



Recovery College for All *timetable*

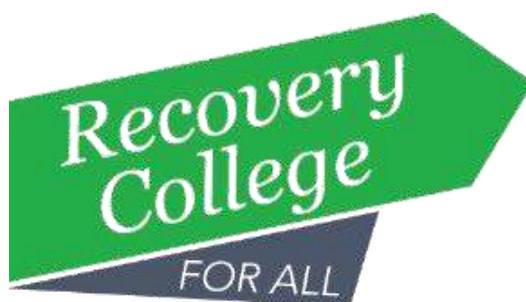


Winter/Spring

January – March 2024

0121 301 3992

bsmhft.recoverycollege@nhs.net



We look forward to welcoming you



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 available.

We are excited to bring you **five brand-new** courses this term, alongside our existing, popular sessions.

For our face-to-face sessions and courses in this programme we will be using Uffculme Centre, Moseley and the Renewal Conference Centre, Solihull. Our online sessions are held on the Microsoft Teams platform. Further venue details are noted on pages 18.

At Recovery College we will:

- Always give you a warm and friendly welcome
- Aim to provide a range of sessions that are engaging and meet a range of interests and needs
- Stay true to our commitment to put lived experience on an equal footing to professional expertise
- Provide a safe and healthy environment for you to learn and share
- Respect and listen to you

We ask that you:

- Be considerate and respectful to other learners and Recovery College staff
- Communicate with us: please let us know if you can't make it to a session, we can then offer a place to other learners
- Please tell us what we can do to improve and what isn't working well
- Provide us with all the information we need to know to help you get the most out of your experience

Can I join Recovery College?

Recovery College sessions are open to:

- People who use Birmingham and Solihull Mental Health Trust services
- Supporters (carers, friends and family) of the above
- Our Trust colleagues (including students and volunteers)
- Those who are part of our Trust membership

Please note, you need to be **aged 18** or over to attend any of our sessions.

You do not need a referral to join a session, simply call or email us to book onto the session(s) you are interested in attending.



Booking your place on a session

Email: bsmhft.recoverycollege@nhs.net

Telephone: 0121 301 3992

Office hours: 9.00am - 4.30pm

If you are calling outside of office hours, please leave a message on the answerphone. If the line is busy, you will be directed to leave a message and we will call you back.

Open Days

You are welcome to come along to meet the team and have a chat about how Recovery College can support you. The Recovery College team, including Peer Support Workers and facilitators will be at the venues below before term starts. You don't need to book to attend these sessions, please just pop in to see us and we can help you identify which sessions might be of interest for you.

Monday 8 January: 2.00pm – 4.30pm

Hobs Moat Road Library, Ulleries Road, Solihull, B92 8EB

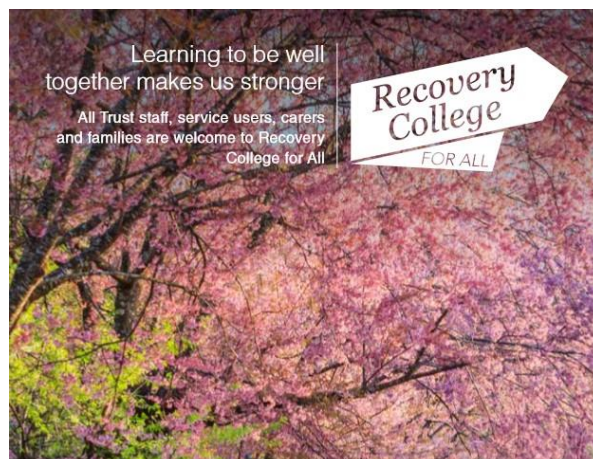
Tuesday 9 January: 10.00am – 12.30pm

Juniper Centre, Moseley Hall Hospital Site, Alcester Road, Birmingham, B13 8JL

Thursday 11 January: 10.30am – 3.00pm

Uffculme Centre, Queensbridge Road, Birmingham, B13 8QY

We also have opportunities for you to drop in to meet the team for a 'Recovery Chat' during the term timetable. Further details can be found on page 12





Recovery College Peer Support

If you are unable to attend any of our Open Days but feel you would like some support to identify the most suitable courses for you, we do have opportunities for you to meet with a Recovery Peer Support Worker. If you are feeling nervous or unsure about what college may be able to offer you, you can book in for a 1-1 chat. Our Recovery Peer Support Workers are also available for 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 can provide support to help you develop your recovery goals and work with you to identify and set new ones.

