



# Leicestershire Recovery College PROSPECTUS

**Spring Course Guide:  
Monday 6<sup>th</sup> January - Friday 3<sup>rd</sup> April 2020**

*The college will be closed on:*

*Monday 17th February - Friday 21st February*



**Leicestershire Partnership  
NHS Trust**

# CONTENTS

<b>NEW Online Mindfulness Course</b>	<b>3</b>
Introduction	3
How to Enrol	4
Getting Involved	5
How to Find Us	6
Term Timetable	7

## UNDERSTANDING EXPERIENCE OF MENTAL HEALTH ISSUES 8

1. Understanding Medications for Mental Health	8
2. Understanding a Diagnosis of Psychosis and Schizophrenia	8
3. Understanding a Diagnosis of Bipolar Disorder	9
4. Understanding Personality Disorder	9
5. Mental Health and Smoking - A start Towards a Smokefree Journey	9
6. Dual Diagnosis - Drugs & Alcohol and Impact on Mental Health	10

## BUILDING YOUR LIFE 10

7. Where to Next?	10
8. Loneliness Get Better Connected	10
9. Nature for Well-Being and Recovery	11
10. When Risk is a Four Letter Word	11
11. Introduction to Recovery	12
12. Skills for Substance Use Recovery	12
13. Life Coaching and Goal Setting	13
14. Living with Bipolar	13
15. Individual Learning Plan Progress Workshop	13
16. Getting Good Sleep	14
17. Assertiveness, Confidence and Motivation	14
18. Introduction to Understanding Anxiety	14

19. Well Being for Women	15
20. The Value of Comedy in Recovery from Mental Distress	15
21. Understanding and Living with Depression	16

## DEVELOPING SKILLS AND KNOWLEDGE 16

22. Next Steps	16
23. An Introduction to Universal Credit and Health Related Benefits	17
24. Social Media and Mental Health	17
25. Learn to Surf - An Introduction to Living More Mindfully	18
26. Speaking with Confidence	18
27. Emotional Mindfulness	19
28. Anxiety Management	19
29. Journaling for Better Mental Health	19
30. Stigma and Discrimination	20
31. Knead to Chat: The Benefits of Volunteering	20
32. Introduction to Creative Writing	21
33. Singing for Well-Being!	21
34. Managing Emotions	21

## PHYSICAL HEALTH AND WELLBEING 22

35. Healthy Body, Healthy Mind	22
36. An Introduction to 5 Ways to Wellbeing	22
37. Leicester City Football Club Multi-sport Sessions	23

## OUR PARTNERS 23



**NEW!**

# ONLINE MINDFULNESS COURSE

**IT'S FREE &  
AVAILABLE TO  
ABSOLUTELY  
EVERYONE!**

**Leicestershire Recovery College are pleased to announce the launch of their first FREE online course!**

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

Mindfulness, and meditation, has been shown to reduce stress by helping you to be more attentive to the present moment.

Mindfulness can even reduce physical symptoms of stress such as hypertension and susceptibility to illnesses such as colds and other ailments.

**This short online course covers what Mindfulness is, the benefits and shares some techniques with lots of signposting to other resources available. To access this course visit:**

**<https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>**

If a member of LPT Staff - find the course on Ulearn.

**For more information call:**

**0116 295 1196** or speak to a member of staff.



## YOUR LEICESTERSHIRE RECOVERY COLLEGE

**W**elcome to the Leicestershire Recovery College. This is an NHS college offering a range of recovery-focussed educational courses and resources for people with lived mental health experience who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their friends, family and Leicestershire Partnership NHS Trust staff.

To find out more about the Recovery College, watch our promotional film 'Close up on Recovery' which is available via our webpage : [Leicspart.nhs.uk/\\_ourservicesAZ-Recoverycollege.aspx](https://www.leicspart.nhs.uk/_ourservicesAZ-Recoverycollege.aspx)

The College is offering people a range of courses designed to contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and talents in order to become experts in their own self care, make informed choices and achieve the things they want to in life.

The College has a philosophy of co-development, co-production and shared decision making, and the courses and workshops are delivered by a variety of organisations and available on a range of topics:

- **GETTING INVOLVED**
- **UNDERSTANDING/EXPERIENCE OF MENTAL HEALTH CONDITIONS**
- **BUILDING YOUR LIFE**
- **DEVELOPING SKILLS AND KNOWLEDGE**
- **PHYSICAL HEALTH AND WELLBEING**

## HOW TO ENROL

If you are over 18 and accessing Leicestershire Partnership Mental Health Services and would like to attend a course, you will first need to enrol as a student with the college.

It's really simple - enrol:

online at [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk), or

call on 0116 295 1196 or

email [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk)

We will 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.

If you are unable to attend a course, please let us know so that your place can be made available to someone else.

You can call 0116 295 1196 or email us at [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk).

All courses include regular refreshment breaks and tea and coffee are available in the college. Details of the courses can be found on pages 8 - 23.

