



Leicestershire Recovery College

PROSPECTUS

**Autumn Course Guide:
Tuesday 29th August 2023 – Friday 15th December 2023**

**Half Term Break (Recovery College Closed):
Monday 16th October 2023 - Friday 20th October 2023**



**Leicestershire Partnership
NHS Trust**



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Welcome to the Leicestershire Recovery College

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

Joining the Recovery College and doing courses might 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
C/O Bradgate Unit
Glenfield Hospital Site
Groby Road
Leicester
LE3 9EJ



How to enrol at the college

If you are over 18 and would like to attend one of our courses, you will first need to enrol as a student with the college. It's really simple, no referral is required.

You can enrol:

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

By Phone: 0116 295 1196

By Email: LPT.Recoverycollege@nhs.net



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.

Face to Face Enrolment Sessions (please pre-book)

Venue: Recovery College Base (opposite Bennion Centre, Glenfield Hospital)

Telephone/Online Enrolment Sessions (please pre-book)

Day: Weekdays

Time: Morning/Afternoon

Peer Support at the Recovery College

At the Recovery College, we offer Peer Support to help you along your recovery journey.

Peer Support Workers are people who have their own lived experience of mental health conditions and are trained to support others in their recovery.



Working together, Peer Support Workers can help to identify things that may be helpful to you in your journey and your goals.



They are passionate about supporting others in improving their health and wellbeing.











If you would like some additional support whilst attending the Recovery College, you can book some time in with a Peer Support Worker.

Contact the Recovery College to find out more.











Timetable at a Glance

Online  In-person 

Course Title	Course Number	Course Date(s)	Course Times
Getting Involved			
College Coffee		Tues 29 th Aug 	10am-11:30am
		Wed 13 th Sep 	1pm-2pm
		Mon 25 th Sep 	10am-11:30am
		Mon 23 rd Oct 	10am-11:30am
		Wed 8 th Nov 	10am-11am
		Mon 20 th Nov 	10am-11:30am
		Wed 6 th Dec 	10am-11am
		Mon 11 th Dec 	10am-11:30am
Christmas College Coffee		Fri 15 th Dec 	10am-11:30am
Building Confidence in the Use of Microsoft Teams		Wed 30 th Aug 	1pm-2pm

Understanding/Experience of Mental Health Conditions			
Understanding Medications for Mental Health	Course 1	Thurs 23 rd Nov 	1pm-3pm
	Course 2	Fri 1 st Dec 	1pm-3pm
	Course 3	Fri 15 th Dec 	1pm-3pm
Understanding a Diagnosis of Psychosis and Schizophrenia	Course 1	Fri 1 st Sep 	10:30am-12:30pm
	Course 2	Thurs 2 nd Nov 	10:30am-12:30pm


Building Your Life			
Substance Use Interventions		Tues 5 th , 12 th & 19 th Sep 	1pm-3pm
Recovery Goals: Reflect and Reset Workshop	Course 1	Tues 5 th Sep 	10am-12:30pm
	Course 2	Mon 13 th Nov 	10am-12:30pm
Involvement Opportunities within Leicestershire Partnership NHS Trust	Course 1	Thurs 14 th Sep 	10:30am-12pm
	Course 2	Thurs 7 th Dec 	2pm-3:30pm
An Introduction to Employment Support Services		Mon 18 th Sep 	10am-12pm
Loneliness: Get Better Connected		Wed 15 th Nov 	10am-12pm
Humour for Recovery		Wed 8 th , 15 th , 22 nd , 29 th Nov, 6 th & 13 th Dec 	2pm-4pm



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Your Life (Continued)

The Place of Narratives in Recovery	Tues 19 th , 26 th Sept & 3 rd Oct		10am-12pm
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Developing Skills and Knowledge

