



**Midlands Partnership**

**NHS Foundation Trust**

*A Keele University Teaching Trust*

**Live and Learn**

**Free and open to all**

# Wellbeing & Recovery College



## Online Courses for Autumn 2020

# Our Enrolment Process

## *Expression of Interest*

*When we receive an expression of interest from you (via telephone, email or via our website) we will contact you to take some details and arrange a convenient date to complete your Individual Learning Plan.*

## *Individual Learning Plan*

*An Individual Learning Plan is an informal meeting where we can get to know you and let you know more about the college and offer any support we can whilst you are attending the college. This will always be completed before you attend any courses.*

## *Enrolment*

*Once your Individual Learning Plan is complete, you will be fully enrolled with the college and can then book onto courses.*



# Enrolments!

**We can't wait to be able to see you all again.**

**As we all know, advice changes all the time so we'll be reviewing later on in the year the potential to deliver some face to face courses again in 2021.**

**Once we know, we'll definitely let you know. In the meantime we are so pleased to be able to deliver our courses virtually via Zoom for the Autumn term. We've been working hard to navigate this new world and we're so excited to start linking up with you all again and to hear your feedback.**

**We will be offering enrolments via phone and also over Zoom. If you aren't sure about using Zoom to access our courses, this is a good chance to try it out on a one-to-one basis!**

**You could also join one of our Zoom Café's which we will be running over Summer and Autumn to help support you and your confidence using the platform.**

**If you would like to attend one of our Autumn online courses, please call now on 01785 221257 or 07891 099460. You can also email on [wellbeingrec@mpft.nhs.uk](mailto:wellbeingrec@mpft.nhs.uk)**

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Hello and Welcome to the Midlands Partnership NHS Foundation Trust Wellbeing and Recovery College.

Within the Wellbeing and Recovery College we aim to provide wellbeing and recovery-focused education courses that are accessible to everyone within our local communities and work together to create an environment of Hope, Control and Opportunity for us all.

“..... let's focus on the humanity we share rather than the diagnosis we do not.” - Elyn Saks. TED talks 2012

## We aim to do this by

*Bringing together professional, carer and lived experience equally to guide all aspects of the college and our courses (co-production)*

*Challenging stigma by creating a safe environment where we can learn from each other and recognise each other's strengths and vulnerabilities*

*Keeping strong links with our communities*

*Supporting and recognising that everyone's wellbeing and recovery is individual*

*Focusing on what makes us well*

*Being open and accessible to all*

# Online Courses this term

## Practical Mindfulness

**Mondays 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> September, 6<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> October**

**Tuesdays 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> September, 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> October**

## Understanding & Managing Anxiety

**Tuesdays 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> September, 6<sup>th</sup> October**

**Wednesdays 30<sup>th</sup> September, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> October**

**Thursdays 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> October**

**Mondays 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> 23<sup>rd</sup> November**

**Thursdays 26<sup>th</sup> November, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> December**

## An Introduction to Involvement

**Wednesday 16<sup>th</sup> September**

## Wellbeing Toolkit

**Mondays 21<sup>st</sup>, 28<sup>th</sup> September**

**Wednesdays 4<sup>th</sup>, 11<sup>th</sup> November**

**Thursdays 3<sup>rd</sup>, 10<sup>th</sup> December**

## Craft your way to Mindfulness

**Friday 18<sup>th</sup> September – Meet the Trainer**

**Friday 25<sup>th</sup> September – Dry Clay Coasters**

**Friday 23<sup>rd</sup> October – Bunting**

**Friday 20<sup>th</sup> November – Circle Weaving**

**Friday 18<sup>th</sup> December – Needle Felting**

## Building your Self-Esteem and Assertiveness

**Fridays 18<sup>th</sup>, 25<sup>th</sup> September, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> October**

**Wednesdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> November, 2<sup>nd</sup>, 8<sup>th</sup> December**

## Yoga for All

**Wednesdays 30<sup>th</sup> September, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> October, 4<sup>th</sup>, 11<sup>th</sup> November**

