



# Leicestershire Recovery College

## PROSPECTUS

**Spring Course Guide:**

Thursday 4th January 2024 - Friday 22nd March 2024

**Half Term Break (Recovery College Closed):**

Monday 19th February 2024 - Friday 23rd February 2024



## 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](http://www.leicspart.nhs.uk) and search; 'Recovery College'



## Get in Touch

**Phone:** 0116 295 1196 (Monday to Friday, 9:30am - 4:30pm)

**Email:** [LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net)

**Website:** [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk), search; 'Recovery College'

**Twitter:** @recoverycollege

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

### Postal Address:

Leicestershire Recovery College  
C/O The Mett Centre  
Unit 2, 20 Lee Street,  
Leicester, LE1 3RF



## 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/](http://www.leicspart.nhs.uk/service/leicestershire-recovery-college/)

**By Phone:** 0116 295 1196

**By Email:** [LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net)



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

**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.





## Timetable at a Glance

Online  In-person 

Course Title	Course Number	Course Date(s)	Course Times
<b>Getting Involved</b>			
<b>College Coffee</b>		Thurs 4 <sup>th</sup> Jan 	10am-11:30am
		Fri 2 <sup>nd</sup> Feb 	10am-11.30am
		Thurs 7 <sup>th</sup> Mar 	10am-11:30am
<b>Building Confidence in the Use of Microsoft Teams</b>		Mon 8 <sup>th</sup> Jan 	11am-11:45am
		Mon 5 <sup>th</sup> Feb 	11am-11:45am
<b>Facilitation and Training Skills Programme</b>		Mon 29 <sup>th</sup> Jan, 5 <sup>th</sup> , 12 <sup>th</sup> , 26 <sup>th</sup> Feb & 4 <sup>th</sup> , 11 <sup>th</sup> March 	10am-12pm

<b>Understanding/Experience of Mental Health Conditions</b>			
<b>Understanding Medications for Mental Health</b>	Course 1	Mon 29 <sup>th</sup> Jan 	2pm-4pm
	Course 2	Thurs 7 <sup>th</sup> Mar 	10am-12pm
<b>Understanding a Diagnosis of Psychosis and Schizophrenia</b>	Course 1	Weds 17 <sup>th</sup> Jan 	2pm-4pm
	Course 2	Fri 8 <sup>th</sup> Mar 	10:30am-12:30pm

<b>Building Your Life</b>			
<b>Effective Goal Setting</b>		Fri 19 <sup>th</sup> , 26 <sup>th</sup> Jan & 2 <sup>nd</sup> Feb 	10am-12pm
<b>Recovery Goals: Reflect and Reset Workshop</b>		Thurs 14 <sup>th</sup> Mar 	10:30am-1pm
<b>Involvement Opportunities within Leicestershire Partnership NHS Trust</b>		Thurs 8 <sup>th</sup> Feb 	10:30am-12pm
<b>An Introduction to Employment Support Services</b>		Mon 22 <sup>nd</sup> Jan 	10am-12pm
<b>Humour for Recovery</b>		Mon 5 <sup>th</sup> , 12 <sup>th</sup> , 26 <sup>th</sup> Feb, & 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> Mar 	2pm-4pm
<b>Introduction to Recovery (CHIME)</b>		Tues 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Jan & 6 <sup>th</sup> , 13 <sup>th</sup> Feb 	10am-12pm
<b>Time Management</b>		Fri 15 <sup>th</sup> & 22 <sup>nd</sup> Mar 	10am-12pm
<b>Introduction to Arts in Mental Health</b>		Tue 12 <sup>th</sup> Mar 	10:30am-12:30pm



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## Developing Skills and Knowledge

