

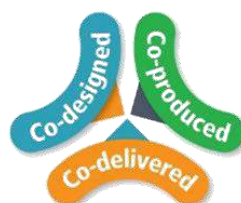


Recovery College for All *timetable*

**Spring / Summer
May – August 2025**

We look forward to welcoming you

Tel: 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”

Our courses and sessions are co-designed and co-facilitated by Experts by Experience (EBE) who are individuals who have lived experience of challenges in their own mental health. Our EBEs work alongside mental health professionals to develop courses that support and promote personal recovery.

This booklet provides an overview of the type of courses and sessions that are on offer at Recovery College. Booking onto any session or course that is of interest is simple and easily managed (please see details below).

Throughout this timetable, we have included quotes and comments from our learners who have attended college before, which we hope you find comforting and inspiring.

Our Recovery College timetable is focused on all aspects of personal recovery, and we hope our college will support you on your recovery journey to living a full and satisfying life, in the presence or absence of symptoms.

We are so pleased to share that we have **new sessions** on offer this term as well as extending other sessions previously timetabled.

NEW Understanding grief and loss

NEW Connecting with nature: Flower power

NEW Connecting with nature: RSPB nature prescription

NEW Connecting through craft: Stone painting

EXTENDED

Connecting through craft: Cross stitch *now three-part course*

Connecting through craft: Knitting *now two-part course*

RETURNING Living with bipolar disorder: keeping your mood
on track



If you are new to college, we recommend that you join us on our Open Day at the Uffculme Centre - further details on [page 5](#). You will have an opportunity to meet the team, and we can explain more detail about our sessions.

All our face-to-face sessions and courses in this programme will be held at **Uffculme Centre, Moseley** and online sessions are delivered via the Microsoft Teams platform. Further information on what a learner needs to attend, how long sessions are etc, can be found on [page 22](#).

Booking your place on a session or course

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 or courses.



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.

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 answer phone.

If the line is busy, you will be directed to leave a message, and we will call you back.





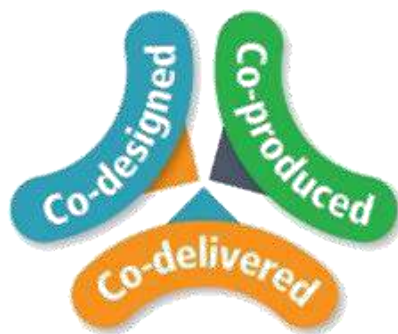
Open Day

Thursday 8 May: 10.30am – 3.00pm

Uffculme Centre, Queensbridge Road, Moseley, B13 8QY

You are welcome to come along to meet the team and have a chat about how Recovery College can support you.

You don't need to book to attend this session, please just pop in to see us and we can help you identify which sessions or courses might be of interest for you.





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**



working in partnership with...

Memory Assessment Service at BSMHFT

We are pleased to share that our continued work with the Memory Assessment Service (MAS) within the Trust continues to grow from strength to strength.

The **Waiting well: preparing for your assessment** sessions have been specifically designed for individuals who are waiting for a memory assessment appointment.

Learners are contacted directly by the MAS team and offered an opportunity to join a session, either online or face-to-face. They have been designed to support service users and their families who are waiting for a memory assessment and explore what can cause memory difficulties and what an assessment includes. The facilitators also share what tips and strategies that can be put in place to help whilst waiting.

Connecting with nature: RSPB nature prescription



This two-hour session gives you permission to take some time out, take notice of the nature that is around us and will give you the opportunity to try out different ways to connect with nature through guided activities that appeal to all five of our senses. Evidence tells us that connecting with nature can have a positive impact on our mental health and wellbeing, but did you know that our relationship with nature is mutual – we can have a positive impact on nature too!

Learners attending the session will receive an RSPB Nature Prescription booklet, which has a full calendar of suggestions and ways you can connect with nature throughout the year.

This session will include some time outdoors in the grounds of the Uffculme Centre, so please wear appropriate clothing and shoes and be mindful of the weather conditions.

