



# Leicestershire Recovery College

## PROSPECTUS

**Autumn 2025 Course Guide:**  
Monday 1<sup>st</sup> September 2025 – Friday 19<sup>th</sup> December 2025

**Half Term Break (Recovery College Closed):**  
Monday 20<sup>th</sup> October 2025 – Friday 24<sup>th</sup> October 2025





# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## 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 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](http://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](mailto:LPT.Recoverycollege@nhs.net)

**Website:** [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk), search; 'Recovery College'

**Twitter:** @recoverycollege

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

**Instagram:** @LPTrecoverycollege

### Postal Address:

Leicestershire Recovery College, C/O Patients and Partnerships  
2<sup>nd</sup> Floor, Swithland House, 352 London Road  
Leicester, LE2 2PL



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## 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 simple, no referral is required.

You can enrol:

**Online:** [www.leicspart.nhs.uk/service/leicestershire-recovery-college/](http://www.leicspart.nhs.uk/service/leicestershire-recovery-college/)

**By Phone:** 0116 295 1196

**By Email:** [LPT.Recoverycollege@nhs.net](mailto: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.

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

**Day:** Weekdays

**Time:** Morning/Afternoon

## Peer Support at the Recovery College

At the Recovery College, you can talk with a Peer Support Worker—friendly people who understand what it's like to live with mental health challenges. They've had their own experiences and are trained to support others.

A Peer Support Worker can work with you to explore what might help you feel better and reach your goals. They're here to listen, share ideas, and support your wellbeing.

If you'd like some extra support while attending the Recovery College, you can book time to talk with a Peer Support Worker.

Want to know more? Just ask the Recovery College team.

## 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.



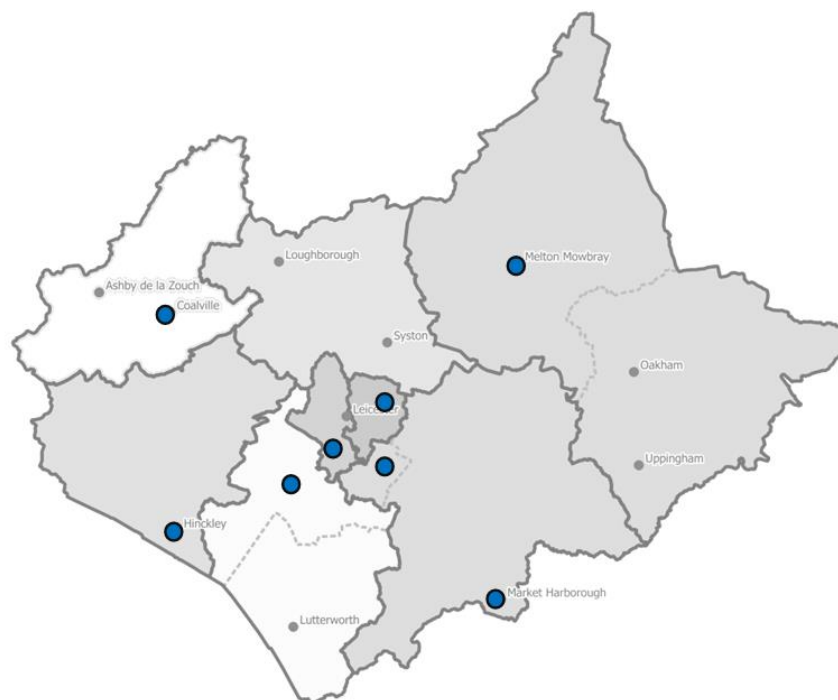
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

## Classroom Course Venues



During the Autumn Term 2025, the Leicestershire Recovery College delivers face-to-face courses at the following venues:

- **A Place to Grow**, Mill Lane, Enderby, LE19 4AQ (Venue Code: APTG)
- **The Brite Centre**, Braunstone Avenue, Leicester, LE3 1LE (Venue Code: BC)
- **Hinckley Library**, Lancaster Road, Hinckley, LE10 0AT (Venue Code: HL)
- **Market Harborough Leisure Centre**, Northampton Road, Market Harborough, LE16 9HF (Venue Code: MH)
- **Marlene Reid Centre**, 85 Belvoir Road, Coalville, LE67 3PH (Venue Code: MRC)
- **Phoenix House**, Nottingham Rd, Melton Mowbray LE13 0UL (Venue Code: PH)
- **Wigston Magna Library**, Bull Head Street, South Wigston, LE18 1PN (Venue Code: WML)





