



Leicestershire Recovery College

PROSPECTUS

Autumn Course Guide:

Tuesday 27th August 2024 – Friday 20th December 2024

Half Term Break (Recovery College Closed):

Monday 21st October 2024 – Friday 25th October 2024

Christmas Break (Recovery College Closed):

Monday 23rd December 2024 – Friday 3rd January 2024



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Welcome to the Leicestershire Recovery College

We are an NHS college offering a range of recovery-focused educational courses and resources, for people with lived experience of mental health challenges who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their friends, family, carers, and Leicestershire Partnership NHS Trust staff. Joining the Recovery College and doing courses might help you in your recovery and support your wellbeing. The courses could give you confidence in your own skills to work towards your goals.

The Recovery College has a philosophy of co-development, co-production and shared decision making. The courses and workshops are run by different organisations and are available on a range of topics;

Getting Involved

**Understanding/Experience of
Mental Health Conditions**

Developing Skills and Knowledge

Physical Health and Wellbeing

Building your Life

To find out more about the Recovery College, scan the QR code to go to our website and watch our introductory video.

Or you can go to www.leicspart.nhs.uk and search; 'Recovery College'



Get in Touch

Phone: 0116 295 1196 (Monday to Friday, 9:30am - 4:30pm)

Email: LPT.Recoverycollege@nhs.net

Website: www.leicspart.nhs.uk, search; 'Recovery College'

Twitter: @recoverycollege

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

Instagram: @LPTrecoverycollege

Postal Address:

Leicestershire Recovery College
Unit 2, 20 Lee Street,
Leicester, LE1 3RF



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



How to enrol at the college

If you are over 18 and would like to attend one of our courses, you will first need to enrol as a student with the college. It's really simple, no referral is required.

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 arrange to go through your Individual Learning Plan (ILP) with you and 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.

Face to Face Enrolment Sessions (please pre-book)

Venue: Recovery College Base (Unit 2, 20 Lee Street, Leicester, LE1 3RF)

Telephone/Online Enrolment Sessions (please pre-book)

Day: Weekdays

Time: Morning/Afternoon

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 together, Peer Support Workers can help to identify things that may be helpful to you in your journey and your goals.

They are passionate about supporting others in improving their health and wellbeing.

If you would like some additional support whilst attending the Recovery College, you can book some time in with a Peer Support Worker.

Contact the Recovery College to find out more.



Key Symbols - Learning Delivery

To find out how courses are delivered please look out for these symbols next to the course information.



Face-to-face delivery in a classroom or outdoors. For more details of which venue is hosting the course please see the 'Venue' section of the course information.



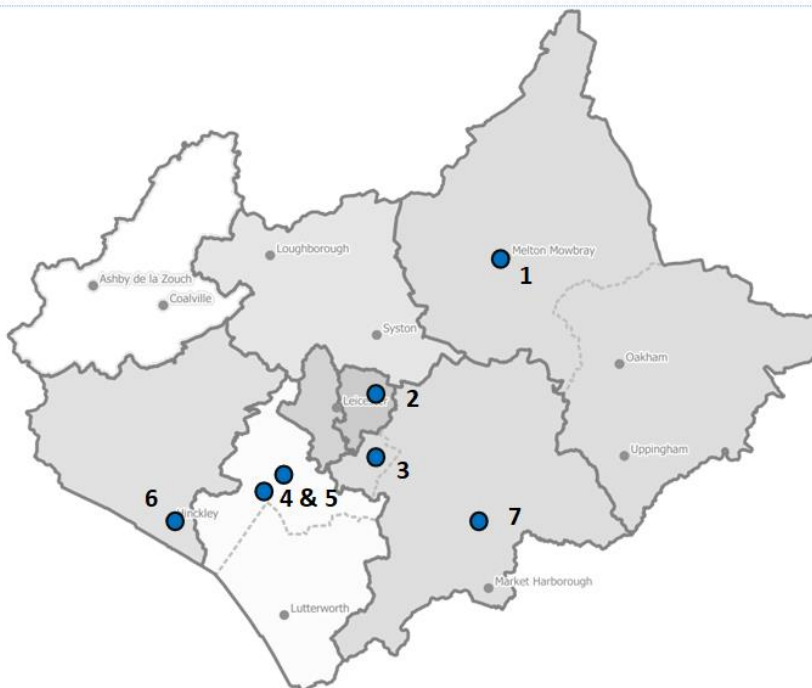
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Classroom Course Venues



