



Recovery College for All *timetable*

Spring/Summer
May - August 2023

Welcome to Recovery College for All

All our sessions are co-designed and co-delivered by Experts by Experience; individuals who have lived experience of challenges in their own mental health and health professionals. Our new timetable has a variety of face-to-face and online sessions and courses for booking.

For our face-to-face sessions and courses in this programme we will be using Uffculme Centre, Moseley and Oikos Café, Erdington. We are also very pleased to be returning to Solihull – **The Renewal Centre, Lode Lane**. Further details are noted on page 14 and in the timetable below.

For your information, please note our **Frequently Asked Questions** below.

How long will each session last?

Online sessions will run for **one** hour. Some sessions are in multiple parts, we recommend that you join all parts which are held over a number of sessions, held weekly. Face-to-face sessions will run longer – please take note of the timings indicated.

What will I need?

To join the online sessions, you will need a mobile phone / laptop / desktop computer / tablet that has a camera and microphone that can access the internet via Wi-Fi or internet data. You also might want to have a pen and notepad to jot any notes down.



Learners do not need to bring anything to attend face-to-face sessions however we would like to take this opportunity to respectfully ask that if you are experiencing any Covid symptoms, please do not attend your session.

How do I access online sessions?

Online sessions will be held using Microsoft Teams. This is a free to use video conference call application. If you are using a mobile phone or tablet device, you will need to download the FREE Microsoft Teams app via your app store. If you are using a desktop PC or laptop, you can join via a web browser. You will be emailed an invite to the session which will include instructions on how to join the session.

If you experience any difficulties joining, or are unsure if your technology is compatible, please get in touch with the team via email recoverycollege@bsmhft.nhs.uk or tel: **0121 301 3992**. If we are unavailable, please leave a message and we will be back in touch.

When will the facilitators be available?

The session facilitators will be available 15 minutes before and 15 minutes after the session. For online sessions, you are welcome to log in to the session early to get yourself settled and speak with the session facilitators.

Do I need to book on to sessions individually or can I book more than one at the same time?

We are happy for you to book onto as many sessions as you like if there are spaces available.

How do sessions with multiple parts work?

Once registered, each week a Microsoft teams link will be sent to you to join the session, with the same learners at the same time.

For face-to-face sessions, we ask that learners attend sessions each week. A reminder of the forthcoming session will be emailed directly to each learner.

How many learners are there on a session?

Online sessions will have around **six** learners and **two** Recovery College facilitators. Face-to-face sessions will have up to **ten** learners and **two** Recovery College facilitators.

Can I join a session if I have never attended a Recovery College session before?

Yes, if you meet our eligibility criteria; Recovery College is open to:

- People who use BSMHFT Trust services
- Supporters (carers, friends and family) of the above
- Trust staff members, including students
- Those who are part of our Trust membership



Recovery College Peer Support

What is Recovery College?

Recovery College is a place to come together to learn and share in an equal and inclusive environment. All sessions are co-produced and co-facilitated by people with lived experience and mental health professionals.



This exciting opportunity for individuals to have 1-1 support with a Recovery College Peer Support Worker. This is open to potential learners who may feel nervous or unsure what college can offer or if it's right for them, as well as existing learners who would like support with their Recovery College goals.

What is Peer Support?

A Peer Support Worker has their own lived experience of mental health challenges and can inspire hope and demonstrate that recovery is possible. Peer support can help us to identify our strengths and empower us on our recovery journey.

We will work alongside you to enable you to attend Recovery College and explore what might be helpful to you with a focus on personal goals and next steps. For existing learners, we will provide support to develop further your recovery aims and/or work with you to identify and set new ones.

What you can expect from us

- Safe space to explore your personal recovery goals
- Respect
- Honesty, openness to share
- Consistency
- Confidential, non-judgmental support
(*unless we feel there is a risk to yourself or others*)

We ask that you

- Tell us if you can't attend a meeting
- Are respectful and polite
- Are open to sharing
- Let us know if you have any concerns

If at any point you decide this isn't for you, that is OK, we can support you with signposting to alternative services.

