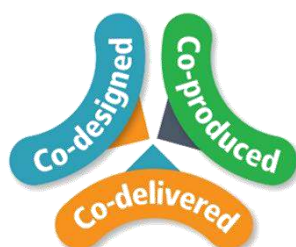




Recovery College for All *timetable*



We look forward to welcoming you



Tel: 0121 301 3992 bsmhft.recoverycollege@nhs.net



Welcome to Recovery College for All

Recovery College is built on the belief that learning together makes us stronger and supports our recovery

Our courses and sessions are co-designed and co-facilitated by Experts by Experience (EBE) who are individuals who have lived experience of challenges in their own mental health. Our EBEs work alongside mental health professionals to develop courses that support and promote personal recovery.

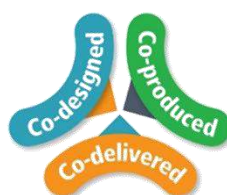
This booklet provides you with an overview of the type of courses and workshops we have on offer at Recovery College, you are welcome to book onto any session that you find interesting or want to know more about. We have included quotes and comments from our learners who have attended sessions, which we hope you find comforting and inspiring.

You will see from our timetable that we are focused on all aspects of personal recovery, and we hope our college will support you on your recovery journey to living a full and satisfying life, in the presence or absence of symptoms.

We are so pleased to share with you NEW sessions and courses this term:

- **The Power of Reflective Practice**
- **What is an eating disorder? an introduction**
- **Down the rabbit hole – an introduction to the Age of Information**

If you are new to college, we recommend that you join us on our Open Day at the Uffculme Centre - further details on [page 4](#). You will have an opportunity to meet the team and we can explain more detail about our sessions.





All our face-to-face sessions and courses in this programme will be held at **Uffculme Centre, Moseley** and online sessions are delivered via the Microsoft Teams platform. Further information on what a learner needs to attend, how long sessions are and additional college details, can be found on page 21.

At Recovery College we will:

- Always give you a warm and friendly welcome
- Aim to provide a range of sessions that are engaging and meet a range of interests and needs
- Stay true to our commitment to put lived experience on an equal footing to professional expertise
- Provide a safe and healthy environment for you to learn and share
- Respect and listen to you

We ask that you:

- Be considerate and respectful to other learners and Recovery College staff
- Communicate with us: please let us know if you can't make it to a session, we can then offer a place to other learners
- Please tell us what we can do to improve and what isn't working well
- Provide us with all the information we need to know to help you get the most out of your experience

Can I join Recovery College?

Recovery College sessions are open to:

- People who use Birmingham and Solihull Mental Health Trust services
- Supporters (carers, friends and family) of the above
- Our Trust colleagues (including students and volunteers)
- Those who are part of our Trust membership

Please note, you need to be **aged 18** or over to attend any of our sessions.

You do not need a referral to join a session, simply call or email us to book onto the session(s) you are interested in attending.

Booking your place on a session

Email: bsmhft.recoverycollege@nhs.net

Telephone: 0121 301 3992

Office hours: 9.00am - 4.30pm

If you are calling outside of office hours, please leave a message on the answerphone. If the line is busy, you will be directed to leave a message and we will call you back.



Autumn/Winter term 2024 Recovery College Open Day

You are welcome to come along to meet the team and have a chat about how Recovery College can support you. We would recommend this if you are new to college.

You don't need to book to attend, please just pop in to see us and we can help you identify which sessions might be of interest for you.

Thursday 12 September: 10.00am – 3.00pm
Uffculme Centre, Queensbridge Road, Birmingham, B13 8QY



“These sessions are helping me to learn more about recovery and how they can help have a positive impact on my own mental health.”



Recovery College Peer Support

If you are unable to attend any of our Open Days but feel you would like some support to identify the most suitable courses for you, we do have opportunities for you to meet with a Recovery Peer Support Worker. If you are feeling nervous or unsure about what college may be able to offer you, you can book in for a 1-1 chat.



Our Recovery Peer Support Workers are also available for existing learners who would like support with their Recovery College goals.

What is Peer Support?

A Peer Support Worker has their own lived experience of mental health challenges and can inspire hope and demonstrate that recovery is possible. Peer support can help us to identify our strengths and empower us on our recovery journey.

We will work alongside you to enable you to attend Recovery College and explore what might be helpful to you with a focus on personal goals and next steps. For existing learners, we can provide support to help you develop your recovery goals and work with you to identify and set new ones.