**Tuesdays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> October**

## Compassion in a Nutshell

**Thursday 1<sup>st</sup> October**

**Tuesday 8<sup>th</sup> December**

## Understanding Depression

**Tuesdays 29<sup>th</sup> September, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> October**

**Thursdays 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> October**

**Sleeping Well**

**Wednesdays 14<sup>th</sup>, 21<sup>st</sup> October**

**Tuesdays 17<sup>th</sup>, 24<sup>th</sup> November**

**Understanding Post Traumatic Stress Disorder**

**Thursday 15<sup>th</sup> October**

**Understanding Fibromyalgia**

**Wednesday 21<sup>st</sup> October**

**Yoga for Easing Anxiety**

**Tuesday 3<sup>rd</sup> November**

**Yoga for Lifting Mood and Increasing Energy**

**Tuesday 10<sup>th</sup> November**

**Vinyasa Flow for Beginners**

**Tuesday 17<sup>th</sup> November**

**Restorative Yoga and Deep Relaxation**

**Tuesday 24<sup>th</sup> November**

**How Compassion can change your brain**

**Tuesdays 17<sup>th</sup>, 24<sup>th</sup> November, 1<sup>st</sup> December**



*Artwork by Paul Jackson 1*

# Our Values and Philosophy

## Education and Shared Learning

The Wellbeing and Recovery College provides an educational approach to wellbeing and recovery, with an aim to facilitate spaces where students and trainers can feel empowered to make choices about the life they want to live. Our classrooms are all about shared learning, whether you are someone who uses our services, a friend/carer, a member of staff or someone with an interest in one of our courses, we are open to all in our local area. We recognise that as human beings we all have our own personal wellbeing/recovery stories, the uniqueness of these experiences can benefit us all by sharing and learning from each other in a safe and equal space.

## Co-production

All courses at the Wellbeing and Recovery College are developed and delivered in partnership by peer trainers, who have lived experience (i.e. of mental/physical health issues and/or learning disabilities) or of caring for someone with these experiences, together with a professionally trained trainer.

Each trainer will draw on their skills and experience of their specialist area to create and develop something unique. Each trainer will aim to use their own experiences to support and inspire students in their recovery journey.

This model of shared learning is at the very heart of the Wellbeing and Recovery College and allows for rich and diverse perspectives on living well with mental/health or related issues.



# Accessibility

**FREE AND OPEN TO ALL WHO LIVE IN SHROPSHIRE, TELFORD AND WREKIN, STAFFORDSHIRE AND STOKE ON TRENT**

If you are between 16 and 18 years old, please get in touch so we can discuss further.

## How to enrol/eligibility

In order to enrol, please call: **01785 221257** or **07891 099460** or email us at **wellbeingrec@mpft.nhs.uk** to express your interest in enrolling.

We will then arrange for you to complete your enrolment with a member of the college team. You will complete an Individual Learning Plan to discuss what you would like to gain from the college and any learning requirement.

*Places for courses are first come, first served so if you'd like to book onto a course, please get in touch as soon as possible and at least a week before the course starts as we finalise student numbers a week before courses begin.*



*Artwork by Emma Palphreyman*

# Individual Learning Plan (ILP)

When you first enrol with the college you will be asked to complete an Individual Learning Plan with one of our team before attending any courses. This can be either in person, over the phone or on Zoom (Video call); whichever works best for you.

It is a chance for us to get to know each other a little more, ask any questions and to talk through what you would like to get from attending the college. It's also a chance to discuss any learning needs or support you might like us to help with. It's important to us that you get to decide what might be helpful for you and our job is to try our hardest to help facilitate that. The ILP is really informal and definitely not an interview so please don't feel any pressure at all.

If at the end of it you feel like the college is not for you, that's absolutely fine too. During the conversation we will also offer information, advice and guidance about our courses and their content to hopefully help with your decision.

Keep up to date by following our social media pages.

**Website:**

<http://recovery.mpft.nhs.uk>

**Facebook:**

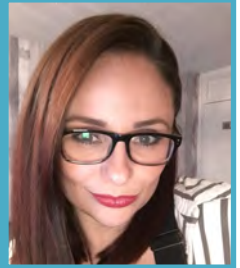
Wellbeing and Recovery College MPFT

**Twitter:**

@reccollegempft

# Meet our Core Team

Hi, I'm Danni, I'm the Trust Recovery Lead Partner and Operations Manager of the college. I have experience of using our mental health services. I'm a mummy of two daughters and we share a love for festivals, travel and new adventures.



