



# ASPIRE Newsletter

## Leicestershire Recovery College

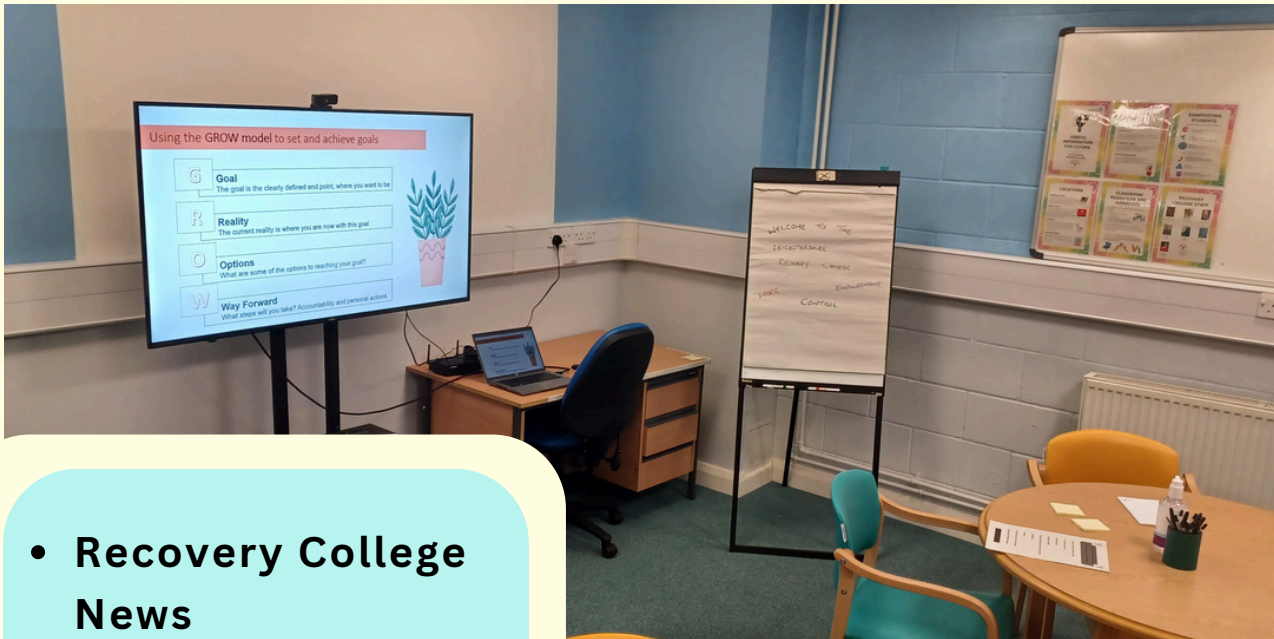


Welcome to  
our Autumn  
Term 2024  
Newsletter!



The college team have really enjoyed putting this newsletter together, and this term is full of exciting things! If you find this newsletter helpful, please share it. Or, if you have any information you would like us to feature in future editions, we would love to hear it in your feedback!

# Inside this Issue



- **Recovery College News**
- **New courses!**
- **Summer Courses in Focus**
- **Returning Courses**
- **Weekly Groups**
- **Brain Break**
- **Inclusivity**
- **Get In Touch**

## **Autumn Term 2024 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](mailto:LPT.RecoveryCollege@NHS.Net)



If you wish to attend a course or find out more information, please contact us:



0116 295 1196



[LPT.RecoveryCollege@nhs.net](mailto:LPT.RecoveryCollege@nhs.net)



# Recovery College News

## Autumn Term 2024 Prospectus Out Now!

### Enrol Online!

You can now enrol with the college online.

Scan the QR code:



#### Journaling Club

‘Journaling is something I wanted to do regularly for a long time. The club has enabled me to build a habit and has really inspired me.’



#### It's Not About the Drawing

‘The Drawing is helping me tremendously. I find the Drawing is giving me more confidence.’



#### Mindfulness and Meditation Club

‘These little half an hour sessions are amazing.’

## 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.

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.