What you can expect from us:

- Safe space to explore your personal recovery goals
- Respect and no judgement
- Honesty, openness to share
- Confidential (*unless we feel there is a risk to yourself or others*)

We ask that you:

- Tell us if you can't attend a meeting
- Are respectful and polite
- Are open to sharing
- Let us know if you have any concerns

If at any point you decide this isn't for you, that is OK, we can support you with signposting to alternative services.

TO BOOK

If you would like to book onto Recovery College sessions and courses or would like to take up the Recovery Peer Support opportunity, please email bsmhft.recoverycollege@nhs.net or call on: **0121 301 3992**



Seeds of Hope

gardening group



The Seeds of Hope garden project is a recovery-focused space to connect, grow and create.

It is a place to learn and develop, share knowledge, expertise and skills, and to nurture ideas.

We aim to create a safe, welcoming and calm environment, with a strong sense of community. You do not need any prior experience of gardening; you are welcome to participate at a level that suits you.

We share the space with all sorts of wildlife and plants and aim to ensure that we protect and preserve the area in a sustainable way, whilst utilising it to its full potential.

All are welcome to our drop-in sessions to participate.

** Please note, this area is not currently accessible for wheelchair users.
If you have mobility challenges, please get in touch with us and we can advise **

Drop-in sessions:

Tuesday 3 September

Tuesday 10 September

Tuesday 17 September

Tuesday 24 September

Tuesday 1 October

Tuesday 8 October

Tuesday 15 October

Tuesday 22 October

Tuesday 29 October

“We feel very privileged to have this tranquil space to plant some seeds, reap and sow, meet new friends and see us all grow.

Together we are stronger.”



Recovery College for All working in partnership with the Memory Assessment Service

We are pleased to share that we are now working with the Memory Assessment Service (MAS) within the Trust. These sessions have been specifically designed for individuals who are waiting for a memory assessment appointment.

Learners will be contacted directly by the MAS team and offered an opportunity to join a session, either online or face-to-face.

Waiting well: preparing for your assessment

It can be challenging to be concerned about our health and the time whilst waiting for an assessment can be very difficult. These sessions have been designed to support service users and their families who are waiting for a memory assessment. They will explore what can cause memory difficulties and what an assessment includes. You will be able to identify key information that will be helpful to share with the practitioner when you have your assessment.

The facilitators will also share what tips and strategies that can be put in place to help whilst waiting.

There are face-to-face and online sessions available:

Friday 6 September: 10.30 am - 12.30pm *Online session*

Tuesday 17 September: 6.00pm - 8.00pm *Online session*

Friday 27 September: 2.00pm - 4.00pm *Face-to-face, Uffculme Centre*

Wednesday 2 October: 10.30am - 12.30pm *Face-to-face, Uffculme Centre*

Wednesday 16 October: 2.00pm - 4.00pm *Face-to-face, Uffculme Centre*

Wednesday 23 October: 2.00pm - 4.00pm *Face-to-face, Uffculme Centre*

Tuesday 12 November: 10.30am – 12.30pm *Face-to-face, Uffculme Centre*

“The facilitators were kind, knowledgeable and informative and I got a lot out of the course. I feel more relaxed and calm now.”



SESSION AND COURSE DETAILS

Autism awareness

This three-part interactive course aims to improve awareness and understanding of Autism Spectrum Condition (ASC), whilst dispelling some common myths, and providing learners with the most current perspectives and information on the subject. Learners are able to ask questions and get involved in discussions, although this is not an expectation or requirement.

Delivered by passionate experienced facilitators, this course will aim to provide insight into understanding how ASC can present, and the differences and realities experienced amongst individuals. Learners will also have the opportunity to explore supportive strategies which may help manage some of the challenges that Autistic people face. We will also look at the wider experiences of people with ASC, including mental health challenges.

Attendance on all sessions is recommended

Thursday 3 October
10.30am - 12.30pm: Part 1

Thursday 10 October
10.30am - 12.30pm: Part 2

Thursday 17 October
10.30am - 12.30pm: Part 3

Being active in your recovery

This two-part interactive course aims to help discover how staying active can boost mood, reduce stress and enhance overall well-being throughout a recovery journey. The facilitators will share their knowledge and life experiences on practical tools and approaches on how to integrate movement into everyday life.

Putting into practice and showcasing simple activities, learners can participate in a short walk in a nearby park (walking in the rain can be fun 😊) literally taking small steps to be inspired to view physical activity as positive, accessible and enjoyable.

Attendance on both sessions is recommended.

Tuesday 8 October
2.00pm - 4.00pm: Part 1

Tuesday 15 October
2.00pm - 4.00pm: Part 2

Boost your writing confidence

This practical writing session will enable learners to tackle writing activities with increased confidence and enthusiasm.