<b>Journaling Club</b>		Every Week - Thursday		1pm-1:30pm
<b>Understanding Motivation and Positivity</b>		Mon 15 <sup>th</sup> Jan		10am-12pm
<b>Writing For Self-Expression</b>		Wed 28 <sup>th</sup> Feb, 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> Mar		10:30am-12pm
<b>It's Not About The Drawing</b>	Course 1	Wed 24 <sup>th</sup> Jan		10am-12pm
	Course 2	Fri 15 <sup>th</sup> Mar		10am-12pm
	Drop-in	Fri 5 <sup>th</sup> Jan		10am-12pm
	Drop-in	Thurs 1 <sup>st</sup> Feb		10am-12pm
	Drop-in	Fri 1 <sup>st</sup> Mar		10am-12pm
<b>Social Anxiety Workshop</b>		Fri 22 <sup>nd</sup> Mar		12:30pm-2pm
<b>Managing Emotions</b>		Thurs 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> Jan		2pm-4pm
<b>Managing Anxiety</b>		Tue 27 <sup>th</sup> Feb & 5 <sup>th</sup> Mar		10am-12pm
<b>Confident Communication</b>		Tues 19 <sup>th</sup> Mar		10:30am- 12:30pm
<b>Learn to Surf: An Introduction to Living More Mindfully</b>		Fri 9 <sup>th</sup> & 16 <sup>th</sup> Feb		10am-1pm
<b>Journaling for Wellbeing</b>		Wed 6 <sup>th</sup> Mar		1:30pm-3:30pm
<b>Introduction to Emotional Mindfulness</b>	Course 1	Wed 14 <sup>th</sup> Feb		2pm-4pm
	Course 2	Wed 20 <sup>th</sup> Mar		2pm-4pm
<b>The Guided Meditation and Mindfulness Club</b>		Every Week - Tues		1pm-1:30pm

## Physical Health and Wellbeing

<b>Gardening For Wellbeing</b>		Mon 11 <sup>th</sup> & 18 <sup>th</sup> Mar		1pm-3pm
<b>Sleep and Wellbeing</b>		Wed 13 <sup>th</sup> Mar		2pm-4pm
<b>Winter Wellbeing Workshop</b>		Wed 10 <sup>th</sup> Jan		2pm-3:30pm
<b>Nature For Wellbeing and Recovery</b>		Thurs 21 <sup>st</sup> Mar		10:30am- 12:30pm
<b>Time To Talk Workshop</b>		Fri 2 <sup>nd</sup> Feb		12:30pm-2pm

