

JANUARY 2021– MARCH 2021

ONLINE TIMETABLE

BUCKINGHAMSHIRE RECOVERY

COLLEGE

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

E-Mail: BuckinghamshireRecoveryCollege@oxfordhealth.nhs.uk

W: <https://www.oxfordhealth.nhs.uk/bucksrecoverycollege>

Course Dates

Chapters

*4 Week Course

Tutors: Heide Peck and Angela Thornton

Reading is a recovery tool, and as a coping strategy has endless benefits. We will be looking 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.

25th Jan. 2021	Monday	10.30 hrs - 11.30 hrs
1st Feb.2021	Monday	10.30 hrs - 11.30 hrs
8th Feb.2021	Monday	10.30 hrs - 11.30 hrs
15th Feb. 2021	Monday	10.30 hrs - 11.30 hrs

Artscape

*5 Week Course

Tutors: Tom Cox and Maya Janecka

This on-line course has been co-designed and co-facilitated with Tom Cox, Artscape Project Manager and will explore the benefits of art for mental wellbeing. The workshops will explore Mandala and Haiku poetry. This will be a practical course and participants will be required to complete homework that they can show and talk about at the next workshop. The course is designed to stimulate participants' creativity, provide enjoyment distraction and fun. Participants will make artwork individually, and then share their work collaboratively, at the end of the workshops we hope to create a piece of work together from each of the individual artworks. We look forward to seeing you and hope that you will find this course beneficial."

18th Jan. 2021	Monday	13.30 hrs - 15:00 hrs
25th Jan. 2021	Monday	13.30 hrs - 15:00 hrs
1st Feb.2021	Monday	13.30 hrs - 15:00 hrs
8th Feb.2021	Monday	13.30 hrs - 15:00 hrs
15th Feb.2021	Monday	13.30 hrs - 15:00 hrs

Connect 1

*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

19th Jan. 2021	Tuesday	11.30 hrs - 12:30 hrs
26th Jan. 2021	Tuesday	11.30 hrs - 12:30 hrs
2nd Feb. 2021	Tuesday	11.30 hrs - 12:30 hrs
9th Feb. 2021	Tuesday	11.30 hrs - 12:30 hrs
16th Feb. 2021	Tuesday	11.30 hrs - 12:30 hrs
23rd Feb. 2021	Tuesday	11.30 hrs - 12:30 hrs

Course Dates

Spirituality and Recovery

Tutors: Charlotte Collins and Angela Thornton

*6 Week Course

This six week course will explore the relationship between spirituality and recovery to address common concerns of meaning, purpose, relationships and human values. The course is broad based and inclusive and does not require participants to hold formal religious beliefs or belong to an established faith tradition. Through shared learning of discussion, self- reflection and mixed media work the course seeks to deepen self-awareness and understanding of the place of spirituality in the mental health system and its place in personal health and wellbeing. The course is for anyone interested in spirituality and mental health.

26th Jan. 2021	Tuesday	14.00 hrs -15.00 hrs
2nd Feb. 2021	Tuesday	14.00 hrs -15.00 hrs
9th Feb. 2021	Tuesday	14.00 hrs -15.00 hrs
16th Feb. 2021	Tuesday	14.00 hrs -15.00 hrs
23rd Feb. 2021	Tuesday	14.00 hrs -15.00 hrs
2nd Mar.2021	Tuesday	14.00 hrs -15.00 hrs

Benefits of Pets

*2 Week Course

Tutors: Heide Peck and Angela Thornton

The course will look at how Pets & Animals can benefit mental (and physical) health. Participants can explore how interacting with Pets &Animals can help to increase happiness, promote calm & acceptance, increase confidence, improve sleep and general wellbeing. Discussion and strategies focus on how this can be used in everyday life.

9th Mar. 2021	Tuesday	10.30 hrs - 11.30 hrs
16th Mar. 2021	Tuesday	10.30 hrs - 11.30 hrs

Taking Charge: Staying Safe When Times Are Tough

*4 Session Workshop

Tutors: Karen Lascelles and Heide Peck

“The aim of this course is to help students think about and practice strategies that will help them to manage challenging times, by taking charge of situations and using coping strategies they find helpful. It is hoped that by the end of the course students will have developed safety plans they can draw on when encountering difficult times in the future. “

17th Feb. 2021	Wednesday	10:00 hrs - 11:15 hrs
24th Feb. 2021	Wednesday	10:00 hrs - 11:15 hrs
3rd Mar.2021	Wednesday	10:00 hrs - 11:15 hrs
10th Mar.2021	Wednesday	10:00 hrs - 11:15 hrs

Course Dates

Re-Connect Course

Tutors: David Sparrow and Heide Peck

*6 Week Course

In connect Level 2 we will:

- Explore what is behind fake news and dubious theories, how and why they play on our fears, and how we can overcome the fears with confidence.
- Discuss worries and anxieties about awkward social occasions and interactions, especially as the *new normal is so different from the old one!*
- Examine ways in which we try to fit in; should we change ourselves? Put on a fake identity? Aim for others' expectations (or our own)? Just be ourselves?

You will need to have completed Level 1 before taking part in Level 2

Please note that the sessions will be audio recorded.

These recordings will be used to create completely anonymous sound-bites,

20th Jan. 2021	Wednesday	13.30 hrs -14:30 hrs
27th Jan. 2021	Wednesday	13.30 hrs -14:30 hrs
3rd Feb. 2021	Wednesday	13.30 hrs -14:30 hrs
10th Feb. 2021	Wednesday	13.30 hrs -14:30 hrs
17th Feb. 2021	Wednesday	13.30 hrs -14:30 hrs
24th Feb. 2021	Wednesday	13.30 hrs -14:30 hrs

*6 Week Course

Introduction to Assertiveness

Tutors: Heide Peck and Maya Janecka

Good mental health sometimes means saying “**NO**” loud and clear, setting healthy boundaries for ourselves and becoming more aware of our feelings, hopes and wishes as well as becoming more aware of our rights to voice these. Being assertive can be learnt.

28h Jan. 2021	Thursday	10.30 hrs - 11.30 hrs
4th Feb. 2021	Thursday	10.30 hrs - 11.30 hrs
11th Feb. 2021	Thursday	10.30 hrs - 11.30 hrs
18th Feb. 2021	Thursday	10.30 hrs - 11.30 hrs
25th Feb. 2021	Thursday	10.30 hrs - 11.30 hrs
4th Mar. 2021	Thursday	10.30 hrs - 11.30 hrs

Course Dates

Benefits of Nature

*2 Week Course

Tutors: Heide Peck, and Angela Thornton

The course will look at how Nature can benefit mental (and physical) health. Participants can explore how interacting with Nature can help to increase happiness, promote calm & acceptance, increase confidence, improve sleep and general wellbeing.

1st Mar. 2021	Monday	10.30 hrs - 11.30 hrs
8th Mar. 2021	Monday	10.30 hrs - 11.30 hrs

Humour and Wellbeing

*3 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.

11th Mar. 2021	Thursday	10.30 hrs - 11.30 hrs
18th Mar. 2021	Thursday	10.30 hrs - 11.30 hrs
25th Mar.2021	Thursday	10.30 hrs - 11.30 hrs

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.

22nd Jan. 20210	Friday	14.00 hrs - 15.30hrs
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