



LEICESTERSHIRE RECOVERY COLLEGE

PROSPECTUS

Autumn Course Guide:

Tuesday 30th August to Friday 16th December 2022

WELCOME TO THE LEICESTERSHIRE RECOVERY COLLEGE

This is an NHS college offering a range of recovery-focussed educational courses and resources for people with lived mental health experience who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their friends, family and Leicestershire Partnership NHS Trust staff.

The College is offering people a range of courses designed to contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and talents in order to become experts in their own self care, make informed choices and achieve the things they want to in life.

Most of our courses are being delivered online via MS Teams, during the current Covid-19 Pandemic. We can offer one to one technical advice and support to individuals if you require help to access the sessions.

The College has a philosophy of co-development, co-production and shared decision making, and the courses and workshops are delivered by a variety of organisations and available on a range of topics:



- Getting Involved
- **Understanding/Experience of Mental Health Conditions**
- **Building your Life**
- **Developing Skills and Knowledge**
- **Physical Health and Wellbeing**

To find out more about the Recovery College, watch our promotional film 'Close up on Recovery' which is available via our webpage: <https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>

HOW TO ENROL AT LEICESTERSHIRE RECOVERY 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.
To enrol please call; 0116 295 1196 or,
Email; LPT.RecoveryCollege@NHS.Net

We will arrange to contact you and go through an individual learning plan with you and then 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.

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.

if you would like some additional support whilst attending the Recovery College, please feel free to get in touch and book some time in with our Peer Support Worker.



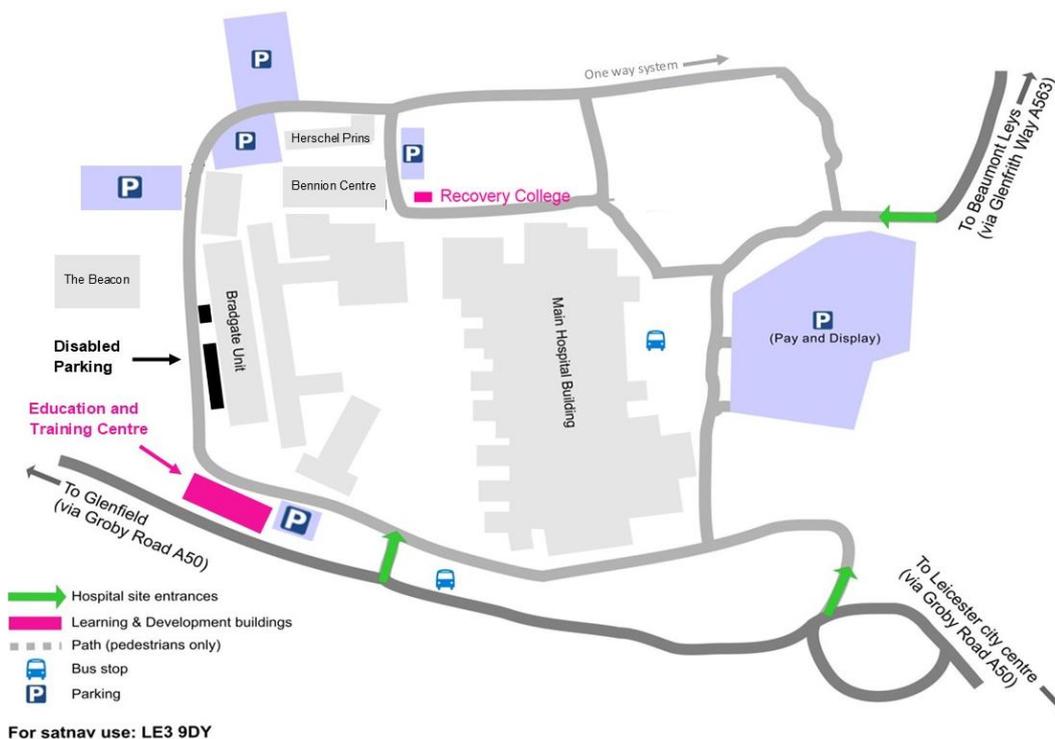
AUTUMN TERM 2022 COURSE VENUES

Most of our courses are being delivered online via MS Teams. We can offer one to one technical advice and support to individuals if you require help to access the sessions.

