



Leicestershire Recovery College

PROSPECTUS

**Summer Course Guide:
Monday 20th April - Friday 21st August 2020**



**Leicestershire Partnership
NHS Trust**

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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

Welcome 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, or

call on 0116 295 1196 or

email 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.

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.

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

 **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.

Meet one of our Volunteers: Will Read (Mindfulness/Living with Bipolar Tutor)

Since my late teens I have been treated on and off for extended periods of depression. It wasn't until more recently (in my late fifties!) that I was diagnosed with a mood disorder which made much more sense to me, given the episodes of low and high moods I experienced.

I was invited to attend a 10 week course at the Cedars Centre in Wigston, and through this and independent research I learned a great deal about this condition. Through Bipolar UK, I became a co-facilitator of the Wigston Bipolar support group, and later I heard about the Recovery College opening at Glenfield hospital. I signed up for several courses which were both very informative and really helpful in enabling me to live with my mental health.

I am grateful to Nic Higham who developed and ran the Learn to Surf mindfulness course at the Recovery College. I volunteered to support him with this course and later became the lead tutor (I have a teaching background). I am now a co-tutor on several courses which provide much-needed support and guidance to those with a variety of mental health conditions. I find by helping others that I am also helping myself and I continue to learn all the time. Teaching mindfulness has helped me deepen my meditation and mindfulness practice.

The Recovery College is a great place to attend with a lovely, warm, welcoming atmosphere. Recovery College staff are brilliant. I am proud to be a member of their team.



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.



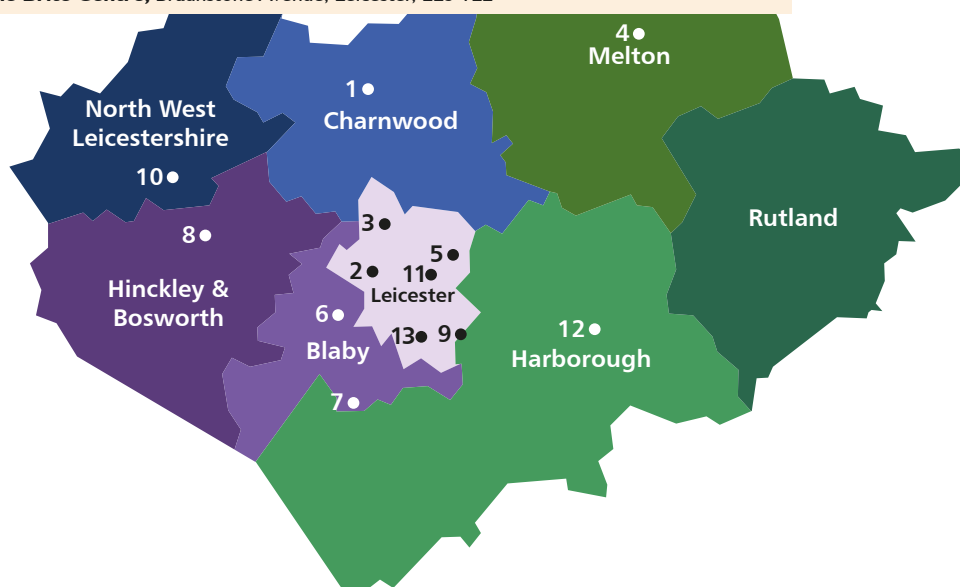
HOW TO FIND US

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.

1. **Loughborough Library**, Granby Street, Loughborough, LE11 3DZ
2. **The Oak Centre**, Bendbow Rise, Braunstone, Leicester LE1 1QA
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.