SESSION AND COURSE DETAILS

Connecting Through Craft

These informal sessions are a chance to come together and take part in a space to create your own piece of craft and engage in activities involving the natural world.

We know that being with others helps us to connect and gives time to just be ourselves. This can have a positive impact on our wellbeing.

All abilities are welcome and resources, where appropriate, are provided.

For those who are more proficient in the chosen craft, please feel free to join in, in supporting others whilst continuing with your own projects.





Connecting through craft: Cross stitch

Learn the art of cross stitch, following simple patterns to create your cross-stitch memento.

part 1 - Thursday 15 May, 10.30am – 12.30pm

part 2 - Thursday 22 May, 10.30am – 12.30pm

part 3 - Thursday 29 May, 10.30am – 12.30pm

Connecting through craft: knitting

We'll teach you how to cast on / cast off and introduce you to some basic stitches. For learners who are happy to move on, we'll share an easy pattern to begin working on your own project.

Part 1 - Tuesday 13 May, 10.30am – 12.30pm

Part 2 - Tuesday 20 May, 10.30am – 12.30pm

Connecting through craft: Card making

Wednesday 14 May, 10.30am – 12.30pm

Connecting through craft: Beading

This session will encourage learners to create beaded bracelets, keyrings, necklaces or other handmade items

Tuesday 13 May, 2.00pm – 4.00pm

Connecting through craft: Stone painting

A shared opportunity for you to get creative with paints.

Thursday 15 May, 2.00pm – 4.00pm

Connecting with nature: Flower power

This session encourages you to capture the beauty of nature.

Part 1 - Thursday 26 June, 2.00pm – 4.00pm

Part 2 - Tuesday 29 July, 2.00pm – 4.00pm

Connecting with nature: RSPB nature prescription

Thursday 7 August, 10.30am – 12.30pm





Seeds of Hope - *gardening group*

"We feel very privileged to have this tranquil space to plant some seeds, reap and sow, meet new friends and see us all grow"



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. You do not need any prior experience of gardening; you are welcome to participate at a level that suits you.

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 using it to its full potential.

Our drop-in sessions continue to grow and we're keen to keep going. So that we can manage expectations, if you are planning to visit, please help us by calling to confirm your attendance.

This is still a drop-in session and no need to book.

** Please note, this area is not currently accessible for wheelchair users.
If you have mobility challenges, please contact us and we can advise further.*

Session dates:

Tuesday 13 May

Tuesday 20 May

Tuesday 27 May

Tuesday 3 June

Tuesday 10 June

Tuesday 17 June

Tuesday 24 June

Tuesday 1 July

Tuesday 8 July

Tuesday 15 July

Tuesday 22 July

Tuesday 29 July

Tuesday 5 August

Further details will be shared for sessions arranged beyond this date.



SESSION AND COURSE DETAILS

Autism awareness

This three-part interactive 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. Learners can ask questions and get involved in discussions, although this is not an expectation or requirement.

Delivered by passionate, experienced facilitators, this course aims to provide insight into understanding how ASC can present, and the differences and realities experienced amongst individuals. Learners will be able 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 all sessions is recommended

Thursday 3 July
10.30am - 12.30pm: Part 1

Thursday 10 July
10.30am - 12.30pm: Part 2

Thursday 17 July
10.30am - 12.30pm: Part 3

Being active in your recovery

This two-part interactive course aims to help discover how staying active can boost mood, reduce stress and enhance overall well-being throughout a recovery journey. The facilitators will share their knowledge and life experiences on practical tools and approaches on how to integrate movement into everyday life.

Putting into practice and showcasing simple activities, learners can participate in a short walk in a nearby park (walking in the rain can be fun!) literally taking small steps to be inspired to view physical activity as positive, accessible and enjoyable.

Attendance on both sessions is recommended.

Tuesday 17 June
1.30pm - 3.30pm: Part 1

Tuesday 24 June
1.30pm - 3.30pm: Part 2

Boost your writing confidence

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 be applied to any type of writing.

 **Royal Literary Fund**

Tuesday 3 June
1.30pm – 4.00pm



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.

