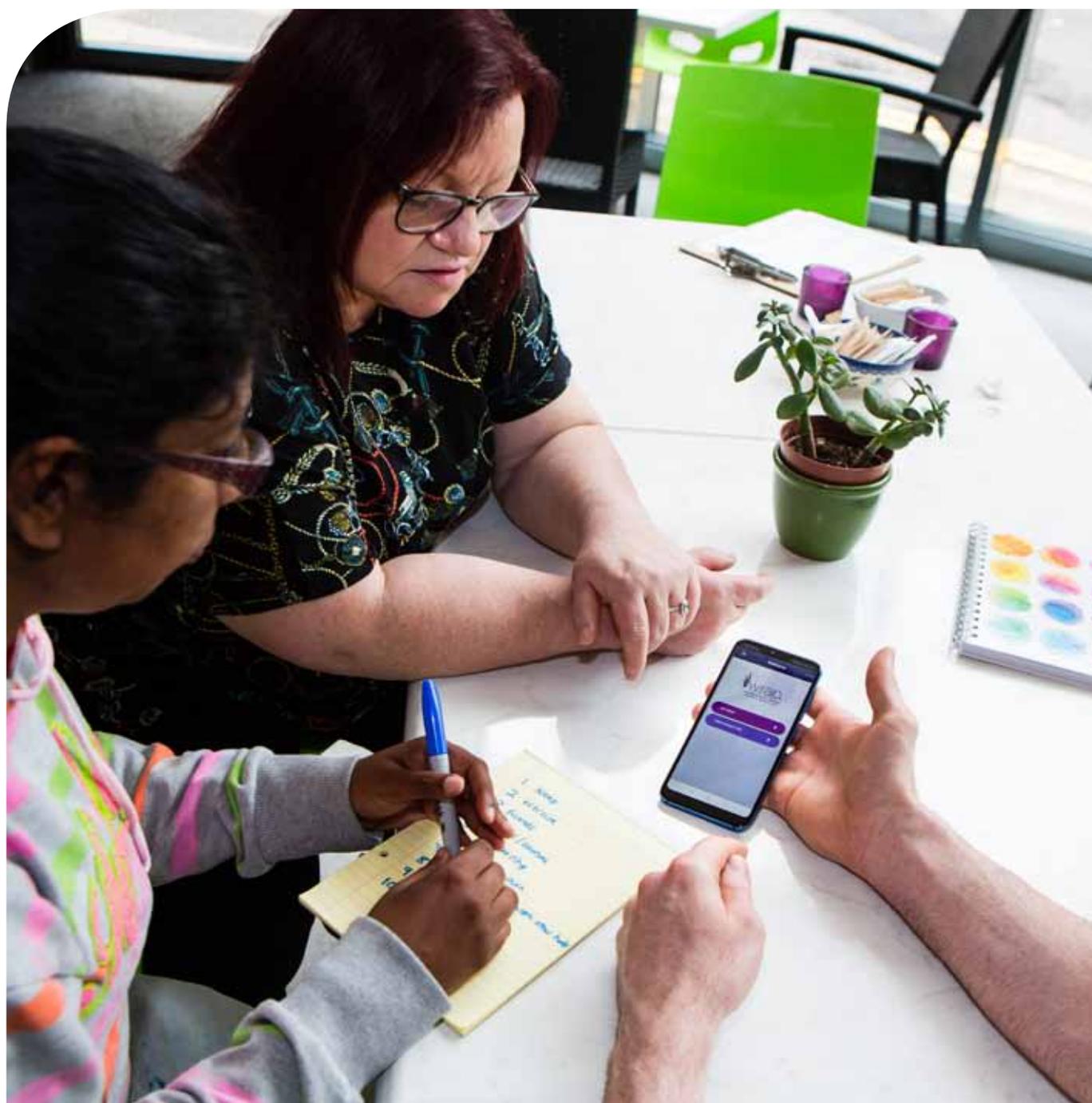


# Mental health and wellbeing

Online courses 2020-21



Our courses are open to all adults who live, work or study in Leeds

“

Leeds Recovery College online proved that feeling supported and connected is what really matters - wherever that takes place.

