

## Testimonials

“All the coping mechanisms I have found helpful. It's nice to also see that other people feel the same as me” –  
*Student*

“I found the fact that others had gone through similar experiences very helpful”  
– *Student*

“There is light at the end of the tunnel. I am a long way off as I used to be a confident person, but small steps here and there”  
– *Student*

“I am now more self aware and take time out if necessary” – *Student*

“Everyday is a challenge that I face but I know that the courses are useful to help me with my recovery”  
– *Student*

“The course facilitators provided a safe environment for students to talk openly about their experiences” – *Student*

“It has been really helpful to be able to engage with the NHS on the subject of mental health, without having to be in crisis”  
– *Student / Recovery Coach*

“I now take more time to look after myself”  
– *Student*

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## Military Engagement Programme

- A series of recovery focused educational courses aimed at military families and the Gurkha community

# About the Recovery College

## **Who can come to a Recovery College course?**

Courses are open to people who live and work in the North East Hampshire and Farnham area and are:

- Aged 18 and above who want to improve their health and wellbeing
- People with physical and mental health conditions
- Family members and carers
- Staff working in voluntary and statutory organisations

Once someone has enrolled with the Recovery College they are a student. We all experience similar things and can learn from each other: everyone is a student. Some courses are aimed at people experiencing particular difficulties, but these are appropriate for anyone to attend.

## **Who provides the courses?**

The Recovery College is a partnership arrangement involving a range of organisations such as the NHS, voluntary organisations, the local authority and existing colleges. All courses are co-developed and co-facilitated by professionals our Recovery Coaches who are experts by experience with lived experience of a mental or physical health condition, or are supporting someone else with a mental or physical health condition.

## **Where do courses take place?**

Courses are offered in a range of community venues (such as libraries, community centres, church halls, etc.) across North East Hampshire and Farnham.

## **How much do the courses cost?**

There is no charge for the courses provided by the Recovery College

## **How do I know when and where the courses are running?**

Dates and locations of upcoming courses are listed in a timetable which is separate to this prospectus. As additional dates may be added to the timetable please contact the Recovery College to express your interest in a course so that we can update you with new information.

## **How do I find out more information?**

Contact details for the Recovery College are included in this prospectus. Please contact us to find out more information, for example about courses advertised in this prospectus, course venues, and partner organisations.

## **What happens if not enough people enrol onto a course?**

Unfortunately we can't run a course if there aren't enough attendees. We will inform you if this is the case with a course that you have booked onto.

## **Will I be able to attend a course if I had difficulties with learning at school?**

Yes! The courses are aimed at a range of students though some rely on reading and writing more than others. Please contact us to discuss your individual learning needs and see which courses may be most suitable. One of us can also help you to develop your own Learning Plan to support you.

# Accessing the Recovery College / Enrolling on a Course

You don't need to be referred to the Recovery College - it is open to anyone who lives or works in the North East Hampshire and Farnham area. You can book on to as many courses as you like. To attend a course you must enrol to the college. It is not possible to turn up for a course without enrolling first. You will not be allowed to stay for the class if you have not enrolled.

To enrol, you need to complete and return an enrolment form. There is a form in the back of this prospectus which you can post back to us, or you can request a form by contacting the Recovery College. Please contact us if you have any questions about enrolling.

**North East Hampshire and Farnham Recovery College**

**Theta, Lyon Way, Frimley, Surrey, GU16 7ER**

**Tel: 01276 454150**

**Email: [recovery.college@sabp.nhs.uk](mailto:recovery.college@sabp.nhs.uk)**

When you complete the enrolment form you will be asked to agree to the Recovery College Code of Conduct and to our Information Sharing Policy. For further details of these please contact us.

If you would like to bring someone with you to a course you may do so. However, this person must also be enrolled as a student with the Recovery College and we would ask all people enrolled on a course to participate as a student. We encourage friends and family members to attend courses separately in order to fully engage and make the most out of the course.