## Patient Experience and Involvement

Here at the college, we work closely with the Patient Experience and Involvement team. If you would like to get involved or find out about involvement opportunities available to you as a network member, follow this link:

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

# Peer Support at the Recovery College

## What Can Our Peer Support Offer?

At the Recovery College, we have a team of Peer Support Workers to help you along your recovery journey.

### Who are Peer Support Workers?

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



### How can they help you?

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

## What do Peer Support Workers Offer at the Recovery College?

### Course Support

Before a course takes place, they can help you build confidence and help you attend.

During a course, they can offer support to you to help you engage with the course, or to engage with other students who are attending the course

### One-to-One Support

E.g. support with wellbeing planning, sharing information about local groups and services  
Encouragement and empowerment to you as a student both inside and outside the Recovery College

If you would like some additional support whilst attending the Recovery College, you can book some time with a Peer Support Worker.  
Contact us here at the Recovery College to find out more.



# Recovery College News

## New Courses!



### DEALING WITH WORRIES



In this workshop you will explore the topic of worry, and the impact it has on mental health

In this course, 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



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





### 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



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

# Returning Courses



**NHS**  
Leicestershire Partnership  
NHS Trust

## HUMOUR FOR RECOVERY

Is Life taking you too seriously?

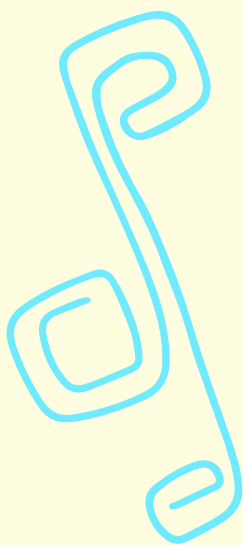
Discover how the art of making each other laugh can improve confidence, self-esteem, teamwork, literacy skills and in turn aid recovery

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



If you wish to attend a course or find out more information, please contact us:

 0116 295 1196  [LPT.RecoveryCollege@nhs.net](mailto:LPT.RecoveryCollege@nhs.net)



**NHS**  
Leicestershire Partnership  
NHS Trust

## UNDERSTANDING MEDICATIONS FOR MENTAL HEALTH



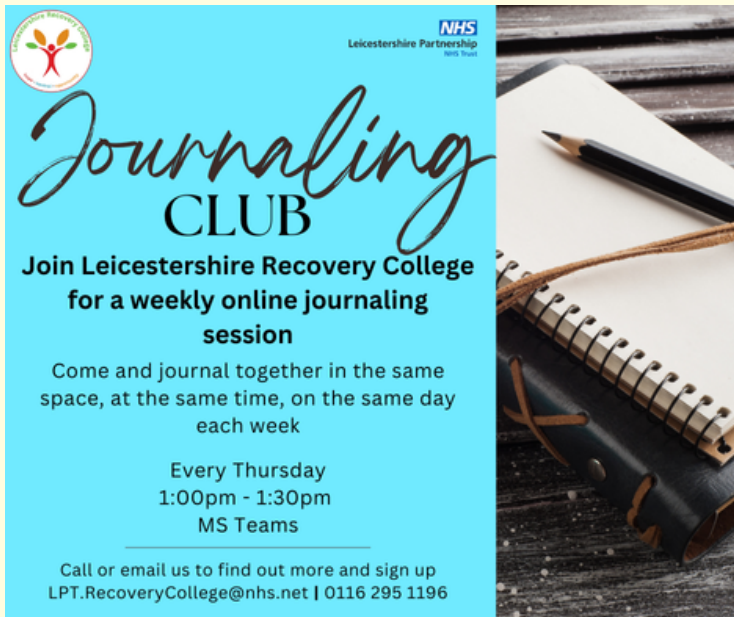
This course aims to be responsive to those present on the day. You may ask a pharmacist any questions you have on the subject of medicines for mental health

You deserve to feel empowered and understand the medications in your life

If you wish to attend a course or find out more information, please contact us:

 0116 295 1196  [LPT.RecoveryCollege@nhs.net](mailto:LPT.RecoveryCollege@nhs.net)

# Weekly Drop-Ins



The poster for the Journaling Club features a light blue background. On the left is the Leicestershire Recovery College logo, which includes a stylized figure with arms raised. The text 'Journaling CLUB' is written in a large, elegant cursive font. Below this, it says 'Join Leicestershire Recovery College for a weekly online journaling session'. Further down, it states 'Come and journal together in the same space, at the same time, on the same day each week'. The schedule is 'Every Thursday 1:00pm - 1:30pm MS Teams'. At the bottom, it provides contact information: 'Call or email us to find out more and sign up LPT.RecoveryCollege@nhs.net | 0116 295 1196'. To the right of the text is a photograph of a spiral-bound notebook with a pencil resting on it.

