



Leicestershire Recovery College

PROSPECTUS

Summer Course Guide:
Monday 8th April 2024 - Friday 23rd August 2024

Half Term Break (Recovery College Closed):
Monday 27th May 2024 - Friday 31st May 2024

Summer Break (Recovery College Closed):
Monday 15th July 2024 - Friday 26th July 2024



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



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



How to enrol at the college

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

You can enrol:

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

By Phone: 0116 295 1196

By Email: LPT.Recoverycollege@nhs.net



We will arrange to go through your Individual Learning Plan (ILP) with you and book you on the course(s) which you feel may help you most with your recovery journey. Within the learning plan there is an opportunity to discuss any learning support needs you may have, from an educational or mental health perspective. We will then do everything we can to support you.

Face to Face Enrolment Sessions (please pre-book)

Venue: Recovery College Base (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.

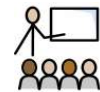


Face-to-face delivery in a classroom or outdoors. For more details of which venue is hosting the course please see the 'Venue' section of the course information.



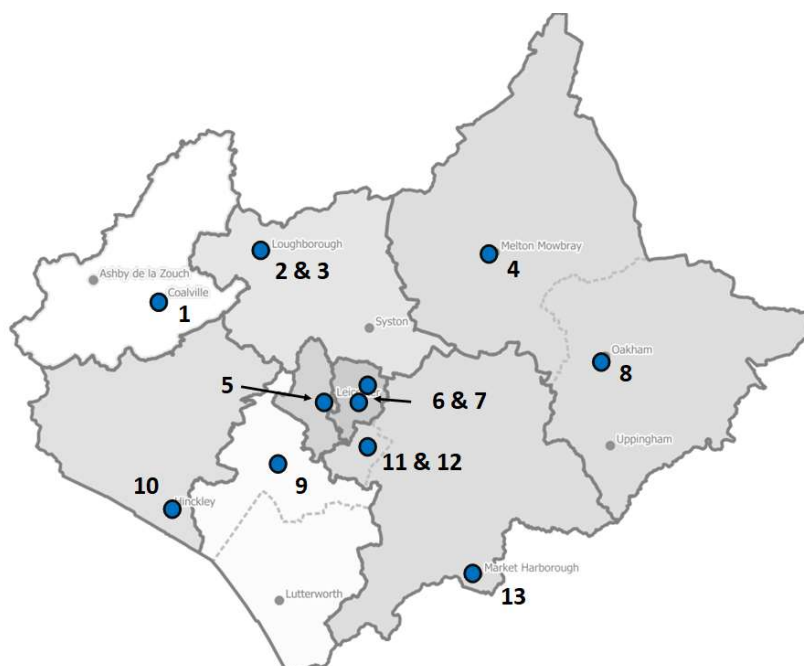
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Classroom Course Venues



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

1. **Coalville CAN**, Memorial Square, Coalville, LE67 3TU
2. **Loughborough Library**, Leicestershire Adult Learning Service, LE11 3DZ
3. **Loughborough Wellbeing Centre**, Asha House, Woodgate, LE11 2TZ
4. **Phoenix House**, Nottingham Road, Melton Mowbray, LE13 0UL
5. **LPT Education and Training Centre**, Glenfield Hospital, LE3 9EJ
6. **Abbey Park**, Abbey Park Road, Leicester, LE4 5AQ
7. **Leicestershire Recovery College**, The Mett Centre, Unit 2, 20 Lee Street, Lee Circle, Leicester, LE1 3RF
8. **Rutland Adult Learning**, Oakham Enterprise Park, Oakham, LE15 7TU
9. **A Place To Grow**, Enderby Leisure Centre, Mill Lane, Enderby, LE19 4LX
10. **Atkins Building**, Lower Bond Street, Hinckley, LE10 1QU
11. **Wigston Magna Library**, Leicestershire Adult Learning Service, Wigston, LE18 1PA
12. **Menphys Hub**, Bassett Street, South Wigston, LE18 4PE
13. **Harborough Leisure Centre**, Northampton Road, Market Harborough, LE16 9HF