**Can I enrol if I live outside of the North East Hampshire and Farnham area?**

Yes, you can enrol. If there are spaces on courses, these will be offered to students out of area.

# Health and Wellbeing Courses

The aim of our health and wellbeing courses is to enable you / those you support to have a healthier life and help recovery, personal growth and wellbeing. They can also provide activities which help emotional or physical wellbeing; and to teach you strategies to increase healthy living.

## Introduction to Recovery and Wellbeing

**Single 2 ½ hour workshop – provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course we will talk about wellbeing and how it is connected to recovery. We will discuss what recovery means to you and how it is different for everyone, and learn about Recovery Colleges, how they are run and what they can offer.

### What will I achieve by the end of the course?

- Gain awareness of your own wellbeing and recovery and what can help along the way
- Learn about tools you can use to take control of your own recovery
- Hear about Recovery Colleges and learn how you can get involved

“The facilitators running this course were great!” – *Student*

“This course is a good starting point as a new student” – *Student*

“This course brings people with mental health issues together, and experiences can be shared. Gives proof there is hope” - *Student*

## Wellbeing for Life

### 10 week course, 2 hour sessions - provided by Just Wellbeing

This course was previously called *Recovery Star*. During this course we will consider recovery and what it means to you and consider trust and hope. Students will learn about building a meaningful life despite mental health issues, learn about physical health and self-care, and develop practical living skills e.g. budgeting. The course will explore issues of identity and self-esteem, addictive behaviours and their impact, and the importance of social networks and relationships. We will also explore the areas of work and volunteering, taking responsibility for your health and asking for help.

#### What will I achieve by the end of the course?

- Skills in managing physical and mental health and living well despite symptoms
- Practical living skills
- Understanding what addictive behaviours (if any) you may need to change
- Understanding how to improve social networks and relationships
- Understanding what you want from work or volunteering

“The facilitators running this course were great!” – *Student*

“This course has been a massive help. I will continue to set small goals”  
- *Student*

“Friendly people and facilitators - made it fun and useful” – *Student*

## Healthy Lifestyles & Healthy Eating

### 2 week course, 2 hour sessions – provided by Surrey and Borders Partnership NHS Foundation Trust

During this course we will explore why diets often don't work, including considering the effects of dietary restriction on our thought processes and why we are programmed to resist deliberate dietary restriction. We will discuss healthy eating and think about the broader lifestyle changes that can contribute to a healthier and happier life. We will explore how to improve motivation to maintain a healthy lifestyle and to eat for the balance of good health; discuss the role of self-monitoring and goal setting in making healthy lifestyle changes; develop an improved understanding of emotional eating; and develop skills and techniques for aiding weight management and for building healthier, happier lifestyles.

#### What will I achieve by the end of the two workshops?

- Insight into factors contributing to the maintenance of weight management difficulties
- An improved understanding of healthy eating
- A personal action plan for building a healthier, happier lifestyle

# Understanding Courses

Many of us experience physical or mental ill-health ourselves, know someone who does or care for someone who does. One in four of us experience a mental health problem at some time in our lives. Physical health conditions are also very common. Increasing our understanding of these conditions, understanding that our mind and body work together, and sharing our experiences and difficulties can be really important. Learning skills we can use to nurture and help improve our wellbeing and knowing how we can help and support a family member or friend can be really helpful. Our Understanding courses cover many areas where people can learn to self-manage and to have a meaningful, rewarding life with or without symptoms of physical or mental health issues.

## Understanding Long-term Physical Health Conditions

**4 week course, 1 hour sessions - provided by Talk Plus and Surrey and Borders Partnership Foundation NHS Trust**

70% of people with long term health conditions also suffer from mental health issues. Research has shown that reducing levels of anxiety and depression can improve outcomes for people with long term physical conditions. During this course students will learn about the impact physical symptoms can have on your life, and learn tools and techniques to help you manage emotional difficulties such as depression and anxiety, in light of your physical health condition.