What you can expect from us:

- Safe space to explore your personal recovery goals
- Respect and no judgement
- Honesty, openness to share
- Confidential (*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 Peer Support opportunity, please email bsmhft.recoverycollege@nhs.net or call on: **0121 301 3992**



SESSION AND COURSE DETAILS

A Magical Mystery Tour of Health Research: Powering Up your Recovery Through Knowledge ~ NEW

This fun and interactive session explores the impact of health research and how it can support recovery. Participants will learn about different health research methods and ethics. The course aims to equip you with the knowledge and confidence to make informed choices to support personal recovery. You will have the opportunity to understand what it means to be a research participant and how that contributes to services that are more recovery-focused.

Face-to-face session, Uffculme Centre, Moseley

Tuesday 19 March, 10.00am – 12.30pm

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 effects 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.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 14 March, 2.00pm – 4.00pm: Part 1

Thursday 21 March, 2.00pm – 4.00pm: Part 2



SESSION AND COURSE DETAILS

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.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Monday 29 January, 2.00pm – 4.00pm: Part 1

Monday 5 February, 2.00pm – 4.00pm: Part 2

Face-to-face course, Renewal Conference Centre, Solihull

Monday 11 March, 10.30am – 12.30pm: Part 1

Monday 18 March, 10.30am – 12.30pm: Part 2

Empowering you to make shared decisions about your care ~ NEW

We recognise that we are all experts in our own experience but at times it can be difficult to have our needs heard and understood. This two-part course aims to empower learners to understand and make use of health information to enable us to make informed choices about our healthcare. Through activities and discussion, learners will explore what Shared Decision Making is and how they can work collaboratively with healthcare professionals to get the most out of your healthcare appointments.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 1 February, 2.00pm – 4.00pm: Part 1

Thursday 8 February, 2.00pm – 4.00pm: 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.

Attendance on all sessions is recommended.

Online course

Friday 26 January, 11.00am – 12.00pm: Part 1

Friday 2 February, 11.00am – 12.00pm: Part 2

Friday 9 February, 11.00am – 12.00pm: Part 3

Five Ways to Wellbeing

This two-part course explores the Five Ways to Wellbeing, which are a set of actions that research has shown to be beneficial at protecting our mental and physical health. The session explores each of the Five Ways to Wellbeing and how by making small lifestyle changes can have a big impact on your recovery journey. Learners will have the opportunity to set small goals between sessions and with support from the facilitators build motivation and confidence.

Attendance on both sessions is recommended.

Face-to-Face course, Uffculme Centre, Moseley

Monday 15 January, 10.30am – 12.30pm: Part 1

Monday 22 January, 10.30am – 12.30pm: Part 2



SESSION AND COURSE DETAILS

Hope in Recovery



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 on all sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Tuesday 23 January, 2.00pm – 4.00pm: Part 1

Tuesday 30 January, 2.00pm – 4.00pm: Part 2

Tuesday 6 February, 2.00pm – 4.00pm: Part 3

Tuesday 13 February, 2.00pm – 4.00pm: Part 4

Tuesday 20 February, 2.00pm – 4.00pm: Part 5

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 15 February, 10.30am – 12.30pm

Face-to-face session, Renewal Conference Centre, Solihull

Monday 26 February, 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 you remember important information.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 14 March, 10.30am – 12.30pm: Part 1

Thursday 21 March, 10.30am – 12.30pm: Part 2

Introducing mindfulness

This one-hour session introduces mindfulness, exploring the theory and how we can practice mindfulness. Through discussion, learners will explore the benefits of mindfulness and how it can be used to support personal recovery and maintain positive mental health. Various mindfulness and meditation exercises will be demonstrated, and further information and signposting provided.

Face-to-face session, Uffculme Centre, Moseley

Monday 15 January, 2.00pm – 3.30pm

Introduction to Compassionate Mindfulness ~ NEW

Come and join us for an informal one-hour Compassionate Mindfulness session where we will explore what compassionate mindfulness really is, why it can be tricky to show compassion to ourselves, and how slowing down the body and breath can help us calm the nervous system and respond to the challenges of our lives in a new way.

By the end of this session, you will go away with some simple tools and techniques and guidance on how you can start to include these practices into your daily routine.