TO BOOK

If you would like to book onto Recovery College sessions and courses or would like to take up the Recovery College Peer Support opportunity, please email recoverycollege@bsmhft.nhs.uk or call on: **0121 301 3992**

Joining instructions will be circulated approximately a day or two before the session is scheduled - *please check your spam folder!*

We look forward to welcoming you!



Mental Health Natters is a podcast co-produced by the Recovery for All team: a group of individuals with lived experience talking about all things recovery and mental health.

Launched in October 2021, the aim of the podcast is to create a platform for anyone to learn more about mental health and recovery by listening to and sharing personal experiences. It is relaxed and casual in style where it feels like you are listening in on a conversation and the team hope that listeners will feel less alone in their experiences and feel connected and inspired by others.

The podcast is a great resource and episodes are freely available to use and are accessible on Spotify via a smartphone app or via a web browser.

If you have listened to any episodes, the team would love to hear what you think. If you would like to be a guest on the podcast, or you have an idea for a topic you'd like to hear discussed, please email us on: recoveryforall@bsmhft.nhs.uk



SESSION AND COURSE INFORMATION

Building my emotional toolkit

This three-part course is an opportunity to explore the topic of emotions – what are they and why do we have them. The course will explore the impact our emotions can have on us and will introduce you to some strategies that can help us manage our emotions. You will have the opportunity to practice some of the techniques. The course aims to help you identify what you already do that helps you and learn some new techniques that can support you on your recovery journey.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 27 July, 10.30am - PART 1

Thursday 3 August, 10.30am - PART 2

Thursday 10 August, 10.30am - PART 3

Do you mind what you eat?

This two-part course will explore why and how we eat, address the barriers to eating well and how we can begin to make simple changes to improve our physical and mental wellbeing.

Led by a passionate EBE and a mental health dietitian, we explore how living with a mental health condition affects our appetite and food choices. We consider the many influences on our food consumption and ask the question - is the choice about what we put on our plates really ours?

We explore practical ways to eat ourselves to better health for us and our planet.

Face-to-face course – OIKOS CAFÉ, ERDINGTON

Monday 15 May, 10.30am - PART 1

Monday 22 May, 10.30am - PART 2

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 29 June, 2.00pm - PART 1

Thursday 6 July, 2.00pm - PART 2

Empowerment through goal setting

This two-part session looks at how setting goals can empower us and help us on our personal recovery journey. The course introduces simple techniques and exercises to help you identify and frame your own personal goals with support from the facilitators and other group members.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 25 May, 10.30am - PART 1

Thursday 1 June, 10.30am - PART 2



SESSION AND COURSE INFORMATION

Exploring depression

Despite being one of the most common mental health difficulties, depression is often misunderstood. Through discussions and activities, this three-part course explores depression, its symptoms and possible causes and strategies that can help aid recovery.

Online course

Wednesday 5 July, 11.00am - PART 1

Wednesday 12 July, 11.00am - PART 2

Wednesday 19 July, 11.00am - PART 3

Expressive writing Royal Literary Fund

Expressive writing is about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words. These sessions will offer an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing. There will be exercises and conversations to help write about life and experiences, from a few lines to a story, from a list to a poem.

At each session, the facilitators (a professional writer and expert by experience) will read aloud short pieces of published writing (poetry or prose) inviting learners to discuss how the words make an impact.

Face-to-face course – RENEWAL CENTRE, SOLIHULL

Monday 17 July, 1.30pm - PART 1

Monday 24 July, 1.30pm - PART 2

Monday 31 July, 1.30pm - PART 3

Monday 7 August, 1.30pm - PART 4

Fiveways to wellbeing

Research tells us that there are five actions that can help improve personal wellbeing. This two-part course explores the five ways to wellbeing, which have been shown to help people feel physically and mentally healthy. Learners will look at each of the five ways to wellbeing and how making small changes in your lifestyle can help you on your recovery journey. There will be an opportunity to think about different activities which focus the mind.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 4 May, 10.30am - PART 1

Thursday 11 May, 10.30am - PART 2

Face-to-face course - RENEWAL CENTRE, SOLIHULL

Monday 10 July, 10.30am - PART 1

Monday 17 July, 10.30am - PART 2



SESSION AND COURSE INFORMATION

Gambling: what's the problem?

