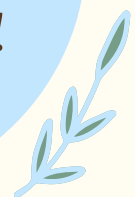


ASPIRE Newsletter

Leicestershire Recovery College



Welcome to
our Spring
Term 2024
Newsletter!



The college team have really enjoyed putting this newsletter together, and this term is full of exciting things! If you find this newsletter helpful, please share it. Or, if you have any information you would like us to feature in future editions, we would love to hear it in your feedback!

Inside this Issue



- Introducing Abbie!
- Recovery College News
- New courses!
- Spring Courses in Focus
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- Weekly Groups
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**Scan Below to Access
our Spring Term
Prospectus!**



Spring Term 2024 Prospectus Out Now!

If you would like a copy of our Autumn Term Prospectus by email or by post, please contact us on; (0116) 295 1196 or LPT.RecoveryCollege@NHS.Net

Or, scan the QR code below to be taken to the Online version!



If you wish to attend a course or find out more information, please contact us:



0116 295 1196



LPT.RecoveryCollege@nhs.net

Introducing Abbie!

Hi everyone!

I'm very excited to introduce myself to you all!

My name is Abbie and I am the new Outreach Worker for Leicestershire Recovery College. Since starting back in August, I've loved every minute of it and meeting some of you so far!



Part of the reason why I'm so passionate to be part of such an amazing team is because of my own lived experience and knowing first hand the struggles of mental health. Since being a part of the recovery college, I have seen so many positive outcomes from people attending our courses and it inspires me to help more people and spread the awareness of how important it is to take care of your mental health.

I hope that, in this role, I will be able to continue meeting all of you amazing people and also encourage more people to join us and work towards recovery!

A bit about me: as you can see in the photos, I love all things animals! I also love to read, crochet, go to the gym and go climbing! I can't wait to keep connecting with you all as I continue to settle into my place here at the recovery college.

Thank you everyone for your support so far!

Recovery College News

Spring Term 2024 Prospectus Out Now!

Enrol Online!

You can now enrol with the college online.

Scan the QR code:



College Coffee

"I liked the fact that everybody was made to feel comfortable. I look forward to some of the new courses being added"



It's not about the drawing

"I will use drawing as a means of a creative outlet and to aid recovery. Thank you."



Mindfulness and Meditation

"Excellent class tutor , caring and kind and clear explanations and encouraging. ."

Access 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 collaboratively, Peer Support Workers can help to identify techniques, resources and strategies that may be helpful to you in your journey, depending on your own individual aspirations.

They are passionate about supporting others in improving their health and wellbeing, so if you would like some additional support whilst attending the Recovery College, please feel free to get in touch and book some time in with our Peer Support Worker.

Patient Experience and Involvement

Here at the college, we work closely with the Patient Experience and Involvement team. If you would like to get involved or find out about involvement opportunities available to you as a network member, follow this link:

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

Recovery College News

New Courses!

A promotional graphic for the 'College Planters' course. It features a background image of a person in a white protective suit and mask, possibly a gardener, working in a field. The text is overlaid on this image. At the top left, 'College PLANTERS' is written in a mix of script and bold sans-serif fonts. To the right, 'Leicestershire Recovery College' is in green, with the NHS logo and 'Leicestershire Partnership NHS Trust' below it. A circular logo with a stylized figure is in the top right corner. The main text invites people to join a new course about allotments and plants. Contact information is provided at the bottom.

**College
PLANTERS**

Leicestershire Recovery College

NHS
Leicestershire Partnership
NHS Trust

Join us for our brand new course; learn about allotments, plants and get inspired to unleash your inner gardener!

For more information or to sign up, please email or call the college
LPT.RecoveryCollege@nhs.net
0116 295 1196

We are very excited to announce the new course coming to the Recovery College! College Planters is a brand new course aimed at all levels of keen planters, providing the opportunities to work on a small allotment and learn some new skills, as well as learning the benefits of Gardening for Mental Health!

College Planters will take place at Enderby's A Place to Grow.
We'd love to see you there!

Spring Courses in FOCUS



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

You deserve to feel empowered and understand the medications in your life

If you wish to attend a course or find out more information, please contact us:



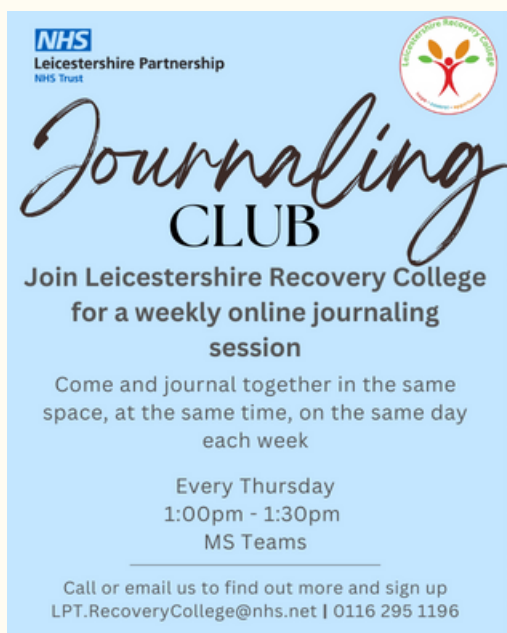
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LPT.RecoveryCollege@nhs.net

