



Recovery College for All

*online prospectus
and timetable*

*New sessions added
August – October 2020*





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Welcome to Recovery College for All Online

All of our sessions are co-designed and co-delivered by Experts by Experience; individuals who have lived experience of challenges in their own mental health and health professionals. We have adapted some sessions to be delivered virtually and are offering a range of one hour sessions - some are one-off, some are run over a few weeks.

Please see our **Frequently Asked Questions** below.



How long will each session last?

Each session will run for **one** hour. Some sessions are in multiple parts, we recommend that you join all parts - for example, the **Five Ways to Wellbeing** session will be held over **five** one hour sessions, held weekly.

What will I need?

To join the online sessions, you will need a mobile phone / laptop / desktop computer / tablet that has a camera and microphone that can access the internet via Wi-Fi or internet data. You also might want to have a pen and notepad to jot any notes down.

How do I access the sessions?

The sessions will be held using Microsoft Teams. This is a free to use video conference call application. If you are using a mobile phone or tablet device, you will need to download the FREE Microsoft Teams app via your app store. If you are using a desktop PC or laptop, you can join via a web browser. You will be emailed an invite to the session which will include instructions on how to join the session.

If you experience any difficulties joining, or are unsure if your technology is compatible, please call **Anne Glover, Recovery Improvement Lead: 07985 883420**





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When will the facilitators be available?

The session facilitators will be available 15 minutes before and 15 minutes after the session. You are welcome to log in to the session early to get yourself settled and speak with the session facilitators.

Do I need to book on to sessions individually or can I book more than one at the same time?

We are happy for you to book onto as many sessions as you like if there are spaces available.

How do sessions with multiple parts work?

When you join a multiple part session, once registered, follow the link to join each week and you'll be with the same learners each session at the same time.

How does session feedback work?

You will be emailed a session evaluation. We would really value any feedback you have on the online sessions. This is new for us, so anything we could improve or make your online learning experience better, is gratefully received!

How will interactions work during the session?

The online sessions will work in a similar way to our Recovery College classroom sessions. Each session will start with introductions and ground rules so we can all feel comfortable and safe during the session. The sessions have set content, guided by the facilitators, but we welcome interactions and discussions. There is a chat function, so you can type questions if you prefer as we're going along. There will be opportunities to get involved to share ideas and listen to each other.

How many learners are there on a session?

Each session will have up to **six** learners and **two** Recovery College facilitators. We have reduced the number as the sessions will run for **one** hour and this will allow time for discussions and for everyone to get involved to get the most out of the sessions.





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Can I join a session if I have never attended a Recovery College session before?

Yes, if you meet our eligibility criteria; Recovery College is open to:

- People who use BSMHFT Trust services
- Supporters (carers, friends and family) of the above
- Trust staff members, including students.
- Those who are part of our Trust membership

How do I sign up for a session?

Email us: bsmhft.recoverycollege@nhs.net stating which session you would like to join, we will take some details from you and register you on the session. You will be emailed the joining instructions - please check your spam folder, just in case!

SESSION INFORMATION

Beginning mindfulness

A one hour introductory session to what mindfulness meditation is - its benefits as part of managing stress and anxiety in recovery and part of maintaining positive mental health. Various types of mindfulness exercises will be demonstrated and further information and sign posting provided.

Establishing a routine

This standalone one hour session explores why routines can be beneficial whilst discussing the barriers to developing a routine.





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Exploring anxiety – *NEW COURSE*

This three part course explores how anxiety is a normal human response and the different ways it can affect us. Through activities, discussion and sharing experiences, learners will be able recognise symptoms, triggers and the cycle of anxiety. The final session explores different strategies that can help individuals manage anxiety and aid personal recovery.

Five ways to wellbeing

Explore each of the “Five Ways to Wellbeing” over a series of five, one hour sessions run at the same time each week. The sessions will look at how making small changes to your lifestyle can impact on your wellbeing.

Goal setting

This three part online session looks at setting goals and aims as an effective way to increase empowerment and motivation to help you create the changes to improve health, relationships and personal growth. Goal setting can also be an important step towards recovery from mental health conditions.

Introduction to recovery – *NEW SESSION*

This short introductory session will look at the three main principles of recovery: hope, opportunity and choices / taking control. Recovery is a personal experience and everyone’s recovery journey is different. Time will be given to learners to consider what personal recovery means and is a space to share reflections on the challenges of the current pandemic conditions.





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Looking after me

This standalone one hour session is a chance to explore what self-care means to you. Explore how the current social restrictions have helped or hindered you.

Using stories for conversation

Stories can help us to learn new things, see new perspectives and share a connection with other people. We can read stories, listen to them or tell them from memory. This one hour session will help you to experience and learn how to use short stories in your everyday life, both for personal learning and to enrich your conversations with other people.



Understanding Dementia – *NEW COURSE*

In partnership with Admiral Nurses, this three part course is facilitated by individuals with lived experience and professional expertise, providing a unique exploration of living well with dementia. The course explores “normal ageing versus dementia”, techniques to support individuals living with dementia and how carers can look after their own needs whilst supporting a loved one in their recovery.





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AUGUST 2020							
Monday 24 August	Time	Tuesday 25 August	Time	Wednesday 26 August	Time		
Introduction to recovery	11.00am	Exploring anxiety – <i>PART 1</i>	1.30pm	Using stories for conversation	11.00am		
SEPTEMBER 2020							
BANK HOLIDAY		Tuesday 1 September	Time	Wednesday 2 September	Time	Thursday 3 September	Time
		Exploring anxiety – <i>PART 2</i>	1.30pm	Beginning mindfulness	11.00am	Looking after me	1.30pm
		Tuesday 8 September	Time			Thursday 10 September	Time
		Exploring anxiety – <i>PART 3</i>	1.30pm			Five ways to wellbeing – <i>PART 1</i>	11.00am
Monday 14 September	Time	Tuesday 15 September	Time	Wednesday 16 September	Time	Thursday 17 September	Time
Using stories for conversation	1.30pm	Beginning mindfulness	11.00am	Establishing a routine	1.30pm	Five ways to wellbeing – <i>PART 2</i>	11.00am
Monday 21 September	Time	Tuesday 22 September	Time	Wednesday 23 September	Time	Thursday 24 September	Time
Goal setting – <i>PART 1</i>	1.30pm	Introduction to recovery	11.00am	Exploring anxiety – <i>PART 1</i>	11.00am	Five ways to wellbeing – <i>PART 3</i>	11.00am



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Monday 28 September	Time	Tuesday 29 September	Time	Wednesday 30 September	Time		
Goal setting – PART 2	1.30pm	Understanding Dementia – PART 1	11.00am	Exploring anxiety – PART 2	11.00am		
OCTOBER 2020							
						Thursday 1 October	Time
						Five ways to wellbeing – PART 4	11.00am
Monday 5 October	Time	Tuesday 6 October	Time	Wednesday 7 October	Time	Thursday 8 October	Time
Goal setting – PART 3	1.30pm	Understanding Dementia – PART 2	11.00am	Exploring anxiety – PART 3	11.00am	Five ways to wellbeing – PART 5	11.00am
		Tuesday 13 October	Time				
		Understanding Dementia – PART 3	11.00am				