I'm Helen; I have a small but wonderful family who are incredibly important to my own wellbeing. I try to have a positive view of life, and I appreciate the value of the Recovery College, its courses and how they support others. I particularly like to meet new people and learn about their lives.



Hi, I'm Kim, the college co-ordinator for South Staffordshire. I am a wife, mummy to a beautiful boy and a mischievous dog! Having been a service user, student and volunteer at the college, I am extremely proud to be a member of the core team helping the college to continue to grow and supporting people as the college supported me when I needed it the most.



My name is Jo and I'm Telford and Shrewsbury's College Coordinator. After challenging early and adolescent years, I studied recovery techniques in the search of happiness and wellbeing. My journey to date has taught me the amazing power of recovery education and I'm keen to spread the word through the College



Hello, I'm Rachel, I'm the Trust Recovery Lead and Director of Psychological Services. The college embodies my belief that there isn't a 'them and us'... there's only 'us'! I'm a mum, wife, daughter, friend, and seeker of laughter, love and truth. I also have a big, bear of a poodle!



# Meet our Team



Hi, my name is Julie and I've recently gotten involved with the College and couldn't be happier about it. I love anything that involves crafts, art, and an afternoon tea. I'm a mother, I work part time as a Careers Advisor and I also have 1,000,000 pets including our Labradoodle Rosy.



Hi, I'm Becky. I have both professional and lived experience that I will be using as a trainer with the college. During my recovery journey I have found writing, art and spending time in nature to be powerful healing tools. I am proud to be part of the college and really excited to be using my experiences to help, inspire and empower others on their own recovery journey.



Hello, my name is Grant. I am a carer for my wife of 35 years. I am also a Trainer with the college, because I want to put something back into the system which has helped me care for my wife. I also love dogs and I have 4!



Hi, I'm Lindsay and I'm a volunteer and lived experience trainer for the College. I'm passionate about using my experience of recovery to help and inspire others. I love spending time writing, exploring spirituality and walking the path of self discovery.



Hi, I'm Hannah and I'm a Holistic Wellbeing Professional who is passionate about helping people on their journey to recovery from mental and physical ill health through using Mindfulness. I used Mindfulness as part of my toolkit to help me recover from chronic illness and it completely changed my life. I look forward to sharing the skills of Mindfulness through the College so that others can benefit too. I also love being outdoors as it's great for mental health - you will find me walking, painting or doing yoga anywhere that it's sunny.

# Meet our Team

Hi, I'm Emily, a Welsh borders-based yoga teacher and artist.

I have practised yoga for over ten years, and qualified as a teacher in 2017 at The Elbowroom in Dublin. My classes are inclusive, creative, light-hearted and mindful with an emphasis on self-care.



Hi, I'm Ann. I am a Mindfulness Practitioner and Teacher. Practicing mindfulness daily made such a difference to my life that it encouraged me to achieve my mindfulness teaching qualification so that I could work with others. I now want to share my knowledge and experience of mindfulness with the local community to improve health and wellbeing.



Hi, I'm Rachael and I'm a lived experience trainer for the Recovery college. I love working for the college, and delivering a range of courses has really boosted my confidence and helped me to support my own wellbeing. I live with my partner and our two rescue cats, and in my spare time I love reading and writing, arts and crafts, and drinking plenty of tea!



Hi, I'm Dawn and I'm passionate about wellbeing and the support that can be found when we come together so imagine how excited I was about the college and to become involved with it! I hold dear my time with hubby, friends and family and am often joined by my two cockerpoos on trips away in our old but loved caravan. Any other time I will be found sewing, beading, weaving or generally crafting away until it's time to eat.



Hey I'm Gareth. I love stories. Whether fact or fiction, as a well told story can be a powerful way to help understand this condition we all share: Being Human. As a wise man once said "we're all stories in the end" .... I now use my experience and my story of Recovery to train and recruit professionals in the Trust and on the Clinical Psychology Programme at Staffordshire University.



# Meet our Team

Hi. I'm Sam. I embrace & educate on holistic health & wellness, with a focus on emotional recovery after loss in my professional life. As a lived experienced trainer I will be sharing my own personal recovery path & knowledge. I love how the college is so inclusive & wanted to be involved in helping others improve their lives.