Timetable at a Glance

Course Title		Course Date(s)	Course Times
Getting Involved			
Open Days		Wed 10 th April	10am – 2:30pm
		Wed 1 st May	10am – 2:30pm
		Fri 7 th June	10am – 2:30pm
		Fri 5 th July	10am – 2:30pm
		Wed 7 th August	10am – 2:30pm
College Coffee		Wed 10 th April	3pm – 4pm
		Fri 7 th June	3pm – 4pm
		Fri 5 th July	3pm – 4pm
		Wed 7 th Aug	3pm – 4pm
Building Confidence in the Use of Microsoft Teams		Tues 9 th April	11am – 11:45am

Understanding/Experience of Mental Health Conditions			
Dementia Awareness & Person-Centred Approaches		Wed 24 th April	10am – 12pm & 12:30pm – 2:30pm
Understanding Medications for Mental Health	Course 1	Fri 24 th May	2pm – 4pm
	Course 2	Fri 9 th August	2pm – 4pm
	Course 3	Fri 23 rd August	2pm – 4pm
Understanding Suicide and Loss		Wed 22 nd May	10am – 12pm
Substance Use Interventions		Thurs 27 th June & 4 th , 11 th July	1pm – 3pm
Understanding a Diagnosis of Psychosis and Schizophrenia	Course 1	Fri 12 th April	10:30am – 12:30pm
	Course 2	Fri 28 th June	10:30am – 12:30pm

Building Your Life			
Recovery Goals: Reflect and Reset Workshop	Course 1	Wed 17 th April	10:30am – 12:30pm
	Course 2	Fri 16 th August	10:30am – 12:30pm
Involvement Opportunities within Leicestershire Partnership NHS Trust	Course 1	Tues 25 th June	10:30am – 12pm
	Course 2	Thurs 22 nd August	1:30pm – 3pm



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Your Life (Continued)

Humour for Recovery	Wed 5 th , 12 th , 19 th , 26 th June & 3 rd , 10 th July		10:30am – 12:30pm
The Place of Narratives in Recovery	Tues 11 th , 18 th June & 2 nd , 9 th July		10am – 12pm
An Introduction to Managing Change	Tues 21 st May		1pm – 3pm
Empowering You for Employment, Volunteering and Learning Opportunities	Thurs 1 st August		10am – 1pm
Confident Communication	Mon 10 th June		10am – 12pm
Being Confident and Prepared for Important Meetings	Tues 23 rd , 30 th April & 7 th , 14 th May		10am – 12pm
Facilitation and Training Skills Programme	Thurs 16 th , 23 rd May & 6 th , 13 th , 20 th , 27 th June		10am – 12pm

Developing Skills and Knowledge

Journaling Club (Online)	Every Thursday- starting Thurs 11 th April (except during term time closures)		1pm – 1:30pm
Journaling with Guided Meditation and Mindfulness Club (Classroom)	Mon 5 th August		1:30pm – 3:30pm
Journal Making	Mon 22 nd April		1:30pm – 3:30pm
The Guided Meditation and Mindfulness Club (Online)	Every Tuesday- starting Tues 9 th April (except during term time closures)		1pm – 1:30pm
The Guided Meditation and Mindfulness Club (Classroom)	Mon 20 th May		1:30pm – 3:30pm
Learn To Surf: An Introduction to Living More Mindfully	Fri 17 th & 24 th May		10am – 1pm
Introduction to Emotional Mindfulness	Course 1	Wed 5 th June	1pm – 3pm
	Course 2	Wed 31 st July	1pm – 3pm
Introduction to It's Not About the Drawing	Mon 8 th April		1pm – 3pm



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (Continued)