We know that harmful gambling is more likely to crop up for people living with a mental health condition. This two-part course helps you look at gambling differently and will help you to understand how it might affect you or a loved one.

Co-produced by experts by lived experience and gambling practitioners the course explores the myths around gambling, how to spot the signs it is becoming a concern, how it can harm and how to guide people towards self-help and further support in Birmingham and Solihull.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 20 July, 2.00pm - PART 1

Thursday 27 July, 2.00pm - PART 2

Hope in Recovery *in partnership with*



The Hope in Recovery course is based around the idea of a seed coming to life – a seed of HOPE, like the life of an acorn growing into a mighty oak tree

Created to facilitate hope and recovery, the Hope in Recovery group is a seven-session course (each session 90 minutes) providing the space and resources to encourage individuals to discover and grow hope during their recovery journey.

Course aims and objectives

- To provide a deeper understanding of hope to individuals who are feeling hopeless or who wish to become more hopeful
- To translate individuals' negative experiences and emotions into tangible evidence of their own recovery journey
- To promote reflection and positive psychology as vehicles to increase individual self-confidence and self-worth

Attendance at all sessions is recommended. PARTS 1 - 7

Face-to-face course - UFFCULME CENTRE, MOSELEY

1.30pm – 3.30pm

Tuesday 2 May

Tuesday 9 May

Tuesday 16 May

Tuesday 23 May

Tuesday 30 May

Tuesday 6 June

Tuesday 13 June

How to share lived experience

The aim of this two-part course is to inspire hope in recovery and to equip you with the skills and confidence to be able to share your lived experience.

There will be an opportunity to put into practice what you have learnt.

Face-to-face course - OIKOS CAFÉ, ERDINGTON

Monday 5 June, 2.00pm - PART 1

Monday 12 June, 2.00pm - PART 2



SESSION AND COURSE INFORMATION

“I forgot...” exploring memory

Experiencing memory difficulties can feel very isolating and can make you very worried that there is something more seriously wrong. Memory difficulties are very common, and we all experience times where we struggle to recall where we left our keys, or why we went into a particular room. This three-part course help you explore why we can sometimes struggle to recall and retain certain information. It has been designed to help you understand how memories are created and how to develop strategies that can help you remember important information.

Online course

Tuesday 30 May, 11.00am - PART 1

Tuesday 6 June, 11.00am - PART 2

Tuesday 13 June, 11.00am - PART 3

Identifying your strengths – the value of me

We are all unique and sharing lived experience can be immensely rewarding and can help to support our own recovery journey too. Through activity and discussion, learners will identify their own personal strengths and focus on how we all have something of value to contribute.

Face-to-face session - UFFCULME CENTRE, MOSELEY

Thursday 10 August, 2.00pm

Introducing mindfulness

This one-hour session introduces mindfulness (theory and practice) and its benefits as part of managing the challenges of recovery and maintaining positive mental health. Various mindfulness and meditation exercises will be demonstrated and further information and sign posting provided.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 18 May, 10.30am

Introduction to recovery

This three-part course is an introduction to personal recovery. We understand that everyone's recovery journey is different and personal to them and you will have an opportunity to explore what recovery means to you. Experts by experience will share their own journey towards recovery. Through discussion and activities, the course will focus on what can help facilitate recovery and identify what is available in the community to help us feel confident and empowered on our recovery journey. You will have an opportunity to set and review personal goals that can help you move forward.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 1 June, 2.00pm - PART 1

Thursday 8 June, 2.00pm - PART 2

Thursday 15 June, 2.00pm - PART 3

Face-to-face course - RENEWAL CENTRE, SOLIHULL

Monday 24 July, 10.30am - PART 1

Monday 31 July, 10.30am - PART 2

Monday 7 August, 10.30am - PART 3



SESSION AND COURSE INFORMATION

INTRODUCING Is this hoarding? *Let's have a conversation*



This session will provide an opportunity to join “in conversation” with guest speakers, service users, carers and families and Trust staff on the topic of hoarding.

