

FREE MENTAL HEALTH AND WELLBEING COURSES FOR ADULTS WHO LIVE, WORK OR STUDY IN LEEDS

APRIL 2022 - SPRING / SUMMER TIMETABLE UPDATE

Leeds Recovery College courses are free to attend and available to people (18+) that live, work or study in Leeds who would like to learn more about mental health and/or improve their personal wellbeing. Our courses are for everyone and you don't need to be referred to the Recovery College, have a mental health diagnosis or any formal connections with mental health services to attend a course with us. Courses promote better mental health awareness and are designed and facilitated by people who have personal experience of mental health challenges, who co-deliver in collaboration with health professionals, educational trainers and community organisations to share knowledge and know-how.

For course bookings please visit: [Leedsrecoverycollege.com](https://www.leedsrecoverycollege.com), email: Leedsrecoverycollege.lypft@nhs.net, or call us on: **0113 855 5127**

INTRODUCTION TO LEEDS RECOVERY COLLEGE

This informal introductory talk is a great place to start if you would like to know more about the Recovery College and the health and wellbeing courses that we deliver.

Join us either online, or in-person and we'll explain a more about the college, our courses and what to expect when you attend a workshop or course with us for the first time.

- **TUESDAY 19th APRIL** / 12 noon - 1:30pm / Beeston Village Community Centre
- **WEDNESDAY 4th MAY** / 3pm - 4:30pm / Online via zoom
- **WEDNESDAY 13th JULY** / 3pm - 4:30pm / Online via zoom
- **TUESDAY 26th JULY** / 12 noon - 1:30pm / Beeston Village Community Centre
- **THURSDAY 25th AUGUST** / 11:30am - 1pm / New Wortley Community Centre
- **TUESDAY 30th AUGUST** / 3pm - 4:30pm / Online via zoom

ONLINE AND IN-PERSON COURES FOR PERSONAL WELLBEING:

Longer courses which focus on your personal wellbeing and better understanding what works for you.

CONFIDENCE & SELF ESTEEM -7 SESSIONS

Confidence levels can change throughout our life and can differ across the areas of our life too. Many things can affect our level of confidence and our self-esteem and what we think about ourselves, can be a big influencer. Through activities and discussion, this course aims to give you an alternative way of viewing who you are, your positive qualities, skills and talents.

- **THURSDAY 12th MAY** / 11:30am - 2:30pm / New Wortley Community Centre
- **TUESDAY 6th SEPTEMBER** / 12:30pm - 3:30pm / Beeston Village Community Centre

MINDFULNESS (ONLINE) -8 SESSIONS

Mindfulness means to pay attention to whatever we are doing, thinking and feeling, both emotionally and physically. Mindfulness can help you feel more able to cope with lifes challenges, with the intention not to change anything, to simply recognise our experience and relate to it. Practicing mindfulness can help us to recognise things which happen, that then trigger unhelpful feelings- so we're better prepared to deal with them.

- **THURSDAY 28th APRIL** / 6.30-8.30pm / Online via zoom

WELLNESS RECOVERY ACTION PLAN® (WRAP) -12 SESSIONS

Wellness Recovery Action Plan® or WRAP is a structured course that will help you to consider what is important for your health and wellbeing, and then develop practical strategies to support it. WRAP is a personalised plan that you develop for yourself to help identify simple, safe and effective tools to maintain your wellbeing and identify what throws you off track.

- **TUESDAY 26th APRIL** / 12:30 - 3pm / Beeston Village Community Centre
- **THURSDAY 8th SEPTEMBER** / 11:30 - 2:30pm / New Wortley Community Centre
- **TUESDAY 1st NOVEMBER** / 12:30 - 3pm / Beeston Village Community Centre

DEVELOPING YOUR WELLNESS TOOLBOX (ONLINE) -8 SESSIONS

Our online course looks at the principals of the Wellness Recovery Action Plan® or WRAP planning, focusing on identifying the things that support your wellbeing.

- **WEDNESDAY 11th MAY** / 1pm - 3pm / Online via zoom

ONLINE WORKSHOPS FOR MENTAL HEALTH INFORMATION & AWARENESS:

Online workshops which focus on sharing information and improving general awareness on a range of wellbeing topics.

INTRODUCTION TO 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 and 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.

- **MONDAY 9th MAY** / 1-3pm / Online via zoom
- **MONDAY 20th JUNE** / 1-3pm / Online via zoom

INTRODUCTION TO DEPRESSION

When depression is part of your life it can deeply disrupt every part of it. It change your perception of yourself, and the world around you. It can cause you to feel 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'.