Through discussion and writing exercises, learners will explore what they regard to be effective writing and practise a structured approach that can apply to writing generally i.e. for work purposes or personal use.

Wednesday 2 October
1.30pm – 4.00pm





SESSION AND COURSE DETAILS

Building my emotional toolkit

This four-part course is an opportunity to explore the topic of emotions – what are they and why do we have them. The course will explore the impact our emotions can have on us and will introduce you to some strategies that can help us manage our emotions. You will have the opportunity to practice some of the techniques. The course aims to help you identify what you already do that helps you and learn some new techniques that can support you on your recovery journey.

Attendance on all sessions is recommended

**Monday 28 October
2.00pm - 4.00pm: Part 1**

**Monday 4 November
2.00pm - 4.00pm: Part 2**

**Monday 11 November
2.00pm - 4.00pm: Part 3**

**Monday 18 November
2.00pm - 4.00pm: Part 4**



Connecting through Craft

Bracelet making

This informal session is an opportunity to come together to participate in a creative session to make your own beaded bracelet.

We know that being in a space with others helps us to connect and gives us time to just be ourselves and that can have a positive impact on our wellbeing.

Resources are provided and you can make as many bracelets as you like during the session – perhaps you might also like to make one for someone else.



Thursday 19 September

10.30am - 12.30pm



SESSION AND COURSE DETAILS



Connecting through Craft

Card making

This informal session is an opportunity to get creative and connect with others to make your own cards that you may keep for yourself, or you may like to give to others.

We know that being in a space with others helps us to connect and give us time to just be ourselves and that can have a positive impact on our wellbeing.

Resources will be provided for you helping you to be as creative as you like.



Thursday 24 October
2.00pm - 4.00pm

Down the rabbit hole - finding what you need in the Age of Information ~ NEW

Many of us may choose to search online to look for further information to help us understand our experiences. It is easy to get lost down the rabbit hole, opening up pages of information and feel overwhelmed with what you may find. How can you be sure the information you find online is accurate, evidence-based, trustworthy or helpful?

This session aims to support you in your search for good quality and helpful information that supports your choices and your recovery. You will explore different ways to access high quality information related to health and wellbeing and enable you to make informed decisions about your care.

Monday 25 November
10.30am - 12.30pm



SESSION AND COURSE DETAILS

Do you mind what you eat?

This two-part course will explore why and how we eat, address the barriers to eating well and how we can begin to make simple changes to improve our physical and mental wellbeing.

Led by a passionate EBE and a mental health dietitian, we explore how living with a mental health condition affects 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.

Attendance on both sessions is recommended

Thursday 7 November
10.30am - 12.30pm: Part 1

Thursday 14 November
10.30am - 12.30pm: Part 2

Empowering you to make shared decisions about your care

We recognise that we are all experts in our own experience but at times it can be difficult to have our needs heard and understood. This two-part course aims to empower learners to understand and make use of health information to enable us to make informed choices about our healthcare. Through activities and discussion, learners will explore what shared decision making is and how they can work collaboratively with healthcare professionals to get the most out of your healthcare appointments.

Attendance on both sessions is recommended.

Monday 2 December
10.30am - 12.30pm: Part 1

Monday 9 December
10.30am - 12.30pm: Part 2

Empowerment through goal setting

This two-part course is focused on identifying what a goal is and ways that we can focus on the things that are important to us. It can feel very overwhelming when there are lots of things that we would like to achieve, this course explores how to break down our goals.

You will also be encouraged to focus on the things you are already doing that help you and identify the things that are important to you. The course will introduce you to simple frameworks that can help you break down your goals into manageable parts to enable you to feel empowered in your recovery journey.

Attendance on both sessions is recommended.

Thursday 24 October
10.30am - 12.30pm: Part 1

Thursday 31 October
10.30am - 12.30pm: Part 2



SESSION AND COURSE DETAILS

Exploring anxiety

This two-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 to recognise symptoms, triggers and the cycle of anxiety. Learners will also explore different strategies that can help manage anxiety and aid personal recovery.

Attendance on both sessions is recommended.

**Thursday 3 October
2.00pm - 4.00pm: Part 1**

**Thursday 10 October
2.00pm - 4.00pm: Part 2**

Exploring depression

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

Attendance on both sessions is recommended.

**Wednesday 4 December
2.00pm - 4.00pm: Part 1**

**Wednesday 11 December
2.00pm - 4.00pm: Part 2**

Five Ways to Wellbeing

This session explores the Five Ways to Wellbeing, which are a set of actions that research has shown to be beneficial at protecting our mental and physical health. The session explores each of the Five Ways to Wellbeing and how by making small lifestyle changes can have a big impact on your recovery journey. Learners will have the opportunity to set small goals between sessions and with support from the facilitators build motivation and confidence.