## Timetable at a Glance

Getting Involved			Page 8-9
Course Title	Course Date(s)	Course Times	Venue
<b>An Introduction to the Leicestershire Recovery College</b>	Mon 13 <sup>th</sup> Oct	11am – 11:30am	Online
<b>Building Confidence in the Use of Microsoft Teams</b>	Fri 12 <sup>th</sup> Sept	1:30pm – 2:15pm	Online
<b>Student Feedback Forum</b>	Mon 13 <sup>th</sup> Oct	1pm – 2pm	Online

Understanding/Experience of Mental Health Conditions				Page 10-11
<b>Understanding Medications for Mental Health</b>	Course 1	Fri 3 <sup>rd</sup> Oct	10am – 12pm	Online
	Course 2	Fri 31 <sup>st</sup> Oct	10am – 12pm	Online
	Course 3	Fri 5 <sup>th</sup> Dec	10am – 12pm	Online
<b>Understanding and Living with Psychosis and Schizophrenia</b>	Course 1	Fri 19 <sup>th</sup> Sept	10am – 12pm	LRC
	Course 2	Fri 14 <sup>th</sup> Nov	10am – 12pm	Online
<b>Understanding a Diagnosis of Bipolar Disorder</b>		Tues 11 <sup>th</sup> Nov	1:30pm – 3:30pm	Online

Building Your Life				Page 12-16
<b>Recovery Goals: Reflect and Reset Workshop</b>	Course 1	Mon 29 <sup>th</sup> Sept	1pm – 2:30pm	Online
	Course 2	Mon 1 <sup>st</sup> Dec	1pm – 2:30pm	PH
<b>Being a Carer: Support and Improving Wellbeing</b>		Tues 2 <sup>nd</sup> Dec	1:30pm – 3pm	Online
<b>Involvement Opportunities within Leicestershire Partnership NHS Trust</b>		Tues 18 <sup>th</sup> Nov	10:30am – 12pm	Online
<b>An Introduction to the Employment Support Service</b>		Fri 28 <sup>th</sup> Nov	11am – 1pm	BC
<b>Loneliness Get Better Connected</b>		Wed 24 <sup>th</sup> Sept	1pm – 3pm	Online
<b>Introduction to Arts in Mental Health</b>		Tues 9 <sup>th</sup> Sept	10am – 12pm	LRC



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



<b>Building Your Life (Continued)</b>			
<b>Course Title</b>	<b>Course Date(s)</b>	<b>Course Times</b>	<b>Venue</b>
<b>The Place of Narratives in Recovery</b>	Tues 7 <sup>th</sup> , 14 <sup>th</sup> , 28 <sup>th</sup> Oct & 4 <sup>th</sup> Nov	10am – 12pm	LRC
<b>Humour for Recovery</b>	Wed 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> Sept & 1 <sup>st</sup> , 8 <sup>th</sup> Oct	10:30am – 12:30pm	LRC
<b>Facilitation and Training Skills</b>	Wed 29 <sup>th</sup> Oct, 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> Nov & 3 <sup>rd</sup> Dec	10am – 12pm	LRC
<b>Routines: Building a Balanced Life</b>	Wed 10 <sup>th</sup> & Thurs 11 <sup>th</sup> Dec	1:30pm – 3pm	Online