”

Helen  
Recovery College Co-facilitator

Whats important  
in your life a  
mes it



Simon (left) and Halima (right)  
Co-facilitators, Introduction to  
Recovery College

Bev and Dan (centre)  
Leeds Recovery College Supporters

Photograph taken before social distancing

## Our current courses are online and home learning only (but it's just for a little while)

We're looking forward to launching our new prospectus and re-introducing physical face-to-face courses in 2021, but in the meantime we've adapted some of our favourite courses, which you can take part in, at home.

We believe that good mental health is important to everyone and that we can all play a part in improving our own mental health and contributing to that of others.

We offer free educational courses that focus on keeping us mentally and physically well. They are all co-designed and co-facilitated by people who have experienced their own mental health challenges, working alongside health professionals and education providers to share their knowledge and know-how.

Our courses are open to all adults who live, work or study in Leeds and will help you to learn more about mental health, work out what keeps both yourself and others well and find ways to enjoy life more.

**Attending the recovery college for yourself**, if you would like to learn more about your health and mental wellbeing - there may be a course for you. It doesn't matter if you have a diagnosis or not.

**Attending a course to improve your knowledge and better support someone else**, we welcome carers, family, friends and health care professionals too.

Typically, our courses are free to attend and we keep it simple (you won't hear any jargon from us) but they are packed full of useful information and handy tips, which we hope will make a difference to you in your life, work or study.

You can view our full range of physical courses on our website and when it is safe to do so, we'll be introducing new face-to-face course dates.

In the meantime, our online and distance learning course timetable is available from [LeedsRecoveryCollege.com](https://www.leedsrecoverycollege.com), by calling 0113 885 5127 or emailing [leedsrecoverycollege.lypft@nhs.net](mailto:leedsrecoverycollege.lypft@nhs.net)

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# How to enrol

You are not referred to the Recovery College and you do not need a referral to join a workshop; you can enrol yourself onto any of the courses that are of interest to you.

**1** Have a look at the workshop and course descriptions in this prospectus and decide which you would like to attend.

**We do not offer every course each term**, so you will need to check dates in the course timetable, available from [leedsrecoverycollege.com](https://leedsrecoverycollege.com)

**Courses in this prospectus are online and distance learning only.** Our website has the full course listings and will be updated with new dates when physical face-to-face courses are re-introduced.