A weekly club to help create your journaling routine. Last term, we got together every week to connect, practice some mindfulness and journal from a prompt. This term we're back to do the same but on a Tuesday at 1pm, every week.

The sessions are relaxed and you're welcome to journal freely without using the given prompt. The session is yours to explore our thoughts, feelings and emotions. Doing it as

a group helps with motivation and building that sense of community. So why not come along and try it out?

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 use popular



The poster for the Meditation and Mindfulness Club has a light blue background with a rainbow graphic on the left. It features the Leicestershire Recovery College logo in the top left corner. The text 'Be kind to your mind with the Meditation and Mindfulness CLUB' is prominently displayed, with 'Meditation and Mindfulness CLUB' in a large, bold, sans-serif font. Below this, it says 'Join us for our weekly online session'. Further down, it states 'Learn about different guided meditation and mindfulness techniques, helping you to create healthy habits'. The schedule is 'Every Tuesday 1:00pm - 1:30pm MS Teams'. At the bottom, it provides contact information: 'Call or email us to find out more and sign up LPT.RecoveryCollege@nhs.net | 0116 295 1196'. On the right side of the poster is a line drawing of a person sitting in a meditative lotus position.

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.

If you wish to attend a course or find out more information, please contact us:



0116 295 1196



LPT.RecoveryCollege@nhs.net



# Autumn Courses in Focus

**SPACES STILL AVAILABLE!**

**AUGUST**

## Introduction to the Recovery College

Tuesday 27th August | 2pm - 3pm  
Online via MS Teams

## Open Day

Thursday 29th August | 10am - 2pm  
Leicestershire Recovery College, LE1 3RF

## Managing Emotions

Tuesday 27th Aug & 3rd, 10th Sept  
| 10am - 12pm  
Online via MS Teams

## Introduction to It's Not About the Drawing

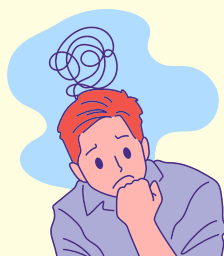
Friday 30th August | 10am - 12pm  
Online via MS Teams & Atkins Building,  
Hinckley

## Dealing with Worries

Wednesday 28th August | 1pm - 3pm  
Online via MS Teams

## Connecting With Nature

Friday 30th August | 1pm - 3pm  
Online via MS Teams



## August

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# Autumn Courses in Focus

**SPACES STILL AVAILABLE!**

**SEPTEMBER**

## Gardening for Wellbeing Drop Ins\*

Monday 2nd & 16th September | 1.30pm - 3:30pm

A Place to Grow, Enderby, LE19 4LX

## Introduction to Recovery

Tuesday 17th, 24th Sept & 1st, 8th, 15th Oct | 10am - 12pm

Leicestershire Recovery College, LE1 3RF

## Building Confidence in the Use of Microsoft Teams

Monday 2nd September | 11am - 11.45am

Online via MS Teams

## Keeping Tab of Costs

Friday 20th, 27th Sept & 4th Oct | 10am - 12pm  
Wigston

## Involvement Opportunities within LPT

Wednesday 4th September | 2pm - 3.30pm  
Leicestershire Recovery College, LE1 3RF

## Journaling with Mindfulness and Meditation

Monday 23rd September | 1.30pm - 3.30pm  
Leicestershire Recovery College, LE1 3RF

## Understanding and Living with Psychosis and Schizophrenia

Thursday 5th September | 10am - 2pm  
Leicestershire Recovery College, LE1 3RF

## Cook, Meet and Eat

Wednesday 25th Sept & 2nd, 9th, 16th Oct | 10am - 12.30pm  
Enderby Adult Learning Service, LE19 4PG

