

# Online course timetable

(April 2021- July 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 summer term, our courses will continue to be delivered **online only (via zoom and google classrooms)** and we're now planning to re-introduce some physical face-to face course dates, next term.

## How to enrol

All of our courses are advertised on **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](mailto: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 (zoom) 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.

## Online workshops & courses (summer term)

Workshop	Date	time	length	Cost
Introduction to Leeds Recovery College	<i>Digital Classroom / distance learning resources only</i>	<i>Access in your own time</i>	1 session	Free
Introduction to WRAP: wellness recovery action planning	<i>Digital Classroom / distance learning resources only</i>	<i>Access in your own time</i>	1 session	Free
Creative mind mapping: Organising my thoughts & learning	Thursday 29th April	10.30am –12.30pm	1 session	Free
Introduction to Mindfulness	Tuesday 8 <sup>th</sup> June	7.00pm– 8.30pm (evening session)	1 session	Free
	Wednesday 16 <sup>th</sup> June	1.00pm–2.30pm	1 session	Free
Medication and mental health	Thursday 10th June	10.00am–12.00pm	1 session	Free
Self-harm	Thursday 17th June	1.00pm–3.00pm	1 session	Free
Sexual orientation & health	Friday 18 <sup>th</sup> June	1.00pm-3.30pm	1 session	Free
Making a difference: Research & you	Friday 23rd July	10.30am –12.30pm	1 session	Free
Diet and disordered Eating	Friday 30th April	10.00am–12.30pm	1 session	Free
How to refuel when we don't have an appetite	Wednesday 26 <sup>th</sup> May	1.00pm-3.00pm	1 session	Free
Wellness Recovery Action Planning® (WRAP) part 1	Friday 7th May	10.00am–12.00pm	8 sessions (With a break week)	Free
Crochet class	Wednesday 5 <sup>th</sup> May	10.00am-12.00pm	8 sessions (With a break week)	Free
Words that move me: Bibliotherapy and words for wellbeing	Thursday 6th May	2.00pm-3.00pm	4 sessions	Free
Skills for Volunteering: A practical guide for people new to volunteering	Wednesday 12 <sup>th</sup> May	11:45am – 1:45pm	8 sessions	Free
Using your lived experience and getting involved	Wednesday 23rd & Wednesday 30th June	1.00pm-3.00pm	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 and book a provisional place online via [Eventbrite](https://www.eventbrite.co.uk) @LeedsRecoveryCollege.

# Some common questions

## How are online 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.

**Our summer term time-table has less courses running than usual. This is to allow us time to work with our co-facilitators over summer to plan for the return of physical, face-to-face courses next term.**

## 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.