The Leicestershire Recovery College delivers face-to-face courses at the following venues:

1. **Phoenix House**, Nottingham Road, Melton Mowbray, LE13 0UL
2. **Leicestershire Recovery College**, Unit 2, 20 Lee Street, Lee Circle, Leicester, LE1 3RF
3. **Wigston Magna Library**, Leicestershire Adult Learning Service, Wigston, LE18 1PA
4. **A Place To Grow**, Enderby Leisure Centre, Mill Lane, Enderby, LE19 4LX
5. **Enderby Adult Learning Service**, Townsend Rd, Leicester, LE19 4PG
6. **Atkins Building**, Lower Bond Street, Hinckley, LE10 1QU
7. **Harborough Leisure Centre**, Market Harborough, LE16 9HF





Timetable at a Glance

Course Title	Course Date(s)	Course Times
Getting Involved		
Open Day New Prospectus Launch	Thurs 29 th Aug	10am – 2pm
	Weds 4 th Dec	10am – 2pm
An Introduction to the Leicestershire Recovery College	Tues 27 th Aug	2pm – 3pm
Building Confidence in the Use of Microsoft Teams	Mon 2 nd September	11am – 11.45am
Leicestershire Recovery College Christmas Coffee	Thurs 19 th Dec	1pm – 3pm
	Fri 20 th Dec	1pm – 3pm

Understanding/Experience of Mental Health Conditions		
Understanding and Living with Psychosis and Schizophrenia	Course 1	Thurs 5 th Sept
	Course 2	Thurs 7 th Nov
Understanding Medications for Mental Health	Course 1	Fri 11 th Oct
	Course 2	Fri 1 st Nov
	Course 3	Fri 20 th Dec

Building Your Life		
Recovery Goals: Reflect and Reset Workshop	Course 1	Fri 13 th Sept
Involvement Opportunities within Leicestershire Partnership NHS Trust	Course 1	Weds 4 th Sept
	Course 2	Thurs 14 th Nov
Leicestershire Partnership NHS Trust Employment Support Services		Mon 28 th Oct
Humour for Recovery		Thurs 12 th , 19 th , 26 th Sept & 3 rd , 10 th & 17 th Oct
Managing Your Money		Fri 8 th , 15 th & 22 nd Nov
Introduction to Recovery		Tues 17 th , 24 th Sept & 1 st , 8 th & 15 th Oct
Keeping Tab of Costs		Fri 20 th , 27 th Sept & 4 th Oct
Cook, Meet & Eat		Wed 25 th Sept & 2 nd , 9 th , 16 th Oct



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Building Your Life (continued)			
Empowering You for Employment, Volunteering and Learning Opportunities	Thurs 21 st Nov		10am – 1pm
Introduction to Arts in Mental Health	Tues 3 rd Dec		10am – 12pm

Developing Skills and Knowledge			
Journaling Club (Online)		Every Thursday- starting Thurs 29 th Aug (except during term time closures)	 1pm – 1:30pm
The Guided Meditation and Mindfulness Club (Online)		Every Tuesday- starting Tues 27 th Aug (except during term time closures)	 1pm – 1:30pm
Introduction to It's Not About the Drawing		Fri 30 th Aug	 10am – 12pm
It's Not About The Drawing	Drop-in	Mon 9 th Sept	 1pm – 3pm
	Drop-in	Mon 23 rd Sept	 10am – 12pm
	Drop-in	Mon 14 th Oct	 1pm – 3pm
	Drop-in	Mon 28 th Oct	 1pm – 3pm
	Drop-in	Fri 15 th Nov	 1pm – 3pm
	Drop-in	Mon 25 th Nov	 1pm – 3pm
	Drop-in	Mon 9 th Dec	 1pm – 3pm
Journaling with Mindfulness and Meditation		Mon 23 rd Sept	 1.30pm – 3.30pm
Learn To Surf: An Introduction to Living More Mindfully		Fri 1 st & 8 th Nov	 1pm – 4pm
Introduction to Emotional Mindfulness	Course 1	Tues 15 th Oct	 2pm – 4pm
	Course 2	Weds 20 th Nov	 1pm – 3pm
Managing Emotions		Tues 27 th Aug & 3 rd , 10 th Sept	 10am – 12pm
Managing Anxiety		Weds 2 nd & 9 th Oct	 2pm – 4pm
Knead to Chat		Fri 18 th Oct	 9.30am – 12.30pm
Dealing with Worries	Course 1	Wed 28 th Aug	 1pm – 3pm
	Course 2	Mon 11 th Nov	 10am – 12pm



