



Leicestershire Recovery College

PROSPECTUS

Summer 2025 Course Guide:

Monday 28th April 2025 – Friday 22nd August 2025

Half Term Break (Recovery College Closed):

Monday 26th May 2025 – Friday 30th May 2025

Summer Break (Recovery College Closed):

Monday 14th July 2025 – Friday 25th July 2025
& Monday 25th August 2025 – Friday 29th August 2025



Leicestershire Partnership
NHS Trust



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 who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their 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 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.



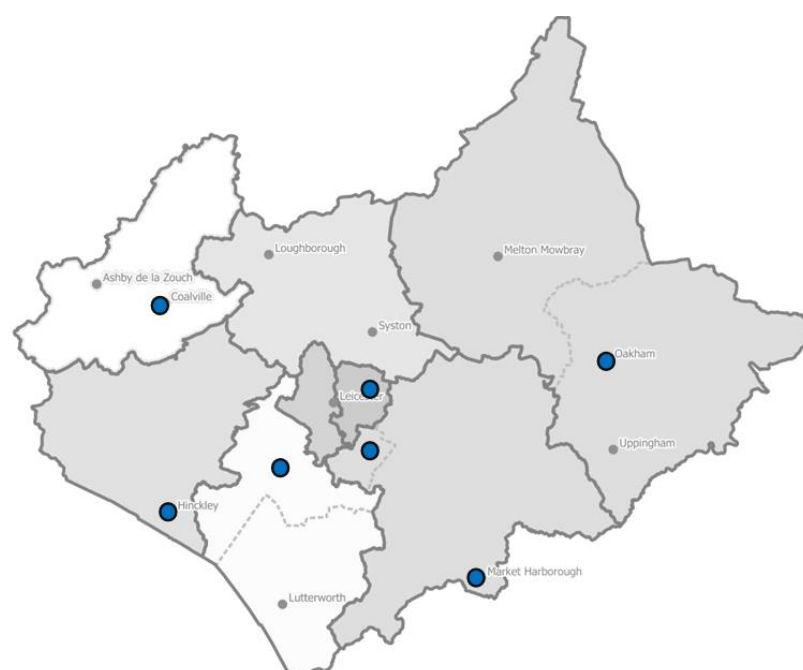
Online courses are delivered via Microsoft Teams. We prefer all students to have their camera on and interact throughout the session. However, we appreciate some people may find this difficult and so it is not compulsory but is encouraged.

Classroom Course Venues



During the Summer Term 2025, the Leicestershire Recovery College delivers face-to-face courses at the following venues:

- **A Place to Grow**, Mill Lane, Enderby, LE19 4AQ (Venue Code: APTG)
- **Abbey Park**, Abbey Park Road, Leicester, LE4 5AQ (Venue Code: AP)
- **Atkins Building**, Lower Bond Street, Hinckley, LE10 1QU (Venue Code: AB)
- **Leicestershire Recovery College**, Unit 2, 20 Lee Street, Leicester, LE1 3RF (Venue Code: LRC)
- **Market Harborough Leisure Centre**, Market Harborough, LE16 9HF (Venue Code: MHLC)
- **Marlene Reid Centre**, 85 Belvoir Road, Coalville, LE67 3PH (Venue Code: MRC)
- **Rutland Adult Learning Centre**, Unit 16a, Gate 2, Oakham Enterprise Park, Oakham, LE15 7TU (Venue Code: RALC)
- **Wigston Magna Library**, Bull Head Street, South Wigston, LE18 1PN (Venue Code: WML)





