

Workshops and courses

Prospectus 2019 - 2020



Our courses are open to all adults who live, work or study in the city



Alicia
Co-facilitator, Future of health,
clinical research and you

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Christine and Ben
Introduction to Wellness
Recovery Action Planning®



Welcome to our new and developing **Recovery College**

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 that of others.

We take an educational approach to improving mental health and offer information based workshops and training courses that focus on living mentally and physically well. This is our first prospectus for the Leeds Recovery College and we're pleased to join a network of over 85 recovery colleges in the UK and even more worldwide.

Our courses aren't therapy, but they can help you to learn about mental health, work out what keeps you well, and find ways to live better. Our courses are open to all adults who live, work or study in the city.

Attending the college for yourself, it doesn't matter if you have a diagnosis or not, if you would like to learn more about your health and mental wellbeing, there may be a course for you.

Attending a course to better support someone else, we welcome carers, family, friends and health and care staff too. We recognise these crucial roles and offer a range of workshops to improve your knowledge and personal understanding.

Typically, our courses are **free to attend** and we keep it simple (you won't hear any jargon from us!) but they are packed full of useful information and handy tips, which we hope will make a difference to you in your life, work or study.

As we develop we hope the range and frequency of our courses grow and would appreciate your comments and feedback at: **LeedsRecoveryCollege.lypft@nhs.net**



Sharing experience

What makes us different is that people with experience of mental health and recovery work with us to design and deliver the courses we run.

Courses are co-designed and co-delivered by people with experience of mental health and life challenges, working alongside health professionals, education providers and community organisations, to share knowledge and know-how. The Leeds Recovery College is proud to be working with local people and organisations including:

- Age UK Leeds
- Battle Scars
- Carers Leeds
- Community Links
- Forum Central
- Leeds and York Partnership NHS Foundation Trust
- Leeds City Council
- Leeds City College
- Leeds Mind
- Leeds Involving People
- MindWell
- Rainbow Alliance
- Swarthmore Education Centre
- The Space
- Touch Stone
- Together We Can

Courses run city wide, working with partner organisations and community hubs, including:

Lovell Park Hub

Wintoun Street
Leeds
LS7 1AH

Stocks Hill Hub

Chapel Lane
Leeds
LS12 2DJ

The Vale Circles

12 Tunstall Road
Leeds
LS11 5JF

Our administration office is based at:

Recovery Centre

Asket Croft
1 Asket Place
Seacroft
Leeds
LS14 1PP



Halima
Co-facilitator, Introduction
to Leeds Recovery College

How to enrol

You are not referred to the Recovery College; you enrol yourself onto the courses that are of interest to you.

- 1** Have a look at the workshop and course descriptions in this prospectus and decide which you would like to attend. **We deliver courses across the city and do not offer every course each term**, so you will need to check dates and venues in the course time table, available from leedsrecoverycollege.com
- 2** To book on a course call us on **0113 855 5127** email leedsrecoverycollege.lypft@nhs.net or visit leedsrecoverycollege.com

The first time you book on a course, you will be asked to complete an enrolment form. We will ask for your name, background, contact details and any individual requirements you may have while attending a course.

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.
- 3** You will receive confirmation of your booking before the course starts and we will ask you to read our student charter and agree to our code of conduct (which describes what you can expect from us and what we expect from you) before you attend the course. (please see page 53 for details).
- 4** When you first enrol, you will be invited to meet some of our trainers at an Introduction to Recovery College session where you can find out more about our courses and what to expect – you can also explore what may help your learning and what you'd like to gain from attending the college.



Course themes

Our courses are grouped into five sections and you are welcome to pick and choose from them all.

Each section focuses on different aspects of health and recovery with the courses in each group sharing common themes and delivery styles.

Getting started: Introductory workshops

These one-off sessions introduce some of our longer courses and key recovery themes. They are delivered in a relaxed style with smaller group sizes.

Let's talk about: Improving awareness

These short workshops focus on sharing information and improving general awareness on a range of health topics, which may help you, your care or work with someone else.

Increasing understanding

Longer courses which look at better understanding your health and what works for you, developing healthy habits and finding ways to cope.

Looking after yourself

These one-off workshops aim to widen our personal thoughts on health, resilience and self-care. They are based on sharing experience and ideas and are peer-led.

Doing more of what makes you feel good

Workshops and longer courses which focus on building confidence, trying something new and finding out more about other community resources.



Stacey, Margaret, Heidi and Karen
Stocks Hill Community Hub

Introductory workshops

These one-off sessions introduce some of our longer courses and key recovery themes. They are delivered in a relaxed style with smaller group sizes.

Introduction to Leeds Recovery College

It can be daunting doing something new, but stepping out of our comfort zone is all part of the process.

This introductory session is a great place to start if you are thinking about enrolling on one of our courses. We will explain more about the college, our courses, venues and what to expect when you attend a workshop for the first time.

In this session we will:

- Talk about the Leeds Recovery College and current courses
- Discuss how we bring lived experience and professional knowledge together
- Ask you to consider what is important to you and your wellbeing
- Invite you to complete course enrolment forms

1 session

approx 1.5 hours

Cost: Free

We recommend attending this session to anyone attending the college, but especially people looking at our increasing understanding and looking after yourself courses.

Dealing with feelings: talking about recovery

Some feelings are easier to deal with than others, such as happiness, curiosity, pride, and contentment. Other feelings, for example, anger, fear, and sadness can be more difficult.

Sometimes it can be difficult to make sense of how we feel and why we feel the way we do. This can lead us to feel very overwhelmed and perhaps do things to change the way we feel that are not always helpful.

In this introductory workshop we will:

- Look at how feelings impact on our mental health and recovery.
- Explore what might 'trigger' difficult feelings, and how what we then think and do might lead us to become stuck in unhelpful cycles.
- Consider these unhelpful 'vicious' cycles, their impact on our lives, and look at ways to reduce their power.

