

APRIL 2021– JULY 2021

ONLINE TIMETABLE

BUCKINGHAMSHIRE RECOVERY
COLLEGE

Hope, Control and Opportunity

All sessions are FREE to service users, carers, Oxford health staff who live in Buckinghamshire and are over the age 18 years. Courses cater for all students regardless of age or background.

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 Level 2

*5 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.

19th April 2021	Monday	10.30 hrs - 11.30 hrs
26th April 2021	Monday	10.30 hrs - 11.30 hrs
10th May 2021	Monday	10.30 hrs - 11.30 hrs
17th May 2021	Monday	10.30 hrs - 11.30 hrs
24th May 2021	Monday	10.30 hrs - 11.30 hrs

Artscape

*5 Week Course

Tutors: Tom Cox and Heide Peck

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. 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."

21st June 2021	Monday	13.30 hrs - 15:00 hrs
28th June 2021	Monday	13.30 hrs - 15:00 hrs
5th July 2021	Monday	13.30 hrs - 15:00 hrs
12th July 2021	Monday	13.30 hrs - 15:00 hrs
19th July 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 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. *Please note that the sessions will be audio recorded.*

16th June 2021	Wednesday	11.00 hrs - 12:00 hrs
23rd June 2021	Wednesday	11.00 hrs - 12:00 hrs
30th June 2021	Wednesday	11.00 hrs - 12:00 hrs
7th July 2021	Wednesday	11.00 hrs - 12:00 hrs
14th July 2021	Wednesday	11.00 hrs - 12:00 hrs
21st July 2021	Wednesday	11.00 hrs - 12:00 hrs

Course Dates

Spirituality and Recovery

*6 Week Course

Tutors: Charlotte Collins and Angela Thornton

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.

20th April 2021	Tuesday	14.00 hrs -15.15 hrs
27th April 2021	Tuesday	14.00 hrs -15.15 hrs
4th May 2021	Tuesday	14.00 hrs -15.15 hrs
11th May 2021	Tuesday	14.00 hrs -15.15 hrs
18th May 2021	Tuesday	14.00 hrs -15.15 hrs
25th May 2021	Tuesday	14.00 hrs -15.15 hrs

Connect Level 2

*6 Week Course

Tutors: David Sparrow and Heide Peck

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

20th April 2021	Tuesday	11.30 hrs - 12.30 hrs
27th April 2021	Tuesday	11.30 hrs - 12.30 hrs
4th May 2021	Tuesday	11.30 hrs - 12.30 hrs
11th May 2021	Tuesday	11.30 hrs - 12.30 hrs
18th May 2021	Tuesday	11.30 hrs - 12.30 hrs
25th May 2021	Tuesday	11.30 hrs - 12.30 hrs

Taking Charge: Staying Safe When Times Are Tough

*4 Week Course

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. “

20th May 2021	Thursday	10:00 hrs - 11:15 hrs
27th May 2021	Thursday	10:00 hrs - 11:15 hrs
3rd June 2021	Thursday	10:00 hrs - 11:15 hrs
10th June 2021	Thursday	10:00 hrs - 11:15 hrs

Course Dates

Stressbusters for Carers

Tutors: Heide Peck and Angela Thornton

*4 Week Course

Being a carer can be stressful at times. The aim of this course is to help carers think about strategies that will help. 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 stress, slows your breathing and heart rate, lowers blood pressure, and brings your body and mind back into balance.

5th May 2021	Wednesday	14.00 hrs - 15.00 hrs
12th May 2021	Wednesday	14.00 hrs - 15.00 hrs
19th May 2021	Wednesday	14.00 hrs - 15.00 hrs
26th May 2021	Wednesday	14.00 hrs - 15.00 hrs

Wellness Planning

*6 Week Course

Tutors: Heide Peck and Paul Wells

This course looks at the relationship between Wellness planning and recovery. Covering topics i.e What is personal recovery, Habits of Health and Wellbeing, Goal Setting for Recovery, Getting through difficulties Living through the plan, Next steps and the Recovery Journey.

