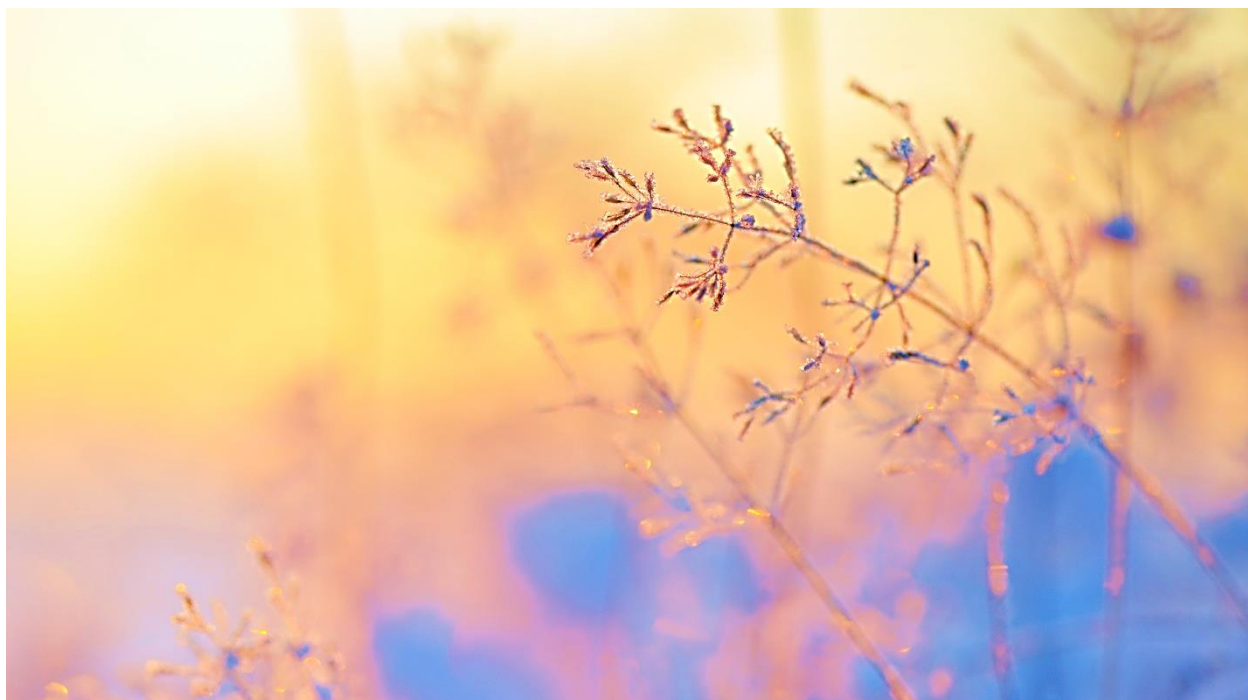




Recovery College for All ***timetable***



Autumn/Winter
September – December 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, Oikos Café, Erdington and The Renewal Centre, Solihull. Further venue details are noted on pages 14 and 15.

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



Frequently Asked Questions

How long will each session last?

Online sessions will run for **1 hour**. Some sessions are in multiple parts, and we recommend that you join all parts which are held weekly.

Face-to-face sessions will run longer approximately **2-2½ hours** – please take note of the timings indicated.

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 bsmhft.recoverycollege@nhs.net or tel: **0121 301 3992**. If we are unavailable, please leave a message and we will be back in touch.

What will I need?

To join the online sessions, you will need a mobile phone / laptop / desktop computer or 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.

For our face-to-face sessions, learners do not need to bring any stationery items to attend. There are opportunities to purchase food and drinks at Uffculme and the Oikos Café however there are no facilities on offer at the Renewal Centre - learners may wish to bring their own refreshments. Further details for each venue are noted on pages 14 and 15.

We would like to take this opportunity to respectfully ask that if you are experiencing any Covid symptoms or feel unwell, please do not attend your session.

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.

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?

Online - 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.