1 session

approx 3 hours

Cost: Free

"It has been a life changing experience. I have learnt that it's ok to feel unwell and I should never feel guilty."

Creative mind mapping: organising my thoughts and learning

When your thoughts are disordered and the idea of getting everything down on paper in one neat list is overwhelming – why not try a different approach?

Mind maps can help us to 'map' out our thoughts, creating connections that inspire other ideas and can support us to think through steps to a goal, our emotions, making decisions, and organising day-to-day tasks.

This two-part workshop introduces mind maps as a creative and fun way to organise your thoughts in order to come up with solutions.

In this session we will:

- Introduce mind maps as a creative way to organise your thoughts and ideas
- Consider how mind maps may help your decision making
- Create your own personal mind map

2 sessions

approx 2 hours per session

Cost: Free

Introduction to WRAP (Wellness Recovery Action Planning®)

This stand-alone session introduces our longer course, Wellness Recovery Action Planning® which aims to give you the time and space to reflect on: what you are like when you are well, the things that improve your health and wellbeing, your personal triggers, and crisis planning.

WRAP is used world-wide by people who are dealing with all kinds of health and life challenges, it helps you notice when things don't seem to be quite right in your life and supports you to get back to feeling your best.

In this session we will:

- Share an overview of the full WRAP course and what is involved
- Discuss 'what is good mental health?' and how WRAP may help
- Explore our thoughts on recovery
- Share information about our next WRAP courses

1 session

approx 2 hours

Cost: Free

"It is good to think about wellness rather than just illnesses. I am looking at my recovery more as a journey and process not an end destination."

Introduction to Mindfulness

Mindfulness means focusing your awareness, with purpose on the present moment, to become more aware of our thoughts, feelings and body sensations, so that we can respond to situations with choice and understanding.

Mindfulness can be personally challenging, as you learn to tune your awareness into your senses and where you are at in the moment. For this reason, this pre-course introductory session offers you the opportunity to see if Mindfulness is right for you.

In this session we will:

- Explore the idea of wellness and mindful practice
- Investigate ways to bring more mindful practice into our daily life
- Ask you about your thoughts on mindfulness and share ways in which to develop this practice

1 session

approx 2 hours

Cost: Free



Daniel
Co-facilitator, Introduction
to Mindfulness



Dan
Mental Health
awareness workshop

Improving awareness

These short workshops focus on sharing information and improving general awareness on a range of health topics.

Let's talk about: Mental Health Awareness

It can be difficult at first, but talking about mental health is really important and there can often be a stigma attached to people reaching out for help.

Being diagnosed with a mental health condition can be overwhelming; if you're supporting someone there's a difficult path to tread with lots to digest. This information session provides an overview of some common mental health conditions and looks at some of the things that can stop people reaching out for help.

In this workshop we will:

- Discuss what is mental health, myths and stereotypes
- Introduce the mental health continuum and 'everyone has mental health'
- Explore the signs of stress and how stress affects us
- Discuss the characteristics of common mental health conditions

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Anxiety

Everyone has feelings of anxiety at some point in their life. That exam, interview, or medical test which creates feelings of worry, unease or fear, during these times feeling anxious is very normal.

But for some of us these feelings can become overpowering and have a significant impact on daily life and they could be caused by a wide range of situations and issues, rather than one specific event.

In this workshop we will:

- Discuss 'what is anxiety?'
- Explore how anxiety effects our thoughts, feelings and behaviours
- Discuss how anxiety is diagnosed and what treatment, support, and self-help groups are available
- Consider how we can best support someone experiencing anxiety

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Depression

When depression is part of your life it can deeply disrupt every part of it and change your perception of the world around you.

You can be physically and mentally drained and your ability to make decisions and interact with the people around you can all be affected. Depression goes beyond feelings of sadness and periods of short-term 'blues'.

In this workshop we will:

- Discuss the common signs and symptoms of depression
- Explore how depression affects our thoughts, feelings and behaviours
- Discuss how depression is diagnosed, and what treatment, support and self-help groups are available
- Consider how we can best support someone experiencing depression

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Bi-polar

Bi-polar (in the past known as manic depression) is a severe mental health condition where you can experience a spectrum of moods from euphoria, over activity and excitability – known as mania – to deep depression.

For some, these periods can be long and enduring, for others their mood can change very quickly. Some people also see or hear things that others around them do not see (known as hallucinations) or they may have strange, altered beliefs.

In this workshop we will:

- Look at some of the common features of bi-polar and its diagnosis
- Explore how bi-polar impacts on relationships, life, study and work
- Share the bi-polar mood rating scale and other helpful strategies
- Consider how we can best support someone experiencing bi-polar

1 session

approx 2.5 hours

Cost: Free

"To feel understood and listened to is so valuable."

Let's talk about: Psychosis

The experience of psychosis, such as experiencing a different sense of reality to other people or hearing voices, is surprisingly common.

Psychosis is a general term used to describe a mental health issue in which you experience changes in thinking, perception, mood and behaviour. The majority of people experiencing a first episode of psychosis will recover. If long-lasting or severe it can lead to a diagnosis, such as schizophrenia or schizoaffective disorder.

Experiencing psychosis can be a very frightening and life changing event and there can be lots of myths and prejudices that can make receiving a diagnosis harder.

In this workshop we will:

- Discuss some of the common symptoms of psychosis
- Explore personal experiences and its impact on life, emotion, thinking, and perception
- Discuss what treatment and support is available
- Consider how we can best support someone experiencing psychosis

1 session

approx 2.5 hours

Cost: Free



Let's talk about: Trauma, our brain, body and mental health

We could experience a trauma at any stage in life. Trauma can be thought of as a deeply distressing or disturbing experience(s) that overwhelms us, for example: feeling loss of control, betrayal, abuse of power, helplessness, pain, confusion, and/or loss.