SUMMER 2020 TERM TIMETABLE

UNDERSTANDING EXPERIENCE OF MENTAL HEALTH ISSUES			
1	Understanding Medications for Mental Health	COURSE 1 - 27 April COURSE 2 - 15 June COURSE 3 - 6 July	10am - 12pm 10am - 12pm 10am - 12pm
2	Understanding a Diagnosis of Psychosis and Schizophrenia	COURSE 1 - 26 June COURSE 2 - 10 July	1pm - 3.30pm 10am - 12.30pm
3	Understanding a Diagnosis of Bipolar Disorder	29 July	10am - 1pm
4	Mental Health and Smoking - A Start Towards a Smokefree Journey	31 June	10.30am - 12pm
5	Dual Diagnosis – Drugs and Alcohol and The Impact on Mental Health	23 June	1pm - 3.30pm
BUILDING YOUR LIFE			
6	Improving your Self Esteem	15 May	10am - 1pm
7	Where to Next?	12 August	1pm - 4pm
8	Loneliness: Get Better Connected	19 May	10am - 12.30pm
9	Nature for Well-Being and Recovery	8 July	10.30am - 1pm
10	When Risk is a Four Letter Word	7, 21, 28 July, 4, 11 August	10am - 12pm
11	Introduction to Recovery	23, 30 July, 6, 13 20 August	10am - 12pm
12	Skills for Substance Use Recovery	TBC	TBC
13	Life Coaching and Goal Setting	5, 12, 19, 26 June, 3 July	10am - 12pm
14	Living with Bipolar	23, 30 July, 6, 13 August	1pm - 3.30pm
15	Individual Learning Plan Progress Workshop	30 June	10am - 12pm
16	The Place of Narrative in Recovery	11, 18, 25 June, 2 July	2pm - 4pm
17	Assertiveness, Confidence and Motivation	5, 12, 19 June	1pm - 3pm
18	Introduction to Understanding Anxiety	COURSE 1 - 4, 11 May COURSE 2 - 10, 17 August	10am - 12pm 10am - 12pm
19	Well Being for Women	5, 12 May	10am - 1pm
20	The Value of Comedy in Recovery from Mental Distress	30 June, 7, 21, 28 July, 4, 11 August	2pm - 4pm
21	Using Mindfulness for Nature Connection and Enhanced Wellbeing	1, 8 June	10am - 1pm
DEVELOPING SKILLS & KNOWLEDGE			
22	Next Steps	20, 27 July, 3, 10, 17 August	1pm - 3pm
23	An Introduction to Universal Credit and Health Related Benefits	11 June	10am - 12pm
24	Social Media and Mental Health	30 July	1pm - 3.30pm
25	Learn to Surf – An Introduction to Living More Mindfully	COURSE 1 - 2, 9 June COURSE 2 - 7, 14 August	1pm - 4pm 1pm - 4pm
26	Speaking With Confidence	28 April	10am - 12pm
27	Emotional Mindfulness	22, 29 April, 6, 13, 20 May, 3 June	2pm - 4pm
28	Journaling for Better Mental Health	26 June	10.30am - 12.30pm
29	An Introduction to Arts in Mental Health	4 June	2pm - 4pm
30	Knead to Chat: The Benefits of Volunteering	COURSE 1 - 3 June COURSE 2 - 13 August	12.30pm - 3.30pm 12.30pm - 3.30pm
31	Introduction to Creative Writing	11 May	10am - 12pm
32	Singing for Well-Being!	1, 8, 15, 22 June	10am - 12pm
33	Managing Emotions	COURSE 1 - 10, 17, 24 June, 1 July COURSE 2 - 22, 29 July 5, 12 August	10am - 12pm 10am - 12pm
PHYSICAL HEALTH AND WELLBEING			
34	Healthy Eating	7 July	10.30am - 12.30pm
35	Yoga and Mental Wellbeing	23, 30 April, 7, 14, 21 May	10.30am - 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 27 April 2020

Time: 10am - 12pm

Venue: Leicestershire Recovery College

COURSE 2

Date: Monday 15 June 2020

Time: 10am - 12pm

Venue: Marlene Reid Centre, 85 Belvoir Road, Coalville, LE67 3PH

COURSE 3

Date: Monday 6 July 2020

Time: 10am - 12pm

Venue: Leicestershire Recovery College

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 Summer Term

COURSE 1

Date: Friday 26 June 2020

Time: 1pm - 3.30pm

Venue: Leicestershire Recovery College

COURSE 2

Date: Friday 10 July 2020

Time: 10am - 12.30pm

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.

Date:	Wednesday 29 July 2020
Time:	10am - 1pm
Venue:	Phoenix House, Nottingham Road, Melton Mowbray, Leicestershire, LE13 0UL

4 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.

Date:	Friday 31 July 2020
Time:	10.30am - 12pm
Venue:	Leicestershire Recovery College

5 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.

Date:	Tuesday 23 June 2020
Time:	1pm - 3.30pm
Venue:	Leicestershire Recovery College



6

IMPROVING YOUR SELF ESTEEM

NEW

The aim of this workshop is to improve self-esteem; understand how it affects your general well-being and how high self-worth is connected with self-reliance, achievement, relationships and happiness.

In this workshop we will:

- Identify the causes of low self-esteem
- Recognise the effects of low self-esteem
- Learn strategies for building your self-worth

Date:	Friday 15 May 2020
Time:	10am - 1pm
Venue:	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.

Date:	Wednesday 12 August 2020
Time:	1pm - 4pm
Venue:	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.