It's Not About The Drawing	Drop-in	Thurs 18 th April		10am – 12pm
	Drop-in	Thurs 9 th May		10am – 12pm
	Drop-in	Fri 14 th June		10am – 12pm
	Drop-in	Fri 12 th July		10am – 12pm
	Drop-in	Thurs 8 th August		10am – 12pm
It's Not About The Drawing (Classroom)		Mon 24 th June		1:30pm – 3:30pm
Managing Emotions (Online & Classroom Hybrid)		Wed 19 th , 26 th June & 3 rd July	 	1pm – 3pm
Managing Anxiety (Online & Classroom Hybrid)		Thurs 15 th & 22 nd August	 	10am – 12pm
Stress Awareness & Management		Fri 26 th April		12:30pm – 2pm
Anxiety Management		Fri 14 th , 21 st & 28 th June		1pm – 4pm
Mental Health Awareness Week Workshop- Movement		Mon 13 th May		11am – 12:30pm
Stigma and Discrimination		Wed 31 st July		10am – 12pm
Writing for Self-Expression		Wed 1 st , 8 th , 15 th & 22 nd May		10:30am – 12pm
Knead To Chat		Mon 24 th June		9:30am – 1pm

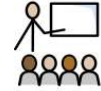
Physical Health and Wellbeing

Introduction to Gardening for Wellbeing	Induction	Mon 3 rd & 10 th June		1:30pm – 3:30pm
Gardening for Wellbeing	Drop In	Mon 17 th June		1:30pm – 3:30pm
	Drop In	Mon 1 st July		1:30pm – 3:30pm
	Drop In	Mon 8 th July		1:30pm – 3:30pm
	Drop In	Mon 29 th July		1:30pm – 3:30pm
	Drop In	Mon 12 th August		1:30pm – 3:30pm
	Drop In	Mon 19 th August		1:30pm – 3:30pm
Sleep and Wellbeing		Mon 29 th April		10am – 12pm
5 Ways to Wellbeing		Mon 3 rd June		10am – 12pm
Nature for Wellbeing and Recovery		Fri 21 st June		10:30am – 12:30pm

Getting Involved

Open Day

Drop into the Recovery College base to find out more about the service, and what we can offer to you as students. This drop in 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;

- Visits from guest speakers to talk about services that may benefit you,
- A cuppa and 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
Wednesday 10 th April	10am – 2:30pm	Mett Centre, Leicester City
Wednesday 1 st May	10am – 2.30pm	Mett Centre, Leicester City
Friday 7 th June	10am – 2:30pm	Mett Centre, Leicester City
Friday 5 th July	10am – 2:30pm	Mett Centre, Leicester City
Wednesday 7 th August	10am – 2:30pm	Mett Centre, Leicester City

College Coffee

Drop in for a friendly chat and connect with other students over a cuppa.

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



This session is delivered by the Leicestershire Recovery College.

Session Date(s)	Session Time	Venue
Wednesday 10 th April	3pm – 4pm	Online: Microsoft Teams
Friday 7 th June	3pm – 4pm	Online: Microsoft Teams
Friday 5 th July	3pm – 4pm	Online: Microsoft Teams
Wednesday 7 th August	3pm – 4pm	Online: Microsoft Teams



Building Confidence in the Use of Microsoft Teams



Not sure about how to take part in our online course? This short workshop will show you how to do just that and help build your confidence in using Microsoft Teams to attend our range of online courses. Microsoft Teams is the software platform used for online courses run by the Leicestershire Recovery College.

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

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 9 th April	11am-11:45am	Online: Microsoft Teams

Understanding/Experience of Mental Health Conditions

Dementia Awareness and Person-Centred Approaches



The Dementia Awareness and Person-Centred Approaches course explains the different types of dementia and discusses some of the core symptoms people can experience and the impact that these can have on everyday tasks.

We explore meeting the needs of people with dementia and the support we can provide to maintain independence and wellbeing.

This course is taking place in two parts across one day with a break in between the sessions.