- **MONDAY 16th MAY** / 1- 3pm / Online via zoom
- **MONDAY 11th JULY** / 1- 3pm / Online via zoom

INTRODUCTION TO 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. Whether you're taking medication, planning to take medication, thinking about stopping or simply would like to find out more about how medication works. Understanding more about medicine and knowing some of the terminology can help support more informed choices.

- **FRIDAY 20th MAY** / 10am - 12 noon / Online via zoom
- **FRIDAY 21st OCTOBER** / 10am - 12 noon / Online via zoom

INTRODUCTION TO CREATIVE MIND MAPPING

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

- **THURSDAY 9th JUNE** / 10:30am - 12:30pm / Online via zoom

SELF-HARM (AWARENESS & UNDERSTANDING)

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

- **Please see website for details**

DIET & DISORDERED EATING

Balanced eating is important not only for physical health but also to support our mental health. But, it's sometimes difficult to escape the influence of external messages encouraging us to adopt fad or unbalanced diets, or to feel we have 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?

- **THURSDAY 21st APRIL** / 10am -12 noon / Online via zoom
- **THURSDAY 30th JUNE** / 10am -12 noon / Online via zoom

WHAT IS WRAP? INFORMATION FOR STAFF & SUPPORTERS

This awareness workshop is for health care staff and carers to learn more about our Wellness Recovery Action Planning® course and how it supports personal recovery. We'll introduce WRAP, it's key concepts and discuss whats included in our 12 week course.

- **THURSDAY 21st JULY** / 10am - 12noon / Online via zoom

SEXUAL ORIENTATION (LGB+ AWARENESS)

Sometimes those of us who are lesbian, gay, bisexual or who don't feel we fit into traditional categories of sexuality experience difficult challenges during our lifetimes. It doesn't automatically mean we will have mental health issues, but evidence does indicate that people who are from these communities have increased common mental health problems such as depression, anxiety, self-harm, suicidal thoughts and are more likely to use alcohol and substances to cope.

- **THURSDAY 12th MAY** / 10:30am -1pm / Online via zoom

GENDER IDENTITY (TRANSGENDER & NON-BINARY AWARENESS)

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, non-binary or of another gender identity, 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.

- **WEDNESDAY 4th MAY** / 10am -12.30pm / Online via zoom
- **THURSDAY 13th OCTOBER** / 10am - 12:30pm / Online via zoom

INTRODUCTION TO PERSONAL RECOVERY: OUR STORIES HAVE POWER

Recovery stories have power and hope and this introduction to 'our stories have power' is a discussion on the words and language we use and the impact that changing them can have in helping us reframe our personal story and support our recovery, for advocacy, to connect with others and provide hope.

- **TUESDAY 10th MAY** / 10:30 -12 noon / Online via zoom
- **WEDNESDAY 8th JUNE** / 10:30 -12 noon / Online via zoom

PERSONAL RECOVERY: OUR STORIES HAVE POWER

In this half day workshop we'll explore the our self-critical messages and the words we associate with our story and how we can begin to re-write our own recovery story.

- **THURSDAY 14th JULY** / 10am - 2:30pm / Online via zoom

COURSES TO SHARE EXPERIENCE AND GET INVOLVED

Courses which focus on having a go and getting involved.

USING YOUR LIVED EXPERIENCE & GETTING INVOLVED -2 SESSIONS

Using your personal understanding of mental health challenges or supporting someone else as a carer - is really valuable experience. Your knowledge can really help to encourage improvements. It can give hope to others and helps us all find new approaches and ways of working. That could be by; Joining a service user or care network, giving your views, joining a working group with NHS staff, co-facilitating with the Leeds Recovery College or taking on a role as a Leeds and York Partnership NHS Foundation Trust volunteer.

- **THURSDAY 19th & 26th MAY** / 10am -12 noon / Online via zoom
- **WEDNESDAY 20th & 27th JULY** / 10am -12 noon / Online via zoom

PREPARING FOR VOLUNTEERING (SKILLS FOR VOLUNTEERS) - 7 SESSIONS

If you've thought about volunteering, but not sure where to start this course will help you consider the strengths and talents you have and what skills you can bring to volunteering. You'll also explore the different organisation across Leeds that you may choose to get involved with, building your confidence to volunteer along the way.