## Sleep and Wellbeing

Monday 9th September | 10am - 12pm  
Online via MS Teams

## Houseplants for Wellbeing

Monday 30th Sept | 1pm - 3pm  
Leicestershire Recovery College, LE1 3RF

## Humour for Recovery

Thursday 12th, 19th, 26th Sept & 3rd, 10th, 17th Oct | 10.30am - 12.30pm

Leicestershire Recovery College, LE1 3RF

## Recovery Goals: Reflect and Reset

Friday 13th September | 1pm - 4pm  
Online via MS Teams

September						
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29	30					

# Autumn Courses in Focus

**SPACES STILL AVAILABLE!**

**OCTOBER**

## Managing Anxiety

Wednesday 2nd & 9th Oct | 1.30pm - 3:30pm  
Online via MS Teams

## Knead to Chat

Friday 18th October | 9.30am - 12.30pm  
Leicestershire Recovery College, LE1 3RF

## 5 Ways to Wellbeing

Monday 7th October | 10am - 12pm  
Online via MS Teams

## LPT Employment Support Services

Monday 28th October | 10am - 12pm  
Leicestershire Recovery College, LE1 3RF

## Understanding Medications for Mental Health

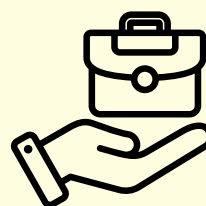
Friday 11th October | 10am - 12pm  
Online via MS Teams

## It's Not About the Drawing

Monday 28th October | 1pm - 3pm  
Online via MS Teams

## Introduction to Emotional Mindfulness

Tuesday 15th October | 2pm - 4pm  
Leicestershire Recovery College, LE1 3RF



## It's Not About the Drawing

Monday 14th October | 1pm - 3pm  
Online via MS Teams & Phoenix House, Melton



## October

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20	21	22	23	24	25	26
27	28	29	30	31		



# Autumn Courses in Focus

**SPACES STILL AVAILABLE!**

**NOVEMBER**

## Understanding Medications for Mental Health

Friday 1st November | 10am - 12pm  
Online via MS Teams

## Involvement Opportunities within LPT

Thursday 14th November | 10.30am - 12pm  
Leicestershire Recovery College, LE1 3RF

## Learn to Surf: An Introduction to Emotional Mindfulness

Friday 1st & 8th November | 1pm - 4pm  
Leicestershire Recovery College, LE1 3RF

## Introduction to Emotional Mindfulness

Wednesday 20th November | 1pm - 3pm  
Online via MS Teams

## Houseplants for Wellbeing

Monday 4th November | 1pm - 3pm  
Leicestershire Recovery College, LE1 3RF

## Singing for Wellbeing

Wednesday 20th November | 10am - 12pm  
Market Harborough Leisure Centre

## Writing for Self Expression

Tuesday 5th, 12th, 19th & 26th November | 1pm - 3pm  
Online via MS Teams

## Empowering you for Employment

Thursday 21st November | 10am - 1pm  
Phoenix House, Melton

## Understanding and Living with Psychosis and Schizophrenia

Thursday 7th November | 9.30am - 11.30am  
Online via MS Teams

## Managing Stress

Friday 29th Nov & 6th, 13th Dec | 10am - 12pm  
Online via MS Teams

## Managing your Money

Friday 8th, 15th & 22nd November | 10am - 12pm  
Online via MS Teams

## Dealing with Worries

Monday 11th November | 10am - 12pm  
Online via MS Teams

November						
Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

# Autumn Courses in Focus

**SPACES STILL AVAILABLE!**

**NOVEMBER/DECEMBER**

## It's Not About the Drawing

Friday 15th November | 1pm - 3pm

Online via MS Teams & Leicestershire Recovery College, LE1 3RF

## Connecting with Nature

Wednesday 11th December | 10am - 12pm

Online via MS Teams

## It's Not About the Drawing

Monday 25th November | 1pm - 3pm

Online via MS Teams

## Recovery College Christmas Celebration

Thursday 19th December | 1pm - 3pm

Online via MS Teams

## Winter Wellbeing Workshop

Monday 2nd December | 1pm - 2.30pm

Online via MS Teams

## Understanding Medications for Mental Health

Friday 20th December | 10am - 12pm

Online via MS Teams

## Introduction to Arts in Mental Health

Tuesday 3rd December | 10am - 12pm

Leicestershire Recovery College, LE1 3RF

## Recovery College Christmas Celebration

Friday 20th December | 1pm - 3pm

Leicestershire Recovery College, LE1 3RF

## Open Day

Wednesday 4th December | 10am - 2pm

Leicestershire Recovery College, LE1 3RF

## It's Not About the Drawing

Monday 9th December | 1pm - 3pm

Online via MS Teams & Leicestershire Recovery College, LE1 3RF

## December

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

If you wish to attend a course or find out more information, please contact us:



