



Recovery College for All *timetable*

Spring/Summer
May - August 2024



We look forward to welcoming you

0121 301 3992

bsmhft.recoverycollege@nhs.net



Welcome to Recovery College for All

“I find the courses at Recovery College helpful – and it helps me to come out and meet people and learn some things about myself”

Anonymous learner – Winter term, 2024

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 so pleased to have sessions and courses return to our summer timetable they include **Exploring Anxiety** and **Tai Chi – a balanced approach** bringing more variety and interest.

Alongside our existing popular sessions and courses, we’re delighted to bring you **NEW** content, so do keep a look out.

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 20.

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 22 April: 2.00pm – 4.30pm

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

Thursday 25 April: 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 14



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**



We are supporting research about Recovery Colleges!



We are excited to share that a research project called RECOLLECT, exploring the impact of Recovery Colleges on learner outcomes and service use is set to continue following the beginning of this research in January of this year.

For new learners, 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.

For more information, please contact Katherine: k.allen@nhs.net or the local Recollect research team at bsmhft.recollectresearch@nhs.net





SESSION AND COURSE DETAILS

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

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
Wednesday 26 June
1.30pm – 4.00pm

Autism awareness RENEWED

This two-part course aims to improve awareness and understanding of Autism Spectrum Condition (ASC), whilst dispelling some common myths, and providing learners with the most current perspectives and information on the subject.

Delivered by passionate experienced facilitators, this course will aim to provide insight into understanding how ASC can present and the differences and realities experienced amongst individuals. Learners will also have the opportunity to explore supportive strategies which may help manage some of the challenges that Autistic people face. We will also look at the wider experiences of people with ASC, including mental health challenges.

Attendance on both sessions is recommended

Face-to-face course
Uffculme Centre, Moseley
Thursday 11 July
10.30am – 12.30pm: Part 1

Thursday 18 July
10.30am – 12.30pm: Part 2

Boost your writing confidence NEW

 Royal Literary Fund

This practical writing session will enable learners to tackle writing activities with increased confidence and enthusiasm.

Through discussion and writing exercises, learners will explore what they regard to be effective writing and practise a structured approach that can apply to writing generally i.e. for work purposes or personal use.

Face-to-face session
Uffculme Centre, Moseley
Wednesday 15 May
1.30pm – 4.00pm



SESSION AND COURSE DETAILS

Building my emotional toolkit RETURNING

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.

Attendance on all sessions is recommended

Face-to-face course
Uffculme Centre, Moseley

Monday 20 May
2.00pm – 4.00pm: Part 1

Monday 3 June
2.00pm – 4.00pm: Part 2

Monday 10 June
2.00pm – 4.00pm: 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 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 8 August
10.30am – 12.30pm: Part 1

Thursday 15 August
10.30am – 12.30pm: Part 2

Empowerment through goal setting

This two-part course 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

Thursday 11 July
2.00pm – 4.00pm: Part 1

Thursday 18 July
2.00pm – 4.00pm: Part 2



SESSION AND COURSE DETAILS

Empowering you to make shared decisions about your care

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, you 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
Monday 10 June
10.30am – 12.30pm: Part 1

Monday 17 June
10.30am – 12.30pm: Part 2

Exploring anxiety RENEWED

This two-part course, returning to our timetable as a face-to-face course, explores how anxiety is a normal human response and the different ways it can affect us. Through activities, discussion and sharing experiences, learners will be able to recognise symptoms, triggers and the cycle of anxiety. Learners will also explore different strategies that can help manage anxiety and aid personal recovery.

Attendance on both sessions is recommended.

Face-to-face course
Uffculme Centre, Moseley
Thursday 16 May
2.00pm – 4.00pm: Part 1

Thursday 23 May
2.00pm – 4.00pm: Part 2

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 14 June
11.00am – 12.00pm: Part 1

Friday 21 June
11.00am – 12.00pm: Part 2

Friday 28 June
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
Thursday 8 August
10.30am – 12.30pm: Part 1

Thursday 15 August
10.30am – 12.30pm: Part 2



SESSION AND COURSE DETAILS

From Struggle to Strength: Living with a gambling addiction RENEWED

In this session, we will look at harmful gambling and the impact it has on those living with this addiction and the challenges of a mental health condition. Through a lived experience view, learners will have the opportunity to discuss and share how to navigate the maze of emotions and challenges individuals can face including the beliefs and perceptions of what is “gambling” and how to raise the subject with loved ones. With signposting, helpful tools and shared discussions there will also be a focus on how recovery can take place with resilience and hope.

