

Lincolnshire Recovery College

A way of learning about **mental health** *together*

Prospectus and Timetable May – July 2019



Our free courses are open to anyone 16+ and are:

- ✓ short – 1 to 3 sessions
- ✓ designed to promote understanding and improve wellbeing
- ✓ delivered in a variety of locations across Lincolnshire
- ✓ delivered by people with lived experience of mental ill health, trainers and health professionals
- ✓ highly recommended by students

Contents	Page
Welcome	3
Learning With Us	3
Our Core Values	4
Expectations of Staff and Learners	5
Our Course Agreement	6
Course Venues	7
Timetable for Boston	9
Timetable for Grantham	9
Timetable for Lincoln	10
Timetable for Stamford	12
Our Courses	14
Meet The Team	25
Frequently Asked Questions	28
What Our Students Say About Us	30

How to contact us

Telephone: 01522 518500 Monday – Thursday 10am – 4pm

Email: recoverycollege@lpft.nhs.uk

Webpage: www.lpft.nhs.uk/recovery-college

Welcome to our community of learners who share an interest in mental health and wellbeing.

One in four of us experience mental health challenges.

We are one of over 80 Recovery Colleges throughout the UK, offering an educational approach to understanding and managing our mental health.

We offer a flexible approach, offering a range of courses which are designed and delivered by a *unique mix of expertise* – people with *lived experience of mental ill-health*, health professionals and qualified trainers.

Our courses are designed to be enjoyable, informative and engaging. Our aim is enable our learners to recognise and develop their personal resourcefulness and awareness so that we become *experts* in managing our own mental health. Throughout our courses, there is an emphasis on *recovery* – making positive choices to build a life worth living.

Whether you currently benefit from mental health services, are a carer or supporter for someone with mental health challenges, are employed in the healthcare sector or someone keen to learn more, we hope that you will find something helpful and relevant within our programme.

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 (found on the right hand side under Downloads) Once we receive this we will book you onto the sessions which have availability.

We can also go through this *Application Form* over the phone if that is easier for you.

Please note that everyone needs to have completed the form before booking on to or attending any courses.

Current students

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

Our core values – Hope, Control and Opportunity

Recovering from mental ill-health is about building a life that is satisfying, fulfilling and enjoyable, regardless of whether any symptoms may persist.

It is based on 3 essential principles – *hope, control and opportunity*.

At the Recovery College we continually strive to embody these 3 core values in everything we do.

Hope

We recognise that experiencing mental ill-health can, at times, be extremely challenging. During such times, it can be difficult to maintain a belief that things will get better. Yet hope is an essential part of recovery, sustaining our motivation to make helpful though sometimes difficult choices and inspiring us to set meaningful goals.

At the College, you will hear personal stories of recovery and learn from others about what has been helpful in their own journey of recovery. On many of our courses, '*experts by experience*' share their recovery story.

Control

Developing a sense of ownership of the mental health challenges that we face is an important part of recovery. It includes recognizing what we *can do* personally to promote our mental health and wellbeing. It is about taking personal responsibility and making positive choices about our lives.

At the College, we always encourage our learners to assume responsibility and make helpful choices, for example, choices about what courses they attend, and how much they participate and contribute. Our courses focus on what we can do to help ourselves.

Opportunity

We all need opportunities to grow and develop, so that we can learn to navigate the challenges in our lives. When we experience an episode of mental ill-health it can sometimes feel as if the doors to opportunity have been closed.

At the College we offer a friendly and accessible space to learn. Opportunities exist to become a volunteer at the College, helping us to develop new courses or deliver existing courses by becoming an '*expert by experience*'. We encourage our learners to view the College as a stepping stone on their recovery journey, and where appropriate will signpost to other relevant community resources.

Expectations of staff and learners

What you can expect from us...

- ✓ **Create** a **welcoming environment** which is helpful to your learning
- ✓ **Provide** quality courses that promote **hope, control and opportunity**
- ✓ **Deliver** courses **punctually** and give you notice of any cancellations
- ✓ **Deal** with your enquiries in a professional, friendly and **efficient** manner
- ✓ **Challenge** any discriminatory or oppressive language or behaviour
- ✓ **Role-model** our own recovery journey alongside yours
- ✓ **Take** the **sensitivity and confidentiality of your personal information very seriously**. Staff are required to respect their duty of confidentiality to you as part of their professional codes of conduct and by their contracts of employment.

What we expect from you...

- ✓ **Tell us as early as possible if you're unable to attend a course**
- ✓ **Arrive promptly** (around 10 minutes before the session starts) and with an **open mind**
- ✓ **Take responsibility** for your own learning
- ✓ **Use the learning resources** made available to you
- ✓ **Update the College of any issues** preventing you from getting the most from your courses
- ✓ **Respect** our **Course Agreement** for each session
- ✓ **Respect College** property and report any health and safety concerns you may notice
- ✓ **Treat all** students, volunteers and staff with **dignity and respect**
- ✓ **Not to attend any session whilst under the influence of alcohol or illicit substances**

Our Course Agreement - Creating a safe space to learn

All our sessions start with a reminder of our Course Agreement. This is to create a safe and effective space to learn.