Journaling Club		Every Week - Thursday		1pm-1:30pm
Journaling for Wellbeing		Wed 11 th Oct		10am-12pm
Assertiveness and Confidence Building		Fri 27 th October, 3 rd & 10 th Nov		10am-12pm
Understanding Motivation and Positivity		Wed 13 th Sep		10am-12pm
Expressive Writing		Thurs 21 st , 28 th Sep, 5 th & 12 th Oct		10:30am-12pm
It's Not About The Drawing	Course 1	Wed 30 th Aug		10am-12pm
	Course 2	Fri 1 st Sep		12pm-2pm
	Course 3	Mon 2 nd Oct		2pm-4pm
	Drop In	Fri 8 th Sep		10am-12pm
	Drop In	Fri 13 th Oct		1pm-3pm
	Drop In	Fri 3 rd Nov		1pm-3pm
	Drop In	Fri 8 th Dec		10am-12pm
Managing Wellbeing During Uncertainty	Course 1	Thurs 31 st Aug, 7 th , 14 th & 21 st Sep		2pm-4pm
	Course 2	Thurs 26 th Oct, 2 nd , 9 th & 16 th Nov		2pm-4pm
Managing Anxiety	Course 1	Mon 4 th & 11 th Sep		2pm-4pm
	Course 2	Mon 23 rd & 30 th Oct		2pm-4pm
	Course 3	Mon 20 th & 27 th Nov		2pm-4pm
Managing Emotions	Course 1	Tues 26 th Sep, 3 rd & 10 th Oct		10am-12pm
	Course 2	Tues 24 th , 31 st Oct & 7 th Nov		10am-12pm
	Course 3	Tues 21 st , 28 th Nov & 5 th Dec		10am-12pm
Managing Stress		Fri 6 th & 13 th Oct		10am-12pm
Learn to Surf: An Introduction to Living More Mindfully		Fri 29 th Sep & 6 th Oct		10am-1pm






LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (Continued)

Emotional Mindfulness	Wed 27 th Sep, 4 th , 11 th , 25 th Oct, 1 st & 8 th Nov		2pm-4pm
The Guided Meditation and Mindfulness Club	Every Week - Tues		1pm-1:30pm
Stigma and Discrimination	Tues 24 th Oct		10am-12pm
E-Learning Introduction to Mindfulness Course	Available via our webpage; http://elearning-lpt.leicestershire.nhs.uk/313Courses/Mindfulness/html/		

Physical Health and Wellbeing

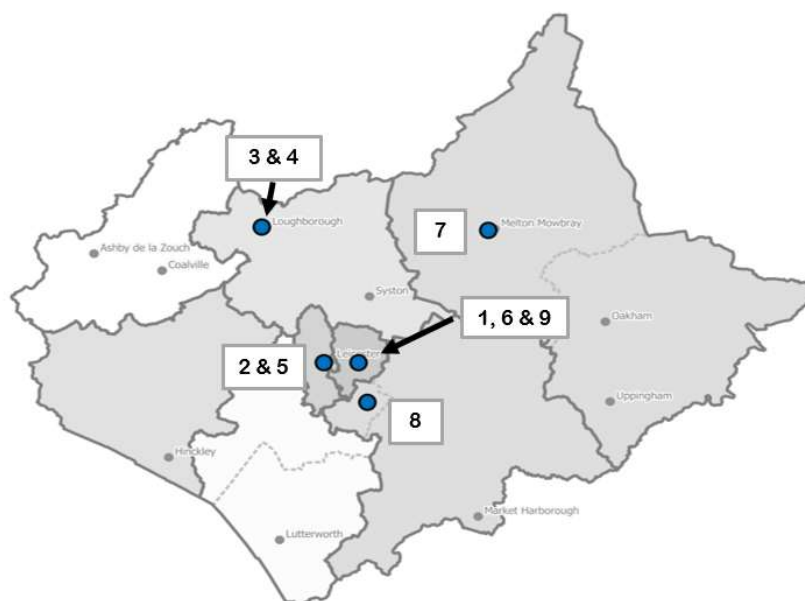
Mindful Walk and Photography	Tues 12 th Sep		10am-11am
Gentle Yoga & Relaxation	Mon 23 rd , 30 th Oct & 6 th Nov		10:30am-12pm
A Healthy New Me	Fri 17 th , 24 th Nov & 1 st Dec		10am-12pm
Sleep and Wellbeing	Wed 13 th Dec		10am-12pm

Face to Face Course Venues



The Leicestershire Recovery College delivers face-to-face courses at the following venues:

1. **John Lewis Café**, Highcross Shopping Centre, Leicester, LE1 4SD
2. **Leicestershire Recovery College**, Bennion Centre, Glenfield Hospital, LE3 9DZ
3. **Loughborough Library**, Leicestershire Adult Learning Service, LE11 3DZ
4. **Loughborough Wellbeing Centre**, Asha House, Woodgate, LE11 2TZ
5. **LPT Education and Training Centre**, Glenfield Hospital, LE3 9EJ
6. **Mett Centre**, Lee Circle, Leicester, LE1 3RE
7. **Phoenix House**, Nottingham Road, Melton Mowbray, LE13 0UL
8. **Wigston Magna Library**, Leicestershire Adult Learning Service, Wigston
9. **Aylestone Meadows Local Nature Reserve**, Leicester, LE2 8LZ





LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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.