0116 295 1196



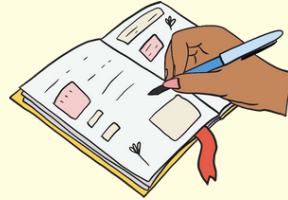
LPT.RecoveryCollege@nhs.net

# Autumn Courses

## OUR CLUBS AND DROP INS!

### Journaling Club

Every Thursday | 1pm - 1.30pm  
Online via MS Teams



### Guided Meditation and Mindfulness Club

Every Tuesday | 1pm - 1:30pm  
Online via MS Teams



### It's Not About the Drawing

Monday 9th September | 1pm - 3pm  
Online via MS Teams

### It's Not About the Drawing

Monday 23rd September | 10am - 12pm  
Online via MS Teams & Leicestershire Recovery  
College, LE1 3RF

### It's Not About the Drawing

Monday 14th October | 1pm - 3pm  
Online via MS Teams & Phoenix House,  
Melton

### It's Not About the Drawing

Monday 28th October | 1pm - 3pm  
Online via MS Teams

### It's Not About the Drawing

Friday 15th November | 1pm - 3pm  
Online via MS Teams & Leicestershire Recovery  
College, LE1 3RF

### It's Not About the Drawing

Monday 25th November | 1pm - 3pm  
Online via MS Teams

### It's Not About the Drawing

Monday 9th December | 1pm - 3pm  
Online via MS Teams & Leicestershire Recovery  
College, LE1 3RF

Feel free to come and join us for our chilled out, optional drop in clubs!

If you wish to attend a course or find out more information, please contact us:



0116 295 1196



LPT.RecoveryCollege@nhs.net



# 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.

## Dingbats! Find the hidden meaning

1. Stand  
I
2. Q  
1st.
3. NOSE
4. S  
T  
ONE

## Can you Escape the Maze?



## Can You Answer this Riddle?

What question can you never answer yes to?

## Stroop Effect Test! Train the Brain

### Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue  
yellow red black green white red  
white green red black yellow green  
black white yellow green red blue  
white green red black yellow green  
yellow red black green white red  
white green red black yellow green

## Word Association

Find a word that associates with the following set of words:

- a) Cake, Swiss, Cottage
- b) Glasses, Screen, Day
- c) Cream, Cube, Cap
- d) Runner, Broad, Baked

# Brain Break

## Create your own Zentangle!

There are many mental health benefits to zentangling, including:

Reducing anxiety symptoms

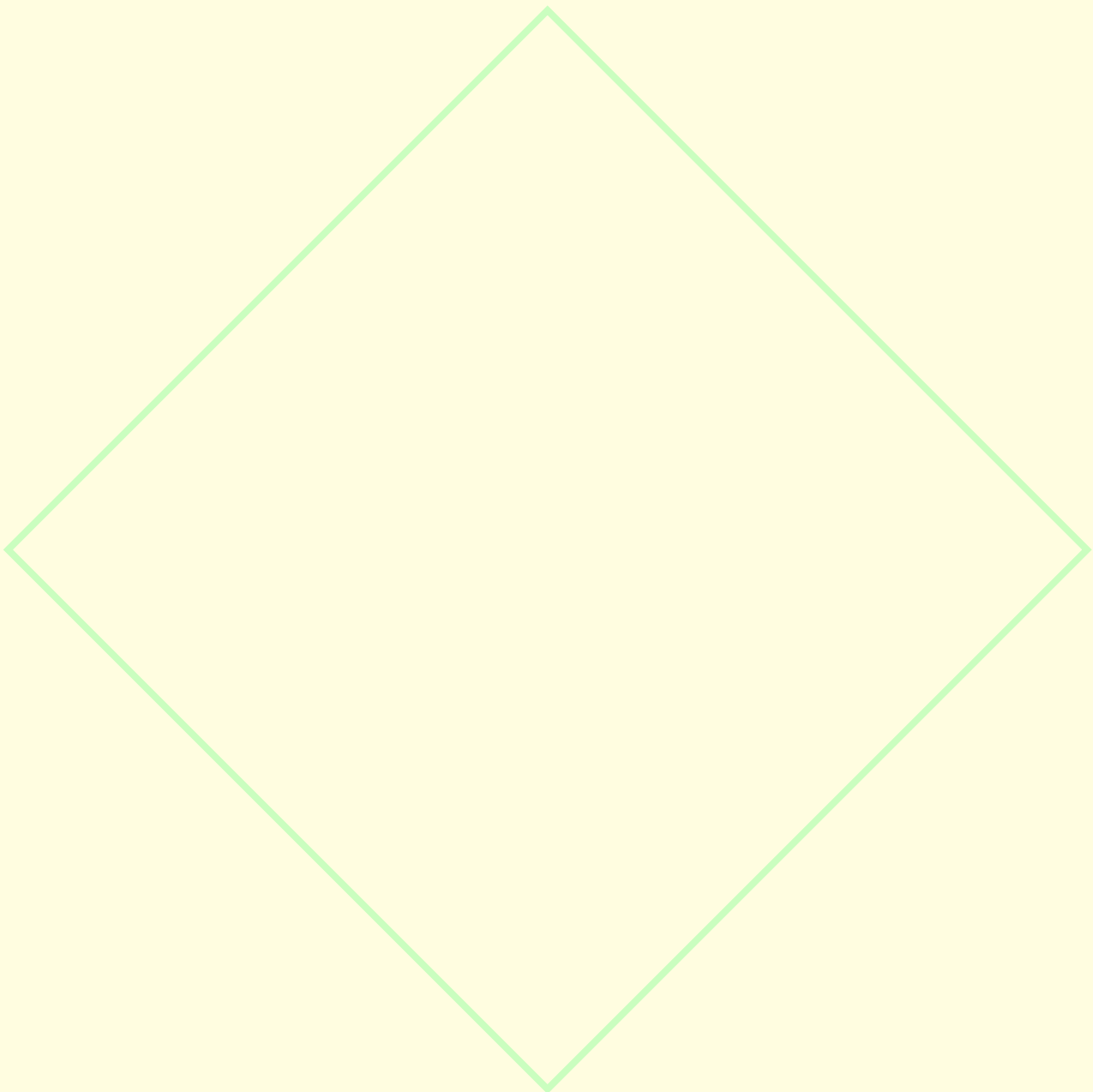
Increasing Self-compassion

Calming the mind

Stress relieving

So, why not have a go at creating your own zentangle?

Scan the QR code to find out how to make a zentangle if you're unsure!