Face-to-face session
Uffculme Centre, Moseley
Monday 24 June
2.00pm – 4.00pm

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 six-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 2 July
2.00pm – 4.00pm: Part 1

Tuesday 16 July
2.00pm – 4.00pm: Part 2

Tuesday 23 July
2.00pm – 4.00pm: Part 3

Tuesday 30 July
2.00pm – 4.00pm: Part 4

Tuesday 6 August
2.00pm – 4.00pm: Part 5

Tuesday 13 August
2.00pm – 4.00pm: Part 6

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 in order to share your lived experience.

There will be an opportunity for learners to put into practice what has been learnt.

Attendance on both sessions is recommended.

Face-to-face course
Uffculme Centre, Moseley
Monday 5 August
10.30am – 12.30pm: Part 1

Monday 12 August
10.30am – 12.30pm: Part 2



SESSION AND COURSE DETAILS

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
Monday 24 June
10.30am – 12.30pm

“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 25 July
10.30am – 12.30pm: Part 1

Thursday 1 August
10.30am – 12.30pm: Part 2

Introducing mindfulness

This 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
Tuesday 18 June
2.00pm – 3.30pm

Introduction to Compassionate Mindfulness

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
Wednesday 29 May
11.00am – 12.00pm



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.

Online session
Wednesday 15 May
11.00am – 12.00pm

Face-to-face session
Uffculme Centre, Moseley
Tuesday 16 July
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 3 July
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 5 June
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.

Online session
Wednesday 22 May
11.00am – 12.00pm

Face-to-face session
Uffculme Centre, Moseley
Tuesday 11 June
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 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
Tuesday 4 June
2.00pm - 4.00pm: Part 1

Tuesday 11 June
2.00pm – 4.00pm: 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
Uffculme Centre, Moseley
Thursday 30 May
2.00pm - 4.00pm

Making a difference: an introduction to Quality Improvement **NEW**

In this session, learners will be introduced to the concept and principles of quality improvement (QI) Trust and how it can be applied to improve health and wellbeing outcomes for service users and patients with co-production at its heart.

Through personal stories and experiences QI EBEs will also share their accounts of being involved with QI initiatives within the Trust as well as the benefits and challenges of QI in mental healthcare settings.

Face-to-face session
Uffculme Centre, Moseley
Wednesday 31 July
2.00pm - 4.30pm

Menopause and Mental Health

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 17 June
2.00pm – 4.00pm

Face-to-face session
Renewal Centre, Solihull
Monday 8 July
10.30am – 12.30pm



SESSION AND COURSE DETAILS

My personal plan to stay well **NEW**

This three-part course will focus on you. It has been designed to equip you with knowledge, tools and a sense of empowerment to maintain your own wellbeing and work towards goals that help you feel well. Through discussion and personal reflection, you will be able to explore what wellness looks like and identify your own strengths and interests. The course also explores what can happen when things don't go to plan. By the end of the course, you will have made a start on your own plan to stay well.

Attendance on all sessions is recommended.

Face-to-face course
Uffculme Centre, Moseley
Thursday 16 May
10.30am – 12.30pm: Part 1

Thursday 23 May
10.30am – 12.30pm: Part 2

Thursday 30 May
10.30am – 12.30pm: 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 session
Uffculme Centre, Moseley
Tuesday 14 May
2.00pm – 4.00pm

Tuesday 21 May
2.00pm – 4.00pm

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 3 June
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 1 August
2.00pm – 4.00pm



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 to nurture 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 cleared space.

Please note meeting dates are Tuesdays, 10.30am – 12.30pm



Uffculme Centre, Moseley

Tuesday 21 May

Tuesday 28 May

Tuesday 4 June

Tuesday 11 June

Tuesday 18 June

Tuesday 25 June

Tuesday 2 July

Tuesday 9 July

Tuesday 16 July

Tuesday 23 July

Tuesday 30 July

Tuesday 6 August

Tuesday 13 August

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 Uffculme Centre, Moseley

Thursday 4 July

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
Uffculme Centre, Moseley

Monday 5 August
1.30pm – 2.30pm

3.00pm – 4.00pm

Tai Chi – a balanced approach RETURNING

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 20 June
10.20pm – 12.30pm: Part 1

Thursday 27 June
10.30am - 12.30pm: Part 2

Talking Money – supporting you when you need it most – an introduction NEW

In partnership with Birmingham Settlement Money Advice team this co-produced and co-designed course will aim to provide learners with sufficient information to empower and support in taking greater control of personal finances.