I'm Gail, I joined the college as Admissions Tutor in January of this year. Although my family unit is made up of only my husband and son, as part of a large extended family supporting each other and family unity is important to me. I try to adopt a positive can do attitude in everything I try to do. I promote the college ethos and values whenever I can. I love anything to do with Arts and Crafts or Singing.



## What to anticipate. . . .

### ***What to anticipate when attending our online courses***

We understand that it can be daunting thinking about joining a course online. So here are a few things you can expect. If you still have any other questions please do let us know.

***When you first join a session you will be in a virtual waiting room. Once the trainers are ready to start they will bring you into the session. So you don't need to do anything at this point. Just get yourself ready with a cuppa, pen, paper etc...***

***Once you join the group we ask if you could have your camera on. This really helps with creating a safe and friendly group atmosphere. It also helps us with our safeguarding responsibilities. (You can have virtual backgrounds if you feel more comfortable with that. Just ask if you would like us to help you).***

***After joining the group we would love it if you kept your camera on, but we understand this might be difficult so if you choose to turn it back off at this point we understand.***



*When you first join a session you will notice that your microphone will be muted. This is to ensure sound quality for the whole group but there will be plenty of opportunity throughout to un-mute yourself to offer feedback and for group exercises etc...*



*In our virtual classrooms we are really keen to make sure students are able to get involved and interact with each other.*

*Learning from each other is a key part of our courses. You will find this throughout our sessions and our trainers will always guide you through what you need to do*

*(Don't worry if you feel nervous about that, we are definitely all learning together)*

*In some sessions we use breakout rooms (See overleaf).*

*We do ask that when participating in one of these that you turn your cameras on so you can see each other.*

*Course Mentor – all courses will have a course mentor who will ‘host’ the session. They will be there for you to send a private message to if you are having technology issues or if you have any worries during the session.*



*Waiting room – the waiting room allows the college to ensure the trainers are all ready before letting students into the meeting. You will see that you are in a waiting room and won't have to do anything to then join the main session, the college will let you in*

*Breakout rooms – these are sessions that are split off from the main Zoom meeting. They will allow students to meet in smaller groups. This will give you the chance to share your thoughts and ideas.*



## Practical Mindfulness

6 Weeks

1 hour 45 minutes each week

Stressed out? Overworked? Or just looking to improve overall wellbeing? Our course is delivered by an experienced mindfulness trainer. The skills of mindfulness are simply about being present to what is happening here and now. It is not about what has gone before or what may be happening next but how to focus on one thing at a time. Sounds simple, right?

Mindfulness is a discipline that in reality is not easy to train yourself to use every day and our lived experience trainer is there to demonstrate the reality of making practical changes.

Dates	Time	Location
Mondays 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> September 6 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> October	2pm-3.45pm	Online – Zoom
Tuesdays 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> September 6 <sup>th</sup> , 13 <sup>th</sup> and 20 <sup>th</sup> October	10am-11.45am	Online – Zoom



# An Introduction to Involvement

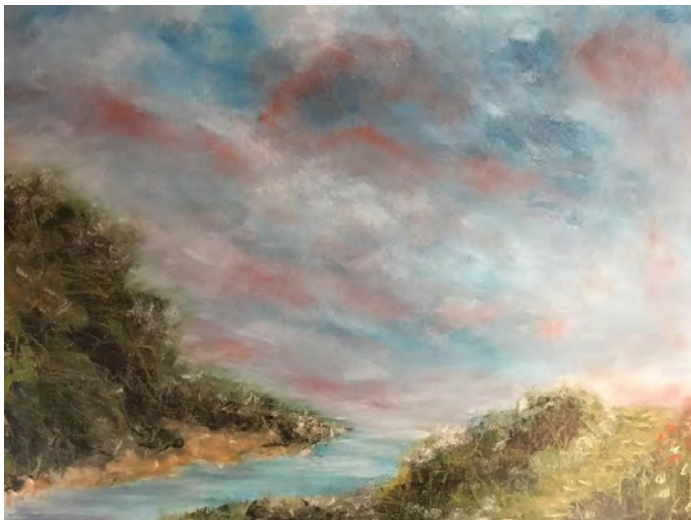
One Session

1 hour 45 minutes

Involvement is an opportunity for people who have used our mental/physical health and adult social care services to come alongside others within the Trust to help improve services. There are many ways to get involved such as: Consultation on Service development or Research projects, developing and delivering training, running Service User Forums or being part of an interview panel to recruit new staff members, among others. This course is ideal for anyone with an interest in this area, whether you are looking to get involved yourself or supporting others to get involved.

