



ASPIRE Newsletter

Leicestershire Recovery College



Welcome to
our Summer
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



- **Recovery College News**
- **New courses!**
- **Summer Courses in Focus**
- **Returning Courses**
- **Weekly Groups**
- **Brain Break**
- **Inclusivity**
- **Get In Touch**

Summer Term 2024 Prospectus Out Now!

If you would like a copy of our Summer 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

Recovery College News

**Summer Term 2024
Prospectus Out Now!**

Enrol Online!

You can now enrol with the college online.

Scan the QR code:



Journaling Club

'The music was so calming and relaxing and it was soothing and relaxing my mind'



It's Not About the Drawing

'Really enjoyed the course and I hope you do many more! Looking forward to doing more of this, thank you'



Mindfulness and Meditation Club

Jamie accepts people as they are. He is always very enthusiastic and says he wants the course to be about all of us and is open to suggestions'

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/>

Peer Support at the Recovery College

What Can Our Peer Support Offer?

At the Recovery College, we have a team of Peer Support Workers to help you along your recovery journey.

Who are Peer Support Workers?

Peer Support Workers are people who have their own lived experience of mental health conditions and are trained to support others in their recovery.



How can they help you?

Working together, Peer Support Workers can help to identify things that may be helpful to you in your journey that aligns with your goals.

What do Peer Support Workers Offer at the Recovery College?

Course Support

Before a course takes place, they can help you build confidence and help you attend.

During a course, they can offer support to you to help you engage with the course, or to engage with other students who are attending the course

One-to-One Support

E.g. support with wellbeing planning, sharing information about local groups and services
Encouragement empowerment to you as a student both inside and outside the Recovery College

If you would like some additional support whilst attending the Recovery College, you can book some time with a Peer Support Worker.
Contact us here at the Recovery College to find out more.

Recovery College News

New Course!



Understanding Suicide and Loss

NHS
Leicestershire Partnership
NHS Trust

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

This course will aim to:

- Build understanding into the warning signs and symptoms of suicide
- Build tools and strategies to help people suffering with, and those supporting people who are experiencing suicidal thoughts
- Provide resources to help those struggling
- Improve the awareness of the importance of raising the conversations around suicide



This course is delivered in Partnership with Survivors of Bereavement by Suicide (SOBS) and the Leicestershire Recovery College

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



0116 295 1196



LPT.RecoveryCollege@nhs.net

Summer Courses in Focus



NHS
Leicestershire Partnership
NHS Trust

WRITING FOR SELF EXPRESSION

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



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



0116 295 1196



LPT.RecoveryCollege@nhs.net

'Writing for Self-Expression' helps a person to reflect on their experiences and put their thoughts and feelings into words.

Through reading, writing and conversation, you will think about how people use words, how words affect us, and how writing can capture a mood, feeling or memory.

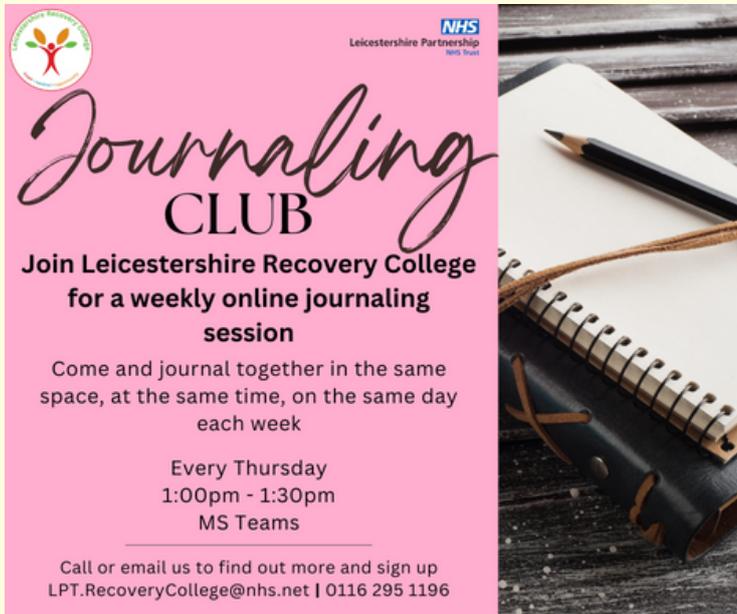
You will discover the ways in which your own writing can uncover emotions, and change the way you think about yourself and others.