Getting Money - the first session will be an introduction to the benefits system and will pay additional emphasis on universal credit and personal independence payments (PiP) as these are not only benefits EBEs will be receiving or potentially entitled to, but where individuals experience particular difficulties both in claiming and retaining benefits.

Making the most of your money – the second session will begin with basic budgeting and expand to focus on dealing with bank accounts, bill paying, debit/credit cards and debts.

Attendance on both sessions is recommended.

Face-to-face course
Uffculme Centre, Moseley

Thursday 6 June
10.30am – 12.30pm: Part 1

Thursday 13 June
10.30am – 12.30pm: Part 2



SESSION AND COURSE DETAILS

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
Thursday 25 July
2.00pm – 4.00pm

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.

Face-to-face session
Uffculme Centre, Moseley
Tuesday 25 June
10.30am – 12.30pm: Part 1

Tuesday 2 July
10.30am – 12.30pm: Part 2

Tuesday 9 July
10.30am – 12.30pm: Part 3

Online session
Wednesday 10 July
1.30pm – 2.30pm: Part 1

Wednesday 17 July
1.30pm – 2.30pm: Part 2

Wednesday 24 July
1.30pm – 2.30pm: Part 3

Waiting well: preparing for your assessment **NEW**

**** This course is for those who have been offered and are waiting for a memory assessment with the Memory Assessment Service ****

It can be challenging to be concerned about our health and the time whilst waiting for an assessment can be very difficult. This session has been designed to support service users and their families who are waiting for a memory assessment. The course will explore what can cause memory difficulties and what an assessment includes. You will be able to identify key information that will be helpful to share with the practitioner when you have your assessment. The facilitators will also share with you what tips and strategies you can put in place to help you whilst you are waiting.

Online session
Wednesday 22 May
2.00pm – 4.15pm

Wednesday 5 June
10.30am – 12.45pm

Face-to-face session
Uffculme Centre, Moseley
Thursday 4 July
10.30am – 12.45pm



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
Tuesday 14 May
10.30am – 12.30pm

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
Monday 13 May
10.30am – 12.30pm: Part 1

Monday 20 May
10.30am – 12.30pm: 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 28 May
2.00pm – 4.00pm

Face-to-face session
Renewal Centre, Solihull
Monday 15 July
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 6 June

1.30pm – 3.00pm: Part 1

Thursday 13 June

1.30pm – 3.00pm: Part 2

Thursday 20 June

1.30pm – 3.00pm: Part 3

Thursday 27 June

1.30pm – 3.00pm: Part 4

Face-to-face course, Renewal Centre, Solihull

Monday 8 July

1.30pm – 3.00pm: Part 1

Monday 15 July

1.30pm – 3.00pm: Part 2

Monday 22 July

1.30pm – 3.00pm: Part 3

Monday 29 July

1.30pm – 3.00pm: Part 4



ADDITIONAL DETAILS

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 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!



TIMETABLE

| TIMETABLE | | | | |
|--|---|---|---|---------------|
| Monday 13 May | Tuesday 14 May | Wednesday 15 May | Thursday 16 May | Friday 17 May |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | Online/Uffculme Centre, Moseley | Uffculme Centre, Moseley | |
| What is Recovery in Mental Health? <i>part 1</i> 10.30am - 12.30pm | What is personality disorder? An introduction 10.30am - 12.30pm | Let's have a conversation about Emotional Freedom Technique (EFT) <i>Online</i> 11.00am - 12.00pm | My personal plan to stay well <i>part 1</i> 10.30am - 12.30pm | |
| | Recovery chat 2.00pm - 4.00pm | Boost your writing confidence 1.30pm - 4.00pm | Exploring Anxiety <i>part 1</i> 2.00pm - 4.00pm | |
| Monday 20 May | Tuesday 21 May | Wednesday 22 May | Thursday 23 May | Friday 24 May |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | Online | Uffculme Centre, Moseley | |
| What is Recovery in Mental Health? <i>part 2</i> 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | Let's have a conversation about Stress 11.00am - 12.00pm <i>Online</i> | My personal plan to stay well <i>part 2</i> 10.30am - 12.30pm | |
| Building an emotional toolkit <i>part 1</i> 2.00pm - 4.00pm | Recovery Chat 2.00pm - 4.00pm | Waiting well: preparing for your assessment <i>Online</i> 2.00pm - 4.15pm | Exploring Anxiety <i>part 2</i> 2.00pm - 4.00pm | |
| Monday 27 May | Tuesday 28 May | Wednesday 29 May | Thursday 30 May | Friday 31 May |
| BANK HOLIDAY | Uffculme Centre, Moseley | Uffculme Centre, Moseley | Uffculme Centre, Moseley | |
| | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | | My personal plan to stay well <i>part 3</i> 10.30am - 12.30pm | |
| | Who am I 2.00pm - 4.00pm | Introduction to Compassionate Mindfulness 11.00am - 12.00pm | Living with psychosis 2.00pm - 4.00pm | |



