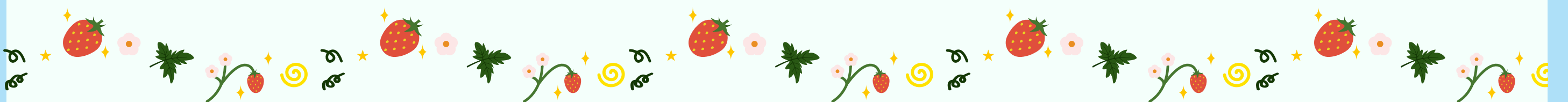




May Newsletter

Welcome to our May Newsletter!
We hope you are enjoying Summer term so far and are looking forward to all the courses to come.



Recovery College News

Mental Health Awareness Week

Mental Health Awareness Week is on 11-15th
May!!

This years theme is Taking Action.

We will be doing another Recovery College challenge on Facebook during that week. Join our Facebook Group to make sure you don't miss out!

summer

**Term Prospectus
OUT NOW**

Scan the QR code to see the
Summer Prospectus

SCAN
HERE



Neighbourhood Mental Health Cafes

Over the past couple of weeks, the Recovery College have been doing a tour of all the Neighbourhood Mental Health Cafes

So now we want to share with you what the Neighbourhood Mental Health Cafes are all about so you can use them if you need to.

There are 38 cafes run every week all across Leicester, Leicestershire and Rutland, run by trained and supportive staff who are there to listen and support with mental health and wellbeing.

All cafes are for those aged 18+ and you can just drop in at any time they are open, no pressure and no judgement.