- ✓ **We recognise this is an educational course, *not* a group therapy session. So we will be mindful of what we talk about.**

The Recovery College is not a substitute for talking therapies. We are here to help people learn to manage their mental health and wellbeing better. Whilst we are not here to talk about past trauma, we do encourage students to share positive coping techniques which have enabled them to move forward on their recovery journey.

- ✓ **We will get involved in the activities and discussions as much as we're comfortable with.**

At the Recovery College we believe you learn best by doing and try to make our courses as engaging and interactive as possible. However, we appreciate for some people just being in the room is enough. With this in mind we ask you to participate in as much as you can but understand that at times you may wish to sit and listen.

- ✓ **We will respect our differences.**

The Recovery College is open to anyone aged 16 and above. We have a wide range of students from varying backgrounds. We require you to respect other learners' view points and be willing to 'agree to disagree'.

- ✓ **We will allow everyone the chance to speak – and one at a time.**

We appreciate you may be passionate but we ask that you allow space for other learners to contribute and avoid talking over each other.

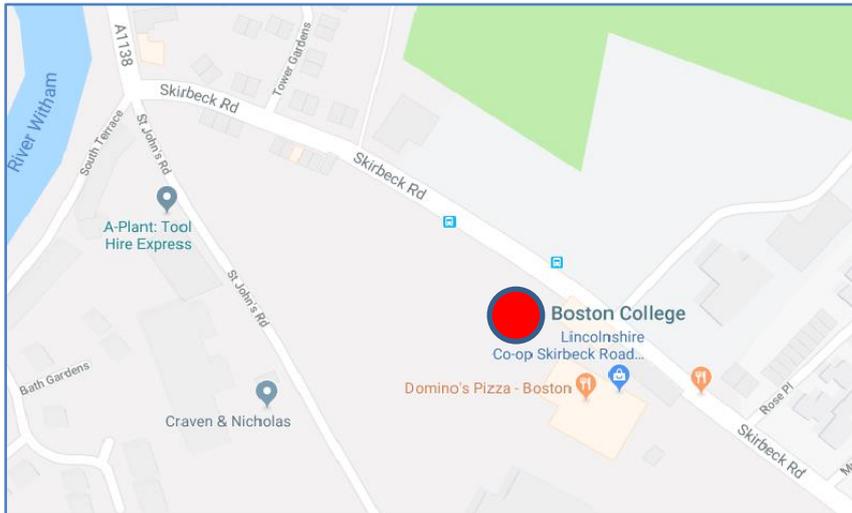
- ✓ **We acknowledge the trainers may not have all the answers.**

Whilst the staff at the Recovery College have many years' professional experience in education and health care we do not profess to have all the answers. We will endeavour to help support you find out any answers we cannot provide.

Course Venues

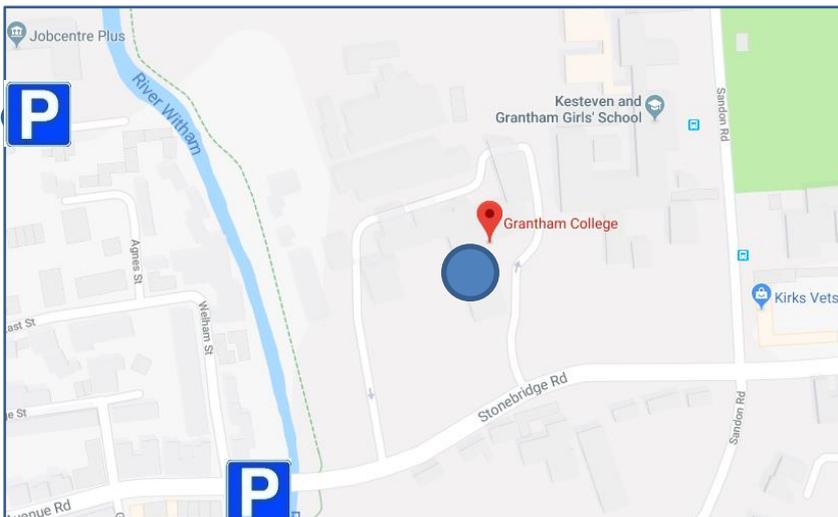
Boston – Parking available on college campus

