



Recovery College for All *Online*

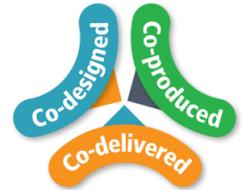
***prospectus and timetable
February – March 2022***





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.

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.





Recovery College for All *online prospectus and timetable* *February – March 2022*

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?

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!

Once the timetable has come to an end, the team will be back in touch to invite learners to an arranged focus group meeting to share their views.

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.

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





Recovery College for All *online prospectus and timetable* *February – March 2022*

SESSION INFORMATION

Beginning mindfulness – *new and improved*

This one-hour session introduces mindfulness (theory and practice) and its benefits as part of managing the challenges of recovery and maintaining positive mental health. Various mindfulness and meditation exercises will be demonstrated and further information and sign posting provided.

Do you mind what you eat?

Led by a passionate EBE and a mental health dietitian, we explore how living with a mental health condition effects our appetite and food choices. We consider the many influences on our food consumption and ask the question - is the choice about what we put on our plates really ours?

We explore practical ways to eat ourselves to better health for us and our planet.

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.

Exploring depression - *NEW*

Despite being one of the most common mental health difficulties, depression is often misunderstood. Through discussions and activities, this three-part course explores depression, it's symptoms and possible causes and strategies that can help aid recovery.





Recovery College for All *online prospectus and timetable* **February – March 2022**



Hope in Recovery *in partnership with*

The Hope in Recovery course is based around the idea of a seed coming to life – a seed of HOPE, like the life of an acorn growing into a Mighty Oak Tree

Created to facilitate hope and recovery, the Hope in Recovery group is a seven-session course providing the space and resources to encourage individuals to discover and grow hope during their recovery journey.

Aims and objectives

- To provide a deeper understanding of hope to individuals who are feeling hopeless or who wish to become more hopeful
- To translate individuals' negative experiences and emotions into tangible evidence of their own recovery journey
- To promote reflection and positive psychology as vehicles to increase individual self-confidence and self-worth
- To resource individuals with the toolkit required to sustain their hope journey and recovery
- To inspire an attitude of 'giving back' by encouraging hope in others

Course duration

The group has been designed to be delivered as a seven-week course with each session lasting 90 minutes. Attendance at all sessions is recommended.

How to share lived experience

The aim of this course is to inspire hope in recovery and to equip you with the skills and confidence to be able to share your lived experience. There will be an opportunity in session three to put into practice what you have learnt.





Recovery College for All *online prospectus and timetable* *February – March 2022*

Journey to a more active you

During this two-part course, you will learn about how keeping active can benefit your physical health and support your recovery. Through discussion, there will be opportunities to share experiences and explore the barriers of being physically active.

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.

Resilience and me

Resilience is not something that people either have or don't have, instead it is something that can fluctuate over time. In this hour-long session which serves as an introduction, you will explore what resilience in mental health means and, through discussion, identify ways that you can build your own strengths and help to look after you.



Understanding Dementia

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.





Recovery College for All *online prospectus and timetable* *February – March 2022*

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.

Using writing for hope and contentment

Come and learn about how you can use writing as a practical tool to express yourself and understand your thoughts and feelings, or to inspire and motivate yourself. This course contains short, interactive writing exercises with lots of ideas how you may want to continue with your writing journey.

BOOKING ONTO A SESSION

Email us: bsmhf.recoverycollege@nhs.net stating which session you would like to join; we will take some details from you and register you onto the session or course. Joining instructions with meeting link will be circulated approximately a day before the session is scheduled - *please check your spam folder, just in case!*

We respectfully request that if you are unable to attend your session for any reason, please get in touch with the team to advise.

We look forward to seeing you!





Recovery College for All

online prospectus and timetable

February – March 2022

Online sessions and courses

<i>Online sessions and courses</i>							
	Tuesday 8 February	Time	Wednesday 9 February	Time	Thursday 10 February	Time	
	Understanding dementia – <i>PART 1</i>	11.00am	Journey to a more active you – <i>PART 1</i>	11.00am	Exploring anxiety – <i>PART 1</i>	11.00am	
	Resilience and me	1.30pm			Introduction to Recovery	1.30pm	
<i>Online sessions and courses</i>							
	Tuesday 15 February	Time	Wednesday 16 February	Time	Thursday 17 February	Time	
	Understanding dementia – <i>PART 2</i>	11.00am	Journey to a more active you – <i>PART 2</i>	11.00am	Exploring anxiety - <i>PART 2</i>	11.00am	
			Hope in Recovery - <i>PART 1</i>	1.30pm			
<i>Online sessions and courses</i>							
Monday 21 February	Time	Tuesday 22 February	Time	Wednesday 23 February	Time	Thursday 24 February	Time
Exploring Depression – <i>PART 1</i>	11.00am	Understanding dementia – <i>PART 3</i>	11.00am	Beginning Mindfulness	11.00am	Exploring anxiety – <i>PART 3</i>	11.00am
				Hope in Recovery - <i>PART 2</i>	1.30pm		





Recovery College for All online prospectus and timetable *February – March 2022*

Online sessions and courses

Monday 28 February	Time	Tuesday 1 March	Time	Wednesday 2 March	Time	
Exploring Depression – <i>PART 2</i>	11.00am	How to share lived experience – <i>PART 1</i>	11.00am	Hope in Recovery - <i>PART 3</i>	1.30pm	
		Using writing for hope and contentment	1.30pm			
Monday 7 March	Time	Tuesday 8 March	Time	Wednesday 9 March	Time	
Exploring Depression – <i>PART 3</i>	11.00am	How to share lived experience – <i>PART 2</i>	11.00am	Hope in Recovery - <i>PART 4</i>	1.30pm	
		Using stories for conversation	1.30pm			
		Tuesday 15 March	Time	Wednesday 16 March	Time	
		How to share lived experience – <i>PART 3</i>	11.00am	Hope in Recovery - <i>PART 5</i>	1.30pm	
		Do you mind what you eat – <i>PART 1</i>	1.30pm			





Recovery College for All online prospectus and timetable *February – March 2022*

Online sessions and courses

Monday 21 March	Time	Tuesday 22 March	Time	Wednesday 23 March	Time
Looking after me	1.30pm	Do you mind what you eat – PART 2	1.30pm	Hope in Recovery - PART 6	1.30pm
				Wednesday 30 March	Time
				Hope in Recovery - PART 7	1.30pm