Hosted by the team, this hour long, less formal, session will begin with a short introduction to the theme or topic followed by time for discussions and shared space to exchange opinions or to listen to others.

Online session

Tuesday 11 July, 11.00am

Kickstart your journey with TeamWork



**ASTON VILLA
FOUNDATION**

This exciting course is brought to you as part of the Aston Villa Foundation TeamWork project, in partnership with Recovery College For All.

The five-week physical activity and nutrition programme, delivered at Villa Park, Aston will focus on supporting learners to make small lifestyle changes to positively impact on physical and mental health. This collaboration has Experts by Experience (EBEs) alongside physical health and nutrition experts to co-produce a great programme where individuals can meet new people, develop new skills, and take part in fun, interactive sessions to help *kickstart your journey!*

Attendance at all sessions is recommended.

Face-to-face course – VILLA PARK, ASTON

11.00am – 1.00pm

Wednesday 19 July

Wednesday 26 July

Wednesday 2 August

Wednesday 9 August

Wednesday 16 August

Live better, move more

During this session, you will learn about how keeping active, taking small steps to make a big difference, can benefit your physical health and support your recovery. There will be opportunities to discuss types of activity and how for example much activity is required to work off a bag of crisps. Sharing interactive information and advising on how making behavioural changes can make a difference to our wellbeing as a whole.

Face-to-face session – OIKOS CAFÉ, ERDINGTON

Monday 12 June, 10.30am

Face-to-face session – UFFCULME CENTRE, MOSELEY

Thursday 13 July, 10.30am



SESSION AND COURSE INFORMATION

Living with bipolar: keeping your mood on track

Bipolar disorder is a mental health condition that is experienced by many people using mental health services. This introductory two-part course will increase your understanding of this condition, exploring what bipolar disorder is and what treatment options are available. Delivered by experienced professionals including colleagues with lived experience of bipolar disorder, we will also consider how we can move forward in our recovery journeys with this condition.

Face-to-face course – UFFCULME CENTRE, MOSELEY

Thursday 29 June, 10.30am - PART 1

Thursday 6 July, 10.30am - PART 2

Living with psychosis

Psychosis is a mental health problem that is experienced by many people using mental health services. This session is for you if you would like to increase your understanding of this condition. During the session we will explore what psychosis is, what diagnosis means, what treatment options there are and living well with psychosis. Facilitated by our experts by lived experience and experts with professional training, the session will consider how we can move forward in our recovery journeys alongside this condition.

Face-to-face session – OIKOS CAFÉ, ERDINGTON

Monday 5 June, 10.30am

Face-to-face session – RENEWAL CENTRE, SOLIHULL

Monday 10 July, 2.00pm

Music for connection and expression

This two-part interactive and engaging course explores how music can help us connect to ourselves and others. Music is a powerful medium and can evoke a range of different emotions. The group will explore a variety of styles of music and discuss the impact of music and sound. The course encourages us to explore what music means to us and how it can support our personal recovery experiences.

Face-to-face course - OIKOS CAFÉ, ERDINGTON

Monday 15 May, 2.00pm - PART 1

Monday 22 May, 2.00pm - PART 2

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 8 June, 10.30am - PART 1

Thursday 15 June, 10.30am - PART 2



SESSION AND COURSE INFORMATION

Recovery, Hope and Spirituality

Do you think spirituality is only about having a faith or belief? Have you ever thought about it as being more about the things that quite literally lift our spirits and give us a sense of hope, meaning or purpose? Faith is important to lots of people, whether or not they follow a specific religion - spirituality is about this and so much more. Come along to this friendly session and enjoy time with others, exploring what matters to you and how it can be part of your spirituality, helping in your daily life. Everyone is welcome, whether or not you have a faith or belief.

Face-to-face session – UFFCULME CENTRE, MOSELEY

Thursday 13 July, 2.00pm

Resilience and me

Resilience is not something that people either have or don't have, instead it is something that can fluctuate over time. In this session which serves as an introduction, you will explore what resilience in mental health means and, through discussion, identify ways that you can build your own strengths and help to look after you.