<b>Developing Skills and Knowledge</b>				<b>Page 16-26</b>
<b>Introduction to Emotional Mindfulness</b>	Course 1	Wed 1 <sup>st</sup> Oct	2pm – 4pm	LRC
	Course 2	Thurs 6 <sup>th</sup> Nov	2pm – 4pm	MH
	Course 3	Thurs 4 <sup>th</sup> Dec	2pm – 4pm	Online
<b>Introduction to Meditation and Mindfulness</b>		Thurs 2 <sup>nd</sup> Oct	10am – 12pm	Online
<b>Meditation and Mindfulness Club</b>		Every Tuesday-starting Tues 2 <sup>nd</sup> September (except during term time closures)	1pm – 1:30pm	Online
<b>Meditation and Mindfulness in Nature</b>		Mon 8 <sup>th</sup> Sept	1:30pm – 3:30pm	APTG
<b>Learn To Surf: An Introduction to Living More Mindfully</b>		Fri 31 <sup>st</sup> Oct, 7 <sup>th</sup> & 14 <sup>th</sup> Nov	1pm – 3:15pm	LRC
<b>Introduction to Journaling</b>		Mon 22 <sup>nd</sup> Sept	1pm – 3pm	Online
<b>Journaling Club</b>		Every Thursday- starting Thurs 4 <sup>th</sup> September (except during term time closures)	1pm – 1:30pm	Online
<b>Writing for Self-Expression</b>		Thurs 30 <sup>th</sup> Oct, 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> Nov	10:30am – 12pm	Online
<b>Reading Round</b>		Thurs 25 <sup>th</sup> Sept, 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> Oct	1:30pm – 3pm	Online



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



<b>Developing Skills and Knowledge (continued)</b>				
<b>Course Title</b>		<b>Course Date(s)</b>	<b>Course Times</b>	<b>Venue</b>
<b>Introduction to It's Not About the Drawing</b>		Fri 10 <sup>th</sup> Oct	1pm – 3pm	Online
<b>It's Not About the Drawing- drop-in sessions</b>	Drop In	Thurs 4 <sup>th</sup> Sept	10am – 12pm	Online
	Drop In	Fri 19 <sup>th</sup> Sept	1pm – 3pm	Online
	Drop In	Mon 29 <sup>th</sup> Sept	10am – 12pm	Online
	Drop In	Fri 17 <sup>th</sup> Oct	1pm – 3pm	Online & MRC
	To attend this drop-in at the Marlene Reid Centre please pre-book a place			
	Drop In	Mon 27 <sup>th</sup> Oct	10am – 12pm	Online
	Drop In	Mon 10 <sup>th</sup> Nov	1pm – 3pm	Online
	Drop In	Mon 24 <sup>th</sup> Nov	10am – 12pm	Online
	Drop In	Mon 8 <sup>th</sup> Dec	1pm – 3pm	Online
<b>Understanding Social Anxiety</b>	Course 1	Wed 17 <sup>th</sup> Dec	10am – 12pm	Online
	Course 2	Wed 17 <sup>th</sup> Dec	1pm – 3pm	Online
<b>Dealing with Worries</b>		Wed 15 <sup>th</sup> Oct	1pm – 3pm	WML
<b>Stress, Burnout and Self-Care</b>		Wed 3 <sup>rd</sup> Sept	1:30pm – 3:30pm	HL
<b>Managing Your Money</b>		Fri 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> Nov	10am – 12pm	Online
<b>Social Media and Wellbeing</b>		Mon 1 <sup>st</sup> Sept	10am – 12pm	LRC

<b>Physical Health and Wellbeing</b>			<b>Page 27-30</b>
<b>Connecting with Nature</b>	Wed 5 <sup>th</sup> Nov	1pm – 3pm	Online
<b>Gardening for Wellbeing</b>	Mon 1 <sup>st</sup> Sept	1:30pm – 3:30pm	APTG
	Mon 15 <sup>th</sup> Sept	1:30pm – 3:30pm	APTG
<b>Houseplants for Wellbeing</b>	Mon 3 <sup>rd</sup> Nov	12:30pm – 2:30pm	LRC
<b>Sleep and Wellbeing</b>	Wed 3 <sup>rd</sup> Dec	1pm – 3pm	Online
<b>Mental Health and Smoking- a start towards a smokefree journey</b>	Thurs 4 <sup>th</sup> Dec	10am – 12pm	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

### An Introduction to the Leicestershire Recovery College



This session introduces you to the Leicestershire Recovery College, during this introduction you will be given an overview of the service, what we offer in our courses and workshops, and who we can help and support. We will give you the opportunity to ask any questions you may have about the service and how to enrol as a student.

