



Leicestershire Recovery College

PROSPECTUS

Spring Course Guide:
Tuesday 3rd January 2023 - Friday 31st March 2023

Half Term Break (Recovery College Closed):
Monday 20th February - Friday 24th February 2023



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 mental health experience 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, watch our film 'Close up on Recovery' here: [Leicestershire Recovery College Website](http://www.leicestershire-recovery-college.com)

Or type: <https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/> into your internet browser.

Get in Touch

Telephone: 0116 295 1196 (9:30am—4:30pm)

Email: LPT.Recoverycollege@nhs.net

Twitter: @recoverycollege

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

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

Postal Address:

Leicestershire Recovery College
C/O Bennion Centre
Glenfield Hospital Site
Groby Road
Leicester
LE3 9EJ



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.

To enrol please call; 0116 295 1196 or Email; LPT.RecoveryCollege@NHS.Net



We will arrange to contact you and go through an individual learning plan with you and then 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.

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.

Get in touch with the Recovery College and let us know.



Timetable At A Glance

Getting Involved			
Course Title	Course Number	Course Date(s)	Course Times
College Coffee	Course Date 1	13 January	11am-12pm
	Course Date 2	16 February	11am-12pm
	Course Date 3	24 March	11am-12pm
Building Confidence in the Use of Microsoft Teams	Course Date 1	6 January	1pm-2pm
	Course Date 2	16 February	1pm-2pm
Understanding/Experience of Mental Health Conditions			
Understanding Medications for Mental Health	Course Date 1	31 January	10am-12pm
	Course Date 2	1 March	10am-12pm
	Course Date 3	28 March	1pm-3pm
Stigma and Discrimination		28 March	10am-12pm
Mental Health and Smoking: A start towards a smokefree journey	Course Date 1	13 January	2pm-3pm
	Course Date 2	17 February	2pm-3pm
	Course Date 3	31 March	2pm-3pm
Understanding a Diagnosis of Bipolar Disorder		To be confirmed	
Understanding a Diagnosis of Psychosis and Schizophrenia	Course Date 1	2 March	10am-12:30pm
	Course Date 2	14 March	1pm-3:30pm
Understanding & Living with Depression		To be confirmed	
Building Your Life			
Substance Use Interventions		2, 9 & 16 March	1pm-2:30pm
Loneliness: Get Better Connected		24 January	10am-12pm
Caring for a Loved One with Mental Health Challenges		15 February	11am-12pm
Involvement Opportunities within Leicestershire Partnership NHS Trust	Course Date 1	12 January	1:30pm-3pm
	Course Date 2	29 March	1:30pm-3pm
The Place of Narratives in Mental Health		7, 14, 28 February & 7 March	10am-12pm
The Value of Comedy in Recovery from Mental Distress		10, 17 February, 3, 10 & 17 March	1pm-3pm
Introduction to Peer Support		9 January	10am-12pm
Peer Support Training		18 January onwards	Various



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Recovery Goals: Reflect and Reset Workshop	Course Date 1	16 January	10am-12pm
	Course Date 2	27 March	10am-12pm
Sleep and Wellbeing		21 March	10am-12pm
Developing Skills and Knowledge			
Introduction to Online Safety		20 March	1pm-4pm
Managing Emotions	Course Dates 1	26 January, 2 & 9 February	10am-12pm
	Course Dates 2	9, 16 & 23 March	10am-12pm
Learn to Surf: An Introduction to Living More Mindfully		31 January & 7 th February	1pm-4pm
Journaling for Wellbeing		14 March	10am-12pm
Introduction to Emotional Mindfulness	Course Date 1	17 January	2pm-4pm
	Course Date 2	1 March	2pm-4pm
Confident Communication		8 February	10am-12pm
Effective Goal Setting		3, 10 & 17 February	10am-12pm
Managing Wellbeing During Uncertainty	Course Dates 1	11, 18, 25 January & 1 February	10am-12pm
	Course Dates 2	8, 15, 22 & 29 March	10am-12pm
Managing Anxiety	Course Dates 1	10 & 17 January	10am-12pm
	Course Dates 2	6 & 13 March	10am-12pm
An Introduction to Coping with Memory Problems		To be confirmed	
Introduction to Mindfulness Course		Available via our webpage; http://elearning-lpt.leicestershire.nhs.uk/313Courses/Mindfulness/html/	
Physical Health and Wellbeing			
A Healthy New Me		3, 10 & 17 March	10am-12pm
Gentle Yoga & Relaxation		19 January	11am-12:30pm
Getting Good Sleep		To be confirmed	



Key Symbols - Learning Delivery

The Leicestershire Recovery College are now delivering face-to-face and online (using Microsoft Teams). 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.