## INTERESTED IN GETTING INVOLVED IN LEICESTERSHIRE PARTNERSHIP NHS TRUST?

The Trust has several opportunities for service users, carers and relatives to be involved. As a service user, carer or relative you are an expert by experience and can provide a unique perspective and valuable input into developing Trust services – this could be by sitting on a working group, being part of an interview panel when we are recruiting staff, or being on a reader panel when we are developing patient information and leaflets. If you are interested in getting involved with the work of the Trust please contact the Patient Experience & Partnerships Team on 0116 295 7297 or email [LPTpatientexperience@leicspart.nhs.uk](mailto:LPTpatientexperience@leicspart.nhs.uk).

### Reference Library

The college now has a collection of books for reference. These books have been recommended by college tutors. The books on offer complement and consolidate the courses that are delivered throughout each term. All the books are recovery focused and cover a range of subjects and topics: Depression, Mindfulness, Anxiety and Insomnia. Students are welcome to browse and read at their leisure.

### ABOUT THE COLLEGE

The Leicestershire Recovery College is based in temporary accommodation on the Glenfield Hospital site (and is situated opposite the entrance to the Bennion Centre).

The college is open to students **9.30am–4pm Monday to Friday**.

The Recovery College has disabled access and we are committed to providing accessible services to all.

### CONTACT US

**Postal Address:** Leicestershire Recovery College,  
C/O Bradgate Unit,  
Glenfield Hospital site,  
Groby Road, Leicester, LE3 9EJ.

**Telephone:** 0116 295 1196

**Email:** [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk)

 **Tweet us at:** @recoverycollege



## VOLUNTEERING

The College is staffed by volunteers. If you'd like to find out more and see if volunteering is right for you, please call: **0116 295 1196** or email: [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk).

### Meet one of our Volunteers: Anneka Weston

I was diagnosed with bipolar disorder about 32 years ago. It was not until 2001 that I heard about self-management training for my condition. This training was provided by the charity Bipolar UK. I was asked to train as a tutor facilitator and took a teaching qualification 7307. I spent many years facilitating courses of this nature all over the country. Sadly, the funding dried up. A wonderful opportunity opened up for me at the Leicestershire Recovery College. The Living with Bipolar course was similar to the management course, but better it has been a privilege to be able to take part in it.



Every day I have to work hard following the methods we teach on the course to keep well. Passing these methods on to others offers them hope and gives me some self-esteem. Voluntary work allows me to take time out if necessary and yet it gives me such a sense of purpose. The college has a warm inviting environment where everyone is made welcome and treated with respect. I have met some delightful people during my time there and I believe that students leave armed with information that if followed will make a huge change in their lives.

## AVRIL'S STORY

Around 3 years ago, I wasn't in a good place at all with my mental health. The psychiatrist suggested I try the recovery college. When I came for my individual learning plan (which I definitely struggled to get to, due to my nerves) I was extremely nervous.

Once I got talking, things improved and I was told about the courses along with the benefits I could get from them. I signed up for just a few courses initially but when I came I found it very friendly, well organised and the staff were friendly and helpful- they had a lot of time to talk to me.

The next term, I took part in more courses – I met a lot of people, staff and other students. It was just a very happy time for me. Coming to the College helped me change a lot of things- not just getting out of the house, but meeting and wanting to meet other people and learning things I didn't know.



The best part, and one of the real benefits, is you get to talk to people with similar lived experiences. Once I had been coming for a while, I would see new students and it's nice to tell them not to worry like I did and to see them settling in. I have the confidence to go out and interact socially. The courses gave me the motivation to get up for something.

## FEEDBACK, FROM TUTORS

*"The Recovery College gives people an opportunity to get their teeth into something of genuine interest and gain new insights as part of their development. The structure and support it provides so unerringly is only made possible by the dedication and warmth of its staff. It's a pleasure to be a part of their team"*

**Rob Gee Tutor: The Value of Comedy in Recovery.**



*"I thoroughly enjoy being a tutor at The Recovery College. It's a very rewarding job and you get to meet lots of wonderful people"*

**Tim Sayers Arts in Mental Health. Tutor: The Place of Narrative in Mental Health, Stigma and Discrimination**





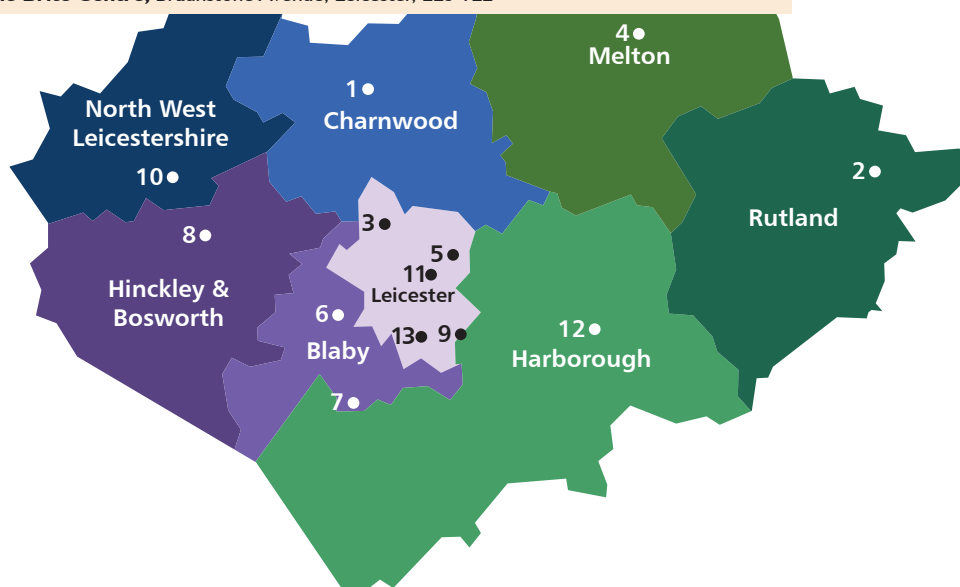
# HOW TO FIND US

**CAR PARKING**  
Please park in the LPT designated car parking zones and sign in your vehicle registration details at the College reception. Failure to park as instructed may result in a parking ticket being issued.

