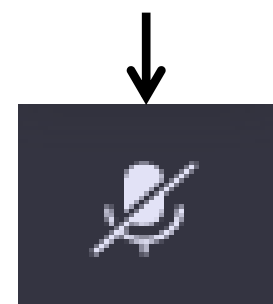
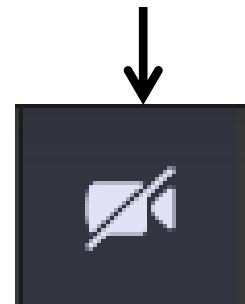




# Recovery & Collaborative Care Planning Café

Please make sure you are  
muted and your video is off  
throughout the session



# Before we start, how to use MS Teams

**Microsoft Teams**

Search for or type a command

Activity  
Chat  
Teams  
Calendar  
Calls  
...

**Leading Together**  
...because leadership matters at LPT

**Leicestershire Partnership NHS Trust**

**Induction to involvement workshop**

**WeAreLPT**  
compassion respect  
integrity trust

Please make sure you are muted and your video is off throughout the session

01:41

Meeting chat

Govind Hannah joined the meeting.

Type a new message

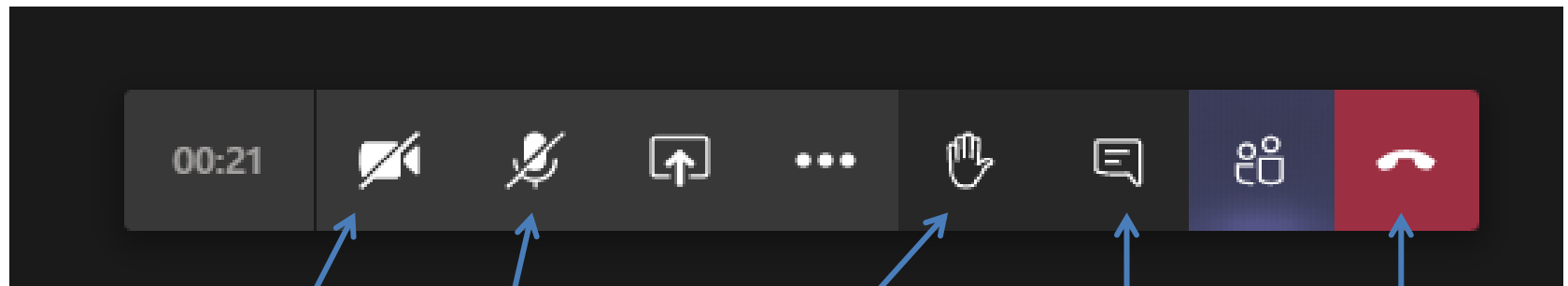
Here is your tool bar where you will be able to control your video, audio and hand raising etc.

This is where the presenter or presentation slides are

Here is where you can ask your question or write a comment

# Before we start, how to use MS Teams

The buttons we are using today



**Video**  
This should  
be red

**Muted**  
This should  
be red

**Raise hand**  
When this is **blue**  
your hand is  
raised to notify the  
presenter you  
would like to  
speak

**Chat**  
When this is **blue**  
you can type your  
questions and  
comments

**Exit**  
the  
meeting

# How this session will work

This session **will be recorded** in order to review and reflect on discussions. Once this has been reviewed, the recording will be deleted.



If you would like to ask a question, please raise your hand.



The presenter will open the discussion in order from when a hand was raised, when they acknowledge you, please remember to unmute your microphone



If you would like to ask a question but would not like to speak then please type your question in the chat box



# Today's Café

## CHIME – Connectedness



- **11am - Welcome, recap and overview of today's café**
- **Ted Talk and introduction to the Frazzled Cafes**  
Ruby Wax, Comedian with lived experience, via a pre-recorded Ted Talk video
- **Café conversations**  
Group discussion
- **An introduction to the recovery concept of CHIME and this week's theme of Connectedness**  
Lyn Williams, Associate Director for Quality Improvement  
Azar Richardson, Patient Leader with lived experience
- **An Introduction to the Recovery College and the courses they offer**  
The Recovery College
- **12pm – Close**



# Introductions



Please leave your names in the chat box so we can see who is here

# Ruby Wax and The Frazzled Cafes



[https://www.ted.com/talks/ruby\\_wax\\_what\\_s\\_so\\_funny\\_about\\_mental\\_illness?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)



<https://www.frazzledcafe.org/>





# Leicestershire Recovery College

Welcome







# What is a Recovery College?

**It is an NHS college ...**

**....that provides a range of educational courses and resources for people with lived mental health experience, their friends, family and Trust staff.**

**....that uses a recovery based approach to help people recognise and develop their personal resourcefulness in order to become experts in their own self-care, make informed choices about the assistance they need to do this, and do the things they want to do in life.**



# What are the key features of a recovery college



Imroc (Implementing Recovery through Organisational Change) :

- Redefining the sole purpose of services, from reducing symptoms only to also **rebuilding** lives.
- A recognition of the equal importance of professional expertise and lived experience with co production as a key theme.
- An educational approach to help people make use of their talents and resources.
- It reflects recovery principles in all aspects of its culture and operation.



