



ASPIRE NEWSLETTER

Leicestershire Recovery College

Autumn 2023 | Issue 7

Welcome to the Autumn Term 2023 edition of our newsletter

The college team really enjoy putting the newsletter together, and this term we have a **bumper** edition for you.

If you find this newsletter helpful please do share it, or if you have any information you would like us to feature in it, we would love to hear your feedback.

INSIDE THIS ISSUE

- **Introducing Jess!**
- **Recovery College News**
- **Autumn Courses in Focus**
- **Our 10 Year Anniversary**
- **Student Stories**
- **Brain Break**
- **Cost of Living Tips**



0116 295 1196



Facebook group; 'LPT Leicestershire Recovery College'



LPT.RecoveryCollege@NHS.Net



@recoverycollege



www.leicspart.nhs.uk/service/leicestershire-recovery-college/

Recovery College News

Introducing Jess!

Hi everyone,

I'm super happy to be here and wanted to officially introduce myself to you all!

My name is Jess, and I am the new Administrator for the Leicestershire Recovery College. I have enjoyed every minute of this role since I started a few months ago.

It's especially great for me to be here connecting with you all as just under 10 years ago I walked through those doors to the Recovery college as a student for the very first time. Now- 10 years down the line and I am lucky enough to be part of the team.

The Recovery College has been a huge part of my journey and I am passionate in giving back to others.

I LOVE what the Recovery College is all about and I have enjoyed the experience.



I have been meeting and speaking with some of you so far. I hope that I can be that friendly smiley, and welcoming face or voice that opens the door to you, or picks up the phone when you call.

A bit about me: I love memes, food and animals and I love to act sing and perform on stage in Pantomimes and Musicals! Cant wait to connect with you all as I fully settle into my new role. Thankyou everyone

Recovery College News

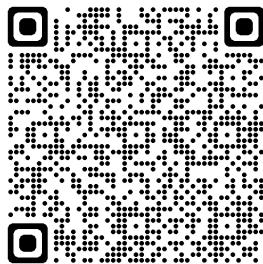
Autumn Term 2023 Prospectus Out Now!

If you would like a copy of our Autumn Term Prospectus by email or by post, please contact us on;
(0116) 295 1196 or
LPT.RecoveryCollege@NHS.Net

Enrol Online

You can now enrol with the college online.

Scan the QR to access the form:



Access Peer Support at the Recovery College

At the Recovery College, we offer Peer Support to help you along your recovery journey.

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

Working collaboratively, Peer Support Workers can help to identify techniques, resources and strategies that may be helpful to you in your journey, depending on your own individual aspirations.

“Course made me feel more alive and inspired to learn”

“Fantastic session - it should be available on prescription”

“Learning from shared experiences was really helpful”



They are passionate about supporting others in improving their health and wellbeing, so if you would like some additional support whilst attending the Recovery College, please feel free to get in touch and book some time in with our Peer Support Worker.

Autumn Courses in Focus

NEW
COURSE

Introduction to Employment

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



Weekly Clubs

Join us on a weekly basis to help create your self-care habits and connect with others, in a relaxed and friendly environment

NEW

Journaling CLUB

Join us for a weekly online journaling session

Come and journal together in the same space, at the same time, on the same day each week

Create your routine with the Journaling Club

Thursdays
Starting 31st August
1:00pm - 1:30pm
MS Teams

Call or email us to find out more and sign up
LPT.RecoveryCollege@nhs.net | 0116 295 1196



Meditation and Mindfulness CLUB

Be kind to your mind with the

Join us for our weekly online session

Learn about different guided meditation and mindfulness techniques, helping you to create healthy habits

Tuesdays
Starting 29th August
1:00pm - 1:30pm
MS Teams

Call or email us to find out more and sign up
LPT.RecoveryCollege@nhs.net | 0116 295 1196



Returning Courses For The Autumn Term



It's Not About the Drawing

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

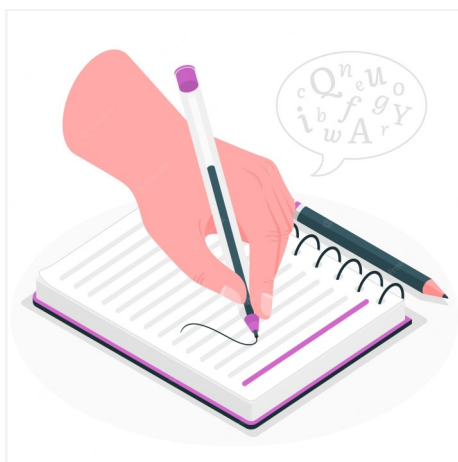
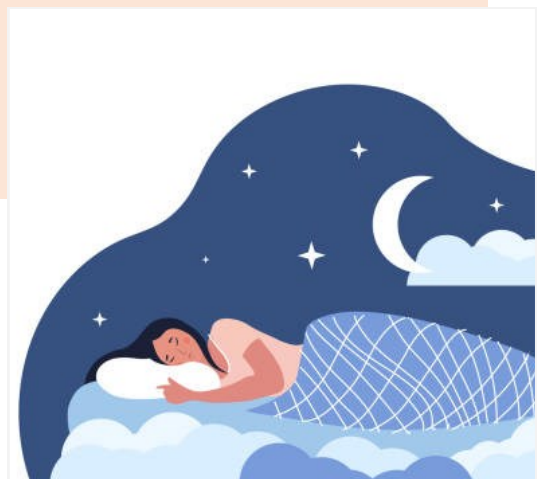
It is proven that engaging with art can reduce feelings of stress and anxiety.