What will I achieve by the end of this course?

- Better awareness of the impact of physical symptoms
- Practical strategies to tackle low mood and anxiety
- An understanding of how to maintain progress

“I have learnt to pace myself more and not boom and bust so much ”  
– Student

“The course has provided me with tools, ideas and suggestions that I can use in the future”  
– Student

## Dementia Information group (DIG)

**6 week course, 1 ½ hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course students will hear from different professionals, charities and people living with dementia. Students will be provided with the information needed to support someone with a diagnosis of dementia, including; what dementia is and treatment options; coping skills to deal with the emotional impact of dementia; and understanding behaviour. Students will find out more about helpful practical support, different voluntary sector organisations (Alzheimer's Society and Dementia Advice Service), and learn about the support Social Services can provide. We will hear from a solicitor about associated legal matters and think about how and when a Community Mental Health Team can support you and your family.

What will I achieve by the end of the course?

- Improved ability to understand and cope with the diagnosis of dementia
- Understand how to navigate services and what services are available to you, the person with dementia and your wider family

## Understanding Personality Disorders

**3 week course, 2 hour sessions OR 2 week course, 3 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course students will gain a better understanding of personality and Personality Disorder and learn more about different types of Personality Disorder. Students will learn about the impact of Personality Disorder and about treatments for Personality Disorder and recovery.

What will I achieve by the end of the course?

- Better understanding of personality disorder and its impact
- Understanding of treatment options
- Understanding of the barriers to recovery and how to overcome them

“This course has given me a better understanding of my condition and the motivation to make a change” –  
*Student*

“The insight into personality disorders was incredible, the facilitators were excellent, the material and handouts invaluable”  
– *Student*

## Understanding Medication

### **Single 2½ hour workshop - Provided by Surrey and Borders Partnership NHS Foundation Trust**

This course will look at the most commonly prescribed psychiatric medications and their benefits and side-effects. We will discuss common issues relating to medication such as: whether it works; when and how much to take; mixing medications with other prescription medication, alcohol and/or illicit drugs; and discuss reasons why people stop taking medications or do not take what is prescribed. Students will learn about the terms 'informed consent' and 'capacity' around decision-making and discuss how prescribers should involve service users and carers in decisions about medication.

#### What will I achieve by the end of the course?

- A better understanding of the benefits and side effects of different medications
- An awareness of factors that may affect the effectiveness of medications
- An improved ability to make informed decisions about medication

## Understanding Psychosis - Foundation

### **Single 2½ hour workshop - Provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course we will look at what psychosis is and how it is diagnosed. We will discuss the various causes for psychosis and the issues someone who is diagnosed with psychosis can encounter. We will examine what help or treatments there are for psychosis, talk about what the long-term outlook for someone with a diagnosis of psychosis is and teach students how you can help someone with psychosis.

#### What will I achieve by the end of the course?

- A better understanding of psychosis, its causes and treatment options
- An improved ability to support others with experiences of psychosis

## Understanding Mood Disorders

### **Single 2½ hour workshop - Provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course we will discuss the causes of Mood Disorders, including bipolar disorder, and how it is diagnosed. We will look at how to live with Bipolar Disorder and what issues an individual with this diagnosis may face and talk about how you can support someone diagnosed with a Mood Disorder.

#### What will I achieve by the end of the course?

- Awareness of mood disorders, particularly bipolar disorder, and the impact they can have
- Improved ability to support others with these experiences

## Skills Courses

Self-management is something we all do. Learning skills to help you to reach your goals can be really important and are included in this section. Skills for example such as CV writing can help to get a job which can have a huge impact or skills to help improve sleep can make such a difference to how you feel. We have many courses in this section, for example learning skills to more effectively manage our physical health when we are experiencing mental health difficulties and strategies for managing our eating difficulties and relationship with food. Learning skills gives us a sense of being more in control of our lives and this can help our physical and mental wellbeing enormously. It helps us make the most of our lives.