On this course, we'll look at all the practical aspects of participating, and take a brief look at what is involved in the different roles that are available. There is no commitment, this is a chance for you to explore and learn more about involvement and what it means within our Trust. There will be 15 minutes at the end of this course for you to ask any extra questions to the trainers about involvement.

Dates	Time	Location
Wednesday 16 <sup>th</sup> September	2pm-3.45pm	Online – Zoom



*Artwork by Paul Jackson*

# Building Your Self-Esteem And Assertiveness

Six Week Course

1 hour 45 minutes each week

In daily life we hear a lot about having a healthy level of self-esteem and are often encouraged to be more assertive. But how do we do this?

This six week course explores these concepts, beginning with growing our self-awareness so that we can be fully aware of who we are and how we feel. We then move on to looking at self-esteem and the tools we can use to develop our sense of self-worth. From there we go on to explore assertiveness, discussing what it really means and the steps we can take to practice assertive techniques when needed.

This course is open to everyone with an interest in personal growth and offers plenty of exercises and lived experience examples.

Dates	Time	Location
Fridays 18 <sup>th</sup> , 25 <sup>th</sup> September 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> October	11am-12.45pm	Online - Zoom
Wednesdays 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> November 2 <sup>nd</sup> , 8 <sup>th</sup> December	2pm-3.45pm	Online – Zoom



*Photography by Karl Loxton*

# Compassion in a nutshell

One Session

2 hours

At its heart, The Compassionate Approach is all about improving our mental and physical wellbeing, by learning to be kinder to ourselves and others.

It's rooted in ancient Buddhist wisdom, but has been developed as a secular psychological approach based on solid scientific theories of human evolution and neuroscience.

This one session course aims to give you an overview of the subject, looking at the theory, as well as giving a taste of some practical ways to develop and strengthen a more compassionate approach to life.

Dates	Time	Location
Thursday 1 <sup>st</sup> October	2pm-4pm	Online – Zoom
Tuesday 8 <sup>th</sup> December	2pm-4pm	Online - Zoom

## How Compassion can change your brain

3 Week Course

1 hour 45 minutes

Compassion is a relatively new approach in modern mental health, but it has been adapted from ancient Buddhist wisdom. Alongside this, it is based firmly in the scientific theories of human evolution, and can help us make sense of why human beings think and behave the way we do in the modern world.

This course aims to explore these ideas, and use them as a basis for simple exercises that help us to practice kindness to ourselves and others, improving our mental wellbeing and aiding recovery in the process.

Dates	Time	Location
Tuesdays 17 <sup>th</sup> , 24 <sup>th</sup> November 1 <sup>st</sup> December	2pm-3.30pm	Online - Zoom

# Yoga for All

Various Course Lengths

One hour a week

Yoga has many benefits for both our physical health and our overall wellbeing. These sessions will include an exploration of the 'eight limbs' of Yoga including; a blend of active and restorative poses, breath work, meditation, contemplation and inner awareness that are suitable for all levels, sizes and abilities.

As with all of our courses, this has been co-produced and will be co-delivered with a professional yoga teacher and one of our trainers with lived experience of using yoga to help both their physical and mental wellbeing.

Please wear comfortable clothing and bring some water. There is the option, if you'd like, to bring a cushion or blanket but this isn't a necessity.

Mats will be provided. We look forward to seeing you there – Namaste.

Dates	Time	Location
Wednesdays 30 <sup>th</sup> September 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> October 4 <sup>th</sup> , 11 <sup>th</sup> November	11am-12pm	Online – Zoom
Tuesdays 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> October	2pm-3pm	Online – Zoom

## Yoga for Easing Anxiety

1 Session

One hour a week

In times like these, many of us will be feeling the effects of stress and anxiety. Left unchecked, this can lead to feeling overwhelmed and unable to cope. Yoga is known to calm and relax the mind by focusing on the breath and the body. This brings our attention inwards and away from stressful thoughts in our mind. Taking a break from our usual environment to focus on ourselves can provide a peaceful, calming moment dedicated to you.