At each session, the facilitator will read aloud a short piece of published writing 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. The exercises and conversation will help you to write about your life and experiences.

This is an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters self-confidence, personal awareness and wellbeing

Weekly Drop-Ins



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

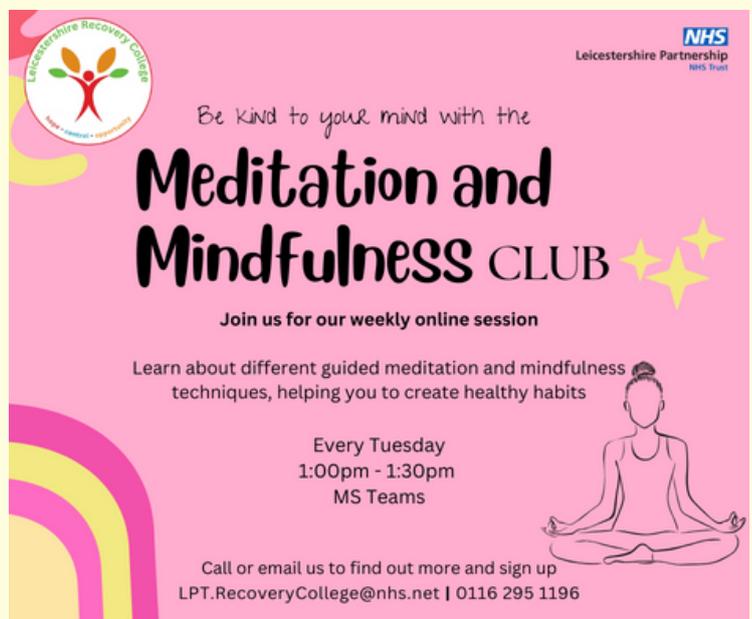
The poster features the Leicestershire Recovery College logo, the NHS logo, and a photograph of a spiral notebook and a pencil on a wooden surface.

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



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

The poster features the Leicestershire Recovery College logo, the NHS logo, a rainbow graphic, and a line drawing of a person in a meditative pose.

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



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
- Look at moving forward in recovery
- Provide a toolkit to manage these issues



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

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



0116 295 1196



LPT.RecoveryCollege@nhs.net



The Place of Narratives in Recovery



This 4 week course will give you the opportunity to share 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
- Getting opportunities to further develop written work and/or perform



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

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



0116 295 1196



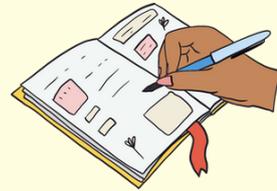
LPT.RecoveryCollege@nhs.net

Summer Courses

OUR CLUBS AND DROP INS!

Journaling Club

Every Thursday | 1pm - 1.30pm
Online via MS Teams



Guided Meditation and Mindfulness Club

Every Tuesday | 1pm - 1:30pm
Online via MS Teams



It's Not About the Drawing

Thursday 18th April | 10am - 12pm
Online via MS Teams

It's Not About the Drawing

Thursday 9th May | 10am - 12pm
Online via MS Teams

It's Not About the Drawing

Friday 14th June | 10am - 12pm
Online via MS Teams

It's Not About the Drawing

Monday 24th June | 1.30pm - 3.30pm
A Place to Grow, Enderby
Note: Please book to secure your space

It's Not About the Drawing

Friday 12th July | 10am - 12pm
Online via MS Teams

It's Not About the Drawing

Thursday 8th August | 10am - 12pm
Online via MS Teams

Feel free to come and join us for our chilled out, optional drop in clubs!