**BUS TRAVEL**  
Leicester buses arrive and depart from the Haymarket Bus Station at the Haymarket Shopping Centre and St. Margaret's Bus Station in Gravel Street, or from city centre stops. Both bus stations are about 20 minutes' walk from the railway station.

**HOSPITAL SHUTTLE BUS**  
The hospital shuttle bus, the Centrebus 'Hospital Hopper', departs from various locations around Leicester every 30 minutes throughout the day from Monday to Friday. Catch it at a UHL bus stop. For more details about getting to the Glenfield Hospital site using this bus service, visit [www.uhl-tr.nhs.uk/patients/getting-to-hospital](http://www.uhl-tr.nhs.uk/patients/getting-to-hospital).

1. **Loughborough Library**, Granby Street, Loughborough, LE11 3DZ
2. **Voluntary Action Rutland**, Rutland Community Hub, Lands End Way, Oakham, LE15 6RB
3. **Leicestershire Recovery College**, Glenfield Hospital Site, Leicester, LE3 9EJ
4. **Phoenix House**, Nottingham Road, Melton Mowbray Leicestershire, LE13 0UL
5. **Mett Centre**, Lee circle, Leicester, LE1 3RE
6. **A Place to Grow**, Mill Lane, Enderby, LE19 4LX
7. **Blaby District Council Offices**, Narborough, LE19 2EP
8. **Hinckley Library**, Lancaster Road, Hinckley, LE10 0AT
9. **Leicester Centre for Integrated Living**, West End Centre, Andrewes Street, LE3 5PA
10. **Marlene Reid Centre**, 85 Belvoir Road, Coalville, LE67 3PH
11. **Peepul Centre Gym and Spa**, Orchardson Avenue, Leicester, LE4 6DP
12. **Methodist Church**, Northampton Road, Market Harborough LE16 9HE
13. **The Brite Centre**, Braunstone Avenue, Leicester, LE3 1LE



The College has developed 13 satellite venues across Leicester, Leicestershire and Rutland and we will be delivering courses in the above locations.



# SPRING 2020 TERM TIMETABLE

UNDERSTANDING EXPERIENCE OF MENTAL HEALTH ISSUES		
1	Understanding Medications for Mental Health	COURSE 1 - 10 February COURSE 2 - 27 March 10am - 12pm 10.30am - 12.30pm
2	Understanding a Diagnosis of Psychosis and Schizophrenia	COURSE 1 - 7 February COURSE 2 - 12 March 10.30am - 1pm 1pm - 3.30pm
3	Understanding a Diagnosis of Bipolar Disorder	COURSE 1 - 11 February COURSE 2 - 5 March 10am - 1pm 1pm - 4pm
4	Understanding Personality Disorder	23, 30 March 10am - 12pm
5	Mental Health and Smoking - A Start Towards a Smokefree Journey	26 February 1.30pm - 3pm
6	Dual Diagnosis – Drugs and Alcohol and The Impact on Mental Health	15 January 10am - 12.30pm
BUILDING YOUR LIFE		
7	Where to Next?	3 April 10am - 1pm
8	Loneliness: Get Better Connected	12 March 10am - 12.30pm
9	Nature for Well-Being and Recovery	31 March 10am - 12.30pm
10	When Risk is a Four Letter Word	26 February 4, 11, 18, 25 March, 1 April 10am - 12pm
11	Introduction to Recovery	16, 23, 30 January, 6, 13 February 2pm - 4pm
12	Skills for Substance Use Recovery	COURSE 1 - 10, 17, 24 January COURSE 2 - 13, 20, 27 March 1pm - 3pm 1pm - 3pm
13	Life Coaching and Goal Setting	17, 24, 31 January, 7, 14 February 10am - 12pm
14	Living with Bipolar	Returning in the Summer Term
15	Individual Learning Plan Progress Workshop	2 April 10am - 12pm
16	Getting Good Sleep	4, 11, 18 March 1pm - 3pm
17	Assertiveness, Confidence and Motivation	6, 13, 20 March 10am - 12pm
18	Introduction to Understanding Anxiety	COURSE 1 - 27 January, 3 February COURSE 2 - 25 March, 1 April 10am - 12pm 10.30am - 12.30pm
19	Well Being for Women	28 January, 4 February 10am - 1pm
20	The Value of Comedy in Recovery from Mental Distress	COURSE 1 - 7, 14, 21, 28 Jan, 4, 11 Feb COURSE 2 - 14, 21, 28 Feb, 6, 13, 20 Mar 2pm - 4pm 10am - 12pm
21	Understanding and Living with Depression	22, 29 January, 5, 12 February 1pm - 3pm
DEVELOPING SKILLS & KNOWLEDGE		
22	Next Steps	6, 13, 20, 27 Jan, 3, 10, 24 Feb, 2 Mar 1pm - 3pm
23	An Introduction to Universal Credit and Health Related Benefits	COURSE 1 - 6 February COURSE 2 - 30 March 10am - 12pm 1pm - 3pm
24	Social Media and Mental Health	27 February 11am - 1pm
25	Learn to Surf – An Introduction to Living More Mindfully	COURSE 1 - 7, 21 January COURSE 2 - 10, 17 March 10am - 1pm 10am - 1pm
26	Speaking With Confidence	13 February 10am - 12pm
27	Emotional Mindfulness	25 February, 3, 10, 17, 24, 31 March 2pm - 4pm
28	Anxiety Management	TBC TBC
29	Journaling for Better Mental Health	24 March 10am - 12pm
30	Stigma and Discrimination	18 March 11am - 1pm
31	Knead to Chat: The Benefits of Volunteering	SESSION 1 10 January SESSION 2 11 March 12.30pm - 3.30pm 12.30pm - 3.30pm
32	Introduction to Creative Writing	3 March 10am - 12pm
33	Singing for Well-Being!	24 February, 2, 9, 16 March 10am - 12pm
34	Managing Emotions	27 February, 5, 19, 26 March 10am - 12pm
PHYSICAL HEALTH AND WELLBEING		
35	Healthy Body, Healthy Mind	24 February, 2, 9, 16, 23, 30 March 10.30am - 12.30pm
36	An Introduction to 5 Ways to Wellbeing	COURSE 1 - 14 January COURSE 2 - 10 February 10am - 12pm 10.30am - 12.30pm
37	Leicester City Football Club Multi-Sport Sessions	9, 16, 23, 30 January 11am - 12pm