Getting Involved

College Coffee

Drop in for a friendly chat and connect with other students over a cuppa. This session is for new and current students who would like to connect with others for a chat about general topics or to find out more about the Recovery College in a friendly and informal session.



Session Date(s)	Session Time	Venue
Tuesday 29 th August	10am-11:30am	Recovery College, Bennion Centre, Glenfield Hospital
Wednesday 13 th September	1pm-2pm	Online: Microsoft Teams
Monday 25 th September	10am-11:30am	John Lewis Café- Leicester City
Monday 23 rd October	10am-11:30am	John Lewis Café- Leicester City
Wednesday 8 th November	10am-11am	Online: Microsoft Teams
Monday 20 th November	10am-11:30am	Recovery College, Bennion Centre, Glenfield Hospital
Wednesday 6 th December	10am-11am	Online: Microsoft Teams
Monday 11 th December	10am-11:30am	Recovery College, Bennion Centre, Glenfield Hospital
Friday 15 th December	10am-11:30am	Online: Microsoft Teams

This session is delivered by the Leicestershire Recovery College.



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Confidence in the Use of Microsoft Teams

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. Microsoft Teams is the software platform used for online courses run by the Leicestershire Recovery College.



This short workshop gives you the opportunity to explore how an online course is run, whilst getting to use the basic functions of Microsoft Teams including signing into a course, using your camera, using your microphone, and writing in the 'chat.'

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 30 th August	1pm-2pm	Online: Microsoft Teams

This session is delivered by the Leicestershire Recovery College.

Understanding/Experience of Mental Health Conditions

Understanding Medications for Mental Health

This course aims to be responsive to those present on the day. You may ask a pharmacist any questions you have on the subject of medicines for mental health.



Topics previously covered include explaining the different categories of medication prescribed for mental illness, simple explanations of how they are thought to work, specific queries about named medicines, how to compare the available options for specific diagnoses, exploration of 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.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 23 rd November	1pm-3pm	Online: Microsoft Teams
2	Friday 1 st December	1pm-3pm	Online: Microsoft Teams
3	Friday 15 th December	1pm-3pm	Online: Microsoft Teams

This course is delivered by the Leicestershire Partnership NHS Trust Pharmacy Team.



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.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 1 st September	10:30am-12:30pm	Online: Microsoft Teams
2	Thursday 2 nd November	10:30am-12:30pm	Mett Centre, Leicester City

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

Building Your Life

Substance Use Interventions

Some people may be experiencing problems with drug and alcohol: other people may be affected by those using substances.

This course aims to support you to develop skills to recognise issues around substance use. In the course we look at moving forward in recovery, provide a toolkit to manage these issues and 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. The 3 psychosocial sessions will focus on discussing harm reduction related to substances and exploring coping strategies.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 5 th , 12 th & 19 th September	1pm-3pm	Online: Microsoft Teams

This course is delivered by the Leicestershire Partnership NHS Trust Substance Misuse Team.





Recovery Goals: Reflect and Reset Workshop

Along your recovery journey, it is important to take the time to sit back and reflect on the goals you have set, assess where you are now and look at ways forward.

When enrolling at the college you will have completed an Individual Learning Plan with a member of the team where you discussed your learning goals in relation to your hopes and ambitions for your recovery journey.



This workshop will give you the opportunity to reflect on your recovery and learning journey so far, identify your achievements and positive outcomes as well as the chance to reset or set new goals going forward.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 5 th September	10am-12:30pm	Recovery College, Bennion Centre, Glenfield Hospital
2	Monday 13 th November	10am-12:30pm	Online: Microsoft Teams

This session is delivered by the Leicestershire Recovery College.

Involvement Opportunities Available Within Leicestershire Partnership Trust

In this session, we will provide an overview of what Patient/Carer Involvement is as well discussing what Involvement opportunities are available within LPT.