Date:	Tuesday 19 May 2020
Time:	10am - 12.30pm
Venue:	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:	Wednesday 8 July 2020
Time:	10.30am - 1pm
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:	Tuesday 7, 21, 28 July, 4, 11, 18 August 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)

Date:	Thursday 23, 30 July, 6, 13 20 August 2020
Time:	10am - 12pm
Venue:	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.

Coming back in September Autumn Term 2020

Date: TBC



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.

Date:	Friday 5, 12, 19, 26 June, 3 July 2020
Time:	10am - 12pm
Venue:	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.

Date:	Thursday 23, 30 July, 6, 13 August 2020
Time:	1pm - 3.30pm
Venue:	Leicestershire Recovery College

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.

Date:	Tuesday 30 June 2020
Time:	10am - 12pm
Venue:	Leicestershire Recovery College



16 THE PLACE OF NARRATIVE IN RECOVERY

People who experience mental distress have a rich history of telling their stories to help them and others understand the nature of their distress. We all have a history of people telling our stories for us, from parents to teachers to nurses and doctors, this course will give you the opportunity to tell your story as you want it to be heard.

We will spend time:

- Considering how you choose to describe yourself
- Considering the benefit that people telling their stories contributes to their recovery from mental distress
- Sharing and discussing our own stories and the stories of others
- Preparing draft material for a short anthology of work produced during the course
- Signposting and supporting participants with developing possible opportunities to further develop their written work and/or perform.

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

Date:	Thursday 11, 18, 25 June, 2 July 2020
Time:	2pm - 4pm
Venue:	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.

Date:	Friday 5, 12, 19 June 2020
Time:	1pm - 3pm
Venue:	Leicestershire Recovery College



18 INTRODUCTION TO UNDERSTANDING ANXIETY

This course provides an introduction to understanding anxiety and the impact this has on us. We all feel anxious sometimes, however when it becomes overwhelming, this can be problematic for us. We will focus on how and why we may become anxious, along with exploring our thinking patterns. We will also go through a variety of self-help tools to help you manage anxious feelings and situations

COURSE 1		COURSE 2	
Date:	Monday 4, 11 May 2020	Date:	Monday 10, 17 August 2020
Time:	10am - 12pm	Time:	10am – 12pm
Venue:	Leicestershire Recovery College	Venue:	Mett Centre, Lee Circle, Leicester, LE1 3RE

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

Date:	Tuesday 5, 12 May 2020
Time:	10am - 1pm
Venue:	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

Date:	Thursday 30 June, 7, 21, 28 July, 4, 11 August 2020
Time:	2 - 4pm
Venue:	Leicestershire Recovery College



21 USING MINDFULNESS FOR NATURE CONNECTION AND ENHANCED WELLBEING



The course is situated in a charming Edwardian manor house within Leicester's Botanic Gardens, surrounded by tranquil herb gardens, woodland, meadows, tropical and desert glasshouses, and water gardens. Take some time out to learn, explore and foster a deeper connection with nature, using approaches from Mindfulness and ecotherapy. Develop your psychological understanding of why human beings benefit from connecting with our natural world and discover nature based activities and techniques for supporting your mental health and wellbeing.

This course is based indoors with some outdoor components, so please come along in all weather conditions and wear suitable clothing and footwear for light walking. Light refreshments will be provided although please feel free to bring your lunch and enjoy the gardens after the session has finished. If driving, please park free of charge on Glebe Road, Oadby, LE2 2LD. The group will meet at 10am at the Glebe road entrance to the Botanic Gardens.

Date:	Monday 1, 8 June 2020
Time:	10am - 1pm
Venue:	Knoll House, Botanic Gardens, Glebe Road, Oadby, LE2 2LD

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.

Date:	Monday 20, 27 July, 3, 10, 17 August 2020
Time:	1 - 3pm
Venue:	Leicestershire Recovery College, - The final and 5th 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

Date:	Thursday 11 June 2020
Time:	10am - 12pm
Venue:	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.

Date:	Thursday 30 July 2020
Time:	1pm - 3.30pm
Venue:	Hinckley Library, Lancaster Road, Hinckley, LE10 0AT

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 two Learn to Surf courses running in the Summer term 2020.

COURSE 1

Date:	Tuesday 2, 9 June 2020
Time:	1pm - 4pm
Venue:	Leicestershire Recovery College

COURSE 2

Date:	Friday 7, 14 August 2020
Time:	1pm - 4pm
Venue:	Blaby District Council Offices, Narborough, LE19 2EP

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.