The event need not be a threat-to-life or personal assault to severely affect us. Trauma could be a one-off event or a series of experiences across many years and our responses to trauma can protect us at the time. However sometimes cause us difficulties if we continue to respond in this way when the risk or threat is no longer there.

In this workshop we will:

- Explore our understanding of trauma
- Describe the impact of trauma on our brain, body, and mental health
- Consider how we could best support ourselves or others who might be experiencing difficulties after a trauma

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Self-harm

Self-harm can be uncomfortable to talk about and for most people is a way of expressing very deep distress. It can easily be misunderstood and often has myths and stigma attached.

All sorts of people self-harm and it is more common than you think. You may feel isolated and find it difficult to explain what's going on and experience feelings of guilt, or feel judged for what is a coping mechanism.

In this workshop we will:

- Explore our understanding of self-harm, why people may self-harm and the common myths and realities
- Discuss the differences between cause, behaviour, trigger and urge and talk about useful distraction techniques
- Share ideas on what's helpful and unhelpful when supporting someone else
- Discuss what information, support, and self-help resources are available

1 session

approx 2 hours

Cost: Free



Naetha
Co-facilitator, Addiction,
recovery and stigma

Let's talk about: Eating disorders

On the surface having an eating disorder may appear to be about food and body weight but it is often a result of attempts to deal with difficult problems and painful feelings which can be very hard to talk about.

Having an eating disorder can take over your life and make you ill. It is much more complex than eating too much or too little or becoming obsessed with your weight or body shape. The reasons and causes behind eating disorders are varied and many-sided.

In this workshop we will:

- Explore different types of eating disorders
- Listen to personal experiences and the impact of having an eating disorder
- Discuss what treatment, support and self-help groups are available
- Exploring the individual recovery process and what's helpful and unhelpful when supporting someone else

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Diet and disordered eating

Balanced eating is important not only for physical health but also to support our mental health. However, it is sometimes difficult to escape the influence of media messages encouraging us to adopt fad diets or to become a certain body shape or size by restricting different food groups or altering our eating habits.

This can lead to disordered eating and an unhealthy relationship with food. How do we know what information to trust?

In this workshop we will:

- Discuss what influences our eating behaviours
- Discuss strategies you can use to find a balance in your diet
- Compare fad diets to evidence-based dietary guidelines
- Discuss what support and self-help resources are available

1 session

approx 2 hours

Cost: Free

Let's talk about: Sexual orientation and health

Like anyone, lesbian, gay, bisexual and people who don't feel that they fit into traditional categories of sexuality may experience mental health challenges during their lifetime.

Being lesbian, gay, bi-sexual, or pan sexual doesn't automatically mean you will have mental health issues. However, the evidence in the UK and internationally indicates increased levels of common mental health problems, such as depression, anxiety, self-harm, suicidal thoughts, increased alcohol and drug misuse and social isolation.

In this workshop we will:

- Discuss the terms and definitions used within LGBT+ community
- Explore research on the impact of sexual orientation on emotional and physical health and wellbeing
- Talk about what local support and information resources are available
- Consider how we can help to reduce health and social inequalities

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Gender identity and health

Although gender has traditionally been divided into 'male' and 'female', it's now widely recognised that gender is not that simple and gender is a spectrum which includes many gender identities.

Being trans or non-binary doesn't necessarily mean you will experience mental health issues. But, discrimination and transphobia along with a lack of understanding and acceptance can contribute to an increased risk of depression, anxiety, self-harm, suicide, drug and alcohol misuse.

In this workshop we will:

- Discuss the terms and definitions used within the trans and non-binary community
- Explore research on the impact of discrimination on emotional and physical wellbeing
- Talk about what local support and information resources are available to help reduce health and social inequalities
- Share strategies to help reduce stigma and promote positive health

1 session

approx 2 hours

Cost: Free



Let's talk about: Addiction, recovery and stigma

If you have an addiction, or know someone who has an addiction, you're not alone! According to the charity Action on Addiction, 1 in 3 people are addicted to something.

Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you. Addictions are formed for a variety of different reasons but building strong recovery communities helps to tackle the feelings of isolation and shame that can be felt from having an addiction.

In this workshop we will:

- Discuss what addiction is and look at some common misconceptions
- Explore how having an addiction can affect your life, relationships, and health
- Discuss examples of recovery, and the recovery community
- Talk about national and local support, and what information is available

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Mental health medication

Using medication can be a short-term strategy or a long-term life decision. How medication works, what types of medication is available, and the potential side effects may all be questions that you don't always feel comfortable to ask.

If you're taking, planning to take medication, thinking about stopping your medication or simply would like to find out more about how it works. Understanding more about your medicines and knowing some of the terminology can help support more informed choices. We will also talk about how other non-mental health medicines can affect your mental health medicines and what to consider if you want to stop taking your medication or change to a different medicine.

In this workshop we will:

- Look at how medication works in our bodies
- Discuss how anti-depressants, mood stabilisers, and anti-psychotic medication work
- Explore strategies for managing the side effects of medication
- Consider what questions to ask and where to go for more advice

1 session

approx 3 hours

Cost: Free

Let's talk about: Nutrition, weight gain and antipsychotics

Antipsychotics can play an important role in the management of our condition. Some antipsychotics can have side effects which may contribute to weight gain. It is important to manage this since weight gain can increase the likelihood of developing physical health conditions.

There are many different ways to get into healthy habits and manage your weight, and it is important that the advice you follow comes from evidence-based sources.

In this workshop we will:

- Explore the impact of medication on weight and physical health
- Discuss strategies you can use to help manage this
- Discuss what support and self-help resources are available

1 session

approx 2.5 hours

Cost: Free

Let's talk about: Housing and mental health

Having somewhere to call home, a place we feel safe and secure, is fundamental to our mental health and wellbeing. Research shows that those who are homeless, or at risk of homelessness, are much more likely to experience mental distress, with a significant number of those people not accessing the support they need.

Appropriate housing should be good-quality, affordable and safe, providing not only shelter but also a secure and positive environment which continues to support people in their recovery and as their life progresses.