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (continued)

Managing Stress	Fri 29 th Nov & 6 th , 13 th Dec		10am – 12pm
Writing for Self-Expression	Tues 5 th , 12 th , 19 th & 26 th Nov		10.30am – 12pm
Singing for Wellbeing	Weds 20 th Nov		10am – 12pm

Physical Health and Wellbeing

Gardening for Wellbeing	Drop In	Mon 2 nd Sept		1.30pm – 3.30pm
	Drop In	Mon 16 th Sept		1.30pm – 3.30pm
House Plants for Wellbeing	Course 1	Mon 30 th Sept		1pm – 3pm
	Course 2	Mon 4 th Nov		1pm – 3pm
Sleep and Wellbeing		Mon 9 th Sept		10am – 12pm
Connecting With Nature	Course 1	Fri 30 th Aug		1pm – 3pm
	Course 2	Weds 11 th Dec		10am – 12pm
5 Ways to Wellbeing		Mon 7 th Oct		10am – 12pm
Winter Wellbeing Workshop		Mon 2 nd Dec		1pm – 2.30pm

Getting Involved

Open Day – New Prospectus Launch



Drop into the Recovery College base to find out more about the service, and what we can offer to you as students. This drop in is open to all, including new and existing students. No need to book, just pop in and see us.

During the Open Day, we will be offering;

- A cuppa and chance to chat with one of the Recovery College staff members,
- The opportunity to enrol as a student, and book on to any available courses
- Offer feedback about the college, about any courses that you have attended, and suggestions for courses you would like to see offered in the future.

This session is delivered by the Leicestershire Recovery College.

Session Date(s)	Session Time	Venue
Thurs 29 th Aug	10am – 2pm	Leicestershire Recovery College, Leicester City
Weds 4 th Dec	10am – 2pm	Leicestershire Recovery College, Leicester City

An Introduction to Leicestershire Recovery College



This session introduces you to the Leicestershire Recovery College, including an overview of our service, what we do and who we help. We will give you the opportunity to ask any questions you may have about the service and find out more about the courses that we offer.

This session is delivered by the Leicestershire Recovery College.

Note: You do not need to be enrolled to attend this session, simply send us an email for the link!

Session Date(s)	Session Time	Venue
Tues 27 th Aug	2pm – 3pm	Online: Microsoft Teams



Building Confidence in the Use of Microsoft Teams

Not sure about how to take part in our online course? This short workshop will show you how to do just that and help build your confidence in using Microsoft Teams to attend our range of online courses. Microsoft Teams is the software platform used for online courses run by the Leicestershire Recovery College.



This short workshop gives you the opportunity to explore how an online course is run, whilst getting to use the basic functions of Microsoft Teams including signing into a course, using your camera, using your microphone, and writing in the 'chat.'

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Mon 2 nd September	11am-11:45am	Online: Microsoft Teams

Leicestershire Recovery College Christmas Coffee

Drop in for a friendly chat and connect with other students over a cuppa.



This session is for new and current students who would like to connect with others for a chat about general topics or to find out more about the Recovery College in a friendly and informal session.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Thurs 19 th Dec	1pm – 3pm	Online: Microsoft Teams
2	Fri 20 th Dec	1pm – 3pm	Leicestershire Recovery College, Leicester City

Understanding/Experience of Mental Health Conditions

Understanding and Living with 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.

This session is delivered by the Leicestershire Partnership NHS Trust PIER Team.

Course Number	Course Date(s)	Course Times	Venue
1	Thurs 5 th Sept	10am – 12pm	Leicestershire Recovery College, Leicester City
2	Thurs 7 th Nov	9.30am – 11.30am	Online: Microsoft Teams

Understanding Medications for Mental Health



This course aims to be responsive to those present on the day. You may ask a pharmacist any questions you have on the subject of medicines for mental health.

Topics previously covered include explaining the different categories of medication prescribed for mental illness, simple explanations of how they are thought to work, specific queries about named medicines, how to compare the available options for specific diagnoses, exploration of 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.