This will be an experiential session with no prior experience required and everyone is welcome.

Face-to-face session, Uffculme Centre, Moseley

Tuesday 19 March, 1.00pm – 2.00pm



SESSION AND COURSE DETAILS

Let's have a conversation about Emotional Freedom Technique (EFT)

Join a one-hour conversation with one of our Experts by Experience who has experience of using Emotional Freedom Technique (EFT), also known as 'tapping' to support her own recovery. Find out what EFT is and how tapping enabled our Expert by Experience to acknowledge some of the challenges she was experiencing and how she finds it to be an effective tool that helps her manage her mental health.

Face-to-face session, Uffculme Centre, Moseley

Tuesday 27 February, 11.00am – 12.00pm

Online session

Wednesday 13 March, 11.00am – 12.00pm

Let's have a conversation about... Hoarding

This one-hour workshop is an introductory session to understanding Hoarding Behaviours. Hoarding Behaviours are very misunderstood by both those with the behaviours and those working or living with them. Hoarding Behaviours can cause isolation due to feelings of shame and guilt. This introduction shines a light on how understanding the condition can help to identify solutions to overcome those behaviours. This session will also introduce the value support groups can provide. An Expert by experience will share his own journey of discovery towards recovery.

Online session

Wednesday 21 February, 11.00am – 12.00pm

Let's have a conversation about... Spirituality

Spirituality can be anything that makes you feel uplifted and connected, it could be pets, music, beliefs or hobbies. It is not connected to any specific faith or religion, but it can be. It can mean different things to different people. This space is to explore what spirituality means to you and how it can be important in our recovery experiences.

Online session

Wednesday 7 February, 11.00am – 12.00pm

Let's have a conversation about... Stress

Feeling stressed is very common and it can feel very debilitating at times – but why do we experience stress? Stress in itself is not a mental health condition, but when we experience it, it can make us feel out of control, overwhelmed and we may feel we are unable to cope. This hour-long conversation explores how to recognise signs of stress and ways we can manage the effects.

Face-to-face session, Uffculme Centre, Moseley

Tuesday 30 January, 11.00am – 12.00pm

Online session

Wednesday 28 February, 11.00am – 12.00pm



SESSION AND COURSE DETAILS

Live better, move more

During this two-part course, you will learn about how keeping active and taking small steps to can make a big difference and 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.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 18 January, 10.30am – 12.30pm: Part 1

Thursday 25 January, 10.30am – 12.30pm: Part 2

Living with Bipolar Disorder

During this two-part course, you will gain information and skills surrounding identifying, understanding, and managing Bipolar Disorder. The course is interactive with a range of activities and discussions. The aims are to equip people with some key skills in mood awareness and stress management that can be applied following the course to help you stay well. Carers will gain further understanding of bipolar, information on being a carer and where to go for further support. The course is recovery focused, promotes choice and shared decision making in treatment options. You will gain an information pack for personal use following the course to encourage you to use the skills and information provided through out your recovery journey, which can also be utilised by carers. The course also outlines access to further services and treatments such as Mood on Track.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 1 February, 10.30am – 12.30pm: Part 1

Thursday 8 February, 10.30am – 12.30pm: Part 2



SESSION AND COURSE DETAILS

Menopause and Mental Health ~ NEW

This session explores what the menopause is, why it happens and some of the common and uncommon symptoms associated with it. It can often be hard to identify the symptoms as the menopause and not fluctuations in our mental health, through discussion and activities, learners are encouraged to explore this topic in more detail and how to advocate for yourself. This course has been designed to empower individuals to recognise the symptoms and help you navigate health information to make informed decisions.

Face-to-Face session, Uffculme Centre, Moseley

Monday 29 January, 10.30am – 12.30pm

Music for connection and expression

This three-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, explore musical history 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. You will have the opportunity to share your own personal favourite pieces of music.

Attendance on all sessions is recommended.

Face-to-face course, Renewal Conference Centre, Solihull

Monday 19 February, 2.00pm – 3.30pm: Part 1

Monday 26 February, 2.00pm – 3.30pm: Part 2

Monday 4 March, 2.00pm – 3.30pm: Part 3

Recovery Chat – drop in

This is an opportunity to find out more about what college has to offer. You can meet with the Recovery team, including Peer Support Workers and facilitators. You can also sign up to sessions, if you haven't already. Alternatively, you can just pop in for a chat.