In this workshop, we will:

- Explore the relationship between housing and mental health
- Discuss the accommodation options and housing support services available in Leeds
- Share information on how to set up a home on a budget

2 sessions

approx 2 hours per session

Cost: Free

Let's talk about: Future of health, clinical research and you

Clinical research is the study of health and illness, it is the way we learn how to prevent, diagnose and treat illness to help people get, and stay well.

Clinical research describes many different elements of scientific investigation but don't think that just means lots of scientists in white coats! Simply put, it involves talking to people about their experiences and building up an evidence base of what works. Sharing your experience can help improve and develop health care.

In this workshop we will:

- Discuss what clinical research is and some of the myths surrounding it
- Explore the benefits of supporting clinical research
- Share examples of what research is currently being done in the region
- Talk about the different ways in which you may want to get involved

1 session

approx 2.5 hours

Cost: Free



Calliese
Co-facilitator, Vision boarding

Let's talk about: Sharing lived experience as a health professional

Peer support workers are employed in many different health settings to share their mental health lived experiences with others, and many people that use mental health services find this helpful.

But it can be more controversial for other mental health professionals to talk about their experiences. In 2014, Leeds and York Partnership NHS foundation trust co-funded research with York University to find out how professionals and staff felt about sharing lived experience in practice.

In this workshop we will:

- Discuss the findings of the 'Sharing lived experience research'
- Explore some of the common myths about sharing lived experience
- Discuss when disclosure and non-disclosure are beneficial
- Reflect on the six areas of sharing lived experience

1 session

approx 2.5 hours

Cost: Free

Let's talk about: WRAP for staff and supporters

The Wellness Recovery Action Plan® or WRAP is used world-wide by people who are dealing with all kinds of health and life challenges. WRAP helps you notice when things don't seem quite right and supports you to think about the things that support your health and wellbeing, your personal triggers, and early warning signs. It can also help crisis planning.

For staff and supporters of people who have a WRAP plan, or are in the process of developing one, your role is a vital one. You can have immeasurable impact on their experience and support them in their recovery.

In this workshop we will:

- Introduce WRAP, its history, and key concepts
- Explore the content of the WRAP course
- Discuss 'what is support'? and practical ways in which we can provide it
- Consider what keeps us well while being a supporter

1 session

approx 3 hours

Cost: Free



Rob and Helen
Co-facilitators, Creative Writing
and Future of health, clinical
research and you



Stacey and Karen
Stocks Hill Community Hub

Increasing understanding

Longer courses which look at better understanding your health and what works for you, developing healthy habits and finding ways to cope.

Wellness Recovery Action Planning® (WRAP)

The Wellness Recovery Action Plan® or WRAP is used world-wide by people who are dealing with all kinds of health and life challenges. WRAP helps you notice when things don't seem to be quite right in your life and helps you to get back to your best.

You will draw on your own experiences to identify what strategies work for you and through the course WRAP will help you to organise these strategies and tools into a simple system.

In developing your own WRAP, we will:

- Identify the things you do, have done, or could do to help you stay well
- Build action plans for when you experience a personal trigger, external event, or circumstances that make you uncomfortable
- Identify the early warning signs that may indicate you are not at your best
- Create a plan for when things get worse or when you feel in crisis

10 sessions

approx 3 hours per session

Cost: Free

Evening WRAP: Wellbeing at work

We all respond differently to the stresses and strains that are part of our working life. At times maintaining our mental health at work can be difficult.

Join us for an evening addition of the Wellness Recovery Action Planning course, which will focus on how we all can improve both our personal and professional wellbeing.

10 sessions

approx 2 hours per session

Cost: Free

"Recovery and Mental Health is a lifelong journey, in which you can be an active participant throughout. It has provided a tool kit which can be customised to my life, personality and support network. It has helped me identify several sources of help and support which I did not think were available."

Please note: you need to attend the Introduction to WRAP session before booking onto the Wellness Recovery Action Planning course.

Mindfulness

To be mindful means to pay attention to whatever we are doing, thinking and feeling, both emotionally and physically. The intention is not to change anything but to recognise our experience and relate to it. This includes learning to let go of our need to have things a certain way and to have compassion for ourselves.

Mindfulness can help you feel more able to cope with life's challenges and it can be useful if you're looking to bring more meaning to your life or relationships. It can enable you to recognise when things happen that trigger unhelpful feelings so you're better prepared to deal with them.

In this course we will:

- Share techniques to help you to recognise what you are experiencing and how to relate to it differently
- Discuss being in 'automatic pilot' and how that can be unhelpful when we feel stressed, low in mood, overburdened or not in control
- Look at practical ways to respond to unhelpful thoughts and how to directly relate to your experiences in the here and now
- Give you the chance to try out different mindfulness practices, including breathing, body scan, sitting meditation and mindful movement

8 sessions

Approx 2 hours per session

Cost: Free

Please note: you need to attend the Introduction to Mindfulness session before booking onto this course.

Exploring anxiety

We can all experience uncertainty, panic and signs of anxiety at times in our lives. For some these feelings can become overwhelming and have a significant impact on daily life.

We will explore our thoughts on anxiety, what it is and help you understand what it means for you. We will look at the ways we recognise anxiety and practical steps and techniques that help us to take more control.

In attending this course we will:


- Explore our personal understanding of anxiety and what it means for us
- Identify times, events, and situations where our anxiety is high
- Discuss some of the common approaches for treatment
- Consider self-help and community resources that are available in Leeds

4 sessions

approx 2 hours per session

Cost: Free

Please note: you need to attend the Introduction to Recovery College session before booking onto this course.



"I feel more confident about trying to manage my mental health on my own, using the tools and strategies I'm more determined to stay well and independent"

Building self-esteem

Self-esteem is feeling good about yourself, feeling liked and accepted, proud of who you are and having belief in what you do as an individual. The people in our lives can affect how we feel, but often we can be very self-critical and think and say negative things about ourselves too. We don't always see what we do as being good enough.

