

# SUMMER/AUTUMN TERM

## WHITELEAF CENTRE

### ONLINE TIMETABLE

#### 2020

*Hope, Control and Opportunity*

***All sessions are FREE to everyone - service user, ex-service user, carer, friend, family member, professionals, students of all abilities, backgrounds and ages (over 18 years).***

All courses are designed and delivered in partnership with those who have lived experience of mental health challenges (e.g. lived experience tutor) and those who have professional experience (e.g. an occupational therapist). This is known as co-production and co-delivery.

**Courses are NOT therapy but we do provide a therapeutic environment.**

The outbreak of coronavirus (COVID-19) has meant that necessary national measures have been taken to tackle the spread of the virus, which has seen significant disruption to our service and the provision we have been able to offer you as a student.

The college is now in a position to offer some courses online and welcome students to apply to join us, but courses will be in high demand and we will where possible get you a space on your chosen course but if you are not successful you will be placed on our waiting lists and as we continue to roll out and extend our online timetable you will be contacted about spaces that become available.

We understand the importance of staying connected and being able to feel supported during these uncertain times and hope that the online courses will help you feel supported and connected until we are

able to run the courses as normal.

**Students Code of Conduct**  
**As a student we expect you to:**

- ◆ Show respect to all students and staff.
- ◆ Mindful of over disclosing. Although we do share our experiences we're not trained counsellors/therapists.
- ◆ Take an active part in your own learning; using the resources made available to you.
- ◆ To attend courses punctually AND let the college know if you cannot attend a session.
- ◆ To refrain from the use of alcohol and illicit substances while attending the sessions.

**Any Queries Please Contact The Recovery College**

**Contact us on:**

**T: 01865 90 1515**

**M: 07748 328 758**

**W: [www.buckinghamshirerecoverycollege.org.uk](http://www.buckinghamshirerecoverycollege.org.uk)**

# Course Dates

## Five ways to wellbeing

\*6 Week Course

*Tutors: Heide Peck and Angela Thornton*

Extensive research suggests that by including five steps into our daily routines we can significantly improve our sense of wellbeing. This course is designed to walk you through those five steps.

14th Sep. 2020	MON	10.30am—11.30am
21st Sep. 2020	MON	10.30am—11.30am
28th Sep. 2020	MON	10.30am—11.30am
5th Oct. 2020	MON	10.30am—11.30am
12th Oct. 2020	MON	10.30am—11.30am
19th Oct. 2020	MON	10.30am—11.30am

## Connect

\*6 Week Course

*Tutors: David Sparrow and Heide Peck*

Working alongside Art Beyond Belief, the Buckinghamshire Recovery College has created a course which includes: Understanding lockdown (being in it and coming out of it) and the effect it has had on different people. Sharing different ways of coping with lockdown, what has helped us? And looking to be positive for the future.

Please note that this course will be audio recorded and that recordings will be anonymized. However, students are required to complete a consent form prior to starting the course.

15th Sep 2020	TUES	10.15am– 11.30am
22nd Sep 2020	TUES	10.20am—11.30am
29th Sep 2020	TUES	10.20am—11.30am
6th Oct 2020	TUES	10.20am—11.30am
13th Oct 2020	TUES	10.20am—11.30am
20th Oct 2020	TUES	10.20am—11.30am

## Chapters (Afternoon Session)

\*3 Week Course

*Tutors: Heide Peck, Maya Janecka and Andrew Mutandwa*

Reading is a recovery tool, and as a coping strategy has endless benefits. We will be looking at poetry, song lyrics during this course that is running online. Students are encouraged to have their favorite poem, or song lyrics to share amongst the group if they feel comfortable with doing so.

30th Sep 2020	WED	13.00pm—14.00pm
7th Oct 2020	WED	13.00pm—14.00pm
14th Oct 2020	WED	13.00pm—14.00pm

# Course Dates

## Summer/Autumn 2020

### Stress Busters

\*3 Week Course

*Tutors: Heide Peck, Angela Thornton and Paul Wells*

To effectively combat stress, you need to activate your body's natural relaxation response.

Techniques such as deep breathing & grounding exercises provide a state of deep rest that puts the brakes on

24th Sep 2020	THU	10.30am—11.30am
1st Oct 2020	THU	10.30am—11.30am
8th Oct 2020	THU	10.30am—11.30am

### Humour and Wellbeing

\*2 Week Course

*Tutors: Heide Peck and Paul Wells*

The Healing Power of Laughter

It has been said that “Laughter is the Best Medicine” and in this course we will aim to reconnect with the healing power of Laughter and Humour, give information about the positive impact of laughter on body and mind, as well as share ideas of laughter-exercises and tips on how we might be able to invite more laughter into our lives.

18th Sep 2020	Friday	10.30am—11.30am
25th Sep 2020	Friday	10.30am—11.30am

### Medication Explored

\*1 Session Workshop

*Tutors: Sandeep Bhatti and Heide Peck*

This on-line course has been co-produced and co-facilitated with Sandeep Bhatti, Lead Pharmacist, Oxford Health NHS Trust. In this course Students will be provided with advice and information with regards medication and have an opportunity to have questions and queries answered in relation to their medication. We look forward to seeing you and hope that you will find this course beneficial.

25th Sep 2020	Friday	14.00am—14.30pm
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# Course Dates

## Summer/Autumn 2020

## Sleep and Wellbeing

\*2 Week Course

*Tutors: Heide Peck and Paul Wells*

In this course we will discuss with students how our sleep affects our mental health. The factors which can help and hinder healthy sleep and impact these can have on our wellbeing. It will also provide tools and techniques to students to help promote sleep.

2nd October	FRI	10.30am—11.30am
9th October	FRI	10.30am—11.30am