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. 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.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 14 th September	10:30am-12pm	Recovery College, Bennion Centre, Glenfield Hospital
2	Thursday 7 th December	2pm-3:30pm	Online: Microsoft Teams

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



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



An introduction to the NHS Employment Support Service, which is a free, confidential, and community-based service. We offer support for people who are under an Adult Mental Health Team and are considering working as a way of supporting their recovery, by exploring your aims and ambitions, skills, and work goals.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 18 th September 2023	10am-12pm	LPT Education and Training Centre, Glenfield Hospital

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

Loneliness: Get Better Connected



There can be many times when you can feel lonely, after bereavement of a relative or friend, or 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 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 available to connect with others in your area. Making enquiries 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.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 15 th November	10am-12pm	Wigston Magna Library, Wigston

This course is delivered by the Leicestershire Adult Learning Service.



Humour for Recovery

Is Life taking you too seriously? Discover how the art of making each other laugh can improve confidence, self-esteem, teamwork, 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 creating different types of comedy

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 8 th , 15 th , 22 nd , 29 th November, 6 th & 13 th December	2pm-4pm	Mett Centre, Leicester City

This course is delivered by the BrightSparks- Arts in Mental Health

The Place of Narratives in Recovery

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 to 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 the stories of others
- Preparing draft material for a short anthology of work produced during the course
- Signposting and supporting participants with developing possible opportunities to further develop their written work and/or perform. At the end of the 4-week course we hope to come up with a final narrative that will be recorded in some way, written or recorded

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 19 th , 26 th September & 3 rd October	10am-12pm	Recovery College, Bennion Centre, Glenfield Hospital

This course is delivered by the BrightSparks- Arts in Mental Health



Developing Skills and Knowledge

Journaling Club

Join an online weekly journaling club where you will come together in the same space, at the same time, on the same day each week to journal.



The sessions will give you dedicated time to start, continue or restart your journaling practice.

By coming together at the same time each week, you will be able to build a routine in a supportive environment, feel motivated and build connections in the process.

Course Number	Course Date(s)	Course Times	Venue
1	Weekly - Each Thursday from 31 st August	1pm-1:30pm	Online: Microsoft Teams

This session is delivered by the Leicestershire Recovery College.

Journaling for Wellbeing

Studies show there are many benefits to journaling including improved health, wellbeing and we will explore how you can use it to support your recovery journey. We will look at:



- The purpose of journaling
- How to journal and the different types of journals
- Barriers to keeping a journal
- Safety – physical and emotional considerations
- Benefits of keeping a journal

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 11 th October	10am-12pm	Leicestershire Adult Learning Service, Loughborough Library

This course is delivered by the Leicestershire Adult Learning Service.



Assertiveness and Confidence Building

This is a personal development workshop for individuals who want to increase their confidence and self-esteem. The course will help you develop qualities and skills that can help to overcome any personal barriers preventing you from being confident, professionally, and personally.



By the end of the workshop, you will be able to:

- Define assertive and confidence in one sentence
- Learn skills to increase your assertiveness and confidence
- List up to 6 personal strengths, qualities, and achievements
- Describe yourself in a positive way

Course Number	Course Date(s)	Course Times	Venue
1	Friday 27 th October, 3 rd & 10 th November	10am-12pm	Online: Microsoft Teams

This course is delivered by the WEA.

Understanding Motivation and Positivity

This course will help you to understand more about what motivation is, what motivates you and how to stay motivated.



You will gain more knowledge about the two different types of motivations and why this is important. You will get the opportunity to look at and discuss goal setting to increase and improve your motivation. The course will also delve into the link between motivation and positivity and the importance of positivity for better mental 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 well being

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 13 th September	10am-12pm	Online: Microsoft Teams

This course is delivered by the Leicestershire Adult Learning Service.



Expressive Writing

Expressive writing is about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words.



These workshops will offer you an opportunity to reflect and write in a safe, friendly, and confidential atmosphere that fosters personal awareness and wellbeing. It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained.

At each session, the facilitator (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. Short writing prompts and exercises will then be offered to help you write about your own experiences, thoughts, and feelings.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 21 st , 28 th September, 5 th & 12 th October	10:30am-12pm	Online: Microsoft Teams

This course is delivered by the Royal Literacy Fund.