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

Weekly Drop-Ins



NHS
Leicestershire Partnership
NHS Trust

Journaling CLUB

Join Leicestershire Recovery College
for a weekly online journaling
session

Come and journal together in the same
space, at the same time, on the same day
each week

Every Thursday
1:00pm - 1:30pm
MS Teams

Call or email us to find out more and sign up
LPT.RecoveryCollege@nhs.net | 0116 295 1196



A weekly club to help create your journaling routine. Last term, we got together every week to connect, practice some mindfulness and journal from a prompt. This term we're back to do the same but on a Tuesday at 1pm, every week.

The sessions are relaxed and you're welcome to journal freely without using the given prompt. The session is yours to explore our thoughts, feelings and emotions. Doing it as

a group helps with motivation and building that sense of community. So why not come along and try it out?

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 use popular



Leicestershire Recovery College
NHS
Leicestershire Partnership
NHS Trust

Be kind to your mind with the
Meditation and Mindfulness CLUB

Join us for our weekly online session

Learn about different guided meditation and mindfulness techniques, helping you to create healthy habits

Every Tuesday
1:00pm - 1:30pm
MS Teams

Call or email us to find out more and sign up
LPT.RecoveryCollege@nhs.net | 0116 295 1196

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.

If you wish to attend a course or find out more information, please contact us:



0116 295 1196



LPT.RecoveryCollege@nhs.net

Returning Courses



IT'S NOT ABOUT THE DRAWING

Find out about the mental health benefits of art

No drawing skills needed!

Drawing equipment provided



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



Learn to Surf



Do you find yourself getting swept away by the waves of life? If so, this workshop could be for you!

Mindfulness is about finding ourselves grounded in the moment and gently noticing all of our senses.

This skill allows us to consider the whole of our experience, without judging or excluding anything.



Brain Break

Taking a moment for yourself...

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse. Allowing yourself time for therapeutic activities, is a form of self-care. Take a 'brain break' with us by trying out these activities, puzzles and quizzes.

1. Can you name three consecutive days without using the words:
Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday?

2. Find 10 differences



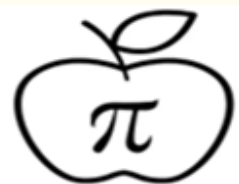
3. Got some pens? Get colouring!