During the Autumn Term 2022, we will be offering one face-to-face course as a pilot for future face-to-face courses offered by the Leicestershire Recovery College. When booking on to this course more details will be provided in relation to Covid-19 regulations and how to access this course safely. If you have any queries or concerns please contact the Recovery College team on 0116 295 1196 or LPT.Recoverycollege@NHS.Net.

Pilot Course Venue;
Education and Training Centre, Glenfield Hospital Site, Groby Road, Leicester, LE3 9DY

Map:



Travel Information

Bus
Routes; 14A, 26, 27, 29A, 29B, X29, 125, 162, LRI Hospital Hopper. (Bus stop may vary between Glenfield Hospital/Groby Road)

Car
-Free Parking; Please use the designated parking spaces around the Bradgate Unit/ Bennion Centre/ Herschel Prins Centre

-Pay & Display (Glenfield Hospital) please see signage on site.

For satnav use: LE3 9DY



Leicestershire Recovery College Autumn Term 2022 - Course List

HOPE

CONTROL

OPPORTUNITY

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AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p>UNDERSTANDING MEDICATIONS FOR MENTAL HEALTH</p>	<p>This introductory course aims to explain the different categories of medication prescribed for mental illness and to explore 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.</p> <p><i>This course is delivered by the Leicestershire Partnership NHS Trust Pharmacy Team.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Wednesday 12th October 10 am – 12 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Tuesday 8th November 10 am – 12 pm Venue: Online (One Session) <p><u>Course 3</u></p> <ul style="list-style-type: none"> • Tuesday 6th December 2 pm – 4 pm Venue: Online (One Session)
<p>UNDERSTANDING A DIAGNOSIS OF PSYCHOSIS AND SCHIZOPHRENIA</p>	<p>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.</p> <p>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.</p> <p><i>This course is delivered by the Psychosis Intervention and Early Recovery (PIER) Team.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Tuesday 27th September 2 pm – 4 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Wednesday 23rd November 2 pm – 4 pm Venue: Online (One Session)