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



0116 295 1196



LPT.RecoveryCollege@nhs.net

Summer Courses

APRIL



Insecta Collective and Journal Making

Monday 22nd April | 1pm - 3.30pm
A Place to Grow, Enderby

An Introduction to: It's Not About the Drawing

Monday 8th April | 1.30pm - 3.30pm
A Place to Grow, Enderby

Being Confident and Prepared for Important Meetings

Tues 23rd, 30th April & 7th, 14th May | 10am - 12pm
Mett Centre, Leicester City

Building Confidence in the Use of Microsoft Teams

Tuesday 9th April | 11am - 11.45am
Online via MS Teams

Dementia Awareness

Wednesday 24th April | 10pm - 2.30pm
Mett Centre, Leicester City

College Coffee

Wednesday 10th April | 3pm - 4pm
Online via MS Teams

Stress Awareness and Management

Friday 26th April | 12.30pm - 2pm
Online via MS Teams

Understanding a Diagnosis of Psychosis and Schizophrenia

Friday 12th April | 10.30am - 12.30pm
Mett Centre, Leicester City

Sleep and Wellbeing

Monday 29th April | 10am - 12pm
Online - Delivered by LALS

Gardening for Wellbeing*

Monday 15th & 29th April | 1.30pm - 3.30pm
A Place to Grow, Enderby

Recovery Goals: Reflect and Reset

Wednesday 17th April | 10.30am - 12pm
Online via MS Teams

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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



0116 295 1196



LPT.RecoveryCollege@nhs.net

Summer Courses

MAY

Writing for Self Expression

Wednesday 1st, 8th, 15th & 22nd May |
10.30am - 12pm
Online via MS Teams

Understanding Medications for Mental Health

Friday 3rd May | 2pm - 4pm
Online via MS Teams

Mental Health Awareness Week Workshop

Monday 13th May | 11am - 12.30pm
Online via MS Teams

Gardening for Wellbeing*

Monday 13th May | 1.30pm - 3.30pm
A Place to Grow, Enderby

Facilitation and Training Skills Programme

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

Learn to Surf: An Introduction to Living More Mindfully

Friday 17th & 24th May | 10am - 1pm
Mett Centre, Leicester City

Meditation and Mindfulness Club

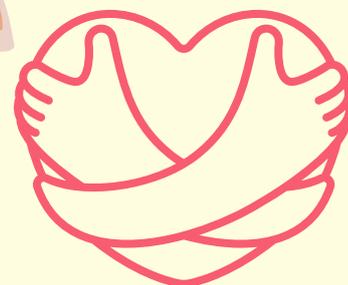
Monday 20th May | 1.30pm - 3.30pm
A Place to Grow, Enderby

Managing Change

Tuesday 21st May | 1pm - 3pm
Wigston Magna Library - Delivered by LALS

Understanding Suicide and Loss

Wednesday 22nd May | 10am - 12pm
Menphys Hub, South Wigston



M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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

0116 295 1196  LPT.RecoveryCollege@nhs.net

Summer Courses

JUNE

5 Ways to Wellbeing

Monday 3rd June | 10am - 12pm
Online via MS Teams

Knead to Chat

Monday 24th June | 9.30am - 1pm
Mett Centre, Leicester City



Introduction to Gardening for Wellbeing

Monday 3rd & 10th June | 1.30pm - 3.30pm
A Place to Grow, Enderby



It's Not About the Drawing

Monday 24th June | 1.30pm - 3.30pm
A Place to Grow, Enderby
Note: Please book to secure your space

Humour for Recovery

Wednesday 5th, 12th, 19th, 26th June & 3rd, 10th July | 10.30am - 12.30pm
Mett Centre, Leicester City

Involvement Opportunities within LPT

Tuesday 25th June | 10.30am - 12pm
Mett Centre, Leicester City



Introduction to Emotional Mindfulness

Wednesday 5th June | 1pm - 3pm
Harborough Leisure Centre



Substance Use Interventions

Thursday 27th June & 4th, 11th July
| 1pm - 3pm
Online via MS Teams - Delivered by Turning Point

Confident Communication

Monday 10th June | 10am - 12pm
Online via MS Teams - Delivered by LALS

The Place of Narratives in Recovery

Tuesday 11th, 18th June & 2nd, 9th July
| 10am - 12pm
Phoenix House, Melton Mowbray

