

FREE Wellbeing retreats and workshops exclusively for health and care staff

Leeds Recovery College opened in 2019 and delivers a range of education and training courses that have been specifically designed to increase awareness and understanding of mental health, wellbeing and personal recovery.

With the support of Leeds Health and Care One Workforce, we are pleased to be able to offer; wellbeing retreats, two day WRAP® courses and facilitated Compassion Circles for staff and teams who work in the NHS, local government, primary care, independent care providers, the third sector and education in Leeds.



Wellbeing retreats:

Our retreats include lunch and refreshments throughout the day, with additional take home resources. They have been specifically designed to provide time for health care staff to reflect on their own mental and emotional health. Each retreat offers a facilitator led delivery topic and group exercises and activities for personal reflection, pair and group discussion to consider what is important to you and for your wellbeing.

Our Spring/ summer retreats include:

- **Introduction to the Four Agreements, Friday 27th May**, exploring the helpful and unhelpful agreements that we make with ourselves and others.
- **Creating your essential self care kit, Friday 10th June**, identifying the key tools that are in our personal armory to help in managing daily stressors and strain.
- **Creating healthy boundaries, Friday 24th June**, reflecting on what healthy boundaries mean for us in our personal and working lives.
- **Self-compassion, Friday 8th July**, exploring whether you offer the same care and understanding to yourself as you give to others.

Our wellbeing retreats, run 10-4pm throughout the term from the Jamyang Buddhist Centre in Holbeck (please see Leedsrecoverycollege.com for other dates).

2 Day WRAP® STAFF workshop: Developing your own Wellness Recovery Action Plan®

Wellness Recovery Action Plan® (WRAP®) is an evidence-based system used worldwide by people to manage all kinds of challenges that have an impact their mental wellbeing. It is a personalised plan that you develop for yourself which helps you think about getting and staying well.

The Wellness Recovery Action Plan® was developed in 1997 by Mary-Ellen Copeland, an author, educator and mental health advocate in the USA. In Leeds Recovery College our WRAP facilitators are trained and accredited by the Copeland Centre, following the original WRAP® curriculum, values and ethics.

Our 2 day WRAP is exclusively for health care staff and provides the essentials of WRAP® to explore what is important for your wellbeing, both in your working and personal life and then to explore practical strategies and develop a plan that works for you.

To find out more about WRAP® join us for our online introductory session, What is WRAP®? introduction for staff and supporters on;

- **Tuesday 10th May, 1-3pm (online via zoom) or**
- **Thursday 21st July, 10-12pm (online via zoom)**

or join us, to experience our 2-day WRAP® on;

- **Thursday 19th & Friday 20th May, 10-4pm, Jamyang Buddhist Centre (Holbeck)**
- **Thursday 30th June & Friday 1st July, 10-4pm, Headingley Heart**
- **Monday 11th & Tuesday 12th July, 10-4pm, Jamyang Buddhist Centre (Holbeck)**

Book a 20-minute or 60-minute wellbeing compassion circle for your colleagues or team (online or in-person)

Compassion circles were created to support people in health and care settings to provide a safe and supportive space to; take a break from all the normal busy stuff, to stop, listen and connect with peers and colleagues and to think together about how you take care of yourself.

A compassion circle generally involves up to 12 people, led by two trained facilitators who use a mixture of reflective questions and discussion points to explore both individually, in pairs and as a wider group how you are taking care of yourselves, as individuals, colleagues and teams.

For all course bookings, please contact us via your work email to confirm your eligibility, direct to: Leedsrecoverycollege.lypft@nhs.net or call 0113 855 5127 for course enquiries.



**Leeds
Health and Care
One Workforce**

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 providers, the third sector and education to support, develop and grow our city's health and social care workforce.