



Leicestershire Recovery College

PROSPECTUS

Spring 2026 Course Guide:

Monday 5th January 2026 – Friday 27th March 2026

Half Term Break (Recovery College Closed):

Monday 16th February 2026 to 20th February 2026





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 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](https://twitter.com/recoverycollege)

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

Postal Address:

Leicestershire Recovery College, C/O Patients and Partnerships

2nd Floor, Swithland House, 352 London Road

Leicester, LE2 2PL



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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.

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—a Peer Support Worker is a friendly person who understands what it's like to live with mental health challenges. They've had their own lived experiences, and are trained to support others.

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

They can help you with your learning after attending one of our courses, and help you make a plan of how to use that learning to improve your wellbeing.

If you would like support whilst attending the Recovery College. You can book a 30-minute session with one of our Peer Support Workers.

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.



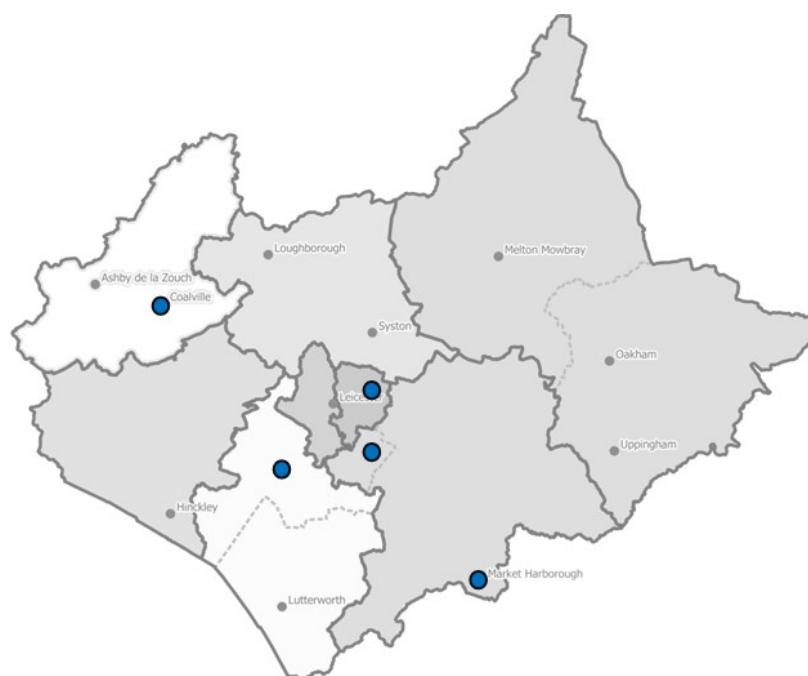
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Classroom Course Venues



During the Spring Term 2026, 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)
- **Leicester Adult Education College**, 54 Belvoir Street, Leicester, LE1 6QL (Venue Code: LAEC)
- **LCB Depot**, 31 Rutland Street, Leicester, LE1 1RE (Venue Code: LCB)
- **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)
- **Abbey Park**, Abbey Park Road, Leicester, LE4 5AQ (Venue Code: AP)
- **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
Building Confidence in the Use of Microsoft Teams	Thurs 5 th Feb	11am – 11:45am	Online
Student Feedback Forum	Mon 23 rd Feb	11am – 12pm	Online

Understanding/Experience of Mental Health Conditions				Page 9-10
Understanding Medications for Mental Health	Course 1	Fri 16 th Jan	10am – 12pm	Online
	Course 2	Fri 6 th Feb	10am – 12pm	Online
	Course 3	Fri 27 th Feb	10am – 12pm	Online
	Course 4	Fri 13 th Mar	10am – 12pm	Online
Understanding and Living with Psychosis and Schizophrenia	Course 1	Fri 30 th Jan	10am – 12pm	Online
	Course 2	Fri 6 th Mar	10am – 12pm	LCB
Understanding a Diagnosis of Bipolar Disorder		Tues 24 th Mar	10am – 12pm	Online
Let's Talk Safety: Harm Reduction (Substance Use Interventions)	Course 1	Wed 25 th Feb	10am – 12pm	Online
	Course 2	Wed 18 th Mar	2pm – 4pm	TBC

Building Your Life				Page 11-15
Recovery Goals: Reflect and Reset Workshop	Course 1	Wed 4 th & 11 th Feb	10am – 11:30am	MH
	Course 2	Wed 18 th & 25 th Mar	10am – 11:30am	Online
Being a Carer: Support and Improving Wellbeing		Fri 27 th Mar	1:30pm – 3pm	Online
Involvement Opportunities within Leicestershire Partnership NHS Trust		Wed 4 th Mar	10.30am – 12pm	Online
An Introduction to the Employment Support Service		Wed 11 th Mar	10am – 12pm	Online
Loneliness Get Better Connected		Mon 2 nd Feb	10am – 12pm	Online
Introduction to Arts in Mental Health		Tue 27 th Jan	10am – 12pm	TBC



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Your Life (Continued)