4. Can you solve these Dingbats?

DR. DO

FINGERS
FINGERS



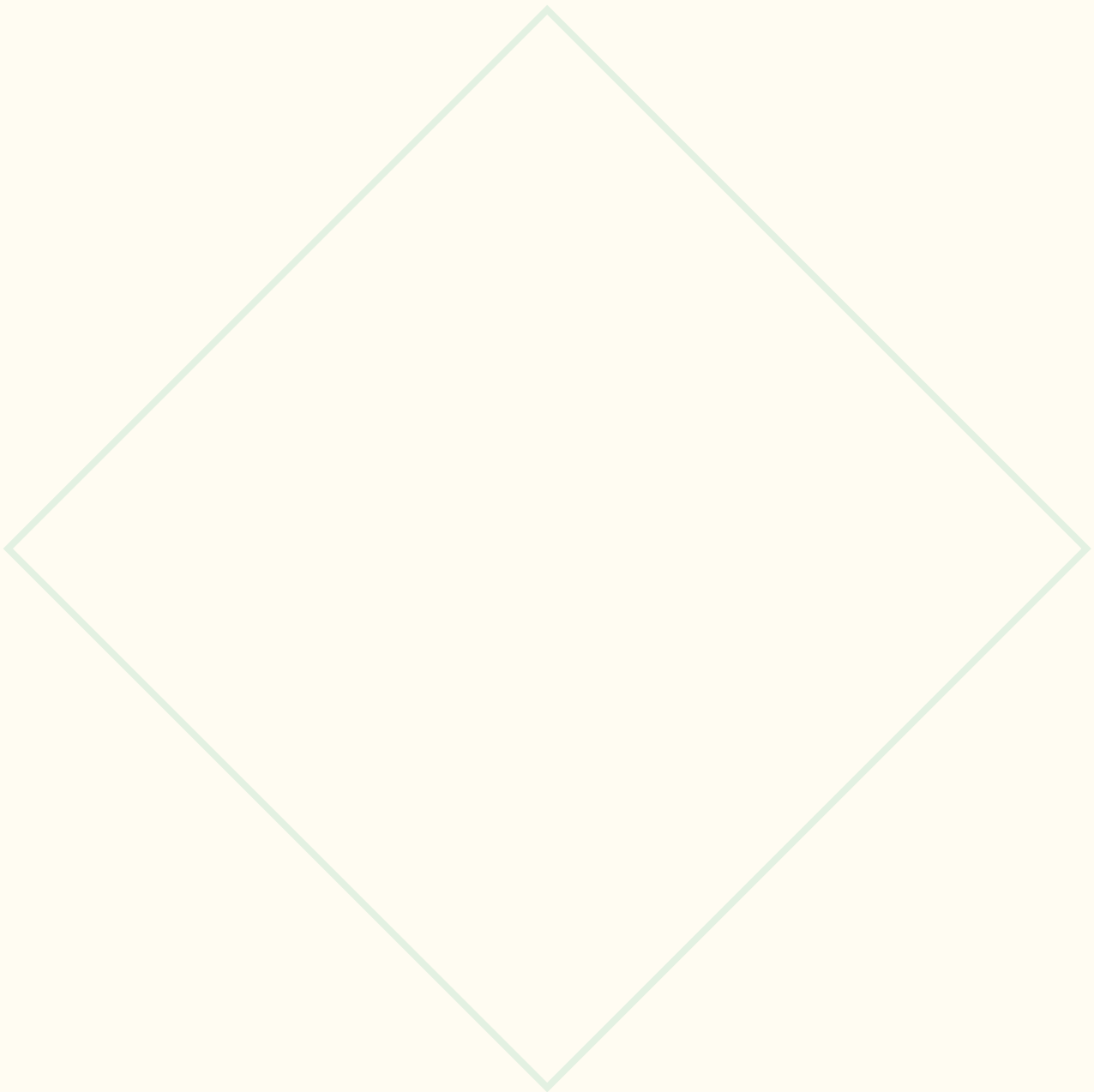
Brain Break

Create your own Zentangle!

There are many mental health benefits to zentangling,
including:

- Reducing anxiety symptoms
- Increasing Self-compassion
- Calming the mind
- Stress relieving

So, why not have a go at creating your own zentangle?