This course is delivered by the Leicestershire Partnership NHS Trust Pharmacy Team.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 11 th Oct	10am – 12pm	Online: Microsoft Teams
2	Fri 1 st Nov	10am – 12pm	Online: Microsoft Teams
3	Fri 20 th Dec	10am – 12pm	Online: Microsoft Teams

Building Your Life

Recovery Goals: Reflect and Reset Workshop

Along your recovery journey, it is important to take the time to sit back and reflect on the goals you have set, assess where you are now and look at ways forward.



This workshop will give you the opportunity to reflect on your recovery and learning journey so far, identify your achievements and positive outcomes as well as the chance to reset or set new goals going forward.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 13 th Sept	1pm – 4pm	Online: Microsoft Teams

Involvement Opportunities Available Within Leicestershire Partnership Trust



In this session, we will provide an overview of what Patient/Carer Involvement is as well discussing what Involvement opportunities are available within LPT.

We will discuss what it will mean for you when signing up to our Involvement Network, including different support, training, and development opportunities available when you join. There will also be an opportunity for you to hear from a member of our network to share their experiences on how they have found their involvement journey so far.

This course is delivered by the Leicestershire Partnership NHS Trust Patient Experience and Involvement Team.

Course Number	Course Date(s)	Course Times	Venue
1	Weds 4th Sept	2pm – 3.30pm	Leicestershire Recovery College, Leicester City
2	Thurs 14th Nov	10.30am – 12pm	Leicestershire Recovery College, Leicester City

Leicestershire Partnership NHS Trust Employment Support Services



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.

This course is delivered by the Leicestershire Partnership NHS Trust Employment Support Service

Course Number	Course Date(s)	Course Times	Venue
1	Mon 28 th Oct	10am - 12pm	Leicestershire Recovery College, Leicester City

Humour for Recovery



Is Life taking you too seriously? Discover how the art of making each other laugh can improve confidence, self-esteem, teamwork, 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.

This course is delivered by the BrightSparks- Arts in Mental Health.

Course Number	Course Date(s)	Course Times	Venue
1	Thurs 12 th , 19 th , 26 th Sept & 3 rd , 10 th , 17 th Oct	10:30am-12:30pm	Leicestershire Recovery College, Leicester City

Managing Your Money



Would you like to improve your money management skills? Good money management is an important part of achieving your long-term goals, success and happiness. In this course you will look at:

- How money impacts on all aspects of life - social, physical & emotional well-being
- Budgeting skills and keeping track of your income and expenses
- Money saving tips and advice.

This course is delivered by the Leicestershire Recovery College .

Course Number	Course Date(s)	Course Times	Venue
1	Fri 8 th , 15 th & 22 nd Nov	10am - 12pm	Online: Microsoft Teams

Introduction to Recovery (CHIME)



What is Recovery in Mental Health? In this 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 - Connectedness (peer support, relationships, social inclusion)

Week 2- H - Hope (optimism, belief, dreams and aspirations)

Week 3- I - Identity (having a positive sense of self)

Week 4- M - Meaning (making sense of what has happened, having a purpose & direction)

Week 5- E - Empowerment (focusing on strengths, being positive, regaining responsibility and taking back control over life).

This course is delivered by the BrightSparks- Arts in Mental Health

Course Number	Course Date(s)	Course Times	Venue
1	Tues 17 th , 24 th Sept & 1 st , 8 th & 15 th Oct	10am – 12pm	Leicestershire Recovery College, Leicester City

Keeping Tab of Costs



This course is aimed at helping you be more aware of your spending and looking at how to understand certain costs within our everyday life,

Throughout the course, you will:

- Use a tablet to compare costs between different supermarkets.
- Use a spreadsheet on a tablet to record income and expenditure.
- Calculate how much is left at the end of month after all expenses are paid.
- Understand how to keep energy bills to a minimum.

This course is delivered by Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 20 th , 27 th Sept & 4 th Oct	10am-12pm	Wigston Magna Library

Cook, Meet and Eat

Join us on this four-week course, making a meal each week to take home plus learning necessary skills to use in your everyday life.



On this course you will:

- Discuss how numbers are used in everyday life
- Weigh and measure ingredients for a recipe
- Work out the cost of a recipe
- Adjust recipes to suit family size

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wed 25 th Sept & 2 nd , 9 th , 16 th Oct	10am-12:30pm	Enderby Adult Learning Centre

Empowering You for Employment, Volunteering and Learning Opportunities



Would you like to work or learn but do not know how or where to start? Real Purpose provides this course to empower you for employment, volunteering and learning opportunities.