Attendance on all sessions is recommended

Monday 21 July
1.30pm - 4.00pm: Part 1

Monday 28 July
1.30pm - 4.00pm: Part 2

Monday 4 August
1.30pm - 4.00pm: Part 3

CHIME: An individualised and holistic approach to personal recovery

Each individual recovery journey is different. CHIME is a framework that can help us find the key elements of personal recovery.

This five-part course explores the core themes that underpin personal recovery: Connectedness, Hope and optimism, Identity, Meaning and Purpose and Empowerment.

Through discussion, self-reflection and activities, you will be supported to explore the CHIME framework in relation to your own recovery journey.

Monday 2 June
10.30am – 12.00pm: Part 1

Monday 9 June
10.30am – 12.00pm: Part 2

Monday 16 June
10.30am – 12.00pm: Part 3

Monday 23 June
10.30am – 12.00pm: Part 4

Monday 30 June
10.30am – 12.00pm: Part 5

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

Tuesday 1 July
10.30am - 12.30pm: Part 1

Tuesday 8 July
10.30am - 12.30pm: Part 2



SESSION AND COURSE DETAILS

Exploring anxiety

This two-part 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.

**Thursday 12 June
10.30am - 12.30pm: Part 1**

**Thursday 19 June
10.30am - 12.30pm: Part 2**

Exploring depression

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

**Tuesday 5 August
10.30am – 12.30pm**

Five Ways to Wellbeing

This session 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 think about setting small goals to build motivation and confidence.

**Thursday 26 June
10.30am – 12.30pm**

“I enjoyed every bit of the class”



SESSION AND COURSE DETAILS



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 an oak tree.

Hope in Recovery created by The Recovery Foundation to facilitate hope and recovery, this six-part course aims to provide 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.



Thursday 3 July
2.00pm – 4.00pm: Part 1

Thursday 10 July
2.00pm – 4.00pm: Part 2

Thursday 17 July
2.00pm – 4.00pm: Part 3

Thursday 24 July
2.00pm – 4.00pm: Part 4

Thursday 31 July
2.00pm – 4.00pm: Part 5

Thursday 7 August
2.00pm – 4.00pm: Part 6



SESSION AND COURSE DETAILS

How to share lived experience

The aim of this two-part course is to inspire hope in recovery and to equip you with the skills and confidence to share your lived experience, whether that be in 1-1 conversations with loved ones or health professionals, to larger group settings.

The course explores why sharing experiences can be empowering and build our confidence but also examines how sharing can change us in both positive and in challenging ways. The course aims to equip learners with the tools and knowledge to safely share parts of their own experiences.

Attendance on both sessions is recommended.

Thursday 24 July
10.30am - 1.00pm: Part 1

Thursday 31 July
10.30am - 1.00pm: Part 2

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.

Monday 28 July
10.30am - 12.30pm

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. Learners have the opportunity to try various mindfulness and meditation exercises. Further information and signposting is also provided.

Monday 19 May
10.30am - 12.00pm

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 the session, you will go away with some simple tools and techniques on how to include these practices into your daily routine.

Wednesday 23 July
10.30am – 11.30am

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



SESSION AND COURSE DETAILS

Living with bipolar: keeping your mood on track

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

Monday 2 June
1.30pm – 3.00pm: Part 1

Monday 9 June
1.30pm – 3.00pm: 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 psychosis. 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 and live well with this diagnosis.

Thursday 5 June
10.30am – 12.30pm

Making a difference: an introduction to Quality Improvement

In this session, learners will be introduced to the concept and principles of Quality Improvement (QI) within Birmingham and Solihull Mental Health 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 Experts by Experience will also share their accounts of being involved with QI initiatives within the organisation as well as the benefits and challenges of quality improvement within mental healthcare settings.

Wednesday 30 July
10.30am – 1.00pm



SESSION AND COURSE DETAILS

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.

Tuesday 27 May
10.30am - 12.30pm

Music for expression and connection

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, 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 experience.

Attendance on both sessions is recommended.