Understanding a Diagnosis of Psychosis and Schizophrenia

Friday 28th June | 10.30am - 12.30pm
Online via MS Teams

Gardening for Wellbeing*

Monday 17th June | 1.30pm - 3.30pm
A Place to Grow, Enderby

Managing Emotions

Wednesday 19th, 26th June & 3rd July | 1pm - 3pm
Online & Coalville CAN

Nature for Wellbeing and Recovery

Friday 21st June | 10.30am - 12.30pm
Abbey Park, Leicester City

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



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

0116 295 1196  LPT.RecoveryCollege@nhs.net

Summer Courses

JULY/AUGUST

Gardening for Wellbeing*

Monday 1st, 8th & 29th July | 1.30pm - 3.30pm
A Place to Grow, Enderby

College Coffee

Friday 5th July | 3pm - 4pm
Online Via MS Teams

Stigma and Discrimination

Wednesday 31st July | 10am - 12pm
Mett Centre, Leicester City

Empowering you for Employment, Volunteering and Learning Opportunities

Thursday 1st August | 10am - 1pm
Atkins Building, Hinckley

Introduction to Emotional Mindfulness

Wednesday 31st July | 1pm - 3pm
Online via MS Teams

Meditation and Journaling Club

Monday 5th August | 1.30pm - 3.30pm
A Place to Grow, Enderby

College Coffee

Wednesday 7th August | 3pm - 4pm
Mett Centre, Leicester City



Understanding Medications for Mental Health

Friday 9th August | 2pm - 4pm
Online via MS Teams

Gardening for Wellbeing*

Monday 12th & 19th August | 1.30pm - 3.30pm
A Place to Grow, Enderby

Managing Anxiety

Thursday 15th & 22nd August | 10am - 12pm
Online & Rutland Adult Learning Service

Recovery Goals: Reflect and Reset

Friday 16th August | 10.30am - 1pm
Atkins Building, Hinckley

Involvement Opportunities within LPT

Thursday 22nd August | 1.30pm - 3pm
Mett Centre, Leicester City

Understanding Medications for Mental Health

Friday 23rd August | 2pm - 4pm
Education and Training Centre, Glenfield Hospital

JULY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

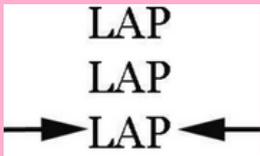
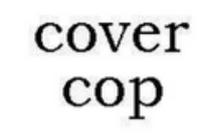
If you wish to attend a course or find out more information, please contact us:

 0116 295 1196  LPT.RecoveryCollege@nhs.net

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. 
2. 
3. 
4. 

Self Love

E	B	X	M	A	C	E	V	E	Q	R	S	W	W	C	M	P
B	G	V	D	E	F	B	S	N	O	I	T	O	M	E	X	E
S	E	S	S	E	N	K	A	E	W	T	E	C	D	I	F	R
N	Q	S	Z	Y	V	P	R	S	H	L	L	K	U	P	M	S
G	E	E	L	L	O	V	H	T	C	L	A	S	E	B	Z	O
K	I	L	R	O	F	L	Q	R	C	X	Z	O	E	P	U	N
K	J	F	L	V	P	A	V	E	G	N	P	L	X	L	R	A
N	J	E	T	E	O	I	N	N	O	Y	I	A	H	C	U	L
E	Q	S	W	S	E	T	Q	G	A	L	A	G	H	G	E	I
X	C	T	K	A	X	N	U	T	L	E	S	W	E	G	S	T
O	H	E	H	P	N	E	D	H	S	T	W	G	A	B	T	Y
S	A	E	U	R	F	T	Z	S	V	A	J	M	L	Z	N	T
T	N	M	X	I	S	O	S	E	L	F	I	M	A	G	E	T
L	G	R	L	S	W	P	Y	J	L	Y	O	U	F	O	L	W
U	I	P	U	F	M	O	T	I	V	A	T	I	O	N	A	O
A	N	I	A	T	M	O	E	V	R	O	P	M	I	N	T	C
F	G	I	D	E	N	T	I	T	Y	H	D	O	G	D	L	Y

- | | | | |
|-------------|----------|-----------|------------|
| strengths | gifts | potential | motivation |
| goals | emotions | improve | faults |
| self image | talents | changing | weaknesses |
| personality | image | identity | god |
| Self esteem | Love | | |

Riddle!

Can you figure the answer out to this riddle?
What has to be broken before you can use it?

Can you Find the Hidden Objects in this Picture?