### Confidence and Self-Esteem

**6 week course, 2 hour sessions – Provided by Surrey and Borders Partnership NHS Foundation Trust**

The confidence and self-esteem course has been developed to support students who may have little experience and/or confidence in attending and participating in group work. This makes the group an ideal start for a student's journey within the Recovery College. The course supports students to develop skills which promote healthy confidence and self-esteem. Within the course students will explore themes of understanding what confidence and self-esteem means to them, think about and develop skills of conflict management and assertiveness, and test these skills out in practical ways during supportive role play and group exercises.

What will I achieve by the end of the course?

- More understanding of personal issues impacting on your self-esteem and confidence
- Ways to improve your confidence and self-esteem
- A plan of how you will work towards improving your confidence and self-esteem

### Managing Intense Emotions

**10 week course, 2 hour sessions – Provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course students will gain a better understanding of Borderline/Emotionally Unstable Personality Disorder and the experiences of intense emotional reactions, and behaviours used to cope with these. Students will learn emotion and behaviour management skills learn to more effectively communicate about emotions and behaviours, and gain skills that can be used immediately in day to day life.

What will I achieve by the end of the course?

- Improved ability to recognise when emotions are escalating
- Improved ability to challenge self-defeating thoughts
- Improved ability to manage intense emotions without using self-destructive or self-defeating habits
- Improved ability to communicate about emotions and behaviours

*“Using the emotional intensity scales has proved very useful” – Student with borderline / emotionally unstable personality disorder*

*“The supportiveness of the facilitators meant I could be myself. Provided a safe environment. Learnt skills and achieved my learning goal. Given me awareness of BPD” – Student*

## Mindfulness

**8 weeks, 1.5 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

Mindfulness is aimed at becoming more aware of our thoughts and bodily sensations in a non-judgmental way, helping us to become more present in the moment and to make an informed choice about our responses to thoughts, feelings, and events. During the group we will learn a number of mindfulness exercises together which you will be encouraged to practice every day at home.

### What will I achieve by the end of the course?

This course is aimed at individuals who are motivated to learn new ways of managing difficult emotions. During the group you will learn new ways of understanding how you think and feel, helping you to cope better with day to day problems including, anxiety, depression, stress and pain. In order to gain full benefit from this group, a commitment to all weekly sessions and a willingness to practice exercises between sessions is essential.

## The Link between Mental Health and Physical Health

**Single 3 hour workshop - Provided by Surrey and Borders Partnership NHS Foundation Trust**

People who suffer with mental health problems are at higher risk of developing significant physical health problems.

### What will I achieve by the end of the course?

- An understanding of the links between mental illness and physical health
- Learn how to live a healthier lifestyle

## Sustaining Meaningful Relationships – An Introduction to Mentalisation

**6 week course, 2 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

During this course students will learn about building and maintaining healthy relationships. We will consider boundaries and communication within relationships and explore issues of trust, forgiveness and conflict management. Students will learn effective methods of communicating with others.

### What will I achieve by the end of the course?

- Exploration of issues within relationships and ideas about how these can be effectively resolved
- A greater understanding of your own relationships and why you may struggle within relationships
- An understanding of the concept of 'mentalisation' and how to develop this skill to help you in your relationships

## Recovery in ACTION

**8 week course, 2 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

This course is based on the principles of Acceptance and Commitment Theory (ACT). During this course students will learn about the importance of leading a value-based life by thinking about what is really important to them in their life (values) and learn about the difference between acting on thoughts and acting on values. Students will learn about how to observe experiences through mindfulness, and learn about barriers to leading a value-driven life.

What will I achieve by the end of the course?