Timetable at a Glance

Course Title		Course Date(s)	Course Times	Venue
Getting Involved				
Open Day		Mon 19 th May	10am – 2pm	LRC
		Fri 22 nd August	10am – 2pm	LRC
An Introduction to the Leicestershire Recovery College		Tues 13 th May	12pm – 12:30pm	Online
		Thurs 10 th July	12pm – 12:30pm	Online
Building Confidence in the Use of Microsoft Teams	Course 1	Fri 16 th May	11am – 11:45am	Online
	Course 2	Wed 13 th August	1pm – 1:45pm	Online
Understanding/Experience of Mental Health Conditions				
Understanding Medications for Mental Health	Course 1	Fri 23 rd May	1.30pm – 3.30pm	Online
	Course 2	Fri 4 th July	10am – 12pm	Online
	Course 3	Wed 6 th August	1:30pm – 3:30pm	Online
Understanding and Living with Depression		Tues 10 th , 17 th , 24 th June & 1 st July	10am – 12pm	Online
Understanding and Living with Psychosis and Schizophrenia	Course 1	Fri 15 th August	10am – 12pm	LRC
	Course 2	TBC	TBC	Online
Building Your Life				
Recovery Goals: Reflect and Reset Workshop	Course 1	Mon 9 th June	1pm – 3:30pm	MRC
	Course 2	Wed 30 th July	1pm – 3:30pm	Online
Involvement Opportunities within Leicestershire Partnership NHS Trust	Course 1	Wed 21 st May	10:30am – 12pm	LRC
	Course 2	Thurs 31 st July	10:30am – 12pm	LRC
Managing Change		Wed 21 st May	1pm – 3pm	Online
Introduction to Recovery- CHIME		Tues 29 th July & 5 th , 12 th , 19 th , 26 th August	10am – 12pm	LRC
Introduction to Arts in Mental Health		Tues 13 th May	10am – 12pm	MHLC
Humour for Recovery		Thurs 5 th , 12 th , 19 th , 26 th June & 3 rd , 10 th July	1:30pm – 3:30pm	LRC



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge

Introduction to Journaling		Thurs 1 st May	10am – 12pm	Online
Journaling Club		Every Thursday- starting Thurs 1 st May (except during term time closures)	1pm – 1:30pm	Online
Journaling Club in Nature		Mon 30 th June	1:30pm – 3:30pm	APTG
Introduction to Guided Meditation and Mindfulness		Tues 6 th May	10am – 12pm	Online
The Guided Meditation and Mindfulness Club		Every Tuesday- starting Tues 6 th May (except during term time closures)	1pm – 1:30pm	Online
The Guided Meditation and Mindfulness Club in Nature		Mon 4 th August	1:30pm – 3:30pm	APTG
Introduction to It's Not About the Drawing		Fri 2 nd May	10am – 12pm	Online
It's Not About the Drawing	Drop In	Fri 9 th May	12pm – 2pm	Online
	Drop In	Fri 23 rd May	10am – 12pm	Online
	Drop In	Fri 6 th June	12pm – 2pm	Online
	Drop In	Fri 20 th June	10am – 12pm	Online
	Drop In	Fri 4 th July	12pm – 2pm	Online
	Drop In	Fri 1 st August	10am – 12pm	Online
	Drop In	Fri 15 th August	12pm – 2pm	Online
Writing for Self-Expression		Thurs 31 st July & 7 th , 14 th , 21 st August	10:30am – 12pm	Online
Learn To Surf: An Introduction to Living More Mindfully		Fri 13 th , 20 th , 27 th June	1pm – 3:15pm	LRC
Managing Emotions		Wed 4 th , 11 th , 18 th June	1pm – 3pm	Online
Anxiety Management		Thurs 26 th June & 3 rd , 10 th July	10am – 1pm	LRC
Understanding Motivation and Positivity		Wed 9 th July	1pm – 3pm	WML
Dealing with Worries		Wed 2 nd July	1pm – 3pm	Online



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Developing Skills and Knowledge (Continued)

Managing Stress	Fri 11 th July	10:30am – 12pm	Online
	Fri 11 th July (Hybrid)	10:30am – 12pm	RALC
Social Anxiety Workshop	Fri 1 st August	1pm – 2:30pm	Online
	Fri 1 st August (Hybrid)	1pm – 2.30pm	AB

Physical Health and Wellbeing

Gardening for Wellbeing	Mon 12 th May	1:30pm – 3:30pm	APTG
	Mon 2 nd June	1:30pm – 3:30pm	APTG
	Mon 23 rd June	1:30pm – 3:30pm	APTG
	Mon 7 th July	1:30pm – 3:30pm	APTG
	Mon 28 th July	1:30pm – 3:30pm	APTG
	Mon 11 th August	1:30pm – 3:30pm	APTG
Nature for Wellbeing and Recovery	Fri 8 th August	10am – 12pm	AP
Getting Good Sleep	Wed 18 th , 25 th June & 2 nd July	10am – 12pm	LRC
5 Ways to Wellbeing	Wed 7 th May	1pm – 3pm	Online
Mental Health and Smoking- A Start Towards a Smokefree Journey	Tues 20 th May	10:30am – 11:30am	LRC

Involvement Cafe

Drop into the Recovery College (no booking required!) to find out more about the Involvement Network, the offer from the Leicestershire Partnership NHS Trust Patient Experience and Involvement Team and connect with others who are Involvement Network members.