When self-esteem is low, we can see mistakes and faults very easily and will overlook our strengths and the positive contributions we make.

In this course we will:

- Explore our personal thoughts on self-esteem and why it is important
- Discuss what things influence how we feel about ourselves, our positive qualities and sense of self-worth
- Share some different tips and strategies to help in building a better view of who we are and what we have to offer
- Consider what can knock our self-esteem and ways we can cope with set backs

6 sessions

approx 2 hours per session

Cost: Free

Please note: you need to attend the Introduction to Recovery College session before booking onto this course.

Developing self-compassion

Having self-compassion isn't that different from having compassion for others. To have compassion, you need to notice that the person is suffering in some way, feel a connection to them and their experience and offer understanding and kindness when things don't go to plan for them or they make a mistake.

When you notice something about yourself that you don't like or when things don't go the way you want them to or you've let someone down in some way. Would you offer the same understanding to yourself, as you would a good friend?

Rather than continual self-judgement and criticism, in developing self-compassion we aim to be kinder towards ourselves, who we are and our imperfections.

In this course we will:

- Explore our thoughts on self-compassion and discuss how kindly we judge and treat ourselves
- Introduce the components of self-compassion and identify when we need to be more compassionate to ourselves
- Share thoughts on our inner critic, how we talk to our self and how this impacts on our feeling of self-worth and self-esteem
- Look at some practical strategies to bring more self-compassion into our lives

4 sessions

approx 2 hours per session

Cost: Free

Please note: you need to attend the Introduction to Recovery College session before booking onto this course.

Exploring resilience

Resilience is one of those words that can be used to describe lots of different things. How we manage every day setbacks, missing the bus, the car breaking down, accepting that the film we'd been waiting to see is sold out, and then being able to come up with a plan B, rather than seeing the day as a write off can all be seen as being resilient.

However, when we feel particularly under pressure, are faced with periods of stress or not in control in some way, our personal resilience is more than simply our ability to bounce back and change our plans, it also includes our capacity to adapt in the face of challenging circumstances.

In this course we will:

- Discuss our thoughts on resilience and what it is and is not
- Explore how resilient we are and consider the factors that influence our personal resilience
- Share personal strategies that support resilience and discuss practical ways to apply them

6 sessions

approx 2 hours per session

Cost: Free

Please note: you need to attend the Introduction to Recovery College session before booking onto this course.

Creative writing: unlocking my creativity

We are born to be creative, to explore our thoughts and ideas but all too often that creativity can get stifled and our inspired thinking suppressed. It can be easy to overlook the benefits that thoughtful and expressive writing can have, and you don't need to be an expert or have brilliant written skills to feel the benefit.

Writing provides a positive outlet to explore our thoughts, declutter a busy mind and can act as a way to express what we can find difficult to say. We all have a treasure trove of unique and amazing stories; all you need is something to write with and the time to make it happen.

In attending this course we will:

- Try out different creative techniques to generate and explore ideas
- Have a go at using different writing methods and approaches to help formulate our thoughts
- Discuss how creativity and writing supports our wellbeing and look at ways to introduce more of it into our lives.

6 sessions

approx 2 hours per session

Cost: Free

'A really useful way to understanding your mental health, what works and what doesn't. I have learnt that I need to honour myself and my feelings'

MAAEZ: Making Alcoholics Anonymous Easier

Making Alcoholics Anonymous Easier was originally developed by the Alcohol Research group in California, USA in 2002 and is now delivered by peer facilitators world-wide.

The aim of MAAEZ is to equip you with some of the topics and experiences that you are likely to encounter in an AA meeting or in other 12-step programs such as Narcotics Anonymous and Cocaine Anonymous. We'll have a look at some of the myths about joining a group and provide a safe space to share your experience on attending a 12-step program.

In this course we will:

- Discuss what's involved in a 12-step programme, common myths and stereotypes
- Share examples of what things you will be likely to experience when attending a group
- Explore the benefits and potential setbacks that we may encounter and the things that may help

5 sessions

approx 2 hours per session

Cost: Free



Rob
Co-facilitator, Creative writing:
unlocking my creativity



Halima and Bev
Co-facilitator, connecting
up meeting

Looking after yourself

These one-off workshops aim to widen our personal thoughts on health, resilience and self-care. They are based on sharing experience and ideas and are peer-led.

Emotional eating

We live in a society where even amongst people who don't have an eating disorder, there is often an abundance of disordered eating. With the latest fads, media messages and our personal hang-ups, it can really affect how we see ourselves, what we eat, and our thoughts on food.

For people who use eating or over-eating as a coping strategy. Learn what affects eating other than physical hunger and explore ways to have a healthier relationship with food.

In this workshop we will:

- Discuss how our emotions impact on how we feel about food
- Consider the circumstances that may impact on our food choices and eating behaviour
- Share information and tips to support a more healthy relationship with food

1 session

approx 4 hours

Cost: Free

Setting boundaries

For some of us, the problem is not so much about developing new relationships but making the ones we have work better for us. It's easy to be in a place where you're over-giving and making choices based on the expectations of others; how you should look, what you should do, how you should feel.

Our personal boundaries aren't as obvious as a fence or a giant 'no trespassing sign' and are often harder to identify and define. We may only realise once one of our boundaries gets crossed.

In this workshop we will:

- Explore why we need physical and emotional boundaries in our lives
- Share ideas and strategies to help set and maintain healthy personal boundaries.
- Consider what are healthy boundaries for us and our wellbeing

1 session

approx 4 hours

Cost: Free

Embracing change

Change is a normal part of life, we face change every day; we make adjustments, alter our plans, choose to follow a different path. For some, change can be forced upon us by others, by work or our health. Change can naturally throw up uncomfortable feelings even if it's us that makes the decision to change.