TIMETABLE

| TIMETABLE | | | | |
|---|---|--|--|---|
| Monday 3 June | Tuesday 4 June | Wednesday 5 June | Thursday 6 June | Friday 7 June |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | Online | Uffculme Centre, Moseley | |
| Recovery, hope and spirituality 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | Waiting well: preparing for your assessment <i>Online</i> 10.30am - 12.45pm | Talking Money – supporting you when you need it most – an introduction <i>part 1</i> 10.30am - 12.30pm | |
| Building an emotional toolkit <i>part 2</i> 2.00pm - 4.00pm | Live better, move more <i>part 1</i> 2.00pm - 4.00pm | Let's have a conversation about Spirituality <i>Online</i> 11.00am - 12.00pm | Writing for self-expression <i>part 1</i> 1.30pm - 3.00pm | |
| Monday 10 June | Tuesday 11 June | Wednesday 12 June | Thursday 13 June | Friday 14 June |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | | Uffculme Centre, Moseley | Online |
| Empowering you to make shared decisions about your care <i>part 1</i> 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | | Talking Money – supporting you when you need it most – an introduction <i>part 2</i> 10.30am - 12.30pm | Exploring Depression <i>part 1</i> 11.00am - 12.00pm <i>Online</i> |
| | Let's have a conversation Stress 11.00am - 12.00pm | | | |
| Building an emotional toolkit <i>part 3</i> 2.00pm - 4.00pm | Live better, move more <i>part 2</i> 2.00pm - 4.00pm | | Writing for self-expression <i>part 2</i> 1.30pm - 3.00pm | |
| Monday 17 June | Tuesday 18 June | Wednesday 19 June | Thursday 20 June | Friday 21 June |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | | Uffculme Centre, Moseley | Online |
| Empowering you to make shared decisions about your care <i>part 2</i> 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | | Tai Chi – a balanced approach <i>part 1</i> 10.30am - 12.30pm | Exploring Depression <i>part 2</i> 11.00am - 12.00pm <i>Online</i> |
| Menopause and mental health 2.00pm - 4.00pm | Introducing Mindfulness 2.00pm - 3.30pm | | Writing for self-expression <i>part 3</i> 1.30pm - 3.00pm | |



TIMETABLE

| TIMETABLE | | | | |
|---|--|--|--|--|
| Monday 24 June | Tuesday 25 June | Wednesday 26 June | Thursday 27 June | Friday 28 June |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | Uffculme Centre, Moseley | Uffculme Centre, Moseley | Online |
| Identifying your strengths - the value of me 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm Understanding Dementia part 1 10.30am – 12.30pm | | Tai Chi – a balanced approach Part 2 10.30am - 12.30pm | Exploring Depression part 3 11.00am - 12.00pm <i>Online</i> |
| From struggle to strength: living with a gambling addiction 2.00pm – 4.00pm | | A Magical Mystery Tour of Health Research: Powering Up your Recovery Through Knowledge 1.30pm - 4.00pm | Writing for self-expression, part 4 1.30pm - 3.00pm | |
| Monday 1 July | Tuesday 2 July | Wednesday 3 July | Thursday 4 July | Friday 5 July |
| | Uffculme Centre, Moseley | Online | Uffculme Centre, Moseley | |
| | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm Understanding Dementia part 2 10.30am – 12.30pm Hope in Recovery part 1 2.00pm – 4.00pm | Let’s have a conversation about Hoarding 11.00am – 12.00pm <i>Online</i> | Waiting well: preparing for your assessment 10.30am - 12.45pm Sharing lived experiences with children, family, friends and loved ones 2.00pm – 4.00pm | |



