



Welcome to the Recovery College for All Prospectus

Recovery College

FOR ALL

Join us for a workshop, refreshments and a warm welcome!





Throughout June and July 2016 we will be opening our Recovery College for All, running courses at the Uffculme Centre.

Recovery College for All offers a range of co-produced sessions, which have been developed with and for people who have been affected by mental health issues.

Everyone is welcome to Recovery College for All. Service users, carers and families and staff will learn together as experts in our own experiences.

These sessions are free and are all about supporting you.

By joining in you will be playing a key role in developing the BSMHFT Recovery for All College. We will value your feedback.

Take a look at our timetable and choose the session or sessions that interest you.

We can't wait to meet you!

Booking your place on a course

To book a place on one of these sessions, or for further information please call the **Recovery College for All** team:

0121 301 1040

or email

recovery.college@bsmhft.nhs.uk

**All of our courses take place at the Uffculme Centre
52 Queensbridge Road,
Birmingham, B13 8QY.**



Travelling to Uffculme

Buses

Buses 35 and 50 run past Queensbridge Road.

The Uffculme Centre is a short walk away from the bus stop.

Parking

Free on-site parking is available at the centre.

Please call 0121 301 1040 to request a copy of this leaflet in large print.

Recovery College for All timetable June and July 2016

Course	Date	Times	Description
What are Peer Support Workers and why is lived experience of mental health issues valuable in our services?	4 July	2.00pm – 4.00pm	Why is it important to have people with lived experience in our services? How can you use your experience to help others?
	28 July	2.00pm – 4.00pm	
Dementia Friends	20 June	10.30am – 12.30pm	Living positively with Dementia: gain support and information and share your experiences.
	21 July	10.30am – 12.30pm	
Personality Disorder Awareness	4 July	10.30am – 12.30pm	What is your experience of this diagnosis? How does it help or hinder your recovery? Come and join us to hear more.
	14 July	2.00pm – 4.00pm	
	18 July	10.30am – 12.30pm	
Caring in a Crisis	21 June	10.30pm – 12.30pm	We know that for carers and families times of crisis are particularly challenging. Come and join us to find out more about managing these difficult times, and share your experiences of what works.
	23 June	2.00pm – 4.00pm	
	18 July	2.00pm – 4.00pm	
Introduction to Your Recovery	21 June	10.00am – 12.00pm	This brief workshop is an introductory session to recovery. It aims to increase awareness of recovery and gives you the opportunity to share your thoughts. It is suitable for staff, service users and carers, and is a good place to start if you are not sure what recovery is all about.
	27 June	2.00pm – 4.00pm	
	11 July	2.00pm – 4.00pm	
	19 July	2.00pm – 4.00pm	
	25 July	10.00am – 12.00pm	
Caring for Carers Spirituality	23 June	10.00am – 12.30pm	This course is designed for carers who are interested in their spirituality and how it may help to support them in their role. We will introduce some simple mindfulness techniques, offer a bit of pampering and relaxation, and finish with an activity around our strengths and what we draw on to keep going.
	21 July	2.00pm – 3.30pm	
Care Planning	5 July	2.00pm – 4.00pm	Recovery focussed care planning how can we use care plans to aid recovery. Find out how to bring care plans to life so that they focus on your needs.
Telling Your Own Story of Recovery	27 June	2.00pm – 4.00pm	How does telling your story support your journey to recovery? Hear one of our experts by experience tell their story, and begin to work on yours.
	11 July	10.30am – 12.30pm	
	25 July	2.00pm – 4.00pm	

[More courses overleaf >](#)

Mental Health First Aid	28 June	10.30am – 4.30pm	This two day course is an internationally recognised course which teaches people how to identify, understand and help a person who may be developing a mental health issue. Attendees will be completing a Mental Health First Aid qualification.
	30 June	10.30am – 4.30pm	
How to Stay Well – Knowing your Signs	5 July	10.30am – 12.30pm	This course will raise awareness of how to cope and manage when we become unwell, by identifying our triggers and taking steps to prevent relapse. Share your experience and hear from others too.
	26 July	10.00am – 12.00pm	
Finding Good Quality Health Information – Supporting Your Recovery	5 July	3.00pm – 4.30pm	Many of us go online to look for information on our health and wellbeing. This session helps to signpost us to high quality information on health conditions which could support recovery.
	11 July	11.00am – 12.30pm	
	25 July	11.00am – 12.30pm	
Reading for Wellbeing	12 July	10.30am – 12.30pm	The more you read, the more words you gain exposure to, and they'll inevitably make their way into your everyday vocabulary. Reading helps focus and concentration, it's a great stress reliever and helps to combat boredom.
	19 July	10.30am – 12.30pm	
Exploring your Spirituality	12 July	2.00pm – 4.00pm	Begin exploring what your spirituality is and how it might be helpful to you in day-to-day life. Your spirituality may or may not involve religious belief. This course introduces the idea of our spiritual life journey, and explores what we mean by spirituality and how it can help us to maintain hope.
Mindfulness for Beginners	14 July	10.00am – 11.00am and 11.00am – 12.00pm	In this session you will try lots of different types of mindfulness meditation including mindful breathing, mindful eating, mindful walking and the body scan. These popular techniques will be taught in a friendly and relaxed way.
	26 July	2.00pm – 3.00pm and 3.00pm – 4.00pm	
Recovery for Carers	28 July	10.00am – 12.30pm	This taster session is an opportunity to meet with carers, family and others involved in the care and support of someone experiencing mental health difficulties. It will focus on the wellbeing of the carer and your own recovery journey. The session will provide the opportunity to discuss and explore the resources created by the Meriden Family Programme team.