- **TUESDAY / 3rd MAY** / 10:00am-12:00pm / Online via zoom

RECOVERY COLLEGE FACILITATOR SKILLS TRAINING (TRAIN THE TRAINER) - 4 SESSIONS

A structured training skills courses for people who are interested in co-facilitating courses with the Recovery College. We'll explore what makes a good workshop and look at explore the different training and facilitation techniques we use in our courses.

- **TUESDAY 2nd AUGUST** / 11am - 3pm / Beeston Village Community Centre
- **THURSDAY 24th NOVEMBER** / 10:30 - 2:30pm / St Georges Centre (city centre)

IN-PERSON DEVELOPMENT DAYS FOR BETTER UNDERSTANDING:

Our in-person development days bring together some of our key online workshops into a one day, in-person training event.

MENTAL HEALTH AWARENESS

It can be difficult at first, and there can often be a stigma attached to people reaching out for help, but talking about mental health is really important. In this session we'll explore:

- Mental health, personal recovery and the mental health continuum
- Stress and the risk of overdoing
- Introduction to anxiety, depression and common mental health conditions
- Supporting our own and other peoples mental health
- **THURSDAY 28th APRIL** / 10am -4pm / Jamyang Buddhist Centre

EXPLORING EMOTIONS

While emotions can have a helpful role in your daily life, when our resilience is low or our mental health isn't good, they can have a big impact on how we think and what we do. In this session we'll be looking at:

- How we think about ourselves and our relationships with other people
- Diet and disordered eating
- Self-harm (Awareness and understanding Q&A session)
- Words for wellbeing & compassion circles

- **FRIDAY 17th JUNE** / 10am -4pm / Slung Low @ The Holbeck

PRIDE IN HEALTH

As an LGBTQ+ person, your health concerns are in most ways the same as everyone else's. However, evidence in the UK and internationally indicates increased levels of common mental health conditions, with stigma and discrimination stopping people reaching out.

- Sexual orientation and mental health
- Gender identity, transgender and non-binary awareness
- Myths and the impact of stigma and discrimination
- Encouraging an inclusive and mentally healthy service

- **FRIDAY 16th SEPTEMBER** / 10am -4pm / Slung Low @ The Holbeck

RECOVERY: MENTAL HEALTH IN MIND

Our mental health is fluid, and we all have times when it's better than others. The term 'Recovery' in the context of mental health means different things to different people. In this session we'll explore what it means for us personally and explore:

- Medication and mental health
- Introduction to Talking therapies & CBT
- Introduction to health research
- Introduction to Mindfulness

- **FRIDAY 11th NOVEMBER** / 10am -4pm / Slung Low @ The Holbeck

MENOPAUSE & WELLBEING FESTIVAL 2022

Each experience of the menopause will be different and the change in hormones can affect your physical, emotional and mental health. Our festival, brings together a range of health and wellbeing stalls, guided talks, conversations and activities to try out - which all aim to support better conversations and information about the menopause. (Please check our website for further information and details of our stall holders and talks).

- **SATURDAY 9th APRIL** / 10am - 4pm / Headingley Heart

KEEPING CONNECTED: RECOVERY COLLEGE FACILITATOR MEET UPS & SKILLS SHARING

Our courses are delivered in collaboration and we work with lots of different people who share their experience and time to facilitate courses with us. We hold monthly meet up's for our co-facilitators, and people who are interested in getting involved in the delivery of the Recovery College to connect, share tips and learn from each other. We also hold facilitator development days to help build confidence in your delivery skills.

- **Please see our website for up and coming events.**

OUR SPRING/ SUMMER COURSES & WORKSHOPS IN DATE ORDER

Our courses are free to attend and you do not need a referral to take part. **Courses are open to adults (18+) who live, work or study in Leeds and would like to learn more about mental health and/or improve their personal wellbeing.**

For information and course bookings please visit: Leedsrecoverycollege.com or call us on: **0113 855 5127**

