



Leicestershire Recovery College

PROSPECTUS

Spring 2025 Course Guide:

Monday 6th January 2025 – Monday 14th April 2025

Half Term Break (Recovery College Closed):

Monday 17th February 2025 – Friday 21st February 2025

Easter Break (Recovery College Closed):

Monday 14th April 2025 – Friday 25th April 2025



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'

Instagram: @LPTrecoverycollege

Postal Address:

Leicestershire Recovery College
Unit 2, 20 Lee Street,
Leicester, LE1 3RF



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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/

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 (Unit 2, 20 Lee Street, Leicester, LE1 3RF)

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.

Key Symbols - Learning Delivery

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

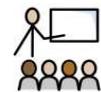


Face-to-face delivery in a classroom or outdoors. For more details of which venue is hosting the course please see the 'Venue' section of the course information.



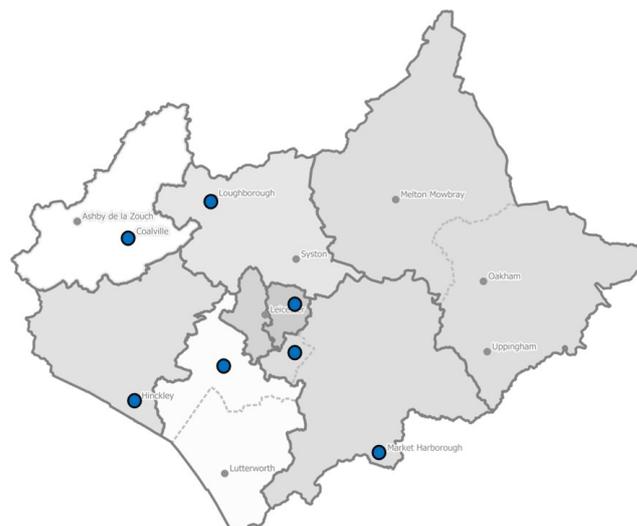
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Classroom Course Venues



During the Spring 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)
- **Atkins Building**, Lower Bond Street, Hinckley, LE10 1QU (Venue Code: AB)
- **Coalville Library**, High Street, Coalville, LE67 3EA (Venue Code: CL)
- **Enderby Adult Learning Centre**, Townsend Road, Enderby, LE19 4PG (Venue Code: EALC)
- **Hinckley Library**, Lancaster Road, Hinckley, LE10 0AT (Venue Code: HL)
- **Leicestershire Recovery College**, Unit 2, 20 Lee Street, Lee Circle, Leicester, LE1 3RF (Venue Code: LRC)
- **Loughborough Wellbeing Centre**, Asha House, Loughborough, LE11 2TZ (Venue Code: LWC)
- **Market Harborough Leisure Centre**, Market Harborough, LE16 9HF (Venue Code: MHLC)
- **Wigston Magna Library**, Bull Head Street, South Wigston, LE18 1PN (Venue Code: WML)





Timetable at a Glance

Course Title	Course Date(s)	Course Times	Venue
Getting Involved			
Open Day	Fri 17 th Jan	10am – 2pm	LRC
	Fri 11 th Apr	1pm – 4pm	LRC
An Introduction to the Leicestershire Recovery College	Thurs 9 th Jan	10:30am – 11am	Online
	Mon 24 th Feb	10:30am – 11am	Online
Building Confidence in the Use of Microsoft Teams	Wed 8 th Jan	1pm – 1.45pm	Online

Understanding/Experience of Mental Health Conditions				
Understanding and Living with Psychosis and Schizophrenia	Course 1	Fri 7 th Feb	10am – 12pm	LRC
	Course 2	Fri 11 th Apr	10am – 12pm	Online
Understanding Medications for Mental Health	Course 1	Fri 31 st Jan	10am – 12pm	Online
	Course 2	Fri 7 th Mar	1:30pm – 3:30pm	Online
	Course 3	Fri 4 th Apr	10am – 12pm	Online

