

# Lincolnshire Recovery College

## Prospectus and Timetable Autumn 2018 Grantham



### A way of learning about mental health together

#### Our courses are:

- ✓ Short, typically 1 to 3 sessions
- ✓ Designed to promote understanding and improve wellbeing
- ✓ Delivered in a variety of locations
- ✓ Delivered by people with lived experience of mental ill health, trainers and health professionals
- ✓ Highly recommended by students

### Recovery College – Sharing the journey together



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### Learning With Us

#### New Students

For new students of the Recovery College please complete and submit our online *Application Form* available at [www.lpft.nhs.uk/recovery-college](http://www.lpft.nhs.uk/recovery-college) (found on the right hand side under Downloads)

Once we've received your *Application Form* we'll contact you to book you onto a *Recovery College Induction Session* which you'll need to attend prior to starting any of your courses.

If you don't have internet access the *Application Form* may be completed over the phone or via post.

#### Our Next Induction Sessions

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, Stonebridge Road, Grantham, NG31 9AP	Wednesday 19 <sup>th</sup> September 2018	Hourly starting at 10am and finishing at 3:30pm
<b>Grantham</b>	Grantham College, Stonebridge Road, Grantham, NG31 9AP	Wednesday 31 <sup>st</sup> October 2018	Hourly starting at 10am and finishing at 3:30pm
<b>Grantham</b>	Grantham College, Stonebridge Road, Grantham, NG31 9AP	Wednesday 19 <sup>th</sup> December 2018	Hourly starting at 1:30pm and finishing at 3:30pm

#### Current Students and LPFT Staff

For students who have already attended Recovery College or are LPFT Staff simply get in touch via email or phone to enrol on your chosen courses (up to a maximum of 5 per term).

#### How to contact us

**Telephone:** 01522 518500 Monday – Friday 11am – 4pm

**Email:** [recoverycollege@lpft.nhs.uk](mailto:recoverycollege@lpft.nhs.uk)

## Grantham Autumn Term Courses

### Taster Courses

These **single-session** courses provide an **introduction** to a particular topic and are designed to be both accessible and enjoyable.

Taster courses are ideal for students who may be new to the College and/or who may be uncertain about committing themselves to a longer programme of study. Courses typically last 2.5 hours, and include a short break.

#### Bouncing back! Exploring Resilience in Mental Health

This single-session course explores the concept of resilience and why some people are more effective in withstanding the challenges and adversities of life than others. It proposes that all of us can become more resilient, by developing a greater degree of flexibility and more helpful ways of viewing and responding to events. The course suggests a range of ways to recognise our strengths, develop our confidence and build more meaningful lives.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 26 <sup>th</sup> September 2018	10:00am – 12:30pm
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 05 <sup>th</sup> December 2018	10:00am – 12:30pm

#### Understanding Anxiety

This single-session course provides an introduction to anxiety; what it is, how it affects us, how to recognise when it becomes a problem. It explores how anxiety may be reinforced by our thinking and behaviour. A number of self-help strategies are considered to manage anxiety more effectively.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 26 <sup>th</sup> September 2018	1:30pm – 4:00pm
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 28 <sup>th</sup> October 2018	10:00am – 12:30pm

### Understanding Stress

This single-session course provides an overview of stress; what it is, where it comes from and how it may affect us. It explores the importance of recognising and responding to the signs of excessive stress, and offers potential ways to manage stress more effectively.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 17 <sup>th</sup> October 2018	10:00am – 12:30pm
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 12 <sup>th</sup> December 2018	1:30pm – 4:00pm

### Understanding Bipolar Disorder

This single-session course will dispel common misconceptions around Bipolar Disorder and explores the nature and impact of the condition. It will be beneficial to those who have been diagnosed with Bipolar, or those who are supporting someone with the condition.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 17 <sup>th</sup> October 2018	1:30pm – 4:00pm

### Introduction to Wellness Recovery Plan (WRAP)

This single-session course provides an overview and introduction to the Wellness Recovery Action Plan (WRAP) tool. Students who undertake this introductory course may subsequently enrol on the 4-session *Developing my own Wellness Recovery Action Plan* course.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 07 <sup>th</sup> November 2018	10:00am – 12:30pm

### Understanding Borderline Personality Disorder

This single-session course will dispel common misconceptions around Borderline Personality Disorder (BPD), and explores the nature and impact of the condition. It will be beneficial to those who have been diagnosed with BPD, or those who are supporting someone with the condition.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 07 <sup>th</sup> November 2018	1:30pm – 4:00pm

## Core Courses

These courses are typically **two** to **four** sessions in length and allow students to explore topics in greater depth.