Hope
Control
Opportunity



AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
MANAGING WELLBEING DURING UNCERTAINTY	<p>This course has been developed to support people during these unprecedented times. Managing our wellbeing in uncertain situations can be difficult at any point in time, but due to the current situation it may increase feelings of worry and anxiety. This course focuses on understanding why we feel negative emotions when we are experiencing uncertainty (It is more common than you think) along with introducing specific tools and techniques to manage these.</p> <p>Over the course we will cover: Worry & Anxiety, taking a Self-compassion Approach, Managing Sleep and Exploring Identity. All aspects interlink with taking care of ourselves during difficult and uncertain times.</p> <p><i>This course is delivered by Life Links Leicestershire.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Wednesday 14th, 21st, 28th Sept & 5th October 10 am – 12 pm Venue: Online (Four Sessions) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Wednesday 2nd, 9th, 16th & 23rd November 10 am – 12 pm Venue: Online (Four Sessions)
MANAGING ANXIETY	<p>This course provides an introduction to understanding anxiety and the impact this has on us.</p> <p>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.</p> <p><i>This course is delivered by Life Links Leicestershire.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Tuesday 30th August & 6th September, 10 am – 12 pm Venue: Online (Two Sessions) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Tuesday 25th October & 1st November, 10 am – 12 pm Venue: Online (Two Sessions)
UNDERSTANDING A DIAGNOSIS OF BIPOLAR DISORDER	<p>This introductory session could be for you if you are interested in gaining awareness of what the experiences of Bipolar Disorder or severe mood swings may mean to you or to somebody you care about, or you have a general interest in finding out more.</p> <p>Bipolar is thought to affect 1 in 100 people and this course will explore the facts and realities, how it is diagnosed and treated and how to manage and monitor mood.</p> <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Friday 2nd December, 1 pm – 3:30 pm Venue: Online (One Session)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p>MENTAL HEALTH AND SMOKING – A START TOWARDS A SMOKEFREE JOURNEY</p>	<p>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.</p> <p>The session will last one hour and cover the following: Why people smoke: Physical and Mental health effects of smoking: Benefits from stopping: Overview of the tools for reducing the harm from smoking: Medications to help you stop smoking.</p> <p><i>This course is delivered by Stop Smoking (Leicestershire).</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Friday 23rd September 2 pm – 3 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Friday 7th October 2 pm – 3 pm Venue: Online (One Session) <p><u>Course 3</u></p> <ul style="list-style-type: none"> • Friday 11th November 2 pm – 3 pm Venue: Online (One Session)
<p>SUBSTANCE USE INTERVENTIONS</p>	<p>Some people may be experiencing problems with drug and alcohol: other people may be affected by those using substances.</p> <p>This course aims to support you to develop skills to recognise issues around substance use. In this course we look at moving forward in recovery and provide a toolkit to manage these issues.</p> <p>The course will offer 3 sessions focusing on safety and education. The strategies used will be in line with local service providers and information will be available on how to access services.</p> <p>The 3 psycho social sessions will focus on discussing harm reduction related to substances and exploring coping strategies.</p> <p>This course will work with substance users who have mental health issues to enable them to look at their substance use at the same time as their mental health and how they can impact on each other.</p> <p><i>This course is delivered by the Leicestershire Partnership NHS Trust Substance Misuse Team.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Thursday 15th, 22nd September & 6th October 1 pm – 3 pm Venue: Online (Three Sessions)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p>LONELINESS: GET BETTER CONNECTED</p>	<p>There can be many times when you can feel lonely, maybe after bereavement of a relative or friend, or perhaps after a period of illness which may have made going out or talking to people tricky.</p> <p>Feeling isolated from the company of others can get in the way of good mental health. Connecting with others can have a positive beneficial effect on both mental and physical health.</p> <p>This session will explore ways you could start to connect with others. Based on your interests and health you will have the opportunity to focus on the groups and opportunities to connect with others in your area. The making of inquiries will be discussed and a list of useful questions to ask group leaders will be written. Some useful conversational tips will be briefly covered which may help you to talk to others when you connect with people.</p> <p>The last half hour of the session will be delivered by a Learning and Work Advisor and will focus on thinking positively about your existing skills, knowledge and achievements and sharing of information, advice and guidance to support you to pursue any personal goals.</p> <p><i>This course is delivered by the Leicestershire Adult Learning Service.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Wednesday 26th October 10 am – 12 pm Venue: Online (One Session)
<p>CARING FOR A LOVED ONE WITH MENTAL HEALTH CHALLENGES</p>	<p>Do you look after a loved one who is struggling with their mental health?</p> <p>Would you like to find out more about services provided by The Carers Centre?</p> <p>Would you like to know more about how to get a carers assessment?</p> <p>If so, this session might be for you.</p> <p>In this one a hour session we will explore how; The Carers Centre could support you in your caring role and how to get a Carers Assessment.</p> <p><i>This course is delivered by the Carers Centre (Leicester)</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Monday 7th November 10:30 am – 11:30 am Venue: Online (One Session)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p>INVOLVEMENT OPPORTUNITIES AVAILABLE WITHIN LEICESTERSHIRE PARTNERSHIP NHS TRUST</p>	<p>What is Patient/Carer Involvement? In this new session, we will provide an overview of what Patient/Carer Involvement is as well discussing what Involvement opportunities are available within LPT.</p> <p>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.</p> <p>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.</p> <p><i>This course is delivered by the Leicestershire Partnership Trust Patient Experience and Involvement Team.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Monday 12th September 11:00 am – 12:30 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Wednesday 7th December 10:30 am – 12 pm Venue: Online (One Session)
<p>INTRODUCTION TO RECOVERY - CHIME</p>	<p>What is Recovery in Mental Health? In this new 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.</p> <p>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:</p> <p>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).</p> <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Tuesday 13th, 20th, 27th Sept & 4th, 11th October 10 am – 12 pm Venue: Online (Five Sessions)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
INTRODUCTION TO PEER SUPPORT	<p>This Introductory session is for anybody who wants to find out more about the Peer Support Worker Training course being offered through Leicestershire Recovery College; as well as the role of Peer Support Workers in promoting hope and empowerment and what a difference they can make in mental health recovery.</p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Thursday 15th September 10am – 12pm (One Session)
<i>New Course!</i>	<p>Leicestershire Partnership Trust is committed to employing 75 Peer Support Workers across Leicester, Leicestershire, and Rutland, to use their lived experience of mental health to support others in their recovery. To apply for these roles, people will have completed a recognised training course.</p> <p>In this Introduction session, we will:</p> <ul style="list-style-type: none"> • discuss what will be covered on the full training course from the Recovery College • consider the practicalities and expectations of trainees completing it • the next steps in applying to become a trainee. <p>This session will benefit those students who are ready and motivated to use their lived experience of mental health (or supporting someone with their mental health) to support others.</p> <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 2</u></p> <ul style="list-style-type: none"> • Monday 5th December 10am – 12pm (One Session)
PEER SUPPORT TRAINING	<p>The peer support training is an essential requirement for anyone who wants to apply for a Peer Support Worker job in Leicestershire Partnership NHS Trust or with our community partners.</p> <p>The training is delivered over 9 days in different ways, online or face to face and the course you apply for could be either. It is a very service user friendly course and it is a very well recognised course that is delivered internationally and has a high success rate of preparing people to apply for a Peer Support Worker job. If you are looking to use your special skills of empathy, shared experiences and want to inspire hope of recovery to other people on their recovery journey this course is a good place to start.</p> <p>The peer support training covers the values and competencies that are at the heart of peer support work. We are increasing the number of peer support jobs that will be available in Leicester and Leicestershire.</p>	<p>Peer Support Training is a popular course and if you are interested in attending.</p> <p>Please speak to a member of the Recovery College team for more information.</p>