Building Your Life				
Recovery Goals: Reflect and Reset Workshop	Course 1	Mon 3 rd Feb	1pm – 4pm	Online
	Course 2	Wed 9 th Apr	10am – 1pm	MHLC
Involvement Opportunities within Leicestershire Partnership NHS Trust	Course 1	Thurs 6 th Feb	10:30am – 12pm	LRC
	Course 2	Tues 1 st April	10:30am – 12pm	LRC
Leicestershire Partnership NHS Trust Employment Support Services	Course 1	Thurs 23 rd Jan	10:30am – 12:30pm	AB
Facilitation and Training Skills		Wed 5 th , 12 th , 26 th Feb, 5 th , 12 th & 19 th Mar	10am – 12pm	LRC
The Place of Narratives in Recovery		Tues 25 th Feb, 4 th , 11 th & 18 th Mar	10am – 12pm	LRC



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Your Life (Continued)

Introduction to Arts in Mental Health	Tues 21 st Jan	10am – 12pm	LRC
Humour for Recovery	Mon 10 th , 17 th , 24 th , 31 st Mar, 7 th & 14 th Apr	10:30am – 12:30pm	LRC
Confident Communication	Wed 26 th Mar	1pm – 3pm	Online
Assertiveness and Confidence Building	Fri 14 th , 21 st & 28 th Mar	10am – 12pm	Online

Developing Skills and Knowledge

Introduction to Journaling	Mon 20 th Jan	12:30pm – 2:30pm	Online & LWC	
Journaling Club	Every Thursday- starting Thurs 9 th Jan (except during term time closures)	1pm – 1:30pm	Online	
Introduction to Guided Meditation	Mon 13 th Jan	12:30pm – 2:30pm	Online	
The Guided Meditation and Mindfulness Club	Every Tuesday- starting Tues 7 th Jan (except during term time closures)	1pm – 1:30pm	Online	
Introduction to It's Not About the Drawing	Course 1	Mon 6 th Jan	12pm – 2pm	Online
	Course 2	Mon 24 th Feb	12pm – 2pm	Online
It's Not About the Drawing	Drop-in	Fri 10 th Jan	12pm – 2pm	Online & LRC
	Drop-in	Mon 27 th Jan	12pm – 2pm	Online
	Drop-in	Mon 10 th Feb	12pm – 2pm	Online & LRC
	Drop-in	Fri 28 th Feb	12pm – 2pm	Online
	Drop-in	Mon 10 th Mar	1pm – 3pm	Online
	Drop-in	Fri 28 th Mar	1pm – 3pm	Online & LRC
	Drop-in	Mon 7 th Apr	1pm – 3pm	Online
Knead to Chat	Fri 7 th Mar	9:30am – 12:30pm	LRC	



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (Continued)

Learn To Surf: An Introduction to Living More Mindfully	Course 1	Fri 31 st Jan, 7 th & 14 th Feb	1pm-3:15pm	LRC
Introduction to Emotional Mindfulness	Course 1	Wed 22 nd Jan	2pm – 4pm	LRC
	Course 2	Wed 19 th Mar	2pm – 4pm	LRC
Dealing with Worries		Wed 2 nd Apr	1pm – 3pm	Online
Writing for Self-Expression		Thurs 27 th Feb, 6 th , 13 th & 20 th Mar	10:30am – 12pm	Online
Singing for Wellbeing		Mon 3 rd Mar	10am – 12pm	LRC
Safe Internet Use		Tues 25 th Mar	10am – 12pm	HL

Physical Health and Wellbeing

Gardening for Wellbeing	Course 1	Mon 17 th Mar	1:30pm – 3:30pm	LRC
	Course 2	Mon 31 st Mar	1:30pm – 3:30pm	APTG
	Course 3	Mon 14 th Apr	1:30pm – 3:30pm	APTG
House Plants for Wellbeing		Mon 3 rd Mar	12pm – 2pm	LRC
Sleep and Wellbeing		Wed 26 th Feb	1pm – 3pm	WML
5 Ways to Wellbeing		Wed 5 th Feb	1pm – 3pm	Online
Mental Health and Smoking- A Start Towards a Smokefree Journey		Tues 4 th Feb	10:30am – 11:30am	Online

Involvement Cafe

Drop into the Recovery College (no booking required!) to find out more about the Involvement Network, the offer from the Leicestershire Partnership NHS Trust Patient Experience and Involvement Team and connect with others who are Involvement Network members.