We do this by helping you identify your strengths, equipping you with the practical skills for finding opportunities, such as job searching and carrying out interviews effectively as well as answering questions on whether or not to disclose your mental health challenges to a new employer. We also help you gain knowledge and skills for overcoming mental health barriers to working, through accessing voluntary work and learning opportunities as these can be valuable stepping stones towards ultimately finding a job, or for them to become your end goal, as it all helps your mental health recovery, quality of life and builds confidence.

This course is delivered by Real Purpose.

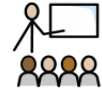
Course Number	Course Date(s)	Course Times	Venue
1	Thurs 21 st Nov	10am-1pm	Phoenix House, Melton Mowbray



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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:

- Outline the different artistic opportunities offered to mental health service users by the arts team at Leicestershire Partnership Trust
- Discuss the difference between arts in mental health as compared to art therapy.

This course is delivered by the BrightSparks- Arts in Mental Health

Course Number	Course Date(s)	Course Times	Venue
1	Tues 3 rd Dec	10am – 12pm	Leicestershire Recovery College, Leicester City

Developing Skills and Knowledge

Journaling Club (Online)

Join an online weekly journaling club where you will come together in the same space, at the same time, on the same day each week to journal.



The sessions will give you dedicated time to start, continue or restart your journaling practice. By coming together at the same time each week, you will be able to build a routine in a supportive environment, feel motivated and build connections in the process.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Thursday (except during term time closures)	1pm-1:30pm	Online: Microsoft Teams

The Guided Meditation and Mindfulness Club (Online)

A weekly meditation and mindfulness club can be a great way to help improve your mental wellbeing. This club is to teach different guided meditations and mindfulness techniques that can be used in day-to-day life. The club will be for 30 minutes on a weekly drop-in basis, helping you to create the habit.



We hope that by trying different guided techniques you will be able to find some that work for you. We will provide you with a document to keep track of the techniques you like and score them. We will use popular apps, YouTube and host written techniques. The club can also include discussion sessions, where students can share recommendations on mindfulness and meditation and other activities that can help to improve mental wellbeing.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Every Tuesday (except during term time closures)	1pm-1:30pm	Online: Microsoft Teams

It's Not About The Drawing (Drop Ins)

These bi-weekly drop-ins allow you to come along and continue learning new techniques and benefits to drawing and art. There will be guest speakers and artists to expand your knowledge on the various types of art and continue to inspire and empower you to embrace your inner artist and produce pieces of art that you are proud of.



This course is being delivered at the same time both Online: Microsoft Teams, and in the classroom at multiple venues.

Course Number	Course Date(s)	Course Times	Venue
Drop-in	Mon 9 th Sept	1pm – 3pm	Online: Microsoft Teams
Drop-in	Mon 23 rd Sept	10am – 12pm	Online & Leicestershire Recovery College
Drop-in	Mon 14 th Oct	1pm – 3pm	Online: Microsoft Teams & Phoenix House, Melton
Drop-in	Mon 28 th Oct	1pm – 3pm	Online: Microsoft Teams
Drop-in	Fri 15 th Nov	1pm – 3pm	Online & Leicestershire Recovery College
Drop-in	Mon 25 th Nov	1pm – 3pm	Online: Microsoft Teams
Drop-in	Mon 9 th Dec	1pm – 3pm	Online & Leicestershire Recovery College

Introduction to It's Not About The Drawing

This course is all about learning and the mental health benefits of art such as drawing, colouring, and sketching.



It doesn't matter what your ability is, this course is suitable for all. It is proven that engaging with art can reduce feelings of stress and anxiety. Putting pencil to paper allows you to control what is being created. When you create something, your body releases dopamine, activating the reward centres of your brain. This sense of reward and achievement can help to reduce any stress that you may be feeling.

With support from Leicestershire Partnership NHS Trust's charity; Raising Health, we will help to provide most of the equipment that you need to participate.

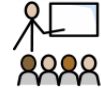
This course leads on to the 'It's Not About the Drawing' Drop Ins.

This course is being delivered at the same time both Online: Microsoft Teams, and in the classroom at multiple venues.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 30 th Aug	10am – 12pm	Online: Microsoft Teams & Hinckley Atkins Building

Journaling With Mindfulness and Meditation

Join us for a guided in-person journaling session incorporating mindfulness and meditation from our weekly club. This course is designed to explore the art of journaling and self-reflection in a safe, supportive environment. The session will allow students to learn about the mental health benefits of journaling and uncover the many techniques and methods to journaling.