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p>RECOVERY GOALS: REFLECT AND RESET WORKSHOP</p> <p style="background-color: #fff9c4; padding: 2px;"><i>New Session!</i></p>	<p>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.</p> <p>When enrolling at the college you will have completed an Individual Learning Plan with a member of the team where you discussed your learning goals in relation to your hopes and ambitions for your recovery journey.</p> <p>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.</p> <p>You will leave the session with refreshed goals and also have the chance to book onto the courses you have identified that will help you to achieve your goals and discuss any support needs.</p> <p><i>This session is delivered by the Leicestershire Recovery College</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Monday 26th September 10 am – 12 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Friday 9th December 10 am – 12 pm Venue: Online (One Session)
<p>COLLEGE COFFEE</p> <p style="background-color: #fff9c4; padding: 2px;"><i>New Session!</i></p>	<p>Drop in for a friendly chat and connect with other students over a virtual cuppa.</p> <p>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 online session.</p> <p>This session is held several times across each term, usually lasting 1 hour.</p> <p>Don't forget to bring the biscuits!</p> <p><i>This session is delivered by the Leicestershire Recovery College</i></p>	<p><u>Session 1</u></p> <ul style="list-style-type: none"> • Friday 16th September, 1 pm – 2 pm Venue: Online (One Session) <p><u>Session 2</u></p> <ul style="list-style-type: none"> • Friday 14th October, 11:30 am – 12:30 pm Venue: Online (One Session)
<p>CHRISTMAS DROP IN</p> <p style="background-color: #fff9c4; padding: 2px;"><i>New Session!</i></p>	<p>Join us for an end of year celebration!</p> <p>This informal online session will take a look back at the college year during 2022, look ahead to the Spring Term 2023 Prospectus, include a Team Quiz for you to join, Winter Wellbeing Tips, and a Q&A with Recovery College Staff.</p> <p><i>This session is delivered by the Leicestershire Recovery College</i></p>	<p><u>Session 1</u></p> <ul style="list-style-type: none"> • Friday 16th December, 1 pm – 2:30 pm Venue: Online (One Session)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
MANAGING EMOTIONS	<p>This course has been developed to support people who find it difficult to manage their emotions. Managing our emotions can be difficult sometimes but it is important that we are aware of how to manage our experiences to ensure that we don't feel overwhelmed.</p> <p>This course focusses on understanding why we might feel and experience certain emotions, along with introducing self-help tools and coping techniques to better manage our experiences.</p> <p>Over the course of three sessions 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 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.</p> <p><i>This course is delivered by Life Links Leicestershire.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Thursday 27th October, 3rd & 10th November 10 am – 12 pm Venue: Online (Three Sessions) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Thursday 1st, 8th & 15th December 10 am – 12 pm Venue: Online (Three Sessions)
'LEARN TO SURF' – AN INTRODUCTION TO LIVING MORE MINDFULLY	<p>"You can't stop the waves, but you can learn to surf" - Jon Kabat Zinn</p> <p>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!</p> <p>'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, taste, and so on. 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.</p> <p>This course consists of a number of practical mindfulness 'experiments' and some tips on bringing mindfulness into daily life.</p> <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Tuesday 15th & 22nd November 10 am – 1 pm Venue: Room 5 Education and Training Centre Glenfield Hospital Site Groby Road Leicester (Two Sessions) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Tuesday 6th & 13th December 10 am – 1 pm Venue: Online (Two Sessions)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
INTRODUCTION TO EMOTIONAL MINDFULNESS	<p>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.</p> <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Wednesday 31st August 2 pm – 4 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Tuesday 11th October 2 pm – 4 pm Venue: Online (One Session) <p><u>Course 3</u></p> <ul style="list-style-type: none"> • Tuesday 8th November 2 pm – 4 pm Venue: Online (One Session)
RECOGNISE YOUR POTENTIAL	<p>This is a personal development workshop for individuals who want to increase their confidence and self-esteem as the first step of their learning journey.</p> <p>By the end of the course you will be able to:</p> <ul style="list-style-type: none"> • List your personal strengths, qualities and achievements • Describe yourself in a positive way • Recognise a range of opportunities for increasing your confidence. <p><i>This course is delivered by the WEA.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Friday 28th October, 4th, 11th & 18th November 10 am – 12 pm Venue: Online (Four Sessions)
New Course!		
UNDERSTANDING MOTIVATION AND POSITIVITY	<p>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.</p> <p>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.</p> <p><i>This course is delivered by the Leicestershire Adult Learning Service.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Tuesday 29th November 10 am – 12 pm Venue: Online (One Session)
New Course!		