Dates	Time	Location
Tuesday 3 <sup>rd</sup> November	10am-11am	Online – Zoom

# Yoga for Lifting Mood and Increasing Energy

1 Session

One hour a week

Everybody from time to time will experience low mood. When we experience states like this, it's usually accompanied by feelings of low energy as well. Yoga is defined by 'union of mind, body and breath' meaning there is no separation between body and mind. In the same way that low mood can lead to negative thinking, moving in a way that energises the body, can raise our energy levels and lift our mood. The aim of this session is to awaken energy within the body to benefit our overall wellbeing.

Dates	Time	Location
Tuesday 10 <sup>th</sup> November	10am-11am	Online – Zoom

## Vinyasa Flow for Beginners

1 Session

One hour a week

This style of yoga is more dynamic, moving the body in synchronisation with the breath. Vinyasa Flow strengthens and tones the muscles, whilst still calming and focusing the mind. This style of yoga is suitable for those who enjoy a more physical style of yoga and it's great for releasing tension from the body.

Dates	Time	Location
Tuesday 17 <sup>th</sup> November	10am-11am	Online – Zoom

# Restorative Yoga and Deep Relaxation

1 Session

One hour a week

This is an opportunity to totally let go and indulge in a session of pure relaxation. In this class, we will start with a few gentle restorative postures to prepare the body to lie in deep relaxation. Bring pillows, blankets and whatever else you choose to make this a more peaceful experience.

Dates	Time	Location
Tuesday 24 <sup>th</sup> November	10am-11am	Online – Zoom





# Wellbeing Toolkit

2 Week Course

1 hour 45 minutes

Looking after your wellbeing is vital in maintaining a healthy and meaningful life. This course will look at the importance of wellbeing and how you can take care of yours and support others to take care of their wellbeing. The session will be run by a professional who has experience of supporting people to take positive steps to look after their wellbeing and by a trainer with lived experience of caring for their own wellbeing whilst coping with mental health problems. This course is suitable for everyone, whether you are a service user, carer, relative of someone with mental health problems, a member of staff or simply interested in learning more about caring for your own wellbeing. We may have different experiences, but everyone's wellbeing is equally important.

Dates	Time	Location
Mondays 21 <sup>st</sup> and 28 <sup>th</sup> Sept	1.30pm – 3.15pm	Online – Zoom
Wednesdays 4 <sup>th</sup> , 11 <sup>th</sup> November	1.30pm – 3.15pm	Online – Zoom
Thursdays 3 <sup>rd</sup> , 10 <sup>th</sup> December	1pm-2.45pm	Online – Zoom





# Craft your way to Mindfulness

4 Week Course

1 hour and 30 minutes

Craft for a long time has been a way for us to grab some me time, relax and escape a little. Over the years we have tried lots of different crafts and love spending time with others starting a new project.

All materials are supplied for each craft and we promise you need no previous experience or even be arty to be able to have a go. Let us help you find a craft that allows you to be truly in the moment, unwind, have fun and develop an interest that may help with your wellbeing.

There will also be a Meet the Trainer session where you can see some examples of the projects we will be making.

Dates	Time	Location
Meet the trainer session Friday 18 <sup>th</sup> September	11-11.45am	Online - Zoom
Friday 25 <sup>th</sup> September – Dry Clay Coasters Friday 23 <sup>rd</sup> October – Bunting Friday 20 <sup>th</sup> November – Circle Weaving Friday 18 <sup>th</sup> December – Needle Felting	All sessions 11-12.30pm	Online - Zoom



*Diamond Painting by Hayley Ankers*

# Sleeping Well

2 Week Course

1 hour 30 minutes each week

Getting a good night's sleep is so important for our physical and mental wellbeing. This short and friendly course will look at the importance of sleep, the sleep cycle, and some practical strategies to improve our chances of getting a good night's sleep.

Dates	Time	Location
Wednesdays 14 <sup>th</sup> , 21 <sup>st</sup> October	1.30pm – 3pm	Online – Zoom
Tuesdays 17 <sup>th</sup> and 24 <sup>th</sup> November	1.30pm – 3pm	Online – Zoom



*Painting by a student of the college*

# Understanding Courses

Our Understanding.... section of the prospectus is focused on a number of one-off courses which will explore some of the diagnoses that people receive. Each course will look at a range of perspectives surrounding that diagnosis. We will address issues around stigma, myths and explore ways of coping.