# 1 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.

**Understanding Medications for Mental Health is delivered in a single session.**

## COURSE 1

**Date:** Monday 10 February 2020

**Time:** 10am - 12pm

**Venue:** Leicestershire Recovery College

## COURSE 2

**Date:** Friday 27 March 2020

**Time:** 10.30am - 12.30pm

**Venue:** Blaby District Council Offices, Narborough, LE19 2EP

# 2 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.

**Understanding a diagnosis of Psychosis and Schizophrenia is delivered in a single session, and will be run twice in the Spring Term**

## COURSE 1

**Date:** Friday 7 February 2020

**Time:** 10.30am - 1pm

**Venue:** The Mett Centre, Lee Circle, Leicester, LE1 3RE

## COURSE 2

**Date:** Thursday 12 March 2020

**Time:** 1pm - 3.30pm

**Venue:** Leicestershire Recovery College





## 3 UNDERSTANDING A DIAGNOSIS OF BIPOLAR DISORDER

This introductory session could be for you if you are interested in gaining an awareness of what experiencing Bipolar Disorder or severe mood swings may mean to you or to someone you care about, or you have a general interest in finding out more. Bipolar is thought to affect one 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.

**Understanding a diagnosis of Bipolar Disorder is delivered in a single session.**

COURSE 1		COURSE 2	
<b>Date:</b>	Tuesday 11 February 2020	<b>Date:</b>	Thursday 5 March 2020
<b>Time:</b>	10am - 1pm	<b>Time:</b>	1 - 4pm
<b>Venue:</b>	Leicestershire Recovery College	<b>Venue:</b>	Market Harborough Methodist Church, Northampton Road, LE16 9HE

## 4 UNDERSTANDING PERSONALITY DISORDER

This course will provide an introduction to what a diagnosis of personality disorder means. Within the session we will explore how a diagnosis is reached and think about the impact of living with personality disorder can have on someone's life. At the end of the course we will briefly look at treatment options for the disorder.

**Understanding Personality Disorder is delivered in two sessions.**

<b>Date:</b>	Monday 23, 30 March 2020
<b>Time:</b>	10am - 12 pm
<b>Venue:</b>	Leicestershire Recovery College

## 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 mechanisms 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:

Looking at all aspects around smoking tobacco: Why people smoke: Physical and Mental health effects of smoking: Benefits from stopping: Overview of the tools for reducing the harm from smoking: Medications to help you stop smoking.

**This session is delivered by the Quitready Team from Leicestershire County Council at Leicestershire Recovery College.**

<b>Date:</b>	Wednesday 26 February 2020
<b>Time:</b>	1.30 - 3pm
<b>Venue:</b>	Leicestershire Recovery College



## 6 DUAL DIAGNOSIS – DRUGS AND ALCOHOL AND THE IMPACT ON MENTAL HEALTH

Dual Diagnosis is a term used to describe mental health issues and substance, drug or alcohol use. The aim of this course is to understand why people use substances and how they can be a coping strategy for mental health symptoms. We will discuss the issues raised by substance use and how to remain safe. In this course we look at how moving towards recovery is our overall goal and demonstrate how individuals are able to make that change. We will look at where we can access services and how we can support each other on this journey.