The way we relate to the changes we face will differ on the size, frequency and the impact of the change for us. How we feel about ourselves and how we see life after the change will also influence the way we think and respond to it.

In this workshop we will:

- Explore what we think about change, how we respond to change and the reasons why we can resist it
- Discuss the feelings that are linked to change and how these impact on our thoughts and behaviours
- Share tips that may support us through change and identify the things that can hinder it

1 session

approx 3 hours

Cost: Free

Exploring feelings of guilt

Guilt is a normal feeling and it's likely that everyone will feel a sense of guilt at some point in time. We all make mistakes and we can feel bad about them; the date that slipped your mind, something you said or didn't say.

A person's sense of guilt usually relates to what they value and their moral code. Guilt isn't necessarily a bad thing; it can enable us to make different choices in the future. But for some, guilt can be overwhelming and a symptom of your mental health, feeling guilty when you're not really at fault. Guilt can affect how you feel about yourself and your relationships.

In this workshop we will:

- Explore our thoughts on guilt, what it is and where it comes from
- Consider the effects of guilt on our health and wellbeing
- Share ideas on ways to better support us and our feelings of guilt

1 session

approx 2 hours

Cost: Free



Quick tips when feeling in panic

We can all experience those moments where we feel unease, that sense of fear or panic. The way in which we deal with these feelings will be different for us all, but 'grounding' can help when we feel overwhelmed.

A widely used technique which helps centre racing thoughts and reduce feelings of panic.

In this workshop we will:

- Discuss what grounding is and how it may help when feeling in panic
- Try out some simple techniques to help you feel grounded in the present and connected to the world around you
- Create a grounding toolkit, individual to you, which will support you in situations in which you feel overwhelmed

1 session

approx 2 hours

Cost: Free

"My mind feels open and free to explore new ideas, consider what's good for me, what I want and need. How to deal with bad days, watch for triggers and plan self-care where possible. Learn to open up talk to other who can help and support, listening to others and I am not alone."

The unhelpful agreements we make

We all hold a vision of who we are and who we want to be, this underpins how we think about ourselves and relate to the world around us. Societal 'norms'; the familiar unspoken way things have always been done, the wanting to be liked, the hesitation that comes with challenging something that we don't fully support can lead us into making unhelpful agreements with ourselves.

We don't say what we mean and mean what we say, in an attempt to have a quieter day.

On the face of it, it seems kind and selfless but what happens when this takes place over and over again?

In this workshop we will:

- Introduce the key themes of The Four Agreements by Don Miguel Ruiz
- Reflect on the unhelpful agreements that we make with ourselves and others
- Consider how we can often take things personally and jump to assumptions
- Discuss when our best is good enough and share examples of this

1 session

approx 4 hours

Cost: Free

Vision boarding: my focus for the future

Having the space to think about what is important to you and what you want in life and then creating something that displays your intention, helps to focus and hopefully moves you closer towards your goal.

Vision boards are collages of images, photographs, and phrases glued or taped to a surface like a poster board. Your selection of items on your board typically represents your focus or intention for the future. Your board could include anything that inspires and motivates you.

In developing your own vision board we will:

- Consider what is important for us; our values and motivations
- Reflect on the different areas of life in order to consider our focus for the future
- Create our own vision board which reflects what we would like to achieve

1 session

approx 3 hours

Cost: Free

Please note this is a creative workshop and you are invited to bring along materials to help personalise your vision board.

Self-care for special events and celebrations

Those special events, family get-togethers, parties and organised events can be exciting and a time to connect and have fun. They can also be stressful and difficult, lead to feelings of self-doubt, the fear of being judged and be difficult to cope with.

The pressure of being seen to have a great time, having a smile on your face and sharing what you've been doing over the year can weigh heavy; we don't want to ruin the fun for anyone, but we're not always in the best place and just thinking about it can feel overwhelming.

In this workshop we will:

- Discuss what things contribute to negative feelings towards events and special times of the year
- Explore what strategies we currently use which may help or may hinder us
- Share ideas on the things that may help make these times easier to manage

1 session

approx 3 hours

Cost: Free

Quick simple eats when I don't have an appetite

Our appetite can fluctuate, there are times when we don't seem to feel full – and others when we don't feel like eating. If we're feeling particularly stressed, over tired or physically unwell our appetite could change.

But for some, a loss of appetite and a lack of interest in food can be as a result of how you feel and your mental health. This can lead to poor choices and feeling guilty about what we do eat.

In this practical workshop we will:

- Look at the foods that support our health and wellbeing and ones to avoid
- Prepare some straightforward and nourishing snacks for when thinking about eating and cooking a meal is difficult
- Share ideas and tips for simple eats when you don't have the appetite or motivation

1 session

approx 3 hours

Cost: Free

Please note this is a practical session and involves preparing food.



Naetha
Co-facilitator, vision boarding:
my focus for the future



Paul
Co-facilitator, IT
and digital skills

Doing more of what makes you feel good

Workshops and longer courses which focus on building confidence, trying something new, and finding out more about other community resources.

IT and digital skills: self-care online

With the growth of the internet, online spaces and smartphone apps it can be hard to keep up to date and we can feel like we're missing out.

Having confidence in using IT, knowing what digital resources are available to us and being digitally literate is becoming an increasingly necessary part of modern life.

On this practical course we will:

- Look at the practicalities of setting up an email account, filling out online forms and being more savvy online
- Talk about how to search for reliable information, what free digital resources may support your health and wellbeing
- Think about how to look after your personal safety and privacy when online

6 sessions

approx 2 hours per session

Cost: Free

The power of storytelling: sharing your recovery story

Recovery stories have power and hope. When people share their stories, it helps others to see that they are not alone and that recovery is possible.

Stories help us view our life in new ways; they help us to see what helped and hindered our journey and help us remember what works for us.

In this workshop we will:

- Share our experience of recovery and the story we would like to tell
- Consider the learning that has come from our journey so far and what things we need to continue to move towards
- Begin to write our story

1 session

approx 5 hours

Cost: Free

Facilitation skills training: train the trainer

Would you like to get involved in delivering a workshop? Not sure where to start, or what makes good courses work well?