 Boston College Rochford Campus
Skirbeck Road, Boston , PE21 6JF



Grantham – Limited parking may be available on college campus

 Grantham College
Stonebridge Rd, Grantham, NG31 9AP



Welham Street (multi-storey) 8 minute walk to Grantham College

3 hours	£1.80
4 hours	£2.50
Max	£3.00

Castlegate - 10 minute walk to Grantham College

3 hours	£1.90
4 hours	£2.40
24 hours	£3.10

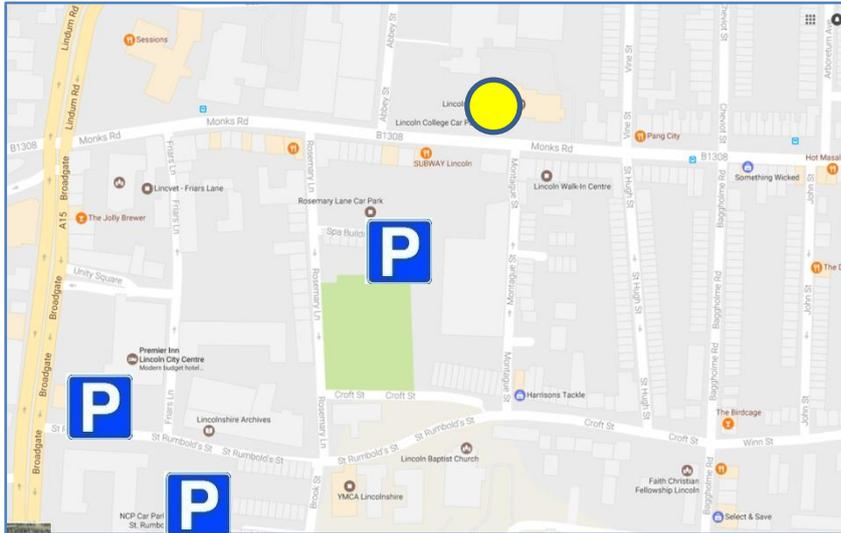
St Catherine's Road 12 minute walk to Grantham College (not on map)

3 hours	£1.80
Max	£4.00

Lincoln – No parking available on college campus



Lincoln College Monks Road Campus
Monks Road, Lincoln, LN2 5HQ



Rosemary Lane - 4 minute walk to Lincoln College

3 hours £3.60
Max £5.00

St Rumbolds Street - 7 minute walk to Lincoln College

3 hours £4.00
Max £5.00

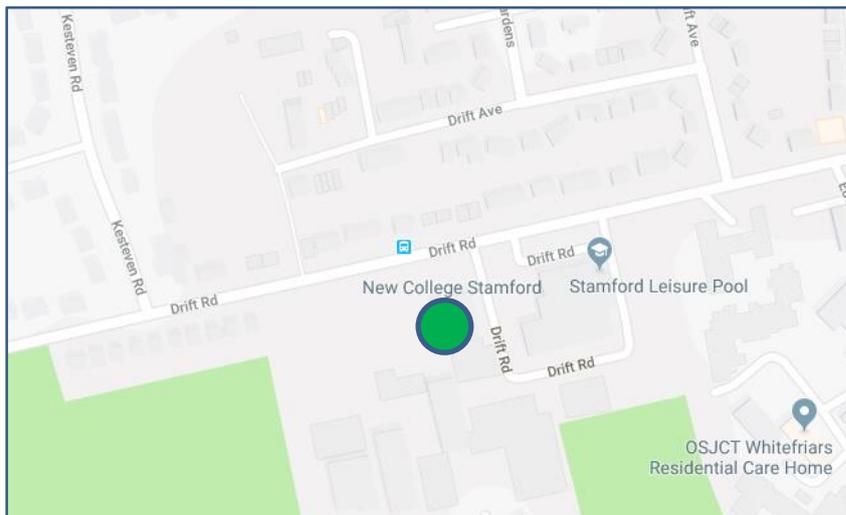
Broadgate (multi-storey) - 8 minute walk to Lincoln College

3 hours £3.80
Max £5.50

Stamford – Parking available on college campus



New College Stamford
Drift Road, Stamford, PE9 1 XA



Course Timetable

Summer Term May – July 2019

Courses available in Boston

Course Name	Number of Sessions	Date	Time	Page Info
Bouncing Back Resilience	1	Monday 29 th April	6pm – 8:30pm	14
Understanding BPD	1	Monday 13 th May	6pm – 8:30pm	17
Stressed out?	1	Monday 10 th June	6pm – 8:30pm	15
Feeling The Fear	1	Monday 24 th June	6pm – 8:30pm	15
Lost Your Spark?	1	Monday 8 th July	6pm – 8:30pm	14

Courses available in Grantham

Course Name	Number of Sessions	Date	Time	Page Info
Stressed out?	1	Wednesday 1 st May	10am – 12:30pm	15
Dreaming of a Better Sleep	2	Session 1 - Wednesday 1 st May Session 2 – Wednesday 8 th May	1:30pm – 4pm	20
Bouncing Back Resilience	1	Wednesday 8 th May	10am – 12:30pm	14
Feeling The Fear	1	Wednesday 15 th May	10am – 12:30pm	15
Lost your spark?	1	Wednesday 15 th May	1:30pm – 4pm	14