Monday 23 June
2.00pm – 3.30pm: Part 1

Monday 30 June
2.00pm – 3.30pm: Part 2

Parenting with a mental health condition

It can feel very daunting to share personal experiences of mental illness, especially with children and loved ones. This session has been developed in partnership with The Meriden Family Programme and a parent who lives with a mental illness. How much do you share? When is the best time to talk? What might be the challenges of sharing? These are questions you may be concerned about.

This workshop will look at 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.



Monday 16 June
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 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 you have a faith or belief.

Tuesday 3 June
10.30am - 12.30pm

Resilience and me

This session explores what resilience in mental health means – it is not something that people either have or don't have, instead it is something that can fluctuate over time. You will be doing things already that help support your own resilience and help you manage day to day.

Through discussion and group activities, you will explore what can help you feel more empowered and build your understanding of things that give you strength in your recovery journey.

Tuesday 22 July
2.00pm – 4.00pm

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.

Monday 4 August

Session 1:
10.30am – 11.30am

Session 2:
12.00pm – 1.00pm

Please note these time slots are the same session, delivered twice to provide ample opportunity to attend



SESSION AND COURSE DETAILS

The power of reflective practice

This session introduces the topic of Reflective Practice and explores how, with practice, the art of reflection can be developed as a skill that empowers us and gives us the ability to reflect on life events to help us process and move forward. Through discussion, learners will explore the benefits of Reflective Practice and explore some of the difficulties we may experience when trying to process events and how to overcome these.

Learners will also have the opportunity to try their own reflective writing using a framework to help focus on not only what happened, but more importantly, our thoughts and feeling about events, to help us learn and grow. Being able to develop these skills can be very empowering and can help us in our own recovery.

**Tuesday 5 August
2.00pm – 4.30pm**

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.

**Monday 19 May
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.



**Monday 7 July
10.30am - 12.30pm: Part 1**

**Monday 14 July
10.30am - 12.30pm: Part 2**

**Monday 21 July
10.30am - 12.30pm: Part 3**

**Online course
Wednesday 11 June
1.30pm - 2.30pm: Part 1**

**Wednesday 18 June
1.30pm - 2.30pm: Part 2**

**Wednesday 25 June
1.30pm - 2.30pm: Part 3**



SESSION AND COURSE DETAILS

Understanding grief and loss

This session offers a gentle exploration of how grief and loss make an impact on us and how we can cope with the effects. The group will look at some of the psychological and spiritual areas of grief, loss and bereavement, as well as offering some practical advice and support for the future.

This session is suitable for those adjusting to loss (from long ago or more recently) and may need a bit of extra support to do this. It is also for those interested in learning more about grief, bereavement and coping mechanisms.

This session is not recommended if your loss has been very recent.

This session does not train you to offer grief counselling or permit you to support bereaved people in any way.

**Monday 14 July
2.00pm – 4.00pm**

What is an eating disorder? An introduction

This two-and-a-half-hour session explores what defines an eating disorder and explores different types of eating disorders.

The session aims to raise awareness and dispel some of the myths associated with eating disorders. Learners will have the opportunity to explore why individuals may develop an eating disorder. Experts by Experience share what their recovery looks like and how they live well with an eating disorder.

**Tuesday 22 July
10.30am – 1.00pm**

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 sessions will touch on how it can develop and how it can feel to receive a diagnosis and to live well.

It has been designed and is facilitated by a team of staff and Experts by Experience who have lived and work experience of personality disorder.

**Tuesday 17 June
10.30am – 1.00pm**



SESSION AND COURSE DETAILS

What is recovery in mental health?

We recommend this course 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.

Tuesday 20 May
2.00pm – 4.00pm: Part 1

Tuesday 27 May
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 album of pictures that help you to focus on your strengths, interests and things that you like. Be as creative as you want!

Thursday 19 June
2.00pm – 4.00pm

Writing for self-expression

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.