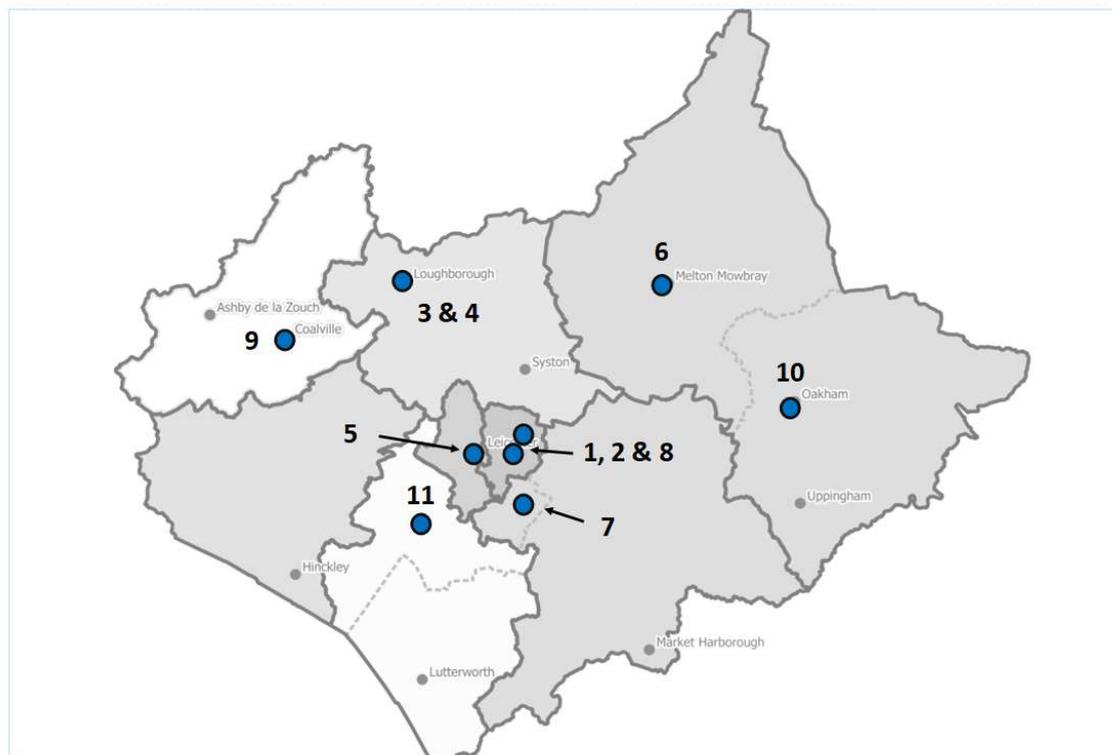


## Classroom Course Venues



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

1. **Abbey Park**, Abbey Park Road, Leicester, LE4 5AQ
2. **Leicestershire Recovery College**, The Mett Centre, Unit 2, 20 Lee Street, Lee Circle, Leicester, LE1 3RF
3. **Loughborough Library**, Leicestershire Adult Learning Service, LE11 3DZ
4. **Loughborough Wellbeing Centre**, Asha House, Woodgate, LE11 2TZ
5. **LPT Education and Training Centre**, Glenfield Hospital, LE3 9EJ
6. **Phoenix House**, Nottingham Road, Melton Mowbray, LE13 0UL
7. **Wigston Magna Library**, Leicestershire Adult Learning Service, Wigston
8. **Aylestone Meadows Local Nature Reserve**, Leicester, LE2 8LZ
9. **Coalville CAN**, Memorial Square, Coalville, LE67 3TU
10. **Rutland Adult Learning**, Oakham Enterprise Park, Oakham, LE15 7TU
11. **A Place To Grow**, Enderby Leisure Centre, Mill Lane, Enderby, LE19 4LX





## 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.

## Getting Involved

### 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
Thursday 4 <sup>th</sup> January	10am – 11:30am	Online: Microsoft Teams
Friday 2 <sup>nd</sup> February	10am – 11:30am	Online: Microsoft Teams
Thursday 7 <sup>th</sup> March	10am – 11:30am	Online: Microsoft Teams

### 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.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 29 <sup>th</sup> Jan, 5 <sup>th</sup> , 12 <sup>th</sup> , 26 <sup>th</sup> Feb & 4 <sup>th</sup> , 11 <sup>th</sup> March	10am-12pm	Mett Centre, Leicester City



## 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	Monday 8 <sup>th</sup> January	11am – 11:45am	Online: Microsoft Teams
2	Monday 5 <sup>th</sup> February	11am – 11:45am	Online: Microsoft Teams

## Understanding/Experience of Mental Health Conditions

### Understanding Medications for Mental Health

This course aims to be responsive to those present on the day. You may ask a pharmacist any questions you have on 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	Monday 29 <sup>th</sup> January	2pm – 4pm	Online: Microsoft Teams
2	Thursday 7 <sup>th</sup> March	10am – 12pm	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 course is delivered by the Leicestershire Partnership NHS Trust PIER Team.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 17 <sup>th</sup> January	2pm – 4pm	Mett Centre, Leicester City
2	Friday 8 <sup>th</sup> March	10:30am-12:30pm	Online: Microsoft Teams



## Building Your Life

### 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	TBC	TBC	TBC





## 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	Thursday 14 <sup>th</sup> March	10:30am-1pm	Wigston Magna Library, Wigston

## 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	Thursday 8 <sup>th</sup> February	10:30am-12pm	Online: Microsoft Teams



## An Introduction to Employment Support Services: Finding the right job and support to stay in paid employment



An introduction to the NHS Employment Support Service, which is a free, confidential, and community-based service. We offer support for people who are under an Adult Mental Health Team and are considering working as a way of supporting their recovery, by exploring your aims and ambitions, skills, and work goals.

This course is delivered by the Leicestershire Partnership NHS Trust Employment Support Service

Course Number	Course Date(s)	Course Times	Venue
1	Monday 22 <sup>nd</sup> January	10am-12pm	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	Monday 5 <sup>th</sup> , 12 <sup>th</sup> , 26 <sup>th</sup> Feb & 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> March	2pm-4pm	Mett Centre, Leicester City

## Introduction to Arts In Mental Health

An introductory, interactive, informal session highlighting the benefits of arts in mental health activity to mental health service users. We will:



- Outline the different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Trust
- Discuss the difference between arts in mental health as compared to art therapy.
- View DVDs of service user performances.