Sharing your experience as a recovery college co-facilitator can be an empowering and rewarding experience. When all eyes are on you, facilitating a group can be a daunting prospect, especially when you're conscious of doing a good job. In this course we will provide you with the opportunity to test out your own facilitation and training skills.

In this practical course we will:

- Explore how people learn, interact and retain information
- Discuss what helps and hinders facilitation and how to manage group dynamics
- Consider different training and facilitation styles to help you consider what works best for you
- Take part in discussion, activities and exercises to try out your facilitation skills

4 sessions

approx 4 hours per session

Cost: Free

Skills for volunteering in a mental health setting

With busy lives, it can be hard to find time to volunteer. However, there are many benefits to volunteering both for the volunteer, the organisation they support and the community. In the right volunteering role, you can make friends, connect with the community, learn new skills, and even advance your career.

Giving your time and experience to benefit others can also help protect your mental and physical health. It can keep you mentally stimulated, physically active and provide a sense of purpose. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day, there are many different ways to volunteer.

In this workshop we will:

- Explore the benefits of volunteering
- Consider what is important when volunteering in a mental health setting
- Look at the different ways in which you can get involved as a volunteer

1 session

approx 2.5 hours

Cost: Free

"Both facilitators are amazing, authentic and compassionate; they are making a difficult journey possible and even at times fun!"

Swarthmore Education Centre

Swarthmore Education Centre wopened its doors to students on the 25th September 1909 and this year will have been providing inclusive, friendly and supportive lifelong learning for 110 years.

Swarthmore is located in Leeds city centre (near Leeds General Infirmary) and is a not-for-profit Registered Charity. All students pay an annual membership fee of £12 on courses of 6 hours or more, with subsidised courses starting from £6.

Some of our recovery college top picks:

Art mix

A creative mix of short painting drawing and print taster sessions, broaden your horizons, find those hidden talents and build your confidence

This course is for anyone who would like to build confidence and learn new skills. If you have been out of learning or work for some time then this course could be just the course for you.

11 sessions

2 hours per session

Mindful Art

Practising mindfulness regularly can relieve stress and boost our overall health and well-being. When taking part in a mindful art we focus on the process of creating rather than the end result, each session also includes an element of meditation and discussion on famous paintings and their mindful interpretation.

6 sessions

2 hours per session

Practical drama

A practical and hands on course to explore your creative and theatrical side, with games, exercises and activities to build confidence and self-esteem.

11 sessions

2 hours per session

Open events

Join Swarthmore for an opportunity to see their facilities, speak to the staff and join their taster session.

3 and 5 September, 29 October, 20 February
10am–12pm and 1pm–3pm

Want further information and advice on Swarthmore courses? Book an appointment with Swarthmore's Student advisor. Swarthmore's Student advisor can help give advice and guidance on what courses they have available and which courses are right for you.

To book an appointment call **0113 243 2210**





Jackie
Leeds Recovery College
supporter

Our thoughts on recovery

Recovery is personal and unique to us.

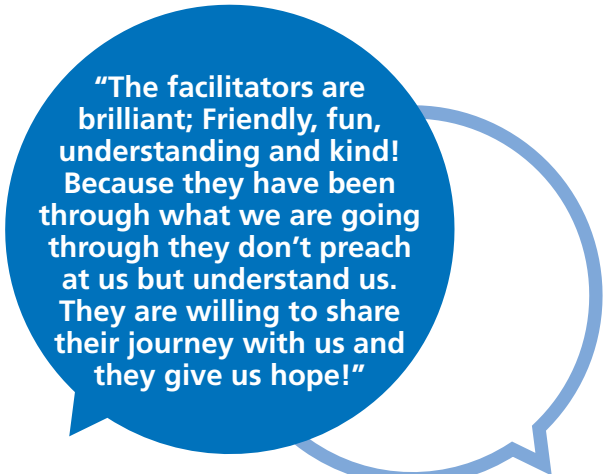
Life is full of challenges and anyone can experience periods of time when their mental health is challenging.

Mental health affects everyone. For some, this may be a relatively short period of time – for others this may involve diagnosis, medication and long-term treatment.

Recovery is about having a good life, with or without symptoms, focusing on what we can do rather than what we cannot. It often doesn't mean we return to where we were, but learn ways to better manage our experiences.

The good thing is that people can, and do, recover – and for a lot of us, it's about recovering a sense of self, purpose, and control in life despite facing these challenges.

Our courses reflect our values of hope, education, personal responsibility, self-advocacy, and support and provide the space to learn about what keeps you well and finding ways to live better.



"The facilitators are brilliant; Friendly, fun, understanding and kind! Because they have been through what we are going through they don't preach at us but understand us. They are willing to share their journey with us and they give us hope!"



Tony
Manager, The Space and
Recovery College co-facilitator

Our supporters

We'd like to thank the following organisations who have supported us in our work.



Age UK Leeds

ageuk.org.uk

Tel: 0800 678 1602

Age UK Leeds is an independent local charity. We've been working in the local community to help older people for over 40 years. We have 40 dedicated staff and over 100 volunteers helping us to deliver services and activities for older people in Leeds.



Battle Scars

battle-scars-self-harm.org.uk

Battle Scars is a Leeds based charity working with anybody affected by self-harm. Our aim is to support, educate and bring everybody together. We run support groups, free workshops, training for professionals, plus an online support group and resources via our website. Even though most of our events are in Leeds we provide support worldwide.



Accommodation Gateway

commlinks.co.uk

The Accommodation Gateway provides a service for people who are either an inpatient on acute mental health or forensic wards or to those who are receiving care coordination in the community, who have an identified housing need. The service works in partnership Leeds and York Partnership NHS Foundation Trust, Leeds City Council and accommodation providers, to ensure people are appropriately housed in accommodation that best meets their needs, by developing housing pathways and supporting sustainable tenancies.