**Thursday 17 October
2.00pm - 4.00pm**

From Struggle to Strength: Living with a gambling addiction

Through a lived experience lens, our Expert by Experience will share his own journey of relapsing into a gambling addiction from gaming, and the impact this had on his mental health, his finances and his relationships.

Often gambling is a hidden behaviour and we may not recognise the impact it can have on us; it may be our loved ones who see changes in our behaviour or emotions. This session explores some of these challenges and who or what can help when someone is struggling with a gambling addiction.

**Monday 7 October
2.00pm - 4.00pm**





SESSION AND COURSE DETAILS



“I find the courses at Recovery College helpful – and it helps me to come out and meet people and learn some things about myself”

Hope in Recovery

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 by The Recovery Foundation to facilitate hope and recovery, this six-part course aims to provide the space and resources to encourage individuals to discover and grow hope during their recovery journey.

Course 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

Attendance on all sessions is recommended.



**Tuesday 22 October
2.00pm - 4.00pm: Part 1**

**Tuesday 29 October
2.00pm - 4.00pm: Part 2**

**Tuesday 5 November
2.00pm - 4.00pm: Part 3**

**Tuesday 12 November
2.00pm - 4.00pm: Part 4**

**Tuesday 19 November
2.00pm - 4.00pm: Part 5**

**Tuesday 26 November
2.00pm - 4.00pm: Part 6**



SESSION AND COURSE DETAILS

How to share lived experience

The aim of this two-part course is to inspire hope in recovery and to equip you with the skills and confidence in order to share your lived experience, whether that be in 1-1 conversations with loved ones or health professionals to larger group settings.

The course explores why sharing experiences can be empowering and build our confidence, but also examines how sharing can impact us in both positive and in challenging ways. The course aims to equip learners with the tools and knowledge to safely share parts of their own experiences.

Attendance on both sessions is recommended.

**Thursday 5 December
10.30am - 12.30pm: Part 1**

**Thursday 12 December
10.30am - 12.30pm: Part 2**

Identifying your strengths – the value of me

We are all unique and sharing lived experience can be immensely rewarding and can help to support our own recovery journey too. Through activity and discussion, learners will identify their own personal strengths and focus on how we all have something of value to contribute.

**Monday 30 September
10.30am - 12.30pm**

“I forgot...” exploring memory

Experiencing memory difficulties can feel very isolating and can make you very worried that there is something more seriously wrong. Memory difficulties are very common, and we all experience times where we struggle to recall where we left our keys, or why we went into a particular room. This two-part course will help explore why we can sometimes struggle to recall and retain certain information.

It has been designed to help understand how memories are created and how to develop strategies that can help you remember important information.

Attendance on both sessions is recommended.

**Thursday 31 October
2.00pm - 4.00pm: Part 1**

**Thursday 7 November
2.00pm - 4.00pm: Part 2**

Introducing mindfulness

This session introduces mindfulness, exploring the theory and how we can practice mindfulness. Through discussion, learners will explore the benefits of mindfulness and how it can be used to support personal recovery and maintain positive mental health. Various mindfulness and meditation exercises will be demonstrated, and further information and signposting provided.

**Monday 4 November
10.30am - 12.00pm**



SESSION AND COURSE DETAILS

Introduction to Compassionate Mindfulness

Come and join us for an informal one-hour Compassionate Mindfulness session where we will explore what compassionate mindfulness really is, why it can be tricky to show compassion to ourselves, and how slowing down the body and breath can help us calm the nervous system and respond to the challenges of our lives in a new way.

By the end of this session, you will go away with some simple tools and techniques and guidance on how you can start to include these practices into your daily routine.

This will be an experiential session with no prior experience required and everyone is welcome.

Wednesday 30 October
10.30am - 11.30am

Let's have a conversation about...Emotional Freedom Technique (EFT)

Join our informal conversation with one of our Experts by Experience who has experience of using Emotional Freedom Technique (EFT), also known as 'tapping' to support her own recovery. Find out what EFT is and how tapping enabled our Expert by Experience to acknowledge some of the challenges she was experiencing and how she finds it to be an effective tool that helps her manage her mental health.

Tuesday 5 November
11.00am - 12.30pm

Let's have a conversation about...Hoarding

This one-hour workshop is an introductory session to understanding hoarding behaviours. Hoarding behaviours are very misunderstood by both those with the behaviours and those working or living with them. Hoarding behaviours can cause isolation due to feelings of shame and guilt. This introduction shines a light on how understanding the condition can help to identify solutions to overcome those behaviours. This session will also introduce the value support groups can provide.