- Personalised values and goals
- Ability to differentiate between acting on thoughts and acting on values
- Better ability to observe experience rather than getting caught up in it
- Understanding personal barriers and ways to overcome them

## Introduction to Crisis Planning

**Single 2½ hour Workshop – Provided by Surrey and Borders Partnership Foundation NHS Trust**

During this workshop you will gain a good understanding of the importance of having a crisis plan. You will have an increased awareness of recognising early signs and symptoms and have the opportunity to discuss helpful actions to take which will support your recovery journey.

What will I achieve by the end of the course?

- A personalised Recovery Pack detailing early warning signs and an action plan
- An individualised Crisis, Relapse and Contingency Plan

## Coping Skills for Mental Health

**6 weeks, 2 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

This is a 6 week rolling course for people who are receiving services from North East Hants Community Mental Health Recovery Service (CMHRS) and Surrey Heath CMHRS that will help students to learn effective ways to manage stress, anxiety, low mood or sleeping difficulties.

There are 6 two hours workshops. Each workshop can be stand alone or students can complete the full course of 6. Please note students may be required to complete homework between sessions.

The course is based on cognitive behavioural therapy (CBT) principles and teaches the following skills:

- Week 1 - Managing unhelpful thoughts
- Week 2 - Managing unhelpful behaviours
- Week 3 - Managing stress and worry
- Week 4 - Managing difficult emotions
- Week 5 - Maintaining wellbeing
- Week 6 - Sleep management

What will I achieve by the end of the course?

- A better understanding of basic CBT principles
- Knowledge of how to apply CBT principles to a range of day to day situations

## Healthy Sleep Habits

**Single 3 hour workshop - Provided by Surrey and Borders Partnership NHS Foundation Trust**

Getting a good night's sleep is important for our physical and mental wellbeing.

What will I achieve by the end of the course?

- An understanding of what sleep is and the sleep cycle
- An improved ability to recognise what can prevent us from getting a good night's sleep and the impact of this on our wellbeing
- Practical strategies to develop good sleeping habits

## Wellness Action Plans for Carers

**8 weeks, 2 hour sessions – Provided by Just Wellbeing Consultancy and Surrey and Borders Partnership NHS Foundation Trust**

A wellness action plan is a self-management plan to maximise your personal wellness. It is underpinned by five principles: hope, personal responsibility, education, self-advocacy and support. It is a personal and creative process which helps each person to think through and build their own supports in a way that is useful for them.

During this course you will:

- Learn skills to stay well and manage daily life
- Learn about triggers and early warning signs
- Learn about managing crises

What will I achieve by the end of the course?

- Improved ability to recognise signs of ill-health
- Improved ability to use skills to stay well and manage daily life
- Individualised action and crisis plans

## Pain Management

**Single 3 hour workshop - Provided by Surrey and Borders Partnership NHS Foundation Trust**

Chronic pain is an individual experience and people react to living with it in different ways. People with chronic pain often have difficulties carrying out daily activities, including work and exercise. This can be very distressing and people can often feel low and anxious as a result. The pain management course aims to help you manage the challenges of living with chronic pain.

What will I achieve by the end of the course?

- An understanding of the pain cycle
- An improved ability to recognise how pain can impact on our wellbeing
- Practical strategies to manage the challenges of living with chronic pain

“Whilst I have always believed in working alongside people with lived experience, the model of the Recovery College has enabled me to fully embrace this way of working. I have seen what a positive impact the peer recovery coaches have on students as well as challenging some of my own assumptions and ways of working.”

– SABP Staff Member / Facilitator

## Work Plan

### 10 weeks, 2 hour sessions – provided by Richmond Fellowship

During this course you will:

- Develop an understanding of your values or what is really important and meaningful to you
- Identify the different ways to look for work
- Learn about interview techniques and how to sell yourself effectively

What will I achieve by the end of the course?

- Greater confidence with your job searching
- Improved ability to tailor a CV for a specific job
- A better understanding of the employment process

## Stress and Anxiety Management

### 6 week course, 1.5 hour sessions - Provided by MCCH

This course is cognitive behavioural therapy (CBT) based and uses the self help techniques from various prescription books, during the course students will learn what stress and anxiety is, how it affects us and the people around us, how it develops, skills for coping and a plan for moving forward.

