

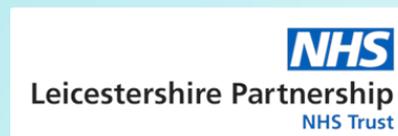


# Leicestershire Recovery College

## PROSPECTUS

**Summer 2026 Course Guide:**  
Monday 13<sup>th</sup> April 2026 – Friday 14<sup>th</sup> August 2026

**Half Term Break (Recovery College Closed):**  
Monday 25<sup>th</sup> May 2026 – Friday 29<sup>th</sup> May 2026  
& Monday 13<sup>th</sup> July 2026 – Friday 24<sup>th</sup> July 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 could help you in your recovery and support your wellbeing. The courses could give you confidence in your own skills to work towards your goals.

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

### Getting Involved

### Understanding/Experience of Mental Health Conditions

### Developing Skills and Knowledge

### Physical Health and Wellbeing

### Building your Life

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



Or you can go to [www.leicspart.nhs.uk](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'

### Postal Address:

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



## 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—a Peer Support Worker is a friendly person who has their own lived-experience and understands what it's like to live with mental health challenges.

A Peer Support Worker can work with you to explore ways to improve your wellbeing and help you reach your goals. They are here to listen, share ideas with you, and support you in your recovery.

They can help you with your learning after attending one of our courses, and support you in planning 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. Sessions can be offered over the phone or Microsoft Teams.

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.



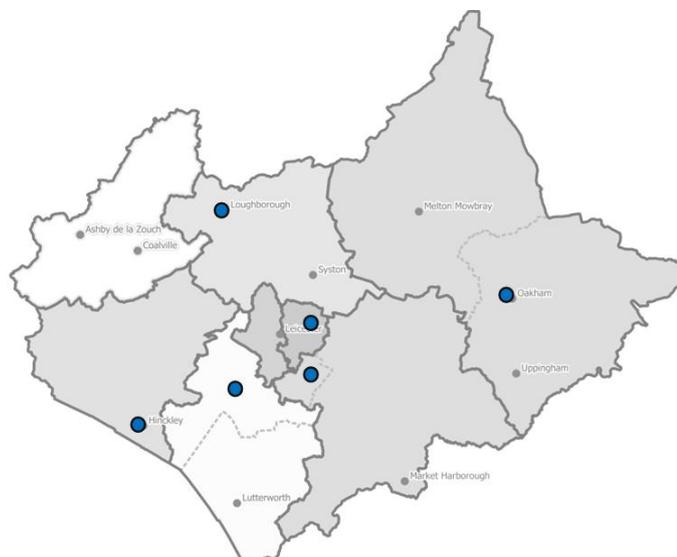
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

## Classroom Course Venues



During the Summer 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)
- **Abbey Park**, Abbey Park Road, Leicester, LE4 5AQ (Venue Code: AP)
- **Atkins Building**, Lower Bond Street, Hinckley, LE10 1QU (Venue Code: AB)
- **Bishopdale Adult Learning Hub**, Bishopdale Rd, Leicester LE4 0SR (Venue Code BISH)
- **Enderby Adult Learning Centre**, Townsend Rd, Enderby, Leicester, LE19 4PG (Venue Code END)
- **Leicester Adult Education College**, 54 Belvoir Street, Leicester, LE1 6QL (Venue Code: LAEC)
- **Loughborough Wellbeing Centre**, 63 Woodgate, Loughborough, LE11 2TZ, (Venue Code LWC)
- **Rutland Adult Learning Service**, Unit 16a, Gate 2, Oakham Enterprise Park, Oakham, LE15 7TU 6QL (Venue Code: RAL)
- **Wigston Magna Library**, Bull Head Street, South Wigston, LE18 1PN (Venue Code: WML)