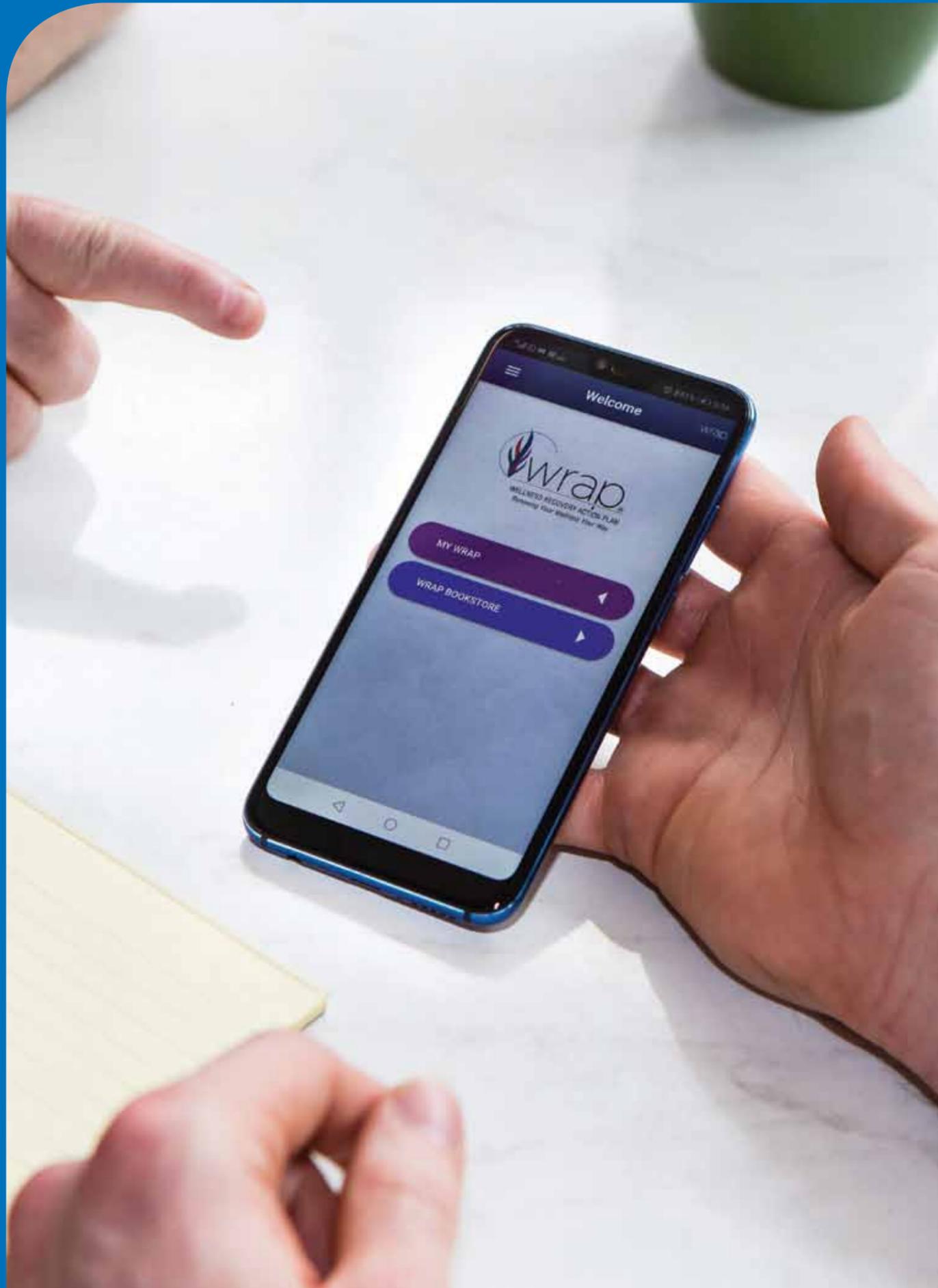
**2** To book on a course, you will be asked to complete a course enrolment form which is available on our website, or by call us on **0113 855 5127** or emailing [leedsrecoverycollege.lypft@nhs.net](mailto:leedsrecoverycollege.lypft@nhs.net).

We have one form for all students and ask people attending a course as part of their professional development, to confirm this with their manager prior to completing this form.

**3** **You will receive confirmation of your booking before the course starts.** This will include an email link to your course's online digital classroom, which has introductory videos, pre-course materials and useful links which you can view before the course starts.

We also 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 attending a session.

**4** If you are new to Leeds Recovery College, you will be invited to take a look at our **Introduction to Recovery College** digital classroom, where you can view pre-recorded example sessions, watch facilitators and students sharing experiences of online learning and download our new 'Introduction to Recovery' learn at home packs.



# Your online learning experience

Our online courses come with one (or both) of two things:

- An online digital classroom
- A 'live' session group video call

Our courses are delivered using an online digital classroom and some of them also include a 'live' session group video call. The digital classroom is a closed online space which gives access to a selection of course resources including; pre-recorded videos, workshop handouts and activities which you can work through at your own pace.

Most of our online courses also have a 'live' session in addition to the digital classroom. Just as if you were to attend one of our physical, face-to-face courses, you'd have a date and session start time – our online courses have the same, and you will join an online video workshop hosted by our course facilitators and attended by other students booked onto the course.

Before one of our online courses starts (generally the week before), you will be sent a link to the course's digital classroom and if the course includes a 'live' session, you'll also receive details of how to take part in the group video call.

Video calls can be off-putting and we want to make sure you know what to expect, so we've asked our course facilitators to pre-record introductory videos, so that you know who'll be hosting the 'live' session. Course resources that are used in the live session will be available in the digital classroom and print copies are available on request.

For our longer courses we'll also be sending you session recap emails – so you don't need to worry about taking notes.

**Our online course resources and 'live' sessions can be accessed via a smartphone, tablet or computer. You will need to have a Google account and access to the video conferencing platform 'Zoom.'** For further details please request our 'how-to guide' when enrolling on your course. We can also give you details of organisations that support digital accessibility.

# Introductory workshops

These short sessions offer an introduction to online learning and introduce some of our longer course themes.