TIMETABLE

| TIMETABLE | | | | |
|---|--|---|--|----------------|
| Monday 8 July | Tuesday 9 July | Wednesday 10 July | Thursday 11 July | Friday 12 July |
| Renewal Centre, Solihull | Uffculme Centre, Moseley | Online | Uffculme Centre, Moseley | |
| Menopause and mental health 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | | Autism awareness <i>part 1</i> 10.30am – 12.30pm | |
| | Understanding Dementia <i>part 3</i> 10.30am – 12.30pm | | | |
| Writing for self-expression <i>Part 1</i> 1.30pm - 3.00pm | | Understanding Dementia <i>part 1</i> 1.30pm - 2.30pm <i>Online</i> | Empowerment through goal setting <i>part 1</i> 2.00pm - 4.00pm | |
| Monday 15 July | Tuesday 16 July | Wednesday 17 July | Thursday 18 July | Friday 19 July |
| Renewal Centre, Solihull | Uffculme Centre, Moseley | Online | Uffculme Centre, Moseley | |
| Who am I 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm | | Autism awareness <i>part 2</i> 10.30am - 12.30pm | |
| | Let's have a conversation about Emotional Freedom Technique (EFT) 11.00am – 12.30pm | | | |
| Writing for self-expression <i>part 2</i> 1.30pm - 3.00pm | Hope in Recovery <i>part 2</i> 2.00pm – 4.00pm | Understanding Dementia <i>part 2</i> 1.30pm - 2.30pm <i>Online</i> | Empowerment through goal setting <i>part 2</i> 2.00pm - 4.00pm | |



TIMETABLE

| TIMETABLE | | | | |
|--|---|--|---|-----------------|
| Monday 22 July | Tuesday 23 July | Wednesday 24 July | Thursday 25 July | Friday 26 July |
| Renewal Centre, Solihull | Uffculme Centre, Moseley | Online | Uffculme Centre, Moseley | |
| What is Recovery in Mental Health? <i>part 1</i> 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am – 12.30pm | | I forgot...exploring memory <i>part 1</i> 10.30am - 12.30pm | |
| Writing for self-expression <i>part 3</i> 1.30pm - 3.00pm | Hope in Recovery <i>part 3</i> 2.00pm – 4.00pm | Understanding Dementia <i>part 3</i> 1.30pm - 2.30pm <i>Online</i> | The role sleep plays in your recovery 2.00pm - 4.00pm | |
| Monday 29 July | Tuesday 30 July | Wednesday 31 July | Thursday 1 August | Friday 2 August |
| Renewal Centre, Solihull | Uffculme Centre, Moseley | Uffculme Centre, Moseley | Uffculme Centre, Moseley | |
| What is Recovery in Mental Health? <i>part 2</i> 10.30am - 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am – 12.30pm | | I forgot...exploring memory <i>part 2</i> 10.30am - 12.30pm | |
| Writing for self-expression <i>part 4</i> 1.30pm - 3.00pm | Hope in Recovery <i>part 4</i> 2.00pm - 4.00pm | Making a difference: an introduction to Quality Improvement 2.00pm – 4.30pm | Resilience and me 2.00pm – 4.00pm | |
| Monday 5 August | Tuesday 6 August | Wednesday 7 August | Thursday 8 August | Friday 9 August |
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | | Uffculme Centre, Moseley | |
| How to share lived experience <i>part 1</i> 10.30am – 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am – 12.30pm | | Do you mind what you eat? <i>part 1</i> 10.30am - 12.30pm | |
| Sound Journey – relax the body, calm the mind 1.30pm - 2.30pm | Hope in Recovery <i>part 5</i> 2.00pm - 4.00pm | | Five ways to Wellbeing <i>part 1</i> 2.00pm - 4.00pm | |
| Sound Journey – relax the body, calm the mind 3.00pm - 4.00pm | | | | |



TIMETABLE

| Monday 12 August | Tuesday 13 August | Wednesday 14 August | Thursday 15 August |
|---|---|---------------------|---|
| Uffculme Centre, Moseley | Uffculme Centre, Moseley | | Uffculme Centre, Moseley |
| How to share lived experience <i>part 2</i> 10.30am – 12.30pm | Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am – 12.30pm | | Do you mind what you eat? <i>part 2</i> 10.30am – 12.30pm |
| | Hope in Recovery <i>part 6</i> 2.00pm – 4.00pm | | Five ways to Wellbeing <i>part 2</i> 2.00pm – 4.00pm |



SAVE THE DATE

**Recovery College
 Celebration**

Thursday 22 August 2024
1.00pm – 3.00pm
Uffculme Centre



Recovery College for All

Birmingham and Solihull Mental Health NHS Foundation
Trust

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