Face-to-face session - OIKOS CAFÉ, ERDINGTON

Monday 26 June, 2.00pm

Face-to-face session - RENEWAL CENTRE, SOLIHULL

Monday 3 July, 2.00pm

NEW Seeds of Hope – *allotment development*

Drop-in sessions

The Seeds of Hope garden project is a recovery-focused space to connect, grow and create. It is a place to learn and develop, share knowledge, expertise and skills, and nurturing our ideas.



We aim to create a safe, welcoming and calm environment, with a strong sense of community. We share the space with all sorts of wildlife and plants and aim to ensure that we protect and preserve the area in a sustainable way, whilst utilising it to its full potential.

All are welcome to our drop-in sessions to participate in cultivating the newly cleared space.

10.30am – 12.30pm, UFFCULME CENTRE, MOSELEY

Tuesday 23 May Tuesday 30 May Tuesday 6 June Tuesday 13 June

10.30am – 3.00pm, UFFCULME CENTRE, MOSELEY

Tuesday 27 June Tuesday 4 July Tuesday 11 July Tuesday 18 July Tuesday 25 July

Tuesday 1 August Tuesday 8 August



SESSION AND COURSE INFORMATION

NEW Sound Journey – relax the body, calm the mind

Join us for a relaxing, peaceful, and enjoyable sound journey. Immerse yourself in the vibrations from varying sounds and frequencies, with the facilitator using different percussion instruments. No need for previous experience or to bring anything, just come with an open mind. This session will involve the facilitator using meditation practices using instruments and voice, for your emotional wellbeing, for mind, body, and spirit.

Face-to-face session - UFFCULME CENTRE, MOSELEY

Thursday 3 August, 1.30pm – 2.30pm

OR

Thursday 3 August, 3.00pm – 4.00pm

Tai Chi – a balanced approach

This two-part course will provide you with an understanding of the origins of this martial art and how it can be used to support personal recovery. The course explores the many benefits of Tai Chi on both our physical and mental health and wellbeing. You will have the opportunity to learn some Tai Chi movements and put these into practice. You will also receive some supporting information to enable you to continue your practice.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 4 May, 2.00pm - PART 1

Thursday 11 May, 2.00pm - PART 2

The role sleep plays in your recovery

This session explores the importance of sleep; identify reasons for poor sleep and some lifestyle changes that can help improve the quality and quantity of sleep you have.

Face-to-face session - UFFCULME CENTRE, MOSELEY

Thursday 25 May, 2.00pm

Face-to-face session - OIKOS CAFÉ, ERDINGTON

Monday 26 June, 10.30am



SESSION AND COURSE INFORMATION

Understanding Dementia



In partnership with Admiral Nurses, this three-part course is facilitated by individuals with lived experience and professional expertise, providing a unique exploration of living well with dementia. The course explores “normal ageing versus dementia”, techniques to support individuals living with dementia and how carers can look after their own needs whilst supporting a loved one in their recovery.

Online course

Wednesday 3 May, 1.30pm

Wednesday 10 May, 1.30pm

Wednesday 17 May, 1.30pm

Online course

Wednesday 19 July, 1.30pm

Wednesday 26 July, 1.30pm

Wednesday 2 August, 1.30pm

What is personality disorder? An introduction

Personality disorder is one of the most controversial and stigma-laden diagnoses in mental health textbooks. This workshop has been designed to sensitively explore what is meant by the diagnosis and what that looks and feels like in real life. The session will touch on how it can develop and how it can feel to receive a diagnosis. It has been designed and is facilitated by a team of staff and service users who have lived and/or work experience of personality disorder.

Face-to-face session - UFFCULME CENTRE, MOSELEY

Thursday 18 May, 2.00pm

Face-to-face session - RENEWAL CENTRE, SOLIHULL

Monday 3 July, 10.30am

Who am I?

Thinking about who we are can be difficult at times and remembering what we like to do is sometimes a challenge. This session is an opportunity for you to create your own collage, finding pictures from magazines, brochures and pamphlets to help you define what makes you unique. You will spend time creating your own collection of pictures that help you to focus on your strengths, interests and things that you like. Be as creative as you want!