<https://www.leicspart.nhs.uk/service/neighbourhood-mh-cafes/>

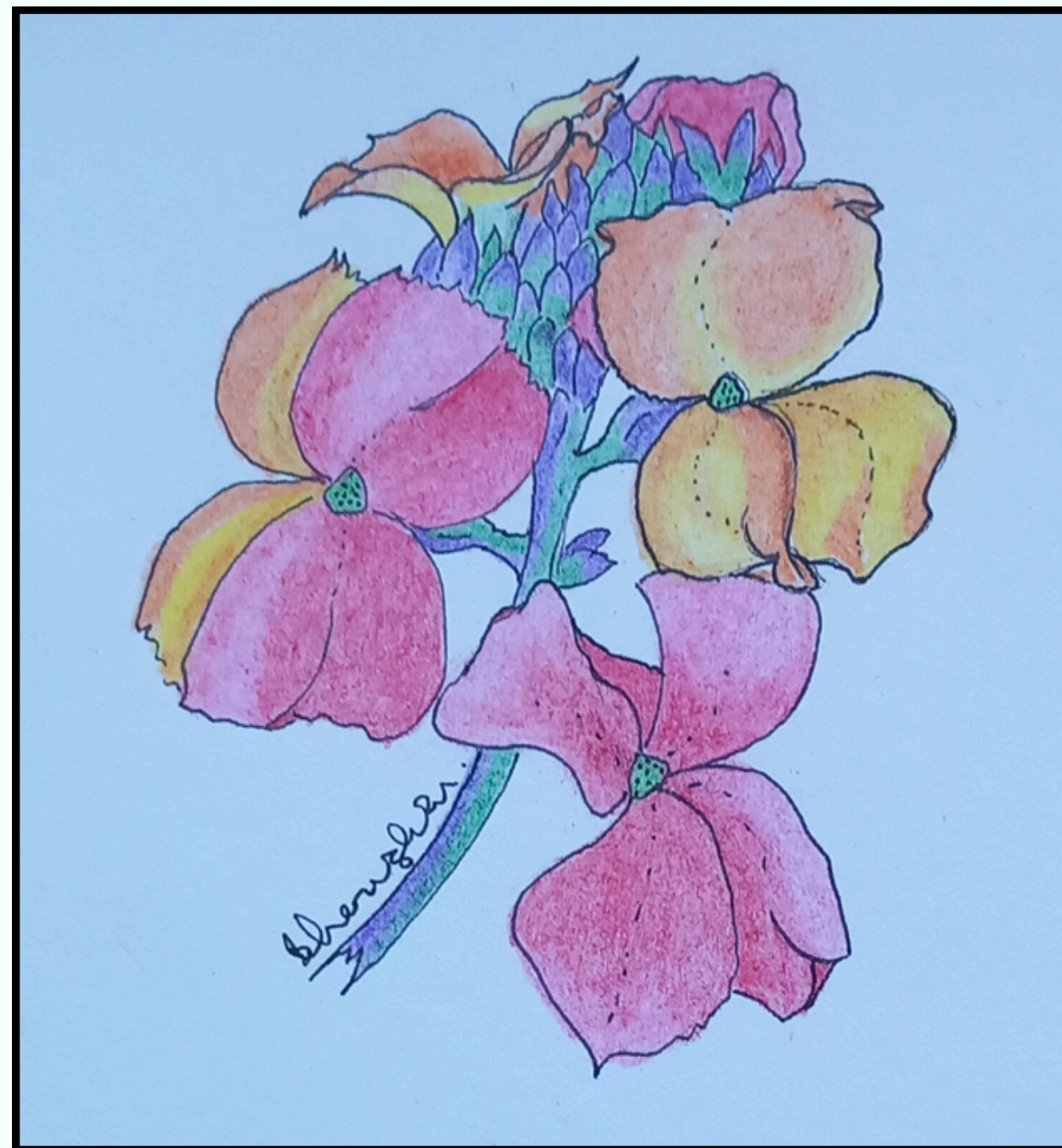
Drop In News

One of our wonderful students has emailed us their amazing artwork!

They said they received their art pack including paper and colouring pencils from us in the post and have put it to good use.

If you would like to join It's Not About the Drawing and need an art pack, please contact us.

We love seeing your incredible artwork and poetry! If you would like your work to be included in our newsletter please email us!



Course Spotlight

Reading Round

4 week course starting 19th May, 1:30pm - 3pm on MS Teams


















This course will involve the reading and discussion of four short stories and four poems across four weeks. We think of it as an opportunity to hear great stories and interrogate them at an informal, conversational level – perfect for regular readers and non-readers alike.

Narratives in Recovery

**4 week course starting on 9th June, 10am - 12pm at
Leicester Adult Education College**

We all have a history of telling our stories to 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

Calendar of May Courses

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| | | | | 1 It's Not About the Drawing  |
| 4  | 5 | 6 Routines Pt 1  Involvement Opportunities  | 7 Routines Pt 2  | 8 Understanding Medications  |
| 11 Gardening for Wellbeing  | 12 | 13 Memory Problems (1)  Recovery Goals (1)  | 14 Introduction to Co-Production  | 15 It's Not About the Drawing  |
| 18 Gardening for Wellbeing  | 19 Reading Round (1)  | 20 Mental Health and Smoking  | 21 | 22 Understanding Bipolar Disorder  |
| 25 | 26 | 27  | 28 | 29 |
|  | | | | |
| | | | | |

For more information about these courses or to book on to them, please check the prospectus and contact us!



0116 295 1196



LPT.RecoveryCollege@nhs.net

Contact Us

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Website:

www.leicspart.nhs.uk
search 'Recovery College'

Facebook:

Join our group
LPT Leicestershire
Recovery College



Address:

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Leicester, LE5 4QF



Further Support

Joy

Helping the community find help & support across Leicester, Leicestershire & Rutland
www.services.thejoyapp.com/

VitaMinds

Access Talking Therapy Service
0330 094 5595
www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health

LPT NHS Website-Mental Health Support

Find information and support for your mental health
www.leicspart.nhs.uk/mental-health/

NHS 111 or 999

Call 111 for physical, medical and mental health issues
www.111.nhs.uk/