

Mental health & wellbeing courses

October 2022 update



SCAN ME



For info & course bookings;



[Leedsrecoverycollege.com](https://www.leedsrecoverycollege.com)



Leedsrecoverycollege.lypft@nhs.net



0113 855 5127

Free courses for adults (18+) who live, work or study in Leeds.

Wellbeing courses for people in Leeds

Courses are free to attend and available to people (18+) who live, work or study in Leeds and would like to learn more about mental health and improve their personal wellbeing.

Our courses are co-led by people who have/are living with personal experience of mental health challenges, who facilitate in collaboration with health professionals, educational trainers and community organisations, to share knowledge and understanding.

Introduction to Leeds Recovery College

This introductory session is a great place to start if you'd like to know more about the Recovery College, how we deliver our courses and what to expect if you attend a course or workshop for the first time.

- Wed 9th Nov, 2:30 - 4pm, Age UK hub (Leeds City Centre)
- Wed 8th Mar, 2:30 - 4pm, Age UK hub (Leeds City Centre)
- Wed 22nd Mar, 2:30 - 4pm, Age UK hub (Leeds City Centre)

Longer wellbeing courses;

Running at the same time / venue for a set number of weeks. All of the courses focus on your personal wellbeing and better understanding what works for you. We keep our group sizes small and friendly, between 8 & 12 people.

Confidence and self-esteem - 6-8 weeks

Confidence levels can change throughout our life and can differ across the areas of our life too. Through activities and discussion, this course aims to give you an alternative way of viewing who you are, your positive qualities, skills and talents.

- Wed 1st Feb, 10:30 - 1:30pm, Age UK Community Hub (Leeds City Centre)
- Tue 21st Feb, 12:30 - 3:30pm, Beeston Village Community Centre

Wellness Recovery Action Plan® (WRAP) -12 weeks

Wellness Recovery Action Plan® or WRAP is a structured course that will help you to consider what is important for your health and wellbeing. It enables you to create a snapshot of yourself at different points on the spectrum of well to unwell, and then using peer support and education from the course develop practical strategies to support it.

- Tue 1st Nov, 12:30 - 3:30pm, Beeston Village Community Centre

Mindfulness for beginners (online) -8 weeks

Mindfulness can help you feel more able to cope with life's challenges, with the intention not to change anything, to simply recognise your 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.

- Mon 21st Nov, 2 - 4:30pm, Headingley Heart
- Tue 17th Jan, 5 - 7pm, online via zoom

Festive wreath making - 2 weeks

Make your own wreath from natural materials, and enjoy a mince pie and mug of mulled apple juice by the fire. Over 2 sessions, you'll create your own wreath and other festive natural decorations.

- Thu 24th Nov, 12 -3pm, Hollybush Conservation Centre (Kirkstall)

Willow weaving and natural dyes -4 weeks

An introduction to the wonderful world of willow weaving. In this 4 session workshop, willow weaver Gemma will share with you some of the basic techniques used, guiding you through all the steps to help create your own unique designs. (Class suitable for total beginners).

- Thu 9th Feb, 12 - 3pm, Hollybush Conservation Centre (Kirkstall)

Grow well: Cultivating wellbeing in gardens & nature -4 weeks

Spending time connecting with nature can be a useful tool to restore wellbeing and improve your physical and mental health. In this 4 session class, develop your planting and gardening skills and explore how you connect with nature and what green spaces have to offer.

- Thu 9th Mar, 12 - 3pm, Hollybush Conservation Centre (Kirkstall)

NEW Coping with Christmas -1 session

Exploring practical strategies to support your wellbeing through the festive season.

- **Thurs 8th Dec, 10:30 - 1:30pm, Age UK Community Hub (Leeds City Centre)**

Full-day information workshops;

Larger events, with each having a different theme and focus. They'll be a mixture of presenters, offering information, ideas and activities to help explore the topic.

Recovery in mind

The term 'recovery' in the context of mental health means different things, to different people. For some, recovery may be a relatively short period of time- for others it may involve diagnosis, medication and long-term treatment.