# Brain Break

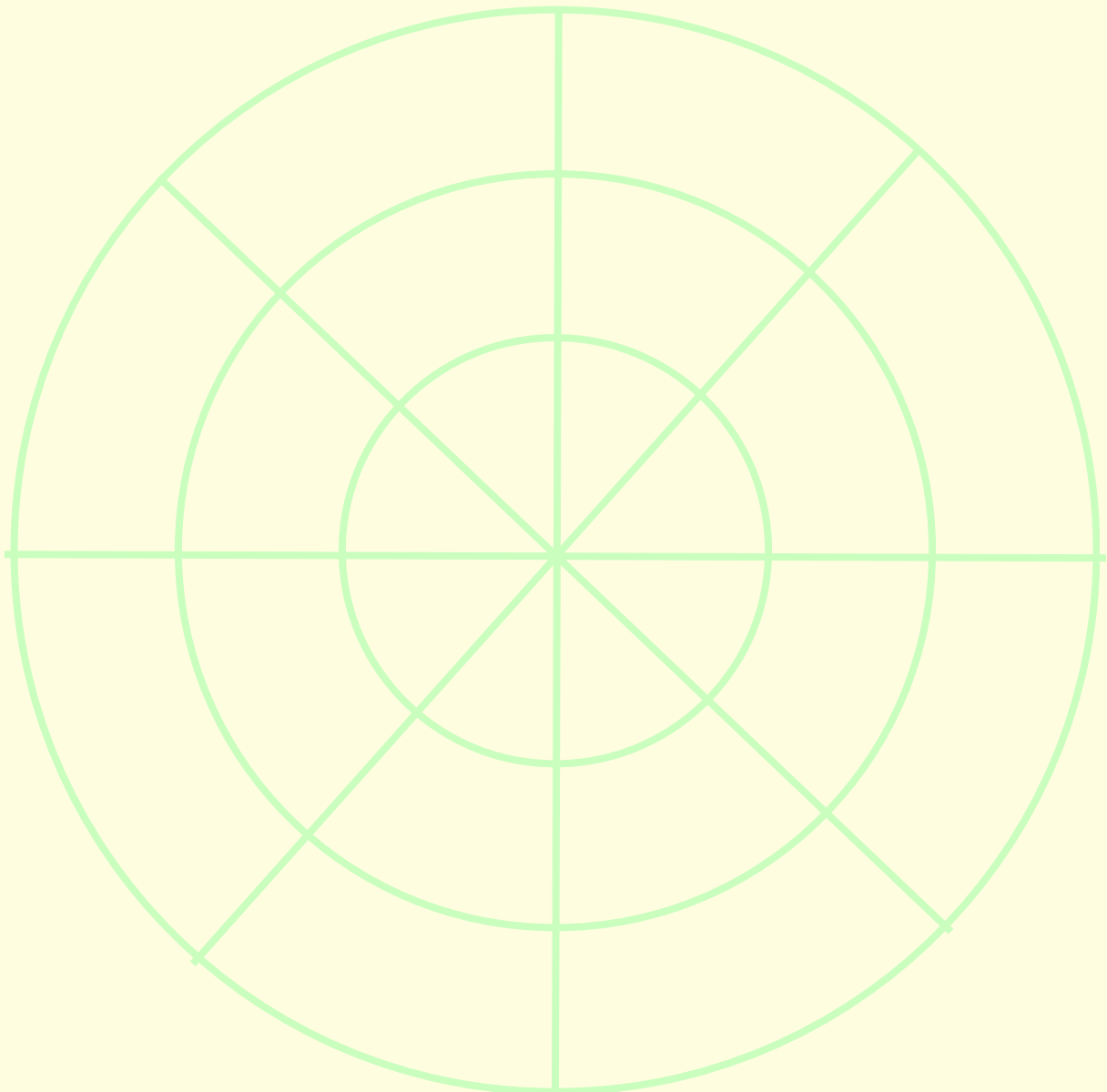
## Create your own Mandala!

There are many mental health benefits to mandala art, including:

- Promote sleep
- Reduce Stress
- Ease Depression

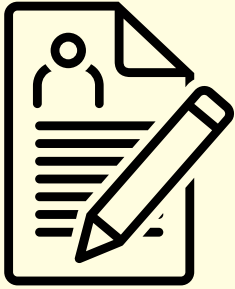
This is an accessible and affordable way to take some time for yourself and be compassionate to your mind

If you're unsure how to create a mandala, follow the QR code!





# 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/](http://www.leicspart.nhs.uk/service/leicestershire-recovery-college/)

By Phone: 0116 295 1196

By Email: [LPT.RecoveryCollege@nhs.net](mailto: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 Social Media!

Join us on Facebook, search; LPT Leicestershire Recovery College

You can follow us on X (Twitter), search; @recoverycollege

We finally have an Instagram! [LPTrecoverycollege](https://www.instagram.com/LPTrecoverycollege)

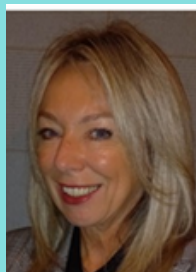


# Meet the Team!

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. We would like to introduce you to all of our team members!