Involvement Cafe

Involvement Cafe	Tues 13 th May, 3 rd June, 8 th July & 5 th August	10am – 12pm	LRC
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Getting Involved

Open Day

Drop into the Recovery College to find out more about the service, and what we can offer to you as a student. This drop-in session 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.

- You a 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
Monday 19 th May	10am – 2pm	Leicestershire Recovery College, Leicester City
Friday 22 nd August	10am – 2pm	Leicestershire Recovery College, Leicester City

An Introduction to the Leicestershire Recovery College

This session introduces you to the Leicestershire Recovery College, during this introduction you will be given an overview of the service, what we offer in our courses and workshops, and who we can help and support. We will give you the opportunity to ask any questions you may have about the service and how to enrol as a student.



This session is delivered by the Leicestershire Recovery College.

Note: You do not need to be enrolled as a student to attend this session, please send an email to LPT.RecoveryCollege@NHS.Net to receive the Microsoft Teams link.

Session Date(s)	Session Time	Venue
Tuesday 13 th May	12pm – 12:30pm	Online: Microsoft Teams
Thursday 10 th July	12pm – 12:30pm	Online: Microsoft Teams

Building Confidence in the Use of Microsoft Teams



Not sure about how to take part in one of our online courses? 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	Friday 16 th May	11am – 11:45am	Online: Microsoft Teams
2	Wednesday 13 th August	1pm – 1:45pm	Online: Microsoft Teams

Understanding/Experience of Mental Health Conditions

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 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	Friday 23 rd May	1.30pm – 3.30pm	Online: Microsoft Teams
2	Friday 4 th July	10am – 12pm	Online: Microsoft Teams
3	Wednesday 6 th August	1:30pm – 3:30pm	Online: Microsoft Teams

Understanding and Living with Depression



This course aims to provide a broad overview and introduction to depression. It is designed to cover topics such as: What is depression. What causes it and what maintains it.

The course will take a closer look at different perspectives and ways of dealing with depression. It will outline a variety of coping strategies, focusing predominantly on psychological perspective and self-management techniques.

This course is delivered by the University of Leicester.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 10 th , 17 th , 24 th June & 1 st July	10am – 12pm	Online: Microsoft Teams

Understanding and Living with Psychosis and Schizophrenia



The aim of this 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	Friday 15 th August	10am – 12pm	Leicestershire Recovery College, Leicester City
2	TBC	TBC	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.

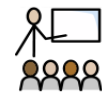


This workshop will give you the opportunity to reflect on your recovery and learning journey so far, identify your achievements and positive outcomes as well as the chance to reset, or set new goals going forward.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 9 th June	1pm – 3:30pm	Marlene Reid Centre, Coalville
2	Wednesday 30 th July	1pm – 3:30pm	Online: Microsoft Teams

Involvement Opportunities Available Within Leicestershire Partnership Trust



In this session, we will provide you with an overview of what Patient/Carer Involvement is as well discussing what involvement opportunities are available within Leicestershire Partnership NHS Trust.

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	Wednesday 21 st May	10:30am – 12pm	Leicestershire Recovery College, Leicester City
2	Thursday 31 st July	10:30am – 12pm	Leicestershire Recovery College, Leicester City



Managing Change



Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to emerge.” – Eckhart Tolle This course aims to support you manage change and transition through activities and discussions. The session will help you to understand the impact change will have on you and which skills and strategies can support you to cope better with change.

This session is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 21 st May	1pm – 3pm	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 BrightSparks- Arts in Mental Health.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 29 th July & 5 th , 12 th , 19 th , 26 th August	10am – 12pm	Leicestershire Recovery College, Leicester City

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. Information will also be provided about the face-to-face and online groups and activities that on offer from the BrightSparks- Arts in Mental Health service.

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	Tuesday 13 th May	10am – 12pm	Market Harborough Leisure Centre, Market Harborough

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 games, discussion, and celebration of some of our favourite comics, the biology of laughter and formulas for creating different types of comedy.

The content of each session is flexible and designed in collaboration with the group, to help you find your funny bone in a safe and happy way!

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

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 5 th , 12 th , 19 th , 26 th June & 3 rd , 10 th July	1:30pm – 3:30pm	Leicestershire Recovery College, Leicester City

Developing Skills and Knowledge

Introduction to Journaling



This course is designed to introduce you to journaling and how to do self-reflection through various forms of journaling. The short course will allow students to learn about the mental health benefits of journaling and uncover the many techniques and methods to journaling.

