.

By the end of the session, you will have a greater understanding of stress and resilience, along with practical tools and strategies to help you manage challenges and support your overall wellbeing.

This session is delivered by Leicestershire Adult Learning Service.

Course	Course Date(s)	Course Times	Venue
1	Wednesday 23 rd September	10am – 12pm	Online: Microsoft Teams

Perfectionism: The Line Between Drive and Distress

Is your drive for perfection helping you thrive or leaving you feeling overwhelmed?



This course explores perfectionism in a balanced and practical way, helping you understand if it can be helpful and when it isn't. Through discussion and simple strategies, you'll learn how to recognise your own patterns and develop a healthier relationship with achievement. It's ideal for anyone who wants to stay motivated without feeling stressed or pressured.

What to expect:

- What perfectionism is and the different types.
- Exploring whether perfectionism can be healthy.
- Recognising signs and symptoms of perfectionism.
- Practical short- and long-term strategies to manage perfectionism.

You'll leave with the confidence to stay motivated, while letting go of the pressure to be perfect.

This course is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Thursday 8 th October & 15 th October	10:30am – 12pm	Online: Microsoft Teams

Understanding Motivation and Positivity

Discover what truly drives you and learn practical ways to build lasting motivation, confidence, and wellbeing.



You will complete activities and tasks with the support of your tutor and in discussion with fellow learners to help you feel more positive and increase your self-esteem and general wellbeing. This course is ideal for anyone looking to boost their confidence, increase their motivation, and develop a more positive mindset

What to expect

- Explore what motivation is and how it influences your thoughts, feelings, and actions.
- Identify the factors that motivate you personally and learn strategies to stay motivated.
- Discover the relationship between motivation, positivity, and mental wellbeing.
- Develop techniques to enhance self-esteem, resilience, and overall wellbeing.

By the end of the course, you will have a clearer understanding of what motivates you and a range of practical tools to help you stay positive, achieve your goals, and support your overall wellbeing.

This session is delivered by Leicestershire Adult Learning Service.

Course	Course Date(s)	Course Times	Venue
1	Monday 2 nd November	10am – 12pm	Online, Microsoft Teams

Re-Train the Brain

Are you curious about the possibility?



Two-session introduction to how the brain learns, adapts, and changes throughout life. Across the sessions, you'll explore why habits form, how stress affects the brain, and how small, practical skills can help you build new pathways that support your wellbeing. Just curiosity and an open mind needed.

What to expect:

- Learn how the brain changes through neuroplasticity.
- Understand how stress and survival responses shape thoughts, feelings, and habits.
- Explore simple and practical skills.
- Build confidence in your ability to change and grow.
- A supportive, relaxed space led by peers with lived experience.

You will leave with great knowledge of how you can improve your mental health and wellbeing.

This course is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Monday 16 th November 23 rd November & 30 th November	1pm – 3pm	Online: Microsoft Teams

Social Anxiety: Finding Calm in Connection

This online workshop invites participants into a calm, low-pressure space to gently explore social anxiety.



Together, we'll uncover what social anxiety looks and feels like, how it can affect everyday interactions, and introduce simple, kind ways to cope—with plenty of options for quiet participation and sensory comfort.

Understanding social anxiety means understanding yourself better. This workshop offers kind tools you can use without pressure. You'll leave with greater insight and practical ideas.

What we'll explore:

- What social anxiety is (and the myths around it).
- Common thinking patterns, emotions, and physical responses.
- Everyday coping ideas: sensory, practical, and self-soothing.
- Exercises and reflection prompts.
- How to respond to yourself with warmth instead of judgement.

How the session works, join in however feels best you can have your camera on or off, use the chat box or reactions, or you can listen in quietly. Everything is opt-in. You choose your level of involvement.

This session is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Tuesday 1 st December	10am – 12pm	Online, Microsoft Teams

Self-Compassion

Learn to quiet your inner critic and treat yourself with the same kindness you offer others.



This course offers a light, fun and engaging introduction to self-compassion. Through discussion and practical activities, you'll explore why we can be so hard on ourselves and discover simple ways to develop a more supportive inner voice. This course is ideal for anyone who feels they are their own critic and for those who want to be kinder and gentler with themselves.

What to expect:

- What self-compassion is and why it's important.
- The key components of self-compassion.
- Understanding the inner critic and where it comes from.
- Practical tips and techniques to build self-compassion.

You'll leave feeling lighter, more forgiving of yourself, and equipped with simple ways to turn self-criticism into self-support.

This course is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Wednesday 18 th November	1pm – 3pm	Online: Microsoft Teams

Physical Health and Wellbeing

Nature for Wellbeing and Recovery

Reconnect with the natural world and explore how time outdoors can support your wellbeing and recovery.



Meeting in Leicester's beautiful Abbey Park, you'll take a gentle walk through its historic grounds, explore the remains of Leicester Abbey and Cavendish House, and visit the well-loved pets' corner. Along the way, you'll have space to reflect and consider how time in nature can play a meaningful role in your own wellbeing.

What to expect:

- A relaxed guided walk through Abbey Park's historic and scenic areas.
- Gentle reflection on how nature supports wellbeing and recovery.
- A friendly, supportive group experience in the outdoors.

Please wear comfortable clothing and footwear suitable for walking outdoors. You may also wish to bring money for refreshments at the café.

