



Leeds Recovery College

Online course timetable

(January 2021- March 2021)

Our courses are free to attend and are open to any adults who live, work or study in Leeds and would like to learn more about mental health and personal wellbeing.

Courses are co-designed and co-facilitated by people who have experienced their own mental health challenges, who deliver our training alongside health professionals, training and education providers. This ensures that both a personal and professional perspective of mental health and wellbeing are equally valued in the design and delivery of our courses.

For this term, our courses are currently **online or distance learning only** and we hope to re-introduce physical face-to face courses, later in the year.

How to enrol

All of our courses are advertised on [Leedsrecoverycollege.com](https://leedsrecoverycollege.com) and listed on our [Eventbrite page](#) where you can book a provisional course place, online.

Alternatively, you can book onto a course by emailing leedsrecoverycollege.lypft@nhs.net or calling us on 0113 855 5127.

To confirm your booking, we will ask you to complete a [course enrolment form](#) and return it to us. We have one form for all students and ask people attending a course as part of their professional development, to confirm this with their manager prior to completing this form.

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.

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.

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
Introduction to WRAP: wellness recovery action planning	Digital Classroom / distance learning resources only	Access in your own time	1 session	Free
Creative mind mapping: Organising my thoughts & learning	Thursday 11 th February	10.30- 12.30pm	1 session	Free

Improving awareness

Workshops that aim to widen our personal knowledge of health and wellbeing

Course	Date	time	length	Cost
Mental health, stress & the 'new normal'	Wed 13 th & 20 th January	12.30pm – 3.00pm	2 sessions	Free
	Wed 24 th Feb & 3 rd March	5.30pm – 8.00pm	2 sessions	Free
	Friday 19 th & 26 th March	10.00am -12.30pm	2 sessions	Free
Medication and mental health	Wednesday 3 rd March	1.00pm -3.00pm	1 session	Free
Self-harm	Thursday 4 th March	1.00pm-3.00pm	1 session	Free
Sexual orientation & health	Friday 26 th February	10.30am – 1.00pm	1 session	Free
Making a difference: Research & you	Thursday 18 th March	10.30am –12.30pm	1 session	Free
How to refuel when we don't feel like eating	Thursday 11 th March	1.00-3.00pm	1 session	Free
Disordered Eating	Thursday 11 th February	1.00pm-3.00pm	1 session	Free
Nutrition, weight gain and antipsychotic medication	Thursday 4 th February	10.00am-12.00pm	1 session	Free
Coping with panic	Wednesday 24 th February	1.00-3.00pm	1 session	Free
Managing my mood	Thursday 11 th March	1.00-3.00pm	1 session	Free

Increasing understanding

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

Course	Date	time	length	Cost
Confidence and self-esteem	Tuesday 12 th January	10.30-12.00pm	5 sessions	Free
Mindfulness	Tuesday 19 th January	5.30- 7:30pm	8 sessions	Free
Wellness Recovery Action Planning® (WRAP) part 1	Friday 26 th February	1.30-3.30pm	7 sessions	Free
Managing anxiety	Wednesday 10 th March	1.00-3.00pm	4 sessions	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
Creativity, recovery & you: Paper Beads	Wednesday 24 th February	10.30 - 12.00pm	1 session	Free
Creativity, recovery & you: Still life drawing	Wednesday 3 rd March	10.30 -12.00pm	1 session	Free
Creativity, recovery & you: Simple Sculpture	Wednesday 10 th March	10.30 -12.00pm	1 session	Free
Words that move me: Bibliotherapy and words for wellbeing	Thursday 11 th March	5.30 - 6.30pm	4 weeks	Free
Using your lived experience and getting involved	Thursday 4 th March	10.00-12.00pm	2 sessions	Free

For more information, visit leedsrecoverycollege.com, email

Leedsrecoverycollege.lypft@nhs.net or check our course listings and book a provisional place online via [Eventbrite @LeedsRecoveryCollege](https://www.eventbrite.co.uk/@LeedsRecoveryCollege).

Some common questions

How are courses delivered?

Our courses are co-designed by people with personal experience of mental health challenges and recovery who work alongside health professionals and education providers who together, to 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 reflect 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 in Leeds 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.