No prior experience of journaling or how to journal is required to attend this course.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Thursday 1 st May	10am – 12pm	Online: Microsoft Teams

Journaling Club



Join our online weekly club where you will come together in the online 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- starting Thurs 1 st May (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams

Journaling Club in Nature

A journaling session in nature can be a wonderful way to have time to pause and connect with the environment and reflect using your surroundings.



This is a one off in person session at A Place to Grow which is a community garden project in the heart of Enderby. To book on to this session you do not have to be a member of the weekly Journaling Club.

This session is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 30 th June	1:30pm – 3:30pm	A Place to Grow, Enderby

Introduction to Guided Meditation and Mindfulness

This course is designed to introduce you to guided meditation and mindfulness, and offer you tips and techniques on how to engage in meditation and mindfulness practices in a variety of different ways. This short course will allow students to learn about the mental health benefits of meditation and mindfulness and uncover the many techniques and methods that can be used.



No prior experience of meditation or mindfulness, or how to engage in these is required to attend this course.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 6 th May	10am – 12pm	Online: Microsoft Teams

The Guided Meditation and Mindfulness Club



Our weekly meditation and mindfulness club is a great way to help improve your mental wellbeing. This club is to offers the opportunity to learn 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 apps, websites such as YouTube, and 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- starting Tues 6 th May (except during term time closures)	1pm – 1:30pm	Online: Microsoft Teams

The Guided Meditation and Mindfulness Club in Nature



Guided Meditation practice in nature provides a unique opportunity to blend mindfulness whilst engaging with the natural world. This can help to create a deep sense of peace and connection which can support your wellbeing.

This is a one off in person session at A Place to Grow which is a community garden project in the heart of Enderby. To book on to this session you do not have to be a member of the weekly Guided Meditation and Mindfulness Club.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Monday 4 th August	1:30pm – 3:30pm	A Place to Grow, Enderby

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 is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 2 nd May	10am – 12pm	Online: Microsoft Teams

It's Not About the Drawing (Drop Ins)

These 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.

These drop-ins are delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
Drop-in	Friday 9 th May	12pm – 2pm	Online: Microsoft Teams
Drop-in	Friday 23 rd May	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 6 th June	12pm – 2pm	Online: Microsoft Teams
Drop-in	Friday 20 th June	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 4 th July	12pm – 2pm	Online: Microsoft Teams
Drop-in	Friday 1 st August	10am – 12pm	Online: Microsoft Teams
Drop-in	Friday 15 th August	12pm – 2pm	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	Thursday 31 st July & 7 th , 14 th , 21 st August	10:30am – 12pm	Online: Microsoft Teams

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 course 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	Friday 13 th , 20 th & 27 th June	1pm – 3:15pm	Leicestershire Recovery College, Leicester City

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	Wednesday 4 th , 11 th , 18 th June	1pm – 3pm	Online: Microsoft Teams

Anxiety Management



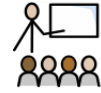
This course offers an introduction to the nature of anxiety. It aims to explore what we mean by anxiety and to offer practical self-help strategies to better manage anxious thoughts.

During the course we will focus on what is anxiety, what keeps it going, how to reduce the physical symptoms, altering your thoughts and changing your behaviours related to anxiety. We will also look at how these strategies can positively influence self-confidence and wellbeing.

This session is delivered by the Leicestershire Partnership NHS Trust.

Course Number	Course Date(s)	Course Times	Venue
1	Thurs 26 th June & 3 rd , 10 th July	10am – 1pm	Leicestershire Recovery College, Leicester City

Understanding Motivation and Positivity



This course will help you to understand more about what motivation is, what motivates you and how to stay motivated.

You will gain more knowledge about the two different types of motivations and why this is important. You will get the opportunity to look at and discuss goal setting to increase and improve your motivation.

The course will also delve into the link between motivation and positivity and the importance of positivity for better mental wellbeing. You will complete activities and tasks with the support of your tutor and in discussion with fellow learners to help you feel more positive and increase your self-esteem and general well being

This course is delivered by the Leicestershire Adult Learning Service.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 9 th July	1pm – 3pm	Wigston Magna Library, Wigston Magna

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	Wednesday 2 nd July	1pm – 3pm	Online: Microsoft Teams

Managing Stress

During this workshop we will be going back to basics with understanding stress and the evolution of this including our fight or flight system activating.