## Introduction to Leeds Recovery College

**It can be daunting doing something new, but stepping out of our comfort zone is all part of the process.**

This introductory class is a great place to start if you are thinking about enrolling on one of our courses. It will explain more about the college, how our courses support mental wellbeing and recovery, and what to expect when you attend an online workshop for the first time.

This workshop has a mixture of pre-recorded videos and resources to allow you to choose the ones that are of interest to you.

### This digital classroom includes:

- Pre-recorded videos of facilitators sharing personal experiences of recovery and supporting Leeds Recovery College
- 'Learn at home' packs which encourage you to explore your thoughts on good mental wellbeing and recovery
- Links and further resources to help you consider what is important to you and for your wellbeing

Online digital class (no 'live' online group session. Individual learning resources only)

Approx. completion: 30 mins - 3 hours

Cost: Free

## Getting involved online: Introduction to online sessions

**You've downloaded the app... you can start the video... but it's new and doesn't feel that comfortable.**

In recent months there has been a massive shift in how we participate in and have access to everyday things, from digital appointments and family quizzes to attending a meeting online. This new way of working can be unnerving, as we're often so familiar with doing things physically face-to-face.

In this workshop we'll be focusing on how to feel more at ease and comfortable with interacting online, from thinking about how to best prepare for an online call to some straightforward tips to help ensure you're not physically and emotionally drained after an online session.

### In this 'live' online session, we will:

- Practise using Zoom and see how Recovery College courses are run
- Share your experience and give you a chance to ask questions in small groups
- Give you tips and advice on troubleshooting for mobiles, tablets or desktops

1 'live' online session and online class resources

Approx. 2 hours per 'live' session

Cost: Free

## Creative mind mapping: Organising my thoughts and learning

**When things are up in the air and your thoughts are disordered, the idea of getting everything down on paper in one neat list, can be overwhelming.**

Mind maps can help to 'map' out our thoughts, creating connections that inspire other ideas. They can help us to think things through, such as steps to a goal, our emotions, making decisions and even organising day-to-day tasks.

This two-part workshop introduces mind maps as a creative and fun way to organise your thoughts in order to come up with solutions.

### In this 'live' online session, we will:

- Introduce mind maps as a creative way to organise your thoughts and ideas
- Consider how mind maps may help your decision making
- Create your own personal mind map

1 'live' online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

## Introduction to WRAP (Wellness Recovery Action Planning®)

**In this digital classroom, you can access pre-recorded videos and resources which introduces our longer course, Wellness Recovery Action Planning® (part 1).**

The aim is to give you the time and space to reflect on: what you are like when you are well, the things that improve your health and wellbeing and how you may better manage difficult days.

WRAP is used world-wide by people who are dealing with all kinds of health and life challenges, and helps you notice when things don't seem to be quite right in your life. It supports you to get back to feeling your best.

### This digital classroom includes:

- Video's and pre-recorded Recovery College facilitator conversations about WRAP and provide an overview of the WRAP part 1 online course
- Personal stories of WRAP facilitators and students sharing, 'what is good mental health and how WRAP supports it'
- Activities and resources to explore your own thoughts on wellness and recovery

Online digital class (no 'live' online group session. Individual learning resources only)

Approx. completion: 1 - 3 hours

Cost: Free



**Naetha**  
Co-facilitator, Addiction,  
recovery and stigma

## Improving awareness

Workshops that aim to widen our personal knowledge of health and wellbeing.

### Let's talk about: Mental health, stress and the 'new normal'

We've all got mental health and we can all experience difficulties with it. Stress, anxiety, depression and other mental health conditions don't discriminate against; gender, age, ethnicity, wealth or your personality type.

In recent months it's likely we've all experienced some form of stress, worry or anxiety and there will be periods of time for all of us where our mental health isn't good. It can be difficult, but talking about mental health and understanding it more helps people to reach out and reduces its stigma.

#### In this 2 session 'live' online workshop, we will:

- Introduce the mental health continuum and 'everyone has mental health'
- Explore the signs of stress, anxiety and depression, how they affect us and what can help
- Discuss ways to support our own and other people's mental wellbeing

2 'live' online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

### Let's talk about: Managing my mood

There's so much going on right now, we're all experiencing emotions that can knock us off balance.