All of these topics will be facilitated by a trainer with a lived experience of that given diagnosis and a trainer with professional experience.

These courses are open to all. They are particularly relevant to people who may have received one of these diagnosis, friends and family members, staff or anyone who would like to learn more in a shared learning environment.

## Understanding Depression

4 Week Course

1 hour 30 minutes each week

Dates	Time	Location
Tuesdays 29 <sup>th</sup> September 6 <sup>th</sup> , 13 <sup>th</sup> and 20 <sup>th</sup> October	1.30pm-3pm	Online – Zoom
Thursdays 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> October	10am-11.30am	Online – Zoom

## Understanding Post Traumatic Stress Disorder

1 Session

1 hour 45 minutes

Dates	Time	Location
Thursday 15 <sup>th</sup> October	1pm-2.45pm	Online - Zoom

# Understanding Fibromyalgia

1 Session

1 hour 45 minutes

Dates	Time	Location
Wednesday 21 <sup>st</sup> October	2pm-4pm	Online - Zoom

# Understanding Anxiety and Anxiety Management

4 Week Course

One hour 45 minutes each week

Dates	Time	Location
Tuesdays 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> September 6 <sup>th</sup> October	2pm-3.45pm	Online – Zoom
Wednesdays 30 <sup>th</sup> September 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> October	2pm-3.45pm	Online – Zoom
Thursdays 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> October	10am-11.45am	Online – Zoom
Mondays 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> November	2pm-3.45pm	Online - Zoom
Thursdays 26 <sup>th</sup> November 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> December	11am-12.45pm	Online - Zoom

## *A Reflective Poem From One Of Our Students*

Looking back over the last 4 months,  
Where has this time gone?  
Quite scary at first, with the virus very much at large,  
Destroying everything in its path.

As the weeks went by, shielding gave us time to reflect,  
Thinking daily on what we need to do, where we want to go,  
Time to start putting things in place, time to move forward,  
But where to get this energy from, how do we move on from here?

Still getting the help from the mental health team, what a blessing they  
have been,  
Then with the recovery college, amazing that they have been,  
Then follows on to Bright rainbows life coaching,  
Wow what a difference that these have all made, through the weeks and  
the months.

Made our life so much more, now moving forwards is what we must do,  
One thing all 3 have taught is that, this time may be scary and that's ok,  
Its ok to be scared to move forwards after being stuck for years after  
years,  
What a better quality of life they have all given us, and a future we can  
look ahead to.

Juliet Davies

# Wellbeing and Recovery College

## ...our story so far!

*Spring 2016 – First prospectus with 7 courses*

*Autumn 2016 – Open Day with 100+ students and 20 courses*

*Spring 2018 – 650+ students*

*Autumn 2018 – 800+ students and 87 sessions in different areas for the Spring Term 2019 when we reached over 1,000 students!*

*Autumn 2019 - Over 1,300 students and 106 sessions planned in different areas*

*Summer 2020 – We now have over 1,600 registered students and 114 sessions planned in various areas for the Summer Term*

*Autumn 2020 – In the current situation, thank you to our amazing trainers for adapting to work differently and to everyone for embracing technology so that we are able to offer an online Autumn Term with all courses being delivered via Zoom!*



*Thank you for your continued support!!*

# How to get involved...

You might have guessed by now that one of the most important things in the college is co-production. Everything we do, at every level is done in partnership.

To do this, we need you!!

We are always looking for opportunities to work with people to bring together lived, carer and professional experience. There are a range of ways that you can do this.

**Interested in being a trainer? Why not get in touch and see what opportunities are available**

## Interested in being a trainer?

Throughout the year we recruit trainers based on where we need to increase our offer. If you are interested in the opportunity to become a trainer with us, please do get in touch. We will add you to the waiting list and be in touch if any opportunities arise in your area. If you do move forward to become a trainer, we offer the following:

- Train the Trainer course
- Ongoing support developing materials
- Build confidence around course delivery
- A chance to work in partnership with others

## Volunteering Opportunities

- Promotional opportunities in your local area
- Material design
- Administration support
- Supporting courses

As part of the team you will have access to attend all of our courses, attend Trust training, build confidence, self-esteem, and gain work experience.

