

Collaborative courses for mental wellbeing

Course and workshop dates

(Sept 21- Mar 22)

Our courses are free to attend and open to 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 with personal experience of mental health challenges, who deliver in collaboration with health professionals and educational trainers.

Introduction to Leeds Recovery College

- Tue 28th Sep, 12:30-2pm, Beeston Village Community Centre
- Thurs 11th Nov, 10:30-1pm, St. Georges Centre (city centre)

Home learning resources also available via an online digital classroom

Wellbeing courses

Confidence and self-esteem (8 session course)

- Starts, Tue 12th Oct, 12:30-2:30pm, Beeston Village Community Centre

Wellness Recovery Action Planning® (WRAP) (12 session course)

- Starts, Thurs 25th Nov, 10:30-1pm, St. Georges Centre (city centre)
- Starts, Wed 5th Jan, 10:30-1pm, Headingley Heart

Wellness Recovery Action Planning® (WRAP for NHS and health care staff, only)

(12 session course)

- Starts, Tue 4th Jan, 1-4pm, Beeston Village Community Centre

Mindfulness (online, evening course) (8 sessions)

- Starts, Tue 28th Sept, 6:30- 8:30pm, Online via zoom
- Starts, Tue 18th Jan, 6:30- 8:30pm, Online via zoom

Skills-sharing and meet-ups

Online facilitation skills-sharing (3 session course)

- Starts, Wed 11th Aug, 1- 3:30pm, Online via zoom

Mindfulness monthly meet-up

(for people who have completed our 8 week course)

- Second Wed of each month, 7-8pm, online via zoom

Online workshops

Introduction to Mindfulness

Home learning resources available online via a digital classroom

Medication and mental health

- Wed 8th Dec, 10-12noon, Online via zoom
- Wed 9th Mar, 10-12noon, Online via zoom

Self-harm (awareness and understanding)

- Tues 5th Oct, 1-3pm, Online via zoom
- Tues 8th Feb, 1-3pm, Online via zoom

Sexual orientation and health (LGBTQ+ awareness)

- Fri 1st Oct, 1-3:30pm, Online via zoom
- Fri 10th Dec, 10-12:30pm, Online via zoom

Gender identity and health (trans and non-binary awareness)

- Wed 20th Oct, 1-3:30pm, Online via zoom
- Wed 24th Nov, 10-12:30pm, Online via zoom

Introduction to Wellness Recovery Action Planning® for health care staff

- Thurs 11th Nov, 10-12noon, Online via zoom
- Thurs 3rd Feb, 10-12noon, Online via zoom

Using your lived experience and getting involved (2 session workshop)

- Thurs 14th & 21st Oct, 10-12noon, Online via zoom
- Thurs 20th & 27th Jan, 1-3pm, Online via zoom

Introduction to research, how you can get involved and make a difference

- Wed 1st Sept, 10:30-12:30pm, Online via zoom
- Wed 17th Nov, 1-3pm, Online via zoom

For course information please visit:

Leedsrecoverycollege.com



Check our course listings and book a provisional course place online via Eventbrite@LeedsRecoveryCollege

Email us at: **Leedsrecoverycollege.lypft@nhs.net**

Call us on: **0113 855 5127**

Wellbeing retreats for NHS, health care and education staff

This term we're inviting NHS staff and people who work in the health, social care and education sectors in Leeds to join us, on one of our new wellbeing retreats, specifically designed for those people who've been giving so much of themselves to providing the care and support to others.

Our aim is to provide a little 'TLC', a space to take some time out, for peace and reflection, to consider your own wellbeing needs and to connect with others. We'll be running one retreat per month (10am-4pm) our hope is that these may be the first of many more. Each retreat has up to 12 places and includes refreshments and lunch, we ask you to book via your work email address to confirm your eligibility.

Finding peace in a busy life

We'll be hitting the virtual pause button, to stop, breathe and explore what inner-peace means for you. We'll learn techniques to help 'quieten the mind' and discuss ways to help reduce stress and bring opportunities for more peace into our lives.

- Fri 10th Sept, 10-4pm, Jamyang Buddhist Centre (Holbeck)

Introduction to The Four Agreements

Exploring the unhelpful agreements we make, we'll introduce you to The Four Agreements by Don Miguel Ruiz. With an endorsement from Oprah Winfrey, the book has sold millions of copies in the US and has been translated into 46 languages.

- Fri 8th Oct, 10-4pm, Jamyang Buddhist Centre (Holbeck)

Self-compassion

Having self-compassion isn't that different from having compassion for others. Do you offer the same understanding and kindness to yourself, as you would to a good friend?

- Fri 12th Nov, 10-4pm, Jamyang Buddhist Centre (Holbeck)

Compassion fatigue

Throughout this pandemic, day in, day out, doctors, nurses, peer workers, teachers, support staff and many more people besides, have stepped up, pushed forward, and ploughed through. In this workshop we'll explore the personal impact of compassion fatigue.

- Fri 10th Dec, 10-4pm, Jamyang Buddhist Centre (Holbeck)

Wellness Recovery Action Planning® (WRAP for Staff) (12 session course)

The Wellness Recovery Action Plan® or WRAP is used world-wide by people who are dealing with all kinds of health and life challenges, helping to identify strategies for wellness that work for you.

- Starts, Tue 4th Jan, 1-4pm, Beeston Village Community Centre

2022 retreats, available to book from November:

- Live your values (Jan)
- Developing healthy boundaries (Feb)
- Taking your hands off the wheel (Mar)

For more information please visit: [Leedsrecoverycollege.com](https://www.leedsrecoverycollege.com)

To book your course place, please email: Leedsrecoverycollege.lypft@nhs.net

For more information on our retreats please call: 0113 855 5127



THANK
YOU