

SEPTEMBER 2021– DECEMBER 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>

Narrating My Recovery Journey

*6 Week Course

Tutors: Andrew Mutandwa and Heide Peck

Developing and taking control of your own story can be an empowering experience and is an essential part of the recovery process. By thinking about your experiences, you are able to look for things that have worked and gone well, as well as the difficulties, distress and challenges. This course is all about narrating, mapping and supporting own recovery.

20th September 2021	Monday	10.30 hrs - 11.45 hrs
27th September 2021	Monday	10.30 hrs - 11.45 hrs
4th October 2021	Monday	10.30 hrs - 11.45 hrs
11th October 2021	Monday	10.30 hrs - 11.45 hrs
18th October 2021	Monday	10.30 hrs - 11.45 hrs
25th October 2021	Monday	10.30 hrs - 11.45 hrs

Artscape

*6 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."

1st November 2021	Monday	13.30 hrs - 15:00 hrs
8th November 2021	Monday	13.30 hrs - 15:00 hrs
15th November 2021	Monday	13.30 hrs - 15:00 hrs
22nd November 2021	Monday	13.30 hrs - 15:00 hrs
29th November 2021	Monday	13.30 hrs - 15:00 hrs
6th December 2021	Monday	13.30 hrs - 15:00 hrs

Insight Programme for Carers

*6 Week Course

Tutors: David Sparrow , Emel Soylu and Heide Peck

Insight is a programme for those with caring responsibilities, devised by Art Beyond Belief and co-produced with the College.

During Insight, we will:

- Explore the effects of our caring responsibilities on our control of our own lives, and our mental health and wellbeing.
- Identify changes we would like to make in our lives, and how we might best work towards them
- Discover and share inspirations and practical steps to help us work towards better understanding and wellbeing
- In undergoing this course we hope to strengthen resilience and build up confidence.

22nd September 2021	Wednesday	13.30 hrs - 14.30 hrs
29th September 2021	Wednesday	13.30 hrs - 14.30 hrs
*13th October 2021	Wednesday	13.30 hrs - 14.30 hrs
20th October 2021	Wednesday	13.30 hrs - 14.30 hrs
27th October 2021	Wednesday	13.30 hrs - 14.30 hrs
3rd November 2021	Wednesday	13.30 hrs - 14.30 hrs

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.

2nd November 2021	Tuesday	14.00 hrs -15.15 hrs
9th November 2021	Tuesday	14.00 hrs -15.15 hrs
16th November 2021	Tuesday	14.00 hrs -15.15 hrs
23rd November 2021	Tuesday	14.00 hrs -15.15 hrs
30th November 2021	Tuesday	14.00 hrs -15.15 hrs
7th December 2021	Tuesday	14.00 hrs -15.15 hrs

InterConnect

*6 Week Course

Tutors: David Sparrow, Emel Soylu and Heide Peck

InterConnect is a programme devised by Art Beyond Belief and co-produced with the College.

During InterConnect, we will:

- Explore how small creative steps can start us on the road to self-confidence
- Discuss how to navigate everyday 'deserts and jungles' of information and misinformation
- Discover some inspirations to help us take bigger steps and build our future
- We recommend the participants have completed Connect Level 3 before taking part

21st September 2021	Tuesday	10.30 hrs - 11.30 hrs
28th September 2021	Tuesday	10.30 hrs - 11.30 hrs
5th October 2021	Tuesday	10.30 hrs - 11.30 hrs
12th October 2021	Tuesday	10.30 hrs - 11.30 hrs
19th October 2021	Tuesday	10.30 hrs - 11.30 hrs
26th October 2021	Tuesday	10.30 hrs - 11.30 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. "

4th November 2021	Thursday	10:00 hrs - 11:15 hrs
11th November 2021	Thursday	10:00 hrs - 11:15 hrs
18th November 2021	Thursday	10:00 hrs - 11:15 hrs
25th November 2021	Thursday	10:00 hrs - 11:15 hrs

Introduction to Confidence Building

Tutors: Heide Peck and Angela Thornton

*3 Week Course

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

23rd September 2021	Thursday	10.30 hrs - 11.30 hrs
30th September 2021	Thursday	10.30 hrs - 11.30 hrs
7th October 2021	Thursday	10.30 hrs - 11.30 hrs

Coping With Festive Occasions

*6 Week Course

Tutors: Heide Peck , Angela Thornton and Paul Wells

Festive occasions can be joyful and exciting times, however for some people they can also bring very specific challenges and difficulties. With this course we aim to create a safe space in which to discuss expectations around festive occasions, including the possible sense of loneliness, isolation, financial stresses, changes in usual routine, expectations of joy and happiness and more. We will explore coping strategies, ways of looking after self, share ideas of support, discuss the importance of boundaries and more.

10th November 2021	Wednesday	13.30 hrs - 14.30 hrs
17th November 2021	Wednesday	13.30 hrs - 14.30 hrs
24th November 2021	Wednesday	13.30 hrs - 14.30 hrs
1st December 2021	Wednesday	13.30 hrs - 14.30 hrs
8th December 2021	Wednesday	13.30 hrs - 14.30 hrs
15th December 2021	Wednesday	13.30 hrs - 14.30 hrs

Benefits Of Nature

*1 Session Workshop

Tutors: Angela Thornton, Katy Blunt and Paul Wells

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.

6th October 2021	Wednesday	13.30 hrs - 14.30hrs
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Money Matters Course



Tutors: Ann Dally , Richard Tredgett and Angela Thornton

Dealing with money can make us feel anxious and this affects our wellbeing. This course will help students feel more in control of money and as a result less anxious. The three sessions will:

- Show students how to check to ensure that they are receiving all the income that they are entitled to
- Share ways of dealing with debts, as well as organisations that provide free help
- Give budgeting tips to help students to keep their finances under control in the future

During this course we will be sharing information as well as providing details of organisations who provide free support with money matters. After each session the college will send to students a Money Matters handout, giving the key points and links to the organisations and websites that are discussed in each session.

The course has three sessions each of an hour and a half which includes two short comfort breaks.

7th October 2021	Thursday	13.00 hrs -14.30 hrs
14th October 2021	Thursday	13.00 hrs -14.30 hrs
21st October 2021	Thursday	13.00 hrs -14.30 hrs

Humour and Wellbeing

Tutors: Angela Thornton Katy Blunt and Paul Wells

*2 Week Course

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.

2nd December 2021	Thursday	10.30 hrs -11.30 hrs
9th December 2021	Thursday	10.30 hrs -11:30 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.

1st October 2021	Friday	15.00 hrs -16:00 hrs
5th November 2021	Friday	15.00 hrs -16:00 hrs
3rd December 2021	Friday	15.00 hrs -16:00 hrs