This course is delivered by AgeUK.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 24 th April	10am-12pm & 12:30-2:30pm	Mett Centre, Leicester City

Understanding Medications for Mental Health

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



Topics previously covered include explaining the different categories of medication prescribed for mental illness, simple explanations of how they are thought to work, specific queries about named medicines, how to compare the available options for specific diagnoses, exploration of people's different experiences, discussing the positives and negatives of taking medications, the reasons why people do and don't take their prescribed medication and the risks and benefits associated with this.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 24 th May	2pm-4pm	Online: Microsoft Teams
2	Friday 9 th August	2pm-4pm	Online: Microsoft Teams
3	Friday 23 rd August	2pm-4pm	LPT Education and Training Centre, Glenfield Hospital

Understanding Suicide and Loss

Suicidal thoughts are thought to affect 1 in 5 people and is a sensitive subject to many people. This course is designed to provide insight and understanding into the symptoms and warning signs of suicide and developing tools and strategies to help people struggling with and supporting people experiencing suicidal thoughts. Throughout the course, there will be sensitive discussions surrounding suicide as well as resources to help those struggling from suicidal thoughts and feelings. By the end of this course, you will have more awareness and confidence in starting the conversation around suicide.



Please Note: This course discusses very sensitive topics, so please consider your wellbeing when signing up to and participating in this course.

This session is delivered by the Survivors of Bereavement by Suicide (SOBS) and the Leicestershire Recovery College

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 22 nd May	10am-12pm	Menphys Hub, South Wigston



Substance Use Interventions

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



This course aims to support you to develop skills to recognise issues around substance use. In the course we look at moving forward in recovery, provide a toolkit to manage these issues and 3 sessions focusing on safety and education. The strategies used will be in line with local service providers and information will be available on how to access services. The 3 psychosocial sessions will focus on discussing harm reduction related to substances and exploring coping strategies.

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

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 27 th June & 4 th , 11 th July	1pm-3pm	Online: Microsoft Teams

Understanding a Diagnosis of Psychosis and Schizophrenia

The aim of this introductory session is to shed some light on the popular misconceptions relating to this illness and to explore the facts and realities. Coming to terms with a diagnosis of psychosis or schizophrenia can be hard and life changing. People experiencing these types of mental health problems can sometimes find themselves stigmatised, misunderstood, and isolated. Relatives and carers can often feel confused and powerless.



The course will explore the process of diagnosis, treatment, and recovery, and look at ways in which you could take back more control over your life and achieve greater independence.

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

Course Number	Course Date(s)	Course Times	Venue
1	Friday 12 th April	10:30am-12:30pm	Mett Centre, Leicester City
2	Friday 28 th June	10:30am-12:30pm	Online: Microsoft Teams

Building Your Life

Recovery Goals: Reflect and Reset Workshop

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



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

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

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 17 th April	10:30am-12:30pm	Online: Microsoft Teams
2	Friday 16 th August	10:30am-12:30pm	Atkins Building, Hinckley

Involvement Opportunities Available Within Leicestershire Partnership Trust



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

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

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 25 th June	10:30am-12pm	Mett Centre, Leicester City
2	Thursday 22 nd August	1:30pm-3pm	Mett 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 improvisation games, discussion, and celebration of some of our favourite comics, the biology of laughter and formulas for creating different types of comedy.

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

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 5 th , 12 th , 19 th , 26 th June & 3 rd , 10 th July	10:30am-12:30pm	Mett Centre, Leicester City

The Place of Narratives in Recovery

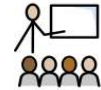
People who experience mental distress have a rich history of telling their stories to help them and others understand the nature of their distress. We all have a history of people telling our stories to parents to teachers to nurses and doctors, this course will give you the opportunity to tell your 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.

Course Number	Course Date(s)	Course Times	Venue
1	Tues 11 th , 18 th June & 2 nd , 9 th July	10am-12pm	Phoenix House, Melton Mowbray

An Introduction to Managing Change



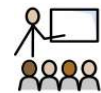
Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to emerge.” – Eckhart Tolle

This course aims to support you manage change and transition through activities and discussions. The session will help you to understand the impact change will have on you and which skills and strategies can support you to cope better with change.