Our mood naturally fluctuates and is suggestive of particular feelings or a state of mind, 'I'm not in the mood,' 'I can't face that right now'. Our mood is affected by any number of different factors including; feeling under stress or pressure, our personal circumstances, the people around us and how we feel about ourselves.

#### In this 'live' online workshop, we will:

- Recognise changes in our mood and think about what influences it
- Explore the helpful and unhelpful things that affect how we feel
- Discuss ways to better manage our mood

The course's digital classroom includes information and resources on stress and mood management.

1 'live' online session and online class resources

Approx. 2 hour 'live' session

Cost: Free

### Let's talk about: Coping with panic

We can all experience those moments when we feel unease, that sense of fear or panic.

The way in which we deal with these feelings will be different for us all, but there are some straightforward techniques that can really help.

In this workshop we'll explore how to calm a racing mind and ways to help reduce those overwhelming feelings.

#### In this 'live' online workshop, we will:

- Explore what panic means to us and times when we feel it
- Consider what is helpful and unhelpful when we feel in panic
- Share strategies to better manage and reduce the feeling of panic

The course's digital classroom includes information and resources on anxiety, panic and grounding techniques.

1 'live' online session and online class resources

Approx. 2 hour 'live' session

Cost: Free

### Let's talk about: Medication and mental health

Using medication can be a short-term strategy or a long-term life decision. How medication works, what types of medication are available, and the potential side effects may all be questions that you don't always feel comfortable to ask.

Whether you're taking medication, planning to take medication, thinking about stopping or simply would like to find out more about how medication works, this course will provide further insight into this. Understanding more about medicine and knowing some of the terminology can help support more informed choices.

We will also look at how other non-mental health medication can affect mental health medicines and what to consider if you want to stop taking, or change to a different medicine.

#### In this 'live' online workshop, we will:

- Look at how medication works in our bodies
- Discuss how anti-depressants, mood stabilisers, and anti-psychotic medication work
- Explore strategies for managing the side effects of medication
- Consider what questions to ask and where to go for more advice

1 'live' online session and online class resources

Approx. 2 hour 'live' session

Cost: Free

### Let's talk about: Sexual orientation and health

Sometimes those of us who are lesbian, gay, bisexual or who feel we don't 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 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.

#### In this 'live' online workshop, we will:

- Discuss the terms and definitions used within the LGBT+ community
- Explore research on the impact of sexual orientation on emotional and physical health and wellbeing
- Consider how we can help improve health and social inequalities

1 'live' online session and online class resources

Approx. 2 hour 'live' session

Cost: Free

### Let's talk about: Making a difference, research and you

How we prevent, diagnose and treat illness is directed by research and it's important to have the evidence to show what helps people to get well and stay well.

Research describes many different elements of investigation from collecting and testing data to talking with people about their experiences, which then helps to build up an evidence base of what works.

Research is an ongoing process to help develop new approaches and make things better. Sharing your experience can help improve treatment and develop health care.

#### In this 'live' online workshop, we will:

- Discuss what research is and some of the myths surrounding it
- Explore the benefits of supporting research
- Understand examples of where research is currently being done and how you can get involved

1 'live' online session and online class resources

Approx. 2 hour 'live' session

Cost: Free

# Increasing understanding

Longer courses to think about your personal wellbeing and what keeps you well.

## Change, uncertainty and personal resilience

**With so much uncertainty in the world and personally around us, at some point everyone will have felt worried, apprehensive and stressed.**

What's 'normal' isn't that normal anymore. Change can really knock our resilience levels and leave us feeling unnerved, stressed and overwhelmed. All this uncertainty can lead us to feel worried, anxious and that things are out of our control.

In this course we'll explore the impact of change and uncertainty on our mental health and look at ways to support our personal resilience.

### In this 'live' online workshop, we will:

- Discuss change, what it is and how this can lead to feelings of uncertainty and impact on our mental health
- Explore how our threat response 'fight, flight, freeze' is adaptive and how it could now be on red alert
- Share different approaches to dealing with difficult feelings and ways to support them, as well as building personal resilience in the face of change and uncertainty

8 'live' weekly online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

## Managing anxiety

**We all experience some level of anxiety and this is a normal reaction.**

Things like returning to work after time away, walking into a busy shop, attending a dentist or doctor's appointment, can cause feelings of unease or fear and lead to us feeling anxious - all this, is very normal.