What will I achieve by the end of this course:

- Understanding of what stress and anxiety are
- Understanding of how it affects us
- Learn some skills for coping with Stress and Anxiety
- Understand that there will be challenges and some of the techniques are not easy
- Create a plan for moving forward

## Meaningful Activities for Health and Wellbeing

### 6 week course, 2 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust

This course was previously called *Power of Occupation*. During this course students will learn about the importance of engaging in meaningful occupations/activities, learn about the impact of occupation/activity on health and wellbeing, explore the different roles you have in life and discuss how to find balance between these.

What will I achieve by the end of this course?

- Understanding of the importance of having variety and balance in your occupations/activities
- Identified personal barriers to engaging in meaningful occupation/activity
- Individual action plans

## Overcoming Eating Dissatisfaction

**4 week course, 1½ hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

This short, interactive course is for students who wish to build their confidence in managing their eating. The course is aimed at people who have a body mass index in the range of 18 –30, and may be struggling with maintaining a healthy balanced diet or have difficulties with dietary restriction and binge eating. The course will explore how eating difficulties are maintained and explore the role of physical hunger and emotional triggers in the maintenance of eating difficulties.

### What will I achieve by the end of the course?

- Learn strategies for managing eating difficulties
- Learn about eating for the balance of good health and for emotional wellbeing.
- Insight into the triggers for disordered eating behaviours
- Skills and techniques for stepping away from unhelpful dietary restriction and for moderating binge eating
- Realistic goals for improving your relationship with food
- Improved confidence in managing your eating behaviours

*“I was able to ask questions and the leader was good at expanding helpful points.” – Student*

*“Since attending this course I understand mindfulness better and use it more” – Student*

*“I committed to attending something every week, speaking to different people as I have become very withdrawn. Concentrating for 2 hours on something specific was good as I tend to focus on watching TV and do very little” – Student*

# Creativity Courses

Using creative methods such as art, drama and music can improve wellbeing and help us learn strategies to help ourselves. Exploring feelings, the enjoyment that comes from creative activities and tapping into memories stored through music can be very positive.

## Art for Wellbeing

**8 week course, 2 hour sessions - Provided by Just Wellbeing Consultancy**

This course aims to introduce students to creative art that could be used to help them think about feelings and wellbeing. By making creative choices students may experience the motivation to develop their artistic expression further, making steps towards personal development to help their recovery. During this course we will learn how using art materials can help us reflect on how we feel and consider how using art materials can help us look after ourselves and create time for thinking about wellbeing.

What will I achieve by the end of the course?

- Made choices in relation to art materials
- Reflected on how their choices change
- Reflected on what art work they have made in relation to their recovery
- Considered ways of continuing to use art activities in recovery

## Build your Confidence (Using the Principles of Drama)

**5 week course, 2 hour sessions – provided by Yateley Hampshire School and Surrey and Borders Partnership NHS Foundation Trust**

During this course you will use the principles of drama to develop confidence in different situations. Learn about planning positive responses, and reflect upon others' positive views of you.

What will I achieve by the end of the course?

- Develop confidence
- Increased self-esteem and confidence
- Skills in making positive responses

## Card Making Workshop

**8 week course, 2 hour sessions – provided by Surrey and Borders Partnership NHS Foundation Trust**

The main purpose of the course is to socialise while doing something creative.

The course is suitable for both beginners and experienced crafters. You will start with easier projects, making greeting cards and then move onto more advanced 3D projects (gift boxes and shadow boxes). All supplies will be provided for you.

What will I achieve by the end of the course?