Face-to-face - 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

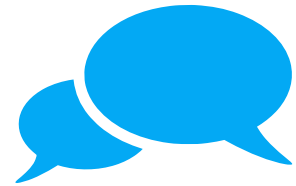
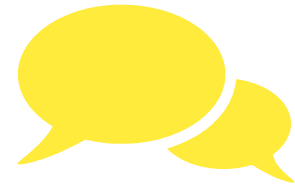
If you would like to book onto Recovery College sessions and courses or would like to take up the Recovery College Peer Support opportunity, please email bsmhft.recoverycollege@nhs.net or call on: **0121 301 3992**

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



Let's have a conversation about...



The Recovery College would like to welcome you back to our series of hour-long online conversations that are an opportunity to share in informal and open discussions with other service users, carers and Trust staff on general themes and topics. Our conversations are supported by a member of the Recovery College team.

Our discussion themes for our autumn/winter timetable are:

....being an Expert by Experience (EBE)

Wednesday 27 September, 2.00pm

Tuesday 17 October, 1.30pm

....Five ways to wellbeing

Tuesday 10 October, 2.00pm

Monday 30 October, 2.00pm

.....Gambling

Friday 20 October, 11.00am

Tuesday 21 November, 11.00am



Wednesday 1 September, 11.00am

....the Emotional Freedom Technique

Wednesday 25 October, 11.00am

....spirituality

Friday 13 October, 11.00am

....staff with lived experience – *Behind the Badge*

Monday 30 October, 10.30am

Wednesday 6 December, 11.00am

....stress

Wednesday 4 October, 11.00am

....using stories for conversation

Tuesday 26 September, 2.00pm

Wednesday 1 November, 1.30pm

...what is recovery in mental health?

Tuesday 3 October, 2.00pm

Tuesday 24 October, 2.00pm

To book please email bsmhft.recoverycollege@nhs.net or call on: **0121 301 3992**



SESSION AND COURSE DETAILS

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 23 November, 10.30am - 12.30pm - PART 1

Thursday 30 November, 10.30am - 12.30pm - PART 2

Thursday 7 December, 10.30am - 12.30pm - 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 - UFFCULME CENTRE, MOSELEY

Thursday 30 November, 2.00pm - 4.00pm - PART 1

Thursday 7 December, 2.00pm - 4.00pm - 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 – OIKOS CAFE, ERDINGTON

Monday 16 October, 2.00pm – 4.00pm - PART 1

Monday 23 October, 2.00pm – 4.00pm - PART 2

Face-to-face course – RENEWAL CENTRE, SOLIHULL

Monday 27 November, 10.30am – 12.30pm - PART 1

Monday 4 December, 10.30am – 12.30pm - PART 2



SESSION AND COURSE DETAILS

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 1 November, 11.00am – 12.00pm - PART 1

Wednesday 8 November, 11.00am – 12.00pm - PART 2

Wednesday 15 November, 11.00am – 12.00pm - 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 6 November, 1.30pm – 3.00pm - PART 1

Monday 13 November, 1.30pm – 3.00pm - PART 2

Monday 20 November, 1.30pm – 3.00pm - PART 3

Monday 27 November, 1.30pm – 3.00pm - PART 4

Friends, families and carers – looking after yourself

This course 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 their recovery journey. There will be an opportunity to discuss and explore the concept of recovery for carers and will introduce a variety of resources created by the Meriden Family Programme team.

Face-to-face course – UFFCULME CENTRE, MOSELEY

Thursday 9 November, 2.00pm – 4.00pm – PART 1

Thursday 16 November, 2.00pm – 4.00pm – PART 2

Thursday 23 November, 2.00pm – 4.00pm – PART 3



SESSION AND COURSE DETAILS

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 five-part course 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 - 5**

Face-to-face course - UFFCULME CENTRE, MOSELEY

2.00pm – 4.00pm

Tuesday 31 October

Tuesday 7 November

Tuesday 14 November

Tuesday 21 November

Tuesday 28 November

How to share lived experience

The aim of this one-off session 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 session – UFFCULME CENTRE, MOSELEY

Tuesday 5 December, 10.30am – 3.00pm

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 – OIKOS CAFÉ, ERDINGTON

Monday 2 October, 10.30am – 12.30pm

Face-to-face session – RENEWAL CENTRE, SOLIHULL

Monday 20 November, 10.30am – 12.30pm



SESSION AND COURSE DETAILS

“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 two-part course will help explore why we can sometimes struggle to recall and retain certain information.