This session is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 21 st May	1pm-3pm	Leicestershire Adult Learning Service, Wigston Magna Library

Empowering You for Employment, Volunteering and Learning Opportunities



Would you like to work or learn but do not know how or where to start? Real Purpose provides this course to empower you for employment, volunteering and learning opportunities.

We do this by helping you identify your strengths, equipping you with the practical skills for finding opportunities, such as job searching and carrying out interviews effectively as well as answering questions on whether or not to disclose your mental health challenges to a new employer. We also help you gain knowledge and skills for overcoming mental health barriers to working, through accessing voluntary work and learning opportunities as these can be valuable stepping stones towards ultimately finding a job, or for them to become your end goal, as it all helps your mental health recovery, quality of life and builds confidence.

This course is delivered by the Real Purpose.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 1 st August	1pm-3pm	Atkins Building, Hinckley

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	Monday 10 th June	10am-12pm	Online: Microsoft Teams

Being Confident and Prepared for Important Meetings



This training programme is aimed at people who want to gain more confidence and be more prepared for meetings you attend, this could be a clinical appointment, discussing your care plan, a meeting you attend to provide a patient and/or carer perspective to discussions and decisions, and any other important meeting you may have.

The programme will enable people to develop their skills, abilities and confidence in attending and contributing to meetings.

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

- The purpose of the meetings they attend and their role within the meetings.
- A checklist to effectively prepare for and contribute to meetings.
- Their ability to listen to other people’s perspectives.
- Their ability to speak with confidence and deal with any challenges.
- Understand how to influence people effectively.

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 23 rd , 30 th April & 7 th , 14 th May	10am-12pm	Mett Centre, Leicester City

Facilitation and Training Skills Programme



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	Thursday 16 th , 23 rd May & 6 th , 13 th , 20 th , 27 th June	10am-12pm	Mett Centre, Leicester City

Developing Skills and Knowledge

Journaling Club (Online)



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

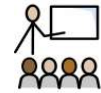
The sessions will give you dedicated time to start, continue or restart your journaling practice. By coming together at the same time each week, you will be able to build a routine in a supportive environment, feel motivated and build connections in the process.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Thursday- starting Thurs 11 th April (except during term time closures)	1pm-1:30pm	Online: Microsoft Teams



Journaling With Mindfulness and Meditation



Join us for a guided in-person journaling session incorporating mindfulness and meditation from our weekly club. This course is designed to explore the art of journaling and self-reflection in a safe, supportive environment. The session will allow students to learn about the mental health benefits of journaling and uncover the many techniques and methods to journaling.

The session offers a safe space for participants to be able to fully express themselves, connect with others and gain more understanding of their inner thoughts and feelings. Through the power of journaling, students will take themselves on a journey to self-discover, leaving them with new techniques and insight into their goals, thoughts, and emotions.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 5 th August	1:30pm-3:30pm	A Place To Grow, Enderby

Journal Making



Feel inspired by flora and fauna and combine collage, mark-making and printing techniques in this workshop led by multidisciplinary artist and facilitator Elizabeth Dyer from Insecta Collective.

This session will give you the chance to be creative and make your own journal that you can use in our weekly journaling club!

This workshop is delivered by the Insecta Collective.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 22 nd April	1:30pm-3:30pm	A Place To Grow, Enderby



The Guided Meditation and Mindfulness Club (Online)



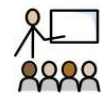
A weekly meditation and mindfulness club can be a great way to help improve your mental wellbeing. This club is to teach different guided meditations and mindfulness techniques that can be used in day-to-day life. The club will be for 30 minutes on a weekly drop-in basis, helping you to create the habit.

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

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Tuesday- starting Tues 9 th April (except during term time closures)	1pm-1:30pm	Online: Microsoft Teams

The Guided Meditation and Mindfulness Club (Classroom)



Guided meditation and mindfulness encourages students to learn about the benefits of being mindful and the different techniques and methods of doing so. Students are guided through gentle breathing exercises and meditation techniques designed to anchor them in the present moment.