This session is delivered by the Leicestershire Recovery College.

**Note: You do not need to be enrolled as a student to attend this session, please send an email to [LPT.RecoveryCollege@NHS.Net](mailto:LPT.RecoveryCollege@NHS.Net) to receive the Microsoft Teams link.**

Session Date(s)	Session Time	Venue
Monday 13 <sup>th</sup> October	11am – 11:30am	Online: Microsoft Teams

### Building Confidence in the Use of Microsoft Teams



Not sure about how to take part in one of our online courses? 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.'

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 12 <sup>th</sup> September	1:30pm – 2:15pm	Online: Microsoft Teams





# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## Student Feedback Forum



Why it matters: Your experiences are the heart of Recovery College. Whether it's a worksheet that helped you reflect, a group session that felt safe and welcoming, or even a moment that felt challenging—we want to learn from it all. This space is built around your comfort and choice, and your feedback helps us grow and improve in ways that truly reflect what matters most to you.

What to expect:

- A calm, gentle space with options for how to join in (talking, writing, listening-whatever feels right).
- Supportive facilitators who want to understand what works and what could be better.
- A mix of open sharing and quiet reflection time.

Why your input is powerful: You know what it's like to be a student here. Your ideas can spark real change, from making sessions more inclusive to creating new wellbeing tools. Recovery College is co-created—and your voice helps us keep it honest, kind, and useful for everyone.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 13 <sup>th</sup> October	1pm – 2pm	Online: Microsoft Teams

## 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 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 with this.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 3 <sup>rd</sup> October	10am – 12pm	Online: Microsoft Teams
2	Friday 31 <sup>st</sup> October	10am – 12pm	Online: Microsoft Teams
3	Friday 5 <sup>th</sup> December	10am – 12pm	Online: Microsoft Teams

### Understanding and Living with Psychosis and Schizophrenia



The aim of this 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.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 19 <sup>th</sup> September	10am – 12pm	Leicestershire Recovery College, Leicester City
2	Friday 14 <sup>th</sup> November	10am – 12pm	Online: Microsoft Teams

## Understanding a Diagnosis of Bipolar Disorder



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 Disorder 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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 11 <sup>th</sup> November	1:30pm – 3:30pm	Online: Microsoft Teams

## Building Your Life

### 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.

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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 29 <sup>th</sup> September	1pm – 2:30pm	Online: Microsoft Teams
2	Monday 1 <sup>st</sup> December	1pm – 3:30pm	Phoenix House, Melton Mowbray



## Being A Carer: Support and Improving Wellbeing



This workshop offers the opportunity for individuals who are new to caring or would like to find more support as a carer.

During this workshop you will be introduced to and learn more about:

- Who is a Carer
- Tips and techniques to plan and manage a crisis or emergency
- Learn tips and strategies about how to look after yourself as a carer
- Find out information about local and national support offers for carers and the people they care for.

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 2 <sup>nd</sup> December	1:30pm – 3pm	Online: Microsoft Teams

## Involvement Opportunities Available Within Leicestershire Partnership Trust



In this session, we will provide you with an overview of what Patient/Carer Involvement is as well discussing what involvement opportunities are available within Leicestershire Partnership NHS Trust.

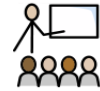
We will discuss what it will mean for you when signing up to our Involvement Network, including different support, training, and development opportunities available when you join. There will also be an opportunity for you to hear from a member of our network to share their experiences on how they have found their involvement journey so far.

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 18 <sup>th</sup> November	10:30am – 12pm	Online: Microsoft Teams



## 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.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 28 <sup>th</sup> November	11am – 1pm	The Brite Centre, Braunstone

## Loneliness Get Better Connected



There can be many times when you can feel lonely, maybe after bereavement of a relative or friend, or perhaps after a period of illness which may have made going out or talking to people tricky. Feeling isolated from the company of others can get in the way of good mental health. Connecting with others can have a 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 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.

This session is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 24 <sup>th</sup> September	1pm – 3pm	Online: Microsoft Teams

## Introduction to Arts in Mental Health



An introductory, interactive, informal session highlighting the benefits of arts in mental health activity to mental health service users. Information will also be provided about the face-to-face and online groups and activities that on offer from the BrightSparks- Arts in Mental Health service.