Face-to-face, Uffculme Centre, Moseley

Thursday 22 February, 10.30am – 12.30pm

Face-to-face, Uffculme Centre, Moseley

Tuesday 12 March, 2.00pm – 4.00pm



SESSION AND COURSE DETAILS

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

Monday 12 February, 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, Uffculme Centre, Moseley

Thursday 7 March, 10.30am – 12.30pm



SESSION AND COURSE DETAILS

Seeds of Hope – allotment development

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.



Drop-in sessions, Uffculme Centre, Moseley

Tuesday 16 January, 10.30am – 12.30pm: *Tree pruning session*

Tuesday 6 February, 10.30am – 12.30pm: *Planning a way forward*

Tuesday 13 February, 10.30am – 12.30pm

Tuesday 20 February, 10.30am – 12.30pm

Tuesday 5 March, 10.30am – 12.30pm

Tuesday 12 March, 10.30am – 12.30pm

Tuesday 19 March, 10.30am – 12.30pm

Please wear appropriate clothing for the weather, especially footwear, as the sessions will be held outside. If for any reason, the weather is not suitable for us to be outside, but you would like to maintain a routine and connection, please do still come along and we can meet in the main hall with a hot drink.

Sharing lived experiences with children, family, friends and loved ones



It can feel very daunting to share personal experiences of mental illness, especially with children and loved ones. How much do you share, when is the best time to talk, what might be the challenges of sharing, are all questions you may be concerned about. This course has been developed in partnership with The Meriden Family Programme and explores how to have a conversation with children, family, friends and loved ones about mental ill-health, including techniques which can help everyone feel safe and at ease. Opening up conversations about mental health can be very beneficial as we can break down stigma and encourage each other to seek help earlier.

Face-to-face session, Renewal Conference Centre, Solihull

Monday 11 March, 2.00pm – 4.00pm



SESSION AND COURSE DETAILS

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 sessions, Renewal Conference Centre, Solihull

Monday 18 March, 1.30pm – 2.30pm

Monday 18 March, 3.00pm – 4.00pm

The role sleep plays in your recovery

It can be very challenging to have a mental health condition and experience sleep difficulties. This two-hour session is all about sleep and how it can impact on our mental health and recovery. Through discussion, the course explores why we need to sleep, what can contribute to 'poor' sleep and looks at lifestyle factors that can influence the quality of sleep we have.

Face-to-face session, Uffculme Centre, Moseley

Tuesday 16 January: 2.00pm – 4.00pm

Face-to-face session, Renewal Conference Centre, Solihull

Monday 19 February, 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.

Attendance on all sessions is recommended.

Online session

Wednesday 31 January, 1.30pm – 2.30pm: Part 1

Wednesday 7 February, 1.30pm – 2.30pm: Part 2

Wednesday 14 February, 1.30pm – 2.30pm: Part 3



SESSION AND COURSE DETAILS

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 Experts by Experience who have lived and/or work experience of personality disorder.

Face-to-face session, Uffculme Centre, Moseley

Monday 12 February, 1.30pm – 4.00pm

What is recovery in mental health?

We recommend this session if you are new to Recovery College

This two-part course is an introduction to personal recovery – living well in the presence or absence of mental health symptoms. We believe that recovery is possible for all and that everyone's recovery journey is unique to them. This course encourages you to explore what your recovery means to you, identify your personal strengths and you will learn about the different dimensions of personal recovery – Hope, Opportunities and Choice. The course also explores who can support us in our recovery experiences. Connecting with others can be very inspiring.

Attendance on both sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 18 January, 2.00pm – 4.00pm: Part 1

Thursday 25 January, 2.00pm – 4.00pm: Part 2

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

Tuesday 27 February, 2.00pm – 4.00pm

Face-to-face session, Renewal Conference Centre, Solihull

Monday 4 March, 10.30am – 12.30pm



SESSION AND COURSE DETAILS

Writing for self-expression Royal Literary Fund

Formerly the 'Expressive writing' course, these sessions are 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.

Attendance at all sessions is recommended.

Face-to-face course, Uffculme Centre, Moseley

Thursday 15 February, 1.30pm – 3.00pm: Part 1

Thursday 22 February, 1.30pm – 3.00pm: Part 2

Thursday 29 February, 1.30pm – 3.00pm: Part 3

Thursday 7 March, 1.30pm – 3.00pm: Part 4



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 – 1.45pm 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.