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
INTRODUCTION TO JOURNALING	<p>Studies show there are many benefits to journaling, including improved health and wellbeing, and we will explore how you can use it to support your recovery journey. We will look at:</p> <ul style="list-style-type: none"> The purpose of journaling How to journal and the different types of journal Barriers to keeping a journal Safety – physical and emotional considerations Benefits of keeping a journal <p><i>This course is delivered by the Leicestershire Adult Learning Service.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> Wednesday 14th December 10 am – 12 pm Venue: Online (One Session)
ASSERTIVENESS AND CONFIDENCE BUILDING	<p>This is a personal development workshop for individuals who want to increase their confidence and self-esteem. The course will help you develop qualities and skills that can help to overcome any personal barriers preventing you from being confident, professionally, and personally.</p> <p>By the end of the workshop, you will be able to:</p> <ul style="list-style-type: none"> Define assertive and confidence in one sentence Learn skills to increase your assertiveness and confidence List up to 6 personal strengths, qualities, and achievements Describe yourself in a positive way <p><i>This course is delivered by the WEA.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> Friday 23rd, 30th September & 7th October 10am – 12pm (Three Sessions)
MANAGING STRESS	<p>Alleviate stress and burnout by returning to a state of feeling safe, motivated and powerful. On this course you will:</p> <ul style="list-style-type: none"> 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 learn how to create a balanced day explore stuff which adds meaning to your life <p><i>This course is delivered by the WEA.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> Friday 25th November & 2nd December 10am – 12pm (Two Sessions)