DATE	COURSE / WORKSHOP	COURSE TIME	NO' OF SESSIONS	VENUE
Sat 9th April	Menopause & wellbeing festival 2022	1pm - 4pm	1	Headingley Heart
Tue 19th April	Introduction to Leeds Recovery College	12 noon - 1:30pm	1	Beeston Village Community Centre
Thu 21st April	Diet & disordered eating	10pm - 12 noon	1	Online
Mon 25th April	WRAP facilitator development day	10am - 4pm	1	Slung Low @ The Holbeck
Tue 26th April	Wellness Recovery Action Plan@ (WRAP)	12:30pm - 3pm	12	Beeston Village Community Centre
Thu 28th April	Mental health awareness (development day)	10am - 4pm	1	Jamyang Buddhist Centre
Thu 28th April	Mindfulness	6:30pm - 8:30pm	8	Online
Tue 3rd May	Skills for volunteers	10am - 12 noon	7	Online
Wed 4th May	Gender identity (transgender & non-binary)	10am -12:30pm	1	Online
Wed 4th May	Introduction to Leeds Recovery College	3pm - 4:30pm	1	Online
Wed 11th May	Developing your wellness toolbox	1pm - 3pm	8	Online
Fri 6th May	Recovery College 22-23 review & planning day	10am - 2pm	1	St Georges Centre, Leeds (city centre)
Mon 9th May	Introduction to anxiety	1pm - 3pm	1	Online
Tue 10th May	Introduction to personal recovery: Our stories	10:30 - 12noon	1	Online
Thurs 12th May	Confidence & self-esteem	11:30am - 2.30pm	7	New Wortley Community Centre
Thu 12th May	Sexual orientation (LGB+ awareness)	10:30am - 1pm	1	Online
Mon 16th May	Introduction to depression	1pm - 3pm	1	Online
Thu 19th May	Using your lived experience	10am - 2pm	2	Online
Fri 20th May	Introduction to mental health medication	10am - 12 noon	1	Online
Mon 23rd May	WRAP facilitator network meet-up	1pm - 3pm	1	Online
Wed 8th June	Introduction to personal recovery: Our stories	10:30am - 12 noon	1	Online
Thu 9th June	Introduction to creative mind mapping	10:30am - 12:30pm	1	Online
Fri 17th June	Exploring emotions (development day)	10am - 4pm	1	Slung Low @ The Holbeck
Mon 20th June	Introduction to anxiety	1pm - 3pm	1	Online
Mon 27th June	WRAP facilitator network	1pm - 3pm	1	Online
Thu 30th June	Diet & disordered eating	10am - 12 noon	1	Online
Mon 11th July	Introduction to Depression	1pm-3pm	1	Online
Wed 13th July	Introduction to Leeds Recovery College	3pm - 4:30pm	1	Online
Thu 14th July	Personal recovery: Our stories have power	10am - 2:30pm	1	Online
Mon 18th July	WRAP facilitator meet-up	1pm - 3pm	1	Online
Wed 20th July	Using your lived experience	10am - 12 noon	2	Online
Thu 21st July	What is WRAP? Information for staff & supporters	10am - 12 noon	1	Online
Thu 26th July	Introduction to Leeds Recovery College	12 noon - 1:30pm	1	Beeston Village Community Centre
Tue 2nd August	Recovery College facilitator skills training	11am - 3pm	4	Beeston Village Community Centre
Mon 22nd August	WRAP Co-facilitator development day	10am - 4pm	1	Beeston Village Community Centre
Thurs 25th August	Introduction to Leeds Recovery College	11:30am - 1pm	1	New Wortley Community Centre
Tue 30th August	Introduction to Leeds Recovery College	3pm - 4:30pm	1	Online via zoom
Tue 6th September	Confidence & self-esteem	12:30pm - 3:30pm	7	Beeston Village Community Centre
Wed 7th September	Wellness Recovery Action Plan@ (WRAP)	11:30pm - 2:30pm	12	New Wortley Community Centre
Fri 16th September	Pride in health (development day)	10am - 4pm	1	Slung Low @ The Holbeck
Thu 13th October	Gender identity (transgender & non-binary)	10am - 12:30pm	1	Online
Fri 21st October	Introduction to mental health medication	10am - 12 noon	1	Online
Tue 1st November	Wellness Recovery Action Plan@ (WRAP)	12:30 - 3pm	12	Beeston Village Community Centre
Fri 11th November	Recovery: Mental health in mind (development day)	10am - 4pm	1	Slung Low @ The Holbeck
Thu 24th November	Recovery College facilitator skills training	10:30am - 2:30pm	4	St Georges Centre (city centre)

Please check our website for additional course dates and we will be updating our time-table in July with new course dates for our Autumn / Winter 2022/23 term.



