

Course timetable

We take an educational approach to improving mental health and offer information based workshops and training courses that focus on living mentally and physically well.

You are not referred to the Recovery College; you enrol yourself onto the courses that are of interest to you.

How to enrol

1

Have a look at the workshops and course descriptions in our current prospectus and decide which ones you would like to attend.

We deliver courses across the city and do not offer every course each term, so you will need to check dates and venues convenient to you.

2

To book on a course call us on **0113 855 5127** or email **Leedsrecoverycollege.lypft@nhs.net**.

The first time you book on a course, you will be asked to complete an enrolment form. We will ask for your name, background, contact details and any individual requirements you may have while attending a course.

3

You will receive confirmation of your booking before the course starts and we will ask you **to read our student charter and agree to our code of conduct** (which describes what you can expect from us and what we expect from you) before you attend the course.

This is included with your confirmation and described in our prospectus on page 53.

4

When you first enrol, **you will be invited to meet some of our trainers at an Introduction to Recovery College session** where you can find out more about our courses and what to expect - you can also explore what may help your learning and what you'd like to gain from attending the college.

Some common questions

How are courses delivered?

What makes us different is that our courses are co-designed and co-delivered by people with experience of mental health and life challenges, working alongside health professionals, education providers and community organisations, to share knowledge and know-how.

Our 'Let's talk about' courses are relatively short and aim to provide information; they will make reference to evidence based knowledge with facilitators sharing their lived and professional experience of the topic.

Our 'Increasing understanding' and 'Looking after yourself' workshops focus more on personal reflection, experiences and understanding. Using a mixture of activities and exercises to provide the space to work out where you are at and what works for you.

Why is the course that I want in the prospectus, but not on the course timetable?

We are not able to deliver every course and workshop each term due to the way that our courses are put together.

We work with people to share their experience and this is often done in addition to their normal job role, which means our course time table reflects facilitator availability and local demand. As we develop we hope the range and frequency of our courses will grow and would appreciate your comments and feedback.

Can I bring a supporter or family member with me?

Yes.

It can be daunting doing something new and not knowing what to expect, and we are happy for you to attend our introductory sessions and 'Let's talk about' workshops with a carer, supporter or staff member to help you settle in.

We ask that you let us know at the time of booking if a supporter will be attending with you to make sure we have enough seating available. If you are looking at attending one of our 'Increasing understanding' courses please speak to us first as we have found from experience that people get more from the course if they attend separately from their supporter.

I don't have a diagnosis or attend any services to support my mental health?

It doesn't matter. The Recovery College is not a mental health service and our courses aren't therapy.

We believe that good mental health is important to everyone and offer information based workshops and training that focuses on living mentally and physically well. Our courses are open to all adults who live, work, or study in the city. **If you would like to learn more about health and mental wellbeing, there may be a course for you.**

Let's get started: Introductory workshops

These one-off sessions introduce some of our longer courses and key recovery themes. They are delivered in a relaxed style with smaller group sizes.

Course	Date	time	length	venue	Cost
Introduction to: Leeds Recovery College	Wednesday 4th September	13:00-14:30	1 session	Stocks Hill Hub	Free
	Thursday 5 th September	10:30-12:00	1 session	Vale Circles Hub	Free
	Tuesday 10 th September	13:00-14:30	1 session	Stocks Hill Hub	Free
	Thursday 12 th September	10:30-12:00	1 session	Vale Circles Hub	Free
	Wednesday 25 th September	13:00-14:30	1 session	Stocks Hill Hub	Free
	Thursday 26 th September	10:30-12:00	1 session	Lovell park Hub	Free
	Thursday 24 th October	10:30-12:00	1 session	Lovell Park Hub	Free
	Wednesday 6 th November	10:30-12:00	1 session	Lovell Park Hub	Free
	Thursday 9 th January	10:00-15:00	1 session	Stocks Hill Hub	Free
	Monday 20 th January	12:30-11:30	1 session	Lovell Park Hub	Free
	Tuesday 25 th February	10:30-12:00	1 session	Vale Circles Hub	Free
	Tuesday 24 th March	10:30-12:00	1 session	Vale Circles Hub	Free
	Wednesday 25 th March	10:30-12:00	1 session	Lovell park Hub	Free
	Thursday 26 th March	10:30-12:00	1 session	Stocks Hill Hub	Free
	Dealing with feelings: talking about recovery	Wednesday 16 th October	13:00-15:00	1 session	Lovell Park Hub
Wednesday 20 th November		13:00-15:00	1 session	Vale Circles Hub	Free
Wednesday 22 nd January		13:00-15:00	1 session	Stocks Hill Hub	Free
Creative mind mapping	Tuesday 1 st October	10:30-12:30	2 sessions	Lovell Park Hub	Free
Introduction to: WRAP	Thursday 19 th September	13:00-15:00	1 session	Vale Circles Hub	Free
	Tuesday 24 th September	10:30-12:30	1 session	Vale Circles Hub	Free
	Tuesday 31 st March	13:00-15:00	1 session	Stocks Hill Hub	Free
Introduction to: Mindfulness	<i>Dates Available 2020</i>				Free
					Free

Let's talk about: Improving awareness

These short workshops focus on sharing information and improving general awareness on a range of health topics, which may help you, your care or work with someone else.

