



Wellbeing courses and events for people who live in Leeds

Jan24 update

Leeds Recovery College provides free workshops, courses, and training to explore, improve and maintain our mental health and wellbeing.

Our free community courses are available to adults (18+) who live, work or study in Leeds and they take place in community venues. We also deliver some awareness workshops online. All of our training is interactive and discussion based and we keep our course numbers small, on average between 12-14 people per course.

What makes our workshops and courses a little different, is how they are delivered. People who have a personal experience of living with mental health challenges, work alongside health care professionals, wellbeing trainers and subject specialists to co-design workshops and co-deliver our training. For more information, please visit: leedsrecoverycollege.com

Prior booking is essential. For more information, please visit: leedsrecoverycollege.com, for course enquiries and bookings please email: Leedsrecoverycollege.lypft@nhs.net or call **0113 855 5127**.

Our January - April 24 **courses** include:

Wellness Recovery Action Plan® (WRAP)

WRAP is a plan that you develop for yourself and helps you think about living well. WRAP is used world-wide by people who are dealing with all kinds of health and life challenges.

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

- 8 session course starts, **Mon 19th Feb, 10:15am - 12:45pm**, Quaker Meeting House (Leeds centre)
- 10 session course starts, **Thurs 18th Apr, 12:15pm - 2:45pm**, Lovell Park Hub (Woodhouse, Leeds)

Mindfulness for beginners

Mindfulness 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. 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 things which happen, that then trigger unhelpful feelings -so you're better prepared to deal with them

- 8wk course starts, **Mon 5th Feb, 2:15pm - 4:45pm**, Quaker Meeting House (Leeds city centre)

Writing for self-expression

In this series of guided sessions (a collaboration between the Recovery College and Royal Literacy Fund) a professional writer will be leading an online, 4 week course, writing for self-expression.

Expressive writing is about self-expression, it pays more attention to thoughts and feelings rather than detailed descriptions of the events, objects, or people in the contents of a narrative. Expressive writing can help people think about their experiences and put their thoughts and feelings into words.

- 4 session course starts, **Thurs 18th Apr, 10am - 12:30pm**, Online via zoom

Our January - March 24 **workshops** include:

Community sound relaxation sessions with Leeds Recovery College (1 hour sound experience)

If you find switching off or being able to 'fully' relax difficult, this could be something to try. A sound relaxation using frame drum, ocean drum, Himalayan singing bowls, crystal bowls, gongs and various percussion instruments. Get comfortable and warm on your mat (provided); bring enough layers, a blanket and a pillow, whatever you need to lie down for about 50 minutes. Close your eyes and relax whilst the gentle vibrations of sound wash over you, immersing you in positive energy. *(Please see our website for further details).*

- **Tue 23rd Jan, 2pm - 3pm**, Jamyang Buddhist Centre Leeds (Holbeck)
- **Thurs 22nd Feb, 2pm - 3pm**, Jamyang Buddhist Centre Leeds (Holbeck)
- **Fri 22nd Mar, 2pm - 3pm**, Jamyang Buddhist Centre Leeds (Holbeck)

Introduction to art journaling - creative craft with Inkwell Arts

An art journal is a visual diary; which combines elements of writing, drawing, painting, collage, and even printmaking to express yourself. You may include thoughts from your every day life, as well as your bigger hopes, dreams.

- **Thurs 18th Jan, 10am - 11:30am**, Jamyang Buddhist Centre Leeds (Holbeck)

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 external messages encouraging us to adopt fad or unbalanced 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.

- **Thurs 25th Jan, 10am - 12pm**, online via zoom
- **Fri 19th Apr, 10am - 12pm**, online via zoom

Introduction to balanced eating

Balanced eating is an important habit to follow, for our physical health as well as our mental health. Some times, due to circumstances that we experience it can be really difficult for us to following a healthy, balanced diet. In this workshop we will discuss what balanced eating is and explore the barriers to eating a balanced diet.

- **Thurs 21st March, 10:30am - 12:45pm**, online via zoom

Gender identity: Transgender and non-binary awareness

While being trans or non-binary doesn't necessarily mean you will experience mental health issues – discrimination and transphobia along with a lack of understanding and acceptance can contribute to an increased risk of depression, anxiety, self-harm, suicide, and drug and alcohol misuse. In this workshop we'll explore the terms used within the trans & non-binary community, explore the impact of discrimination and talk about what local support and information resources are available.

- **Fri 23rd Feb, 10am - 12:30pm**, online via zoom

Sexual orientation and health

Sometimes those of us who are lesbian, gay, bisexual or don't feel we fit into traditional categories of sexuality experience difficult challenges during our life times. It doesn't automatically mean we will have mental health issues, but evidence does indicate that people who identify within any of these groups do 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.

- **Thurs 14th Mar, 10am - 12:30pm**, online via zoom
- **Fri 17th May, 10am - 12:30pm**, online via zoom



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