Course Title	Course Date(s)	Course Times	Venue
Introduction to Recovery - CHIME	Tues 3 rd , 10 th , 24 th Feb & 3 rd , 10 th Mar	10am – 12pm	LCB
Humour for Recovery	Thurs 8 th , 15 th , 22 nd , 29 th Jan & 5 th , 12 th Feb	2pm – 4pm	LCB
Facilitation and Training Skills	Returning in the Summer term		
Routines: Building a Balanced Life	Wed 4 th & 11 th Mar	1:30pm – 3pm	LCB
Let's Get Digital- Step confidently into the online world with us	Tues 20 th , 27 th Jan & 3 rd Feb	10am – 12:30pm	LAEC

Developing Skills and Knowledge

Page 16-22

Introduction to Emotional Mindfulness	Course 1 Course 2	Wed 25 th Feb Wed 25 th Mar	2pm – 4pm 2pm – 4pm	Online TBC
Meditation and Mindfulness Club		Every Tuesday- starting Tues 13 th January (except during term time closures)	1pm – 1:30pm	Online
Learn To Surf: An Introduction to Living More Mindfully		Thurs 5 th , & Fri 13 th , 20 th Mar	1pm – 3:15pm	TBC
Introduction to Journaling		Mon 2 nd Mar	1pm – 3pm	Online
Journaling Club		Every Thursday- starting Thurs 15 th January (except during term time closures)	1pm – 1:30pm	Online
Writing for Self-Expression		Thurs 5 th , 12 th , 19 th & 26 th Mar	10:30am – 12pm	Online
Reading Round		Fri 16 th , 23 rd , 30 th Jan & 6 th Feb	12pm – 1:30pm	Online
Introduction to It's Not About the Drawing		Mon 19 th Jan	1pm – 3pm	Online



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (continued)

It's Not About the Drawing	Drop In	Mon 12 th Jan	1pm – 3pm	Online
	Drop In	Mon 26 th Jan	1pm – 3pm	Online
	Drop In	Mon 9 th Feb	1pm – 3pm	Online
	Drop In	Mon 23 rd Feb	1pm – 3pm	Online
	Drop In	Mon 9 th Mar	10am – 12pm	Online
	Drop In	Mon 23 rd Mar	10am – 12pm	Online
Social Anxiety: Finding Calm in Connection	Course 1	Fri 6 th Mar	1pm – 3pm	Online
	Course 2	Fri 20 th Mar	10am – 12pm	MRC
Managing Stress		Wed 4 th & 11 th Feb	1:30pm – 3:30pm	Online
Social Media and Wellbeing		Mon 12 th Jan	10am – 12pm	Online

Physical Health and Wellbeing			Page 22-25
Connecting with Nature	Mon 2 nd Mar	10am – 12pm	Online
Gardening for Wellbeing	Mon 23 rd Mar	1:30pm – 3:30pm	APTG
Introduction to Self-Care	Mon 16 th Mar	10am – 12pm	WML
Mental Health and Smoking – a start towards a smoke-free journey	Tues 17 th Mar	10am – 12pm	Online
Nature for Wellbeing and Recovery	Fri 27 th Mar	10am – 12:30pm	AP

Course Dates, Times and Venues can be subject to change. For the latest course dates and times please contact the Leicestershire Recovery College for more information.



Getting Involved

Building Confidence in the Use of Microsoft Teams

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	Thursday 5 th February	11am – 11:45am	Online: Microsoft Teams

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.
- 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 23 rd February	11am – 12pm	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 16 th January	10am – 12pm	Online: Microsoft Teams
2	Friday 6 th February	10am – 12pm	Online: Microsoft Teams
3	Friday 27 th February	10am – 12pm	Online: Microsoft Teams
4	Friday 13 th March	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 30 th January	10am – 12pm	Online: Microsoft Teams
2	Friday 6 th March	10am – 12pm	LCB Depot, Leicester City



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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 24 th March	10am – 12pm	Online: Microsoft Teams

Let's Talk Safety: Harm Reduction



Substance use can affect all of us—directly or indirectly. That's why we're hosting a friendly, open harm reduction session for anyone who wants to learn realistic, judgement-free ways to stay safer.

What you'll learn: Practical tips to reduce risks, how to support yourself or someone you care about, safer use information and overdose awareness and how staff and patients can work together to create a supportive environment

Everyone is welcome. No stigma. No assumptions—just helpful information, open conversation, and tools that make a real difference.

Let's learn. Let's support. Let's reduce harm—together.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 25 th February	10am – 12pm	Online: Microsoft Teams
2	Wednesday 18 th March	2pm – 4pm	TBC



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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	Wednesday 4 th & 11 th February	10am – 11:30am	Market Harborough Leisure Centre
2	Wednesday 18 th & 25 th March	10am – 11:30am	Online: Microsoft Teams

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	Friday 27 th March	1:30pm – 3pm	Online: Microsoft Teams



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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	Wednesday 4 th March	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	Wednesday 11 th March	10am – 12pm	Online: Microsoft Teams



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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	Monday 2 nd February	10am – 12pm	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 27 th January	10am – 12pm	TBC



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Introduction to Recovery- CHIME

What is Recovery in Mental Health? In this interactive course we explore the different aspects of recovery in mental health and how it might be relevant to our own mental health experience. We intend to consider academic research, but largely concentrate on service user experience and humour.