Course	date	time	length	venue	Cost
Mental health awareness	<i>Dates Available 2020</i>				Free
Anxiety	<i>Dates Available 2020</i>				Free
Depression	<i>Dates Available 2020</i>				Free
Bi-polar	<i>Dates Available 2020</i>				Free
Psychosis	<i>Dates Available 2020</i>				Free
Trauma, our brain, body and mental health	<i>Dates Available 2020</i>				Free
Self-harm	Tuesday 15 th October	14:00-	1 session	Vale Circles Hub	Free

		16:00			
	Friday 22 nd November	10:00-12:00	1 session	Lovell Park Hub	Free
Eating disorders	Thursday 3 rd October	10:00-12:00	1 session	Lovell Park Hub	Free
	Thursday 28 th November	13:00-15:00	1 session	Vale Circles Hub	Free
Diet and disordered eating	<i>Dates Available 2020</i>				Free
	<i>Dates Available 2020</i>				Free
Sexual orientation and health	Monday 4 th November	13:00-15:00	1 session	St Mary's House, Main House	Free
Gender identity and health	Wednesday 13 th November	10:30-12:30	1 session	Stocks Hill Hub	Free
	Wednesday 18 th March	13:30-15:30	1 session	Lovell Park Hub	Free
Addiction, recovery and stigma	<i>Dates Available 2020</i>				Free
					Free
Mental health medication	<i>Dates Available 2020</i>				Free
					Free
Nutrition, weight gain and antipsychotics	<i>Dates Available 2020</i>				Free
Housing and mental health	<i>Dates Available 2020</i>				Free
					Free
Future of health, clinical research and you	Friday 15 th November	13:30-15:30	1 session	Vale Circles Hub	Free
	Monday 3 rd February	13:30-15:30	1 session	Lovell Park Hub	Free
Sharing your lived experience as a health professional	<i>Dates Available 2020</i>				Free
WRAP for staff and supporters	<i>Dates Available 2020</i>				Free
					Free
					Free

Increasing understanding

Longer courses that look at better understanding your health and what works for you, developing healthy habits, and finding ways to cope.

Course	date	time	length	venue	Cost
Wellness Recovery Action Planning (WRAP)	Tuesday 1 st October	10:30-13:00	12 weeks (with break)	Vale Circles Hub	Free
	Tuesday 21 st April	13:00-15:30	12 weeks (with break)	Stocks Hill Hub	Free
Evening WRAP: Wellbeing at work	<i>Dates Available 2020</i>				Free
Mindfulness	Wednesday 22 nd January	13:00-15:15	8 weeks	Stocks Hill Hub	Free
Exploring Anxiety	Monday 23 rd September	13:00-15:00	4 weeks	Stocks Hill	Free
Building self-esteem	Friday 17 th January	13:00-15:00	6 weeks	Vale Circles	Free
Developing self-compassion	Thursday 7 th November	10:30-12:30	4 weeks	Lovell Park Hub	Free
Exploring resilience	Thursday 9 th January	13:00-15:00	6 weeks	Stocks Hill Hub	Free
	Tuesday 25 th February	13:00-15:00	6 weeks	Vale Circles Hub	Free
Creative Writing: Unlocking my Creativity	Monday 16 th September	14:00-16:00	6 weeks	Lovell Park	Free
	Monday 4 th November	13:00-15:00	6 weeks	Vale Circles	Free

MAAEZ: Making Alcoholics Anonymous Easier	Tuesday 8 th October	13:30-15:30	5 weeks	The Space	Free
	<i>Dates Available 2020</i>				Free

Looking after yourself

These one-off workshops aim to widen our personal thoughts on health, resilience and self-care. They are based on sharing experience and ideas and are peer-led.

Course	date	time	length	venue	Cost
Emotional Eating	Friday 13 th March	10:30-14:30	1 session	Lovell Park	Free
Setting Boundaries	Friday 28 th February	1030-1430	1 session	Vale Circles	Free
Embracing change	Monday 9 th March	12:00-15:00	1 session	Lovell Park Hub	Free
Exploring feelings of guilt	Monday 3 rd February	13:00-15:00	1 session	Stocks Hill	Free
Quick tips when feeling in panic	Monday 21 st October	13:00-15:00	1 session	Stocks Hill Hub	Free
	Tuesday 3 rd March 2020	10:30-12:30	1 session	Lovell Park	Free
	Tuesday 10 th March 2020	10:30-12:30	1 session	Lovell Park	Free
The unhelpful agreements we make	Monday 2 nd March	12:00-15:00	1 session	Lovell Park Hub	Free
Vision boarding	<i>Dates Available 2020</i>				Free
					Free
Self-care for special events and celebrations	Thursday 12 th December	10:30-12:30	1 sessions	Lovell Park	Free
Quick simple eats when I don't have an appetite	Dates Available 2020				Free

Doing more of what makes you feel good

Workshops and longer courses which focus on building confidence, trying something new and finding out more about other community resources.

Course	date	time	length	venue	Cost
IT and digital skills: self-care online	Monday 11 th November	13:00-15:00	6 sessions	Stocks Hill	Free
The power of story telling	Thursday 24 th October	10:00-16:00	1 session	The Space	Free
	Wednesday 27 th November	10:00-16:00	1 session	The Space	Free
Facilitation skills training	Friday 29 th November	10:00-15:00	3 session	Inkwell Cafe	Free
Skills for volunteering in a mental health setting	Monday 27 th January	13:00-15:00	1 session	Lovell Park Hub	Free

For more information email Leedsrecoverycollege.lypft@nhs.net or check our course listings on [Eventbrite](#) @LeedsRecoveryCollege.