-  button
-  boomerang
-  seashell
-  envelope
-  snail

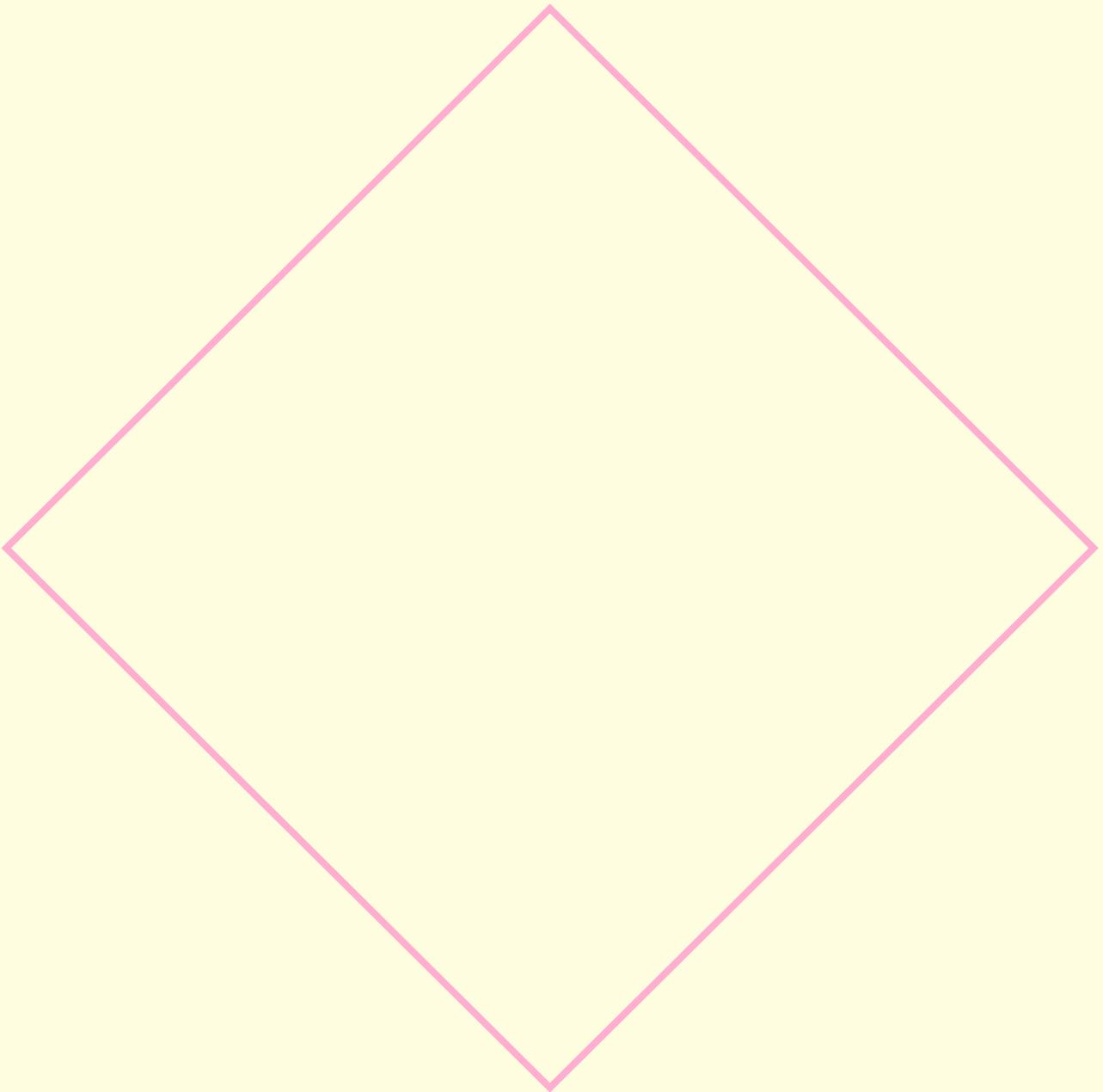
Brain Break

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?