Picture: Health and care staff wellbeing retreat, Jamyang Buddhist Centre

WELLBEING RETREATS FOR NHS & HEALTH CARE STAFF IN LEEDS

With the support of Leeds Health and Care One Workforce, these experiential sessions are exclusively for people who work in the NHS, local government, primary care, independent care providers, the third sector and education in Leeds. Our events have specifically been designed to provide time for health care staff to reflect on their own mental and emotional health, allowing opportunities to consider their own wellbeing needs and connect with peers who have been working through the pandemic.

Please book onto the below via your work email to confirm your eligibility, direct to: Leedsrecoverycollege.lypft@nhs.net

WELLBEING RETREATS FOR HEALTH CARE STAFF:

Our retreats include lunch and refreshments throughout the day, with additional take home resources. Each retreat offers a facilitator led delivery topic and group exercises and activities focusing on stress reduction and wellbeing. There are also opportunities for personal reflection, pair and group discussion.

LIVE YOUR VALUES!

Values are the things that we believe are important to the way in which we live and work. In this retreat, we'll take time to pause and consider our personal values and how they impact on our work and personal wellbeing.

- **FRIDAY 8th APRIL** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

FINDING PEACE IN A BUSY DAY

Work priorities and personal goals, relationships, family, friends and so on... There's never enough time and stress never goes away. Together, we'll explore what peace means for you and learn techniques to help 'quieten the mind'.

- **FRIDAY 13th MAY** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

CREATING YOUR ESSENTIAL SELF-CARE KIT

Self-care is far from easy. When we're busy and feeling the strain we can push it back and rally on through. We can tell ourselves that we don't need it, we haven't got time or it's self-indulgent. But it's essential. It provides the fuel we need to feed our resilience and its one of the key tools in our armoury for combating stress, burnout and much more.

- **FRIDAY 10th JUNE** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

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. Together, we'll be exploring whether you offer the same understanding to yourself?

- **FRIDAY 8th JULY** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

COMPASSION FATIGUE

Compassion fatigue is a broadly defined concept that can include emotional, physical, and spiritual distress in those providing care to another. In this retreat we'll explore the personal impact of compassion fatigue.

- **FRIDAY 29th APRIL** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

INTRODUCTION TO THE FOUR AGREEMENTS

In this retreat we'll be exploring the unhelpful agreements that we make and introducing you to The Four Agreements by Don Miguel Ruiz and exploring how we these agreements may shape our relationships with our personal and working life.

- **FRIDAY 27th MAY** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

CREATING HEALTHY BOUNDARIES

You may have experienced many changes, whether home working, or being redeployed, working over zoom or via telephone conversations, all of which may have impacted on your work, life and personal boundaries. In this retreat we'll be reflecting on what healthy boundaries mean for us.

- **FRIDAY 24th JUNE** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

MANAGERS RETREAT

As a manager you'll be carrying a great deal of responsibility on your shoulder's; juggling the day-to-day demands of supporting your team and the people in your care, while simultaneously moving forward, keeping going, navigating through what has been (and continues to be) a really rocky and untrodden path.

- **FRIDAY 22nd JULY** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

2 DAY STAFF WRAP RETREAT: DEVELOPING YOUR OWN WELLNESS RECOVERY ACTION PLAN®

Would you like more practical strategies to support your wellbeing? Join us for our two day retreat, where we'll explore the essentials of WRAP planning.

- **THUR 19th & FRI 20th MAY** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)
- **THUR 30th JUNE & FRI 1st JULY** / 10-4pm / Headingley Heart
- **MON 11th & TUE 12th JULY** / 10 - 4pm / Jamyang Buddhist Centre (Holbeck)

BOOK A FREE WELLBEING COMPASSION CIRCLE FOR YOUR COLLEAGUES OR TEAM

Especially created to for people in health care settings, our compassion circles, delivered on-line and in-person are led by experienced facilitators to provide an opportunity for individuals and teams to reflect on their own experiences and a space to check-in with their own and the teams wellbeing needs. We are able to deliver 20 minute and 60 minute compassion circles, perfect for team meetings or away-days. Please check our website or contact the Recovery College for details.

Have you attended a compassion circle? Would like to attend or lead on another?

We run regular on-line compassion circles at the Recovery College and also offer training and mentoring opportunities for people who would like to lead their own. Please check our website for our on-line 60 minute compassion circles dates.



Our wellbeing retreats and compassion circles have been made possible by the support of Leeds Health and Care One Workforce. Leeds Health and Care One Workforce brings together partners from the NHS, local government, primary care, independent care provides, the third sector and education to support, develop and grow our city's health and social care workforce.