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.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 24 th October	10am-12pm	Recovery College, Bennion Centre, Glenfield Hospital

This course is delivered by the BrightSparks- Arts in Mental Health



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It's Not About The Drawing

This course shows that it doesn't matter about your ability, it is all about learning and will introduce you to the mental health benefits of art such as drawing, colouring, and sketching.



It is proven that engaging with art can reduce feelings of stress and anxiety. Putting pencil to paper allows you to control what is being created. When you create something, your body releases dopamine, activating the reward centres of your brain. This sense of reward and achievement can help to reduce any stress that you may be feeling.

With support from Leicestershire Partnership NHS Trust's charity; Raising Health, we will help to provide most of the equipment that you need to participate. After attending this course, you are welcome to drop-in to our online monthly workshops.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 30 th August	10am-12pm	Online: Microsoft Teams
2	Friday 1 st September	12pm-2pm	LPT Education and Training Centre, Glenfield Hospital
3	Monday 2 nd October	2pm-4pm	Loughborough Wellbeing Centre, Loughborough

Monthly Workshops (Drop In's)			
1	Friday 8 th September	10am-12pm	Online: Microsoft Teams
2	Friday 13 th October	1pm-3pm	Online: Microsoft Teams
3	Friday 3 rd November	1pm-3pm	Online: Microsoft Teams
4	Friday 8 th December 2023	10am-12pm	Online: Microsoft Teams

This session is delivered by the Leicestershire Recovery College.

Managing Anxiety

This course is an introduction to anxiety and the impact this has on us.

We all feel anxious sometimes, however when it becomes overwhelming, this can be problematic for us.



We will focus on how and why we may become anxious, along with exploring our thinking patterns. We will also go through a variety of self-help tools to help you manage anxious feelings and situations.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 4 th & 11 th September	2pm-4pm	Online Microsoft Teams
2	Monday 23 rd & 30 th October	2pm-4pm	Online Microsoft Teams
3	Monday 20 th & 27 th November	2pm-4pm	Online Microsoft Teams

This course is delivered by Life Links.



Managing Wellbeing During Uncertainty

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 we will cover: Worry & Anxiety, taking a Self-compassion Approach, Managing Sleep and Exploring Identity. All aspects interlink with taking care of ourselves during difficult and uncertain times.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 31 st August, 7 th , 14 th & 21 st September	2pm-4pm	Online: Microsoft Teams
2	Thursday 26 th October, 2 nd , 9 th & 16 th November	2pm-4pm	Online: Microsoft Teams

This course is delivered by Life Links.

Managing Emotions

This course has been developed to support people who find it difficult to manage their emotions but it is important that we are aware of how to manage our experiences to ensure that we don't feel overwhelmed.



This interactive course aims to provide you with practical tools and coping strategies to help you manage your emotions independently, so that you can enjoy life to its fullest. Focussing on developing an understanding of why we might feel and experience certain emotions, along with introducing self-help tools and coping techniques to better manage our experiences.

We will explore how to maintain our wellbeing more generally; we will look at how to reduce tension and how to create our own safety plans. We will also explore mindfulness and grounding as techniques for better managing our emotions.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 26 th September, 3 rd & 10 th October	10am-12pm	Online: Microsoft Teams
2	Tuesday 24 th , 31 st October & 7 th November	10am-12pm	Online: Microsoft Teams
3	Tuesday 21 st , 28 th November & 5 th December	10am-12pm	Online: Microsoft Teams

This course is delivered by Life Links.



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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 6 th & 13 th October	10am-12pm	Online: Microsoft Teams

This course is delivered by the WEA.

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 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, 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.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 29 th September & 6 th October	10am-1pm	LPT Education and Training Centre, Glenfield Hospital

This session is delivered by the Leicestershire Recovery College.



Emotional Mindfulness

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.



We will also be looking at ways of developing our understanding of our emotions, using various tools, to explore, deepen insight into and build confidence in, our ability to handle our emotions.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 27 th September, 4 th , 11 th , 25 th October, 1 st & 8 th November	2pm-4pm	LPT Education and Training Centre, Glenfield Hospital

This session is delivered by the Leicestershire Recovery College.

The Guided Meditation and Mindfulness Club

A weekly meditation and mindfulness club can be a great way to help improve your mental wellbeing. This club is to teach different guided meditations and mindfulness techniques that can be used in day-to-day life. The club will be for 30 minutes on a weekly drop-in basis, helping you to create the habit.