## Timetable at a Glance

Getting Involved			Page 8
Course Title	Course Date(s)	Course Times	Venue
Building Confidence in the Use of Microsoft Teams	Mon 20 <sup>th</sup> Apr	1pm – 1:45pm	Online
Student Feedback Forum	Thurs 9 <sup>th</sup> July	2pm – 3pm	Online

Understanding/Experience of Mental Health Conditions				Page 9-10
Understanding Medications for Mental Health	Course 1	Fri 8 <sup>th</sup> May	10am – 12pm	Online
	Course 2	Fri 12 <sup>th</sup> June	10am – 12pm	Online
	Course 3	Fri 10 <sup>th</sup> July	10am – 12pm	Online
	Course 4	Fri 14 <sup>th</sup> Aug	10am – 12pm	Online
Understanding and Living with Psychosis and Schizophrenia	Course 1	Fri 5 <sup>th</sup> June	10am – 12pm	LAEC
	Course 2	Fri 31 <sup>st</sup> July	10am – 12pm	Online
Understanding a Diagnosis of Bipolar Disorder		Fri 22 <sup>nd</sup> May	10:30am – 12:30pm	END
Let's Talk Safety: Harm Reduction (Substance Use Interventions)	Course 1	Wed 22 <sup>nd</sup> Apr	2pm – 4pm	Online
	Course 2	Wed 10 <sup>th</sup> June	2pm – 4pm	TBC

Building Your Life			Page 11-16	
Time Management		Wed 3 <sup>rd</sup> & 10 <sup>th</sup> June	1pm – 3pm	Online
Routines: Building a Balanced Life	Course 1	Wed 6 <sup>th</sup> May & Thurs 7 <sup>th</sup> May	10:30am – 12pm	Online
	Course 2	Thurs 30 <sup>th</sup> July & 6 <sup>th</sup> Aug	1pm – 2:30pm	AB
Loneliness Get Better Connected		Wed 29 <sup>th</sup> April	10am – 12pm	Online
Let's Get Digital- Step confidently into the online world with us		Fri 19 <sup>th</sup> , 26 <sup>th</sup> June, 3 <sup>rd</sup> , & 10 <sup>th</sup> July	12:30pm – 3pm	LAEC
Recovery Goals: Reflect and Reset Workshop		Wed 13 <sup>th</sup> & 20 <sup>th</sup> May	1pm – 3pm	Online
Being a Carer: Support and Improving Wellbeing		Wed 5 <sup>th</sup> August	1pm – 3pm	Online



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Your Life (Continued)			
<b>Introduction to Arts in Mental Health</b>	Tues 4 <sup>th</sup> Aug	10am – 12pm	LAEC
<b>The Place of Narratives in Recovery</b>	Tues 9 <sup>th</sup> , 16 <sup>th</sup> , 30 <sup>th</sup> June & 7 <sup>th</sup> July	10am – 12pm	LAEC
<b>Humour for Recovery</b>	Mon 27 <sup>th</sup> Apr, 11 <sup>th</sup> , 18 <sup>th</sup> May, 1 <sup>st</sup> , 8 <sup>th</sup> & 15 <sup>th</sup> June	2pm – 4pm	LAEC
<b>Facilitation and Training Skills</b>	Wed 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> June, 1 <sup>st</sup> & 8 <sup>th</sup> July	10am – 12pm	BISH
<b>Involvement Opportunities within Leicestershire Partnership NHS Trust</b>	Wed 6 <sup>th</sup> May	1pm – 2pm	Online
<b>Introduction to Co-Production</b>	Thurs 14 <sup>th</sup> May	10am – 12pm	Online