Involvement Cafe

Involvement Cafe	Tues 14 th Jan, 11 th Feb & 25 th Mar	10am – 12pm	LRC
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Getting Involved

Open Day



Drop into the Recovery College to find out more about the service, and what we can offer to you as a student. This drop in session is open to all, including new and existing students. No need to book, just pop in, and see us.

During the Open Day, we will be offering.

- You a chance to chat with one of the Recovery College staff members.
- The opportunity to enrol as a student, and book on to any available courses.
- Offer feedback about the college, about any courses that you have attended, and suggestions for courses you would like to see offered in the future.

This session is delivered by the Leicestershire Recovery College.

Session Date(s)	Session Time	Venue
Friday 17 th January	10am – 2pm	Leicestershire Recovery College, Leicester City
Friday 11 th April	1pm – 4pm	Leicestershire Recovery College, Leicester City

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 to receive the Microsoft Teams link.

Session Date(s)	Session Time	Venue
Thursday 9 th January	10:30am – 11am	Online: Microsoft Teams
Monday 24 th February	10:30am – 11am	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	Wednesday 8 th January	1pm – 1:45pm	Online: Microsoft Teams

Understanding/Experience of Mental Health Conditions

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 7 th February	10am – 12pm	Leicestershire Recovery College, Leicester City
2	Friday 11 th April	10am – 12pm	Online: Microsoft Teams



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 associated with this.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 31 st January	10am – 12pm	Online: Microsoft Teams
2	Friday 7 th March	1:30pm – 3:30pm	Online: Microsoft Teams
3	Friday 4 th April	10am – 12pm	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.

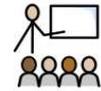
This workshop will give you the opportunity to reflect on your recovery and learning journey so far, identify your achievements and positive outcomes as well as the chance to reset, or set new goals going forward.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 3 rd February	1pm – 4pm	Online: Microsoft Teams
2	Wednesday 9 th April	10am – 1pm	Market Harborough Leisure Centre, Market Harborough



Involvement Opportunities Available Within Leicestershire Partnership Trust



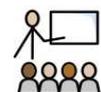
In this session, we will provide you with an overview of what Patient/Carer Involvement is as well discussing what involvement opportunities are available within Leicestershire Partnership NHS Trust.

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	Thursday 6 th February	10:30am – 12pm	Leicestershire Recovery College, Leicester City
2	Tuesday 1 st April	10:30am – 12pm	Leicestershire Recovery College, Leicester City

Leicestershire Partnership NHS Trust Employment Support Services

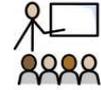


An introduction to the NHS Employment Support Service, which is a free, confidential, and community-based service. We offer support for people who are under an Adult Mental Health Team and are considering working as a way of supporting their recovery, by exploring your aims and ambitions, skills, and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

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

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 23 rd January	10:30am – 12:30pm	Atkins Building, Hinckley

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.

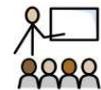
By the end of the programme, participants will be able to:

- 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 5 th , 12 th , 26 th February, 5 th , 12 th & 19 th March	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:

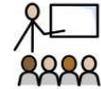
- Considering how you choose to describe yourself
- Considering the benefit that people telling their stories contributes to their recovery from mental distress
- Sharing and discussing our own stories and the stories of others
- Preparing draft material for a short anthology of work produced during 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 25 th February, 4 th , 11 th & 18 th March	10am – 12pm	Leicestershire Recovery College, Leicester City



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.

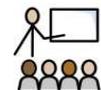
We will:

- 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 21 st January	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	Monday 10 th , 17 th , 24 th , 31 st March, 7 th & 14 th April	10:30am – 12:30pm	Leicestershire Recovery College, Leicester City



Confident Communication

This course covers topics such as coping with stressful speaking situations; Techniques for keeping calm and creating enjoyable conversations.



This supportive session will include study, small and whole group work, with learners being encouraged to participate at their own pace in a variety of activities such as discussions, fun short tasks and one to one chat with fellow group members. Learners will, by the end of the session, have had the opportunity to identify some key 'handy hints' to support future positive conversations. You will have the opportunity to practice some of these in a supportive and friendly environment.