It has been designed to help understand how memories are created and how to develop strategies that can help remember important information.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 5 October, 10.30am – 12.30pm – PART 1

Thursday 12 October, 10.30am – 12.30pm – PART 2

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 26 October, 10.30am – 11.30am

Live better, move more

During this two-part course, 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 – UFFCULME CENTRE, MOSELEY

Thursday 19 October, 10.30am – 12.30pm – PART 1

Thursday 26 October, 10.30am – 12.30pm – 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 25 September, 10.30am – 12.30pm

Face-to-face session – UFFCULME CENTRE, MOSELEY

Thursday 19 October, 2.00pm – 4.00pm



SESSION AND COURSE DETAILS

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 9 October, 10.30am – 12.30pm - PART 1

Monday 16 October, 10.30am – 12.30pm - PART 2

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 9 November, 10.30am – 12.30pm - PART 1

Thursday 16 November, 10.30am – 12.30pm - PART 2

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 many 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 2 November, 10.30am – 12.30pm

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 9 October, 2.00pm – 4.00pm

Face-to-face session – RENEWAL CENTRE, SOLIHILL

Monday 13 November, 10.30am – 12.30pm



SESSION AND COURSE DETAILS

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 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.



As we enter the autumn and winter months, attendance for this session will become weather dependent. Please check in and contact the team before coming to as attendance will be weather dependent.

10.30am – 12.30pm, UFFCULME CENTRE, MOSELEY

Tuesday 26 September Tuesday 3 October Tuesday 10 October Tuesday 17 October
Tuesday 24 October Tuesday 31 October Tuesday 7 November Tuesday 14 November
Tuesday 21 November Tuesday 28 November

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 - RENEWAL CENTRE, SOLIHULL

Monday 6 November, 10.30am – 11.30am

OR

Monday 6 November, 12.00pm – 1.00pm

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 28 September, 2.00pm – 4.00pm - PART 1

Thursday 5 October, 2.00pm – 4.00pm - PART 2



SESSION AND COURSE DETAILS

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 12 October, 2.00pm – 4.00pm

Face-to-face session - OIKOS CAFÉ, ERDINGTON

Monday 23 October, 10.30am – 12.30pm

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 11 October, 1.30pm – 2.30pm – PART 1

Wednesday 18 October, 1.30pm – 2.30pm – PART 2

Wednesday 25 October, 1.30pm – 2.30pm – PART 3

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 – OIKOS CAFÉ, ERDINGTON

Monday 2 October, 1.30pm – 4.00pm

Face-to-face session - UFFCULME CENTRE, MOSELEY

Thursday 2 November, 1.30pm – 4.00pm

What is recovery in mental health?

This session 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, this session will focus on what can help facilitate recovery and identify what can help us feel confident and empowered on our recovery journey.

Face-to-face course - UFFCULME CENTRE, MOSELEY

Thursday 28 September, 10.30am – 12.30pm

Face-to-face course – RENEWAL CENTRE, SOLIHULL

Monday 4 December, 2.00pm – 4.00pm



SESSION AND COURSE DETAILS

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 – OIKOS CAFÉ, ERDINGTON

Monday 25 September, 2.00pm – 4.00pm



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.