Online session
Wednesday 20 November
11.00am - 12.00pm

Let's have a conversation about...Stress

Feeling stressed is very common and it can feel very debilitating at times – but why do we experience stress? Stress in itself is not a mental health condition, but when we experience it, it can make us feel out of control, overwhelmed and we may feel we are unable to cope. This hour-long conversation explores how to recognise signs of stress and ways we can manage the effects.

Tuesday 1 October
11.00am - 12.00pm



SESSION AND COURSE DETAILS

Living with psychosis

Psychosis is a mental health problem that is experienced by many people using mental health services. This session is for you if you would like to increase your understanding of this condition. During the session we will explore what psychosis is, what diagnosis means, what treatment options there are and living well with psychosis. Facilitated by our experts by lived experience and experts with professional training, the session will consider how we can move forward in our recovery journeys alongside this condition.

**Tuesday 24 September
 2.00pm - 4.00pm**

Menopause and Mental Health

This session explores what the menopause is, why it happens and some of the common and uncommon symptoms associated with it. It can often be hard to identify the symptoms as the menopause and not fluctuations in our mental health. Through discussion and activities, learners are encouraged to explore this topic in more detail and how to advocate for yourself. This course has been designed to empower individuals to recognise the symptoms and help you navigate health information to make informed decisions.

**Monday 23 September
 10.30am - 12.30pm**

Music for expression and connection

This two-part interactive and engaging course explores how music can help us connect to ourselves and others. Music is a powerful medium and can evoke a range of different emotions.

The group will explore a variety of styles of music, explore musical history and discuss the impact of music and sound. The course encourages us to explore what music means to us and how it can support our personal recovery experience.

Attendance on both sessions is recommended.

**Monday 14 October
 2.00pm - 4.00pm: Part 1**

**Monday 21 October
 2.00pm - 4.00pm: Part 2**

My personal plan to stay well

This three-part course will focus on you. It has been designed to equip you with knowledge, tools and a sense of empowerment to maintain your own wellbeing and work towards goals that help you feel well. Through discussion and personal reflection, you will be able to explore what wellness looks like and identify your own strengths and interests. The course also explores what can happen when things don't go to plan. By the end of the course, you will have made a start on your own plan to stay well.

Attendance on all sessions is recommended.

**Monday 25 November
 2.00pm - 4.00pm: Part 1**

**Monday 2 December
 2.00pm - 4.00pm: Part 2**

**Monday 9 December
 2.00pm - 4.00pm: Part 3**



SESSION AND COURSE DETAILS

Recovery, Hope and Spirituality

Do you think spirituality is only about having a faith or belief? Have you ever thought about it as being more about the things that quite literally lift our spirits and give us a sense of hope, meaning or purpose? Faith is important to many people, whether or not they follow a specific religion - spirituality is about this and so much more. Come along to this friendly session and enjoy time with others, exploring what matters to you and how it can be part of your spirituality, helping in your daily life. Everyone is welcome, whether or not you have a faith or belief.

Monday 7 October
10.30am - 12.30pm

Resilience and me

This session explores what resilience in mental health means – it is not something that people either have or don't have, instead it is something that can fluctuate over time. You will be doing things already that help support your own resilience.

Through discussion and group activities, you will explore what can help you feel more empowered and build your understanding of things that give you strength in your recovery journey.

Thursday 26 September
10.30am – 12.30pm

Sound Journey – relax the body, calm the mind

Join us for a relaxing, peaceful, and enjoyable sound journey. Immerse yourself in the vibrations from varying sounds and frequencies, with the facilitator using different percussion instruments. No need for previous experience or to bring anything, just come with an open mind. This session will involve the facilitator using meditation practices using instruments and voice, for your emotional wellbeing, for mind, body, and spirit.

Monday 18 November
10.30am – 11.30am

12.00pm – 1.00pm

Tai Chi – a balanced approach

This two-part course will provide you with an understanding of the origins of this martial art and how it can be used to support personal recovery. The course explores the many benefits of Tai Chi on both our physical and mental health and wellbeing. You will have the opportunity to learn some Tai Chi movements and put these into practice. You will also receive some supporting information to enable you to continue your practice.

Thursday 21 November
10.30am - 12.30pm: Part 1

Thursday 28 November
10.30am - 12.30pm: Part 2



SESSION AND COURSE DETAILS

The power of reflective practice ~ NEW

This two-and-a-half-hour workshop introduces the topic of Reflective Practice and explores how, with practice, the art of reflection can be developed as a skill that empowers us and gives us the ability to reflect on life events to help us process and move forward. Through discussion, learners will explore the benefits of Reflective Practice and explore some of the difficulties we may experience when trying to process events and how to overcome these.