The course will enable students to develop and forge a connection within the community setting where they live and re-establish their identity by their strengths, qualities, skills and assets and not be defined by their illness.

17th June 2021	Thursday	10.30 hrs - 11.30 hrs
24th June 2021	Thursday	10.30 hrs - 11.30 hrs
1st July 2021	Thursday	10.30 hrs - 11.30 hrs
8th July 2021	Thursday	10.30 hrs - 11.30 hrs
15th July 2021	Thursday	10.30 hrs - 11.30 hrs
22nd July 2021	Thursday	10.30 hrs - 11.30 hrs

Medication Explored

*1 Session Workshop

Tutors: Sandeep Bhatti and Angela Thornton

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.

14th June 2021	Monday	10.30 hrs - 12.00hrs
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Course Dates

Stressbusters

Tutors: Angela Thornton and Heide Peck

*4 Week Course

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 stress, slows your breathing and heart rate, lowers blood pressure, and brings your body and mind back into balance.

22nd April 2021	Thursday	10.30 hrs - 11.30 hrs
29th April 2021	Thursday	10.30 hrs - 11.30 hrs
6th May 2021	Thursday	10.30 hrs - 11.30 hrs
13th May 2021	Thursday	10.30 hrs - 11.30 hrs

Connect Level 3

Tutors: Heide Peck and David Sparrow

*6 Week Course

In connect Level 3 we will:

- Look at the importance of names and identities, and labels that others give us.
- Examine how our choices are shaped by others, and by the world around us.
- Explore language and its limits and the benefits of an artistic language.
- **You will need to have completed Level 1 and Level 2 before taking part in Level 3**

Please note that the sessions will be audio recorded.

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

15h June 2021	Tuesday	11.30 hrs - 12.30 hrs
22nd June 2021	Tuesday	11.30 hrs - 12.30 hrs
29th June 2021	Tuesday	11.30 hrs - 12.30 hrs
6th July 2021	Tuesday	11.30 hrs - 12.30 hrs
13th July 2021	Tuesday	11.30 hrs - 12.30 hrs
20th July 2021	Tuesday	11.30 hrs - 12.30 hrs

*2 week Course

Sleep and Wellbeing

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.

1st June 2021	Tuesday	10:30 hrs -11:30 hrs
8th June 2021	Tuesday	10.30 hrs -11:30 hrs

Course Dates

Chapters Level 1

*4 Week Course

Tutors: Angela Thornton , Heide Peck , Katy Blunt and Paul Wells

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.

16th June 2021	Wednesday	14.00 hrs -15:00 hrs
23rd June 2021	Wednesday	14.00 hrs -15:00 hrs
30th June 2021	Wednesday	14.00 hrs -15:00 hrs
7th July 2021	Wednesday	14.00 hrs -15:00 hrs

*2 Week Course

Introduction to Confidence Building

Tutors: Heide Peck, Angela Thornton and Paul Wells

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. In this course we will aim to explore the difference between assertiveness and aggression and the importance of body language. We will introduce specific techniques that help us become more able to speak up for ourselves

14th July 2021	Wednesday	14.00 hrs -15:00 hrs
21st July 2021	Wednesday	14.00 hrs -15:00 hrs

Student Forum Meetings

Student Representatives: Kate Newsham, Kirsty Evans

The student forum has two main purposes firstly; to gather and share Student feedback, comments, ideas and thoughts about the service provided by Buckinghamshire recovery college and secondly; to provide a process for re-cruiting and appointing new student and carer representatives every 6 months.

The aim of the forum is to allow coproduction within the recovery college which is fundamental to the recovery college ethos and functioning. This meeting will provide a forum where Students can receive information from the steering committee and hear about wider service development or change, where they can contribute to discussions and input to decisions being made about the service.

This meeting will be hosted using Zoom Platform

9th April 2021	Thursday	15.00 hrs -16:00 hrs
7th May 2021	Friday	15.00 hrs -16:00 hrs
4th June 2021	Friday	15.00 hrs -16:00 hrs
2nd July 2021	Friday	15.00 hrs -16:00 hrs