**Dual Diagnosis – Drugs and Alcohol and the Impact on Mental Health is delivered in a single session at Leicestershire Recovery College.**

<b>Date:</b>	Wednesday 15 January 2020
<b>Time:</b>	10am - 12.30pm
<b>Venue:</b>	Leicestershire Recovery College

## 7 WHERE TO NEXT?

This enjoyable session covers topics such as: Thinking positively about your existing skills and knowledge and achievements, understanding how learning and volunteering can help develop new skills and build self-confidence.

At the end of this session learners will recognize their abilities and feel more confident to take the first steps to pursue personal goals.

**The Where to Next course is delivered in a single session.**

<b>Date:</b>	Friday 3 April 2020
<b>Time:</b>	10am - 1pm
<b>Venue:</b>	Leicestershire Recovery College

## 8 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 positive 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 to connect with others in your area. The making of 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.

<b>Date:</b>	Thursday 12 March
<b>Time:</b>	10am - 12.30pm
<b>Venue:</b>	Leicestershire Recovery College



## 9

NATURE FOR WELL-BEING  
AND RECOVERY

This session could be for you if you would like to explore the role the natural environment can play in mental health 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.

Time allowing, 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.

The aim is to get out and about, exercise your body and mind; all while having a good chat and enjoying the nature within the park.

*Please dress in comfortable clothing and footwear suitable for the outdoor environment. Please bring some money to purchase refreshments at the Cafe, if required.*

**This outdoor activity will be held at Abbey Park and may go on for longer than the scheduled 2.5 hours.**



**Date:** Tuesday 31 March 2020

**Time:** 10am - 12.30pm

**Venue:** Abbey Park, Leicester, LE4 5AQ

10 WHEN RISK IS A  
FOUR LETTER WORD

When risk is a four-letter word is a new course about staying safe with mental illness. The six-week course will be delivered by a service user and mental health practitioner from Turning Point. Using their knowledge and experiences and learning from the experiences of students in the group, this course will enable you to learn how to develop the best possible safety plan for you.

When risk is a four-letter word will create a safe space where people can talk about risk and suicide, and explore why, in distress and experiencing mental health difficulties, we can find ourselves thinking about and even planning suicide. The course content has been designed by service users, friends and family as well as benefitting from input by clinicians.

When risk is a four-letter word will share information and resources from current initiatives such as the Zero Suicide Alliance and best practice interventions i.e. sharing examples of popular and effective safety plans. Sessions will cover:

- What is risk?
- Whose risk is it anyway?: risk, the law and the responsibilities of professionals
- Risk and mental health
- Safety planning
- Services and support

**When Risk is a four-letter Word will be delivered in 6 sessions at Leicestershire Recovery College.**

**Date:** Wednesday 26 February, 4, 11, 18, 25 March, 1 April 2020

**Time:** 10am -12pm

**Venue:** Leicestershire Recovery College

## 11

## INTRODUCTION TO RECOVERY

What is Recovery in Mental Health?

In this new 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**onnectedness (peer support, relationships, social inclusion)
- Week 2 **H**ope (optimism, belief, dreams and aspirations)
- Week 3 **I**ntity (having a positive sense of self)
- Week 4 **M**eaning (making sense of what has happened, having a purpose & direction)
- Week 5 **E**mpowerment (focusing on strengths, being positive, regaining responsibility and taking back control over life)

<b>Date:</b>	Thursday 16, 23, 30 January, 6, 13 February 2020
<b>Time:</b>	2pm - 4pm
<b>Venue:</b>	Leicestershire Recovery College

## 12

## SKILLS FOR SUBSTANCE USE RECOVERY

Some people may be experiencing problems with drug or 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 this course we look at moving forward in recovery and provide a toolkit to manage these issues.

The course will offer 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 psycho social sessions will focus on discussing harm reduction related to substances and exploring coping strategies. This course will work with substance users who have mental health issues to enable them to look at their substance use at the same time as their mental health and how they can impact on each other.

**This course will be over 3 sessions, and will run twice in the Spring Term.**

**COURSE 1**

<b>Date:</b>	Friday 10, 17 and 24 January 2020
<b>Time:</b>	1pm - 3pm
<b>Venue:</b>	Leicestershire Recovery College

**COURSE 2**

<b>Date:</b>	Friday 13, 20, 27 March 2020
<b>Time:</b>	1 - 3pm
<b>Venue:</b>	Leicestershire Recovery College



# 13 LIFE COACHING AND GOAL SETTING

This course uses effective goal setting methods and empowering techniques, such as Neuro-Linguistic Programming (NLP). We have found that attendees usually make big changes within weeks, for example, get on vocational training, start a hobby or lose weight. The course looks at identifying and prioritising areas in life to improve; setting effective goals; finding resources and generating your own internal resources; and action planning, both immediate and long term.

**Life Coaching and Goal Setting is delivered by Academy of Life in 5 sessions.**

<b>Date:</b>	Friday 17, 24, 31 January, 7, 14 February 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

# 14 LIVING WITH BIPOLAR

This course follows on from the 'Understanding a diagnosis of Bipolar' and looks at ways to help you manage the ups and downs of bipolar disorder, and discuss and develop effective self-management strategies. Treatment may be important, but there are lots of things you can do for yourself to feel better, gain more control and live your life.

This course will cover diagnosis, support groups, warning signs and symptoms, triggers, medication and more.

