

# Lincolnshire Recovery College

## Timetable Spring 2019



## 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**

## Learning With Us

### New Students

For new students of the Recovery College simply 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)

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

### 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)

## Our Venues

Locality	Venue	Where to meet
<b>Boston</b>	Boston College, Skirbeck Road, Boston, PE21 6JF	Main Reception (see map)
<b>Grantham</b>	Grantham College, Stonebridge Road, Grantham, NG31 9AP	Main Reception
<b>Lincoln</b>	Lincoln College, Monks Road, Lincoln, LN2 5HQ	Main Reception on Monks Road After 5pm reception closed. Meet in Deans Building.
<b>Stamford</b>	New College Stamford, Drift Road, Stamford, PE9 1XA	Main Reception

## Spring Term Course

### 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.

#### Understanding Stress

This session provides an introduction to stress; what it is, how it affects us, how to recognise when it becomes a problem.

It also explores the importance of recognising and responding to the signs of excessive stress, and offers potential ways to manage stress more effectively.

Suitable for anyone who wishes to manage stress better.

Locality	Date	Time
<b>Lincoln</b>	Thursday 28 <sup>th</sup> February 2019	2:30pm – 5pm
<b>Stamford</b>	Thursday 7 <sup>th</sup> March 2019	6pm – 8:30pm

#### Introduction to Wellness Recovery Action Plan (WRAP)

This session provides an overview and introduction to the Wellness Recovery Action Plan (WRAP) tool.

Students who undertake this introductory course may subsequently enrol on the multi session *Developing my own Wellness Recovery Action Plan* course.

Locality	Date	Time
<b>Lincoln</b>	Friday 8 <sup>th</sup> March 2019	10am – 12pm

### Understanding Borderline Personality Disorder

This session will dispel common misconceptions around Borderline Personality Disorder (BPD), and explores the nature and impact of the condition.

Suitable for those who have been recently diagnosed with BPD, those who are supporting someone with the condition and those who simply want to know more.

Locality	Date	Time
<b>Grantham</b>	Wednesday 20 <sup>th</sup> March 2019	1:30pm – 4pm
<b>Lincoln</b>	Thursday 21 <sup>st</sup> March 2019	2:30pm – 5pm
<b>Stamford</b>	Thursday 4 <sup>th</sup> April 2019	6pm – 8:30pm

### Understanding Anxiety

This session 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.

Suitable for anyone who wishes to manage anxiety better.

Locality	Date	Time
<b>Grantham</b>	Wednesday 6 <sup>th</sup> March 2019	10am – 12:30pm
<b>Lincoln</b>	Thursday 4 <sup>th</sup> April 2019	6pm – 8:30pm
<b>Lincoln</b>	Friday 5 <sup>th</sup> April 2019	1:30pm – 4pm

### Understanding Low Mood

This session offers an introduction to low mood; it explores possible explanations and examines how low mood may affect our thoughts, feelings and behaviour. The experience of living with low mood is explored and various treatment options are considered. A range of self-help strategies are offered to manage low mood more effectively.

Suitable for anyone who wishes to manage low mood better.

<b>TBC</b>	To be included next term	TBC
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### Bouncing back! Exploring Resilience in Mental Health

This session 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.

Suitable for anyone who wants to become more resilient in their lives.

Locality	Date	Time
<b>Grantham</b>	Wednesday 3 <sup>rd</sup> April 2019	10am – 12:30pm
<b>Lincoln</b>	Friday 5 <sup>th</sup> April 2019	10am – 12:30pm

### Understanding Bipolar Disorder

This session will dispel common misconceptions around Bipolar Disorder and explores the nature and impact of the condition.

Suitable for those who have been recently diagnosed with Bipolar, those who are supporting someone with the condition and those who simply want to know more.

<b>TBC</b>	To be included next term	TBC
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### Understanding Psychosis

This session will dispel common misconceptions around Psychosis and explores the nature and impact of the condition.

Suitable for those who have been recently diagnosed with Psychosis, those who are supporting someone with the condition and those who simply want to know more.

Locality	Date	Time
<b>TBC</b>	To be included next term	TBC

## Core Courses

These courses are typically **two to three** 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.