We hope that by trying different guided techniques you will be able to find some that work for you. We will provide you with a document to keep track of the techniques you like and score them. We will use popular apps, YouTube and host written techniques. The club can also include discussion sessions, where students can share recommendations on mindfulness and meditation and other activities that can help to improve mental wellbeing.

Course Number	Course Date(s)	Course Times	Venue
1	Weekly - Each Tuesday from 29 th August	1pm-1:30pm	Online: Microsoft Teams

This course is delivered by the Leicestershire Recovery College.



E-Learning: Introduction to Mindfulness

'Introduction to Mindfulness' is a short online course that has been developed by the Recovery College team.



Mindfulness and meditation have been shown to reduce stress by helping you to be more attentive to the present moment. Mindfulness can even reduce physical symptoms of stress, susceptibility to illnesses such as colds and other ailments.

This course is a short online course covers what Mindfulness is, the benefits and shares some techniques with lots of signposting to other resources available.

To access the course visit:

<http://elearning-lpt.leicestershire.nhs.uk/313Courses/Mindfulness/html/>

Or scan the QR code



Physical Health and Wellbeing

Mindful Walk and Photography

By connecting with nature, we can cultivate positive emotions such as calmness, joy and creativity. So why not take some time out with us to wander through nature in the beautiful area of Aylestone Meadows? In this session, we will slow down and foster a deeper relationship with nature by using the five senses to become aware of what's around us.



We will also spend part of the session taking some mindful photographs. Prompts will be provided to help you look at your surroundings in a different way and remain present in the moment.

No photography skills are needed, and your mobile phone will be fine, however you can bring a camera with you if you wish.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 12 th September	10am-11am	Aylestone Meadows

This course is delivered by the Leicestershire Recovery College.



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



A Healthy New Me

This is a course to help you to rethink your lifestyle, identify areas to change & make a personal plan for a calmer life.

By the end of the course, you will: identify changes to make in your home and make a plan of how to do these, identify ways to lead a healthier life, and find ways to manage relationships in a positive way.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 17 th , 24 th November & 1 st December	10am-12pm	Online: Microsoft Teams

This course is delivered by the WEA

Gentle Yoga & Relaxation

Take this time 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. This session will be accessible to anyone, regardless of your level of fitness or ability, no prior experience of yoga is required.



Course Guidelines: • Wear loose, comfortable clothing • Some of the session exercise will be seated, appropriate equipment will be available to support these exercises.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 23 rd , 30 th October & 6 th November	10:30am-12pm	LPT Education and Training Centre, Glenfield Hospital

This course is delivered by the Leicestershire Recovery College.



Sleep and Wellbeing

Getting enough good sleep can affect how you feel physically and mentally. The course will look at why we sleep, sleep cycles, the benefits of good sleep and healthy bedtime routines.



You will gain knowledge about what can happen if you don't get good restful sleep and helpful tips about how to create and promote better sleep hygiene.

You will complete activities and tasks with the support of your tutor and in discussion with fellow learners to enable you to understand how to get a better night's sleep and hopefully improve your mental and physical wellbeing.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 13 th December	10am-12pm	Online: Microsoft Teams

This course is delivered by the Leicestershire Adult Learning Service.

Stay Connected with the Recovery College

We love to hear from you!

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

Joining our marketing list is easy!

You will receive our newsletter, monthly course posters, information about our informal drop-in session, College Coffee and more.

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





LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Our Partners

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



Royal Literary Fund





Advice/Support- Mental Health and Wellbeing

Find support for your mental health and wellbeing:



United Leicester

Helping the community find help & support across Leicestershire
www.unitedleicester.com



VitaMinds

Access Talking Therapy Service
0330 094 5595
www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health



Get Self Help

Cognitive Behaviour Therapy Resources
www.getselfhelp.co.uk



LPT NHS Website-Mental Health Support

Find information and support for your mental health
www.leicspart.nhs.uk/mental-health/



Mental Health Central Access Point

Anyone needing mental health support for themselves, or others can call this service on 0808 800 3302, 24 hours a day, seven days a week.



NHS 111

Call 111 for physical, medical and mental health issues
www.111.nhs.uk



Neighbourhood Mental Health Cafés

Local support for people who need help with their mental health. www.leicspart.nhs.uk/service/neighbourhood-mh-cafes



Contact Us

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

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