Course Name	Number of Sessions	Date	Time	Page Info
Understanding Bipolar Disorder	1	Wednesday 22 nd May	10am – 12:30pm	16
Stressed out?	1	Wednesday 22 nd May	1:30pm – 4pm	15
Introduction to WRAP	1	Wednesday 5 th June	10am – 12:30pm	16
Changing For The Better	3	Wednesday 5 th June Wednesday 12 th June Wednesday 19 th June	1:30pm – 4pm	24
Developing My Own WRAP	3	Wednesday 12 th June Wednesday 19 th June Wednesday 26 th June	10am – 12:30pm	19
Stressed out?	1	Wednesday 26 th June	1:30pm – 4pm	15
Self-Compassion	2	Wednesday 3 rd July Wednesday 10 th July	10am – 12:30pm	22
Dreaming Of A Better Sleep	2	Wednesday 3 rd July Wednesday 10 th July	1:30pm – 4pm	20

Courses available in Lincoln

Course Name	Number of Sessions	Date	Time	Page Info
Understanding Psychosis	1	Thursday 2 nd May	10am – 12:30pm	17
Stressed out?	1	Thursday 2 nd May	1:30pm – 4pm	15
Dreaming Of A Better Sleep	2	Friday 3 rd May Friday 10 th May	10am – 12:30pm	20
Making Myself Heard	2	Friday 3 rd May Friday 10 th May	1:30pm – 4pm	21

Course Name	Number of Sessions	Date	Time	Page Info
Bouncing Back Resilience	1	Thursday 9 th May	10am – 12:30pm	14
Self – Compassion	2	Thursday 9 th May Thursday 16 th May	1:30pm – 4pm	22
Lost Your Spark?	1	Thursday 16 th May	10am – 12:30pm	14
Feeling The Fear	1	Friday 17 th May	10am – 12:30pm	15
Bouncing Back Resilience	1	Friday 17 th May	1:30pm – 4pm	14
Understanding Bipolar Disorder	1	Thursday 23 rd May	10am – 12:30pm	16
Feeling The Fear	1	Thursday 23 rd May	1:30pm – 4pm	15
Introduction to WRAP	1	Thursday 6 th June	10am – 12:30pm	16
Bouncing Back Resilience	1	Thursday 6 th June	1:30pm – 4pm	14
Changing For The Better	3	Friday 7 th June Friday 14 th June Friday 21 st June	10am – 12:30pm	24
Dreaming Of A Better Sleep	2	Friday 7 th June Friday 14 th June	1:30pm – 4pm	20
Developing My Own WRAP	3	Thursday 13 th June Thursday 20 th June Thursday 27 th June	10am – 12:30pm	19
Self - Compassion	2	Thursday 13 th June Thursday 20 th June	1:30pm – 4pm	22
Stressed Out?	1	Friday 21 st June	1:30pm – 4pm	15

Course Name	Number of Sessions	Date	Time	Page Info
Living Well With Voices	3	Thursday 27 th June Thursday 4 th July Thursday 11 th July	1:30pm – 4pm	23
Lost your Spark?	1	Friday 28 th June	10am – 12:30pm	14
Feeling The Fear	1	Friday 28 th June	1:30pm- 4pm	15
Stressed Out?	1	Thursday 4 th July	10am – 12:30pm	15
Bouncing Back Resilience	1	Friday 5 th July	10am – 12:30pm	14
Understanding Dementia	1	Friday 5 th July	1:30pm – 4pm	18
Feeling The Fear	1	Thursday 11 th July	10am – 12:30pm	15

Courses available in Stamford

Course Name	Number of Sessions	Date	Time	Page Info
Bouncing Back Resilience	1	Thursday 2 nd May	2pm – 4:30pm	14
Stressed out?	1	Thursday 2 nd May	6pm – 8:30pm	15
Making Myself Heard	2	Thursday 9 th May Thursday 16 th may	6pm – 8:30pm	21
Lost Your Spark?	1	Session 2 - Thursday 16 th May	2pm – 4:30pm	14
Understanding Psychosis	1	Thursday 23 rd May	2pm – 4:30pm	17
Feeling The Fear	1	Thursday 23 rd May	6pm – 8:30pm	15

Course Name	Number of Sessions	Date	Time	Page Info
Changing For The Better	3	Thursday 6 th June Thursday 13 th June Thursday 20 th June	2pm – 4:30pm	24
Self-Compassion	2	Thursday 6 th June Thursday 13 th June	6pm – 8:30pm	22
Understanding Dementia	1	Thursday 20 th June	6pm – 8:30pm	18
Introduction to WRAP	2	Thursday 27 th June	10:30am – 1pm	16
Developing My Own WRAP	2	Thursday 4 th July Thursday 11 th July	10:30am – 3pm 10:30am – 1pm	19

Our Courses

Single Sessions

These courses are useful 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! <i>exploring resilience in mental health</i>	1 session
<p>Struggling with setbacks? Wonder why others seem to cope better with the challenges that life throws at us?</p> <p>All of us experience ups and downs in life but not all of us respond in the same way. Some of us seem to thrive in difficult times whilst others are overwhelmed and struggle to cope.</p> <p>This course will start to develop our own resilience by:</p> <ul style="list-style-type: none">• defining what resilience is• understanding how our thoughts can affect how we feel and what we do• recognising how our thinking can become habitual and unhelpful• learning key questions to challenge our unhelpful thinking• discussing helpful attitudes and behaviours that resilient people practice• identifying manageable changes to promote resilience that we can make in our daily lives	