- Learn different techniques like stamping, embossing and die cutting
- Build confidence in creating handmade greeting cards and gifts for friends and family

## Creative Writing

**6 week course, 2 hour sessions - Provided by Surrey and Borders Partnership NHS Foundation Trust**

Creative writing can be a very powerful way of expressing ourselves and making sense of things that can often be hard to unpick even in our own minds. It can also find a way to share experiences with others that might otherwise be difficult. In this course, we aim to make it a fun way of reaching out in friendship, love and shared interests. For this course, all you will need to bring along is a pencil or pen. You won't be asked to read aloud at first if you don't want to, but we hope that by week six you will feel relaxed enough to share.

### What will I achieve by the end of the course?

- Explore our own voices as writers
- Learn about different types of writers and writing
- Have the opportunity, if wanted, to share our work with others

“On first contact with the Recovery College I felt like I had found solid ground, and that sense has sustained. It has been really important for me to be able to engage in respecting and supportive relationships with mental health professionals in the Recovery College, and to experience it as safe. The wide social and professional system is very grounding and validating, and helps to earth many of the challenges which I face at times. The Recovery College has helped me to relate better within a sometimes fragmented family system, which I hope may benefit us all in the longer term”

– Student / Recovery Coach

# New Courses

## Employment Programme Courses

### Single 3 hour workshops

In recognition that almost one in three people have experienced mental health issues while in employment, seven individual workshops are offered to provide work skills support to students. These workshops will help students to gain or retain, voluntary or paid employment. These workshops were voted for by students. Further details about each workshop will be available shortly.

- **Confidence and Self-Esteem for Work**
- **Managing Mental Health at Work**
- **Understanding Me and My Presence - How Do Others See Me**
- **Keeping Well Through a Balanced Lifestyle**
- **Understanding My Talents and Strengths**
- **Identifying a Career / Job That's Right For Me**
- **How To Manage Caring Responsibilities With Work**

In addition, a **Supporting Employees** workshop will be available to employers with the aim of increasing their knowledge of how to support employees who are living with a mental / physical health condition. If you are an employer, somebody who manages / supervises employees or somebody in Human Resources and would be interested in attending this workshop please register your interest by contacting the Recovery College.

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## Military Engagement Programme

The Recovery College is developing a series of recovery focused educational courses aimed at military families and the Gurkha community as part of a 'Military Engagement Programme'.

The workshops will provide mental health support, early recognition and sign posting. We will also work with whole families to support mental health and wellbeing.

Further details about these workshops will be available shortly.

If you are interested in knowing more or attending these courses please complete an enrolment form and contact the Recovery College to state your interest.

# Opportunities in the Recovery College

## Can I volunteer at the Recovery College?

The Recovery College offers people with lived experience opportunities to get involved as volunteers and as paid workers. Our courses are written and taught by people with lived experience of physical and mental health difficulties alongside professionals. The Recovery College offers a caring approach where we can all learn together.

For more information about volunteering with the Recovery College, please contact us.

“I have really enjoyed being a Recovery Coach at the Recovery College. The opportunity to use my lived experience in a constructive way, helping others on their recovery journey is helping me on my own recovery journey too” – Student / Recovery Coach

## What is Farnham Timebanking?

The Recovery College is partnered with Farnham Area Timebank. Time banking is a way of spending one hour of time helping someone and earning one-time credit in return. This can be spent on receiving an hour of someone else's time or, where available, things like theatre or cinema tickets.

For more information about Timebanking in North East Hampshire and Farnham, please contact:

Cathy Burroughs, Timebank Co-ordinator

Telephone: 07414 889825

Email: [farnhamareatimebank@gmail.com](mailto:farnhamareatimebank@gmail.com)



**For more information about the Recovery College, please contact:**

**North East Hampshire and Farnham Recovery College**

**Theta, Lyon Way, Frimley, Surrey, GU16 7ER**

**Tel: 01276 454150**

**Email: [recovery.college@sabp.nhs.uk](mailto:recovery.college@sabp.nhs.uk)**

** Find us at [NE Hants/Farnham & Surrey Recovery College](#).**

We post course updates as well as other information on this page