But for some of us these feelings can become overpowering and have a significant impact on daily life. In this course, we will explore our personal thoughts on anxiety, what it is and what it means for us. We will look at the times when we are feeling anxious, and talk about the practical steps and techniques that we can take, to help us feel more in more control.

### In this 'live' online session, we will:

- Explore our personal understanding of anxiety and what it means for us
- Identify times, events and situations where our anxiety is high
- Discuss ways to help manage feelings of anxiety and gain more control

4 'live' weekly online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

## Wellness Recovery Action Planning® (WRAP) part 1

**The Wellness Recovery Action Plan® or WRAP is used world-wide by people who are dealing with all kinds of health and life challenges.**

You will draw on your own experiences to identify what strategies work for you, and throughout the course, WRAP will help you to organise these strategies and tools into a simple system.

### WRAP is designed to:

- Help you stay as well as you can
- Support you to develop a list of activities for everyday wellbeing
- Help you to identify personal triggers and early warning signs
- Create action plans to manage difficult feelings and experiences

### In these 'live' online sessions, we will:

- Share the history of WRAP, its key values and ethics
- Identify the things you do, have done, or could do to help you stay well
- Develop a list of personal tools and strategies to support living well and in managing difficult days

WRAP also includes making plans for when things are breaking down or you are in crisis. This will not be delivered as part of this online course. We will discuss these elements and our plan for WRAP, (part 2) which will be physically delivered, face-to-face, when we are able to.

8 'live' weekly online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

## Mindfulness

**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. This includes learning to let go of our need to have things a certain way, and to have compassion for ourselves.

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.

### In this 'live' online session, we will:

- Share techniques to help you to recognise what you are experiencing and how to relate to it differently
- Discuss being in 'automatic pilot' and how that can be unhelpful when we feel stressed, low in mood, overburdened or not in control
- Look at practical ways to respond to unhelpful thoughts and how to directly relate to your experiences in the 'here and now'
- Give you the chance to try out different mindfulness practices, including breathing, body scan, sitting meditation and mindful movement

8 'live' weekly online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

# Doing more of what makes you feel good

Workshops and longer courses which focus on building confidence, trying something new.

## Creativity, recovery and you

Creativity and experimenting with different art forms can play a hugely positive role in supporting our mental health, life and wellbeing as a whole.

Anyone can be creative, and sometimes it's just about having a go and getting started. Join us for one of our individual workshops, or enrol for them all as a 4-session course.

### Workshop themes:

- Creative bookmaking
- Paper patchwork
- Foil embossing
- Creative collage

### In these 'live' online sessions, we will:

- Explore what role creativity can play in promoting recovery
- Take part in a creative activity to understand the process and benefits to wellbeing
- Find out what online creative opportunities are available locally

1 'live' workshop or 4 'live' sessions

Approx. 2 hours per 'live' session

Cost: Free

## Mehndi design class

Mehndi is an art form which dates back to ancient India, traditionally a form of body art in which decorative designs are applied to the hands and feet.

In this course, which is for all abilities, you will learn how to design, draw and apply traditional Mehndi patterns on to paper or your hands, canvasses and other household items such as candles and plates. We'll use a range of different materials and techniques including traditional henna, glitter and acrylic paints.

### In these 'live' online sessions, we will:

- Talk about the history of Mehndi design
- Develop our own designs at home and apply them to a range of surfaces

6 'live' weekly online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free

## Words that move me: Bibliotherapy and words for wellbeing

Poems that pick you up and song lyrics for sad times... wherever you are in your life and whatever you are feeling – words can be a great source of comfort.

Words can be soothing, create a sense of calm and can cheer people up and help them unwind. During this course we'll look at a wide range of writing from fictional tales to poetry and song lyrics, which support and encourage our wellbeing (and you don't need to be good at reading or a book worm to do it). From personal affirmations to short stories, we'll explore how the words of others can inspire hope and recovery.