AUTUMN TERM 2022 COURSES

COURSE NAME	COURSE DESCRIPTION	DATE & TIME
<p>BUILDING CONFIDENCE IN THE USE OF MICROSOFT TEAMS (MSTeams) WORKSHOP</p>	<p>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.</p> <p>Microsoft Teams is the software platform used for online courses run by the Leicestershire Recovery College. This workshop is delivered in a 'course style' using discussion, activities, and games to help build your confidence.</p> <p>This short course gives you the opportunity to explore how an online course is run, whilst getting to use the basic functions of Microsoft Teams including signing in to a course, using your camera, muting and unmuting your microphone and writing in the 'chat'.</p> <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Thursday 13th October 11 am – 12 pm Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Wednesday 14th December 2 pm – 3 pm Venue: Online (One Session)
<p>E-LEARNING COURSE- INTRODUCTION TO MINDFULNESS</p>	<p>'Introduction to Mindfulness' is a short online course that has been developed by the Recovery College team.</p> <p>Mindfulness and meditation have been shown to reduce stress by helping you to be more attentive to the present moment. Mindfulness can even reduce physical symptoms of stress, and susceptibility to illnesses such as colds and other ailments.</p> <p>This course is a short online course covers what Mindfulness is, the benefits and shares some techniques with lots of signposting to other resources available.</p>	<p>To access the course visit:</p> <p style="text-align: center;">http://elearning-lpt.leicestershire.nhs.uk/313Courses/Mindfulness/html/</p> <p style="text-align: center;">If a member of Leicestershire Partnership NHS Trust staff – find the course on ULearn.</p>
<p>SLEEP AND WELLBEING</p>	<p>Getting enough good sleep can effect how you feel physically and mentally. The course will look at why we sleep, sleep cycles, the benefits of good sleep and healthy bedtime routines. You will gain knowledge about what can happen if you don't get good restful sleep and helpful tips about how to create and promote better sleep hygiene.</p> <p>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 nights sleep and hopefully improve you mental and physical well being.</p> <p><i>This course is delivered by the Leicestershire Adult Learning Service.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Tuesday 15th November 10 am – 12 pm Venue: Online (One Session)
<p><i>New Course!</i></p>		

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<p>GENTLE YOGA AND RELAXATION</p>	<p>Take an hour to look after yourself. Sarah will talk you through some very simple yoga techniques, gentle movement to relax your body, breathing practices to calm your mind, and ending with a guided relaxation.</p> <p>This session will be accessible to anyone, regardless of your level of fitness or ability, no prior experience of yoga is required.</p> <p>Course Guidelines:</p> <ul style="list-style-type: none"> • Wear loose, comfortable clothing • Find a quiet room where you won't be disturbed • Some of the session will be seated, so you might like to have a chair or cushion available to sit on • Clear a space on the floor where you can lay down, with a yoga mat or a large towel to lay on if you prefer • You might like to have some cushions and a blanket so that you are warm and comfortable for the relaxation <p><i>This course is delivered by the Leicestershire Recovery College.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Friday 16th September 10 am – 11 am Venue: Online (One Session) <p><u>Course 2</u></p> <ul style="list-style-type: none"> • Thursday 17th November 11 am – 12 pm Venue: Online (One Session)
<p>SINGING FOR WELL-BEING</p>	<p>This course 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 well-being.</p> <p><i>This course is delivered by the WEA.</i></p>	<p><u>Course 1</u></p> <ul style="list-style-type: none"> • Monday 14th, 21st & 28th November 10 am – 11:30 am Venue: Online (Three Sessions)

Turn to Pages 17; for details of other courses offered here at the Leicestershire Recovery College

COURSES RETURNING IN 2023

Understanding/Experience of Mental Health Conditions

- UNDERSTANDING STRESS AND RESILIENCE

Building Your Life

- CONFIDENT COMMUNICATION
- INTRODUCTION TO COMEDY FOR RECOVERY
- THE VALUE OF COMEDY IN RECOVERY FROM MENTAL DISTRESS
- INTRODUCTION TO ARTS IN MENTAL HEALTH
- WELLBEING DURING PREGNANCY
- ADJUSTING TO PARENTHOOD

Developing Skills and Knowledge

- EFFECTIVE GOAL SETTING
- TIME MANAGEMENT
- INTRODUCTION TO CREATIVE WRITING

Physical Health and Wellbeing

- A HEALTHY NEW ME
- 5 WAYS TO WELLBEING
- SELF-CARE
- NATURE FOR WELLBEING AND RECOVERY- ABBEY PARK

For more details about waiting lists for the above courses,
please speak to a member of the Recovery College staff.



Leicestershire Recovery College

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Twitter: @recoverycollege

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

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

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