Renewal Conference 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

Refreshments are not available on site, but water will be provided.

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



Useful Information

How long will each session last?

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

Face-to-face sessions are mixed - 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**.

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 anything with you. There are opportunities to purchase food and drinks at Uffculme Centre however there are no facilities on offer at the Renewal Conference Centre - learners may wish to bring their own refreshments. Water will be provided at all sessions.

We would like to take this opportunity to respectfully ask that if you are experiencing any Covid19 symptoms or feel unwell, please let us know and 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.

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



Monday 15 January	Tuesday 16 January	Wednesday 17 January	Thursday 18 January	Friday 19 January
Uffculme Centre, Moseley	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
Five ways to wellbeing, part 1 10.30am - 12.30pm	Seeds of Hope - Tree pruning session (face to face) 10.30am - 12.30pm		Live better, move more, part 1 10.30am - 12.30pm	
Introducing Mindfulness 2.00pm - 3.30pm	The role sleep plays in your recovery 2.00pm - 4.00pm		What is Recovery in Mental Health? part 1 2.00pm - 4.00pm	
Monday 22 January	Tuesday 23 January	Wednesday 24 January	Thursday 25 January	Friday 26 January
Uffculme Centre, Moseley	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
Five ways to wellbeing, part 2 10.30am - 12.30pm			Live better, move more, part 2 10.30am - 12.30pm	Exploring Depression, part 1 11.00am - 12.00pm (Online)
	Hope in Recovery part 1 2.00pm - 4.00pm		What is Recovery in Mental Health? part 2 2.00pm - 4.00pm	
Monday 29 January	Tuesday 30 January	Wednesday 31 January	Thursday 1 February	Friday 2 February
Uffculme Centre, Moseley	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
Menopause and Mental Health 10.30am - 12.30pm	Let's have a conversation Stress (face to face) 11.00am - 12.00pm		Living with Bipolar Disorder, part 1 10.30am - 12.30pm	Exploring Depression, part 2 11.00am - 12.00pm (Online)
Empowerment through goal setting, part 1 2.00pm - 4.00pm	Hope in Recovery part 2 2.00pm - 4.00pm	Understanding Dementia: part 1 1.30pm - 2.30pm (Online)	Empowering you to make shared decisions about your care, part 1 2.00pm - 4.00pm	



Monday 5 February	Tuesday 6 February	Wednesday 7 February	Thursday 8 February	Friday 9 February
Uffculme Centre, Moseley	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
	Seeds of Hope allotment group (drop-in) 10.30am - 12.30pm	Let's have a conversation... Spirituality 11.00am - 12.00pm	Living with Bipolar Disorder, part 2 10.30am - 12.30pm	Exploring Depression, part 3 11.00am - 12.00pm (Online)
Empowerment through goal setting, part 2 2.00pm - 4.00pm	Hope in Recovery part 3 2.00pm - 4.00pm	Understanding Dementia: part 2 1.30pm - 2.30pm (Online)	Empowering you to make shared decisions about your care, part 2 2.00pm - 4.00pm	
Monday 12 February	Tuesday 13 February	Wednesday 14 February	Thursday 15 February	Friday 16 February
Uffculme Centre, Moseley	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
Recovery, hope and spirituality 10.30am - 12.30pm	Seeds of Hope allotment group (drop-in) 10.30am - 12.30pm		Identifying your strengths - the value of me 10.30am - 12.30pm	
What is personality disorder? an introduction 1.30pm - 4.00pm	Hope in Recovery part 4 2.00pm - 4.00pm	Understanding Dementia: part 3 1.30pm - 2.30pm (Online)	Writing for Self-Expression, part 1 1.30pm - 3.00pm	
Monday 19 February	Tuesday 20 February	Wednesday 21 February	Thursday 22 February	Friday 23 February
Renewal Conference Centre, Solihull	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
The role sleep plays in your recovery 10.30am - 12.30pm	Seeds of Hope allotment group (drop-in) 10.30am - 12.30pm	Let's have a conversation about Hoarding 11.00am - 12.00pm (Online)	Recovery chat drop in 10.30am - 12.30pm	
Music for Connection and Expression, part 1 2.00pm - 3.30pm	Hope in Recovery part 5 2.00pm - 4.00pm		Writing for Self-Expression, part 2 1.30pm - 3.00pm	