Suitable for anyone who wish to express themselves more openly and confidently.

Locality	Date	Time
<b>Grantham</b>	Wednesday 6 <sup>th</sup> and Wednesday 13 <sup>th</sup> March 2019	1:30pm – 4pm
<b>Lincoln</b>	Thursday 7 <sup>th</sup> and Thursday 14 <sup>th</sup> March 2019	2:30pm – 5pm

### 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 explores ways of dealing with sleep problems.

Suitable for anyone who wants to get a better quality night's sleep.

Locality	Date	Time
<b>Lincoln</b>	Thursday 7 <sup>th</sup> and 14 <sup>th</sup> March 2019	6pm – 8:30pm
<b>Stamford</b>	Thursday 21 <sup>st</sup> and Thursday 28 <sup>th</sup> March 2019	2pm – 4:30pm

### Understanding My Medication

This two session course provides an opportunity to discuss beliefs and theory about how medicines work and to explore the practical barriers which can impact on taking medicine effectively.

Suitable for anyone who has an interest in how mental health medication works.

Locality	Date – To Be Confirmed	Time
<b>TBC</b>	To be included next term	TBC

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

This multi 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	Date	Time
<b>Lincoln</b>	Friday 15 <sup>th</sup> , 22 <sup>nd</sup> and 29 <sup>th</sup> March 2019	10am – 12:30pm

### Living beyond the Label

Experiencing mental ill health can be challenging enough without having the added burden of mental health discrimination, stigma and the exclusion from society which can follow. We will question the negative impact of discrimination and stigma in all areas of our lives and begin to focus on positive strategies to support and enable us to lead the life we want to.

Suitable for anyone who has an interest in stigma and discrimination within mental health.

Locality	Date	Time
<b>TBC</b>	To be included next term	TBC

### Compassion

Why do we find it difficult to accept compliments? Why do we sometimes criticise ourselves and give ourselves a hard time? Why is it often easier to be kind towards others rather than ourselves?

This 2 session course explores the nature and importance of compassion in mental wellbeing and recovery and offers suggestions and techniques to become more compassionate to ourselves.

Locality	Date	Time
<b>Stamford</b>	Thursday 28 <sup>th</sup> February and 7 <sup>th</sup> March 2019	2pm – 4:30pm
<b>Lincoln</b>	Friday 1 <sup>st</sup> and 8 <sup>th</sup> March 2019	1:30pm – 4pm
<b>Boston</b>	Monday 4 <sup>th</sup> and 11 <sup>th</sup> March	6pm – 8:30pm
<b>Grantham</b>	Wednesday 27 <sup>th</sup> March and 3 <sup>rd</sup> April 2019	1:30pm – 4pm

## Words Into Actions

This 3-session course is aimed at those who recognise that their life could be better *and* who are willing to make some positive changes.

The course explores the process of change and the strategies and techniques that may help us to succeed. It emphasises the importance of making positive changes according to our *values* and the benefits of setting specific *goals* and creating *action plans*.

Students will be expected to create their own personal goal and action plan on the course.

Suitable for anyone who is considering making changes in their lives.

Locality	Date	Time
<b>Grantham</b>	Wednesday 13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> March 2019	10am -12:30pm
<b>Stamford</b>	Thursday 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup> March 2019	6pm -8:30pm
<b>Lincoln</b>	Friday 15 <sup>th</sup> , 22 <sup>nd</sup> and 29 <sup>th</sup> March 2019	1:30pm – 4pm
<b>Boston</b>	Monday 18 <sup>th</sup> , 25 <sup>th</sup> March and 1 <sup>st</sup> April 2019	6pm – 8:30pm

## 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?**

### **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.

### **Do I need any qualifications? Will 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 provided? Is car parking available?**

We are unable to provide transport. Learners at the College will be expected to make their own transport arrangements to and from venues. Car parking is not available on site at Lincoln College however public car parks are located nearby. Limited car parking may be available at Grantham College, but this on a first come first served basis and cannot be booked via the Recovery College. Parking is available on College campus at Stamford and Boston.

### **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