This session is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 26 th March	1pm – 3pm	Online: Microsoft Teams

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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 14 th , 21 st & 28 th March	10am – 12pm	Online: Microsoft Teams

Developing Skills and Knowledge

Introduction to Journaling



This course is designed to introduce you to journaling and how to do self-reflection through various forms of journaling. The short course will allow students to learn about the mental health benefits of journaling and uncover the many techniques and methods to journaling.

No prior experience of journaling or how to journal is required to attend this course.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 20 th January	12:30pm – 2:30pm	<i>Hybrid Course</i> Online: Microsoft Team and Loughborough Wellbeing Centre

Journaling Club (Online)



Join our online weekly club where you will come together in the online 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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Thursday (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams



Introduction to Guided Meditation and Mindfulness



This course is designed to introduce you to guided meditation and mindfulness, and offer you tips and techniques on how to engage in meditation and mindfulness practices in a variety of different ways. This short course will allow students to learn about the mental health benefits of meditation and mindfulness and uncover the many techniques and methods that can be used.

No prior experience of meditation or mindfulness, or how to engage in these is required to attend this course.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 13 th January	12:30pm – 2:30pm	Online: Microsoft Teams

The Guided Meditation and Mindfulness Club (Online)



Our weekly meditation and mindfulness club is a great way to help improve your mental wellbeing. This club offers the opportunity to learn 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 use popular apps, websites such as YouTube, and 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.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Tuesday (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams



Introduction to It's Not About the Drawing

This course is all about learning and the mental health benefits of art such as drawing, colouring, and sketching.



It doesn't matter what your ability is, this course is suitable for all. 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.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 6 th January	12pm – 2pm	Online: Microsoft Teams
2	Monday 24 th February	12pm – 2pm	Online: Microsoft Teams

It's Not About the Drawing (Drop Ins)

These drop-ins allow you to come along and continue learning new techniques and benefits to drawing and art.



There will be guest speakers and artists to expand your knowledge on the various types of art and continue to inspire and empower you to embrace your inner artist and produce pieces of art that you are proud of.

These drop-ins are delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Drop-in	Friday 10 th January	12pm – 2pm	<i>Hybrid Session</i> Online: Microsoft Teams and Leicestershire Recovery College, Leicester City
Drop-in	Monday 27 th January	12pm – 2pm	Online: Microsoft Teams
Drop-in	Monday 10 th February	12pm – 2pm	<i>Hybrid Session</i> Online: Microsoft Teams and Leicestershire Recovery College, Leicester City
Drop-in	Friday 28 th February	12pm – 2pm	Online: Microsoft Teams
Drop-in	Monday 10 th March	1pm – 3pm	Online: Microsoft Teams

It's Not About the Drawing (Drop Ins-continued)

Drop-in	Friday 28 th March	1pm – 3pm	<i>Hybrid Session</i> Online: Microsoft Teams and Leicestershire Recovery College, Leicester City
Drop-in	Monday 7 th April	1pm – 3pm	Online: Microsoft Teams

Knead To Chat

In this session students will learn how to make healthy homemade pitta breads, while exploring the benefits of talking about your mental health, socialising with others, how learning a new skill can help to improve your wellbeing, and all in a safe, relaxed, and fun environment.



This session is delivered by the Leicestershire Partnership NHS Trust.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 7 th March	9:30am – 12:30pm	Leicestershire Recovery College, Leicester City

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 st January, 7 th & 14 th February	1pm – 3:15pm	Leicestershire Recovery College, Leicester City

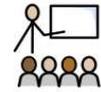


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Introduction to Emotional Mindfulness

In this short course you will be introduced to the idea of emotional mindfulness, explore its importance to wellbeing, and be provided with some tools to begin developing an awareness of your emotional states.



It will be an interactive session, building upon what we already know through exploratory questions and through completion of short exercises and activities.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 22 nd January	2pm – 4pm	Leicestershire Recovery College, Leicester City
2	Wednesday 19 th March	2pm – 4pm	Leicestershire Recovery College, Leicester City

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 2 nd April	1pm – 3pm	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 27 th February, 6 th , 13 th & 20 th March	10:30am – 12pm	Online: Microsoft Teams

Singing for Wellbeing

This taster session will demonstrate singing techniques that are used to improve physical and mental and emotional wellbeing.