Royal Literary Fund

Thursday 22 May
1.30pm - 3.00pm: Part 1

Thursday 29 May
1.30pm - 3.00pm: Part 2

Thursday 5 June
1.30pm - 3.00pm: Part 3

Thursday 12 June
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 is available on-site; however, we would advise that learners arrive in good time as parking spaces may be limited at busy times.
Please note street parking is available on Yew Tree Road. From there, entry to the Uffculme centre is an approximately 5 mins walk away.

Facilities - There is a small café on site, offering a selection of hot and cold food. Opening times are: 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 in accommodating your needs.

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

Useful Information

How long will each session last?

Online sessions will run for one hour. Face-to-face sessions are mixed - please take note of the timings indicated. Some sessions are in multiple parts, and we recommend that you join all parts.

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 buy food and drinks at Uffculme Centre in our small café. There are a range of free hot drinks and water available from a machine.



We would like to take this opportunity to respectfully ask that if you are experiencing any Covid19 symptoms or feel physically 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!*

***“I have enjoyed coming to the course, thank you.
It was particularly useful to speak to people who have had
similar experiences.”***








TIMETABLE

	Tuesday 13 May	Wednesday 14 May	Thursday 15 May
	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	Connecting through craft: card making 10.30am - 12.30pm	Connecting through craft: Cross stitch – part 1 10.30am - 12.30pm
	Connecting through craft: knitting – part 1 10.30am - 12.30pm		
	Connecting through craft: Beading 2.00pm – 4.00pm	<i>“relaxing and enjoyable”</i>	NEW Connecting through craft: Stone painting 2.00pm - 4.00pm
Monday 19 May	Tuesday 20 May		Thursday 22 May
Introducing Mindfulness 10.30am - 12.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	 Royal Literary Fund	Connecting through craft: Cross stitch – part 2 10.30am - 12.30pm
	Connecting through craft: knitting – part 2 10.30am - 12.30pm		
The role sleep plays in your recovery 2.00pm – 4.00pm	What is Recovery in Mental Health? part 1 2.00pm - 4.00pm		Writing for self-expression - part 1 1.30pm - 3.00pm




TIMETABLE			
Monday 26 May	Tuesday 27 May		Thursday 29 May
	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	<i>“excellent course, thank you so much”</i>	Connecting through craft: Cross stitch – part 3 10.30am - 12.30pm
	Menopause and Mental Health 10.30am - 12.30pm		
	What is Recovery in Mental Health? part 2 2.00pm - 4.00pm		Writing for self-expression - part 2 1.30pm - 3.00pm
Monday 2 June	Tuesday 3 June		Thursday 5 June
CHIME: An individualised and holistic approach to personal recovery – part 1 10.30am - 12.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	<i>“it was lovely to relax, learn a new skill and have a chat with others on the course”</i>	Living with psychosis 10.30am - 12.30pm
	Recovery, hope and spirituality 10.30am – 12.30pm		
Living with bipolar disorder: keeping your mood on track – part 1 1.30pm - 3.00pm	Boost your writing confidence 1.30pm-4.00pm  Royal Literary Fund		Writing for self-expression - part 3 1.30pm - 3.00pm




TIMETABLE			
Monday 9 June	Tuesday 10 June	Wednesday 11 June	Thursday 12 June
CHIME: An individualised and holistic approach to personal recovery – part 2 10.30am - 12.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	ONLINE Understanding dementia part 1 1.30pm - 2.30pm 	Exploring anxiety – part 1 10.30am - 12.30pm
Living with bipolar disorder: keeping your mood on track – part 2 1.30pm - 3.00pm			Writing for self-expression - part 4 1.30pm - 3.00pm
Monday 16 June	Tuesday 17 June	Wednesday 18 June	Thursday 19 June
CHIME: An individualised and holistic approach to personal recovery – part 3 10.30am - 12.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	ONLINE Understanding dementia part 2 1.30pm - 2.30pm 	Exploring anxiety – part 2 10.30am - 12.30pm
	What is personality disorder? An introduction 10.30am - 1.00pm		
Parenting with a mental health condition 2.00pm - 4.00pm 	Being active in your recovery – part 1 1.30pm - 3.30pm		Who am I? 2.00pm - 4.00pm