Lost Your Spark? <i>how to manage low mood and depression better</i>	1 session
<p>Feeling down? Lost enjoyment in hobbies and interests? Running on empty?</p> <p>All of us experience times when our mood dips and we lose some of our sparkle. Sometimes periods of low mood become more frequent, or they become more severe and daily life can become a struggle. We may spend more time alone and do less of the things we enjoy.</p> <p>This course will encourage us to consider more helpful ways of responding to low mood by:</p> <ul style="list-style-type: none">• exploring the <i>differences</i> between low mood and Depression• discussing the <i>causes</i> of low mood and Depression• considering the <i>treatment options</i> available for Depression• identifying helpful ways to manage our mood better	

Stressed Out?

how to manage the stresses of life better

1 session

Feeling stressed out?
Struggling to balance the demands of work and family life?
Too much to do, and too little time to do it in?

All of us recognise that sometimes the pressure of modern life can become too much.

This course will start to help us manage our stress better by:

- defining what stress is and understanding how it links to pressure
- understanding how pressure affects how well we do things
- recognising the ways in which stress affects not only our bodies, but our thoughts, feelings and behaviour
- identifying key parts of our life that are contributing to our stress
- sharing helpful tips and techniques to cope better in the here and now
- exploring longer-term strategies to manage the stress in our life better
- identifying manageable changes that we can make in our daily lives

Feeling The Fear

how to manage our anxiety better so that we live life more

1 session

Often feel uneasy or tense?
Tend to avoid certain situations?

All of us are familiar with the feelings of anxiety when we need to do something challenging, like taking a driving test or going for a job interview. But some of us feel anxious most days, sometimes even when there's no obvious reason.

Understanding what anxiety is and recognising the signs is the first step to learning to manage it better.

This course will help us to learn to manage our anxiety better by:

- defining what anxiety is
- identifying the physical signs and the worrying thoughts in our minds
- understanding the different types of anxiety
- exploring the unhelpful ways we respond to our symptoms such as avoidance
- sharing helpful tips and techniques to cope better in the here and now

Introduction To Wellness Recovery Action Plan (WRAP)

an introduction to help us understand WRAP

1 session

All of us have mental health. Just as with our physical health, we can all benefit from taking steps to look after ourselves, promote our health and protect our wellbeing.

The Wellness Recovery Action Plan (WRAP) is a widely used tool within the field of mental health. It is designed to help us to identify the things which may affect or reflect our wellbeing and create action plans to enable us to respond in helpful and effective ways.

This course will promote understanding of the WRAP tool by:

- providing an overview of the key parts of WRAP
- identifying the 5 core principles of WRAP
- discussing a specific case-study
- applying the WRAP process to the case-study

Students who undertake this introductory course may subsequently enrol on the multi session *Developing my own Wellness Recovery Action Plan* course. See page 19.

Understanding Bipolar Disorder

1 session

Recently diagnosed with Bipolar Disorder?
Living with someone who has Bipolar Disorder?
Just wanting to find out more?

This course will help us widen our knowledge of Bipolar Disorder by:

- dispelling the myths and misconceptions around Bipolar Disorder
- understanding the different types of Bipolar Disorder
- recognising the range of mood states and associated behaviours that occur within Bipolar Disorder
- exploring ways of living well with Bipolar Disorder including mentally, spiritually, emotionally, socially and physically.

Where available, an *expert by experience* will share their personal story of living well with Bipolar Disorder.

Understanding Borderline Personality Disorder

1 session

Recently diagnosed with Borderline Personality Disorder (BPD) or Emotionally Unstable Personality Disorder?
Living with someone who has BPD?
Just wanting to find out more?

This taster session will help us widen our knowledge of BPD by:

- Dispelling the myths and misconceptions around BPD
- Exploring what is meant by the term personality
- Identifying core features of personality disorders
- Recognising how it *feels* to have BPD
- Comparing and contrasting BPD with Bipolar Disorder
- Identifying possible treatment options and skills which can be developed to enable us to live well with BPD

Where available, an *expert by experience* will share their personal story of living well with BPD.

Understanding Psychosis

1 session

Recently experienced psychosis?
Living with someone who experiences psychosis?
Just wanting to find out more?

This course will help you widen our knowledge of psychosis by:

- dispelling the myths and misconceptions around experiencing psychosis
- exploring the core elements of psychosis including delusions, hallucinations and disordered thinking
- identifying where psychosis can occur within different mental health conditions
- exploring the causes and triggers that may be linked to psychosis
- recognising the difference between 'positive' and 'negative' symptoms of Schizophrenia
- identifying possible treatment options and ways of living well with psychosis

Where available, an *expert by experience* will share their personal story of living well with Psychosis.

Understanding Dementia

1 session

Living with someone who has Dementia?
Just wanting to find out more?

