



# Recovery College for All Online

*prospectus and timetable*

*December 2020*



***Introducing “Let’s have a conversation about....”***



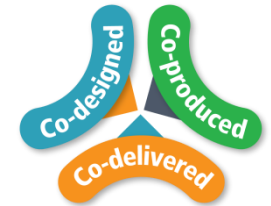


# Recovery College for All Online prospectus and timetable

## 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 which are held over a number of 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**

### 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.





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## 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](mailto: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

### Exploring anxiety

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.

### Introduction to recovery

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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### **The value of sleep**

This two part course explores the importance of sleep; identify reasons for poor sleep and some lifestyle changes that can help improve the quality and quantity of sleep you have.





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# *Introducing*

## *“Let’s have a conversation about...”*”



The team are introducing this new feature which will provide an opportunity to join “in conversation” with guest speakers, service users, carers and families and Trust staff, on general themes and topics.

Hosted by the team, these hour long less formal sessions will begin with a short introduction to the theme or topic followed by time for discussions and shared space to exchange opinions or to listen to others.

Our conversation topics are:

- **Dementia**
- **Finding hope *in partnership with***  **FOUNDATION**
- **Food for mood**
- **Spirituality**
- **Using writing for hope and contentment**
- **What makes us unique?**





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## *Online sessions and courses* November – December 2020

<b>Monday 30 November</b>	<b>Time</b>	<b>Tuesday 1 December</b>	<b>Time</b>	<b>Thursday 3 December</b>	<b>Time</b>
Introduction to recovery	11.00am	Exploring anxiety – <i>PART 1</i>	1.30pm	The value of sleep – <i>PART 1</i>	1.30pm
		<b>Tuesday 8 December</b>	<b>Time</b>	<b>Thursday 10 December</b>	<b>Time</b>
		Exploring anxiety – <i>PART 2</i>	1.30pm	The value of sleep – <i>PART 2</i>	1.30pm
		<b>Tuesday 15 December</b>	<b>Time</b>	<b>Thursday 17 December</b>	<b>Time</b>
		Exploring anxiety – <i>PART 3</i>	1.30pm	Introduction to recovery	11.00am





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**“Let’s have a conversation about...”**

## Online conversations December 2020

		Wednesday 2 December	Time	Thursday 3 December	Time
		Finding hope <i>in partnership with the Recovery Foundation</i>	11.00am	What makes us unique?	11.00am
		Wednesday 9 December	Time	Thursday 10 December	Time
		Using writing for hope and contentment	11.00am	Finding hope <i>in partnership with the Recovery Foundation</i>	1.30pm
Tuesday 15 December	Time	Wednesday 16 December	Time	Thursday 17 December	Time
Spirituality	11.00am	Food for Mood	11.00am	Dementia	11.00am
		Wednesday 30 December	Time		
		What makes us unique?	11.00am		