NEW MONTHLY ONLINE WORKSHOPS STARTING SEPTEMBER

Sleep and Wellbeing

Getting enough good sleep can effect how you feel physically and mentally. The course will look at why we sleep, sleep cycles, the benefits of good sleep and healthy bedtime routines.

You will gain knowledge about what can happen if you don't get good restful sleep and helpful tips about how to create and promote better sleep hygiene.



Expressive Writing

Expressive writing is about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words.

These workshops will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing.

10 Year Anniversary

On Friday 16th June, the Recovery College held a celebratory event for its 10th birthday

Students, tutors and staff gathered to celebrate 10 years of the Recovery College.

There was an incredible performance from the EAGA Gospel Choir, which had us dancing and shedding a tear or two.

We had stalls from some fantastic services in Leicestershire providing information about what they have to offer.

We dug through the files and displayed photos, stories and events from the last 10 years.

There was an activities room with fun fête games keeping us entertained. Lots of food and drink to keep everyone fed and hydrated throughout the event.

And of course, what's a birthday without a cake - or two!

A big **THANK YOU** to everyone who came to celebrate with us and thank you to everyone who helped put this event together!

We appreciate all our students, tutors and staff. The Recovery College wouldn't be where it is today without you so, thank you!

Here are some photos from the day – enjoy!





Student Stories

For our 10 year anniversary, we collected some inspiring stories from our students about their Recovery College journey.

Here is a snippet of what they shared about what the Recovery College means to them. We hope you enjoy reading them as much as we did.

What does the Recovery College mean to you?

“It was really important on my journey to recovering and to get to where I want to be, to live the life that I wanted to lead, by learning all these different new skills, different techniques, and learning that I'm not alone.”

“The Recovery College has opened a wide window of opportunity, and it's made me the person who I am. I feel very confident and it's all thanks to help from the Recovery College, rebuilding my life.”

“Support. That's the first word that comes into mind. It is a big support to me, and there's mutual respect.”

“I guess the Recovery College means a lot to me, because it's filled with staff who are good and want to do a good job. Also, I suppose the Recovery College is a symbol of lived experience and the college helps people to expand on their lived experience.”

“The whole Recovery College experience helped me build my confidence and for the students that I've seen, they're so much more confident by the time they leave after attending courses. Everyone has difficulties in life, but this kind of environment has really helped me get through it. And I see it in other students as well.”

“I have met a lot of new friends who have supported me and encouraged me in my confidence building.”

If you would like to share your Recovery College journey with us and inspire others, please get in touch. We'd love to share your story too!

Brain Break

Taking a moment for yourself...

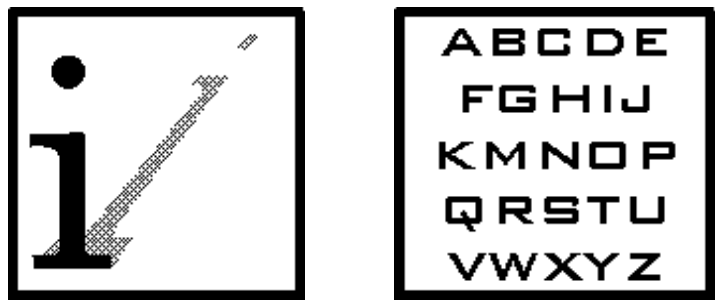
Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse. Allowing yourself time for therapeutic activities, is a form of self-care. Take a ‘brain break’ with us by trying out these activities, puzzles and quizzes.

1. Recovery College Wordsearch

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

- Connection
- Hope
- Opportunity
- Wellbeing
- Control
- Inspiration
- Recovery
- Empowerment
- Mindfulness
- Selfcare

2. What do these doodles say?



ANSWERS: Eyeshadow, Noel

3. Look at the below and say the COLOUR not the word

YELLOW ORANGE BLUE
BLACK GREEN RED
YELLOW PURPLE RED
ORANGE GREEN YELLOW

Left-Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word

hope control opportunity



Brain Break

Journaling Prompt

Journaling is a great way to explore your thoughts, feelings and emotions and ultimately get to know yourself a bit better!

Write a self-compassionate letter to yourself



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Doodle Prompt

Doodling is a great way to get into the creative habit. It’s simple, fun, and can be done anywhere!