One in 14 people over 65 will develop dementia, and the condition affects 1 in 6 people over 80. It is estimated that by 2025, the number of people with dementia in the UK will have increased to around 1 million.

This course will help us to understand dementia and how to better support someone with dementia by:

- exploring the core features of dementia
- recognising the different types of dementia
- identifying the early signs of dementia, and how it affects our behaviour and thinking
- exploring the different treatment options
- reflecting on the experience of living with dementia
- discussing how we can best support someone with dementia
- recognising the needs of carers
- identifying what we can do to reduce the likelihood of developing dementia

Our Courses

Multi-session Courses

These courses are typically **two** to **three** sessions in length and allow us to explore topics in greater depth. Each session typically last 2.5 hours and includes a short break.

Students will be expected to attend **all** the course sessions. Any student who does not attend the **first** session of a multi-session course will not be able to continue with the other planned sessions. They may wish to re-enrol on a course at a future date.

Developing My Own Wellness Recovery Action Plan (WRAP)
creating action plans to help us manage our mental health and wellbeing

**1 1/2 days or
3 sessions**

Please note that students will need to have attended the Introduction to the Wellness Recovery Action Plan prior. See page 16.

All of us have mental health. Just as with our physical health, we can all benefit from taking steps to look after ourselves, promote our mental health and protect our wellbeing.

The Wellness Recovery Action Plan (WRAP) is a widely-used tool within mental health services. It is designed to help us to identify the things which may affect our wellbeing and create action plans to enable us to respond in helpful and effective ways.

This course (*either 3 weekly sessions or over 2 days*) will help us to manage our mental health and wellbeing by:

- exploring a personal understanding of the 5 core principles of WRAP on the
- identifying what keeps us well
- creating a montage that reflects us and our lives when well
- recognising things that can make us unwell (triggers)
- identifying the signs that we may be becoming unwell, 'breaking down' or in crisis
- creating personal action plans to respond in helpful and effective ways
- exploring potential sources of support

Something that made me think...

"The importance of anticipating setbacks and planning how I will overcome them"

Dreaming Of A Better Sleep
how to get a better night's sleep

2 sessions

Tired all the time?
Spend hours trying to get to sleep?
Often awake feeling unrefreshed?

We all need sleep, and most of us soon recognise when we've not had enough. Sleep is a most natural state, and yet many of us experience problems with our sleep.

This 2 session course will help us understand and start to manage our sleep better by:

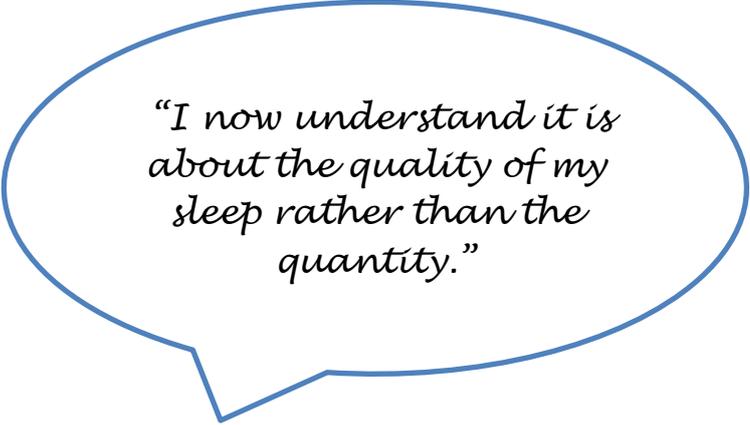
Session 1

- exploring and dispelling common myths about sleep
- recognising the signs and impact of insufficient sleep
- examining the 24 hour sleep/wake cycle
- identifying what happens whilst we're asleep
- reflecting on our own sleep issues by completing a short questionnaire
- considering a Sleep Diary

Session 2

- discussing our sleep diaries
- identifying common sleep problems
- exploring the core factors that affect our sleep
- discussing how our lifestyle (e.g. what we eat and drink , how much we exercise) affects our sleep
- exploring how to create a bedroom that promotes sleep
- reflecting on how our expectations and beliefs towards sleep may be helpful or unhelpful
- discussing how to deal with worrying thoughts
- identifying personal changes around sleep and completing a sleep action plan

Students will be asked to complete a daily sleep diary between sessions 1 and 2, to discuss in session 2.



“I now understand it is about the quality of my sleep rather than the quantity.”

Making Myself Heard

how to communicate in a more assertive and effective way

2 sessions

Feel like no one listens to you when you are speaking?
Have difficulty saying 'no' to a friend?
Find it difficult to make a complaint?

Being able to communicate is something we all take for granted but is actually a complex process which we all know can easily go wrong.

How effective are we at getting our message across and understood?

How comfortable do we feel in expressing our needs and wants?