The session offers a safe space for participants to be able to fully express themselves, connect with others and gain more understanding of their inner thoughts and feelings. Through the power of journaling, students will take themselves on a journey to self-discover, leaving them with new techniques and insight into their goals, thoughts, and emotions.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Mon 23 rd Sept	1:30pm-3:30pm	Leicestershire Recovery College, Leicester City

Learn to Surf: an introduction to living more mindfully

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, and taste. This skill allows us to consider the whole of our experience, without judging or excluding anything. There are many benefits of regularly practicing mindfulness including, less anxiety and emotional reactivity, as well as greater awareness, acceptance, and ability to tolerate change.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 1 st & 8 th Nov	1pm – 4pm	Leicestershire Recovery College, Leicester City

Introduction to Emotional Mindfulness

This two-hour online session, will introduce the idea of emotional mindfulness, explore its importance to wellbeing and provide some 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.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Tues 15 th Oct	2pm – 4pm	Leicestershire Recovery College, Leicester City
2	Weds 20 th Nov	1pm – 3pm	Online: Microsoft Teams

Managing Emotions

This course has been developed to support people who find it difficult to manage their emotions, but it is important that we are aware of how to manage our experiences to ensure that we don't feel overwhelmed.



This interactive course aims to provide you with practical tools and coping strategies to help you manage your emotions independently, so that you can enjoy life to its fullest. Focussing on developing an understanding of why we might feel and experience certain emotions, along with introducing self-help tools and coping techniques to better manage our experiences.

We will explore how to maintain our wellbeing more generally; we will look at how to reduce tension and how to create our own safety plans. We will also explore mindfulness and grounding as techniques for better managing our emotions.

This course is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Tues 27 th Aug & 3 rd , 10 th Sept	10am – 12pm	Online: Microsoft Teams

Managing Anxiety

This course is an introduction to 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.

This course is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Weds 2 nd & 9 th Oct	2pm – 4pm	Online: Microsoft Teams

Knead To Chat

This one-off session will teach students how to make healthy homemade pizza, while exploring the benefits of talking about your mental health, socialising with others, how learning a new skill can help to improve your wellbeing, and all in a safe, relaxed, and fun environment.



This session is delivered by the Leicestershire Partnership NHS Trust.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 18 th Oct	9:30am-12.30pm	Leicestershire Recovery College, Leicester City

Dealing with Worries

In this workshop you will explore the topic of worry, and the impact it has on mental health. You will: Identify the difference between worry, stress, and anxiety; recognise why we worry and the impact that worry can have on the physical body; learn healthy ways to cope with worry; create a personal pledge on how better to deal with worry in our lives.



This course is delivered by Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Weds 28 th Aug	1pm – 3pm	Online: Microsoft Teams
2	Mon 11 th Nov	10am – 12pm	Online: Microsoft Teams

Managing Stress

Alleviate stress and burnout by returning to a state of feeling safe, motivated and powerful. On this course you will:



- Identify causes of stress
- Remove negative emotions and install positive feelings which you can access anytime
- Dissolve limiting beliefs to allow motivation
- Learn instant stress busting techniques and learn how to create a balanced day

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 29 th Nov & 6 th , 13 th Dec	10am – 12pm	Online: Microsoft Teams

Writing For Self-Expression

Writing for Self-Expression 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. The exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained.

At each session, the facilitator (a professional writer) will read aloud a short piece of published writing (poetry or prose) and invite you to talk about how the words impact on you.

This course is delivered by the Royal Literacy Fund.

Course Number	Course Date(s)	Course Times	Venue
1	Tues 5 th , 12 th , 19 th & 26 th Nov	10.30am – 12pm	Online: Microsoft Teams

Singing for Wellbeing

This taster session 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 wellbeing.



Course Number	Course Date(s)	Course Times	Venue
1	Weds 20 th Nov	10am – 12pm	Harborough Leisure Centre

Physical Health and Wellbeing

Gardening For Wellbeing



These drop in sessions give you the opportunity to develop your planting and landscaping skills, as well as taking time to connect with others and enjoy the calming effects that gardening can have on the mind and body.

You will be able to take home plants to grow both indoors and outdoors at home.