Date:	Tuesday 28 April 2020
Time:	10am - 12pm
Venue:	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.

Date:	Wednesday 22, 29 April, 6, 13, 20 May, 3 June 2020
Time:	2 - 4pm
Venue:	Leicestershire Recovery College

28 JOURNALING FOR BETTER MENTAL HEALTH

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

This course will be delivered by the Adult Learning Service once in the Summer term 2020.

Date:	Friday 26 June 2020
Time:	10.30am - 12.30pm
Venue:	Loughborough Library, Granby Street, Loughborough, LE11 3DZ



29 AN 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:

- Explore how the arts can deliver recovery focussed mental health care.
- Outline the different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Mental Health Trust.
- Discuss the difference between arts in mental health as compared to art therapy.
- View DVD's of service user performances.

Date:	Thursday 4 June 2020
Time:	2pm - 4pm
Venue:	Leicestershire Recovery College

30 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 Summer term.

COURSE 1

Date:	Wednesday 3 June 2020
Time:	12.30 pm - 3.30pm
Venue:	The Brite Centre, Braunstone Avenue, Leicester, LE3 1LE

COURSE 2

Date:	Thursday 13 August 2020
Time:	12.30 pm – 3.30 pm
Venue:	The Brite Centre, Braunstone Avenue, Leicester, LE3 1LE



31 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.

Date:	Monday 11 May 2020
Time:	10am - 12pm
Venue:	A Place To Grow, Mill Lane, Enderby, LE19 4LX

32 SINGING FOR WELL-BEING!

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 Summer Term.

Date:	Monday 1, 8, 15, 22 June 2020
Time:	10am - 12pm
Venue:	Leicestershire Recovery College

33 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.

COURSE 1

Date:	Wednesday 10, 17, 24 June, 1 July 2020
Time:	10am - 12pm
Venue:	Leicestershire Recovery College

COURSE 2

Date:	Wednesday 22, 29 July 5, 12 August 2020
Time:	10am - 12pm
Venue:	Leicestershire Recovery College

NEW

34 HEALTHY EATING

This course will teach students how to make healthy food choices with the aim to improve their own and their family's health by improved diet. We will look at the main food groups and how to plan meals which are healthy. We will also look at some of the current food topics such as lowering our sugar and salt intake and portion control.

Date:	Tuesday 7 July 2020
Time:	10.30am - 12.30pm
Venue:	Methodist Church, Northampton Road, Market Harborough, LE16 9HE

35 YOGA FOR MENTAL WELLBEING

Have you ever wanted to try yoga? These sessions are suitable for complete beginners, or for anyone who would like to understand how yoga can support good mental health. During each session, we will take some gentle movement, exploring simple yoga postures, which can help to develop physical strength and flexibility, and to ease tensions in the body. Then each session will conclude with a guided relaxation. Throughout each session, we will be working with simple breathing techniques, which can help to calm and quieten the mind.

As well as providing you with the therapeutic benefits of yoga each time you attend a session, you will also be able to learn simple techniques that can be used every day to support physical, mental and emotional wellbeing.

All of the postures and techniques taught within this course can be modified and adapted to suit each individual, regardless of your level of health and fitness. If you can breathe, then you can practice yoga!

Date:	Thursday 23, 30 April, 7, 14, 21 May 2020
Time:	10.30am - 12pm
Venue:	The Oak Centre, Bendbow Rise, Braunstone, Leicester, LE1 1QA

FEEDBACK FROM TUTORS

"I have had the privilege to be a Recovery College tutor for only a few months but the experience has been extremely rewarding. For a few hours every session, I have got to meet more people, widen my clinical and holistic perspective and learn more about resources out there which help my own patients and day to day clinical work. Also I feel that the more people chip in and help, the less onerous it is on individual shoulders. The Recovery College is an amazing hub by LPT and all LPT clinicians should consider helping out as they can. We all have skills that we can share and learn at the same time"

Nandini Chakraborty - Consultant Psychiatrist, Pier Team (Psychosis Early Intervention Team LPT)

"The Recovery College is a meeting place for mental health sufferers and their carers, where they can connect with others and gain insights to equip them to build a stronger future. It is a positive environment which fosters a sense of health rather than illness. Tutoring at the College is a rewarding way of sharing your own knowledge and experiences whilst hearing theirs also, away from the usual ward or clinic setting. I would definitely recommend it!"

Hanna Booth - Speciality Doctor PIER Team (Psychosis Early Intervention Team LPT)



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



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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



Join Our Facebook Group:

LPT Leicestershire Recovery College