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 12 <sup>th</sup> March	10:30am-12:30pm	Coalville CAN, Coalville



## 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.

This course will be delivered by the WEA.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 19 <sup>th</sup> , 26 <sup>th</sup> Jan & 2 <sup>nd</sup> February	10am-12pm	Online: Microsoft Teams

## Introduction to Recovery (CHIME)

What is Recovery in Mental Health? In this interactive course we explore the different aspects of recovery in mental health and how it might be relevant to our own mental health experience. We intend to consider academic research, but largely concentrate on service user experience and humour. The course will run over 5 weeks and introduce students to the CHIME concept and its relevance to recovery in mental health. Each week we will focus on a different aspect of CHIME as follows:



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

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

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

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

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

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

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> January & 6 <sup>th</sup> , 13 <sup>th</sup> February	10am-12pm	Mett Centre, Leicester City



## Time Management

We all have 168 hours a week, so why do some people achieve so much more than others? This workshop is designed to manage your personal efficiency at home, college or work through identifying barriers to good time management.

This course will be delivered by the WEA.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 15 <sup>th</sup> & 22 <sup>nd</sup> March	10am-12pm	Online: Microsoft Teams

## Developing Skills and Knowledge

### Journaling Club

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	Weekly - Each Thursday from 4 <sup>th</sup> January	1pm-1:30pm	Online: Microsoft Teams



## 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



This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 6 <sup>th</sup> March	1:30pm-3:30pm	Online: Microsoft Teams

## Understanding Motivation and Positivity

This course will help you to understand more about what motivation is, what motivates you and how to stay motivated.



You will gain more knowledge about the two different types of motivations and why this is important. You will get the opportunity to look at and discuss goal setting to increase and improve your motivation. The course will also delve into the link between motivation and positivity and the importance of positivity for better mental wellbeing. You will complete activities and tasks with the support of your tutor and in discussion with fellow learners to help you feel more positive and increase your self-esteem and general wellbeing.

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 15 <sup>th</sup> January	10am-12pm	Online: Microsoft Teams



## Writing For Self-Expression

Writing for Self-Expression helps a person to think about their experiences and put their thoughts and feelings into words.

These workshops will offer you an opportunity to reflect and write in a safe, friendly, and confidential atmosphere that fosters personal awareness and wellbeing. 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 28 <sup>th</sup> February, 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup> March	10:30am-12pm	Online: Microsoft Teams

## It's Not About The Drawing

This course shows that it doesn't matter about your ability, it is all about learning and will introduce you to the mental health benefits of art such as drawing, colouring, and sketching.

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 session is delivered by the Leicestershire Recovery College

Course Number	Course Date(s)	Course Times	Venue
Course 1	Wednesday 24 <sup>th</sup> January	10am-12pm	Online: Microsoft Teams
Course 2	Friday 15 <sup>th</sup> March	10am-12pm	Rutland Adult Learning, Oakham Enterprise Park
Drop-in	Friday 5 <sup>th</sup> January	10am-12pm	Online: Microsoft Teams
Drop-in	Thursday 1 <sup>st</sup> February	10am-12pm	Online: Microsoft Teams
Drop-in	Friday 1 <sup>st</sup> March	10am-12pm	Online: Microsoft Teams





## 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.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 27 <sup>th</sup> February & 5 <sup>th</sup> March	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.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup> January	2pm-4pm	Online: Microsoft Teams





## Social Anxiety Workshop

This workshop has been developed to support people with social anxiety. Managing social anxiety can be hard and can increase feelings of loneliness, social isolation and low self-esteem. The session focuses on education and an understanding about what social anxiety is, including definitions and symptoms as well as introducing specific tools and techniques to better manage social anxiety.

Over this workshop, we will cover:

What is social anxiety and why might we experience it?