# Who can attend these courses?

**Courses are available to anyone over 18 who are receiving MH services from LPT.**

**Courses are available to LPT staff, volunteers and students on placement**

**Courses are also available to families & carers.**



# Leicestershire Recovery College

- ☐ The college opened its doors in June 2013 as a pilot.
- ☐ Approx 70 students enrolled for the first term.
- ☐ Currently there are over 2000 students enrolled with the college

## So ...What Do We Do?

The college runs educational courses and workshops on a range of topics:

- ☐ Understanding mental health conditions and treatments
- ☐ Building your life
- ☐ Developing knowledge and life skills
- ☐ Physical health and well-being
- ☐ Getting Involved





# Satellite Venues

To improve accessibility within communities we are running recovery focused courses in venues around Leicester, Leicestershire and Rutland. Satellite venues to date are:

1. **Loughborough Library – Loughborough**
2. **Rutland Adult Learning - Oakham**
3. **A Place To Grow, Enderby**
4. **Blaby District Council Offices, Narborough**
5. **The Mett Centre, Leicester**
6. **West End Neighbourhood Centre**
7. **Hinckley Library, Lancaster Rd, Hinckley**
8. **Pheonix House Melton Mowbray**
9. **Peepul Centre Gym and Spa, Leicester**
10. **Market Harborough Methodist Church**
11. **Marlene Reid Centre, Coalville**





# Student Enrolment

- Students are welcome to enrol at any time.
- No referral required
- Self referral encouraged
- Online - [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)
- By phone – 0116 2951196
- By post – to Recovery College

Open Enrolment events are also held throughout the year.





# Students

- People attending college courses are known as ‘students’ (not patients, clients, service users etc.)
- Students choose their courses from a prospectus
- Support is provided to students by learning advisors & study buddies
- Students will have an individual learning plan tailored to their needs
- Students can do the courses with family and friends
- There are no fees or entry requirements
- Students register and enrol – no waiting for a referral

Student Celebrating Achievement  
Event 2019







# Who delivers the courses?

Courses are **co-produced and co-delivered** wherever possible by people with lived experience of mental health challenges (peer trainers) and by people with experience by profession.

**Benefits/feedback of this!**

**Enables students to feel less alone**

**Offers images of** 

**Allows people to learn from others with lived experience who have faced similar challenges**



**Its about coming together, sharing, and connecting!**



# WILL READ PEER TUTOR/VOLUNTEER

## 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.*



# Course Providers

- WEA Adult Learning
- Academy of Life (Training company)
- Leicestershire Adult Learning Service
- University of Leicester
- LCiL - Lets Get Active
- Turning Point
- Leicester City Football Club Community Trust
- LPT staff/clinicians
- QuitReady Team (Leicestershire County Council)
- Bright Sparks
- Giving World
- Public Health
- Department of Working Pensions
- LPT Arts in Mental Health
- Knead to Chat



Photo: Tutor celebration event 2018



# Courses

Understanding a diagnosis of  
Psychosis and Schizophrenia

Understanding a diagnosis of  
Bipolar Disorder

Understanding Medications for  
Mental Health

Understanding Personality  
Disorder

Living with Bipolar

Understanding Anxiety

Understanding Depression

Emotional Mindfulness

Managing Emotions

Loneliness: Get Better Connected  
Wellbeing for Women

Introduction to Creative Writing

Mental Health and Smoking

Dual Diagnosis: Drugs and Alcohol

Introduction to Recovery

An Introduction to Mindfulness

Getting Good Sleep

Coping with Change

Thinking about Volunteering:  
Knead to Chat

Five Ways to Wellbeing

Nature and Wellbeing

The Value of Comedy in  
Recovery

Arts in Mental Health

Stigma and Discrimination

The Place of Narratives in  
Recovery

Where to Next

**+ MANY, MANY  
MORE!!!**



# Student Feedback

The Recovery College is very good at under-promising and over delivering

Has the course helped improve understanding and management of own wellbeing? .... Absolutely yes.

FANTASTIC SESSION – IT SHOULD BE AVAILABLE ON PRESCRIPTION – THANK YOU

Learning from shared experiences was really useful. Great all round course... trusting environment and a great tutor!

Need to get out and about with people it's essential. Most enjoyed the group conversations and being in a room with other people. Enjoyed having the opportunity to voice my thoughts and know that I am not alone.

The tutor was excellent. Course made me feel more alive and inspired to learn

Made friends...

I don't go out much and speak to people so it's good for me to do this.



