

# Online course timetable

(Sept20- Dec20)

We offer free educational courses that focus on keeping us mentally and physically well. They are all co-designed and co-facilitated by people who have experienced their own mental health challenges working alongside health professionals and education providers to share their knowledge and know-how.

Our courses are open to all adults who live, work or study in Leeds, it doesn't matter if you have a diagnosis or not and we welcome carers, family and health professionals to attend our workshops too. You are not referred to the Recovery College; you can enrol yourself onto any of the courses that are of interest to you.

## How to enrol

- 1** Have a look at the workshop and course descriptions in this prospectus and decide which you would like to attend
- 2** To book on a course, you will be asked to complete a course enrolment form which is available from [leedsrecoverycollege.com](https://leedsrecoverycollege.com), by call us on **0113 855 5127** or emailing [leedsrecoverycollege.lypft@nhs.net](mailto:leedsrecoverycollege.lypft@nhs.net).
- 3** **You will receive confirmation of your booking before the course starts.** This will include an email link to your course's online digital class room, which has introductory videos and pre-course materials and also your 'live' session video meeting code.
- 4** If you are new to Leeds Recovery College, you will be invited to take a look at our **Introduction to Recovery College** digital classroom where you can view pre-recorded example sessions, watch facilitators and students sharing experiences of online learning and download our new 'Introduction to Recovery' learn at home packs.

## Let's get started: Introductory workshops

These short sessions offer an introduction to online learning and introduce some of our longer course themes

Course	Date	time	length	Cost
Introduction to Leeds Recovery College	Digital Classroom / distance learning resources only	Access in your own time	1 session	Free
Getting involved online: introduction to online sessions	Thursday 19 <sup>th</sup> November	10.00-12.00am	1 session	Free
Creative mind mapping: Organising my thoughts & learning	<i>DATE TO BE CONFIRMED</i>		1 session	Free
Introduction to WRAP: wellness recovery action planning	Digital Classroom / distance learning resources only	Access in your own time	1 session	Free

## Let's talk about: Improving awareness

Workshops that aim to widen our personal knowledge of health

Course	Date	time	length	Cost
Mental health, stress & the 'new normal'	Thurs 22 <sup>nd</sup> & 29 <sup>th</sup> October	10:00 – 12:30pm	2 weeks	Free
	Wed 18 <sup>th</sup> & 25 <sup>th</sup> November	2:00 – 4:30pm	2 weeks	Free
Coping with panic	Wed 2 <sup>nd</sup> December	2:00- 4:00pm	1 session	Free
Managing my mood	Wed 4 <sup>th</sup> November	2.00- 4.00pm	1 session	Free
Medication and mental health	Wed 21 <sup>st</sup> October	10:00- 12:00pm	1 session	Free
	Thurs 19 <sup>th</sup> November	2:00- 4:00pm	1 session	Free
Sexual orientation & health	Fri 18 <sup>th</sup> September	10:00- 12:30pm	1 session	Free
	Fri 27 <sup>th</sup> November	10:00- 12:00pm	1 session	Free
Making a difference: Research & you	Thurs 10 <sup>th</sup> December	10:00- 12:00pm	1 session	Free

## Increasing understanding

Longer courses to think about your personal wellbeing and what keeps you well

Course	Date	time	length	Cost
<b>Change, uncertainty &amp; personal resilience</b>	Thurs 24 <sup>th</sup> September	2:45 – 4:15pm	8 weeks	Free
<b>Managing anxiety</b>	Thurs 24 <sup>th</sup> September	10:00 – 11:30pm	4 weeks	Free
<b>Wellness Recovery Action Planning® (WRAP) part 1</b>	Wed 23 <sup>rd</sup> September	5:30- 7:45pm	9 weeks (break week included)	Free
	Fri 25 <sup>th</sup> September	10:00- 12:15pm	9 weeks (break week included)	Free
<b>Mindfulness</b>	Fri 2 <sup>nd</sup> October	2:00- 4:00pm	10 weeks (2 break weeks included)	Free

## Doing more of what makes you feel good

Workshops and longer courses which focus on building confidence and trying something new

Course	Date	time	length	Cost
<b>Creativity, recovery &amp; you: Creative bookmaking</b>	Wed 16 <sup>th</sup> September	10:30- 12noon	1 sessions	Free
	Wed 4 <sup>th</sup> November	10:30- 12noon	1 sessions	Free
<b>Creativity, recovery &amp; you: Paper patchwork</b>	Wed 23 <sup>rd</sup> September	10:30- 12noon	1 sessions	Free
	Wed 11 <sup>th</sup> November	10:30- 12noon	1 sessions	Free
<b>Creativity, recovery &amp; you: Foil embossing</b>	Wed 30 <sup>th</sup> September	10:30- 12noon	1 sessions	Free
	Wed 18 <sup>th</sup> November	10:30- 12noon	1 session	Free
<b>Creativity, recovery &amp; you: Creative collage</b>	Wed 7 <sup>th</sup> October	10:30- 12noon	1 session	Free
	Wed 25 <sup>th</sup> November	10:30- 12noon	1 session	Free
<b>Mehndi design class</b>	Thurs 12 <sup>th</sup> November	12:45- 2:45noon	6 weeks	Free
<b>Words that move me: Bibliotherapy and words for wellbeing</b>	Thurs 10 <sup>th</sup> September	1:00- 2:00pm	6 weeks	Free
	Thurs 26 <sup>th</sup> November	1:00- 2:00pm	6 weeks	Free
<b>Using your lived experience and getting involved</b>	Thurs 12 <sup>th</sup> & 26 <sup>th</sup> November	10:00- 12:00noon	2 sessions	Free

For more information, visit [leedsrecoverycollege.com](https://leedsrecoverycollege.com), email [Leedsrecoverycollege.lypft@nhs.net](mailto:Leedsrecoverycollege.lypft@nhs.net) or check our course listings on [Eventbrite](#) @LeedsRecoveryCollege

# Some common questions

## How are courses delivered?

**Our co-designed by people with personal experience of mental health challenges and recovery who work alongside health professionals and education providers who together, co-facilitate our training courses.**

Our online courses are delivered using an online digital classroom and most of them also have a 'live' session group call. The digital classroom is a closed online space which gives you access to a selection of course resources, including introductory videos that have been pre-recorded by our facilitators. Just as if you were to attend one of our physical, face-to-face courses our 'live' session group calls have a start date and time, where you will join an online video workshop hosted by our course facilitators and attended by other students booked onto the course.

## Why is the course in the prospectus but not on the course timetable?

**We are not able to deliver every course and workshop each term due to the way that our courses are put together.**

We work with people to share their experience of both living with a mental health condition and health professionals, education providers and trainers. This is often done in addition to their normal roles, which means our course timetable reflects facilitator availability and local demand. As we develop we hope the range and frequency of our courses will grow and would appreciate your comments and feedback.

## I don't have a diagnosis or attend any services to support my mental health?

**It doesn't matter. The Recovery College is not a mental health service and our courses are open to all adults who would like to learn more about mental wellbeing. This includes people who work with those who experience mental health challenges.**

We believe that good mental health is important to everyone and that we can all play a part in improving our own mental health and contributing to that of others. We offer information based workshops and training that focuses on living mentally and physically well.