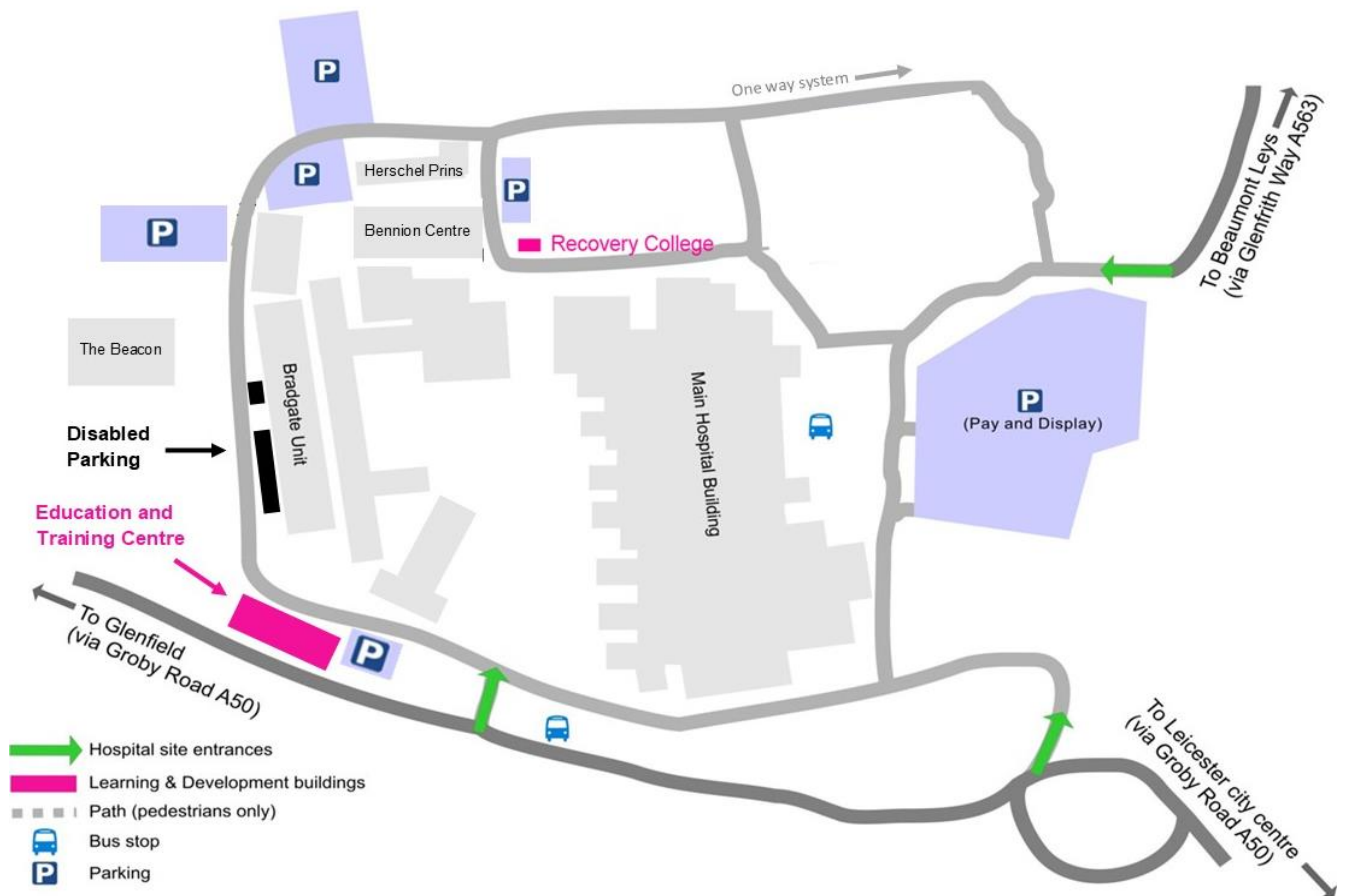
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session.

However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Face to Face Course Venue



During the Spring Term 2023, the Leicestershire Recovery College will be delivering face-to-face courses at the; Education and Training Centre, Glenfield Hospital Site, Groby Road, Leicester, LE3 9EJ.