Monday 26 February Renewal Conference Centre, Solihull	Tuesday 27 February Uffculme Centre, Moseley	Wednesday 28 February Online	Thursday 29 February Uffculme Centre, Moseley	Friday 1 March Online
Identifying your strengths - the value of me 10.30am - 12.30pm	Let's have a conversation Emotional Freedom Technique (EFT) 11.00am – 12.00pm	Let's have a conversation Stress 11.00am – 12.00pm (Online)		
Music for Connection and Expression, part 2 2.00pm - 3.30pm	Who am I? 2.00pm - 4.00pm		Writing for Self-Expression, part 3 1.30pm – 3.00pm	
Monday 4 March Renewal Conference Centre, Solihull	Tuesday 5 March Uffculme Centre, Moseley	Wednesday 6 March Online	Thursday 7 March Uffculme Centre, Moseley	Friday 8 March Online
Who am I? 10.30am - 12.30pm	Seeds of Hope allotment group (drop-in) 10.30am - 12.30pm		Resilience and Me 10.30am - 12.30pm	
Music for Connection and Expression, part 3 2.00pm - 3.30pm			Writing for Self-Expression, part 4 1.30pm – 3.00pm	
Monday 11 March Renewal Conference Centre, Solihull	Tuesday 12 March Uffculme Centre, Moseley	Wednesday 13 March Online	Thursday 14 March Uffculme Centre, Moseley	Friday 15 March Online
Empowerment through goal setting, part 1 10.30am - 12.30pm	Seeds of Hope allotment group (drop-in) 10.30am - 12.30pm	Let's have a conversation Emotional Freedom Technique (EFT) 11.00am – 12.00pm (Online)	I forgot... exploring memory, part 1 10.30am - 12.30pm	
Sharing lived experiences with children, family, friends and loved ones 2.00pm - 4.00pm	Recovery Chat drop in 2.00pm - 4.00pm		Do you mind what you eat? part 1 2.00pm - 4.00pm	



Monday 18 March	Tuesday 19 March	Wednesday 20 March	Thursday 21 March	Friday 22 March
Renewal Conference Centre, Solihull	Uffculme Centre, Moseley	Online	Uffculme Centre, Moseley	Online
Empowerment through goal setting, part 2 10.30am - 12.30pm	A Magical Mystery Tour of Health Research: Powering Up your Recovery Through Knowledge 10.00am – 12.30pm		I forgot... exploring memory part 2 10.30am - 12.30pm	
	Seeds of Hope allotment group (drop-in) 10.30am - 12.30pm			
Sound Journey 1.30pm - 2.30pm Sound Journey 3.00pm - 4.00pm	Introduction to Compassionate Mindfulness 1.00pm - 2.00pm		Do you mind what you eat? part 2 2.00pm - 4.00pm	

SAVE THE DATE
Recovery College Celebration
Tuesday 26 March 2024 1.00pm - 3.00pm
the Uffculme Centre



Exciting News: We are Supporting Research about Recovery Colleges!



We are proud that this term we are taking part in a research project called RECOLLECT, exploring the impact of Recovery Colleges on learner outcomes and service use.

RECOLLECT is part of a five-year programme to better understand Recovery Colleges in England. Over the last decade, Recovery Colleges have rapidly expanded. We want to explore how Recovery Colleges might benefit those that use them. The findings may have many possible benefits for Recovery College learners and staff in the future, such as helping to inform future service provision.

Interested in taking part?

Taking part will involve you completing a set of questionnaires at four different time periods over 12 months. **you will receive a £15 voucher for each set of questionnaires that you complete (£60 in total).**

We are looking for people who:

- **Recently enrolled at Recovery College who have attended no more than 1 introductory class.**
- **Are aged 18 or over.**
- **Are currently accessing or have been accepted but waiting to access BSMHFT mental health services, such as a community mental health team or assertive outreach team.**



The project is taking place in several Recovery Colleges across the country. It is being led by The University of Nottingham, University of Manchester and Kings College London.

In BSMHFT, Katherine Allen (Lead, Recovery and Experience) and the Recovery for All team are overseeing the project.



Kiren Bains, Clinical Studies Officer at BSMHFT's Research and Development team is the friendly face who will be conducting the research.



For more information, please contact Katherine: k.allen@nhs.net



Recovery College

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