Carers Leeds

carersleeds.org.uk

Tel: 0113 3804300

The home of support for all unpaid carers in Leeds. Carers Leeds is an independent charity that gives support, advice and information to unpaid carers aged 16 and over. Established in 1996, our team of expert support workers are dedicated to improving the lives of the 72,000 carers in Leeds.



Community Links (Aspire)

commlinks.co.uk/services/leeds/aspire/

Tel: 0113 200 9170

Aspire is the Leeds Early Intervention in Psychosis Service, providing holistic care coordination to people between the ages of 14 - 65 who are, or may be, experiencing their first episode of psychosis. We provide support to families, friends and social networks of the person in relation to their experience of psychosis too.



Forum Central

forumcentral.org.uk

Tel: 0113 242 1321

Forum Central is a network of health and social care third sector organisations in Leeds. Our mission is to be a collective voice for the health and care third sector. We connect with almost 300 third sector organisations working in health and care in Leeds.



Leeds and York Partnership
NHS Foundation Trust

Leeds and York NHS Foundation Trust

leedsandyorkpft.nhs.uk

Leeds and York Partnership NHS Foundation Trust is the main provider of specialist mental health and learning disability services in Leeds. We also provide specialist services across York, the Yorkshire and Humber region, and some highly specialised national services.



Leeds City Council

leeds.gov.uk

Tel: 0113 222 4444

Leeds City Council is the local authority for the City of Leeds and has the ambition of being the best city for health and wellbeing. Being a healthy and caring city for all ages, where the poorest improve the fastest.



Leeds City College

leedscitycollege.ac.uk

Tel: 0113 386 1997

Leeds City College is one of the largest Further Education institutions in the country.

The college provides a vibrant, multi-cultural learning environment, delivering excellent and innovative education which is supportive, inspiring and life changing. Our courses cover almost all subject areas and include full and part-time academic and vocational qualifications through from basic skills to apprenticeships and A-levels to foundation degrees.



Leeds Mind

leedsmind.org.uk

Tel: 0113 305 5800

Leeds Mind support the people of Leeds to discover their own resources to 'recover' from periods of poor mental health, and to live life independently with their mental health condition. We offer many services, including: counselling, group therapy, social support, peer support, self-directed support, social prescribing, housing support, employment support, suicide bereavement support, and mental health training.



Leeds Involving People

leedsinvolvement.org.uk

Tel: 0113 237 4508

Leeds Involving People link decision – makers and communities. We give a voice to citizens of Leeds and support the improvement of health, social care and community services. We are an independent, user-led organization with over 20 years of experiences in connecting patients, people who use services, carers and the public with service redesign.



MindWell

mindwell-leeds.org.uk

MindWell is the mental health website for adults in Leeds. It brings together mental health information from the NHS, Leeds City Council and third sector organisations into one single 'go to' place.



LGBT+ Network

Rainbow Alliance

rainbow.lypft@nhs.net

Twitter: @RainbowLYPFT

Rainbow Alliance is a network creating a social movement in which NHS staff, service users and carers collaborate with the shared goal of enhancing the quality of care which is delivered across the organisation to the LGBT+ community.



The Space

Tel: **0113 244 0008**

The space, where people moving on from alcohol, drug or mental health issues come together to socialise, learn new skills and engage in activities. We deliver mutual aid peer support recovery group sessions for both substance misuse and mental health and run a range of events, workshops and training opportunities



Together We Can

leedsinvolvement.org.uk/health-and-wellbeing

Together We Can is a Leeds involvement network for people with lived experience of using, supporting/caring for someone who use or have used mental health support services in Leeds. TWC is an experienced and effective user led group, committed to the principles of co-production who influence the widest spectrum of mental health commissioning and provider networks in Leeds and West Yorkshire.



Swarthmore
friendly learning

Swarthmore Education Centre

swathmore.org.uk

Tel: **0113 243 2210**

Friendly, welcoming and inclusive; the three words our students, staff and stakeholders say sum up Swarthmore. Whether you've enrolled on courses in the past or if it's your first time here; our welcoming atmosphere and friendly staff are ready to help you with your enquiries and support you with your learning.



Touchstone

touchstonesupport.org.uk

Tel: **0113 271 8277**

Touchstone is a mental health charity based in Leeds, but has services across West and South Yorkshire. Our aim is to make the cities we work in more culturally competent and better able to meet the needs of those vulnerable people who live there. We are also acutely aware of our perceived position of strength as a major provider of mostly BME services and we want to share our resources, knowledge and position of influence with smaller, grass roots organisations. We provide a variety of psychological therapies, advocacy assertive outreach, housing related support, community development and peer volunteer opportunities. We are strongly committed to equality, independence, co-production and choice.

Student charter

When you first enrol on a course with us, we will ask you to agree to our student charter and code of conduct.

Our student charter explains what you can expect from enrolling with the Recovery College and when attending a course for the first time. It also explains what we expect of you as a student.

Our code of conduct provides a set of guidelines to help ensure that students, facilitators, volunteers, and staff work together to make the Recovery College a supportive, welcoming, and inclusive learning environment.

When attending a course, students do not have to disclose information about their personal or professional life, their life history or mental health challenges; what is shared we ask you to treat in confidence and do not discuss information about another student outside of the session.

We also ask you to:

- Be polite and respect the rights, life choices, beliefs and opinions of others.
- Avoid the use of language, terminology or behave in any way that may offend others or be considered threatening or disruptive.
- To have responsibility for your own learning journey and ensuring your own health and care needs are met.
- To not use alcohol, un-prescribed medication or illegal substances whilst attending the Recovery College or attend a session where your behaviour is affected by these.





Our course timetable is available at:

www.leedsrecoverycollege.com

Email: leedsrecoverycollege.lypft@nhs.net

Tel: **0113 855 5127** for course enquiries and bookings.