The session will give learners the opportunity to try their own reflective writing using a framework to help focus on not only what happened, but more importantly, our thoughts and feeling about events, to help us learn. Being able to develop these skills can be very empowering and can help us in our own recovery.

Tuesday 1 October
2.00pm - 4.30pm

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.

Attendance on all sessions is recommended.



Monday 14 October
10.30am - 12.30pm: Part 1

Monday 21 October
10.30am - 12.30pm: Part 2

Monday 28 October
10.30am - 12.30pm: Part 3

Online sessions

Wednesday 6 November
1.30pm - 2.30pm: Part 1

Wednesday 13 November
1.30pm - 2.30pm: Part 2

Wednesday 20 November
1.30pm - 2.30pm: Part 3

What is an eating disorder? An introduction ~ NEW

This two-and-a-half-hour session explores what defines an eating disorder and explores different types of eating disorders.

The session aims to raise awareness and dispel some of the myths associated with eating disorders. Learners will have the opportunity to explore why individuals may develop an eating disorder. Experts by Experience share what their recovery looks like and how they live well with an eating disorder.

Tuesday 26 November
10.30am - 1.00pm



SESSION AND COURSE DETAILS

What is personality disorder? an introduction

Personality disorder is one of the most controversial and stigma-laden diagnoses in mental health textbooks. This workshop has been designed to sensitively explore what is meant by the diagnosis and what that looks and feels like in real life. The session will touch on how it can develop and how it can feel to receive a diagnosis. It has been designed and is facilitated by a team of staff and Experts by Experience who have lived and/or work experience of personality disorder.

Tuesday 8 October
10.30am - 1.00pm

What is Recovery in Mental Health?

We recommend this course if you are new to Recovery College

This two-part course is an introduction to personal recovery – living well in the presence or absence of mental health symptoms. We believe that recovery is possible for all and that everyone's recovery journey is unique to them. This course encourages you to explore what your recovery means to you, identify your personal strengths and you will learn about the different dimensions of personal recovery – Hope, Opportunities and Choice. The course also explores who can support us in our recovery experiences. Connecting with others can be very inspiring.

Monday 23 September
2.00pm - 4.00pm: Part 1

Monday 30 September
10.30am - 12.30pm: Part 2

Attendance on both sessions is recommended.

What is the role of sleep in recovery?

It can be very challenging to have a mental health condition and experience sleep difficulties. This two-hour session is all about sleep and how it can impact on our mental health and recovery. Through discussion, the course explores why we need to sleep, what can contribute to 'poor' sleep and looks at lifestyle factors that can influence the quality of sleep we have.

Monday 11 November
10.30am - 12.30pm

Who am I?

Thinking about who we are can be difficult at times and remembering what we like to do is sometimes a challenge. This session is an opportunity for you to create your own collage, finding pictures from magazines, brochures and pamphlets to help you define what makes you unique. You will spend time creating your own collection of pictures that help you to focus on your strengths, interests and things that you like. Be as creative as you want!

Thursday 12 December
2.00pm - 4.00pm



SESSION AND COURSE DETAILS

Writing for self-expression

Formerly the 'Expressive writing' course, these sessions are about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words. These sessions will offer an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing. There will be exercises and conversations to help write about life and experiences, from a few lines to a story, from a list to a poem.

At each session, the facilitators (a professional writer and Expert by Experience) will read aloud short pieces of published writing (poetry or prose) inviting learners to discuss how the words make an impact.

Attendance at all sessions is recommended.



Royal Literary Fund

**Thursday 14 November
1.30pm - 3.00pm: Part 1**

**Thursday 21 November
1.30pm - 3.00pm: Part 2**

**Thursday 28 November
1.30pm - 3.00pm: Part 3**

**Thursday 5 December
1.30pm - 3.00pm: Part 4**

Venue details

Uffculme Centre, 52 Queensbridge Road, Moseley, B13 8QY

Buses

For further information on up-to-date bus routes, please visit the National Express West Midlands travel site www.nxbus.co.uk

Parking

Parking is available on-site; however, we would advise that learners arrive in good time as parking spaces may be limited at busy times.

Facilities

There is a small café on site, offering a selection of hot and cold food. Opening times are: 8:30am - 11:00am and 12.00pm - 1.45pm for lunch.

Accessibility

If you have specific mobility issues, please talk to us when you are booking your sessions so that we can best support you to accommodate your needs.

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

Email: bsmhft.recoverycollege@nhs.net or call on: 0121 301 3992



Useful Information

How long will each session last?