We will:

- Outline the different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Trust
- Discuss the difference between arts in mental health as compared to art therapy

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 9 <sup>th</sup> September	10am – 12pm	Leicestershire Recovery College, Leicester City

## 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.

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 7 <sup>th</sup> , 14 <sup>th</sup> , 28 <sup>th</sup> October & 4 <sup>th</sup> November	10am – 12pm	Leicestershire Recovery College, Leicester City

## 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 games, discussion, and celebration of some of our favourite comics, the biology of laughter and formulas for creating different types of comedy.

The content of each session is flexible and designed in collaboration with the group, to help you find your funny bone in a safe and happy way!

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

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> September, 1 <sup>st</sup> & 8 <sup>th</sup> October	10:30am – 12:30pm	Leicestershire Recovery College, Leicester City

## Facilitation and Training Skills



This training programme is aimed at people who are planning to co-deliver courses and training sessions. The programme will enable people to develop their skills, knowledge, and confidence in facilitating groups and delivering training.

By the end of the programme, participants will be able to:

- Identify what makes a good trainer/facilitator.
- Understand how to overcome challenging situations within training environments.
- Develop group facilitation skills.
- Become familiar with the content of template training and facilitation plans.
- Understand how to adapt content to meet different people's needs.

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

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 29 <sup>th</sup> October, 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> November & 3 <sup>rd</sup> December	10am – 12pm	Leicestershire Recovery College, Leicester City

## Routines: Building a Balanced Life

Discover calm through consistency.



When life feels overwhelming or unpredictable, having regular habits—like waking up at the same time, eating balanced meals, or getting outside for fresh air—can help us feel calmer and more in control.

Through fun group activities and gentle planning tools, you'll build routines that fit your life and help you feel calmer and more focused.

Whether you're seeking stability or looking to boost your energy and focus, this course invites you to shape a routine that works for you.

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

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 10 <sup>th</sup> & Thursday 11 <sup>th</sup> December	1:30pm – 3pm	Online: Microsoft Teams

## Developing Skills and Knowledge

### Introduction to Emotional Mindfulness

This two-hour 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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 1 <sup>st</sup> October	2pm – 4pm	Leicestershire Recovery College, Leicester City
2	Thursday 6 <sup>th</sup> November	2pm – 4pm	Market Harborough Leisure Centre, Market Harborough
3	Thursday 4 <sup>th</sup> December	2pm – 4pm	Online: Microsoft Teams





## Introduction to Meditation and Mindfulness

Breathe, notice, and unwind.



This one-session course is a gentle introduction to meditation and everyday mindfulness. You'll explore how simple practices like breathing, pausing, and noticing can support your mental wellbeing and try out different techniques to find what suits your style.

You don't need any experience to join. Whether your brand new to meditation or curious to explore fresh approaches, this session is for you.

What to expect:

- Simple ways to begin with mindfulness and meditation.
- Practices you can use in daily life (e.g., breathwork, body scans, mindful moments)
- How these tools can help manage stress and improve your mood

You'll leave with practical tips, calming techniques, and ideas to continue your mindfulness journey at home.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 2 <sup>nd</sup> October	10am – 12pm	Online: Microsoft Teams



## Meditation and Mindfulness Club



Take time for yourself each week with our friendly online drop-in group. You'll explore simple ways to feel calmer, less stressed, and more focused—no experience needed.

When? 30-minute sessions, once a week. Join the club, Come when you can.

What to expect:

- Try out 2 different guided meditations each week.
- Learn easy mindfulness tips for everyday life.
- Use popular tools like Headspace, YouTube videos, and written guides.
- Chat and share ideas with others in relaxed group discussions
- Keep track of what you like and don't like with our scoring booklet.

You'll get to try different techniques and find the ones that work best for you. Over time, you'll build your own toolkit to support your mental wellbeing.

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.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Tuesday-starting Tues 2 <sup>nd</sup> September (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams

## Meditation and Mindfulness Club in Nature



Join us for a peaceful meditation session outdoors. You'll take part in simple breathing and mindfulness activities in a relaxing garden setting. Our friendly tutor will gently lead you through simple breathing and mindfulness exercises while you sit or walk in a peaceful outdoor space.