Developing Skills and Knowledge				Page 17-23
<b>Meditation and Mindfulness Club</b>	Every Tuesday- starting Tues 14 <sup>th</sup> April (except during term time closures)	1pm – 1:30pm	Online	
<b>Learn To Surf: An Introduction to Living More Mindfully</b>	Tues 23 <sup>rd</sup> , 30 <sup>th</sup> June & 7 <sup>th</sup> July	1pm – 3:15pm	LAEC	
<b>Journaling Club</b>	Every Thursday- starting Thurs 16 <sup>th</sup> April (except during term time closures)	1pm – 1:30pm	Online	
<b>Writing for Self-Expression</b>	Thurs 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June, 2 <sup>nd</sup> & 9 <sup>th</sup> July	10:30am – 12pm	Online	
<b>Reading Round</b>	Tues 19 <sup>th</sup> May, 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> June	1:30pm – 3pm	Online	
<b>It's Not About the Drawing</b>  (dates continue on next page)	Drop In	Fri 17 <sup>th</sup> Apr	1pm – 3pm	Online
	Drop In	Fri 1 <sup>st</sup> May	1pm – 3pm	Online
	Drop In	Fri 15 <sup>th</sup> May	10am – 12pm	Online
	Drop In	Fri 5 <sup>th</sup> June	1pm – 3pm	Online



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (continued)				
<b>It's Not About the Drawing</b> (continued)	Drop In	Fri 19 <sup>th</sup> June	10am – 12pm	Online
	Drop In	Fri 3 <sup>rd</sup> July	10am – 12pm	Online
	Drop In	Fri 31 <sup>st</sup> July	1pm - 3pm	Online
	Drop In	Fri 14 <sup>th</sup> Aug	1pm – 3pm	Online
<b>It's Not About the Drawing- 'On the Road'</b>	Course 1	Fri 26 <sup>th</sup> June	11am – 1pm	RAL
	Course 2	Mon 6 <sup>th</sup> July	1:15pm – 3:15pm	APTG
<b>Stress, Burnout &amp; Self-Care</b>		Mon 8 <sup>th</sup> June	10am – 12pm	WML
<b>Dealing with Worries</b>		Mon 20 <sup>th</sup> Apr	10am – 12pm	Online
<b>Social Anxiety</b>	Course 1	Tues 2 <sup>nd</sup> June	10am – 12pm	Online
	Course 2	Mon 22 <sup>nd</sup> June	12:30pm – 2:30pm	LWC

Physical Health and Wellbeing				Page 24-26
<b>5 Ways to Wellbeing</b>		Mon 22 <sup>nd</sup> June	10am – 12pm	Online
<b>Nature for Wellbeing and Recovery</b>		Fri 7 <sup>th</sup> Aug	10am – 12pm/12:30pm	AP
<b>Getting Good Sleep</b>		Fri 17 <sup>th</sup> , 24 <sup>th</sup> Apr & 1 <sup>st</sup> May	10am – 12pm	Online
<b>Gardening for Wellbeing</b>		Mon 13 <sup>th</sup> , 27 <sup>th</sup> Apr, 11 <sup>th</sup> , 18 <sup>th</sup> May, 1 <sup>st</sup> , 15 <sup>th</sup> , 29 <sup>th</sup> June, 27 <sup>th</sup> July & 10 <sup>th</sup> Aug	1:15pm – 3:15pm	APTG
<b>Mental Health and Smoking – a start towards a smoke-free journey</b>		Wed 15 <sup>th</sup> Apr	2pm – 3pm	Online

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

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

## Getting Involved

### Building Confidence in the Use of Microsoft Teams



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	Monday 20 <sup>th</sup> April	1pm – 1:45pm	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. The 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	Thursday 9 <sup>th</sup> July	2pm – 3pm	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 of this.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 8 <sup>th</sup> May	10am – 12pm	Online: Microsoft Teams
2	Friday 12 <sup>th</sup> June	10am – 12pm	Online: Microsoft Teams
3	Friday 10 <sup>th</sup> July	10am – 12pm	Online: Microsoft Teams
4	Friday 14 <sup>th</sup> August	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 looking at the 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 5 <sup>th</sup> June	10am – 12pm	Leicester Adult Education Centre- City Centre
2	Friday 31 <sup>st</sup> July	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	Friday 22 <sup>nd</sup> May	10:30am – 12:30pm	Enderby Adult Learning Centre, Enderby

## 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 22 <sup>nd</sup> April	2pm – 4pm	Online: Microsoft Teams
2	Wednesday 10 <sup>th</sup> June	2pm – 4pm	TBC

## Building Your Life

### Time Management

We all have 168 hours a week, so why do some people achieve so much more than others?