Face-to-face session - UFFCULME CENTRE, MOSELEY

Thursday 20 July, 10.30am



Venue details

Uffculme Centre, 52 Queensbridge Road, Moseley, B13 8QY

Buses

For further information on up-to-date bus routes, please visit the National Express West Midlands travel site www.nxbus.co.uk

Parking

Parking is available on-site; however, we would advise that learners arrive in good time as parking spaces may be limited at busy times.

Facilities

There is a small café on site, open at the following times offering a selection of hot and cold food - 8:30am - 11:00am and 12:00pm - 2:00pm for lunch.

Accessibility

If you have specific mobility issues, please talk to us when you are booking your sessions so that we can best support you to accommodate your needs.

Oikos Café, 58 High Street, Erdington, B23 6RH

Buses

For further information on up-to-date bus routes, please visit the National Express West Midlands travel site www.nxbus.co.uk

Parking

Parking is not available on-site; however limited paid parking is available close by from the retailer Co-Op. In addition, public free parking is available via Sutton New Road.

Facilities

The café opens at 9:00am - 4:00pm. Please be advised that the café accepts **card payments only** for all purchases.

Accessibility

The meeting room is fully accessible via the ground floor.



Renewal Centre, Lode Lane, Solihull, B91 2JR

Buses

For information on up-to-date bus routes, please visit the National Express West Midlands travel site www.nxbus.co.uk

Parking

Parking is free and available on-site.

Facilities

The Renewal Family Centre offers a coffee shop for purchases of hot drinks and a selection of hot and cold food and is open from 9.00am - 3.00pm.

Water will be available to learners at the venue.

Accessibility

The venue is fully accessible to all in attendance.

Villa Park, Aston, Birmingham

Buses

For information on up-to-date bus routes, please visit the National Express West Midlands travel site www.nxbus.co.uk

Parking

Parking is free and available on-site.

Facilities

Hot drinks and water will be available throughout each session, free of charge.

Accessibility

The venue supports accessibility to all in attendance. Please get in touch with Recovery College for All team for individual requirements, if required.

We respectfully request that if you are unable to attend your session for any reason, please get in touch with the team to advise.

Email: recoverycollege@bsmhft.nhs.uk or call on: **0121 301 3992**





TIMETABLE

TIMETABLE							
OIKOS CAFÉ, ERDINGTON		UFFCULME CENTRE, MOSELEY		ONLINE		UFFCULME CENTRE, MOSELEY	
		Tuesday 2 May	Time			Thursday 4 May	Time
						Five Ways to wellbeing - PART 1 <i>Face-to-face course</i>	10.30am
		Hope in Recovery - PART 1 <i>Face-to-face course</i>	1.30pm	Understanding dementia - PART 1 <i>Online course</i>	1.30pm	Tai Chi – a balanced approach - PART 1 <i>Face-to-face course</i>	2.00pm
Monday 8 May		Tuesday 9 May	Time	Wednesday 10 May	Time	Thursday 11 May	Time
BANK HOLIDAY						Five Ways to wellbeing PART 2 <i>Face-to-face course</i>	10.30am
		Hope in Recovery - PART 2 <i>Face-to-face course</i>	1.30pm	Understanding dementia - PART 2 <i>Online course</i>	1.30pm	Tai Chi – a balanced approach - PART 2 <i>Face-to-face course</i>	2.00pm
Monday 15 May	Time	Tuesday 16 May	Time	Wednesday 17 May	Time	Thursday 18 May	Time
Do you mind what you eat? PART 1 <i>Face-to-face course</i>	10.30am					Introducing mindfulness <i>Face-to-face session</i>	10.30am
Music for connection and expression - PART 1 <i>Face-to-face course</i>	2.00pm	Hope in Recovery - PART 3 <i>Face-to-face course</i>	1.30pm	Understanding dementia - PART 3 <i>Online course</i>	1.30pm	What is personality disorder? – an introduction <i>Face-to-face session</i>	2.00pm