Sketch a pattern or design inspired by nature



Cost of Living Tips

Social Tariffs: Cheaper broadband and phone packages

Did you know Social tariffs could help you stay connected for cheaper? Amid rising costs it's good to know that there are packages available for people claiming Universal Credit, Pension Credit and some other benefits. You might see them referred to as 'essential' or 'basic' broadband.

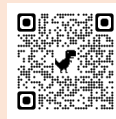
For more information search 'Social tariffs' online and check out the page from Ofcom

How a social tariff could help you

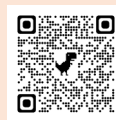
- **It's available to those on a variety of benefits.** If you or someone in your household claims Universal Credit, you could switch to any of the tariffs available.
- **It's cheaper than a regular package.** Current prices range from £10 to £20.
- **Fast, unlimited broadband.** Most tariffs offer superfast broadband at speeds over 30 Mbit/s – fast enough for you to keep in touch with friends and family, stream HD films or shop online.
- **You'll pay next-to-nothing to get set up.** If you do have to pay any setup costs, these should only be small. Your provider should tell you before you sign up.
- **It could cost nothing to switch.** If your provider offers a social tariff, you can switch to it at any time, free of charge.
- **The price won't go up mid-contract.** You won't pay any more than what you agree at the start of the contract.
- **It costs nothing to leave.** You won't pay a fee to leave the tariff before the end of your contract.



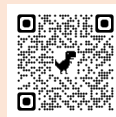
Useful resources for advice on cost of living



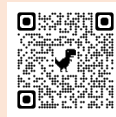
Citizen's Advice
citizensadvice.org.uk



Money Helper
moneyhelper.org.uk



Money Matters
moneymattersweb.co.uk



Money Saving Expert
moneysavingexpert.com

You can also find help, advice and resources through your local council

How To Access The Recovery College



ENROL WITH US

If you are over 18 years of age, are accessing Leicestershire Partnership Mental Health services, are a carer, relative or friend of someone who does, or are a LPT Staff Member and would like to attend a course, you will first need to enrol as a student with the college.

It's really simple, you can enrol:

Online: www.leicspart.nhs.uk/service/leicestershire-recovery-college/

By Phone: 0116 295 1196

By Email: LPT.RecoveryCollege@nhs.net

We will then contact you to complete your **Individual Learning Plan (ILP)** with you and book you on to the course(s) which you feel may help you most with your recovery journey.

Within the learning plan there is an opportunity to discuss any learning support needs you may have, from an educational or mental health perspective. We will then do everything we can to support you.



CONNECT WITH US ON FACEBOOK

Find out more about the Recovery College, connect with our students and tutors, and keep up to date with the latest information about our courses and recourses.

Join us on Facebook, search; **LPT Leicestershire Recovery College**



FOLLOW US ON TWITTER

If you would like even more information about the Recovery College, you can follow us on Twitter, search; **@recoverycollege**



Meet the Recovery College Team

When enrolling at the Recovery College or attending one of our courses, you may have spoken to, or seen one of our members of the team. Whilst we are unable to have students in to the college building we would like to introduce you to all of our team members!



Kate
Operational Manager



Jamie
Peer Support Worker



Hoda
Peer Support Worker



Jess
Administrator



Meesha
Administration Assistant



Sam
Deputy Manager



Wendy
Volunteer Tutor



Sue
Volunteer Tutor



Natalie
Volunteer Tutor



Will
Volunteer Tutor &
Recovery College
Operational Support



Sarah
Volunteer Tutor

Resources

Find support for your mental health and wellbeing



United Leicester

Helping the community find help & support across Leicestershire
www.unitedleicester.com



VitaMinds

Access Talking Therapy Service

0330 094 5595

www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health



Get Self Help

Cognitive Behaviour Therapy Resources

www.getselfhelp.co.uk



LPT NHS Website-Mental Health Support

Find information and support for your mental health

www.leicspart.nhs.uk/mental-health/



Mental Health Central Access Point

Anyone needing mental health support for themselves or others can call this service on **0808 800 3302**, 24 hours a day, seven days a week.



NHS 111

Call 111 for physical, medical and mental health issues

www.111.nhs.uk/



Neighbourhood Mental Health Cafés

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

999

Emergency

Call 999 if there is a physical threat to life

hope control opportunity



Leicestershire Partnership
NHS Trust

Leicestershire Recovery College

Phone: 0116 295 1196 (9:30am - 4:30pm)

Email: LPT.Recoverycollege@nhs.net

Twitter: @recoverycollege

Website: www.leicspart.nhs.uk

search; 'Recovery College'

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

Postal Address:

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

Leicestershire Partnership NHS Trust

Phone: 0116 225 6000 (24 hours)

Website: www.leicspart.nhs.uk

Twitter: @lptnhs

Postal Address:

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

**Thank you from all the team here
at the Leicestershire Recovery College!**

hope control opportunity