### Making Myself Heard

Expressing our thoughts and feelings openly and honestly can be challenging. This 2-session course explores how we communicate with each other, and compares and contrasts assertive, passive and aggressive styles of communication. The implications of the different styles are considered, and a range of strategies and techniques are suggested to promote a more assertive approach.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 03 <sup>rd</sup> October 2018	10:00am – 12:30pm
		Wednesday 10 <sup>th</sup> October 2018	
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 28 <sup>th</sup> November 2018	1:30pm – 4:00pm
		Wednesday 05 <sup>th</sup> December 2018	

### Dreaming Of A Better Sleep

Having difficulty getting off to sleep at night? Waking up early in the morning? Spending all night tossing and turning? This 2-session course aims to help you improve your understanding of sleep and ways of dealing with sleep problems.

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 03 <sup>rd</sup> October 2018	1:30pm – 4:00pm
		Wednesday 10 <sup>th</sup> October 2018	
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 12 <sup>th</sup> December 2018	10:00am – 12:30pm
		Wednesday 19 <sup>th</sup> December 2018	

### Developing My Own Wellness Recovery Action Plan (WRAP)

This 4-session course follows on from the introductory 'taster' WRAP course, and enables students to create their own personalised Wellness Recovery Action Plan (WRAP). WRAP is a tool designed to help us to take greater responsibility for own wellbeing and recovery, by identifying potential triggers and early warning signs of becoming unwell, and creating action plans to help us respond effectively. *Please note: students will need to have attended the introductory 'taster' WRAP course.*

Locality	Venue	Date	Time
<b>Grantham</b>	Grantham College, NG31 9AP	Wednesday 14 <sup>th</sup> November 2018	10:00am – 4:00pm
		Wednesday 21 <sup>st</sup> November 2018	

## Frequently Asked Questions

### **Are the courses free?**

Yes! All our courses are currently free.

### **Who can come on the courses?**

Anyone aged 16 or over can enrol with the Recovery College; you don't need to be involved with mental health services. Many of our learners are or have been supported by mental health services; however carers, health professionals, students and friends and family also benefit from learning with us.

### **How many courses can I take?**

We recommend you choose courses that will be most relevant and of benefit to your health and wellbeing. This will usually be up to a maximum of 5 courses per term.

### **I'm currently supported by mental health services. Do I need a referral?**

No, we don't accept referrals. If you're supported by mental health services, they may tell you about the College and some of the courses available. However it's your choice to enrol and learn with the College.

### **Can I bring someone with me?**

You can bring someone with you to the induction session but if they wish to come on courses we would ask that they too enrol as a student of the College.

### **I don't have any qualifications. Do I have to take any tests at the College?**

No, you don't need any qualifications to learn with us; nor will you have to take any tests.

### **How many other people will be on the course with me?**

We try to limit the amount of learners to around 10 – 12 per course, as we find learners benefit from smaller sized groups. However, due to circumstances and demand this may vary occasionally.

### **How do I enrol at the College?**

Simply submit the online Application Form and we'll contact you to book a College Induction Session. During the Induction we'll tell you about the College and have time to answer any of your questions.

### **I'm concerned about my privacy. How will you protect my data?**

We take the confidentiality and privacy of our learners very seriously. We abide by current UK Data legislation.

### **Do I need to bring anything with me?**

No, all learning resources are provided. However, you may wish to bring a drink. All that we ask is that you come with an open mind!

### **Is transport/ car parking provided?**

We are unable to provide transport. Learners at the College will be expected to make their own transport arrangements to and from venues. Limited car parking may be available at Grantham, Grantham and Boston Colleges. However, this is on a first come first served basis, and can't be booked via the Recovery College.

### **What happens if I don't attend part or the whole of the course?**

Many of our courses are oversubscribed. ***If you are unable to attend, it's important to let us know via phone or email at the earliest opportunity*** to allow us to offer the place to another learner. ***You should be aware, that if you don't attend 2 or more sessions your place on future courses will be at risk and may be offered to another learner.***

### **Would you ever cancel a course?**

Yes, if fewer than 5 people enrol on the course or very rarely due to circumstances outside our control e.g extreme weather. We would usually give you as much notice as possible.

The Recovery College is proud to work in partnership with