Techniques including: Task-focused attention (outwards vs inwards), Caffeine impacts, Cycles to be aware of, Replace and Embrace strategies as well as unhelpful thinking styles.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 22 <sup>nd</sup> March	12.30pm-2pm	Online: Microsoft Teams

## 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 9 <sup>th</sup> & 16 <sup>th</sup> February	10am-1pm	LPT Education and Training Centre, Glenfield Hospital



## 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 14 <sup>th</sup> February	2pm-4pm	Online: Microsoft Teams
2	Wednesday 20 <sup>th</sup> March	2pm-4pm	Online: Microsoft Teams

## 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 course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 19 <sup>th</sup> March	10:30am-12:30pm	Phoenix House, Melton Mowbray



## The Guided Meditation and Mindfulness Club

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	Weekly - Each Tuesday from 9 <sup>th</sup> January	1pm-1:30pm	Online: Microsoft Teams

## Physical Health and Wellbeing

### Winter Wellbeing Workshop

This workshop has been developed to support people throughout the winter period. Managing your wellbeing during winter can be hard and can increase social isolation, low moods and a dip in general wellbeing including sleep. This workshop focuses on psychoeducation and an understanding about how winter can affect us, including definitions of Seasonal Affective Disorder and symptoms as well as introducing specific tools and techniques to better manage our wellbeing during winter.



Over this workshop, we will cover:

An overview of Seasonal Affective Disorder and why it can make us unwell during winter. We will also go through techniques including Behavioural Activation, general wellbeing techniques as well as challenging negative thoughts.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 10 <sup>th</sup> January	2pm – 3:30pm	Online: Microsoft Teams



## Time To Talk Workshop

This workshop has been developed to raise awareness and support the Time to Talk day campaign. Time to Talk Day can help to raise awareness, reduce stigma and start conversations about mental health. This workshop focuses on psychoeducation and an understanding about what Time to Talk Day is and gain a general understanding of mental wellbeing.

Over this workshop, we will cover:

An overview of mental wellbeing, facts and figures of mental health, warning signs and risk factors as well as the techniques of starting a conversation, how to reduce stigma and the Time to Talk Day tips.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 2 <sup>nd</sup> February	12:30pm - 2pm	Online: Microsoft Teams

## Gardening For Wellbeing

Gardening For Wellbeing is a brand 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. You will take home plants to grow indoors and outdoors at home.

Gardening For Wellbeing is delivered by Leicestershire Recovery College and will take place at A Place to Grow in Enderby throughout the year.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 11 <sup>th</sup> & 18 <sup>th</sup> March	1pm – 3pm	A Place to Grow, Mill Lane, Enderby



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## 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	Wednesday 13 <sup>th</sup> March	2pm – 4pm	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	Thursday 21 <sup>st</sup> March	10:30am-12:30pm	Abbey Park, Leicester City



# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## 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 please email [LPT.Recoverycollege@NHS.Net](mailto:LPT.Recoverycollege@NHS.Net)  
or call 0116 295 1196.





# LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



## Our Partners

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





## Advice/Support- Mental Health and Wellbeing



### Joy

Helping the community find help & support across Leicester, Leicestershire & Rutland

[www.services.thejoyapp.com/](http://www.services.thejoyapp.com/)



### VitaMinds

Access Talking Therapy Service

0330 094 5595

[www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health)



### Get Self Help

Cognitive Behaviour Therapy Resources

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)



### LPT NHS Website-Mental Health Support

Find information and support for your mental health

[www.leicspart.nhs.uk/mental-health/](http://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

Call 111 for physical, medical and mental health issues

[www.111.nhs.uk](http://www.111.nhs.uk)



### Neighbourhood Mental Health Cafés

Local support for people who need help with their mental health. [www.leicspart.nhs.uk/service/neighbourhood-mh-cafes](http://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes)

# 999

### Emergency

Call 999 if there is a physical threat to life

## Out Of Hours Courses



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.

# elfh

**elearning for healthcare**

E-learning for healthcare was formed to deliver a range of programmes, including courses on Dementia, Hypertension, and many more.

elfh is now in the process of delivering or developing more than 400 elearning programmes in collaboration with organisations including Royal Colleges, Department of Health and Social Care, NHS England and NHS Improvement and Public Health England

## Courses I'm Interested In

Use this page to note down any courses you're interested in!

## Doodling Space



## Contact Us

### Leicestershire Recovery College

**Phone:** 0116 295 1196 (Monday to Friday, 9:30am - 4:30pm)

**Email:** [LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net)

**Twitter:** @recoverycollege

**Instagram:** @lptrecoverycollege

**Website:** [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk) search: 'Recovery College'

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

**Postal Address:**

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

### Leicestershire Partnership NHS Trust

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

**Postal Address:**

Freepost  
Leicestershire Partnership NHS Trust  
Bridge Park Plaza  
Thurmaston  
Leicester  
LE4 8PQ