Led by an experienced facilitator, the session encourages participants to release stress and tension, and to embrace stillness and awareness. Students will leave understanding more about the wide range of techniques and feel empowered to find their own personal guide in the world of mindfulness.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 20 th May	1:30pm-3:30pm	A Place To Grow, Enderby



Learn to Surf: an introduction to living more mindfully



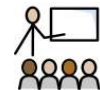
Do you dwell on the past and worry about the future? Have you ever noticed when you are doing familiar and repetitive things, like eating or driving, that your mind is often elsewhere thinking about something else? Do you find yourself getting swept away by the waves of life? If so, this workshop could be for you!

'Learn to Surf' provides a basic introduction to mindfulness in a practical and fun way. Mindfulness is about finding ourselves grounded in the moment and gently noticing what is here: thoughts, feelings, sights, smells, sounds, and taste. This skill allows us to consider the whole of our experience, without judging or excluding anything. There are many benefits of regularly practicing mindfulness including, less anxiety and emotional reactivity, as well as greater awareness, acceptance, and ability to tolerate change.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 17 th & 24 th May	10am-1pm	Mett Centre, Leicester City

Introduction to Emotional Mindfulness



This two-hour online 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 5 th June	1pm-3pm	Harborough Leisure Centre
2	Wednesday 31 st July	1pm-3pm	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. After attending this course, you are welcome to drop-in to our online monthly workshops.

This course leads on to the 'It's Not About the Drawing' Drop Ins. These drop ins show other ways of drawing that can help our mental wellbeing.

This session is delivered by the Leicestershire Recovery College

Course Number	Course Date(s)	Course Times	Venue
1	Monday 8 th April	1:30pm-3:30pm	A Place To Grow, Enderby

It's Not About The Drawing (Drop Ins)



These monthly 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.

One of our Summer Term drop-in sessions will be in person at the classroom venue; A Place to Grow. **Please book on to attend this session.**

This course is delivered by the Leicestershire Recovery College

Course Number	Course Date(s)	Course Times	Venue
Drop-in	Thursday 18 th April	10am-12pm	Online: Microsoft Teams
Drop-in	Thursday 9 th May	10am-12pm	Online: Microsoft Teams
Drop-in	Friday 14 th June	10am-12pm	Online: Microsoft Teams
Classroom	Monday 24 th June	1:30pm-3:30pm	A Place To Grow, Enderby
Drop-in	Friday 12 th July	10am-12pm	Online: Microsoft Teams
Drop-in	Thursday 8 th August	10am-12pm	Online: Microsoft Teams

Managing Emotions

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



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

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

This course is delivered by Life Links.

This course is being delivered at the same time both Online: Microsoft Teams, and in the classroom at Coalville CAN.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 19 th , 26 th June & 3 rd July	1pm-3pm	Online: Microsoft Teams & Coalville CAN

Managing Anxiety

This course is an introduction to anxiety and the impact this has on us. We all feel anxious sometimes, however when it becomes overwhelming, this can be problematic for us.



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

This course is delivered by Life Links.

This course is being delivered at the same time both Online: Microsoft Teams, and in the classroom at the Rutland Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 15 th & 22 nd August	10am-12pm	Online: Microsoft Teams & Rutland ALS, Oakham



Stress Awareness and Management

April is Stress Awareness Month and therefore, during this workshop we will be going back to basics with understanding stress and the evolution of this including our fight or flight system activating.



Further, we will be looking at our Stress Bucket as well as looking a self-help techniques to help combat stress to reduce the load on mental and physical health.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 26 th April	12:30pm-2pm	Online: Microsoft Teams

Anxiety Management

This course offers an introduction to the nature of anxiety. It aims to explore what we mean by anxiety and to offer practical self-help strategies to better manage anxious thoughts. During the course we will focus on what is anxiety, what keeps it going, how to reduce the physical symptoms, altering your thoughts and changing your behaviours related to anxiety. We will also look at how these strategies can positively influence self-confidence and wellbeing.