Getting Involved

1. College Coffee

Drop in for a friendly chat and connect with other students over a virtual 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 online session. Don't forget to bring the biscuits!



Date: Friday 13th January 2023
Time: 11am-12pm
Venue: Microsoft Teams (Online)

This session is delivered by the Leicestershire Recovery College



Date: Thursday 16th February 2023
Time: 11am-12pm
Venue: Microsoft Teams (Online)

Date: Friday 24th March 2023
Time: 11am-12pm
Venue: Microsoft Teams (Online)

2. 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'.

Workshop Date One
Date: Friday 6th January 2023
Time: 1pm-2pm
Venue: Microsoft Teams (Online)

This session is delivered by the Leicestershire Recovery College



Workshop Date Two
Date: Thursday 16th February 2023
Time: 1pm-2pm
Venue: Microsoft Teams (Online)



Understanding/Experience of Mental Health Conditions

3. Understanding Medications for Mental Health

This introductory course aims to explain the different categories of medication prescribed for mental illness and to explore 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.



Course Date One

Date: Tuesday 31st January 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

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



Course Date Two

Date: Wednesday 1st March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

Course Date Three

Date: Tuesday 28th March 2023

Time: 1pm-3pm

Venue: Microsoft Teams (Online)

4. Stigma and Discrimination

In this session 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.

Date: Tuesday 28th March 2023

Time: 10am-12pm

Venue: Education and Training Centre - Glenfield Hospital

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





5. 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 strategies 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.

The session will last one hour and cover the following: why people smoke, physical and Mental health effects of smoking, benefits from stopping, overview of the tools for reducing the harm from smoking, and medications to help you stop smoking.

Course Date One

Date: Friday 13th January 2023

Time: 2pm- 3pm

Venue: Microsoft Teams (Online)

This course is delivered by
QuitReady (Leicestershire)



Course Date Two

Date: Friday 17th February 2023

Time: 2pm- 3pm

Venue: Microsoft Teams (Online)

Course Date Three

Date: Friday 31st March 2023

Time: 2pm- 3pm

Venue: Microsoft Teams (Online)

6. 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 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.

Date: To be confirmed

Time:

Venue:

This session is delivered by the
Leicestershire Recovery College





7. 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.

Course Date One

Date: Thursday 2nd March

Time: 10:00am-12:30pm

Venue: Microsoft Teams (Online)

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



Course Date Two

Date: Tuesday 14th March

Time: 1:00pm-3:30pm

Venue: Microsoft Teams (Online)

8. Understanding and Living with Depression

This course aims to provide a broad overview and introduction to depression. It is designed to cover topics such as: What is depression. What causes it and what maintains it. The course will take a closer look at different perspectives and ways of dealing with depression. It will outline a variety of coping strategies, focusing predominantly on psychological perspective and self-management techniques.

Date: To be confirmed

Time:

Venue:

This course is delivered by the University of Leicester.





Building Your Life

9. 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.

Date: Thursday 2nd, 9th & 16th March 2023
Time: 1:00pm-2:30pm
Venue: Microsoft Teams (Online)

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



10. 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.

The last half hour of the session will be delivered by a Learning and Work Advisor and will focus on thinking positively about your existing skills, knowledge and achievements and sharing of information, advice, and guidance to support you to pursue any personal goals.

Date: Tuesday 24th January 2023
Time: 10am-12pm
Venue: Microsoft Teams (Online)

This course is delivered by the Leicestershire Adult Learning Service.





11. Caring for a Loved One with Mental Health Challenges

Do you look after a loved one who is struggling with their mental health? Would you like to find out more about services provided by The Carers Centre? Would you like to know more about how to get a carers assessment?



If so, this session might be for you. In this one an hour session we will explore how; The Carers Centre could support you in your caring role and how to get a Carers Assessment.

Date: Wednesday 15th February 2023
Time: 11am-12pm
Venue: Microsoft Teams (Online)

This course is delivered by The Carers Centre (Leicestershire).



12. Involvement Opportunities Available Within Leicestershire Partnership Trust

What is Patient/Carer Involvement? In this new 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.



Course Date One
Date: Thursday 12th January 2023
Time: 1:30pm-3pm
Venue: Microsoft Teams (Online)

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



Course Date Two
Date: Wednesday 29th March 2023
Time: 1:30pm-3pm
Venue: Education and Training Centre - Glenfield Hospital



13. The Place of Narratives in Mental Health

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.

At the end of the 4-week course we hope to come up with a final narrative that will be recorded in some way, written or recorded.