This 2 session course will help us communicate in a more effective and assertive way by:

Session 1

- understanding what makes communication effective
- recognising the core parts of verbal communication including words, tone of voice and body language
- identifying potential barriers which hinder our communication
- exploring the roles of both the speaker and listener when communicating
- understanding the key features of different styles of communication including assertive and aggressive

Session 2

- recognising the importance of rights within communication
- sharing specific assertive techniques such as 'negative enquiry'
- applying techniques learnt to every day scenarios
- developing our confidence in saying 'no' to requests and demands
- discussing the importance of effective to healthy relationships



“Trainers were extremely supportive, encouraging and inclusive”

Self-Compassion – Because We're Worth It!

how to be kinder to ourselves

2 sessions

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 show kindness towards others rather than ourselves?

All of us face challenges in life. At varying times we may experience pain, anxiety, loss, or issues with work and relationships etc. *How we treat ourselves* during these difficult times can have a large impact on our mental health and wellbeing. Yet often we may respond in ways that are unhelpful.

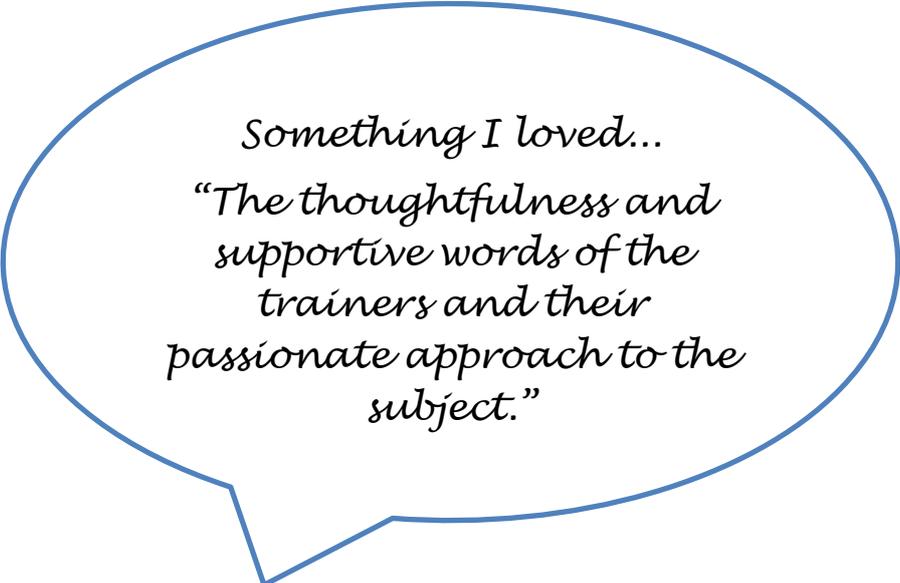
This 2 session course will encourage us to respond to challenges in more helpful ways by:

Session 1

- exploring what compassion is
- identifying the potential barriers to self-compassion
- recognising the beliefs we may hold that may get in the way of being kind to ourselves
- identifying the activities we can do promote our wellbeing

Session 2

- managing our *self-critical* thoughts
- treating our self as we would a *friend* or someone we *care about*
- developing acceptance through practising Mindfulness
- accepting *compliments*
- committing to engaging routinely in *self-nourishing activities*



*Something I loved...
“The thoughtfulness and
supportive words of the
trainers and their
passionate approach to the
subject.”*

Living Well With Voices

understanding the experience of hearing and living well with voices

3 sessions

Troubled or intrigued by voices?
Want to share experiences with others who hear voices?
Interested in learning alternative ways of responding to voices?

The experience of hearing voices is surprisingly common, yet remains something of a taboo, seldom openly talked about.

Voice-hearing is not a new phenomenon. Evidence suggests voice-hearing has occurred for thousands of years, across the world. In the past, people who heard voices often experienced prejudice and discrimination.

Since the 1950s, people who experience voices have been offered anti-psychotic medication. However, nowadays new attitudes and treatment approaches are emerging.

This 3 session course will help us to understand the experience of voice-hearing and learning to live well with voices by:

Session 1

- exploring an historical perspective of how people who experienced voices were treated
- dispelling common myths and misconceptions about hearing voices
- identifying conventional treatment approaches, including medication and Cognitive behavioural Therapy (CBT)
- reflecting on one person's journey of understanding about hearing voices

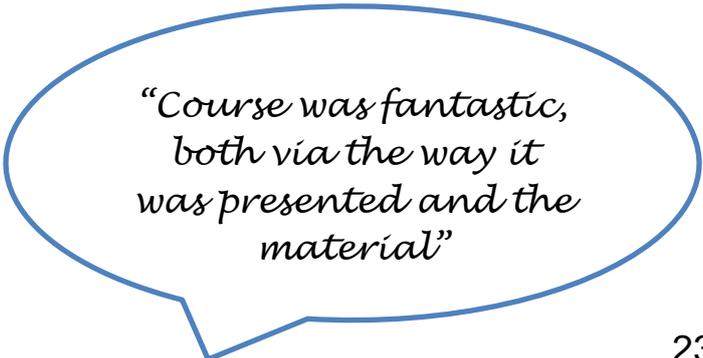
Session 2

- reflecting on one person's experience of hearing voices
- exploring and discussing our beliefs about voices
- creating a case formulation using a CBT model
- discussing potential coping strategies

Session 3

- discussing potential coping strategies
- developing alternative views on hearing voices
- exploring helpful resources (e.g. local peer support groups, online resources)

Where available, an *expert by experience* will share their personal story of living well with hearing voices.