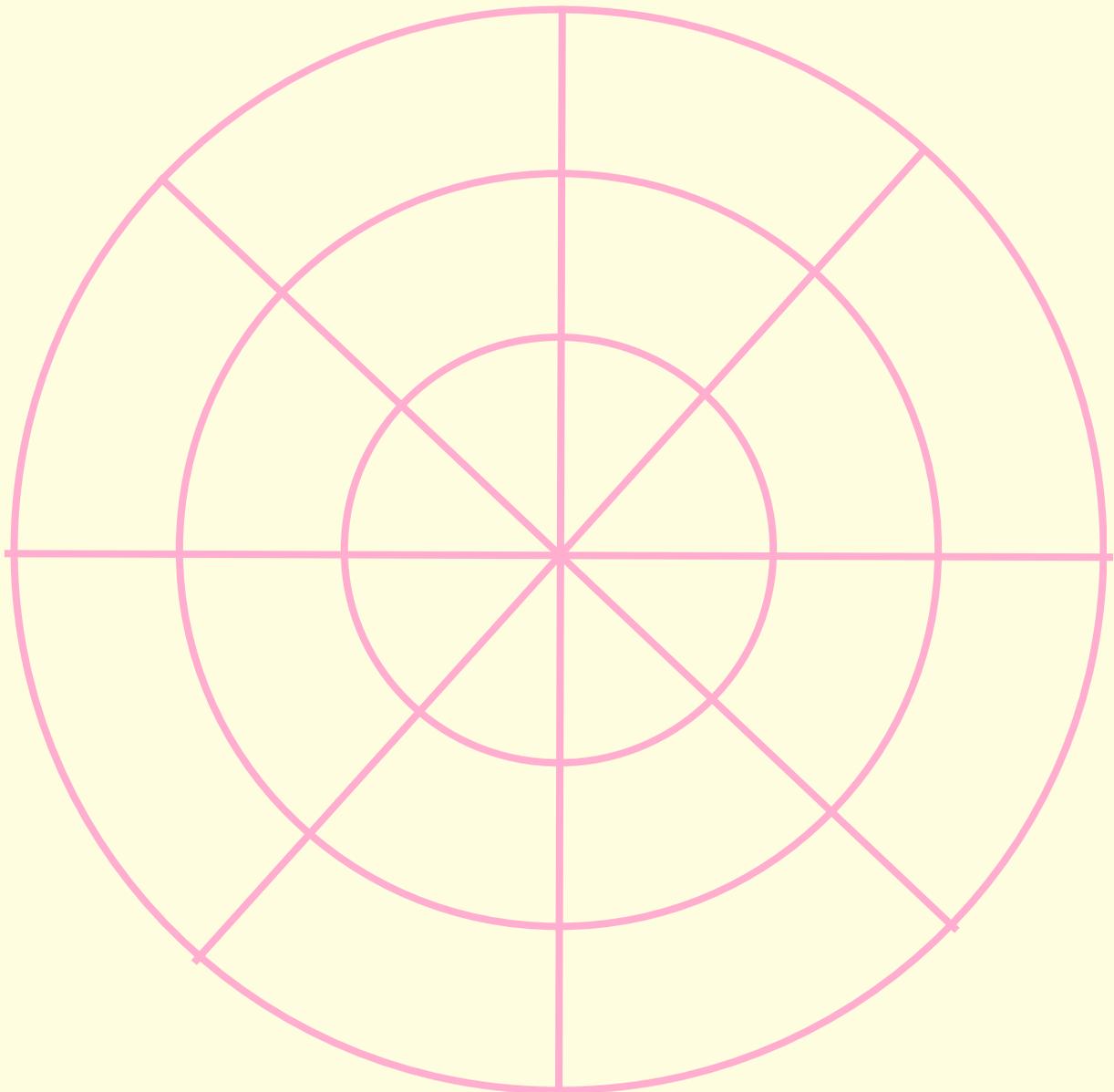
Brain Break

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 Instagram! [LPTrecoverycollege](https://www.instagram.com/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



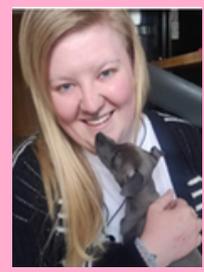
Sam
Deputy Manager



Jamie
Peer Support
Worker



Abbie
Outreach Worker



Jess
Administrator



Meesha
Administration
Assistant



Hoda
Peer Support
Worker



Gemma
Peer Support
Worker



Wendy
Volunteer Tutor



Will
Volunteer Tutor



Sindhu
Volunteer Tutor



Hina
Volunteer Tutor



Helen
Student
Representative



Ally
Student
Representative

INCLUSIVITY AWARENESS

Here at the college we work very hard to try and accommodate for everyone's needs - disabilities, neurodivergence's and otherwise.

We have been privileged enough to be granted funding for sensory items by Raising Health in order to aid students with concentration, anxiety and feelings of inclusion.

Additionally, we offer a wide variety of coloured paper and accommodations for those who suffer with dyslexia, as well as supplying students who attend our journaling and drawing course with the equipment they need!

We continue to grow as a college, both in terms of courses and inclusivity, and we are always looking to improve our student's experience with us!



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



Joy

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

www.services.thejoyapp.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



Neighbourhood Mental Health Cafés

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

Stay Connected!

We'd 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:



Doodle Space!

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