This course is designed to help you manage your personal efficiency at home, at college or in work through identifying barriers you have for good time management, by offering you tips and techniques that can help.

This course is delivered by the Leicestershire Recovery College.

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

### 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 6 <sup>th</sup> May & Thursday 7 <sup>th</sup> May	10:30am – 12pm	Online: Microsoft Teams
2	Thursday 30 <sup>th</sup> July & 6 <sup>th</sup> August	1pm – 2:30pm	Atkins Building, Hinckley

## 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 29 <sup>th</sup> April	10am – 12pm	Online: Microsoft Teams

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



Welcome to our 4 session, beginner-friendly course where you will be supported step-by-step to learn how to :

- Use your smart device confidently
- Stay safe online
- Use QR codes safely
- Access NHS services online
- Use a range of online services and apps to enhance health and wellbeing
- Set up and use an email account
- Plan local travel on your device

Please bring your fully charged 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	Friday 19 <sup>th</sup> , 26 <sup>th</sup> June, 3 <sup>rd</sup> & 10 <sup>th</sup> July	12:30pm – 3pm	Leicester Adult Education College, Leicester City



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## 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.



What to expect:

- This is 2-part workshop which will give you the opportunity to; reflect on your recovery, learning journey at the college, and your achievements.
- You will be introduced to the CHIME framework of recovery and have time to reflect using the CHIME framework.
- You will be introduced to the GROW model and have time to set goals for yourself using this model.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 13 <sup>th</sup> May & 20 <sup>th</sup> May	1pm – 3pm	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	Wednesday 5 <sup>th</sup> August	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 for mental health service users. Information will also be provided about the face-to-face and online groups and activities that are 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 4 <sup>th</sup> August	10am – 12pm	Leicester Adult Education Centre- 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 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.

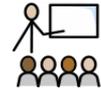
We will spend time:

- Considering how you choose to describe yourself.
- Considering the benefit that people telling their stories and how that 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 9 <sup>th</sup> , 16 <sup>th</sup> , 30 <sup>th</sup> June & 7 <sup>th</sup> July	10am – 12pm	Leicester Adult Education Centre- 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, discussions, 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 27 <sup>th</sup> April, 11 <sup>th</sup> , 18 <sup>th</sup> May, 1 <sup>st</sup> , 8 <sup>th</sup> & 15 <sup>th</sup> June	2pm – 4pm	Leicester Adult Education Centre- 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 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> June, 1 <sup>st</sup> & 8 <sup>th</sup> July	10am – 12pm	Bishopdale (Leicestershire Adult Learning), Beaumont Leys



## 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 6 <sup>th</sup> May	1pm – 2pm	Online: Microsoft Teams

## Introduction to Co-Production



This interactive workshop provides participants with an understanding of co production and how it can transform the way services are designed and delivered.

Together, we will explore what co production really means and how it differs from other approaches to involvement and partnership working. Through discussion and real-world examples, attendees will examine both the benefits and the common challenges of working co productively, as well as the practical resources available to support them. Participants will identify opportunities within their own roles or teams where co production could make a meaningful difference.

By the end of the session, attendees will feel more confident in taking their first steps toward initiating or contributing to co productive projects, equipped with the knowledge, inspiration, and tools to put co production into practice.