Keep an eye out on social media for any upcoming opportunities or feel free to contact us please contact [WellbeingRec@mpft.nhs.uk](mailto:WellbeingRec@mpft.nhs.uk) or 01785 221257 or 07891 099460.

## How much do courses cost?

All courses at the Wellbeing and Recovery College are currently free to attend for all of our students.

## How long are the courses?

Courses vary in length. For example, some may be a single day or half day session, while others may be weekly for up to six weeks (one – three hours per session, with a break for longer sessions). The courses would not usually last more than one term, and would not usually be more than once or twice a week.

## How many courses can I apply for at once?

There is no set limit for the amount of courses you can apply for. However, priority will be given to your first three choices. Any subsequent courses will be subject to availability. This can be discussed while developing your Individual Learning Plan.

## What do I do if I want further information about a course?

Please feel free to contact us 01785 221257 or 07891 099460, or email us at: [WellbeingREC@mpft.nhs.uk](mailto:WellbeingREC@mpft.nhs.uk). We are always happy to talk to you regarding any information you may need.

## How is the content of the course designed?

All of our courses are co-designed and co-facilitated by both a Peer Trainer with lived experience of mental health challenges or caring for someone with mental health challenges, and a professional with experience of working with people with challenges linked to the subject of the course.



## **What if I find I need support with my learning once the course has started?**

Please contact a member of the Core Team, and we will arrange a meeting to work with you to create a plan to ensure your learning needs are met.

## **What if I need support with my mental wellbeing whilst attending the Wellbeing and Recovery College?**

The Wellbeing and Recovery College is set up and run as a Further Education provider. Therefore we do not provide clinical interventions or therapy, as we expect you to be able to access support outside of the college. If you are feeling unwell or distressed while attending a course it is important to speak with your trainer. Your trainer will have access to your Personal Support Plan, which is developed with you during enrolment.

## **I have specific requirements such as large print, or an interpreter, is this possible?**

We endeavour to do everything we can to meet your needs. As long as you let us know in advance of attending your course, we will do all we can to support your requirements.

## **If I attend the Train the Trainer course, will I receive a Service User Involvement fee and travel expenses?**

No. Train the Trainer is run alongside the other courses at the Wellbeing and Recovery College, and you would be enrolled as a student just like any other course at the college.

## **I use mental health services - do I need to be referred by my community team?**

There is no need for a referral; in fact we do not have a system for referrals. Although the college is designed for people with lived and professional experience of mental health services, we operate the same as any other further education establishment. Your local team may recommend us to you but they cannot refer. All are welcome to share their learning journey together with no discrimination or distinction.

## **I work for the Trust and am interested in some of the courses - can I enrol?**

Yes! One of the things that make our Wellbeing and Recovery College so unique is that it is truly collaborative. When you enrol into the college you will not be labelled as a 'Service User', 'Carer' or 'Professional' - you will simply be considered a student. You may wish to learn more to help your practice and/or to gain knowledge to help you to manage your own wellbeing. Everyone learns together and from each other.

## **I care for someone who uses services, can I enrol?**

Of course! Our courses are designed for anyone who cares for someone, for people who use our services, people who work in them, and those who are simply interested in recovery based learning.

*I'm actually enjoying the Zoom experiences. With Zoom, I can just switch on my device minutes before the start of the course with a cup of coffee ready in the comfort of my own home.*

*Enjoyed a lot, so much more than I imagined. Zoom worked perfectly!*

*(Zoom was)  
Much easier to access than I thought it would be.*

*The trainers delivered the course at very comfortable pace and I do think I will use what I have learned in the future.*

# Contact Us

If you are interested in being involved with the Wellbeing and Recovery College, or have any ideas for courses, we would love to hear from you!

Please contact a member of our team on:

Direct Line: 01785 221257

Switchboard: 0300 790 7000 ext: 7128607

Mobile: 07891 099460

Email: [wellbeingREC@mpft.nhs.uk](mailto:wellbeingREC@mpft.nhs.uk)

Facebook: Wellbeing and Recovery College MPFT

Twitter: @reccollegempft

or visit us at [recovery.mpft.nhs.uk](http://recovery.mpft.nhs.uk)  
where you can download a copy of our current prospectus

*With many thanks to our students who, throughout lockdown, have shared their images of what they have been doing to support their wellbeing. Please see their images throughout the prospectus.*



*Learn and Never Quit by Simon Levett*