### In these 'live' online sessions, we will:

- Share the written and spoken language that we have enjoyed with others
- Consider the ways the written word can enrich and reinforce our connections with others
- Explore how a few lines of text can say what we may struggle to express

6 'live' weekly online sessions and online class resources

Approx. 1 hour per 'live' session

Cost: Free

## Using your lived experience and getting involved

Using your personal understanding of mental health challenges, accessing services or supporting someone else as a carer - is really valuable experience.

Your knowledge can really help to encourage improvements. It can give hope to others and helps us all find new approaches and ways of working. That could be by;

- Joining a service user or care network
- Giving your views
- Join a working group with NHS staff
- Co-facilitating with the Leeds Recovery College
- Volunteering with Leeds and York Partnership NHS Foundation Trust

In this two session workshop you'll find out more about why your experience is so valuable and how you can get involved with Leeds and York Partnership NHS Foundation Trust.

### In these 'live' online sessions, we will:

- Talk about the Leeds and York Partnership mental health and learning disability services and the ways you can get involved
- Discuss how sharing your lived experience supports how services develop and how that benefits people that use them
- Learn about opportunities where you can get involved with the Trust and we'll answer any questions that you may have

2 'live' weekly online sessions and online class resources

Approx. 2 hours per 'live' session

Cost: Free



# Our thoughts on recovery

Recovery is personal and unique to us.

At this moment in time, few things feel fully under our control and we're living with a lot more uncertainty in the world and personally around us. What was normal, isn't that normal anymore.

Mental health affects everyone. For some, this may be a relatively short period of time – for others this may involve diagnosis, medication and long term treatment.

Recovery is about having a good life, with or without symptoms, focusing on what we can do, rather than what we cannot. It often doesn't mean we return to where we were, but learn ways to better manage our experiences.

The good thing is that people can, and do, recover – and for a lot of us, it's about recovering a sense of self, purpose, and control in life despite facing these challenges.

Our courses reflect our values of hope, education, personal responsibility, self-advocacy, and support and provide you with the space to learn about what keeps you well and finding ways to live better.

“

Having been involved with Recovery College as a student, and later as a facilitator, I believe passionately in the ethos of shared learning through lived experience and testimony. The format is not teacher-driven but people working together to move forward to improve their mental health in a supportive and trusting environment. I feel this is where the power of the college comes from and what makes the learning so effective.

”

**Julie**  
Leeds Recovery College Co-facilitator



**Simon**  
Manager, Leeds Recovery College

**Robert and Tony**  
Leeds Recovery College Supporters

## Sharing experience

What makes us different is that people with experience of mental health and recovery work with us to design and deliver the courses we run.

We're proud to be working with local people and organisations including:

- Arts and Minds
- Battle Scars
- Carers Leeds
- Community Links
- Forum Central
- Leeds and York Partnership NHS Foundation Trust
- Leeds City College
- Leeds City Council
- Leeds Involving People
- Leeds Mind
- MindWell
- Rainbow Alliance
- Touchstone
- Words for Wellbeing

# Student charter

When you first enrol on a course with us, we will ask you to agree to our student charter and code of conduct.

Our student charter explains what you can expect from enrolling with the Recovery College and when attending a course for the first time. It also explains what we expect of you as a student.

Our code of conduct provides a set of guidelines to help ensure that students, facilitators, volunteers and staff work together to make the Recovery College a supportive, welcoming and inclusive learning environment.

When attending a course, students do not have to disclose information about their personal or professional life, their life history or mental health challenges. We ask that anything shared is treated in confidence and that you do not discuss information about another student outside of the session.

## We also ask you to:

- Be polite and respect the rights, life choices, beliefs and opinions of others
- Avoid the use of language, terminology or behave in any way that may offend others or be considered threatening or disruptive
- To have responsibility for your own learning journey and ensuring your own health and care needs are met
- To not use alcohol, un-prescribed medication or illegal substances whilst attending the Recovery College or attend a session where your behaviour is affected by these



**Daniel**  
Co-facilitator,  
Mindfulness

**Our course timetable is available at:**

[www.leedsrecoverycollege.com](http://www.leedsrecoverycollege.com)

Email: [leedsrecoverycollege.lypft@nhs.net](mailto:leedsrecoverycollege.lypft@nhs.net)

Tel: **0113 855 5127** for course enquiries and bookings.