<b>Date:</b>	Will return in the <b>Summer Term</b>
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# 15 INDIVIDUAL LEARNING PLAN PROGRESS WORKSHOP

When you enrol at the college you will complete your first individual learning plan with a member of the team. This plan is designed to help you identify your specific learning goals in relation to your hopes and ambitions for your recovery journey.

This workshop will give you the opportunity to reflect on your learning and achievements and identify the positive outcomes gained from your learning in the previous term.

There will be opportunity to build on your learning plan and set some new goals to support your recovery journey. It also offers the opportunity to book onto the courses you have identified and discuss any learning support needs.

**The ILP Progress Workshop is delivered in a single session at Leicestershire Recovery College.**

<b>Date:</b>	Thursday 2 April 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College



# 16 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?

**The Getting Good Sleep course is delivered over 3 sessions at Leicestershire Recovery College.**

<b>Date:</b>	Wednesday 4, 11, 18 March 2020
<b>Time:</b>	1pm - 3 pm
<b>Venue:</b>	Leicestershire Recovery College

# 17 ASSERTIVENESS, CONFIDENCE AND MOTIVATION

In this 3 part course you learn to develop qualities and skills which give you: Assertiveness; standing up for what you believe in, without aggression, stop being bullied and gain respect. Confidence; the difference between feeling unstoppable and feeling scared to handle situations, either of which is due to your self- image, transform your relationships, get a zest for life. Motivation; move from procrastination to feeling the excitement about everything you need to do, achieve lots of what you want e.g. get fit. The trainer comes from a firm belief that you already have these resources inside - the 3 qualities which you discover feed each other so you will see a transformation.

**The Assertiveness, Confidence and Motivation course is delivered by Academy of Life over three sessions.**

<b>Date:</b>	Friday 6, 13, 20 March 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

# 18 INTRODUCTION TO UNDERSTANDING ANXIETY

**NEW**

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 1		COURSE 2	
<b>Date:</b>	Monday 27 January, 3 February	<b>Date:</b>	Wednesday 25 March, 1 April
<b>Time:</b>	10am - 12pm	<b>Time:</b>	10.30 am – 12.30 pm
<b>Venue:</b>	Leicestershire Recovery College	<b>Venue:</b>	A Place to Grow, Mill Lane, Enderby, LE19 4LX





# 19 WELL BEING FOR WOMEN

Many women feel they are juggling to keep all the balls in the air and respond to the huge number of demands life throws their way. Inevitably this can have an effect on well-being. If this feels like you, this course will offer you the chance to take time out with other women in a safe and nurturing environment to think about all the pressures in society on women today. It will give you the space to reflect on specific pressures you may face, to think more about the demands on your time and enable you to be more in control of what you do on a day-to-day basis. It will help you to develop greater self-awareness around your own well-being and consider ways in which you may be judging yourself too harshly. The course will also provide an introduction to the following: breathing techniques; mindfulness/meditation; basic assertiveness techniques; stabilising mood through food; the importance of creativity; good sleep habits; the importance of social networks; the impact of nature on mental well-being and more.

**The Well-Being For Women course is delivered in 2 sessions**

<b>Date:</b>	Tuesday 28 January, 4 February 2020
<b>Time:</b>	10am - 1pm
<b>Venue:</b>	Leicestershire Recovery College

# 20 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 and 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.

**The value of comedy in recovery from mental distress is delivered over 6 sessions and will run twice in the Spring Term.**

## COURSE 1

<b>Date:</b>	Tuesday 7, 14, 21, 28 January, 4, 11 February 2020
<b>Time:</b>	2 - 4pm
<b>Venue:</b>	Leicestershire Recovery College

## COURSE 2

<b>Date:</b>	Friday 14, 21, 28 February, 6, 13, 20 March 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Loughborough Library, Granby Street, Loughborough, LE11 3DZ



## 21 UNDERSTANDING AND LIVING WITH DEPRESSION

This four week 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 a psychological perspective and self-management techniques.

**Understanding and Living with Depression is delivered over four sessions, all at Leicestershire Recovery College.**

<b>Date:</b>	Wednesday 22, 29 January, 5, 12 February 2020
<b>Time:</b>	1 - 3pm
<b>Venue:</b>	Leicestershire Recovery College

## 22 NEXT STEPS

A series of 8 weekly sessions to help you build on existing skills and develop new ones by working as a team to make up Care Packs for the NHS patients around the UK. We will support and guide you to work on skills such as:

- Confidence Building
- Communication and team building
- Time Management and organisation
- Making decisions and problem solving
- Setting personal goals
- CV preparation

The final session takes place at our charity base in Leicester city centre where you can learn more about the work Giving World does to help deprived communities across the UK. Our skills programme, Gifted, offers further transition options which may be a next step for you following the completion of this course and this can be discussed with the course tutor in week 8.

<b>Date:</b>	Monday 6, 13, 20, 27 January, 3, 10, 24 February, 2 March 2020
<b>Time:</b>	1 - 3pm
<b>Venue:</b>	Leicestershire Recovery College, - The final and 8th session will take place at Giving World, 92 Burleys Way, Leicester, LE1 3BD



## 23 AN INTRODUCTION TO UNIVERSAL CREDIT AND HEALTH RELATED BENEFITS

This short course aims to provide knowledge and understanding around:

- How to make your claim online
- Where to get help and support if needed to make your claim
- What to expect if a benefit is awarded.
- Money and budgeting advice
- The sessions will also signpost to additional support tailored to the individual's needs.