TIMETABLE			
Monday 23 June	Tuesday 24 June	Wednesday 25 June	Thursday 26 June
CHIME: An individualised and holistic approach to personal recovery – part 4 10.30am - 12.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	ONLINE Understanding dementia part 3 1.30pm – 2.30pm 	Five ways to wellbeing 10.30am - 12.30pm
	Being active in your recovery – part 2 1.30pm – 3.30pm		
Music for expression and connection – part 1 2.00pm - 3.30pm			NEW Connecting through nature: Flower power – part 1 2.00pm – 4.00pm
Monday 30 June	Tuesday 1 July		Thursday 3 July
CHIME: An individualised and holistic approach to personal recovery – part 5 10.30am – 12.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm	<i>“really interesting, open and honest discussion within the groups”</i>	Autism awareness – part 1 10.30am - 12.30pm
	Do you mind what you eat? part 1 10.30am – 12.30pm		
Music for expression and connection – part 2 2.00pm - 3.30pm	My personal plan to stay well – part 1 2.00pm – 4.00pm		Hope in Recovery part 1 2.00pm – 4.00pm



TIMETABLE


Monday 7 July	Tuesday 8 July		Thursday 10 July
Understanding dementia – part 1 10.30am - 12.30pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm		Autism awareness – part 2 10.30am - 12.30pm
	Do you mind what you eat? part 2 10.30am - 12.30pm		
	My personal plan to stay well – part 2 2.00pm - 4.00pm		Hope in Recovery <i>part 2</i> 2.00pm - 4.00pm
Monday 14 July	Tuesday 15 July		Thursday 17 July
Understanding dementia – part 2 10.30am - 12.30pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am - 12.30pm		Autism awareness - part 3 10.30am - 12.30pm
NEW Understanding grief and loss 2.00pm - 4.00pm	<i>“Brilliant sessions”</i>		Hope in Recovery <i>part 3</i> 2.00pm - 4.00pm



TIMETABLE

Monday 21 July	Tuesday 22 July	Wednesday 23 July	Thursday 24 July
Understanding dementia – part 3 10.30am - 12.30pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am – 12.30pm	Introduction to compassionate mindfulness 10.30am – 11.30am	How to share lived experience - part 1 10.30am – 1.00pm
	What is an eating disorder? An introduction 10.30am – 1.00pm	<i>“great - enjoyed learning, coming together with others”</i>	
Building my emotional toolkit – part 1 1.30pm - 4.00pm	Resilience and me 2.00pm – 4.00pm		Hope in Recovery part 4 2.00pm - 4.00pm
Monday 28 July	Tuesday 29 July	Wednesday 30 July	Thursday 31 July
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	Making a difference: an introduction to Quality Improvement 10.30am - 1.00pm 	How to share lived experience - part 2 10.30am – 1.00pm
Building my emotional toolkit – part 2 1.30pm - 4.00pm	NEW Connecting through nature: Flower power – part 2 2.00pm - 4.00pm		Hope in Recovery part 5 2.00pm - 4.00pm



TIMETABLE			
Monday 4 August	Tuesday 5 August		Thursday 7 August
Sound Journey – relax the body, calm the mind 10.30am – 11.30am Sound Journey – relax the body, calm the mind 12.00pm – 1.00pm	Seeds of Hope – allotment development <i>Drop-in sessions</i> 10.30am – 12.30pm Exploring depression 10.30am – 12.30pm		NEW Connecting with nature: RSPB nature prescription 10.30am - 12.30pm
Building my emotional toolkit – part 3, 1.30pm – 4.00pm	The power of reflective practice 2.00pm - 4.30pm		Hope in Recovery <i>part 6, 2.00pm - 4.00pm</i>



SAVE THE DATE

Thursday 14 August 2025
1.00pm – 3.00pm, Uffculme Centre



The Recovery for All Forum is a flexible, inclusive and informal space. The Forum is open to all – service users, families, carers and supporters and Trust colleagues. It provides a supportive, non-clinical space for networking, reflection, inclusion and the sharing of recovery experiences.



Friday 12 December



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