You'll use your senses to tune into the world around you—like listening to birdsong, feeling the breeze, noticing colours and textures, and letting go of busy thoughts.

There be time to share reflections and ideas with others in the session

This is a one-off, in-person session at A Place to Grow, a friendly community garden in the heart of Enderby. No experience of using meditation or mindfulness needed.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 8 <sup>th</sup> September	1:30pm – 3:30pm	A Place to Grow, Enderby

## 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 session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 31 <sup>st</sup> October, 7 <sup>th</sup> & 14 <sup>th</sup> November	1pm – 3:15pm	Leicestershire Recovery College, Leicester City



## Introduction to Journaling

Explore your thoughts, feelings, and ideas through writing.



This one session course is a gentle introduction to journaling and self-reflection. You'll learn how writing things down can support your mental wellbeing—and try out different ways to journal that suit your style.

You don't need any experience to join. Whether you've never kept a journal before or just want to explore new techniques, this course is for you.

What to expect:

- Simple ways to start journaling.
- Different types of journaling (e.g., free writing, prompts, lists).
- How journaling can help reduce stress and improve your mood.

You'll leave with helpful tools and ideas to continue journaling in your daily life.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 22 <sup>nd</sup> September	1pm – 3pm	Online: Microsoft Teams

## Journaling Club

Give yourself time each week with our friendly online drop-in 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:

- Gentle time set aside to focus on your thoughts and feelings.
- Space to start, restart, or keep going with your journaling.
- A shared routine to help build motivation and connection.
- Friendly atmosphere—no pressure to share unless you want to.
- We can supply a journal and pen on request.

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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Thursday- starting Thurs 4 <sup>th</sup> September (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams

## Writing For Self-Expression

Writing for Self-Expression 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. 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.

This course is delivered by the Royal Literacy Fund.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 30 <sup>th</sup> October, 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> November	10:30am – 12pm	Online: Microsoft Teams

## Reading Round

This course will involve the reading and discussion of four short stories and four poems across four weeks. We think of it as kitchen table literary-critic – an opportunity to hear great stories and interrogate them at an informal, conversational level – perfect for regular readers and non-readers alike.



It's a chance to develop a love for poetry and discussion, with new opportunities to hear/read stories as well as poems from new and challenging writers and to think about the texts in critical ways that build on or reignite reading habits.

There is no need to read anything in advance, simply turn up, listen to our tutor read aloud and then take part in a very open-ended discussion.

This course is delivered by the Royal Literacy Fund.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 25 <sup>th</sup> September, 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> October	1:30pm – 3pm	Online: Microsoft Teams



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## Introduction to It's Not About the Drawing

Exploring the wellbeing benefits of creative art



This gentle course invites you to explore how activities like drawing, colouring, and sketching can help you feel calmer and more focused. You don't need to be "good" at art—this is about enjoying the process, learning something new, and taking time for yourself.

Creative activities like putting pencil to paper can help reduce stress and improve your mood. They can give you a sense of control and achievement, and even boost feel-good chemicals in the brain.

You'll try out different styles of creative expression and learn simple techniques that you can use at home. All levels of experience are welcome.

With support from Raising Health, the charity of Leicestershire Partnership NHS Trust, we'll provide most of the materials you need to take part.

Take a moment to pause, play, and reconnect through art—just as you are.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 10 <sup>th</sup> October	1pm – 3pm	Online: Microsoft Teams

## It's Not About the Drawing (Drop Ins)

Relax, learn, and create from home.



Join our friendly online drop-ins where you can explore new drawing techniques and discover how art can support your wellbeing—no pressure, no experience needed.

What to expect:

- Easy and calming creative activities.
- Discover how art can support your mental wellbeing.
- Inspiring videos and demonstration videos sharing ideas and tips.
- A chance to try different styles of art—from doodling to neurographic art.
- Feel encouraged to explore your own style and create art that makes you feel proud.