The course introduces students to the CHIME concept and its relevance to recovery in mental health. Each week we will focus on a different aspect of CHIME as follows:

Week 1- C - Connectedness (peer support, relationships, social inclusion)

Week 2- H - Hope (optimism, belief, dreams and aspirations)

Week 3- I - Identity (having a positive sense of self)

Week 4- M - Meaning (making sense of what has happened, having a purpose & direction)

Week 5- E - Empowerment (focusing on strengths, being positive, regaining responsibility and taking back control over life).

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 3 rd , 10 th , 24 th February & 3 rd , 10 th March	10am – 12pm	LCB Depot, 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	Thursday 8 th , 15 th , 22 nd , 29 th January & 5 th , 12 th February	2pm – 4pm	LCB Depot, Leicester City



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS

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 4 th & 11 th March	1:30pm – 3pm	LCB Depot, Leicester City

Let's Get Digital- Step confidently into the online world with us



Welcome to our 3 session, beginner-friendly course where you will be supported step-by-step to learn how to :

- Use your smart device
- Stay safe online
- Use a range of online services and apps to enhance health and wellbeing
- Set up and use an email account

Please bring your smart phone or tablet to the course.

This course is delivered by the Leicester Adult Education College.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 20 th , 27 th January & 3 rd February	10am – 12:30pm	Leicester Adult Education College, Leicester City

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 25 th February	2pm – 4pm	Online: Microsoft Teams
2	Wednesday 25 th March	2pm – 4pm	TBC

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 13 th January (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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	Thurs 5 th & Fri 13 th , 20 th March	1pm – 3:15pm	TBC

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 2 nd March	1pm – 3pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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 15 th January (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 5 th , 12 th , 19 th & 26 th March	10:30am – 12pm	Online: Microsoft Teams



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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	Friday 16 th , 23 rd , 30 th January & 6 th February	12pm – 1:30pm	Online: Microsoft Teams

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	Monday 19 th January	1pm – 3pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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	Monday 12 th January	1pm – 3pm	Online: Microsoft Teams
Drop-in	Monday 26 th January	1pm – 3pm	Online: Microsoft Teams
Drop-in	Monday 9 th February	10am – 12pm	TBC
Drop-in	Monday 9 th February	1pm – 3pm	Online: Microsoft Teams
Drop-in	Monday 23 rd February	1pm – 3pm	Online: Microsoft Teams
Drop-in	Monday 9 th March	10am – 12pm	Online: Microsoft Teams
Drop-in	Monday 16 th March	1pm – 3pm	TBC
Drop-in	Monday 23 rd March	10am – 12pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Social Anxiety: Finding Calm in Connection

This online workshop invites participants into a calm, low-pressure space to gently explore social anxiety. Together, we'll uncover what social anxiety looks and feels like, how it can affect everyday interactions, and introduce simple, kind ways to cope—with plenty of options for quiet participation and sensory comfort.



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

What we'll explore:

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

How the session works: Join in however feels best: 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	Friday 6 th March	1pm – 3pm	Online: Microsoft Teams
2	Friday 20 th March	10am – 12pm	Marlene Reid Centre, Coalville

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

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 4 th & 11 th February	1:30pm – 3:30pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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 12 th January	10am – 12pm	Online: Microsoft Teams

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	Monday 2 nd March	10am – 12pm	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 23 rd March	1:30pm – 3:30pm	A Place to Grow, Enderby

Introduction to Self-Care



During this two-hour course we will explore various aspects of Self-Care including what it is, why it is important, and how we can include activities of Self-Care in our everyday lives.

We will explore both physical and mental health Self-Care in some detail and will consider other areas such as Financial Self Care and Online Safety. Self-Care is an important feature of living as independent a life as we can manage, doing things that take care of our bodies, minds and souls. We will include some signposting with links to help and support and there will be a short period of Mindfulness to support self-reflection around the topics discussed the course.

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 16 th March	10am – 12pm	Wigston Magna Library, Wigston



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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 17 th March	10am – 12pm	Online: Microsoft Teams

Nature for Wellbeing and Recovery



This session could be for you if you would like to explore the role the natural environment can play in recovery and wellbeing.

Students will meet at Abbey Park, one of Leicester's premier parks, for a walk in its fascinating grounds and explore the remains of the twelfth century Leicester Abbey, and the ruins of Cavendish House, a seventeenth century mansion. We will visit the popular and well-established pets' corner on the western side of the park which has a selection of birds and animals. Please dress in comfortable clothing and footwear suitable for the outdoor environment. Please bring some money to purchase refreshments at the Café, if required.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 27 th March	10am – 12:30pm	Abbey Park, Leicester City



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 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.



**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  0116 295 0818  <https://tinyurl.com/2b9ywc2k>

Or scan the QR code top left.



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Our Partners

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



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Contact Us

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