**This course is delivered in a single session and will run twice in the Spring Term.**

### COURSE 1

<b>Date:</b>	Thursday 6 February 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

### COURSE 2

<b>Date:</b>	Monday 30 March 2020
<b>Time:</b>	1 - 3pm
<b>Venue:</b>	Leicestershire Recovery College

## 24 SOCIAL MEDIA AND MENTAL HEALTH

Today we are more connected as a global population than we have ever been as a result of social media. While this can improve the way we can connect and communicate it can also lead to other areas of difficulty and impact on mental health.

The aim of this session is to build knowledge and confidence around using social media. The session will look at different social media platforms, the benefits of using social media but will also address the negative aspects. Students will have the chance to discuss their thoughts and opinions as well as sharing safe and practical tips on how to use social media in a positive way.

<b>Date:</b>	Thursday 27 February 2020
<b>Time:</b>	11am - 1pm
<b>Venue:</b>	Marlene Reid Centre, 85 Belvoir Road, Coalville, LE67 3PH



## 25 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, tastes, 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 practising mindfulness including less anxiety and emotional reactivity, and greater awareness, acceptance and ability to tolerate change.

This workshop consists of a number of practical mindfulness ‘experiments’ and some tips on bringing mindfulness into daily life.

**There are 2 Learn to Surf courses for the Spring Term 2020.**

### COURSE 1

<b>Date:</b>	Tuesday 7, 21 January 2020
<b>Time:</b>	10am - 1pm
<b>Venue:</b>	Leicestershire Recovery College

### COURSE 2

<b>Date:</b>	Tuesday 10, 17 March 2020
<b>Time:</b>	10am - 1pm
<b>Venue:</b>	Leicestershire Recovery College

## 26 SPEAKING WITH CONFIDENCE

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 and small and whole group work, with learners being encouraged to participate at their own pace in a variety of activities such as small group discussions, fun short tasks and one-to-one chats 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, and will have had the opportunity to practice some of these in a supportive, friendly environment.

**This course is delivered by the Leicestershire Adult Learning Service in a single session.**

<b>Date:</b>	Thursday 13 February 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College



## 27 EMOTIONAL MINDFULNESS

During this six week course we will explore our understanding of emotions, the impact of being in touch with or out of touch with our emotions and the effect that can have upon our lives and relationships, both the relationship we have with ourselves and those with others.

We will also be looking at ways of developing our understanding of our emotions, using various tools, in order to explore, deepen insight into and build confidence in, our ability to handle our emotions.

<b>Date:</b>	Tuesday 25 February, 3, 10, 17, 24, 31 March 2020
<b>Time:</b>	2 - 4pm
<b>Venue:</b>	Leicestershire Recovery College

## 28 ANXIETY MANAGEMENT

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

**The Anxiety Management course is delivered in three sessions.**

<b>Date:</b>	TBC
<b>Time:</b>	TBC
<b>Venue:</b>	TBC

## 29 JOURNALING FOR BETTER MENTAL HEALTH

**NEW**

Studies show there are many benefits to journaling, including improved health and 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 journal
- Barriers to keeping a journal
- Safety – physical and emotional considerations
- Benefits of keeping a journal

Journaling for Better Mental Health will be delivered by the Adult Learning Service once in the Spring term 2020.

<b>Date:</b>	Tuesday 24 March 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

## 30 STIGMA AND DISCRIMINATION

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

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

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

<b>Date:</b>	Wednesday 18 March 2020
<b>Time:</b>	11am - 1pm
<b>Venue:</b>	Hinckley Library, Lancaster Road, Hinckley, LE10 0AT

## 31 KNEAD TO CHAT: THE BENEFITS OF VOLUNTEERING

This one off session will teach you how to make healthy homemade bread while exploring the benefits of volunteering as a way to develop new skills and build self confidence. In addition to baking some delicious pitta bread, we will spend time..

- Understanding more about what volunteering is
- Looking at the benefits of volunteering and why people choose to do it
- Giving examples of opportunities available within Leicestershire Partnership NHS Trust
- Talking about how to apply for a volunteer position and where to go for more help

...all in a safe, relaxed and fun environment.

**The Knead to Chat session will run twice in the Spring term.**

### COURSE 1

<b>Date:</b>	Friday 10 January 2020
<b>Time:</b>	12.30 - 3.30pm
<b>Venue:</b>	The Brite Centre, Braunstone Avenue, Leicester, LE3 1LE

### COURSE 2

<b>Date:</b>	Wednesday 11 March 2020
<b>Time:</b>	12.30 pm – 3.30 pm
<b>Venue:</b>	The Brite Centre, Braunstone Avenue, Leicester, LE3 1LE





## 32 INTRODUCTION TO CREATIVE WRITING

Would you like to develop your writing skills but don't know where to start? This 'taster' is for beginners, and gives you the chance to try writing short stories and poems, and perhaps share your words with others.