Date: Tuesday 7th, 14th, 28th February & 7th March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

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



14. The Value of Comedy in Recovery from Mental Distress

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.

Date: Friday 10th, 17th February 3rd, 10th & 17th March 2023

Time: 1pm-3pm

Venue: Education and Training Centre - Glenfield Hospital

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





15. Introduction to Peer Support

This Introductory session is for anybody who wants to find out more about the Peer Support Worker Training course being offered through Leicestershire Recovery College; as well as the role of Peer Support Workers in promoting hope and empowerment and the difference they can make in mental health recovery.

Leicestershire Partnership Trust is committed to employing Peer Support Workers across Leicester, Leicestershire, and Rutland, to use their lived experience of mental health to support others in their recovery. To apply for these roles, people will have completed a recognised training course.

In this introduction session, we will:

- discuss what will be covered on the full training course from the Recovery College
- consider the practicalities and expectations of trainees completing it
- the next steps in applying to become a trainee.

This session will benefit those students who are ready and motivated to use their lived experience of mental health (or supporting someone with their mental health) to support others.

Date: Monday 9th January 2023
Time: 10am-12pm
Venue: Education and Training Centre
- Glenfield Hospital

This session is delivered by the Leicestershire Recovery College



16. Peer Support Training

Peer support training is an essential requirement for anyone who wants to apply for a Peer Support Worker job (paid or voluntary) in Leicestershire Partnership NHS Trust or with our community partners.

It is a very service user friendly course, and it is a very well recognised course that is delivered internationally and has a high success rate of preparing people to apply for a Peer Support Worker job. If you are looking to use your skills of empathy, shared experiences and want to inspire hope of recovery to other people on their recovery journey this course is a good place to start.

The peer support training covers the values and competencies that are at the heart of peer support work. We are increasing the number of peer support jobs that will be available in Leicester and Leicestershire.

Venue: Microsoft Teams (Online)
Detail: For more information regarding session dates and times please contact:
0116 295 1196 or
LPT.RecoveryCollege@NHS.Net

This course is delivered by the Leicestershire Partnership NHS Trust.





17. Recovery Goals: Reflect and Reset Workshop - New Course!

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.

You will leave the session with refreshed goals and have the chance to book onto the courses you have identified that will help you to achieve your goals and discuss any support needs.

Course Date One

Date: Monday 16th January 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This session is delivered by the Leicestershire Recovery College



Course Date Two

Date: Monday 27th March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

18. 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.

Date: Tuesday 21st March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This course is delivered by the Leicestershire Adult Learning Service.

GoLearn!
with Leicestershire Adult Learning Service





Developing Skills and Knowledge

19. Introduction to Online Safety - New Course!

Learn how to stay safe online. Gain some key knowledge of how to recognise online threats and what steps you can take to protect yourself.



This is a short course explaining the hazards you may come across online. During the course you will explore some of the basics about being safe online and look at common issues such as malware, scams, phishing, viruses and your digital footprint.

Date: Monday 20th March 2023
Time: 1pm-4pm
Venue: Microsoft Teams (Online)

This course is delivered by the Leicestershire Adult Learning Service.

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20. 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.

Over the course of three sessions, 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.

Course Date One
Date: Thursday 26th January, 2nd & 9th February 2023
Time: 10am-12pm
Venue: Microsoft Teams (Online)

This course is delivered by Life Links.



Course Date Two
Date: Thursday 9th, 16th & 23rd March 2023
Time: 10am-12pm
Venue: Microsoft Teams (Online)



21. Learn to Surf: an introduction to living more mindfully

"You can't stop the waves, but you can learn to surf"
- Jon Kabat Zinn



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, taste, and so on. 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 course consists of several practical mindfulness 'experiments and some tips on bringing mindfulness into daily life.

Date: Tuesday 31st January & 7th February 2023
Time: 1pm-4pm
Venue: Education and Training Centre – Glenfield Hospital

This session is delivered by the Leicestershire Recovery College



22. Journaling for Wellbeing

Studies show there are many benefits to journaling including improved health, wellbeing and we will explore how you can use it to support your recovery journey.

We will look at:

- The purpose of journaling
- How to journal and the different types of journals
- Barriers to keeping a journal
- Safety – physical and emotional considerations
- Benefits of keeping a journal.



Date: Tuesday 14th March 2023
Time: 10am-12pm
Venue: Microsoft Teams (Online)

This course is delivered by the Leicestershire Adult Learning Service.

