



Wellbeing events for Leeds health & care staff



May '24 update

FREE wellbeing events for staff who work in the NHS, local government, primary care, independent care providers, the third sector or education settings in Leeds.

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

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

Wellness Recovery Action Plan® (WRAP®)



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WRAP is focused on practical solutions that can be used daily. These are both preventative and reactive strategies that are easily explained and used.

Refreshing.

This course has been a reassuring and validating one. It makes me feel I'm not the only one who feels this way.

This course has safely and expertly 'bridged the gap' between personal and professional - and normalised struggles in life that we all face.

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2-Day WRAP® for health and care staff (Wellness Recovery Action Plan®)

Wellness Recovery Action Plan® or 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.

- **Wednesday 22nd & Thursday 23rd May 2024** - Quaker Meeting House (Leeds City Centre)
- **Wednesday 17th & Thursday 18th July 2024** - Quaker Meeting House (Leeds City Centre)
- **August 2024 date TBC** - Get in touch to be added to our Waiting List!

Sound relaxation sessions (1 hour sound experience)

If you find switching off or being able to 'fully' relax difficult, this could be something to try.

Join us for an event of complete self-nurturing; 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)



- **Tuesday 14th May 2 - 3pm** - Jamyang Buddhist Centre Leeds (Holbeck)
- **Tuesday 21st May 10:30 - 11:30am** - Jamyang Buddhist Centre Leeds (Holbeck)
- **Friday 7th June 2-3pm** - Jamyang Buddhist Centre Leeds (Holbeck)
- **Thursday 20th June 2-3pm** - Jamyang Buddhist Centre Leeds (Holbeck)
- **Friday 5th July 2-3pm** - Jamyang Buddhist Centre Leeds (Holbeck)
- **Wednesday 17th July 2-3pm** - Jamyang Buddhist Centre Leeds (Holbeck)
- **Friday 9th August 2-3pm** - Jamyang Buddhist Centre (Holbeck)
- **Thursday 29th August 2-3pm** - Jamyang Buddhist Centre (Holbeck)

We ask you to **book via your work email address** to confirm your eligibility and aim to **arrive 10 minutes early**, for a prompt start to the session.

Prior booking is essential.

For more information please visit: [leedsrecoverycollege.com](https://www.leedsrecoverycollege.com) or scan the QR code:
Email: leedsrecoverycollege.lypft@nhs.net or call: 0113 855 5127



SCAN ME

Yoga for Wellbeing

These are **all level yoga classes**. You don't need to be bendy, or have any previous yoga experience, you can just come and lay down for an hour, if that's what you need. Everyone is welcome.

If you have some physical limitations, injuries, or reservations please contact us to discuss it prior to coming to a class, so we can ensure we can accommodate you're needs.

This practice will be for an hour, it is seasonal yoga practice, linked to the organs of the body. We will be settling into the session with a meditative breath focus, work through some postures to warn up, then flowing through postures to focus on opening the chest and forward folds for the spine and shoulder opening, all this helps if you have been scrunched over your computer. We will be having a relaxation after the movement to complete your holistic experience and send you of feeling rejuvenated.



- **Monday 13th May 1-2pm** - Linden House, St. Mary's Hospital,
- **Monday 20th May 12:30 - 1:30pm** - Linden House, St. Mary's Hospital
- **Monday 3rd June 12:30 - 1:30pm** - Linden House, St. Mary's Hospital
- **Monday 17th June 12:30 - 1:30pm** - Linden House, St. Mary's Hospital
- **Monday 1st July 11:30 - 1:30pm** - Linden House, St. Mary's Hospital
- **Monday 15th July 1-2pm** - Linden House, St. Mary's Hospital
- **Monday 29th July 11-12pm** - Linden House, St. Mary's Hospital
- **Tuesday 13th August 13:30 - 2:30pm** - Linden House, St. Mary's Hospital
- **Thursday 29th August 13:30 - 2:30pm** - Linden House, St. Mary's Hospital

Prior booking is essential.

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Our April - August 2024 workshops and retreats include lunch, refreshments and take home resources.

Creating healthy boundaries, wellbeing retreat

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 we have them, when we get that uneasy and uncomfortable feeling that one of our boundaries gets crossed. This retreat provides an opportunity to think about what your boundaries are, and how to create and maintain healthy boundaries.

- **Wed 15th May 10am - 4pm** - Northlight Arts Centre (Chapel Allerton)

Choosing happiness and self care, wellbeing retreat

Ever feel like your doing one step forward, two steps back..? If we're not rushing, pushing, striving, doing or busting a gut, then we darned well feel guilty. As though we're not doing enough or being enough. Feeling frazzled at the end of the day, as though we're flailing and failing, aren't things to aspire to.

- **Wed 19th Jun 10am - 4pm** - Northlight Arts Centre (Chapel Allerton)

Self-Compassion, wellbeing retreat

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.

- **Thursday 27th July 2024 10am - 4pm** - Jamyang Buddhist Centre (Holbeck)

Creating Healthy Boundaries, wellbeing retreat

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 we have them, when w one of our boundaries gets crossed.

You may have experienced many changes, whether home working, or moving into a new role or teams etc... which may have impacted on your work, live, personal and social boundaries.

- **Thursday 22nd August 2024 10am - 4pm** - Jamyang Buddhist Centre (Holbeck)

Prior booking is essential.

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SCAN ME

Our April - August 2024 workshops and retreats include lunch, refreshments and take home resources:

Your body talks, are you listening? Wellbeing Retreat

Being in a caring profession, generally means that we are constantly giving. At some point we can emotionally and physically feel like our batteries are flat, that our capacity to care has been exhausted and our hearts and minds are drained... and in all of this, our body keep the score.

This 1 day immersive retreat is your chance to stop, be heard and breathe. Time to listen to your BODY and explore ways to nurture and nourish BODY, MIND and SPIRIT and consider the valuable tools that you could use for yourself, and the people you care for too.

- Friday 31st May 2024 9:30am - 4:30pm - Jamyang Buddhist Centre (Holbeck)



Each retreat has up to 16 places and we ask you to book via your work email address to Leedsrecoverycollege.lypft@nhs.net confirm your eligibility.

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