This session is delivered by the Leicestershire Recovery College.

Course	Course Date(s)	Course Times	Venue
1	Friday 13 th November	10am – 12pm	Abbey Park, Leicester City

Gardening- Wellbeing Session

Join friendly hands-on sessions where you get to do gardening tasks each time and enjoy the calming effects of spending time with plants and the open air. We will be doing a wellbeing activity each session. No experience needed.



What to expect:

- Join as in as much as you want to do or are capable to do.
- Meet others in a relaxed outdoor space.
- Take time for yourself and feel more connected to nature.
- Wellbeing activity each session.
- A supportive, relaxed space led by a peer with lived experience.

These are in-person sessions at A Place to Grow, a friendly community garden in the heart of Enderby.

These sessions are delivered by the Leicestershire Recovery College.

Session	Course Date(s)	Course Times	Venue
1	Monday 7 th September & 28 th September	1pm – 4pm	A Place to Grow, Enderby

Mental Health and Nicotine Addiction



Thinking about smoking less, quitting, or simply wanting to understand more about smoking and wellbeing? This friendly and supportive session is a great place to start.

In a relaxed and welcoming environment, we'll explore the connection between smoking and mental health, helping you understand why smoking can be difficult to change and how positive changes can support your overall wellbeing. Whether you smoke yourself, are considering cutting down, planning to quit in the future, or want to support someone else, or just curious, everyone is welcome.

What to expect:

- Explore the relationship between smoking, nicotine, and mental wellbeing.
- Learn how nicotine affects the brain and how addiction develops.
- Understand some of the common challenges people face when reducing or stopping smoking.
- Discover practical stress management techniques that can help during difficult moments.
- Be introduced to helpful coping strategies for managing cravings, stress, and triggers.
- Learn ways to support friends, family members, or loved ones who smoke.
- Find out about local services and resources available to support a smokefree journey.

You'll leave with a better understanding of smoking and addiction, practical tools to help manage stress and cravings, and increased confidence to make informed choices about your health and wellbeing.

No pressure, no judgement, and no expectation to quit; just information, support, and encouragement to help you take the next step that's right for you.

This session is delivered by Quit Ready- Leicestershire and Rutland

Course	Course Date(s)	Course Times	Venue
1	Tuesday 1 st September	1:30pm – 2:30pm	Online: Microsoft Teams
2	Thursday 1 st October	1:30pm – 2:30pm	Online: Microsoft Teams

Our Partners

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



Stay Connected with the Recovery College

Would you like to hear from the Recovery College more often?

Then join our marketing list!

You will be the first to know when the new prospectus is out plus you can get our monthly newsletters.

The monthly newsletter has updates on what's happened at the college, news from our drop-in sessions as well as course spotlights and the course calendar!



To join the marketing list please email LPT.Recoverycollege@NHS.Net or call 0116 295 1196.

Want to hear from us even more frequently?

Then follow us on social media!

Join our LPT Leicestershire Recovery College Facebook Group



Enjoy our Wellbeing Wednesday posts that highlight all the other wonderful services and activities available around Leicester, Leicestershire and Rutland.

Thoughtful Thursdays offer an opportunity to get thinking about different topics related to our wellbeing.



Your voice • Your story • Your care

Your experience of our mental health services can help us to make them better

Have you got a story about one of our services? We are looking for patients, service users and carers to share their experiences (the level of commitment is totally up to you) so that we can make improvements where we need to. If you have experience with any of our **adult mental health services**, we would very much like to hear from you.

Ways you can share your experiences:

- Any involvement will be tailored to your interests and preferences. The range of ways you can share your experience with us include:
 - surveys and questionnaires (via email, telephone or post)
 - patient focus group (virtually/face-to-face)
 - virtual/face-to-face and café meetings
- being a patient representative on recruitment panels or quality improvement projects
- working with our staff on the design and delivery of services
- delivering training to our staff
- various research opportunities.

Our principles and priorities



We are striving towards equal partnership



We respect difference



We hear everyone's voice



We are prepared to learn from each other



We feel psychologically safe



We are inclusive

What we offer

- To tailor your involvement to your preferences.
- An inclusive approach to involvement. We will consider your individual requirements, whether that be a physical, mental health or learning disability need.
- An invitation to our Introduction to Involvement workshops (virtual/face-to-face).
- Training and development opportunities to improve your involvement skills and confidence (virtual/face-to-face).
- An opportunity to use your experience to improve services for others.
- Recognition for your contribution and sharing your experiences.

Involvement opportunities in adult mental health services include:

- Older adults memory services.
- Inpatients and community services.
- Co-production groups for acute care, psychiatric intensive care unit (PICU), personality disorders, urgent care, rehabilitation.
- Mental health services for older people.

Who can apply?

- Anyone who has used our adult mental health services or who has supported someone who has used them.
- Anyone who is willing to adhere to our Trust values and leadership behaviours.
- Anyone who is happy to sign up to our Involvement Charter.

Do you want to tell us your story or find out more?

Please contact the Patient Experience and Involvement Team:

✉ Lpt.patient.experience@nhs.net ☎ 0116 295 0818 🌐 <https://tinyurl.com/2b9ywc2k>

Or scan the QR code top left.



Contact Us

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