Please Note: Students who would like to attend the drop in sessions of Gardening for Wellbeing must attend the Introduction to Gardening for Wellbeing sessions.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Drop In	Mon 2 nd Sept	1.30pm – 3.30pm	A Place To Grow, Enderby
Drop In	Mon 16 th Sept	1.30pm – 3.30pm	A Place To Grow, Enderby

Houseplants For Wellbeing



Aimed at all levels of ability, this brand-new course will allow you to understand and develop your skills in caring for houseplants. Houseplants offer several benefits, including improved mental wellbeing, physical health benefits, and enhanced air quality.

This course will give you the necessary skills to keep your own houseplants thriving and give you confidence in yourself to nurture your houseplants independently.

You will be able to take home plants to grow indoors, as well as giving you the opportunity to bring cuttings from your own plants into the college to share and trade with others.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Mon 30 th Sept	1pm – 3pm	Leicestershire Recovery College, Leicester City
2	Mon 4 th Nov	1pm – 3pm	Leicestershire Recovery College, Leicester City

Sleep and Wellbeing

Getting enough good sleep can affect 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.

You will complete activities and tasks with the support of your tutor and in discussion with fellow learners to enable you to understand how to get a better night's sleep and hopefully improve your mental and physical wellbeing.

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Mon 9 th Sept	10am-12pm	Online: Microsoft Teams

Connecting With Nature

Gain an insight and an appreciation into the links between environmental awareness and wellbeing. In this course, you will: share current or past experiences of connecting with nature; explore the idea that any and all opportunities to increase connections to nature have merit; develop a plan for increasing connections with the natural environment.



This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Fri 30 th Aug	1pm – 3pm	Online: Microsoft Teams
2	Weds 11 th Dec	10am – 12pm	Online: Microsoft Teams



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 the people around you. **Be active**; find an activity that you enjoy. **Keep learning**; learning new skills can give you a sense of achievement. **Give to others**; even the smallest act can count, a thank you or a kind word or larger acts of kindness. **Take notice**; be more aware of the present moment; including your thoughts and feelings, your body and the world around you.

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

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Mon 7 th Oct	10am-12pm	Online: Microsoft Teams

Winter Wellbeing Workshop



This workshop has been developed to support people throughout the winter period. Managing your wellbeing during winter can be hard and can increase social isolation, low moods and a dip in general wellbeing including sleep. This workshop focuses on psychoeducation and an understanding about how winter can affect us, including definitions of Seasonal Affective Disorder and symptoms as well as introducing specific tools and techniques to better manage our wellbeing during winter.

Over this workshop, we will cover:

An overview of Seasonal Affective Disorder and why it can make us unwell during winter. We will also go through techniques including Behavioural Activation, general wellbeing techniques as well as challenging negative thoughts.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Mon 2 nd Dec	1pm – 2.30pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Stay Connected with the Recovery College

We love to hear from you!

Would you like to hear from the Recovery College more often?
Joining our marketing list is easy!

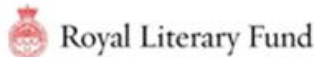


You will receive our newsletter, monthly course posters, information about our informal drop-in session, College Coffee and more.

To join the marketing list please email LPT.Recoverycollege@NHS.Net or call 0116 295 1196.

Our Partners

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





Out Of Hours Courses



Recovery College Online provide a range of online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested in learning more about mental health and wellbeing



GoLearn! offer a range of courses for adults available both in the daytime and evening across Leicestershire. Search GoLearn Leicestershire to view their courses over the coming months.



The Open University offer a range of free courses aimed to develop and strengthen your knowledge. Study subjects such as Business, Psychology, History, Languages, Computing, and many more using this free service.

elfh

elearning for healthcare

E-learning for healthcare was formed to deliver a range of programmes, including courses on Dementia, Hypertension, and many more.

elfh is now in the process of delivering or developing more than 400 elearning programmes in collaboration with organisations including Royal Colleges, Department of Health and Social Care, NHS England and NHS Improvement and Public Health England.

Advice/Support- Mental Health and Wellbeing



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



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 help with their mental health.

www.leicspart.nhs.uk/service/neighbourhood-mh-cafes



Emergency

Call 999 if there is a physical threat to life



Contact Us

Leicestershire Recovery College

Phone: 0116 295 1196 (Monday to Friday, 9:30am - 4:30pm)

Email: LPT.Recoverycollege@nhs.net

Twitter: @recoverycollege

Instagram: @lptrecoverycollege

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

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

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