Join from wherever you are. You don't need to share your work unless you'd like to. These sessions are all about building confidence, connecting with others, and enjoying the process. We can supply you a starter art pack on request

If you miss a session or can't make it 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 drop-ins are delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Drop-in	Thursday 4 <sup>th</sup> September	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 19 <sup>th</sup> September	1pm – 3pm	Online: Microsoft Teams
Drop-in	Monday 29 <sup>th</sup> September	10am – 12pm	Online: Microsoft Teams
Drop-in <b>(Hybrid)</b>	Friday 17 <sup>th</sup> October	1pm – 3pm	Hybrid: Online: Microsoft Teams & Marlene Reid Centre, Coalville
To attend this drop-in at the Marlene Reid Centre please pre-book a place			
Drop-in	Friday 27 <sup>th</sup> October	10am – 12pm	Online: Microsoft Teams
Drop-in	Monday 10 <sup>th</sup> November	1pm – 3pm	Online: Microsoft Teams
Drop-in	Monday 24 <sup>th</sup> November	10am – 12pm	Online: Microsoft Teams
Drop-in	Monday 8 <sup>th</sup> December	1pm – 3pm	Online: Microsoft Teams

## Understanding Social Anxiety



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: camera on or off, chat box, reactions, journaling, listening quietly.
- Everything is opt-in. You choose your level of involvement.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 17 <sup>th</sup> December	10am – 12pm	Online: Microsoft Teams
2	Wednesday 17 <sup>th</sup> December	1pm – 3pm	Online: Microsoft Teams

## Dealing with Worries



In this workshop you will explore the topic of worry, and the impact it has on mental health.

You will: Identify the difference between worry, stress, and anxiety; recognise why we worry and the impact that worry can have on the physical body; learn healthy ways to cope with worry; create a personal pledge on how better to deal with worry in our lives.

This course is delivered by Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 15 <sup>th</sup> October	1pm – 3pm	Wigston Magna Library, Wigston Magna



## Stress, Burnout and Self-Care

In this workshop you will explore the learn about Stress, Burnout and how to practice self-care to help improve your wellbeing.



During the workshop you will learn about:

- What stress, burnout and self-care are
- You will be able to identify causes of stress, burnout and the body's reaction to them.
- Build a personal toolkit to manage stress and burnout and be more resilient to practice self-care.

This course is delivered by Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 3 <sup>rd</sup> September	1:30pm – 3:30pm	Hinckley Library, Hinckley

## Managing Your Money

Would you like to improve your money management skills? Good money management is an important part of achieving your long-term goals, success and happiness. In this course you will look at:



- How money impacts on all aspects of life - social, physical & emotional wellbeing
- Budgeting skills and keeping track of your income and expenses
- Money saving tips and advice.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup> November	10am – 12pm	Online: Microsoft Teams

## Social Media and Wellbeing

In this workshop you will explore the use of social media, and the impact it has on mental health.



During the workshop you will learn about:

- The impact of social media use in daily life
- Recognise the signs and symptoms of social media related stress in themselves and others.
- Explore examples of the '5 Ways to Wellbeing' that can be accessed through social media to promote mental health.
- Identify ways to stay safe online.
- Explore actions as a distraction from screens.
- Explore using social media to support in a positive way.

This course is delivered by Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 1 <sup>st</sup> September	10am – 12pm	Leicestershire Recovery College, Leicester City

## Physical Health and Wellbeing

### Connecting with Nature

Gain an insight and an appreciation into the links between environmental awareness and wellbeing. In this course, you will: share current or past experiences of connecting with nature; explore the idea that any and all opportunities to increase connections to nature have merit; develop a plan for increasing connections with the natural environment.



This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 5 <sup>th</sup> November	1pm – 3pm	Online: Microsoft Teams



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## Gardening For Wellbeing

Join our friendly hands-on sessions where you can learn basic gardening skills and enjoy the calming effects of spending time with plants.



These sessions are a great way to:

- Try simple planting and growing activities.
- Meet others in a relaxed outdoor space.
- Take time for yourself and feel more connected to nature.
- No pressure to do anything.

You'll also get to take home seeds or plants to grow inside or outside your home—no experience needed.

Come along, dig in, and enjoy the benefits of gardening for your mind and body.

