

JANUARY 2022– MARCH 2022

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.
- ◆ Please can students bring a piece of paper and a pen to all 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>

Artscape

Tutors: Tom Cox and Heide Peck

*6 Week Course

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."

| | | |
|--------------------|--------|-----------------------|
| 17th January 2022 | Monday | 13.30 hrs - 15:30 hrs |
| 24th January 2022 | Monday | 13.30 hrs - 15:30 hrs |
| 31st January 2022 | Monday | 13.30 hrs - 15:30 hrs |
| 7th February 2022 | Monday | 13.30 hrs - 15:30 hrs |
| 14th February 2022 | Monday | 13.30 hrs - 15:30 hrs |
| 28h February 2022 | Monday | 13.30 hrs - 15:30 hrs |

Spirituality and Recovery

Tutors: Charlotte Collins and Heide Peck

*5 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.

| | | |
|--------------------|---------|----------------------|
| 18th January 2022 | Tuesday | 14.00 hrs -15.15 hrs |
| 25th January 2022 | Tuesday | 14.00 hrs -15.15 hrs |
| 1st February 2022 | Tuesday | 14.00 hrs -15.15 hrs |
| 15th February 2022 | Tuesday | 14.00 hrs -15.15 hrs |
| 1st March 2022 | Tuesday | 14.00 hrs -15.15 hrs |

Connect 1 Course

*6 Week Course

Tutors: David Sparrow , Emel Soylu and Heide Peck

Working alongside Art Beyond Belief, the Buckinghamshire Recovery College has created a course which includes: Looking at our qualities, values and anxieties. It will also explore understanding lockdown and coming out of it and its impact.

| | | |
|--------------------|-----------|----------------------|
| 19th January 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 26th January 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 2nd February 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 9th February 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 16th February 2022 | Wednesday | 14.00 hrs –15:00 hrs |
| 23rd February 2022 | Wednesday | 14.00 hrs –15:00 hrs |

Chapters

Tutors: Andrew Mutandwa , Heide Peck and Paul Wells

*6 Week Course

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.

| | | |
|--------------------|-----------|----------------------|
| 20th January 2022 | Thursday | 14.00 hrs -15.00 hrs |
| 27th January 2022 | Thursday- | 14.00 hrs -15.00 hrs |
| 3rd February 2022 | Thursday | 14.00 hrs -15.00 hrs |
| 10th February 2022 | Thursday | 14.00 hrs -15.00 hrs |
| 17th February 2022 | Thursday | 14.00 hrs -15.00 hrs |
| 24th February 2022 | Thursday | 14.00 hrs -15.00 hrs |

Stressbusters

*3 Week Course

Tutors: Heide Peck, Paul Wells, and Andrew Mutandwa

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.

| | | |
|-----------------|--------|-----------------------|
| 14th March 2022 | Monday | 11:00 hrs - 12:00 hrs |
| 21st March 2022 | Monday | 11:00 hrs - 12:00 hrs |
| 28th March 2022 | Monday | 11:00 hrs - 12:00 hrs |

Carers Matter - You and your Wellbeing

*6 Week Course

Tutors: Di Hilson and Heide Peck

Carers Matter - You and your wellbeing

This course has been developed specifically for carers, taking into consideration demands and challenges that a caring role might bring.

We will explore topics like – our identity (apart from our caring role), emotions, confidence, assertiveness, relaxation and stressbuster techniques and thus hope to reconnect with self and others, encourage resilience and confidence.

| | | |
|--------------------|---------|-----------------------|
| 22nd February 2022 | Tuesday | 10:00 hrs - 11:30 hrs |
| 1st March 2022 | Tuesday | 10:00 hrs - 11:30 hrs |
| 8th March 2022 | Tuesday | 10:00 hrs - 11:30 hrs |
| 15th March 2022 | Tuesday | 10:00 hrs - 11:30 hrs |
| 22nd March 2022 | Tuesday | 10:00 hrs - 11:30 hrs |
| 29th March 2022 | Tuesday | 10:00 hrs - 11:30 hrs |

Connect Level 2

Tutors: David Sparrow , Emel Soylu and Heide Peck

*6 Week Course

Working alongside Art Beyond Belief, the Buckinghamshire Recovery College 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!*

| | | | |
|------------|------|-----------|----------------------|
| 9th March | 2022 | Wednesday | 14.00 hrs -15.00 hrs |
| 16th March | 2022 | Wednesday | 14.00 hrs -15.00 hrs |
| 23rd March | 2022 | Wednesday | 14.00 hrs -15.00 hrs |
| 30th March | 2022 | Wednesday | 14.00 hrs -15.00 hrs |
| 6th April | 2022 | Wednesday | 14.00 hrs -15.00 hrs |
| 13th April | 2022 | Wednesday | 14.00 hrs -15.00 hrs |

Becoming Your Own Friend

*6 Week Course

Tutors: Heide Peck, Paul Wells, and Andrew Mutandwa

This course is based on the “Wellness Model” focusing on what is going well. This will provide students the time and space to re-connect with and explore the positives aspects in their lives and using the skills, qualities, and assets they have as a foundation to build on.

| | | | |
|------------|------|----------|-----------------------|
| 3rd March | 2022 | Thursday | 10:00 hrs - 11:30 hrs |
| 10th March | 2022 | Thursday | 10:00 hrs - 11:30 hrs |
| 17th March | 2022 | Thursday | 10:00 hrs - 11:30 hrs |
| 24th March | 2022 | Thursday | 10:00 hrs - 11:30 hrs |
| 31st March | 2022 | Thursday | 10:00 hrs - 11:30 hrs |
| 7th April | 2022 | Thursday | 10:00 hrs - 11:30 hrs |

Student Forum Meetings

Student Representative: 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 recruiting 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

Times and dates to be advised.

Please see website for details.