Topics include; Medication and mental health (Pharmacist Q&A), Introduction to; Talking therapies (inc' CBT), Mindfulness, Meditation & Mental health research, Strategies to support recovery and mental wellbeing.

- **Fri 11th Nov, 10 - 4pm, Slung Low @ the Holbeck**

Pride in health

In most ways, people who are LGBTQ+ have the same health concerns as everyone else. However, evidence from the UK and internationally indicates increased levels of common mental health conditions.

Topics include; Sexuality and mental health, gender identity, transgender & non-binary awareness, encouraging an inclusive & mentally healthy environment.

- **Fri 24th Feb, 10 - 4pm, Jamyang Buddhist Centre**

Exploring emotions

When our resilience is low or our mental health isn't good, emotions can have a big impact on how we think and what we do.

Topics include; How we view ourselves & our relationships with other people, diet & disordered eating, self-harm awareness Q&A, introduction to self-confidence.

- **Fri 31st Mar, 10 - 4pm, St Georges Centre (Leeds City Centre)**

Book online
via Eventbrite

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Half-day awareness workshops;

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

Using your lived experience and getting involved

Using your personal understanding of mental health challenges or supporting someone as a carer is valuable experience. Your knowledge can help to encourage improvements, give hope to others and help to find new ways of working.

- **Wed 16th Nov, 2 - 4:30pm, Age UK Hub (Leeds City Centre)**

Introduction to balanced eating

Balanced eating is an important habit to follow for our physical health as well as our mental health. However, due to circumstances we may experience, these can hinder us from following a healthy, balanced diet.

- **Thu 8th Dec, 10:30 - 12:45pm, online via zoom**

Diet & disordered eating

It can be 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.

- **Thu 15th Dec, 10 - 12pm, online via zoom**
- **Fri 27th Jan, 10 - 12pm, online via zoom**

Sexuality & mental health

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.

- **Fri 10th Feb, 10 - 12:30pm, online via zoom**

Courses & workshops in date order

09	Nov	Introduction to Recovery College	2:30 - 4pm	1	Age UK Community Hub (Leeds City Centre)
11	Nov	Recovery in mind	10 - 4pm	1	Jamyang Buddhist Centre (Holbeck)
16	Nov	Using your lived experience	2 - 4:30pm	1	Age UK Community Hub (Leeds City Centre)
21	Nov	Mindfulness for beginners	2 - 4:30pm	8	Headingley Heart
24	Nov	Festive wreath making	12 - 3pm	2	Hollybush Conservation Centre (Kirkstall)
08	Dec	Coping with Christmas	10:30am - 1:30pm	1	Age UK Community Hub (Leeds City Centre)
08	Dec	Introduction to balanced eating	10:30 - 12:45pm	1	Online via zoom
15	Dec	Diet & disordered eating	10 - 12pm	1	Online via zoom
15	Dec	Volunteer wellbeing retreat	10am - 4pm	1	Jamyang Buddhist Centre (Holbeck)
17	Jan	Mindfulness for beginners	5 - 7pm	8	Online via zoom
27	Jan	Diet & disordered eating	10 - 12pm	1	Online via zoom
01	Feb	Confidence & self-esteem	10:30 - 1:30pm	8	Age UK Community Hub
09	Feb	Willow weaving & natural dyes	12 - 3:00pm	4	Hollybush Conservation Centre (Kirkstall)

Service provided by Leeds and York NHS Foundation Trust



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10	Feb	Sexuality & mental health	10 - 12:30pm	1	Online via zoom
21	Feb	Confidence & self-esteem	12:30 - 3:30pm	6	Beeston Village Community Centre
24	Feb	Pride in health	10 - 4pm	1	Jamyang Buddhist Centre (Holbeck)
08	Mar	Introduction to Recovery College	2:30 - 4pm	1	Age UK Community Hub (Leeds City Centre)
09	Mar	Grow well	12 - 3pm	4	Hollybush Conservation Centre (Kirkstall)
22	Mar	Introduction to Recovery College	2:30 - 4pm	1	Age UK Community Hub (Leeds City Centre)
31	Mar	Exploring emotions	10 - 4pm	1	St Georges Centre (Leeds City Centre)