This session is delivered by the Leicestershire Partnership NHS Trust.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 14 th , 21 st & 28 th June	1pm-4pm	Mett Centre, Leicester City

Mental Health Awareness Week Workshop-Movement

Mental Health Awareness Week is back with the theme of Movement!



During this workshop we will be looking at the benefits of movement for physical and mental health including movement for the mind (mindfulness) as well as the benefits of social connection and the self-help technique of Behavioural Activation to help get you moving.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 13 th May	11:00am-12:30pm	Online: Microsoft Teams



Stigma and Discrimination

In this one session course we will explore the meaning of stigma and discrimination and what it means to you.



We will discuss our own, and/or others, experience of being stigmatised and explore different ways to respond. We will also consider the concept of unconditional positive regard and discuss the best ways of addressing stigma and discrimination within mental health.

This will be a light hearted, interactive session designed to generate discussion and ideas around this subject.

This session is delivered by Bright Sparks- Arts in Mental Health.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 31 st July	10am-12pm	Mett Centre, Leicester City

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. It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained.

At each session, the facilitator (a professional writer) will read aloud a short piece of published writing (poetry or prose) and invite you to talk about how the words impact on you. Short writing prompts and exercises will then be offered to help you write about your own experiences, thoughts, and feelings.

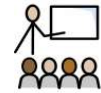
This course is delivered by the Royal Literacy Fund.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 1 st , 8 th , 15 th & 22 nd May	10:30am-12pm	Online: Microsoft Teams



Knead To Chat

This one-off session will teach students how to make healthy homemade pizza, 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	Monday 24 th June	9:30am-1pm	Mett Centre, Leicester City

Physical Health and Wellbeing

Introduction to Gardening for Wellbeing

Gardening For Wellbeing is a new course aimed at all levels of ability.



Gardening has been shown to have a positive impact on mental health and wellbeing. Gardening can help reduce stress, anxiety, and depression, and improve mood, focus, and concentration. The act of gardening can provide a sense of accomplishment and purpose, which can boost self-esteem and confidence. Additionally, gardening can be a form of exercise. Gardening can also help people connect with nature, which can have a calming effect on the mind and body.

These introduction sessions will allow you to attend the Gardening for Wellbeing drop in sessions offered throughout the term.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Introduction	Monday 3 rd & 10 th June	1:30pm-3:30pm	A Place To Grow, Enderby

Gardening For Wellbeing

These drop in sessions give you the opportunity to develop your planting and landscaping skills, as well as taking 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 home plants to grow both indoors and outdoors at home.

Please Note: Students who would like to attend the drop in sessions of Gardening for Wellbeing must attend the Introduction to Gardening for Wellbeing sessions.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Drop In	Monday 17 th June	1:30pm-3:30pm	A Place To Grow, Enderby
Drop In	Monday 1 st July	1:30pm-3:30pm	A Place To Grow, Enderby
Drop In	Monday 8 th July	1:30pm-3:30pm	A Place To Grow, Enderby
Drop In	Monday 29 th July	1:30pm-3:30pm	A Place To Grow, Enderby
Drop In	Monday 12 th August	1:30pm-3:30pm	A Place To Grow, Enderby
Drop In	Monday 19 th August	1:30pm-3:30pm	A Place To Grow, Enderby

Sleep and Wellbeing

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



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

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

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 29 th April	10am-12pm	Online: Microsoft Teams

5 Ways To Wellbeing



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

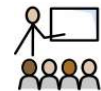
They are: **Connect**; connecting with the people around you. **Be active**; find an activity that you enjoy. **Keep learning**; learning new skills can give you a sense of achievement. **Give to others**; even the smallest act can count, a thank you or a kind word or larger acts of kindness. **Take 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 3 rd June	10am-12pm	Online: Microsoft Teams

Nature For Wellbeing and Recovery



This taster 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 21 st June	10:30am-12:30pm	Abbey Park, Leicester City



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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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:





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