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: bsmhft.recoverycollege@nhs.net or call on: 0121 301 3992



TIMETABLE

OIKOS CAFÉ, ERDINGTON		UFFCULME CENTRE, MOSELEY & ONLINE		ONLINE		UFFCULME CENTRE, MOSELEY		ONLINE	
Monday 25 September	Time	Tuesday 26 September	Time	Wednesday 27 September	Time	Thursday 28 September	Time		
Living with psychosis <i>Face-to-face sessions</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm				What is recovery in mental health? <i>Face-to-face session</i>	10.30am		
Who am I <i>Face-to-face session</i>	2.00pm	Let's have a conversation..... using stories for conversation	2.00pm	Let's have a conversation... about being an Expert by Experience	2.00pm	Tai Chi – a balanced approach - PART 1 <i>Face-to-face course</i>	2.00pm		
Monday 2 October	Time	Tuesday 3 October	Time	Wednesday 4 October	Time	Thursday 5 October	Time		
Identifying your strengths – the value of me <i>Face-to-face session</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm		Let's have a conversation... about stress	11.00am	I forgot....exploring memory – PART 1 <i>Face-to-face course</i>	10.30am		
What is personality disorder? an introduction <i>Face-to-face session</i>	1.30pm	Let's have a conversation... Hope in recovery	2.00pm			Tai Chi – a balanced approach - PART 2 <i>Face-to-face course</i>	2.00pm		
Monday 9 October	Time	Tuesday 10 October	Time	Wednesday 11 October	Time	Thursday 12 October	Time	Friday 13 October	Time
Music for connection and expression – PART 1 <i>Face-to-face session</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm				I forgot....exploring memory – PART 2 <i>Face-to-face course</i>	10.30am	Let's have a conversation..... about spirituality	11.00am
Resilience and me <i>Face-to-face session</i>	2.00pm	Let's have a conversation... about Fiveways to wellbeing	2.00pm	Understanding dementia – PART 1	1.30pm	The role sleep plays in your recovery <i>Face-to-face session</i>	2.00pm		



TIMETABLE

OIKOS CAFÉ, ERDINGTON		UFFCULME CENTRE, MOSELEY & ONLINE		ONLINE		UFFCULME CENTRE, MOSELEY		ONLINE	
Monday 16 October	Time	Tuesday 17 October	Time	Wednesday 18 October	Time	Thursday 19 October	Time	Friday 20 October	Time
Music for connection and expression – PART 2 <i>Face-to-face session</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm				Live better, move more – PART 1 <i>Face-to-face course</i>	10.30am	Let's have a conversation... about gambling <i>in conjunction with Gambling Awareness week</i>	11.00am
Empowerment through goal settings – PART 1 <i>Face-to-face course</i>	2.00pm	Let's have a conversation... about being an Expert by Experience	1.30pm	Understanding dementia – PART 2 <i>Online session</i>	1.30pm	Living with psychosis <i>Face-to-face session</i>	2.00pm		
Monday 23 October		Tuesday 24 October	Time	Wednesday 25 October	Time	Thursday 26 October	Time		
The role sleep plays in recovery <i>Face-to-face session</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm		Let's have a conversation... about Emotional Freedom Technique	11.00am	Live better, move more – PART 2 <i>Face-to-face course</i>	10.30am		
Empowerment through goal settings – PART 2	2.00pm	Let's have a conversation... Hope in recovery	1.30pm	Understanding dementia – PART 3	1.30pm	Introducing mindfulness <i>Face-to-face session</i>	2.00pm		