**The Introduction to Creative Writing course is delivered by the Leicestershire Adult Learning Service in a single session.**

<b>Date:</b>	Tuesday 3 March 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

## 33 SINGING FOR WELL-BEING!

**NEW**

This course will demonstrate singing techniques that could be used to improve physical and mental wellbeing. Students will learn breathing exercises, understand and be aware of how singing can positively affect their well-being.

**This 4 part, Singing for Well-Being course will be delivered by the WEA once in the Spring Term.**

<b>Date:</b>	Monday 24 February, 2, 9, 16 March 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

## 34 MANAGING EMOTIONS

This course is relevant to those who sometimes find it difficult to manage emotions in a helpful and productive way. It is easy to let life get on top of us sometimes and to get frustrated, sad or anxious. It's even easier to turn these emotions inwards and be critical of ourselves. The sessions will be based on Dialectical behaviour Therapy (DBT).

This interactive course, delivered by LifeLinks, aims to equip you with practical tools and strategies to help manage emotions, so that you can enjoy life to its fullest.

<b>Date:</b>	Thursday 27 February, 5, 19, 26 March 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College

## 35 HEALTHY BODY, HEALTHY MIND

There are many reasons why physical activity is good for your body - having a healthy heart and improving your joints and bones are just two, but did you know that exercise is also one of the most effective ways to improve your mental health? Physical activity has been shown to have a positive impact on your mood, boosting low self-esteem and confidence levels and reducing stress and anxiety. This 6 week exercise programme will be led by a qualified fitness instructor and will give you the opportunity to improve your fitness levels using cardiovascular training, resistance training, free weights and body weight exercises in a supportive gym environment.

You will need to wear comfortable clothes and footwear that are suitable to exercise in. You may also wish to bring a bottle of water with you, to keep hydrated.

**This 6 week exercise programme will take place at The Peepul Centre, on the following dates:**

<b>Date:</b>	Monday 24 February, 2, 9, 16, 23, 30 March 2020
<b>Time:</b>	10.30am - 12.30pm
<b>Venue:</b>	The Peepul Centre, Gym and Spa, Orchardson Avenue, Leicester, LE4 6DP

## 36 AN INTRODUCTION TO 5 WAYS TO WELLBEING

This session aims to introduce you to the 5 Ways to Wellbeing.

The 5 Ways to Wellbeing are a set of evidence based actions which can enhance health and wellbeing. They are:

- Connect - connecting with people around you; your family, friends, colleagues and neighbours
- Be active - find an activity that you enjoy and make it part of your life
- Keep learning - learning new skills can give you a sense of achievement and a new confidence
- Give to others - even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks
- Take notice - be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges

**This session explores each in turn and looks at the practical ways in which we can incorporate The Five Ways into our lives.**

### COURSE 1

<b>Date:</b>	Tuesday 14 January 2020
<b>Time:</b>	10am - 12pm
<b>Venue:</b>	Leicestershire Recovery College



### COURSE 2

<b>Date:</b>	Monday 10 February 2020
<b>Time:</b>	10.30am - 12.30pm
<b>Venue:</b>	Me and My Learning, Melton Borough Council, Phoenix House, Nottingham Road, Melton, LE13 0UL

# 37 LEICESTER CITY FOOTBALL CLUB MULTI-SPORT SESSIONS

Fun and active multi-sport sessions, delivered by a fully-qualified, experienced, Leicester City Football Club Community Trust coach, giving you the chance to try exciting new sports and activities that you may not have played before.

The sessions will give you a taste of different sports and activities from basketball, to boccia and individual challenges.

Appropriate for all ages and abilities, this activity is a great form of exercise and provides you with lots of additional health and wellbeing benefits that come with being physically active. Being physically active improves not only your physical health but your mental health, providing you with opportunities to develop social confidence, teamwork and communication skills, alongside the potential to improve your self-esteem, relieve stress and boost your mood.

You'll need to wear suitable clothing and footwear and bring some water with you.

For this course, Leicestershire Recovery College students will be joining an established group at the LCFC Special Olympics City Multi Sport Club running weekly at the West End Centre. Recovery College students will then have the opportunity to continue to attend this group independently following the four sessions.

<b>Date:</b>	Thursday 9, 16, 23, 30 January 2020
<b>Time:</b>	11am - 12pm
<b>Venue:</b>	West End Centre, Andrewes Street, Leicester, LE3 5PA

## OUR PARTNERS

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



## MORE INFORMATION

To find out more about the Recovery College, watch our promotional film 'Close up on Recovery' which is available via our webpage: [Leicspart.nhs.uk/\\_ourservicesAZ-Recoverycollege.aspx](http://Leicspart.nhs.uk/_ourservicesAZ-Recoverycollege.aspx)





## CONTACT US

**Telephone:** 0116 295 1196

**Email:** [recoverycollege@leicspart.nhs.uk](mailto:recoverycollege@leicspart.nhs.uk)

**Tweet us at:** @recoverycollege

**Postal Address:**

Leicestershire Recovery College,  
C/O Bradgate Unit,  
Glenfield Hospital site,  
Groby Road,  
Leicester, LE3 9EJ.

**[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)**

If you need this information in another language  
or format please telephone 020 7253 7700 or  
email: [Patient.Information@leicspart.nhs.uk](mailto:Patient.Information@leicspart.nhs.uk)



Join Our Facebook Group:  
**LPT Leicestershire Recovery College**