*“Course was fantastic,
both via the way it
was presented and the
material”*

Changing for the better

how we can successfully make positive changes in our lives

3 sessions

Feeling fed up?
Feel that our life could be better?
Want things to change, but not sure where to start?

Most of us try to make positive changes in our daily lives – lose weight, get more active, get a better work-life balance, for example.

Sometimes we succeed and feel better for it.

However, often we may struggle to make a start or give up after a time, only to end up feeling that we've failed.

This 3 session course will help us be more successful in making positive changes by:

Session 1

- exploring the different stages of change and how we can *maximise* our chances of success at each stage
- examining what is really *important* in our lives and linking this to the change we want to make

Session 2

- exploring the circles of change and recognising what is within our control to make a significant change
- imagining ourselves making the change and identifying people that can support us

Session 3

- outlining how we can learn to deal with any *challenges* that may arise

All students are provided with a structured goal and action plan which they are expected to complete during the course.



*“Thanks so much.
A truly brilliant 3 weeks
which are inspiring and
have helped me a lot”*

Meet the team

Emma Taylor - Recovery College Coordinator



Emma loved teaching music in secondary schools and broadening the horizons of socially-disadvantaged pupils. Following an episode of mental ill health, triggered by work-related stress, Emma recognised the need to change her job although retained her passion for teaching. Emma's current post allows her to combine her teaching expertise and lived experience of mental ill health to role-model the Colleges core ethos surrounding Hope, Control and Opportunity.

Emma is passionate about challenging stigma and unhelpful attitudes towards mental ill health both within and outside the NHS.

In her spare time Emma enjoys composing music, leading 'RaiSING Voices Choir' and rehabilitating hedgehogs.

Ed Stables – Recovery College Occupational Therapist



Ed initially completed an apprenticeship in cabinet-making, but personal experience of mental ill-health led to a change of direction and career.

Ed wanted to combine his practical and creative skills with an interest in fostering health and wellbeing. He re-trained as an Occupational Therapist and has subsequently worked for 20 years as an OT within mental health in a variety of in-patient and community settings.

Ed has always been keen to share his knowledge and skills and he remains passionate about the importance of doing meaningful activities as both the means and essence of recovery.

Sarah Wallace – Recovery College Peer Trainer



Sarah's background is in Training and Education within a corporate environment, where she was responsible for the coaching and mentoring of staff plus the design and delivery of training courses. She has been a Business Advisor for Young Enterprise and at her core is encouraging others to see their potential and inspiring them to be the best version of themselves.

Sarah has her own lived experience of mental ill health and is keen to use this in a positive way towards other's recovery. She is training to complete her Level 5 in Psychotherapy and Counselling and also works as a Bank Healthcare Assistant on the local LPFT wards to maintain a balanced view of current mental health issues. In her spare time, Sarah loves to sing and sail, but not necessarily at the same time.

Helen Bussey – Recovery College Volunteer



Helen originally trained as a physiotherapist and subsequently moved into education when she started her family. Helen enjoyed working with children with special educational needs to enable them to access mainstream education.

Following an episode of mental ill-health, Helen decided to retire early and now enjoys helping at the College, supporting people on their recovery journey, as she herself was supported during her illness.

David Garstang – Recovery College Volunteer



David served in the forces and subsequently worked as a manager within the hospitality sector.

David's employment was interrupted by the onset of mental ill-health and he has experienced mental health issues for over 20 years.

In 2004 David set up a '*Hearing Voices*' group which continues to run on a weekly basis (*Tuesdays, 1-3pm, Drill Hall Café, Lincoln*). David is keen to help others and share his expertise and experiences. He is often found assisting in inductions, telling his story on courses and offering peer support to fellow students

John Dwane – Recovery College Volunteer



John took early retirement from the library service after nearly 30 years, and now enjoys using his forty-five years' experience of mental ill health to help others.

At the Recovery College, John helps deliver the *Bouncing Back! Mental Health Resilience* course. John also proof reads documents for the College.

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 are welcome to bring someone with you to the induction session. However, if they wish to come on courses they too need to 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/ 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. 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 is 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 will give you as much notice as possible if this arises.

What does a session look and feel like?

They are made up of fairly small groups of like-minded people, who all want to learn more about the subject. There will be plenty of group discussion for those who wish to join in and there are varied activities such as; True/False quizzes, post it note quizzes and sorting/matching cards. It is educational because we are learning, but there are no entry requirements or academic tests. The aim is to relax, learn, socialise and enjoy!

What Our Students Say About Us

“I feel more able to talk openly, free from judgement”

“Fantastic course, I learnt so much from the trainers who ‘got it’”

“Helpful and interesting. A reminder that I am not alone”

The Recovery College is proud to work in partnership with