TIMETABLE

OIKOS CAFÉ, ERDINGTON		UFFCULME CENTRE, MOSELEY & ONLINE			UFFCULME CENTRE, MOSELEY	
Monday 22 May	Time	Tuesday 23 May	Time		Thursday 25 May	Time
Do you mind what you eat? PART 2 <i>Face-to-face course</i>	10.30am	Seeds of Hope - drop in session  10.30am – 12.30pm, Uffculme Centre			Empowerment through goal setting - PART 1 <i>Face-to-face course</i>	10.30am
Music for connection and expression - PART 2 <i>Face-to-face course</i>	2.00pm	Hope in Recovery - PART 4 <i>Face-to-face course</i>	1.30pm		The role sleep plays in your recovery <i>Face-to-face session</i>	2.00pm
Monday 29 May		Tuesday 30 May	Time		Thursday 1 June	Time
BANK HOLIDAY		Seeds of Hope - drop in session  10.30am – 12.30pm, Uffculme Centre			Empowerment through goal setting - PART 2 <i>Face-to-face course</i>	10.30am
		I forgot...exploring memory PART 1 <i>Online course</i>	11.00am			
		Hope in Recovery - PART 5 <i>Face-to-face course</i>	1.30pm		Introduction to recovery – PART 1 <i>Face-to-face course</i>	2.00pm




TIMETABLE

OIKOS CAFÉ, ERDINGTON		UFFCULME CENTRE, MOSELEY & ONLINE			UFFCULME CENTRE, MOSELEY	
Monday 5 June	Time	Tuesday 6 June	Time		Thursday 8 June	Time
Living with psychosis <i>Face-to-face session</i>	10.30am	Seeds of Hope - drop in session  10.30am – 12.30pm, Uffculme Centre			Music for connections and expression - PART 1 <i>Face-to-face course</i>	10.30am
		I forgot...exploring memory PART 2 <i>Online course</i>	11.00am			
How to share lived experience - PART 1 <i>Face-to-face course</i>	2.00pm	Hope in Recovery - PART 6 <i>Face-to-face course</i>	1.30pm		Introduction to recovery - PART 2 <i>Face-to-face course</i>	2.00pm
Monday 12 June	Time	Tuesday 13 June	Time		Thursday 15 June	Time
Live better, move more <i>Face-to-face session</i>	10.30am	Seeds of Hope - drop in session  10.30am – 12.30pm, Uffculme Centre			Music for connections and expression - PART 2 <i>Face-to-face course</i>	10.30am
		I forgot...exploring memory PART 3 <i>Online course</i>	11.00am			
How to share lived experience - PART 2 <i>Face-to-face course</i>	2.00pm	Hope in Recovery - PART 7 <i>Face-to-face course</i>	1.30pm		Introduction to recovery - PART 3 <i>Face-to-face course</i>	2.00pm

TERM BREAK




TIMETABLE




OIKOS CAFÉ, ERDINGTON		UFFCULME CENTRE, MOSELEY & ONLINE		UFFCULME CENTRE, MOSELEY	
Monday 26 June	Time	Tuesday 27 June		Thursday 29 June	Time
The role sleep plays in recovery <i>Face-to-face session</i>	10.30am	Seeds of Hope - drop in session 		Living with bipolar: keeping your mood on track - PART 1 <i>Face-to-face course</i>	10.30am
Resilience and me <i>Face-to-face session</i>	2.00pm	10.30am – 3.00pm, Uffculme Centre		Do you mind what you eat? PART 1 <i>Face-to-face course</i>	2.00pm



TIMETABLE


RENEWAL CENTRE, SOLIHULL		UFFCULME CENTRE, MOSELEY & ONLINE		ONLINE		UFFCULME CENTRE, MOSELEY	
Monday 3 July	Time	Tuesday 4 July		Wednesday 5 July	Time	Thursday 6 July	Time
What is personality disorder? – an introduction <i>Face-to-face session</i>	10.30am	Seeds of Hope - drop in session  10.30am – 3.00pm, Uffculme Centre		Exploring depression - PART 1 <i>Online course</i>	11.00am	Living with bipolar: keeping your mood on track - PART 2 <i>Face-to-face course</i>	10.30am
Resilience and me <i>Face-to-face session</i>	2.00pm					Do you mind what you eat? PART 2 <i>Face-to-face course</i>	2.00pm
Monday 10 July	Time	Tuesday 11 July	Time	Wednesday 12 July	Time	Thursday 13 July	Time
Five ways to wellbeing - PART 1 <i>Face-to-face course</i>	10.30am	Seeds of Hope - drop in session  10.30am – 3.00pm, Uffculme Centre				Live better, move more <i>Face-to-face session</i>	10.30am
		Is this hoarding? Let's have a conversation <i>Online session</i>	11.00am	Exploring depression - PART 2 <i>Online course</i>	11.00am		
Living with psychosis <i>Face-to-face session</i>	2.00pm					Recovery, Hope and Spirituality <i>Face-to-face course</i>	2.00pm