**Marie**  
Recovery and Co-  
Production Lead



**Kate**  
Operational  
Manager



**Sam**  
Deputy Manager



**Jamie**  
Peer Support  
Worker



**Jess**  
Administrator



**Meesha**  
Administration  
Assistant



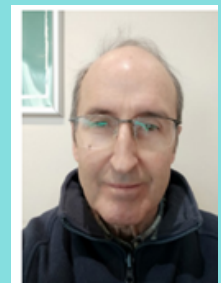
**Hina**  
Volunteer Tutor



**Gemma**  
Peer Support  
Worker



**Wendy**  
Volunteer Tutor



**Will**  
Volunteer Tutor



**Priscilla**  
Volunteer



**Louise**  
Volunteer



**Kerri**  
Volunteer



**Helen**  
Student  
Representative



**Ally**  
Student  
Representative

# INCLUSIVITY AWARENESS

Here at the college we work very hard to try and accommodate for everyone's needs - disabilities, neurodivergence's and otherwise.

We have been privileged enough to be granted funding for sensory items by Raising Health in order to aid students with concentration, anxiety and feelings of inclusion.

Additionally, we offer a wide variety of coloured paper and accommodations for those who suffer with dyslexia, as well as supplying students who attend our journaling and drawing course with the equipment they need!

We continue to grow as a college, both in terms of courses and inclusivity, and we are always looking to improve our student's experience with us!



# Out Of Hours Courses

Find further support for your mental health and wellbeing



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

# Resources

Find further support for your mental health and wellbeing



## **Joy**

Helping the community find help & support across Leicester, Leicestershire & Rutland

[www.services.thejoyapp.com/](http://www.services.thejoyapp.com/)



## **VitaMinds**

Access Talking Therapy Service

0330 094 5595

[www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health](http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health)



## **Get Self Help**

Cognitive Behaviour Therapy Resources

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)



## **LPT NHS Website-Mental Health Support**

Find information and support for your mental health

[www.leicspart.nhs.uk/mental-health/](http://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 or 999**

Call 111 for physical, medical and mental health issues

[www.111.nhs.uk/](http://www.111.nhs.uk/)



## **Neighbourhood Mental Health Cafés**

Local support for people who need help with their mental health [www.leicspart.nhs.uk/service/crisis-cafes](http://www.leicspart.nhs.uk/service/crisis-cafes)



# Resources

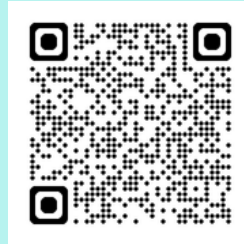
Please get in touch for access to booklets on a range of mental health difficulties

Designed and Developed by Avon and Wiltshire Mental Health Partnership NHS Trust, booklets include:

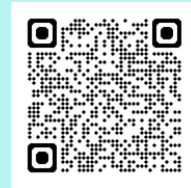
- Abuse
- Alcohol and You
- Anxiety
- Bereavement
- Controlling Anger
- Depression and Low Mood
- Domestic Violence
- Eating Disorders
- Food for Thought
- Health Anxiety
- Hearing Voices
- Obsessions and Compulsions
- Panic
- Post Traumatic Stress
- Postnatal Depression
- Borderline Personality Disorder
- Self Harm
- Sleeping Problems
- Social Anxiety
- Stress

Leicestershire Recovery College have also developed our own booklets, including:

- Gardening for Wellbeing
- GROW Model for Goal Setting
- Journaling for Wellbeing
- Anxiety
- Low Mood
- Sleep



BSL Friendly:



Scan the QR Code to take you to the resources online!



# Stay Connected!

## We'd love to hear from you!

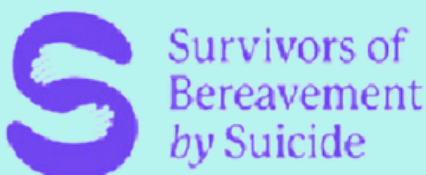
Would you like to hear from the Recovery College more often? Joining our marketing list is easy!

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](mailto: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:



# Getting in Touch



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

Email:  
LPT.Recoverycollege@nhs.net

Twitter: @recoverycollege

Instagram: @lptrecoverycollege

Website: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)  
search; 'Recovery College'

Facebook: LPT Leicestershire  
Recovery College

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**Leicestershire Partnership**  
NHS Trust

Phone: Tel: 0116 225 6000 (24  
hours)

Website: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

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