These are in-person sessions at A Place to Grow, a friendly community garden in the heart of Enderby. No experience of gardening is needed.

This course is delivered by the Leicestershire Recovery College.

Session Number	Course Date(s)	Course Times	Venue
1	Monday 1 <sup>st</sup> September	1:30pm – 3:30pm	A Place to Grow, Enderby
2	Monday 15 <sup>th</sup> September	1:30pm – 3:30pm	A Place to Grow, Enderby

## Gardening For Wellbeing- Garden Design



Connect, grow, and get creative with nature. Join us for relaxed, hands-on garden planning sessions where you'll get the chance to:

- Plan your garden for the upcoming year no matter what size space you have.
- Help design a calming 10ft x 6ft sensory garden at A Place to Grow in Enderby
- Spend time meeting others, sharing ideas and enjoy the soothing effects of working with plants.

You can also take-home seeds and plants to grow indoors or outdoors, perfect for building your own green space at home. No previous experience of gardening is needed. Come along, learn something new, and enjoy the benefits of gardening for both body and mind.

This course is delivered by the Leicestershire Recovery College.

Session Number	Course Date(s)	Course Times	Venue
1	Monday 6 <sup>th</sup> October Friday 28 <sup>th</sup> November & Monday 15 <sup>th</sup> December	12:30pm – 2:30pm	Leicestershire Recovery College, Leicester City

## Houseplants for Wellbeing



Learn, grow, and feel good with indoor plants.

This one session course is open to everyone—whether you've never owned a plant before or already have a few at home. You'll learn simple ways to look after houseplants, help them grow, and enjoy the wellbeing benefits they can bring.

What you'll learn:

- Easy tips to keep your plants healthy and happy.
- How looking after houseplants can boost your mood and wellbeing.
- Ways to improve indoor air with greenery.
- How to grow your confidence as a plant owner.

You will be able to take home plants to care for indoors, and you're also welcome to bring cuttings from your own plants to share or swap with others in the group.

This course is delivered by the Leicestershire Recovery College.

Session Number	Course Date(s)	Course Times	Venue
1	Monday 3 <sup>rd</sup> November	12:30pm – 2:30pm	Leicestershire Recovery College, Leicester City



## 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.

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 3 <sup>rd</sup> December	1pm – 3pm	Online: Microsoft Teams

## Mental Health and Smoking- a start towards a smokefree journey

This session is relevant for anyone that would like to know more about smoking, anyone that smokes or has friends or family that smoke.



This session will be particularly helpful if you are looking to reduce your smoking with the intention to quit further in the future. This course will provide you with helpful tips and coping mechanisms to quit smoking or provide family members with information in supporting people to stop smoking. It will also provide information on the support that you can access in the community.

This course is delivered by Quit Ready- Leicestershire and Rutland

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 4 <sup>th</sup> December	10am – 12pm	Online: Microsoft Teams



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## 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](mailto:LPT.Recoverycollege@NHS.Net) or call 0116 295 1196.

Want to hear from us even more frequently?

The 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.

Follow us on Instagram: @lptrecoverycollege



Start your week off with our Monday Motivation posts, giving us the energy and optimism to carry us through the week.

Join in with our Feel-Good Friday posts and tell us your feel good moment from the week

## Our Partners

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





**Leicestershire Partnership**  
NHS Trust

## Your voice • Your story • Your care

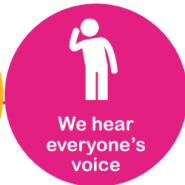
Your experience of our mental health services can help us to make them better

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



### 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](mailto:Lpt.patient.experience@nhs.net) ☎ 0116 295 0818 🌐 <https://tinyurl.com/2b9ywc2k>

Or scan the QR code top left.



## Contact Us

### Leicestershire Recovery College

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

**Email:** [LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net)

**Twitter:** @recoverycollege

**Instagram:** @lptrecoverycollege

**Website:** [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk) search: 'Recovery College'

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

#### Postal Address:

Leicestershire Recovery College  
C/O Patients and Partnerships  
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Leicester  
LE2 2PL

### Leicestershire Partnership NHS Trust

**Telephone:** 0116 225 6000 (24 hours)

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