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 14 <sup>th</sup> May	10am – 12pm	Online: Microsoft Teams

## Developing Skills and Knowledge

### 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 14 <sup>th</sup> April (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	Tuesday 23 <sup>rd</sup> June, 30 <sup>th</sup> June & 7 <sup>th</sup> July	1pm – 3:15pm	Leicester Adult Education Centre, Leicester City

## 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 16 <sup>th</sup> April (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 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> June, 2 <sup>nd</sup> & 9 <sup>th</sup> July	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	Tuesday 19 <sup>th</sup> May, 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> June	1:30pm – 3pm	Online: Microsoft Teams

## It's Not About the Drawing ('On the Road')

Relax, learn, and create at one of our classroom venues.



Join our friendly session 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.

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.

These sessions are delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 26 <sup>th</sup> June	11am – 1pm	Rutland Adult Learning, Oakham
2	Monday 6 <sup>th</sup> July	1:15pm– 3:15pm	A Place to Grow, Enderby

## 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.

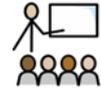
If you miss a session or can't make it each session, you will be sent the information and links of what we did each week by email, so you never miss a thing.

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

Course Number	Course Date(s)	Course Times	Venue
Drop-in	Friday 17 <sup>th</sup> April	1pm – 3pm	Online: Microsoft Teams
Drop-in	Friday 1 <sup>st</sup> May	1pm – 3pm	Online: Microsoft Teams
Drop-in	Friday 15 <sup>th</sup> May	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 5 <sup>th</sup> June	1pm – 3pm	Online: Microsoft Teams
Drop-in	Friday 19 <sup>th</sup> June	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 3 <sup>rd</sup> July	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 31 <sup>st</sup> July	1pm – 3pm	Online: Microsoft Teams
Drop-in	Friday 14 <sup>th</sup> August	1pm – 3pm	Online: Microsoft Teams

## Stress, Burnout and Self-Care

In this workshop you will explore and learn more about what Stress and Burnout are, and learn about 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	Monday 8 <sup>th</sup> June	10am – 12pm	Wigston Magna Library, Wigston

## 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 and 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	Monday 20 <sup>th</sup> April	10am – 12pm	Online: Microsoft Teams

## Social Anxiety: Finding Calm in Connection

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



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

What we'll explore:

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

How the session works: Join in however feels best: 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	Tuesday 2 <sup>nd</sup> June	10am – 12pm	Online: Microsoft Teams
2	Monday 22 <sup>nd</sup> June	12:30pm – 2:30pm	Loughborough Wellbeing Centre, Loughborough

## Physical Health and Wellbeing

### 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	Monday 22 <sup>nd</sup> June	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 <sup>th</sup> August	10am – 12pm/12:30pm	Abbey Park, Leicester City



## Getting Good Sleep



Sleep is essential to life and a seemingly straight forward task. However, it is not uncommon for people to be held back in life due to struggles with getting enough or good quality sleep.

This course is aimed at people who are experiencing difficulties in sleeping, are keen to uncover what might be hindering their sleep and discover effective ways of getting good sleep. Topics will include:

- Why do we need sleep?
- How much sleep should I be getting?
- Common sleep difficulties?
- The link between mental health and sleep.
- What’s keeping me awake and what can I do about it?

This course is delivered by the University of Leicester.

Session Number	Course Date(s)	Course Times	Venue
1	Friday 17 <sup>th</sup> , 24 <sup>th</sup> April & 1 <sup>st</sup> May	10am – 12pm	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	Wednesday 15 <sup>th</sup> April	2pm – 3pm	Online: Microsoft Teams

## 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 13 <sup>th</sup> , 27 <sup>th</sup> April, 11 <sup>th</sup> , 18 <sup>th</sup> May, 1 <sup>st</sup> , 15 <sup>th</sup> , 29 <sup>th</sup> June, 27 <sup>th</sup> July & 10 <sup>th</sup> Aug	1:15pm – 3:15pm	A Place to Grow, Enderby

## Our Partners

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





# 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.



## 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

**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:**

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### Leicestershire Partnership NHS Trust

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

#### **Postal Address:**

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