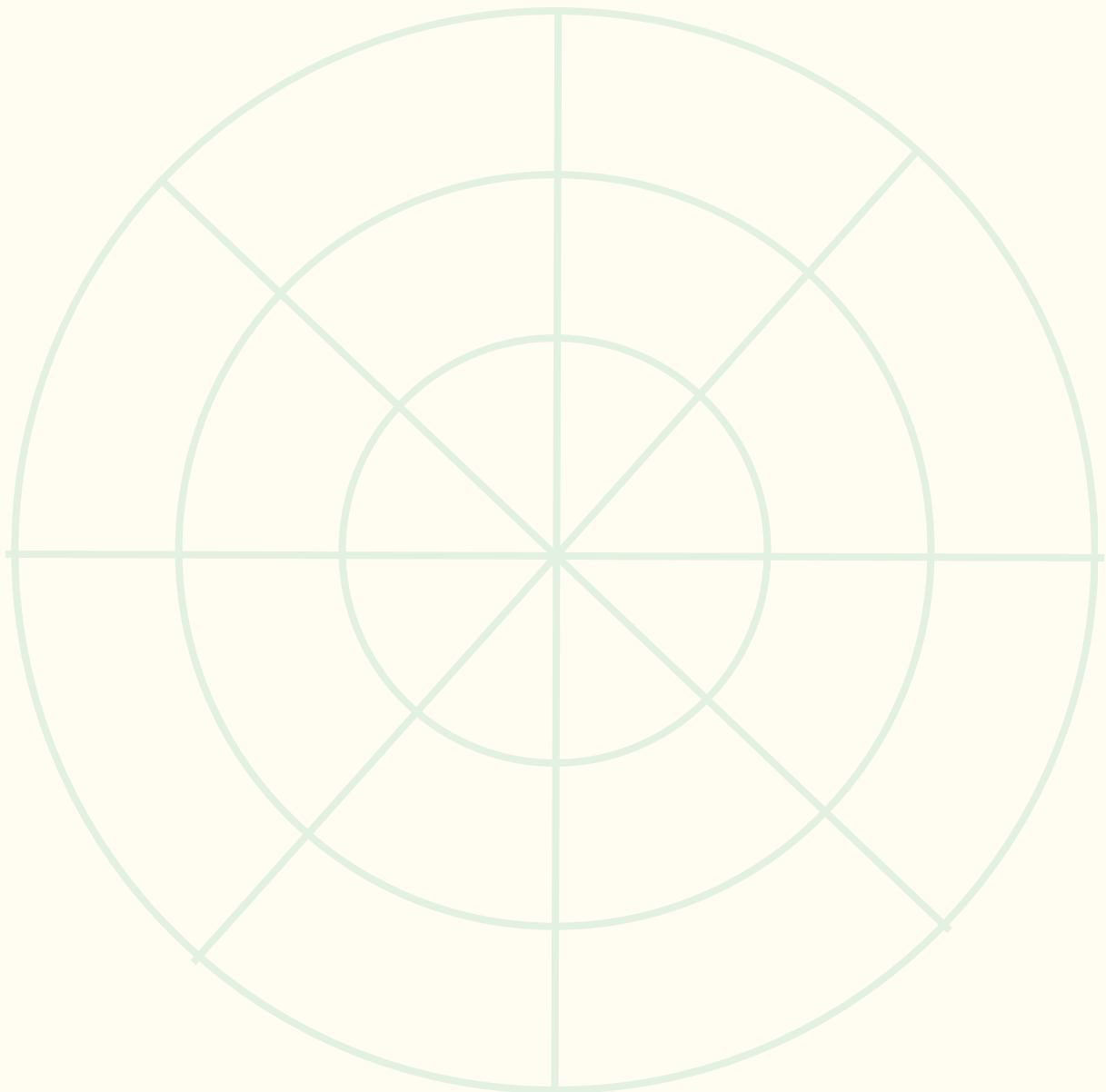
Brain Break

Create your own Mandala!

There are many mental health benefits to mandala art,
including:

- Promote sleep
- Reduce Stress
- Ease Depression

This is an accessible and affordable way to take some
time for yourself and be compassionate to your mind



How to Access the Recovery College



ENROL WITH US

If you are over 18 years of age, are accessing Leicestershire Partnership Mental Health services, are a Carer, Relative or Friend of someone who does, or are a LPT Staff Member and would like to attend a course, you will first need to enrol as a student with the college.

It's really simple, 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 then contact you to complete your **Individual Learning Plan** (ILP) with you and book you on to 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.



Connect With Us On Social Media!

Join us on Facebook, search; LPT Leicestershire Recovery College

You can follow us on X (Twitter), search; @recoverycollege

We finally have an Instragram! [LPTrecoverycollege](#)



Meet the Team!

When enrolling at the Recovery College or attending one of our courses you may have spoken to, or seen one of our members of the team. We would like to introduce you to all of our team members!



Kate

Operational Manager



Sam

Deputy Manager



Jamie

Peer Support Worker



Abbie

Outreach Worker



Jess

Administrator



Meesha

Administration
Assistant



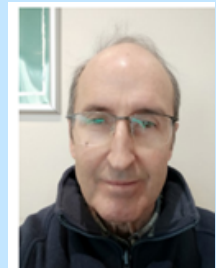
Hoda

Peer Support Worker



Wendy

Volunteer Tutor



Will

Volunteer Tutor



Sindhu

Volunteer Tutor



Hina

Volunteer Tutor



Sarah

Volunteer Tutor



Helen

Student
Representative



Ally

Student
Representative

Out Of Hours Courses

Find further support for your mental health and wellbeing



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



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



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

Resources

Find further support for your mental health and wellbeing



United Leicester

Helping the community find help & support across Leicestershire www.unitedleicester.com



VitaMinds

Access Talking Therapy Service

0330 094 5595

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health



Get Self Help

Cognitive Behaviour Therapy Resources

www.getselfhelp.co.uk



LPT NHS Website-Mental Health Support

Find information and support for your mental health

www.leicspart.nhs.uk/mental-health/



Mental Health Central Access Point

Anyone needing mental health support for themselves or others can call this service on 0808 800 3302, 24 hours a day, seven days a week.



NHS 111 or 999

Call 111 for physical, medical and mental health issues

www.111.nhs.uk/



Neighbourhood Mental Health Cafés

Local support for people who need help with their mental health www.leicspart.nhs.uk/service/crisis-cafes

Getting in Touch



Phone: 0116 295 1196
(9:30am—4:30pm)

Email:
LPT.Recoverycollege@nhs.net

Twitter: @recoverycollege

Instagram:
@lptrecoverycollege

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

Facebook: LPT Leicestershire
Recovery College

Postal Address:
Leicestershire Recovery College
C/O The Mett Centre
Unit 2
20 Lee Street
Leicester
LE1 3RE



Leicestershire Partnership
NHS Trust

Phone: 0116 225 6000 (24
hours)

Website: www.leicspart.nhs.uk

Twitter: @lptnhs

Postal Address:
Freepost
Leicestershire Partnership NHS
Trust
Bridge Park Plaza
Bridge Park Road
Thurmaston
Leicester
LE4 8PQ