Working with a skilled and positive tutor, Students will be able to try breathing and singing exercises, have fun and gain some understanding of how singing works positively to affect overall wellbeing.

This taster session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 3 rd March	10am – 12pm	Leicestershire Recovery College, Leicester City

Safe Internet Use

During the session you will learn how to use the internet in a safe manner in a friendly environment. You will learn how to create a secure password and avoid scams as well as gaining some online banking safety tips. You will be shown some useful websites and be informed about how to shop safely.



No prior experience is required to attend the course. It will start with the basics..

This session is delivered by the Leicestershire Adult Learning Service

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 25 th March	10am – 12pm	Hinckley Library, Hinckley

Physical Health and Wellbeing

Gardening For Wellbeing

These sessions give you the opportunity to develop your gardening skills, as well giving you the opportunity to take time to connect with others and enjoy the calming effects that gardening can have on the mind and body.



You will be able to take plants and seeds to grow both indoors and outdoors at home.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Drop In	Monday 17 th March	1.30pm – 3.30pm	Leicestershire Recovery College, Leicester City
Drop In	Monday 31 st March	1.30pm – 3.30pm	A Place to Grow, Enderby
Drop In	Monday 14 th April	1.30pm – 3.30pm	A Place to Grow, Enderby



Houseplants For Wellbeing

Aimed at all levels of ability, this course will allow you to understand and develop your skills in caring for houseplants. Houseplants offer several benefits, including improved mental wellbeing, physical health benefits, and enhanced air quality.



This course will give you the necessary skills to keep your own houseplants thriving and give you confidence in yourself to nurture your houseplants independently.

You will be able to take plants to grow indoors at home, as well as giving you the opportunity to bring cuttings from your own plants into the college to share and trade with other students.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 3 rd March	12pm – 2pm	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 you mental and physical wellbeing.

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 26 th February	1pm – 3pm	Wigston Magna Library, Wigston



5 Ways to Wellbeing



The 5 ways to Wellbeing are a set of evidence-based actions which can enhance health and wellbeing.

They are: **Connect**; connecting with the people around you. **Be active**; find an activity that you enjoy. **Keep learning**; learning new skills can give you a sense of achievement. **Give to others**; even the smallest act can count, a thank you or a kind word or larger acts of kindness. **Take notice**; be more aware of the present moment; including your thoughts and feelings, your body, and the world around you.

This session explores each in turn and looks at the practical ways in which we can incorporate The Five Ways into our lives.

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 5 th February	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	Tuesday 4 th February	10:30am – 11:30am	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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.

Our Partners

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





Out Of Hours Courses



Recovery College Online provide a range of online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested in learning more about mental health and wellbeing.

GoLearn!

Leicestershire Adult Learning Service

GoLearn! offer a range of courses for adults available both in the daytime and evening across Leicestershire. Search GoLearn Leicestershire to view their courses over the coming months.



The Open University offer a range of free courses aimed to develop and strengthen your knowledge. Study subjects such as Business, Psychology, History, Languages, Computing, and many more using this free service.

elfh

elearning for healthcare

E-learning for healthcare was formed to deliver a range of programmes, including courses on Dementia, Hypertension, and many more.

elfh is now in the process of delivering or developing more than 400 elearning programmes in collaboration with organisations including Royal Colleges, Department of Health and Social Care, NHS England and NHS Improvement and Public Health England.



Advice/Support- Mental Health and Wellbeing



Joy

Helping the community find help & support across Leicester, Leicestershire & Rutland

www.services.thejoyapp.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



Emergency

Call 999 if there is a physical threat to life.



Contact Us

Leicestershire Recovery College

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

Email: LPT.Recoverycollege@nhs.net

Twitter: @recoverycollege

Instagram: @lptrecoverycollege

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

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

Postal Address:

Leicestershire Recovery College
The Mett Centre
Unit 2, 20 Lee Street
Leicester
LE1 3RF

Leicestershire Partnership NHS Trust

Telephone: 0116 225 6000 (24 hours)

Postal Address:

Leicestershire Partnership NHS Trust
Room 100/110 Pen Lloyd Building
County Hall
Leicester Road
Glenfield
Leicestershire
LE3 8RA