Online sessions will run for one hour. Some sessions are in multiple parts, and we recommend that you join all parts which are held weekly.

Face-to-face sessions are mixed - please take note of the timings indicated.

How do I access online sessions?

Online 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 get in touch with the team via email bsmhft.recoverycollege@nhs.net or tel: **0121 301 3992**.

What will I need?

To join the online sessions, you will need a mobile phone / laptop / desktop computer or 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.

For our face-to-face sessions, learners do not need to bring anything with you. There are opportunities to purchase food and drinks at Uffculme Centre in our small café . There are a range of free hot drinks and water available from a machine.

We would like to take this opportunity to respectfully ask that if you are experiencing any Covid19 symptoms or feel physically unwell, please let us know and do not attend your session.

When will the facilitators be available?

The session facilitators will be available 15 minutes before and 15 minutes after the session. For online sessions, you are welcome to log in to the session early to get yourself settled.

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?

Online once registered, each week a Microsoft teams link will be sent to you to join the session, with the same learners at the same time.

Face-to-face we ask that learners attend sessions each week. A reminder of the forthcoming session will be emailed directly to each learner.

Joining instructions will be circulated approximately a day or two before the session is scheduled - please check your spam folder!



TIMETABLE


Tuesday 3 September		Friday 6 September	
Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm			WAITING WELL: preparing for your assessment <i>Online</i> 10.30am - 12.30pm
Tuesday 10 September			
Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm			
Tuesday 17 September		Thursday 19 September	
Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm		Connecting through Craft – Bracelet making 10.30am - 12.30pm	
WAITING WELL: preparing for your assessment <i>Online</i> 6.00pm - 8.00pm			

“I have enjoyed coming to the course, thank you. It was particularly useful to speak to people who have had similar experiences.”




TIMETABLE

Monday 23 September	Tuesday 24 September	Wednesday 25 September	Thursday 26 September	Friday 27 September
Menopause and mental health 10.30am - 12.30pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm		Resilience and Me 10.30am - 12.30pm	
What is recovery in mental health? Part 1 2.00pm - 4.00pm	Living with Psychosis 2.00pm - 4.00pm		WAITING WELL: preparing for your assessment 2.00pm - 4.00pm	

Monday 30 September	Tuesday 1 October	Wednesday 2 October	Thursday 3 October
Identifying your strengths – the value of me 10.30am - 12.30pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	WAITING WELL: preparing for your assessment 10.30am - 1.00pm	Autism awareness – part 1 10.30am - 12.30pm
	Let's have a conversation about...Stress 11.00am - 12.00pm		
What is recovery in mental health? Part 2 2.00pm - 4.00pm	The Power of Reflective Practice 2.00pm - 4.30pm	Boost your writing confidence 1.30pm - 4.00pm  Royal Literary Fund	Exploring Anxiety – part 1 2.00pm - 4.00pm







TIMETABLE

Monday 7 October		Tuesday 8 October		Wednesday 9 October		Thursday 10 October	
Recovery, hope and spirituality 10.30am - 12.30pm		Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm				Autism awareness - part 2 10.30am - 12.30pm	
From struggle to strength: living with a gambling addiction 2.00pm - 4.00pm 		What is personality disorder? An introduction 10.30am – 1.00pm				Exploring Anxiety - part 2 2.00pm - 4.00pm	
		Being active in your recovery part 1 2.00pm - 4.00pm					
Monday 14 October		Tuesday 15 October		Wednesday 16 October		Thursday 17 October	
Understanding dementia - part 1 10.30am - 12.30pm 		Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm				Autism awareness - part 3 10.30am - 12.30pm	
Music for expression and connection Part 1 2.00pm - 4.00pm		Being active in your recovery part 2 2.00pm - 4.00pm				WAITING WELL: preparing for your assessment 2.00pm - 4.00pm	








TIMETABLE

Monday 21 October	Tuesday 22 October	Wednesday 23 October	Thursday 24 October
<p>Understanding dementia - part 2 10.30am - 12.30pm</p> 	<p>Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm</p>		<p>Empowerment through goal setting – part 1 10.30am - 12.30pm</p>
<p>Music for expression and connection part 2 2.00pm - 4.00pm</p>	<p>Hope in Recovery - part 1 2.00pm - 4.00pm</p> 	<p>WAITING WELL: preparing for your assessment 2.00pm - 4.00pm</p>	<p>Connecting through craft <i>Card making</i> 2.00pm - 4.00pm</p>
Monday 28 October	Tuesday 29 October	Wednesday 30 October	Thursday 31 October
<p>Understanding dementia – part 3 10.30am - 12.30pm</p> 	<p>Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm</p>	<p>Introduction to Compassionate Mindfulness 10.30am - 11.30am</p>	<p>Empowerment through goal setting – part 2 10.30am - 12.30pm</p>
<p>Building my emotional toolkit - part 1 2.00pm - 4.00pm</p>	<p>Hope in Recovery - part 2 2.00pm - 4.00pm</p> 		<p>I forgot...exploring memory part 1 2.00pm - 4.00pm</p>