TIMETABLE

ONLINE		UFFCULME CENTRE, MOSELEY		ONLINE		UFFCULME CENTRE, MOSELEY	
Monday 30 October	Time	Tuesday 31 October	Time	Wednesday 1 November	Time	Thursday 2 November	Time
Let's have a conversation... about staff with lived experience - behind the badge	10.30am	Seeds of Hope allotment 10.30am – 12.30pm		Exploring depression – PART 1 <i>Online course</i>	11.00am	Recovery, Hope and Spirituality <i>Face-to-face session</i>	10.30am
				Let's have a conversation... Is this hoarding	11.00am		
Let's have a conversation... on Five ways to wellbeing	2.00pm	Hope in Recovery – PART 1 <i>Face-to-face course</i>	2.00pm	Let's have a conversation... using stories for conversation	1.30pm	What is personality disorder? an introduction <i>Face-to-face session</i>	2.00pm
RENEWAL CENTRE, SOLIHULL		UFFCULME CENTRE, MOSELEY		ONLINE		UFFCULME CENTRE, MOSELEY	
Monday 6 November	Time	Tuesday 7 November	Time	Wednesday 8 November	Time	Thursday 9 November	Time
Sound Journey – relax the body, calm the mind <i>Face-to-face session</i>	10.30am 11.30am	Seeds of Hope allotment 10.30am – 12.30pm <i>WEATHER DEPENDENT</i>		Exploring depression – PART 2 <i>Online course</i>	11.00am	Music for connection and expression – PART 1 <i>Face-to-face course</i>	10.30am
Sound Journey – relax the body, calm the mind <i>Face-to-face session</i>	12.00pm 1.00pm						
Expressive Writing – PART 1 <i>Face-to-face course (JL)</i>	1.30pm	Hope in Recovery – PART 2 <i>Face-to-face course</i>	2.00pm			Family, Friends, and Carers: looking after yourself - PART 1 <i>Face-to-face course</i>	2.00pm



TIMETABLE

RENEWAL CENTRE, SOLIHULL		UFFCULME CENTRE, MOSELEY				UFFCULME CENTRE, MOSELEY	
Monday 13 November	Time	Tuesday 14 November	Time	Wednesday 15 November	Time	Thursday 16 November	Time
Resilience and me <i>Face-to-face session</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm <i>WEATHER DEPENDENT</i>		Exploring depression – PART 3 <i>Online session</i>	11.00am	Music for connection and expression – PART 2 <i>Face-to-face course</i>	10.30am
Expressive Writing – PART 2 <i>Face-to-face course</i>	1.30pm	Hope in Recovery – PART 3 <i>Face-to-face course</i>	2.00pm			Family, Friends, and Carers: looking after yourself - PART 2 <i>Face-to-face course</i>	2.00pm
Monday 20 November	Time	Tuesday 21 November	Time			Thursday 23 November	Time
Identifying your strengths - the value of me <i>Face-to-face session</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm <i>WEATHER DEPENDENT</i>				Building an emotional toolkit – PART 1 <i>Face-to-face course</i>	10.30am
		Let's have a conversation... about gambling	11.00am			Family, Friends, and Carers: looking after yourself - PART 3 <i>Face-to-face course</i>	2.00pm
Expressive Writing – PART 3 <i>Face-to-face course</i>	1.30pm	Hope in Recovery – PART 4 <i>Face-to-face course</i>	2.00pm				



TIMETABLE

RENEWAL CENTRE, SOLIHULL		UFFCULME CENTRE, MOSELEY				UFFCULME CENTRE, MOSELEY	
Monday 27 November	Time	Tuesday 28 November	Time			Thursday 30 November	Time
Empowerment through goal setting – PART 1 <i>Face-to-face course</i>	10.30am	Seeds of Hope allotment 10.30am – 12.30pm <i>WEATHER DEPENDENT</i>				Building an emotional toolkit – PART 2 <i>Face-to-face course</i>	10.30am
Expressive Writing – PART 4 <i>Face-to-face course</i>	1.30pm	Hope in Recovery – PART 5 <i>Face-to-face course</i>	2.00pm			Do you mind what you eat? - PART 1 <i>Face-to-face course</i>	2.00pm
Monday 4 December	Time	Tuesday 5 December	Time	Wednesday 6 December	Time	Thursday 7 December	Time
Empowerment through goal setting – PART 2 <i>Face-to-face course</i>	10.30am	How to share lived experience <i>Face-to-face session</i>	10.30am – 3.00pm	Let's have a conversation... about staff with lived experience - behind the badge	11.00am	Building an emotional toolkit – PART 3 <i>Face-to-face course</i>	10.30am
What is recovery in mental health? <i>Face-to-face session</i>	2.00pm					Do you mind what you eat? - PART 2 <i>Face-to-face course</i>	2.00pm



SAVE THE DATE

Recovery College Celebration Day

Date: Tuesday 19 December 2023 Time: 1.00pm till 3.00pm
Location: The Uffculme Centre, Moseley