Further, we will be looking at our Stress Bucket as well as looking a self-help technique to help combat stress to reduce the load on mental and physical health.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 11 th July	10:30am – 12pm	Online: Microsoft Teams
	Friday 11 th July (Hybrid)	10:30am – 12pm	Rutland Adult Learning Centre, Oakham

Social Anxiety Workshop

This workshop has been developed to support people with social anxiety.



Managing social anxiety can be hard and can increase feelings of loneliness, social isolation and low self-esteem. The session focuses on education and an understanding about what social anxiety is, including definitions and symptoms as well as introducing specific tools and techniques to better manage social anxiety.

Over this workshop, we will cover: What is social anxiety and why might we experience it? Techniques including Task-focused attention (outwards vs inwards), Caffeine impacts, Cycles to be aware of, Replace and Embrace strategies as well as unhelpful thinking styles.

This workshop is delivered by Life Links.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 1 st August	1pm – 2:30pm	Online: Microsoft Teams
	Friday 1 st August (Hybrid)	1pm – 2.30pm	The Atkins Building, Hinckley

Physical Health and Wellbeing

Gardening For Wellbeing



These sessions give you the opportunity to develop your gardening skills, as well giving you the opportunity to take 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 plants and seeds to grow both indoors and outdoors at home.

This course is delivered by the Leicestershire Recovery College.

Session Number	Course Date(s)	Course Times	Venue
1	Monday 12 th May	1:30pm – 3:30pm	A Place to Grow, Enderby
2	Monday 2 nd June	1:30pm – 3:30pm	A Place to Grow, Enderby
3	Monday 23 rd June	1:30pm – 3:30pm	A Place to Grow, Enderby
4	Monday 7 th July	1:30pm – 3:30pm	A Place to Grow, Enderby
5	Monday 28 th July	1:30pm – 3:30pm	A Place to Grow, Enderby
6	Monday 11 th August	1:30pm – 3:30pm	A Place to Grow, Enderby

Nature for Wellbeing and Recovery



This taster session could be for you if you would like to explore the role the natural environment can play in recovery and wellbeing.

Students will meet at Abbey Park, one of Leicester’s premier parks, for a walk in its fascinating grounds and explore the remains of the twelfth century Leicester Abbey, and the ruins of Cavendish House, a seventeenth century mansion. We will visit the popular and well-established pets’ corner on the western side of the park which has a selection of birds and animals. Please dress in comfortable clothing and footwear suitable for the outdoor environment. Please bring some money to purchase refreshments at the Café, if required.

This course is delivered by the Leicestershire Recovery College.

Course Number	Course Date(s)	Course Times	Venue
1	Friday 8 th August	10am – 12pm	Abbey Park, Leicester City

Getting Good Sleep

Sleep is essential to life and a seemingly straight forward task. However, it is not uncommon for people to be held back in life due to struggles with getting enough or good quality sleep.



This course is aimed at people who are experiencing difficulties in sleeping, are keen to uncover what might be hindering their sleep and discover effective ways of getting good sleep. Topics will include: Why do we need sleep? How much sleep should I be getting? Common sleep difficulties? The link between mental health and sleep. What's keeping me awake? What can I do about it?

This course is delivered by the University of Leicester.

Course Number	Course Date(s)	Course Times	Venue
1	Wednesday 18 th , 25 th June & 2 nd July	10am – 12pm	Leicestershire Recovery College, Leicester City

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	Wednesday 7 th May	1pm – 3pm	Online: Microsoft Teams



LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



Mental Health and Smoking- A Start Towards a Smokefree Journey



This session is relevant for anyone that would like to know more about smoking, anyone that smokes or has friends or family that smoke.

This session will be particularly helpful if you are looking to reduce your smoking with the intention to quit further in the future. This course will provide you with helpful tips and coping mechanisms to quit smoking or provide family members with information in supporting people to stop smoking. It will also provide information on the support that you can access in the community.

This course is delivered by Quit Ready- Leicestershire and Rutland

Course Number	Course Date(s)	Course Times	Venue
1	Tuesday 20 th May	10:30am – 11:30am	Leicestershire Recovery College, Leicester City

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.





LEICESTERSHIRE RECOVERY COLLEGE PROSPECTUS



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!

Leicestershire Adult Learning Service

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'

Postal Address:

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

Leicestershire Partnership NHS Trust

Telephone: 0116 225 6000 (24 hours)

Postal Address:

Leicestershire Partnership NHS Trust
Room 100/110 Pen Lloyd Building
County Hall
Leicester Road
Glenfield
Leicestershire
LE3 8RA