TIMETABLE

Monday 4 November	Tuesday 5 November	Wednesday 6 November	Thursday 7 November
Introducing mindfulness 10.30am - 12.00pm	Let's have a conversation about... Emotional Freedom Technique (EFT) 11.00am - 12.30pm		Do you mind what you eat? part 1 10.30am - 12.30pm
Building my emotional toolkit - part 2 2.00pm - 4.00pm	Hope in Recovery - part 3 2.00pm - 4.00pm 	Understanding Dementia – part 1 <i>Online</i> 1.30pm - 2.30pm 	I forgot...exploring memory part 2 2.00pm - 4.00pm
Monday 11 November	Tuesday 12 November	Wednesday 13 November	Thursday 14 November
What is the role of sleep in recovery? 10.30am - 12.30pm	WAITING WELL: preparing for your assessment 10.30am - 12.30pm		Do you mind what you eat? part 2 10.30am - 12.30pm
Building my emotional toolkit - part 3 2.00pm - 4.00pm	Hope in Recovery - part 4 2.00pm - 4.00pm 	Understanding Dementia - part 2 <i>Online</i> 1.30pm - 2.30pm 	Writing for self-expression part 1 1.30pm - 3.00pm  Royal Literary Fund



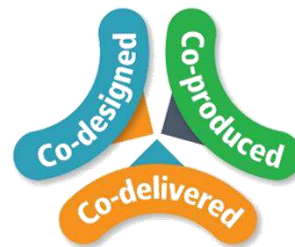
TIMETABLE

Monday 18 November	Tuesday 19 November	Wednesday 20 November	Thursday 21 November
<p>Sound Journey – relax the body, calm the mind 10.30am - 11.30am</p> <p>Sound Journey – relax the body, calm the mind 12.00pm - 1.00pm</p>		<p>Let's have a conversation about...Hoarding <i>Online</i> 11.00am - 12.00pm</p> 	<p>Tai Chi: a balanced approach part 1 10.30am - 12.30pm</p>
<p>Building my emotional toolkit - part 4 2.00pm - 4.00pm</p>		<p>Hope in Recovery - part 5 2.00pm - 4.00pm</p> 	<p>Understanding Dementia – part 3 <i>Online</i> 1.30pm - 2.30pm</p> 
Monday 25 November	Tuesday 26 November		Thursday 28 November
<p>Down the rabbit hole: finding what you need in the Age of Information 10.30am - 12.30pm</p> <p>My personal plan to stay well - part 1 2.00pm - 4.00pm</p>	<p>What is an eating disorder? An introduction 10.30am - 1.00pm</p> <p>Hope in Recovery - part 6 2.00pm - 4.00pm</p> 		<p>Tai Chi: a balanced approach part 2 10.30am - 12.30pm</p> <p>Writing for self-expression part 3 1.30pm - 3.00pm</p>  Royal Literary Fund



TIMETABLE

TIMETABLE				
Monday 2 December		Wednesday 4 December	Thursday 5 December	
Empowering you to make shared decisions about your care - part 1 10.30am - 12.30pm				How to share lived experience part 1 10.30am - 12.30pm
My personal plan to stay well - part 2 2.00pm - 4.00pm			Exploring Depression – part 1 2.00pm - 4.00pm	Writing for self-expression part 4 1.30pm - 3.00pm  Royal Literary Fund
Monday 9 December		Wednesday 11 December	Thursday 12 December	
Empowering you to make shared decisions about your care - part 2 10.30am - 12.30pm			How to share lived experience part 2 10.30am - 12.30pm	
My personal plan to stay well - part 3 2.00pm - 4.00pm		Exploring Depression – part 2 2.00pm - 4.00pm	Who am I? 2.00pm - 4.00pm	





SAVE THE DATE

Recovery College Celebration Day

including

**CHRISTMAS
TRIVIA
QUIZ**

Monday 16 December 2024, Uffculme Centre

1.00pm - 3.00pm





Uffculme Centre
Queensbridge Road
Birmingham
B13 8QY
0121 301 3992

bsmhft.recoverycollege@nhs.net

***“It is humbling and powerful
to share experiences”***