GoLearn!
with Leicestershire Adult Learning Service



23. 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.

Course Date One

Date: Tuesday 17th January 2023

Time: 2pm-4pm

Venue: Microsoft Teams (Online)

This session is delivered by the
Leicestershire Recovery College



Course Date Two

Date: Wednesday 1st March 2023

Time: 2pm-4pm

Venue: Microsoft Teams (Online)

24. 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.

Date: Wednesday 8th February 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This course is delivered by the
Leicestershire Adult Learning
Service.





25. Effective Goal Setting

This course uses effective goal setting methods and empowering coaching techniques to help you achieve what you want.



By the end of the course, you will be able to get clear direction on what you want out of life and set a SMART goal with a specified action plan to help you achieve it.

Date: Friday 3rd, 10th & 17th February 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This course is delivered by the WEA.



26. Managing Wellbeing During Uncertainty

This course has been developed to support people during these unprecedented times. Managing our wellbeing in uncertain situations can be difficult at any point in time, but due to the current situation it may increase feelings of worry and anxiety. This course focuses on understanding why we feel negative emotions when we are experiencing uncertainty (It is more common than you think) along with introducing specific tools and techniques to manage these.



Over the course we will cover: Worry & Anxiety, taking a Self-compassion Approach, Managing Sleep and Exploring Identity. All aspects interlink with taking care of ourselves during difficult and uncertain times.

Course Date One

Date: Wednesday 11th, 18th, 25th
January & 1st February 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This course is delivered by Life Links.



Course Date Two

Date: Wednesday 8th, 15th, 22nd &
29th March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)



27. Managing Anxiety

This course provides an introduction to understanding 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.

Course Date One

Date: Monday 10th & 17th January 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This course is delivered by Life Links.



Course Date Two

Date: Monday 6th & 13th March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

28. An Introduction to Coping with Memory Problems

This course is a basic introduction to memory and different ways we might cope when our memory lets us down. It is aimed at people who are experiencing mild to moderate memory difficulties, and also those who support people who experience memory problems.

Topics on this introductory course will include: What do we mean by memory? What can affect our memory? How does this impact on our lives? How can we cope with poor memory? Tips and strategies for memory difficulties.

Date: To be confirmed

Time:

Venue:

This course is delivered by the University of Leicester.





29. Introduction to Mindfulness - Webpage Link

'Introduction to Mindfulness' is a short online course that has been developed by the Recovery College team.



Mindfulness and meditation have been shown to reduce stress by helping you to be more attentive to the present moment. Mindfulness can even reduce physical symptoms of stress, susceptibility to illnesses such as colds and other ailments.

This course is a short online course covers what Mindfulness is, the benefits and shares some techniques with lots of signposting to other resources available.

To access the course visit:

<http://elearning-lpt.leicestershire.nhs.uk/313Courses/Mindfulness/html/>

If a member of Leicestershire Partnership NHS Trust staff – find the course on ULearn.

Physical Health and Wellbeing

30. A Healthy New Me

This is a course to help you to rethink your lifestyle, identify areas to change & make a personal plan for a calmer life.

By the end of the course, you will:

- identify changes to make in your home and make a plan
- identify ways to lead a healthier life
- find ways to manage relationships in a positive way.



Date: Friday 3rd, 10th & 17th March 2023

Time: 10am-12pm

Venue: Microsoft Teams (Online)

This course is delivered by the WEA.

WEA Adult Learning
Within Reach



31. Gentle Yoga & Relaxation

Take this time to look after yourself. Sarah will talk you through some very simple yoga techniques, gentle movement to relax your body, breathing practices to calm your mind, and ending with a guided relaxation.



This session will be accessible to anyone, regardless of your level of fitness or ability, no prior experience of yoga is required.

Course Guidelines:

- Wear loose, comfortable clothing
- Some of the session exercise will be seated, appropriate equipment will be available to support these exercises.

Date: Thursday 19th January 2023
Time: 11am- 12:30pm
Venue: Education and Training Centre
Glenfield Hospital

This course is delivered by the
Leicestershire Recovery College.



32. 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? What can I do about it?

Date: To be confirmed
Time:
Venue:

This course is delivered by the
University of Leicester.





Stay Connected with the Recovery College

We love to hear from you! Would you like to hear from the Recovery College more often? Joining our marketing list is easy!

You will receive our newsletter, monthly course posters, information about our informal drop-in session, College Coffee and more.

To join the marketing list

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