# Covid-19 Update



- Telephone enrolments and Individual Learning Plans
- 20 courses in Summer, 25 courses so far this term on MS Teams.
- Facebook group- LPT LEICESTERSHIRE RECOVERY COLLEGE  
<https://www.facebook.com/groups/recoverycollege/>
- Online Mindfulness course available to everyone  
<https://elearning-lpt.leicestershire.nhs.uk/313Courses/Mindfulness/html/>
- Website <https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>
- Gratitude Video- Sue Willis





# Connectedness

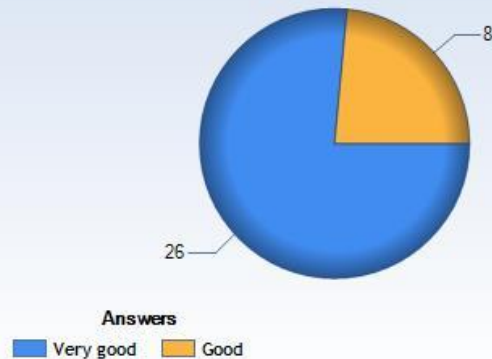
- Connecting students through our courses and Facebook groups;
- Games on Facebook to try and connect students,
- interactive online sessions to try and get students interacting with each other.
- Offering empathy and support to each other where possible
- sense of belonging
- make new connections with other people. Online communities are ideal for this for those who may feel anxious to go out to new places or for those who are restricted by travel
- Increased accessibility for some
- Gaining feedback through online evaluation forms- keep developing what is on offer to students.





# Online Course Student Feedback

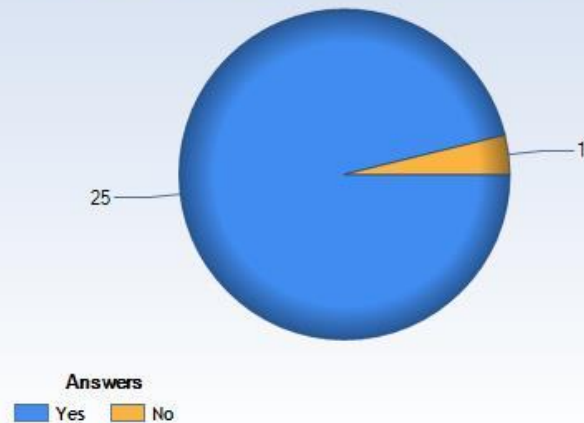
Thinking about the course you attended at the Recovery College, how was your experience of this service



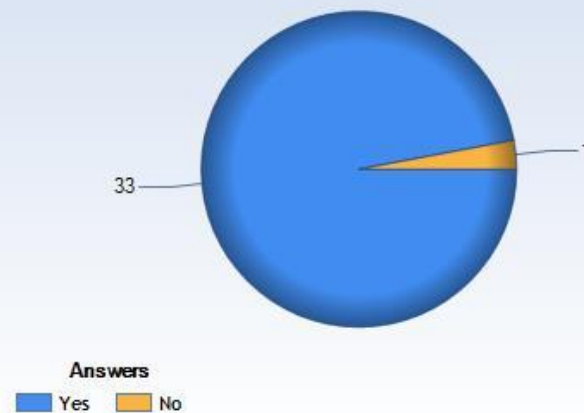
The encouragement given to students to participate was:



Would you recommend this course to others?



Would you be interested in taking part in future online courses?





# Sue's Experience



# Hello December!



- 1. Managing Emotions – 3/12/20, 10/12/20, 17/12/20 10am - 12pm MS TEAMS** *-these sessions will be based on Dialectical Behaviour Therapy (DBT). The interactive course aims to equip you with practical tools and strategies to help manage emotions, so that you can enjoy life to its fullest.*
- 2. Introduction to Arts in Mental Health- 3/12/20 2pm- 4pm MS TEAMS-** *An introductory, interactive, informal session highlighting the benefits of arts in mental health activity to mental health service users. We will explore different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Trust*
- 3. Understanding Medications for Mental Health- 4/12/20 10am- 12pm MS TEAMS** *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.*
- 4. 'Learn to Surf' Introduction to Mindfulness- 4/12/20 & 11/12/20 1pm-4pm MS TEAMS** *'Learn to Surf' provides a basic introduction to mindfulness in a practical and fun way. This course consists of a number of practical mindfulness 'experiments' and some tips on bringing mindfulness into daily life.*
- 5. Wellbeing for Women - 7/12 & 14/12, 1.30 PM – 3.30PM MS TEAMS** *- 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.*
- 1. Introduction to Emotional Mindfulness- 8/12/2020 2pm- 4pm MS TEAMS** *- explore the importance of emotional Mindfulness to wellbeing and provide tools to begin developing awareness of our emotional states. It will be an interactive session, building upon what we already know through exploratory questions and with completion of short exercises.*
- 2. Stigma and Discrimination- 10/12/20 2pm- 4pm MS TEAMS-** *This will be a light hearted, interactive session designed to generate discussion and ideas around this subject.*
- 3. Introduction to Gratitude Journaling - 11/12/20 10am-12pm MS TEAMS** *The aim of this workshop is understand how to start a gratitude journal and the benefits of keeping one*
- 4. Where to Next- 15/12/20 10am- 1pm MS TEAMS-** *In this light-hearted session, you will think positively about your existing skills, knowledge and achievements. We will discuss how learning and volunteering can help develop new skills and build self-confidence.*



# Spring 2021



# Service Evaluation Video





# Thanks for listening





# The next Café

Xmas café

Monday 21<sup>st</sup> December 1pm - 2pm

Information will be emailed out