RENEWAL CENTRE, SOLIHULL		UFFCULME CENTRE, MOSELEY	VILLA PARK, ASTON & ONLINE		UFFCULME CENTRE, MOSELEY	
Monday 17 July	Time	Tuesday 18 July	Wednesday 19 July	Time	Thursday 20 July	Time
Five ways to wellbeing - PART 2 <i>Face-to-face course</i>	10.30am	Seeds of Hope - drop in session  10.30am – 3.00pm, Uffculme Centre	Kickstart your journey with TeamWork - PART 1 <i>Face-to-face course</i>	11.00am	Who am I? <i>Face-to-face session</i>	10.30am
Expressive Writing - PART 1 <i>Face-to-face course</i>	1.30pm		Exploring depression - PART 3 <i>Online course</i>	11.00am	Gambling: What's the problem - PART 1 <i>Face-to-face course</i>	2.00pm
			Understanding dementia - PART 1 <i>Online course</i>	1.30pm		
Monday 24 July	Time	Tuesday 25 July	Wednesday 26 July	Time	Thursday 27 July	Time
Introduction to recovery - PART 1 <i>Face-to-face course</i>	10.30am	Seeds of Hope - drop in session  10.30am – 3.00pm, Uffculme Centre	Kickstart your journey with TeamWork - PART 2 <i>Face-to-face course</i>	11.00am	Building my emotional toolkit - PART 1 <i>Face-to-face course</i>	10.30am
Expressive Writing - PART 2 <i>Face-to-face course</i>	1.30pm		Understanding dementia - PART 2 <i>Online course</i>	1.30pm	Gambling: What's the problem – PART 2 <i>Face-to-face course</i>	2.00pm
Monday 31 July	Time	Tuesday 1 August	Wednesday 2 August	Time	Thursday 3 August	Time
Introduction to Recovery - PART 2 <i>Face-to-face course</i>	10.30am	Seeds of Hope - drop in session  10.30am – 3.00pm, Uffculme Centre	Kickstart your journey with TeamWork - PART 3 <i>Face-to-face course</i>	11.00am	Building my emotional toolkit - PART 2 <i>Face-to-face course</i>	10.30am
Expressive Writing - PART 3 <i>Face-to-face course</i>	1.30pm		Understanding dementia - PART 3 <i>Online course</i>	1.30pm	Sound Journey – relax the body, calm the mind <i>Face-to-face session</i>	1.30pm – 2.30pm
					Sound Journey – relax the body, calm the mind <i>Face-to-face session</i>	3.00pm – 4.00pm



TIMETABLE

RENEWAL CENTRE, SOLIHULL		UFFCULME CENTRE, MOSELEY	VILLA PARK, ASTON		UFFCULME CENTRE, MOSELEY	
Monday 7 August	Time	Tuesday 8 August	Wednesday 9 August	Time	Thursday 10 August	Time
Introduction to recovery - PART 3 <i>Face-to-face course</i>	10.30am	<div>Seeds of Hope - drop in session</div> <div></div> <div>10.30am – 3.00pm, Uffculme Centre</div>	Kickstart your journey with TeamWork - PART 4 <i>Face-to-face course</i>	11.00am	Building my emotional toolkit - PART 3 <i>Face-to-face course</i>	10.30am
Expressive Writing - PART 4 <i>Face-to-face course</i>	1.30pm				Identifying your strengths - the value of me <i>Face-to-face session</i>	2.00pm
			Wednesday 16 August	Time		
			Kickstart your journey with TeamWork - PART 5 <i>Face-to-face course</i>	11.00am		